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NOVEMBER 2024

FREE

LOSTWITHIEL NEWSLETTER

A Merry Christmas to All Our Readers



All the Elves at Palace Printers here in Lostwithiel would like to wish all Lostwithiel Newsletter's readers, subscribers and advertisers a very merry Christmas and a happy, peaceful and prosperous New Year.



A Low Carbon future for the Old Duchy Palace

Cornwall Buildings Preservation Trust (CBPT) has announced that work has begun at Old Duchy Palace, the 700-year old building on the corner of Fore Street and Quay Street. The Trust is carrying out adaptations to lower the building's carbon footprint, whilst improving its resilience to storms, run off, and the tidal flooding that periodically affects Quay Street. Changes include new energy efficient heating and improved ventilation systems, overhaul-



ing the non-return flood valve in the undercroft, small-scale roof repairs and redecoration.

Work is already underway inside the building and scaffolding will go up in the New Year to enable the outside jobs to be tackled. The project is being paid for by grants totalling £183,000 from the Shared Prosperity Fund and National Lottery Heritage Fund and regular updates are being posted on the project page of the Trust's expanded website at: [Tackling Climate Change at Duchy Palace | CBPT \(cornwallbpt.org.uk\)](https://www.cornwallbpt.org.uk)

There is also a new online virtual tour of the Palace on the website. Commentary in both Cornish and English describes how the long history of the building and how it has been used through the centuries.

Old Duchy Palace will be available re-let to a new tenant in Spring 2025, preferably on a long-term basis, and the Trust hopes that this will help to increase business activity in Lostwithiel town centre. If anyone is interested in leasing Old Duchy Palace, please email the Trust at: trustees@cornwallbpt.org.uk

About Cornwall Buildings Preservation Trust (CBPT)

CBPT is a small independent charity founded in 1973 and run by volunteers dedicated to rescuing historic buildings that are dis-used or derelict. The Trust is looking for new projects and is also seeking new Trustees and Volunteer Advisers to strengthen and diversify its activities. More details about the Trust and its work can be found at: [Home | CBPT \(cornwallbpt.org.uk\)](https://www.cornwallbpt.org.uk)

WHAT'S ON WHERE – MARKETS, EVENTS & GROUPS - DECEMBER

LOSTWITHIEL LOCAL PRODUCE MARKET – Lostwithiel Scout Hut, 4th SATURDAY of each month Saturday 28th December from 10am -1pm+ Zero Waste Mobile Shop. See Lostwithiel Farmer's Market Facebook Page or contact Helen coppergon@hotmail.co.uk

LOSTWITHIEL ANTIQUES & COLLECTABLES MARKET: First Saturday each month, Scout Hut 10am-1pm: 7th Dec Contact Ann 07881826 032

ANTIQUES FAIR: Sunday 8th Dec Main Hall Community Centre 10am

CAR BOOT SALE: Sunday 8th December Community Centre 10am

LOSTWITHIEL COMMUNITY CENTRE & GARDEN CAFE

See Facebook or www.lostwithielcommunitycentre.org.uk

for latest updates on events and activities at the Centre, or ring 01208 872 207. You'll find a full timetable of weekly groups/activities on page 5.

POST OFFICE: TUESDAY 12.30 - 2.30 & FRIDAY 12.30 - 3.00

FRIENDSHIP CAFE: THURSDAYS AT THE CENTRE 2-4pm

PRE-SCHOOL PLAYGROUP: TUESDAY 9am-12 noon

Garden Cafe open Monday – Friday until 3.30pm, Sat until 3pm – Homemade Cakes, Breakfast Baps, El Children's Menu.

COMMUNITY CENTRE CAR PARK:

LLOYDS BANK VAN: Service no longer available. New Banking Hub in Shire Hall, Fore St. Bodmin.

Mevagissey Fresh Fish Van FRIDAYS approx 11am- 12 -also a (different) Fresh Fish Van every MONDAY am on the Parade.

SCOUT HUT (MAIN CAR PARK):

Produce Market: 4th Saturday of month (see top of page) 10am-1pm

Qui Gong 9.15-10.15am Mondays sweetzersturt@icloud.com.

Wholistic Yoga with Ariadne Fern Mondays 10.45-12.15 addy@theferns.info

NEW! Modelmaking Group – all welcome – 1st TUESDAY each month 6-8pm

Lostwithiel Young Farmers Club Monday evenings

Rainbows, Brownies etc – check national websites for info

DRILL HALL (next to Co-op):

Lostwithiel Army Cadets Tuesdays 6 - 8.30pm

CHURCH HALL, CHURCH LANE:

Enquiries Rev. Sheila Bowden - 01208 871344

Table Tennis: Mondays 6pm, Thursdays 1.30pm

Lostwithiel Garden Society:

Lostwithiel Old Cornwall Society:

Life Drawing 7.30-9.30pm Alternate Wed/Tue

Mid-Civil Photographic Club: 4th and 18th Dec (1st & 3rd Weds) 7 - 9pm

Lostwithiel Bingo Fundraisers: Friday Evenings 6.30 for 7.30pm

Gateway Church: 5pm Sundays

Community Cafe: Every Friday 10am-2pm All welcome, pay what you can

LOSTWITHIEL METHODIST CHURCH

Stitches Group 1st & 3rd Thursday of the month 2 - 4pm

LOSTWITHIEL SOCIAL CLUB, FORE STREET: lostwithielsc@gmail.com

Bookings & Info: b.greswell@btinternet.com, sheila.stevens@btinternet.com

01208 872 335 or via Facebook:

Lostwithiel Social Club New Meeting & Conference Rooms are available to hire

Friday & Saturday Evenings: Bar open 7pm

Free Pool Night: Every Wednesday 7pm

Bingo with Paul Sweet: Every Sunday, eyes down 7pm

Monthly: First Friday - Quiz Night, Second Friday - Folk Jam

CONTACTS

Lostwithiel Town Band: Ian Tregonning 01726 817 100 /Jane Richards 01208 871 278

Bowling Club, Restormel Road For info ring 01208 871 784

Health Visitor Under 5s Clinic: For info ring Penrice 01726 74969

Lostwithiel Badminton Club – ring Eddie Sugar 01208 871 111 for info

Speedwatch: Email: jeff.penrose@me.com

Check www.lostwithiel.org.uk for up to date listings of events in and around Lostwithiel.

LOSTWITHIEL NEWSLETTER – CONTACT & PAYMENT DETAILS

The next Lostwithiel Newsletter is out on **MONDAY 3rd February 2025**

Advertisements, Listings and Community News items can be handed in at Palace Printers, Quay Street, Lostwithiel, or emailed to:

palaceprinters@btinternet.com by 20th January 2025

Advertisements to be prepaid: cheques payable to Palace Printers

Advert Payments may be handed in at Palace Printers as above, or posted to: Palace Printers, Quay Street, Lostwithiel PL22 0BS

All enquiries preferably by email, as above, or ring 01208 873 187

If you would like to receive Lostwithiel Newsletter monthly via email, please contact me at the above email address.

If you have an event or regular group happening in Lostwithiel and the surrounding area, please do contact me to include it in Page 2 listings.

DISCLAIMER: Lostwithiel Newsletter is an independent non-profit publication by and for the people of Lostwithiel and surrounding areas. It is published 'under the umbrella' of Lostwithiel Business Group but views and opinions expressed in the Newsletter do not necessarily reflect those of Lostwithiel Business Group. The editor reserves the right to refuse material for any reason whatsoever, and cannot be held responsible for any errors or omissions which may occur in this publication.

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BRUNEL QUAYS, LOSTWITHIEL



From the Mayor

I'd like to start my final column for this Year by wishing one and all a very Happy Christmas and a prosperous New Year. This is a time where family get togethers are extra special and hopefully everyone will have the opportunity to have some rest and relaxation with family and or friends. Every year I try to spare a thought for those who are not quite so lucky by donating to the Salvation Army knowing that I have helped someone get a Christmas lunch somewhere warm is the greatest gift.

As Mayor I am so excited that Lostwithiel Town Council has been awarded Community Levelling Up Programme (CLUP) money. I hope you've had the opportunity to read the full press release but if not the money will enable the Council to re-open two Listed Buildings which have been closed for many years. We can restore life to them with a new sense of purpose and this simply would not have been possible without the CLUP funding. The uses we have planned will help maintain and revitalise the economy of our established town centre and provide local people, visitors and tourists with an opportunity to further immerse themselves in the heritage of our medieval town. I will continue to keep you updated as promised.

Dickensian Evening is one of my favourite events of the year and this year I'm delighted to be able to announce that the Mayors Parlour will be open. Whilst the CLUP money has helped the Council re-open the buildings we are also undertaking with the help of our key stakeholders a feasibility study covering options for the long term future vision for the buildings. The Parlour will be open from 5-9pm with the consultation running until 8pm so do please join us and register your thoughts on the three options drafted by Poynton Bradbury Architects.

This year's Remembrance Service was a great success with record numbers in attendance on the Parade, in Church and at the Memorial observing the 2 minute silence. A big thank you to Revd Bawden for a great Service of Remembrance and also to our young Guide Leader Bethany Bevington who recited a heart-felt poem. I would also like to extend thanks to our volunteer group of Lostwithiel Young Farmers that helped with the road closures before, during and after the ceremony. They were invaluable and did a sterling job.

On Sunday 17th November I had the pleasure of attending The High Sheriffs Legal Service at Truro Cathedral. After attending the service, I feel much better informed about the jury system, court security, and the execution of orders and decisions of the court. Finally, let us all look forward to this month's festivities - Christmas tree festival in the Church, Dickensian evening, the Lantern Parade & the Parade of Giants.

Wishing you a Happy and Peaceful Christmas from everyone at Lostwithiel Town Council

Karin Henderson, Mayor of Lostwithiel

Lostwithiel Environment Action Forum

Our Top 3 Eco Christmas tips

Believe it or not, another year draws to a close. Christmas is just around the corner. It's a wonderful time to come together with our loved ones and celebrate this special time of year. However, Christmas celebrations have become increasingly wasteful as commercialisation takes over. With this in mind, we'd like to share some ideas about how to make your celebrations a bit more eco friendly.



Lost In Film

Visit www.lostinfilm.org.uk to watch trailers and buy tickets for all films. Films are shown in the Church Rooms, Lostwithiel. Doors at 7pm, film at 8pm. BYO drinks.

Unfortunately, we had to cancel our October screening of The Zone of Interest due to Church Rooms renovations. We have rescheduled this film for January.

The Zone of Interest (12), Monday January 27th

The commandant of Auschwitz and his wife strive to build a dream life for their family in a house next to the camp in a film that still shocks despite the complete lack of violence.

Social Club News

Here at the club building work is ongoing replacing the old toilets. However, whilst Miss Jarley took place timings were changed to accommodate all the rehearsal and preparing the setts

Miss Jarleys was a huge success putting the Social Club on the map again through social media alongside the BBC both radio and TV. Many volunteers gave up their time some ninety plus people, actors set designers, costumes and various games. Plus, our great Bar volunteers who help to quench the thirsts of many.

As a result, we were able to raise £3000 for our much ongoing Roof and Restoration plans. A Big Thank you must go to Merryn for writing and producing also to all those members and non-members who came and supported. It shows how much the Town values this amazing building and the legacy that has been left from those who fund raised and built this much-loved building. We must ensure that we do all we can as members, committee, Trustees and above all the people of

Lostwithiel. Please continue with your support in bringing this building up to the 21st century. We are offering an amazing Christmas Hamper come in and chose your number. £2 per square.

December is almost here, and we have a few events taken place.

1st December Bingo eyes down @ 7pm lots of Christmas goodies to be won.

4th December. Free Pool night all welcome

6th December Folk Jam come and play or sing with our great musicians.

7th December The Amazing Roc & Roll band is back to good to miss come and rock&roll

11th December Free pool night all welcome

12th December we will be open for Dickensian

13TH December Lost In Space will be playing this will be a ticketed event. All money to the club roof/restoration funds.

14th December Open as usual.

15th December Last Bingo before Christmas come and join us for a festive night.

18th December Free pool bring the family for a fun night.

20th December Come and enjoy a drink and a chat before the Festive Season hits.

21st Carols in the Club with the Town Band plus a buffet and a Christmas Raffle. Get into the spirit of Christmas.

This will be our last night we will reopen on 3rd January 2025. Myself along with the committee and trustees Wish you All a merry Christmas and a great New Year.

Many Thanks for All who support the Club. Chairman S Bawden.

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www.cornwall.gov.uk/leisure-and-culture/libraries/your-local-library/lostwithiel-library/

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Pawprint Badges Club - Lostwithiel.



Paw print badges are a flexible, fun activity that the whole family can take part in, and be rewarded with a lovely fabric badge at the end.

Kelly and Sarah will be holding a trial Pawprint Badges Club on Monday 23rd December, at the Scout Hut Lostwithiel from 10-12.

During this session we will be completing our

CHRISTMAS CHALLENGE BADGE.

We will be making santa hats for our teddies, snowmen out of marshmallows, reading christmas stories, making snow globes, and an indoor snowball fight!

The cost is £4 per child (adults are free!) but this will cover all the materials needed to gain your first badge, and your first badge to take away on the day!



Spaces are limited and need to be booked and paid for before the day so we can ensure the right number of badges are ordered.

Text

Kelly (07500149238) or Sarah (07515407545) To book your space by December 10th to allow for badges to be ordered!



WHATS ON - PANTOMIME!

This year we have an amazing pantomime with all the proceeds to the Community Centre. Tickets are already selling fast, and we are sure this will be an incredible event for all the family. There are three

performances - 07:00pm on 6th December and 05:00pm and 07:00pm on 7th December. There will be a food truck and a bar at all performances.

TICKETS FOR ALL EVENTS ARE AVAILABLE ON THE WHAT'S ON SECTION OF OUR WEBSITE

WHAT'S NEW IN THE GARDEN CAFE OPENING TIMES

Starting 8th November, we are extending our café hours on Fridays to 6:30pm. Warm up with a selection of hot drinks, hearty meals (with veggie options), delicious cakes, and snacks. As the nights draw in, it's the perfect spot for an affordable Friday night meal. Drop by — we would love to see you!

REGULAR EVENTS

NOVEMBER	Event
3rd	Car Boot
6th	Writing Group
8th	Remote control car racing
9th	Cat La Chapelle 70s,80s,90s.
10th	Antiques Fair
16th	Cellidh Barn dance
22nd	Remote control car racing
23rd	Woodturners Craft Fair
25th	Pop up Village
28th	Diabetic group
29th	Remote control car racing
30th	Carnival Quiz night
DECEMBER	Event
7th	Repair shop cafe in Downstairs Oasis
7th	Wreath Making in Downstairs Oasis
8th	Antiques fair
8th	Wreath making in Downstairs Oasis
8th	Remote control car racing

Defibrillator now available to Community of Lostwithiel



St Bartholomew's Church continues its support of Lostwithiel Community with the installation of an Automatic Defibrillator, accessible 24 hours per day in the South Porch of the church.

In an emergency dial 999 and ambulance service will give instructions on how to access this unit

	Cafe	Reading Room	Main Hall	Studio 2
Monday	U3A wine group	Book Club 1 every 2nd Monday. 10am ----- Book club 2 every 3rd Monday in the month 10am	5-9pm Town band	Baby Ballet Boppers 10.30-11.05am 6 months -3yrs Pre-school Ballet 3-4yrs 11.10am-11.40am
Tuesday	New Nov Games Group 2-3.30pm	Rugger & Hookers Crafters 10-12pm Post Office 12.15-2.30pm U3A French From 2.30pm-4pm every two weeks	9-12pm...Preschool play group 4-5pm Kixx 5-6pm...Kixx 7.45pm -8.45pm Netball	11-12pm Paracise class
Wednesday	New 2025 Jan Cancer Support Group 2-3.30pm	3rd of the month Writing group 2.30pm	10.30- 11.30am Flexercise 1.30-2.30pm Tapacise 6.30-7.30pm Zumba 7.30-8.30pm Mens Basketball 8.30-9.30pm Ladies football	Preschool Ballet 10-10.30am Acro Home Ed 10.30-11am
Thursday	NEW Oct Beetle Drive Group 2-3.30		9-11am Kixx babies play group 1-2pm Strickly 2-4pm Pickelball 5.15-6pm Acro grade 1 6-7pm Acro	10am-12.30pm Home Arts 3.45-4.15pm Tap & Jazz 4:15 – 4.45pm Primary Ballet 4.45-5.15pm Acro primary 7:15pm - 8:50pm adult ballet.
Friday	Crafty Chatters 2-3.30 pm	Poetry group 10.30-12pm 1st friday in the month Post Office 12.15-3pm 1st July	New Model Racing 6pm-10pm	Ballet & Street Dance 3.45-4.15pm preschool Ballet 4.15-4.45pm Street Fusion Jnr 4.45-5.15pm pre primary Break dance 5.15-5.45pm Tap and Jazz level 1 5.45-6.15pm Grade 1 Ballet 8+yrs 6.15-6.45pm Street Fusion Seniors 8+ yrs
Saturday			Events / Birthday parties	Dance With Kate 9.00-11am

	Conference Room	Yoga Studio	Oasis Downstairs
Monday		9-10am Pilates Matt Class 10.30am Pilates 5.15-6.15pm Drama+ Musical Theatre 6.15-7.15pm Carley Stretches and Mobility 7.15 – 8.15pm Vinyasa Yoga with Kelly	Ladies Wi 2-5pm (once a month)
Tuesday		9am-12pm Somatic Movement Therapy 4.30-5.30pm -17.45-18.45pm Beginners Pilates with Michelle VJ 19.00-20.00 Intermediate Pilates	9.15am -9.50am Chair Yoga & Somatics
Wednesday		9.30am-10.30am Yoga 10.30am-11.30am Somatics New 2-3pm Weight training class Carley 5.15-6pm Kids Drama & Dance 7-8pm 'Tai Chi Qigong with Angie	Baby Yoga NEW Oct 10.30-11.30am 2nd & 4th in the month U3A Art workshop 2-4pm
Thursday		11.30-12.30pm Pilates mat work New 5.30pm to 6.30pm weight training Carley	12.30-3pm NEW Starting soon Bilingua Sing 6.30p.-8pm French class 6pm woodturners (once a month)
Friday	One to one Tutor home school	9.15am – 10.10am Somatic Movement Therapy 10.15am-11.15am Yoga for well being 11.15am -12.30pm Yoga for well being 6pm-7pm Yoga with Sophie	NEW Home ED Little Seeds 1-3pm
Saturday			Woodturners 10am (once a month)
Sunday		9.30-10.30am Vinyasa with Kelly 3-4.30pm Community choir	



. AGM 2024: Thank you to all those who attended Lostwithiel Museum Association's AGM held in the Church Rooms on Tuesday 19 November.

. ELECTION OF COMMITTEE: The newly elected Committee comprises: Christine Walton (Chair); Helen Rogers (Secretary); Chris Burrough (Treasurer); Michael Furminger (Curator); Maggie Lancaster (Stewards Co-ordinator); Pauline Gillett (Town Heritage Walks Co-ordinator). Committee members received special acknowledgments for their individual contributions. Special thanks were given to Mary Mitchell who for personal reasons has had to step down from her position as the Window Display Co-ordinator.

. ADDITIONAL KEY ROLES: Those in key positions outside the formal committee structure also received special thanks: Ian Gillett (Editor Museum Matters magazine); Alison Hurst, Richard Young and Christine Walton (Museum Matters Editorial Team); Derrek Hines, Sue Andrews, Sarah Preece, Merryn Threadgould, Mark Dawson, Rod Pomery (Town Heritage Walks Guides); Gill Parsons (Researcher Local and Family History); Keith Southgate (Webmaster / social media); Linda Parsons (Facebook); Tony Parsons (Premises Manager); Anita Roberts, Sue Andrews, Geoff Barratt, (curatorial assistance).

. THANKS: Sincere thanks were given to all volunteers, supporters, trustees and committee members, stewards, town walks guides, 'behind the scenes helpers,' Friends of Lostwithiel Museum Association.

. ADDITIONAL SUPPORT: Special thanks were given to Paul Sweet (Auditor), Palace Printers (printing requirements); Julia Parfitt (plant displays); Q Street Cafe (hospitality / promoting museum publications); Watts Trading (promoting museum publications).

. MUSEUM PROFESSIONALS: Acknowledgements were paid to museum professionals for their advice and support. In particular to Stephanie Clemens (Museum Development Officer); Helena Jaeschke (Conservation Development Officer); Jo Moore (Curator Wheal Martyn Museum), and to Dr Joanna Mattingly who for personal reasons has recently stepped down from her voluntary role as Accreditation Mentor.

. MUSEUM UPDATES: Following reports from the Chairman, the Treasurer and the Curator, individual activity reports were received about LMA membership; window displays; town heritage guided walks; IT and social media; Museum Matters magazine and other publications; local and family history research. Links with local, regional and national organisations were acknowledged, including the Arts Council for Accreditation purposes.

. VISITORS: Following the constraints caused by the earlier pandemic, the recent unpredictable weather and the cost of living issues, the steady rise in visitor numbers has been encouraging. The final total for 2024 won't be known until after Dickensian Evening but it looks as if this could be our best year since opening in 1971. We look forward to welcoming you to the museum on Dickensian Evening for what is usually the busiest evening of the year

. MAJOR MOVE: As part of the Community Levelling Up Programme (CLUP) the Town Council has received funding to upgrade and repurpose the Guildhall and Edgcumbe House. This involves moving the museum office and archive store from the Guildhall to Edgcumbe House. As I write, this major move is actually taking place today. We thank the Town Council for what promises to be improved accommodation. A big thank you to our museum volunteers for their invaluable help in packing and moving — we couldn't have done this without our wonderful team of loyal helpers.

. BRIGHT FUTURE: The museum will continue to evolve — we have no shortage of ideas to keep us busy preparing for the new

season. With your ongoing support we believe we can confidently look forward to a bright future.

We wish you all a peaceful Christmas and New Year. With thanks to you all, Christine Walton (Chair)

Please follow us on Instagram (@lostwithiel_museum) and on Twitter (@lostmus) Facebook or via our website www.lostwithielmuseum.org, and Twitter at <https://.com/lostmus>

KID'S COLUMN

BIRTHDAYS!

Arlo Rawlings is turning 8 on 27th December



Happy 7th birthday to our beautiful daughter **Leilo** have the best day love Mummy, Daddy and Luella x

Raymond Owen is turning 5 on December the 1st

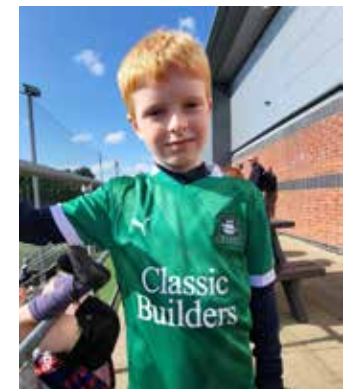


Wishing our **Miller** a very happy 4th birthday! Have the best day. from mum, dad , Harrison , Teigan, Lottie and all his family and friends xxxx

Happy 9th birthday to **Jarvis**. Our football mad son. Lots of love,



Dad, Mum, Lerryn, Poppy and Basil xx



Happy 8th Birthday **Harry** lots of love Mummy, Daddy and Rosie xxx

Lostwithiel Town Pageant - Saturday 14th December in the Church rooms starting at 4pm. If anyone wants to dress up, please come earlier and there is a vacancy for the star roles of Mary and Joseph! Further info message 07855390761
Lostwithiel School PTA
Christmas Fayre
Friday 13th December,
3 - 5pm, everyone Welcome.
Santa will be there!

Lostwithiel Floral Art Group

With best wishes for Christmas and New Year. Crystal Harland LOSTWITHIEL & DISTRICT FLORAL ART CLUB Please note there is no meeting in December. Our meeting on 22 January will include our AGM and lunch provided by our members. Then our next meeting is on Wednesday 26 February starting at 2.30 p.m. at Lanhydrock Hall. We are always happy to see new members so come along and see what we do.



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OPEN MEETINGS

Our first Open Meeting of 2025 is on Monday 6th January at 2pm in the Church Rooms in Lostwithiel where

our guest speaker will be Lynn Goold, taking us on a journey through Daphne du Maurier's Cornwall. This promises to be a talk of great local interest about one of Cornwall's best-known literary figures; it would also be a great opportunity for anyone wanting to find out more about Lostwithiel Area u3a to come along – you would be most welcome! And coming up in March we'll be hearing from local historian Brian Oldham about Trades and Occupations in 19th Century Liskeard.

At our November meeting, on the eve of the US Presidential election and to a very full Church Rooms, we were treated to a highly topical talk from local resident Robin Dyer, who took us through "The historic US election of 2024 – the fight for America's democracy and its soul." Enlightening us to the complexities of US politics, Robin brought to life the characters involved and led a lively question and answer session at the end of a highly entertaining talk. We also heard from Amanda Tamblin, Practice Manager at the Lostwithiel Medical Practice, who gave us all the latest news from the practice, ranging from new members of staff to the recent vaccination programme – and there were many words of appreciation from members for the brilliant work the practice does for local residents!

UPDATES FROM OUR GROUPS

With over twenty active interest groups there is always something going on! The Electric Bikers' most recent four rides totalled just under 100 miles, taking in Quintrell Downs to Perranporth Airfield, Washaway to Delabole, Trerulefoot to Cawsands and Sticker to Hemmick Beach. Meanwhile our Walking group were lucky with the weather for their recent circular walks from Par Beach to Tywardreath and Golitha Falls to Sibblyback Lake. Cake, of course, was waiting for them en-route! Members of the Nature and Bird-watching Group were also out and about on their field trip to Old Town Cove, spotting nearly forty bird species, including Osprey, Kingfisher, Godwit and Dunlin and many Oyster Catchers – plus, to their delight, a grey seal!

Lostwithiel Area u3a is one of over 1,000 u3a groups across the UK and we provide the opportunity for people no longer in work to socialise and share new ideas, skills and interests. Our members enjoy many interest groups ranging from Art Appreciation and Bridge to Theatre and Wine Appreciation. You can find out more about all the groups and our exciting programme of regular Open Meetings - plus how you can join - on our website at www.lostwithielu3a.org.uk.

Contacts :

Chair : David Platt 07484 124490

Membership : Stephanie Thomas 07980 871491

Veteran's Breakfast Club

Veterans breakfast club welcomes any HM service veterans. Royal Navy, Army, Royal Air Force, no matter how long or short your service was.

The idea is to socialise in a relaxed environment where everyone can enjoy friendly banter and breakfast!

Wives , partners, children welcome.

Next meeting - Saturday 14th Dec

Venue - Fowey Valley Hotel, Time - 09.30 - 10am Raffle

Any enquiries please contact :- Simon Bell

Simon@Foweyvalleyhotel.co.uk or 01208 872223.

Royal Fowey Yacht Club



The Sailing Agenda:

Free Thursday Evening Yacht Skills Sessions Starting Thursday 7th November and running fortnightly through the winter, Alex McKay will deliver a series of 'Shorebased Yacht Skills Sessions'. Using local charts and a few digital aids, he'll cover navigational aspects of the RYA Shorebased Scheme — charting a way East to Plymouth and The Yealm, then West to the Scillies, before a return through Falmouth and back to Fowey. Whether you're new to coastal navigation or just want to get up to date with 'Digital First' techniques, these sessions are for you. We'll meet at 6.30pm with each session running from 7pm to 9pm. The bar will be open. All RFYC and Gallants SC members welcome, all materials will be provided.

The plan is to cover:

7th Nov: Introductions, Navigational charts (digital and paper), Position, and Direction.

21st Nov: Drawing Instruments, Course (incl. application of variation/deviation), Speed, and Distance. 5th Dec: Chartwork & Navigation (digital & paper), Dead Reckoning, Estimated Position, and Lines of Position.

19th Dec: Tides and tidal streams, Levels and datum, Sources of tide data and stream data.

2nd Jan: Pilotage, Transits, Leading lines, Clearing lines, and Harbour entry.

16th Jan: Passage planning 1.

30th Jan: Passage Planning 2.

13th Feb: TBC.

Please let the office know if you are going to attend these sessions

Diary Dates for December:

- Wednesday 4th Winter Talks Series: S.W.W. – Par desalination project at Par

- Friday 7th Supper Club - An Italian Christmas

- Wednesday 11th Winter Talks Series: The Bodmin & Wenford Steam Railway

- Friday 13th Book Club, often preceded by a friendly, welcoming lunch

- Sunday 15th Traditional Christmas Lunch

- Wednesday 18th Traditional Christmas Lunch

- Wednesday 18th Christmas Entertainment with Janet Howard 'Fun for us all'

- Fridays Welcome hour 6pm – 7.30pm

- Tuesday 31st December New Year's Eve Gala Dinner

- Wednesday 1st January Traditional lunchtime Canapes

Club Tender - Winter Service Nick our sailing secretary is organising Philip's idea of having the club tender moored at Penmarlam for the winter. This idea will enable club members to use the tender from Penmarlam to cross the river for club events with pick up/drop off at Polruan town quay if required. Nick is putting together a What's App group for interested members for this service. However initially we need a number of competent skippers for the club tender. Full training will be given in its use. Please email Nick on: nickds8@btinternet.com or the office, with interest from skippers.

For Winter opening hours please see the Club website at <http://www.rfyc.org.uk>.

Office open on Tuesday/Wednesday/Thursday/Friday each week from 9-12am. Office No. 01726 833573; speak to a RFYC member or follow us on Facebook at www.facebook.com/RFYC-Fowey, on Instagram, or (for members only) RFYC Drop-in.

The club will close for Annual maintenance from 1st – 27th Jan.

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in the Millpool studio and online

Book all 3
dates and
receive £10 off

Next Dates

6/12/24 10am-1pm

10/01/25 10am-1pm

7/02/25 10am-1pm

This is not just any kind of life drawing class, this is Creative Coaching Life Drawing. Imagine drawing fearlessly, confidently, and playfully. This is the session where you go away smiling and achieving.

Where: Millpool Center, Looe, Cornwall, PL13 2AF & Online

When: 6 Dec, 10 Jan, 7 Feb
10am-1pm

Materials: All included

Bring: A mat to lie down on

Cost: £45/person/session

"By the end of the session, I could see a transformation in my confidence and artistic skill."

"Olivia is knowledgeable, enthusiastic and encouraging and gave just the right level of useful help and feedback."

"Olivia's expertise shone through and the group was relaxed and friendly...I will definitely be signing up to the next course."

CONTACT ME TO BOOK YOUR PLACE

Instagram: @oliviacroce

Email: olivia@oliviacroce.com

Tel: 07977 863 142

OLIVIA CROCE
CREATIVE COACH

YOUR REGULAR MONDAY CREATIVE COACHING ART CLASS



Monday afternoons 1-2.30pm in Looe, Cornwall
(outside when it's sunny)

You will explore 2-Dimensional work, techniques, using nature around us, photography, using inspirations from portraiture, poetry, imaginative work, abstraction, and much more! This class will leave you technically savvy and feeling inspired to live a more creative way of being.

Where: Looe

When: 1-2.30pm, every Monday

Materials: Excluded

Bring: Your art materials

Cost: £18/hr

Embarking on the regular Creative Coaching Art Classes, you will be supported to flourish in technique, trust your confidence, learn your creative voice.

CONTACT ME TO BOOK YOUR PLACE

Instagram: @oliviacroce

Email: olivia@oliviacroce.com

Tel: 07977 863 142

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12 - 4PM**

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Lostwithiel Methodist Church

Taprell House, North Street (next to the Library)

www.lostwithielmethodist.co.uk

Services in December at 11.00a.m

December 1st Advent Fellowship

December 8th Café Church

December 15th Mrs Truscott-Robins

December 22nd Café Church Carol Service

No service on Christmas Day

**December 29th Covenant Service Rev Paul Benney
Cafe Church.**

This is very informal worship.

It includes songs/hymns, prayers, readings, sketches and videos plus a chance to talk and laugh.

No sermon.

Families, children and young people are very welcome.

There will be no coffee morning in December.

Donations to the Foodbank may be brought at any time the church is open.

Rooms are available for a donation.

'Sew What' Group: 1st and 3rd Thursday afternoons 2-4p.m.

Music Appreciation: 4th Wednesday of the month 7:30p.m.

Minister: Rev. Paul Benney 01726 844 471

Local Contact: Mrs M Mitchell 01208 367016

Catholic Churches Information

St Augustine, St Austell - Sat 6.30. Sun 8.30 & 10.30

Fr. Michael Brandon 01726 73838

St Mary & St Petroc, Bodmin Sunday 10.30.

Fr. Paul Keys 01208 72833

Lostwithiel priest,

Fr. Robbie Low 01208 871517 for info and local details.

Lostwithiel Bingo Fundraisers.

Exeter Christmas Markets. Saturday November 30th. £20 each.

Make it a day to remember at Exeter's Christmas Markets.

You'll discover something for everyone, with over 100 twinkling festive chalets,

local gifts and produce. themed bars and global street food. You can also have free entry into the Cathedral.

Pick Up Points.

St. Austell 9a.m.

St. Blazey 9.10.a.m.

Lostwithiel 9.25a.m.

Middle Taphouse 9.30a.m.

Liskeard 10a.m.

To book please contact Joyce Thomas 01208872807 or contact on Lostwithiel Bingo

Fundraisers facebook page or Joyce's.

Our Christmas Bingo's will be held on Fridays 7.30p.m. in the Church Rooms on

November 29th.

December 6th.

December 13th.

December 20th.

Supporting the Childrens Hospice, Mt. Edgecombe Hospice,

The Air Ambulance

and The Cornwall Blood Bikes.

Everybody Welcome to the trip and bingo's.

Lostwithiel Labour

Speaking as South East Cornwall's first Labour MP, Anna Gelderd has delivered her maiden speech in the House of Commons. If you would like to listen, the speech can be easily found on-line. Anna described herself as someone who seeks to build bridges – between political divides, between rural and urban communities and between our proud heritage and an exciting future.

This approach has been very evident in recent weeks as she has worked hard to understand the views of our farming community, in response to plans announced in the budget to re-introduce inheritance tax on farm land, which was abolished in 1984.

On the 19th November, whilst the farming protest was taking place in Westminster, I attended a meeting in Parliament with our four Cornish Labour MPs, NFU representatives and local farmers, including one of our own Lostwithiel YFC members, who spoke from personal experience about the concerns of small farms. The MPs were really listening, and trying to understand the implications of the tax changes announced in the recent budget.

In this area, like many others, The Labour Government has a difficult undertaking as it tries to raise money desperately needed for the NHS and all our essential public services. Wealthy land owners should pay their fair share, whilst small farms must be given every incentive to continue their vital work of feeding the nation.

I was shocked to read that 20,000 Cornish children are now living in poverty, not able to rely on getting enough nutritious food to ensure they develop strong, healthy minds and bodies; this shameful situation must be tackled so that all our children can have the best start in life.

Despite the difficult, and often unpopular, decisions the Government is being forced to take in order to start re-building the country, they have already started work on providing free breakfast clubs in every primary school, which will ensure that all our children start the school day ready to learn. The increase in the minimum wage, also announced in the budget, will help to lift families out of poverty.

Our Labour candidate for the May '25 local elections should be in place by next month and will be keen to meet as many of you as possible – watch this space.

We wish Councillor Colin Martin all the best in the future and thank him for his dedicated service to our community. If you would like to get involved with your local Labour branch, please give me a call or checkout our Facebook page.


Sally Sweeney – Chair
01208 873525

LOSTWITHIEL NEWSLETTER

TO ADVERTISE CALL 01208 873 187

You are invited to join the 'Rotary Youth Apprentice Challenge'



Rotary 
South West Peninsula

'Helping Young People achieve their potential'

Tuesday 1st October 2024 – Saturday 15th February 2025

For further details please contact your local Rotary club or visit rotarysw.info/the-apprentice-challenge

Rotary in the South West Peninsula has an opportunity for young people to raise funds for the charities ShelterBox and Literacy in a Box, and for their own causes.

We are inviting your organisation to get involved!

The team who raises the most money will receive additional prizes for their organisation.

The top three teams will be awarded Trophies, Certificates and Cash Vouchers towards their organisation. (Prizes will be awarded at the Rotary District Conference in March 2025.)

The ask of your organisation:

- You will receive £50 seed funding – to be returned at the end of the challenge.
- Your team should aim to maximise the £50 to attain as much profit as possible, reinvesting profits for the duration of the challenge - the more creative you are, the more fun your team can have.
- Your team will keep 50% of what you raise and will split the remaining 50% between ShelterBox & Literacy in a Box.
- Along with your partner Rotary club, you will sign the memorandum of understanding to establish a framework for collaboration and confirm a common understanding of expectations & responsibilities.
- Sharing of your involvement with the activity with your networks (via word of mouth, newsletters, or social media) is encouraged.
- Your team will be welcomed at your partner Rotary club.

Please note:

- The challenge starts on or after 1st October 2024 and finishes on 15th February 2025.
- Youth groups can include teams from Schools, Guides, Scouts, Cadets, and other youth organisations.
 - All entrants must be aged between 8-18.

rotarysw.info/the-apprentice-challenge

Lostwithiel Concert Series

The new Lostwithiel Concert Series will be happening at St. Bartholomew's on Church Street in the heart of Lostwithiel every month. Each performance will feature exceptional folk, traditional and acoustic music acts from across Cornwall and the UK. The concerts have been off to a tremendous start since beginning in September, with award winning London-based band Alvorada. The quintet wowed us with the infectious grooves of their Brazilian instrumental music.

In October, we welcomed Hands of the Heron from Bristol with their mesmerising harmonies and sublimely detailed arrangements. One local audience member described the night, 'Hands of the Heron are so natural and yet unconventional in their song structure with delicious, vibrant harmonies and great musicianship. Very original.'

This series of events is curated and produced by Daniel Woodfield and Anna Anise, who both grew up in South East Cornwall but have spent years in the folk, world and jazz scenes of London and Bristol respectively. They draw upon their wide networks of high quality acts around the country, and love of supporting Cornish music and community, to bring the Lostwithiel Concert Series to life.

Coming up next in the series will be Cornish folk-rock band Bailey Tomkinson and the Locals with a special acoustic set on Friday 13th of December. They'll be supported by special guests singer/songwriter Tadgh Cullen and Bristol alt-folk artist boci.

Looking ahead to January we'll welcome two of the most loved acts on the Cornish circuit, Will Keating and True Foxes as part of Will's run of candlelit church concerts across Cornwall. This will be the perfect way to avoid any mid-winter blues!

Then expect to hear epic folk from Gavin Fairhall Lever on 18th Feb, a special edition for St. Piran's on 6th March and all the way from Sheffield, Lucy & Hazel on 9th April. Keep an eye out on the Lostwithiel Concert Series facebook, instagram and posters around the town for more programme announcements., or join the mailing list or WhatsApp group to hear directly from us.

Locals have so far been delighted by the quality and atmosphere of the concerts so far, sharing such comments as 'Beautiful music - wondrous setting' and 'A really beautiful evening from start to finish!'.

Tickets are available online through linktr.ee/lostwithielconcertseries or search Lostwithiel Concert Series on Facebook or Instagram where ticket links and more info can be found. Find all these links through this QR code.



LOSTWITHIEL CONCERT SERIES ST BARTHOLOMEW'S CHURCH

DECEMBER 13TH

BAILEY TOMKINSON
& THE LOCALS

JANUARY 9TH

WILL KEATING
& TRUE FOXES

FEBRUARY 18TH

GAVIN FAIRHALL
LEVER

MARCH 6TH

ST PIRAN'S SPECIAL

APRIL 9TH

LUCY & HAZEL

LEAF Repair Cafe

The Lostwithiel Repair Café happens on the first Saturday of the month from 10 until 1 in the Oasis Studio at the Community Centre.

The essential idea is that we try to fix things rather than condemn them to becoming recycling or landfill - thereby help to save the planet and to save you expenditure! Carbon and other non-replaceable resources are embodied in all manufactured items, so giving a further 'lease of life' makes environmental sense for everyday items and can also extend the life of some treasured possessions - which may not, in fact, be replaceable...

We do not charge, but donations are welcomed - and these help to pay for our operational overheads. We have benefitted both from the Cornwall Community Chest and the Cooperative Community Fund in getting ourselves 'tooled-up' and established - and we are very grateful for that seed-funding.

Most of the challenges that we see are electrical or mechanical repairs to appliances or tools, but we also have two 'seamstress-es' that tackle clothing/textiles, and we are happy to look at virtually anything that is in some way 'broken'!

We've fixed walking-frames; hedge trimmers; over-coats; vacuum cleaners; rocking horses; metal detectors; trousers; clocks; coffee-makers; table-mirrors; electric mowers; push-bikes; sound systems; pedal bins... ...you (can almost) name it!

We can't, of course, fix everything - but sometimes it's just as useful to find out that it is 'curtains' - and therefore time to recycle rather than put back in the attic...

Why not drop in and see if you might avoid being part of a 'throw-away culture'?!



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E: tahrbazaar@gmail.com

www.tahrbazaar.co.uk

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Stitches

(formerly Sew What)

Sewing Knitting
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Come and learn from each other

Tea and cakes!

At the Methodist Chapel

next to the library
on the first and third Thursday of the month,
2 - 4pm

We each donate £2 towards the chapel



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YEARS WITH THEIR
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Fowey RNLI

Join the RNLI for a festive family fun day at Par Track for the RNLI Cornwall Rein-



deer Run on Saturday 7 December. This is your chance to run on an official athletics track, no potholes, no squelchy trails, just a professional grade sporting track. Whether you're a seasoned runner or looking to complete your first race, there's a distance for everyone. Choose from our 5K Reindeer Run or 2K 'Santa Saunter' for a leisurely distance for the whole family. You'll be supported by a wonderful team of RNLI volunteer marshals, helping you lap count and cheering you on to the finish. Be sure to wear your best Christmas-themed attire for a day filled with exercise, holiday spirit, and plenty of fun activities for all ages. There will be a prize for the best festive fancy dress! The event doesn't finish after the run as there will be lots to do at the venue from exciting close-up magic and creative face painting to delicious food and informative health and fitness promotions, there's something for everyone to enjoy. Support the RNLI with the opportunity to browse their festive merchandise and participate in the run event of the season! Registration opens from 9am. Warm up with Rookie the Reindeer at 9.45am. 5K Reindeer Run from 10-11am and the 2K Santa Saunter from 10:10-11am. There will be prize-giving and participation medals from 11am, with mince pies and plenty of entertainment. Full details and event registration can be found at <http://bit.ly/40KNVFO>

Fowey RNLI Education and Water Safety volunteer Gaynor Edwards, joined RNLI staff and volunteers from across the south west, south Wales and the south east to commemorate the nation's fallen heroes as part of Great Western Railway's (GWR) Poppies to Paddington. Gaynor organised a knitathon with volunteers at Cornubia in Par, knitting poppies to make wreaths, one of which was dedicated from Fowey Lifeboat Station, to take to the event in London. Now in its fifth year, the Poppies to Paddington operation featured 10 GWR trains carrying hundreds of wreaths from RNLI communities. On arrival in London, the wreaths were laid at Paddington station's war memorial on Platform 1 ahead of a special service of remembrance. The wreaths were accompanied by RNLI military veterans Simon Jeffery, Coxswain at Plymouth RNLI and Tony Rendle, mechanic at Penlee RNLI. The RNLI's partnership with GWR was launched this year as part of the charity's 200th anniversary and was marked by the unveiling of a commemorative RNLI 200 livery on a GWR train in May.



The RNLI's participation holds special significance as its connection to the armed forces and acts of bravery during wartime are woven into the charity's history. Lifeboat crews continued to save lives throughout both World Wars, and many of today's volunteers and staff are either current or ex-service personnel. During the First World War, many young lifeboat crew members left their stations to fight, causing the average age of the lifeboat crews left at home to increase to over 50. During the war years (1914-18), RNLI lifeboats launched 1,808 times, saving 5,332 lives. In 1939, lifeboat volunteers were called away again to war. Nevertheless, by the end of the Second World War in 1945, RNLI crews had saved 6,376 lives around the coasts of Britain and Ireland.

The Fowey RNLI Shop will close for the winter at the end of trading on Sunday 15th December, so there is still time to get

those last minute Christmas lifeboats gifts. The shop will re-open in mid February. Thank you to Sue Wilson and Helen Williams for creating the wonderful Christmas display in our shop window.

Keep up-to-date with all of our shouts, news, events and activities on social media on X/Twitter @Fowey_RNLI and on Facebook @FoweyLifeboat and @FoweyLifeboatCommittee

Lostwithiel Old Cornwall Society

At our October meeting we enjoyed a talk by Mark Camp on Smuggling, fact or fiction. At the time of writing this we look forward to our November meeting when the presentation will be on the life and works of Sabine Baring-Gould. There will be no meeting in December. We resume our meetings on January 28th 2025 with a new set of programmes so do watch out for details in the Newsletter. We wish everyone an enjoyable Christmas and best wishes for the New Year when we look forward to seeing present and future members at our meetings and welcoming visitors to join us.

Lostwithiel Pageant

The traditional pageant will take place on Saturday 14th December 2024. The living tableau of the Nativity, along with a few Cornish figures and real newly born lamb, will be presented at 4pm in the Church Rooms. We then process to various locations to sing carols with the town band and drink mulled wine. Please join us, either as one of the characters with costumes provided or just to sing carols.

A plea from the Railway Station volunteer gardeners.

You have probably noticed that two of the planters on the platform at the Railway Station have virtually collapsed and are beyond repair. We gardeners have a small pot of money for Rural Station Projects and wonder if anyone has unwanted planters or could even make them for the platform at the station ready for the Spring planting. We would be very grateful.

Please contact

Carol Williams 01208 871077



Rotary Club of Lostwithiel

Members of the Rotary Club of Lostwithiel have recently completed the rebuild of the broken park bench in the Memorial Garden at The Parade. We are grateful for the help and assistance of the following organisations.



1. The ash timber was donated by The National Trust at Lanhydrock - so a very local link.
2. The timber was sawn without charge by BrownLumber Ltd from near Nanstallon.

This follows repairs to benches and tables at other locations around the town.



left to right - Dennis Mitchell, Alan Dorling, Tom Barker and Paul Worden

So that, with the earlier refreshment of the Memorial Garden by the club, the look of the area has been enhanced, and we hope that these updates will provide years of extended use for locals and visitors alike.



left to right - Club President Paul Bassett, Colin Dyer, Walter Gubbins, Lesley-Ann Simpson, and Bill Clarke.

One of the many organisations supported by the Rotary Club is Prostate Cancer UK. At a recent club meeting we were pleased to be able to present a cheque to Prostate Cancer UK for £6000.

Boconnoc Church

1st, 2nd and 4th Sundays - Matins at 11am led by a local worship leader 3rd Sunday each month at 9:30am - sung Eucharist led by the Rector.

Book Of Common Prayer

Chapel Chat

⁴ The Word was the source of life, and this life brought light to people. ⁵ The light shines in the darkness, and the darkness has never put it out.

John 1: 4 & 5 from The Good News translation

THANK YOU for your generous donations to the Gaza Emergency Appeal

THANK YOU also to everyone

who kindly contributed to the

Rotary Christmas boxes & Foodbank

St Petroc envelopes are available for your Christmas gifts

Church Activities for December at a glance

Team 2 is on duty in December

Dec. 1st Advent Special

Dec 3rd Chapel Cleaning at 10am

Dec 8th Café Church

Dec 15th Mrs M. Truscott-Robins

Dec 22nd Café Church Carol Service

Dec 29th Covenant Service, Rev P. Benney

Alternative services

25th Dec at Tywardreath at 10.30am

Sorry no Coffee Morning on 26th Dec

Stitches - Each 1st and 3rd Thursday 2-4

Music Appreciation - last Wed. of the month at 7.30

There will be a Church Christmas card board during December onto which you are invited to place one card for the whole church.

You may like to make a donation to Methodist Relief and Development Fund instead of giving individual cards.

A Christmas thought

"When we give each other Christmas gifts in His name, let us remember that He has given us the sun and the moon and the stars, and the earth with its forests and mountains and oceans - and all that lives and move upon them." *Sigrid Undset*



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The Apple Harvest

A big thank you to the local community for your wonderful response to our call for apples! So many local people brought in their surplus supplies, and we hope you enjoyed exchanging them for a lovely Fowey Valley tippie. We finished pressing more than 12 tons of apples during the last week of November, which yielded 8,000 litres of juice to be fermented to cider while some will be distilled to make many of our spirits.



How we make things



If you haven't had a chance to visit us yet to find out how we make everything or to taste our lovely products, we'd be delighted to see you and it's all free. If you can't visit us in person, and you want the next best thing from the comfort of your own armchair, just point your camera phone at this QR code and it will magically show you a 2 minute video narrated by the lovely Dawn French explaining how we make our range of very tasty spirits.



And if it's cider that interests you, point your phone at this one. If this makes you want to come on a one-hour tour, you can book at: www.foweyvalleycider.co.uk/book-online

If, however, you'd rather come to our shop and have your own individual tasting of whatever takes your fancy, then just turn up any weekday between 10 am and 4pm. We'll have lots of good ideas for your Christmas shopping, and we'll have hot mulled cider, mulled wine and mince pies to get you in the mood.

Xmas market

We won't be at the Fowey Xmas market, so we'd love you to check us out at market time, or anytime, at the Fowey shops who stock us and support us throughout the year - Richards deli (previously Kittows), John's Wines, Quay bakery and Spar store.

VISIT US

Unit 11, Restormel Est.
Lostwithiel. PL22 OHG

ONLINE

foweyvalley.co.uk

December 2024

LAMA, providing community transport for people in the Lerryn Area

Trips leave from Lerryn and Lostwithiel and return at the times shown below. It is essential to book your seat and arrange a pick-up point.

For bookings, passenger registration and all queries, please call Jo or Nick on 01208 811175

DATE	DESTINATION		TIME	RETURN FARE
Tue 3rd Driver: Kevin	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Wed 4th Driver: Chris	SPECIAL TRIP Wadebridge	Lerryn Lostwithiel	09:30 - 13:30 09:45 - 13:15	£5.00 adult
Tue 10th Driver: Kevin	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Fri 13th Driver: Nick	Truro and Waitrose	Lerryn Lostwithiel	09:30 - 16:00 09:45 - 15:45	£6.00 adult
Tue 17th Driver: John	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Tue 31st Driver: Richard	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult

All people living in the area may register. Under 18s travel half price.

NB: Please see lerryn.net for full details of LAMA's services.

Special Trip December 2024



Wadebridge Town Centre and Trelawney Garden Centre

Wednesday
4th December 2024

Join us on our special trip to Wadebridge to explore the numerous independent shops

or stop off at Trelawney Garden Centre, one of Cornwall's best



Adult return fare only £5.00

Phone 01208 81175 to book your place

Departing Lerryn 9:30am
and Lostwithiel 9:45am
Returning Lostwithiel 1:15pm
and Lerryn 1:30pm

For full details of LAMA services please visit lerryn.net

Festival Patron Announcement



Christian Browning



Iain Dale

We are delighted to announce the appointment of two new Festival Patrons, Christian Browning and Iain Dale.

Christian, film director and photographer, son of Daphne du Maurier and a strong advocate of the work we do. His guidance over the years has been invaluable and we are delighted to have his continued support.

Iain, British broadcaster, author, political commentator and former publisher and book retailer, is no stranger to the Festival, having first attended over 20 years ago, when he interviewed Ann Widdecombe. This year, he returned to talk about his bestselling book, Kings and Queens, conducted author interviews and entertained a captive audience with a live recording of his highly acclaimed podcast, For the Many. Iain's support and enthusiasm for the festival is infectious and it is a privilege to have him on board.



COMPETITION FOR YOUNG WRITERS AND ARTISTS

2025 THEME: ***Making Waves***

- Fictional or Factual Writing, Poetry and Art competition
- Open to all children aged 4-16 living in Cornwall and the Isles of Scilly
- Launch is on 13th January 2025 when additional information, rules and entry forms will be found at www.foweyfestival.com and sent to schools via School Communications
- Closing date 5th March 2025
- Prizes and certificates in all categories and age groups
- Celebration and awards event to be held in the summer term

Secret Gardens

Friday 16th and Saturday 17th May 2025

Calling garden owners of Fowey, Polruan and Bodinnick! Secret Gardens are returning once more to The du Maurier Fowey Literary Festival, welcoming visitors over two days from Friday 16 to Saturday 17 May 2025.

Is your garden a secret gem that you would be happy to share with members of the public? Then we would be delighted if you

would be willing to open your garden on 16 and 17 May 2025 in aid of the Fowey Literary Festival.

If your garden is in Fowey, Polruan or Bodinnick we would love to hear from you! Being part of Secret Gardens is a lot of fun. You will meet lots of interesting and friendly people from all walks of life. Sharing a much-loved garden with others is quite special, not only for the visitor but for the garden owner too.

Please contact Celia, Celia@allbut.eu or call 07887 703 757 to find out more. She can talk you through what is involved and provide all the advice you need.

We look forward to hearing from you!

Friends: Becoming a Friend of the Festival is easy, simply head to: www.foweyfestival.com/friends

where you can read about the different memberships and sign up online. By becoming a Friend, you will receive advance notice of the Festival programme, exclusive Friend's early bird ticket booking in addition to discounted tickets.

A membership starts from as little as £30 and is a great way to support the Festival.

The 2025 programme of events will be published in March, so start planning your break now. We look forward to you joining us.

You can keep in touch with us as follows:

www.foweyfestival.com Email: info@foweyfestival.com

Twitter: [fowey_festival](https://twitter.com/fowey_festival) Facebook: [@FoweyFestival](https://www.facebook.com/FoweyFestival)

The du Maurier Festival Society, Registered Office: 4, Quiller Couch Way,

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Lostwithiel W.I.

At our November meeting we were given a most informative and enlightening talk on the work done by the Blood Bikers. This dedicated group of volunteers provide a vital service in transporting not only blood but drugs and human

tissues, and other medical requirements, between hospitals, clinics, laboratories, doctors etc. Our speaker was warmly thanked and assured they are all very much appreciated.

Our next meeting on December 9th will be our Christmas party. The first meeting of the new year will be on 13th January 2025 when we will be treated to poetry and song by Burt Bissoe and Pol Hodge. This will be an open meeting when anyone can come and join us for the afternoon for the small fee of £3 per person for non members this includes tea and biscuits. You will be made most welcome, we meet at 2.15pm in the lower oasis room of the community centre. We end the year by wishing everyone a most pleasant and peaceful Christmas and New Year. For further details please contact Jean Jones on 01208 872765.

Lostwithiel Rainbows

FOR GIRLS AGED 4-7 YEARS

Over the last few weeks we've learnt about Remembrance Day and some of us attended the Remembrance Day Service at the Church and the War Memorial.

We have also been busy making decorations for our Christmas Tree which is part of the Christmas Tree Festival in the Church, hopefully we will make a few extra decorations to take home.

We are looking forward to next year to see what activities our Leaders have for us.

If your daughter is between 4-7 and would like to join us please use the contact details below.

For more information on joining our Rainbow group please phone 0800 169 5901 or visit www.girlguiding.org.uk

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USEFUL INFO & CONTACTS

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01208 872 589 8am- 6.30pm Please ring to request an appointment.
For routine tests and appointments, please wait for the Surgery to contact you. Check our surgery website below for useful up to date information, including Covid, useful contacts, latest developments and treatment available. www.lostwithielmedicalpractice.nhs.uk

CORNWALL BEREAVEMENT SUPPORT: For a list of charities and services providing support for those who have lost a loved one (from any cause and at any age) see www.cornwallbereavementnetwork.org. To speak to someone about emotional support available ring **01726 829 874** 10am - 6pm including weekends. For support with the process and practicalities following a bereavement ring **01872 252 713** 9am-4pm Monday - Friday.

HEALTH & MENTAL WELLBEING SUPPORT: abichanning@nhs.net Contact Abi Channing for advice and link to specialist services (eg bereavement counselling, mental health support, volunteer befrienders).

CORNWALL NHS 24/7 MENTAL HEALTH SUPPORT LINE : 0800 038 5300 This service is there for everyone.

CITIZENS ADVICE, BODMIN - Ring 0800 144 8848 Mon-Fri 10am-4pm www.citizensadvicecornwall.org.uk Based at The Old Library, 10 Lower Bore Street, Bodmin PL31 2JX Drop in available Tuesdays 10am-11.30am Disabled Access but no disabled parking. For help or advice, please contact our team by texting the word **ADVICE** to **78866**; we'll call you back within 48 hours (excluding weekends) or ring **0800-144-8848** Monday-Friday 10am-4pm

ST AUSTELL FOODBANK - If you ring or email them, they will talk you through your situation and put you in touch with a local agency for referral. Tel: **01726 65313** Email: info@staustell.foodbank.org.uk www.staustell.foodbank.org.uk for general info or to set up a cash donation.

CORNWALL COUNCIL - Ring 0300 1234 100 or see their website www.cornwall.gov.uk for council services available, and to sign up for their useful Keep Cornwall Updated email newsletter.

MOUNTCHASE PHARMACY, FORE ST, LOSTWITHIEL Ring **01208 872 368**

CARRIAGE WORKS DENTAL PRACTICE - Ring **01208 873290** or email enquiries@lostwithieldental.co.uk

PELYN VETS - 01208 872 254

VOLUNTEER CORNWALL - 01872 265 305 For volunteer befrienders.

SILVERLINE- for older people Ring **0800 4708 090**

Lostwithiel Advent Window Trail Dates & Names 2024

Sunday 1st December - Lostwithiel Museum

Monday 2nd December - Stick Antiques & Vintage

Tuesday 3rd December - LilyBoo

Wednesday 4th December - Bellamama Deli

Thursday 5th December - Watts Trading

Friday 6th December - Mountchase Pharmacy

Saturday 7th December - Whitelight Crystals & Coffee

Sunday 8th December - Cindy Ashbridge

Monday 9th December - Jeffery's Estate Agent

Tuesday 10th December - Restormel Kitchen

Wednesday 11th December - Uzella Court

Thursday 12th December - Q Street

Friday 13th December - North Street Beauty

Saturday 14th December - A P Bassett Solicitors

Sunday 15th December - Community Centre

Monday 16th December - Molesworth & Bird - Seaweed Art

Tuesday 17th December - Elaine Foster-Gandey Art, Queen Street

Wednesday 18th December - The Mess Hall

Thursday 19th December - Shire Hall, Quay Street

Friday 20th December - 17 North Street

Saturday 21st December - Asquiths Restaurant

Sunday 22nd December - The Fire Station, Car Park

Monday 23rd December - 26 North Street

Tuesday 24th December - St. Bartholomew's Church

1999 to 2024 - 25 YEARS OF LOSTWITHIEL'S ADVENT WINDOWS

If you've moved into Lostwithiel in the last 25 years, you'll probably have noticed that from December 1st each year, numbered windows decorated with a Christmas theme and illuminated through the evening begin to appear on the main streets of the Town. Why?



Like the annual Christmas Pageant, Dickensian Evening and the more recent Christmas Tree Festival in St Barts, Lostwithiel's Advent Window Trail has evolved over the years, from someone's bright idea of a new way to celebrate Christmas and bring light and cheer to the dark days of December, into an established Lostwithiel tradition. The Christmas Pageant was devised in the 1980s by Rachel John, Cornish historian and Lostwithiel resident, while Dickensian Evening was intro-

duced in the 2000s by Adrian Barratt of Deja Vu, longtime chair of Lostwithiel Business Group.

Lostwithiel Advent Window Trail started just as we entered the new Millennium, for Christmas 1999, and was the unplanned outcome of a small group of friends – young mothers in those days – meeting up to enjoy trying different crafts and socialising, without children and husbands in tow. One of us – Ruth Edward-Collins – mentioned a town she'd seen in her native Switzerland, where a different window was decorated and lit on a Christmas theme each day throughout Advent, turning the town into a real life Advent Calendar, and how pretty it was.

Several glasses of wine later, Lostwithiel's own Advent Window Trail was born. Undeterred by the fact that of the four of us, only Gina O'Keeffe had a suitable window visible from the street, ideas began to flow and weeks of organisation began. We recruited and enthused 24 people in Town with suitable windows for decoration, either to create an Advent Window themselves or to allow one of us to decorate it for them.

One of Gina's daughters created the original holly wreath Number logo to be placed in each window on the Trail, and on



December 1st 1999 the first themed window lit up on schedule. We think it was either Trewithen Restaurant or Jeffery's Estate Agent – and each evening from then through to Christmas Eve a new and delightful window scene lit up each evening for people to discover and enjoy, all over Town.

I created two Advent Windows that year – the Three Kings in

'stained glass' with Playgroup at the Community Centre, and four huge Angels in Gwen Taylor's window in Bodmin Hill. Gina and her daughters set up a Dollhouse Miniature Christmas in her Quay Street window, while Jenni Greenhalgh and Ruth – if I recall – devised illuminated windows for 11 North Street and Duchy Mo-



tors' showroom window at Bridgend. Many more have followed in different locations every year since.

There was great enthusiasm for our idea, and many people



volunteered, with the most fantastic and intricate creative ideas over the years for their illuminated windows. Each year a few would drop out, and others take over their date. For the first decade or so, more private households took part than businesses, and the Advent Window Trail wandered all over Town, from the lower reaches of Bodmin Hill and Grenville Road to the Community Centre and even Mill Hill, as well as Fore Street, North Street, Quay Street and Queen Street in the centre. Even better, lots of people not part of the Advent Trail as such began to decorate and illuminate

Christmas windows too, adding to the seasonal cheer.

By 2011 our lives had moved on and were even busier, and we handed over the organisation of each year's Trail to Marianne Barratt of Deja Vu; more recently Sally Cuthbertson of Asquiths has taken on this role. Perhaps inevitably the balance has gradually shifted, with most windows now allocated to businesses on the main streets; we've noticed that the original idea of a new window to be revealed each evening on the allocated date like an Advent Calendar isn't always adhered to . . .

However the four of us – Ruth, Jenni, Gina and Debenie – have continued to meet up to create a new theme for our Advent Window every year for the past quarter century; you can see our 25th Silver Anniversary window at Gina's house on Quay Street from December 19th. It's always a challenge, a few tense moments, and a lot of fun trying to think of something new and then making it work. But it's the most lovely Christmassy thing to do for the Town, and we can't quite believe we're still doing it, 25 years on!

And the future? Well, times change, people age, lives go in different directions . . . so who knows? We'd love to see more Lostwithiel households taking part again in different streets, as well as local businesses, for every different decorated window adds to the interest and enjoyment of Lostwithiel at Christmas.



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Fowey River Lions

Following our President, Steve Jones, letter in local newsletters and on social media, we have been delighted with the interest in expanding our pride. Thank you to all those who have shown your interest we look forward to you becoming members of Fowey River Lions in due course.



President Steve Jones and new member Mike Francis

This month we are delighted to welcome Mike Francis to the club. On Saturday 9th November Steve Jones presented him with a Lions badge and a certificate of joining the Lions. We are all looking forward to working with Mike in the future. If you would like to be part of what we do please get in touch, as below.

Christmas Grotto Saturday 14th December 1pm – 3pm Safe Harbour Inn, Fowey

Ho! Ho! Ho! Calling all children! Father Christmas will be waiting to meet you in the top bar at the Safe Harbour Inn, Fowey on Saturday 14th December from 1pm – 3pm. This will be a festive experience for all the family, the team are aiming for an "Elf" theme! So come and join the fun. Admission is free we just ask you for a donation to our Lions Charities.

Help for Ukraine – We are still helping Callington Lions to collect the following items to take to Ukraine. In early October our largest consignment of goods was delivered to Callington Lions. Those donations of yours will have been delivered to Poland for onward transportation to the Ukraine by the time you read this. Thank you so much for your continued support it is much appreciated. Please note that they are unable to take any items of clothing.

Items Desperately Required

Nappies, Baby Milk Formula, Baby Soap, Baby Shampoo. Baby Products – Talc, Nappy Rash Creams, Calpol or similar. Baby Toys.

Sanitary Items for Ladies, Soap, Shampoo, Conditioner, Hair spray, Deodorants.

New and Unused Cosmetics.

Sleeping Bags (clean) Tents, Camping Equipment.

Medical items – Paracetamol or Pain Relief Medications, Cough Remedies, Plasters and Bandages.

Ukrainian Hospitals need your unwanted Prescription Medications. Any Unwanted Prescription Medication go Directly to the Ukrainian Medical Services and MUST have a Pharmacy Label attached to the item.

Fowey River Lions are pleased to help support their excellent work, please contact 0345 833 7484 (leave a message if no reply) and we can give you the nearest collection point. For those living in the Polruan, Lanteglos area donations may be left with Lynn Bartlett, 24 Meadow Close, Polruan. Our grateful thanks to all those who have made donations, it is much appreciated and very well received in Ukraine.

Join Fowey River Lions – If you would like to see what we do why not come along to one of our regular meetings. There is no obligation, but we would love to meet you. We meet the first Monday of the month 8pm at The Ship Inn, Polmear, Par.

We started in 1977 with a large group of like minded people helping their local community and helping to raise funds for local, national and international causes. Over the years we have donated to major charities such as Cancer Care, Motor Neurone Disease, RNLI, local charities such as Childrens Hospice SW and helped local people in need as well as encouraging and supporting young people in their development with smaller grants. It is not all hard work; in fact it can be great fun and gives a great feeling of satisfaction. We hold monthly business meetings and have a monthly social event. We welcome anyone in the area to come and meet us and see what we do. We would love to meet you.

Wishing you all Seasons Greetings.

President: Lion Steve Jones Treasurer: Lion Ruth Rouse

Secretary Lion Lynn Goold

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