



email: palaceprinters@btinternet.com

NOVEMBER 2024

FREE

LOSTWITHIEL NEWSLETTER

Panto Comes to Lostwithiel!

Lostwithiel Community Centre
Proudly Presents
A Lost In Panto Production

THE PANTO

Featuring Friends, Neighbours
and Stalwarts of Your Own, Your Very
Own Community!

I used to be
the Mare!

Oh nay you
didn't!

Performances
Friday 6th December 7pm
Saturday 7th December 2pm & 7pm
Tickets: Adults £7, Kids £5 via
lostwithielcommunitycentre.org.uk/whats on
All profits to support the Centre

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.

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

LOSTWITHIEL LOCAL PRODUCE MARKET – Lostwithiel Scout Hut, 4th SATURDAY of each month Saturday 23rd November from 10am -1pm+ Zero Waste Mobile Shop. See Lostwithiel Farmer's Market Facebook Page or contact Helen copperton@hotmail.co.uk

LOSTWITHIEL ANTIQUES & COLLECTABLES MARKET: First Saturday each month, Scout Hut 10am-1pm:2nd Nov Contact Ann 0788826 032

ANTIQUES FAIR: Sunday 10th Nov Main Hall Community Centre 10am

CAR BOOT SALE: Sunday 3rd November 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-Cwll Photographic Club: 2nd and 16th OCT (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 2nd DECEMBER 2024**

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

palaceprinters@btinternet.com by 20th November 2024

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.

PAUL BOURTON FUNERAL SERVICE

Independent family funeral directors

Private Chapels Of Rest in St Austell and Foxhole

Day and night service

Fleet of vehicles and parking

Pre-payment funeral plans

All areas covered

Visit our website: www.paulbourtonfunerals.co.uk

01726 65727

For the professional service you can depend on

G. BERESFORD **BUILDER** ALL BUILDING WORK UNDERTAKEN

 FROM SMALL REPAIRS
TO COMPLETE NEWBUILD
ALL TYPES OF MASONRY,
PLASTERING, ROOFING,
TILING & DECORATING

CALL 077 914 524 13

FOR A FREE QUOTE
BRUNEL QUAYS, LOSTWITHIEL



From the Mayor

With the leaves changing colour and dropping off the trees we know we are into the autumn season. Dress up warm everyone!!!!

As your Mayor I attended a meeting of Cornish Mayors hosted by Redruth Town Council and along with my Consort Cllr John Henderson I attended a memorial ceremony at Saltash

for General Sir William Penn Symons who was the first General to be killed by the Boers 125 years ago. Allegedly, all Cornish Mayors were invited to attend a ceremony when the memorial was unveiled in 1901 unfortunately the Mayor of Lostwithiel is reported as being the only visiting Mayor in attendance, maybe the reason being is that Lord Edgumbe was the dignitary who lived in Edgumbe House here in the town unveiled the memorial. So, it was an honour and a privilege to represent the town once more in remembrance. More locally I was delighted to be able to present Mrs Lowman a local resident with a card and flowers for her 90th Birthday.

The Council has recently filled one Councillor vacancy by co-optation. As Mayor I'd like to take this opportunity to welcome Adam Eastham on board and I sincerely hope he enjoys his new role as a Town Councillor. One vacancy has also been filled on the Neighbourhood Plan Steering Group I'd like to welcome David Dunkley onto the team. I'm sure he'll be a great asset. Cornwall Libraries have featured Lostwithiel Library in a Halloween video

(3) Facebook

Cornwall Libraries (@cornwalllibraries)

• Instagram photos and videos

Our book loan figures are still decreasing so do please take a look, if we don't have any titles on our shelves that you'd like to read you can order books in from Cornwall Council's county wide stock and have it delivered to Lostwithiel for collection. We were also one of only 10 libraries across the County to hold a Hall for Cornwall Jack & the Beanstalk half term workshop.

Remembrance Sunday this year is on 10 November, the road closure will be set up and in place from 9am. At 9.15am all residents wishing to take part in the Parade are asked to assemble at the top of Fore Street. At 9.30am the Parade will move off and it will arrive at St Barts at 9.45am for the Remembrance Sunday service. After the service at approximately 10.45am the Parade will reassemble outside the Church and will march to the War Memorial ready for the 2 minutes silence. At 11am the Act of Remembrance will be held at the War memorial after which the Parade will disband and the road closure will be lifted.

Karin Henderson, Mayor of Lostwithiel

A Big Thankyou...

I would like to say a big thankyou to everybody who sent messages, cards, flowers, gifts and home-cooked food. You are simply the best.

Nichola Lowe

Advertising Rates

4cm box.....	£13.40
8.5cm box.....	£18.80
¼ page.....	£26.40

There is a 10% discount on these rates for a block of six or more ads when booked and paid in advance via BACs



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.

The Holdovers (15) Monday 25th November

Beautifully bittersweet film about the unlikely bond between a curmudgeonly teacher, troublemaker student and the school's head cook forced to remain on campus during Christmas break.

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.

1. Shop Local. We are so lucky to have an array of independent shops in our town centre. Each of them sells gorgeous and unusual gifts for every member of the family. So before popping to Truro or heading online, take a walk through our town to see how many local shops you can support first. This also applies to your food shop, our butcher, fish man, deli's and newsagent are well stocked to feed us with delicious produce and the bonus is you can avoid the supermarket crowds!

2. Homemade/Second hand gifts. Making gifts yourself is a lovely way to keep the gift giving tradition going without excessive waste. Homemade gifts are much more unique and personal, so they often mean much more to the recipient. Think edible gifts such as jams, chutneys, sweet treats or get creative by knitting, sewing or painting. If you are time strapped or not the creative type then why not look for second hand gifts. The towns that surround us are packed with charity shops selling excellent quality toys, books and homewares as well as clothing. Vinted and Marketplace are also great options for shopping second hand online for anyone unable to get out and about.

3. Make your own decorations. Whilst decorating Christmas trees and our houses is a fun thing to do, it can be full of plastic and waste. If you do have a Christmas tree, consider buying a potted one that can be reused each year, or even renting one through one of the many local tree rental services. Alternatively a 'fake' Christmas tree that is reused for many years is also arguably a sustainable option... but you miss that wonderful Christmassy scent! When it comes to decorations, instead of opting for plastic tinsel and baubles, why not get creative and make your own. Dried flowers, foliage, citrus fruits and cinnamon sticks make beautiful wreaths and garlands. Log slices with hand drawn pictures or homemade salt dough shapes are a fun way to get children involved in making decorations that can be reused year after year.

We hope that those tips have inspired you and helped you think about how to make your celebrations a bit more environmentally friendly. We'd love to see your homemade decorations or hear of any other tips you have to make this time of year more sustainable. Contact us at: lostwithielenvironmental@protonmail.com

Stay Safe

*Don't give away personal information
It isn't Amazon calling to query your order*

Have Fun

*You don't have to buy a new television to
enjoy subscription channels in your living room*

*Ditch the buds – there are better ways of
listening to music*

Call Paul For help, free advice and perhaps a little peace of mind

01208 872074 / 07805 126854

help@call-paul.com


Call Paul
'It's a digital world'

SOLVING YOUR COMPUTER PROBLEMS IN LOSTWITHIEL SINCE 2007

Sally Kington

PGDip MCFHP MAFHP

FOOT HEALTH PRACTITIONER

Toe Nail Cutting

Reduction of Corns and callus

Ingrowing Toe Nails

General Foot Care Advice

Please call:

07768 613894

To arrange a home visit

email: sal-stafford@hotmail.co.uk


Lostwithiel Library
TAPRELL HOUSE, NORTH STREET

Open Wednesdays 10am - 4pm for browsing and borrowing

Click & Collect Your Books: you can order books on Cornwall Council's Library webpages, and collect them from us when they are ready.

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

rjmotors

The local one stop shop for all your motoring needs,
keeping you on the road.

Duel System Diagnostics • Repairs and Servicing
Bodywork and Respraying • MOT testing arranged

For all enquiries or for further details, call us on

01208 873 851

Steve Gardner Electrical

Fault Finding A Speciality

Small Electrical work undertaken

No Job Too Small

Advice is Free

Over 40 Years Experience

Call Steve

01208 872946 / 07811 153076

Brydai, The Uplands, Lostwithiel

TG GARDENING AND MAINTENANCE SERVICES



**Experienced gardening and property
maintenance services**

Local service, happy to quote for any job inside or
out!

Established 20 plus years

Happy to provide excellent local references

Always cheerful, enthusiastic, thorough and efficient



**CALL TONY GROVES ON
07863 628746**

LERRYIN FILM CLUB



THE NEXT MEMBERS' EVENING WILL BE ON
THURSDAY 28th NOVEMBER 2024 IN LERRYIN MEMORIAL HALL

DOORS OPEN AT 7.00 PM ALLOWING TIME FOR A MEAL AND A CHAT FOR THOSE INTERESTED
(Phone the Ship Inn on 01208 872374 by 16th November to order and pay for your chosen boxed meal)

THIS WILL BE FOLLOWED AT 7.45 PM BY THE FILM "THE GREAT ESCAPER"

TO JOIN THE LERRYIN FILM CLUB OR TO COME AS A GUEST
PLEASE CONTACT SUE ON 01208 871513



The Benefice of Lostwithiel Parishes Services for November 2024

Sunday, 3 [All Saints]

Boconnoc	Matins	11.00am
Bradoc	Choral Evensong	6.00pm
St Bartholomew	Family Eucharist	11.00am
St Brevita, Lanlivery	Morning Prayer	9.30am
St Veep	To the benefice	9.30am
St Winnow	Parish Eucharist	11.00am

Sunday, 10 [Remembrance Sunday]

Boconnoc	To St Veep	
Bradoc	To St Veep	
St Bartholomew	Town Service	10am
St Brevita, Lanlivery	Remembrance Eucharist	9.30am
St Veep	Remembrance	10.50am
St Winnow	To St Veep or St Barts	

Sunday, 17

Boconnoc	Holy Communion	9.30am
Bradoc	Choral Evensong	6.00pm
St Bartholomew	Morning Prayer	11.00am
St Brevita, Lanlivery	Morning Prayer	9.30am
St Veep	To the benefice	
St Winnow	Dedication & Homecoming	11.00am

Sunday, 24 [Christ the King]

Boconnoc	Matins	11am
Bradoc	Holy Communion	11.15am
St Bartholomew	Morning Prayer	11am
St Brevita, Lanlivery	Morning Prayer	9.30am
St Veep	Holy Communion	11am
St Winnow	Evensong (BCP)	5.00pm

Saturday, 30

Church Rooms	Messy Church	4pm
--------------	--------------	-----

Regular Weekday Services

Wednesdays - St Brevita - Evening Prayer at 4pm
First Thursday - St Bartholomew - Celtic Eucharist at 10am

Lanlivery, St Bartholomew's, St Veep, Bradoc and St Winnow Church are open every day. Boconnoc can be opened by appointment with the churchwardens.

The Benefice of Lostwithiel Parishes

Rector-In vacancy

Rev'd Sheila Bawden (Associate Priest)-01208 871344

Church Centre

(Benefice administration office-open Mon-Wed morning-01208 872232)

St Bartholomew's Church, Church Lane, Lostwithiel

Lostwithiel Floral Art Group

Our next meeting is on Wednesday 27 November at Lanhydrock Hall starting at 2.30 p.m. when Tracey Johnston will be our demonstrator. Her title will be 'Around the world in 80 minutes'. After this tea and biscuits will be served and her flower arrangements will be raffled. There is always something of interest on our sales table, which usually includes plants and vegetables. New members are always welcome. Come along and see what we do.

St Bartholomew's News

Time seems to be galloping along as even now there are signs of Christmas in the main stores. The leaves have taken a long time to fall from the trees, but listening to the radio, there is a reason for this which I find a little complicated! We have been given the privilege of observing the Northern Lights during this year though actually I haven't seen them as it is always cloudy when I try. Along with the wonderful nature around Cornwall it makes us realise how wonderful is God's creation.

As mentioned last month, the Benefice is going through a time of Transition when we seek to find a new Rector after Rev'd Paul leaving. This means that we have had to re-organise our rotas for the services around the Benefice. We are trying to make sure that every parish has at least one Eucharist each month with the help of Rev'd Sheila and our retired clergy – Rev'd John Halkes and Rev'd James Funnell. There will be occasions when we will try to invite Priests from outside the benefice, but our Churchwardens will also be taking more services. We ask for your support during this period of Transition.

The Thursday Benefice Celtic Eucharist will continue at 10.00am every week - a quiet contemplative Communion, with no hymns.

Our first Sunday, 3rd, is our family service when we celebrate All Saints Day, with Rev'd Sheila. I wonder whether she will be producing any fireworks!!!

Sunday 10th is Remembrance Sunday and we will be holding a Eucharist in the Church at 10.00 before processing down to the Cenotaph for the 11.00 commemoration, for the whole town and Town Council.

Our third Sunday 17th, is Morning Prayer with Warren Nicholls, and our fourth Sunday, 24th, Christ the King, is Eucharist Service.

Friday 1st we are hosting Jaclarabag, a group of musicians who are on tour and play folk music from around the world. Tickets will be £12 on the door, at 7.00pm.

Saturday 9th there will be a concert organised by Cornwall Wildlife Trust at 7.00pm.

We are hoping to hold our Autumn Fete on Saturday 9th, for Church Funds. There will be bacon butties, cake stalls, bric-a-brac stall, and tables will be £10 to book. Lots of Christmas goodies to pick up. Volunteers needed!

On Thursday 28th we will be hosting Reg Muecross, singer, storyteller and songwriter at 7.00pm.

Saturday 30th there will be a Roman Catholic Mass at 10.30am. Messy Church will be in the Church Rooms from 4 – 5.30pm, so bring your youngsters along for craft, stories and food.

Our Christmas Trees will be arriving on 30th and anyone who could give a hand 'potting' and setting up, do please contact Bernice or Rev'd Sheila. Decorating will be in the afternoon of Sunday 1st December, and throughout Monday 2nd, before the Tree Opening Service at 5.30 on Tuesday 3rd.

A busy season looming and more volunteers are always needed. Contact the Churchwardens or Rev'd Sheila if you have any spare time. Also anyone who can play piano or organ, can arrange flowers or ring bells or would like to learn, contact us.

Busy, busy, busy! See you in Church.

Thinking of renting your property out? LANDLORDS NEEDED for waiting tenants. Personal Service. Free valuations, no obligations, transparent fees and no VAT

Landlords

Bringing Tenants and Landlords Together

Visit our website www.mipadlettings.com

or give Debbie a ring on 07986 575662



WHATS ON

We had great fun with Johnny Cowling at the end of October and would like to say a massive thank you to everyone, who helped with the event. And, we have much more fun planned in the lead up to the festive season...

- International DJ Cat La Chapelle will take you back to your teenage years or your parents' youth with an 80s disco on 9th November from 07:00pm in the Main Hall.
- On 16th November, we have a Cornish Barn Dance featuring the amazing Caracana (www.caracana.co.uk). This is a great event for all ages and there are family tickets available.

PANTOMINE

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!

BETLE DRIVE

Beetle Drives are back in fashion and there is one on every Thursday in the café 02:00 – 03:30pm.

HALF TERM ACTIVITIES

We have lots of activities and spooktacular events over the half term.

- 29th – 30th October: KIXX Football Camp from 10:00am – 03:00pm.
- 28th October – 3rd November, Pumpkin Trail: We are running our traditional pumpkin trail around the town all week. Come to the centre, collect a form and spot the pumpkins. Treats are waiting for you back at the centre.
- 31st October:
 - o Dragon Ball tournament from 10:00am – 12:00pm.
 - o Halloween Disco from 03:00pm – 05:00pm.

GRAND PRIZE DRAW - THANK YOU

We would like to say a massive thank you to everyone, who supported our Grand Prize Draw. We would also like to congratulate the winners, who were announced on Facebook and our website. We really appreciate everyone's support as it is hard to maintain a community centre, which is warm and safe and provides events for the whole community. The funds from the Draw will go towards the running costs and making sure we are affordable and inclusive.

REGULAR EVENTS

NOVEMBER	
3rd	Car Boot
6th	Writing Group
8th	Remote control car racing
9th	Cat La Chapelle 70s,80s,90s.
10th	Antiques Fair
16th	Ceilidh 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	
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

	Cafe	Reading Room	Main Hall	Studio 2
Monday	U3A wine group	Book Club 1 every 2nd Monday. 10.am ----- 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	Ruggers & 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	



ITS BACK !!

LOSTWITHIEL PUMPKIN TRAIL

STARTS AT THE COMMUNITY CENTRE
LOOK AROUND THE SHOPS IN TOWN FIND THE PUMPKINS
AND
FINISH BACK AT THE COMMUNITY CENTRE

WITH A TRICK OR TREAT YOU CHOOSE IF YOU PARE !!!



STARTS 28TH OCTOBER



. **THANK YOU:** A very big thank you to all our volunteers for their invaluable help and support throughout the season. We simply couldn't do it without you.

. **WINTER CLOSURE:** The 'open season' is rapidly drawing to an end and by the time you read this the museum will be closed to visitors. It's that time of year when we pause to reflect on the busy months behind us and start to prepare for the new season ahead. We're in the process of lining up our 'winter projects' for those volunteers who want to help with tasks 'behind the seasons.'

This closure period is essential as it allows us the opportunity to do jobs that can't be done when we're open to visitors. There are always some vital maintenance tasks waiting — in addition to the more creative aspects of improving displays and finding different ways to interpret them. We welcome help throughout the year — so whether you're an existing volunteer or perhaps just thinking about joining us — please contact Christine Walton on 01208 871456 for more information.

. **SPRING RE-OPENING:** The museum will re-open on Monday 7 April. By then our Stewards will be eager to 'meet and greet' new visitors from far and wide — in addition to our local supporters. We've already worked out that we will need additional Stewards to join the existing team. Their role is to welcome visitors, help with enquiries and highlight our local facilities and attractions. The museum has a comprehensive reference section for visitors and volunteers to use — and also acts as an unofficial 'information hub,' providing a valuable service in helping to promote Lostwithiel and its heritage.

It's an invaluable role and without our team of Stewards the museum would not be able to open to visitors. If you are interested in joining us please contact Christine Walton on 01208 871456 for more information.

. **MEMBERSHIP OF LOSTWITHIEL MUSEUM ASSOCIATION:** This is a reminder that your annual £10 per household membership to LMA is due for payment. The Renewal Form for Friends of Lostwithiel Museum Association was inserted in your latest copy of the Museum Matters magazine (17). If this has been mislaid or you're not sure whether you've renewed your membership — please contact the Membership Secretary via the museum or the museum website www.lostwithielmuseum.org

Thank you to all those who renewed so promptly — and especially to those who added a donation or completed the Gift Aid Declaration Form. Gift Aid is important as it allows the museum to claim an additional 25p for every £1 paid.

. **MUSEUM TALK AND SOCIAL EVENT:** As promised, Paul Holden's recent talk to LMA members and volunteers certainly lived up to our high expectations. Entitled 'Confessions of a Country House Snooper,' Paul shared a few best kept 'secrets' with his captive audience. An accomplished, informative and entertaining speaker, Paul never disappoints.

. **AGM:** We look forward to welcoming you to the Lostwithiel Museum Association AGM to be held at 7.00pm in the Church Rooms on Tuesday 19 November 2024.

With thanks to our museum volunteers, LMA members, supporters and visitors. 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>



HOWDY!

Lostwithiel Community Centre

Cornish - Barn Dance



Saturday
16th
November

7pm - 10pm



Tickets on our website
Adults £10 under 16's £4 /
Family of 4 £25

Bar & Snacks
Pasties Available



Rootin' Tootin' Good Time



The Globe Inn

3 North Street, Lostwithiel PL22 OEG

Tel: 01208 872 501

*The freshest food, finest local ales
and a warm welcome await you at
The Globe Inn*

Come in and treat yourself to a meal creatively
focused on the freshest local ingredients
available.

Booking advisable

Ocean & Country

**Would it help to know what
your home is really worth?**

*Over the next few months our agents
will be valuing properties in your area.*

Given the recent changes we have witnessed in the
local market, this is the perfect opportunity for you
to understand the value of your home in case you are
considering a move, or just out of interest. All of this
is done without the pressure of you being encouraged
to market your home before you are ready to do so.

Ocean and Country are Independent Estate and
Letting Agents with a reputation built on friendly
customer service and expert local knowledge.

Should you wish to take advantage of our expertise,
please contact us on: 01726 812271 or email:
parsales@oceanandcountry.co.uk

*There's no hard sell, it's free of charge and
the valuation only takes 20-30 minutes.*



S.W. Removals & Storage LTD.

LOSTWITHIEL

A move in the right direction!



- Quality removals & house clearances
- Local, U.K. & France specialists
- Great value storage/self storage
- 30yrs in the trade, serving Cornwall
- Free quotes

www.swremovalsandstorage.co.uk
email: info@swremovalsandstorage.co.uk

01208 643013

MOBILE: 07974 180041

Restormel Insurance Services

Agricultural & Commercial
Insurance Specialists

Mortgages

Life Insurance

- Car, Home & Travel Insurance
- Property Owners
- Liability
- Equity Release
- Mortgage Protection
- Motor Fleet

01208 872700



restormelinsuranceservices.com

25/26 Fore Street,
Lostwithiel, Cornwall
PL22 0BL

Authorised and regulated by the Financial Conduct Authority

JUSTIN WILLIAMS WINDOWS



"Laurel Brook", Edgcumbe Road, Lostwithiel, Cornwall, PL22 0DR

Tel: 01208 623740 or Mobile: 07578 424420

Email: info@justinwilliamswindows.co.uk

For the supply and fitting, or supply only to the trade and DIY

PVCu & aluminium windows, doors, bi-folding or patio doors,
conservatories, double glazed units, servicing and repairs
Or supply of PVC fascias and rainwater goods

Contact Justin or Tracey for a free quote



OPEN MEETINGS

Our next Open Meeting is on Monday 4th November at 2pm in the Church Rooms in Lostwithiel where, on the eve of the US Presidential elec-

tion, we look forward to a highly topical talk from local resident and US politics expert Robin Dyer who will be telling us about the "The historic US election of 2024 – the fight for America's democracy and its soul." This promises to be an extremely up-to-the-minute and insightful talk and 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!

We are already scheduling future Open Meetings for 2025 : in January our guest speaker will be Lynn Gould who will be taking us on a journey through Daphne du Maurier's Cornwall while in March we'll be hearing from Brian Oldham about Trades and Occupations in 19th Century Liskeard.

UPDATES FROM OUR GROUPS

With over twenty active interest groups there is always something going on and some groups are now returning after the summer break, including the Family History group who help each other with breaking down "brick walls" in their research. The Electric Bikers – who ride throughout the year – were out on a number of trips including Lostwithiel to Braddock and Tideford to Saltash Pier while the Pop and Rock Music Appreciation group had a "Time Machine" theme, listening to artists at the start of their career and then tracking how they progressed – this included Van Morrison, Eric Clapton, Joe Jackson. Steve Marriott and Peter Frampton. The Photography Group took some very colourful images on their field trip to Dingles Fairground Museum, the Lunch Group had some wonderful food at the London Inn at St Neot, while the Walking Group went on a six mile -relatively easy - walk from Spit Beach to Carlyon Bay and back, stopping off along the way at AJ's Café for some well-deserved coffee and cake!

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 Nature and Birdwatching 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

Lostwithiel Garden Society

Our next talk is on Tuesday 12th November 2024 on 'Willow Weaving'. There will be the chance to make a willow star Christmas tree decoration.

Additional willow will be available to buy on the night.

Lostwithiel Church Rooms at 7.30pm.

Talks are open to everyone, members £1, non-members £3.

Any queries please contact Jenna Pegg on 01208 368169.

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 16th November.

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:

Sadly, sailing is over for another year, the pontoon at the yacht club has been put to bed and most boats are ready for their winter overhaul, the boatyards are slowly filling to keep them snug and safe throughout the wintery months. Some of them though, have left our shores to spend the winter possibly in warmer climes. The club has now reverted to winter opening hours, these can be found on our website (see details below). A welcome return of the Winter Talks Series with plenty to inform and entertain us. We also have a great variety of other events, talks and dinners to keep us busy throughout the winter months, where the club is a welcome and warm place to meet up with fellow members and friends. Our new monthly themed suppers are going well.

Diary Dates for November

- Wednesday 6th Winter Talks Series: The NFU and its role for the Farmer.
- Wednesday 13th Winter Talks Series: The work of the National Lobster Hatchery.
- Friday 15th Book Club, often preceded by a friendly, welcoming lunch.
- Saturday 16th 'Wild Cornwall...Out on the Edge' with Ian McCarthy. Non-members welcome.
- Wednesday 20th Winter Talks Series: The history and current activities of Golant Boatwatch
- Friday 22nd Welcome Hour and Supper Club: Middle Eastern Theme.
- Wednesday 27th Winter Talks Series: 'Green Solutions for a better tomorrow'
- Saturday 30th The Truth about Women's Health and Fitness with Lynne Potter & Supper.
- Every Thursday afternoon: Bridge
- Every Friday evening: Welcome Hour, always a lively convivial evening with suppers available.

Please see the Club website at <http://www.rfyc.org.uk>. This is full of information about the Clubs activities and includes access to a webcam giving superb views of the harbour. Members receive a weekly "What's On" update.

We welcome visiting sailors, members of reciprocal clubs, and those participating in activities such as Club racing and some other events. If you are not a member currently and would like to join us to enjoy all the Club has to offer, please look on the home page of the website under Join Our Club; call the office 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/RFYCFowey, on Instagram, or (for members only) RFYC Drop-in.

If you would like to 'try before you buy' please contact the office and we can arrange for you to be booked in by a member for the evening, or an afternoon on the terrace to give you an idea of what an amazing club we have.

LOSTWITHIEL TOWN BAND CHRISTMAS CONCERT

IN ST BARTHOLOMEW'S CHURCH
ON SATURDAY 7TH DECEMBER
AT 2PM
ADMISSION £5



PLANT SWAP /SALE

Thankyou to everyone who supported the Plant Swap /sale this year, from the Lostwithiel Community Centre , volunteers , to the people who supported the swap every week ... a massive amount of over £2000 has been raised and will be used in the Community and to support growing initiatives ...

Whats next ?... the annual Seedy Saturday at the beginning of February 2025 ... already alot of seeds have been donated from Seed Merchants, saved seed and Heritage Seed library , so save and sort out any unwanted seeds you may have

LostFest has donated money to the GrowingBetterGarden group to buy compost and we are already planning next year's activities.

All monies raised go back to the community.
Happy gardening everyone.

LOSTFEST VOLUNTEERS

Do you want to be part of something fun and creative but hard work? Are you interested in music, festivals or the performing arts? Do you want to give back to your community?

We are looking for volunteers on the day and in the lead up to the festival to help out.

We are also looking for committee members to help organise the festival during the year.

Contact us on info@lostfest.co.uk or via the contact form on the website.

retallack quality kitchens

07768168529 / 01208 873283
retallackkitchens@gmail.com
davidretallackkitchens.co.uk

"We would not hesitate to recommend you to anybody who is looking for a new kitchen"

A family run Cornish company with 20 years trading experience - a friendly, personal and local service.

Offering the supply, design, and fit of quality kitchens, including minor building works such as moving walls, plastering, electrics and decorating.

FARMERS MARKET

FRESH LOCAL PRODUCE
SEED SWAP
ARTS & CRAFTS
HOT FOOD & DRINK
PLANT SALE
MEET & FEED THE ANIMALS
& MORE!

PUDDLE FARM, LANLIVERY
BODMIN PL30 5BY

**LAST SUNDAY OF EVERY MONTH
12 - 4PM**

PARKING AT RED MOOR SCHOOL
SORRY NO DOGS

Lostwithiel Methodist Church

Taprell House, North Street (next to the Library)

www.lostwithielmethodist.co.uk

Worship commences at 11am.

Services in November at 11.00a.m

November 3rd Mr B Goudge

November 10th Remembrance Service at St Bartholomew's Church

November 17th Mrs J Petzing Holy Communion

November 24th Café Church*

A note on 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.

Coffee Morning November 28th 10.30 – Noon. Coffee is free but donations to GO Beyond would be welcomed.

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

Rooms are available for a donation.

Minister: Rev. Paul Benney 01726 844 471

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.

TABLETOP SALE AT LOSTWITHIEL SCOUT HQ

Tabletop sale at Lostwithiel Scout HQ the Old Cattle Market on 1st December from 10am. There are stalls, homemade cakes and savouries, tea and coffee.

To book a table please call Ruth 01208872049 or Rob 01208872350. For scout funds

New Banking Hub in Bodmin

A new temporary banking hub is now open in Shire House, Mount Folly, Bodmin PL31 2DQ

This is a temporary home whilst work is completed on a permanent base in the former Clarks shoe shop in Fore street.

The hub will be open Monday to Friday 9am - 5pm,



The bank's weekly schedule is:

- **MONDAY - HALIFAX**
- **TUESDAY - LLOYDS** (once bank has closed on Fore St.)
- **WEDNESDAY - HSBC**
- **THURSDAY - NATWEST**
- **FRIDAY - BARCLAYS**

Please be aware that the Lloyds Bank Van no longer attends Lostwithiel Community Centre Car Park.

Duchy Opera

Sunday December 8th at 7.30pm.

Duchy Opera bring you a concert of operatic highlights and Christmas classical joy .

After the tumultuous success of Duchy Opera's Lostwithiel concert in April, we are thrilled to announce a festive feast of fabulous fortissimos ...and heart rending pianissimos!!

Coinciding with the start of St Bart's Christmas Tree Festival, Duchy Opera bring you a glorious concert of popular operatic favourites and exciting Christmassy numbers ..

April 's concert sold out ..Be Warned!

Those who came demanded an instant return, those who missed out simply hoped for another opportunity...
Sooo! Now's your chance ...

Tickets very kindly available from Watts Trading. Get out there and grab some!

Also via Duchy Opera website.

Or leave me a message to reserve tickets.

Victoria Nelson
07989 418 210

THE LERRYVN SESSIONS

PRESENT

MELANGE

SOFT AND SENSUAL JAZZ

(JUST THE THING ON A NIGHT IN THE AUTUMN !!!)

SATURDAY NOVEMBER 23RD



Doors 7.00pm Show 8.00pm

LERRYVN MEMORIAL HALL, PL22 0QB

Licensed Bar, Light Bites & Star raffle

Tickets £15 on-line at crbo.co.uk/ljc

Or call on 01726 63513

ra

RESTORMEL ARTS

JAZZ
CAFÉ PLUS

FUNDRAISER FOR LOSTFEST

STOLEN FROM GOD

A song cycle unfolding the history of England's involvement in the Transatlantic slave trade

BY REG MEUROSS WITH SUNTOU SUSSO

NARRATED BY KAREN GLADHILL

28th November 2024

St Bart's Church, Lostwithiel
Doors open at 6pm with bar
Music starts at 7pm finishes 9pm
(Interval to include Raffle)



"STOLEN FROM GOD IS A HUGE IMPORTANT SONG CYCLE AND AN EVENING THAT EVERYONE SHOULD EXPERIENCE. THIS HARROWING HISTORY IS EMBEDDED IN OUR CULTURE AND SO OFTEN GLOSSED OVER."

KAREN GLADHILL
NARRATOR

tickets

Early bird : £10*

Standard : £12

Supporter : £15



Available on the door and in advance from Watts Trading and Alice in Scandiland or Scan QR code to order online @ www.lostfest.co.uk

*Earlybird tickets purchased before 14.11.2024



The Lostwithiel Upholsterer

Local collection and delivery available on selected items

Contact: Sue

M: 07875 377243

E: tahrbazaar@gmail.com

www.tahrbazaar.co.uk

HIGHWAY GARAGE

TYWARDREATH HIGHWAY, PAR, PL24 2RN

Tel. 01726 812781 & 815508

MOT TESTING



VEHICLE TESTING STATION
APPROVED BY
THE DEPARTMENT OF TRANSPORT

CAR & LIGHT
COMMERCIAL
REPAIRS & SERVICING

MOT TEST CENTRE

BODYWORK
SPECIALIST

WHEEL ALIGNMENT

MOT TESTING



VEHICLE TESTING STATION
APPROVED BY
THE DEPARTMENT OF TRANSPORT

www.highwaygarage-par.com

LOSTWITHIEL COMMUNITY CENTRE



BEETLE DRIVE

FREE

EVERY THURSDAY

IN THE CAFE

2-3.30PM

come and join the fun & laughter

Wooda View BEAUTY & HOLISTICS

Relax & Enjoy!!

Friendly Local Beauty & Holistic Therapies
based in St Veep

Offering a variety of Treatments including: -

- Aroma Massage
- Hot Stones Massage
- Reflexology
- Indian Head Massage
- Facials
- Manicures & Pedicures
- Hopi Ear Candling and more

Please ring, or WhatsApp Julie for further details
and Appointments on 07712 049837 or
Email juliechinds@outlook.com

Introductory Offer for New Clients
(One per Person)

£5.00 discount to any Treatment over £30.00

Also Gift Vouchers available to purchase



Stitches

(formerly Sew What)

Sewing Knitting
Crochet Textile crafts
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



TODDLER YOGA

FOR CHILDREN AGED 1-5
YEARS WITH THEIR
PARENT/CARER



TASTER SESSION
NEW VENUE!

Booking via

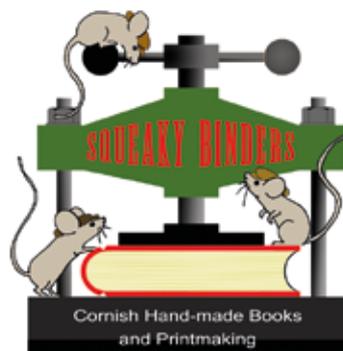
<https://www.bookwhen.com/dragonflychildrensyoga>

WEDNESDAY 23RD
OCTOBER
10AM

LOSTWITHIEL COMMUNITY
CENTRE
PLEYBER CHRIST WAY
LOSTWITHIEL
PL22 0HA



SQUEAKY BINDERS



Cornish Hand-made Books
and Printmaking

Makers of original notebooks and
personalised journals, wedding
and other exclusive stationery.

Bookbinding courses starting soon at our
rural bindery near Lanhydrock, Bodmin.

www.squeakybinders.co.uk
01208 831099

MORE THAN ART

OVER 20 YEARS' EXPERIENCE

For All Of Your Framing Needs

Extensive Range of Mouldings
For All Budgets

Choice of Standard, Non Reflective
or UV Glass

Tuesday 10 to 5.30

The Reading Rooms,
Community Centre Lostwithiel

Or Call 07887 391473 For A Chat

or to Book an Appointment



Chris's Coffee Morning

on

Saturday 23rd November
in the
ConClub, Queen Street

10 - 12:30pm

In aid of disadvantaged
Children of Nepal

Homemade Cakes, Raffle,
Goodystall

We look forward to seeing you

Tel: Chris 07837017159

Fowey RNLI



On Thursday 19 September, Fowey volunteer lifeboat crew launched their all-weather lifeboat to assist a 40ft sailing yacht that had made a Pan Pan call. The yacht was on passage between Portishead and Plymouth, with two persons on board. The yacht had suffered engine failure and was stranded in light winds 3 miles off Fowey. There was no response to the Pan Pan from any other vessels in the area, so the coastguard requested the lifeboat launch in order to assess the situation. Fowey crew located the yacht and ascertained that the crew were tired and sea sick. As the yacht was not making any progress under sail, and was not making good headway, the decision was made to tow the vessel back to safety into Fowey harbour. Machinery failure is the largest single cause of RNLI lifeboat call-outs. With boats out of the water for winter, the next few months are the ideal time to carry out routine engine maintenance and to check that you have all the adequate tools and spares ready and maintained to take on-board next season to fix any problems that may be encountered.

On Saturday 21 September the coastguard requested that our volunteer lifeboat crew launch to assist a 14' Jet boat that had broken down off Gribbin Head, and was drifting onto the rocks. The all-weather lifeboat was launched at 9.45am and the onboard XP boat was prepared for launching. On arriving at the location the crew found that a fishing boat that was in the area had already taken the casualty vessel out of immediate danger. They handed the vessel over to the lifeboat crew who towed her back to safety in Fowey harbour. Safety advice was given to the two people onboard and Fowey Harbour Patrol towed the boat back to her moorings.

On Friday 20 September at 2.25am, our crew were requested to launch the all-weather lifeboat to assist with an incident in the water at Talland Bay. Within minutes of leaving the mooring the Fowey lifeboat was stood down and returned to her mooring, having been advised that the incident was being handled by other emergency services.

At 6:20pm on Monday October 14, our volunteer crew launched their D class inshore lifeboat in response to a request from Falmouth Coastguard. They were tasked with searching the extent of Fowey Harbour for an overdue 27' sailing yacht with one person on board. The vessel had departed from Plymouth on Saturday night around midnight, and was destined for Falmouth, but had apparently not arrived. A search was carried out as darkness fell, starting where the River Fowey forks out to Lostwithiel and Lerryn. The entire river down to the harbour entrance was searched but there was no trace of the yacht. At 7:50pm the crew were stood down by Falmouth Coastguard and returned to base. The coastguard called the next day to say that the yacht had been located and that the sailor was fine. It is important to always tell someone where you're going and when you aim to arrive, particularly when sailing alone. Always carry a means of calling for help and consider having an additional method like the SafeTrx app. This can be used to plan your voyage and can alert the coastguard if you're overdue.

Congratulations to Gary Jane and Will Maher who completed their training and passed out as fully qualified lifeboat crew on Fowey's all-weather Trent lifeboat last month. Will, who runs his own design company in Fowey, joined the Fowey lifeboat crew in March 2023. So far he has spent a total of 132 hours at sea on the lifeboats, having also qualified as a trained inshore lifeboat crew earlier this year. Gary, who works locally,



joined the crew in April 2023. Like all crew members, he started as shore crew whilst undergoing his training for the all-weather boat. He has spent 104 hours at sea on the lifeboat so far. As all-weather lifeboat crew members, Gary and Will help to operate the lifeboat during training and rescues and help to ensure the safety of casualties. They have undertaken regular weekly training since joining the crew, including boat handling, radio communications, casualty care, navigation and radar.



The Trent class lifeboat was developed in the early 1990s and introduced into the RNLI fleet in 1994. Fowey's Trent class, the Maurice and Joyce Hardy, arrived in Fowey on 25 September 1996. Capable of reaching speeds of up to 25 knots, the Trent was the fastest all-weather lifeboat of the time and the first to be able to cover 250 nautical miles. Fowey's lifeboat is fast and agile enough to respond quickly in all kinds of weather and sea conditions. She is ideal for offshore searches and rescues and has the power to tow large boats to safety. Should she capsize in severe weather, she will automatically right herself within a few seconds.

Comprehensive medical equipment that can be used by the crew is carried onboard, including oxygen and full resuscitation kit, Entonox for pain relief, large responder bag and three different stretchers.

Fowey's Trent carries a small XP boat, which is an inflatable daughter boat with a 5hp outboard engine capable of 6 knots. This allows the crew to access areas the Trent cannot reach. She also carries a portable salvage pump which crew can take onboard boats taking on water to try and save them from sinking.

Since the 1990s and particularly since the arrival of the Trent class, the number of services undertaken by the all-weather lifeboats per year has increased greatly. Along with the rest of the Fowey volunteer crew, Will and Gary are trained and ready to go out and save lives at sea, 24/7. Fowey Lifeboat Coxswain, Jonathan Pritchard said: 'I am delighted for Gary and Will. They have both worked very hard and shown dedication and enthusiasm throughout their training process. They are an asset to our team and everyone at the station congratulates them on their successful passing out.'

Congratulations also to Chris Evans and Darren Burt who passed out as shore crew last month. The role of shore crew is to help with the launch and recovery of the lifeboats on service and exercise and to contribute to the overall upkeep of the station, lifeboats and equipment.



On Sunday 22 September Fowey RNLI welcomed the RNLI-911 2024 challenge team and their Porsche named 'Splash',

to Fowey lifeboat station. They started their challenges back in 2018 with the aim of raising funds via sponsorship and donations specifically to buy a relief D class lifeboat in celebration of the RNLI's 200th Anniversary in 2024! They have so far raised over £83,000 and hope to reach their target of £110,000 by the end of 2024. Belinda is a big fan of both the RNLI and Porsche Carreras, she told the crew: 'Both the Porsche 911 and the D class lifeboat first went into production in 1963. The D class is the same length and the same width as a Porsche Carrera and when we buy the relief D class lifeboat it will be given the number 911, which need special permission from the RNLI, as it is out of the normal numbering sequences allocated to new lifeboats.' The Fowey crew couldn't resist the opportunity to get the D class lifeboat out of the boathouse for a special photo opportunity with Splash!

It's that time of the year again! Our annual lifeboat auction will be held on Friday 15 November, from 7.30pm at Havener's. We have some fabulous auction lots to choose from and the evening is always great fun. If you would like to donate auction items, please contact Rob Collings on robbie1959@live.co.uk or 07969 709812 or Gaynor on 07801 264119. Or you can bring items along to Havener's on the day of the auction. We look forward to seeing lots of you there.

Come and get into the early festive spirit with our 'Punch & Pies' at Fowey British Legion on Saturday 23rd November from 12.00pm. We look forward to seeing you for a mince pie and a glass of festive punch. There will be a Christmas wreath making workshop at Havener's on Tuesday 26 November at 7.30pm. Tools, greenery, decorations and willow wreath bases will be provided, and mince pies and mulled wine are also included in the price of £45 per person. £10 from each booking will be donated to Fowey RNLI. Please email Caroljane.ca@gmail.com or message Sara Goodson on 07949 677760 to book your place.

Many thanks to Lee Taylor and his team at Havener's Fowey for the great food and service at the RNLI fundraiser on Thursday 26th September.

Thank you so much to Rosalie Pring, who is a regular supporter of Fowey RNLI. She came into the station to present us with a cheque for £1,000.

The Fowey RNLI Shop is still open from 10am - 4pm Monday to Saturday and 11am - 4pm on Sundays (subject to availability of volunteers). Our all-weather lifeboat is open to the public for lifeboat tours on Wednesdays and Saturdays (subject to weather conditions and the availability of volunteers). Keep up-to-date with all of our shouts, news, events and activities on social media on Twitter @Fowey_RNLI and on Facebook @FoweyLifeboat and @FoweyLifeboatCommittee

Cancer Research UK Lostwithiel Branch



CANCER
RESEARCH
UK

On Saturday 30th November we will be holding our Christmas Coffee Morning in the Church Rooms, Church Lane Lostwithiel from 10.30am until 12.30pm. Come and sample some of our excellent food and enjoy the company of others and the excellent piano playing of Jill.

We will also be holding our Christmas prize draw and selling from our stalls all to raise money for this great charity which is doing great work in fighting cancer. Wear a Christmas hat for that special prize!. Donations only -we look forward to seeing you there for our final event of 2024.

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.

Lostwithiel Old Cornwall Society

At our September meeting, the first after our summer break, Caroline Stephenson gave us a very informative illustrated talk on the subject of Treffey vs Rashleigh, both pioneers of water power in the past with their effects still very evident in the present. At the time of writing this our October AGM meeting, with a talk on Smuggling Fact or Fiction by Mark Camp, is yet to take place.

Our November meeting is on Tuesday November 26th when Dr. Catherine Lorigan will be giving us a talk about Boconnoc. We meet in the Church Rooms at 7.30pm where we make everyone welcome and conclude the evening with tea and biscuits.

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.

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. (Insert Photo of Bench Team labelled "left to right - Dennis Mitchell, Alan Dorling, Tom Barker and Paul Worden")

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.

Insert Photo with cheque labelled "left to right - Club President Paul Bassett, Colin Dyer, Walter Gubbins, Lesley-Ann Simpson, and Bill Clarke.

Lostwithiel Brownies

Lostwithiel Brownies age 7-10yrs

Our Brownie group have been busy doing fun activities. We have done Science experiments with water, balloons and air, toasted S'mores, completed an outdoor scavenger hunt, played games and enjoyed our Halloween party - it's been great fun. In November we look forward to welcoming our new Members joining our group, see you all soon.



Digital
Printers

Palace Printers

Tel: 01208 873187
Mob: 07824 808879

Email: palaceprinters@tinternet.com

Quay Street, Lostwithiel, Cornwall PL22 0BS



Christmas Gift Ideas

We put our thinking cap on and have solved all of your Christmas present problems.

We give you the Fowey Valley 12 days of Christmas.

All available online and in our Lostwithiel shop



1 Box of 4 Miniatures



2 3 Chutney Tray



3 2 Ciders and a Glass



4 5 Year Brandy



5 Sparkling Vintage Rose in a Box



6 Trio of Oils and Vinegars



7 Gin and Tonics Hamper



8 Voucher for Gin or Cider Making Class



9 Limoncello



10 Large Hamper with Gin or Vintage



11 Instant Party!
Gin, 8 tonics & a bag of crisps



12 Creme Caramel Cream Liqueur

VISIT US

Unit 11, Restormel Est.
Lostwithiel. PL22 OHG

ONLINE

foweyvalley.co.uk

Lerryn Area Minibus Association

November 2024

Calling all registered passengers and members, and people living in our area who are yet to register!

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 5th Driver: Annie	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Fri 8th Driver: David	Truro	Lerryn Lostwithiel	09:30 - 15:00 09:45 - 14:45	£6.00 adult
Sun 10th Driver: David	SPECIAL TRIP Windy Ridge Sunday Lunch	Lerryn Lostwithiel	12:00 - 15:45 12:15 - 15:30	£5.00 adult
Tue 12th Drivers: Debbie & Glenn	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Tue 19th Driver: Richard	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Sat 23rd Drivers: Nick & Jo	SPECIAL TRIP Tavistock Pannier/Farmers Market Christmas Shopping	Lerryn Lostwithiel	09:30 - 16:15 09:45 - 16:00	£7.50 adult
Tue 26th Driver: John	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Thu 28th Driver: Dez	SPECIAL TRIP Trago Mills Pensioners' Discount Day	Lerryn Lostwithiel	09:30 - 13:00 09:45 - 12:45	£4.00 adult
Sat 30th Driver: Nick	LAMA Christmas Coffee Morning in Lerryn	Lostwithiel	10:15 - 12:30	£0.00 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 November 2024

Special Trips in November: Sunday Lunch Carvery & Tavistock Markets

10th November 2024: Sunday Carvery - Windy Ridge Eating House, Trerulefoot

Small, Medium or Large Carvery from £10.50. Trip Cost just £5.

Leaves Lerryn 12.00 & Lostwithiel 12.15
Returns Lostwithiel 15.30 & Lerryn 15.45



Saturday 23rd November 2024: Tavistock Markets

See the quality and variety of goods at the ancient Pannier Market

Tavistock is an ancient Statuary Town with world heritage status

Great Christmas shopping opportunity!

To BOOK please contact Jo (or Nick) on telephone 01208 811175

Also visit the Tavistock Farmers Market!

Very popular market - lovely produce!

Trip Cost just £7.50

Leaves Lerryn 9.30 Returns 16.15
Leaves Lostwithiel 9.45 Returns 16.00



STOP PRESS - 30th November: LAMA Coffee Morning - FREE courtesy minibus from Lostwithiel at 10.15am. Refreshments, Stalls, Games, Xmas Hamper Raffle!

Lostwithiel W.I.

Before our October meeting we held a minutes silence for our much loved late member Judy Pollard, Judy was in charge of our raffle for many years and could always be relied upon to bring a cheery smile to everything she did,

she will be much missed. We were very pleased to welcome Mr. Seth Pascoe who came to tell us all about his local Seaberry project. Seth first encountered seaberrys whilst trekking in the Himalayas where a Sherpa told him all about their impressive health properties. Feeling inspired he returned to Cornwall and planted his own orchard, these orange coloured berries are now the foundation of his Cornish Seaberries Company here in Lostwithiel. Seth gave us a fascinating talk describing how it all began and the many steps that eventually led to today's production of the juice. After Seth was warmly thanked for his most interesting talk he very kindly agreed to auction the items for our Harvest auction, proving that he was a very able and amusing auctioneer and able to ensure we happily purchased the items for sale. This once a year auction is vital for our fundraising and Seth's input was much appreciated. Our next meeting will be on November 11th when Ian Butler from Blood Bikers will be our speaker. We make prospective new members and visitors most welcome at our meetings in the lower oasis room of the Community centre where our meetings start at 2.15pm. We look forward to seeing you, for further information please all Jean Jones on 0120887765.

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



Lerryn Area Minibus Association



Xmas Coffee Morning!

Come and join us!

Saturday 30th November 2024
Lerryn Memorial Hall 10.30-12.30

Refreshments, Cakes
Stalls, Games
Luxury Xmas Hamper Raffle
And MORE!

All proceeds to LAMA



FREE Minibus from Lostwithiel
10.15 Library Gates

Phone Jo/Nick 01208 811175 to Book



For full details of LAMA's services visit lerryn.net

FOWEY FESTIVAL

OF ARTS AND LITERATURE

Online Auction
22nd November – 1st December

We are delighted to announce that we will be running a fundraising online auction from 9am, November 22nd to 6pm on December 1st. We have gathered a wonderful selection of auction lots for you to treat yourself or to buy gifts for others. Amongst some of the lots are signed and personally dedicated books by some of your favourite authors, du Maurier memorabilia, meals and afternoon tea at well-known establishments, sailing and yoga lessons and a painting workshop, to name a few.

The funds raised will help support the running of the festival, and importantly, our schools outreach programme. Your support in our fundraising programme is greatly appreciated. Happy bidding!

Details on how to access the auction will be available mid-November at: www.foweyfestival.com and on the Festival's social media channels.

Enjoy our 2025 Festival Calendar, where each month contains a truly stunning photograph of Fowey or the surrounding area. Throughout the calendar, you will also find some key dates associated with Daphne du Maurier and her family, researched by du Maurier expert, Ann Willmore.



Calendar Size: A5 opening to A4. Calendars are priced at £7.00 inc P&P to UK addresses. Purchase can be made through our website www.foweyfestival.com

For multiple copies please email us on info@foweyfestival.com 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://facebook.com/FoweyFestival)

The du Maurier Festival Society, Registered Office: 27, Hill Hay Close, Fowey, Cornwall, PL23 1EL

Company Limited by Guarantee No.7719529

Registered Charity 1143916

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 Rainbows

FOR GIRLS AGED 4-7 YEARS

Over the past few weeks we have completed activities based on a food theme, we learnt about Harvest and brought items of food which was donated to our local food bank.

Some of our Rainbows are leaving us to continue their Guiding journey with Brownies so we wish them well and we look forward to welcoming new girls into Rainbows in the next few weeks.

If your daughter is aged between 4 and 7 years old and would like to join us and have lots of fun then please contact us using the details below.

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



**real food
garden**

Fresh | Local | No Chemicals

VEG BOXES

Full flavour, nutrient dense, seasonal veggies handpicked from our no-dig market garden.

Available every Friday, delivered to your door or pick up from Bellamama Deli

www.realfoodgarden.co.uk

vegbox@realfoodgarden.co.uk | 07825 240677

@realfoodgarden

Jefferys

CHARTERED SURVEYORS & VALUERS
AUCTIONEERS & ESTATE AGENTS

YOUR MOST EXPERIENCED LOCAL ESTATE AGENT

THINKING OF SELLING OR LETTING YOUR HOME
TALK TO US NOW IT COULD BE YOUR BEST MOVE YET.

5 Fore Street, Lostwithiel

01208 872245

www.jefferys.uk.com

e-mail : lostwithiel@jefferys.uk.com

Graham Luck DECORATING SERVICES

All General Maintenance internal & external

- Painting & Decorating
- Solid Hardwood & Laminate flooring
- Carpentry
- Fencing & Decking
- Dry Lining
- Kitchen Supply & Fitting
- Artexing & Coving (incl. ornamental cornice & ceiling repairs)



ALL AREAS COVERED | FRIENDLY & RELIABLE

TEL: 01208 76944/07941 003550

USEFUL INFO & CONTACTS

LOSTWITHIEL MEDICAL PRACTICE - NORTH STREET SURGERY
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
School
PTA

Wreath Making Evening

28th November
7-9pm
At the Mess Hall

Come and make a beautiful rag wreath
All materials supplied.
Just £12!!
Limited spaces.
Book using QR code below!



KID'S COLUMN

Birthday Wishes in November

MAX

Happy 12th birthday **Max** (on 14th November) to an awesome son/grandson. Have a great day lots of love Mum, Nan, Grandad & Steve xxx



MITCH

Happy 9th birthday **Mitch**. Love all your family xx



MARIN

Happy double digit birthday to **Marin** who turns 10 on the 3rd November!! We love you to the moon and back and are so proud of the young man you are becoming! Lots of love from all the family xx



Lostwithiel School PTA
presents

SUN
NOV
17TH



RAISING MONEY FOR CHSW

CANDY FLOSS - GLITTER TATTOOS - GAMES - SWEET STALL
2 - 4PM | 2 ENTRY | DRESS TO IMPRESS

LOSTWITHIEL COMMUNITY CENTRE

Lostwithiel Community Centre
Presents

Our Annual
HALLOWEEN
Disco

Thursday 31st October

3-5pm

£3 per little monster!

£5 for two!





All types of shutters and blinds supplied and fitted.

Polyvinyl shutters fitted in three weeks



For a **free** design consultation contact Steve on 01208 243486 / 07501 227004
info@queenstreetshutters.co.uk
or visit www.queenstreetshutters.co.uk



T'ai Chi Qigong

Join us for gentle meditative movement, breathing techniques and relaxation for health & wellbeing.

Easy to follow & joyful to practise.

Relax, restore, rejuvenate

Suitable for everybody, regardless of fitness, health or flexibility. Can be done standing or seated. Practise barefoot or in flat shoes.

Wednesdays
7-8pm

Fridays
9.30 - 10.30am

Lostwithiel Community Centre,
Oasis Studio, PL22 0HA

Lerryn Memorial Hall,
PL22 0PT

Drop-in sessions £10 (£8.50 if block-booked)

For info: EquinoxQigong@yahoo.com



Home Instead®

Home Instead Mid Cornwall provides premium, relationship led care at home.

Please call us on 01726 829312

Or visit our website:
www.homeinstead.co.uk/mid-cornwall



Fowey River Lions

**Senior Citizens Christmas Party
Saturday 7th December 1- 3.45pm
Fowey River Academy, Fowey**



Please complete the attached form, below, by **15th November 2024**, so we can send you an invitation.

A Christmas celebratory meal for those living alone over the age of 70 years, residing in the Fowey River Lions area. Our area covers from Fowey to and including Lostwithiel, all the villages on either side of the river, between the two towns, as well as Tywardreath and Par, as far as the main railway line.

**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. So far we have had several donations of tents, sleeping bags, medicines, glasses and toiletries. Thank you so much for your continued support it is much appreciated.

Items Desperately Required

Baby Clothes, 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.

Unwanted Prescription Spectacles – required by optometrists to pass on to those in need.

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.

President: Lion Steve Jones Secretary: Lion Lynn Gould
Treasurer: Lion Ruth Rowse Email: foweyriverlions@gmail.com
facebook: foweyriverlions Tel: 0345 833 7484



Fowey River Lions Club Annual Seniors Christmas Party



The Fowey River Lions Club is delighted to announce the return of our senior citizen Christmas party for those who live alone. The festive lunch with all the trimmings will held at Fowey River Academy Saturday, 7 December 2024 from 1 pm - 3:45 pm
In order to ensure that no one who would like to come is left out, we are asking that you complete and return the below form by November 15, 2024. You can also email your response to **foweyriverlions@gmail.com**. Invitations will be sent out soon after and transport will be provided for those requesting it.

To: **Lions President Steve Jones: Flat 1, Trehane 56 Lostwithiel Street, Fowey PL23 1BG**
Please send me an invitation to attend the Fowey River Lions Club Senior Citizens Christmas Party to be held at Fowey River Academy on Saturday 7 December 2024. I am over 70 years old and live alone.

Name (please print):

Phone:

Email:

Address:

Please circle one: I will/will not need transport to and from the party

A P Bassett Solicitors



All Sorts of Legal Problems Resolved



Conveyancing
Disputes
Employment
Family
Wills & Probate

Tel: 01208 871485

Free consultation Home visits
Flexible working hours

Offices: Saint Antony, Fore Street, Lostwithiel PL22 0BL
Bryn, Love Lane, Bodmin PL31 2BL
Email: allsorts@apbassettsolicitors.co.uk

Ann's Gallery

As you are reading this the shop will be ready for the Festive Season. Christmas Wrap, Tissue Paper, Ribbons, Advent Calendars and Candles. Fantastic selection of Christmas Cards - Charity Boxes/Packs and Singles
Lovely Christmas Jewellery from Indulgence alongside Beautiful Festive Trinket Boxes. Fresh stock from Jellycat (Including Christmas Products) and The Puppet Company. Shelves full of great ideas of Presents for all the Family and our usual fun Festive Pick ups
Opening Hours: Monday - Saturday 10 am to 4pm
Sunday Closed

15, Fore Street, Lostwithiel PL22 0BW
Tel. 01208 872828

ROGERS PRIVATE HIRE

Friendly Helpful
Taxi Service

Tel: 01208 873324
Mob: 07976372066



Dave MacLennan

ELECTRICAL INSTALLATIONS OF ALL TYPES
Showers Fully Fitted and Plumbed
Economy 7 Water Heating
Storage Heaters
Extra Points
Cookers Repaired
Telephone Points
Rewires and New Installations

National Inspection Council for
Electrical Installation Contracting



APPROVED CONTRACTOR

Coulson House, The Moors, Lostwithiel
Telephone 01208 872463



Local accountant based in Lostwithiel
specialising in Xero accounting software

Fast turnaround of accounts and tax returns
Over 15 years' experience
Fixed fees agreed in advance

Services provided:

- Company, partnership & sole trader accounts
- Company, partnership & personal tax returns
- Bookkeeping • VAT returns • MGD returns
- Payroll processing • CIS returns
- Xero setup, migration & training
- Dext setup & training
- And more!

Evening and weekend appointments available on request

Visit our website
for an instant
online quote!



CORNWALL BOOKKEEPING & ACCOUNTANCY SERVICES



Email: gareth@cornwallbookkeeping.com

Tel: 01208 404424

www.cornwallbookkeeping.com

aat AAT Licensed
Accountant

FOR ALL ADVERTISING QUERIES

Please contact Palace Printers
on palaceprinters@btinternet.com

The Carpet Gallery
CARPETS

www.thecarpetgallerylostwithiel.co.uk

The Carpet Gallery
VINYL S

www.thecarpetgallerylostwithiel.co.uk

The Carpet Gallery
TILES

www.thecarpetgallerylostwithiel.co.uk

With over thirty years experience, The Carpet Gallery will give you free professional advice on an extensive range of products from leading manufacturers worldwide. To further ensure your satisfaction, The Carpet Gallery is a member of the Carpet Foundation and operates under a code of practice approved by the Office of Fair Trading. Flooring professionals dedicated to upholding the highest standards of workmanship and integrity

Tues 9-4 • Weds 9-1 • Thurs 9-4 • Fri 9-4
Other times by appointment



FREE FITTING - MEASURING - ESTIMATING
20 QUEEN STREET, LOSTWITHIEL PL22 0AD Tel: 01208 873237

