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Ann's Gallery EST 1977

Brand new products to the shop this month are Scented Candles from Padstow Candle Company and lovely Jewellery and Scarves from Miss Milly, also wooden Lostwithiel Key rings. A great selection of Easter gifts and Cards not forgetting our usual abundance of Mothers Day Cards.

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Susanna Sherwood

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LOSTWITHIEL NEWSLETTER


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@ LOSTWITHIEL COMMUNITY CENTRE!
23RD MARCH 2024

**BALLET
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PLEASE SEE THE SCHEDULE FOR FULL DETAILS OF CLASSES AND WORKSHOPS!

HOW DO I GET INVOLVED?

- 1: Click on the link to sign up for as many workshops you would like to get involved in. <https://forms.gle/c91xv/rqrInCFe7p7>
- 2: Don't forget to sign up for the evening disco!
- 3: Get your friends to sponsor you by using the link to the Just Giving page, or by using a paper sponsorship form for cash sponsors available from the community centre. bit.ly/raisetherooftostwithiel
- 4: The more workshops you take part in, the more money we'll raise!
- 5: On the day of the workshop, arrive 10 minutes before your class start time to register and pay for your class. Cash payment only.
- 6: Cost per workshop, £2 per adult, £1 per child or £3 for a family group of 3 or more

A family friendly event - All workshops suitable for all ages!





On the 23rd March, Lostwithiel Community Centre is hosting 'Danceathon - Raise the Roof!'

This is a wonderful opportunity to come and get involved in a variety of dance workshops delivered by teachers and industry professionals, with a free disco in the evening. All workshops are designed for children and adults alike. Ballet, Tap, Taekwondo, Zumba, Beauty and the Beast, Ceilidh/Barn dance, Disco Moves, Strictly Dancing, Yoga and more!

The aim is that you take part in as many workshops as you can and get somebody to sponsor you.

If you would like a sponsorship form, please pop into the centre or use the link to the crowd funding page. The more workshops you take part in, hopefully the more money you'll get sponsored!

For a full itinerary of workshops and classes, please check the schedule on page 7, scan the QR code above, or pop into the centre for more information. All money raised will go towards replacing and repairing the roof at the community centre. For more information please contact: dancekatemooney@gmail.com

WHAT'S ON WHERE – MARKETS, EVENTS & GROUPS – MARCH

LOSTWITHIEL LOCAL PRODUCE MARKET – Lostwithiel Scout Hut, 4th SATURDAY of each month Saturday 27th February 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: 3rd February Contact Ann 07881826 032

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

CAR BOOT SALE: Sunday 3rd March 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: MONDAY 12 - 3pm & THURSDAY 9.30am-12.30

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, £1 Children's Menu.

COMMUNITY CENTRE CAR PARK:

LLOYDS BANK VAN: Fortnightly – 5th and 19th February 10 - 11:15am

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 John Gilbert -01208 873 673 mobile 07437 013 173 or st.bartshall@gmail.com

LOSTWITHIEL GARDEN SOCIETY

Our next talk is on Tuesday 12th March 2024 by Trevor Wiltshire on 'How to grow and cook vegetables', Lostwithiel Church Rooms at 7.30pm.

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

Annual membership is £10 and can be renewed at our March meeting. New members are always welcome.

Any queries please contact Jenna Pegg on 01208 368169.

Table Tennis: Mondays 6pm, Thursdays 1.30pm

Lostwithiel WI:

Lostwithiel Garden Society:

Lostwithiel Old Cornwall Society :

Life Drawing 7.30-9.30pm Alternate Wed/Tue

Mid-Cvll Photographic Club: 6th and 20th March (1st & 3rd Weds) 7 - 9pm

Lost in Song Community Choir : BACK at 7pm Thursdays, all welcome

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 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

Lostwl Memory Cafe: email martinausten@gmail.com or ring 01208 872 490 Lostwl

Speedwatch: email barrieroper@btinternet.com or ring 07718 765 909

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

QUIZ NIGHT



YOU ARE ALL WELCOME TO THIS FUNDRAISING EVENT
IN SUPPORT OF THE LERRYN FILM CLUB

When: Saturday 9th March 2024

Where: The Lerryn Memorial Hall

What time: 7.00 for 7.30pm start

Cost: £5.00 per person, which includes a raffle ticket and a game of heads or tails.

Food and drinks: bring your own

What you need to do: Ring the quiz master, John Walker, on 01208 369379 to book your team (6-8 people) or your seat (we will allocate you to a team)

LOSTWITHIEL SOCIAL CLUB NEWS

Saturday February 17th Chris delivered is first Quiz Night with Teams coming together answering questions from General Knowledge, Music, History and a few more categories all doing well. 1st 2nd and 3rd places winning prize money. Keep your eyes open for the next one. March is set to be a busy month for the club. We start on -

Saturday the 2nd hosting Lostwithiel School PTA quiz night and silent auction. Let's hope they raise a good amount for their much-needed funds.

Sunday 3rd Bingo as usual eyes down at 7pm.

Tuesday 5th March is St Piran's Day come and join us with the great musician Dan Woodfield and Emma Mansfield. Let's celebrate St Piran the patron saint of tin.

Wednesday 6th Is our free pool night. All welcome. Get there early this is a favourite evening. 6pm 10pm.

Friday 8th is the Amazing folk jam. Come and hear these great talented musicians and singers. This is always well supported enjoy a drink and some good music. From 8pm.

Saturday 9th booked for a private 90th Birthday party (12-3pm)

Sunday 10th Bingo. Eyes down at 7pm lots of great prizes.

Wednesday 13th Free Pool night.

Friday 15th Fountain Trio is once again joining us. From 7pm onwards some great songs from Colin and the band.

Saturday 16th is going to be great night Lost in Space will be with us. Tickets are £6. All money raised is being donated to the Clubs Roof/restoration funds. A Big Thankyou to Lost in Space.

Sunday 17th Bingo

Tuesday 19th A.G.M for the Social club at the club starts at 7pm.

Wednesday 20th Free Pool night

Friday 22nd Club night from 6pm.

Saturday 23rd private 80th Birthday party.

Sunday 24th Bingo eyes down 7pm.

Wednesday 27th Free pool night.

Friday 29th Club night.

Saturday 30th coffee morning for the Labour party. 6pm Club night.

Sunday 31st Bingo.

Please remember membership is due, and new cards are behind the Bar. Thanks for all your support this year. From all the committee and Trustees.

theWI
INSPIRING WOMEN

At our February meeting we were delighted to welcome Pamela Vass to speak to us. Pamela is an author who now lives in Looe and had two diverse careers prior to her present one. After some time working for social services Pamela decided, in the 1980's, to set up a company which did Murder mystery weekends, at the time this was a new concept which rapidly took off, proving very popular with many regular followers. As Pamela had always had an interest in the stage and acting this seemed a natural progression in her career. Their popularity was such that she was soon asked to hold these weekends for corporate affairs and even went to New York with her company to provide "murder mystery" interest. We were well entertained by many of the amusing things that happened during these weekends and the interesting people she met. Pamela was very warmly thanked for such an enjoyable talk and giving us an insight into what goes on behind the scenes and how much organisation these weekends require for them to run smoothly.

Our next meeting will be on **Monday March 11th**, this will be our AGM when the committee for the year is formed and officers voted in. Our programme for the coming year is now complete so please read our piece in the newsletter each month and come along to any of the meetings that spike your interest, you will be made welcome. We meet in the lower oasis room of the Community Centre at 2.15pm.

For further details please call Jean Jones on 01208 872765

LOSTWITHIEL PLANT SWAP 2024

Our Seedy Saturday event at the Community Centre in February was a great success, with the Reading Room full of gardeners of all ages swapping and collecting a huge variety of vegetable, flower and herb seeds for the coming growing season. Cornwall Wildlife Trust had a stand, focusing on exciting plans to further develop their nature reserve at Helman Tor, while outside in the Car Park Lostwithiel Young Farmers took orders for their fund-raising Dung Run, supplying gardeners with bags of farmyard manure to enrich their soil.

The Seed Swap raised £206.45 in donations: £20 was given to Growing Better Garden to purchase compost, which they will use to raise seedlings for the Plant Swap in their polytunnel at Duchy Nursery. The remainder will be given to the Community Centre fund towards a new roof.

A NEW HOME FOR PLANT SWAP FROM FRIDAY APRIL 5th

For 2024, Lostwithiel Plant Swap has moved from St Barts Churchyard to the Reading Room at the Community Centre, where garden and indoor plants, seedlings, seeds and garden sundries will be available for a donation each Friday and Saturday starting on Friday/Saturday April 5th/6th. Plant Swap depends completely on what is donated each week, so you never know what you may find!

After 12 years the 'old guard' of the Plant Swap team are standing down as organisers, and wish the Community Centre every success for the coming season, with plenty of surplus or unwanted plants swapped and donated and the income going toward the Centre's fundraising. No doubt we shall still contribute plants and look in to find new additions for our gardens! Kirsty will welcome any gardeners who can volunteer to help keep the swap table organised, cared for and well stocked through the season.

Happy gardening!

Plant Swap

at

Lostwithiel Community Centre

Friday, Saturday

10-2pm

Reading Room

Swap, Donate, Take!



LOSTWITHIEL NEWSLETTER – CONTACT & PAYMENT DETAILS

The next Lostwithiel Newsletter is out on **MONDAY 1st APRIL 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 March 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.

FOWEY RIVER LIONS



New Lion President Steve Jones presented with the chain of office by Lion Martyn Crowle

At our February meeting we started by investing our new President with the chain of office. Lion Steve said " I feel very proud to follow all the great people who have been before me." We were delighted to welcome three prospective members to the Lions who came to meet us. We had plenty to report on as we have had a busy few weeks. A small team took down the Christmas Lights in Fowey in January. These are now stored away ready for next Christmas when we hope to extend the length of the lights.

Easter Eggs Every year you help us to raise funds for local causes by supporting our Easter Egg appeal. You can find our eggs in a variety of pubs and venues around the area stretching from Fowey and Polruan, both sides of the River Fowey up to and including Lostwithiel and down to Tywardreath and Par on the Fowey side of the railway line. So do look out for these and the chance to win a collection of yummy easter eggs. Winners will be drawn locally over the Easter Bank Holiday.

Marie Curie Collections We will be out in Fowey collecting for Marie Curie on Saturday 9th March and Sunday 10th March between 10am and 4pm. Please come and say hello to us, we will be in South Street and towards the Town Quay during those times. Any support you can give to this worthwhile charity, which helps provide a better end of life for people, whatever the illness, is appreciated. We have been lucky enough to secure matched funding for these collections, so anything you donate to the collectors in Fowey on the 9th and 10th March will attract matched funding. You cannot miss us we will be wearing yellow Marie Curie tabards and Possibly a very fetching yellow daffodil hat!

Bingo Night Wednesday 17th April, eyes down 7.30 at Haveners, Town Quay, Fowey. Our grateful thanks to Lee at Haveners for his support. Bookings need to be made in advance 01726 834591

Ukraine Appeal Our Ukraine Appeal still continues and in early February a very full car of goods was delivered to Callington for onward transport to Poland and then on to Ukraine. Callington Lions sent a message about their delight with all the donations. They asked us to extend thanks, to all who had donated, for their generosity. Thanks too must go to all the ladies who have been busy knitting, their cosy hats and cuddly trauma teddies will be very welcome in Ukraine.

A new request ,to add to the long list of goods, is for mens shoes in good condition. To arrange a collection please contact us as below.

For further details go to Facebook page 'Cornwall and Devon Sending Love To Ukraine' or visit www.sendinglovetoukraine.org

Community Help Needed Are you interested in helping your community and happy to get "stuck in" with fundraising and volunteering activities? You have seen what Fowey River Lions do, fundraising, helping the community by making donations and supporting other groups. We need new members now! Without your support the club may have to close and with it all the local activities and grants that it provides will be lost to the community. If you are interested come and see what we do. Please join us



on Monday 4th March upstairs at the Ship Inn, Polmear, Par and find out more about what we do and how you can help. We meet every first Monday of the month at the Ship. Or contact us as below for further information.

We cover Fowey and Polruan and all the villages on both sides of the River Fowey up to and including Lostwithiel. Our area includes all of Tywardreath and Par on the Fowey and Tywardreath side of the main railway line at Par.

President: Lion Steve Jones Secretary: Lion Lynn Goold
Treasurer: Lion Ruth Rowse
email: foweyriverlions@gmail.com
facebook: [foweyriverlions](https://www.facebook.com/foweyriverlions) Tel: 0345 833 7484

THE ROYALS 2024

Lostwithiel Royals have been chosen for the forthcoming year.



They are **Harry Davies** aged 7 and **Llana Rose Rawlings** aged 6. They are both very excited to represent the town. We have 1 sponsor The Mess Hall and I am currently seeking another to support.

Sally Kington
PGDip MCFHP MAFHP

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From the Mayor



Time goes so quickly, we're already in March, the wet weather continues and it's not at the end yet by the information given!!! Stay safe out there.

Thank you to all residents who took heed of the Environment Agency's warning mid-February and didn't park on Quay Street during the predicted high spring tides. Currently the Town Council doesn't have enough Flood Wardens to run the Council's Flood Plan when the Council tried recruitment before Christmas only two new volunteers came forward. So, if you would like to become a Flood Warden do, please contact the Council office or speak to Councillor Karen Ross. Full training is given and PPE provided.

Prior to Christmas the Council also sought to recruit Library volunteers and I'm delighted to say that three new volunteers came forward so we now have volunteers available in the library all day on Wednesdays. However, if you would like to volunteer in the Library, please contact the Town Council office or pop into the library on a Wednesday to speak to one of the volunteers to find out more. For this first time since Covid, Lostwithiel organised an event to choose this year's Carnival Royals. Along with Carnival sponsors, I had the absolute pleasure of helping to choose Harry Davies & Llana Rose Rawlings, they will be crowned at the start of this year's carnival week on Sunday 4th August as well as joining in wearing their crowns and sashes. They are both very excited.

The Rotary's annual beer festival takes place on Saturday 16th March 10-22.30hrs in the Community Centre. If you fancy having a go at pulling a pint, they are actively looking for volunteers. Drop me a line on fb or text me 07879610736 for more details. Don't be shy give it a try!! Please do look out for other events in and around town – there is always something happening for everyone.

Mrs Josie Childs a resident of Lostwithiel had her 90th birthday last month so as Mayor I dropped off a card and flowers for her special day. Also, I had the honour of representing Lostwithiel at Launceston's Civic Service which will be the first of many services in the coming year.

Onto council business, we have awarded new grass cutting and tree surgery contracts and have a further tender opportunity available at the moment for new Childrens Gym Equipment on King George V playing field. The Public Toilet on Church Street will be closed for the period Monday 18 March to Sunday 31 March for refurbishment ready for the summer season.

Finally, the Council has also welcomed new Councillor Jack Dixon to the Council, there is still one vacancy if you are anyone you know are interested. Please do speak to the Council office or any of the Councillors if you would like more information.

Karin Henderson, Mayor of Lostwithiel

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Rooms are available for a donation

Worship commences at 11am.

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.

Sunday March 3	- Rev. Iris Bray
Tuesday March 5	- Chapel Cleaning
Sunday March 10	- Café Church - Mothering Sunday
Sunday March 17	- Rev. Paul Binney H.C.
Sunday March 24	- Café Church - Palm Sunday
Sunday March 31	- Rev. Pauline West H.C.

COFFEE MORNING - Thursday March 28 – Coffee is free
Donations for Foodbank may be brought anytime the church is open.

'Sew What' Group: 1st and 3rd Thursday afternoons 2 - 4pm

Music Appreciation: Last Wednesday of the month 7:30pm

Minister: Rev. Paul Benney 01726 844 471

Steward: Mrs M Adams 01208 873 665

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 and bar at 7pm, film at 8pm.

Women Talking (15), Monday March 11th

The women of an isolated religious community grapple with reconciling their reality with their faith. A thought-provoking drama with an excellent ensemble cast.

The Outfit (15), Monday March 25th

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LOSTWITHIEL NEWSLETTER

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ROCKET MEDIA SERVICES

We are based in Lostwithiel Cornwall, Specialising in small-medium businesses and sole traders, We offer a comprehensive website and e-commerce design service with hosting and domain, logo design, branding and design and printed marketing services to help create an easy and stress-free experience marketing your business.



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Lostwithiel Museum Association

LOOKING FORWARD There's 'a hive of activity' behind the scenes as we prepare to re-open the museum for the new season. If you haven't yet had the opportunity to visit the museum at the top of Fore Street - or perhaps haven't visited for a while - it may be time to put a visit on your 'bucket list' for 2024. With so many recent improvements to display cases and their contents there's so much more to see and appreciate. Living locally it's easy to forget or ignore the 'gem' that's on your doorstep. We look forward to welcoming you from 25 March to 30 October, Monday to Friday 10.30am - 4.30pm and on Saturdays 11.00am - 3pm

THANK YOU I recently spent an afternoon reading through the comments entered in our Visitors Book. Although this is an exercise I regularly carry out, on this particular occasion the positive comments made by visitors seemed to resonate more than usual. It reminded me that to be associated with a successful organisation is an achievement to be proud of - and how reassuring it is to know that the time and effort contributed by volunteers is so worthwhile and appreciated. A very special thank you to all our volunteers without whom this small independent museum simply wouldn't exist. If you would like to be part of this special team please contact Christine Walton on 01208 871456 or Maggie Lancaster on 01208 873093 for more information.

TOWN HERITAGE WALKS The weekly Town Heritage Walks offer an opportunity to discover the answers to all those questions about Lostwithiel's fascinating history that you've wanted to know but never got round to finding out about. Let one of our knowledgeable walks guides help you to do just that. All you have to do is arrive outside the Community Centre at 11.00am on a Wednesday between 27 March - 23 October. There's no need to book in advance unless you have some special requirements eg a group booking on a different day or time - in which case please contact Pauline Gillett on 01208 872040. The cost per adult is £5 by cash or card - no charge for children. Please allow 90 minutes for this 'easy' walking tour. A reminder for museum volunteers is not to forget to take advantage of your entitlement to a complimentary guided walk.

GIFT VOUCHERS If you're looking for a 'gift with a difference,' a voucher for a guided Town Heritage Walk could be the answer. Vouchers cost £5 and are on sale in the museum or by contacting Pauline Gillett on 01208 872040.

MUSEUM MATTERS MAGAZINE Issue 16 of the in-house magazine is at the printing stage with distribution due in early Spring. On sale in the museum and at Watts Trading in Fore Street, the magazine is also a key feature of Lostwithiel Museum Association Membership Scheme. If you'd like to know more about LMA Membership please contact the Membership Secretary at the museum or see the museum website www.lostwithielmuseum.org

WINDOW DISPLAYS The museum has an extensive collection of archive photographs, some of which we've recently shared with you via a video loop displayed in the museum window. Thank you for the many positive comments confirming how much you've enjoyed the 'Time Line' of photographs highlighting Lostwithiel's social history.

Thank you to our 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

LOSTWITHIEL FLORAL ART GROUP

Our next meeting will be at Lanhydrock Hall PL30 4AW on Wednesday 27th March at 2.30 p.m. when our demonstrator will be Maggie Rawlings.

After her demonstration there is a cuppa, plenty of chat and a raffle of her flower arrangements. We are always looking to welcome new members, so why not come along and see what goes on.

Please note there is plenty of parking at the hall.

GATEWAY Church Gateway Church - Lostwithiel
Meeting at 5 p.m. on Sundays
Church Rooms, Church Lane.
Informal worship, relevant Biblical message and fellowship.
Light refreshments after service.
All are very welcome.

SWEET MAGNOLIAS PRESENTS...

Spring into Summer

SATURDAY | MAY 4 | 6PM 2024

OUR ANNUAL FUNDRAISING FASHION SHOW FOR FRIENDS OF ST BARTS

FABULOUS RAFFLE PRIZE

ADMISSION £8 (INCLUDES FOOD AND SOFT DRINKS PROVIDED BY FOSB) OTHER REFRESHMENTS AND RAFFLE TICKETS SOLD SEPARATELY

TICKETS AVAILABLE SOON

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	Reading Room	Main Hall	Studio 2
Monday	Book Club 1 every 2nd Monday. 10am Book club 2 every 3rd Monday in the month 10am Post Office 12-3pm	5-9pm Town band	Baby Ballet Boppers 10.30-11.05am 6 months -3yrs Pre-school Ballet 3-4yrs 11.10am-11.40am
Tuesday	Ruggers & Hookers Crafters 10-12pm U3A French From 2-3.30pm every two weeks	9-12pm...Preschool play group 4-5pm Kixx 5-6pm...Kixx 6.30-7.30 ladies cricket 7.45pm -8.45pm Netball	11-12pm Paracise class
Wednesday		10.30- 11.30am Flexercise 1.30-2.30pm Tapacise 6.30-7.30pm Zumba 7.30-8.30pm Mens Basketball NEW 8.30-9.30pm Ladies football	
Thursday	Post Office 9.30 - 12.30pm 3.30-4.30pm Lego club	9-11. From November Kixx babies play group 1-2pm Strickly 3.30-5.30pm Karate 7-9pm SMB (start ----- Back-----)	10am-12.30pm Home Arts 3:45pm - 4:15pm tap and jazz (4-6 year olds) 4:15pm - 4:45pm tap and jazz (7+) 4:45pm - 5:45pm drama and singing 5:45pm - 6:15pm grade 3 ballet 6:30pm - 7:15pm (private lesson) 7:15pm - 7:45pm adult ballet.
Friday	Poetry group 10.30-12pm 1st Friday in the month New Cafe Crafty Chatters 2-4pm		Ballet & Street Dance 3.45-4.15pm preschool Ballet 4.15-4.45pm Street Fusion Jr 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		9--11Am Kixx	Dance With Kate 9.15-10.30am

	Yoga Studio	Oasis Downstairs
Monday	9-10am Pilates Matt Class	Ladies Wi 2-5pm (once a month) 6.15-7pm Carley Stretches and Mobility
Tuesday	10-11.10am 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 Coming soon Sound therapy 2-3pm Monthly NEW 3.45-4.45 Taekwondo Jr French 6.30-8pm
Wednesday	5.15-6pm Kids Drama & Dance 6.30-7.30pm T'ai Chi Qigong with Angie	2nd & 4th in the month U3A Art workshop 2-4pm
Thursday	9.30am 10.30am Step with Emma 10.30-11.15am chair yoga & Somatics & breathing Cafe Friendship Café 2-3.30pm	Home Ed 11-12pm 6pm woodturners
Friday	9.15am - 10.10am Somatic Movement Therapy 10.15am-11.15am Yoga for well being 11.15am -12.15pm Yoga for well being	
Saturday		Woodturners 10am (once a month)

THE LOSTWITHIEL COMMUNITY CENTRE

What happens at the community centre (many people don't know !) Here goes ...

Car boot, Antique fair, Toy fair, teddy bear fair, dolls house fair, Repair shop, baby ballet, Children's.....ballet, tap, street dance,jazz, drama,Karate, Lego club, Kixx football 18mth-6 Youth football, town band practice, men's football, ladies football, ladies cricket, ladies netball, men's basketball, 2x playgroups, pop up village, 2 x book clubs, poetry group, ruggers & hookers crafters, chatty crafter's, friendship group, Short Mat Bowls, 2x French groups, art group, wine group, Paracise, wine group, flexercise, yoga well-being, chair yoga, Somatics, tai chi Qi-gong, Pilates, Free Bills review clinic, Zumba, Pilates Matt class, woodturners, stretch & mobility,Taekwondo, tap for adults, Home arts group, puppy training, run and play parties, Christmas grotto/Santa, Wi meetings, strictly dancing, post office and mobile bank, the garden cafe, therapy room, seed swop, better garden group, training meetings for NHS, conference room for meetings, counselling sessions, Emergency Centre, our library of books, blood donations, Mexican bar, recycling centre, warm hub, free school meals in the holidays, Pizza Mondays and... Big Events.

DANCE-A-THON

Well everyone needs to dust off their dancing shoes because were holding a **DANCE-A-THON** on **Saturday 23rd March**. There is a whole day of dance and activities from Beauty and the beast workshops to disco to strictly (unfortunately without Giovanni !!) to Yoga, lots for everyone please come and support us .

And yours truly is being sponsored for 12 hours of dancing **YES 12hrs !!!** So come and keep me company or even better if you could sponsor me, sponsor forms are in the cafe ... thank you in advance.

Ballet, Yoga, Zumba, Mamma Mia, Moves, Beauty and the Beast, Disco Fever, Ceilidh/barn dance, Taekwondo, Tap, Stretch, Creative Dance, Strictly Dancing, evening disco & bar.

How do I get involved?

- 1: Click on the link to sign up for as many workshops you would like to get involved in. <https://forms.gle/c91xvfrq1nCFep7>
- 2: Don't forget to sign up for the evening disco!
- 3: Get your friends to sponsor you by using the link to the Just Giving page or crowdfunding page by using a paper sponsorship form for cash sponsors available from the community centre. [bit.ly/raise the roof Lostwithiel](http://bit.ly/raise-the-roof-Lostwithiel).
- 4: The more workshops you take part in, the more money we'll raise!
- 5: On the day of the workshop, arrive 10 minutes before your class start time to register and pay for your class. Cash payment only.
- 6: Cost per workshop, £2 per adult, £1 per child or £3 for a family group of 3 or more. A family friendly event - all workshops suitable for all ages!

And don't forget the **Lostfest Barn dance 2nd March** and **Beerfest 16th 11am-10pm**

Miracle Theatre is coming back on the **9th march** with 'Hells Bells' at **7.30pm** in the main hall.

Lots going on this month!!

The conference room is finisheda completely different looking room !! Which looks amazing, ready to be booked out, we're hoping long term. So if anyone is looking for office space or a fantastic space to hire we got it !

MARCH DATES FOR THE DIARY

- 2nd Lostfest Barn Dance
- 3rd Car Boot
- 9th Miracle Theatre 'Hells Bells'
- 10th Antiques Fair
- 16th Beerfest
- 23rd THE DANCE_A_THON 9am plus evening disco /Bar 11pm
- 24th Health Fair
- 28th Last Short Matt Bowls 7-9pm & Diabetic Group 1-3pm



Hot Buttered Baps

Sausage	£3.50
Bacon	£3.50
Sausage & Egg	£4.00
Bacon & Egg	£4.00
Sausage & Bacon	£4.50

Hot Buttered Baguettes

BLT	£5.00
Sausage & Onion	£5.00

Sandwiches

Ham or Cheese Salad	£4.00
Bacon	£5.00
Sausage	£5.00

Cheese Toasties

...add Ham	£5.00
...add Blue Cheese	£5.00

Fries or Chunky Chips

Cheesy Chips	£3.50
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Full English Breakfast

Hot and Cold Drinks	£7.00
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Light Lunches available

Vegan & Vegetarian options	£7.00
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Wraps

Breakfast Wrap	£5.50
Sweet Chilli Chicken Wrap	£6.00
Halloumi Wrap	£6.00
Cheese/Ham Salad Wrap	£5.00
Falafel Wrap	£5.50

Pre-orders welcome - 07710 241995
Opening hours: Monday to Friday, 8am - 2.00pm
Downend Garage, Lostwithiel, PL23 0RB

Lerryn Area Minibus Association MARCH 2024
Calling all Registered Passengers and Members!
 Trips leave from Lerryn and Lostwithiel and return at the times below.
 Essential to book your seat and arrange a pick-up point
Booking/passenger registration/queries tel number 01208 811175

DATE	DESTINATION	TIME	RETURN FARE
Tues 5th Driver: Chris	Bodmin and supermarkets	Lerryn 9.30 - 12.30	£4.00 adult
		Lostwithiel 9.45 - 12.15	
Fri 8th Driver: Nick	Truro	Lerryn 9.30 - 15.45	£6.00 adult
		Lostwithiel 9.45 - 15.30	
Sun 10th Driver: David	SPECIAL TRIP Bodmin Cinema Stage to Screen Titanic -The Musical	Lerryn 13.15-18.00	£4.00 adult Tickets £12.50 (£10 if Movie magic card holder)
		Lostwithiel 13.30- 17.45	
Tues 12th Driver: John	Bodmin and supermarkets	Lerryn 9.30 -12.30	£4.00 adult
		Lostwithiel 9.45-12.15	
Tues 19th Driver: Debbie	Bodmin and supermarkets	Lerryn 9.30 -12.30	£4.00 adult
		Lostwithiel 9.45 - 12.15	
Weds 20th Driver: Richard	Wadebridge	Lerryn 9.30-13.15	£5.00 adult
		Lostwithiel 9.45-13.00	
Tues 26th Driver: Nick	Bodmin and supermarkets	Lerryn 9.30 - 12.30	£4.00 adult
		Lostwithiel 9.45 - 12.15	

All People living in the area may register. Children travel 1/2 price
 NB Please see lerryn.net for full details of LAMA's services

FOWEY VALLEY

CIDERY & DISTILLERY



Sparkling Vintage Ciders

Here's something you might not know - Sparkling wine and cider was being produced in the West Country many years before Dom Perignon (the person the French like to think invented Champagne) was even born. And there's a Lostwithiel connection too!

The champagne bottle with its thick glass, dimple in the bottom, long neck with a ridge at the top to tie the cork down with, was being produced in the west-country from the 1620's (Dom Perignon was born 1638). It came about because the Crown wanted all the oak to build war ships (we were at war with the Dutch) so all the metal and glass furnaces had to use sea coal and oil shale, which they didn't like at first but they found it burnt at a higher temperature and made much stronger glass. Which is exactly what they needed to prevent bottles exploding when they made fine sparkling cider and wine. The chap that held the patent from the crown for the manufacture of these bottles was a certain Sir Robert Mansell who was in 1626 the MP for Lostwithiel!

We follow the full Champagne method in the production of our Sparkling Vintage Ciders (we have a Rosé version now too). We firstly ferment our cider for a year, then put it in champagne bottle with more yeast and sugar and seal the bottle with a crown cap. We leave it for at least another year. This creates a secondary fermentation, which builds up to a very high pressure of CO2 but leaves spent yeast in the bottle which has to be removed. So we put the bottles upside down in a frame and turn the bottles a quarter clockwise every day for 10 weeks. This brings the yeast to rest on the cap. We then freeze the cap. We quickly open the bottle, the pressure from the carbon dioxide forces out a small plug of ice with the spent yeast leaving the cider lovely and clear. We top up the bottle and put the champagne cork in with the cage and foil. A great drink for your Easter celebrations and to pair with good food!

Our shop with free tastings is open Monday to Friday 10am till 4pm. Not bank holidays.

We do regular free hour - long tours too.
Book on our website



VISIT US
 Unit 11, Restormel Est.
 Lostwithiel. PL22 OHG
ONLINE
foweyvalley.co.uk



At Lostwithiel Community Centre.

Join instructor James for Kids Beginners Taekwondo classes every Tuesday at 3.45pm to 4.45pm in the oasis room. First lesson is free! Classes start Tuesday 9th January 2024. Email me at infojftaekwondo@gmail.com - spaces are going fast. Lessons are £5 each, book a block of term time lessons you get one free! Any interested adults please email me to discuss this further.



Follow us on Facebook
<https://www.facebook.com/jftaekwondo>



Local Musician **Tony Taylor** has written a book of his Exploits in the music business in the 1960's to 70's Available at **Watts Trading** £5.00



Wild
Weekend

ANTHONY TAYLOR

USEFUL INFO & CONTACTS

COVID BOOSTER JABS: These are to be offered from October to the following groups: Residents in care homes for older adults; All adults of 65 years and older; Those 6 months -64 years in a clinical risk group; Frontline health and social care workers; people 12-64 years living with an immunosuppressed household member; People aged 16-64 years who are carers or work in care homes for older adults.

FLU JABS: These should start for pre-school and primary age children in September, and for eligible adults in October. Where possible they are likely to be given alongside Covid Booster Jabs.

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

LOSTWITHIEL MEMORY CAFE: This is held fortnightly, Wednesdays 2-4pm, in the Oasis rooms at the Community Centre. For all those affected by memory problems, Alzheimers etc, including partners and carers. A safe, relaxed social setting, with refreshments, memory and enrichment activities, and separate session for partners and carers to share advice, experiences, information and support. For information contact Martin Austen martinausten@gmail.com 01208 872 490 or just call in. **AUGUST Dates: Weds 2nd, 16th and 30th 2 - 4pm.**

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 BINGO FUNDRAISERS.

SATURDAY MARCH 30TH.

EASTER COFFEE MORNING.

Church Rooms. 10 am - 1pm.

Lots of yummy cakes & savouries plus homemade soup for lunch. Tabletop sale including homemade jams, marmalade and chutneys along with our usual table full of cakes and savoury items. Added to this will be jewellery and other craft items plus a Raffle.

SATURDAY MAY 25th.

COACH & BARGE TRIP

Adult £40. (Barge £22.Coach £18) Child 3-13.yrs. £30

I am organizing a trip on the Horse Drawn Barge on the Tiverton Canal.

As the horse pulls us along the stunningly beautiful and tranquil Grand Western Canal and Nature Reserve keep a lookout and you might see some kingfishers along with other wildlife. This trip is available to everyone.

Pick Up St. Austell 9am. St. Blazey. Lostwithiel 9.30 a.m. Liskeard 10.a.m. Anyone wishing to book contact Joyce 01208 872807 or Facebook before March 28th please.

DANCEATHON - WHEN IT'S ON

Danceathon 2024 schedule 1 morning & afternoon

@ Lostwithiel community centre - Saturday 23rd March 2024

Time	Practitioner / school	Dance / movement style
9:00am - 9:40am	Kate Mooney School of Dance	Creative ballet workshop Create a fun ballet performance in 40 minutes. No previous experience required. Bring your tutu if you have one!
9:50am - 10:30am	Jason Pook School of Dance	Zumba for all the family Dance your way to fitness with this all inclusive zumba session!
10:40am - 11:20am	Emma Mansfield - Lovely Yoga	Family yoga session Time to breathe and relax with this yoga session for all the family
11:30am - 12:10pm	Sam Lawrence Dance centre	Fun creative family dance session Create, choreograph and perform in this whole family playful dance session.
12:20pm - 1:00pm	James Farrar	Beauty and the Beast Musical Theatre dance workshop Dance with an industry professional and learn moves from Beauty and the Beast the musical.
1:10pm - 1:50pm	Jenny Cleverley	Strictly Dancing for all the family Come and learn some ballroom and latin dances in this fun and friendly workshop
2:00pm - 2:40pm	JF Taekwondo	Taekwondo A taekwondo workshop for the whole family. Give this amazing martial art a try with the brilliant JF Taekwondo

Danceathon 2024 schedule 2 afternoon & evening

@ Lostwithiel community centre - Saturday 23rd March 2024

Time	Practitioner / school	Dance / movement style
2:50pm - 3:30pm	Carly Wicks Fitness and Nutrition	Family stretch and mobility class Time to take a breath and stretch. A fantastic class for strength, mobility and flexibility
3:40pm - 4:20pm	Kate Osbrink @ Cornwall Performing Arts	Tap dance A family friendly tap dance workshop for all. Bring your tap shoes if you have them! If not, trainers are fine for this one off workshop.
4:30pm - 5:10pm	Jason Pook Dance Academy	Mamma Mia workshop Time to be a 'dancing queen' in this family Mamma Mia workshop. Learn moves from Mamma Mia the musical with an industry professional.
5:20pm - 6:00pm	Kate Mooney School of Dance	Ceilidh / Barn dance workshop Swing your partner by the hand! A workshop for the whole family. Come and strip the willow and dance the flying Scotsman, amongst other traditional ceilidh dances.
6:10pm - 6:50pm	Jason Pook Kate Mooney James Farrar	Disco moves workshop Our final workshop of the day! Come and learn moves from some disco classics such as the Macarena, YMCA, Cha- Cha Slide, Saturday Night and the Time Warp.
7:00pm - 10:00pm	Family disco with Bar!	



The Benefice of Lostwithiel Parishes

Services for March 2024

Sunday, 3 [Lent 3]	Boconnoc Bradoc St Bartholomew St Brevita, Lanlivery St Veep St Winnow	Matins Choral Evensong Family Eucharist Morning Prayer BCP Holy Communion Parish Eucharist	11.00am 6.00pm 11.00am 9.30am 9.30am 11.00am
Tuesday,5	Rectory	Lent course	3.00pm
Wednesday,6	Boconnoc	Evensong for Lent	4.00pm
Thursday,7	St Bartholomew	Celtic Eucharist	10.00am
Sunday, 10[Lent 4-Mothering Sunday]	Boconnoc Bradoc St Bartholomew St Brevita, Lanlivery St Veep St Winnow	Matins Eucharist Eucharist Eucharist Eucharist Eucharist	11.00am 11.15am 11.00am 9.30am 11.00am 11.00am
Tuesday,12	Rectory	Lent course	3.00pm
Wednesday,13	Boconnoc	Evensong for Lent	4.00pm
Thursday,14	St Bartholomew	Celtic Eucharist	10.00am
Sunday,17	Boconnoc Bradoc St Bartholomew St Brevita, Lanlivery St Veep St Winnow	Holy Communion (BCP) Choral Evensong Eucharist Morning Prayer Family Service Family Eucharist	9.30am 6.00pm 11.00am 9.30am 11.00am 11.00am
Wednesday,20	Boconnoc	Evensong for Lent	4.00pm
Thursday,21	St Bartholomew	Celtic Eucharist	10.00am
Sunday, 24 [Palm Sunday]	St Bartholomew	United Benefice Service	10.30am
Monday,25	St Brevita, Lanlivery	Compline	7.00pm
Tuesday,26	St Bartholomew	Compline-Agape meal	6.00pm
Wednesday,27	Boconnoc St Winnow	Compline Compline	4.00pm 7.00pm
Maundy Thursday,28	St Bartholomew	Eucharist & foot washing	7.00pm
Good Friday,29	St Winnow Bradoc Lanlivery St Bartholomew	Good Friday liturgy Pilgrimage to Boconnoc Pilgrimage to Helman Tor The Last Hour	10.30am 1.00pm 2.00pm 2.00pm
Saturday,30	Bradoc Church Rooms	Vigil Messy Church	6.00pm 4.00pm
Sunday,31 [Easter Sunday]	Boconnoc Bradoc St Bartholomew St Brevita, Lanlivery St Veep St Winnow St Nectan	Eucharist Eucharist Eucharist Eucharist Eucharist Eucharist Sunrise Eucharist	9.30am 11.15am 11.00am 9.30am 11.00am 11.00am 5.30am
Regular Weekday Services			
Wednesdays - St Brevita - Evening Prayer at 4.00pm			
Thursdays - St Bartholomew - Celtic Eucharist at 10.00am			
Last Saturday of each month- Church Rooms-Messy Church-4-6 pm.			
Vestry Hour			
Revd Paul is available in the vestry at St Bartholomew's Church on Tuesday mornings from 09.30am to 10.30am to discuss any issues that you might have.			
Lanlivery, St Bartholomew's, St Veep, Bradoc and St Winnow Church are open every day. Please contact a church warden at Boconnoc.			
The Benefice of Lostwithiel Parishes			
Revd Paul Beynon(Rector) - Tel No: 01208 592765			
Revd Sheila Bowden(Associate Priest)-01208 871344			
Church Centre			
Benefice administration office-open Monday-Wednesday mornings			
St Bartholomew's Church			
Church Lane			
Lostwithiel			
PL22 0EG			
Tel No: 01208 872232			

KID'S COLUMN

Welcome to our new Kids Column, for all the children of Lostwithiel! Congratulations to these Brilliant Children:

My name is **Harry Davies** and I am 7 years old. I am in year 2 at Lostwithiel School.

I am very excited about being carnival king as I haven't ever done anything like this before.

My favourite things about the carnival before was the main parade day. I also really enjoyed watching the pram race, and I hope I can enter it this year too!

I like watching the duck race and raft race too, seeing all the costumes. I can't wait to decorate the float for being carnival king and queen, it is going to be a fun few months!! Can't wait to see your King outfit Harry!



And also to

Indigo-Faith Collins age 10 Competing in Artistic Gymnastics for Kernow Gymnastics Academy, in the 11-year-old 2-4 hours group, between other local Cornish Gymnastics clubs.

The Competition (Flips and Flurries) took place at Penryn Gymnastics Centre on Sunday 11th February 2024. This was a two piece competition consisting of a floor routine and vault.

She was up against a very talented group of girls and was a tough competition but came away with 1st for Floor, 4th for Vault and achieving all-round champion coming home with 2 gold medals and a trophy!

Well Done INDIGO!



BIRTHDAYS:

A massive 10th Birthday shout out to Denny Kaya (right). Have a great day love Mummy, Daddy, Inan and Nanny!



KIDS CORNER:

What do you call a boomerang that won't come back?
A stick.


What does a cloud wear under his raincoat?
Thunderwear.

What time is it when the clock strikes 13?
Time to get a new clock.

And to end our column, can you solve a riddle?
What is yours but mostly used by others?

Don't forget the Easter Fun Day running at Lostwithiel Church Rooms, see the attached poster for details. Can you make an Easter Bonnet and win out competition? Or come and join our games and crafts!

If you would like to add a celebration, achievement, a birthday or anything special for our children then please get in touch! Send your contributions to: palaceprinters@btinternet.com headed 'Lostwithiel Newsletter, Kids Column.'

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- 1: Click on the link to sign up for as many workshops you would like to get involved in. <https://forms.gle/c91xvfrqr1nCFe7p7>
- 2: Don't forget to sign up for the evening disco!
- 3: Get your friends to sponsor you by using the link to the Just Giving page, or by using a paper sponsorship form for cash sponsors available from the community centre. bit.ly/raisetherrooflostwithiel
- 4: The more workshops you take part in, the more money we'll raise!
- 5: On the day of the workshop, arrive 10 minutes before your class start time to register and pay for your class. Cash payment only.
- 6: Cost per workshop, £2 per adult, £1 per child or £3 for a family group of 3 or more

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KATE MOONEY
SCHOOL OF DANCE



Lostfest 2024

Great news! LostFest will be back again on Sunday May 19th bringing foot-tapping performances from a huge range of artists to suit every taste.

Last year's LostFest was widely acclaimed to have the best ever. This year we hope it will be even better with a wider choice of performers and activities than ever before.

We have choirs, solo artists, bands, Morris dancing, and pop-up acts all over town throughout the day.

For the first time ever, festivalgoers will be able to enjoy taking part in a dance workshop all morning in the Social Club.

To make sure that the whole of Fore Street is alive and humming, we will be having performers throughout the day along with many stalls offering an eclectic mix of goods to buy from local shops and sellers; a real 'continental' experience.

We will also have performers in the church, the church rooms, outside the community centre as well as lots of locations in town. We are delighted to welcome back The Black Company who will be showing off their mediaeval armour and battle skills in the churchyard.

There will also be plenty of entertainment for the children from face painting to craft stalls and inflatable fun.

As it is the merry month of May, we will be celebrating with maypole dancing on the field. Everyone can join in; young and old alike. This is a first for LostFest and brings back an ancient tradition to the town.

We will be also hosting a huge range of stalls selling arts, crafts, antiques, and a host of other goodies from local artists and artisans.

A mouth-watering variety of food stalls and bars will keep everyone fed and watered throughout the day and well into the night.

The main stage on the Parade Gardens will open at 11.30 firing the starting gun on what will be and will be a day of fantastic performers, some of whom we welcome back by popular demand, augmented with a mix of very talented newcomers.

We will be announcing acts from 1st March onwards on all our social media sites so be sure to follow us!

LostFest is a free festival sponsored by Castle Brewery, FEAST, Dufort Associates, Kernow Forno and Cornwall Community Foundation and we count on your support in making a successful and enjoyable day for everyone so we can support local causes in and around our beautiful and unique Lostwithiel.

Find out much more information on LostFest on Facebook, Instagram, and our website (www.lostfest.co.uk).

The LostFest committee would like to say a big thank you to all the volunteers who so generously give of their time and who work tirelessly to ensure the festival runs smoothly and without who, there would be no festival.



ROYAL FOWEY YACHT CLUB



March coming over the horizon, and if you haven't started to get your boat ready, it's time to get moving!

And here are a few things you can be enjoying when the sanding and scraping, the swabbing and scrubbing, the heaving and hauling, all get a bit too much.

- Friday 1st: Book Club, "The House On The Strand" by Daphne DuMaurier
- Saturday 2nd: Club Annual General Meeting
- Saturday 2nd: St Piran's Day Supper
- Wednesday 6th: Evening Talk on research led by Exeter University on "Resilience and Change In Fowey", presented by researchers Jenny Wittamore and Sien Van Der Plank
- Saturday 9th: lunchtime get-together
- Saturday 9th: Quiz Night
- Wednesday 13th: Evening Talk, "The Last Husky Dog Journey In Antarctica" by John Killingbeck
- Wednesday 20th: "Let's Talk About Bondage (Wine Investments)". Jeremy Pearson talks about his experiences over 50 years in the wine trade
- Wednesday 27th: Barry Marshall-Johnson introduces an evening of poetry

On March 30th and 31st Fowey hosts the South West Toppers meeting, and there is no better place than the club terrace from which to watch the fun.

In addition to all this, the regular Club fixtures will be running:

- Bridge Club, every Thursday
- Welcome Hour, every Friday evening
- Knit and Natter, every Thursday morning

For more details of all Club activities, how to join in, and more, please see the Club website at <http://www.rfyc.org.uk>. The website is full of information about the Club, and includes access to a webcam giving superb views of the harbour. Also see the members' weekly "What's On" update with news of club activities.

We are a members' club, and 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 so as to enjoy all the Club has to offer, please look on the home page of the website under "Join Our Club", or speak to a member, or call the office (see below)

If you would like more information about the Club, call the Club Office on 01726 833573, or follow us on Facebook at www.facebook.com/RFYCFowey, on Instagram, or (for members only) RFYC Dropin.

LOSTWITHIEL BREAKFAST CLUB

Lostwithiel Breakfast Club welcomes any HM Service Veteran from Royal Navy, British Army, Royal Air Force or Royal Marine, 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/husbands/partners welcome.

There is a raffle so please feel free to donate a prize but not necessary.

Next date - 16th March
Venue - Best Western Fowey Valley Hotel Lostwithiel
Time - 09.30am
Any queries please contact
Campbell Allan: campbell.allan@hotmail.co.uk Tel 07552 467438
or John Henderson : jbshenderson@hotmail.co.uk 07703 629638

ST BARTHOLOMEW'S NEWS

It is lovely to see all the spring bulbs that have survived the sodden earth and are giving us some lovely colour at last. It is always exciting to find what has survived and plan to replace what hasn't. With global warming we need to be aware of what plants will survive though with the amount of rain it hardly seems right to plant drought resistant plants.

It will be so good to get back to our outdoor activities again and we can think of our physical and mental welfare in warmer weather. And we can think of some Spring cleaning in church..... There will be the usual Celtic Eucharist service every Thursday morning at 10.00, however on 28th there will be a Foot Washing service at 7.00.

The first Sunday is a Family Eucharist with Rev'd Sheila and we would all like to see some children brought along to join in the fun with Sheila. Sunday 10th is of course Mothering Sunday, so please bring along your mothers as there are usually Daffodils around! All this week we will be holding our Easter Experience in the Church, and do take the time to see the different stations around the church, where the schools learn the story of Easter with craft activities. Anyone who would like to help would be most welcome. On Sunday 17th, we have Morning Prayer and Warren Nicholls will be with us again to take the service.

Palm Sunday falls on 24th when we remember Jesus riding on a donkey into Jerusalem. This is a United Benefice Service so starts at 10.30. On Tuesday 26th the Agape Meal will be held in St Bart's commemorating the Last Supper, at 6.00. The Last Hour contemplation will begin at 2.00, on Friday 29th – Good Friday, Easter Day, 31st is a Eucharist at 11.00 and Easter Eggs may be in evidence.

On Wednesday 6th the Town Band will be in concert to celebrate St Piran's Day at 7.00. Always an enjoyable evening. Messy Church will be from 4 – 5.30 on Saturday 30th. This is a very busy time for the Church and times and places can be found in the Bridge and Newsletter or please enquire in the Benefice office, or pick up a Pew Sheet from the back of the Church. We hope to see you there to celebrate The Resurrection of Jesus.

LOSTWITHIEL OLD CORNWALL SOCIETY

We began 2024 with a most interesting talk by Andrew Banner on being a surveyor for the National Trust. By the time this newsletter is printed we will have had our February meeting and will have learnt all about milk from cow to cup from **Bill Clarke of Trewithan Dairy**. Our next meeting will be on **Tuesday March 26th** when **Robert Evans** will be telling us about Pentewan and the tea treat railway. We have a diverse range of subjects to enjoy over the months so please do come along to join us, we meet in the Church Rooms at 7.30pm with tea and biscuits to follow the meeting.



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A real treat for Lostwithiel to welcome Duchy Opera for the first time!

In association with the 'Save our Steeple' St Bart's Tower Appeal, join Duchy Opera as we circumnavigate the world calling in at famous operatic locations on the way, with arias and choruses from your favourite operas and operettas (Pearl Fishers, Carmen, Madame Butterfly, Porgy and Bess, Don Giovanni, Cosi Fan Tutte and many more).
Fasten your seatbelts and enjoy the ride!


Sunday 7th April at 7pm, St Bartholomew's Church
Tickets: £10 in advance - £12 on the door - Accompanied Under 16s Free
Available from: Watts Trading, Lostwithiel
/www.duchyopera.co.uk

LERRYIN FILM CLUB



THE NEXT MEMBERS' EVENING WILL BE ON
THURSDAY 28TH MARCH 2024
IN THE LERRYIN MEMORIAL HALL
DOORS OPEN AT 7.00PM
SCREENING AT 7.30 PM
THE FILM "LIVING"
WILL BE FOLLOWED BY A POST MOVIE DISCUSSION


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



CANCER RESEARCH UK

CANCER RESEARCH UK LOSTWITHIEL BRANCH

For our second event of the year we are very pleased to be able to show the latest Andre Rieu concert "Happy Days are Here Again" the 2022 Maastricht Summer Concert. Always a popular event in Lostwithiel with his many supporters we are grateful to Andre Rieu Productions for allowing us to show this 142 minute concert featuring 29 songs and to the Lostwithiel Film Club for the use of their facilities. This will take place on Saturday April 6th in the Church Rooms with doors opening at 6.30pm for a 7.00pm start to proceedings and a charge of £5 on the door. We will be providing a bar and tea/coffee and pasties and scones and a prize draw during the intermission. Come in your finest and dance in the aisles if you desire.



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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.

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LOSTWITHIEL AREA LABOUR

With a General Election in the offing sometime this year, we expect the Labour candidate for our South East Cornwall constituency to be announced very shortly – and of course we are all hoping that our excellent local contender is selected.

You are invited to our
'MEET THE CANDIDATE' COFFEE MORNING
(Date to be confirmed)

Slidebelly is providing music, there will be cakes, tea and coffee, and of course the chance to talk to the Labour candidate to be our next MP. Proceeds to be shared between the Social Club Roof Fund and the SE Cornwall Labour Election Fund.

We are also delighted to be able to offer – via one of our members – guided tours of the wonderful Spring gardens at Caerhays Estate at a special price plus a donation to our election fund, to help support our local candidate. Details below:



GUIDED TOUR OF CAERHAYS GARDENS

Hildegard Wansleben has over 20 years experience as a local tour guide. Passionate about Cornish gardens, she set up her own tour guide company in 2007 and specialises in the gardens of Heligan and Caerhays.

Join her for one of her renowned tours of Caerhays Estate, home to the National Magnolia Collection and famous for its Spring blossom, at a reduced price of only £11 entry to the gardens, plus a donation for the tour at your discretion. All donations are to the election fund of SE Cornwall Labour Party to support our local SE Cornwall candidate as we approach a general election.

Tour dates: Sunday 24th March and Saturday 13th April 2024. Tickets are limited to 20 per tour, first come first served: contact hildewansleben@gmail.com for more information and to book; as early as possible please in order to organise numbers.

Meet at the Caerhays Estate Car park 10.30am for 11am tour. Car parking tickets will be refunded at the ticket office.

Sally Sweeney (Chair) Lostwithiel Area Labour

2023 POPPY APPEAL

Once more the residents and visitors of Lostwithiel have supported the poppy appeal with great generosity. The weather this year was particularly ugly but the band of volunteers made sure that the appeal was a success. Big thanks to all the businesses for their support along with Karin, Renee, Campbell and Sam without whom this could not be possible to carry out. It just leaves me to say that years appeal you raised a magnificent £3621.06. On behalf of the Royal British Legion I would like to thank each and everyone of you for your great support.

POA john Henderson

LOSTWITHIEL RAINBOWS

FOR GIRLS AGED 4-7 YEARS

We have celebrated our Annual Thinking Day, some of us joined other Rainbows, Brownies, Guides and Leaders from our District and completed challenges based on Thinking Day 2024. For the Rainbows that could not make the District Thinking Day, challenges were also completed in the unit, one of these activities was to collect as many shiny 2ps as we could to donate to the World Thinking Day Fund. This has been a tradition of Girl Guiding since 1930 to collect small coins, this helps fund activities for WAGGSGS (World Association of Girl Guides and Girl Scouts). We are all looking forward to getting The 2024 Thinking Day Badge.

We had Pancakes on the Monday after Shrove Tuesday, they were delicious and we have also had a selection of Chinese food to celebrate Chinese New Year.

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

u3a Lostwithiel

learn, laugh, live

Lostwithiel Area u3a has been celebrating its Tenth Anniversary year over the last twelve months, having been founded in 2013. We kicked off with an Open Day in the Church Rooms last spring which was extremely well attended and allowed us to showcase our many interest groups; this was followed in the summer with a cream tea and piano entertainment. To round things off we had another cream tea (there seems to be a theme here!) at the Fowey Valley Hotel in February with music provided by our very own Ukulele Workshop.

Although our anniversary celebrations have now come to an end we continue to offer lots of activities through our groups and our bi-monthly Open Meetings, which always provide a stimulating talk and excellent company. Our next Open Meeting is on Monday 4th March at 2pm in the Church Rooms, Lostwithiel where our guest speaker is Sue Newton, County Organiser for the National Garden Scheme. If you'd like to find out more about Lostwithiel Area u3a please come along!

UPDATES FROM OUR GROUPS

Our many groups are now into their 2024 programmes. The Bird Watching group is off to Porth reservoir and the Gannel estuary in the middle of March while the popular Bridge group is now meeting in the larger venue of the Scout Hut which affords them ample table space! Our Day Trippers group – which arranges their trips using only public transport - is planning to visit St Ives in March while the Art Appreciation group visited various local studios and galleries in mid-Cornwall during February. The Lunch Group has The Crooked Inn at Notterbridge on their menu for the end of March and our Poetry group will be well-versed in Welsh poets for their meeting on St David's Day.

LostwithielAreau3ahasover300membersand25interestgroupsfrom Creative Writing and Garden Visits to Walking and Wine Appreciation. You can find out more about all the groups - and how you can join - on our website at www.lostwithielu3a.org.uk

Contacts:
Chair : David Platt 07484 124490
Membership : Stephanie Thomas 07980 871491

BOCONNOC CHURCH

1st, 2nd, and 4th Sundays -

Matins at 11am, led by a local worship leader.

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The Tasty Tea Team are holding a COFFEE MORNING

Church Rooms, Saturday 20 April 10.00 - 12.00
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We look forward to seeing you contact:
Margaret 872905 or Chris 873356

Lerryn Area Minibus Association SPECIAL TRIP MARCH 2024



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This year we are commemorating 165 years of lifesaving at Fowey lifeboat station. Originally based in Polkerris, the station opened in 1859 before moving to Fowey in the 1920s. We're holding the first of our commemorative events on Saturday April 6 which is a Water Safety and RNLI Scroll Signing Day, running from 10am till 3pm at Fowey lifeboat station. There will be lifejacket maintenance sessions which will teach people how to service and check their lifejackets, which all sailors should do at least once a year and is a requirement for all racing boats who sail under World Sailing Special Regulations safety rules.

TMS will be there to support the event with the sale of spare parts for lifejackets, and for those of you who want to have your safety equipment professionally serviced, TMS will provide a facility for you to book in your lifejacket and have it returned to Fowey when complete, to be collected from Fowey Chandlery. We'll be running tours of our all-weather lifeboat from 10am till 2.30pm, and the coastguard team and water safety teams will be there to give demos and advice. The lifeboat shop will be open all day and there will be music and tea/coffee and cakes on sale, plus you'll have the chance to meet Stormy Stan.

A focal point of the day will be the scroll signing. To mark their 200th anniversary, the RNLI are doing an Olympic Torch-style relay called Connecting our Communities, starting on Monday March 4 at the commemorative service in Westminster Abbey, and finishing in the Isle of Man in October. A specially made scroll with the One Crew Pledge will travel around the UK, Ireland, the Channel Islands and the Isle of Man. Hundreds of communities expressed their interest in hosting the scroll, and we are delighted that Fowey lifeboat station has been chosen as one of the host locations. Each station has to choose a representative to sign the scroll on their behalf, so we thought it fitting to choose one of our crew's children to sign it, to represent the future and next generation of Fowey's volunteer RNLI lifesavers. The scroll will be arriving in Fowey on Saturday April 6 and the signing ceremony will take place at 1pm at Fowey lifeboat station. We hope as many people as possible can come along to help us witness and celebrate the occasion. After being signed in Fowey, the scroll will be taken onto our all-weather lifeboat and transported to Mevagissey for a signing ceremony and events on the quay. The lifeboat will launch from Fowey with the scroll at 3pm.

Activities for the water safety day include:

10am	Inshore lifeboat launch
10.30am	Lifejacket maintenance demo
11am	Cold water shock talk
11.15am	Float to live demo and inshore lifeboat man overboard demo
12pm	Lifejacket maintenance demo
12.30pm	Cold water shock talk
1 – 2pm	Connecting our Communities Scroll Signing Ceremony
2.15pm	Lifejacket maintenance and float to live demos
2.30pm	Cold water shock talk
2.45pm	Onshore lifeboat man overboard demo
3pm	Scroll departs from Fowey to Mevagissey, carried onboard the Fowey all-weather lifeboat, which will launch from her pontoon at 3pm.

Events on the day will be subject to weather & operational needs.

On Sunday January 28, both Fowey lifeboats were out on their regular training exercises, when they were diverted to their first shout of 2024. A tasking request was received following reports of three people in the water, including one person injured, at Spit beach. Both lifeboats were already in the vicinity and were

requested to attend and assist. When the lifeboats arrived the coastguard team were on scene and the casualties were safely ashore and being attended to. The lifeboats remained on standby until stood down by the coastguard.

Congratulations to Oli Luck and Pete Parry who have both passed out as qualified operational mechanics, trained for duty on Fowey's Trent class all-weather lifeboat. Oli Luck and Pete Parry are both currently inshore lifeboat and all-weather lifeboat (ALB) crew, Pete having served at Fowey RNLI for six years and Oli with four years service in Fowey.

Commenting on his achievement Oli said: 'Becoming an ALB mechanic has been one of my main aspirations since joining the crew. I have always thought duty mechanic was a highly respected role and am proud to be part of that team.' Operational mechanics provide cover for the lifeboat. The all-weather lifeboat cannot launch without a duty mechanic onboard. As mechanics, they are trained to start and stop the boat, manage emergency procedures and deal with minor defects in the engine operating machinery. While at sea the mechanic is responsible for fire safety and fire emergency procedures, rectifying minor mechanical problems and ensuring that equipment is running safely. Fowey lifeboat Coxswain, Jonathan Pritchard said: 'The mechanic is an important role on a lifeboat, as with any large ship, it can't go to sea without a mechanic onboard. Oli and Pete have worked hard and applied themselves very well in training. They received some instruction at the RNLI college in Poole and a lot of practical training, experience and shadowing of other mechanics during our regular training exercises on the all-weather lifeboat. Congratulations to both of them on their achievement.'

When Luke Grace was diagnosed with MS in 2018 and had to give up his job, he decided to fulfil a dream of his to build model boats. This January he completed an amazing working model of Fowey's all-weather Trent class lifeboat. Luke grew up in Tywardreath and went to Fowey school where he used to love going down to the harbour to look at the lifeboat. Luke said: 'I have a passion for boats especially the Trent class and Severn class. It has been a dream of mine to build a model of the Fowey lifeboat, the Maurice and Joyce Hardy, so I started to build her about a year and a half ago.' Visitors will be able to see Luke's model this August, when it will be part of a display at the Fowey RNLI Lifeboat Exhibition, which will run from August 1 – 4 in Fowey Town Hall.

A Service of Thanksgiving to mark 200 years of the RNLI will be held in Westminster Abbey on Monday 4 March 2024. Since being founded in 1824 the charity's lifeboat crews and lifeguards have saved over 144,000 lives. The service will mark this major milestone, with a congregation made up of representatives from RNLI lifesaving communities around the UK and Ireland,



Oli Luck



Pete Parry



Luke's Model

including representatives from Fowey.

Many thanks to Sue Eng who donated £500 to Fowey RNLI from the collection in memory of her partner Ronnie Johnson.

Our fundraising team welcomes their new chair, Rob Collings, who is taking over from previous chair, Jerry Walton who stepped down this month. We'd like to thank Jerry for his fundraising work over the past few years. Our fundraising committee are planning plenty of events this year and always welcome new helpers, so if you'd like to get involved please contact Rob via our fundraising Facebook page at @FoweyLifeboatCommittee. The Fowey RNLI Shop is now open from 10am - 4pm Monday to Saturday and 11am - 4pm on Sundays (subject to availability of volunteers). We have in stock a brand new range of items specially produced to celebrate the RNLI's 200th Anniversary this year.

Our all-weather lifeboat will be open to the public again this year from the end of March, on Wednesdays and Saturdays (subject to weather conditions and the availability of volunteers).

As preparations get underway for this year's 200th anniversary of the RNLI and 165 years of Fowey RNLI, our plans are coming along for plenty of events to mark the occasion. Members of the Fowey History Group are interviewing local people about their memories of Fowey lifeboats, and we're also interested in any old photos or memorabilia connected to Fowey lifeboats for display in our exhibition in August. If you'd like to get involved with our anniversary celebrations in any way, then we'd love to hear from you. Please contact Cathy Baillie at cathy_baillie@rnli.org.uk

In this 200th RNLI anniversary year, 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



10th – 18th May 2024

'FOR THE MANY'



Join us for what promises to be a hilarious evening of politics as you have never heard it before! We are thrilled to welcome acclaimed political broadcaster, Iain Dale, and former Labour Home Secretary, Jacqui Smith, for a live edition of their award winning 'For The Many' podcast. Expect political insight and analysis, gossip and humour, as they review the latest political news with their special guest, West Country Conservative MP and Veterans Minister, Johnny Mercer. They will also be taking audience questions, during this two-hour long show. 'For The Many' started in 2018 and is now 430 episodes old.

Fowey Parish Church

Saturday 18th May 2024 8pm - 10pm

Tickets £20 Book at www.foweyfestival.com

There will be a 20 minute interval. Venue bar open before the event, and during the interval.

Tickets for the full line-up of festival events will go on sale mid-March. Just head to www.foweyfestival.com

Friends of the Festival

Don't forget, it is not too late to become a Friend of the Festival to receive advance notice of events; early access to event bookings and receive discounts on event tickets. There are

three levels of membership: Gold Life: £500, Annual Silver: £60 and Annual Bronze just £30. For full details head to the Festival website www.foweyfestival.com/friends Not only will you receive the membership benefits, but you will also be helping to support the Festival, for which we are extremely grateful.

2024 Short Story Competition for Adults

As part of the 2024 Festival, we are once again holding a Short Story Competition. This year, the chosen title for both our adult and children's writing competition is 'Beaches'. We are looking forward to hearing from all those budding authors who can let their imaginations run, resulting in wonderful intriguing, and engaging short stories.

Entries must be your own work, no more than 1,500 words and must include the title, but its interpretation is entirely up to you!

The competition is open to all those over 16 years of age. Entry costs £10. There will be a first prize of £200 and a second prize of £100. All entries must be received by noon, on March 28th 2024. Judging will then take place to enable the winners to be announced in time for an award ceremony at the Festival.

Please go to www.foweyfestival.com scroll down and click on short story competition.

COMPETITION FOR YOUNG WRITERS AND ARTISTS

2024 THEME: Beaches



- Free Fictional or Factual Writing, Poetry and Art competition
- Open to all children aged 4-16 living in Cornwall and the Isles of Scilly

- Launched on 15th January 2024
- Rules and entry forms can be found at www.foweyfestival.com
- Closing date 6th March 2024
- Prizes and certificates in all categories and age groups
- Celebration and awards event to be held in the summer term

Fowey Secret Gardens

Friday 17th and Saturday 18th May 2024

Join us in May to discover some of the Fowey estuary's hidden gems, from gardens with spectacular views to secluded havens, walled gardens, hidden terraces and much more. Follow the garden trail to uncover a glorious mix of vibrant gardens with a diverse variety of planting. Some gardens will provide refreshments and there may be a surprise or two in the making. Watch this space!

Entry to the gardens is free, with donations to the Festival very welcome. Further details from mid-April will be available on the festival website at www.foweyfestival.com Also, Secret Garden maps will be available to pick during Festival week.

Fowey Art Trail – Saturday 11th – 18th May 2024

The Fowey Art Trail welcomes visitors and residents as artists and craftspeople open their homes and studios in Fowey. You will find more inspiring artists exhibiting and selling their work at the Royal British Legion, Mission to Seafarers, Harbour Hotel and across the water in St. Johns' Church (accessed via the car ferry at Caffa Mill). Please join us for this once-a-year opportunity to visit our talented local artists.

Further details on: www.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

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