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APRIL 2025

FREE

LOSTWITHIEL NEWSLETTER



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NO upper age limit !!
Its fun, friendly, &
Good fitness

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depending on
how many comes



SPRING AT THE COMMUNITY CENTRE!

Whisper it softly, but Spring appears to have arrived at last and our Garden Cafe can once again live up to its name!

The Cafe has had something of a makeover as it continues to provide a comfortable haven for locals and visitors alike. A place to relax over a coffee and our wide range of fresh, locally produced food. If you haven't visited the Cafe lately you may well be in for something of a surprise!

Our Cafe also caters for the ever increasing and varied range of activities at the Centre, details of which can be found on our new website. The website also provides opportunities for you to become involved in helping the Centre thrive and grow. If you are able to spare a little of your time to help out as a volunteer or help steer our future as a trustee we would love to hear from you. You can contact the Centre directly, details are on the website or pop in and speak with Kirsty, the Centre Manager. We also have a new email for you to get in touch directly with the Trustees to

make your voice heard on how we could improve as well as raise any enquiries about the running of the Centre. LostCCTrustees@gmail.com

Let's Spring forward together! Get involved with Lostwithiel Community Centre! We're looking for new trustees and volunteers to help keep the Centre running and support the events and activities that bring our community together. If you have time, skills, or ideas to share, we'd love to hear from you. Find out more here: Get Involved : Lostwithiel Community Centre

The trustees have set up a new email and would love to hear from you!

If you have any

ideas, suggestions, or thoughts about how the Community Centre can better serve Lostwithiel, don't hesitate to get in touch. Drop us a message at LostCCTrustees@gmail.com —we'd love to hear from you!

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

LOSTWITHIEL LOCAL PRODUCE MARKET – Lostwithiel Scout Hut, 4th SATURDAY of each month Saturday 26th April 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: 5th April Contact Ann 07881826 032

ANTIQUES FAIR: Sunday 13th April Main Hall Community Centre 10am

CAR BOOT SALE: Sunday 13th April 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:

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

Kana Lostwithiel Community Choir – Wednesday 7.00 – 8.30pm.

Lostwithiel Short Mat Bowls Tuesday and Sunday 7-9pm

Contact Secretary Chris on 01208-871784 for more information

DRILL HALL (next to Co-op): Lostwithiel Army Cadets Tuesdays 6 - 8.30pm

CHURCH HALL, CHURCH LANE:

Enquiries Rev. Sheila Bowden - 01208 871344

Table Tennis: Mondays 6pm, Thursdays 1.30pm

Lostwithiel Garden Society:

Lostwithiel Old Cornwall Society:

Life Drawing 7.30-9.30pm Alternate Wed/Tue

Mid-Civil Photographic Club: 2nd and 16th April (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 **THURSDAY 1st MAY 2025**

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

palaceprinters@btinternet.com by 20th April 2025

Advertisements to be prepaid: cheques payable to Palace Printers

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

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

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

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

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

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Local Council Elections 1 May 2025



My name is Sarah Preece and I have been selected by the Liberal Democrat party to stand as the candidate for the Lostwithiel & Lanreath electoral area as Councillor Colin Martin is standing down at the local elections on 1 May.

If I become the Cornwall Councillor for Lostwithiel and Lanreath, I will be able to:

• Represent residents across our eight parishes to ensure our voices are heard in County Hall

• Help residents, families and young people with the issues that concern them

• Build on the hopes we have as a community, working together to improve the richness of our area

Over the next month I am holding in-person gatherings to meet local residents. Come along to tell me about your community and about your issues and hopes for your area.

The first event took place in Braddock in March. See the poster for details of upcoming events and keep an eye out for future meetings.

Social Club News

The Social club has been busy painting cleaning and carpet laying.

Making it ready for anyone wishing to hire the rooms at a very reasonable rate. The rooms can be used for many different events from meetings to parties. There is a small kitchen in the upstairs room.

With the Deli supplying a varied menu this is an ideal place to Book for your event. To book please contact the secretary B.Gresswell@btinternet.com or po into the club on a Wed/Friday/ Sat and Sunday we are open from 6pm.

April month we continue with our Folk Jam every 2nd Friday if you can play an instrument or sing come and join this great evening enjoy the music along with a reasonably priced drink.

Every Sunday is our much-loved Bingo with great prizes £3 a book and a raffle for £1 a ticket. Despite rumours saying we have had to cancelled due to lack of numbers this is not true. All are welcome.

Wednesday. Friday and Saturdays continue with free pool so come and have a game and enjoy a drink in our newly refurbished room.

Also, for those who are not aware we have a full-size snooker table so any budding

Ronni O'Sullivan's Kyren Wilson or Mark Selby's come and have a go. Membership for the club is only £10 a year so why not come and join and enjoy what's on offer.

Some dates for your diary Saturday 5th April we have Two for the Road with us they are a great band and great to dance to, so don't miss them. Also Friday 25th come and dance the night away with the return of Gilly Lee Whyte 50s 60s through to the 70s, Rock, pop, Rhythm & Blues and Country Something for everyone come and join us from 8pm. (non-members to be signed in).

By the time the news comes out the Social club will have had its AGM so the committee would like to say a Big Thank you to everyone who has supported the club and we look forward to the next year.

Many Thanks Sheila (Chair)

Lostwithiel Area Labour

Our South West Conference was a very exciting event due in part to the fact that for the first time our region has twenty four Labour MPs, many of whom were in attendance and keen to highlight the many achievements of the new government.

From two million extra NHS appointments delivered, to a new NHS 24/7 helpline for mental health, domestic abuse advisors in every 999 call centre and a new dental drop-in clinic in Plymouth, the change is happening, even if we don't get to hear about it from our many Tory owned newspapers.

A more comprehensive list of achievements can be seen on the Lostwithiel Labour Facebook page.

For those of you who have ever stood in a pub and sung the line from Harry's Song for Cornwall, 'Let's hear it for the miners who we hope will mine again,' there's good news; they will!

Labour's National Wealth Fund has invested £28 million in South Crofty to kick start the impressive task of bringing the mine back into the production of tin and lithium, both materials essential in the manufacture of all high-tech devices. Unlike most mining activity, this project will not damage the environment and will reduce the need for expensive imports from countries with poor environmental standards.

Will Keating's lovely folk song, 'South Crofty', describes just how important this project is to the people of Camborne and the whole of Cornwall.

The high skilled, well paid jobs which this initiative will create are just the first of many which will also flow from the development of Cornwall's unique position at the heart of Labour's sustainable energy generation plans and GB Energy, our publicly owned, clean energy company.

Devolution of powers from Westminster to Cornwall is a vitally important issue which is currently under discussion.

Our MP, Anna Gelderd, is keen to hear as many views as possible on the devolution options being discussed for Cornwall. Although this is a local government issue, so will not be decided by Cornwall's MPs, they are all keen to promote the option they believe will serve their constituents best. Anna believes that any deal must respect our unique identity and heritage while providing us with the resources and powers we need.

So, if you have strong feelings about whether we should have a Cornwall only deal, or join with our neighbours in Devon, do get in touch with Anna at anna.gelderd.mp@parliament.uk

Last month I introduced our candidate for Cornwall Council in May's local elections. Since then Annette's personal circumstances have changed, so unfortunately she is no longer in a position to stand for election. We wish her all the best in the future.

Please get in touch if you would like any information about your local Labour Party, or if you would like to join us on our local election campaign. Between now and May 1st, we will be phoning voters, delivering leaflets and knocking on doors right across South East Cornwall.

Members; we hope to see you at our meeting in Liskeard Public Hall on May 17th.

Sally Sweeney – Chair - 07984334761

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. TRIBUTE: It is with great sadness that we record the recent death of Anthony Hindley, who for some years was a volunteer steward at Lostwithiel Museum. Anthony was a keen historian who enjoyed meeting visitors and sharing his interest in local history. We send our sincere condolences to Anthony's family and friends.

. LOOKING AHEAD: After a busy winter preparing for the new season we are very much looking forward to reopening the museum and once again sharing Lostwithiel's wealth of fascinating history with visitors. From 7 April weekday openings will be Monday to Friday 10.30am to 4.30pm — with a Saturday opening from 11.00am to 1.00pm. We would like to open for a longer period on a Saturday so please contact Maggie Lancaster on 01208 873093 or Christine Walton on 01208 871456 if you are interested in helping.

. VOLUNTEERS: We are delighted that so many of our stewards are returning for another season — and very pleased to have some new volunteers joining our team of helpers. A warm welcome to Nicola Tipton, Rosemary Robson, Drew Wallbank, Nigel Ayers and Peter Rich — and Cheryl Collyer (a returnee standby steward). It's never too late to join the volunteer team so if you want to find out what the museum can offer you please contact Christine Walton on 871456 for more information.

. SOCIAL EVENT: We are very much looking forward to welcoming our volunteers for a pre-season get-together in Q Street Cafe on 26 March.

. MUSEUM MATTERS MAGAZINE: Issue 18 will be delivered to members of the Lostwithiel Museum Association during the early Spring. Additional copies will be available to buy from the museum and Watts Trading in Fore Street. One of the feature articles researched and written by Alison Hurst, focuses on the fascinating history of numbers 11 and 12 Fore Street, currently Liddicoats and Watts Trading. Pauline Gillett's research into Queen Victoria's visit to Lostwithiel also makes a fascinating 'must read' article. If you have an idea for an article for Museum Matters magazine please contact Christine Walton on 01208 871456.

. VACANCY FOR EDITOR OF MAGAZINE: We are looking for someone to share the role of editing the popular Museum Matters in-house magazine which is published twice yearly (Spring and Autumn) for Lostwithiel Museum Association.

For more information please contact Christine Walton on 01208 871456.

. TOWN HERITAGE WALKS: Whether you are a visitor or live locally a guided Town Heritage Walk is an excellent way of finding out more about Lostwithiel and its intriguing past. Starting on Wednesday 9 April through to 29 October, the weekly 90 minute walk starts at 11.00am from outside the Community Centre. There is no need to book in advance unless you are organising a group walk requiring a different day or time — in which case please contact Pauline Gillett (Co-ordinator) on 01208 872040.

. MUSEUM WINDOW DISPLAY: Thank you to our museum volunteers, Mary Lovelock and Lorraine Lindsay-Gale, who produced the current display of Cornish mining artefacts. From the appreciative comments received we know that many of you were intrigued by some of the names of the various artefacts. If you have an idea for a window display and would like to use our 'Window on the High Street' to promote your organisation or event, please contact Christine Walton on 01208 871456.

Thank you for your interest and support.

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>



OPEN MEETINGS

At our Open Meeting on 3rd March in the Church Rooms we enjoyed an enlightening talk from local historian

Brian Oldham who transported us back to the Victorian era and the Trades and Occupations in 19th Century Liskeard. The town expanded rapidly during the Caradon copper boom and became an important business centre in east Cornwall and we heard about chandlers, blacksmiths, umbrella makers and tanners - as well as the many miners - plying their trades. We were also grateful to members of the Lostwithiel Bowling Club who told us about the history of the club in Restormel Road (they will celebrate their centenary in 2026) and their recent successes, as well as looking ahead to the forthcoming season.

Our next Open Meeting is on Monday 12th May at 2pm in the Church Rooms, Lostwithiel. In addition to our Annual General Meeting we'll be hearing from Stephen Lay about his charity walk around Cornwall. Plus, in our Community Slot, Karen Gledhill will be giving us the latest on South East Cornwall Arts.

This promises to be an extremely interesting meeting 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!

UPDATES FROM OUR GROUPS

With over twenty active interest groups there is always something going on! Our groups have now started their adventures for 2025 and have dates in the diary for visits, walks and lots of other events.

In March the Art Appreciation group took their annual St Ives train trip, taking in the town's many galleries including Tate St Ives and Penwith Gallery and this month plan to be visiting the galleries in Tavistock. Meanwhile - and with the advent of spring - the Garden Visits group started their 2025 programme at The Lodge in Fletchersbridge to see the magnolias, camellias and spring bulbs. And the Pop and Rock Music Appreciation group had a theme of Waxing Lyrical, where they explored tracks from artists including Emmylou Harris, Joan Armatrading, Roxy Music and Mark Knopfler.

In April the Nature and Birdwatching group are off to the Porth reservoir and East Pentire and the Day Trippers are planning a trip to Teignmouth. The Walking group had decent weather for their five-mile circular walk from Grampound to Trenowth, taking in a great view of the railway viaduct along the way; this followed their February walk around the National Trust estate at Trellissick which ended with a well-deserved drink and a piece of 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 Acoustic Guitar for Beginners and Bridge to Photography 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



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. BYO drinks.

Wicked (PG) Saturday 26th April - doors 6pm, film starts at 6.30pm

This month we are having a Special Saturday screening of Wicked, the untold story of the witches of Oz. Elphaba and Galinda forge an unlikely but profound friendship. Their extraordinary adventures will ultimately see them fulfill their destinies as Glinda the Good and the Wicked Witch of the West.

PLEASE NOTE this is a Saturday not Monday with an earlier start time of 6.30pm



Upcoming Events

April		
1st April	Parkinsons Group	2-3.30pm
1st April	Nikki Kitts	6-10pm
2nd April	Parkinsons Group	2-3.30pm
5th April	Repair Cafe	Oasis, 10-1pm
6th April	Car Boot	Main Hall, 10-2pm
7th April	Pop up Village	
8th April	Kixx Games Camp	
9th - support April	Cancer support Group	2-3.30pm
9th - 11th April	Kids Performing Arts Group	
12th April	Antiques Fair	Main Hall
15th April	Kixx Games Camp	
16th April	Writing Group	Reading Room
21st April	Parent Teacher Open Fun Day	Garden Café
May		
1st May	1st Polling Day	Oasis, 7 - 10pm
2nd May	Tap Exams	Main Hall

You can find out what's on at the Community Centre on our website at:

www.lostwithielcommunitycentre.org.uk/whats-on

The Garden Cafe



Lostwithiel Community Centre
01208 872207

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Learn Spanish together with your little one

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£7 per session

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Thursdays 12.45-1.30pm

Oasis Studio, Lostwithiel Community Centre

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	CAFE	READING ROOM	MAIN HALL	STUDIO 2
Monday	U3A wine group	Book Club 1 every 2 nd Monday. 10.am Book club 2 every 3rd Monday in the month 10am	Free Slot 12:30 - 5pm 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 Post Office 12.15-2.30pm U3A French From 2.30pm-4pm every two weeks	9-12pm... Preschool play group 12.30-3.30pm Pickleball 4-5pm Kixx 5-6pm...Kixx 6.30pm-7.30pm Jo Pickleball 7.45pm -8.45pm Netball	11-12pm Paracise class
Wednesday	New 2025 Jan Cancer Support Group 2-3.30pm 2 nd & 4 th week New 2025 Feb Parkinsons support group	Writing group 2.30pm 3 rd week	Flexercise 10.30- 11.30am 11.45-1.30pm Free Slot 1.30-2.30pm Tapacise 6.30-7.30pm Zumba 7.30-8.30pm Mens Basketball 8.40-9.40pm Available slot	Preschool Ballet 10-10.30am Acro Home Ed 10.30-11am
Thursday		Friendship Group 1pm-3.30	Free Slot 9-11.30am 12-1pm Home Ed Sports 1-2pm Strickly 2.15-4pm Pickelball 5.15-6pm Acro grade1 6-7pm Acro 8-9pm Ladies Football	10am-12.30pm Home Arts 3.45-4.15pm Tap & Jazz 4:15 - 4.45pm Primary Ballet 4.45-5.15pm Acro primary
Friday		Poetry group 10.30-12pm 1 st Friday in the month Crafty Chatters 2-3.30 pm Post Office 12.15-3pm 1 st July	Free Slot 9 - 2pm New Starting 28th March Mens walking football 2-3pm Model Racing 6pm-10pm	10am-11am Adult Ballet 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 party	Dance With Kate 9.00-11am

	CONFERENCE ROOM	YOGA STUDIO	OASIS DOWNSTAIRS
Monday		9-10am Pilates Matt Class 10.30am 11.30am Pilates 5.15-6.15pm Drama+ Musical Theatre 6.15-7.15pm Carley Stretches and Mobility 7.15 - 8.15pm Vinyasa Yoga with Kelly	Baby Massage New 11-12noon
Tuesday		10.00am-11.am 11am-12.pm 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		Free slot available 10.30am-11.30am Somatics Free slots Available 12 -6pm Free Slot 6-7pm, 7-8pm	Toddler Yoga 1 st + 3 rd month 10.30-11.30am 2 nd & 4 th in the month U3A Art workshop 2-4pm
Thursday	6.30pm Grief support	Emma Yoga 9.30-10.30 somatic 10.30-11.30 chair yoga 11.30-12.30pm Pilates mat work Free Slots Available Emma Mansfield 5.30-6.30pm Somatic 6.35-7.35pm Intelligent Yoga	Bilingua Sing Home ED Spanish 11-11.45am weekly Bilingua sing 12.45pm-1.30pm weekly 6pm woodturners (once a month)
Friday	1-1 Tutoring 10-11am	9.am -10.00am Somatics 10.15am-11.15am Intelligent Yoga 11.30am -12.30pm Intelligent Yoga	Home ED Little Seeds 1-3pm last Friday of the month
Saturday			Woodturners 10am (once a month)
Sunday		9.30-10.30am Vinyasa with Kelly 3-4.30pm Community choir	

St Bartholomew's News

Such a lot happening in April that we need to keep on top of it. It is one of the most important dates in the Church year. From the death of Jesus we learn of his resurrection which is the main tenet of our beliefs. It is a difficult concept but there are people who will help you to understand what it means if you come to church. Of course, we all celebrate Easter Sunday with chocolate eggs, both young and old and anyone in church on Easter Day may just go home with another one. And some nice Spring flowers blooming all around in gardens and hedgerows. What more do we need on the bright sunny days we are all looking forward to now the cold weather is over.

We start the month with Easter Experience in St Bartholomew's, where there are displays of the various important aspects of Jesus' life before his death, for the children to see.

On Saturday 5th our Spring Fayre will be from 11.00 – 2.00 in St Bartholomew's churchyard. We are hoping for some good weather as we will be serving the usual bacon butties, with cake stalls, bric-a-brac, crafts etc. We always welcome volunteers to help so please introduce yourself if you would like to help us to run it.

Sunday 6th is our Family Service with Rev'd Sheila who had us putting up a tent last time, and we all wait to see what surprises she has in store.

Wednesday 9th is a concert night with Lucy and Hazel entertaining us at 7.30. Details are on posters around town.

The second Sunday of the month from now on will be a Eucharist but will start at 10.30 to allow Rev'd Sheila time to travel on to another Parish. Please pass this on to anyone you know who doesn't take the Bridge. It is also Palm Sunday so come along and wave your crosses.

On Thursday 17th we will hold a Eucharist service with foot washing at 7.00, and on Friday 18th there will be an opportunity to join us to remember Jesus' Last Hour at 2.00.

Easter Sunday is on 29th as we celebrate Jesus' resurrection. It is nice to see flowers back in church. Now Lent is over we all look forward to returning to normal diets, and activities though hopefully remembering the lessons learnt with abstinence.

The Annual Parochial Church Meeting is held on Thursday 24th at 7.00 and anyone may attend. Here the Churchwardens are ratified and we have our first PCC meeting.

On Saturday 26th we hold the last Messy Church in its present form and venue. Bring your youngsters along for crafts, stories and food. You will learn what is to happen in the future and where. Still lots of fun to look forward to.

Our last Sunday, 27th is a Eucharist with Rev'd Sheila. It is also known as Low Sunday when the celebrations of the Resurrection are over.

The Benefice Celtic Eucharist continues every Thursday morning at 10.00.

We ask that you still come and support us in any way you can - our Church needs all the help we can give it if we want to sustain it in this modern age. Any voluntary help is always welcomed from bellringers, flower arrangers, cleaners and organ/pianists. It is such an imposing building at the heart of Lostwithiel and frightening to imagine the town without it.

Our thanks go to Catherine our Benefice Administrator, all the Benefice PCC s and especially the hard working Treasurers. Last but not least we thank Rev'ds Sheila, John and James who have been working extra 'shifts' to keep us all in reach of the services we wish for in Transition.

Now our new Bishop, David Williams, is in place we all hope there will be an opportunity to meet him very soon.

See you all in Church.



The Benefice of Lostwithiel Parishes

Services for April 2025

Sunday,6

Boconnoc	Holy Communion	9.30am
Bradoc	Choral Evensong	6pm
St Bartholomew	Family Eucharist	11am
St Brevita, Lanlivery	Morning Prayer	9.30am
St Veep	To the benefice	
St Winnow	Parish Eucharist	11am

Sunday,13

St Bartholomew	United Benefice Eucharist	10.30am
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Monday,14

St Brevita	Compline	7pm
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Tuesday

St Bartholomew	Agape meal	6pm
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Wednesday,16

Boconnoc	Compline	4pm
St Winnow	Compline	7pm

Thursday,17

St Bartholomew	Eucharist & foot washing	7pm
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Friday,18-Good Friday

St Winnow	Good Friday Liturgy	10.30am
Bradoc	Pilgrimage to Boconnoc	1pm
Lanlivery	Pilgrimage to Helman Tor	2pm
St Bartholomew	The Last Hour	2pm

Sunday,20- Easter Sunday

Boconnoc	Holy Communion(BCP)	11.15am
Bradoc	Holy Communion	11.15am
St Bartholomew	Eucharist	11.00am
St Brevita, Lanlivery	Eucharist	9.30am
St Veep	Family Eucharist	9.30am
St Winnow	Family Service	11.15am
St Nectan	Sunrise Eucharist	6 am

Sunday,27

Boconnoc	Matins	10.30am
Bradoc	Choral evensong	6pm
St Bartholomew	Eucharist	11.00am
St Brevita, Lanlivery	Eucharist	9.30am
St Veep	To the benefice	
St Winnow	Evensong	5.00pm

Regular Services:

Wednesdays - St Brevita - Evening Prayer at 4pm
Thursdays - St Bartholomew - Celtic Eucharist at 10.00am

The Benefice of Lostwithiel Parishes

Rector-In vacancy
 Associate priest-Rev'd Sheila Bawden 01208 871344

Administration Office

Catherine- St Bartholomew's Church, Church Lane, Lostwithiel PL22 0EG

Tel No: 01208 872232
 Office Hours: Monday – Wednesday: 9.00am – 12.00pm

Lostwithiel Brownies age 7-10

Our Brownie group have been busy with different celebrations, we made Book marks for World Book day and are working towards Mothers Day , Easter fun and Making their Brownie Promise. Lots of Fun with Friends , see you all soon at Brownies. www.girlguiding.org.uk/joinus 08001695901

OLIVIA CROCE
CREATIVE COACH

LIFE DRAWING WORKSHOP

The Millpool Center, Looe, Cornwall

Friday 4th April 10am-1pm

Olivia
07977 863 142
olivia@oliviacroce.com

This is not just any kind of life drawing class, this is Creative Coaching Life Drawing. Imagine drawing fearlessly, confidently, and playfully. This is the session where you go away smiling and achieving new heights. but don't just take it from me

"She has a wonderful ability to make everyone feel at ease, patiently guiding us through techniques and offering supportive coaching throughout the session. It was truly an amazing experience! Whether you're a total beginner like I was or a seasoned artist, I wholeheartedly recommend giving this class a try. Olivia's unique approach to creative coaching is inspiring, and her passion for teaching shines through in every moment."

"I was admittedly a little apprehensive beforehand but you somehow enabled all of us to create something amazing. Pairing the mathematical element to get the proportions right, with the freedom to let go with the charcoal was brilliant - and remembering to leave my inner critic out of it until I was finished really helped me to go with it and trust the process."

all materials included, 3 hr session of tutoring and creative coaching £45

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.



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Fowey River Lions



Our meeting in February started with two presentations. First, Lion Malcolm Trethowan was presented with a Lions Certificate of

Appreciation, signed by the Duchess of Edinburgh, a Patron and supporter of Lions Clubs International, for his 50 years of service. St Austell Lion James Mathers (pictured on left of picture) a past Lions district governor, visited our Club and made the presentation assisted by Fowey President Steve Jones.

We were then delighted to welcome Fowey couple Christine and Simon Marsh to join our club. President Steve presented them



both with Membership packs and Lions badges. The club then went onto discuss future fundraising and community service projects. We continue to collect goods for Ukraine and are particularly interested in unused personal hygiene products, unused medicines that are in date, new and

packaged medical items such as plasters, bandages, first aid kits, antihistamines, anti-inflammatory drugs and pain killers. New sleeping bags, sleeping mats and survival blankets. What we cannot take are secondhand clothes and sleeping bags.

Easter Egg Appeal

Our Easter Egg appeal is now in full swing, so look out for a pack in a pub or shop near you and help support our Lions local causes appeal.



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 7pm for 7.30pm at The Ship Inn, Polmear, Par. We started in 1977 with a large group of likeminded 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 Children's 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 Treasurer: Lion Ruth Rouse
Secretary Lion Lynn Goold email: foweyriverlions@gmail.com
facebook: foweyriverlions Tel: 0345 833 7484

KID'S COLUMN

Birthday Wishes in April



Wishing our dear Otis & Etta the happiest 3rd birthday - All our love Mummy, Daddy, Gaga and Grandad xxxx

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 12th April

Venue - Earl of Chatham, Time - 09.30 - 10am Raffle



**ITS BACK FOR 2025 SEASON
STARTING APRIL 5th
EVERY SATURDAY 10 - 1PM**

LERRYIN & DISTRICT
PRODUCE ASSOCIATION
IN ASSOCIATION WITH LERRYIN WOMEN'S INSTITUTE

Plant & Cake Sale

Saturday 24th MAY 2025 - LERRYIN GREEN
10:30-12:30



- Plants • WI Cakes & Baked Goods • Raffle
- Renew Your Memberships • Produce Show 2025 Booklets
- Please return your trophies from 2024

Raising Money for the 74th Annual Produce Show 2025

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Lerryn Film Club



OUR AGM AND LAST SCREENING OF THE SEASON WILL BE ON
THURSDAY 24th APRIL 2025
IN THE LERRYIN MEMORIAL HALL
The AGM will start at 7.00pm (Bring your own refreshments)
FOLLOWED AT 7.45 P.M.
BY THE FILM "LADIES IN BLACK"
An Australian comedy-drama telling the story of department store employees in 1959 Sydney.

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



Lostwithiel School PTA

MONDAY 21ST APRIL 11 - 2PM

COMMUNITY CENTRE GARDEN



BBQ BY FIRE STATION

CAFE AT COMMUNITY CENTRE

BONNET COMPETITION (FREE ENTRY)

****TEDDY BEAR ZIP WIRE****

BRING ALONG YOUR TEDDY FOR A RIDE!

EGG HUNT

CRAFTS

GAMES



Catholic Churches Information

The Catholic Parish Priest at Bodmin is no longer Fr Paul Keys but FR PLACIDUS EZEH.

Future dates for Catholic Masses in St Bartholomew's,

Lostwithiel are:

MAY 17th

SEPT 13th

NOV 22nd

All Saturdays. All at 10.30 a.m.

Fr. Robbie Low

Priest in residence.

Contact number 01208 871517



NOTIFICATION OF THE LBG ANNUAL GENERAL MEETING 7PM 18th March 2025

Dear all

In line with the LBG Constitution we would like to invite all members to attend the AGM on: 18th March 2025 at 19:00 in the Pool Room, at the Royal Oak Inn.

Draft Agenda

1. Apologies for Absence
2. Reports
3. Election of Officers
4. What does LBG do for the town
5. What memberships mean for your business
6. Reevaluate the aims of LBG
7. Any other business

If you feel that you would consider taking up a role on the Committee or would like to nominate someone to be considered, please contact chair@lostwithiel.org.uk for more information or contact any of the existing Committee for an informal chat about the roles.

Kindest Regards

Adam Eastham

Chair - Lostwithiel Business Group

Call/Text/WhatsApp: 07437530509

Second Monday Book Group

10am every 2nd Monday

We read all sorts of books! Come and join us!

We meet in the Community Centre reading room.

Lostwithiel Methodist Church

Taprell House, North Street (next to the Library)

www.lostwithielmethodist.co.uk

Services in April at 11.00a.m

April 6th Mr Warren

April 13th Café Church

April 20th Rev. P Benney Easter Day Communion

April 27th Café Church

Cafe Church.

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.

Good Friday 18th April at 7.30p.m. Easter Saturday 19th April at 2.30p.m. An amateur production of Godspell.

St John's Methodist Church, Bodmin Road, St Austell. Free admission. Donations requested for Christian Aid.

Thursday April 24th Coffee morning 10.30 until noon. Coffee is free but, following the talk at our coffee morning in November, donations are encouraged to help us Twin our Toilet with one in South Sudan (through Tear Fund).

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

Rooms are available for a donation.

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

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

Minister: Rev. Paul Benney 01726 844 471

Local Contact: Mrs M Mitchell 01208 367016

Lostwithiel Rainbows

FOR GIRLS AGED 4-7 YEARS

We had a good evening recently eating pancakes with a variety of different toppings, they tasted very nice and were enjoyed by all of us including our Leaders.

At the end of term we had a good time completing our early Easter Egg hunt, our Leaders hid them very well but we didn't give up and eventually we found all of them.

If you would like your daughter to meet new friends, have fun go on outings and lots more 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

Lostwithiel Bingo Fundraisers.

Easter Bingo. April 19th.

Church Rooms. Doors Open 6.30

Start 7.30pm.

Lots Of Easter Eggs And Goodies.

Raffle And Refreshments.

Supporting Chsw. Mt. Edgecombe Hospice,

Air Ambulance And Blood Bikes.

Bingo Fundraisers Coffee Morning.

Saturday May 3rd. Church Rooms.

10am--2pm. Variety Of Cakes And Savouries.

Ploughmans Lunch. Raffle And Variety Of Table Top Items

FOWEY VALLEY CIDERY & DISTILLERY **Shop, tours, tastings & experiences**

Healthy 2025

The spotlight seems to be even more focused on health and wellbeing this year. Here at Fowey Valley, our Apple Cider Vinegar and Extra Virgin Olive oil have always been extremely popular, but we have seen a significant rise in sales which may be due to recent widespread media coverage about their apparent health benefits.

A couple of articles in the Times seem to sum up this rise in popularity. Among other benefits, Apple Cider Vinegar apparently helps improve digestion and enhance nutrient absorption. It can also help regulate blood sugar levels by slowing down the digestion of carbohydrates, which can prevent spikes in blood sugar.



Extra Virgin Olive Oil's health benefits are attributed to its high content of monounsaturated fats and antioxidants which help reduce bad cholesterol levels (LDL) and increase good cholesterol (HDL). Among other benefits, it is rich in polyphenols which contain anti-inflammatory properties, and can protect cells from oxidative damage, help to reduce joint pain and improve overall wellness.

Come along to our shop in Lostwithiel where you can try them together with all our other lovely products for free! Made on the premises, our apple cider vinegar stems from our Vintage Cider. Developed over three years, it is preservative-free and because it's not pasteurised, it contains the 'mother.' We've just taken delivery of this year's Nocellara extra virgin olive oil which we import from our family in Sicily's Belice Valley. We think it's the best in the world!

Our oil and vinegar come in 250ml, 750ml and 5 litre sizes and are also available from our website foweyvalley.co.uk

You can also get them at Richards of Fowey (formerly Kittows), Quay Bakery and the Spar shop.



VISIT US

Unit 11, Restormel Est.
Lostwithiel. PL22 OHG

ONLINE

foweyvalley.co.uk



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Need help keeping your furry friend(s) active and happy? Let me help!

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Contact us today to discuss your requirements and give your furry friend(s) the attention they deserve!

Contact Emma on 07442037662



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If you'd like to help please contact us
info@lostfest.co.uk

We can't do it without you!

LOSTFEST.CO.UK

Alternatively, if you would like to make a donation please scan QR code





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Arts & crafts

STREET PERFORMERS

GREAT FOOD

Plus Family Fun with a Ceilidh

SUNDAY 18TH MAY

WWW.LOSTFEST.CO.UK

The du Maurier Fowey Literary Festival

9th – 17th May 2025



Stellar Line-up Announced for The du Maurier Fowey Literary Festival

Enjoy a wonderful nine days in May with events from the literary, entertainment, creative and musical worlds. Highlights include:

- Sir Michael Morpurgo - Join us for an exclusive interview where he will be discussing his most recently published book for adult's, Spring, and for children, Cobweb. 10th May 4pm-5pm.
 - Kate Williams - Royal expert, historian and a Patron of the Festival, takes you on a tour of the UK's most fascinating palaces, to unveil the scandalous and little-known stories hidden between their walls. 13th May 6-7pm.
 - Sir Graham Brady - Ex Chairman of the powerful 1922 Committee from 2010. He will be discussing his new book the Kingmaker. 10th May 6-7pm.
 - Dr Tessa Dunlop - Historian, writer and broadcaster talks about her latest book Lest We Forget. Published for the eightieth anniversary of the end of World War Two, this poignant book examines the inspirations and individuals behind our statue-studded country to rediscover war-torn Britain in 100 monuments. 11th May 6-7pm.
 - Iain Dale - Renowned political commentator, author, and Patron of the Festival Iain Dale, discusses his highly anticipated new book, Margaret Thatcher. 10th May 2-3pm.
 - Joanne Harris - award winning author, will be in conversation about her new book Vianne, the long-awaited prequel to Chocolat. 15th May 6-7pm.
 - John Suchet - renowned journalist and TV presenter will guide us through his love of Beethoven and the impact his music has had on his own life. 17th May 6-7pm
 - Alison Weir - bestselling historical novelist, delves deep into the life and legacy of one of Tudor England's most influential figures, Thomas Wolsey. In Alison's new book, The Cardinal: The Secret Life of Thomas Wolsey. 12th May 8-9pm
 - Alan Johnson, former Labour minister and bestselling author, presents a portrait of Harold Wilson as a truly twentieth-century man in his latest book, Harold Wilson. 12th May 6-7pm
- For music lovers there are lot of treats in store!
- Mad Dog Mcrea - a hugely popular live act with their unique mixture of folk rock, pop, gypsy jazz, bluegrass and 'get down and dance' music. With five albums under their belts, they are

also serious and acclaimed recording artists too. 9th May 8-10pm

- Company B - a renowned seven-piece jump jive band hailing from Cornwall. Company B brings the sights and sounds of the 1940s bang up to date with an energetic show full of swing and swagger. 14th May 8-10pm
- Take a Chance on Us - the ultimate ABBA tribute experience, brings you the hits, the moves, and the unforgettable energy of one of the greatest pop bands of all time. Sing along to all your favourite ABBA classics. Feel free to come dressed in your best ABBA-inspired costumes. 15th May 8-10pm
- Gigspanner Trio - Steeleye Span's Peter Knight brings his Gigspanner Trio to the Festival. Described by Folk Radio UK as one of the "most quietly brilliant sets of musicians in the folk world and beyond". 11th May 8-10pm

There are a host of other talks and events to enjoy throughout the nine days, including: film, du Maurier reading groups, workshops, guided walks, a quiz and the ever-popular Festival Art Trail and Secret Gardens. For full details, and to book tickets, please head to: www.foweyfestival.com

Friends Membership

If you are not a Friend of the Festival now is the time to join to get full benefit of the membership. For details visit 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.

Volunteer Festival Makers

Come and be part of the wonderful team of volunteers that helps the Festival to run smoothly, please do get in touch. We are currently looking for Stewards: Our volunteer stewards help at each of the events throughout the duration of the Festival May 9th-17th. Each steward generally works with two to three other volunteers at each event, preparing the venues ahead of the event, admitting the audiences, serving refreshments and preparing the venue again for the next event. Please contact us at info@foweyfestival.com to express your interest.

Fowey Art Trail

Saturday 10th – 17th May 2025

Fowey Art Trail are excited to showcase our amazing talented local artists. 2025 brings new artists alongside the familiar and this year two new venues join the trail. White Doll Arts in Passage Street and CREATE in Lostwithiel Street join Fowey's inspiring artists and craftspeople as they welcome visitors and residents into their homes and studios around the town.

You will find more wonderful artists exhibiting and selling their work at the Royal British Legion, Mission to Seafarers, 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. Those who walk the route will be treated to a journey of discovery, taking in 23 exhibitions in 13 locations around Fowey, Bodinnick and Polruan.

This year we see a welcome return of the Fowey Art Club, hosted by Gallants Sailing Club. Students from The Fowey River Academy join us again, exhibiting inspiring new work at the Mission to Seafarers.

A brochure mapping out the venues will be available in shops and venues to guide you around the trail providing a visual treat for the senses. Or follow us on 'Fowey Art Trail' Facebook and Instagram pages to preview a selection of the artwork.

Further details on: www.foweyfestival.com Insta: [@foweyarttrail](https://www.instagram.com/foweyarttrail) F: Fowey Festival Art Trail

Secret Gardens

Friday 16 and Saturday 17 May 2025

This year sees the very welcome return of Thomas Martyn, performing four operatic interludes at Porphyry Hall Garden, Fowey. No tickets are necessary but access will be capacity controlled,

on a first arrivals basis. Please see the Festival website for timing details.

If you are a cake maker, please get in touch. We get through a delicious amount of cake during our two garden show days. If you can spare the time to bake a cake or two, slices of which will be sold along with refreshments at Porphyry Hall Garden, the Festival would be most grateful. We are very happy to reimburse the ingredients cost. Please contact Celia@allbut.eu if you can help (you do not need to sell the cake, just make it!)

Finally, if you or someone you know might consider opening your garden to the public please get in touch! Being part of Secret Gardens is a lot of fun. You will meet lots of interesting and friendly people from all walks of life. Sharing a much-loved garden with others is quite special, not only for the visitor but for the garden owner too.

Please contact Celia, Celia@allbut.eu or call 07887 703 757 to find out more.

Ways to keep in touch with us:

www.foweyfestival.com info@foweyfestival.com
Follow us on:
Instagram @foweyliterature Twitter: fowey_festival
Facebook: @FoweyFestival
The du Maurier Festival Society, Registered Office: 4 Quiller
Couch Way, Fowey, Cornwall, PL23 1DN
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Registered Charity 1143916

Lerryn Area Minibus Association

Special trip April 2025



Bideford

Thursday 24th April 2025

Spend 2½ hours in Bideford exploring this historic harbour town which is packed with independent shops, local produce and the picturesque quay.

On our return journey we travel via Okehampton and stop at Roadford Lake for tea!





Book online at Lerryn.net/minibus or phone Jo on:
01208 811175. Cost £10

Depart Lerryn 9:30am/Return 17.30
Depart Lostwithiel 9.45/Return 17:15

Once Britain's third largest port, these days Bideford is the perfect place for a spot of retail therapy.

With a historic Pannier Market and the Atlantic Village outlet, you will find all manner of interesting items and unique gifts.



For full details of LAMA services please visit lerryn.net/minibus

Rotary Club of Lostwithiel



The annual Beer Festival has been held and was a great success. Our efforts are now turning towards an event we organise each year at Boconnoc. This is one which has limited numbers, but which has the potential to raise a significant amount of money for charities.

As in previous years, some of this will go to Prostate Cancer – Chestnut Appeal, but we will also be supporting Air Ambulance, WCDA and Stroke Awareness, Polio Plus, a Rotary charity working towards the eradication of Polio around the world and The Rotary Foundation. Over several years we have managed to donate £6000 to Prostate Cancer.

For many years, the club has organised Lostwithiel Carnival week. Last year, the week was organised by Rotary members and a group of committed members of our community. The same group will be running Carnival 25 and preparations are already in progress. The very nature of some of the week's events relies on water, so our dates are to some extent determined by the tides. For this reason, the 2025 Carnival will run from Sunday 27th July to Saturday 2nd August 2025. Further details will be released by Carnival 25 committee in due course.

Rotary in Lostwithiel is proud to announce that we are no longer a single gender club. We are delighted to welcome to our ranks Karen and Georgina both of whom are already involved in our activities.

Lerryn Area Minibus Association

April 2025

Providing community transport for people living in the Lerryn Area

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

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

DATE	DESTINATION		TIME	RETURN FARE
Tue 1st Driver: Chris	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Tue 8th Driver: Kevin	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Fri 11th Driver: John	Truro	Lerryn Lostwithiel	09:30 - 15:00 09:45 - 14:45	£6.00 adult
Tue 15th Driver: Nick	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Tue 22nd Driver: Kevin	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Thu 24th Drivers: David & Nick	SPECIAL TRIP Bideford	Lerryn Lostwithiel	09:30 - 17:30 09:45 - 17:15	£10.00 adult
Tue 29th Driver: Ian	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Wed 30th Driver: Ian	SPECIAL TRIP Par Market and St Austell	Lerryn Lostwithiel	09:30 - 13:30 09:45 - 13:15	£4.00 adult

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

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

Fowey RNLI

On Monday 3 March at 4:29pm the coastguard requested Fowey crew launch to locate and assess a 24' Cornish Crabber with engine failure that had broken down 0.4Nm off Pencarrow Head, with no wind. Fowey's volunteer crew launched the lifeboat at 4:40pm. As the lifeboat was leaving Fowey Harbour the people onboard the boat confirmed they had managed to start the engine but still had issues with it. A lifeboat crew member was put on board to assist the boat, and the lifeboat escorted the boat to the pontoon, where the awaiting shore crew assisted with mooring of the boat.

Could you help save lives at sea, without actually going to sea? We are looking for volunteers in Fowey and throughout South East Cornwall to join the RNLI Water Safety Volunteer team. Water Safety messaging has a real impact in saving lives and we are currently recruiting for Water Safety Advisers and Water Safety Officers from a range of water activity backgrounds. You might already be involved in the RNLI or be new to the organisation, all applications are welcome and training will be provided. As part of the water safety team, you will play an important part of RNLI Lifesaving Operations by sharing vital water safety messages, supporting or running events and helping to educate and equip water users from all spheres to enjoy the sea safely. Check out the links for more information and how to apply. Applications close 13 April 2025.

Water safety advisor <https://bit.ly/40CTjbD>

Water safety officer bit.ly/3EiYuFr

We are still accepting applications for new volunteers to join our lifeboat crew in Fowey. The RNLI provide first class equipment, training, guidance and support. This is a great chance to learn new skills, gain experience and make new friends. No previous nautical knowledge or skills are needed, as all crew must undergo a full RNLI training programme. We aim to launch within 13 minutes on a shout, so you'll need to live or work in Fowey. We particularly need people who are available during the day. You need to be over 18 years old and be under 65 years old to crew on our new Atlantic 85 lifeboat which arrives at the station this summer and for our D class inshore lifeboat. We also need shore crew, especially for the daytime. Shore crew help to get the boats ready to launch and then clean down and make ready for service after a shout. If you are interested in joining the Fowey crew, please email Chris_Ogg@rnli.org.uk to request an 'expression of interest' form.

Join in the fun at our Silent Disco at Lankelly Fowey Rugby Club on Friday 30 May from 7pm. Headsets will be provided and there will be 3 channels of music to choose from! Bar, food and parking available. Booking is essential. £12 per ticket. To book please text 07949 677760 or email saragoodson59@gmail.com

Our lifeboat tours start up again for the season, and you can visit on Wednesdays and Saturdays. No booking is needed, just turn up on the day. Tours from 11am – 3pm, weather and operational issues permitting.

Our shop is also now open, filled with lots of interesting lifeboat goodies, gifts, clothing and toys.

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



SILENT DISCO in aid of FOWEY RNLI

Come and join in the fun at Lankelly Rugby Club on Friday 30th May from 7pm. Bar, food and parking available. Headsets provided and 3 channels of music to choose from!



**Booking essential
£12 per ticket
Text 07949 677760
or email**

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Lostwithiel Samba Band Is Drumming Up More Members

Playing a drum is not only great fun - it also significantly improves both physical and mental health.

FEEL-GOOD EXERCISE

Drumming is an excellent cardio exercise, which also releases endorphins and enkephalins - helping us feel good about ourselves!

BOOSTS IMMUNITY

Drumming boosts the immune system, increasing natural T-cells, helping the body combat cancer and other viruses.

IMPROVES INSIGHT AND CERTAINTY

Drumming is a workout for your brain. Research shows that the transmission of rhythmical energy to the brain synchronises the non-verbal lower area and the language/reasoning frontal cortex parts of the brain, producing clearer insight and certainty.

BOOSTS CALMNESS

Drumming also increases the brain's output of alpha waves, which make us feel calm and relaxed.

If all this sounds good for you, then a Samba band based in Lostwithiel is offering you the perfect opportunity.

Bart's Beats is based at St. Bartholomew's Church - the brainchild of the Reverend Sheila Bawden.

Attracting both men and women aged 18-plus, the Samba band is going from strength to strength, performing at a number of charity gigs during its first year.

Keen to make even more noise, Bart's Beats is keen to recruit more drummers and other percussionists. You don't have to play a big drum, since smaller percussion instruments (like bells) are also a vital part of the band's distinctive sound.

Don't worry if you're on the shy side, since drumming creates natural cohesion - with band members naturally pulling together to create a harmonious result. Drumming enhances communication skills, supercharging the levels of connectedness and understanding.

Bart's Beats provides all equipment (even ear plugs!) and no experience is necessary - although a decent sense of rhythm helps. You don't need to read music, since Samba beats are taught with memorable spoken rhymes.

Rehearsing on Tuesday nights from 6 to 7.30pm, members offer a friendly welcome with lots of laughs! Each session costs £3.

Chapel Chat

Don't fear, because I am with you; don't be afraid, for I am your God. I will strengthen you, I will surely help you; I will hold you with my righteous strong hand. Isaiah 41:10 from the Common English Bible

Coffee Morning

March 27th 10.30 -12

Coffee is free but you may like to make a donation to Tearfund's Toilet twinning. Please come a share warm friendship as well as a warm space

Church Activities at a glance

April 6th Mr Tony Warren, Holy Communion

April 13th Café Church, Palm Sunday

April 20th Rev Paul Benney, Easter Sunday

April 24th Coffee Morning

April 27th Café Church

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

Music Appreciation Group – Last Wed. of the month at 7.30

Minister: Rev. Paul Benney 01726 844471



APRIL with Lostwithiel Concert Series

Coming up on Wednesday 9th April at 7pm (music from 7.30pm) in St. Bartholomew's Church:

Lucy & Hazel with support from Sue & Sam

On melodeon, clarinet, guitar and two distinct and powerful voices, Lucy and Hazel's set will take you on a journey through themes of land and climate justice, feminism, apocalypse, power and platonic love. With inspirations spanning from Joni Mitchell and Ivor Cutler, to stories of resistance to injustice, they are a powerful and entertaining folk duo on the scene.

We'll also be running some of our regular events in the Kings Arms...

Thurs 3rd April - Open Mic

Bring your original or cover songs, instrumentals, poems or tunes - we'd love to hear what you've got to share.

Thurs 17th April - Shout (Pub Singing)

Time for a community sing with so come and join us for a song, or simply enjoy the atmosphere.

Thurs 24th April - Session (Folk Tunes)

If you're new to sessions feel free to let us know a tune you'd like to play in advance, and we'll learn it to join in with you.

All welcome as audience or to join in!

The St. Piran's Special concert was a particular highlight in March - thanks to all who came along to join us. We're looking forward to the lighter evenings as we come into our first spring season as Lostwithiel Concert Series! Hope to see you at more events in the community soon.

All the best/ Oll an gwella, Anna and Dan

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USEFUL INFO & CONTACTS

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

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

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

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

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

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

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

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

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

PELYN VETS - 01208 872 254

VOLUNTEER CORNWALL - 01872 265 305 For volunteer befrienders.

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



Chris's Coffee Morning

on
Saturday 12th April
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+
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