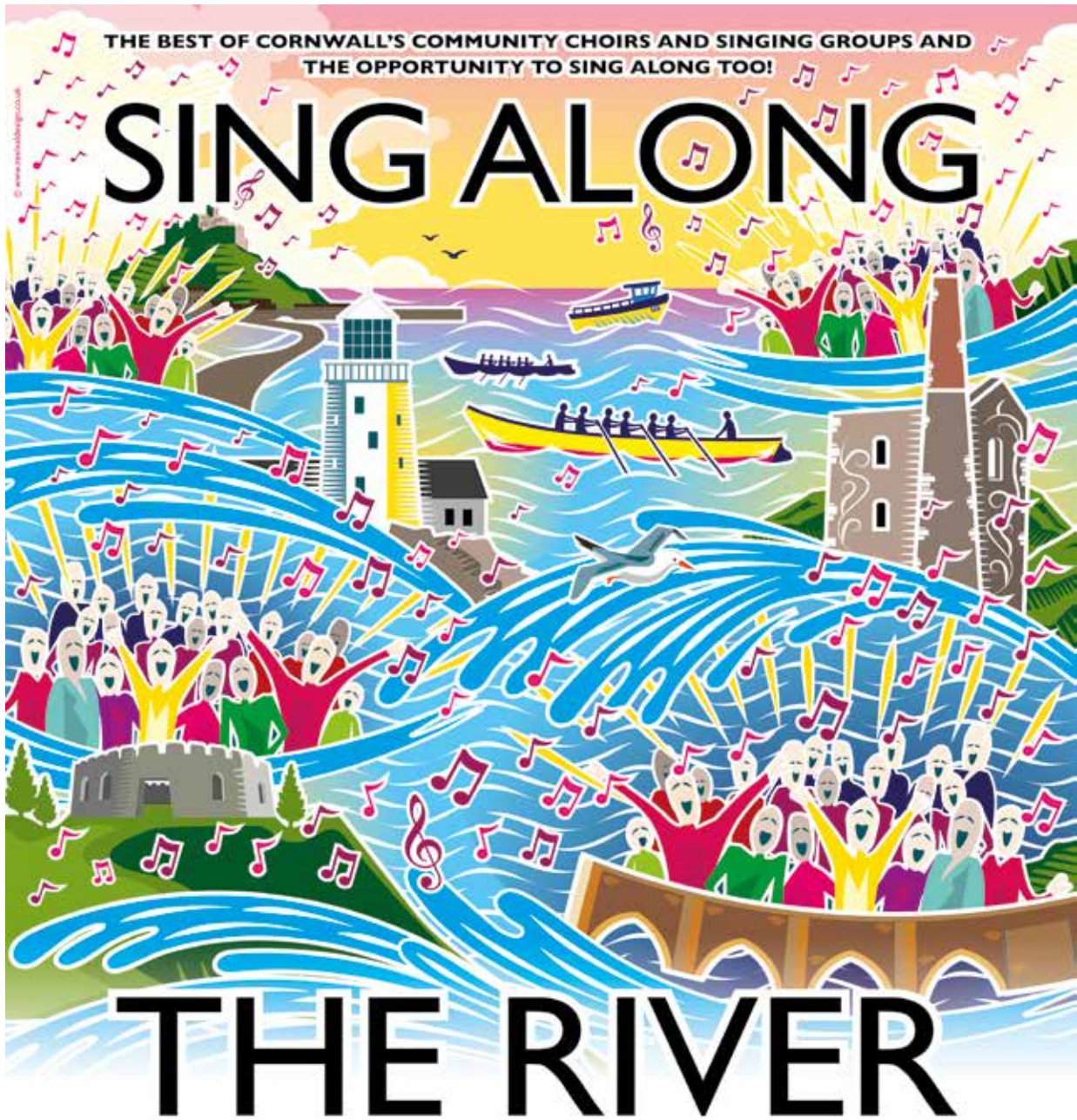




email: [palaceprinters@btinternet.com](mailto:palaceprinters@btinternet.com)

**FREE**

# LOSTWITHIEL NEWSLETTER



**SATURDAY 23<sup>RD</sup> AUGUST FROM 12PM UNTIL 9PM  
LOSTWITHIEL PARADE GARDENS**

BAR, HOT AND COLD DRINKS, THAI FOOD, WOODFIRED PIZZA AND BIG PAN DELIGHTS.



[WWW.REALLYLOVELYPROJECTS.ORG.UK](http://WWW.REALLYLOVELYPROJECTS.ORG.UK)

THIS IS A FREE EVENT BUT PEOPLE CAN DONATE  
VIA OUR WEBSITE AND CROWDFUND



# WHAT'S ON WHERE - MARKETS, EVENTS & GROUPS - AUGUST

## LOSTWITHIEL COMMUNITY CENTRE & GARDEN CAFE

For latest updates on events and activities at the centre see facebook, [www.lostwithielcommunitycentre.org.uk](http://www.lostwithielcommunitycentre.org.uk) or ring 01208 872207.

**ANTIQUES FAIR** - First Sunday of each month, Community Centre Main Hall 10am or

**CAR BOOT SALE** - First Sunday of each month, Community Centre Main Hall 10am

**POST OFFICE:** Tuesday 12:30 - 2:30 & Friday 12:30 - 3:00

**FRIENDSHIP CAFE:** Thursday 1pm - 3pm

**PRE-SCHOOL PLAYGROUP:** Tuesday 9am - 12 noon

**GARDEN CAFE:** Open Monday - Friday until 3:30pm, Sat until 3pm. Homemade cakes, breakfast baps, £1 childrens menu.

## COMMUNITY CENTRE CAR PARK

Mevagissey fresh fish van Fridays around 11am - 12 noon also Johns Fresh Fish van on The Parade every Monday 9am - 12 noon

## SCOUT HUT (Main Car Park)

**LOSTWITHIEL LOCAL PRODUCE MARKET** - Lostwithiel Scout Hut, 4th Saturday of each month 10am - 1pm + Zero waste mobile shop. See Lostwithiel Farmers Market facebook page.

**QUI GONG** - 9:15 - 10:15am Mondays, [sweetzersturt@icloud.com](mailto:sweetzersturt@icloud.com)

**WHOLISTIC YOGA** - with Ariadne Fern, Mondays 10:45 - 12:15, [addy@theferns.info](mailto:addy@theferns.info)

**MODELMAKING GROUP** - all welcome, 1st Tues each month 6 - 8pm

**LOSTWITHIEL YOUNG FARMERS CLUB** - Monday evenings

**RAINBOWS, BROWNIES ETC.** - Check national websites for info

**KANA LOSTWITHIEL COMMUNITY CHOIR** - Wednesday 7 - 8:30pm

**LOSTWITHIEL SHORT MAT BOWLS** - Tuesday & Sunday 7 - 9pm contact secretary, Chris on 01208 871784 for more information

## DRILL HALL (next to the Co-Op)

**LOSTWITHIEL ARMY CADETS** - Tuesday 6 - 8:30pm

## CHURCH HALL (Church Lane)

Enquiries Rev. Sheila Bawden 01208 871344

**TABLE TENNIS** - Monday 6pm, Thursday 1:30pm

**LIFE DRAWING** - 7:30 - 9:30pm alternate Wed/Tues

**MID CORNWALL PHOTOGRAPHIC CLUB** - 1st & 3rd Weds, 7 - 9pm

**LOSTWITHIEL BINGO FUNDRAISERS** - Friday eve 6:30 for 7:30pm

**GATEWAY CHURCH** - 5pm Sundays

**COMMUNITY CAFE** - Fri 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](mailto:lostwithielsc@gmail.com) bookings & info [b.greswell@btinternet.com](mailto:b.greswell@btinternet.com) [sheila.stevens@btinternet.com](mailto:sheila.stevens@btinternet.com) or via facebook

New Meeting & Conference rooms available for hire

Friday & Saturday: Bar open 7pm

Free pool night Wednesday 7pm

Bingo with Paul Sweet every Sunday, eyes down 7pm

Quiz Night 1st Friday of the month

Folk Jam 2nd Friday of the month

## CONTACTS

**Lostwithiel Town Band:** Ian Tregonning 01726 817100

Jane Richards 01208 871278

**Bowling Club:** Restormel Road 01208 871748

**Health Visitor Under 5's Clinic:** Penrice 01726 74969

**Lostwithiel Badminton Club:** Eddie Sugar 01208 871111

**Boconnoc Cricket Club:** Rob Trump 07902 895752 / Phil Johns 07792 656480

Check [www.lostwithiel.org.uk](http://www.lostwithiel.org.uk) for up to date listings of events in and around Lostwithiel.

## LOSTWITHIEL NEWSLETTER – CONTACT & PAYMENT DETAILS

The next Lostwithiel Newsletter is out on **MONDAY 4th AUGUST 2025**

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

**[palaceprinters@btinternet.com](mailto:palaceprinters@btinternet.com) by 20th August 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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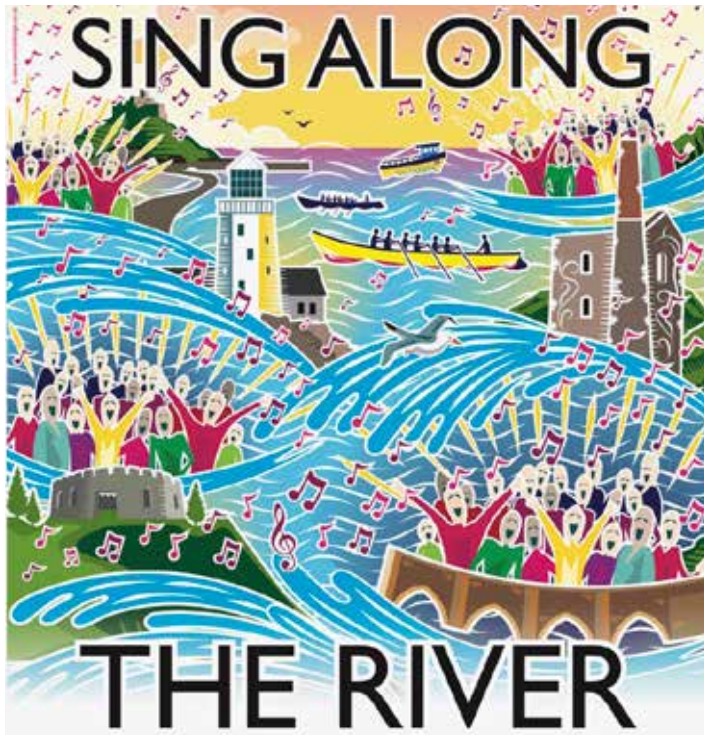
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FOR A FREE QUOTE  
BRUNEL QUAYS, LOSTWITHIEL





On Saturday 23rd August, alongside the beautiful river Fowey, Lostwithiel's Parade Gardens will come to life with music and song featuring choirs and singing groups from all over Cornwall with guest singer and song writer Jim Causley.

This is the 10th anniversary season of Sing Along The River, which has always been a FREE event but we gratefully received donations of any amount.

This year we debut our very first day-long programme so you can join us anytime between 12pm and 9.30pm

There is limited disabled parking in town carparks. The ground is flat but in some areas uneven and can be stoney. There will be reserved seats near the front for those who find it difficult to stand.

Bring a chair, dress for the weather and don't forget your own re-usable glass for the bar and crockery to enjoy the fab food and drink on offer - we want to keep the waste at our event to minimum so please help us with this.

And... don't miss out on our fundraising merchandise stall that will be selling a range of Lostwithiel-themed posters, tea-towels and greetings cards. All the proceeds support the work of Really Lovely Projects.

## Sing Along the River Programme 2025

12pm: Flo Crowe

1pm: The

Community Choir

5pm: Rodeohead Roseland & Indian Queen's Community Choirs

2pm: Kescana

3pm: Quayside Singers

4pm: Liskeard Country Choir

6pm: Notability & Carclaze Singers

8pm: Sing Truro and Falmouth

There will be hot and cold drinks, licensed bar, thai cuisine, hot dogs, burgers, big pan delights and a fantastic atmosphere - as always.

## Mayor's Column

I am aware that my column starts with, ' by the time you read this ' as again this column starts with the same line.

We all enjoyed a fantastic Carnival yet again and grateful thanks to all those involved with its delivery, long may it continue.

The Council will be holding 2 information open days when the results of the Neighbour Plan Statement results will be available and promoting the by-election. The by -election has been organised to fill 7 of the vacant seats on the Council, the election will be held on the 11th September.

The 2 open days will be held

1. Wednesday 13th August in both the Guildhall and Mayor's Parlour from 3pm – 7pm
2. Saturday 23rd August again in the Guildhall and Mayor's Parlour 10 am - 1 pm

The Saturday coincides with the Town Team's launch of the Town Trail and also Sing Along the River.

If anyone is interested in registering their name for the election then I would recommend attending to obtain information or having a chat about Council business and procedure.

My first surgery was not a great success, although I managed to read 2 chapters of my book, depending on the 28th July and the 25th August, a decision will need to be made whether I continue with the surgery or just wait for anyone with a question or Council problem to make direct contact.

During August and September there are special offers to hire either The Guildhall or Edgcumbe House, for more information please contact,

1. The Council office 01208 872323
2. [booking@lostwithieltowncouncil.gov.uk](mailto:booking@lostwithieltowncouncil.gov.uk)  
[clerk@lostwithieltowncouncil.gov.uk](mailto:clerk@lostwithieltowncouncil.gov.uk)

John Berryman Mayor

## Geoff's Cotswold Cycle Challenge

At the end of this month, my husband Geoff Barratt, at the grand old age of 76, is embarking on a charity cycle ride to raise funds for one of the most devastating diseases of our time – Alzheimer's.

There's hardly a family, and Lostwithiel is no exception, which is not affected by this crippling illness. This year the Cycling Events UK Cotswold Classic challenge is supporting Alzheimer's Research UK and Geoff is aiming to cycle 77 km to help raise money for the charity.

Like many of us, Geoff's story includes a family member struck by dementia and undiagnosed Alzheimer's. That's why he feels so strongly that the work of this charity needs support.

We hope you can help. If you would like to, please go to his JustGiving page here:

[https://www.justgiving.com/page/g-barratt-1?utm\\_medium=-FR&utm\\_source=CL&utm\\_campaign=015](https://www.justgiving.com/page/g-barratt-1?utm_medium=-FR&utm_source=CL&utm_campaign=015)

You can give as much, or as little as you like.

Thank you,

Shelley Barratt



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## Stay Safe

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

## Have Fun

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

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

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help@call-paul.com

  
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# Sally Kington

PGDip MCFHP MAFHP

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**07768 613894**

To arrange a home visit

email: sal-stafford@hotmail.co.uk

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Brydai, The Uplands, Lostwithiel





**TALK AND SOCIAL EVENT:** We look forward to welcoming you to our LMA talk and social event in the Church Rooms at 7.00 pm on Wednesday 30 September. Dr Lesley Trotter, a social historian, professional genealogist, researcher and writer with a special interest in the history of Cornwall, will be sharing her findings in a talk entitled 'More than Deeds and Wills — Surprises from a Solicitor's Office'. Those of you who attended Lesley's talk to the Lostwithiel Old Cornwall Society about 'The Married Widows of Cornwall' (the story of the wives left behind by emigration) will already know that Lesley is an excellent speaker. Please make a note of the date — this special event is definitely not one to miss.

**. FREE ACTIVITIES FOR CHILDREN:** Entertaining children during the school holidays can be expensive so it's good to know that here on your doorstep is a local museum offering free activities for families. These award-winning trails are designed to be fun learning experiences for all the family to enjoy. On arriving at the museum ask the steward on duty for one of the Children's Trails. The story behind the Duck Trail is that the little yellow ducks positioned around the museum escaped from the river during Lostwithiel's Carnival Week. We need your help to defund out how many ducks have escaped and where they are hiding. It's hoped that the ducks won't be tempted to return to the river for this year's Carnival Duck Race — so please visit the museum and help us to discover whether the 'escapees' decided to stay with us — or not ?

**. TEDDY BEARS PICNIC:** The new window display is quite a departure from the previous one assembled by Michael Furringer (Museum Curator) — featuring communication aids from yesteryear. We hope the Teddy Bears Picnic will appeal to our younger visitors — and perhaps also amuse those of us who are still 'young at heart.' The display has been great fun to assemble — and one that's prompted more than a few nostalgic childhood memories. A big thank you to Mary Lovelock and her 'picnic party helpers.'

**. GUIDED WALKS WITHIN THE TOWN:** With friends and family to entertain, a guided Town Heritage Walk is an absolute 'must' — and the perfect answer to "what shall we do on Wednesday?" There's no need to book in advance, just turn up at 11.00am on a Wednesday outside the Community Centre, where your experienced Walks Guide will be waiting for you. A 90 minute (approx) guided walk costs £5 per adult (no charge for children) payable by cash or card.

**. WALKS PUBLICATIONS:** If you're a keen walker the museum has an interesting selection of bespoke guidebooks to help you explore the town and enjoy the countryside — all compiled by museum volunteers who have sound local knowledge linking heritage with the environment.

**. SATURDAY OPENING:** A big thank you to Lindsay Libby for volunteering to 'meet and greet' visitors on Saturdays during the school summer holidays. Please note the revised opening time will be 1.00pm to 3.00pm on Saturday 26 July and Saturdays during August.

With thanks to our museum volunteers, Friends of LMA, supporters and visitors.

Please follow us on: Instagram(@lostwithiel\_museum)and on Twitter(@lostmus)Facebook or via our website [www.lostwithielmuseum.org](http://www.lostwithielmuseum.org),and Twitter at [https//.com/lostmus](https://.com/lostmus)

## Lostwithiel Brownies

Lostwithiel Brownies age 7-10 yrs Our Brownie group is all about meeting new friends and having fun together . We work towards badges, cooking,sleepovers, games, crafting and like outside getting wet summer time fun. If you'd like to join our group phone 0800 169 5901 or visit [www.girlguiding.uk/joinus](http://www.girlguiding.uk/joinus)

## Social Club News

July month has seen the club busy with various meetings, also our young town musicians who meet every Thursday learning their instruments.

A great night with Low Profile with many dancing the night away.

Our free Pool, snooker and Juke box continues to be well supported.

This year's Carnival week the social club are delighted to be sponsoring Lostwithiel Town Band and Loveny Male voice choir concert in St Barts church, after the concert everyone is welcomed in joining the choir and Band in the Social club for a sing and a drink.

Another date for your diary on Saturday 16th August the club will be supporting Bar BBQ and Band in the grounds of St Barts Church. We have the amazing Kana choir. Then dance along to the great Gilly Lee-Whyte, 60.70 something for everyone. Lost cousins and the Samba Band. There will be Burgers and Hot dogs, and a Bar come and have a great night.

All money raised will be shared between the social club repair funds and the Church.

Here at the Social club, we can offer for rent our two refurbished rooms for meetings etc the costs are for members £10 per hour and non-members £15 per hour.

We also have a large function room that can be booked for different events, parties, funeral wakes, children's disco, christening parties and anniversaries or any other event.

Emma from the Delli Bellamama offers a varied menu from saviour to cream teas and all at very reasonable price so why not let her take the stress away from you. Emma will put everything out and clear away. So, you can enjoy your event. If you wish to book, or would like some more information please message [sheilabawden2@gmail.com](mailto:sheilabawden2@gmail.com)

Thank you for all your continued support. Sheila and the committee.

## Lostwithiel Rainbows

### FOR GIRLS AGED 4-7 YEARS

We finished Rainbows for the summer term by dressing up as Pirates for our party and had lots of fun. We went coin hunting in a ball pool, fishing in a paddling pool, dug out gems out of icicles, danced to sea themed songs and tried to keep our mini boats afloat in a bucket. A good evening was had by all.

We look forward to returning in September as we know there will be lots of interesting activities for us to do.

If you would like your daughter to join us then please use the contact details below.

For more information on joining our Rainbow group please phone 0800 169 5901 or visit [www.girlguiding.org.uk](http://www.girlguiding.org.uk)



## Lost In Film

Visit [www.lostinfilm.org.uk](http://www.lostinfilm.org.uk), watch trailers & buy tickets for all films. Films are shown in the Church Rooms, Lostwithiel. BYO drinks.

**Ocean with David Attenborough (PG)**

**Monday 29th September - doors 7pm, film starts at 8pm**

A documentary featuring stunning, immersive cinematography that shows the wonder of life under the seas and exposes the realities and challenges facing our ocean as never seen before.

# Rotary Club of Lostwithiel

## THE LOSTRUN 7

On Sunday 16th November, 2025 the Rotary Club of Lostwithiel intends to run a 7 km run, to be known as the LOSTRUN 7. So we are calling out for 3 types of people.



**1. RUNNERS.** - The route will not be too testing and will mainly be on tarmac with a small amount on grass. Application forms for participants will be available soon, either on line or in hard copy, location to be announced soon. You have to be over 18 years old. All abilities welcome, you can be a seasoned athlete, or a newbie just finishing your couch to 5 km. Are you a Jeffer, who prefers walking or jogging.

**2. VOLUNTEERS.** The admin will be put into place by the Rotary Club, but on the day volunteers will be needed to steward the event. This includes directing runners, giving out water, car parking, registering runners or a combination of these.

**3. SPONSORS.** There is a cost to facilitating such an event and we ask for a local company/business to sponsor the run to help towards the costs. The run will start at 10.30, so volunteers would need to be available from 9.30am to 1.00pm. The route will be in the vicinity of Restormel Road heading towards Respryn/Lanhydrock, by kind permission of Duchy of Cornwall and English Heritage. It is an opportunity for Lostwithiel to host a run which would we hope will become an annual event. Hopefully at least 300 people will participate which could mean potential trade. If you wish to become involved please contact Rotarian Barry Mills on 07968 556494 or [bm.mills@hotmail.com](mailto:bm.mills@hotmail.com) or any other Rotarian.

The Rotary District 1175 (Devon & Cornwall) sponsors a number of Youth projects and initiatives that Lostwithiel Youth Groups and local schools might wish to be involved in.

The Rotary Young Apprentice Challenge 2025-2026. This is a four-month programme designed to inspire young people (aged 7-18) to develop creativity, teamwork, and entrepreneurial skills. Participants will work in teams to develop and implement a project, which could be a business, a social enterprise, a fundraising initiative, or a community project. They will gain hands-on experience in planning, marketing, financial management, and leadership, with support from Rotary mentors and, if appropriate, local business leaders. Lostwithiel Rotary Club will offer 'seed' funding (£50 suggested) for projects, with the 'profit' generated then split half to be retained by the school or youth group, and half transferred to District 1175 for donation to ShelterBox, who help to support communities affected by disaster and conflict.

Teams of 2-6, supported by a teacher, youth leader, or Rotary mentor, in these age groups.

7-11 (Primary).

12-16 (Lower Secondary).

16-18 (Upper Secondary).

Teams will submit a final report by 23rd January 2026, to outline:

Project summary.

Financial performance.

Challenges and lessons learned.

Community impact.

Presentation and Judging: An independent panel will receive the reports by 30th January 2026. Invitations to the finals will be sent to the top two teams (by profit achieved) from each age group on 2nd February 2026. The finals (which should be seen as an 'end of season' play off) will take place at the District Youth Festival

event at Teign School on 22nd February 2026, where the top teams will present their projects to a panel of judges.

Registration and subsequent communication will be to the following email address: [rotaryyoungapprentice@outlook.com](mailto:rotaryyoungapprentice@outlook.com)

Rotary Youth Competitions. These comprise:

Youth Speaks: A Debate. Senior and Junior.

Young Photographer.

Young Artist.

Young Chef.

Young Musician.

Young Writer.

More information at:

[rotary1175.org](http://rotary1175.org) or [rotarygbi.org](http://rotarygbi.org)

To enter apply at [youthcompetitions1175@gmail.com](mailto:youthcompetitions1175@gmail.com)

## ShelterBox.

25 years ago at the Rotary Club of Helston Lizard, the concept of ShelterBox was born. Rotarian Tom Henderson and his team built it into a global operation, providing vital help to the victims of earthquake, conflict, flooding, drought, hurricane or any other form of disaster leaving people with no shelter and in danger for their lives.

The box is a large plastic container filled with a tent, blankets and a collection of tools and other items needed to aid survival. The box itself, when emptied, is a container for clean water.

Although the organisation is now a separate entity, it still works very closely with Rotary. The

local clubs are able to see what equipment might be needed and can feed back that information to ShelterBox so that the contents can be adjusted according to their needs. Those clubs also help with the distribution of the boxes.

In the past 25 years ShelterBox has assisted over 3 million people. In 2024 alone 270,000

people benefited from them.

## Cancer Research Uk Lostwithiel Branch



An important Date for your Diary

On Saturday 13th September at

7.00pm in St. Bartholomew's Church in Lostwithiel we will be hosting, as part of Nankersey's 75th Anniversary Tour, a Concert to raise money for Cancer Research UK.

The cost of tickets on the door will be £5. This Male Choir was founded in January 1950 and is based in Flushing, Cornwall.

More information will be found in the September Edition of the Newsletter and posters around town.

## LOSTWITHIEL TOWN BAND VJ DAY CONCERT

to Commemorate

80th Anniversary of the end of WW2

IN ST BARTHOLOMEW'S CHURCH

ON FRIDAY 15TH AUGUST AT 7pm

Admission Free with Retiring Collection

ALL WELCOME

## St Bartholomew's News

Such a busy month as we have to contend with the number of vehicles on our roads. At least we don't have to fight the pot holes in Lostwithiel, and life is much kinder to those who have to cycle, use mobility scooters or push prams along our streets!

We are all now trying to learn about drought-resistant plants as the dreaded hose pipe bans come into force around the country, but our reservoirs need time to recover - not something we even think about when we are staring at the torrential rain in the Winter. I wonder if all those doubting scientists now believe in global warming!

Although we are without an Incumbent, we are striving to keep services unchanged where we can, so every Thursday at 10.00 there will be a Benefice Eucharist for those who seek an alternative, or addition to our Sunday worship. All are welcome.

As usual our first Sunday Service on 3rd August, will be the family service. This is always full of surprises when Rev'd Sheila presents her address. We never know whether we will be doing jigsaw puzzles or making pasties! It would be nice if our school 'chums' could bring their parents or grandparents along to join in.

I think most of us are getting used to the 10.00 start of our second Sunday Service on 10th August. At least the weather is being kind so far, though as it is the school holidays, when we look to the clouds and the weather forecasters.

There will be a Town Band concert on Friday 15th at 7.00, and on Saturday 16th we will host our annual Bar, Band and BBQ event in the churchyard which brings together food and popular music for all.

And of course we have Morning Prayer on 17th with the Church Wardens. On 24th we celebrate the Feast Day of Saint Bartholomew.

On 31st we will be all together at St Winnow for our United Benefice Service. Our Choir will be singing an anthem for us. After many years of accompanying the choir, Rev'd James has retired and we have a new player – Jon – who you may have heard at our services. He has bravely stepped into the post, and is now our regular organist in St Bartholomew's too. We still hope we can call on Rev'd James' services when Jon is unable to come.

We are hoping to host our annual Dog Show and celebrate our Pets with a special service, but the dates for these have yet to be ratified so please keep your eyes open for the special posters giving all the details.

We hope you aren't too inconvenienced by the sporadic work being carried out both inside and outside the church, especially on the tower. We are hoping to have the cruciform picture restored soon, and inside the church re-decorated.

As usual we continue working to raise money for all that needs doing, but we would also hope that anyone with a bit of time to spare would come along and help with the many voluntary jobs, left to us few, to keep the church looking spic and span. Thank you.

See you in Church!

---

## Veteran's Breakfast Club

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

The idea is to socialise in a relaxed environment where everyone can enjoy friendly banter and breakfast!  
Wives, partners, children welcome.

Next meeting - Saturday 16th August  
Venue - Earl of Chatham, Time - 09.30 - 10am Raffle

## Chapel Chat

Shout praises to the Lord! Everyone who serves him, come and praise his name.

<sup>2</sup> Let the name of the Lord be praised now and forever. <sup>3</sup> From dawn until sunset the name of the Lord deserves to be praised.

*Psalm 113: 1-3 from the Contemporary Bible*

Thank you to everyone who gave a donation to 'twinning our toilet'.

After raising the required £60, a toilet has been built in Mozambique on your behalf.

**August 28th Coffee Morning 10.30 – 12**  
**Coffee is free but you may like to make a donation to Harbour Housing, St Austell**

### Church Activities at a glance

August 3rd Fellowship led by Mary

August 10th Café Church

August 17th Café Church

August 24th Café Church

August 28th Coffee Morning

August 31st Fellowship led by

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

Music Appreciation Group – not meeting during the summer

Minister: Rev. Paul Benney 01726 844471

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**u3a** Lostwithiel  
learn, laugh, live

At our Open Meeting on 7 July our guest speaker Vivien Foster OBE, co-founder and former president of the Merchant Navy Association, gave us a highly entertaining talk about the setting up of the Association and her successful campaign to ensure that the dedication and sacrifice of the brave seamen of the Merchant Navy during the times of war and conflict now receives due national recognition. Seamen aged from fourteen into their seventies kept the country supplied with raw materials, arms, ammunition, fuel, food and all of the necessities of a nation at war — literally enabling the country to defend itself. During WW11, they sustained a considerably greater casualty rate than almost every other branch of the armed services and suffered great hardship.

For many years this vital fourth service was excluded from joining the other armed services at remembrance ceremonies, including the march-past at the Cenotaph. This lack of civic recognition led the Merchant Navy Association to establish the red ensign as their standard and to fund and erect the memorial on the Barbican in Plymouth in January 1996. As a woman Vivian herself never served at sea, but inspired by the seagoing men of her family, she became a formidable fighting force determined to gain due recognition for their bravery.

Our next Open Meeting will be on Monday 1st September in the Church Rooms at 2pm when Kevin Channer will be back by popular demand to present us with the evidence for another mock criminal trial at which we, the audience, will play the part of the Jury.

Anyone interested in taking part and finding out more about Lostwithiel Area u3a is welcome to come along.

We have over twenty active groups and there is always something going on, from creative interests such as art, music, photography and garden and theatre visits to walking or e-biking to keep you fit! 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](http://www.lostwithielu3a.org.uk).

Contacts :

Chair : David Platt 07484 124490

Membership : Stephanie Thomas 07980 871491





**POLRUAN PUPS  
DOG WALKING &  
PET SITTING**

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Contact Emma on 07442037662

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## Dates for the Diary - August

- 2nd Repair Cafe in oasis 10-1pm
- 4th Monday pizza with music see poster
- 6th Parkinsons Support Group 2pm -3.30pm Chair Yoga !
- 7th Friendship group 1-3pm in the reading room
- 10th Antiques Fair In the main hall
- 13th Cancer support group 2-3.30pm
- 14th Friendship group 1-3pm in the reading room
- 21st Friendship group 1-3pm in the reading room
- 26th Eye screening in Oasis 9-5pm
- 27th Eye screening in Oasis 9-5pm
- 28th Friendship group 1-3pm in the reading room
- 28th Eye screening in Eye screening in Oasis 9-5pm
- 29th Eye screening in Eye screening in Oasis 9-12.30pm

## Summer for Kids

- 4th Imagination station summer club 9-3pm in Oasis
- 5th Kixx summer Camp 10-3pm in oasis
- 5th Kate Mooney Lets do Disney musical theatre 10-3pm
- 6th Kate Mooney Lets do Disney musical theatre 10-3pm
- 7th Kixx summer Camp 10-3pm in Oasis
- 7th Kate Mooney Lets do Disney musical theatre 10-3pm
- 11th Life Production... musical theatre 12-4pm in oasis
- 12th Life Production... musical theatre 12-4pm in oasis
- 13th Life Production... musical theatre 12-4pm in oasis
- 14th Kixx summer Camp 10-3pm in oasis
- 16th Plant swop in the reading room 10-1pm
- 16th Wellbeing Workshop 1-4pm with Carley in Main Hall
- 18th Pop Up Village for toddlers 9.30-11.30am
- 25th Imagination station summer club 9-3pm in Oasis



	Cafe	Reading Room	Main Hall	Dance studio
Monday		Book Club 1 every 2 <sup>nd</sup> Monday. 10.am ----- Book club 2 every 3rd Monday in the month 10am	2.30pm -3.30pm Pickle ball training Closed class 5-9pm Town band	Baby Ballet Boppers 9.45-10.20am 10.45-11.20am 6 months -3yrs  Pre-school Ballet 3-4yrs 11.30am-12.pm
Tuesday		Post Office 12.15-2.30pm	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	Parkinsons support group 1 <sup>st</sup> wed of the month  Cancer Support Group 2-3.30pm 2 <sup>nd</sup> week of the month	Writing group 2.30pm 3 <sup>rd</sup> week	Flexercise 10.30- 11.30am 11.45-1.30pm Available 1.30-2.30pm Tapacise 6.30-7.30pm Zumba 7.30-8.30pm Available Mens Basketball Back in October 8.40-9.40pm Available slot	Preschool Ballet 10-10.30am Acro Home Ed 10.30-11am
Thursday		Friendship Group 1pm-3pm	9-11.30am Available  12-1pm Available 2.15-4pm Pickelball 5.15-6pm Acro grade1 6-7pm Drama & singing 8-9pm Ladies Football	10am-12.pm Home Arts  3.45-4.15pm Tap & Jazz 4:15 – 4.45pm Ballet Grade 1 4.45-5.15pm Acro primary
Friday		Poetry group 10.30-12pm 1 <sup>st</sup> friday in the month 11-12pm Parents support group H/E sept  Post Office 12.15-3pm 1 <sup>st</sup> July	9-2pm Available  Mens walking football 2-3pm  Model Racing 6pm-10pm	10am-11am Adult Ballet 3.45-4.15pm Street Fusion Jnr 4.15-5.pm pre primary Ballet & tap 5pm-5.45pm Primary Ballet & Tap 5.45-6.15pm Grade 1 Tap 6.15-6.45pm Grade 1 Ballet 8+yrs 6.45-7.15pm 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 sally 10.30am 11.30am Pilates sally  4-4.30pm Drama+ Musical Theatre 4-7yr 4.30-5.15pm Drama + Musical 7-12yr 6.15-7.15pm Carley Stretches and Mobility 7.30-8.30pm Available	James (Panto) 6.30-8.30pm
Tuesday	Verity ..1-1 tutoring	10am to 11.am - Somatics 11.15 to 12.15am Somatics ----- 12-4pm Available 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 back soon  U3A French From 2.pm-3.30pm Every two weeks from september
Wednesday	9.30-11.30am 1-1 tutoring with Verity	9.15am-10.15am Vinyasa Flow class from 9 <sup>th</sup> July 9.30am – Step Aerobics <b>New</b> 10.30am - Somatics 11.30am – Somatics  12-6pm Available 6-7pm ,Available 7-8pm Qi-Gong Angie Squires	2 <sup>nd</sup> & 4 <sup>th</sup> in the month U3A Art workshop 2-4pm  James (Panto) 6.30-8.30pm
Thursday	11.30am-1.30pm 1-1 tutoring with Verity	Emma Yoga 9.30am – Step Aerobics 10.30am – Chair Yoga  11.30-12.30pm Pilates mat work Sally 12.45-5.15pm Available  Emma Manfield 5.30-6.30pm Somatic 6.35-7.35pm Intelligent Yoga	11.15am-12.15pm Craft from Sept  6pm woodturners (once a month )
Friday	1-1 Tutoring 10-11am  Lost Crafters 1-3pm	9.am -10.00am Somatics 10.15am-11.15am Intelligent Yoga 11.30am -12.30pm Intelligent Yoga 2pm-3.30pm Vocal Zone 6.30pm-7.30pm winter wellness from sept	10-11am Social Group H/E 11.15-12.15pm Life skills Jnr H/E 1-2pm Life Skills Teens H/E  6pm-8.30pm Youth Club Every other week From Sept
Saturday		10-12pm Yoga for trauma from September	Woodturners 10am (once a month)



# ALL FIRED UP - FOOD & MUSIC

## MONDAYS IN AUGUST

### Lostwithiel Community Centre Garden

Wood-fired Pizza by Kernowforno  
Country Choirs & Community Voices  
Licensed Fundraising Bar  
All proceeds for Lostwithiel Community Centre Association

Food & Bar 5pm-8pm | Free LIVE Music 6.30pm

Mon 4th Aug - Rodeohead Country Choir  
Mon 11th Aug - Quayside Singers  
Mon 18th Aug - Rodeohead Country Choir  
Mon 25th Aug - Belt it Out & Quayside Singers

[www.reallylovelyprojects.org.uk](http://www.reallylovelyprojects.org.uk)

# Kixx

## MULTI-SPORTS Holiday Camps

Lostwithiel Community Centre, PL22 0HA

Thursdays	Tuesdays
24 <sup>th</sup> July (NOT HAF)	29 <sup>th</sup> July
31 <sup>st</sup> July	5 <sup>th</sup> August
7 <sup>th</sup> August	12 <sup>th</sup> August
14 <sup>th</sup> August	

Ages: 5-11 Years Old    Price: £15 per day    Time: 10:00-15:00

To Book Email - [jamesurie@kixx.org.uk](mailto:jamesurie@kixx.org.uk)

**Donated £1000.00**

THE PROPERTY SHOP

- Sell with a local agent and support your local community at the same time!
- The Property Shop are delighted to share that, for the first 12 sales of the year, we have donated £100 from each sale to support the Lostwithiel Community Centre.
- The funds have helped install new flooring in the centre, creating a more welcoming space for the community to enjoy.

# Lostwithiel Cancer Support Group

14:00-15:30  
2nd Wednesday of every month

Lostwithiel Community Centre  
Pleyber Christ Way,  
Lostwithiel PL22 0HE

Everyone is Welcome. We are a social group that meets for coffee, cake and a chat with people in similar situations.

Free refreshments, advice and information

Carolyn Screech  
[communitycancercafes@outlook.com](mailto:communitycancercafes@outlook.com)  
Telephone: 07887851714

# SUMMER RAFFLE!

Lostwithiel Community Centre

Available NOW from Reception & Cafe or outside the Co-op

**£1 per ticket**

Bottles of Wine & Fizz  
Chocolates  
Pizza from Kernow Forno  
Coffee & Cafe from the Garden Cafe  
Intro to Pickleball for x4 people  
And much more....



## Imagination Station

### Holiday Club



**£24 per day**

**9 AM - 3 PM**

**BOOK NOW!**

**Ages: 5-13**

**Lostwithiel Community Centre**

**Crafts. Baking. Games**

**August: 4<sup>th</sup> & 25<sup>th</sup> (Mondays)**

[www.edtucate.co.uk](http://www.edtucate.co.uk) **ET** [verity@edtucate.co.uk](mailto:verity@edtucate.co.uk)

## LOST CRAFTERS

Home Ed  
Children & Parents/ Carers



**Every Friday in August**

**1<sup>ST</sup> BOOK MARKER**  
**8<sup>TH</sup> SHAPE YOUR BREAD**  
**15<sup>TH</sup> CARD MAKING**  
**22<sup>ND</sup> CLOTHES TRANSFORMATION**  
**29<sup>TH</sup> BRACELET MAKING**

**£2 PER CHILD**  
**ADULTS FREE**  
**CONFERENCE ROOM**  
**1 TO 3 PM**



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Specialist in Antique/Modern Clocks

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## Parkinson's Support Group



**1st wednesday of the month**

**2-3.30pm**

**In the Cafe**

*Love and Laughter,  
Knowledge & Kindness  
and lots of support!*



## EXTENSIONS | REFURBISHMENTS NEW BUILD | LISTED BUILDINGS

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# LOSTWITHIEL PLANT SWAP AND PLANT SALE



**EVERY SATURDAY MORNING**

**10AM – 12 midday - note change of time**

**READING ROOM**

**LOSTWITHIEL COMMUNITY CENTRE**

perennials/house plants/seeds/vegetables and much more ... grown by volunteers and the gardeners of Lostwithiel, for you to swap with your cuttings/plants or purchase at suggested donation ....

Funds raised this year are being donated towards upgrading the Lostwithiel Community Centre kitchen and other local projects

**retallack**  
quality kitchens

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davidretallackkitchens.co.uk



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

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



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



# FOWEY VALLEY

CIDERY & DISTILLERY

**Shop, tours, tastings & experiences**

## Apples

If you've got apple trees it's time to start thinking about what you're going to do with all those apples? Bring them to us and we'll give you cider in return. If you've got a lot of apples you can swap them for any of the items in our shop. Collect some net bags from us. And remember don't pull or twist the apples from the tree - just give the branch a gentle shake and any apples that fall off are ripe. The ones that stay attached are still full of starch that hasn't yet turned to sugar and it's the sugar in the juice that turns to alcohol. You'll probably have to go over each tree two or three times. Most trees won't be ready to start picking till at least September but we sometimes see a few in August. It seems to get earlier.

## Whisky

Our first small batch of Whisky is ready in August (it has to be in the barrel for three years and one day to be called Whisky). It's very special. It was made with a lovely Cornish barley and fermented very slowly. It was then distilled twice and spent its first two years in new medium toasted European oak barrels then a year in one of our very own Rum barrels. It's going to be a collector's edition I'm sure. And only limited availability this year.



The next whisky will be our Calvados barrel release. We refilled one of our 5 year old 'Cider Brandy' barrels.



**VISIT US**

Unit 11, Restormel Est.  
Lostwithiel. PL22 OHG

**ONLINE**

foweyvalley.co.uk



# KID'S COLUMN



Lostwithiel Garden Society & PTA

## Lostwithiel Produce Show

**Saturday 6<sup>th</sup> September 2025**  
**Scout Hut**

Programmes available from Penhaligons

Classes include \* Cooking \*  
 \*Vegetables \* Flowers \*  
 \*Arts & Craft \* Photography \*  
 \*Childrens Classes \* Scarecrows

Opening at 2pm  
 Admission 50p \* Cake & Tea \* Raffle  
 Prizegiving & Cake Auction 3pm

ENTRY DEADLINE - 2nd AUGUST BY 3PM  
 FORMS TO PENHALIGONS OR EMAILED TO  
[LProduceShow2025@hotmail.com](mailto:LProduceShow2025@hotmail.com)



## The Benefice of Lostwithiel Parishes Services for August 2025

### Sunday, 3

Boconnoc	Holy Communion (BCP)	9.30am
Bradoc	Choral Evensong	6.00pm
St Bartholomew	Family Eucharist & baptism	11.00am
St Brevita, Lanlivery	Morning Prayer	9.30am
St Veep	To the benefice	9.30am
St Winnow	Parish communion	11.00am

### Sunday, 10 [Blessed Virgin Mary-transferred]

Boconnoc	To Bradoc Feast	11.15am
Bradoc	Feast Eucharist	11.15am
St Bartholomew St	Eucharist	10.00am
Brevita, Lanlivery St	Morning Prayer	9.30am
Veep	To the Benefice	
St Winnow	To Bradoc feast	

### Sunday, 17

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

### Sunday, 24

Boconnoc	To the benefice Morning	
Bradoc	Prayer	11.15am
St Bartholomew St	Feast Eucharist & baptism	11.00am
Brevita, Lanlivery St	Eucharist	9.30am
Veep	Eucharist	11am
St Winnow	To Bradoc or St Nectan	
St Nectan	Evensong (BCP)	6.30pm

### Sunday, 31

St Winnow	United Benefice Service	10.30am
-----------	-------------------------	---------

#### Regular Weekday Services

Wednesdays - St Brevita - Evening Prayer at 5:00pm  
 Thursdays - St Bartholomew - Celtic Eucharist at 10:00am

Lanlivery, St Bartholomew's, St Veep, Bradoc and St Winnow Church are open every day

#### The Benefice of Lostwithiel Parishes

The benefice is in vacancy.  
 Revd Sheila Bawden (Associate Priest)-01208 871344

#### Church Centre

[Benefice administration office-open every Monday-Wednesday morning]  
 Tel No: 01208 872232

## Boconnoc Church

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

## Book Of Common Prayer

## 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.

**The Friends of  
St Bartholomew's Church (FOSB)  
Charity Shop 2025**

Church Rooms, Church Lane, Lostwithiel  
Tuesday 29 July to Friday 8 August  
Weekdays – 10am to 4pm  
Late night Thursdays – 4pm to 7pm  
Saturday – 10am to 1pm  
Sunday – closed

Saleable items in good, clean condition only please. Donations accepted between Saturday 26 July and Monday 4 August. Thank you. We love clothing, footwear, accessories, jewellery, household linen, small items of furniture, books and toys, etc.

**NO ELECTRICAL ITEMS  
NO LARGE ITEMS OF ANY KIND**

All proceeds go to The Friends of St Bartholomew's Church, Lostwithiel (FOSB) to help preserve your church building for future generations.

**Hot Weather Pet Advice**

Hello! Polruan Pups Pet Services here! Now we are getting some nice weather (let's not get too excited and scare it away) there's a few things we should be aware of as Pet Owners. One of the most important things is knowing how to help your pet cope with the Yellow thing in the sky and the associated heat that comes with it!

Be aware of the temperatures that are safe for your dog. The generally safe temperature is 10°C/50°F – 19°C/66°F. It is considered safe for you to exercise your dog at all times of the day but care and attention must still be taken with large, obese or flat nosed breeds. 20-23°C (68-73°F) There is a risk of heatstroke if dogs are exercised too rigorously, especially obese or flat nosed breeds.

24-27°C (75-80°F) EXTREME CAUTION NEEDED for ALL breeds. The way to test the temperature for your pet is place your hand on the pavement and hold it there for 7 seconds. If it's too hot for you then it is too hot for your dog. Did you know that if the air temperature is 25°C/77°F then the pavement is 52°C/125°F!

Signs to look out for include (but are not limited to): Frantic panting, extreme salivation, fatigue, disorientation, bright red membranes, diarrhea and vomiting. Avoid walking during the hottest time of the day between 10am-4pm. Ensure dogs have access to fresh drinking water at all times. Ice can keep water cool but ensure ice is a suitable size to reduce the risk of choking.

Polruan Pups Pet Services (Cats, Fish, Chickens and small animals also included) offer the following Services: Dog Walking (Solo and Same Family dogs only, NO mixed groups)

Day Care or Evening sits (For occasions you want to go out without your furry companion) Dog Boarding (at pets own home to reduce anxiety), Cat Visits/feeding.

Reasonable prices, DBS checked and Fully Insured. Contact us today to discuss your pets' requirements on 07442 037 662, Find us on Facebook or Email us on polruanpupspetsitting@gmail.com

Enjoy days out with your four-legged friends but be responsible and remember: Just because you want to be out in the glorious weather, doesn't mean it's safe for your dog.

**Panto 2025**

**open auditions** (18 and over)

**Monday 4th/Wednesday 6th August**

**drop in - 18:00-20:30**

Lostwithiel Community Centre, Oasis Room  
**ANY QUESTIONS...**

**EMAIL: [spreadableproductions@gmail.com](mailto:spreadableproductions@gmail.com)**

**Singing and non-singing parts**  
Scripts to be provided for audition  
**If auditioning for a singing part, please prepare a song**

**Auditions for younger actors in the autumn**

**Performances 5/6th December 2025**  
Rehearsals Monday and Wednesday evenings from September  
Dress and technical rehearsals w/c 01/12/25

**SPREADABLE PRODUCTIONS**

**Lostwithiel  
TABLE TENNIS CLUB**

Lostwithiel Table Tennis Club meets every Thursday afternoon and Monday evenings (except when the Film Club is operating). Our club welcomes all players from complete beginners through to League players.

We have three tables, bats, balls and lots of tea and biscuits - all for only £2 a session. Please come along to the Church Rooms, Church Lane, Lostwithiel and have a go.

For more information and contact details visit: [www.lostwithieltabletennisclub.yolasite.com](http://www.lostwithieltabletennisclub.yolasite.com)



# Lostwithiel Town Trail

## You're invited to celebrate the new Lostwithiel Town Trail launch on August 23

On Saturday, August 23 - coinciding with the 10th anniversary of Sing Along the River - Lostwithiel Town Team will be officially launching the Lostwithiel Town Trail, and you're cordially invited to come along, find out more and perhaps try it out for yourself. There'll be activities for younger visitors, too, so everyone can get involved. Those visiting the Parade from 10am to 12pm can find out more about the trail and perhaps win a prize!



The Town Team has secured funding from Cornwall Council's Town Delivery Fund and Community Chest to create an innovative series of trails through our historic town, aiming to showcase the best of Lostwithiel's rich heritage, culture and natural environment while enhancing the experience of the town centre for both residents and visitors. Our goal has been to create an engaging journey from one point of interest to another which connects our

past with our future, encouraging exploration and deepening understanding. With support from Lostwithiel Town Council we're also installing information boards and benches to enhance your enjoyment of your walks around the town, as well as bird and bat nesting boxes and a cycle rack.

Though it's called the Lostwithiel Town Trail there are actually four trails exploring the history, environment and culture of Cornwall's former capital, accessible via a new website at [www.lostwithieltowntrail.org.uk](http://www.lostwithieltowntrail.org.uk) or by scanning the QR code.

The Heritage Highlights Trail covers key locations - some which may be familiar, others less so - with a suggested route around these points of interest and further information on each one. You can plan your visit on a laptop or tablet or follow the trail, in whole or in part, from your smartphone.



The Young Explorers Nature Trail follows the course of the Fowey valley to discover the wildlife of the river and its banks. The trail includes a series of posts from which rubbings can be taken, and new bird and bat boxes on trees along the route. Plaques in Coulson and Second Island Parks give more information about some of the town's interesting wildlife. You can follow the trail on your phone and find further information, but take paper or a notebook for your rubbings and to make notes and sketches.

What's now known as the Brass Plaque trail was originally created in 2008 by the Lostwithiel History Group and the Town Forum, who placed 15 plaques on historic buildings around the town. The new website contains the details of this self-directed trail of discovery, including reproducing the leaflet which originally accompanied it. Follow the map to locate the plaques and find out more about the buildings; some are also on the Heritage Highlights Trail, but many others



are unique to the Brass Plaque Trail. The Pub Trail might sound like a short (and possibly familiar) one, but down the centuries Lostwithiel had at least 17 pubs and inns at one time or another. A number of these survive today, but others have changed their use or become private residences. Follow this trail to enjoy the food and drink available in the pubs

of the present day while also discovering something of their history, and visit the variety of shops that have opened in former pub buildings.

The Town Team was formed to seek funding to undertake projects of value to the community which will help to reinvigorate the town centre and enhance a sense of place for local people and visitors alike. It has secured funding to commission reports for Lostwithiel Town Council on town-centre revitalisation and on sustainable traffic and travel. For more information about its work or to get in touch, go to the Lostwithiel Town Trail website.

## Lostwithiel Environment Action Forum



### Are you bowled over by bees?

### Bewitched by butterflies or intrigued by insects?

### But have you sadly noticed their declining numbers in recent years? [1] It could be glyphosate.

Your favourite creepy-crawly, flying, buzzing critter is not only facing habitat loss but is tackling another, sometimes unseen, threat - herbicides.

Of course, we should all realise that the dangers of pesticides, poisonous chemicals designed to kill insects, small mammals and other forms of life, is self-evident, [2] but the stu that gets sprayed on grasses and what some people like to call 'weeds', is just as likely to sound the death-knell on the smallest creatures in your garden and countryside.

Glyphosate works by robbing the plants of their ability to synthesise protein and so they die. [3] You will recognise the effects of the herbicide as the green of the plants quickly turns to a sickly orange colour.

Residents of Lostwithiel will have witnessed this as RoundUp was used on the grassy area on The Parade days before LostFest 2025. In the air, in the soil and in our drinking water, glyphosate permeates our lives and yet we may not be aware of its effects on our health and that of other living organisms.

One of the most common 'weedkillers' found on the shelves, RoundUp, contains glyphosate. Owned by Bayer, (prior to that by Monsanto), glyphosate is a known human carcinogen, and both companies have faced and continue to face numerous legal challenges for compensation. [4] Currently 67,000 lawsuits are 'live' and the total of previous claims run to a whopping \$11 billion! [4]

The latest two-year animal study (published in 'Environmental Health'), found that rats given glyphosate in drinking water from the womb until aged two, developed much higher rates of leukaemia and other cancers, even at levels considered safe by EU standards. [5] Honeybees are poisoned as the chemical affects the microbiota in their digestive system, disrupting foraging, navigation and affecting reproduction and growth. [6]

The environmental-legal campaign group, 'Wild Justice', found that many people in the UK had the herbicide in their urine! [7] And researchers have also made the link between glyphosate, 'leaky gut' syndrome and 'intolerance' to gluten. [8]

You may not be intolerant after all, it might be glyphosate, and switching to organic grains (and greens), can often clear up the symptoms. (Organic grains are not treated with the weedkiller that is also used as a desiccant before harvest.)

Whilst we still use RoundUp and similar 'weedkillers' in the UK, countries such as France and Germany have restricted their use to agricultural applications only. [9]

Sadly, institutions such as the law and public bodies often trail far behind scientific discovery and public opinion, so it's up to each one of us to stand up for what we love and protect nature by speaking out and making our voices heard. [10]

You can also do your bit in your own garden by not using pesticides or herbicides.

Use wildlife-friendly substitutes if you must, or investigate other ways of growing your fruit, vegetables and other plants, and cultivate a wild area that you leave for the insects and birds all year round. [11] [12]

The bees and butterflies will thank you! References for this article can be provided. Please email LEAF at [lostwithielenvironmental@protonmail.com](mailto:lostwithielenvironmental@protonmail.com) to obtain a referenced version.

# Lerryn Area Minibus Association

August 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 5th Driver: Chris	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Fri 8th Driver: David	Truro	Lerryn Lostwithiel	09:30 - 15:00 09:45 - 14:45	£6.00 adult
Tue 12th Driver: Kevin	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Thu 14th Drivers: David & Annie	SPECIAL TRIP Falmouth	Lerryn Lostwithiel	09:30 - 17:00 09:45 - 16:45	£7.50 adult
Tue 19th Driver: John	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Tue 26th Driver: Ed	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Thu 28th Driver: Richard	SPECIAL TRIP Trago Mills Pensioners' Discount Day	Lerryn Lostwithiel	09:30 - 13:00 09:45 - 12:45	£4.00 adult

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

NB: Please see [lerryn.net/minibus](http://lerryn.net/minibus) for full details of LAMA's services.

## Special trip August 2025



Falmouth: The Jewel of Cornwall

Thursday 14th August  
2025

Enjoy shopping, lunch and sightseeing in Falmouth

Or you could visit the National Maritime Museum or Pendennis Castle, or book yourself for a local boat trip across the harbour to St Mawes



Book Now: Phone Jo 01208 811175

or book online  
<https://www.lerryn.net/minibus>

Cost adults £7.50 (children half price)

Lerryn: departs 9:30 returns 17.15,  
Lostwithiel departs 9:45am, returns 17.00

Although one of the largest towns in Cornwall, Falmouth is small enough to explore on foot. With lots of unique shops, cafes and restaurants, it has a vibrant culture and a rich maritime heritage.

For full details of LAMA services please visit [lerryn.net/minibus](http://lerryn.net/minibus)

# LOST IN Art



## Needs YOU!!

### CALLING ALL ARTISTS AND MAKERS!

You are invited to take part in Lost in Art on 13 September 2025!

Our aim is to get Lostwithiel buzzing with all things art around every corner. This is an amazing celebration of art and creativity in Lostwithiel.

Successful candidates can exhibit work in pop-up venues around town or in your own home studio/workspace.

### LOST IN ART? TAKE PART!

For more details and an application form, contact Catherine Murphy at [events@lostwithiel.org.uk](mailto:events@lostwithiel.org.uk)

Deadline for applications is June 12 2025

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**E: [tahrbazaar@gmail.com](mailto:tahrbazaar@gmail.com)**

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# Councillor Sarah Preece

## Lostwithiel Letters

It's a fine day for the early morning train to Truro; a journey I make two to three days a week to undertake my role as Divisional Member for Lostwithiel and Lanreath.

July marked the end of the first three months of my new role and the first 100 days completed. So what, you may ask, have I been doing?

First came training and inductions into finance, planning, highways, transport, licensing, health, compliance and customer services; all necessary for a new local councillor to manage the multiple services the council oversee.

With the forming of the new Liberal Democrats/Independents administration, the next step was the selection process to choose new cabinet members and I was privileged to be chosen as the new member for Tourism, Localism and Planning.

So far we have announced a motion to advocate for Cornwall to become the 5th Celtic Nation, have secured £5.5m investment from government for EV charging and reversed two decisions by the last administration to privatise Cornwall Council's car parks and the planned privatisation of Newquay Airport.

## Visits

A jam-packed 100 days also saw a visit to Dobwalls Primary School to hear how they are inspiring young children to learn to speak and read Cornish, while St Germans Priory set out their plans to upgrade the setting to extend their facilities to become a cultural hub for South East Cornwall.

I attended Exeter and Falmouth University to hear about a culture and innovation initiative that is bringing jobs and funding into Cornwall, and a trip to the Eden Project where they unveiled their education programme for young people and families. I also visited the Cornish Centre in Redruth, Kresen Kernow, to hear about their extensive archives, exhibition work and free children's summer art workshops, with a visit also to Krowji Creative Hub in Redruth for the launch of their summer showcase event.



Finally, I attended the quarterly Youth Council meeting at New County Hall to hear about how young people are engaging in, and shaping, local government across Cornwall, and closer to home, had the absolute pleasure of judging the carnival entries for the Luxulyan carnival parade!

## Case Work

It's business as usual attending parish and town council meetings and hearing from councillors and residents about pressing local issues. I attend not just one but three Community Area Partnerships (CAP) meetings which bring together divisional

members with Police, highways and local parish councillors to discuss the issues affecting our community.

The division for Lostwithiel and Lanreath is unusual; with eight parishes there are a lot of evening meetings, and lots to take on board.

I have had my first large-scale planning application to review in Lostwithiel and approximately 30 local case work inquiries during this first 100 days amongst the multiple emails I receive as Portfolio holder. It's been a very busy beginning to my tenure but I am very energised by my new role, very proud to be working on behalf of residents, every day, and delivering for our area, our community, and for Cornwall.

If you want to get in touch, please do contact me on [cllr.sarah.preece@cornwall.gov.uk](mailto:cllr.sarah.preece@cornwall.gov.uk) or call and leave a message on 07982 377 150.

## Lostwithiel Area Labour

On 19/7 South East Cornwall Constituency Labour Party held its AGM at Liskeard Public Hall. The meeting was well attended and new officers were elected for the coming year.

In her report, Anna Gelderd MP spoke about her first year as our representative in Westminster, describing her role as that of a bridge between South East Cornwall and Westminster. By not shying away from speaking to individuals about difficult issues, she hopes to build trust between herself and those she represents. In this spirit, she recently held a welfare specific surgery in recognition of the very real concerns of some constituents.

Anna's pop up office, which rotates around the Constituency, is yet another example of her turning the page on the previous 14 years to provide more open, personal communication with constituents. The office will make its third visit to Lostwithiel Community Centre in September; you are invited to drop in or to make a specific appointment by contacting the office in advance.

Appointments for Anna's regular surgeries must be booked in advance.

Despite not receiving the customary casework handover from her predecessor, Anna's office has now dealt with the 20,000 emails she received in her first few months, completing the huge task of sorting these into casework, complaints, invitations etc, and then responding appropriately.

Less than a year after coming into office the Labour Government conducted a Fair Funding Review. Thanks to persuasive lobbying by Anna and Jayne Kirkham, MP for Truro and Falmouth, for the first time ever money for Cornwall Council services will be allocated according to need, and the complexities of providing services in rural and coastal areas have finally been acknowledged and built into the funding formula. One example of the difference this will make for Cornwall is in the budget for Special Educational Needs, which will be 38% bigger than under the previous funding formula.

Whilst there is still much more to do, alongside breakfast clubs for all primary aged pupils and free school meals for all children whose families are in receipt of Universal Credit, changes like this will make a positive difference to the lives of families in Cornwall.

Much more information can be found on Anna's fantastic new website, which went live at the end of July.

Saturday 13th September 2.00 pm at Liskeard Public Hall – All Member Meeting to vote on conference motions – we hope to see you there.

Sally Sweeney – Chair (01208 873525)

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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](http://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](http://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](mailto: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](http://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](mailto:info@staustell.foodbank.org.uk) [www.staustell.foodbank.org.uk](http://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](http://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](mailto: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**



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