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DECEMBER 2025

FREE

LOSTWITHIEL NEWSLETTER

Lostwithiel Business Group invites you...

DICKENSIAN



& EVENING

Thursday 11th December
6-9pm

*Shops, stalls, food & drink, music, Santa's grotto,
children's trail and more!*



Please travel by train

Bah Humbug!

lostwithiel.org.uk @lovelostwithiel

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

LOSTWITHIEL COMMUNITY CENTRE & GARDEN CAFE

For latest updates on events and activities at the centre see facebook, www.lostwithielcommunitycentre.org.uk or ring 01208 872207.

ANTIQUES FAIR - Second Sunday of each month, Community Centre Main Hall 10am

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 2pm - 4pm

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)

1st LOSTWITHIEL SCOUTS - boys and girls aged 10 - 14 years each Tuesday 7pm til 9pm

1st LOSTWITHIEL CUBS - boys and girls aged 8- 10 years) each Wednesday 6pm til 7:30pm

LOCAL PRODUCE MARKET - Lostwithiel Scout Hut, 4th Saturday of each month 10am - 1pm + Zero waste mobile shop.

ANTIQUES & COLLECTABLES MARKET - first Saturday each month, 10am - 1pm, contact Ann 07881 826032.

QUI GONG - 9:15 - 10:15am Mondays, sweetzersturt@icloud.com

WHOLISTIC YOGA - With Ariadne Fern, Mons 10:45-12:15, addy@theferns.info

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

LOSTWITHIEL YOUNG FARMERS CLUB - Monday evenings

RAINBOWS, BROWNIES ETC. - Check national websites for info

LOSTWITHIEL SHORT MAT BOWLS - Friday & 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 Bowden 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 bookings & info b.greswell@btinternet.com

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: Musical Director: David Savage
Tel: 07943311348.

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 for up to date listings of events in and around Lostwithiel.

LOSTWITHIEL NEWSLETTER – CONTACT & PAYMENT DETAILS

The next Lostwithiel Newsletter is out on **Monday 1st February 2026**

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

palaceprinters@btinternet.com by 20th January 2026

Advertisements to be prepaid: cheques payable to Palace Printers

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

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

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

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

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



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BRUNEL QUAYS, LOSTWITHIEL



. **AGM 2025:** Thank you to all those who attended Lostwithiel Museum Association AGM held in the Church Rooms on Tuesday 18 November.

. **ELECTION OF COMMITTEE:** The newly elected Committee comprises: Christine Walton (Chair), Helen Rogers (Secretary), Chris Burrough (Treasurer), Michael Fuminger (Curator), Maggie Lancaster (Stewards Co-ordinator), Pauline Gillett (Town Heritage Walks Co-ordinator). Committee members received special acknowledgments for their individual contributions.

. **ADDITIONAL KEY ROLES:** Sincere thanks were given to all volunteers. Those in key positions outside the formal committee structure also received special thanks: Alison Hurst, Richard Young, Michael Fuminger and Christine Walton (Museum Matters Editorial Team) — and Ian Gillett who for personal reasons has stepped down as the Editor of the magazine; Town Walks Guides ie Derrek Hines, Sue Andrews, Sarah Preece, Merryn Threadgould, Rod Pomeroy — and Mark Dawson who has returned to the USA; Gill Parsons (Researcher Local and Family History); Keith Southgate (Webmaster / Social Media) and Linda Parsons (Facebook); Tony Parsons (Premises Manager; Anita Roberts, Sue Andrews and Geoff Barratt (curatorial assistance). Mary Lovelock was thanked for her window displays and officially appointed as Window Display Co-ordinator. The role of Editor of Museum Matters magazine remains vacant. For further information please contact Christine Walton on 01208 871456.

. **THANKS:** Additional thanks were given to the Friends of the Lostwithiel Association, Lostwithiel Town Council, Paul Sweet (Auditor), Palace Printers (printing requirements), Julia Parfitt (plant displays), Watts Trading and Q Street Cafe (promoting museum publications / hospitality).

. **MUSEUM PROFESSIONALS:** Acknowledgements were paid to museum professionals for their advice and support. In particular to Stephanie Clemens (Museum Development Officer) who has taken up a new appointment at Warrington Museum and Art Gallery, Helena Jaeschke (Conservation Development Officer) and Jo Moore who recently stepped down from her role as Curator of Wheal Martyn MUseum. Annie Lucas was welcomed as the newly appointed Museum Development Officer.

. **MUSEUM UPDATES:** Following official reports from the Chair, the Treasurer and the Curator, individual Activity Reports included LMA Membership, Window Displays, Town Heritage Walks, IT and Social Media, Local and Family History Research. Links with local, regional and national organisations, including the Arts Council for Accreditation purposes, were acknowledged.

. **VISITORS:** Year on year, the steady rise in numbers of visitors to the museum is very encouraging. Final numbers won't be available until after Dickensian Evening on 11 December when the museum will be open from 6.00 — 9.00pm. We very much look forward to welcoming you for what is usually the busiest night of the year.

. **A VE DAY VICTORY AND REFLECTION EXHIBITION** is on loan from Bodmin Keep for viewing in the Guildhall (above Lostwithiel Museum) until 14 December, Wednesdays to Sundays from 10.00am — 12.30pm. On Saturday 6 December James Inglis (Assistant Curator Bodmin Keep) will be giving a talk on the 'behind the scenes' production of the special exhibition commemorating 80 years since victory in Europe. With many thanks to James and Bodmin Keep for inviting Lostwithiel Museum to be part of the collaborative project. We look forward to welcoming you to this FREE event.

We wish you all a peaceful Christmas and New Year. A special thank you for supporting Lostwithiel Museum. Christine Walton (LMA 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>

Mayor's Column

Winter is upon us with weather warnings in place. Keep the fires burning and keep warm everyone!!!

I am writing this month's column on behalf of the Town Council as Mayor Berryman is away — what a privilege. Our Remembrance Sunday commemorations were well supported again this year with record numbers in attendance. As always the Veterans were at the forefront alongside Parade Master, Deputy Mayor Rawlings, Town Sergeant and Macebearer, Anna Gelderd MP, Cornwall Councillor Sarah Preece, Town Councillors, Past Mayors, Revd Bawden and Town organisations. It was great to see so many Town organisations represented on the day and on a personal note I was so delighted to see the Scouts Cubs and Beavers. These groups have recently been re-established in Lostwithiel and I'm sure we all wish them every success.

A big thank you to Lostwithiel Young Farmers, Town Councillors and office staff who helped with the road closure and the Royal British Legion for the wreaths. As you might imagine there is a lot that happens prior to the day itself. Christmas — as always Lostwithiel has some very special events planned Dickensian Evening, Christmas Trees in the Church, Lantern Parade to name but a few. Please do support these much loved town events and our local businesses who have fabulous window displays.

Planning Applications — PA25/04497 The Old Quarry Land North West of Bodardle Tanhouse Road received the consideration of the Town Council a few months ago and did not receive support. On Monday 17 November the application was approved by Cornwall Council's Central Planning Committee.

Lostwithiel Museum is hosting a VE Day 80 Victory and reflection exhibition in our beautiful Guildhall. Please do pop in and take a look, the touring exhibition is in Lostwithiel until 14 December and is open Wednesdays — Sundays 10am — 12.30pm.

Lostwithiel Library — The Library opening hours have been increased on a trial basis until the 31 January 2026. The revised hours are Wednesdays between 10am — 4.30pm and Saturday mornings between 9-midday. Fortnightly on a Wednesday between 4.30-6.30pm the library is hosting a Social Cafe. It's open to anyone who would like to spend time with others over a FREE cuppa or coffee and a slice of cake. We have activities on offer such as arts and crafts, but we really want it to be led by you so we are always open to ideas. No need to book just drop in between 4.30pm — 6.30pm. The dates are Wednesday 10 December, Wednesday 7 January & Wednesday 24 January.

Flood Wardens — the town is currently very short of Flood Wardens, at present we do not have enough volunteers. If you are interested in joining the team, full training will be given, please email clerk@lostwithieltowncouncil.gov.uk On behalf of the Town Council and our staff we would like to wish everyone a Happy Christmas and a Prosperous New Year. Cllr Karin Henderson



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.

PLEASE NOTE our new start times: doors at 6.45pm, film at 7.30pm.

The Penguin Lessons (12)

Monday 29th December - doors open 6.45pm, film starts 7.30pm

Inspired by the true story of a disillusioned Englishman (Steve Cougan) teaching in Argentina in 1976. After he rescues a penguin from an oil-slicked beach, his life is turned upside-down.

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Lerryn Memorial Hall,
PL22 0PT

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For info: EquinoxQigong@yahoo.com

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Brydai, The Uplands, Lostwithiel

South East Cornwall Constituency Labour Party

During the budget it was good to hear the Chancellor mention Cornwall by name when she announced a £30 million investment into the Kernow Industrial Growth Fund which will support developments in clean energy, critical minerals and marine industries.

In South East Cornwall more than 1,500 children are in households stricken by poverty which is exacerbated by the two child benefit cap; so it was vital that the Chancellor cancelled this cruel policy to ensure that all children have the best chance to thrive. In 60% of these families at least one parent is working, so the rise in the minimum wage will also help to alleviate poverty in our communities.

Thanks to lobbying by our Cornish MPs, the government has modified its plans for Inheritance Tax on farms to allow the £1million allowance for 100% rate of agricultural property relief and business property relief to be transferable between spouses and civil partners.

In November our MP, Anna Gelderd, was in Lostwithiel for the Remembrance Sunday service followed by wreath laying at the memorial. Undeterred by the torrential rain, Lostwithiel turned out in great numbers to remember with gratitude the men and women of our armed forces and their families.

New veterans support centres are to be opened around the country to give much needed support with health, housing and jobs.

A few weeks ago Anna attended a fascinating conference, led by Joy Bassett of Cornwall Gateway CIC, to explore their ambitious plans for a Food Processing/ Agri-Food and Drink Resource Centre in Bodmin. Amongst many other initiatives, this centre would provide shared bottling, canning, labelling and storage facilities for our amazing Cornish food and drink producers. A quick google search will enable you to read about all aspects of this project. Anna was impressed by the potential benefits to the farmers and growers of South East Cornwall, as well as the potential for quality, year- round jobs and training opportunities for our young people.

Following this, Anna made a quick visit to excellent Lostwithiel businesses, Penhaligons and Bella Mama, before moving on to Cornwall Orchards at Duloe to follow up on their visit by the Chancellor earlier in the summer.

Cornish renters will soon benefit from the Renters Rights Bill.

Among other things, the bill will outlaw no fault evictions, stipulate that tenants can be asked to pay no more than one month's rent up front and make it possible for beloved family pets to accompany their owners into rental properties.

There is good news regarding more high quality jobs in South East Cornwall, with Plymouth having been allocated a significant amount of funding to develop its defence industries and services.

NHS dental services collapsed under the Tories, resulting in many people literally having no access to dental care and tooth extraction shockingly becoming the number one cause of children being admitted to hospital. This Labour government is committed to rebuilding dentistry and it is good to hear that, in the first instance, the dire situation for children will be addressed with a new, mobile NHS dental service.

This is just a start; a full dental service will take longer to be rebuilt. Fourteen years of Tory neglect and decline cannot be turned around in a year, or even one parliament, and parties offering simple solutions are not being honest with the public. A 'decade of renewal' will be required to restore our public services to the healthy state they were in in 2010.

Recently, members gathered for a lovely cream tea at the brilliant Community Kitchen in Saltash, where an affordable lunch is provided three days a week for anyone who needs it.

On Wednesday 5th November Anna's 'pop up' office made its second visit to the post office room at Lostwithiel Community Centre. Two caseworkers were in attendance all morning to speak to constituents and offer whatever help and support our MP's office is able to provide. In order to ensure privacy and focused attention, it is best to make an appointment in advance via annagelderdmp.com. These pop ups are in addition to Anna's own in-person surgeries, appointments for which must be booked in advance, via her website. The website is a brilliant source of information about all aspects of Anna's work.

Saturday 7th February – Nos Lowen (Cornish and traditional dancing to fantastic live music- fun and informal) 7.00 pm at Liskerret Centre, Liskeard. Sally Sweeney (Chair) 07984334761

Tasty Tea - Beautiful Music & Talk

A very appreciative thankyou to all who came and supported our event on Saturday 15th November.

We raised over £800 for the charity in Nepal and local organisations - amazing!

And a huge thankyou to all who came and helped and pitched in, it wouldn't have been possible without you.

We are all indeed very grateful for such a wonderful community in Lostwithiel.

A very happy Christmas to one and all.

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 13th December.

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

Tabletop Sale At Lostwithiel Scout HQ

The Old Cattle Market on 6th December from 10am.
There are stalls, homemade cakes and savouries,
tea and coffee. For scout funds.

Lostwithiel Rainbows

FOR GIRLS AGED 4-7 YEARS

Rainbow Guides are the youngest members of the Girlguiding Movement. We make new friends, and can meet with other Rainbows/Brownies and Guides on special occasions. We have lots of fun, play games, go on walks, complete challenges to earn badges and take part at some of the town events as well as lots of other activities. When we are 7 years old we can continue our Guiding journey into Brownies.

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

Cancer Research Uk Lostwithiel Branch



Our final fund raising event this year will be our annual Christmas Coffee

Morning which will be held in the Church Rooms, Church Lane Lostwithiel on Saturday 6th December between 10.30 and 12.30.

Come along and meet old and make new friends, enjoy the company of others and eat some fabulous home made food and help raise funds to prevent, cure and treat this disease.

Along with the food we will have music by Jill, our super raffle, and an assortment of Christmas gifts. No charge on the door just Donations.

Vintage China for Hire

We have a good selection of vintage china and tablecloths

Available for tea parties, birthdays, celebrations etc.

By donation to a local charity.

Contact Chris J 07837 017159 or Margaret D 01208 872905

Fowey RNLI

After a busy summer season, things have been much quieter lately as boats come out of the water at the end of the season. That hasn't stopped our crew though, who are continuing to train on Tuesdays and Sundays throughout the winter on our D class and relief Atlantic 85 lifeboats. Our brand new Atlantic 85 is currently in production at the RNLI's Inshore Lifeboat Centre (ILC), based in East Cowes on the Isle of Wight. The Atlantic 85s are built almost completely at the ILC by a team of up to 70 highly skilled boatbuilders, fitters, electricians and solutionists who build and maintain up to 80 boats each year. This includes inflatable B class and D class lifeboats, and lifeguards' inshore rescue boats. There's a dedicated laminating shop, spray booth, machine shop and welding bay, specifically for the creation of the Atlantic 85 lifeboats. The hull and deck and console mouldings for our boat will be made here, with the hull cooked in an oven and then fitted out with hull structure, decks, fuel tanks and ballast systems. Once completed our new lifeboat will be tested and trialled at sea and then delivered to Fowey lifeboat station, where a naming ceremony and blessing will take place next year.

Help save lives at sea this December by joining Rookie the Reindeer for the South West RNLI Reindeer Run. Come along for a festive family fun day at Par Track and run on an official sporting level athletics track. Whether you're a seasoned runner or looking to complete your first race, choose from the 5K race or the 2K fun run, and on both distance routes you'll be supported by RNLI volunteer marshals, helping you lap count and cheering you on. Be sure to wear your best Christmas-themed attire and running shoes for a morning filled with exercise, holiday spirit, and some mince pies to finish! There'll be a prize for the best festive fancy dress, fun activities, stalls and refreshments. Saturday December 13, registration starts at 9.30am. Full details and registration at <https://bit.ly/3KffeRT>

Keep up-to-date with all of our shouts, news, events and activities on Facebook @FoweyLifeboat and @FoweyLifeboatCommittee



Chapel Chat

"Don't be afraid!" he said. "I bring you the most joyful news ever announced, and it is for everyone! ¹¹ The Saviour—yes, the Messiah, the Lord—has been born tonight in Bethlehem
Luke 2:10-11 from The Living Bible

Sorry, NO COFFEE MORNING Wednesday Dec 31st.

THANK YOU also to everyone who kindly contributed to the Rotary Christmas boxes & Foodbank
THANK YOU from Action for Children for Lostwithiel's donation of £70
THANK YOU to those who gave to the Sunshine Bags

Our church gave £69.02 to the Methodist Relief & Development Fund

Church Activities at a glance

Dec. 7th Café Church

Dec 14th Mrs Carole Thornton

Dec 21st Café Church Carol Service

Dec 28th Covenant Service, Rev P. Benney

Sorry NO Coffee Morning on Dec. 31st

Stitches every 1st and 3rd Thursday 2-4

Music Appreciation - last Wed. of the month at 7.30

No Old Cornwall Society meeting, the next will be in January

Minister: Rev. Paul Benney 01726 844471

Lostwithiel Brownies

Lostwithiel Brownies age 7-10 yrs. Our Brownie group likes to have fun with friends. We enjoy indoor and outdoor activities, while working towards Badges.

To join our friendly Brownie Group please phone 0800 169 5901 Or visit www.girlguiding.uk/joinus

The poster for the RNLI Cornwall Reindeer Run features a red background. At the top left is the Lifeboats logo. The title 'REINDEER RUN' is in large white letters, with two cartoon reindeer running on either side. Below the title is the text 'EVERY STEP, EVERY DONATION, HELPS US SAVE EVERY ONE WE CAN'. At the bottom are three small photos: a group of runners, a person in a reindeer costume, and a person in a lifeboat. The text 'RNLI CORNWALL REINDEER RUN' is in blue. At the bottom, it says 'Saturday December 13', 'Registration starts 9.30am', and 'Par Track'.

Saturday December 13
Registration starts 9.30am
Par Track

The logo for Swallows Barn Storage features a black triangle with a white swallow bird perched on a branch. Below the logo, the text 'SWALLOWS BARN STORAGE' is in bold black letters. At the bottom, the website 'Swallowsbarnstorage.co.uk' is in bold black letters, followed by the email 'contact@swallowsbarnstorage.co.uk' and the phone number '0777 577 5462'.

Swallowsbarnstorage.co.uk
contact@swallowsbarnstorage.co.uk
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Rotary Club of Lostwithiel



End Polio Now.

The club has always been active in this project. We have learned in recent years that viruses don't respect borders and Polio is no exception. Across our District, Rotary Clubs are encouraged to help walk a cumulative total of 1240 miles- the length of the border between Afghanistan and Pakistan. These are the last two polio-endemic countries. Lostwithiel Rotary Club pledged to walk a share of these miles and set itself a second goal of raising £1240 for the End Polio Now campaign. Two of our members, Karen Ross and Kath Townsend organised a walk from Lostwithiel Community Centre to Restormel Castle and back and were accompanied by several other members. This, in tandem with an event held earlier, has raised over £1,100 so just short of our target.

Thanks to the Bill and Melinda Gates Foundation, every pound raised by Rotarians becomes £3. In addition, Lostwithiel Rotary set up a JustGiving page with the Rotary Foundation of the UK as the beneficiary. JustGiving handles the Gift Aid, so a donation of £10 grows to about £35. If you feel you can help please contact Rotarian Stephen Lay on lay@mineit.co.uk

Lost Run 7.

On Sunday 16th. November, Lostwithiel came alive with athletes. Lostwithiel Rotary Club hosted their first run- Lost Run 7. The run was started by Sam Day who represents Great Britain at Ice Swimming and who won silver and bronze awards at the 2025 World Championships. She has been asked to represent GB at the forthcoming 2026 European Championships in the ice cold lakes of Italy. The Rotary Club presented her with a cheque for £550 to help towards her costs. The runners registered at Lostwithiel Community Centre, who provided drinks, cakes and bacon baps. Huge thanks to them for their support. The athletes went to the start at Restormel Road. They were mainly from Cornwall and Devon, but we attracted one from Gloucester and one from London. What was very encouraging was that 40 from Lostwithiel took part.

At 10.30 am the hooter was blown and away they went, all 190 of them. The route took them along Restormel Road, up the hill to a circuit of Restormel Castle Car Park, then past Duchy of Cornwall Offices and up the valley to the Water Treatment Works. After a "turn around" in the field just beyond the water works, they got back to the tarmac and returned to the beginning. First across the line was James Brydon of St. Austell Running Club in a time of just over 24 minutes. First lady home was Abi McEwan from the same club. Some runners had entered a run for the first time, including the final one across the line. He normally attends events to support his wife, who is a runner, but this time he decided to give it a go. He finished in a creditable 1 hour 9 minutes, but this would have been improved had he not stopped to chat to the pink Unicorn (Lisa Prior Richards) in the Castle Car Park.

Marshals at the event were Rotarians and local volunteers. Well done to everyone who took part- organisers, runners and marshals alike. Runners paid and entry fee and a total of £2200 profit was raised for Rotary



Charity.

The Club has committed to hold the event again in 2026 so watch this space for the date. We hope that we might attract over 50 locals next time round and to increase the total entry

Santas on Bikes.

On Saturday 6th. December 2025 the Santas on Bikes run will pass through Lostwithiel on A390, at about 2pm. Every year this great group of bike enthusiasts, about 200 of them, dressed as Santas, do this trip for charity. Their charity this year is Children's Hospice South West, and their route ends at Little Harbour House,

St. Austell. Our club is very supportive of their aims and to help them raise a decent amount. members of Lostwithiel Rotary Club will be along the route through town with collecting buckets. All donations will go to the Bikers. If you can, please give generously. This is not a Rotary event, but we are pleased to help them with their fundraising efforts.

Rotary Turned £2500 Into £18,000 Supporting 500 Entrepreneurs

Lostwithiel Rotary's microfinance project celebrates 10 years of changing lives around the world.

What started as a £2,500 investment by the Rotary Club of Lostwithiel has grown into a global success story. Over the past decade, that modest fund has been continuously re-invested through microfinance loans - supporting 500 entrepreneurs in developing countries, lending £18,181 helping to create 379 new jobs and improving the lives of 1480 family members.

And it continues to work- giving people work. It is a powerful example of how Rotary's spirit of service and innovation can multiply impact many times over.

Lending With Care.

The Rotary Club of Lostwithiel is well known locally for its fundraising and community projects, but like clubs everywhere its vision extends far beyond Cornwall Through its initiatives such as End Polio Now, ShelterBox, and the Rotary Overseas Project, which delivered ambulances and fire engines to Eastern Europe, Rotary members help communities worldwide.

In 2015 Lostwithiel Rotary Club decided to find a new way to ensure that its international aid reached those who needed it most. We invested £1,000- soon increased to £2,500 - in Lendwithcare, a microfinance scheme run by CARE International. This initiative allows individuals and organisations to lend small amounts of money directly to entrepreneurs in developing countries, helping them to build sustainable livelihoods.

www.lendingwithcare.org

Microfinance- Empowering People With Dignity

Microfinance gives people the tools to work their way out of poverty with dignity. Borrowers use the funds to grow small businesses such as farms, shops, cafes, tailoring and taxi services and repay the loans over time. Once the money is repaid it can be lent again and again, multiplying its positive impact.

From Benin To The Philippines

The club's first loan in 2015 helped Delphine and her family in Benin to expand their farming business and begin building a house. Ten years later we reached our sooth loan, to Glenda of Cebu, the Philippines, who borrowed £707 (including a contribution from Lostwithiel Rotary) to buy stock for her general store. She is the main breadwinner for her family and her re-payments will soon help the next entrepreneur's dream



To date the club's loans, all from the original £2,500 repaid and loaned over and over again, have reached people in Vietnam, Ecuador, Pakistan, Thailand, Togo and beyond, supporting small enterprises. Although there are small administrative costs the real power of microfinance lies in sustainability. Every re-payment becomes a new opportunity- turning the same funds into fresh starts for hundreds of families. From a £2,500 idea to more than £18,000 in life changing loans, Lostwithiel Rotary's microfinance project shows how small actions can create ripples of hope around the world.

To learn more about Rotary in Lostwithiel contact: lay@mineit.co.uk.

Diary Dates.

Tuesday 10th. February 2026 - Fast Throw Darts

Saturday 14th March 2026 - Beer Festival

Sunday 26th July to Saturday 1st August 2026 -Carnival Week

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Lostwithiel Environment Action Forum

As the year draws to a close we have been reflecting on all that we have achieved this year as Lostwithiel's Environmental Action Forum. Our Repair Cafe is well established now, trees we have planted locally are growing nicely and we have had several great events full of conversation and community building! Another very key project this year has been our application for Designated Bathing Water Status for the River Fowey in Lostwithiel. This has been a collaborative project with between LEAF and several members of the Lostwithiel Outdoor Swimmers group. Completing the application process has been a mammoth task, but we are very pleased that we did successfully submit our application in time for the deadline of 31st October 2025.

We now have to patiently await the decision from DEFRA. Between now and February 2026, DEFRA have the opportunity to come back to us with any specific questions related to our application. Following this DEFRA will launch a public consultation at some point between February and March 2026. We will then discover if our application has been successful by 15th May 2026.

So, it is very much a waiting game! But whilst we wait, we would like to extend a huge thank you to the wonderful local community, local businesses and both Lostwithiel Town Council and Cornwall Council. Without the support of all of these people, our application would not have been possible.

The outpouring of support from local residents, regular visitors and holiday makers in the town has been so encouraging. The number of stories, memories and beautiful words that have been shared with us about the river and its importance in all of our lives has been truly lovely. We are so lucky to have this natural asset running through the middle of our town, and long may it continue to be a place where memories are made and our mental and physical health is boosted.



Not only is the river an important asset to us human residents, it's also a haven for wildlife, and protecting the health of the river for all its inhabitants is paramount to LEAF, and this has really been the driving force behind our campaign.

We received many letters of support from local businesses, organisations and clubs. Each of these recognised the wider benefits that the river and its health brings to the town. As people come to the riverside to enjoy a paddle or a swim, they inevitably enjoy the other great things our town has to offer from delicious food and drinks to unique shops and interesting historical buildings and tales. A key part of our application process was gaining the support of the landowner, in our case Lostwithiel Town Council. After some initial concerns raised by the Town Council we are pleased to say we have gained their support for this application. We also needed support from Cornwall Council. This became a pretty difficult task due to concerns held by the Council but we did eventually succeed! We received an excellent letter of support from our County Councillor Sarah Preece, as well as our MP Anna Gelderd, both stated the importance of projects such as Designated Bathing Waters.

We will of course update you all as soon as we hear any news from DEFRA.

Thank you from all of us at LEAF and Lostwithiel Outdoor Swimmers.



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Christmas!

Not even finished the harvest and The Fowey Valley elves are already busy filling the shop with Christmas specials for you to put in your stockings! So what's on our Christmas shelf this year? Our very first **Sloe Gin Liqueur** - straight, with a splash of fizz or in a hot toddy - it's a heart-warmer. Our new **Pina Colada Cream Liqueur** and our best-selling Crème Caramel cream liqueur. Our **Rum-Barrel-Finish Cornish Gold Single Malt** which we are proud to say, sold out in just three weeks after being awarded a gold medal at the very prestigious 'Taste of the West' awards. So... just in time for Christmas our limited edition Cider Brandy-barrel-finish Cornish Single Malt (only 90 numbered bottles).

Worcester has its own sauce, Yorkshire has its own sauce and now...

Cornwall has its own **Fowey Valley 'Original And Genuine' Cornish Sauce** - it goes with everything even (whisper it) a Cornish Pasty (which is strictly-speaking illegal!) And... a big batch of our Christmas Figgy Pudding Chutney awaits you, made with a splash of our Cider Brandy.



We do a wide **range of Hampers** starting at only £16 and it wouldn't be a proper Christmas without our Mulled Cider and Mulled wine.

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Sunday 21st Dec
9:30 & 10:45

VISIT SANTA IN HIS GROTTO & ENJOY SOME CHRISTMAS CRAFTS WITH HIS ELVES



£6 PER CHILD (ADULTS FREE, TEA, COFFEE AND BREAKFAST BAPS AVAILABLE TO BUY)
www.lostwithielcommunitycentre.org

	Cafe	Reading Room	Main Hall	Dance studio
Monday	U3A wine group	Book Club 1 every 2 nd Monday, 10.am Book club 2 every 3 rd 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 st wed of the month Cancer Support Group 2-3.30pm 2 nd week of the month	Writing group 2.30pm 3 rd 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 st friday in the month 11-12pm Parents support group H/E sept Post Office 12.15-3pm 1 st July	9-2pm Available Mens walking football 2-3pm Model Racing 6pm-10pm	10am-11am Adult Ballet 3.45-4.15pm Street Fusion Jnr 4.15-5pm 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

Parkinson's Support Group

1st wednesday of the month

2-3.30pm In the Cafe

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




	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 2pm-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 th July 9.30am - Step Aerobics New 10.30am - Somatics 11.30am - Somatics 12-6pm Available 6-7pm ,Available 7-8pm Qi-Gong Angie Squires	2 nd & 4 th 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)



December News

As we reach the end of the year, we've been reminded again and again of just how generous and big-hearted the people of Lostwithiel are.

By the time you're reading this, Panto Strikes Back will have taken its final bow — and what a show it was! Dozens of people gave their time, talent and creativity to bring it to life. A huge thank-you to our wonderful cast, dancers, backstage crew and volunteers. A special shout-out to James and Robin for writing and directing the production; to Kate Mooney School of Dance for the brilliant choreography; to Alan Collings for generously lending us his sound equipment; and to The Beat in Bodmin for providing their stage.

Our thanks also go to the many independent shops and businesses who donated raffle prizes so generously. Your support each year lifts the show and adds such joy for families.

And the generosity didn't stop there. We were deeply moved by everyone who contributed to the Homeless Shoebox Appeal. Several boxes of thoughtful items were donated, and they will make a real difference to someone this winter. Thank you.

Looking ahead, our next festive event is just around the corner: Breakfast with Santa on Saturday 21 December. Tickets are selling fast, so do book soon if you'd like to join us for a warm and cheerful morning.

A Moment of Reflection

It's been a time of change at the Community Centre — full of learning and plenty of teamwork. We want to extend our sincere thanks to the long-standing trustees who recently stepped down after years of dedicated service, and to welcome the new trustees who have kindly stepped forward to support the Centre in its next phase. Throughout these shifts, we've been grateful for everyone's patience and support. We're building a strong team around the Centre — from our regular Working Group to new volunteers and café staff — and it's been heartening to see so many people stepping forward. Over the winter break we'll be making improvements around the building, and if you're passing by, do pop in and say hello. We're also refreshing our systems for the year ahead, so it's easier to book space, run activities, and see what's on. We'll share updates early in the new year.

From all of us at Lostwithiel Community Centre, we wish you a warm, peaceful and very merry Christmas. We look forward to seeing you in the New Year.

Lostwithiel Bingo Fundraisers Xmas Bingo's Church Rooms.

Doors Open 6.30 Start 7.30pm

Friday November 28th.

Friday December 5th

Friday December 12th

Friday December 19th

Xmas Goodies - Raffle - Refreshments

Everybody Welcome

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St Bartholomew's News

The start of the busiest month of the year is with us again. All the hard work, shopping, baking and preparations come to a head and we can stand back and enjoy the Christmas break with the family.

Still very relevant in this modern world, we remember the hardships experienced by Mary and Joseph looking for accommodation for their first baby to be born, then the wonder and joy as Jesus came into our world. Unfortunately, this is often forgotten amongst the wrapping paper and tinsel, but we hope that sharing the celebrations with the Church Family will remind us of this most important day in the Church calendar.

On Thursday 4th, 11th and 18th our Benefice Eucharist will take place at 10.00 as usual.

After the decorating of all our trees by local schools, groups and businesses, the Christmas Tree Festival Opening Ceremony will take place on Tuesday 2nd at 6.00, with The Band. It is such a wonderful sight as all the trees are lit up at the same time.

On the run up, the Diaspora Choir will be using The Church to rehearse for their concert here on Saturday 6th at 7.00. The carols are old traditional and Cornish ones, and after we are invited to share mince pies and wine. Sounds like a good evening.

Sunday 2nd there will be a Eucharist at 11.00. Our town school will also be coming to church for their Christmas Service on Monday 8th.

Dickensian Evening will commence at 6.00 on Thursday 11th and we will be serving hot chocolate again between the performances in Church.

At 2pm on Saturday 13th the Town Band will be entertaining us with lots of Christmas songs and carols for us to join in.

Our Carol Service will be on Sunday 14th at 3.00 in the afternoon with the Town Band. Always good to hear the story of the Nativity as we sing the Carols sung by many over so many years.

We have a Morning Prayer service at 11.00 on Sunday 21st. The Christingle and Nativity will be at 5.30 on Wednesday 24th, Christmas Eve, and children, please come along with your parents, and dress up as shepherds, Kings or Angels, to help act out the Nativity Play. It is such good fun and of course you all have the oranges and sweets to nibble as we watch the story of Jesus' birth.

Midnight Mass will start at 11.30, on 24th, with Rev'd Sheila. The Christmas morning Family Service is at 11.00 on 25th. An opportunity to bring along your presents to show us and we would also like the children to bring theirs too!!!

We would like to wish you all a Peaceful, Healthy and Very Merry Christmas.

See you in Church!



Our next Open Meeting will be on Monday 5th January when the topic will be "A Brief History of TV News" charting the evolution of television news in the UK, including

the technological changes that have helped shape how we consume our daily news.

Our talks are held every other month at 2pm in the Church Rooms and we are always pleased to welcome non members to listen to the talk and find out more about our wide range of interest and activity groups.

In November we were treated to a viewing of some of the work of renowned international wildlife photographer Adrian Langdon. We saw amazing birds and wildlife from across the world, illustrated by stories of how some of the photos were taken including the erection of makeshift hides floating in rivers and degree of patience and perseverance needed to obtain the perfect shot.

Adrian is also a member of our active Nature and Bird Watching Group which has had a full season of events including boat trips along the Tamar and Lynher rivers and a day trip to the Scillies.

To find out more about the u3a and how you can join on our website at www.lostwithielu3a.org.uk.

Contacts :

David Platt 07484 124490

Membership : Stephanie Thomas 07980 871491

Lerryn Area Minibus Association

December 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 Jacquie/Jo on 01208 811175

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Thu 4th Drivers: Tom & Richard	SPECIAL TRIP Wadebridge	Lerryn Lostwithiel	09:30 - 13:30 09:45 - 13:15	£5.00 adult
Tue 9th Driver: Kevin	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Fri 12th Driver: Ed	Truro	Lerryn Lostwithiel	09:30 - 15:00 09:45 - 14:45	£6.00 adult
Tue 16th Driver: Ed	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Tue 23rd Driver: Tom	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Tue 30th Driver: Annie	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult

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

Special Trip January 2026

The Story of Emily: Thursday 22nd January 2026



Cornwall's best attraction that no-one knows about! (*Cornwall Live*)

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Sample South African heritage recipes over lunch (extra cost)

Excellent gift shop!

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Leaves Lerryn 9.30 Returns 16.00

Leaves Lostwithiel 9.45 Returns 15.45

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Special trip December 2025



Wadebridge Town Centre and Trelawney Garden Centre

Thursday 4th December 2025

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

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



Adult return fare only £5.00

Book - phone Jacquie/Jo 01208 81175

Leaves Lerryn 9:30am returns 1.30pm

Leaves Lostwithiel 9:45am returns 1.15

For full details of LAMA services please visit lerryn.net

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Start Christmas With Carols Around Town – Lostwithiel Christmas Pageant

Saturday 13th December is the date for this year's Lostwithiel Christmas Pageant – with Carols accompanied by the Town Band, a Nativity Tableau and this year a performance by Lostwithiel's Kana Choir before the Pageant sets out on its walk around Town.

Old and young are invited to gather at the Church Rooms at 3.30pm, where the tableau of costumed Nativity characters will assemble, the choir will sing, and then the procession, accompanied by the Town Band, will set off at 4.15pm.

Small Shepherds and Angels (fairy wings?) are always especially welcome to dress up and come along – with Mum or Dad of course. There is usually a baby lamb, too, carried by a grown-up Shepherd. By tradition, a new Mary and Joseph are found each year for the centre of the tableau.

The route takes in Fore Street, Quay Street Lime Kilns, Monmouth Square, the Scout Hut, Bridgend Peace Memorial, and finishes on the Mediaeval Bridge. At each stop a traditional Christmas Carol is sung, with songsheets for all to join in. At some point there is mulled wine or apple juice to warm the singers.

This Lostwithiel Christmas tradition dates back to the early 1980s, when it was devised and organised by Rachel John, the late Cornish historian and Lostwithiel resident. Costumes and characters may be slightly amended over the years, but on a winter's evening, gathered in the open air to sing the old familiar songs, it retains its magic, as well as its very informal community atmosphere.

All are warmly invited to come along and celebrate the Christmas Story in Lostwithiel.

01208 872 252 for more info or to volunteer.

Lostwithiel Advent Window Trail

Monday 1st December – Lostwithiel Museum

Tuesday 2nd December – Stick Antiques & Vintage

Wednesday 3rd December - LilyBoo

Thursday 4th December – Bellamama Deli

Friday 5th December – Cindy Ashbridge Jewellery

Saturday 6th December – North Street Beauty

Sunday 7th December – (Formerly) Watts Trading) Fore St.

Monday 8th December – Mountchase Pharmacy

Tuesday 9th December – AP Bassett Solicitors

Wednesday 10th December – Jeffery's Estate Agent

Thursday 11th December – Uzella Court

Friday 12th December – Q Street

Saturday 13th December – 26 Summer Street

Sunday 14th December – Restormel Kitchen

Monday 15th December – Molesworth & Bird, Seaweed Art

Tuesday 16th December – 7 Queen Street

Wednesday 17th December – Elaine Foster-Gandey Art

Thursday 18th December – The Mess Hall

Friday 19th December – Asquiths Restaurant

Saturday 20th December – 17 North Street

Sunday 21st December – The Community Centre

Monday 22nd December – The Royal Talbot

Tuesday 23rd December – 26 North Street

Tuesday 24th December – St. Bartholomew's Church

Social Club News

The Club Welcomes LOST IN TINSEL (SPACE) on Friday 5th December this is our Christmas Party Fund Raiser.

The Tinsel will be shining from 8;30. Tickets are £6 from Penhaligon's CASH ONLY. Or from ticket source. HURRY UP THEY ARE GOING FAST.

A great way to start your Christmas celebrations with the Amazing Lost In Space Band. Don't miss out.

Thursday 11th December the club will be part of the Dickensian Evening drop in and see what is on offer from the varied stalls.

Friday 12th December will be our amazing Folk Jam why not come and join in with us bring your instrument or why not join in some great singing. From 7:30 onwards. Non member will need to be signed in.

Saturday 13th We are joined by the much-loved LOW PROFILE. Come and dance the night away listening to songs from the 60 onwards. To good to miss.

On Saturday 20th we will be holding our Christmas Carol evening with Lostwithiel Town Band. Come and sing your favourite Carols and enjoy a complementary Buffet. We will also be drawing the winning numbers for the raffle many prizes on offer don't miss out on buying your ticket.

From the Clubs Committee and Trustees, we would like to thank everyone who has supported us throughout the year.

We Wish you All a Merry Christmas and a Happy New Year. The club will close on 20th December after the Carol Singing. And will open on Friday 2nd January 2026.



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Fowey River Lions



Since the last edition of the newsletter, the Fowey River Lions have been busy distributing grants to the successful applicants from earlier in the year. We were pleased to receive such a large number of requests and only sorry that we can't support them all. Our winners this year were: The Du Maurier society for their two-day children's literature workshops; Lostwithiel School for glockenspiels, Polkerris Scout Group for new camp kitchen equipment; Lostwithiel Scout Group for maps, fire-lighting kits and other sundry outdoor activity equipment; Squires Field for sports equipment and finally, Lostwithiel Town Band for music books/stands.

Our campaign to collect your old and unwanted spectacles for the Recycle for Sight programme – a global initiative helping people with vision problems in developing countries – was hugely successful with 10kg of unwanted eyewear being donated to this excellent cause. Thank you to everyone who took the opportunity to put old and unwanted eyewear to good use – your glasses along with donations from across the UK are now being cleaned and refurbished before being sent to 23 countries around the world. We'd also like to thank our friends at Par Track Cafe, Lostwithiel Community Centre, Tywardreath Village Shop and Boots in Fowey for allowing us the space to put our collection boxes out.

We had a very successful quiz night at Safe Harbour in Fowey during October, raising funds for local good causes. Thanks go to all who attended and the Safe Harbour team for an excellent evening.



Polkerris Scouts



Squires Field



Donated eyewear



Du Maurier Society

We are also very excited to be selected as one of The Co-op's community charities this year thanks to Caitlyn and the team at the Fowey Co-op. This excellent community programme provides funding for local charities. To make the most of this opportunity, we need your help and it won't cost you a penny – simply log on to the Co-op website and Select Fowey River Lions as your chosen charity. The more votes we get, the greater the contribution – so please take a moment and help us to help others in the area.

Finally, our thanks once again go to James and his team at Dowrick Electrical who support us each year by maintaining and installing the Christmas lights in Fowey. This year we had an early start to support the town's Christmas Market and the lights will be bringing a festive look to the town throughout the Christmas period.

If you live in the Fowey River area, we'd be delighted to have you join the Lions. We support major charities, assist local individuals and families in need, and help young people with funding for developmental projects. It's rewarding work and it's enjoyable too! We meet on the first Monday of every month at 7pm at The Ship Inn, Polmear, Par. Why not pop in for a drink and a chat with no obligation to join, we'd love to talk to you about what we do.

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



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Our dedicated team: 01726 812271
www.oceanandcountry.co.uk



Ocean & Country

USEFUL INFO & CONTACTS

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

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

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

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

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

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

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

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

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

PELYN VETS - **01208 872 254**

VOLUNTEER CORNWALL - **01872 265 305** For volunteer befrienders.

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



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