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JULY 2025

FREE

LOSTWITHIEL NEWSLETTER

KERNOWFORNO PIZZA POP UP

CAFFA MILL CAR PARK - FOWEY
EVERY TUESDAY 5:30-7:30PM

STARTING JULY 8TH

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

LOSTWITHIEL LOCAL PRODUCE MARKET – Lostwithiel Scout Hut, 4th SATURDAY of each month Saturday 26th July from 10am -1pm+ Zero Waste Mobile Shop. See Lostwithiel Farmer's Market Facebook Page or contact Helen coppergon@hotmail.co.uk

LOSTWITHIEL ANTIQUES & COLLECTABLES MARKET: First Saturday each month, Scout Hut 10am-1pm: 5th July Contact Ann 07881826 032

ANTIQUES FAIR: Sunday 6th July Main Hall Community Centre 10am

CAR BOOT SALE: Sunday 6th July Community Centre 10am

LOSTWITHIEL COMMUNITY CENTRE & GARDEN CAFE

See Facebook or www.lostwithielcommunitycentre.org.uk

for latest updates on events and activities at the Centre, or ring 01208 872 207. You'll find a full timetable of weekly groups/activities on page 5.

POST OFFICE: TUESDAY 12.30 - 2.30 & FRIDAY 12.30 - 3.00

FRIENDSHIP CAFE: THURSDAYS AT THE CENTRE 2-4pm

PRE-SCHOOL PLAYGROUP: TUESDAY 9am-12 noon

Garden Cafe open Monday – Friday until 3.30pm, Sat until 3pm – Homemade Cakes, Breakfast Baps, El Children's Menu.

COMMUNITY CENTRE CAR PARK:

Mevagissey Fresh Fish Van FRIDAYS approx 11am- 12 -also a (different) Fresh Fish Van every MONDAY am on the Parade.

SCOUT HUT (MAIN CAR PARK):

Produce Market: 4th Saturday of month (see top of page) 10am-1pm

Qui Gong 9.15-10.15am Mondays sweetzersturt@icloud.com.

Wholistic Yoga with Ariadne Fern Mondays 10.45-12.15 addy@theferns.info

NEW! Modelmaking Group – all welcome – 1st TUESDAY each month 6-8pm

Lostwithiel Young Farmers Club Monday evenings

Rainbows, Brownies etc – check national websites for info

Kana Lostwithiel Community Choir - Wednesday 7.00 - 8.30pm.

Lostwithiel Short Mat Bowls Tuesday and Sunday 7-9pm

Contact Secretary Chris on 01208-871784 for more information

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

CHURCH HALL, CHURCH LANE:

Enquiries Rev. Sheila Bowden – 01208 871344

Table Tennis: Mondays 6pm, Thursdays 1.30pm

Lostwithiel Garden Society:

Lostwithiel Old Cornwall Society:

Life Drawing 7.30-9.30pm Alternate Wed/Tue

Mid-Cwll Photographic Club: 2nd and 16th June (1st & 3rd Weds) 7 - 9pm

Lostwithiel Bingo Fundraisers: Friday Evenings 6.30 for 7.30pm

Gateway Church: 5pm Sundays

Community Cafe: Every Friday 10am-2pm All welcome, pay what you can

LOSTWITHIEL METHODIST CHURCH

Stitches Group 1st & 3rd Thursday of the month 2 - 4pm

LOSTWITHIEL SOCIAL CLUB, FORE STREET: lostwithielsc@gmail.com

Bookings & Info: b.greswell@btinternet.com, sheila.stevens@btinternet.com

01208 872 335 or via Facebook:

Lostwithiel Social Club New Meeting & Conference Rooms are available to hire

Friday & Saturday Evenings: Bar open 7pm

Free Pool Night: Every Wednesday 7pm

Bingo with Paul Sweet: Every Sunday, eyes down 7pm

Monthly: First Friday - Quiz Night, Second Friday - Folk Jam

CONTACTS

Lostwithiel Town Band: Ian Tregonning 01726 817 100 /Jane Richards 01208 871 278

Bowling Club, Restormel Road For info ring 01208 871 784

Health Visitor Under 5s Clinic: For info ring Penrice 01726 74969

Lostwithiel Badminton Club – ring Eddie Sugar 01208 871 111 for info

Boconnoc Cricket Club – Rob Trump 07902 895 752 Phil Johns 07792 656 480

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 **TUESDAY 1st JULY 2025**

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

palaceprinters@btinternet.com by 20th July 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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BRUNEL QUAYS, LOSTWITHIEL



COMMUNITY CENTRE NEWS

The newly renovated Dance Studio is almost finished and we look forward to its official opening on Saturday 26th

July. Why not come along between 4.00 - 5.30pm and see it for yourself! It will be great to see this space back in full use again and builders' vans in the car park replaced by our favourite food vans. Yes, summer is here and we have Kernowforno with their Pizza perfection on a Monday from 5.30 - 7.30pm, Kernow Street Kitchen offering their famous Mexican menu on a Friday from 5.00 - 8.00pm and finally, The Gourmet Guys will be here on Saturdays between 5.00 - 9.00pm with their stunning burgers.

As we edge into Summer we look forward to working with St Austell College students who will, once again, be helping us improve our outside facilities. We are also looking forward to working with Duchy College students who will be looking at how best to improve the garden area itself. I know that many of you will be busy taming your own garden, but if you did have some time to help us with ours we would be very grateful. I am about to take up one of our taster sessions in the highly popular Pickleball. Look out for more information on when these begin for an easy and fun way to get that all important exercise.

Are you aware that we offer a large selection of secondhand books? Why not come along and browse. Once you have read your book just return it and pick up your next read. If your bookshelf at home is starting to groan we would love to have any books you no longer want, just drop them into the centre and give them a whole new lease of life.

Finally, I'd like to thank everyone who helped us raise the funding to repair our main hall floor, what a community!

Don't forget you can get in touch with any comments, ideas or suggestions at LostCCTrustees@gmail.com. or just pop in and speak to me.

Kirsty

Parkinson's Support Group

1st wednesday of the month

2-3.30pm In the Cafe

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

	Cafe	Reading Room	Main Hall	Studio 2
Monday	U3A wine group	Book Club 1 every 2nd Monday. 10.am Book club 2 every 3rd Monday in the month 10am	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		Ruggers & Hookers Crafters 10-12pm 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 1st wed of the month Cancer Support Group 2-3.30pm 2nd week of the month	Writing group 2.30pm 3rd 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-3.30	9-11.30am Available 12-1pm Available 1-2pm Strickly 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	Crafty Chatters 2-3.30 pm	Poetry group 10.30-12pm 1st friday in the month Post Office 12.15-3pm 1st July	9-2pm Available Mens walking football 2-3pm Model Racing 6pm-10pm	10am-11am Adult Ballet 3.45-4.15pm Street Fusion Jnr 4.15-5.3pm 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	Baby Massage New 11-12noon stopped James (Panto) 6.30-8.30pm
Tuesday	Verity ..1-1 tutoring	10am to 11.am - Somatics 11.15 to 12.15am Somatics 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 2.30pm-4pm every two weeks from september
Wednesday	9.30-11.30am 1-1 tutoring with Verity	9.15am-10.15am Vinyasa Flow class from 9th July 9.30am - Step Aerobics New 10.30am - Somatics 11.30am - Somatics 12-6pm Available 6-7pm , 7-8pm Qi-Gong Angie Squires	Toddler Yoga 1st + 3rd month 10.30-11.30am 2nd & 4th in the month U3A Art workshop 2-4pm James (Panto) 6.30-8.30pm
Thursday	11.30am-1.30pm 1-1 tutoring with Verity 6.30pm Grief support stopped	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	Bilingua Sing Paige 10-11.15am German 12.45pm-1.30pm Baby sing 6pm woodturners (once a month)
Friday	1-1 Tutoring 10-11am	9.am -10.00am Somatics 10.15am-11.15am Intelligent Yoga 11.30am -12.30pm Intelligent Yoga 2pm-3.30pm Vocal Zone 6.30pm-7.30pm winter wellness from sept	Home ED Little Seeds 1-3pm last Friday of the month stopped
Saturday		10-12pm Yoga for trauma from September	Woodturners 10am (once a month)
Sunday		Choir - 3pm-4.30pm Emma Rodeohead	

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A talk by Keith Wallis, host of *The Piskie Trap* podcast



Saturday 12th July at Lostwithiel Community Centre

Talk starts at 2pm, Tickets £5 on the door



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

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Brydai, The Uplands, Lostwithiel



. TRIBUTE: It is with great sadness that we record the death of Judy Stevens, who for many years volunteered at the museum as a Steward — promoting Lostwithiel's heritage and helping visitors get to know the special town that she & her late-husband, Douglas, enjoyed being an active part of. We send our sincere condolences to Judy's family and friends.

. VOLUNTEERS: Although the season is well underway it's never too late to join our team of museum volunteers. We welcome this opportunity to say thank you to our volunteers for their interest and support — for without their help and enthusiasm the museum would not be the special asset to the town that it clearly is. If you'd like to know more about volunteering at Lostwithiel Museum please contact Christine Walton on 01208 871456.

. PLANT TROUGH: A very special thank you to Julia Parfitt for looking after the plant trough outside the museum. Appearances matter — and visitors do notice and comment on the attractive displays maintained by Julia.

. ASSET TO THE TOWN: Visitors to the museum frequently tell us how very fortunate we are to have such an asset in the middle of town. Our volunteers not only 'flag up' the obvious heritage connections but also act as an essential information source for visitors by helping them to discover the many other ways they can enjoy their visit to Lostwithiel — which we hope will also be of benefit to other local enterprises.

. RECENT VISITORS: We were delighted to welcome members of the Pleyber Christ Twinning Association from Brittany. Thank you to Anne Fenwick for greeting our Breton friends on what must have been the busiest Saturday we've ever had in the museum ie 74 adults and 20 children. An even busier day this season was Lostfest when we recorded in excess of 200 visitors.

. HELPING ON SATURDAYS: We are looking for one — or two people — to help 'meet and greet' visitors to the museum on Saturdays. If you have 2 hours to spare on a Saturday morning or afternoon please contact Christine Walton on 01208 871456 for more information.

. EDITOR OF MUSEUM MATTERS MAGAZINE: We have a vacancy for either one or two people to take over the editing of our in-house magazine which is published twice yearly (Spring and Autumn). With support from an editorial team the role can easily be split between two people. Those of you who are Friends of Lostwithiel Museum Association will be familiar with the Museum Matters magazine which is a much appreciated resource and a key feature of our membership scheme. For more information please contact Christine Walton on 01208 871456.

. DONATION: A very big thank you to the Lostwithiel Bingo Fund-raisers who kindly donated the money they'd raised to the museum. As a registered charity (number 1029141) run entirely by volunteers, the museum is reliant on donations as one of its key sources of income. All financial donations are used to contribute to the overall improvement of the museum for the benefit of the local community. We are in the process of considering a number of options and we look forward to sharing our decision with you.

. TOWN HERITAGE WALKS: This is a perfect time of year to get together with friends and family to take advantage of a guided walk and discover the 'hidden gems' that are an essential feature of this fascinating town. One of our experienced guides will meet you on a Wednesday at 11.00 am outside the Community Centre for a 90 minute (approx) walking tour.

Thank you for your interest and support. Christine Walton (Chair)
Please follow us on: Instagram(@lostwithiel_museum)and on Twitter(@lostmus)Facebook or via our website www.lostwithielmuseum.org and Twitter at <https://.com/lostmus>

Social Club News

The committee would like to say a Big Thankyou to everyone who attend the Open Day.

It was a very successful day where the club was open for one and all to come in and see the improvements that have taken place. There was also a photographic timeline showing how bad in parts the building was before the builders moved in and started to demolish, repair and replace.

Having looked backed over the photos it was hard to believe the bad state of repair this amazing building was in. Everyone was shocked when they saw the state of the toilets and the rooms upstairs.

Thankfully now the club in parts is in a much better state of repair. However, there is still more work to be completed. So, we continue with our fundraising and grant applications. Fingers crossed.

All the old ledgers and record books were on display some dating back to the early eighteen hundreds, with many local family names.

The club was able to offer a complementary buffet which was supplied by Emma from Bella Mama. Enjoyed by everyone.

As a result of the open day, we were delighted to welcome some new members anyone who would like to become a member please feel free to come and have a chat and drink and see what is on offer.

Our free pool nights are enjoyed and well supported the Juke box is proven to be a great success along with Sunday night Bingo.

On July 30th Carnival week the social club are delighted in sponsoring our Town Band and Loveny Male voice Choir, the concert will be in St Barts church from 7:30 pm then all in the club after wards for a drink and to continue the singing. (A temporary Events notice will be applied for to ensure the club is in line with the licensing law).

Many thanks for all your support The Committee and Trustees.

Lostwithiel Rainbows

FOR GIRLS AGED 4-7 YEARS

We have been enjoying the nice weather recently and have completed some activities around Lostwithiel.

Over the past few weeks we have welcomed some new Rainbows, they have made new friends, had lots of fun and made their promise in front of Family and Friends.

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



Lost In Film

Visit www.lostinfilm.org.uk, watch trailers & buy tickets for all films. Films are shown in the Church Rooms, Lostwithiel. BYO drinks.

We'll be taking a break in July and August and returning in September. Have a great summer!

Tabletop Sale At Lostwithiel Scout HQ

The Old Cattle Market on 27th July from 10am.
There are stalls, homemade cakes and savouries, tea and coffee.

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

Fowey RNLI

At 12:17pm on Tuesday 20 May, Fowey lifeboat station received a request from Falmouth



Coastguard to provide medical support. This followed reports of a casualty suffering from a suspected heart attack onboard a vessel alongside Berrills Yard pontoon, opposite the lifeboat station. A page for crew to assemble was put out and volunteer lifeboat crew made their way to the station. The crew provided medical assistance for the casualty, whilst awaiting the arrival of an ambulance.

At 1:30pm on Sunday 25 May Falmouth Coastguard requested Fowey lifeboat crew to launch their inshore D class lifeboat to help a father and child on a paddle board who were being blown offshore from Pentewan Beach. The crew quickly started to assemble at the lifeboat house, but were stood down at 1:34pm after the people were reported to have made it safely back to shore.

On Wednesday 28 May at 5:45pm Falmouth Coastguard requested the launch of Fowey's inshore lifeboat to investigate reports of people cut off by the rising tide near Pentewan Beach. Mevagissey coastguard rescue team was onsite but could not see the casualties from the cliff top. Fowey's volunteer lifeboat crew launched on service and proceeded towards Pentewan Beach. After further local investigation by the coastguard team it was determined that this was a false alarm. The lifeboat crew were half way across St. Austell Bay on their way to Pentewan Beach when they were stood down. The lifeboat returned to Fowey and was refuelled and ready for service again at 6:50.

Fowey crew were involved in a 10 ½ hour shout on Friday June 13, after the duty Launch Authority received a request from Falmouth Coastguard. They were asked to find and assess the situation of a sailing vessel reported to be aground at Chapel Point, Mevagissey. Fowey's lifeboat was launched at 8:40pm. On arrival at the scene two crew members took the XP boat out to the casualty vessel which they then boarded. No one was found onboard. The lifeboat then proceeded to carry out a series of search patterns between Chapel Point, the Dodman and the Lizard, reaching up to 25' from Fowey. The searches were carried out together with a Coastguard Helicopter, aeroplane and lifeboats from Falmouth Lifeboat, The Lizard and RNLI Looe Lifeboat Station, all under the coordination of Falmouth Coastguard. Fowey lifeboat was stood down at 4:50am and returned to the station. Crew mate Boris arrived at the boathouse at 6:30am with fresh bacon baps ready for the crew.

On Saturday June 14 Fowey volunteer lifeboat crew received a request from Falmouth Coastguard to launch to a dismasted yacht east of the Dodman, with four people onboard. A Pan Pan had been issued with no response. Fowey crew launched the lifeboat to investigate and assist as necessary. On locating the yacht, they established that the mast and rigging had been cut free, and that the yacht was able to continue its journey. The lifeboat escorted the yacht back to Fowey and safely onto a mooring.

In the early hours of Tuesday June 17, Fowey lifeboat crew were paged to assist in the search for a missing local man, along with the coastguard helicopter, police and local coastguard teams.

Our relief Atlantic 85 lifeboat, named 'James Dugdale', arrived in Fowey on Thursday 5 June. Our Trent lifeboat will be leaving Fowey on Friday 1 August. Having served our community well for nearly 30 years, she will be going back to RNLI headquarters in Poole for maintenance and reassignment. For the week before the Trent goes, she will be open every morning for final farewell tours. This will be your last chance to look around her and to take final photos of her last days in Fowey. Our shop will have Trent and Atlantic 85 merchandise on sale all week.

The Trent farewell ceremony will be at Berrills Yard and the lifeboat pontoon on Friday August 1. She will be open to the public from 11am – 1pm. At 2pm our coxswain, Jonathan Pritchard will make a short speech, before taking the helm of the Trent to steer her out of Fowey Harbour for the last time.

Fowey Harbour Commissioners have kindly agreed to run a sail past starting at 2.30pm to commemorate her farewell. A spectacular flotilla of harbour boats, working and trip boats, 3 ex-lifeboats, safety boats, gigs and private vessels will accompany her from her pontoon and out of the harbour. We invite anyone with a boat to come along and join the leaving procession. There will be live music and refreshments during the day.

Saturday August 2 is Lifeboat Day. We will officially welcome our Atlantic 85 lifeboat to Fowey. We hope to have a demonstration of the Atlantic in the harbour opposite her pontoon. There will be live music and refreshments from 11am and the day will end with our annual Grand Prize Draw at 3pm.

Full list of Lifeboat Week events:

Lifeboat Tours - The Trent will be open every day for final farewell tours. Times to be confirmed.

RYFC - fundraiser - Thursday July 31 at 7pm

Goodbye Trent Lifeboat - Friday August 1st

Lifeboat Day - Saturday August 2

Gallants RNLI fundraising concert - Sunday 3rd August 2pm
Featuring the Garker Street band.

Event details may change. Please check our Facebook page for up-to-date details of all Lifeboat Week events at facebook.com/FoweyLifeboat/

Our Trent lifeboat tours will run until July 18 on Wednesdays and Saturdays, with the final tours taking place from Monday July 28 until Friday August 1. Grab your chance to have a good look round her and take your final photos before she leaves. No booking is needed, just turn up on the day. Tours from 10.30am – 3pm, weather and operational issues permitting.

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

LIFEBOAT WEEK

Goodbye Trent FRIDAY AUGUST 1st



11am – 1pm Lifeboat tours

Music & refreshments

2pm Goodbye Ceremony

2.30pm Trent leaves
lifeboat pontoon with sail
past flotilla

Hello Atlantic SATURDAY AUGUST 2nd



11am - 3pm Berrills Yard

Atlantic 85 lifeboat displays

Music & refreshments
3pm Grand Prize Draw

- Farewell Lifeboat Tours every day
- Safe Harbour Quiz - Tues July 29 at 8pm
- RYFC - fundraiser - Thurs July 31 at 7pm
- Goodbye Trent Lifeboat - Fri Aug 1
- Lifeboat Day Hello Atlantic - Sat Aug 2
- Garker Street band at Gallants – Sun Aug 3 at 2pm

Event details may change, check
Facebook for updates
facebook.com/FoweyLifeboat



Lifeboats

St Bartholomew's News

Last month, we Churchwardens gathered together in various churches around Cornwall, to attend services where we declared our intention to serve our churches for the next year. This service has been enacted for hundreds of years and we have to attend to legalise our roll. There are many aspects of the church life that have been recognised and practised for a long time and sometimes we do wonder what the origins of these were but here we commit ourselves to serve and represent our Bishops, clergy and most importantly our parishioners – yourselves.

Our first Sunday service on the 6th, at 11.00, will be the usual Family Eucharist with Rev Sheila having us help her as she uses various props in her address. The jigsaws did have us scratching our heads last month AND they were junior ones!!

We will be holding our Summer Fete in the churchyard on Saturday 12th so keep your fingers crossed that the weather is kind. We will have the usual stalls for bric-a-brac, cakes, toys etc and of course the renowned bacon butties with teas and coffees. The Day will start at 11.00 until about 2.00-ish. Please come along and support your Church. On Sunday 13th our Eucharist is at 10.00 and I think most people are now getting used to the earlier time. It enables Rev'd Sheila to conduct a Communion service with us in St Bart's, before dashing off to Bradoc for their service. We don't seem to be confusing too many people now and we are coming along that hour earlier.

The Churchwardens will be taking the Morning Prayer service at 11.00 on Sunday 20th. Then on Sunday 27th, we have a Eucharist service with Rev'd Sheila at 11.00.

The date we have all been waiting for arrives on 28th as the FOSB shop opens its doors in preparation for the Annual Charity Sale. There will be notices circulating about when you can bring your donations to the Church Rooms so keep your eyes peeled for these notices about when and what you can bring. While we strive to keep the church welcoming and tidy for us all, including visitors who sign our visitor's book leaving appreciative comments, (some from all corners of The World), this does take time.

We would love to hear from anyone who has the spare time and the inclination to join us in keeping St. Bart's looking good - we'd be delighted to meet you! Do seek out one of our Wardens to see what needs to be done. Last month we celebrated National Volunteers Day but at St. Bart's we appreciate everything our volunteers do every day, and can never thank them enough.

Lostwithiel & District Floral Art Club

Our next meeting is on Wednesday 23 July at Lanhydrock Hall starting at 2.30 p.m. Pat Whitehouse is our demonstrator and her title is 'What in the World'. We look forward to welcoming you to our friendly club.

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 19th July

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

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

Chapel Chat

With all your heart you must trust the Lord and not your own judgment. Always let him lead you, and he will clear the road for you to follow.

Proverbs 3:5-6 from the Contemporary English Bible

A BIG thank you to Helen

for taking the shoes and socks to Harbour Housing for us.

They were very grateful

July 24th 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

July 6th Café Church

July 13th Rev Paul Benny, The way Forward

July 20th At Indian Queens Pit, Songs of Praise

July 24th Coffee Morning

July 27th Café Church

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

Music Appreciation Group – every 4th Wednesday at 7.30

Minister: Rev. Paul Benney 01726 844471

u3a Lostwithiel
learn, laugh, live

OPEN MEETINGS

At our Open Meeting on 12th May in the Church Rooms our key speaker was Stephen Lay who inspired

us with a talk about fundraising for the Children's Hospice South West, a cause close to the heart of his late wife, in whose honour he set up the Carol Lay Memorial Fund to support the siblings of life-limited children. After a health scare in 2020, Stephen embarked on a charity walk around the whole of Cornwall including each of the estuaries and then followed the Tamar from Cremyll back to Marsland Beach on the North Coast completing a 1000 mile trek in total. As if that wasn't enough, he then ran the London Marathon to raise the total funds from his adventures to £46,000. We remain in awe of his dynamism and energy.

In our regular Community Slot, Karen Gledhill from South East Cornwall Arts told us about their aim to improve access to the arts, and music in particular, to all and the SECA website which gives regular updates of events. Our own member Richard Bower then took the opportunity to tell us about the initiative of the Lostwithiel Environmental Action Forum (LEAF) who have set up a collection point in Lostwithiel Community Centre for spent blister packs which are recycled into pellets as building material.

Our next Open Meeting on Monday 7th July at 2pm also promises to be extremely interesting when Vivien Foster OBE, co-founder and former president of the Merchant Navy Association, will tell us about the Merchant Navy and its role during World War II.

Our Open Meetings are a great opportunity for anyone wanting to find out more about Lostwithiel Area u3a to come along – you would be most welcome! We will also have a stall at the Lostwithiel Charity Fete day on Sunday 27th July. With over twenty active groups 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! Our groups have now started their adventures for 2025 and have dates in the diary for visits, walks and lots of other events.

You can find out more about all the groups and our exciting programme of regular Open Meetings - plus how you can join - on our website at www.lostwithielu3a.org.uk.

Contacts :

Chair : David Platt 07484 124490

Membership : Stephanie Thomas 07980 871491



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Fowey River Lions



Many of you will know Malcolm Trethowan who has been a Lion for 50 years, 25 of those with Fowey River Lions, the previous 25 years with Looe Lions. He has been a conscientious member of the club, always willing to help and give his esteemed wisdom.

The June meeting was his last as a Lions member, as Malcolm has decided to retire. He will be greatly missed in Fowey River Lions Club but we look forward to catching up with him and his wife Ann from time to time.

Grants

Our application for grants has now closed but we are pleased to say that we have had many applications for a variety of causes. A small team of Lions will be evaluating those applications and the winning bidders will be notified in September.

Boat Trip to Lostwithiel from Fowey

Several members and friends took a wonderful leisurely boat trip in B'feer, ably navigated by John Barker, from Fowey to Lostwithiel for our summer outing. It was a lovely evening, despite the heavy shower just as we set off. It was a chance to chat with colleagues and friends or just to sit back and admire the scenery. A great opportunity to take time out for a break from all our busy schedules.

Ukraine

Thank you to all of you who continue to regularly to donate to the Ukraine appeal. We sent a very full car load off in early June. Items most needed are:

Nappies / Over the counter medication / Baby food / Suncream / Baby formula / First aid kits / Female personal care / Sleeping bags (new) / Thermal blankets / All personal care / Dried food products / 0 -12 months (clean or new).

Our continued thanks for your support.

Join Fowey River Lions – If you would like to see what we do why not come along to one of our regular meetings. There is no obligation, but we would love to meet you. We meet the first Monday of the month 7pm for 7.30pm at The Ship Inn, Polmear, Par. We do not have a meeting in August so come and meet us again in September.

We started in 1977 with a large group of likeminded people helping their local community and helping to raise funds for local, national and international causes. Over the years we have donated to major charities such as Cancer Care, Motor Neurone Disease, RNLI, local charities such as Children's Hospice SW and helped local people in need as well as encouraging and supporting young people in their development with smaller grants. It is not all hard work; in fact, it can be great fun and gives a great feeling of satisfaction. We hold monthly business meetings and have a monthly social event. We welcome anyone in the area to come and meet us and see what we do. We would love to meet you.

President: Lion Steve Jones Treasurer: Lion Ruth Rouse
Secretary: Lion Lynn Gould

email: foweyriverlions@gmail.com

Tel: 0345 833 7484

Mayor's Column

By the time you read this report several things would have happened:

1. A new road surface along Fore Street, Church Lane, and the Parade. Hopefully traffic will not speed down these roads just because we have a pot-hole free surface, if this happens then Cormac will probably have to come back and install speed humps to check the speed, definitely need the humps before Carnival and the pram race !!!!!!!
2. A very successful Gin Festival held on the Parade, congratulations to all those involved
3. The return of the Neighbourhood Priority Statement Questionnaire, many thanks to all those that took the time and trouble to complete and return. This is oneway to gauge the feeling of the town to any future development, not just housing. Once the returned questionnaires have been analysed the results will be published
4. I will have held my first Mayor's surgery in the Mayor's Parlour, this will be repeated on the last Monday of each month, time 6-7.30 pm.
5. Lostwithiel Carnival begins on Sunday 27th July through to Saturday 2nd August, another great week in Lostwithiel with something for everyone to participate in or just enjoy watching other people. Details can be found on the Lostwithiel Carnival face book page.

Please remember if you have anything relevant to Council business or the town contact the Council office or me as Mayor or come to my surgery

John Berryman, Mayor



**For Advertising
call 01208 873187**

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

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FOWEY VALLEY
CIDERY & DISTILLERY

Shop, tours, tastings & experiences

Celebrating Achievements and Announcing New Releases.

This month we went to the Duchy for the Muddy Stiletto awards to pick up our gong for Best Food and Drink Producer in Cornwall. This recognition is a testament to the dedication, passion, and craftsmanship that goes into every product we create. Our commitment to excellence and our drive to highlight the best of Cornish heritage have been at the heart of our journey, and this honour inspires us to continue delivering exceptional quality. Thank you again to everyone that voted for us

Adding to the excitement, we are delighted to unveil our latest creation: a charming 100ml bottle of our Cream Caramel liqueur. This lovely addition is perfect for those who want to enjoy a taste of Fowey Valley in a convenient, smaller-sized package. With its rich, indulgent flavour, the Cream Caramel liqueur is sure to delight connoisseurs and newcomers alike.

But that's not all! Mark your calendars for 1st August, as we prepare to launch a groundbreaking product: our first Whisky finished in our own rum barrels. This unique offering combines the depth and complexity of Whisky made with Cornish barley with the subtle, tropical notes imparted by our rum barrels, creating a truly exceptional experience for spirit enthusiasts.

Thank you for being part of our journey—it's your support that drives us forward. We can't wait for you to savour these new products and join us in celebrating our latest accomplishments!



VISIT US

Unit 11, Restormel Est.
Lostwithiel. PL22 OHG

ONLINE

foweyvalley.co.uk

KID'S COLUMN



Lostwithiel Garden Society & PTA

Lostwithiel Produce Show

Saturday 6th 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

Catholic Churches Information

St Augustine's , Woodland Road, St Austell:-
Saturday Vigil 6pm Sunday 8.30 & 10.30
01726 73838 Priest: Fr Michael Brandon
St Mary & St Petroc, Bodmin , St. Mary's Road, Bodmin
Sunday 10.30
01208 72833 Priest: Fr Placidus Ezech
Lostwithiel : 01208 871517 Priest: Fr Robbie Low
Mass dates at St Bartholomew's - Sept 13th & Nov 22nd.



The Benefice of the Lostwithiel Parishes Services for July 2025

Sunday, 6 [Trinity 3]

Boconnoc	Holy Communion (BCP)	9:30am
Bradoc	Choral Evensong	6:00pm
St Bartholomew	Family Eucharist	11:00am
St Brevita, Lanlivery	Morning Prayer	9:30am
St Veep	Feast Day service & supper	6:30pm
St Winnow	Parish Eucharist	11:00am

Sunday, 13 [Trinity 4]

Boconnoc	To the benefice	
Bradoc	Eucharist	11:15am
St Bartholomew	Eucharist	10:00am
St Brevita, Lanlivery	Morning Prayer	9:30am
St Veep	To the Benefice	
St Winnow	To Bradoc	

Sunday, 20 [Trinity 5]

Boconnoc	Matins (BCP)	11:00am
Bradoc	Choral Evensong	6:00pm
St Bartholomew	Morning Prayer	11:00am
St Brevita, Lanlivery	Morning Prayer	9:30am
St Veep	To the benefice	
St Winnow	Family service with Eucharist	11:00am

Sunday, 27 [Trinity 6]

Boconnoc	To the benefice	
Bradoc	Morning Prayer	11:15am
St Bartholomew	Eucharist	11:00am
St Brevita, Lanlivery	Eucharist	9:30am
St Veep	Eucharist	11:00am
St Winnow	To St Nectan or Bradoc	
St Nectan	Evensong (BCP)	6:30pm

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 churches 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 Monday-Wednesday morning)
St Bartholomew's Church

Second Monday Book Group

10am every 2nd Monday

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

We meet in the Community Centre reading room.



LOSTWITHIEL CARNIVAL WEEK 27TH JULY – 2ND AUGUST

SUNDAY

27TH JULY

CHARITY FAIR SUNDAY FUNDAY

SPONSORED BY RESTORMEL INSURANCE SERVICES

1:30PM – 5:30PM

TO INCLUDE: CORNISH WRESTLING COMPETITIONS

SPONSORED BY PARC SIGNS

- BBQ, BAR
- TEA TENT (SPONSORED BY TREWITHEEN DAIRY)
- CHARITY STALLS
- COMMANDO COURSE
- CHILDRENS ACTIVITIES
- TUG O WAR
- SHEAF PITCHING
- MUSIC – DJ

MONDAY

28TH JULY

CRICKET TOURNAMENT

SPONSORED BY KERNOWFORNO

6PM – 9PM

- BBQ & BAR

MANY THANKS TO
BOCONNOC CRICKET CLUB
FOR ORGANISING THE EVENING

TUESDAY

29TH JULY

PRAM RACE

SPONSORED BY THE COUNTRY FRYER AND THE KINGS ARMS

6PM – 8PM

WEDNESDAY

30TH JULY

ROUNDERS TOURNAMENT

SPONSORED BY THE ROYAL OAK

5:30PM – 9PM

CHOIR & BAND CONCERT

SPONSORED BY THE SOCIAL CLUB

7.30PM

- BBQ & BAR
- PRIZE GIVING AT THE ROYAL OAK

CHOIR CONCERT IN LOSTWITHIEL CHURCH
LOSTWITHIEL TOWN BAND &
LOVENY MALE VOICE CHOIR

- CONCERT STARTS 7.30PM
- SING ALONG AFTERWARDS

THURSDAY

31ST JULY

STREET PARTY & DUCK RACE

5PM – 11PM

SPONSORED BY THE GLOBE INN

- CHILDRENS ENTERTAINMENT
- BAR, FOOD (INC HOG ROAST)
- RAFT RACE 7.30PM
- THE CORNISH DJ
- LIVE MUSIC FROM BLACK HEARTS (BAND)

FRIDAY

01ST AUG

FOOTBALL TOURNAMENT

4PM – 9PM

SPONSORS: RESTORMEL KITCHEN

JUNIOR SPONSOR: LANTIC SURVEYORS

- BBQ & BAR
- 4-6PM JUNIOR FOOTBALL
- 6-9PM SENIOR FOOTBALL

MANY THANKS TO
KIXX CORNWALL, LOSTWITHIEL YOUTH
& SENIOR
FOOTBALL CLUBS FOR ORGANISING

SATURDAY

02ND AUG

CARNIVAL

5PM – 8PM

SPONSORS: THE EARL OF CHATHAM

- FROM 5PM ON KING GEORGE V
- JUDGING FROM 5.30PM
- PROCESSION 6PM
- PRIZE GIVING AT THE CHATHAM

KEEPING LOSTWITHIEL TIDY: DAVE PEAT WASTE LTD



Carnival Planning is well underway with teams busy planning out each day.

This year we have placed Carnival Week in the first week all school children will have broken up for the summer. Unfortunately this has not lent itself practically for the tides, as such the Raft Race will be a separate event in early September.

We are bringing back again and building on the Sunday Funday from last year! There will be the tea/food tent, bar, children's activities, DJ, games, Charity Stalls, bouncy castles and the commando course.

The Duck Race will be on the Thursday evening alongside street party night. For the street party this year we have a new children's entertainer, please do come and enjoy the music and entertainment out under the trees on the parade.

Duck tickets will be available soon, follow the Carnival Facebook or Instagram for updates on when these are available and where you can get them from.

The team are working hard at trying to introduce new ideas for different days. For the pram race this year we will be reintroducing some tasks to complete for the competitors alongside the usual running and drinking! Hoping that this will add another fun element to the race and will also make the races slightly longer. Carnival Week is something we love to put on for the town and we would not be able to if it wasn't for all your support, the support of many local businesses who advertise within the programme and our fantastic sponsors: The Earl of Chatham, Restormel Insurance Services, The Globe Inn, Kernowforno, The Kings Arms, Lantic Surveyors, The Royal Oak, Parc Signs, Trewithen Dairy, The Country Fryer, The Social Club & Restormel Kitchen.

We work with many organisations to make the week happen too and so a big thank you to those volunteers who help make the week what it is, whether it be Boconnoc Cricket Club, Lostwithiel Young Farmers, Kixx, Lostwithiel Football Club, Lostwithiel Youth Football Club and the Lostwithiel Fire Station team.

Carnival Week is a true collaboration from across the town and it is a wonderful event to be part of. If you would still like to join us to support maybe as a marshall for the Pram Race or Carnival? Maybe you like to work behind a bar? We need your support. Please either email lostwithielcarnival@gmail.com or go to the Lostwithiel Carnival Facebook Page and WhatsApp.

We are looking forward to putting on another fun filled week this year and look forward to seeing as many of you there enjoying yourselves.

Claire Worden
Carnival Chair 2025

The Twinning Tree – Vive Le Jumelage.

At the end of May members of Lostwithiel Twinning Group welcomed 52 members of Pleyber Christ Twinning to Lostwithiel – children, parents and grandparents.

All the visitors were hosted by Lostwithiel members, many renewing friendships established over the years of twinning; for others it was a new experience.

The first day of their visit all twinners enjoyed a boat trip on Falmouth Harbour and up Carrick roads, a party in the evening in the Community Centre and a 'Silent Disco', a great success. It was gratifying that some Lostwithiel citizens took up the invitation to attend this social event.



The following morning, before visiting some of our important civic buildings and Fowey Valley Cider in groups, an oak tree given by the French was planted near the entrance gate to KGV, very near the bottom of Pleyber Christ Way. We can all watch it grow as the ties between our two towns continue to flourish.

Why not join us?

Contact the Secretary at: secretary@Lostwithieltwinning.co.uk

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



LostFest volunteers enjoyed a wonderful evening together to celebrate the success of this year's LostFest; the best ever. We were plied with a selection of complimentary pizzas from Kernoferno and wonderful selection of homemade desserts made by one of our volunteers.

We are now thinking about whether we can have another festival in 2026. We depend on a dedicated team to do the organisation.

We are looking for volunteers to fill a variety of vital roles. You don't need any experience in running festivals; we can provide full support.

Coordinator

Helen, our former coordinator, ably guided us in 2024 and 2025. Because she has accepted a full-time post in Ukraine, we are looking for someone with organisational skills to take on this task.

Acknowledgement.

As usual Lostfest was a triumph! What a lot of people didn't know was that the preceding week was 'Mental Health Awareness Week'. This was brought to our attention by Red Peters, who was commissioned to produce a sculpture of the word 'Lostwithiel' to be created by various local groups or clubs.

Red spent endless hours organising, mentoring and overseeing the development of each letter – involving 32 coats of primer and 34 layers of weatherproofing varnish upon completion.

Also involved were 44 participants from 10 community groups and 5 volunteers to erect it; and a special mention must go to Red's husband, James, who was a great support.

The end result can be seen displayed on the far (riverside) wall of The Parade.

Art Exhibition

Also involved in Mental Health Week were 8 participants of 'Cornwall Mind Matters Newquay Art Group' who Red Peters works with.

They showcased some of their work in the Church and their feedback was very appreciative and affectionate. Several comments included: "We are so fortunate to work with Red, the NA group resounded with joy after our sessions!"

"Red is full of enthusiasm whilst respecting our idiosyncrasies."

"Thanks to Red it's exciting to have our artwork exhibited in Lostwithiel Church."

"Red's tireless dedication, artistic guidance and genuine belief in our potential helped bring out depths we hadn't known we possessed! Her generosity of spirit and commitment to 14 • **Lostwithiel**news July 2025

The coordinator ensures festival runs correctly, including writing the meeting notes, plus coordinating the delivery of items and ensuring the team members work effectively together. The role includes obtaining all the necessary licenses and permits.

Helen has offered to mentor anyone who takes on this role.

Performer organiser.

We need someone to organise all the performances that make LostFest so special. This would involve booking the performers, organising the timetable of performances, communicating with the performers and organising them on the day.

Stallholder organiser.

This involves booking in the stallholders, getting payment from them, checking on their insurance and other credentials and finally working out where each of them is sited on the day.

Funding organiser

Work with grant providers &/or businesses (sponsorship, advertising etc) to fund LostFest. Develop new funding streams to enable festival to thrive.

Raffle Organiser

Someone should be responsible for delivering the raffle end-to-end, if it is decided that LostFest continues this income stream. Volunteers will need to be organised to sell tickets in advance of the festival day.

Health and Safety organiser.

A lot of the documentation is ready but requirements change and the documentation needs to be more comprehensive. The H&S organiser will need to tender for security & first aid cover.

Treasurer.

Managing the bank account, budget, income and payments.

Catering organiser

The daytime performers receive a meal as part of our thanks for their free performances. The organiser needs to decide how to provide and deliver their meal within a limited budget.

Previous caterers can advise as to how it has worked in past.

If you would like to be part of the team that makes it happen? Please email David; david.guiterman@btinternet.com.

community based art is extraordinary."

Many thanks to Red for her valuable contribution to the community of Lostwithiel.

Letter S (for Singing)!

The letter S – with Red's guidance – was created by Kana Lostwithiel (Lostwithiel Community Choir).

Thanks to the generosity of the Rev. Sheila, they now meet every Wednesday at 7 – till 8:30 in the Church.

It is a mixed choir and ages range from 10 – 90 years. They sing a variety of different songs – lots of singing fun and friendliness and new members are very welcome (free 'taster sessions').

Just turn up or contact: Tracey Bailey 07990 070568.

EXTENSIONS | REFURBISHMENTS NEW BUILD | LISTED BUILDINGS

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Lasting Impressions



LAMBS GALLERY
Quay St, Lostwithiel

Mon 7th July -
Sun 13th July

10 - 4 daily
Private View Sunday 6th July,
5 - 7pm

An exhibition of printmaking
by Hazel Bryer
Jack Friskney-Adams
Eleanor Russell-Hsieh



SUMMER FAYRE

FRIDAY 11TH JULY

ZORBING BUILD A BEAR
ICE CREAM & SWEETS
MARKS ARK ARCHERY
GAMES FACE PAINTING
BARROW OF BOOZE STOCKS
RAFFLE COMPETITIONS

PTA 3.15 - 5.30PM

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SCHOOL

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★ BBQ
★ BAR OPEN
★ ALL WELCOME

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MASK RETREAT

A Journey into Character,
Creativity & Expression



AUGUST 3rd-9th (Sunday to Saturday)

Elaine Foster-Gandey Art £295

15 Queen St, Lostwithiel, Cornwall (includes all materials)

Expert Mask tuition
and daily QiGong
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Friday night

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LERRYN & DISTRICT PRODUCE ASSOCIATION

IN ASSOCIATION WITH LERRYN WOMEN'S INSTITUTE



74th Annual Produce Show

SATURDAY 2nd AUGUST 2025

LERRYN MEMORIAL HALL - DOORS OPEN AT 2:30PM by

JENNIFER BELL

Keen Gardener & Local Children's Author

PRIZE GIVING 3.30PM

• ADMISSION - ADULTS 50P CHILDREN FREE • CREAM TEAS, RAFFLE, LIVE MUSIC

Classes for • Fruit • Vegetables • Flowers • Arts & Crafts • Cookery

• Decorative • Novelty • Children's Classes



SCAN ME

ENTRY DEADLINE THURSDAY 31ST OF JULY BY 3PM FORMS
CAN BE HANDED INTO LERRYN RIVER STORES, OR EMAILED
TO lerrynproduceshow@gmail.com.

Lerryn Area Minibus Association

July 2025

Providing community transport for people living in the Lerryn Area

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

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

DATE	DESTINATION	TIME	RETURN FARE
Tue 1st Driver: John	Bodmin and Supermarkets	Lerryn Lostwithiel 09:20 - 12:45 09:45 - 12:15	£4.00 adult
Tue 8th Driver: Chris	Bodmin and Supermarkets	Lerryn Lostwithiel 09:20 - 12:45 09:45 - 12:15	£4.00 adult
Fri 11th Driver: John	Truro	Lerryn Lostwithiel 09:20 - 15:00 09:45 - 14:45	£6.00 adult
Tue 15th Driver: John	Bodmin and Supermarkets	Lerryn Lostwithiel 09:30 - 12:45 09:45 - 12:15	£4.00 adult
Thu 17th Driver: David	SPECIAL TRIP Around Launceston	Lerryn Lostwithiel 09:30 - 16:45 09:45 - 16:30	£10.00 adult
Tue 22nd Driver: Kevin	Bodmin and Supermarkets	Lerryn Lostwithiel 09:30 - 12:45 09:45 - 12:15	£4.00 adult
Tue 29th Drivers: Michael & Ed	Bodmin and Supermarkets	Lerryn Lostwithiel 09:30 - 12:45 09:45 - 12:15	£4.00 adult
Wed 30th Driver: Annie	SPECIAL TRIP Par Market and St Austell	Lerryn Lostwithiel 09:30 - 13:30 09:45 - 13:15	£4.00 adult

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

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

July Special trip

AROUND LAUNCESTON - A Three-Stop Tour.

Fare just £6

1/ Visit Homeleigh Garden Centre

One of South-West's largest family-run Garden Centres
Many enticing departments



2/ Cowslip Workshops

Textiles/Craft/Quilts at the fascinating Shop

Excellent cafe for a spot of lunch!

3/ M&S Food Hall Launceston

Quality food and drink

Go on! Treat Yourself!



Book Now: Phone Jo 01208 811175 or book online

<https://www.lerryn.net/minibus>

Lerryn: departs 9.30 returns 16.45

Lostwithiel: departs 9.45, return 16.30



For full details of LAMA services please visit lerryn.net

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

Deadline for applications is June 12 2025

You are invited to enjoy views of the

River Fowey at Coulson Park

A Selection of original plein-aire Oil Paintings of the river - from between 2022 to present day by Richard E Bennett will be on display at:

Lamb's Gallery, Quay St, Lostwithiel, PL22 0BS

Monday July 28 - Saturday August 2

10am 4:30 pm



There will also be a selection of views of Fowey, Porthpean, Charlestown, Caerhays and the North coast.

Also watercolours and limited edition prints - loose and mounted.

Further details: call Richard on 07786 521 486

Email: richardebennett@gmail.com



FUNDRAISING QUIZ NIGHT



Tuesday 15th July, 8pm for an 8.30pm start

Safe Harbour Inn, Fowey

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You can keep in touch with us as follows:
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Lostwithiel Area Labour

In May the office of our MP, Anna Gelderd, made its second 'pop up' appearance at the Community Centre in Lostwithiel.

Two of Anna's caseworkers, were there all afternoon to welcome any constituents wishing to drop in to discuss personal or community concerns. Private sessions can also be booked in advance. These opportunities are in addition to Anna's regular surgeries; appointments for which must be booked in advance. The office will be in Lostwithiel again in September, the date will be on the town Facebook page nearer the time.

Anna, and Noah Law MP, invited members of South East Cornwall and St Austell and Newquay to St Winnow to meet Minister of State for Industry, Sarah Jones MP, who was in Cornwall to announce the forthcoming UK Critical Minerals Strategy. This strategy will focus on securing sustainable supplies of essential materials, building resilient supply chains and investing in research, skills and regional strength – all good news for the future prosperity of Cornwall.

Delicious food was provided during the evening by Sue and Stuart Law, served from their Celandine Food Truck, which is now a permanent fixture at St Winnow

Over the two days of her visit, Sarah Jones visited a number of Cornish businesses, such as Celtic Sea Power, Cornish Lithium and Cornish Metals, all of which are at the cutting edge of the new technologies.

Anna is busy in Parliament and here in the constituency; she recently introduced a private members' bill in the House of Commons which seeks to give Cornish culture and language the same official status as that of the Welsh, Irish and Scottish languages.

On June 21st Anna was happy to work with WWF to host a community conversation at Lostwithiel Community Centre which focused on the triple challenge of how to tackle climate change, protect nature and support fair, sustainable food for all. The event was well attended and showcased the many incredible people and organisations working in this area.

Andrew Brewer, of Ennis Barton, Fraddon, gave a fascinating talk about how regenerative farming has boosted nature and increased profits on his dairy farm. A film from another farm, near Liskeard, showed sheep happily grazing beneath solar panels.

It was good to hear about the work of our own Lostwithiel Environmental Action Forum whose volunteers have planted 2,000 trees, are working hard to get designated bathing water status for our river and also run the brilliant Repair Café, which is held monthly at the Community Centre.

Belated congratulations to Sarah Preece who won the Lostwithiel and Lanreath division for the Liberal Democrats in May's local elections - we wish her every success in her role.

Saturday 19th July, 2.00 pm – South East Cornwall Labour Party AGM – Liskeard Public Hall

Sally Sweeney- Chair – 01208 873525 / 07984334761

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For routine tests and appointments, please wait for the Surgery to contact you. Check our surgery website below for useful up to date information, including Covid, useful contacts, latest developments and treatment available. www.lostwithielmedicalpractice.nhs.uk

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

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

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

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

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

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

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

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

PELYN VETS - 01208 872 254

VOLUNTEER CORNWALL - 01872 265 305 For volunteer befrienders.

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

Lostwithiel Cancer Support Group



14:00-15:30
2nd & 4th Wednesday
of every month

Lostwithiel Community Centre
Pleyber Christ Way,
Lostwithiel PL22 0HE

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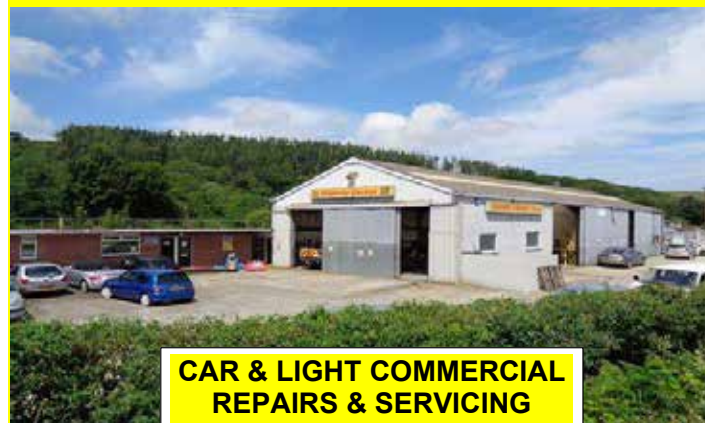


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