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JUNE 2025

FREE

# LOSTWITHIEL NEWSLETTER



## LOSTWITHIEL GIN FESTIVAL

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# WHAT'S ON WHERE – MARKETS, EVENTS & GROUPS – JUNE

**LOSTWITHIEL LOCAL PRODUCE MARKET** – Lostwithiel Scout Hut, 4th SATURDAY of each month Saturday 28th June 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: 7th June Contact Ann 07881826 032

**ANTIQUES FAIR:** Sunday 8th June Main Hall Community Centre 10am

**CAR BOOT SALE:** Sunday 8th June Community Centre 10am

## LOSTWITHIEL COMMUNITY CENTRE & GARDEN CAFE

See Facebook or [www.lostwithielcommunitycentre.org.uk](http://www.lostwithielcommunitycentre.org.uk)

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

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

FRIENDSHIP CAFE: THURSDAYS AT THE CENTRE 2-4pm

PRE-SCHOOL PLAYGROUP: TUESDAY 9am-12 noon

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

## COMMUNITY CENTRE CAR PARK:

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

## SCOUT HUT (MAIN CAR PARK):

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

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

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

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

Lostwithiel Young Farmers Club Monday evenings

Rainbows, Brownies etc – check national websites for info

Kana Lostwithiel Community Choir – Wednesday 7.00 - 8.30pm.

Lostwithiel Short Mat Bowls Tuesday and Sunday 7-9pm

Contact Secretary Chris on 01208-871784 for more information

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

## CHURCH HALL, CHURCH LANE:

Enquiries Rev. Sheila Bowden - 01208 871344

Table Tennis: Mondays 6pm, Thursdays 1.30pm

Lostwithiel Garden Society:

Lostwithiel Old Cornwall Society:

Life Drawing 7.30-9.30pm Alternate Wed/Tue

Mid-Civil Photographic Club: 4th and 18th 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](mailto:lostwithielsc@gmail.com)

Bookings & Info: [b.greswell@btinternet.com](mailto:b.greswell@btinternet.com), [sheila.stevens@btinternet.com](mailto: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](http://www.lostwithiel.org.uk) for up to date listings of events in and around Lostwithiel.

## LOSTWITHIEL NEWSLETTER – CONTACT & PAYMENT DETAILS

The next Lostwithiel Newsletter is out on **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](mailto:palaceprinters@btinternet.com) by 20th June 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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## COMMUNITY CENTRE NEWS

Along with the rest of the town, the Community Centre had a wonderful Lostfest. Our congratulations to all involved in its

organisation as well as all the volunteers who made sure it was a very special day.

What an amazing town this is to be part of.

The centre regrets that it had to postpone Comedy Night. This has now been rescheduled for Saturday 27th September and will be a perfect pick me up as we recover from the Summer holidays and gear ourselves for Autumn.

You may have noticed that the centre car park is even more congested than normal. Work has now begun on the new Performing Arts' Studio and the builders seem to have taken over!

The centre is of course still open, and work is scheduled to finish well in time for our official opening on Saturday 26th July.

Lostwithiel residents have really taken to Pickleball, which is relatively new sport but gaining in popularity world wide. Who would have thought you could have so much fun and get beach ready at the same time!

We will be organising some taster and beginners' sessions, details should be up soon on the centre's website.

The Plant Swap has also been very popular, so a big thanks to the organisers and our green-fingered residents for the money raised towards the centre's refurbishment.

Just time remind you that the next Repair Cafe is on the 7th June.

Our next Cancer support group is on 11th June and will take place on the second Wednesday of each month.

Our next Parkinson's support group will meet on 4th June.

Don't forget, if you have any comments or suggestions regarding the centre we'd love to hear from you, just head over to [LostCCTrustees@gmail.com](mailto:LostCCTrustees@gmail.com).



**. TRIBUTE:** It is with sadness that we record the death of Sam Roberts, who for many years was an enthusiastic volunteer steward at Lostwithiel Museum. Sam enthralled many visitors with stories of his life here as an evacuee, his involvement with Lostwithiel Silver Band & his experiences when he joined the Band of the Welsh Guards. On display in the museum are two of the military uniforms worn & donated to LMA by Sam. For further reference please visit the museum to see an article about Sam's life, written by the late Barbara Fraser for the publication Lostwithiel Past & Present Volume 3 Number 10 November 2007. We send our sincere condolences to Sam's family and friends.

**. LOSTFEST:** When it comes to organising community events Lostwithiel certainly knows how to do it — and the promise of another amazing summer festival didn't fail to disappoint the thousands of visitors who clearly enjoyed the 'buzz' created. A special thank you to the museum stewards who volunteered additional hours to enable us to open to visitors. Lostwithiel Museum Association would also like to thank the Lostfest organisers and volunteers for the huge amount of time and effort an event like this entails.

**. LOSTWITHIEL GUILDHALL:** IResearched and written by Geoff Barratt (museum volunteer) and designed by Michael Furminger (Museum Curator), Lostwithiel Guildhall is the title of our latest LMA publication. 'The history of Lostwithiel's splendid Guildhall is inextricably linked to the rise and fall of one family and, particularly, to just one man...Richard Edgcumbe.' This intriguing tale of 'Corruption to Construction' is guaranteed to amaze and fascinate. On sale in the museum priced at £3.

**. NEW PUBLICATION:** The Earls and Dukes of Cornwall is the latest contribution to the museum's line-up of publications. Researched and written by Pauline Gillett, a museum volunteer, this comprehensive account is on sale in the museum for £5.

**. WINDOW DISPLAY:** We are currently in the throes of putting together a display of museum artefacts linked to the theme of 'communications.' Watch this space!

If you are involved in a local organisation or community event the opportunity to use the museum window display space could be a helpful way of promoting your activities. To discuss your ideas please contact Christine Walton on 01208 871456.

**. TOWN HERITAGE WALKS:** : Friends and family visiting ? Stuck for something to do on a Wednesday — even a wet one ? Why not think local and suggest a Town Heritage Walk ? Led by one of our experienced guides this is the perfect opportunity to explore Lostwithiel's fascinating history. The Wednesday walks start at 11.00am from outside the Community Centre and last for approximately 90 minutes. The cost per adult is £5 (cash or card) — no charge for children. There is no need to book unless you have some special requirements — in which case please contact Pauline Gillett on 01208 872040.

**. VISIT FROM CORNWALL FEDERATION OF WOMEN'S INSTITUTES:** Lostwithiel Museum Association was delighted to host a visit for county-wide members of Cornwall WI's who participated in the guided Town Heritage Walks and a visit to the museum. The weather could not have been more perfect for this most enjoyable visit. Thank you to Anne Fenwick and Mary Lindsay (WI organisers), to Pauline Gillett (LMA Walks Co-ordinator), to Derrek Hines and Rod Pomery (LMA Walks Guides), and to Michael Furminger (Museum Curator), Lynne Lovelady, Nicola Tipton and Nigel Ayers (museum stewards) for their contribution to this successful event.

**. VACANCY FOR EDITOR OF MAGAZINE:** We are looking for either one or two people to take over the role/s of editing Museum Matters, the in-house magazine published twice yearly (Spring and Autumn). The magazine is currently edited by one person with support from an editorial team — but the role could easily be divided between two people. Please contact Christine Walton on 01208 871456 for more information.

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](http://www.lostwithielmuseum.org), and Twitter at <https://.com/lostmus>

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## A MASSIVE THANKS

We would like to say thank you to everyone who supported LostFest. Without you it would not have been possible.

And if you would like to be part of organising LostFest, contact us on [info@lostfest.co.uk](mailto:info@lostfest.co.uk).

Thank you!

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There is still time to make a donation using the QR code!



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## **Lostwithiel Library**

**TAPRELL HOUSE, NORTH STREET**

**Open Wednesdays** 10am - 4pm for browsing and borrowing

**Click & Collect Your Books:** you can order books on Cornwall Council's Library webpages, and collect them from us when they are ready.

[www.cornwall.gov.uk/leisure-and-culture/libraries/your-local-library/lostwithiel-library/](http://www.cornwall.gov.uk/leisure-and-culture/libraries/your-local-library/lostwithiel-library/)

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**LOSTWITHIEL**  
**CARNIVAL**

**27TH JULY – 2ND AUGUST**  
**2025**



## Free Summer Taster Sessions

Come and experience the incredible benefits of Somatic Movement Therapy, Soma Flow Yoga, Step Aerobics and Chair

Yoga at the Oasis Studios in Lostwithiel, led by Emma Mansfield BA Hons, RSA, BWY+500.

This summer I am offering free try-out taster passes to local people who would like to try some of my classes. If you bring a friend, you can have a second class free too. Spaces are limited so email me to claim your free session - lovelypublications@gmail.com or WhatsApp 07803 176416 and check out Facebook/lovelyyogacornwall.

Lovely Yoga Cornwall is based in Lostwithiel and I have been teaching movement classes to all ages and abilities for over thirty years. Many people ask me questions about what I do... "what is somatics"... "what does a chair yoga class involve"... "can I do yoga if I feel a bit stiff"... "I need to manage my stress and learn to relax, can yoga help"... So this summer I am offering free try out passes so interested people can come and see for themselves. Fulfill your curiosity, befriend your body and come and enjoy a class for free... you won't regret it. All the props and mats are provided and I am fully insured with a current First Aid Certificate and up-to-date DBS.

We have a lovely, fully equipped light and airy studio at the back of Lostwithiel Community Centre and I offer classes in the mornings and evenings and I am available to run one to one and / or small private group sessions and I also teach on retreats and run bespoke training days and workshops.

Here's a little bit of info about what I do...and what's on offer with

your free try-out.

Step & Strengthen classes, which include hand weights and kettlebells, are lots of fun and suited to those who are looking for an energising and energetic workout to burn calories, tone up and strengthen their core, legs and arms. Every class ends with a delicious stretch down. The Reebok steps, weights and kettle bells are provided, you will need to wear trainers and bring a water bottle.

Somatic Movement Therapy is a very powerful, strengthening and soothing class where we release and ease out painful areas and joint spaces around the body. We then reconnect and strengthen tired muscles and movement zones leaving you feeling really calm, rested and revitalised. These classes are extremely popular and have helped hundreds of people recuperate and recover from chronic pain, physical injury and support the recovery from emotional and psychological trauma. Emma is a trauma-informed practitioner with lots of training and personal experience in this area.

Soma Flow Yoga is a combination of somatic movement, yoga sequences and poses, qi-gong, mindfulness and meditation. These classes are designed to strengthen and energise the body, quieten the mind, release trapped emotional energy and rejuvenate the spirit.

We explore lying, seated and standing postures and sequences combined with a range of stretches, restorative postures using props and bolsters and we always enjoy a guided meditation or relaxation at the end.

### Chair Yoga and Seated Somatics

These popular, seated and standing classes are enjoyed by those who have painful knees, hips or low back issues which stop them from moving up and down from the floor easily. In these sessions we mobilise, strengthen and release all the major muscles and joint spaces of the body and loosen the spine with side bends, twists, forward and back bending. We also focus on improving our breathing and posture and all of the props and yoga chairs are provided.

TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SUNDAYS
9.15am Chair Yoga Oasis Studio, Lostwithiel	9.10am Step & Strengthen Oasis Studio, Lostwithiel	9.10am Step & Strengthen Oasis Studio, Lostwithiel	9.00am Somatics Oasis Studio, Lostwithiel	9.30am PARK YOGA Poltair Park <b>FREE - bring a mat</b>
10.00am Somatics Oasis Studio, Lostwithiel	10.30am Somatics Oasis Studio, Lostwithiel	10.30am Chair Yoga Oasis Studio, Lostwithiel	10.15am Intelligent Yoga Oasis Studio, Lostwithiel	
11.15am Somatics Oasis Studio, Lostwithiel	5.30pm Somatics St Austell College	5.30pm Somatics Oasis Studio, Lostwithiel	11.30am Intelligent Yoga Oasis Studio, Lostwithiel	
	6.35pm Intelligent Yoga St Austell College	6.35pm Intelligent Yoga Oasis Studio, Lostwithiel		

## Fowey RNLI

On Wednesday 30 April Falmouth Coastguard requested an immediate launch of Fowey's

inshore lifeboat. There had been reports of a child in the water off Whitehouse in Fowey Harbour. Fowey's volunteer crew launched the lifeboat at 6:37pm and went straight to the scene. On arrival they established that the casualty had entered the water following an altercation and that a friend had followed the casualty into the water. Both persons were safely on the shore, but concerns were raised that the casualty would try and enter the water again. Fowey's crew provided casualty care and warm clothes and having ensured that the casualty was being cared for by her family, the lifeboat crew, police and coastguard team stood down.



Congratulations to Callum Pritchard (left) and Kai A'Lee(right) who successfully passed out as qualified lifeboat navigators at Fowey lifeboat station this May. The lifeboat navigator qualification required Callum and Kai to demonstrate high standards of navigational skill. They are now trained in the use of navigational charts, radar, AIS, GPS, buoyage, passage planning, search patterns and knowledge of local waters. Callum, who is the son of Fowey lifeboat station's coxswain, Jonathan Pritchard, said: 'It's a great achievement and for me, a stepping stone to follow in dad's footsteps as a station coxswain.' Kai commented: 'I'm very happy to have passed my Nav. I will continue to develop my skills and am excited to apply them to helping people. Thank you to all the crew and assessors that helped with my training and for the advice that was given.' Fowey Coxswain Jonathan Pritchard said: 'Congratulations to Callum and Kai for successfully passing out. They have both worked hard to achieve this and have shown great commitment to their training programmes. Congratulations from all at the station.'

Our lifeboat tours are up and running and you can visit on Wednesdays and Saturdays. Our lifeboat will be leaving Fowey for good later this year, so 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.

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

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

## Lostwithiel Brownies

Lostwithiel Brownies For Girls aged 7-10 years yrs. We have had fun with salt dough, playing parachute games, making crafts and celebrating VE Day. Come join our Brownie group see friends and meet new friends. Contact 08001695901 or visit [www.girlguiding.org.uk/joinus](http://www.girlguiding.org.uk/joinus)



## Social Club News

What a May that was it was great to see the Club buzzing with people and bands.

Thanks to our brilliant Lost In Space who played and for everyone who can and supported it.

Also, a Big shout of thanks goes out to Lost fest we had eight bands and singers in all the club was absolutely packed with people enjoying the music.

Also, on Friday 30TH Colin alongside The Fountain trio +One will be playing in the club

Then on Saturday 31st We are delighted to be hosting the Lost cousins everyone is more than welcomed in joining us for great music and a very reasonable priced drink. Of course, non-members can be signed in.

We are so pleased that many groups are now using the club for meetings. The club can be used for a variety of events from a small wedding reception, birthday parties, christening parties and funeral receptions. Why not contact Emma from the Deli who offers a varied menu take the stress out of the preparation Emma will do this and clear away pop in and see her. Please contact our secretary B.Gresswell@btinternet.com if you wish to book.

For our members who are concerned that the club has been used by non-members for Events like this to reassure you the club applies for a Temporary Events notice which enables the public to use the club and the bar.

So, with June approaching fast the club continues to offer its free pool and snooker. Also come in and select your favourite music from the Juke Box with everyone song you could wish for at a very reasonable rate.

Our Bingo continues to be as popular as ever eyes down every Sunday at 7pm.

On Saturday 21st June from 12 onwards the club will be having an open day for everyone who wishes to come and see what improvements have been made. There will be photo displays of the club before the renovations, also with photos showing the work taken place and at the end.

Also, we will have on display all the old ledgers and record books dating back as far as 1880. Food and refreshments will be available.

Then on the Saturday 28th LOW PROFILE will be playing at the club so put on your dancing shoes see all then.

Sheila Bawden Chair.



## Lost In Film

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

**A Complete Unknown (15) Monday 30th June - doors 7pm, film starts at 8pm** Timothée Chalamet stars as Bob Dylan in the story behind the rise of one of the most iconic singer-songwriters in history.

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

## Lostwithiel & District Floral Art Club

We meet again at Lanhydrock Hall on 25 June starting at 2.30 pm. Our demonstrator will be Karen Smith and her title will be 'Let the flowers talk. Hope to see you there.'

# St Bartholomew's News

First day of Summer, and where has the first half of the year gone. The Spring seems to have been so colourful with wild flowers in the hedges, tree blossoms and fruit trees looking so pretty. The garden flowers seem to have started trying to outdo each other, and the scents wafting round are wonderful. I seem to have seen a few more butterflies this year though nowhere near as many as I remember in my youth. I was even surprised by finding some very busy bees behind the planks of wood bordering our tortoise enclosure. I am not expert enough to know what type they are but they are fascinating to watch with their sacs full of pollen.

Every Thursday morning at 10.00 in St Bart's, there is a Benefice Eucharist for anyone who wants to attend a quiet and more contemplative service, with no hymns.

1st June is Family Service with Rev'd Sheila and we would like to see some youngsters bringing their parents or grandparents along, as she usually has a surprise for her address.

On Sunday 8th June the Eucharist will be at 10.00 as we hope to continue with this time on the 2nd Sunday, until our new Incumbent arrives. Our Rural Dean, Jeffrey Terry, has agreed to take this service for us. Please come and support him as Rev'd Sheila is away. Rev'd Sheila has heard what our congregation would like and has decided to make this an early service before going on to Bradoc for their service.

Sunday 15th is Morning Prayer with Brenda and Bernice. 22nd is a Eucharist again.

Sunday 29th will be a United Benefice Service at Boconnoc at 10.30.

On Friday 6th there will be a concert by Sarah McQuaid at 7.30. Look for details on the posters.

Simon Brewer, our Tower Captain, is always looking for new ringers and if you would like to know 'how it's done', come along to the practice sessions on Tuesday evenings.

Bart's Beats, our Samba Band also practice on Tuesday evenings and would be happy to see new recruits.

We would also be pleased to welcome anyone who can spare a few hours to help us to keep our beautiful Church clean and tidy. Thank you.

See you in Church!

## Veteran's Breakfast Club

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

The idea is to socialise in a relaxed environment where everyone can enjoy friendly banter and breakfast!

Wives, partners, children welcome.

Next meeting - Saturday 21st June

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

## Lostwithiel Rainbows

**FOR GIRLS AGED 4-7 YEARS**

May is always a short month for Rainbows but we were able to enjoy the nice weather with a walk around Lostwithiel looking at points of interest.

We hope that the weather will be nice when we return to Rainbows after half term so that we can do more outdoor activities until we break up for the Summer Holidays.

If your daughter is interested in joining our Unit please contact us using the details below.

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

## Lostwithiel Environment Action Forum

### BLISTER PACK RECYCLING



Now that we have re-established the RECYCLING of Blister Packs via Superdrug in Truro, we are pleased to announce that you can also deposit your spent Blister Packs at Mount Chase Pharmacy, The Lostwithiel Medical Practice and the Carriageworks Dental Practice. They then will transfer them to the Community Centre for onward shipment to Truro. As well as Blister Packs you can also Recycle at Lostwithiel Community Centre- spent Household Batteries, Wine Bottle Corks and Printer Ink Cartridges. A big thank you to Kirsty at the Centre for providing this valuable service.

Don't forget to tell your friends, neighbours and relatives of this vital service running parallel with the regular Kerbside Recycling Service provided by Cornwall Council.

Many of us will have watched the repair shop on TV, where treasured items are repaired for mainly sentimental reasons. But how many of you realise that the Lostwithiel repair café is available to everyone in the community centre on the first Sat in the month from 10.00 to 13.00.

Everyday items can be repaired by our team of skilled and enthusiastic volunteers which saves the expense of buying new and helps save the planet by reducing pollution. Not only that, but our helpful and patient volunteers are keen to pass on their knowledge and show you how you can do many of these things yourself.

This service is free of charge although if you can afford a donation, it is much appreciated as there is a cost to LEAF in hiring the community Centre room.

Tea or coffee is provided along with the opportunity to learn a new skill in a friendly atmosphere, turning your visit into a positive therapeutic event.

The list of items that can be repaired seems endless; vacuum cleaners, table lamps, radios, tape players, irons, coffee grinders, hedge trimmers, bikes, toasters, drills, CD players, zips, clocks, sewing repairs and many more. Previous clients have commented on how they have enjoyed the chance to meet others and experience the very positive atmosphere. So, dig out that odd item you keep forgetting to take to the dump and give it a new lease of life. Product owners are asked to remain whilst repairs are carried out.

Have a coffee, chat to people, learn something new at the Lostwithiel Repair Cafe, you won't regret it, I didn't! and I almost forgot....there are biscuits.



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

We have three tables, bats, balls and lots of tea and biscuits - all for only £2 a session.

Please come along to the Church Rooms, Church Lane, Lostwithiel and have a go.

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





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## Fowey River Lions 48th Anniversary

This year we celebrated our 48th Charter Anniversary. Only one member, Lion Chris Jones, joined the Lions when they started in 1977 and is still actively involved in the Club. On 27th April we had an anniversary, lunch with family and guests, at the Fowey Harbour Hotel celebrating our club and Lions International.



### Grants Available

Fowey River Lions are keen to promote our services to the community and are looking for applications for grants of up to £250. One of the Lions objectives is to actively engage in various community initiatives, including supporting local charities, helping those in need, and providing financial assistance. To this end we have five grants of up to £250 each. These grants could be used to purchase medical equipment or go towards medical equipment that would improve a person's quality of life; to assist young people achieving their goals in sport or similar activity; or local charities who need some additional support to grow and prosper.

In the first instance please contact us at foweyriverlions@gmail.com and we will send you an application form with terms and conditions. The closing date for applications will be 1st July 2025. All requests will be subject to a comprehensive evaluation process and all those approved will be placed in a "draw", and awards made in September 2025.

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

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

President: Lion Steve Jones      Treasurer: Lion Ruth Rouse  
Secretary: Lion Lynn Gould      email: foweyriverlions@gmail.com

## Chapel Chat

People of Zion, be very happy, because God is your king. <sup>3</sup>Yes, dance to praise the name of the Lord. Take your harps and tambourines and make music to praise him with your songs. <sup>4</sup>When the Lord's people serve him, it makes him happy.

*Psalm 149: 2-4 from Easy English Bible*

**May 29th Coffee Morning 10.30 – 12**

**Coffee is free but you may like to make a donation to Tearfund Toilet Twinning**

**Church Activities at a glance**

June 1st Café Church

June 9th Café Church

June 15th Fellowship and Gift Day

June 22nd Café Church

June 26th Coffee Morning, 10.30 -12

June 29th Café Church

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

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

Minister: Rev. Paul Benney 01726 844471

## Mayor's Column

I would like to introduce myself to you all, my name is John and as a Cornishman it is a great honour to have been elected Mayor of Lostwithiel, the ancient capital of Cornwall.

Prior to retiring here in Lostwithiel 11 years ago I farmed Penhale Farm at Fowey for 25 years, I formed an early link with the town in 2007 when I joined the Rotary Club.

There are at present 9 councillors serving on the Council so we will be looking for anyone interested in being co-opted on to the Council, the official advertisement will be posted shortly so PLEASE consider volunteering for 1 of the 7 vacant seats.

Yet another very successful Lostfest congratulations to the committee and all the volunteers who made it possible.

The recently restored Guildhall and Edgumbe House are now available for bookings details of which can be found:

1. Lostwithiel Stannary Creative Spaces
2. <https://lostwithiel.lemonbooking.com/>
3. [lostwithielroomhire.org.uk](http://lostwithielroomhire.org.uk)

### Contribution from the Town Clerk's office

Lostwithiel Town Council will shortly be delivering a survey to every household in Lostwithiel to give everyone the opportunity to have a say in the way Lostwithiel is developed in the future. If you would prefer to submit your answers online you can do so via Cornwall Council's tandem survey please visit [letstalk.cornwall.gov.uk/planning-for-our-future](http://letstalk.cornwall.gov.uk/planning-for-our-future) alternatively please use the Cornwall Council QR code printed in the Town Council survey.

The results from both surveys will be collated into a Neighbourhood Priorities Statement for Lostwithiel. Under the new mandatory National Planning Policy Framework (NPPF) Cornwall Council's annual housing target has increased from 2,707 per year to 4,421. Everywhere in Cornwall will be asked to provide more homes either through new developments or conversion.

If you would like to discuss aspects of this survey the Group working hard to develop the Neighbourhood Priorities Statement for Lostwithiel are holding two consultation events in Lostwithiel Library. The first is on Monday 09 June between 6-8pm and the second on Saturday 21 June between 10-12 noon.

Lastly a public thank you to the councillors who did not seek re-election for their sterling work and contribution to the town.

John Berryman, Mayor

## Lostwithiel Methodist Church

*Taprell House, North Street (next to the Library)*

**[www.lostwithielmethodist.co.uk](http://www.lostwithielmethodist.co.uk)**

**Services in June at 11.00a.m**

**June 1st      Café Church**

**June 8th      Café Church**

**June 15th      Fellowship**

**June 22nd      Mr P Santo Warner**

**June 29th      Café Church**

Very informal worship. It includes songs/hymns, prayers, readings, sketches and videos plus a chance to talk and laugh. No sermon. Families, children and young people are very welcome.

**Thursday June 26th Coffee morning 10.30 until noon. Coffee is free. A donation to charity would be welcome.**

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

Rooms are available for a donation.

**Stitches (was 'Sew What' Group):** 1st and 3rd Thursday afternoons 2-4p.m.

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

**Minister:** Rev. Paul Benney 01726 844 471

**Local Contact:** Mrs M Mitchell 01208 367016

# LOSTWITHIEL 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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**Shop, tours, tastings & experiences**

*Some brilliant news!*

Fowey Valley Cidery and Distillery is the **WINNER of the 2025 Muddy Stilettos Award for Best Food and Drink Producer in Cornwall.**

An award-winning lifestyle platform Muddy Stilettos is all about celebrating brilliant local businesses. This year's Muddy Awards reached over 11 million people nationally, with half a million nominations and votes cast across 21 categories in 35 Muddy Stilettos counties.

**Some big thank-yous!**

To our customers who stock and sell our Fowey Valley Ciders, spirits, oils and chutneys to our online and on-site visiting customers . . . from our community of apple swappers at pressing time, to our local and international tour guides and visitors . . . from our bottle and box suppliers to our delivery drivers who keep our products safe, to our band of "phone-a-friend" seasonal helpers thank you all for everything you've done to help our little company grow over these past few years.

We love to share our expertise and enthusiasm with everyone who comes through the door! So do come and see us, either on one of our free tours Mon/Wed/Fri mornings (just book a place on the website) you can also book to spend an afternoon learning how to make cider or gin with Barrie, our founder and master cider-maker and distiller. **Hope to see you soon.**



**VISIT US**

Unit 11, Restormel Est.  
Lostwithiel. PL22 OHG

**ONLINE**

foweyvalley.co.uk



## Catholic Churches Information

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

Future dates for Catholic Masses in St Bartholomew's, Lostwithiel are:

MAY 17th

SEPT 13th

NOV 22nd

All Saturdays. All at 10.30 a.m.

Fr. Robbie Low

Priest in residence.

Contact number 01208 871517

## KID'S COLUMN



Happy Birthday Loic who is 8 on the 4th June-happy birthday to our football loving kind hearted boy! Lots of love from Mum, Dad, Marin and all the family!



Well done to Rex Kaya who won 1st place in the Fowey Literature and Arts Festival. His drawing of a whale making waves won first out of 250 entries in KS1 for the amazing details in the picture! Mummy, Daddy and Abi are very proud!

A big shout out to Kate Mooney school of dance "Well done to the students taking dance exams, wishing them luck".

Happy 9th Birthday to Toby from mum, dad, Alfie and Lowenna.

## Rotary Club of Lostwithiel



Rotary and international compassion!  
Lesotho, Cornwall, WW2

Rotary "International". Over the years Lostwithiel Rotary Club has made significant differences to communities at home and abroad. About 15% of their donations go abroad. Most recently they have donated £1,650 to a Rotary club in Lesotho, a small, impoverished kingdom completely surrounded by South Africa.

Because it was Rotary, Lostwithiel Rotary was able to more than double that amount by attracting more funds to help Rotary in Lesotho refurbish the country's only cancer clinic. The clinic is the Sankantana Oncology Clinic, the aim is to treat cancer locally, to help avoid very costly referrals to other countries. But the flow of donations is not one way!

There are other local connections; Lesotho is one of the heroes of WW2. In 1940 Britain was on the brink of invasion. At this critical time, Basutoland, as it was called then, helped us! They presented 24 Spitfire fighter aircraft to the UK, sufficient to equip two RAF squadrons. In 2016, to celebrate this incredibly generous contribution, the Spitfire Heritage Trust donated a full-size replica Spitfire to Lesotho.

The Cornwall link? The replica Spitfire now standing in Makoanyane Square in the capital city of Maseru was made at Withiel, less than 10 miles from Lostwithiel. In 2018 a lady from Lesotho donated a tapestry woven by a women's cooperative in Lesotho to raise funds for Children's Hospice SW. That raised about £1,500, from a country that has very high child mortality, helping our youngsters! A true example of international compassion.

Another international project supported by Lostwithiel Rotary Club is Lend with Care. It is aimed at providing entrepreneurs in less fortunate parts of the world with some assistance in setting up a business. At present we have loaned £17,671 in relatively small amounts to some 471 people. The loans have permitted someone to set up in business and so support their own family. In many cases they have been able to create employment where none previously existed. All this in impoverished countries giving hope and employment in much needed circumstances. When the loans are repaid, the money is lent out again, creating more opportunity for good.

On a more local basis, the club is still helping organisations, charities and individuals achieve their aims and objectives with grants such as student bursaries, local and national charities, plus of course our members' involvement in our own Carnival Week and much more. If you want to know more about this or Rotary in Lostwithiel then please contact Stephen: Lay@mineit.co.uk

## Thankyou

Dear readers, I thought I would take this moment to write a thankyou note to all the people who helped to make my 90th birthday a memorable event.

First, the Social Club for being the venue, well done! Such a happy place to be in, right in town, so easy to get to, beautifully decorated and looked after by nice, happy people! Thanks Kate! The lovely food was provided by Bella Mama, The local Deli, plus a well stocked bar, it was great.

Then along came family and friends. Whoopee!

Two choirs sang to me, Kana, the one I sing in and another one from past times, it was wonderful. Thankyou to my husband, Graham, my children, grandchildren, great-grandchildren, relatives and friends for propping me up!

Also thankyou for flowers, cards and donations to Cancer Research (£180).

Margaret Hoskin.

P.S. To Nellies, the cake was great!

# Lerryn Area Minibus Association

June 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 3rd Driver: Chris	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Fri 6th Driver: Nick	SPECIAL TRIP Royal Cornwall Show	Lerryn Lostwithiel	08:30 - 16:30 08:45 - 16:15	£5.00 adult
Tue 10th Driver: Ian	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Fri 13th Driver: Nick	Truro	Lerryn Lostwithiel	09:30 - 15:00 09:45 - 14:45	£6.00 adult
Tue 17th Driver: Kevin	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Sat 21st Driver: Dez	SPECIAL TRIP Stock Car & Banger Racing	Lerryn Lostwithiel	10:45 - 19:00 11:00 - 18:45	£8.00 adult
Tue 24th Driver: John	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Thu 26th Driver: Richard	SPECIAL TRIP Wadebridge	Lerryn Lostwithiel	09:30 - 13:30 09:45 - 13:15	£5.00 adult

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

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

## June Special Trip

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Saturday 21st June 2025  
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Experience something  
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LAMA fare just £8 adult (child £4)

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Child £7 (under 10's free)

Book Now: Phone Jo  
01208 811175

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

Lerryn: departs 10.45,  
returns 18.45

Lostwithiel: departs 11.00,  
returns 19.00



For full details of LAMA services please visit [lerryn.net](http://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](mailto:events@lostwithiel.org.uk)

Deadline for applications is June 12 2025

## July Special trip

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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](http://lerryn.net)



# **The du Maurier Fowey Literary Festival**

**9th – 17th May 2025**

It was a lovely day on May 9th for the opening day of the The du Maurier Fowey Literature Festival. We opened with a memorable event with music from Mad Dog Mcrea a vibrant group with their unique mixture of folk, rock pop, gypsy jazz and 'get down and dance music'. The first day of talks started with Prof. Jane Todd marking the 250th anniversary of Jane Austen showing how Austen had inspired her and challenged her personally through different phases of her life. She was quickly followed by LBC Radio Presenter, political commentator and Festival Patron, Iain Dale discussing his anticipated new book Margaret Thatcher. Through the week we were delighted to welcome many prominent speakers including Michael Morpurgo giving an enthralling talk about his life and works; Julie Summers acclaimed author telling the story of British Vogue magazine from its inception in 1916; former MP Alan Johnson engaged the audience with insights from his latest book portraying the life of Harold Wilson; Fellow of the Royal Society of the Arts, Alison Weir, in discussion with historian and Patron of the Festival, Kate Williams, about The Secret Life of Thomas Wolsey.

There was plenty of music too, with Peter Knight's Gigspanner Trio, described as 'the most brilliant sets of musicians in the folk world and beyond'. Our Festival Jazz evening was led by Company B with their Cornish renowned jump jive band. Not forgetting Take A Chance On Us the unmissable Abba tribute band. With reading groups, workshops, guided walks, an Art Trail and Secret Gardens, there was plenty for everyone to enjoy. We offer heartfelt thanks to all our supporters and sponsors, particularly KP Cabs who did a fantastic job in transporting our speakers. Our sincere thanks go to Fowey Parish Church and Fowey Town Council for use of their premises for staging the events and to the Royal Fowey Yacht Club for hosting our Box Office and the Waterstones Festival Bookshop.

Come and join us next year when the Festival will run from 1st – 9th May 2026.

## **Authors and Artists in School**

We were delighted to welcome Sarah Tagholm and Clare Owen who visited schools in the region as part of our schools programme, giving interactive talks and workshops.

Sarah is a children's author who loves writing about confused animals, mischievous children and all things bizarre! Clare's YA novel, Zed and the Cormorants, won the Holyer an Gof Young Adult Award in 2022.

## **Awards for Young Writers and Artists**

Our Festival Competition for Young Writers and Artists is an established annual competition for all children and young people living in Cornwall and the Isles of Scilly age 4-16. This year we invited the children and young people to create their own original story, poem, piece of factual writing or picture and enter our competition to become the Festival Young Writer or Young Artist of the Year 2025. The challenge was to produce an original piece of work on the theme of Making Waves.

We received a magnificent entries from children and young people across Cornwall. A group of local artists, poets, writers and teachers judged each entry with care and consideration. There was a tremendous range of stories, poems, factual writing

and artwork demonstrating the wonderful and vivid imaginations of our children and young people. On Saturday April 26th we celebrated their work with presentation to the winners. At this celebratory event we also awarded the prestigious Young Writer of the Year 2025 and Young Artist of the Year 2025.

The Festival is grateful for and recognises the help and work in putting this competition together, of the organisers, helpers and all the judges who have given their time. We are thankful to sponsors Waterstones, The Arts Society Mid Cornwall, Fowey River Gallery and Atishoo Gallery for providing the prizes, display space and framing of artwork and to Fowey Hall Hotel for hosting the award ceremony.

## **Short Story Competition**

We received an incredible array of entries for the Festival Short Story Competition which this year also had the title "Making Waves". The guest head judge was Raynor Winn. The First prize of £250 went to Judith Wilson, Raynor said "The stories were great this year - what an amazing mix of ideas and structures! It was a tricky decision, as some had great plots, others perfect sentences, or really believable characters. In the end it was a very difficult choice between two very different stories." The runner up was Tim Collyer was awarded a prize of £100.

Your support for the Festival is greatly appreciated. If you would like to make a donation, please scan the QR code below



You can keep in touch with us as follows:  
[www.foweyfestival.com](http://www.foweyfestival.com) Email: [info@foweyfestival.com](mailto:info@foweyfestival.com)  
 Twitter: [fowey\\_festival](https://twitter.com/fowey_festival) Facebook: [@FoweyFestival](https://www.facebook.com/FoweyFestival)

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## 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](http://www.lostwithielmedicalpractice.nhs.uk)

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

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

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

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

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

**CORNWALL COUNCIL -** Ring 0300 1234 100 or see their website [www.cornwall.gov.uk](http://www.cornwall.gov.uk) for council services available, and to sign up for their useful Keep Cornwall Updated email newsletter.

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

**CARRIAGE WORKS DENTAL PRACTICE -** Ring **01208 873290** or email [enquiries@lostwithieldental.co.uk](mailto:enquiries@lostwithieldental.co.uk)

**PELYN VETS -** 01208 872 254

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

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

## Lostwithiel Cancer Support Group



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

Lostwithiel Community Centre  
Pleyber Christ Way,  
Lostwithiel PL22 0HE

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

Free  
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Carolyn Screech  
[communitycancercafes@outlook.com](mailto:communitycancercafes@outlook.com)  
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7-8pm

Fridays  
9.30 - 10.30am

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