



email: palaceprinters@btinternet.com

MAY 2025

FREE

LOSTWITHIEL NEWSLETTER



LOSTFEST - BIGGER AND BETTER FOR 2025!

We look forward to seeing you all at LostFest this year, on Sunday 18th May. We are making a weekend of it this year. There will be an amazing concert on the Friday evening in St Barts, Bailey Tomkinson & The Locals, and, of course, there are bands playing throughout the town on Saturday at The Earl of Chatham, The Globe and The King's Arms.

On the day, the festival opens with Barts Beats parading down Fore Street to get you in the party mood. Then, we have an amazing line-up of new artists and LostFest favourites on two stages – the Main Stage on The Parade and The Bandstand on KGV Field. There will also be a family Nos Lowen (Cornish Ceilidh) on KGV Field, so bring your dancing shoes!

As usual, we have a fantastic range of food and drink stalls and crafts. This year we have some great local organisations with stalls, including Fowey Golant Sailing Club with a boat (!), Boconnoc Cricket Club and LEAF. There will also be a RTC (road traffic collision) demonstration by the Fire Brigade at 13:00 (subject to no call out).

We have music all the way up Fore Street and most shops and the museum are open. Queen Street is open for business and there are art exhibitions and a prop-making workshop for children – keep your eyes peeled for the dinosaurs!

The evening line-up is amazing: the If So's from St Austell area, Banjovial and headlining the festival, The Cabarats.

LostFest's aim is to bring people into the town and celebrate our community, so please come along and bring your friends and family.

We would like to thank everyone for their support this year - you have been amazing! Let's have some fun!



WWW.LOSTFEST.CO.UK



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

LOSTWITHIEL LOCAL PRODUCE MARKET – Lostwithiel Scout Hut, 4th SATURDAY of each month Saturday 24th May from 10am -1pm+ Zero Waste Mobile Shop. See Lostwithiel Farmer's Market Facebook Page or contact Helen copperton@hotmail.co.uk

LOSTWITHIEL ANTIQUES & COLLECTABLES MARKET: First Saturday each month, Scout Hut 10am-1pm: 3rd May Contact Ann 07881826 032

ANTIQUES FAIR: Sunday 11th May Main Hall Community Centre 10am

CAR BOOT SALE: Sunday 11th May 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 April (1st & 3rd Weds) 7 - 9pm

Lostwithiel Bingo Fundraisers: Friday Evenings 6.30 for 7.30pm

Gateway Church: 5pm Sundays

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

LOSTWITHIEL METHODIST CHURCH

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

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

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

01208 872 335 or via Facebook:

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

Friday & Saturday Evenings: Bar open 7pm

Free Pool Night: Every Wednesday 7pm

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

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

CONTACTS

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

Bowling Club, Restormel Road For info ring 01208 871 784

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

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

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 **THURSDAY 1st MAY 2025**

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

palaceprinters@btinternet.com by 20th May 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

The sun's out so you may be thinking of getting into the garden, why not try the Garden Cafe at the Community Centre

instead! Following a large number of requests the cafe will be opening earlier in the morning. Starting in May, our cafe will be opening from 09.00 to provide breakfast or perhaps just a coffee, "fresh cake anyone?" The cafe will, unfortunately, no longer be opening later on a Friday evening as numbers drop away over the longer Summer evenings.

The Centre is pleased to announce the success of our Arts Council England bid to transform the dance studio into a multi functional Performing Arts Studio. We are grateful to Arts Council England for recognising the importance of our Community Centre to the provision of the only facility of this type in the local area. We also would like to acknowledge the support for this project provided by His Royal Highness The Prince of Wales. Building work will begin mid May with the opening scheduled for Saturday 26th July. We hope to keep disruption to the Centre to a minimum, though inevitably we will lose some of our parking spaces to allow for contractor access.

The trustees are currently finalising a new business plan which will set out proposals to develop the Centre and secure its longer term future. Once completed the plan will be sent out for consultation. It's important to remember that the Community Centre belongs to the town and not some private company. It relies totally on your support and the incredible generosity of our local sponsors. Talking of support, have you seen our CrowdFunding page? Sports England have generously provided half of the £5000 we need to repair our main hall flooring. The money is, however, conditional on us match funding their grant, so this is your opportunity to help keep the only local, large indoor sports and activities area open for the community, Please help if you can.

Comedy Night, (it's going to be Crackin'), is on for the evening of the 24th May. It includes Mimi and Larry Pears, both well deserved recent winners of the Cornish Comedian of the Year award. There will be full bar with the obligatory pasties to please both meat and non meat eaters. Places are limited so booking is advised, tickets available from the Centre with all proceeds helping us with the Centre upkeep.

You may not be aware but our Centre offers local residents a number of free vital support groups. The most recently formed supports those living with Parkinson's. More details of these support groups can be found on our website. If you can think of other ways we can support good health in our community please get in touch.

Finally, can I remind you that the Community Centre is looking for local people who could volunteer as a Trustee to help steer the Centre's future direction (just one meeting a month, honestly!). We are also looking for anyone who could volunteer some time to help us maintain the Centre. If you are interested and feel you could contribute or indeed just comment on the Centre then head to LostCCTrustees@gmail.com or pop in and speak to me. That's it from us, you're now free to enjoy the sun!

Kirsty Mitchell

Job Vacancy - Part Time Baker

The Lostwithiel Community Centre Garden Cafe is offering this opportunity to join our small, professional cafe team as a baker. The position is part time, around eight hours a week, Monday, Wednesday and Friday, 08.00-10.00. We are, however, happy to be flexible and adjust timings to suit. This post would be ideal for a young person hoping to build their experience of working in a professional but friendly environment, someone taking time off to bring up a young family or who has retired from full time work. If you are interested why not drop into the Community Centre and speak to Kirsty, our centre manager.

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.

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Carolyn Screech
communitycancercafes@outlook.com
Telephone: 07887851714



SAT
24
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Cornish
comedians.

Crackin' Comedy Night

with Larry Pears, Mimi & Anna Keirle

Doors open 7:30pm,
Show 8:00-10:00pm
Lostwithiel Community
Centre, PL22 0HE

Bar & Food: Full bar available plus meat
& vegetarian pasties
Tickets: £10 pre-book | £12 on the door
Reserve a table for up to 8.



Booking:
www.lostwithielcommunitycentre.org.uk
01208 872207 | Visit Lostwithiel
Community Centre to book in person

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Lostwithiel Library

TAPRELL HOUSE, NORTH STREET

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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/



Gateway Church – Lostwithiel

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Tabletop Sale At Lostwithiel Scout HQ

The Old Cattle Market on 18th May from 10am.

There are stalls, homemade cakes and savouries,
tea and coffee.

To book a table please call Ruth 01208872049

or Rob 01208872350.

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Brydai, The Uplands, Lostwithiel



. **LOSTWITHIEL MUSEUM IS OPEN TO VISITORS:** The new season is now well-underway and our volunteers are looking forward to welcoming you into the museum from Monday to Friday 10.30 am to 4.30pm — and on Saturdays from 11.00am to 1.00pm.

. **SOCIAL GET-TOGETHER FOR VOLUNTEERS:** We were delighted to see so many museum volunteers at the pre-season social event held in Q Street Cafe. Your constant chatter created a lively atmosphere and it was great to catch up with you. A special thank you to Alex, Chloe and Charlotte for accommodating so many of us — and providing some delicious canapés for our enjoyment.

. **PUBLICITY:** I recently woke up to hear a presenter on Radio Cornwall asking the question: “Where is the Biggest Little Museum in Cornwall”? Answers from listeners came from far and wide, including Australia. The answer to this quiz question is, of course, Lostwithiel. Those of you who’ve visited the museum will know that ‘The Biggest Little Museum in Cornwall’ is the title we chose for our distinctive royal blue museum leaflet. We’ve since been contacted by Chaos Radio to participate in an interview to help promote the museum. The more publicity we can get for the museum and the town, the better — so please help spread the word to help attract visitors to this special gem.

. **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.

. **VE-DAY:** Lostwithiel’s window display for May will focus on commemorating VE-DAY and the 80th Anniversary since the D-Day landings. With special thanks to Campbell Allan and the Lostwithiel Armed Forces Veterans Club (AFVBC), we will remember all those personnel who made the ultimate sacrifice for their country — and those who returned home to their families at the end of WW2. Please see the Museum Matters magazine (Spring issue No 18) for more information about AFVBC — or contact campbell.allan@hotmail.co.uk or jbshenderson@hotmail.co.uk

. **MUSEUM MATTERS MAGAZINE:** Issue 18 is being distributed to members of Lostwithiel Museum Association and LMA volunteers. Additional copies are available for sale in the museum and Watts Trading in Fore Street. If any fully paid up members of LMA have not received their copy please contact Richard Young (MM Distribution) on 01208 367051.

. **VACANCY FOR EDITOR OF MUSEUM MATTERS MAGAZINE:** We are looking for someone to share the role of editing this successful in-house magazine which is published twice yearly — Spring and Autumn. Please contact Christine Walton on 01208 871456 for more information.

. **GUIDED TOWN WALKS:** Entertaining friends and family can sometimes be a challenge — so why not suggest a town heritage walk? Let one of our experienced Walks’ Guides share their knowledge of Lostwithiel’s intriguing history. Whatever the weather, the weekly Wednesday walks will start at 11.00 am from outside the Community Centre. The cost per adult is £5 by cash or card — and there is no charge for children. Booking in advance won’t be necessary unless you have some special requirements — in which case please contact Pauline Gillett (Town Heritage Walks Co-ordinator) on 01208 872040. We are currently taking special bookings from a number of groups — so if you’d like to be included please don’t delay contacting Pauline Gillett.

Thank you for your interest and support.

Christine Walton (Chair)

Please follow us on: Instagram (@lostwithiel_museum) and on Twitter (@lostmus) Facebook or via our website www.lostwithielmuseum.org and Twitter at <https://.com/lostmus>



OPEN MEETINGS

Our next Open Meeting is on Monday 12th May at 2pm in the Church Rooms, Lostwithiel. In addition to our Annual

General Meeting we’ll be hearing from Stephen Lay about his 1,000 miles charity walk around Cornwall. Plus, in our Community Slot, Karen Gledhill will be giving us the latest on South East Cornwall Arts.

This promises to be an extremely interesting meeting and would also be a great opportunity for anyone wanting to find out more about Lostwithiel Area u3a to come along – you would be most welcome!

UPDATES FROM OUR GROUPS

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

At the end of March our Garden Visits group had an enjoyable afternoon wandering around the impressive riverside garden of The Lodge at Fletchersbridge, which was open for the National Garden Scheme, while in April the Art Appreciation group visited the revamped Cornwall Museum and Art Gallery in Truro and were impressed at how it had been transformed.

After visiting Exeter in March, the Day Trippers are planning trips to Teignmouth, Helston and Plymouth over the coming months and the Photography group took advantage of the warm sunny weather to be out and about looking for images on the theme of “Beginnings”. The theme for the Poetry group in May is poets or poems with a Cornish connection, while the Pop and Rock Music Appreciation group will be listening to some Sad Songs.

The Walking group’s run of good weather continued into April with a great walk from Hessenford to Looe via the Seaton Nature Reserve, treating themselves to the ferry from East Looe to West Looe at the end; meanwhile the Wine Appreciation group tasted a selection of Italian wines.

Lostwithiel Area u3a is one of over 1,000 u3a groups across the UK and we provide the opportunity for people no longer in work to socialise and share new ideas, skills and interests. Our members enjoy many interest groups ranging from Acoustic Guitar for Beginners and Bridge to Scrabble and Ukulele Workshop. You can find out more about all the groups and our exciting programme of regular Open Meetings - plus how you can join - on our website at www.lostwithielu3a.org.uk.

Contacts :

Chair : David Platt 07484 124490

Membership : Stephanie Thomas 07980 871491



Lost In Film

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

Io Capitano (15) Monday 26th May - doors 7pm, film starts at 8pm

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LOSTWITHIEL CONCERT SERIES

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Friday 16th May 7pm - St Bartholomew's, Lostwithiel



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Tickets & info>

Search 'Lostwithiel Concert Series' online or visit
linktr.ee/lostwithielconcertseries

St Bartholomew's News

I always remember the old saying – Ne'er cast a clout till May be out – and imagined it was the month of May. But then I learned that it was alluding to may blossom as the trees burst forth with their beautiful flowers. How nice it is when we are travelling along the Cornish lanes, to see the hedges of lovely white trees amongst the green. It truly is the time of year to put those vests and Winter woollies away! Last month we held our APCM where the Churchwardens were voted in and the workings of the PCC for 2024 were examined, for everyone to see the workings of running the Church. And so it continues for another year. We continue with our Thursday morning Benefice Eucharists at 10.00, for those who wish for a quiet, contemplative service with no hymns. We strive to keep these services going as we know how popular they are.

Sunday 4th is our Family Eucharist at 11.00. The congregation look forward to this service to see what Rev'd Sheila will surprise us with this time. Luckily she did have a bit of help last time to put up the tent!!! It would be nice to see more youngsters joining us in this service as they all enjoyed learning about Easter in the Church last month, and singing along to an 'ear worm' song!

On Saturday 10th there will be a town trail and an art exhibition in the Church grounds, which has been well attended the last couple of years.

Sunday 11th is part of Christian Aid Week, and although we are all 'feeling the pinch', any amount we can give can mean so much to people who have no income at all. Please be aware that the Service is at 10.00 today.

FOSB (Friends of St Bart's), are holding their AGM on Monday 12th and if you would like to join this busy and worthwhile group please come along and discover what they do to help our church.

Sunday 18th will be Morning Prayer with the Churchwardens, then Sunday 25th is a Eucharist with Rev'd Sheila, both at the usual time.

On Saturday 17th Fr Lowe will hold a Roman Catholic Mass to which everyone is welcome, though Anglicans are unable to receive Communion but may have a Blessing instead.

There will be a concert organised by Lostfest at 7.00 in the Church on Friday 15th, and festivities begin at 12.00 in the Church after the service on 18th. We will be commemorating the 80th anniversary of VE Day on Monday 5th May with a concert with the Town Band. Watch for notices about it.

We appreciate our band of volunteers, often the same few people, who help to keep the church clean and welcoming. Where would we be without our flower ladies, bellringers, choir, organists and Open the Book team. It would be nice if we had a few more helpers, so if you feel you have some spare time and would like to keep our lovely church looking its best, please contact the Churchwardens or Rev'd Sheila. We do actually have fun as well!!

Lastly, but not least, The Benefice has been in Transition as we await the appointment of a new Incumbent and our clergy have worked hard to keep our services available to all the parishes. Unfortunately, some have had to cut back but we hope a new Incumbent will be with us soon and 'services will be resumed as normal', again. Thank you all for being patient for so long.

See you in church!

Lostwithiel Brownies

Lostwithiel Brownies For Girls aged 7-10 years We are now back from our Easter holiday and ready to have summertime fun with our friends. Our leaders are helping us to plan what activities the Brownies would like to do, watch this space to see what we've been up too. To register an interest in joining our group please phone 08001695901 Or visit www.girlguiding.org.uk/joinus

Lostwithiel Environment Action Forum

BLISTER PACK RECYCLING RETURNS TO LOSTWITHIEL



Some we hope will remember the RECYCLING service to capture BLISTER PACKS (pill packets) and send them off for re-processing into a useful and valuable material.

LEAF (Lostwithiel Environment Action Forum) and Lostwithiel Community Centre have come together to re-instate this vital service and add Blister Packs to the other important items readily accepted at the Community Centre such as spent Household Batteries and Wine Bottle Corks. Etc.

We are grateful to Superdrug in Truro who have readily offered to accept them, and we are very pleased to have recruited members of LEAF to transport them to Truro on a regular monthly basis.

We should add that if you are a regular Bodmin High street shopper then you can Recycle your spent Blister Packs at Boots the Chemist.

The best form of advertising is 'word of mouth' so please tell your friends, Neighbours and Relatives.

Social Club News

Friday 2nd May we are hosting the great Lost in Space. Please come and support our Great Local Band who are helping us to raise funds for the club. Tickets £6 can be purchased online or at Watts trading.

We are delighted that the Business group are now holding there meetings here at the club.

Friday 2nd we have our Folk Jam night everyone is more than welcome to come and join in. If you play a musical instrument, sing or just love the music this is the place for you.

Sadly, we have heard that our John Tremayne has recently passed away. John was a Lostwithiel boy and was a great influence in the world of folk and Morris Dancing. We will be holding a Memorial for John date and time will be posted.

Wednesday continues with our free pool and snooker.

Saturday 18th the club will be part of the Lost fest celebrations with bands performing in the club. Everyone is welcome to come and enjoy and drink with some great music.

Sundays are our popular Bingo with eyes down at 7pm come and join us with great prizes to be won alongside a raffle.

Saturday 31st we have the brilliant Lost cousins joining us in the Club this is the band you must come and hear a great something for everyone.

We are also pleased to announce that the Club now has a Juke Box this has recently been added and offers up to a million tunes, come and search your favourite music a great sound with this latest range in Juke Box. Card payments only or download the app onto your phone.

The Social Club offers a great space for events, parties, meetings, baptism parties, funeral wakes. Emma from the deli offers a menu to suit your requirements. So, no need to worry about setting up or clearing away. If you would like to hire for an event, please email our secretary B.Gresswell@btinternet.com

If you feel that you would like to volunteer at the club, please drop in and have a chat or if you would like to become a member.

Thanks for your continue support.

Sheila Bawden Chair,



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Given the recent changes we have witnessed in the local market, this is the perfect opportunity for you to understand the value of your home in case you are considering a move, or just out of interest. All of this is done without the pressure of you being encouraged to market your home before you are ready to do so.

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Fowey River Lions



We were delighted to welcome three new members, Richard King, Richard Cooper and Maria Cooper, at our April meeting especially as the meeting was attended by 1st Vice District Governor Lion Richard Allen



1st VDG Richard Allen, Richard King, Richard Cooper, Maria Cooper and Fowey President Steve Jones

who assisted our President, Steve Jones in presenting our new members with their Certificates of Membership. In the last few months we have increased membership by six members which will help us to be able to do more in the community. We all look forward to working together.

Car Boot Sale

Monday 26th May 2025

10am – 2pm

Stall Holders 9am start – 25 pitches available on first come first served basis

Booking advised = foweyriverlions@gmail.com

£10 per pitch – Public entry by donation

Lankelly Rugby Club, Fowey PL23 1HN

All proceeds to Fowey River Lions Charities

Sincere Thanks: We are grateful to all who attended our Bingo at Haveners, Fowey in late March and to Lee, of Haveners, for giving us such a fun evening and raising £1008. Thank you to everyone who attended, we hope you enjoyed it as much as we did. In early March members and some of our prospective members, at the time, collected for Marie Curie in Fowey. Over three days you donated £575, so thank you. We have been able to add matched funding of £500, we are pleased to make a donation of £1075 to Marie Curie.

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 in the next few weeks. 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 Goold email: foweyriverlions@gmail.com

facebook: foweyriverlions Tel: 0345 833 7484

Hot Weather Pet Advice

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

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

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

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

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

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

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

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

**For Advertising
call 01208 873187**

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

Plant & Cake Sale

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



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

Raising Money for the 74th Annual Produce Show 2025

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

Welcome to Carnival 2025

And hello from a new Carnival Chair for this year Claire Worden.



I have been in and around Lostwithiel all my life first entering Lostwithiel Carnival when I was only 6 months old, and there aren't many Carnivals I have ever missed!

Planning is well underway to bring Lostwithiel yet another fun packed week of activities.

We have timed it to ensure all schools have finished for the summer, but not taken it very far into the holidays for those of you who are getting away this summer.

This year Carnival Week has not fallen on good tides for a Raft Race so we are proposing to hold the Raft Race as a separate event at the beginning of September tbc. We will keep you posted on developments with that.

As always if you are wanting to get involved, are happy to give some time during the week or just want to understand more about the week please follow Lostwithiel Carnival Facebook Page for updates and meeting dates.

We are currently busy gathering sponsors and advertisers for the programme, without all of this support the week would not be able to go ahead in its current format. All the local businesses that support we are very grateful as it allows us to put on all the activities for you to enjoy and there's something for all the family. We look forward to seeing you all during the week.

Claire Worden
Carnival Chair 2025

SAVE THE DATE

LOSTWITHIEL
CARNIVAL

27TH JULY - 2ND AUGUST
2025

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

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 17th May

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

Cancer Research Uk Lostwithiel Branch



Our first event of the year was our Spring Coffee Morning - what a wonderful event - everyone seemed to enjoy themselves. What a fantastic result - we made £873 including some late donations; thanks to all who contributed and all who provided the food. What a generous crowd.

Our next event is to be held on Saturday 17th May from 12pm until 1.30pm in the Church Rooms, Lostwithiel when we will be providing a "Spuds and Puds" lunch for £8 inclusive of teas and coffee.

We will be serving a variety of fillings and some delicious puddings. Look out for the posters in town and we look forward to serving you.

Lostwithiel & District Floral Art Club

Our next meeting is on Wednesday 28 May at Lanhydrock Hall starting with a demonstration by Alison Penno at 2.30 p.m. Her title is 'Floral Idols'. We hope new members will come along and join this friendly group. Our meetings are always instructive, enjoyable and relaxing. We end the afternoon with refreshments and a raffle of the floral arrangements.

A Thankyou.

Chris and Team would like to thank all who came and supported Young Lives vs Cancer and local organisations at the recent coffee morning in the Con Club.

So far we have raised over £700 which is amazing!

Thankyou everyone who helped, supported and donated, it is much appreciated.

(We are now having a long lie down now!)

Many thanks,

Chris

A very Happy Easter and hope you have plenty of time off to enjoy yourselves.

Lostwithiel Methodist Church

Taprell House, North Street (next to the Library)

www.lostwithielmethodist.co.uk

Services in May at 11.00a.m

May 4th Mr P Santo Warner

May 11th Café Church

May 18th B Whell

May 25th 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 May 29th 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.

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

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

Minister: Rev. Paul Benney 01726 844 471

Local Contact: Mrs M Mitchell 01208 367016

Lostwithiel Rainbows

FOR GIRLS AGED 4-7 YEARS

We have now returned to Rainbows after the Easter Holiday and are looking forward to all the activities that are planned which could include cooking, making things, singing, playing games, going on outings, completing challenges to earn badges and much more. All these activities are preparing us for our move up to Brownies once we are old enough where we will continue with our guiding adventure.

If your daughter would like to join Rainbows and complete activities, challenges, earn badges, go on outings, have fun, play games and much more 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

Chapel Chat

¹⁴ You are the light for the whole world. A city built on top of a hill cannot be hidden, and no one lights a lamp and puts it under a clay pot. Instead, it is placed on a lampstand, where it can give light to everyone in the house.

¹⁶ Make your light shine, so others will see the good you do and will praise your Father in heaven.

Matthew 5:14-16 from The Contemporary English Version May 29th

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

May 4th Mr P. Santo Warner

May 11th Café Church

May 18th Mrs B. Whell

May 25th Café Church

May 29th Coffee Morning

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



FOWEY VALLEY

CIDERY & DISTILLERY

Shop, tours, tastings & experiences

Cider Season is Here

It's turning into proper cider drinking weather. So now is the time to stock up. A lot of people will know our most popular cider Castledore (named after the Iron Age fort up the hill from our home orchard).

However we do have three more ciders. Our sparkling vintage cider is made in exactly the same way as Champagne. If you want to see how complex that is there's a two minute video you can see if you scan this QR code. It's great for celebrations and goes well with fish, chicken pork and most puddings. Last year we introduced a Rose version of it. The newest addition is our Duchy cider, made in the traditional west country way. It's dry, still and slightly cloudy. It comes in one litre flagons, 500ml bottles and 20 Litre bag in a box if you are having a party! Cider the way it used to be.



It is all of course available at our tasting room on the Restormel Estate. Come and try everything for free!

In Lostwithiel our Castledore cider is available in Fore street at the newsagents, and you can drink it at the Crown Inn, Lanlivery and the Mess Hall in Lostwithiel.

Earlier in April we were **shortlisted for Best food & Drink producer in Cornwall** by the Muddy Stiletto awards. Thank you to all the people who voted for us. We find out if we've won on 30th April- so fingers crossed!



VISIT US
Unit 11, Restormel Est.
Lostwithiel. PL22 OHG

ONLINE
foweyvalley.co.uk

LOSTWITHIEL PLANT SWAP AND PLANT SALE



EVERY SATURDAY MORNING

10AM – 1 PM

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

Can You Spare 2 hours?



WE NEED YOU!

VOLUNTEERS WANTED

We need help with
Litter-Picking
Programme-Selling
Car Park-Marshalling
Staffing the Road Closure

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

We can't do it without you!

LOSTFEST.CO.UK

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





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on the main stage

THE CABARATS, BANJOVIAL, THE IF SOs

Arts & crafts

STREET PERFORMERS

GREAT FOOD

Plus Family Fun with a Ceilidh

SUNDAY 18TH MAY

WWW.LOSTFEST.CO.UK



The du Maurier Fowey Literary Festival

9th – 17th May 2025



Online Festival Box Office OPEN

The box office is open for our 27th Festival which runs from May 9th– 17th. Highlights this year include the opening night with highly acclaimed Mad Dog Mcree, a hugely popular live band with five albums under their belt. Sir Michael Morpurgo discusses his life and works. Kate Williams indulges with the secret palaces. Sir Graham Brady discusses his new book the Kingmaker. Tessa Dunlop, historian, in conversation with Iain Dale, who himself will be exploring the life of Margaret Thatcher in his new book. Joanne Harris on her new book Vianne, the prequel to Chocolat. John Suchet on his love of Beethoven. Alison Weir on the mysteries of Tudor life in her book Cardinal. Alan Johnson, former MP on the Tony Benn. These are just some of the highlights. For music lovers we have Company B a 7 piece band bringing the sound of the 1940's up to date. Take a Chance on Us, the acclaimed ABBA tribute band and Peter Knight's Gigspanner Trio in concert. There are a host of other guest speakers and events to enjoy throughout the nine days, including: film, du Maurier reading groups, workshops, guided walks and, the ever popular Festival Art Trail and Secret Gardens. For full details please head to: www.foweyfestival.com

Fowey Art Trail – 2025 Saturday 10th – 17th May

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

You will find more wonderful artists exhibiting and selling their work at the Royal British Legion, Mission to Seafarers, and across the water in St. Johns' Church (accessed via the car ferry at Caffa Mill). Please join us for this once a year opportunity to visit our talented local artists. Those who walk the route will be treated to a journey of discovery, taking in 23 exhibitions in 13 locations around Fowey, Bodinnick and Polruan.

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

A brochure mapping out the venues will be available in shops

and venues to guide you around the trail providing a visual treat for the senses. Or follow us on 'Fowey Art Trail' Facebook and Instagram pages to preview a selection of the artwork. Further details on: www.foweyfestival.com Insta: @foweyart-strail F: Fowey Festival Art Trail

Secret Gardens

Friday 16 and Saturday 17 May 2025

This year sees the very welcome return of Thomas Martyn, performing four operatic interludes at Porphyry Hall Garden, Fowey. No tickets are necessary but access will be capacity controlled, on a first arrivals basis. Please see the Festival website for timing details.

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

Finally, if you or someone you know might consider opening your garden to the public please get in touch! Being part of Secret Gardens is a lot of fun. You will meet lots of interesting and friendly people from all walks of life. Sharing a much-loved garden with others is quite special, not only for the visitor but for the garden owner too. Please contact Celia, Celia@allbut.eu or call 07887 703 757 to find out more.

Ways to keep in touch with us:

www.foweyfestival.com info@foweyfestival.com

Follow us on: Instagram @foweyliterature Twitter: fowey_festival

Facebook: @FoweyFestival

The du Maurier Festival Society, Registered Office: 4 Quiller

Couch Way, Fowey, Cornwall, PL23 1DN

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Lostwithiel Town Trail

Over the coming weeks and months you will start to see aspects of our new Lostwithiel Town Trail coming into being, designed to be enjoyed by locals, friends, family and visitors alike.

It's being created by the Town Team, using grant funding which it obtained for the project, and highlights different aspects of the town's long history, its culture, environment and community.

The self-guided trail can be followed using a new website, www.lostwithieltowntrail.org, featuring points of interest around the town; a separate pub trail is already live and over time more will be added, including a Young Explorers trail with rubbing posts illustrating local wildlife. The website is accessible by scanning the QR code below.



For those unfamiliar with the work of the Town Team, it's an independent group of volunteers who have secured central government funding, via Cornwall Council, to create not only the trail but also infrastructure such as new benches, planters and bike racks. Over the past few months the team has been obtaining permissions for these works and design and commissioning are now under way. We plan to make details available shortly, but in the meantime anyone interested in contributing to the development of new public facilities which will make Lostwithiel an even more attractive place to live and to visit is invited to contact Michelle Nineham at michellenineham@gmail.com

Rotary Club of Lostwithiel

The picture below shows the group of people who look after the flowers beds at Lostwithiel Railway Station. It is their efforts that ensure a great impression is made to visitors arriving in our town.

The Rotary club is delighted to have been able to create the new new planters for their use.



On Saturday 12th. April members of the Rotary Club were out and about in Lostwithiel collecting for Shelterbox,

This is a charity, originally started by Rotary at Helston, but now an independent national organisation raising funds to send help to anywhere in the world to alleviate the effects of disaster of any type, which leaves people without shelter or means of helping themselves.

The boxes contents can be amended according to the type of disaster and the primary needs in that area. As a result of their efforts the Rotary Club of Lostwithiel was able to provide funds for a complete Shelter Box.

Lostwithiel Twinning Association

This year it's our turn to host Pleyber Christ France.

DATE – Friday 30th May 25

Time – 19.00hrs

Venue – Community Centre

We are encouraging any individual or anyone from a local organisation interested in Twinning to come along to our celebration reception evening. All our Lostwithiel members will be there, along with our French guests, so please come and meet us, ask questions if you have any, and experience a little bit of what twinning is about.

£20pp which will include a drink, a homemade bowl of stew and a silent disco.

Numbers need to be in by Friday 16th May 25.

Please email -

Vikky Brown - mrsvickybrown@hotmail.com

and

Helen Nicolls -

nicolls.helen@gmail.com

Lerryn Area Minibus Association

May 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 6th Driver: Chris	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Fri 9th Driver: David	Truro	Lerryn Lostwithiel	09:30 - 15:00 09:45 - 14:45	£6.00 adult
Tue 13th Driver: Kevin	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Wed 14th Drivers: Nick & Jo	SPECIAL TRIP Newton Abbot Races	Lerryn Lostwithiel	10:15 - 19:00 10:30 - 18:45	£10.00 adult
Tue 20th Driver: John	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Tue 27th Driver: Ian	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Thu 29th Driver: Richard	SPECIAL TRIP Trago Mills Pensioners' Discount Day	Lerryn Lostwithiel	09:30 - 13:00 09:45 - 12:45	£4.00 adult

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

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

A Day at the Races

Join us at Newton Abbot Racecourse

Fancy an exciting day out at somewhere different?

Come along on Wednesday
14th May 2025

Racing starts 14.00

We arrive soon after 12.00 so you can have some lunch



Course enclosure costs £13

various alfresco dining choices with ground level view of the course

Paddock enclosure costs £20

(£18 if booked online beforehand) allows many more dining options with grandstand overlooking the Winning Post and access to the Parade Ring before and after races

Maybe try your luck or just sample the atmosphere!

Book Now: phone Jo on
01208 811175

or book online

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

Trip fare just £10

Lerryn departs 10.15, returns 19.00

Lostwithiel departs 10.30, returns 18.45



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

18TH MAY 2025

Performing Live at LOSTFEST



LostFest is an amazing experience - a unique combination of music, dance, local artistry, and busking brings such vibrant energy to the streets of Lostwithiel. Whether it's the timeless charm of Morris dancing or the soulful harmonies of barbershop choirs, there's something for everyone.

The addition of the bandstand on King George V's playing field is exciting for performers and attendees alike - and there will be a Ceilidh!



Headline Bands

The Cabarats, Banjovial and The If So's

Performers

Barts Beats Samba Band

Martha Woods

Alex Robertson

Du Glas

Mark Barnwell

Bradley Burchill

Wicked Lollipops

The Black Company

Cornish Connection

King St. Blues

Ilow Splann

Canoryon Lowen

Liam Kinsley

Kana Lostwithiel

Tywadreath Morris

Catseye Morris

Rodeohead

The Tuesday Night Singers

Salt and Sky

Acappella Sound

Backalong

The O'Frankels

Maypole Dancers

Rick Borrie

HUMM

Find out more about
all our performers at
www.lostfest.co.uk
or scan the QR Code



We are always on the lookout for new talent, so if you would like to be part of LostFest, please let us know. We aim to support local artists and nurture young talent, as it keeps the community spirit alive and creates a platform for future stars...



Family Ceilidh by Salt and Sky

Cornish dancing fun for all ages to round off the music at the Bandstand on King George V Playing Field. Don't worry there will be a caller to help you with your steps!

WWW.LOSTFEST.CO.UK

Fowey RNLI

On Tuesday 18 March Fowey volunteer lifeboat crew were carrying out their regular Tuesday



evening training exercises onboard the all-weather Lifeboat. At 8pm, a gig that was training in the harbour came alongside Ber-rills Yard pontoon requesting assistance. They had collided with a large yellow steel mooring buoy in the dark and one of their crew, seated in the bow seat, had fallen backwards on impact and injured his lower back after connecting with a bucket containing rowing pins. The casualty was in considerable pain. A number of Fowey's casualty care/first aid trained RNLI volunteers assisted with the incident, providing warm dry robes and pain relief. The casualty was eventually able to walk to the station where he was kept warm and comfortable whilst the shock wore off. After half an hour or so, the casualty was assisted to a vehicle and one of his fellow gig rowers drove him home. The incident was reported to Falmouth Coastguard and no other agencies were involved.



On Friday 4 April at just after 9am in the morning, Falmouth coast-guard requested that we launch our inshore D class lifeboat to attend to an up-turned kayak that was floating below the cliff edge at Gorran. Fowey's volunteer crew proceeded to the location and found the kayak. It was very clean and tidy, so they carried out a coastline search to make sure that there was no person involved. On completion of the search Falmouth coastguard and the Me-vagissey coastguard rescue team agreed that the lifeboat should be stood down and the crew returned to the station.

At 5:50pm on Saturday 12 April, Fowey lifeboat station received a tasking request from Falmouth Coastguard following reports of a dive float in the sea 150m off Crinnis Rock. Fowey's all-weather lifeboat was launched and the volunteer crew located and recovered the float which included a bag containing footwear. They then carried out an extensive search in conjunction with the Coastguard team. A message was subsequently viewed on social media advising that a similar float had been reported lost by a diver who was now safely ashore. Once the Coastguard had verified that the description matched the float that had been recovered the lifeboat was stood down.

At 4:43 on Monday 14th April, Falmouth Coastguard tasked Fowey lifeboat crew to provide on the water assistance for two coastguard rescue teams who were at Readymoney Cove attempting to rescue a dog on the cliff face. Fowey's volunteer crew prepared the inshore lifeboat for launch, but just prior to going into the water Falmouth Coastguard checked with the onsite coastguard teams who confirmed that the rescue was complete and therefore the lifeboat crew could stand down. It's important to keep yourself safe when walking your dogs near water or cliffs. RNLI safety advice is to keep dogs on a lead if walking close to cliff edges or fast flowing rivers. If your dog goes into the water or gets stuck in mud, don't go in after them. Move to a place that your dog can get to safely and call them, they will probably be able to get out by themselves. If you're worried about your dog, call 999 and ask for the coastguard.

Plans are progressing well for the arrival of our Atlantic 85 this summer. Crew will begin their training programme in early June, starting with a week long course at the RNLI training college in Poole, followed by training at the station.

Our relief station Atlantic 85 will arrive around 9 June and at the same time we will have an additional 85 for a week's crew training. Crew will aim to pass-out at the end of June. Changes to the pontoon and moorings is in the planning stage. Our Trent lifeboat will leave us in August and our own permanent 85 is due at the end of the year.

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

Our lifeboat tours 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

COMMEMORATES

V-E DAY 80

Bank Holiday Monday,

5th May 2025.

1pm to 6pm

St Bartholomew's Church Lostwithiel.

1pm.

Children's Evacuee
Costume Competition

Approx. 2pm.

Lostwithiel Town Band
In Concert.

Followed by;

Kana Lostwithiel
Singers.

Followed by;

The Misfits Swing
And Jazz Band.

**There Will Be Intervals Between Acts
With Refreshments & A Bar Available.**

FREE Admission

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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**

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