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NOVEMBER 2025

FREE

LOSTWITHIEL NEWSLETTER

Spreadable Productions, in conjunction with Lostwithiel Community Centre,
proudly present

THE PANTO STRIKES BACK

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Friday December 5th 7pm & Saturday 6th 2pm & 7pm.

SPREADABLE PRODUCTIONS



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

LOSTWITHIEL COMMUNITY CENTRE & GARDEN CAFE

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

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

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

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

FRIENDSHIP CAFE: Thursday 2pm - 4pm

PRE-SCHOOL PLAYGROUP: Tuesday 9am - 12 noon

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

COMMUNITY CENTRE CAR PARK

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

SCOUT HUT (Main Car Park)

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

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

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

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

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

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

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

LOSTWITHIEL YOUNG FARMERS CLUB - Monday evenings

RAINBOWS, BROWNIES ETC. - Check national websites for info

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

DRILL HALL (next to the Co-Op)

LOSTWITHIEL ARMY CADETS - Tuesday 6 - 8:30pm

CHURCH HALL (Church Lane)

Enquiries Rev. Sheila Bowden 01208 871344

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

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

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

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

GATEWAY CHURCH - 5pm Sundays

COMMUNITY CAFE - Fri 10am - 2pm, all welcome pay what you can.

LOSTWITHIEL METHODIST CHURCH

STITCHES GROUP - 1st & 3rd Thursday of the month 2 - 4pm

LOSTWITHIEL SOCIAL CLUB Fore Street

lostwithielsc@gmail.com bookings & info b.greswell@btinternet.com

sheila.stevens@btinternet.com or via facebook

New Meeting & Conference rooms available for hire

Friday & Saturday: Bar open 7pm

Free pool night Wednesday 7pm

Bingo with Paul Sweet every Sunday, eyes down 7pm

Quiz Night 1st Friday of the month

Folk Jam 2nd Friday of the month

CONTACTS

Lostwithiel Town Band: Musical Director: David Savage
Tel: 07943311348.

Bowling Club: Restormel Road 01208 871748

Health Visitor Under 5's Clinic: Penrice 01726 74969

Lostwithiel Badminton Club: Eddie Sugar 01208 871111

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

Check www.lostwithiel.org.uk for up to date listings of events in and around Lostwithiel.

LOSTWITHIEL NEWSLETTER – CONTACT & PAYMENT DETAILS

The next Lostwithiel Newsletter is out on **Monday 1st December 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 November 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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. **THANK YOU:** A big thank you to our superb team of volunteers for their invaluable help and support throughout the season. Without you we simply wouldn't be able to continue to be the 'Best Little Museum in Cornwall.'

. **WINTER CLOSURE:** The 'open season' is rapidly drawing to an end and by the time you read this the museum will have closed to visitors. It's that time of year when we pause to reflect on the busy months behind us and start to prepare for the new season ahead. This closure period is essential for tackling the jobs that can't be done when the museum is open to visitors. We welcome your help throughout the year so if you're an existing volunteer or just thinking about joining us we have plenty of opportunities to interest you 'behind the scenes.' To find out more please contact Christine Walton on 01208 871456.

. **SPRING REOPENING:** As Easter falls early next year the museum will reopen to visitors on Monday 30 March and close on Friday 30 October 2026. The Town Heritage Walks will re-commence on Wednesday 1 April and continue until Wednesday 28 October 2026.

. **FRIENDS OF LOSTWITHIEL MUSEUM ASSOCIATION:** This is a reminder that your £10 per household membership fee for 2026 is due for renewal. The renewal form was included in the Museum Matters magazine (Issue 19). Please return the completed form with your dues to the Membership Secretary at the museum in Fore Street. Thank you to all those who renewed so promptly, especially those of you who added a donation or completed the Gift Aid Declaration Form.

. **MUSEUM MATTERS MAGAZINE:** Issue 19 of the in-house magazine has now been distributed. If you are entitled to a copy and haven't received it please contact Richard Young on 01208 367051. A reminder that copies for LMA volunteers are in the museum for you to collect.

. **VE DAY VICTORY AND REFLECTION EXHIBITION:** Working in collaboration with Bodmin Keep (Cornwall's prestigious Army Museum) we will be hosting a touring exhibition to be displayed in the Guildhall (above the museum) from 17 November — 17 December. The Victory and Reflection Exhibition was co-produced by Milly Thompson, a student at the University of Plymouth who, as part of her degree, worked as an intern at Bodmin Keep. The display features unique artefacts, photographs and documents from the archives at Bodmin Keep. Shedding light on VE Day at home, the exhibition features photographs taken by Bodmin based photographer George Ellis who documented local victory celebrations. Thank you to James Inglis (Assistant Curator Bodmin Keep) for helping us to co-ordinate this event — and to Lostwithiel Town Council for allowing the use of the Guildhall.

. **MUSEUM WINDOW DISPLAYS:** Thank you to Mary Lovelock for organising the display of museum in-house publications — and to John Lovelock for making the display board. It's encouraging to know that this 'additional professional touch' helped increase sales of publications. Mary Lovelock and Anita Roberts are busy searching through the museum archive collection of old photographs of Lostwithiel for the next window display.

. **DONATION:** A very appreciative thank you to Lostwithiel Jazz Cafe for donating £88 to Lostwithiel Museum Association. We will be in touch to let you know how the money was spent.

. **AGM:** We look forward to welcoming you to the 2025 LMA AGM to be held at 7.00pm on Tuesday 18 November in the Church Rooms.

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

Christine Walton (LMA Chair)

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

Mayor's Column

Following several requests from parishioners the Council team have revised the Library opening hours to include Saturday mornings. The new opening hours are :

Wednesdays 10-4.30pm

Saturdays 9-12 midday

This trial period will be from 01 Nov.25 -31 Jan.26, a decision whether the revised hours are to continue will depend on the increase or not of the level of use. The Council still has 1 vacancy, this position will be advertised for co-option with the written expression of interest addressed to the Town Clerk by the 18th November. Candidates will be invited to attend an interview prior to the Council meeting of the 2nd December. The Mayor's surgery for November will be held on the 1st December not the 24th November.

The Remembrance Day Service and Parade, followed by the wreath laying will be on the 9th November. The Parade will march off from Edgcumbe House on Fore St at 0930, going around the town followed by a church service at 1000 and finishing at the Memorial just before 1100 for wreath laying. Hope to see many of you there to remember the sacrifice our armed services underwent to ensure our freedom.

John, Mayor of Lostwithiel

Lostwithiel Rainbows

FOR GIRLS AGED 4-7 YEARS

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

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

For more information on joining our Rainbow group please phone 0800 169 5901 or visit www.girlguiding.org.uk

Tabletop Sale At Lostwithiel Scout HQ

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



Lost In Film

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

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

The Ballad of Wallis Island (12)

- Monday 24th November - doors open 6.45pm, film starts 7.30pm

An eccentric lottery winner who lives alone on a remote island dreams of getting his favourite musicians back together.



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For info: EquinoxQigong@yahoo.com

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Brydai, The Uplands, Lostwithiel

South East Cornwall Constituency Labour Party

Our MP, Anna Gelderd, was in Bodmin on Friday to attend a meeting hosted by Joy Bassett, of Cornwall Gateway CIC, to explore their ambitious plans for a Food Processing/ Agri-Food and Drink Resource Centre to provide shared bottling, canning, labelling and storage facilities for our amazing Cornish food and drink producers. A quick google search will enable you to read about all aspects of this project. Anna was impressed by the potential benefits to the farmers and growers of South East Cornwall, as well as the potential for quality, year round jobs and training opportunities for our young people.

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

On Saturday, Lucy Powell was announced as the new Deputy Leader of the Labour Party. She has promised to be a strong voice for members and backbench MPs.

Cornish renters will soon benefit from the Renters Rights Bill, which among other things will outlaw no fault evictions and make it possible for beloved family pets to accompany their owners into rental properties.

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

There will soon be good news about patients in our area being able to access a mobile NHS dental service – this is desperately needed following a collapse of free dental services under the Tories.

On Saturday 25th members gathered for a lovely cream tea at the brilliant Community Kitchen in Saltash, where an affordable lunch is provided three days a week for anyone who needs it.

Dates :

Saturday 22nd November – All Member Meeting – 2.00 p.m at Liskerret Centre, Liskeard

Saturday 7th February – Nos Lowen – 7.00 pm at Liskerret Centre, Liskeard

Wednesday 5th November 9.30 – 12.00 – Anna's 'pop up' office will be in the post office room at Lostwithiel Community Centre. Two caseworkers will be in attendance and constituents are invited to drop in on the day, or to make an appointment via annagelderdmp.com

These pop ups are in addition to Anna's in person surgeries, appointments for which must be booked in advance via her website.

Sally Sweeney (Chair) 07984334761

Lostwithiel Brownies

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

After the holiday we will be busy with Remembrance Day , and Christmas preparations .

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

Vintage China for Hire

We have a good selection of vintage china and tablecloths
Available for tea parties, birthdays, celebrations etc.
By donation to a local charity.
Contact Chris J 07837 017159 or Margaret D 01208 872905

Lostwithiel Environment Action Forum



Lostwithiel Town Trail — Benefit to Wildlife

LEAF is pleased to see that a significant part of the new Town Trail is designed to benefit nature both by education and, more directly, by providing new artificial habitats. Fifteen 'rubbing posts' have popped up around Lostwithiel from Second Island in the north to Coulson Park in the south. Each is topped with plaque depicting a wildlife image etched on its face. By holding a piece of paper on it and rubbing with a soft crayon, young people can make their own copy of the image and take it home. On the front of each post is an image of our intrepid explorer, Losti the Otter, who is accompanied by a QR code. Scanning this with a smart phone leads a website with interesting information on all the wildlife images.

To complete the educational round-up, Second Island, Quay Street and Coulson Park have picnic tables on each of which are colourful tiles giving information on 4 examples of wildlife which can be seen close by.

Six bat boxes have been put on trees; two in Second Island, a further two along the river bank by King George Field and a final two in Coulson Park. Keep a look out for these (see photo).



**Bat box on
King George V bank**

Bats need time to find and explore new homes, it may be several months or even years before boxes have residents. Once bats find a suitable place to live, they can return over and over again.

You can check if bats are in residence by placing a piece of white cloth on the ground underneath. Bat droppings are very distinctive; being composed of insect remains, they are crumbly.

One house sparrow nest box has been placed on the north gable of the Community Centre and one in Coulson Park. House sparrows are in trouble. The UK population has halved for reasons that are not fully understood. Sparrows are very resilient and, for their size, have remarkably few serious predators.

Owners of domestic cats can help by dressing them in high-visibility collars with bells to warn the birds of the approaching pet. For thousands of years, house sparrows have lived alongside people, often making their nests in cosy crevices in buildings. It is a real delight to walk along Malthouse Lane in the nesting season and hear the twittering of the sparrows nesting in the crannies of the buildings on the west side. These nooks and crannies are increasingly hard to find in modern buildings but, hopefully, house sparrows will take up residence in our nest boxes.

Screwed to trees are eight tit nest boxes in a variety of locations. The 25 mm entrance holes are designed to be just too small for great tits so as to encourage the less common blue and marsh tits.

One house martin cup has been attached to the Community Centre gable end. We hope it will encourage this gregarious nester to build natural nests either next to it or close by.

House Martins have been in decline in recent years, owing to the loss of eaves in modern housing design. By putting up a house martin nest cup, you too can help support these summer migrants.



David Guiterman

Fowey RNLI

On Saturday 27 September, our volunteer crew were paged at 9:57 on Saturday morning

to launch to assess the condition of a sailor who was alone aboard his yacht in Fowey Harbour. Southwest Ambulance had requested the launch as the casualty was reported to be unwell and deteriorating. Just before launch, a Fowey Harbour Patrol boat brought the casualty to the lifeboat pontoon, so the launch was cancelled. Our crew provided casualty care at the station while waiting for the ambulance which arrived at 10:35. The ambulance crew assessed the casualty and released him at 11am.

Our annual Fowey lifeboat auction is on Friday 7 November at Gallants sailing club. The auction starts at 7.30pm, but feel free to come along and have a drink beforehand, everyone is welcome. It's always a great fun evening with some unusual items to bid for, we hope to see lots of you down there. Do you have any unusual items or better still something money could not buy? If you would like to donate it for our auction you can contact Rob Collings on



07969 709812 or email robbie1959@live.co.uk. Items can also be dropped off at Gallants on the day of the auction.

Could you help save lives at sea, as an RNLI Water Safety Volunteer? The RNLI are currently recruiting in the Fowey/St Austell area for a Water Safety Officer. You might already be involved in the RNLI or be new to the organisation, all applications are welcome, and training will be provided.

As part of the water safety team, you will play an important part of RNLI Lifesaving Operations by sharing vital water safety messages, supporting or running events and helping to educate and equip water users from all spheres to enjoy the sea safely. Find more information and how to apply at bit.ly/48tj3g7

Thank you to all involved in the Fowey Harbour Swim which raised £1300 for Fowey Lifeboats and Gallants Juniors.

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

Chapel Chat

Your word is a lamp for my feet, a light for my path."
- Psalm 119:105

COFFEE MORNING Wednesday October 29th 10.30 -12
Coffee is Free but you might like to make a small donation to Cornwall Air Ambulance Come and have a natter in a warm friendly place

Church Activities at a glance

Nov. 2nd Fellowship (Fellowship coffee team)
Nov. 9th Remembrance service at St Barts
Nov 16th Mrs E. Benney
Nov 23rd Café Church (Café Church coffee team)
Nov 26th Coffee Morning
Nov 30th Mr Peter Santo Warner
Stitches every 1st and 3rd Thursday 2-4
Music Appreciation - last Wed. of the month at 7.30
Minister: Rev. Paul Benney 01726 844471



RNLI AUCTION

Fowey Gallants Sailing Club

Friday 7 November 25

Amazing auction items include; Meals and Offers at Local Restaurants, Work by local artists, plus many more...

Auction starts at 7:30pm

If you have any items that you wish to donate, please drop them off at Gallants from 4pm on the day or contact Rob on 07969 709812 or Gaynor on 07801 264119

Thank you!

THE ROTARY CLUB OF LOSTWITHIEL PRESENTS

LOST RUN 7

Sunday 16th November
10:30am Start

Register on the day at Lostwithiel Community Centre PL22 0HA by 10am

7KM RUN
£15 Per Person
To include a Medal
TARMACHARD SURFACE

TO REGISTER VISIT:
<https://www.evententry.co.uk/lost-run-7>

Proceeds to
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of Lostwithiel
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As you will already have seen the Lost Run 7 is getting closer, One for the diary.

The 2026 Beer Festival will be held at the Community Centre on Saturday 14th. March 2026 and as usual the final matches of the Rugby Six Nations will be shown on the big screen during the afternoon and evening. Outside of Rotary, some news of the amazing group who take part in the Santas on Bikes Run.

This year's event will be on Saturday 6th. December. As the bikes go through Lostwithiel, members of Lostwithiel Rotary will be out and about with collecting buckets, and all proceeds will go to the Bikers. Please give generously and help them raise a great amount for their charities. Rotary and the Crippling Disease of Polio, here.

We've all been affected by the Covid pandemic -ask anyone! But mention "polio" today and you'll often get a blank look. Until 1988, the fatal disease poliomyelitis (infantile paralysis) was still classed as a global pandemic, killing and paralysing hundreds of thousands of young people each year. With the discovery of an effective vaccine in 1955, we in the UK were largely protected, but polio continued to devastate communities worldwide. Although the virus has been driven to the brink of extinction, it still exists, and the risk of infection remains until eradication is complete. Anyone over the age of seventy will remember the fear of polio.

Epidemics swept through Britain, bring real anxiety to every household. The disease often struck children and young adults, causing lifelong disability, paralysis-and sometimes death. In those early years there was no cure, no vaccine, and limited understanding of how it spread. Lostwithiel did not escape.

Between 1947 and 1952, 321 people in Cornwall contracted the disease. Lostwithiel recorded five cases, making it one of the worst-affected places in the county-around two-and-a-half times the county average. Fowey was hit hardest with 24 cases, roughly ten times the average. In 1979, Rotary began immunising children in the Philippines, and that initiative directly led to the creation in 1988 of the Global Polio Eradication Initiative- co-founded by Rotary International with the World Health Organisation and four other global organisations. Since then, Rotary members worldwide have raised the equivalent of £1.75 billion, and helped reduce polio from 1,000 new cases every day across 125 countries to just two wild-virus cases this year (in Afghanistan and Pakistan).

There are also rare vaccine-derived polioviruses, which occur when the weakened oral vaccine strain mutates in areas of low immunisation. So far this year, about 67 such cases have been reported, mostly in tropical sub-Saharan Africa.

A new non-mutating oral vaccine is now being used globally to stop that risk once and for all. Even so, for every paralytic case detected, up to a thousand people may carry the virus silently and still spread it -a reminder that the job isn't finished yet. In 2022, the Covid Coronavirus monitoring of waste water (sewage) identified the polio virus - in London and New York!

One of the things that makes us proud to be Rotarians in Lostwithiel is the part we've played in that global effort. Our Club has been at the forefront of Rotary in Cornwall, effectively raising around £80,000 for the End Polio Now

campaign.

For more information on polio or Rotary, contact Rotarian Stephen Lay at Lay@mineit.co.uk or find us on Facebook: "Rotary Club of Lostwithiel".



u3a Lostwithiel
learn, laugh, live

The speaker for our Open Meeting in November was renowned international wildlife photographer Adrian Langdon who showed us some of his stunning work.

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

Our "Electric Dynamos" E-biker Group do rides each Wednesday of around 24 miles; in October these included rides from Summercourt to Crantock, Dobwalls to Looe and Lanivet to Eden. In November they will undertake the "100 miles in November" challenge by dedicating their rides to Pancreatic Cancer UK in order to raise funds for an important charity which supports people and research into this deadly cancer.

We are also pleased to have started up a new Mahjong for Beginners Group to have some fun learning how to play this tile based game with ancient Chinese roots.

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 :

David Platt 07484 124490

Membership : Stephanie Thomas 07980 871491

DRAMEDY;

The rumours are true!

There's a new theatre group in town. We were only formed a week ago, but we've already had a couple of meetings and we have now held auditions.

We are delighted to announce that we have cast our first play, Bazaar and Rummage, by Sue Townsend and we have five amazing actresses who will bring it to life.

We're hoping to put it on in February and we start rehearsing soon. Of course, we're going to need crew...props, costume, backstage folks nearer the time so if you want to be a part of DRAMEDY!

contact me and I can add you to our WhatsApp group.

Exciting times ahead!

Nigel Bray (director)

amiraculousman@mail.com

Golden Wedding

Mark and Wendy Taylor would like to thank all family and friends that celebrated our Golden Wedding at the Mess Hall on 15th October 2025.

Social Club News

October was a busy month for the social club.

It is great that the social club is being used by many different organisations to hold their meetings. If you would like to book the club, please email sheilabawden2@gmail.com. We offer very reasonable rates. We were delighted to host the memorial for John Tremain. John attended the clubs Folk Jam he was well known in the folk world. Many musicians joined us to celebrate and remember John. Our Folk Jam is every second Friday if you play or sing come and join us. (non-members will have to be signed in).

Lostwithiel Kana Choir used the club for a rehearsal what an amazing choir we loved having you. We also welcomed Gilly Lee-Whyte everyone enjoyed and danced the night away. Hopefully we will have Gilly back in the future she sings from the 50s 60s and 70s great music. Colin along with Fountain band joined the club to play for us everyone enjoys the band and their music.

The club offers free pool and juke box also we have a full-size snooker table. If you are not a member, why not come and have a chat to become a member is £10. Our bar offers a range of beers and spirits all at affordable prices.

If you would like to become a volunteer, we loved to meet you in any Wed/Frid/Sat/Sundays from 6pm. Thanks for your continued support from all the committee.

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Councillor Sarah Preece Lostwithiel Letters

Local people are being asked to shape the future of Cornwall

A series of drop-in sessions are being held across the Duchy to define the next iteration of the Cornwall Local Plan which will cover the period up to 2050.

The first phase in developing the plan involves establishing a Vision for Cornwall. The views of local communities will play a key role in developing this 'golden thread' which will link all the different areas of the plan. Drop-in sessions being led by Creative Kernow on behalf of Cornwall Council are being held to ask residents about where they live.

Can we create better places for everyone? With homes that are better connected to shops, schools, things to do and work? Can we also improve our natural environment?

Lostwithiel, one of the first drop-in locations at the Church Rooms at the beginning of October, was well attended with valuable and insightful feedback from residents. Participants who booked in to attend were asked what it's like to live in the town, and the changes they want to see.

We also asked questions about what they cherish about where they live, the changes that need to happen in the next ten years, the things they love, the things that need to improve, and the type of homes and infrastructure they think is needed over the next years.

Living where we do, the feedback received clearly showed how much we value our local natural environment, and seek to preserve our local green spaces, with concerns raised about the local water quality and ensuring the town retains its rural character.

When asked about the next ten years, the emphasis was very much on minimal changes to the town but the ironing out of issues around parking and parking enforcement, any development being kept proportionate to the town and affordable, and better transport connectivity to neighbouring areas with better local service provision.

The sense of pride in the town was palpable, and it was heartwarming to feel the pride and love that residents have for our little part of Cornwall. For those who missed the Lostwithiel session, more will be taking place through to January 2026.

Residents can attend any of the sessions to have their say and you can find more details of the dates and locations here: <https://www.tickettailor.com/events/creativekernowcornwallcouncil>

You can also view a short film about the Local Plan and the drop in events at: <https://youtu.be/b-8sHDKj8Lg>

THE CORNWALL LOCAL PLAN: PLANNING TO 2050



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

Lostwithiel
TABLE TENNIS CLUB



Shop, tours, tastings & experiences

A bumper apple harvest and seasonal spirits await!

Wow! so many apples brought to us this year! At least three times more than last year. If you brought your spare apples in thank you so much.

Most years are nature's clever way of ensuring the next generation of trees. Producing fruits and nuts takes a lot of energy, so trees can't do it every year. Instead, they build up resources and release them all at once. The strategy is known as predator satiation. In normal years, squirrels, mice, and other seed-eating animals consume most of the crop. But in a mast year, there's so much food that the animals can't possibly eat it all, so some seeds inevitably escape and grow into new saplings.

I thought it only affected acorns and beech nuts but apparently it can happen in orchards too. Happens about every five years and the last one was in 2020. Well, you can never have too many apples and cider is just God's way of storing apples for the year ahead...



The harvest isn't even nearly finished and we are into Christmas already. We are busy building up stocks of Mulled Cider, Mulled Wine, Single Malt Cornish Whisky, Cream Liqueurs and our lovely brand new for this year- Sloe Gin Liqueur!

Come on over to the tasting room and have a sample of all of the above any Monday to Friday 10am till 4pm.



VISIT US

Unit 11, Restormel Est.
Lostwithiel. PL22 OHG

ONLINE

foweyvalley.co.uk

Lostwithiel Cancer Support Group

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

Lostwithiel Community Centre
Pleyber Christ Way,
Lostwithiel PL22 0HE

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

Free refreshments, advice and information

Carolyn Screech
communitycancercafes@outlook.com
Telephone: 07887851714




	Cafe	Reading Room	Main Hall	Dance studio
Monday	U3A wine group	Book Club 1 every 2 nd Monday. 10.am Book club 2 every 3rd Monday in the month 10am	2.30pm -3.30pm Pickle ball training Closed class 5-9pm Town band	Baby Ballet Boppers 9.45-10.20am 10.45-11.20am 6 months -3yrs Pre-school Ballet 3-4yrs 11.30am-12.pm
Tuesday		Post Office 12.15-2.30pm	9-12pm...Preschool play group 12.30-3.30pm Pickleball 4-5pm Kixx 5-6pm...Kixx 6.30pm-7.30pm Jo Pickleball 7.45pm -8.45pm Netball	11-12pm Paracise class
Wednesday	Parkinsons support group 1 st wed of the month Cancer Support Group 2-3.30pm 2 nd week of the month	Writing group 2.30pm 3 rd week	Flexercise 10.30- 11.30am 11.45-1.30pm Available 1.30-2.30pm Tapacise 6.30-7.30pm Zumba 7.30-8.30pm Available Mens Basketball Back in October 8.40-9.40pm Available slot	Preschool Ballet 10-10.30am Acro Home Ed 10.30-11am
Thursday		Friendship Group 1pm-3pm	9-11.30am Available 12-1pm Available 2.15-4pm Pickelball 5.15-6pm Acro grade1 6-7pm Drama & singing 8-9pm Ladies Football	10am-12.pm Home Arts 3.45-4.15pm Tap & Jazz 4:15 - 4.45pm Ballet Grade 1 4.45-5.15pm Acro primary
Friday	Poetry group 10.30-12pm 1 st friday in the month 11-12pm Parents support group H/E sept Post Office 12.15-3pm 1 st July		9-2pm Available Mens walking football 2-3pm Model Racing 6pm-10pm	10am-11am Adult Ballet 3.45-4.15pm Street Fusion Jnr 4.15-5pm pre primary Ballet & tap 5pm-5.45pm Primary Ballet & Tap 5.45-6.15pm Grade 1 Tap 6.15-6.45pm Grade 1 Ballet 8+yrs 6.45-7.15pm Street Fusion Seniors 8+ yrs
Saturday			Events / Birthday party	Dance With Kate 9.00-11am

Parkinson's Support Group

1st wednesday of the month
2-3.30pm
In the Cafe

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





	Conference Room	Yoga Studio	Oasis Downstairs
Monday		9-10am Pilates Matt Class sally 10.30am 11.30am Pilates sally 4-4.30pm Drama+ Musical Theatre 4-7yr 4.30-5.15pm Drama + Musical 7-12yr 6.15-7.15pm Carley Stretches and Mobility 7.30-8.30pm Available	James (Panto) 6.30-8.30pm
Tuesday	Verity ..1-1 tutoring	10am to 11.am - Somatics 11.15 to 12.15am Somatics 12-4pm Available 4.30-5.30pm -17.45-18.45pm Beginners Pilates with Michelle VJ 19.00-20.00 Intermediate Pilates	9.15am -9.50am Chair Yoga & Somatics back soon U3A French From 2.pm-3.30pm Every two weeks from september
Wednesday	9.30-11.30am 1-1 tutoring with Verity	9.15am-10.15am Vinyasa Flow class from 9 th July 9.30am - Step Aerobics New 10.30am - Somatics 11.30am - Somatics 12-6pm Available 6-7pm ,Available 7-8pm Qi-Gong Angie Squires	2 nd & 4 th in the month U3A Art workshop 2-4pm James (Panto) 6.30-8.30pm
Thursday	11.30am-1.30pm 1-1 tutoring with Verity	Emma Yoga 9.30am - Step Aerobics 10.30am - Chair Yoga 11.30-12.30pm Pilates mat work Sally 12.45-5.15pm Available Emma Manfield 5.30-6.30pm Somatic 6.35-7.35pm Intelligent Yoga	11.15am-12.15pm Craft from Sept 6pm woodturners (once a month)
Friday	1-1 Tutoring 10-11am Lost Crafters 1-3pm	9.am -10.00am Somatics 10.15am-11.15am Intelligent Yoga 11.30am -12.30pm Intelligent Yoga 2pm-3.30pm Vocal Zone 6.30pm-7.30pm winter wellness from sept	10-11am Social Group H/E 11.15-12.15pm Life skills Jnr H/E 1-2pm Life Skills Teens H/E 6pm-8.30pm Youth Club Every other week From Sept
Saturday		10-12pm Yoga for trauma from September	Woodturners 10am (once a month)



November News

It's been a busy month with lots going on at the centre! Our comedy night with Larry Pears, Mimi and Anna Keirle went down a storm! Our regular activities such as Pickleball, yoga and dance classes for young and old remain well attended. The weekly playgroup is always a hive of activity and our café is serving hot drinks and soup to keep you warm.

Finally, the wait is over! Tickets for this year's panto go on sale from 1st November, you can get yours from our website or in person in the café.

Lost Run 7 organised by The Rotary Club of Lostwithiel will be starting from the Community Centre on Sunday 16th November at 10.30am, come along and join in or just cheer on the runners. Our Garden Café will be open from 9am serving hot and cold drinks, homemade cakes and bacon rolls.

Did you know we are a registered Warm Welcome Space? Part of a national chain of community organisations reconnecting individuals and communities. Those in need can come in from the cold and spend time with us. We can offer free hot drinks and something to eat and a warm safe space this winter - you can even charge your phone!

Homeless Shoebox Appeal 2025 - from 1st November we will have a collection point in our reception area for this wonderful charity. They are accepting toiletries, clothes, children's items and batteries. A full list of what they are collecting will be available on our facebook page and on signs in the centre very soon. Please donate if you can.

Christmas will soon be upon us and we have lots of exciting things planned.

We can't wait to welcome you!

Do you love to sing? We can help!

St Bartholomew's Benefice Choir is looking for lots more singers to join our friendly team.

If you enjoy singing in a group and for church services, why not come and join us.

Contact our choirmaster John Allen for more information, or pop along to one of our rehearsals on Thursdays at 5.30pm in St Bartholomew's Church, Lostwithiel.

We look forward to seeing you soon!

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LOSTWITHIEL NEWSLETTER

or ring 01208 873 187 Monday – Friday

St Bartholomew's News

Time seems to be galloping by this year and I wonder whether old age has anything to do with it! Having hosted the schools for the Annual Harvest Experience, which is very enjoyable by all who take part, we start looking towards our next great Church Festival – the birth of Jesus. At least with the milder weather all our bulbs are planted and we have been able to do a lot of tidying in the garden without getting bogged down with the mud. You may have heard by now, that as Rev'd Sheila turns 70 on 1st November, she will be having a 6 month leave, but don't worry she will still be around and about and knowing Sheila, she'll still be working just as hard as she usually does.

Our Thursday Morning Benefice Eucharist services will be on hold until her return.

Of course, our services will be disrupted but we can all be adaptable and if you would like a Eucharist service, each Sunday there will be Communion somewhere within the Benefice. All dates and times are published in the Bridge.

Our first Sunday, 2nd, will be Morning Prayer at 11.00. The second Sunday is of course, Remembrance Sunday, so the Town Band will be playing. We hope the Benefice Choir will also be singing an Anthem. The service is starting at 10.00 and we will then be progressing down to the War Memorial at 10.45 for the Community Service and 2 Minute Silence.

The third Sunday, 16th, will be Morning Prayer at 11.00. There will be a Roman Catholic service on Saturday 22nd at 10.30 and all are welcome. Our fourth Sunday will be a Eucharist at 11.00. The fifth Sunday, 30th, will be a United Benefice Service at 10.30 at Bradoc Church.

There will be a concert presented by Dan Woodfield in his series of visiting groups from around the South West, on Saturday 8th at 7.00. Details will be at the back of the Church. The next concert will be on Friday 14th and this is the Kescana group.

Then on Sunday 23rd, the Duchy Opera will be with us again, singing songs from our favourite shows and operas. More details nearer the day.

And - the Christmas Trees will be arriving in the last weekend, so all the local groups will be getting letters soon to invite you to come and decorate your trees before the opening on Tuesday 2nd December. Lovely!

See you in Church!

Cancer Research UK Lostwithiel Branch



Since our last insert we have organised two fund raising events which due to your generosity have yielded excellent amounts which have been sent to head office to continue the fight against cancers of all sorts.

Firstly on September 13th and with the kind permission of Rev Sheila we hosted at St Barts Church the Nankersey Male Choir who were on the final stages of their 75th Anniversary Tour. In addition we had the brilliant Adrian Wilton as our compere and the excellent Jon and Jess Ward giving us solos on the organ and saxophone respectively. We certainly hope to hear more of their talents in the future. We raised over £450.

On 18th September we occupied our normal role at the Lerryn Red Store Charity event by selling refreshments to all and made a healthy profit of £200.

Our next annual event, which is always well supported, is on Saturday 6th December in the Church Rooms from 10.30 till 12.30pm when we will be serving our Christmas Coffee Morning with great food made by our committee and our helpers and piano music from Jill. See our posters around town.

Lerryn Area Minibus Association

November 2025

Providing community transport for people living in the Lerryn Area

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

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

DATE	DESTINATION		TIME	RETURN FARE
Tue 4th Driver: Chris	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Tue 11th Driver: Ed	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Fri 14th Driver: John	Truro	Lerryn Lostwithiel	09:30 - 15:00 09:45 - 14:45	£6.00 adult
Sun 16th Driver: David	SPECIAL TRIP Windy Ridge Sunday Lunch and Kernow Mills Shopping	Lerryn Lostwithiel	11:00 - 16:00 11:15 - 15:45	£5.00 adult
Tue 18th Driver: John	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Sat 22nd Drivers: Annie & Nick	SPECIAL TRIP Tavistock Pannier/Farmers Market Christmas Shopping	Lerryn Lostwithiel	09:30 - 16:15 09:45 - 16:00	£7.50 adult
Tue 25th Driver: Kevin	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Thu 27th Driver: Ed	SPECIAL TRIP Trago Mills Pensioners' Discount Day	Lerryn Lostwithiel	09:30 - 13:00 09:45 - 12:45	£4.00 adult
Sat 29th Driver: David	LAMA Christmas Coffee Morning in Lerryn	Lostwithiel	10:15 - 12:45	

Merry Xmas from LAMA!

The popular LAMA Xmas Coffee Morning is here again!

Come and join us!

Saturday 29th November
2025

Lerryn Memorial Hall
10.30-12.30



Refreshments, Cakes, Stalls, Games
Luxury Xmas Hamper Raffle and MORE!

All proceeds to LAMA



FREE Minibus from Lostwithiel
10.15 Library Gates
Phone Jacquie or Jo
to book 01208 811175

Please support your local minibus and
its fundraising!

For full details of LAMA services please visit lerryn.net

Special trips: November 2025

Two Special Trips in November: Sunday Lunch Carvery &
Tavistock Markets

16th November 2025: Sunday
Carvery - Windy Ridge Eating
House, Trerulefoot. Cost just £5



Small Carvery £11.95/Standard £15.95.
followed by shopping at Kernow Mills

Leaves Lerryn 11.00 & Lostwithiel 11.15
Returns Lostwithiel 15.45 & Lerryn 16.00



Saturday 22nd November 2025:
Tavistock Markets

See the quality and variety of goods at the
ancient Pannier Market

Tavistock is an ancient Statuary Town
with world heritage status

Great Christmas shopping opportunity!

To BOOK please contact Jo or Jacquie
on telephone 01208 811175

Also visit the Tavistock Farmers
Market!

Very popular market - lovely produce!

Trip Cost just £7.50

Leaves Lerryn 9.30 Returns 16.15
Leaves Lostwithiel 9.45 Returns 16.00



STOP PRESS - Sat 29th November: LAMA Coffee Morning - FREE courtesy minibus
from Lostwithiel at 10.15am. Refreshments, Stalls, Games, Xmas Hamper Raffle!



Start Christmas With Carols Around Town – Lostwithiel Christmas Pageant

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

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

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

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

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

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

01208 872 252 for more info or to volunteer.

Lostwithiel W.I.

We welcomed two visitors today: Helen Kessell, our CFWI Advisor and Heather Hunt, our guest auctioneer. As it is the Harvest Meeting, we sang 'We plough the Fields and Scatter'.

The minutes from our September meeting were proposed by Lesley Daw and seconded by Anne Dack, with no matters arising. Pat Richards informed members that she had received a flyer outlining the WI organisation, which is open to all women of all ages. The flyer is hoped to attract more members, highlighting what the WI organisation does.

We went on to discuss ways to attract new members, with lots of ideas from the members and Helen Kessell.

I read out the weekly newsletters, which covered various subjects, including the Annual Council Meeting, the Digital Pioneer Prize Pack, the WI Lottery, the Carol Service at St Columb and Inspiring Voices Podcast.

County News was read and discussed, with Pat informing members she has all forms if anyone is interested in any of the courses. I will be contacting Cuddra WI to arrange a get-together at Cuddra Hall.

Competition results:

Flower - 1st = Yvette Patterson, 2nd = Barbara Orchard
Craft - 1st = Belinda Batt, 2nd = Ann Mumford, 3rd = Yvette Patterson.

The meeting was closed, and we went on to our Harvest Auction. A big Thank You to Heather Hunt for being our guest auctioneer. The money we raised, we donated to a local group. Our next meeting will be on the 7th of November, 2.00 - 4.00 at Squires Field Community Centre. All visitors are welcome.

Yvette Patterson (President)

theWI
INSPIRING WOMEN

Echoes of the Run: Can Salmon Still Thrive in the River Fowey?



Tracking the Return:

Learn of the Atlantic Salmon's struggle as they navigate their way from our tributaries to the sea and back to spawn, and what their journey tells us about the health of our rivers.

An illustrated talk by **Jeff Pearce**, local angler and salmon expert.

The Church Rooms,
Church Lane, Lostwithiel

Thursday 27th November 2025
at 7:30pm

Free entry – donations welcome...



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Fowey River Lions



It seems much too early to be talking about Christmas but we need to tell you about our free Senior Citizens Christmas lunch to be held on 3rd December in Fowey. It is open to any elderly resident living alone in the area, but numbers are strictly limited.

Please book your place with us before 15th November by calling us on 0345 833 748, emailing us at Foweyriverlions@gmail.com or sending us a Direct Message on Facebook. Places will be allocated on a first-come, first-served basis. We look forward to welcoming you!

As we are talking about Christmas, our growing membership means we are taking the first tentative steps in bringing back the Lions tradition of welcoming Santa back to Fowey. This year, Father Christmas will be touring the streets of Fowey during the week of 8th December, so keep a look out for us in your street. But we need some volunteers. If you can help, are over 18 years old, able bodied and have a couple of hours to spare on one (or many) of the nights from 8-12 December please contact us at Foweyriverlions@gmail.com. Santa needs your help.

We were very excited to be chosen as one of the Fowey Co-op Charities for 2026. The money we raise will fund next year's Senior Citizen's Christmas Lunch. This is a major cost item for us each year, but a very important part of our calendar. Thanks to Co-op, you can help, and the great thing is, it won't cost you a penny! Simply select Fowey River Lions as your chosen charity on the Co-op app, and we will receive a donation for every pound you spend in the shop. Thanks to Caitlyn and the team at Fowey Co-op for supporting us!



Steve Jones, Fowey River Lions' President had the pleasure of presenting the first of our local grants during October. He went along to meet the Du Maurier Festival Society with a cheque for £250 towards the provision of two days of interactive workshops for local school children.

Thanks to your generous donations, we sent another car full of supplies to Callington Lions for those in need in Ukraine as part of "Cornwall and Devon Sending Love to Ukraine". We are always looking for more donations and the full list of items we can accept can be found on our Facebook page. We have been asked for things such as – personal hygiene products (male and female), cold and flu medications, Paracetamol and any other over-the counter medication, baby food, baby clothes, nappies and first aid equipment. If you have any questions about suitability of items, or if you'd like us to pick up your donation, please contact us.

Finally, thanks to our friends at Safe Harbour Inn for hosting an excellent quiz night. Thanks also to everyone who donated raffle prizes and of course to our valiant quizzers for a hard fought and entertaining battle for the honours. All funds raised from the event go towards local projects and helping those in need.

Would you like to join the Lions? Why not email us on foweyriverlions@gmail.com to find out more about us. We meet on the first Monday of the month at the Ship Inn, Par – why not come along and see if it's something that would suit you?

Ocean & Country

Would it help to know what your home is really worth?

Over the next few months our agents will be valuing properties in your area.

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.

Ocean and Country are Independent Estate and Letting Agents with a reputation built on friendly customer service and expert local knowledge.

Should you wish to take advantage of our expertise, please contact us on: **01726 812271** or email: parsales@oceanandcountry.co.uk

There's no hard sell, it's free of charge and the valuation only takes 20-30 minutes.



USEFUL INFO & CONTACTS

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

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

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

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

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

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

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

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

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

PELYN VETS - **01208 872 254**

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

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



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