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OCTOBER 2025

FREE

LOSTWITHIEL NEWSLETTER

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

TARMAC/HARD SURFACE

TO REGISTER VISIT:
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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)

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

LOSTWITHIEL ANTIQUES & COLLECTABLES MARKET - first saturday each month, Scout Hut 10am - 1pm, contact Ann 07881 826032.

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

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

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

LOSTWITHIEL YOUNG FARMERS CLUB - Monday evenings

RAINBOWS, BROWNIES ETC. - Check national websites for info

KANA LOSTWITHIEL COMMUNITY CHOIR - Wednesday 7 - 8:30pm

LOSTWITHIEL SHORT MAT BOWLS - Tuesday & Sunday 7 - 9pm

contact secretary, Chris on 01208 871784 for more information

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

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

LOSTWITHIEL NEWSLETTER - CONTACT & PAYMENT DETAILS

The next Lostwithiel Newsletter is out on **Wednesday 1st October 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 October 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: As we begin our final month this season, it's time to say a very appreciative thank you to our LMA volunteers, members and visitors for their valued support — without which the museum could not continue. The museum closes to visitors for the winter period on Friday 31 October. Behind the scenes, the museum will continue to be busy preparing for the new 2026 season. If any existing or new volunteers want to join us please contact Christine Walton on 01208 871456 to find out more about the opportunities on offer.

. MUSEUM MATTERS MAGAZINE: Issue 19 of the in-house magazine is in the process of being distributed to LMA members and LMA volunteers. Additional copies can be purchased via the museum. For distribution enquiries please contact Richard Young (Editorial Team) on 01208 367051.

. FRIENDS OF LOSTWITHIEL MUSEUM ASSOCIATION: A Renewal Form for continuing membership of LMA and a LMA Application Form for new members, can be found inside the latest copy of Museum Matters magazine (Issue 19) to complete and return to the Membership Secretary at the museum in Fore Street. The membership fee has been retained at a modest £10 per household. Annual membership offers you two issues of the magazine (Spring and Autumn) and an invitation to a complimentary Talk and Social Event. By also completing a Gift Aid Declaration Form you will be helping LMA to claim an additional 25p for every £1 paid. The support you give by becoming a Friend of Lostwithiel Museum Association is vital to the continuation of the museum and very much appreciated.

. MUSEUM FUNDING: A query often presented by visitors is how the museum is funded — sometimes prompted by the sign outside that says FREE ENTRY. It's then assumed that the museum must be funded by an official organisation like the Arts Council for England (ACE), or similar. In Lostwithiel's case the museum is a completely independent organisation. Run entirely by volunteers our income is derived from visitor donations, a membership scheme, sales of in-house publications, town heritage walks, and occasional grants for special projects. Every penny counts. Thank you for helping your local museum to continue opening to visitors after 54 years.

. TOWN HERITAGE WALKS: With only a few weeks left before the museum closes for the winter this is an excellent activity for the October half term holiday. The Wednesday guided walks start at 11.00am from outside the Community Centre and take approximately 90 minutes. The cost is £5 per adult (cash or card) — no charge for children. Thinking ahead to Christmas, the £5 Heritage Walks Gift cards would make excellent presents for friends and family.

. LOST IN ART TRAIL: We were delighted with the numbers of visitors who came to the museum during the Lost in Art Trail held on Saturday 13 September. Let's hope we can look forward to a repeat event next year — the event certainly put Lostwithiel and the museum on the map as a 'go to destination.'

. HERITAGE OPEN DAYS: Although the actual museum will be closed to visitors during the winter months we are planning to open the Guildhall (above the museum) for 'Special Heritage Open Days.' However, this is wholly dependent on sufficient numbers of existing and new volunteers to 'meet and greet' visitors. If you are interested in volunteering in the Guildhall please contact Christine Walton on 01208 871456.

. 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

A warm welcome to our 7 new councillors, I hope they find their term of office both rewarding and enjoyable. We still have one vacancy which we could not fill by election, only by co-option, so as a Council we will be advertising this vacancy in the forthcoming weeks. Along with the Deputy Mayor and Deputy Mayoress I attended the Cubs and Scouts investiture at Restormel Castle. It is encouraging to see both of these groups re-started in Lostwithiel and hope they continue to grow and have fun in their activities. It is great to see their enthusiasm in the Scouting movement. Restormel Castle provided a perfect setting for the investiture and our thanks go out to English Heritage for allowing it to happen there.

John B Mayor

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 18th October.

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

Autumn Hazards for Dogs: What Every Owner Should Know

Hi Everyone, Polruan Pups here.

What a busy, highly successful summer its been! Now the weather is starting to turn here's a bit of advice for all dog owners that you need to be aware of to help keep your pet safe during the Autumn months.

Autumn brings crisp walks, colorful leaves, and cozy evenings, but it also carries hidden dangers for our dogs. As the season changes, so do the risks.

Fallen leaves, while fun to play in, can quickly turn damp and harbor mold or bacteria that may upset your dog's stomach if ingested. Cooler temperatures may tempt dogs to seek out antifreeze spills in driveways or garages. Even tiny amounts of antifreeze are deadly, so check your home and garden carefully.

Mushrooms are another seasonal hazard—many wild varieties are toxic to dogs and appear in abundance during damp autumn days. Visibility, darker evenings mean reduced visibility on walks. Reflective gear and LED collars can help keep your pup safe from accidents.

Heres a few of the other Risks:

- **Conkers (Horse Chestnuts):**

These are mildly toxic to dogs. If eaten, they can cause drooling, vomiting, diarrhoea, and stomach pain. Because they're large and hard, they also pose a choking risk or can cause an intestinal blockage, which may require surgery.

- **Acorns:**

Acorns contain tannins, which are poisonous to dogs. Ingesting them can lead to vomiting, diarrhea (sometimes with blood), abdominal pain, and in severe cases, kidney or liver damage. Like conkers, they can also block the gut if swallowed whole.

- **Grass Seeds:**

Not toxic, but very dangerous in another way. Their sharp, arrow-like shape means they can burrow into paws, ears, eyes, or even under the skin. Left untreated, they can cause painful infections or migrate deeper into the body, sometimes requiring a vet to remove them.

The bottom line: conkers and acorns are toxic + choking hazards, while grass seeds are invasive and painful.

Always keep an eye out during autumn walks and check your dog's paws, ears, and coat afterwards. By staying alert and proactive, you and your dog can enjoy autumn's beauty without falling victim to its hidden dangers.





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Fridays
9.30 - 10.30am

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Oasis Studio, PL22 0HA

Lerryn Memorial Hall,
PL22 0PT

Drop-in sessions £10 (£8.50 if block-booked)

For info: EquinoxQigong@yahoo.com

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Brydai, The Uplands, Lostwithiel

Lostwithiel Rainbows

FOR GIRLS AGED 4-7 YEARS

We returned to Rainbows after the Summer Holidays and celebrated our 30th Birthday with a party, we invited our County Commissioner, the Deputy Mayor and Mayoress of Lostwithiel, Leaders and previous Leaders from the District and of course our friends the Brownies. We played party games, had lots of fun and enjoyed party food along with a lovely Rainbow Birthday cake.

At the end of the party our County Commissioner presented each of us with a special badge which she presents when she visits units and on behalf of our Leaders the Deputy Mayor and Mayoress presented each of us with a Birthday badge.

Thank you to everyone that made the evening possible.

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

A Relaxing Afternoon of Indulgence

Tasty Tea and Beautiful Music

And a talk by Philip Holmes OBE MSc

founder of Pipal Tree in Nepal

On Saturday 1st November 2025

In the Church Rooms, Lostwithiel 2:00 – 4:00pm

Cream teas, home made cakes, raffle and goody stall etc.

In aid of the charity in Nepal and local organisations.

Supported by Lostwithiel Rotary.

If you would like to help or donate please contact

Chris J 07837 017159

Or Margaret D 01208 872905



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.

A Real Pain (15)

Monday 27th October - doors open 6.45pm, film starts 7.30pm

A powerfully funny, emotionally resonant drama-comedy about mismatched cousins who reunite for a tour through Poland to honour their beloved grandmother.

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

Himalayan Balsam



Do we have a fiend lurking along our riverbank? Let's look at some of the facts. Its name is *Impatiens glandulifera* and that does sound fairly fiendish. But we are not impressed by fancy names. We know it as Himalayan Balsam, introduced to the UK in 1839, but is it friend or foe? The Wildlife and Countryside Act of 1981 says it is illegal to plant or introduce Himalayan Balsam into the wild, and while it is not an offence to have it in your garden, it is a legal requirement to prevent its spread to the wild or other properties.

By tradition, it has apparently both medicinal and edible benefits. Seeds can be added to salads, breads and cakes. The young leaves and flowers are suitable for salads and the older leaves for soups and stews. The flowers can be used to make jam and can be added to gin. Also, the leaves are believed to soothe burns due to its antibacterial properties. The nectar is beneficial to bees and other pollinators, at a time when many native flowers are not available.

But what about the darker side? It grows quickly and aggressively, out competing native plants for light, space and nutrients, leading to a reduction in biodiversity.

The root systems are very shallow and unable to bind the riverbank, and as it dies down in the winter it leaves the banks exposed unsupported and prone to erosion.

Of course, bees like it, and so spend less time pollinating native plants.

These are serious considerations and far outweigh the minor edible or medicinal benefits.

So what can be done? Well, the standard method of control is by pulling it up, which is relatively easy as it is very shallow rooted. The disadvantage is that it is very labour intensive. It can also be cut down either by hand or with a strimmer. Domestic and wild herbivores will also eat it, cows, sheep or deer for example. This is unlikely to get rid of it, but it is an aid to control.

The easiest and more controversial way to tackle the problem is by the use of herbicides. Generally a glyphosate like Roundup. This has been banned in many foreign countries and several American states because of human health and environmental concerns. Several studies have linked it to cancer. The current manufacturer, Bayer, is facing extensive lawsuits relating to illness from Roundup.

Given the above information in relation to herbicides, LEAF would strongly advise against its use on Himalayan Balsam or indeed in any public space within the Lostwithiel area. So it would seem that pulling or cutting is the best way forward and for this, volunteers would be most welcome. In relation to the edible qualities of Himalayan Balsam, you would be well advised to get advice from the medical profession or a qualified herbalist before including it in your diet, although it is generally regarded as a non-toxic plant, much more information can be obtained on this subject from the internet.

Rod Pomery

Lostwithiel & District Floral Art Club

We are holding a Taster Session for all prospective new members. Come along and see if this is something you would like to join.

You can be certain of a very warm welcome from our friendly club members.

So join us on Wednesday 22 October at Lanhydrock Hall (2.30 p.m.) when our demonstrator will be Donna Ayres. Her title will be 'Floribunda'. Our meeting on this occasion ends with tea and cakes.

The hall is open from 2 p.m. and there is plenty of parking.

If you would like more information please contact me on 01208 369127

Fowey RNLI

On Wednesday 20 August, during a busy sailing regatta week in Fowey, Falmouth coast-

guard requested that Fowey lifeboat be launched to assist a 47' yacht which was stuck a mile out of Fowey Harbour with a broken engine and no wind. The crew launched their Atlantic 85 and headed off to assess the situation. On reaching the yacht they set up a tow and towed it safely into the harbour where it was handed over to Fowey Harbour Patrol to complete the mooring.



On Thursday 21 August the coastguard requested Fowey volunteers launch their lifeboat to assist a 33' non-commercial fishing boat with engine failure 13 miles offshore, with four people onboard. The crew launched their Atlantic 85 lifeboat and on arrival at the location assessed the situation. They decided to take the boat in tow and return her to her mooring in Fowey Harbour. On arrival in the harbour the casualty vessel was handed over to harbour patrol and put on its mooring.

On Sunday 24 August Falmouth coastguard requested that Fowey launch their lifeboat after receiving reports of a female swimmer in difficulties in the water at Porthpean, after getting caught in a rip current. She was holding on to an orange buoy about half a mile offshore. The coastguard helicopter was also tasked. Fowey's volunteer crew launched their Atlantic 85 lifeboat at 6:25pm and made best speed to the scene, arriving at 6:34pm. On arrival St Austell coastguard confirmed that the woman was safely out of the water and our crew were stood down and returned to station.

On Tuesday 26 August at 9:14am a tasking page was received from Falmouth coastguard. They requested that we launch the Atlantic 85 to assess and assist a 9m boat with two people onboard that was reported to be taking on water near Porthpean. Fowey's volunteer shore crew immediately loaded the salvage pump onto the lifeboat and got her ready to launch. She was launched at 9:25 and made best speed to the location of the stranded boat off Crinnis Beach at 9:35am. The vessel, which was a 9m survey boat, had apparently struck some rocks and was taking on water which was being controlled by onboard pumps. Two crew members transferred to the casualty vessel to assess the situation and the lifeboat's salvage pump was put onboard with them. Our crew stayed onboard the vessel and it was decided that the best plan of action was for the lifeboat to escort the boat back to Fowey as quickly as possible. On arrival in Fowey an immediate lift out at Polruan was arranged so the damage could be inspected. Once the vessel was lifted out the lifeboat was stood down and returned to station.

On Thursday 28 August Falmouth coastguard requested that Fowey launch their lifeboat after receiving reports of a person in the water off Black Head. Our crew launched their Atlantic 85, on their third shout in five days. On arrival they made a thorough search of the cliff areas surrounding Black Head. They successfully located the person who turned out to be a spear diver and who did not require any assistance. This was a call made with good intent. The person who called the coastguard and reported seeing someone in the water did the right thing and reported what they thought was a potential emergency. If you see someone in trouble in the water, call 999 and ask for the coastguard.

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

Scouts News

1st Lostwithiel Scout Group has celebrated its reopening by holding a group investiture at Restormel Castle. On the evening of Sunday 21st September, with the late days sun setting behind the castle walls, Cubs and Scouts, along with their parents, grandparents, leaders of the group, district Scout volunteers and VIPs from Lostwithiel gathered to witness over 20 young people and 8 volunteers be invested into the group. Amongst the VIPs were the town Mayor, deputy Mayor and the High Sheriff of Cornwall.



Once everyone had gathered in the beautifully dramatic setting of the castle, the Mid Cornwall District Chairman, John Rickard, held a brief AGM meeting, followed by an award presentation conducted by Scout County Lead Volunteer, James McIntyre.

This was followed by the investiture of 1st Lostwithiel's Group Lead Volunteer, Thomas Powlesland, into the group. Tom then invested the Cub and Scout Volunteer leaders into the group, which was followed by the leaders investing the young people into their sections. Tom: "After a 5 year closure, we are delighted to have Scouting back in Lostwithiel. We have an amazing number of young people both within the group and on the group waiting list. We are on the lookout for additional volunteers to help lead and support our sections, and hope to be able to open a Beaver Scout colony in the near future."



We are extremely grateful to the team at Restormel Castle, especially Melissa, who allowed us to use this amazing and special location, which we are very lucky to have on our doorstep. The location really helped make it a memorable evening for the young people; an evening that they will remember for years to come, and should be very proud of being a part of."

If you are a young person wishing to join the group, or an adult who wishes to volunteer with a section or as part of the group trustee board, please get in touch via the scout website www.scouts.org.uk, or send an email to lostwithiel.glv@gmail.com

Fowey River Lions

The last few weeks have been very busy for the Fowey River Lions. Starting with our team of volunteers braving the weather in support of the Par carnival. We were delighted to help marshal the event and collect donations as the parade made its way around the streets.

Staying with the carnival theme, our mascot, Roary, led a team of Lions at the Fowey Regatta in the Flora Dance, and in the main carnival parade. Lions could also be found helping out during other regatta events. We were delighted to support these important local events and look forward to continuing to play our part in years to come.

On the fundraising side, our book exchange phone box outside the Safe Harbour in Fowey has been getting a lot of use over the summer. Thanks to everyone who has donated books to this project. Not only are we finding new homes for your old books but we are also generating donations from our customers via a QR code in the box. This month we netted over £25 for our charitable projects. We were also pleased to be invited to the opening of the new Co-op in Fowey, where Roary was honoured to cut the official opening ribbon. Thanks to everyone who donated to our collection on the day, we raised £75 for charitable local projects.

Some weeks ago, we asked for submissions for Grants to support local projects and at our last meeting we were able to confirm the six winning submissions. More detail on our six winners next time, or watch out for announcements on the presentation of grant cheques via our Facebook social media page.

Your donations of old and unwanted eyeglasses continue to make a difference to people in need in the developing world. This month



we sent another five kilos of eyeglasses for recycling at the central Lions depot in the midlands where the ones we can recycle are sorted before sending on to the distribution centre in France where they are washed and refurbished before being sent on to people in need in 25 countries. Lions clubs have been collecting spectacles since 1967 and every year over 1.5m pairs of glasses are donated to the programme.

The Fowey River Lions have been participating for many years and we are proud to report that since World Sight Day in 2024, you have helped us send 22.5kg of spectacles to those in need. We are continuing to play our part, and our next collection will be in October – just drop off your old glasses in one of our boxes. You will find them in Boots (Fowey), the Lostwithiel community centre, Par Track and the Tywardreath shop. Even broken spectacles are welcome as they can be stripped down for spare parts and the metal sold for scrap with the money raised going towards charitable eyecare projects. Please don't give us the cases or cloths though.

Membership of the Fowey River Lions is open to anyone from the area and we have recently grown our team with a number of new members.

If you would like to know more about what we do, or how you can play your part in the Lions, please email us on foweyriverlions@gmail.com or why not come along to one of our meetings on the first Monday of the month at the Ship Inn in Par. You can keep up to date with the latest Lions news by following us on Facebook or Instagram.

Chapel Chat

“When you harvest the crops of your land, do not harvest the grain along the edges of your fields, and do not pick up what the harvesters drop. 10 It is the same with your grape crop—do not strip every last bunch of grapes from the vines, and do not pick up the grapes that fall to the ground. Leave them for the poor and the foreigners living among you. I am the Lord your God.

Leviticus 19:9-10 from the New Living Bible

Wednesday October 29th 10.30 -12

Coffee is Free but you might like to make a donation to Harbour Houing, St Austell

Church Activities at a glance

Oct. 5th Harvest Songs of Praise (F.C.T.)

Oct 12th Café Church (C.C.C.T.)

Oct 19th Rev P. Benney, Communion

Oct 25th Church Council at 10am

Oct 26th Café Church (C.C.C.T.)

Oct 28th Old Cornwall Society

Oct. 29th Wednesday Coffee Morning

Stitches every 1st and 3rd Thursday 2-4

Music Appreciation - last Wed. of the month at 7.30

Minister: Rev. Paul Benney 01726 844471

u3a Lostwithiel
learn, laugh, live

At our Open Meeting on 1st September we were delighted to welcome back Kevin Channer to present us with the evidence for another

mock trial at which we, the audience, played the part of the Jury, tasked with dispensing a just verdict, in this case to determine the cause of a death in police custody. For those of us who have never been called up for real life Jury Service, it was quite an eye opener.

These bi-monthly meetings are open to all and a good way for potential new members to find out more about what we do. Our next Open Meeting will be on Monday 3rd November when we have invited renowned international wildlife photographer Adrian Langdon to show us some of his stunning work.

As well as a range of creative and active pastimes, our members like to enjoy some of the good things in life such as food, wine and music.

We have a friendly and sociable lunch group which meets monthly to try out a variety of different locations within 30-40 mins drive of Lostwithiel. Members take in in turn to organise the visits and have discovered some really good places so far this year including inns and restaurants at Hessenford, Lanlivery, Tywardreath, St Neot, Bodmin, Sticker and Pelynt.

The Wine Appreciation group have tasted wines from all over the world as each month a different member hosts the group and chooses which wines to taste. Members widen their tastes by trying wines which they may not normally have chosen and, whenever they can find a teetotal driver, they love to take the Lerryn Minibus out for a spin to a local vineyard or wine merchant.

Our music themed groups include Pop and Rock Appreciation, and for those who wish to learn and practice their skills there are Acoustic Guitar for Beginners and Ukelele groups.

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

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LostFest Updates

Volunteers

LostFest is a big event and requires lots of work throughout the year to make it happen. We have a great team in place for 2026 but could do with more support. If you want to be involved in a great community event that supports local businesses and musicians, please reach out via the website..

Giving back to the community

LostFest is all about community, so if you are looking for funding for your local club or organisation, we would like to support you.

Reach out via the website and we shall send you a form

Lostwithiel Concert Series Returns with Autumn/Winter 2025 Season

Following a successful launch in 2024 that included performances from Alvorada, Hands of the Heron, Will Keating and many more, the 2025 Autumn/Winter season promises another unforgettable run of concerts - each night a carefully crafted musical journey.



Event List

Wednesday 15th October – Tealeaf + Lore & Lament

This atmospheric double bill showcases Cornwall's new voices in folk with:

- Tealeaf, a Penryn-based trio blending traditional ballads with original songs on themes of coastal life, housing, and cultural memory.
- Lore & Lament, who breathe life into ancient myths and maritime legends with haunting harmonies and original ballads inspired by Celtic and English folklore.

Saturday 8th November – Tamsin Elliott + The Water Chorus

- Acclaimed multi-instrumentalist and composer Tamsin Elliott brings her cinematic, cross-cultural folk to Lostwithiel. Described as "sublime" (Tradfolk) and "a new British talent" (The Guardian), Tamsin's music weaves folk traditions with Middle Eastern influences and minimalist soundscapes.
- Support comes from The Water Chorus, whose punk-inflected folk and reimagined ballads offer joyful energy and emotional depth in equal measure.

Wednesday 10th December – The Christmas Special

Join us for a festive finale to the season with special guests from across our first year of concerts. Expect warmth, harmony, and a touch of midwinter magic. Full details to be announced.

Tickets:: <https://dandelion.events/o/lostwithiel-concert-series>

Follow us on Facebook and Instagram

Venue: St. Bartholomew's Church, Church Street, Lostwithiel

Audience feedback from last season includes:

"Beautiful music – wondrous setting."

"A really beautiful evening from start to finish!"

Come be part of the growing community discovering the magic of live music in Lostwithiel.



FOWEY VALLEY

CIDERY & DISTILLERY

Shop, tours, tastings & experiences

What a summer!

We've had record numbers of people on our popular Cidery & Distillery tours ... last year our record was 40 people per tour. We broke the record last week with 50 people on one Monday morning and, as always we are delighted to welcome the many people who have come streaming through our doors. So, if you haven't been on one of our tours or want to come again, now is a much quieter time to book on the website.

It's free but you need to book

foweyvalleycider.co.uk/book-online



We can also offer a private tour if you want to bring a group of 10 or more. We've had a couple of W.I. and U3A groups, a group of Girl Guide leaders, the Lostwithiel twin-town in Brittany visitors (did that in French with Geraldine's help), the Looe Flower Group, Cornwall County Car Club and recently with the help of one of our team (Babs) we were able to 'sign' for a group of deaf people.. You don't however need to book for a visit to our tasting room/shop which is open 10 till 4 Monday to Friday you can pop in any time.



Bring us your apples

As the tourist season winds down the harvest season ramps up. It's a brilliant harvest, early and big. Remember if you have spare apples bring them along and we'll swap them for cider! There's been a great response so far with apples are coming in faster than we can press them. We can tell already this is going to be a bumper year. Last year we had 12 tons of local apples and we've already had that much with weeks to go.

And then ... our preparations for Christmas begin! New for this year will be a really lovely **Sloe Gin Liqueur** at 20% alcohol, just right for sipping or mixing. Our first **Cornish Single Malt whisky** has almost sold out, so if you were going to buy one as a Christmas present we'd encourage you to get a move on! We will also be introducing a new **Crème Liqueur** flavour '**Pina-Colada**' -It's really gorgeous!

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)



October News

We're delighted to welcome our brand-new Community Hub & Outreach Coordinator, Jessica Ward. Jessica brings great energy, warmth, and a real passion for community life. She's already settling in brilliantly, so please do pop by, say hello, and give her a warm Lostwithiel welcome.

A huge thank-you to everyone who auditioned for the Panto! James and Robin now have a wonderful cast of actors, singers, and dancers lined up for December's performances. Save the dates — Friday 5th and Saturday 6th December — for what promises to be another brilliant show. We'll also be aiming to match the fabulous raffle prizes from last year, so keep an eye out for more details coming soon.

By the time you're reading this, our new InPost locker should be up and running outside the Centre. This means you'll be able to pick up and return packages here at your convenience — no need to wait in for deliveries.

Our Garden Café refresh is underway! Over the coming weeks you'll notice some changes as we create a fresh and welcoming space for everyone to enjoy. While we're working on the update, we'll be offering a simpler menu, but Penny's still serving up her much-loved homemade cakes — so do pop by and treat yourself while keeping an eye out for the new look and menu coming soon.

We're also thrilled to be hosting the launch of Jeremy Jackson's new book on Sunday 26 October, 2–5 pm. Jeremy has written several well-loved books about Cornish motorsport and history. He'll be bringing along some vintage bikes, signing copies, and sharing stories — come along to listen, chat, and enjoy an afternoon of local history.

And finally — Fright Night Flicks at the Centre! On Friday 31 October, we'll be hosting a special Halloween Cinema and tuck shop. There'll be a spooky film for younger audiences earlier in the evening, followed by a teen-friendly screening later on. Keep an eye on our newly refreshed Facebook page for full details, timings, and ticket info.

Could you be our new Treasurer?

We're entering an exciting new chapter, and are looking for a Treasurer to join our Board of Trustees. This is a chance to use your finance or business skills to make a real difference — helping to strengthen the Centre, support our vibrant programme, and ensure this much-loved hub continues to thrive for the community. There is more information on the Get Involved page of our website.

If you're interested, please get in touch at LostCCTrustees@gmail.com.

As the evenings draw in, we hope to see you at the Centre — for a warm drink, a friendly chat, or a little Halloween fun.

Lostwithiel Brownies

Lostwithiel Brownies age 7-10 yrs Our Brownie group is all about meeting new friends and having fun together.

We work towards badges, cooking, sleepovers, games, crafting and like outside getting wet summer time fun.

If you'd like to join our group phone 0800 169 5901 or visit www.girlguiding.uk/joinus

St Bartholomew's News

Do you wonder, when you catch up with the news, just how, where and when all the problems around the world will be resolved, to satisfy all the parties involved? And I wonder whether my prayers are helping in any way. I have to have faith to believe that in some small way they do make a difference.

I will carry on hoping anyway. The Autumn weather is definitely throwing all it can at us, but the garden is looking healthier, it is good to see some colour with the later flowering plants. Makes us conscious of nature doing what it has always done no matter what we do to the planet.

From the 1st of November Rev'd Sheila, who reaches her 70th birthday on that day, will be on her formal six-month break, which we are told is offered to all priests of retirement age, to help them adjust into the community in a different way. This will mean that our services will be a bit different, and you will find the details in this magazine. The Thursday Benefice Celtic Eucharists will still continue during October.

On Sunday 5th, we will have our Harvest Service at 11.00. We will accept any donations on the day or beforehand and it is still nice to decorate the church with the fruits of the harvest. On Saturday 11th we will be holding a Harvest Auction in St Bart's with lots of things to bid for, generously donated by the store holders in Lostwithiel.

Sunday 12th is a Eucharist at 10.00 and then on Wednesday 15th we will be hosting a concert from the circuit of local talent that we have heard over the last 12 months. It is good to know that there is so much talent in this area.

The service on Sunday 19th is Morning Prayer at 11.00 with the Churchwardens at 11.00. We are hoping to have an organ recital on Saturday 25th at 7.00. It is so good to hear our lovely organ played to it's full extent. We are so lucky to have a regular organist on Sundays now, as Jon is rekindling his hidden skills after a 30 year break.

On Sunday 26th we will potentially have our last Eucharist service with Rev'd Sheila for a few months. She will still be around helping in the many projects around town so we will still enjoy her company and cheery presence.

We have had notices in the Church Times advertising for a new Incumbent, but so far there has been no interest shown in coming to our Benefice, so we are relying on the support from all our parishes to keep our worship and services going as best we can. It is with your support that we can, in turn, try to serve our congregations with the support you all want.

As ever, we need volunteers to help with all the myriad jobs that need to be done around the church. Would you like to carry on the ancient tradition of bell ringing? Our tower would welcome anyone who feels they would like to try, so come along to the Tuesday evening practice and have a go.

See you in Church!



Lerryn Area Minibus Association

October 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 7th Driver: Chris	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Fri 10th Driver: John	Truro	Lerryn Lostwithiel	09:30 - 15:00 09:45 - 14:45	£6.00 adult
Tue 14th Driver: John	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Sun 19th Driver: Ian	SPECIAL TRIP Mevagissey Shanty Festival	Lerryn Lostwithiel	11:30 - 18:30 11:45 - 18:15	£10.00 adult
Tue 21st Driver: Kevin	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Tue 28th Driver: John	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Wed 29th Driver: Annie	SPECIAL TRIP Par Market and St Austell	Lerryn Lostwithiel	09:30 - 13:30 09:45 - 13:15	£4.00 adult

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

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

Special trip October 2025

Mevagissey Shanty Festival



Sunday 19th October 2025

Join us for the last day of merrymaking at the Shanty Festival in Mevagissey

A day full of fun, laughter, singing and possibly a glass or two of ale or rum.



The Mevagissey Shanty Festival is a joyful celebration of maritime shanty singing and local heritage.

Cost £10 Adults, £5 Children

Depart Lerryn 11:30am & Lostwithiel 11:45am.

Depart Mevagissey 5:30pm, returning Lostwithiel 6:15pm & Lerryn 6:30pm

To Book: Jo/Jacquie 01208 811175



Wander around the various venues or stay put in just one of them, see how you feel on the day.

A programme of events will be available soon on <https://mevashantyfest.co.uk/>, or buy one on the day from the marquee on the harbour.

For full details of LAMA services please visit lerryn.net



The Benefice of Lostwithiel Parishes Services for October 2025

Sunday, 5 [Proper 22]

Boconnoc	Holy Communion (BCP)	9.30am
Bradoc	Choral Evensong	6pm
St Bartholomew	Harvest Eucharist	11am
St Brevita, Lanlivery	Morning Prayer	9.30am
St Veep	To the Benefice	
St Winnow	Harvest Eucharist	11.00am

Sunday, 12 [Proper 23]

Boconnoc	To the benefice	
Bradoc	Morning Prayer	11.15am
St Bartholomew	Eucharist	10.00am
St Brevita, Lanlivery	Morning Prayer	9.30am
St Veep	To the Benefice	
St Winnow	To Bradoc	

Sunday, 19 [St Luke]

Boconnoc	Harvest Festival	11.00am
Bradoc	Choral Evensong	6pm
St Bartholomew	Morning Prayer	11.00am
St Brevita, Lanlivery	Eucharist	9.30am
St Veep	To the Benefice	
St Winnow	Family Eucharist	11am

Sunday 26 [Bible Sunday]

Boconnoc	To the benefice	
Bradoc	Harvest Eucharist	11.15am
St Bartholomew	Eucharist	11am
St Brevita, Lanlivery	Eucharist	9.30am
St Veep	Eucharist	11am
St Winnow	Evensong	5pm

Please check local noticeboards for any changes or additional services.

Regular Weekday Services

Wednesdays - St Brevita - Evening Prayer at 5:15pm

First Thursday of each month - St Bartholomew - Celtic Eucharist at 10:00am

Lanlivery, St Bartholomew's, St Veep, Bradoc and St Winnow Church are open every day.
Boconnoc can be opened by appointment with the churchwardens.

The Benefice of Lostwithiel Parishes

The benefice is currently in vacancy. Please contact the admin office in the first instance.

Rev'd Sheila Bowden (Associate Priest)-01208 871344

Church Centre

(Benefice administration office-open Monday-Wednesday morning)

St Bartholomew's Church Tel No: 01208 872232



Councillor Sarah Preece Lostwithiel Letters

This month's article is dedicated solely to acknowledging an incredible community event on Sunday (28 September), held to honour our firefighters who were first on the scene of the fatal accident between Lostwithiel and Lerryn.

It was a gesture of community support after the tragic loss of two precious young men, and at this time I would like to pay my respects to the families and friends of George and Kyle, and offer my sincere condolences at the loss of two of our own taken from us far too soon.

The thoughtfulness of putting on a fundraiser for the Fire Fighters Charity at this time touched many of us; the queue of people who turned up and the support offered for our incredible fire fighters was deeply moving, and a poignant reminder of the power of community.

The event brought us together in this time of deep loss, giving us space to gather and focus attention on those who face the most unimaginable challenges on behalf of us all.

Our fire and rescue service are the heartbeat of safety in our community, showing up with courage and compassion at events that are often stressful, exhausting and traumatic.

Raising funds for the Fire Fighters Charity is such an important way to honour the work they do to keep us safe, and I would like to take this opportunity to publicly thank all those firefighters who attended as first responders, as well as the whole team from Lostwithiel Fire Station for their dedicated service. Thank you.

If you are struggling or overwhelmed by this tragic incident Cruse Bereavement Support offer advice and support www.cruse.org.uk.

Lostwithiel Bingo Fundraisers.

CHRISTMAS COFFEE MORNING

SATURDAY 8th NOVEMBER.

Church Rooms. 10 am - 1pm.

Variety of cakes and savories. Soup and roll.

Christmas Gifts and decorations.

Handmade Cards. Tombola and Raffle.

We have already donated £2200 to different local charities and organisations this year. Your support would be greatly appreciated as all proceeds from the coffee morning will be added to our Christmas Bingo Funds and divided equally between CHSW, Mt. Edgecombe Hospice, Blood Bikes and Air Ambulance.

DIARY DATES FOR CHRISTMAS BINGO'S

November 28th.

December 5th. 12th. and 19th.

Lostwithiel TABLE TENNIS CLUB

Lostwithiel Table Tennis Club meets every Thursday afternoon and Monday evenings (except when the Film Club is operating).

Our club welcomes all players from complete beginners through to League players.

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

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

For more information and contact details visit:

www.lostwithieltabletennisclub.yolasite.com

Lostwithiel W.I.

After a spirit-raising rendition of 'Jerusalem', the minutes of the July meeting were proposed by Belinda Batt and seconded by Lesley Daw, with no matters arising.

theWI
INSPIRING WOMEN

Our Group Meeting will be held in October with Mevagissey as our hosts. The theme will be 'The Mad Hatter's Tea-Party'. This was discussed at length, with members deciding to participate in wearing a Party hat for the competition. There will also be a Tea Party.

I read out the details included in the WI newsletter. This included some changes to our Constitution.

Black History Month will be acknowledged digitally.

Helen Kessle will be attending our October meeting, which will include our annual auction with a guest auctioneer.

County News was read and discussed in great depth.

Competition results:

Flower - 1st Yvette Patterson

2nd Barbara Orchard

3rd Belinda Batt

Craft - 1st Yvette Patterson

2nd Ann Mumford

Barbara Orchard kindly contacted St Columb Church regarding the Carol Service, which will be held on the 10th December at 2 pm

Our next meeting will be on the 3rd of October at Squires Field Community Centre.

All visitors are welcome

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& 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.

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

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USEFUL INFO & CONTACTS

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

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**

Autumn Plant Sale

Saturday 18th October 2025

10am-Mid-day

Lostwithiel Community Centre
Reading Room

GrowingBetterGarden will host an end of season plant sale/swap to continue to raise funds for the Community Centre.

We have house plants ,divided perennials, herbs, bulbs, winter sowing seeds and some beautiful hand made bird boxes which would make ideal Christmas presents.

Please come and support us.



Advertising Rates

4cm box.....	£13.40
8.5cm box.....	£18.80
¼ page.....	£26.40

There is a 10% discount on these rates for a block of six or more ads when booked and paid in advance via BACs

Restormel Arts & Jazz Café Plus Present

ARQ

Alison Rayner Quintet

The award-winning, eclectic quintet ARQ are widely celebrated and regularly sell out London clubs such as Ronnie Scott's.

Friday 24th October

Doors open 7.00pm – Show at 8.00pm

Lerryn Memorial Hall, PL22 0QB

Licensed bar * Light Bites * Star Raffle

Tickets - £18.00

Book: crbo.co.uk/jazz

Phone: 01726 63513

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