



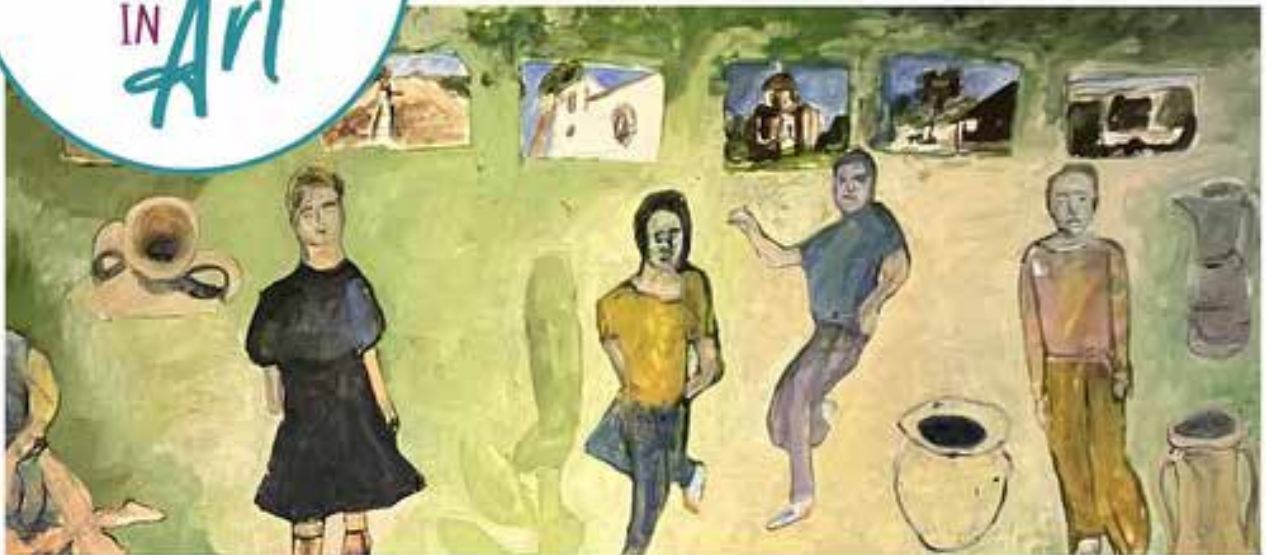
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SEPTEMBER 2025

FREE

LOSTWITHIEL NEWSLETTER

SATURDAY 13TH
SEPTEMBER
10AM - 5PM



ARTIST TRAIL AROUND TOWN

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

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 - Tueasday 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 September 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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Mayor's Column

We have an election on the 11th September to elect 7 nominees, from the 9 registered with Cornwall Council. Poll cards will be sent to all registered voters, please use this as a reminder to vote.

Quote from The Electoral Commission web-page:

"However, in the local elections, the number of candidates you can vote for depends on how many councillor vacancies there are for your area, from the Electoral Commission "it is first, second and third past the post" in areas with three councillor vacancies."

I have confirmed with Cornwall Council that as we have 7 vacancies a voter is entitled to vote for up to 7 people.

Throughout September booking a Lostwithiel Stannary Creative Space could not be more effective as the special offer allows the first booking free and 25% off further bookings until the end of the month. Booking enquires bookings@lostwithieltowncouncil.gov.uk 01208 872323

As a Council we wish 'Lost in Art' every success with their art trail and exhibition day on 13th September to be held in both the Guildhall and Edgcumbe House.

Thank you to all who visited the Guildhall on the 13th and Edgcumbe House on the 23rd to read the results of the Neighbour Plan Survey consultation results and complete the questionnaire as required by Cornwall Council

As Mayor I represented the Town Council at the funeral of Ralph Broad on the 22nd, Ralph was Town Clerk of Lostwithiel for 7 years in the 80's

The Carnival committee wishes to remind you all of the Raft Race on the 6th September starting at 4.30 followed by an evening session

My Mayor's surgery on the last Monday evening of the month has not been attended so these surgeries will finish with the one on the 6th October (I am away on the 29th September) Correction my surgery on the 25th had 6 attendees so will continue on the last Monday of the month, 6-7.30 pm

John B. Mayor

Lostwithiel Short Mat Bowls Club Taster Session For All

On Sunday 14th September we will be holding our annual taster session to allow anyone to try this popular indoor sport. Bowls and tuition will be provided-you just bring your flat shoes.

It will be held in the Scout Hut , Plyber Christ Way, Lostwithiel (in the main car park) from 5.00pm until 9.00pm.

Our normal practice sessions are held on Friday and Sunday evenings from 7.00pm until 9.00pm and home league matches in the Central Division Premier Division played on Sundays.

We look forward to seeing you on the mat.

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 20th September.

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



. **ADDITIONAL VOLUNTEERS NEEDED:** Although the museum will be closing to visitors at the end of October, we are looking for additional volunteers to 'meet and greet' visitors on 'Special Heritage Open Days' to be held in the Guildhall above the museum. We hope this new opportunity will be of interest to existing museum volunteers as well as those who are volunteering with us for the first time. For more information please contact Christine Walton on 01208 871456.

. **MUSEUM WINDOW DISPLAY:** The light-hearted Teddy Bears' Picnic display has been much admired by 'young and old.' Mary Lovelock and I would like to say 'a big thank you' to those of you who helped to provide the props needed to create the display: Amanda Bush, Betty's of Bodmin, Lorraine Lindsay-Gale, Lynne Lovelady, John Lovelock, Mary Mitchell, Stick Antiques & Vintage. All of you have helped to raise more than a few smiles — as well as a touch of nostalgia for those of a certain age.

. **TALK AND SOCIAL EVENT:** We very much look forward to welcoming you to the LMA Talk and Social Event to be held at 7.00 pm in the Church Rooms on Tuesday 30 September 2025. The title of Dr Lesley Trotter's talk is 'More than Deeds and Wills — Surprises from a Solicitor's Office.' Those of you who attended the talk about 'The Married Widows of Cornwall' (the story of the wives left behind by emigration) to the Lostwithiel Old Cornwall Society, will recall that Dr Trotter is an accomplished speaker. As a social historian, genealogist, researcher and writer we can be assured of some interesting revelations from Lesley. A special thank you to Adam and Lukasz Broome for delivering flyers about the talk to local LMA members.

. **MUSEUM MATTERS MAGAZINE:** Issue 19 of this popular in-house magazine is on its way to you. Museum Association (LMA) members can look forward to a doorstep delivery whilst museum volunteers will be able to collect their personal copy from the museum. If you have a distribution query please contact Richard Young (Editorial Team) on 01208 367051.

. **LOSTWITHIEL MUSEUM ASSOCIATION MEMBERSHIP:** Issue 19 of the Museum Matters magazine coincides with the renewal of membership to Friends of Lostwithiel Museum Association 2026. For a modest £10 per household annual membership fee you will receive two copies of Museum Matters magazine (Spring and Autumn) and an invitation to an annual 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. Issue 19 will include a LMA Membership Renewal Form (for existing members) and a LMA Application Form (for new members). Please return the completed requisite form with your dues to the LMA Membership Secretary at the museum in Fore Street, Lostwithiel PL22 0BW. Your support for your local museum is very much appreciated.

. **TOWN HERITAGE WALKS:** This season's guided heritage walks are due to end on Wednesday 29 October — so please don't let another year go by without having taken part. Your guide will meet you at 11.00am on a Wednesday outside the Community Centre. Allow approximately 90 minutes for this intriguing tour of 'old' Lostwithiel. The £5 payment per adult is by cash or card — there's no charge for children.

. **LOST IN ART TRAIL:** The museum will be open to visitors during the Lostwithiel Art Trail on Saturday 13 September.

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

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>

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Social Club News

September is upon us.

Here at the social club, we are continuing with our refurbishment. The downstairs front function room has been stripped back to brick, and we are hoping to clean and repoint them. If anyone feel they would like to help us members as well as non-members look into the club and have a look and a chat.

Club is open Wednesday Friday Saturday and Sundays from 6pm to 10pm.

Our free pool snooker and the juke box are still well attended. Don't forget Sunday nights Bingo eyes down from 7pm books are £3 plus a raffle £1 a strip.

Folk Jam every second Friday is a great night for musicians, singers or just come enjoy the music. All our drinks are well priced to suit your pockets.

A date for your diary SEPTEMBER 13th We will be hosting the amazing LOW PROFILE. Too good to miss great music so come and join us and dance the night away.

If you would like to become a member its £10 a year, why not come in and sign up. Or email sheilabawden2@gmail.com

Thank you to everyone who has helped at the club and continue to.

From

Sheila and the committee.

Lostwithiel Rainbows

FOR GIRLS AGED 4-7 YEARS

As we are still on our Summer break we do not have any Rainbow news but we are looking forward to returning to Rainbows this month.

If your daughter is interested in joining Rainbows then please contact us using the details below.

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



Lost In Film

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

Ocean with David Attenborough (PG)

Monday 29th September - doors 7pm, film starts at 8pm

A documentary featuring stunning, immersive cinematography that shows the wonder of life under the seas and exposes the realities and challenges facing our ocean as never seen before.

A Great Day At Lostwithiel Bowls Club

On Sunday 17th August, a glorious sunny day, 60 bowlers from clubs around the county took part in the Annual Charity Day triples competition, now called the Jimmy Rule Open Triples Tournament, in aid of Cornwall Hospice Care.

We made an incredible £1660 on the day and would like to thank all those non-members who contributed either helping on the day, who made food for us, who donated raffle prizes both private individuals and local businesses. It all added up to the total which will be presented to the charity before the end of our season.

Jimmy, who did so much for this event in past years, would have been pleased with the efforts of the club and community to help this local charity.

Rotary Club of Lostwithiel



Rotary Clubs within our area are very much involved in promoting activities aimed at developing the skills and abilities of our young people. There are a number of competitions suitable for most age groups and cover multiple subjects.

Young Artist - In 3 age groups up to 17 years.

Young Photographer - Same age groups.

Young Musician - Vocal and instrumentalist - same age groups.

Young Chef - 11 - 17 years, amateur Chefs only.

Youth Speaks - A debate. 11 - 17 years, team of 3, Chairman, Speaker and Opposer presenting arguments on a topical issue.

Junior Youth Speaks - 7 - 11 years, teams of 3 to encourage creativity and expression, learn structure and delivery, teamwork and delivery.

All competitions progress through district and regional stages.

To enter or see more information go to:

youthcompetitions1175@gmail.com or

rotary1175.org rotarygbi.org

Hot Weather Pet Advice

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

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

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

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

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

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

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

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

Fowey RNLI

On Sunday 27 July, just hours after Fowey's new relief Atlantic lifeboat officially went on service



at the station, and only 3 days after Fowey's crew passed out as qualified to launch her, she was called out on her first ever shout for the station. The coastguard requested that Fowey launch to assist a family of two adults and three children who were returning home from a day out when one of their jet skis broke down 1/4 mile south of Fowey Harbour entrance. Although drifting, the casualties were in no immediate danger. Fowey's lifeboat crew made a prompt and immediate launch and on arrival found that the first jet ski had broken down, and on going to rescue it the second jet ski had got a rope caught, meaning they were unable to help. All casualties were taken onboard the Atlantic 85 while the lifeboat towed the jet skis to the harbour entrance. The Harbour Patrol boats then took the jet skis to the slip way for recovery. The lifeboat dropped the family off at Caffa Mill so they could recover their jet skis with a trailer.

On Friday 1 August, as Fowey RNLI bid farewell to their Trent lifeboat flanked by lifeboats from Plymouth, Falmouth and Looe, Falmouth Coastguard requested lifeboat assistance.

They had received a 999 call for assistance for a 3m inflatable boat with two people on board that was drifting in 4/5 offshore winds at Maenease Point, near Gorran Haven.

In the second shout of the week, since their new relief Atlantic 85 lifeboat went on service, Fowey's volunteer crew made best speed to the scene. Falmouth lifeboat arrived on scene just before them and transferred the two casualties to their lifeboat and then took the vessel in tow for the short journey to Gorran Haven. It was the first shout on the Atlantic 85 for father and son, Martin and Ross Jezard and Ross's first shout as helm on the 85.



On Friday 8 August, the coastguard asked Fowey lifeboat to launch to rescue a person who had been Kayaking off Gorran Haven and had got into difficulty. It was reported that he was currently in the water and exhausted. Fowey volunteer crew launched their Atlantic 85 lifeboat at 2:40pm and made best speed to the casualty. As they got near to the casualty's location the coastguard confirmed that the man had made it ashore and requested that our crew check him out for any injuries and exhaustion. The crew went ashore but Mevagissey Coastguard had arrived on site, so they took responsibility for the casualty.

On Tuesday 12 August Falmouth coastguard requested Fowey RNLI launch to rescue two teenagers who were cut off by the tide in a small cove between Duporth Beach and Polmear Island west of Charlestown. The teenagers had called 999 and asked Falmouth Coastguard for help. Fowey's volunteer lifeboat crew were paged at 5:51pm and they launched their D class inshore lifeboat at 6pm. The lifeboat crew made best speed to the casualties' location and arrived on scene at 6:18pm. They made immediate contact with the two teenagers and one crew member went ashore to assist them on to the lifeboat. Both casualties were uninjured and no casualty care was required. Fowey's crew then took the two teenagers to Charlestown Harbour where they were

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handed into the care of the St Austell Coastguard Rescue team who were waiting on the quay. When walking by the coast it is essential to be aware of the tide times and the times of high water. Thankfully the teenagers had their phone so were able to do the right thing and call 999 and ask for the coastguard.

At 2:12pm on Thursday 14 August, Falmouth coastguard requested Fowey's Atlantic 85 lifeboat launch to assist in an on-going coastguard rescue team operation on the cliffs at Dodman Point. The coastguard were attempting to rope down to a small Jack Russell who was trapped on a ledge halfway up the cliff and they had requested Fowey RNLI to provide water based support. The dog had been missing for three days.

Fowey's volunteer crew launched their Atlantic 85 lifeboat at 2:27pm and arrived on scene at 2:50pm. By this time the dog had moved along the lower part of the cliffs to the west on to a more open area, but he was hiding in a gully. Two of our crew were put ashore to assist the coastguard, who were unable to descend at this section as the cliff face above the dog was crumbling. After two and a half hours of effort from all parties along a length of cliff and foreshore, the dog was eventually secured close to the original site at 5:30pm. He was reunited with his owner and the lifeboat crew returned to the station.

On Saturday 16 August, Falmouth coastguard requested that Fowey launch their lifeboat to assist two swimmers believed to be in difficulty in the water at Carlyon Bay. Our crew launched their Atlantic 85 lifeboat and on arrival at the beach they confirmed that the swimmers were safely out of the water. Our crew were asked to check on their welfare, but as the coastguard rescue team had arrived on scene, they carried out the checks. Our crew acted as relay as the signal was poor. They were then stood down and returned to station.

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

Cancer Research UK Lostwithiel Branch



NANKERSEY MALE CHOIR

The Lostwithiel Branch of Cancer Research UK will be hosting the Nankersey Male Choir on Saturday 13th September. By kind permission of the Reverend Sheila this will be held in St. Bartholomew's Church in Lostwithiel.

This is part of their 75th Anniversary tour and the performance will commence at 7.00pm with tickets obtainable on the door for £5. With Musical Director Elaine Tangye and Accompanist Mike Uren the evening will be compered by Adrian Wilton who will be joined by two local musicians playing pieces on the church organ and a piano oboe duet

Do come along and support this charity and enjoy a fantastic musical evening.

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

Fowey River Lions

Looking Back



July saw us close out the year for the Fowey River Lions with our Annual General Meeting. It's an ideal time to reflect on the many good things we have done over the last twelve months: Lions were on hand to help at local events including the Fowey Festival, Par Carnival and ISOT in Tywardreath. With the help of our friends at with Dowrick Electrical, we installed the Christmas lights in Fowey, and entertained over 70 of our elderly residents from across our district at the Christmas party. We'd like to thank everyone who joined us at our fund raisers – including Bingo at Haveners, Quiz Nights at Safe Harbour and our annual Easter Egg draws. All the money we raise goes in donations to local projects and helps us with our community events. Thanks to your donations, we were also able to continue to provide much needed supplies to those in need in the Ukraine.

We continue to send your old and unwanted spectacles to the Recycle for Sight programme – a global initiative helping people with vision problems in developing countries. In August, we sent our latest parcel containing over 5kg of eyewear to be cleaned and repaired before being distributed to eye camps and clinics in developing countries. Even those glasses beyond repair are used – they are broken down and the parts are recycled to generate funds for eye care projects. So, if you have any eyeglasses that are no longer any use to you – hold on to them for now – we will be running another collection in time for World Sight Day in October. We were very pleased to be offered the chance to participate in the opening of the new Co-op Store in Fowey at the end of July. Roary, our mascot was honoured to cut the ribbon to mark the occasion. Good luck to Caitlyn and the team for the new venture.

This year we said farewell to two important Lions – Terry MacAndrew and Malcolm Trethowan stepped down after many years of service. I'm sure you will all want to join us in thanking them for all the things they have done for the community over the years. We were pleased to add nine new members to the team during the year and we are well positioned to grow into the coming year.

What's Next?

We have some fantastic projects in mind, and with our newly expanded team we are hoping to bring back an old Christmas favourite too: we have asked Santa if he'd spare us some time to visit some of the local area with us. We are looking for volunteers to help with this, so if you have some time and you'd like to help please just drop us an email.

Why not join us?

Membership of the Lions is open to anyone living in the Fowey River area. Many of the current members joined us in the last twelve months and we are always on the lookout for more. Our aim is simple – to serve the local community. Over the years we have raised money for major charities, helped local people in need and supported young people in the area with grants for projects that would aid their development. Not only do we get great satisfaction from giving back to the community, it's a lot of fun too. Why not come down to our next meeting and see what we do: we meet on the first Monday of the month at 7pm at The Ship Inn, Polmear, Par. Come down for a chat and a drink, we would love to meet you.

President: Lion Steve Jones Treasurer: Lion Ruth Rouse
Secretary: Lion Chris Marsh email: foweyriverlions@gmail.com
facebook: foweyriverlions Tel: 0345 833 7484

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

Chapel Chat

THANK YOU from the Red Cross Gaza Appeal

I just wanted to say a massive thanks for your donation of £100.00 to our Gaza Crisis Appeal. I'm sure, like me, you've felt overwhelmed by the news coming out of Gaza, Lebanon and the wider region, and are heartbroken by the suffering that people are having to endure. It's easy to feel powerless in the face of something so devastating, so I want you to know that by stepping up to help you are making a difference. Your donation, and the funds raised from this appeal, not only enable us to get support where it's most needed, but your kindness also shows our colleagues – who are risking their lives every day – that there's a powerful backbone of supporters like you behind them; believing in their work and believing in humanity. I hope it goes without saying that we'll do everything in our power to alleviate suffering wherever we can and get your donation to where it's most needed. If you've consented to receiving our emails, I'll keep you informed on how our teams are doing just that, as well as the latest news from the region, as it comes in. Thank you again, Katie (N.B. With Gift Aid your giving amounted to £125)

August 28th Coffee Morning 10.30 – 12
Coffee is free but you may like to make a donation to Harbour Housing, St Austell

Church Activities at a glance

Sept. 7th Café Church
Sept. 14th Café Church
Sept. 21st Café Church
Sept 24th Wednesday Coffee Morning
Sept 28th Dr Elizabeth Burroughs
Stitches - every 1st and 3rd Thursday 2-4
Music Appreciation Group – not meeting during the summer
Minister: Rev. Paul Benney 01726 844471

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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 criminal trial at which we, the audience, played the part of the Jury, tasked with dispensing a just verdict. 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.

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 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 Leryn 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.

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

Contacts :
Chair : David Platt 07484 124490
Membership : Stephanie Thomas 07980 871491

Mixed Media workshops

Elaine Foster-Gandey Art, 15 Queen St, Lostwithiel, PL22 0AD

Wed & Thur's morning 10-12noon from 3rd Sept
New Sat morning workshops Art, Textiles, Fashion

Sessions cost £35 drop ins/ or 4 week booking discount £120
(inc all materials, teas/ coffees snacks)



"Elaine Foster Gandey is possibly the most engaging, encouraging and all embracing teacher I have been privileged to know. Her approach to art is so freeing and her appreciation of her student's work so inspiring, one cannot fail to make discoveries about new and exciting directions to take"

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Book directly <https://www.elainefostergandey.com/store>

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

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

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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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NEW FACE, NEW DRIVE



LORRAINE LINDSAY-GALE

Two years ago, I fell in love with Lostwithiel and made it my home. Now I want to give back as a Town Councillor. With 16 years of experience as a councillor in Oxfordshire, I know how to protect services, support communities, and listen with an open mind. I'll bring that same dedication here, with no ties or prior affiliations.

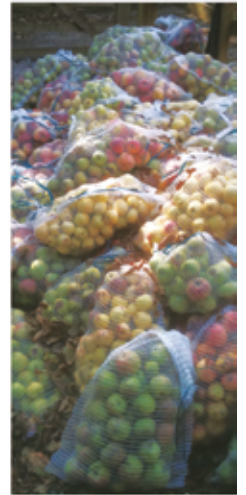
FOWEY VALLEY

CIDERY & DISTILLERY

Shop, tours, tastings & experiences

The apple harvest has begun early!

We've had two days pressing already. How exciting to see so many of you bringing your first apples to us in the middle of July! If you would like to swap your spare apples we'll give you cider. You'll find all the information you need at foweyvalleycider.co.uk/apple-swapping It can be overwhelming when you get a deluge of apples but making your own cider at home needn't cost the earth! Barrie can show you how to set up your own 'kitchen cidery' on our 'Cider-making at Home' afternoon course. www.foweyvalleycider.co.uk/book-online.



Sloe Gin Liqueur

We are excited to be making our own Sloe Gin Liqueur this year so if you know where the sloes grow and have any spare bring them to us, don't leave it too late to pick them. You don't have to wait until first frost. They are fine now so we'd be happy to have them in return for gin or cider or bring them along to make your own sloe gin on one of our gin-making afternoons.

www.foweyvalleycider.co.uk/book-online



To all Whisky lovers

And to all whisky lovers and friends of people who love whisky, our first Single Malt Cornish Whisky is out now. It's a limited-edition release of only 80 bottles, a very small numbered batch and so don't leave it too late to order.



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Auditions  **Auditions**

Panto 2025

Auditions

for adults and children

Wednesdays 3rd and 10th of

September 18:15-20:00

Lostwithiel Community Centre, Oasis Room

ANY QUESTIONS...

EMAIL: spreadableproductions@gmail.com

Singing and non-singing parts
Scripts to be provided for
audition
If auditioning for a singing
part, please prepare a song

SPREADABLE PRODUCTIONS

Auditions

Performances 5/6th December
2025
Rehearsals Monday and Wednesday
evenings from September
Dress and technical rehearsals w/c
01/12/25

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

Parkinson's Support Group



1st wednesday
of the
month

2-3.30pm
In the Cafe

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



**SAT
27
SEPT**

A night of top
comedy featuring
award-winning
Cornish
comedians.



Crackin' Comedy Night

with Larry Pears, Mimi & Anna Keirle

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

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



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



September News

We're entering a new chapter at the Community Centre this month. As many of you will know, Kirsty will soon be moving on after five years of dedicated service. She has been such a friendly, familiar face for so many of our users, and we thank her for all she's done.

We're now delighted to welcome a new Community Hub & Outreach Coordinator. By the time you're reading this, we'll have completed interviews – and with so many wonderful applicants from near and far, we're confident we'll find just the right person to help guide the Centre into its next exciting phase.

It's business as usual at the Community Centre! Rooms are available to hire daily from 9 am to 10pm, and our café is open 10 am–3 pm for teas, coffees, cakes, and light lunches. Drop in and explore our daily activities – from dance and drama to languages, pickleball, football, badminton, Zumba, and stretching sessions. There's something for everyone.

Thanks to the fantastic work of the Town Trail team, we'll soon have brand-new bike racks for visitors. This means it'll be even easier to cycle into town, park your bike safely, and enjoy all that the Community Centre and Lostwithiel have to offer.

While you're here, why not pop in and see how the old squash court has been transformed into a performing arts space? With heating, a new ceiling, mirrors, and handsome theatre curtains – all made possible thanks to the generous support of Arts Council England and the Duchy Benevolent Fund – it's now ready to welcome dance and drama students to a wonderful, warm new home for their lessons this autumn.

We're also thrilled to launch a brand-new Youth Club on Friday evenings, run by the brilliant team at NextEd. For just £3, 6:30–8:00 pm, young people can enjoy games, music, new friends, and Friday-night fun – a great way to unwind and connect as the evenings draw in. Optional tuck shop available. Info: info@nexted.org.uk / 07502 374496.

Dates for your diary

- Wed 3 & Wed 10 Sept, 6:15–8 pm – Panto auditions! Back by popular demand, James and Robin return with another original production for December. Come along and give auditioning a try — everyone's welcome! Performances: 5–6 Dec. Email spreadableproductions@gmail.com for details.
- Mon 8 Sept, 10 am – A fleet of vintage motorcycles will be touring Cornwall and stopping in at the Centre. Stop by and admire these beautiful bikes, enjoy a coffee and slice of cake, and have a friendly chat with the riders before they roll on!
- Sat 20 Sept, 12–4 pm – Blue Light Day at the Centre & Fire Station. Meet our amazing emergency workers – climb into a fire truck, handle a hose, meet rescue dogs, and learn about the lifesaving work they do. Free – drop by on the day!
- Sat 27 Sept – Crackin' Comedy Night Join us for a proper Cornish comedy night with award-winning comedians Larry Pears, Mimi, and Anna Keirle. Doors 7:30 pm, show 9–10 pm, full bar and pasties (meat & veg). £10 in advance / £12 on the door. <https://www.lostwithielcommunitycentre.org.uk/>
If you'd like to be part of our new journey—whether as a trustee, volunteer, or partner—please get in touch at LostCCTrustees@gmail.com. We look forward to welcoming you soon, whether it's for a coffee, a class, or a special event.

A Message from Kirsty

My final column...most of you will have heard I'm leaving the community centre after five and half years, what a journey!!! I started in January 2020 10 weeks in we had the pandemic, with rev Sheila, I also met two great people which are now good friends Anthony and Emma and a lot of wonderful volunteers, we managed to send out over 500 food boxes in the community.

I had a phone call that resulted in a Hollywood film crew taking over the whole centre, while they were filming a film at Restormal castle!

To entertaining 150 vikings...yes vikings! Holding large banquet for them, while they camped outside for the weekend.

Also I couldn't believe the centre hadn't had a Father Christmas... so I put that right and did our famous grotto's, with the help of volunteers. My favourite one was our first one Narnia which included a walk through an actual wardrobe, we had 500 children attend! Next came The Polar Express, then Hansel and Gretel with a gingerbread house and the witches legs moving in the fire!

So next came Breakfast with Santa, 300 children with time slots, we invited Cinderella Belle and Spiderman, Two beautiful real reindeers and of course Father Christmas, now we got an amazing Panto which started last year and was just brilliant, which raises money for the community centre.

I can't thank everyone unfortunately (I'd take up the whole newsletter!!)

But there is 4 special people I need to say a huge thank you to because without these people you wouldn't have had the fantastic events that happen.

Firstly to what I call my partners in crime who have always had my back, rolled their eyes when I come up with these ideas (I had a lot!!) eg me.. "oh we need a wardrobe for the Narnia grotto" they both looked at me rolled their eyes and said NO! But I won that one!!

They have been amazing so a huge thank you to Sal Freeman and Jude Lang, secondly to Richard Freeman always there for an extra pair of hands and giggle!

And finally to my long suffering husband Paul who has been with me the whole time through this mad. Journey, he is my rock I could not have done this job without him, so you see I had a mighty team behind me.

We now have a few new trustees and the centre I know will go from strength to strength.

Please keep on supporting the centre I will be volunteering when I can, so for now I'm closing my laptop down for the final time and say goodbye.

Thank you for all your support
Kirsty x



Lerryn Area Minibus Association

September 2025

Providing community transport for people living in the Lerryn Area

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

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

DATE	DESTINATION		TIME	RETURN FARE
Tue 2nd Driver: Chris	Bodmin and Supermarkets	Lerryn Lostwithiel	09:20 - 12:45 09:45 - 12:15	£4.00 adult
Tue 9th Driver: John	Bodmin and Supermarkets	Lerryn Lostwithiel	09:20 - 12:45 09:45 - 12:15	£4.00 adult
Fri 12th Driver: Nick	Truro	Lerryn Lostwithiel	09:20 - 15:00 09:45 - 14:45	£6.00 adult
Tue 16th Driver: Kevin	Bodmin and Supermarkets	Lerryn Lostwithiel	09:20 - 12:45 09:45 - 12:15	£4.00 adult
Thu 18th Drivers: David & Nick	SPECIAL TRIP Dartmoor from Yelverton to Moretonhampstead	Lerryn Lostwithiel	09:30 - 17:30 09:45 - 17:15	£10.00 adult
Tue 23rd Driver: Michael	Bodmin and Supermarkets	Lerryn Lostwithiel	09:20 - 12:45 09:45 - 12:15	£4.00 adult
Thu 25th Driver: Richard	SPECIAL TRIP Wadebridge	Lerryn Lostwithiel	09:30 - 13:30 09:45 - 13:15	£5.00 adult
Tue 30th Driver: Kevin	Bodmin and Supermarkets	Lerryn Lostwithiel	09:20 - 12:45 09:45 - 12:15	£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 September 2025



Dartmoor - from Yelverton to Moretonhampstead



Thursday 18th September 2025

Depart Lerryn 9:30am and
Lostwithiel 9:45am.
Return 5:15pm / 5:30pm.

Phone 01208 811175 to book

Fare £10 per person

Routing via the Tamar Bridge, Yelverton and Burrator Reservoir

We will lunch in the heart of Dartmoor at The Old Police Station, Princetown

Then onto Moretonhampstead to take the old coach road back to Cornwall

And stopping to enjoy a lovely cuppa at the Old Engine House, Callington



Visit lerryn.net/minibus for full details of this trip and other LAMA services

LAMA Minibus, Support it or lose it!

How would our community cope without the LAMA minibus?

We are financially viable and have a good number of Drivers but need more volunteers to help with some minor admin tasks to allow us to continue well into the future.

A full review of our procedures has been successfully undertaken and we're in good shape! Could you spare a little time to help us to keep our important Community bus service running? If so, or if you'd like to find out more, then please ring us on 01208 811175. Alternatively join us for our next LAMA General meeting on Monday 15th September 2025 at Lerryn Memorial Hall commencing at 7.30pm and share your views.

In an area of limited public transport, It is rewarding to be involved in this Community project which has been operating for nearly 40 years! Please help us to be here for another 40 years!



The Benefice of Lostwithiel Parishes Services for September 2025

Sunday,7 [Proper 18]

Boconnoc	Eucharist	9.30am
Bradoc	Choral Evensong	6.00pm
St Bartholomew	Family Eucharist	11.00am
St Brevita, Lanlivery	Morning Prayer	9.30am
St Veep	To the benefice	
St Winnow	Parish Eucharist	11.00am

Sunday,14 [Proper 19]

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

Sunday,21 [St Matthew]

Boconnoc	BCP Matins	11.00am
Bradoc	Choral Evensong	6.00pm
St Bartholomew	Morning Prayer	11.00am
St Brevita, Lanlivery	Morning Prayer	9.30am
St Veep	To the benefice	
St Winnow	Family Eucharist	11.00am

Friday,26

St Veep	Harvest Festival	6.30pm
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Saturday,27

St Brevita	Harvest supper	6.30pm
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Sunday, 28

Boconnoc	To the benefice	
Bradoc	Holy Communion	11.15am
St Bartholomew	Eucharist	11.00am
St Brevita, Lanlivery	Harvest Festival	6.00pm
St Veep	Harvest Eucharist	11.00am
St Winnow	To Bradoc or St Nectan	
St Nectan	Final Evensong for Harvest	6.30pm

Regular Weekday Services

Wednesdays - St Brevita - Evening Prayer at 5pm

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

The Benefice of Lostwithiel Parishes

We are currently in vacancy

Revd Sheila Bawden (Associate Priest)-01208 871344

Church Centre

[Administration office-Open on Monday, Tuesday & Wednesday morning]

St Bartholomew's Church

Church Lane

Lostwithiel

PL22 0EG

Tel No: 01208 872232

Councillor Sarah Preece Lostwithiel Letters

Visit Cornwall

Despite being summer holidays for many, August continued to be busy with a round table discussion organised by Visit Cornwall with representatives from the hospitality sector, MPs and myself in my function as portfolio holder for tourism, all hosted in Newquay by Cornwall Air Ambulance.



Discussions focused on the development of a new ten-year strategy currently being drafted by Visit Cornwall. Their vision is to encourage tourism that is beneficial to Cornwall yet less impactful on communities. The focus of their strategy is for year-round tourism that evens out the peaks and troughs. One that provides year-round employment and not just seasonal jobs, with a focus on the cultural, heritage and landscape offer across the whole of Cornwall, and not just concentrated on the coastal towns.

The conversation was quite lively as there has not been a meeting between the sector and MPs for many years, and never been a cabinet member with tourism identified in their portfolio before now.

I look forward to working closely with Visit Cornwall, hospitality partners and with businesses locally to talk more about how the strategy can support and benefit our area.

Bathing Water Status

I continue to be impressed by the work of local volunteers and Lostwithiel Environmental Action Forum (LEAF) who are applying for bathing water designation in Lostwithiel for the River Fowey. For generations, the river flowing under the medieval bridge has been a much-loved place to swim, paddle and enjoy family time.

Designation would mean the water quality is regularly tested and made public, giving reassurance to swimmers, kayakers, paddleboarders and dog walkers alike. I will be writing to DEFRA (Department for Environment, Food and Rural Affairs) to support LEAF's application as I believe it will bring real benefits to the community.

Citizens Advice Volunteers

Citizens Advice Cornwall is expanding its services in South East Cornwall and urgently needs more volunteers to support people with questions on debt, benefits, housing and much more.

As your local councillor, I know how vital this service is for our community and I encourage anyone with some time to spare to get involved. No previous experience is needed, with full training and support provided. Citizens Advice plan to re-open their Bodmin and Liskeard offices for drop-in sessions in the next couple of months. To find out more, visit

citizensadvicecornwall.org.uk/volunteer-with-us or email recruitment@cacornwall.org.uk.

Community Chest Fund

Volunteering is such an important part of community life and the range of activities that people support is impressive with volunteers gaining great satisfaction from helping others.

Did you know that over a third of the population in Cornwall engage in volunteering activities - one of the highest in the country? With the voluntary sector in my portfolio, I am keen to support where I can, and as a Cornwall Councillor I am allocated a budget to support constituted, not-for-profit, groups who do amazing and varied work to support our communities.

Grant amounts start at £200 and can go up to as much as £750. If you are part of a not-for-profit group and have a project that would benefit from some funding, go to www.cornwall.gov.uk and type in Community Chest Fund to find out more or contact me on the details below.

Terebo nessa!

Cllr Sarah Preece

cllr.sarah.preece@cornwall.gov.uk

07982 377 150.

Lostwithiel and Lanreath division represents the eight parishes of Luxulyan, Lanlivery, Lostwithiel, St Winnow, Braddock, Boconnoc, Lanreath and St Veep.

South East Cornwall Labour

The Chancellor, Rachel Reeves, took time out of her holiday near Liskeard to meet with Anna Gelderd MP and local members during a visit to Cornish Orchards in Duloe. As one of our most successful businesses in South East Cornwall, Cornish Orchards is a vital source of year round employment. The Chancellor enjoyed meeting staff members, especially one young man who joined the business at sixteen and has progressed from apprentice to qualified engineer. She also enjoyed the opportunity to taste some delicious ciders and locally produced cheeses.

Under the Tories, services for children and young people were systematically cut resulting in a serious decline in opportunities vital for their healthy development. So, it is good news that Cornwall has been awarded £8 million as part of the government's new National Youth Strategy to support youth services and young people's wellbeing. This strategy will help improve existing community youth services and create new ones, including activities like sport, art and volunteering in schools.

Members are invited to attend our All Members Meeting on September 6th at Liskerrett Centre, Liskeard. From the seven motions which have been submitted, we will be selecting one to send to National Conference.

Sally Sweeney

Chair, South East Cornwall Labour Party

01208 873525 07984334761

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USEFUL INFO & CONTACTS

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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**

THE ROTARY CLUB OF LOSTWITHIEL PRESENTS

LOST RUN 7



Sunday 16th November
10.30am Start

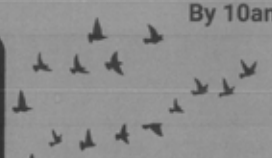
Register on Day at Lostwithiel Community Centre PL22 0HA
By 10am

7KM RUN

£15 Per Person

To include a Medal

TARMAC / HARD SURFACE



TO REGISTER VISIT:

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

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Lostwithiel
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Wednesdays
7-8pm

Fridays
9.30 - 10.30am

Lostwithiel Community Centre,
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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Ann's Gallery

September will see fresh supplies of Trivets, Glass Chipping Boards and framed Ceramics from By Jo Crafts
New Magnetic Bookmarks, Page Markers, Notebooks, Tape measures and Sewing Kits from Emma Ball
Purses, Pocket Tins, Password Books, Notebooks and 2026 Diaries from The Little Dog Laughed
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