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AUGUST 2026

FREE

LOSTWITHIEL NEWSLETTER



12TH SEPTEMBER



10AM-5PM



lostwithiel.org.uk

@lovelostwithiel

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

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 1pm - 3pm

PRE-SCHOOL PLAYGROUP: Tuesday 9am - 12 noon

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

COMMUNITY CENTRE CAR PARK

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

SCOUT HUT (Main Car Park)

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

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

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

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

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

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

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

LOSTWITHIEL YOUNG FARMERS CLUB - Monday evenings

RAINBOWS, BROWNIES ETC. - Check national websites for info

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

DRILL HALL (next to the Co-Op)

LOSTWITHIEL ARMY CADETS - Tuesday 6 - 8:30pm

CHURCH HALL (Church Lane)

Enquiries Rev. Sheila Bowden 01208 871344

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

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

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

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

GATEWAY CHURCH - 5pm Sundays

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

LOSTWITHIEL METHODIST CHURCH

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

LOSTWITHIEL SOCIAL CLUB Fore Street

Chair Sheila Bawden. All enquiries: sheilabawden2@gmail.com

facebook messenger or facebook page lostwithiel social club new Telephone 01208 871344.

Function, Meeting and Conference rooms available for hire.

Bar Open: Wednesday with free pool from 6pm

Friday, Saturday and Sunday from 6pm.

Folk Jam 2nd Friday of the month.

CONTACTS

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

Bowling Club: Restormel Road 01208 871748

Health Visitor Under 5's Clinic: Penrice 01726 74969

Lostwithiel Badminton Club: Eddie Sugar 01208 871111

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

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

LOSTWITHIEL NEWSLETTER – CONTACT & PAYMENT DETAILS

The next Lostwithiel Newsletter is out on **Tuesday 1st September 2026**

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

palaceprinters@btinternet.com by 20th AUGUST 2026

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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BRUNEL QUAYS, LOSTWITHIEL



. WINDOW DISPLAY: It's mid-July and this time last year when we were busy preparing for the Teddy Bears Picnic window display, someone suggested we might like to think about creating a Wind in the Willows display for summer 2026. Well, twelve months later Wind in the Willows is about to make its debut in Lostwithiel Museum window. A talented team of 'makers' have been busy creating costumes and scenery for their rendition of the classic story of Wind in the Willows written by Kenneth Grahame. We look forward to introducing you to Mr Toad, Ratty, Badger, Mole and ?friends. With a very special thank you to everyone involved: Mary (Window Display Co-ordinator); Gina and Sally (Lostwithiel Repair Shop); Lillyboo in Fore Street; Maggie, Amanda, Lynne, Rosemary, John, Mary, Christine (museum volunteers).

. LOSTWITHIEL MUSEUM ASSOCIATION TALK AND SOCIAL EVENT: The 22 September is a special date to highlight on your calendar. 'Restormel Revisited, from Royal Residence to Romantic Ruin' is the title of a talk to be given by Geoff Barratt, Lostwithiel Museum steward and volunteer. Taking us on a personal tour of Restormel Castle — one of our best-known and most loved landmarks — Geoff will be covering two thousand years of history from the Romans to the Black Prince, a bloody battle, a fabulously wealthy would-be king, a secret tunnel....and more. With free admission to LMA volunteers and members, and £5 admission to others, the Talk and Social Event on 22 September will start at 7.00pm in the Church Rooms, Lostwithiel. Tickets will be available for sale in the museum from 7 September.

. GUIDED WALKS WITHIN THE TOWN: The holiday season is now well underway and many of us will be expecting friends and family to visit. Stuck for something to do ? Why not think local and suggest a Town Heritage Walk led by one of our experienced and knowledgeable Walks Guides ? Every Wednesday during the season a guided walk will start at 11.00am from outside the Community Centre. Lasting approximately 90 minutes the cost per adult is only £5 — and free of charge for children. There is no need to book in advance unless you have some special requirements — in which case please phone Pauline Gillett on 01208 872040. What could be easier ?

. WALKS BOOKS: The museum sells a selection of excellent guide-books written by museum volunteers who have a good knowledge of walks within the town and the surrounding countryside. A guide book compiled by a local person is an essential accompaniment to a successful walking tour of this fascinating area.

. MEMBERSHIP OF LOSTWITHIEL MUSEUM ASSOCIATION: The easiest way to support your local museum is to become a Friend of The Lostwithiel Museum Association. For a modest £10 per annum per household, Friends of LMA will receive two copies of Museum Matters magazine (Autumn and Spring) delivered direct to a postal address. In addition they will be invited to a complimentary Talk and Social Event (see details printed above about this year's Restormel Castle talk). By also completing a Gift Aid Declaration Form, they will be helping the museum (a charitable organisation) claim an additional 25p for every £1 paid. Please see the museum website www.lostwithielmuseum.org or visit the museum in Fore Street to complete an application form. Now is the perfect time to join with Issue 21 of the Museum Matters magazine currently being compiled. Membership of LMA would also be a perfect gift for a friend or relative.

Thank you for your support.

Christine Walton (Chair)

Please follow us on Instagram(@lostwithiel_museum) Facebook or via our website www.lostwithielmuseum.org and x

Lostwithiel Brownies

Lostwithiel Brownies age 7-10yrs

Our Brownie group has been very busy this term fulfilling a community project , earning badges and just having fun activities with friends. If you'd like your daughter to join our Brownie group in September 2026 Please register your interest by phoning 08001695901 or visit www.girlguiding.org.uk



At our last open meeting we had a fascinating talk by Dr Keith Hiscock MBE, Associate Fellow at the Marine Biological Association

in Plymouth. His illustrated presentation was titled "Our Changing Seas" and he gave us a very balanced view on how our south-west seas and their marine life are changing as temperatures rise, as dominant and conspicuous species get more or less abundant, and as human activities impact them. This was followed by a brief Annual General Meeting at which our accounts were presented and committee members elected for the next year.

We are always pleased to welcome non-members to these open meetings to listen to the talk and find out more about our Lostwithiel u3a interest and activity groups.

The next meeting will be on Monday 7th September at 2pm in the Church Rooms Lostwithiel.

There is more information about the u3a and how you can join on our website at www.lostwithielu3a.org.uk.

Contacts :

David Platt 07484 124490

Membership : Francoise Carr 07880 627545

Lostwithiel Rainbows

FOR GIRLS AGED 4-7 YEARS

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

Chapel Chat

¹⁴ Do everything without grumbling and arguing ¹⁵ so that you may be blameless and pure, innocent children of God surrounded by people who are crooked and corrupt. Among these people you shine like stars in the world. Philippians 2:14 and 15 from The Common English Bible

Church Activities for July at a glance

August 2nd Mr Peter Santo Warner

August 9th Café Church

August 16th Fellowship Songs of Praise

August 23rd Café Church

August 27th Coffee Morning

August 30th Café Church

Stitches - Every 1st and 3rd Thursday 2-4pm

Music Appreciation – not meeting during the summer

Old Cornwall Society - not meeting during the summer

Catholic Church Information

St Augustine's , St Austell: Fr Paul Keys 01726 73838

Mass times: Vigil(Sat) 6.30 Sundays: 8.30 & 10.30

St Mary & St Petroc, Bodmin: Fr Placidus Ezech 01208 72833

Mass times: Vigil (Sat) 5.30 Padstow Sundays 8.30 Wadebridge 10.30 am Bodmin 5.30 Tintagel

Resident Priest (Lostwithiel): Fr Robbie Low 01208 871517



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LOSTWITHIEL GROWS

Shout-out to all fruit and veg growers in the Lostwithiel area!

Do you grow fruit and veg or would you like to?

We are a community of growers getting together to support each other to grow more fruit and veg in and around town. Our aim is to share knowledge and know-how, to reduce food waste and share harvests when we have too much of one thing. We are hoping to build local food resilience by working together:

Grow more, share more!

The group is diverse and members can participate as much or as little as they like

Some are seasoned growers, others are starting out for the first time. You may have some land, a plot in your garden or just a sunny windowsill

We have interest groups - a herb group, composting group, preserving and processing group... we have a place to advertise crop-shares and offers, and are about to begin a series of get-togethers to allow ideas for collaboration to blossom

If you think you might be interested and would like to find out more, please email us at:

lostwithielgrows@gmail.com

We look forward to hearing from you 😊

Sally Kington

PGDip MCFHP MAFHP

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Brydai, The Uplands, Lostwithiel

St Bartholomew's News

We are all saddened over the death of one of our Churchwardens, Bernice Gresswell, who carried on her duties despite many health problems in a courageous way. We all miss her greatly and offer our condolences to Sheila and all their families. RIP and Rise in Glory!

After the wet Winter, waiting for some hot sunshine and, like the buses, 2 heatwaves come together. There are bound to be a few who are relishing the heat, but so many of us would like it 10 degrees cooler. I don't envy the students who are having to stay alert whilst sitting in a stuffy room trying to dredge up knowledge to impress an anonymous judicator, who is suffering as much as them. And of course, we await the dreaded hosepipe ban! Still, the flowers have been splendid, both cultivated and wild and it is nice to see so many shades of green from our magnificent trees.

Our Thursday morning Benefice Celtic Eucharist continues at 10.00 in St Bartholomew's and all are welcome for this quiet, reflective service.

Now we are hoping that the sun shines down on the town's Carnival Day, on Saturday 1st August. Details and timing of events will be published shortly.

On Sunday 2nd at 11.00 is the Family Service led by Rev'd Hilary Spong. She has been with us a few times recently and looks forward to returning. Bring your Parents and Grandparents you youngsters and have some fun!

We have Eucharist at 11.00 on Sunday 9th with Fr Simon then on Sunday 16th there is Morning Prayer at 11.00. Fr Simon will lead Eucharist at 11.00 on Sunday 23rd, when we celebrate St Bartholomew's Feast Day.

The 5th Sunday in the month is of course a United Benefice Service and we will be in St Winnow for 10.30, so hope to see you all there.

Saturday 8th August will be our annual Bar, Band and BBQ so keep your eyes on our notices for times.

The Choir is hoping to return in September so, if you fancy singing lovely sacred music in our wonderful churches, come along and listen to see if you might like to join. Our weekly sessions are from 5.30pm to 6.30pm on Thursday evenings. Jon Ward, our wonderful organist, has volunteered to take over running the choir and we would love to have a few more voices join us. There is no 'test', enthusiasm and the love of music is all you need to bring.

See you in Church!

Lostwithiel Plant Sale /Swap has finished for the 2026 season

Many thanks to Duchy of Cornwall Nursery for the support of use of space within their site and their helpful staff. Such a successful event this year raising funds for Lostwithiel Community.

GrowingBetterGarden group would like to thank everyone who came and supported the 2026 summer season Plant Sale /swap. Special thanks must go to the volunteers who grow plants, regularly set up and run the weekly stall - especially Geoff an amazing volunteer who sows seeds, grows on seedlings, propagates hydrangeas and other shrubs for the love of growing. Look out for an 'end of the season' sale in October.

**TO ADVERTISE CALL
01208 873 187**

Fowey River Lions



The summer season is well underway now, and this is a busy time for the Fowey River Lions. Our team are out and about providing volunteers for some of the many events being held in our region. Starting with Par, we were to be found with our "throw the poo in the loo" game at the Grand fete. Dave, our winner, scored an impressive 4 poos out of 5 in seven seconds, then graciously handed over his prize of family tickets for Circus Fantasia to our runner up, a junior competitor called Arthur who was just 2 seconds slower. Congratulations to both!

Earlier in the month we held our AGM and we thought you would be interested to hear some of our highlights for the year. Over the last twelve months Fowey River Lions:

- Recorded 28 different activities over the course of the year including the maintenance of the Fowey Telephone Box book exchange, volunteers for Par Beach Clearance, the reintroduction of Santa's Sleigh and the Senior Citizens' Christmas lunch.
- Distributed over £4,000 to local events and good causes. Just over 95% of all our grants are local, with c£200 going to good causes further afield.
- Honoured with the Spirit of Fowey award this year from Mayor Simms.
- Continued to support larger charities such as Marie Curie, Devon and Cornwall Sending Love to Ukraine, Disability Sports and Spectacle recycling.

The International Lions are committed to the support of disability sports and we were pleased to be able to provide two volunteers for the Special Olympics Indoor Bowls event held recently in Plymouth.



We were also able to spend time together on a recent visit to Pen-marlum Quay Café for an excellent team evening, with great food and good company. Thanks very much to the team there and the wonderful Fowey Water Taxi for taking us there and back.

Finally, we are in the middle of reviewing submissions for our 2026 Grant process and the winners will be contacted shortly. More news on this in forthcoming newsletters and on our Facebook page where you will also find details of upcoming events including our Race Night at the Par Inn on 26th September and our quiz night at The Safe Harbour in October.

The Lions will be seen volunteering at many local events over the course of the summer - look out for the team at an event near you.

We are always keen to hear from anyone interested in getting involved. Our Lions team is small and there is always so much more we would like to do if we had more members. Why join us? It's not a huge commitment - a couple of hours a month - and it makes a massive difference to our community. Contact us for more information either via Facebook, by email at foweyriverlions@gmail.com or by phone on 0345 833 7484.

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Lostwithiel Environment Action Forum



Second Island biodiversity research update.

Biodiversity is important for supporting healthy ecosystems for a sustainable future.

Increasing biodiversity is vital in the UK because it is one of the most nature-depleted countries globally. LEAF is therefore very pleased to note that the Lostwithiel Town Council has adopted a policy of increasing biodiversity on its land.

LEAF, with the agreement of the Town Council, arranged for an officer from Cornwall Wildlife Trust to undertake a pro bono habitat survey at Second Island. LEAF also commissioned a soil analysis. The findings from Cornwall Wildlife Trust and the soil report will be available to the Council as part of its wider evidence base.

In order to broaden our understanding of meadow management approaches used elsewhere, LEAF members recently visited three sites where different techniques have been applied to support biodiversity. These visits were arranged to help inform our knowledge base and to provide examples of practices that may or may not be relevant when the Council considers future options for Second Island.

The first visit was to a meadow leased by Landulph Parish Council from the Duchy of Cornwall. This site was originally species-poor, and Landulph has trialled a management system aimed at increasing wildflower diversity. A local farmer recently dug out an area to create a pond, which is already supporting a range of aquatic plants, amphibians and insects. We also visited Sylvia's Meadow, an unimproved site that avoided being ploughed during the Second World War as it was occupied by the American forces. The Cornwall Wildlife Trust's East Cornwall Reserves Manager kindly guided us and explained how long-established meadows of this type are typically managed to retain biodiversity.



**Wildflower display on sand
at Hamatethy**



**yellow rattle and eyebright
in a meadow**

The final visit was to an organic farm at Hamatethy on the eastern edge of Bodmin Moor. The owner has used a combination of timed grazing and cutting to open up the sward and encourage a wider range of species. Techniques included introducing green hay containing yellow rattle and eyebright.

Both these plants are semi-parasitic on grasses and have successfully reduced grass dominance (see photo). The management has led to a more open and biodiverse sward which has increased the field vole population resulting in two pairs of barn owls moving in. At Hamatethy, we were also shown a small demonstration area where sharp sand had last year been spread and seeded with a wildflower mix. This has produced a rapid visual result both last year and this (see photo).

LEAF looks forward to continuing constructive dialogue with the Town Council as it considers the results of the initial survey and any future decisions regarding the site. No decisions have been made about future management of Second Island; the Town Council will consider options once all evidence has been reviewed.

David Guiterman

Fowey RNLI

On Sunday 21 June Fowey lifeboat crew were preparing their Atlantic 85 to go out on exercise when a request came in from Falmouth Coastguard. They launched the lifeboat at 10:58am to assist the fishing vessel Bessie Vee who had reported that one of their passengers was unwell and was drifting in and out of consciousness. The vessel was reported to be 8 miles east of Mevagissey and was heading for the harbour. The Atlantic made best speed to the vessel's reported position and on arrival the lifeboat crew were advised that the casualty was conscious and comfortable. The lifeboat escorted the vessel into the harbour to await the arrival of the ambulance. The coastguard team were on hand and took charge of the casualty until the ambulance arrived to take the casualty to hospital.

In their second shout on 21 June at 6:12pm Fowey volunteer crew were tasked by the coastguard to launch to assist 3 teenagers possibly cut off by the tide between Landrion Point and Crinis Island. The crew launched their D Class lifeboat at 6:30pm and made best speed to the location, arriving on scene at 6:45pm. They found no-one at that location so commenced a search. At 6:46pm the crew found the 3 casualties on a beach safe and sound, so the lifeboat was then stood down.

On Tuesday 23 June the crew were paged at 3:15pm and launched their D class lifeboat at 3:20pm. Falmouth coastguard requested the launch of the lifeboat to assist a 73yr old man who was feeling unwell at Duporth Beach. St Austell Coastguard were in attendance and administering first aid. It was not possible to get the casualty up the cliff, so the coastguard requested that the lifeboat take him round to safety in Charlestown Harbour. The lifeboat arrived on scene at 3:35 and took the man to Charlestown where he was handed over to other members of the coastguard team and his family.

On Friday 26 June, the coastguard tasked the Fowey lifeboat to launch after receiving a 999 call from crew on a 16ft Bow Rider that had reported engine trouble just off Carylton Bay with three people on board. They had dropped the anchor but were concerned that it was not holding and they were drifting towards the rocks with the wind picking up. Fowey's crew launched their Atlantic 85 lifeboat and arrived on scene at 7:15pm. Lifeboat mechanic, Oli Luck, managed to get the casualty vessel started and the lifeboat then escorted the casualty vessel back to Fowey and it then made its own way back to Golant.



On Sunday 28 June, Falmouth Coastguard tasked Fowey RNLI to launch to rescue a mother and her thirteen year old son who were cut off by the tide at Little Lantic beach. The pair had arrived at the beach with the father on a jet ski during the afternoon. Due to the sea swell and waves, they felt it was unsafe for all three to depart on the jet ski so the father left the mother and son on the beach and planned to moor up the jet ski and then rendezvous with them back at the car park above Lantic Bay. The high tide and waves made it impossible for the mother and son to get to the main beach. After three hours they were getting increasingly cold, so the mother called 999 and requested assistance from the coastguard. Fowey's volunteer crew launched their D class inshore lifeboat at 8:25 and arrived on scene at 8:35. It was a tricky beach landing for the

lifeboat crew, but they successfully achieved it and both casualties were taken onboard the lifeboat. Due to the surge and waves on the main beach, it was deemed unsafe to attempt a landing to drop them there, so the casualties were brought back to Polruan pontoon where they were reunited with the father.

On Saturday 4 July, Falmouth coastguard tasked Fowey RNLI to launch after a report of two adults and one child in difficulty on paddle boards off Pentewan Beach.

The crew launched their Atlantic 85 at 5:29pm and arrived on scene at 5:42pm. On arrival the crew found that there was one adult and one child and gave them a lift ashore in the lifeboat. When out paddleboarding always check the weather forecast and tide times, and avoid offshore winds as they will tire you very quickly when trying to get back to shore. Always wear a personal flotation device and carry a means of calling for help on your person.

On Monday 13 July a tasking request was received from Falmouth Coastguard following reports of a man cut off by the tide on Polmear Island between Charlestown and Duporth.

Fowey crew launched their inshore lifeboat in a fresh Easterly wind of 17-21 knots to locate and assist the casualty. St Austell Coastguard were on standby at the top of the cliff with rope teams in case the lifeboat was unable to reach the casualty. In choppy seas the lifeboat approached the rocks and the crew planned the best point of access. Helm Boris was able to get close enough to allow crew member Oli to jump from the lifeboat onto the rocks. He then made his way round to the casualty and escorted him back to the drop off point. The casualty was given a lifejacket to wear and both he and Oli then jumped off the rocks onto the lifeboat. The casualty was uninjured and was safely brought ashore to Charlestown harbour.

Our boathouse is open to visitors. Come and have a close look at Fowey's D Class and Atlantic 85 lifeboats. Find out what it's like to be a crew member and find out about the lifeboats' latest 'shouts'. Opening times: Monday, Wednesday & Saturday 11am – 3pm.

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



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- Family events & outdoor adventures
- Camping, Glamping & Hobbit Huts.



Sarah Preece, Lib Dem Councillor



Cornwall's New Culture Strategy - and Why It Matters

Cornwall Council has launched its new ten-year plan to nurture and celebrate Cornwall's creative communities.

The Cornwall Cultural Strategy 2026 - 2036 focuses on five ambitions: helping everyone join in and enjoy culture; supporting people into creative careers; growing Cornwall's economy; improving our towns and villages through culture-led regeneration; and celebrating

Cornwall's unique culture, identity, language and heritage.

Our festivals, performances, exhibitions and cultural offerings give Cornish residents and inbound visitors reason to come, stay and spend in our towns and villages, generating £291 million for the Cornwall economy. In addition, more than 7,350 people work in Cornwall's creative and cultural sector and the strategy outlines the importance of developing skills and creating creative career pathways for young people and creatives to build life-long careers here in Cornwall.

However, culture is not just good for jobs and the economy, culture is good for our communities. It brings generations together and reminds us of who we are, building pride and creating a sense of belonging. Creative participation has also been proven to reduce isolation, improve mental health and help people lead healthier lives.

Culture Across the Division

Anyone doubting that this strategy has real roots need only look at what's happening across our eight parishes. Arts exhibitions and craft events, carnivals, processions, arts and heritage trails, feasts and festivals, music and performance, open mic nights and folk jam sessions all keeping live events and local talent in our pubs, village halls and churches, on our stages and our streets.

The historic estate of Boconnoc has become a genuine cultural destination in its own right from the Stable Yard Singalong Sessions, to Jazz on the Lawn, to Miracle Theatre's summer production.

We are also privileged to have multiple historic buildings and monuments, museums and galleries on our doorstep. Lostwithiel Museum, Lost Fest and the Arts Trail bring visitors into the town. Luxulyan, with its dramatic wooded valley and Treffry Viaduct, drawing walkers and heritage enthusiasts year-round. Lerryn has the Red Store hosting exhibitions, crafts and produce markets.

While Lanreath, Lanlivery, St Winnow, St Veep and Braddock each sustain threads of rural culture with well-making, parish fetes, church fundraisers, produce and craft markets, community hall exhibitions and events - all keeping our smaller communities connected and our cultural producers supported.

Meanwhile, Cornwall's culture is hitting the international stage.

At the end of July, over 200 Cornish artists headed to Lorient to perform at the Interceltic Festival. A ten-day event celebrating the best of dance, music, singing, arts, crafts and produce. This year is the Year of Cornwall and I attended with the leader of the council to meet producers and business leaders to build partnerships with our Celtic neighbours and maximise opportunities for Cornwall.

From our world renowned venues and companies, to local community groups, culture touches every corner of Cornwall. To celebrate and support this expansive creative offering, the cultural strategy positions Cornwall as the Creation Nation and it will shape Council priorities and funding for the next decade.

As Cabinet member, I'll be championing culture and creativity and pressing to ensure the strategy supports inward investment into Cornwall to ensure that whether professional or grassroots, our cultural sector continues to thrive.

For cultural updates log on to cornwall365.com

Cllr Sarah Preece

cldr.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.

Lostwithiel School Honoured

Lostwithiel School becomes a national beacon of excellence as it tackles the communication challenges of the screen age.

Leading education charity Voice 21 has named Lostwithiel School a national Oracy Centre of Excellence in recognition of its outstanding work developing pupils' speaking, listening and communication skills.

Often described as the 'fourth R' alongside reading, writing and arithmetic, oracy helps young people build relationships, succeed in education and thrive in later life. With concerns growing about the impact of screen use on children's communication and wellbeing, Lostwithiel School has embedded oracy throughout school life, from its culture and values to its curriculum.



Selected from more than 1,200 schools working with Voice 21, Lostwithiel becomes only the second school in the South West to receive the prestigious accolade. The designation also recognises the school as a model of best practice for others across the country. Dr Kate Paradine, CEO of Voice 21, said:

"The Voice 21 Oracy Centre of Excellence award certifies and celebrates schools that are changing the face of education. Lostwithiel School has demonstrated the quality of oracy education being provided across five areas of school life: their school's vision, culture, curriculum, learning and impact on students.

Headteacher Mrs Elaine Badger said:

"While technology brings many benefits, it can also mean children have fewer opportunities to develop spoken communication and social skills through everyday interactions. We want our children to leave Lostwithiel School as confident, articulate young people who can listen, collaborate, present ideas and engage positively with the world around them."

The school's commitment to children's wellbeing extends beyond the classroom through its extensive Forest School programme. Every pupil, from Tiny Trees Nursery to Year 6, takes part in weekly Forest School sessions within the school's woodland grounds.

Mrs Badger added:

"Families want more than academic success; they want their children to be happy and well-rounded individuals. Alongside our work on oracy, Forest School is a key part of the holistic education we provide."

As the school celebrates this latest recognition from Voice 21, it remains focused on its mission of helping every child find their voice and achieve their full potential. The Lostwithiel community now looks forward to the next chapter, with the outcome of the school's recent Ofsted inspection expected during the summer holidays.



Lerryn Area Minibus Association



Lerryn Area Minibus Association (LAMA)

Providing community transport for people living in the Lerryn Area

August 2026

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.

DATE	DESTINATION		TIME	RETURN FARE
Tue 4th Driver: Chris	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Tue 11th Driver: Kevin	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Fri 14th Driver: Annie	Truro	Lerryn Lostwithiel	09:30 - 15:00 09:45 - 14:45	£6.00 adult
Tue 18th Driver: Kevin	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Thu 20th Drivers: Tom & Nick	SPECIAL TRIP Bideford	Lerryn Lostwithiel	09:30 - 17:30 09:45 - 17:15	£12.00 adult
Tue 25th Driver: Tom	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Thu 27th Driver: Richard	SPECIAL TRIP Trago Mills Pensioners' Discount Day	Lerryn Lostwithiel	09:30 - 13:00 09:45 - 12:45	£4.00 adult

Trips available to LAMA members and registered passengers only.
Under 18s travel half price.

For bookings, passenger registration and all queries, please call Jackie on
[01208 811175](tel:01208811175)



LAMA: Price increases from 1st September 2026

As you may know LAMA is a non-profit making organisation.

We have not increased our prices now for several years despite the background of increased fuel, maintenance, insurance & general running costs.

However to ensure that we continue our service to the community we do now need to cover our costs. Therefore from **1st September 2026** our prices will increase as follows:

Bodmin and supermarkets	£5
Trago Mills	£5
St Austell and Par market	£5
Wadebridge	£6
Truro	£7.50

Our monthly "Special Trips" will also be increased although they will still represent excellent value - as all our journeys do!

We are tremendously grateful for all the many ways in which people support our local minibus: by being passengers, joining in fundraising events, serving as volunteers or making private donations.

Thank you!

Your LAMA committee



Lerryn Area Minibus Association



BIDEFORD

Thursday 20 August 2026 · 09:30 - 17:30

With a picturesque quay, Bideford was once Britain's third largest port. It is packed with independent and quirky shops and a historic Pannier Market. It also has a shopping mall for an alternative shopping experience. On our way home, we will route via Okehampton and stop at the cafe overlooking Roadford Lake.

See <https://www.lamaminibus.co.uk> for more details, or scan this QR code with your mobile phone.



BOOKING: Online booking or call 01208 811175

ADULT FARE: £12.00

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we look forward to hearing from you





LOSTWITHIEL TOWN COUNCIL



Meet Councillor David Guiterman



I joined the council in 2015. I hoped to promote LostFest to the council so benefiting the festival. Well, that didn't work! I had to declare an interest whenever LostFest was being discussed and leave the meeting.

However, I found council work to be most interesting and got involved in several of the council activities including chairing the Neighbourhood Plan Steering Group. which produced the 2019 Plan. I enjoy being part of many of the town's activities. I will continue to be helpful to the town for a few years yet.

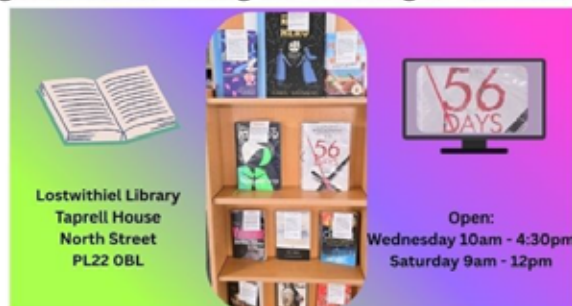


Lostwithiel Library



Opening times:
Wednesdays 10am to 4.30pm
Saturdays 9am to Midday

Really fancy picking up a book? Lostwithiel library has the answer! This month's display features a wonderful range of books, in a variety of genres, none with more than 200 pages. Just the thing for relaxing in the sun!



Council Update

The Council will shortly be seeking residents' views on the final draft of the Neighbourhood Priority Statement. This Statement has been developed using the questionnaire responses received from Lostwithiel households in 2025. It sets out what matters most to the community, what Lostwithiel needs to thrive, what should be protected, what could improve quality of life, how new development might benefit existing residents, and where growth may be appropriate or inappropriate. Cornwall Council will have a duty to consider all published Statements when preparing policies for the new Cornwall Local Plan. Consultation dates and venues will be published on the Town Council's website, social media pages, and in this Newsletter. Residents are encouraged to take part in the consultation so that the final Statement reflects the broadest possible range of local views.



Libraries

Kid's Get Rewards for reading in
 The Cornwall Reading Challenge



Free Swim Voucher for joining



The Cornwall Reading Challenge 2026:

Extraordinary Explorers

Get ready to explore all the things you love! and earn fantastic rewards along the way!



There will be 2 FREE challenges:
 The Reading Quest for those who can enjoy 6 books
 One and All Challenge a fully inclusive option designed so that every child can take part and succeed, whatever their reading ability or needs.

Mayor's Surgery:
 Outside Co-op Saturday 29th August
 10:30 - 11:30
 If wet, Lostwithiel Library



LOSTWITHIEL TOWN COUNCIL SERVICES:

- The Parade
- The War Memorials
- Allotments
- Public Toilet
- Shirehall Moor
- Municipal Listed Buildings
- Parks & Play Areas
- Castle Hill Cemetery
- Car Parks

Contact details for your Town Councillors can be found on the Town Council website
www.lostwithieltowncouncil.gov.uk

What's on this summer



Clay Country Carnivals Trail
Discover more about these vibrant traditional celebrations



Summer Fete Activities
Play games and get creative with clay and other materials



Pottery Painting For All
Choose from a range of ornaments to paint



Woodland Adventure Trail
Explore the play area, flat rod tunnel and hidden den!

See website for dates and details

WHEAL MARTYN CLAY WORKS



FAMILY SAVER TICKETS ■ UNDER 5s GO FREE
01726 850362 | St Austell | www.wheal-martyn.com

Celebrate at Wheal Martyn this summer – carnival style!

From 25 July, explore the trail of charming historic photographs and learn more about the carnivals, fêtes and feast days of Cornwall's Clay Country.



Enjoy a wide range of traditional games including ring toss, splat the rat and hook the duck. Will you complete the trail and become a Carnival Queen or King?

Also venture along the children's woodland adventure trail, walk through the flat rod tunnel, and find the hidden den and play area. All included in the standard admission fee.

Visit weekdays from 27 July to join the Summer Fete Activities: create bunting designs, make a floral headband or crown, paint a tile with a summer scene or create a carnival float out of clay, 11am to 3pm. There are small charges for the creative activities.

To plan your visit, head to www.wheal-martyn.com



Cornish Lavender at Great Carnbargus Farm, between St Agnes & Perranporth. NEW Lavender Fairy Trail, the charming Fairy Houses of Malabar and Coosebean have moved to their new home; Free entry (donations go to upkeep of the trail), and parking must be booked in advance, £2 for 2 hours. The Cornish Lavender Kitchen is open six days a week, serving healthy, seasonal food and home-baked Cornish Lavender Cream Teas. (sorry, no picnicking). Go and explore 6 days a week in the school summer holidays, do a crafting or nature workshop (£5 or less) and they are dog friendly too. See page 23 for QR code or visit <https://www.cornishlavender.com/fairy-trail>

Lostwithiel Young Explorers Nature Trail.

This charming, informative, free trail runs from the northern end of Second Island Park along the river to the south end of Coulson Park. As you follow the river through the King George V Park, The Parade, and the Quays, you will discover a series of 15 posts with rubbing plaques depicting local wildlife and trees; you can make a picture by placing paper over the plaque and gently rubbing with a soft colouring pencil or crayon. Click on the links on the website for photos and information. <https://www.lostwithieltowntrail.org.uk/nature-trail/> There is also a Lostwithiel Heritage trail - more for adults, but still fascinating.



Stithians Lake Activity Centre, Redruth, (South West Lakes Trust) have an action-packed activity programme for all ages and abilities this August. Activities include sailing, wing surfing and wing foiling or you can go the whole hog with a Children's Multi-Activity Day. You can also hire a variety of watersports equipment, launch your own craft or learn something new by taking part in an instructor-led session. The Lake is a beautiful place to relax and observe the resident wildlife, stretch your legs, embrace a moment of calm, and enjoy a treat in the café. Book on <https://www.swlakestrust.org.uk/Event/stithians-summer-holiday-activities-programme-2026>



Coronation Park, Helston is transforming into Playful Park - a vibrant destination for families all summer long. At its heart is a spectacular giant painted floor mural designed by local artist Lisa Curtis - packed with games for all ages, free to play and is a permanent addition to the park. Alongside the mural, there's an interactive running track, community bunting-making, the Big Scribble (where you get to draw all over the paths!), a two-day games expo, busking from local young musicians, Play in a Day with the Minack, roaming Commedia dell'arte, Wake the Giant, a family sports day and more. This year, over 60% of CP events are completely free! Free open-air cinema 2pm - 24 Jul *Lilo & Stitch*; 31 July *Encanto*; 7 Aug 2pm *A Minecraft Movie*; 27 Aug *Wizard of Oz*. Free theatre & circus - Squashbox: 4 Aug *Stones & Bones*, 22 Aug *Skillywidden*; 31 Aug *The Sea Show* 2.30pm. 10 to 16 Aug: *Commedia dell'arte* on the Loose, pop-up performances. 12 Aug from 11am Cirk Hes Youth Circus. 28 Aug 11am to 3pm *Wake the Giant!* by The Lost Giants, sounds wacky and fun. <https://lovehelston.co.uk/>





August News

The summer holidays have arrived, and what a wonderful start we've had. We kicked things off with a brilliant school barbecue on Friday 24th July, with music from the fabulous Cornish DJ. It was a beautifully sunny day, and it was lovely to see so many people out enjoying the sunshine, children playing together, families catching up, and everyone making the most of the barbecue, drinks and tuck shop.

It was a fantastic way to begin the summer, followed by a brilliant Carnival Week. We were delighted to be part of the Charity Fair Sunday Funday on 26th July, serving ice creams and cold drinks from the field.

A massive thank you to all the volunteers who helped make both these events possible!

Food Nights Continue

Our food nights have been going down a treat, and we're delighted that Siam Kitchen Thai Cuisine will now be continuing with Thai Tuesdays every week. Natty will be serving up authentic Thai dishes from 5pm–8pm in the Community Centre car park.

Kernowforno will also continue to join us on Monday evenings with their delicious wood-fired pizzas, freshly made to order. It's been lovely to see people enjoying their food, sitting together and making the most of the benches in the Community Centre garden.

Garden Café

We're delighted that local baker, Esther's Cupcakery, has been providing a delicious selection of freshly made cakes throughout the week. There's always something different to try, from tempting slices of cake to cupcakes – the perfect treat alongside a coffee. All of Esther's cakes are gluten and dairy free. Cakes are £3.75 a slice and cupcakes are £2.75. Why not pop in and see what's on the counter?

Esther also has lots of lovely ideas for future activities, including paint and sip evenings, cake decorating workshops and dessert evenings – so watch this space for details coming soon.

Summer Activities at the Centre

There's lots happening at the Centre throughout August. Kate Mooney School of Dance will be running her Musical Theatre Summer School from Tuesday 4th to Thursday 6th August, bringing together singing, acting, dance and choreography to create another fantastic performance in just three days.

Kixx Cornwall will also be running their popular football and art camp, combining sport, creativity and games to keep children active and entertained over the holidays.

We're also looking forward to Grace's drop-in art club for young people, offering a chance to get creative and try something new.

Walking Football

Last spring, a group of friends of a certain age decided it was time to dust off their football boots and start a Walking Football session at the Centre. Since then, it's become a friendly weekly kickabout, with plenty of laughs along the way.

They're always keen to welcome a few more players, so if you fancy stretching your legs and enjoying some light-hearted football, come along on Fridays from 1.30pm–2.30pm. Sessions cost £5, and everyone is welcome.

Lost In Panto – Auditions

What a fantastic response to this year's Lost In Panto auditions! It was wonderful to see so many people come along, and a lovely team is starting to come together for this year's production.

The director, Luke Evens, will be announcing the cast very soon, with rehearsals beginning in September. Keep an eye out for details of upcoming dance auditions too.

There are lots of ways to get involved behind the scenes. We're looking for volunteers to help with the raffle this year, as well as support with set making and technical assistance. If you'd like to get involved, please email chair@lostwithielcommunitycentre.org or join the Lost In Panto Facebook group for updates.

Get Involved

Our Working Group continues to meet regularly to help care for the Centre. We're incredibly lucky to have some amazing people behind the scenes who help keep the Centre looking its best. A particular thank you to our own one-man miracle worker, who has been quietly cracking on with creating a new external maintenance cupboard. We're so grateful for all the time, care and skill that goes into helping the Centre. From September, we'll be holding regular working days again, and we'd love a few extra pairs of hands. Current projects include sanding and painting the exterior benches, as well as helping with the new maintenance cupboard. Whether you can spare a couple of hours or would like to get more involved, we'd love to hear from you.

We're also still looking for a Secretary to join our Board of Trustees. It's a rewarding role for someone who enjoys keeping things organised and would like to play a part in supporting the Board as we continue to grow. If you'd like to find out more about volunteering or the Secretary role, please email care@lostwithielcommunitycentre.org.

Save the Date

Our Annual General Meeting will take place on Tuesday 29th September at 7pm.

We'll share more details nearer the time, but for now, please do pop the date in your diary.

Lost Run 7

The Rotary Club of Lostwithiel are delighted to say that as a result of the huge success of Lost Run 7 2025 it will be back this year. Last year over 40 people from Lostwithiel entered and this year make it a bigger event by more local people entering. In total there were 181 runners who came from as far afield as North Devon, one from Worcester and one from London, and they enjoyed the 7km run on tarmac with beautiful views.

This year the run will take place on Sunday 15th November with a 10.30 am start. The route will be the same and there will be a medal awaiting you at the end once completed.

Numbers are restricted to 300 so don't miss out register now online using this reference: <https://www.evententry.co.uk/lost-run-7>. The cost will be £15.00.

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Learning by call & response.
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NIGHT MUSIC

2026

FRIDAYS
9PM – 11PM

THE GLOBE INN, 3 NORTH ST
LOSTWITHIEL

March 27th BARFLY
April 24th BOUNDLESS BROTHERS
May 29th BOB SEYMOUR
June 5th BARFLY
June 17th ROBIN CURTISS**
July 24th MONKEY FAG BREAK
August 28th SMUG JARS
September 25th PATRICK BLOOMING

** (Wednesday, 8pm start)



We open doors



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You are very welcome to call by the office for a cup of tea anytime to discuss your requirements - there is plenty of parking at the front and the team are always on hand to answer any questions you may have. We look forward to meeting you!



Par office team: 01726 812271
parsales@oceanandcountry.co.uk
www.oceanandcountry.co.uk

**Ocean
& Country**

USEFUL INFO & CONTACTS

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

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

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

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

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

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

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

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

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

PELYN VETS - 01208 872 254

VOLUNTEER CORNWALL - 01872 265 305 For volunteer befrienders.

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



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Ann's Gallery
Est 1971

In August we have the latest scents from Pintail Candles
Jewellery from the new collection of Miss Willy
A fantastic selection of Gift Cards, Notelets Notebooks
and Pens, shelves full of Toys, Games, Socks,
Mugs, Lanterns, Trivets, Lamps, Handbags and Purses
Soft toys from Jellycat and Wendale Designs
Opening Hours: Monday - Saturday 10am - 4pm
Sunday CLOSED

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**LOST
IN
Art**

**NEEDS
YOU!!**



2026

Can you help?

We're looking for volunteers for 12th September.

**Can you help put on one of the best
arts event in Lostwithiel?**

**If you'd like to be part of the exciting buzz of
Lost in Art email Sally Atkins at
events@lostwithiel.org.uk**

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