

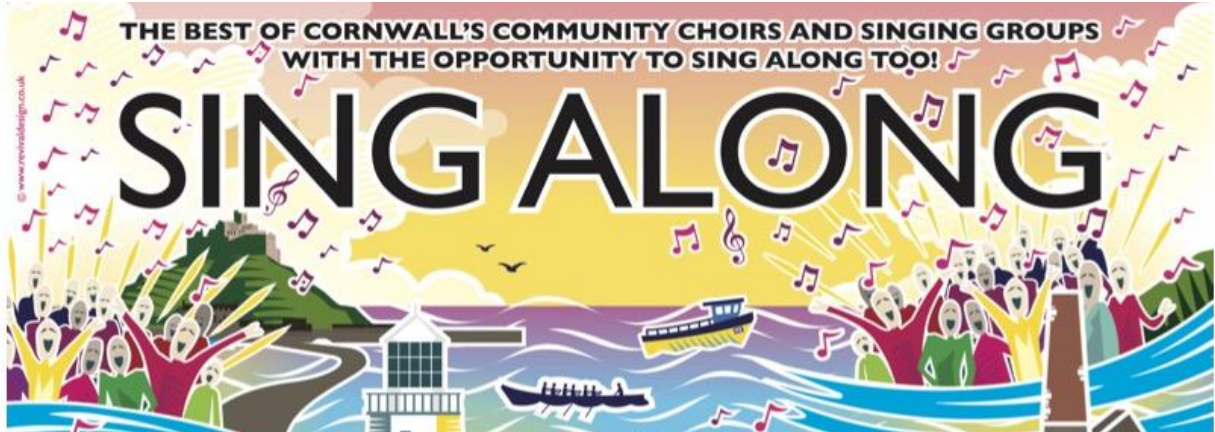


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JULY 2026

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The
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WHAT'S ON WHERE - MARKETS, EVENTS & GROUPS - JULY

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 **Monday 1st June 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 JULY 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 873187

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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. HELPING ON SATURDAYS : If you have 2 hours to spare on a Saturday morning to help 'meet and greet' museum visitors then you are just the person we are looking for. Previous experience isn't necessary as help will be provided. Please contact either Christine Walton on 01208 871456 or Maggie Lancaster on 01208 873093 for more information.

. FREE ACTIVITIES FOR CHILDREN: Entertaining children during the school holidays can be expensive so it's good to know that here on your doorstep is a local museum offering FREE admission and FREE activities for families. These award-winning activities are designed to be fun learning experiences for all the family to enjoy. On arrival at the museum ask the Steward on duty for a Children's Trail to complete.

. WIND IN THE WILLOWS: Following last year's popular Teddy Bear's Picnic this summer's theme for the window display is Wind in the Willows. Based on Kenneth Graham's classic children's story we look forward to introducing you to Mr Toad, Badger, Mole and all his other animal friends. I'm writing this in mid-June and judging by the hive of activity behind the scenes the new display promises to be lots of fun. Thank you to the museum volunteers and friends who are busily making costumes and creating scenery.

. WALKS PUBLICATIONS: If you're a keen walker you'll be pleased to know that the museum has an interesting selection of bespoke guidebooks to help you explore the town and enjoy the surrounding countryside. All the walks have been tested and compiled by museum volunteers who have sound local knowledge linking heritage with the environment.

. GUIDED WALKS WITHIN THE TOWN: With friends and family to entertain, a guided walk is an excellent way of introducing them to the town's fascinating history. There's no need to book in advance (unless you have some special request) — just arrive by 11.00am on a Wednesday outside the Community Centre — where your experienced guide will be waiting to welcome you. A 90 minute (approx) guided walk costs £5 per adult (no charge for children) payable by cash or card.

Thank you for your interest.
Christine Walton (Chair)

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

Chapel Chat

'So whether we are at home or away, we make it our aim to please him' ² Corinthians 5:9

Church Activities for July at a glance

July 5th Café Church

July 12th Café Church

July 19th Fellowship with Peter Santo Warner

July 24th Fellowship with Mary Mitchell

July 30th Coffee Morning

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

Music Appreciation – every 4th Wednesday at 7.30

Old Cornwall Society - Last Tues. of the month 7.30

Lostwithiel Bowling Club

Lostwithiel Bowling Club invite all past members, and a guest, to a BBQ on Tuesday, 7th July at 6pm to celebrate our Centenary. If you would like to attend please phone or email Penny Philp. Tel 01208 873169 email penny981@btinternet.com

We look forward to seeing you.

Lostwithiel Brownies

Lostwithiel Brownies age 7-10yrs

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 you have a daughter interested in joining our group please phone 08001695901 or register at www.girlguiding.org.uk



Our next open meeting will be on Monday 6th July at 2pm in the Church Rooms Lostwithiel when Dr Keith Hiscock MBE, Associate

Fellow at the Marine Biological Association in Plymouth will be giving a presentation on "Our Changing Seas" This will explain 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 will be followed by a brief Annual General Meeting

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.

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 : Stephanie Thomas 07980 871491

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





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Brydai, The Uplands, Lostwithiel

St Bartholomew's News

Another month gone and already half way through the year. I suppose it is one of the signs of aging when time seems to fly by so quickly when you want to savour things more. The joy of watching our grandchildren grow and listening to their adventures in school and out and about. It takes us back to our own childhood though we had more time outside and nowadays computers seem to 'rule the roost'! A bit difficult for us to understand I think, though we have to use computers increasingly every day, so we can't ignore them.

We have passed another milestone in the church year when Churchwardens were asked to affirm their duties to the God, the Bishop and our parishes. The new Bishop of St Germans, James Treasure and our new Rural Dean, Craig Ruddock were present, trying to introduce themselves to as many as possible.

We celebrate our Benefice Celtic Eucharist every Thursday morning if you wish to enjoy a quiet service with no hymns. It is at 10.00 and all are welcome.

On Sunday 5th at 11.00, there will be a Family Eucharist and we would welcome any children who wish to bring their parents or grandparents along to join in with whatever Fr Simon has in mind for the service!

Sunday 12th at 11.00 is a Eucharist with Fr Simon, then at 11.00 on Sunday 19th we have Morning Prayer with Bernice and Brenda, our Churchwardens. At 11.00 on Sunday 26th there will be a Eucharist.

Saturday 11th we will have our Summer Fete in the Churchyard, weather permitting. We will have the usual stalls for bric-a-brac, books, cakes etc., and raffle, with bacon baps and teas and coffee, with music played by the town band from 12.00 – 1.00. Lots of charity stall and 'try your luck' stalls too. Come along with friends and family and help to support your lovely church. If anyone would like to come along and help in any small way we would appreciate it.

We will be present on St George's Field on Sunday 26th after the service, with a Benefice table so do come and join us for some fun and games.

Our Benefice choir has said farewell to our conductor of many years, John Allen, but we continue with our organist Jon Ward who has bravely taken over. We guarantee a warm welcome to anyone who likes to sing, with or without experience, to come along to our practices from 5.30 – 6.30 every Thursday evening. Although we predominantly sing church music, which can be very challenging, we have been known to sing modern music too. Come along and listen and see if you would like to join us. There is no music test and no need to read music, though it helps. You don't have to be a church member though we are asked to sing round the Benefice on special occasions.

Our bellringers are always looking for recruits as this is a dying tradition round the country. Young or older can come along on a Tuesday evening at 7.00 and listen and maybe try with the team.

Volunteers are always wanted for the many jobs that have to be done around the Church. Your help would be much appreciated – just seek out our churchwardens.

See you in Church!

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

Fowey River Lions



On May 20th, Kevin and Ruth Rouse, our President and Treasurer were honoured to accept the Spirit of Fowey Award at the Mayor Making Ceremony on behalf of Fowey River Lions. We were particularly pleased to gain the recognition for our work in this our 50th year of supporting the community. The award truly reflects the ethos of our Lions Club: The Spirit of Fowey Award certificate says "This award is being made in acknowledgement of the volunteering spirit of the past and present members of Fowey River Lions who have made a sustained contribution to the well-being and spirit of the local community it supports families in need, hosts a senior citizens Christmas lunch, coordinates the Santa sleigh visits and is taking a leading role in gathering humanitarian supplies for transport to Ukraine it is in recognition of their dedication and community spirit that I have no hesitation in making this award."



Kevin gratefully accepted the award from Mayor Simms which pays tribute to all the members of Fowey River Lions over the years. After the ceremony, he said "We continue to focus on helping those in need within our community and we are always ready and willing to help where we can. We are only a small group of people and we are very much in need of new members to join the club as we move through our 50th year." Fowey River Lions is a charitable organisation dedicated to serving the local community, this could be through monetary gifts, or simply providing volunteers to support an event. If you think the Lions could help you, please get in at foweyriverlions@gmail.com or by phone on 0345 833 7484.

In other news, the submission window for our 2026 Grant process has now closed and we have had many submissions all worthy of consideration for a grant. The team will be meeting to review all the submissions during July and the successful entries will be notified in the coming weeks. More details of the grant winners will be available online via our Facebook page, and in forthcoming newsletters. Thank you to everyone who took the time to participate in the 2026 process and good luck to everyone who entered.

We are now entering the season for town and village fetes, the Lions team will be participating in many of the events, either as marshals or with our own stall – look out for the team at an event near you.

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LIFEBOAT Naming Ceremony

'Spirit of Daisy'

Saturday
25 July

Fowey Town
Quay 3pm



- Official Naming of the Fowey RNLI Atlantic 85 lifeboat
- Service of Dedication
- Lostwithiel Town Band
- Lifeboat Display



Lifeboats

Facebook @FoweyLifeboat

Fowey RNLI

On 24 May Falmouth Coastguard contacted Fowey's D class crew via VHF while they were on their way back to Fowey from an exercise in Mevagissey. They tasked the lifeboat crew to divert to Polstreath Beach to assist the Mevagissey Coastguard team with a 73 Year old lady who had sustained an ankle injury. As the access to the beach is a long walk, it was decided that the best way to transport the casualty was to take her off the beach onto the lifeboat and round the coast to safety in Mevagissey Harbour.



On Thursday 28 May Falmouth Coastguard requested Fowey's D class lifeboat launch to rescue a kayaker in the water off Cannis Rock. The lifeboat launched at 6:29pm and arrived on scene at 6:37pm. One kayak was semi-submerged with a 52 year old man in the water. Two other kayaks were also at the scene, each with one person onboard. The male casualty had been in the water for about half an hour, having capsized several times before. When Fowey's lifeboat crew pulled him out of the water he was visibly shaking and had early hypothermia. The crew wrapped him in a dry robe to warm him up and after carrying out casualty care checks they administered oxygen. They requested that an ambulance be sent to meet them back at the lifeboat station and requested that the Atlantic 85 lifeboat launch to go back for the other kayakers. The lifeboat brought the casualty back to Fowey and Cas-care crew treated him in the station until the ambulance arrived.

On Saturday 30 May, Falmouth Coastguard received a Pan Pan call from two people on a jet-ski that was sinking out near Gribben Head in St Austell Bay. Fowey's D class lifeboat was launched at 2:33pm and made best speed to the location. Fowey lifeboat Fundraising Chair, Rob Collings, was already out in the bay on safety boat



duty for the Saturday afternoon sailing racing, when he also heard the Pan Pan call. He, along with several other boats in the vicinity, responded to the emergency call. Rob said: 'We were covering the afternoon's sailing races when we monitored a Pan Pan call from Falmouth coastguard requesting immediate assistance to a Jet-ski that was sinking. We made best speed to the area and found the Jet-ski and two men being helped by CS2 a rib trip boat. We got

the two people onboard our safety boat RIB and took the jet-ski under tow. We were then joined by Fowey RNLI who escorted us back into Fowey harbour. The Jet-ski was handed over to Fowey Harbour Patrol and the two men were delivered safely back onto dry land'. A great example of the local seafaring community coming to the assistance of fellow water users.

In the early hours of Wednesday 3 June, Fowey lifeboat crew pagers went off at 1:43am. This was in response to a call from the Coastguard to investigate multiple DSC calls from a cargo ship moored on No.8 Jetty in Fowey Harbour. A DSC VHF radio call (Digital Selective Calling) is mainly used at sea for vessels to immediately transmit a distress call to the coastguard or other vessels, at the touch of a button. The emergency call gives the vessel's identity, a precise GPS position (if connected with GPS) and the MMSI number of the radio (Maritime Mobile Service Identity). Fowey crew launched their D class lifeboat at 1:50am and proceeded to the location and contacted the ship. Their radio was checked and found to be faulty. The lifeboat was stood down at 2:15am.

On Saturday 25 July, the new Fowey Atlantic 85 lifeboat will be officially named in a naming ceremony and service of dedication on Fowey Town Quay. Starting at 3pm, over 100 invited guests will witness the lifeboat being officially named and handed over from the RNLI to Fowey lifeboat station. Members of the public are very welcome to come and watch from Town Quay. The ceremony will start with the National Anthem, followed by an opening welcome from Fowey Lifeboat Management Chair, Adam Luck. The donor will officially hand over Spirit of Daisy, who is named in memory of the donor's mother, into the care of the RNLI. Paul Gamble, Fowey Lifeboat Operations Manager will accept the lifeboat on behalf of the RNLI and hand it into the care of Fowey Lifeboat Station. Fowey's vicar will lead a service of dedication followed by the donor naming the lifeboat. Lostwithiel Town Band will be playing before and after the ceremony and will accompany the nautical themed hymns. Fowey Lifeboat Management Chair, Adam Luck, said: 'We are extremely grateful to the donor for donating the money for our new lifeboat. Since she arrived in Fowey on 17 February 2026, followed by her first shout just four days later on 21 February, Spirit of Daisy has been kept busy, rescuing people in trouble at sea.' Following the ceremony, Spirit of Daisy will be accompanied by Fowey's D class lifeboat for a display in the harbour which everyone is welcome to come and watch. Invited guests will be treated to refreshments, courtesy of the King of Prussia. The last lifeboat naming ceremony to be held in Fowey was in 1997.

Join us for an RNLI Cher tribute event at Lankelly Rugby Club. Cher-esqe will perform Cher hits as well as some of her own music. Tickets are £10 each and are available from the Lankelly rugby club and the RNLI shop in Fowey. The event is raising funds in aid of Fowey Lifeboat RNLI on Friday 10th July, starting at 8pm.

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

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.

Veterans Summer B B Q

Date - Sat 18th July
Time - 11.30am - finish
Venue - The Earl of Chatham

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Sarah Preece, Lib Dem Councillor



This article is being written during Cornish Language Week, when children from 30 schools across Cornwall come together to showcase their learning at Lys Kernow, New County Hall. They perform songs, rhymes and stories in Kernewek and receive awards for their language activity in school.

As Cabinet Member with responsibility for the Cornish language, I am very proud of the efforts to keep

Kernewek alive and of the new Cornish Language Strategy 2026-36 which is key to ensuring the it not only survives, but thrives.

Cornwall has something precious that very few places in the world can claim - a living, language, rooted in the landscape, history and identity of this place. As the UK's fifth nation, our language reflects our distinctiveness and we must cherish it.

This year, Go Cornish, the programme delivering Cornish language in primary schools means 6,000 children will grow up knowing that Cornish is not a relic of the past.

More schools have signed up to join the programme while Cornwall Music Services Trust has created a film extending the reach of the programme well beyond the classroom. More teachers are being equipped with the knowledge to bring Cornish into their classrooms including nursery settings so children can encounter the language earlier, enabling it to take root more naturally.

All of this has been achieved with a very modest budget and a team equivalent to just one full-time post. However, I was asked recently at Committee whether public money should be spent on a language with only around 500 fluent speakers.

On the surface of it, you may think it's a fair question but delve deeper and his assumption that the money received from government could be used elsewhere is the first mistake.

Devolution unlocked dedicated funding for promoting Cornish language and distinctiveness which cannot be spent on other things, and for good reason. After receiving dedicated funding from government, the Welsh language, once similarly endangered, is now spoken by more than 800,000 people and is considered an alternative modern foreign language option in schools.

The second, is the evidence from this week's event in Lys Kernow – that Cornish is a living language and demand for the language is real. In 2024/25, the council's Cornish Language Team received over 650 requests to translate into Kernewek, over a million searches were made using the online Cornish dictionary, hundreds of adults signed up to Cornish language classes; one learning app alone has over 2,000 users.

There is also a legal and moral dimension. The Cornish people are recognised as a national minority under the European Framework Convention, and Kernewek now has the same protection as the other Celtic languages. This carries real obligations and Cornwall Council's strategy reflects that.

As Liberal Democrats, we believe that identity, culture and language are not just nice to have but intrinsic to building solid communities and protecting our heritage. Every child in Cornwall deserves to know their home has an ancient and distinct language of its own, and their joy at the showcase of their knowledge and love of the language, just reflects what an important accomplishment this has been, and why ringfencing investment is absolutely the right thing to do.

Want to get started yourself? The BBC commissioned a 12-part video podcast series and can be accessed on learncornish.org which is a great way to start.

Cllr Sarah Preece, Divisional Member for Lostwithiel and Lanreath



The Benefice of the Lostwithiel Parishes Services for July 2026

Sunday, 5 [Trinity 5]

Boconnoc	Holy Communion (BCP)	11am
Bradoc	Choral Evensong	6pm
St Bartholomew	Family Eucharist	11am
St Brevita, Lanlivery	Eucharist	9:30am
St Veep	Feast Day service	11am
St Winnow	Parish Eucharist	11am

Sunday, 12 [Trinity 6]

Boconnoc	To the benefice	
Bradoc	Eucharist	09:30am
St Bartholomew	Eucharist	11am
St Brevita, Lanlivery	Morning Prayer	9:30am
St Veep	To the Benefice	
St Winnow	To Bradoc	

Sunday, 19 [Trinity 7]

Boconnoc	Evensong (BCP)	4pm
Bradoc	Choral Evensong	6pm
St Bartholomew	Morning Prayer	11am
St Brevita, Lanlivery	Morning Prayer	9:30am
St Veep	Eucharist	11am
St Winnow	Family service	11am

Sunday, 26 [Trinity 8]

Boconnoc	Matins	11am
Bradoc	Eucharist	11:15am
St Bartholomew	Eucharist	11am
St Brevita, Lanlivery	Eucharist	9:30am
St Veep	To the benefice	
St Winnow	To St Nectan	
St Nectan	Evensong (BCP)	6:30pm

Regular Weekday Services

Wednesdays - St Brevita - Evening Prayer at 5:00pm

Thursdays - St Bartholomew - Celtic Eucharist at 10:00am

Lanlivery, St Bartholomew's, St Veep, Bradoc and St Winnow churches are open every day

The Benefice of the Lostwithiel Parishes

The Rector- The Revd Fr Simon Bone

01208 640615

Benefice administration office-open Monday-Wednesday morning

St Bartholomew's Church, Church Lane, Lostwithiel

PL22 0EG

Tel No: 01208 872232

Plant Sale/Swap

FIRST the good news .. This year's Plant Sale /Swap has been such a success - so well supported by our Community /volunteers and local gardeners

GrowBetterGardens volunteers must be congratulated for their hard work ,both growing, looking after the plants , helping at the Reading Room every Saturday and garden advice

NOW the bad news ! The last Plant Sale/Swap this year will be July 18th as the volunteers need to look after their own gardens !

BUT some good news .. Look out for special events during October

Lerryn Area Minibus Association



Lerryn Area Minibus Association (LAMA)

Providing community transport for people living in the Lerryn Area

July 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 7th Driver: Chris	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Fri 10th Driver: Tom	Truro	Lerryn Lostwithiel	09:30 - 15:00 09:45 - 14:45	£6.00 adult
Tue 14th Driver: Kevin	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Thu 16th Driver: Ian	SPECIAL TRIP St Mawes and Grigg's Country Store	Lerryn Lostwithiel	09:30 - 16:45 09:45 - 16:30	£8.50 adult
Tue 21st Driver: Tom	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Tue 28th Driver: Nick	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Wed 29th Driver: Ed	SPECIAL TRIP Par Market and St Austell	Lerryn Lostwithiel	09:30 - 13:30 09:45 - 13:15	£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 Jacque on 01208 811175



Lerryn Area Minibus Association



ST MAWES AND GRIGG'S COUNTRY STORE

Thursday 16 July 2026 · 09:30 - 16:45

Located at the tip of the Roseland peninsula, St Mawes is surrounded by sea and gentle hills and is a lovely place to visit. Stopping for afternoon tea on the way home, Grigg's Country store will prove an interesting and surprising centre.

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: £8.50

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

PLANT SALE / SWAP

every Saturday morning 10am-12pm

Reading Room
Lostwithiel Community Centre

curated and grown by GrowBetterGarden volunteers and local gardeners to raise funds and share our love of gardening.

bulbs, divided perennials, hardy annuals, biennial plants, vegetable plants, seeds with gardening advice thrown in



LOSTWITHIEL CARNIVAL

Road Closures

Cornwall Council and Devon and Cornwall Police have granted the following road closures to apply during the forthcoming Carnival Week.

Tuesday July 28th! Annual Pram Races between 6.00pm and 7.30pm.

The following roads will be closed to traffic on July 28th between the hours of **6.00pm and 7.30pm:-**

Fore Street from the junction with the A390, Parade Square, The Parade, The Medieval Bridge, North Street, Church Lane and Pleyber Christ Way.

Access to Brunei Quays, Dental Surgeries and the Railway Station is not affected from the Grenville Road side.

Although Pleyber Christ Way is subject to road closure enforcement, marshals will be available to assist motorists enter and exit the car park between races.

Saturday August 1st Carnival Night Procession between 6.00pm and 8.00pm.

A system of rolling road closures will be applied to allow the procession to proceed from Pleyber Christ Way along the A390 before turning into Fore Street and circuiting the Town before crossing the Medieval Bridge passing up Grenville Road and turning into the car park at the Earl of Chatham.

The roads affected and the roads leading onto them are the A390, Fore Street, The Parade, North Street, Church Lane, the Medieval Bridge, Grenville Road and Lanwithan Road.

Grenville Road will be subjected to a road closure from the level crossing until its junction with the A390.

The Carnival Committee apologies for any inconvenience that the road closures may cause. Access to emergency vehicles will be granted at all times. There are no restrictions on pedestrian access. Marshals will be available at all times to assist motorists to reach their destinations by the most available route.

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.



The money raised goes towards numerous Rotary charities and many organisations within Lostwithiel have benefitted including The Lostwithiel Surgery, Lostwithiel Scouts, the Community Centre and Lostwithiel Town Band. Other charities also benefit like Cancer Research, Chestnut Appeal, Dementia UK and many more.

If you are not a runner then why not come and be a Marshal. Last year we had a pink unicorn as a Marshal so it could be you this year. Alternatively the runners love spectators. The more encouragement they get the better so come and be a spectator. So let's make Lost Run 7 this year 2026 even bigger and better so it can be an annual event and put Lostwithiel on the map as a running destination.

If you want to be a Marshal please contact Rotarian Barry Mills, bm.mills@hotmail.com or 07968556494. OR Rotarian Paul Bassett, paul@apbassett.co.uk or 07809647842. We look forward to hearing from you.

The Rotary Club of Lostwithiel

The Rotary Club of Lostwithiel are always on the look out for new members. It is very rewarding helping in the community and organising events. In Lostwithiel The Rotary Club involvements include Carnival Week, Lost Run 7, Fast Throw Darts and other events. Rotary is open to both men and women and there is no age limit. We meet on a Thursday evening throughout the year. Our partners are involved in some meetings and we visit places of interest as part of our fellowship.

If you don't want to become a member you could be a Friend of Rotary and help with the events. I am sure there are people out there with skills that can be used in the community through Rotary. If you are interested please contact Rotarian Barry Mills, bm.mills@hotmail.com or 07968556494 OR Rotarian Tom Barker rekrabmot@hotmail.com or 07979755545.

THE ROTARY CLUB OF LOSTWITHIEL PRESENTS

LOST RUN 7

Sunday 15th of November
10.30am Start

Register on Day at Lostwithiel Community Centre PL22 0HA
By 10.15am

7KM RUN
£15 Per Person
To include a Medal
TARMAC / HARD SURFACE

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

Proceeds to
The Rotary
Club of
Lostwithiel
Charities

Sponsored by ..
RESTORAMEL INSURANCE SERVICES
CALL 0108 470102 Email info@restoramel.com

QUANTITY LIMITED
15th Nov 2026, 10.30am

The poster is green and purple with a white arrow pointing right containing the text 'LOST RUN 7' and the Rotary logo. Below the arrow, it says 'Sunday 15th of November 10.30am Start'. A purple box contains registration details: 'Register on Day at Lostwithiel Community Centre PL22 0HA By 10.15am'. A blue box lists the run details: '7KM RUN £15 Per Person To include a Medal TARMAC / HARD SURFACE'. A purple oval contains the registration website: 'TO REGISTER VISIT: https://www.evententry.co.uk/lost-run-7'. A red circle contains 'Proceeds to The Rotary Club of Lostwithiel Charities'. At the bottom, it says 'Sponsored by .. RESTORAMEL INSURANCE SERVICES' with contact info and a logo. The bottom right corner has 'QUANTITY LIMITED 15th Nov 2026, 10.30am'.



Meet Councillor Adam Eastham-Thomas



I became a councillor in Lostwithiel because of my genuine love for the community and the people who make it special. I care deeply about preserving its character while helping it thrive in a changing world.

One of my key motivations is to strengthen connections between local businesses, encouraging collaboration and mutual support. By bringing people and ideas together, I hope to contribute to a more vibrant, resilient local economy. Ultimately, I want to play a meaningful role in ensuring Lostwithiel continues to be a place where everyone feels proud to live and work.



Lostwithiel Library



Wednesdays
Saturdays

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

Please take a look at the Cornwall Library Catalogue, reserve and collect here / Free library resources

The Ancient World
At
Lostwithiel Library
Taprell House
North Street
PL22 0BL

Travel through history

Lostwithiel Library is open every Wednesday 10am - 4:30pm and every Saturday 9am - 12pm



Council Update



Public Notice – River Fowey safety signage

The Town Council will be installing updated safety signage at the newly designated bathing area and along the River Fowey. These signs are being introduced following an RLSS risk assessment and are required by the Council's insurers to help ensure that everyone is aware of the risks associated with cold water shock and with using the bathing area when no lifeguard is present. The Council is aware that some previous signs have been removed. We hope that by working together to respect and protect this safety information, we can help keep the river a safe place for all to enjoy.



Libraries

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

Extraordinary Explorers
FREE for children of all ages!
11th July - 12th Sept



Free Swim Voucher for joining the Reading Challenge

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 25th July
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



July News

Summer has certainly arrived in Lostwithiel. After such a glorious June, it's been wonderful to see the town bustling with people making the most of the sunshine, enjoying the river, and spending time together. The Community Centre has been just as busy, and there's plenty happening over the coming weeks.

Lost In Panto – Auditions

We know it's summer, the sun is shining, and Christmas is probably the last thing on your mind... but panto season will be here before we know it, and we're delighted to be hosting the third Lost In Panto production this December.

Auditions take place on Friday 18th July, 10am–1pm, and we're looking for performers of all ages and experience levels. Whether you're a seasoned actor or fancy giving it a go for the first time, we'd love to see you there. All welcome!

Hall Floor Complete

Our newly refurbished hall floor is now complete, and it's wonderful to see the space back in use.

A huge thank you to everyone for your patience while the work was carried out, particularly those whose bookings were affected. We'd also like to thank everyone who helped make the project possible, including Sport England, Kate Mooney School of Dance Danceathon, Lost In Panto, everyone who supported our Crowdfunder, and the many individuals who donated along the way.

The hall is one of the busiest spaces in the Centre, hosting everything from sports clubs and dance classes to children's parties, performances, meetings and community events. We hope the refreshed space will be enjoyed for many years to come.

Food Nights Are Back

Food nights are back at the Centre this summer. On Monday evenings, Kernowforno are here with their delicious wood-fired pizzas, and in July, 5-8pm, we're hosting Thai Tuesdays with Natty's Authentic Thai Street Food. Whether you're passing by after work or meeting friends, do pop down and support these local offerings.

Summer at the Centre

Throughout the summer, the Centre will be hosting a range of holiday clubs and activities for children and young people. James Surie of Kixx Cornwall will be running his popular football and art camp, while Kate Mooney School of Dance, alongside James Farrer, will be leading a three-day Musical Theatre Summer School. If you're looking for ways to keep children active and creative over the holidays, these are well worth a look.

Garden Café

Decoration of the Garden Café continues, with new signage and plants. A big thank you to The Duchy for their kind donation of some handsome pots. There's still more to come, so watch this space.

Whether you're popping in for a coffee, meeting friends or taking a break, the café is open daily from 10am–3pm, with late opening on Fridays during term time (3.30pm–6pm). Alongside barista coffee, you'll find a delicious selection of homemade cakes baked throughout the week, as well as cold drinks and light refreshments—perfect for warmer summer days.

Get Involved

Our Working Group continues to meet regularly to help care for the building and keep improving the Centre, and we're always pleased to welcome new volunteers. Whether you can spare a few hours now and again 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 an ideal role for someone who enjoys keeping things organised and would like to play a part in supporting the Community Centre

behind the scenes. It's an exciting time to join a friendly and enthusiastic Board as we continue to develop the Centre. If you'd like to find out more about volunteering or the Secretary role, please email chair@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.

Pop Up Authentic Thai Street Food

Lostwithiel Community Centre
Every Tuesday 5pm-8pm
Siamkitchen Thai cuisine
WhatsApp 07766480571

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 😊

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LETTINGS



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All voices
welcome,
especially yours!



www.naturalvoice.net/choir/songtide

07792 126825

The Conservative Club

(A Social Club - Not affiliated)

16 Queen St Lostwithiel PL22 0AD



Open
Wednesday, Friday,
Saturday
8.00pm - 11.30pm

*Application Forms
from the Bar

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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Or visit our website:
www.homeinstead.co.uk/mid-cornwall



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Ann's Gallery

Est. 1977

For June we bring you Enamel Lanterns, Water Jugs, and Candle Holders to go alongside our lovely Bud Vases, ideal for those summer evenings in the garden.
Don't forget Fathers Day - We have lots of cards and suitable Come in and browse our new boxes of Odd Socks with fun packaging and designs
Fantastic Greetings Cards, Gifts, Toys, Games and Jewellery on show too
Opening Hours: Monday - Saturday 10am to 4pm Sunday CLOSED

15, Fore Street, Lostwithiel PL22 0BW
Tel. 01208 872828

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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 events 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

The Carpet Gallery CARPETS

www.thecarpetgallerylostwithiel.co.uk

The Carpet Gallery VINYL S

www.thecarpetgallerylostwithiel.co.uk

The Carpet Gallery TILES

www.thecarpetgallerylostwithiel.co.uk

With over thirty years experience, The Carpet Gallery will give you free professional advice on an extensive range of products from leading manufacturers worldwide. To further ensure your satisfaction, The Carpet Gallery is a member of the Carpet Foundation and operates under a code of practice approved by the Office of Fair Trading. Flooring professionals dedicated to upholding the highest standards of workmanship and integrity

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Other times by appointment

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