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MAY 2026

FREE

# LOSTWITHIEL NEWSLETTER



Raising funds for children and young people living with life-limiting conditions

## Boconnoc Estate

2pm - 5pm

Sunday 10th May 2026

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# WHAT'S ON WHERE - MARKETS, EVENTS & GROUPS - MAY

## LOSTWITHIEL COMMUNITY CENTRE & GARDEN CAFE

For latest updates on events and activities at the centre see facebook, [www.lostwithielcommunitycentre.org.uk](http://www.lostwithielcommunitycentre.org.uk) or ring 01208 872207.

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

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

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

**FRIENDSHIP CAFE:** Thursday 2pm - 4pm

**PRE-SCHOOL PLAYGROUP:** Tuesday 9am - 12 noon

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

## COMMUNITY CENTRE CAR PARK

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

## SCOUT HUT (Main Car Park)

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

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

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

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

**QUI GONG** - 9:15 - 10:15am Mondays, [sweetzersturt@icloud.com](mailto:sweetzersturt@icloud.com)

**WHOLISTIC YOGA** - With Ariadne Fern, Mons 10:45-12:15, [addy@theferns.info](mailto: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](mailto: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](http://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](mailto:palaceprinters@btinternet.com) by 20th May 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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. **NEW BEGINNINGS:** The new season has got off to a promising start with visitors from far and wide intrigued by just how much this small museum has to offer. Let's hope this bodes well for the rest of the season. Being centrally located is a great asset for this small independent museum that also acts as an unofficial information centre. Visitors inevitably have numerous queries about local cafes, pubs, shops and places to stay or visit — and we are delighted to suggest other ways of maximising their time in this lovely town.

. **OPENING AND CLOSING TIMES:** The museum is open from 10.30am to 4.30pm Mondays to Fridays (including Bank Holidays) — and 11.00am to 3.00pm on Saturdays.

. **LOSTFEST:** An additional day for opening will be Sunday 17 May from 11.00am to 4.00pm when we look forward to welcoming lots of additional visitors to this fun event in Lostwithiel's busy social calendar.

. **TOWN HERITAGE WALKS:** Whether you are a local or a visitor a guided walk with a knowledgeable guide is an excellent way of getting to know more about this picturesque town with its wealth of heritage to explore. Whatever the weather the weekly walks will be conducted every Wednesday starting at 11.00am from outside the Community Centre. There is no need to book in advance unless you're a group with special requirements — in which case please contact Pauline Gillett on 01208 872040.

. **WALKS VOUCHERS:** Wondering what to buy as a gift for friends or family? How about a £5 Town Heritage Walks Voucher? These can be purchased from the museum in Fore Street or from one of the Walks Guides.

. **MUSEUM MATTERS:** Issue 20 of this popular in-house magazine is in the process of being distributed to Friends of Lostwithiel Museum Association and museum volunteers. Additional copies can be purchased from the museum in Fore Street. For other distribution queries please contact Richard Young (Editorial Team) on 01208 367051. Contributions for future issues are being considered so if you have an idea for possible inclusion please contact Christine Walton on 01208 871456.

. **JOIN THE LOSTWITHIEL MUSEUM ASSOCIATION:** The easiest way to obtain a regular copy of Museum Matters is to join the Friends of Lostwithiel Museum Association — and we will deliver the magazines (2 per year) directly to you. For more information please contact the Membership Secretary at the museum in Fore Street or email us at [info@lostwithielmuseum.org](mailto:info@lostwithielmuseum.org)

With my thanks for your interest and support.

Christine Walton (Chair)

Please follow us on Instagram (@lostwithiel\_museum) and on X (@lostmus) Facebook or via our website [www.lostwithielmuseum.org](http://www.lostwithielmuseum.org)

## 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

Also: Mass in St Bartholomew's, by kind permission of the Rector and Wardens, Saturday 6th June at 10.30am

## Lostwithiel Brownies

Lostwithiel Brownies age 7-10yrs Come join our friendly Brownie group, we do indoor and outdoor activities, and love working towards badges .

A chance to meet new friends and have fun together come rain or shine.

If you have a daughter interested in joining our group please phone 08001695901 or register at [www.girlguiding.org.uk](http://www.girlguiding.org.uk)

## Birthday Message from Fee Croft

I would like to thank everyone who came to my 90th birthday party on 21st March and for all the cards, gifts and donations.

Special thanks must go to my family who made the night such a success - what a great job! Also a big thank you to Gina O'Keeffe for all her help in the behind the scenes preparations. Must not forget the bar staff at Lostwithiel Social Club - Sheila, Kate and Chris.

## Lostwithiel's Debut Author Takes on the Literary World

'Shallow Affairs' by Nicky Osborne — available now Nicky Osborne, who lives here in Lostwithiel, has just published her debut novel 'Shallow Affairs' — a warm, funny and gloriously unputdownable story of deliciously flawed characters whose lives,

loves and secrets collide over one glorious Cornish summer, set on the stunning beaches of Fowey and Polzeath. Already being called the Cornish holiday read of the year.



Since publication the communities of Lostwithiel, Fowey and Polzeath have rallied around Nicky in the most wonderful way — and within days 'Shallow Affairs' reached the Amazon UK Top 25 in Women's Popular Fiction.

Search 'Shallow Affairs' by Nicky Osborne to discover more.

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# The du Maurier Fowey Literary Festival

**THE 2026 FESTIVAL  
RUNS FROM MAY 1ST – MAY 9th  
FESTIVAL OPENING NIGHT, MAY 1st, 2026**

Booking is now open for a stellar line-up at this year's du Maurier Fowey Literary Festival from 1-9 May.

Author Andrew Lownie discusses his book *Entitled: The Rise and Fall of the House of York*; journalist Sarah Vine shares personal insights into her memoir *How Not to Be a Political Wife* and former BBC Breakfast presenter Dr Sian Williams talks about her career as a psychologist and book *The Power of Anxiety: How to Ride the Worry Wave*.

Sir Jeremy Hunt opens the festival in conversation with Iain Dale about the forces reshaping the world and Britain's future role within it and authors Patrick Gale, Adele Parks, Harriet Tyce, Liz Fenwick, Emma Lloyd-Cowell, Patrick Charnley and Fern Britton are among the novelists chatting about their latest works.

Film critic Mark Kermode and radio producer Jenny Nelson chat to Petroc Trelawny about movie music whilst Lord Peter Ricketts' gripping account of the British diplomats who quietly shaped the course of the Second World War is the subject of his talk with Iain Dale.

Other events include an opening night concert by The Overtones, foraging walks with Rachel Lambert, guided du Maurier walks, literature discussions, writing workshops and a comedy evening with Kernow King.

For more information and to book tickets, visit:

[www.foweyfestival.com](http://www.foweyfestival.com)

## Secret Gardens

**Mon 25 & Tue 26 May 2026**

We are delighted to announce that Secret Gardens is returning once more to The Du Maurier Fowey Literary Festival. This is a chance to discover 6 wonderful private gardens, as they open their doors to the public over 2 days. From spectacular views to secluded havens, these hidden gems are a joy to discover. In a change to previous years, Secret Gardens 2026 will be opening during the Spring Bank Holiday week, on Monday 25 and Tuesday 26 May (2026 Festival dates are 1st - 9th May).

This year sees the very welcome return of Thomas Martyn, performing a series of four 20-minute operatic interludes at Broadstairs garden on North Street and at Daglands House. Please note access to each performance will be capacity controlled, on a first arrivals basis. In addition, some gardens will be offering tea and cake and there are plans for a mini bookshop.

Secret Gardens is raising funds for The du Maurier Fowey Literary Festival\* and tickets for the event are available on the festival website. Your £7 open ticket will give you access to all the private gardens listed over the 2 days. Children 12 and under are free and must be accompanied by an adult. Tickets can also be purchased at the participating gardens on the day. Details of the private gardens, along with opening times & tickets, are available via the Secret Gardens page of the Festival website, <https://www.foweyfestival.com/> and via our shiny new Facebook page.

We very much look forward to seeing you soon and sharing our beautiful gardens with you!

The Du Maurier Fowey Literary Society is a registered charity. No. 1143916

## Fowey River Lions

Are you looking for support for your local group or charity? Or do you know someone who is in need of a contribution towards a worthwhile project or goal? Fowey River Lions are delighted to announce that applications are now being accepted for our 2026 Grant Process. One of our key objectives is to actively engage in community initiatives, including supporting local charities, helping those in need, and providing financial assistance. Following on from the success of last year's grants, we have a number of awards of up to £250 each to give away. These grants could be used for many kinds of projects, last year's awards went to fund equipment for the Polkerris and Lostwithiel Scouts, buy new music stands for the Lostwithiel Town Band, support two interactive literary workshops for local children via the Du Maurier Literary Festival, purchase musical equipment for Lostwithiel School and supply sports equipment for Squires Field Youth Club.



If you would like to apply for a grant, please contact us at [fowey-riverlions@gmail.com](mailto:fowey-riverlions@gmail.com) and we will send you an application form with terms and conditions. The closing date for applications is 30th June 2026. All applications received by this date will go through an evaluation process to determine who will receive a grant. We have a limited number to give out and the Lions are solely responsible for deciding who will be given an award. The winners will be notified during July and will be invited to attend an award ceremony at our meeting in Par on Monday 7th September. Unless the winners specifically request that their grant remain confidential, news of the winning entries will be published on our social media feed and in this newsletter. Good luck with your entries!

The grant funds are drawn from the money we raise from the many events we organise during the year and we are very grateful for all our supporters who come along and make this possible. If you would like to get involved with the Lions and you have an hour or so a week to spare, please drop us an email. We would love to hear from you and we can tell you a little bit more about what being a Lion means without any obligation to join. You can contact us at [foweyriverlions@gmail.com](mailto:foweyriverlions@gmail.com) or by phone on 0345 833 7484.

Although Easter seems to be a long time ago now, we would like to offer our congratulations to all the winners of our annual Easter Egg draw, and to all the business owners who kindly helped us this year.

Finally, if you haven't already done so, please log on to your Co-op account and select us as your community project for the year. It won't cost you a penny and will help us to fund our Senior Citizen's Christmas lunch in December. To find out more about our project visit the website on [membership.coop.co.uk/causes/100031](http://membership.coop.co.uk/causes/100031)

Contact us by email at [foweyriverlions@gmail.com](mailto:foweyriverlions@gmail.com), via our facebook page – [foweyriverlions](https://www.facebook.com/foweyriverlions) or by phone on 0345 833 7484.

## Old Duchy Palace Re-opens

Cornwall Buildings Preservation Trust (CBPT) is delighted to announce that Old Duchy Palace is due to re-open in May. The 700-year-old building on the corner of Fore Street and Quay Street has been closed whilst work was carried out designed to lower its carbon footprint, and improve its resilience to storms and the flooding that periodically affects Quay Street.

The Trust is looking forward to working with new tenants, Lily and Belle, an expansion of existing local businesses LilyBoo and Bel-lamama Deli. There will be a tearoom in the undercroft, with a craft shop and training space upstairs. The Trust hopes that this new enterprise will provide a boost to business activity in the town centre and enable more people to visit and appreciate one of Lostwithiel's key historic buildings.

### About Cornwall Buildings Preservation Trust (CBPT):

CBPT is a small independent charity founded in 1973 and run by volunteers dedicated to rescuing historic buildings. The recent works at Old Duchy Palace were paid for by a grant from the UK Government Shared Prosperity Fund and by National Lottery players through the National Lottery Heritage Fund.

More details about the Trust and its work can be found at: <https://cornwallbpt.org.uk/> or by emailing: [trustees@cornwallbpt.org.uk](mailto:trustees@cornwallbpt.org.uk)

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Location: Dance studio  
Lostwithiel Community Centre



Sign up link - [bit.ly/32aLUb](https://bit.ly/32aLUb)

## Fowey RNLI

On Friday evening 10 April Falmouth Coastguard tasked Fowey RNLI to launch their



Atlantic 85 lifeboat to assist a small yacht adrift in Fowey Harbour. The 30' sailing boat was reported by a member of the public initially alongside a waterfront cottage banging against a balcony and the sea wall. There was concern that there may be people onboard or in the water.

The lifeboat launched at 10:15pm and arrived on scene a few minutes later. The crew located the vessel which had drifted a short distance and was by then pinned against the south side of the walkway down to Albert Quay pontoon. A search was made of the surrounding area and no people were located. It was clear that the vessel had parted from its mooring in the harbour as a broken mooring line was hanging from the bow. The coastguard contacted Fowey Harbour to arrange the moving of the vessel to a safer location and stood the lifeboat down.

On Easter Friday 3 April, Falmouth coastguard tasked our volunteers to launch. The coastguard reported that a 20 ft sailing vessel with 3 people on board was having engine trouble out in St Austell Bay. Fowey's crew



launched their Atlantic 85 lifeboat at 7:11pm and proceeded to the boat's location which was in the mussel farm in St Austell Bay. The vessel had no operating propulsion system. The lifeboat removed the casualty vessel from the mussel farm whilst Falmouth Coastguard contacted the nearest safe haven for permission to bring the casualty to that location. Falmouth Coastguard confirmed that the vessel could be towed into Mevagissey and the tow commenced at 7:50pm, arriving in Mevagissey Harbour at 9pm. The casualty vessel was secured and the three people onboard were transferred to shore. The lifeboat then returned to Fowey lifeboat station arriving at 10pm.

On Sunday 22 March at 5.45pm, Falmouth coastguard requested that Fowey RNLI launch to locate and assist one person cut-off from the tide, in the location of Spit Beach to Carlyon Bay. Fowey's volunteer lifeboat crew launched their D Class lifeboat and made best safe speed to the given position. Helm Boris and crew Amelia and Oli located the casualty and safely recovered them onto the lifeboat. They then took them to family who were waiting ashore. Whilst they were returning back to Fowey lifeboat station, Falmouth coastguard requested that the crew keep a look out for a pair of jet skiers who had been reported overdue. The crew observed the two jet skiers entering Fowey Harbour and no further action was required.

We will be having an official naming ceremony for our Atlantic 85 lifeboat, 'Spirit of Daisy', on Saturday 25 July on Town Quay at 3pm. Invited guests including 'Spirit of Daisy's' donor and his family, will witness her being officially named and handed over to Fowey lifeboat station. She will be on display in the harbour and will be giving a demonstration after the ceremony, which everyone is very welcome to come and watch. Thank you to Theresa at the The King of Prussia, who is donating the food for our guests to enjoy after the ceremony.

Our boathouse is now open to visitors for the season. 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 Keep up-to-date with all of our shouts, news, events and activities on Facebook @FoweyLifeboat and @FoweyLifeboatCommittee



# People's Emergency Briefing

## Lostwithiel



Film screening and discussion with  
Cllr Sarah Preece

Lostwithiel Church Rooms  
Thursday 7<sup>th</sup> May 2026 7pm

[www.nebriefing.org](http://www.nebriefing.org)

## Tabletop Sale At Lostwithiel Scout HQ

The Old Cattle Market on 17th May from 10am.  
There are stalls, homemade cakes and savouries,  
tea and coffee. For scout funds.

## Chapel Chat

<sup>18</sup> But the LORD says, "Do not cling to events of the past or dwell on what happened long ago. <sup>19</sup> Watch for the new thing I am going to do. It is happening already—you can see it now!  
Isaiah 43:18-21 from The Good News Bible

## Church Activities for February at a glance

- May 2nd Special Church Council at 10am
- May 3rd Dr E. Burroughs
- May 10th Café Church
- May 17th Mrs Carol Thornton
- May 24th Rev Paul Benney
- May 28th Coffee Morning
- May 31st Café Church

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## Music Appreciation -

every 4th Wednesday at 7.30

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## Advice for Dog Owners

With the summer season approaching and the number of dogs in the village increasing, there have been an awful lot of reports of issues in the village with Dogs either attacking residents or being out of control. So I would like to clarify a few issues.

### OUT OF CONTROL DOGS

It's against the law to let a dog be dangerously out of control anywhere, such as:

- in a public place
- in a private place, for example a neighbour's house or garden

The law applies to all dogs. Your dog is considered dangerously out of control if it:

- injures someone
- makes someone worried that it might injure them
- it attacks someone's animal
- the owner of an animal thinks they could be injured if they tried to stop your dog attacking their animal

### PENALTIES

You can get an unlimited fine or be sent to prison for up to 6 months (or both) if your dog is dangerously out of control. You may not be allowed to own a dog in the future and your dog may be destroyed. If you ALLOW your dog to injure someone you can be sent to prison for up to 5 years and/or fined

If you DELIBERATELY use your dog to injure someone you could be charged with 'malicious wounding'.

Your dog MUST be kept on a lead on Roads, Pavements or shared pathways. If your dog escapes your premises and gets hit by a car, it is not the fault of the driver, but the Dogs' owner as it would be classed as "out of control" It is the responsibility of the owner to seek immediate medical attention for the dog, regardless of the dogs state of health. Failing to do is classed as Neglect or Abuse.

### PUPPIES & BREEDERS

It is now law for all puppies to be microchipped and the owner's details must be registered on one of the authorised databases, BEFORE they go to their new home, NO earlier than 8 weeks old. This applies if you are a registered breeder or if either "on purpose or on accident your dog gets caught"

The breeder would be the first registered keeper. Breeders should pass on correct microchip paperwork to the new owner when the puppy goes home. Owners are required to keep their pets' details up to date (for example, if they move house). If you rehome your dog to someone else, you must give the new owner the correct microchip registration paperwork so that they can contact the database and register as the dog's new owner.

If this is not done then you will face a unlimited fine and criminal prosecution.

### DOG BITES

Allowing your dog to be 'dangerously out of control' is against the law on private property, as well as in public.

A dog does not have to bite or physically injure someone for an offence to take place. If a person feels your dog may hurt them, they may still be considered 'dangerously out of control'. This applies to dogs of all sizes, breeds and types.

You will need to make sure your dog is not a threat to delivery drivers, postal workers, health workers and other professionals who may visit your property.

Owners can be prosecuted if their dog attacks someone in their home (including in their front and back gardens), or on private property (such as a pub). Or in any public space. Dogs can open and close their mouths from birth so this can NOT be used as an excuse for your dog "Not being able to bite"



## Lostwithiel Bowling Club Is Celebrating Its Centenary



### BOWLS IS FOR EVERYBODY

We are holding open sessions when anyone can come and try the game and have fun:

- Saturday, 2nd May (10.00am-1.00pm)
- Sunday, 3rd May (1.00-4.00pm)
- Sunday, 10th May which will be a ladies-only afternoon (More details to follow)
- Every 2nd and 4th Friday evening from 6pm, starting 12th June

Our friendly club has a beautiful and tranquil setting and we look forward to welcoming you.

If you would like more information please contact Penny, our secretary, 01208 873169 or penny981@btinternet.com

## Lostwithiel Rainbows

### FOR GIRLS AGED 4-7 YEARS

We have now returned to Rainbows after the Easter Holiday and are looking forward to all the activities that are planned which could include cooking, singing, playing games, completing challenges to earn badges and much more.

All these activities are preparing us for our move up to Brownies once we are old enough where we will continue with our guiding adventure. 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](http://www.girlguiding.org.uk)



## Lost In Film

Visit [www.lostinfilm.org.uk](http://www.lostinfilm.org.uk) to watch trailers and buy tickets for all films. Films are shown in the Church Rooms, Lostwithiel. BYO drinks. Doors at 6.45pm, film at 7.30pm.

### The Roses (15) Monday 25th May

An acerbic marital war starring Benedict Cumberbatch and Olivia Coleman which is both affecting and darkly comedic.



Our next open meeting will be on Monday 11th May at 2pm in the Church Rooms Lostwithiel when Mark Hemsley will be giving a presentation charting the evolution of television news in the UK, including the technological changes that have helped shape how we consume our daily news.

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](http://www.lostwithielu3a.org.uk).

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

# Rotary Club of Lostwithiel

## Rotary Club of Lostwithiel Youth Competitions and Programmes for Schools, Youth Groups, and the Home Educated



The Rotary Club of Lostwithiel aims to support and nurture our young people through an extensive array of youth competitions and programmes to help them achieve their potential.

### Rotary Competitions

The competitions described here are national, but with regional rounds. For our area they will culminate in the annual Rotary District 1175 (South West Peninsula) Festival of Youth, which will take place in Plymouth in early March 2027.

### Rotary Young Chef Competition

For the budding chefs out there. Plan and cook a two-course meal to be judged by leading industry professionals. The aim is to develop their food and presentational skills.

### Rotary Young Musician Competition

This is open to all up to 17 years and gives the chance for those with a mastery of song or a musical instrument to perform on a public stage and get feedback from experienced adjudicators.

### Rotary Young Writer

Open to any young person up to 17 years with a creative imagination can enter. There is a given theme each year and within it and participants can choose to write, fiction or nonfiction, a story or poem.

### Rotary Young Artist

Another competition for the same age groups is Rotary Young Artist. Using a set theme, the young person can use any traditional, contemporary or digital media to interpret it.

### Rotary Young Photographer

This is a chance to interpret the annual brief in an imaginative way and to experiment with digital and traditional methods.

### Rotary Youth Speaks

For teams of three up to the age of 11 years, we have Rotary Youth Speaks. Teams take the roles of Chairperson, Speaker and a vote of thanks. The team chooses its own topic, and must research and formulate ideas to present to their audience. The Chairperson can invite questions from the audience. The aim is to build confidence and encourage public speaking skills.

### Rotary Youth Speaks Debate

For those between 11 and 17, teams of three choose their own topic to debate. Each team consists of a Chairperson, Proposer and Opposer, who present opposing viewpoints on the subject and then answer questions(s) from a pre-selected member of the audience. This develops debating and presentation skills vital to the art of public speaking and an opportunity to delve into research, formulate ideas and build confidence.

### The Young Apprentice Challenge

This is an up to eight-month programme designed to inspire young people (aged 7-18) to develop creativity, teamwork, and entrepreneurial skills. Participants will work in teams to develop and implement a project, which could be a business, a social enterprise, a fundraising initiative, or a community project. They will gain hands-on experience in planning, marketing, financial management, and leadership, with support from Rotary mentors and, if appropriate, local business leaders. In teams of 4-6, supported by a teacher, youth leader, or Rotary mentor, Lostwithiel Rotary Club will offer 'seed' funding of £50 for projects, with the 'profit' generated then split half to be retained by the school or youth group, and half for donations to ShelterBox, Literacy in a Box, and other Rotary causes, helping to support communities both overseas and in the UK.

### Rotary Programmes

#### Rotary Youth Leadership Awards

This is an intensive leadership experience organized by Rotary where you develop your skills as a leader while having fun and making connections. You connect with leaders in your community and around the world to build communication and problem-solving

skills, discover strategies for becoming a dynamic leader in your school or community, learn from community leaders, inspirational speakers, and peer mentors, unlock your potential to turn motivation into action, and have fun and form lasting friendships. RYLA events are organised for participants aged 14-30, and may take the form of a one-day seminar, a three-day retreat, or a weeklong camp. Typically, events last 3-10 days and include presentations, activities, and workshops covering a variety of topics.

### Rotary Young Citizen Awards

These are given to individuals or groups who have made a positive difference, taken on responsibilities, completed community activities or otherwise stood out as exceptional. They can be nominated by the public via their local Rotary Club, or by the club itself.

### Rotary Technology Tournaments,

Designed to design, develop and build Science, Technology, Engineering and Maths learning (STEM), teams will have to solve an interactive technology-based task and design, develop and build a solution with the materials supplied. Tasks are age specific for ages 8-11, then 11-16.

### Contact

For more information then please contact:  
youth@lostwithielrotary.org.uk

### News of local success in both the Rotary Young Artist and the Rotary Young Writer Competitions for local young people.

Denny Kaya was awarded 2nd place in the District Young Writer Competition. His younger brother Rex won the District Young Artist at his age group and has now been forwarded to the National Finals. Congratulations to them both on great achievements. Denny is a member of the newly formed Lostwithiel Scout troop and is trying to raise funds towards camping equipment for the group. Rotary wishes him the very best of luck.

## Lostwithiel Rotary supporting cancer care at home and abroad

### Abroad - ShelterBox, End Polio Now, Lendwithcare, and the Rotary Overseas Project

The Rotary Club of Lostwithiel is well known locally for its fundraising and community projects. Over the years about 15% of our fundraising has also been directed abroad, through international initiatives such as End Polio Now, ShelterBox, Lendwithcare and the Rotary Overseas Project, which has delivered ambulances and fire engines to Eastern Europe. Rotary members help communities worldwide.

Our most recent International Project was to work with the Rotary Club of Mantsopa-Maseru in Lesotho, donating £1650 to help them in supporting the Sankatana Oncology Clinic. This is Lesotho's first and only Oncology clinic providing cancer care and chemotherapy. The aim of the clinic is to treat cancer locally, to help avoid very costly referrals to other countries. Because it was Rotary we were able to more than double the original donation by attracting a District grant which increased our donation to £2450 and in turn helped the project to find other funders to support the project helping the local Rotary Club to refurbish and provide vital equipment for the clinic.

The Sankatana Clinic is the only dedicated cancer treatment centre in Lesotho serving the country's entire population. The cancer numbers in Lesotho are estimated at 1200-1500 new cases per year, though many remain undiagnosed. It is estimated the patients who will be treated at the clinic in 2026 will be 850-1000 under active management and 250-300 receiving chemotherapy. The funding is helping the team by providing vital equipment to aid the staff in delivering their vital services to enable an improved quality of care.

### Supporting Cancer Care at Home

Alongside the international work, the Rotary Club of Lostwithiel continues to support cancer care closer to home across Cornwall and Devon. Over many years, the Club has been a strong supporter of prostate cancer initiatives, particularly through The Chestnut Appeal for Men's Health, based in Plymouth. Earlier this week, the Club donated a further £400, bringing the total raised over the past seven years to an impressive £10,000.

The Chestnut Appeal provides vital support for patients with prostate, penile and testicular cancer, funding specialist nurses, equipment, and early-detection screening programmes across the region.

A particularly meaningful contribution took place earlier in March, when Lostwithiel Rotarian Geoffrey Phipps shared his personal prostate cancer journey at the launch of the charity's Healing, Surviving & Thriving book. His contribution underlined the importance of not only treating cancer, but supporting patients to live well with and beyond their diagnosis. Geoffrey spoke about the importance of the new book in helping cancer patients to thrive, not just survive, when living with their diagnosis.

Club President Stephen Lay observes, "Our involvement with The Chestnut Appeal for Men's Health makes me proud to be a Rotarian. We are grateful for the opportunity to support such important work. Please keep it up.

As a charity reliant on community support, The Chestnut Appeal continues to make a lasting difference thanks to partnerships with local organisations such as Rotary.

To find out more about how the charity uses the money raised to support prostate, testicular and penile cancer patients in Devon and Cornwall, visit [www.chestnutappeal.org.uk](http://www.chestnutappeal.org.uk)

The Annual Beer Festival came and went. Many thanks to the Community Centre for use of the building, the Centre helpers who kept the kitchen open all day and evening, and to the several non-Rotarians who helped out during the day.

Once again, the event was well supported by people from the town and surrounding area. By using some funds from previous events, the Rotary Club was able to donate the large screen on which the final games of the 2026 Six Nations were shown. A great day of sport, in good company and with a marvellous selection of beers. As before, the club is grateful to the various brewers who supplied beers at a very competitive rate, so that decent profits were made, which will be used to support good causes. We believe that some 300/400 people attended, about 10% of our total population, and profits of about £3000 were raised.

Also locally, the Rotary Club hopes to provide a bursary for someone within our community to obtain First Aid Training.

Having qualified, he/she would then be able give First Aid cover and support local events.



## Palace Printers

### Newsletters

Colour or Black and White Booklets

All Stationary, Letterheads, Business Cards, Postcards

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All Leaflets colour, Black and White most sizes, folded or single sheets

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Tel: 01208 873187

Mob: 07824 808879

Email: [palaceprinters@btinternet.com](mailto:palaceprinters@btinternet.com)

Quay Street, Lostwithiel, Cornwall PL22 0BS



## The Benefice of Lostwithiel Parishes Services for May 2026

### Sunday, 3 [Easter 5]

Boconnoc	Holy Communion(BCP)	11:00am
Bradoc	Choral Evensong	6:00pm
St Bartholomew	Family service	11:00am
St Brevita, Lanlivery	Morning Prayer	9:30pm
St Veep	Holy Communion	9:30am
St Winnow	To St Nectan	
St Nectan	Parish Eucharist + APCM	11:00am

### Sunday, 10 [Easter 6]

Boconnoc	To the benefice	
Bradoc	Eucharist	11:15am
St Bartholomew	Eucharist	11:00am
St Brevita	Feast Eucharist. Well dressing@5.30pm	6:00pm
St Veep	To the Benefice	
St Winnow	To Bradoc	

### Saturday,16

Lanlivery	Children's service	1:30pm
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### Sunday,17 [Easter 7]

Boconnoc	Evensong	4pm
Bradoc	Choral evensong	6pm
St Bartholomew	Morning Prayer	11:00am
St Brevita, Lanlivery	Morning Prayer	9:30am
St Veep	Eucharist	11:00am
St Winnow	Eucharist	11:00am

### Sunday, 24 [Pentecost]

Boconnoc	Matins	11:00am
Bradoc	Eucharist + APCM	11:15am
St Bartholomew	Eucharist	11:00am
St Brevita, Lanlivery	Eucharist	9:30am
St Veep	To the benefice	
St Winnow	To St Nectan	
St Nectan	First Evensong of 2026 (BCP)	6:30pm

### Sunday, 31

Boconnoc	United Benefice Service	10:30am
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### 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 and St Winnow Church and Bradoc are open every day. Please contact churchwarden for access to Boconnoc church.

### The Benefice of Lostwithiel Parishes

Rector- The Revd Father Simon Bone

Tel: 01208 640323

Church Centre

[Benefice administration office-open Monday-Wednesday morning,9am-12pm]

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



Our club welcomes all play-

ers from complete beginners through to League players.

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

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

For more information and contact details visit:

[www.lostwithieltabletennisclub.yolasite.com](http://www.lostwithieltabletennisclub.yolasite.com)

LERRYNN & DISTRICT  
**PRODUCE ASSOCIATION**  
 IN ASSOCIATION WITH LERRYNN WOMEN'S INSTITUTE

# Plant & Cake Sale

**Saturday 23rd MAY 2026 - LERRYNN GREEN**  
**10:00-12:00**

- WI Cakes & Baked Goods
- Plants
- Raffle
- Renew Your Memberships

**Raising Money for the 75th Annual Produce Show 2026**

Last year's winners are kindly requested to return their 2025 trophies to our team on the day.  
 This Year's produce show 2026 booklet will be available so you can start planning your entries.

## The Ronnie Jones Trio

with special guest  
**Simon Spillett**

Simon Spillett - saxophone William Butterworth - piano Marcus Vergette - bass Ronnie Jones - drums

**Lerryn Memorial Hall**  
 Lerryn, nr Lostwithiel, PL22 0QB

**Saturday, 30th May**

Doors & Licensed Bar : 7.00pm  
 Show : 8.00pm

"Straight-ahead, high-energy jazz is his line and he does it with aplomb"  
*The Guardian*

Tickets : £18.00  
 Online : [crbo.co.uk/Jazz](http://crbo.co.uk/Jazz)  
 Phone : 01726 63513 (9am to 8pm)  
 In-Person at Tourist Office in Bodmin, St Austell & Truro

Photo Credit : Jerry Storor

# PLANT SALE/SWAP

every Saturday morning 10am-12pm

Reading Room  
 Lostwithiel Community Centre

Curated and grown by Grow Better Garden 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.

Swap, share and buy

**Fowey Fun'raisers Fete**  
 Bank Holiday Monday  
 May 25<sup>th</sup> May 11am ~ 4pm  
 Harbour Hotel ~ Fowey

Raising funds for Little Harbour Children's Hospice

Stalls including Human Fruit Machine, Save a Turtle and Hoopla

**MINI DISCO**  
 Mini disco, balloon modelling, treasure hunt and face painting, Stocks wet sponge throwing

Entertainment from The Blockhouse Chainers, More Harmony, Lily Dellar and Cold Sugar

Food and drink available throughout the day

Supporting children's hospice SOUTH WEST  
 Little Harbour



## Meet Councillor Chrissie Anders



I joined the Town Council 10 years ago, I was astonished & delighted that enough people voted for me to make it happen. Lostwithiel is very special to me & I wanted to give back to the town & help it grow & embrace the future without losing its identity.

It's been a pleasure to have supported more homes being built for local residents or those with a connection to Lostwithiel.

I look forward to seeing how the town grows & prospers over the next 3 years. Meanwhile if you see me out & about around town, (usually with watering cans) feel free to stop & say hello, & if you have a question or a concern you'd like to talk about, I'm happy to listen.



## Lostwithiel Library



Opening times:

Wednesdays

10am to 16.30pm

Saturdays

9am to Midday

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



4th May - 10th May



Share a Story Month

May 2026



Libraries



## Council Update

Lostwithiel Library opening hours, following the recent trial will be Wednesdays 10am – 4.30pm & Saturdays 9am-12 midday. More good news - on Saturday 9<sup>th</sup> & 23<sup>rd</sup> May the library will be re-introducing Storytime. This session will be particularly suitable for pre-school age children, going forward Storytime sessions will be held on the second and fourth Saturday monthly.

For our older readers, May's book display focus will be International bestsellers, books that have been translated into English and gone on to be hugely successful here. The selection will include novels from across the globe with something for everyone, including classic murder mysteries, adorable cat stories and dystopian societies amongst others and featuring characters in a multitude of mad, bad or sad situations. Whether you fancy trying a new genre or a new author, there will be something here for you.

Our little library punches far above its weight with a wide range of books and two public access computers. We are still in need of more volunteers to help run activities in this wonderful local amenity so if you are able to spare a couple of hours a month on a Wednesday or Saturday, we would love to hear from you.

Please pop into the library for further details and an application form or alternatively please email

[clerk@lostwithieltowncouncil.gov.uk](mailto:clerk@lostwithieltowncouncil.gov.uk)



**JOIN US FOR THE ANNUAL TOWN MEETING ON 19 MAY**

Join Lostwithiel Town Council for the Annual Town Meeting

on

Tuesday 19 May

Lostwithiel Library

6pm

Please see website for details

**Mayor's Surgeries:**  
**Outside Co-op Saturday 30<sup>th</sup> May**  
**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](http://www.lostwithieltowncouncil.gov.uk)



# SWALLOWS BARN STORAGE

[Swallowsbarnstorage.co.uk](http://Swallowsbarnstorage.co.uk)

[contact@swallowsbarnstorage.co.uk](mailto:contact@swallowsbarnstorage.co.uk)

**0777 577 5462**

# Sports Gear Wanted

Support community fitness!



We're building up our bank of sports equipment for hirers to use and to support new fitness classes at the Centre.

If you have equipment in good working order that's no longer needed, we'd love to give it a new home. Drop donations at Reception.

**We're looking for:**

- Battle ropes
- Dumbbells
- Barbells
- Kettlebells
- Skipping ropes
- Mats
- Steps



[www.lostwithielcommunitycentre.org.uk](http://www.lostwithielcommunitycentre.org.uk)  
Pleyber Christ Way, Lostwithiel, PL22 0HE

Lostwithiel Community Centre

# TABLE TOP SALE

Browse treasures and bargains — all indoors, whatever the weather!

Our Café will be serving hot drinks, cakes and light lunches.

**1ST SUN OF THE MONTH**  
10AM - 2PM  
1 Feb  
1 March  
5 April  
3 May

Per Table  
**£7.00**  
£12 for 2 tables



Find out more: <https://www.lostwithielcommunitycentre.org.uk/>  
Phone: 01208 872207

2026

# JOIN OUR TEAM!

SECRETARY (TRUSTEE) ROLE

**SUPPORTING OUR STRONG GOVERNANCE**

We're looking for someone to help support the smooth running of the Community Centre through good record-keeping.

The role involves attending one board meeting per month, recording minutes, maintaining charity records, and supporting the trustees in meeting governance and compliance responsibilities.

Please email [Chair@lostwithielcommunitycentre.org](mailto:Chair@lostwithielcommunitycentre.org) or visit 'Get Involved' on the Centre's website for more info.



[www.lostwithielcommunitycentre.org.uk](http://www.lostwithielcommunitycentre.org.uk)  
Pleyber Christ Way, Lostwithiel, PL22 0HE

## Sarah Preece, Lib Dem Councillor

I have been an organic gardener since taking on my first allotment at 18. Two allotments later, and now with a small patch at home, I still see myself as someone who works with nature and avoids chemicals wherever possible - not only in my garden, but across my wider life.



For that reason, the recommendation to reintroduce limited glyphosate use in maintaining Cornwall's public spaces gave me significant pause. I was briefed on the consequences of the council's 2013 decision to prohibit its use: pavements lifted by invasive weeds, obstructed footways and vegetation forcing its way through walls and structures. These are not minor inconveniences - they create hazards, restrict access and lead to rising long-term

costs. Since being elected, I have seen how strongly residents feel about the condition of their streets and pathways. This is not just about appearance. Neglected public spaces can increase safety risks, reduce accessibility, and impact community pride. For many, particularly those with mobility challenges, these issues are immediate and frustrating.

At the same time, I have heard the opposing view clearly. Residents in my area contacted me to prevent glyphosate use on a local green. In that case, the town council adapted its approach, and I welcomed what felt like a constructive outcome.

Against this backdrop, and with concerns being raised about the impact on biodiversity, soil and aquatic environments, and public health, the cabinet's recommendation to reintroduce glyphosate across the highways network felt deeply uncomfortable.

The proposal was intended as a tightly controlled compromise, with mechanical methods remaining the default. However, in light of the strength of feeling expressed by residents and communities, the decision to move forward was paused. I believe this is the right step. It creates space to listen more carefully, to reflect on the concerns raised, and to ensure that any future approach is evidence based, proportionate and clearly understood. Listening must be more than a process, it must shape the outcome.

However, this moment raises a broader question: local government rarely operates in ideal conditions. Budgets are under sustained pressure while responsibilities remain unchanged. Alternatives are often labour intensive and less effective at scale, and doing nothing carries consequences, from infrastructure damage to genuine public safety risks.

As a councillor I have to take into account the multivarious views of my communities. As a cabinet member, I have a duty to maintain Cornwall's infrastructure and to balance this alongside my personal values. Choices are rarely absolute - as someone who cares deeply about the natural environment, I ask myself - is it even possible to make the environment the singular lens through which every decision is made?

Meanwhile, I remain committed to listening and bringing local voices into the debate and to work wherever possible towards responsible, sustainable, affordable and deliverable policies. In the meantime, I will continue - as I always have - to pick up a broom and a rake and do my bit to care for the places we all share.

Cllr Sarah Preece, Divisional Member for Lostwithiel and Lanreath

## Veteran's Breakfast Club

Veterans breakfast club welcomes any HM service veterans. Royal Navy, Army, Royal Air Force, no matter how long or short your service was.

The idea is to socialise in a relaxed environment where everyone can enjoy friendly banter and breakfast!

Wives, partners, children welcome.

Next meeting - Saturday 23rd May.

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



## May News

With spring in full swing, it's been good to see the Centre and garden coming back to life, with lots happening around the building. A big thank you to everyone who helped out over the weekend of 18-19 April. On Saturday, Andrew Ankowski and David Guiterman worked incredibly hard laying the concrete base for the new bike racks (kindly donated by the Town Trail team), with support from Colin and Michael, who helped with lifting, mixing and clearing up. On Sunday, volunteers returned for the Working Day - clearing weeds, tidying around the building, trimming hedges, and sanding and varnishing the benches. Special shout out to Skinny Warden and the Rawlingson family for their help!

Much of this work is shaped by our Working Group, who meet regularly to look at what's needed around the Centre and plan the next projects. We'll be giving the benches another coat soon, and next on the list is creating an exterior maintenance cupboard.

We're also keen to create more regular opportunities for people to get involved - whether that's helping at events, supporting the café during busy times or welcoming visitors.

If you've been thinking about getting involved, this is a great time to start. Please get in touch at [chair@lostwithielcommunitycentre.org](mailto:chair@lostwithielcommunitycentre.org) - we'd love to hear from you.

We'd also like to thank everyone who has contributed to our recent call-out for sports equipment - it's already helping to support two new circuit training sessions by Endurance Fitness on Tuesday evenings at 6pm and 6:30pm (£5 drop-in).

If you have any unused equipment at home - weights, mats, resistance bands or similar - and would be happy to donate it for community use, we'd love to keep building on this. Items can be dropped off at Reception.

## What's On in May

May brings a lovely mix of sales, swaps and long-standing fairs - a chance to pass things on, enjoy a browse and a chat along the way. Every Saturday from 10am-1pm, the Growing Better Gardens Plant & Seed Swap takes place in the Reading Room - a relaxed and friendly space filled with beautiful plants and shared tips.

On the first Saturday of the month (2 May, 10-1pm), the Repair Café by LEAF returns, with talented volunteers on hand to help fix and mend - a brilliant way to give well-loved items a new lease of life.

On Sunday 3 May, we have our Table Top Sale - always a bit of a treasure hunt, with useful finds and unexpected gems.

On Sunday 10 May, the Cornwall Antique Fair returns, followed by a Toy Fair on 31 May - both long-standing fixtures at the Centre for around 40 years.

And we'll once again be running the Prosecco Bar at LostFest in King George V Playing Field - do come and find us if you're there.

**A Quick Reminder**

Our new booking system is now fully in place, making it much easier to see what's available, book a space, and manage your booking - all in one place.

Whether it's a rainy afternoon and you'd like somewhere for the kids to play, a rehearsal space for your band, a quiet room for studying, or even space for a group gaming session, you can check the live calendar, book, amend or cancel, and pay directly - no need for emails or extra admin.

For our regular users, just a small reminder to please make sure all bookings are made through the system, and before leaving, check that lights and heaters are switched off and doors are properly closed. These small steps help us keep the building safe, sustainable and running smoothly for everyone.

As always, thank you for being part of the Centre - whether that's through volunteering, running activities, or simply coming through the door. We hope to see you over the coming weeks.

The Garden Café is open daily from 10am-3pm, with late openings from 5-7pm on Fridays.

# Lerryn Area Minibus Association

May 2026

Providing community transport for people living in the Lerryn Area

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

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

DATE	DESTINATION		TIME	RETURN FARE
Tue 5th Driver: Chris	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Fri 8th Driver: John	Truro	Lerryn Lostwithiel	09:30 - 15:00 09:45 - 14:45	£6.00 adult
Tue 12th Driver: Tom	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Tue 19th Driver: Kevin	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Thu 21st Drivers: Tom & Ian	SPECIAL TRIP Falmouth	Lerryn Lostwithiel	09:30 - 17:15 09:45 - 17:00	£8.00 adult
Tue 26th Driver: John	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Thu 28th Driver: Michael	SPECIAL TRIP Trago Mills Pensioners' Discount Day	Lerryn Lostwithiel	09:30 - 13:00 09:45 - 12:45	£4.00 adult

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

NB: Please see [lerryn.net/minibus](http://lerryn.net/minibus) for full details of LAMA's services.

## Special trip May 2026



Falmouth: The Jewel of Cornwall

Thursday 21st May 2026

Enjoy shopping, lunch and sightseeing in Falmouth

Or you could visit the National Maritime Museum or Pendennis Castle, or book yourself for a local boat trip across the harbour to St Mawes



Book Now: Phone Jacquie  
01208 811175

or book online  
<https://www.lerryn.net/minibus>

Cost adults £8.00 (children half price)

Lerryn: departs 9:30 returns 17.15,  
Lostwithiel departs 9:45am, returns 17.00

Although one of the largest towns in Cornwall, Falmouth is small enough to explore on foot. With lots of unique shops, cafes and restaurants, it has a vibrant culture and a rich maritime heritage.

For full details of LAMA services please visit [lerryn.net/minibus](http://lerryn.net/minibus)

# Parkinson's Support Group



1st wednesday  
of the  
month

2-3.30pm  
In the Cafe

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



# 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](mailto:communitycancercafes@outlook.com)  
Telephone: 07887851714

FOWEY HARBOUR HOTEL

PRESENTS

# CHARLIE CLOUGH

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7PM • 3RD JULY 2026



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[www.CharlieCloughPiano.com](http://www.CharlieCloughPiano.com)



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## The Conservative Club

(A Social Club - Not affiliated)

16 Queen St Lostwithiel PL22 0AD



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Saturday  
8.00pm - 11.30pm

\*Application Forms  
from the Bar

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# Songtide

folk choir

Thursdays 7-8.30pm

Yoga studio (Oasis upstairs)

Lostwithiel Community Centre, PL22 OHA

folk songs, rounds, spirituals, world music  
& songs to celebrate the seasons

Ardently acappella:  
no backing tracks,  
instruments or pop songs.  
Learning by call & response.  
No auditions.

Drop in  
no need to book  
£10 per session

All voices  
welcome,  
especially yours!



[www.naturalvoice.net/choir/songtide](http://www.naturalvoice.net/choir/songtide)

07792 126825

## NIGHT MUSIC

2026

FRIDAYS  
9PM - 11PM

THE GLOBE INN, 3 NORTH ST  
LOSTWITHIEL

March 27<sup>th</sup> BARFLY

April 24<sup>th</sup> BOUNDLESS BROTHERS

May 29<sup>th</sup> BOB SEYMOUR

June 5<sup>th</sup> BARFLY

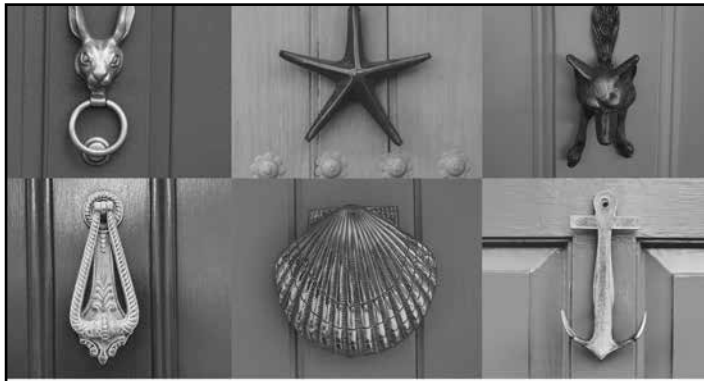
June 17<sup>th</sup> ROBIN CURTISS\*\*

July 24<sup>th</sup> MONKEY FAG BREAK

August 28<sup>th</sup> SMUG JARS

September 25<sup>th</sup> PATRICK BLOOMING

\*\* (Wednesday, 8pm start)



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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](http://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](http://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](mailto: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](http://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](mailto:info@staustell.foodbank.org.uk) [www.staustell.foodbank.org.uk](http://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](http://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](mailto: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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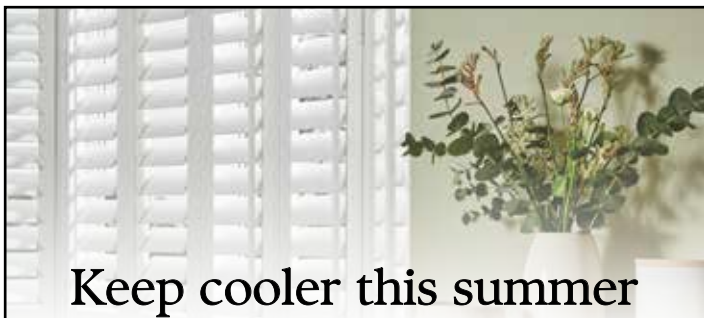
Offices: Saint Antony, Fore Street, Lostwithiel PL22 0BL  
Bryn, Love Lane, Bodmin PL31 2BL  
Email: allsorts@apbassett solicitors.co.uk

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On Boxed Mugs, Trays, Mini Stacking Tins  
Coasters and Teabag Tidies. Come and browse our great  
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Sunday Closed

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Lunch Deals\* Sunday Carvery

\* B&B Rooms \* Live Music

and so much more

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Tues- 3pm till 11pm  
Weds- Noon till 11pm  
Thurs- Noon till 11pm  
Friday- 9am till Late  
Sat- 9am till Late  
Sunday- Noon till 9pm



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Family & Dog friendly

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## The Carpet Gallery TILES

www.thecarpetgallerylostwithiel.co.uk

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