PALACE PRINTERS
01208 873187

email: palaceprinters@btinternet.com

NOVEMBER 2026

FREE

LOSTWITHIEL NEWSLETTER



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

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 Wesnesday 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 - Tueasday 6 - 8:30pm

CHURCH HALL (Church Lane)

Enquiries Rev. Sheila Bowden 01208 871344
TABLE TENNIS - Monday 6pm, Thursday 1:30pm
LIFE DRAWING - 7:30 - 9:30pm alternate Wed/Tues
MID CORNWALL PHOTOGRAPHIC CLUB - 1st & 3rd Weds, 7 - 9pm
LOSTWITHIEL BINGO FUNDRAISERS - Friday eve 6:30 for 7:30pm
GATEWAY CHURCH - 5pm Sundays
COMMUNITY CAFE - Fri 10am - 2pm, all welcome pay what you can.

LOSTWITHIEL METHODIST CHURCH

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

LOSTWITHIEL SOCIAL CLUB Fore Street

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 **Thursday 1st November 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 NOVEMBER 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.

PAUL BOURTON
FUNERAL SERVICE
Independent family funeral directors
Private Chapels Of Rest in St Austell and Foxhole
Day and night service
Fleet of vehicles and parking
Pre-payment funeral plans
All areas covered
Visit our website: www.paulbourtonfunerals.co.uk
01726 65727
For the professional service you can depend on

G.BERESFORD
BUILDER
ALL BUILDING WORK UNDERTAKEN
FROM SMALL REPAIRS
TO COMPLETE NEWBUILD
ALL TYPES OF MASONRY,
PLASTERING, ROOFING,
TILING & DECORATING
CALL 077 914 524 13
FOR A FREE QUOTE
BRUNEL QUAYS, LOSTWITHIEL



.THANK YOU: A big thank you to our superb team of volunteers for their invaluable help and support throughout the season. Where would we be without you ? Our team of Stewards, Walks Guides, Committee members and Trustees all contribute in their various ways to making the museum a success story. The 'Biggest Little Museum in Cornwall' is a vital asset to the town and one we are proud to share with visitors who come from far and wide to enjoy and appreciate all we have to offer.

. WINTER CLOSURE: The 'open' season is rapidly drawing to a close and by the time you read this the museum will be closed to visitors. It's that time of year when we pause to reflect on the busy months behind us and start to prepare for the new season ahead. We're in the process of lining up our 'winter projects' for those volunteers who want to help with tasks 'behind the seasons'. This temporary closure period is essential for catching up with vital maintenance jobs as well as giving us the opportunity to create different ways of displaying and interpreting the collection of artefacts. We welcome help throughout the year so if you're interested in volunteering at Lostwithiel Museum please contact Christine Walton on 01208 871456 for more information.

. SPRING REOPENING : Looking ahead towards Easter 2027 we are planning to reopen the museum on Monday 22 March. By then our Stewards will once again be eager to 'meet and greet' visitors, help with their enquiries and highlight the local facilities and attractions. Likewise, the Walks Guides will be keen to get back into their stride and encourage visitors to explore the wealth of heritage attractions this small historic town has to offer.

. MEMBERSHIP OF LOSTWITHIEL MUSEUM ASSOCIATION: This is a reminder that your annual £10 membership per household to LMA is due for payment. The Renewal Form for Friends of Lostwithiel Museum Association was inserted in your latest copy of the Museum Matters magazine (21). If this was mislaid or you're not sure whether you've renewed your membership please contact the Membership Secretary via the museum or the museum website www.lostwithielmuseum.org

Thank you to all those who renewed so promptly — and a special thank you to those who added a donation or completed the Gift Aid Declaration Form. Gift Aid is important as it allows the museum to claim an additional 25p for every £1 paid.

. MUSEUM MATTERS MAGAZINE: If you are a museum volunteer or a member of LMA you should by now have received issue 21 (Autumn) of the in-house magazine. If not, please contact Richard Young (Editorial Team) on 01208 367051. Additional copies of the magazine are available for sale via the museum. If you're interested in contributing to issue 22 (Spring) please contact Christine Walton on 01208 871456.

. MUSEUM SECRETARY: We have a vacancy for this key position within LMA's Committee structure. This is an interesting role which offers a wide variety of opportunities that can be adapted and shared between a number of people — depending on skills, interests and needs. Please contact Christine Walton on 01208 871456 for more information.

. AGM: The LMA AGM will be held on Tuesday 17 November in the Methodist Church just off the top of North Street — next to the library in Taprell House. Please note that this will be an afternoon meeting starting at 2.00pm. We look forward to welcoming LMA members, museum volunteers and local residents.

Thank you for your interest and support.

Christine Walton (Chair)

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

u3a Lostwithiel
learn, laugh, live

Are you retired,semi-retired or no longer in full time employment?
Want to meet new people?
Have the opportunity to learn new skills?
Then the U3A may be for YOU!

We have 25 varied interest and activity groups to choose from.
Our open meetings are held every 2 months in the Church Rooms Lostwithiel at 2 p.m where we have interesting talks from a guest speaker and a chance to chat over a cuppa.
On alternate months we hold a "Beverage 'n'Banter" meet up at 11 a.m at The Fowey Valley Hotel,Lostwithiel.A social,informal coffee event to meet and chat.

We are always pleased to welcome new members to these events to find out more about the Lostwithiel U3A and see what we have to offer.

Our next open meeting is on Monday November 2nd when the talk will be about the history of The Battle Of Trafalgar presented by our own U3A member Bernard Bonsey.
Lieutenant Commander. Royal Navy.

There is more information and joining details on our website www.lostwithielU3A.org,uk
Contact:
Chairman: Andrew Currie. 07747792706
Membership Secretary.Francoise Carr.07880627545

Lostwithiel Rainbows

FOR GIRLS AGED 4-7 YEARS

We have returned to Rainbows after the summer holidays and we are looking forward to completing the activities that our Leaders have ready for us. We hope that some of these activities will include a badge to add to our collection.
If your daughter would like to join us then please contact us using the details below.

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

Chapel Chat

2 1-3 The first thing I want you to do is pray. Pray every way you know how, for everyone you know. Pray especially for rulers and their governments to rule well so we can be quietly about our business of living simply, in humble contemplation. This is the way our Saviour God wants us to live. 1 Timothy 2:1 from The Message

Church Activities for September at a glance

Nov. 1st Café Church

Nov. 8th Remembrance service at St Barts

Nov. 15th Mrs Carole Thornton

Nov 22nd Café Church

Nov 29th Mr Peter Santo Warner

Stitches - Every 1st and 3rd Thursday 2-4pm
Music Appreciation – 3rd Wed. of the month at 7.30
Old Cornwall Society - Last Tues. of the month 7.30

Lostwithiel Brownies

Lostwithiel Brownies age 7-10yrs
Our Brownie group has been very busy this term fulfilling a community project , earning badges and just having fun activities with friends.
If you'd like your daughter to join our Brownie group in September 2026 Please register your interest by phoning 08001695901 or visit www.girlguiding.org.uk



Qigong

mindful movement

Gentle meditative movement, co-ordinated
with the breath for health & wellbeing.
Easy to follow & joyful to practise.

Relax, restore, rejuvenate

Suitable for everybody regardless of fitness or flexibility.
Practise standing or seated, barefoot or in flat shoes.

Wednesday evenings, 7-8pm
Lostwithiel Community Centre, Oasis Studio, PL22 0HA

Friday mornings, 9.30-10.30am
Lerryn Memorial Hall, Fore Street, PL22 0PT



"I had never tried Qigong before but Angie's calm and gentle delivery led my body into a relaxed state and chased away the chattering of my busy mind"

Drop-in sessions £10

For info: angiesquires@yahoo.co.uk
077921 26825

Sally Kington

PGDip MCFHP MAFHP

FOOT HEALTH PRACTITIONER

Toe Nail Cutting
Reduction of Corns and callus
Ingrowing Toe Nails
General Foot Care Advice

Please call:
07768 613894
To arrange a home visit
email: sal-stafford@hotmail.co.uk

Bingo Fundraisers
Exeter Markets & Shopping Trip

Saturday December 5th. Fare £23.

Pick Up Points.
St.Austell 9am.
St.Blazey 9.15.am
Lostwithiel 9.30am.
Dobwalls 9.45am
Liskeard 10.am.
Please contact Joyce Tel.No. 01208872807 to book .
All bookings to be made by November 20th.

Christmas Bingo's.

November 27th.
December 4th
December 11th.
December 18th

Tabletop Sale
At Lostwithiel Scout HQ

The Old Cattle Market on 6th December from 10am.
There are stalls, homemade cakes and savouries,
tea and coffee. For scout funds.

Steve Gardner Electrical

Fault Finding A Speciality

Small Electrical work undertaken

No Job Too Small
Advice is Free
Over 40 Years Experience

Call Steve
01208 872946 / 07811 153076

Brydai, The Uplands, Lostwithiel

HIGHWAY GARAGE

TYWARDREATH HIGHWAY, ST BLAZEY, PAR, CORNWALL. PL24 2RN
TEL. 01726 812781 & 01726 815508

www.highwaygarage-par.com





For all your MOT's

Repairs, Servicing and Bodywork

Please **contact us 01726 812781 or 01726 815508**

we look forward to hearing from you



St Bartholomew's News

The great upwards spiral towards Christmas has started and it doesn't appear to slow down. We seem to have so much going on at the end of the year, I suppose after the long Summer Holidays, there doesn't seem to be much free time before the next event. We remember Guy Fawkes [BG1.1]by burning an effigy of the man on a bonfire, when he was horribly tortured at the time, so why do we do this? Fireworks need to be well supervised and I'm afraid in my 'old age' all I can think of are the injuries, frightened pets, and how the wild animals cope with it all! Yes, a party pooper! Then Armistice Day, remembering all those who were killed in the many conflicts around the world – heroes every one. Then we can start the Christmas 'panic'!!

We continue with our Thursday morning Benefice Celtic Eucharist at 10.00 with Father Simon or Rev'd John Halkes. A quiet gathering of those who wish for a short, contemplative service.

Our Eucharist at 11.00 on 1st November is All Saints Day. We celebrate all Saints known and unknown from the 9th century, though principally St Bartholomew. Rev'd John Halkes with be with us for this service.

On Sunday 8th our Remembrance Service starts at 10.00 in St Bart's then processes to the Cenotaph for the 11.00, Two Minute Silence and Last Post, joined by the band and Town Council. Wreaths will be laid by all the various organisations in the town.

Sunday 15th at 11.00 will be Morning Prayer, then on Sunday 22nd we will celebrate our Eucharist at 11.00.

Our fifth Sunday is a United Benefice service at Bradoc at 10.30. and it is our first Sunday in Advent, so each Benefice church will bring the first candle from their Advent Wreath to light.

There will be a concert on 13th as part of the South West Regional Group so please keep your eyes open for times and tickets on the posters. The Diaspora Choir will continue to practice in Lanlivery Church so anyone interested can join them on Saturday 14th from 10.30 – 1.30.

The Duchy Opera will be giving us a wonderful concert again on Saturday 21st which has become an annual, popular, visit. Doors open from 6.30. Details will be on posters.

We have had some extra help cleaning in the Church and many thanks go to those who give up the odd hour to help keep it looking nice.

If you enjoy singing and would like to try some of the wonderful and harmonious church music, please come along to St. Bart's Choir Practice at 5.30 on Thursdays to join in. All voices male or female welcome.

Our Christmas Trees arrive on Saturday 28th so we will be asking for your contributions very soon! 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 Ezeh 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

LOSTWITHIEL NEWSLETTER
TO ADVERTISE CALL
01208 873 187

Fowey River Lions

Our plans are now well underway for the free Senior Citizens' Christmas lunch on Thursday 3rd December at the Harbour Hotel in Fowey. The event is being funded through the wonderful sponsorship of our friends at The Co-op in Fowey and is open to any elderly resident living alone in the Fowey River Lions area. If you haven't yet reserved your place, please contact us as soon as possible, but no later than 16th November. We'd like to apologise to those of you who had trouble contacting us as a result of the typo in the last edition. The correct phone number for the Lions is 0345 833 7484, or you can email us at Foweyriverlions@gmail.com or send us a Direct Message on Facebook. Places are allocated on a first-come, first-served basis. We look forward to welcoming you!

We were really pleased with the response for our call for donations of much needed items for the people of Ukraine. Thanks go to the Earl of Chatham for use of their car park, and to everyone who made the trip to Lostwithiel with their donations. We had two full car-loads that have been taken off to the distribution centre and are now on their way to make a difference to the people of Ukraine. The team are also collecting monetary donations for Ukraine which will be used as a contribution towards the purchase of portable generators. If you'd like to donate, you can do so using the following link https://pay.sumup.com/b2c/Q6XR44YN or scanning the QR code.



Many thanks for your donations of used and unwanted eyewear, and to the teams at The Co-op and Boots in Fowey, Par Track Cafe, Lostwithiel Community Centre and Tywardreath Village Shop for hosting our collection boxes. Your unwanted specs go to a national recycling centre where they are sorted refurbished and sent out to people in need in developing countries.

We were delighted with the turn-out for our race night at The Par Inn, which raised over £800. This money will be put to work in helping local charities and those in need in our community. We'd like to thank everyone who either sponsored a race or provided prizes for the raffle. The event was great fun and special thanks go to the team at the pub for their hard work in making it such a good event. Watch out for details of next year's race night.

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

Lostwithiel TABLE TENNIS CLUB

Lostwithiel Table Tennis Club meets every Thursday afternoon and Monday evenings (expect when the Film Club is operating).
Our club welcomes all players from complete beginners through to League players.
We have three tables, bats, balls and lots of tea and biscuits - all for only £2 a session.
Please come along to the Church Rooms, Church Lane, Lostwithiel and have a go.
For more information and contact details visit:
www.lostwithieltabletennisclub.yolasite.com

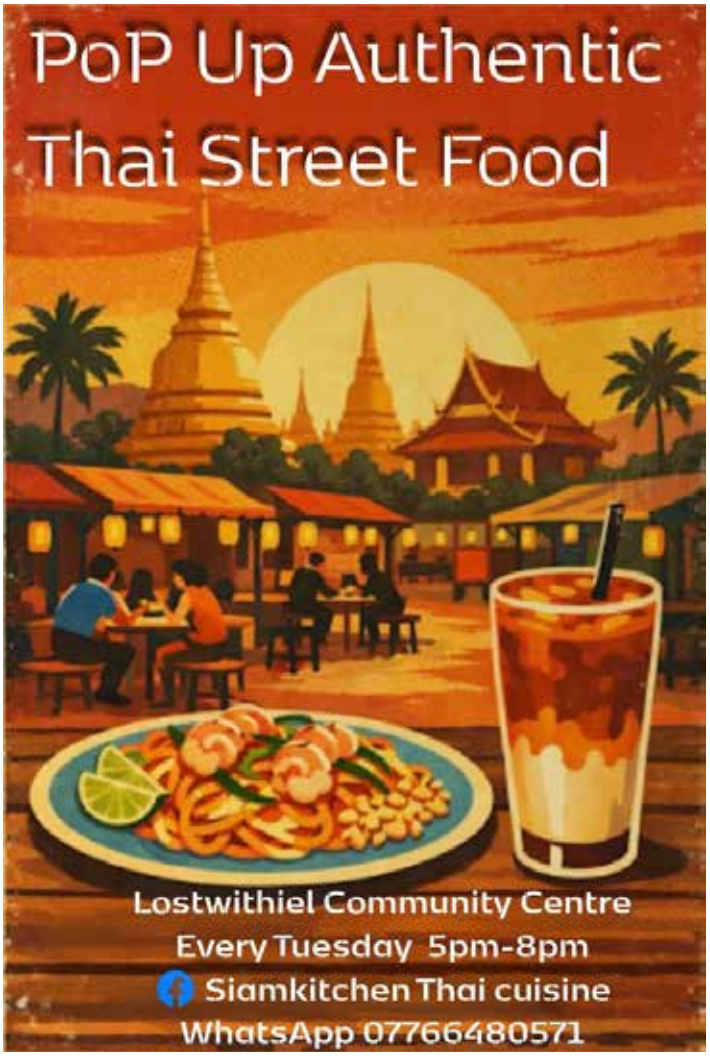
S.W. Removals & Storage LTD.
LOSTWITHIEL

A move in the right direction!

- Quality removals & house clearances
- Local, U.K. & France specialists
- Great value storage/self storage
- 30yrs in the trade, serving Cornwall
- Free quotes

www.swremovalsandstorage co.uk
email: info@swremovalsandstorage.co.uk

TEL: 01208 643013
MOBILE: 07974 180041



Restormel Insurance Services

Agricultural & Commercial Insurance Specialists
Mortgages
Life Insurance

- Car, Home & Travel Insurance
- Property Owners
- Liability
- Equity Release
- Mortgage Protection
- Motor Fleet

01208 872700

25/26 Fore Street,
Lostwithiel, Cornwall
PL22 0BL

restormelinsuranceservices.com

WGS Landscaping | Williams Garden Services

www.wgs-landscaping.com
williamsgardenservices@outlook.com

Landscape Gardening, Construction & Repair

Gates - Fencing - Decking
Garden Features - Raised Beds
Pergolas - Sheds - Summer Houses
Patios; New, Repaired, Repointed
Paths - Driveways - Gravel - Block Paving



Garden Renovation
Pruning & Hedge Trimming
Low Maintenance Solutions
Preassure Washing - Clearance

01208 204671 or 07907 734106
'We do the work, you enjoy the results'

JUSTIN WILLIAMS WINDOWS

"Laurel Brook", Edgcumbe Road, Lostwithiel, Cornwall, PL22 0DR

Tel: 01208 623740 or Mobile: 07578 424420
Email: info@justinwilliamswindows.co.uk

For the supply and fitting, or supply only to the trade and DIY

PVCu & aluminium windows, doors, bi-folding or patio doors, conservatories, double glazed units, servicing and repairs
Or supply of PVC fascias and rainwater goods

Contact Justin or Tracey for a free quote

FENSA Registered Company No:37821
Guarantee Protection GGFi

Fowey RNLI

The next meeting of the Fowey Lifeboat Local Management Group will be held on Thursday, 12th November 2026. The meeting will be attended by Fowey volunteers and key personnel and will be open to the community.

Members of the group are pleased to invite you join them at the meeting at 6.00 pm at Fowey Gallants Sailing Club. Reports will be received from the leaders of all areas of the team's local activities and from the wider RNLI. There will be also be an opportunity for questions and comments from the floor. We hope you will join us.

Our annual auction will be held on Friday 13 November at 7.30pm in the British Legion. This is always a very popular and fun evening and we look forward to seeing lots of you there.

Get into the festive mood and join us for a carol concert in St Fimbarrus church on 11 December starting at 7pm.

Thank you to Sticker Vintage Rally and Country Fayre for their donation of £5,000. Fowey RNLI were one of three nominated charities and we had a great weekend there back in August.

Also thank you to the organisers of Golant village fete who donated £1250 to us. We were one of three nominated charities and had a great day there earlier this year.

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



Memories of Lostwithiel When I Was Young, by Warren Nicholls.

Parades, seed collecting, and Air Raid Shelters.

The Pine trees all along Restormel Road had been cut down , they had been planted about 15 years before, and were about the size used for Pit Props, in coal mines. They were piled beside the road, then they were loaded on open rail waggons and taken to the coalfield.

All the area was very overgrown with brambles and Foxgloves. From the seeds and leaves medicine called Digoxin could be made, it helps heart muscles.

The ladies of the Women's Institute organised collection days. With thick gloves they stripped the seeds off the stem, and older children went around the hillside with Hessian sacks to collect what had been pulled off.

National Savings Week. I suppose many towns and villages held events to raise money for the war effort, Lostwithiel held a parade which assembled on the quay, and consisted of Home Guard, and Nursing services. Floats carrying ships and Planes. The British Legion, Scouts and Guides. a contingent of junior sailors from Plymouth brought their miniature canons down on the train, which caused quite a sight. They followed the band stopping in Queen Street under the Bank, where the Mayor and other dignitaries were assembled. He addressed the parade, then took the salute as they marched off.

There was a mile of pennies, and a mile of books around the streets. Also, a collection of metal. Metal, i.e. saucepans, kettles, cutlery, things in the kitchen not needed were brought to the Skelton showrooms North Street, or items could be collected from houses. There were metal gates, and old tools found in sheds, but it was thought that much of this was not used, just dumped.

Gas Masks. They were fitted in the cellar under the Duchy Palace, This large gloomy room once used as storage for food, boots arrowheads and venison in barrels of wine, ready for the Black Prince, Duke of Cornwall to go to war in the 1400s.
Families went on different days to have the mask fitted. The rubber had to be a tight fit around your face with the straps over your head, and the eye piece just in front of your eyes. For baby's and very young children there was a bag shaped rubber case with the eye piece, and the air piece was on the side. Some mothers were very upset by this, with babies zipped in, and refused to take then. Fortunately, they were never used. The respirator was in a brown cardboard box on a string, which had to be carried everywhere.

Air Raid Shelters. Early in the war these indoor shelters were delivered, when out together it took up about 10 by 8 ft in a room. Furniture had to be moved out, and the floor strengthened. Inside went a mattress, spare warm cloths, water and food, a torch and a few books, and a Potty!! My Mother liked the top of the shelter as she could layout cloth to make dresses, and mend clothes. Fortunately, we tried it just to see how we might fit in.
In some areas galvanised shelters were dug into their gardens and used very regularly.

Read the next instalment next month.

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.
Date - Sat 21st November
Time - 09.30am
Venue - Earl of Chatham

retallack
quality kitchens
07768168529 / 01208 873283
retallackkitchens@gmail.com
davidretallackkitchens.co.uk



"We would not hesitate to recommend you to anybody who is looking for a new kitchen"



A family run Cornish company with 20 years trading experience - a friendly, personal and local service.



Offering the supply, design, and fit of quality kitchens, including minor building works such as moving walls, plastering, electrics and decorating.

ST VEEP PARISH COUNCIL.

HAVE THE FOLLOWING VACANCIES.

Parish Council Clerk and RFO

Hours: Part-time 12 hrs per month (flexible)

Contract: Permanent, part time.

Salary: Dependent on experience

NJC Pay Scale, SCP 3 – SCP15 (£25,614 – £31,015) prorate

Applications in writing to:

Clerk, C/o St Veep Parish Council, Castleway,

Lanteglos-by-Fowey, Cornwall.PL23 1ND.

By Monday 23th November 2026.

For full job description please email clerk@stveepandstwinnow-pc.gov.uk

---

ST VEEP PARISH COUNCIL

HAVE A VACANCY FOR

SELF EMPLOYED

PART TIME CLEANER

FOR THE PUBLIC TOILETS AT LERRYN.

Hours Negotiable **Remuneration** £15.00 per hour

Applications in writing to, The Clerk, St Veep Parish Council, Castleway, Lanteglos-by-Fowey. PL 23 1ND
or Email clerk@stveepandstwinnow-pc.gov.uk

Closing date for applications Monday 23rd November 2026

Winter Is Here! Our Top Dog-Walking Tips

The colder months are upon us, but that doesn't mean our four-legged friends need to miss out on their daily adventures!
Here are a few tips to keep your dogs safe and happy this winter.

1. Keep them cosy
Smaller dogs, older dogs and those with shorter coats may benefit from a warm, waterproof dog coat.

2. Protect those paws
Road salt, grit and ice can irritate little paws. Wipe your dog's feet after every walk and check between their pads.

3. Be bright and be seen
With darker mornings and evenings, reflective collars, leads and high-visibility accessories help keep everyone safe.

4. Dry off after walks
Make sure your dog is thoroughly dried, especially their paws, tummy and legs, after wet and muddy adventures.

5. Take care on slippery paths
Avoid icy surfaces and take extra care on slippery pavements. Your dog's safety always comes first!

6. Keep up the fun
Dogs still need exercise and mental stimulation during winter. Shorter walks and indoor enrichment games are great alternatives when the weather is particularly miserable.

POLRUAN PUPS
Dog Walking and Pet Sitting

THANK YOU FOR BEING PART OF OUR JOURNEY!
We wouldn't be where we are today without our wonderful customers and their gorgeous pets.
Thank you for your continued loyalty, support and trust as we move into this exciting new chapter.

We can't wait to welcome new faces, new paws and lots more adventures!
If you're interested in any of our new services, or know someone who might be, please spread the word.
Get in touch today to discuss your pet's needs and arrange a booking.

New business name to be announced in 2027
New name, new adventures, same love for your pets!
Happy pets, happy owners, happy adventures!

Contact Emma on 07442037662

Advertising Rates

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

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

Sarah Preece, Lib Dem Councillor

Resilience Begins Close to Home

Sarah Preece,
Liberal Democrat Member
for Lostwithiel and Lanreath

One of my favourite things at primary school was the Harvest Festival with the colourful displays, tins and packets we each brought from home to share with others, and to this day, my favourite hymn remains ***'We plough the Fields and Scatter'***. Looking back, what stayed with me most was the lesson behind it; gratitude for what nature provides, and responsibility for helping one another when times are hard. That feels especially relevant this autumn.
Over the past year, we've experienced both extremes of weather here in Cornwall. Last winter brought storms that damaged trees, disrupted travel and left communities dealing with flooding and power outages. This summer, prolonged dry weather has affected gardens, farmland and water supplies. These experiences remind us that we cannot take the natural world, or our way of life, for granted. They also remind us of the importance of resilience.

Resilience is not simply about recovering from challenges. It is about being prepared, making the most of the resources we have, and building strong communities that can support one another when needed. In uncertain times, those qualities matter more than ever.



As autumn arrives, nature offers us a timely reminder. The trees are turning gold and red, chestnuts are falling, hedgerows are full of berries, and the countryside is providing its annual harvest. Chestnuts, sloes, apples and rosehips can all be found across Cornwall at this time of year. It is easy to walk past these things without noticing them, but they illustrate how much the natural environment gives us.
For previous generations, gathering and preserving seasonal food was part of everyday life. Those skills helped families make the most of local resources, provided out of season delights and helped avoid waste. Perhaps there is something we can learn from that today.

With household budgets under pressure and growing concerns about sustainability, there is value in becoming a little more resourceful. Whether it is growing vegetables, sharing surplus produce with neighbours, learning how to preserve food, repairing items instead of replacing them, or simply making more careful use of what we have - small actions can make a real difference.
Of course, foraging should always be done responsibly and it is important to know what you are picking, to respect private land and to leave plenty for wildlife. But reconnecting with the natural world can help us appreciate both its value, and its limits.

Resilience is also about people. Many of our older residents possess practical knowledge and skills that remain as valuable today as ever. Passing those skills between generations helps strengthen our communities. Equally important is the neighbour who checks in during bad weather, lends a hand when things go wrong, or supports someone who is struggling.

As we move towards winter, let's think about how we can use resources wisely, reduce waste, care for our environment and look out for each another. Follow my Facebook page for up-to-date advice from Cornwall Council on keeping safe as we brace for the coming winter. By being resourceful, connected and prepared, let's build ourselves a stronger, more resilient community, ready to face whatever challenges the future may bring.

The Benefice of Lostwithiel Parishes Services for November 2026

Sunday,1 [All Saints]

Boconnoc	Holy Communion (BCP)	11.00am
Bradoc	Choral Evensong	6.00pm
St Bartholomew	Morning Prayer	11.00am
St Brevita, Lanlivery	Morning Prayer	9.30am
St Veep	Holy Communion	9.30am
St Winnow	Parish Eucharist	11.00am

Sunday, 8[Remembrance Sunday]

Boconnoc	To St Veep	
Bradoc	To St Veep	
St Bartholomew	Town Service	10.00am
St Brevita, Lanlivery	Remembrance Eucharist	9.30am
St Veep	Remembrance	10.50am
St Winnow	To St Veep or St Barts	

Sunday,15

Boconnoc	Evensong	4.00pm
Bradoc	Choral Evensong	6.00pm
St Bartholomew	Morning Prayer	11.00am
St Brevita, Lanlivery	Morning Prayer	9.30am
St Veep	Eucharist	11.00am
St Winnow	Dedication & Homecoming	11.00am

Sunday, 22 [Christ the King]

Boconnoc	Matins	11.00am
Bradoc	Holy Communion	11.15am
St Bartholomew	Eucharist	11.00am
St Brevita, Lanlivery	Eucharist	9.30am
St Veep	To the benefice	
St Winnow	Evensong (BCP)	5.00pm

Sunday,29 [Advent Sunday]

Bradoc	United Benefice Advent Service	10.30am

Regular Weekday Services

Wednesdays - St Brevita - Evening Prayer at 5:15pm
First Thursday of each month - St Bartholomew - Celtic Eucharist at 10:00am
Lanlivery, St Bartholomew's, St Veep, Bradoc and St Winnow Church are open every day.
Boconnoc can be opened by appointment with the churchwardens.

The Benefice of Lostwithiel Parishes

The Rector
Fr Simon Bone – 01208 640323

Benefice administration office-open Monday-Wednesday morning
In St Bartholomew's Church Tel No: 01208 872232



Lost In Film

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

I'm Still Here (PG) Monday 30th November

In 1971, with Brazil in the tightening grip of a military dictatorship, Eunice Paiva, a mother of five, must reinvent herself and her family when authorities abduct her husband.

LOSTWITHIEL TOWN COUNCIL

Meet Councillor Brendan Ashwin



I was born in Lostwithiel in 1978, and I'm proud to still call this beautiful town my home. My family's roots stretch back to my great great grandparents, and that history has shaped my commitment to our community.

I served 17 years in the local fire service and now volunteer as Chairperson and Coach of Lostwithiel Youth Football Club, which were established in 2023 to support local young people.

I'm not a career politician — I'm your neighbour. I want a council that listens, represents residents fairly, and helps keep Lostwithiel welcoming, thriving, and sustainable for future generations.

Lostwithiel Library

Opening times:

Wednesdays	**10am to 4.30pm**
Saturdays	**9am to Midday**



Council Update

Lostwithiel's Draft Neighbourhood Priority Statement (NPS)

The Council would like to thank everyone who has taken the time to share their views on the draft Neighbourhood Priorities Statement. The consultation closes on Monday 23 November with the final face-to-face consultation event taking place on Wednesday 18 November from 12 noon-4pm. Please do take these final opportunities to have your say.

King George V trees

Some residents will already be aware that a number of trees along the river bund at King George V Playing Field have been identified for removal following advice from the council's tree consultant. The Council is preparing a replanting plan for submission to Cornwall Council for approval. Once approval has been received, the Council hopes to involve the local community in the replanting project.

Lostwithiel Railway Bridge

Work is underway to construct a permanent bridge over the railway at Lostwithiel Station. The project is currently expected to be completed by Spring 2027. The contractors are working hard to minimise disruption to residents and railway users while construction is ongoing. The Council will continue to keep the community informed of developments as further information becomes available.

You're Missing Out!

Visit Your Library!

Our library is going from strength to strength, with book loans rising significantly month on month!

If you haven't visited lately, why not pop in and see what you're missing?

There's a great read waiting for everyone!



Mayor's Surgery:
Saturday 21st November
10:00 - 11:00
Lostwithiel Library

LOSTWITHEL 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

New Boules Rink

On the Parade we now have a newly created Boules Rink. The work has been actioned by Lostwithiel Town Council and a group of us who play regularly are very grateful for the improved playing area. The rink can be used by anyone, locally or visiting the town, who have a set of boules and we look forward to good use of it in the future.

The Boulers



Polruan Pups Pet Services

EXCITING NEWS – WE'RE GROWING AND EXPANDING!

A new name, new services and even more happy tails!

Hello everyone!

We have some exciting news to share with all our lovely customers! Our business is growing, and with that comes a few exciting changes. In the new Year we will be trading under a new name.

A NEW NAME, AN EXCITING NEW CHAPTER!

As the business expands and develops, we've decided it's the perfect time for a fresh identity that reflects the direction we're heading in.

Alongside our expansion, we're also reviewing and improving the way we manage customer information, records and communications to ensure we're working towards full GDPR compliance and protecting everyone's personal information.

This is an important step in making sure the business continues to grow professionally, responsibly and with your trust and confidence at the heart of everything we do.

Although our name is changing, our commitment remains exactly the same: providing loving, reliable and professional care for your four-legged family members of all shapes and sizes.

INTRODUCING OUR NEW SERVICES!

Alongside our existing services, we're excited to expand what we can offer:

- Puppy Visits
- Pet Sitting
- Drop-In Visits
- Small Animal Care

NEW SERVICE ADDITION

- Half Day Adventure Walks: Extra opportunities for dogs who love exploring and discovering new places.
- Buddy Walks

We're looking forward to offering more flexibility and choice to suit different pets and their owners.

Please get in touch to find out more about availability and our new services.

Your local post!

TUES & FRI

Royal Mail

Post, parcels and banking in Lostwithiel.

Drop by to post letters, send parcels or do your everyday banking — all at the Community Centre!

Browse for books and stay for a coffee and cake in our Café while you're here.

Tuesdays: 12:30-2:30pm

Fridays: 12:30-2:30pm

Lostwithiel Community Centre

www.lostwithielcommunitycentre.org.uk
Pleyber Christ Way, Lostwithiel, PL22 0HE
Lostwithielcommunitycentre2020@gmail.com
01208 872207



Lerryn Area Minibus Association



LAMA Christmas Coffee Morning in Lerryn

Saturday 28 November 2026 · 10:15 – 12:45

Please join us for our LAMA fundraising Christmas Coffee Morning in Lerryn Memorial Hall. With cakes, stalls, games and a Christmas Hamper to win, the morning will be sure to be lots of fun. We value your support and so this will be a FREE courtesy minibus service with pick-ups from all the usual Lostwithiel stops. It would be helpful if you could book beforehand, but feel free to just turn up at your usual bus stop on the day.

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

BOOKING: Booking not essential, but online or 01208 811175 recommended

Lerryn Area Minibus Association



Tavistock Pannier/Farmers Market Christmas Shopping

Saturday 14 November 2026 · 09:30 – 16:15

Tavistock is a thriving, beautiful town and its famous pannier market will be open, together with its award-winning farmers market. Like Lostwithiel, Tavistock is also an ancient stannary town and it boasts world heritage status. There are also plenty of opportunities to enjoy a delicious lunch at one of its many eating establishments.

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

Lerryn Area Minibus Association (LAMA)

Providing community transport for people living in the Lerryn Area

November 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 3rd Driver: Ed	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£5.00 adult
Sun 8th Driver: Annie	SPECIAL TRIP Windy Ridge Sunday Lunch and Kernow Mills Shopping	Lerryn Lostwithiel	11:00 - 16:00 11:15 - 15:45	£6.00 adult
Tue 10th Driver: Tom	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£5.00 adult
Fri 13th Driver: Ed	Truro Shopping Trip	Lerryn Lostwithiel	09:30 - 15:00 09:45 - 14:45	£7.50 adult
Sat 14th Driver: Nick	SPECIAL TRIP Tavistock Pannier/Farmers Market Christmas Shopping	Lerryn Lostwithiel	09:30 - 16:15 09:45 - 16:00	£8.50 adult
Tue 17th Driver: Kevin	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£5.00 adult
Tue 24th Driver: Nick	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£5.00 adult
Thu 26th Driver: Richard	SPECIAL TRIP Trago Mills Pensioners' Discount Day	Lerryn Lostwithiel	09:30 - 13:00 09:45 - 12:45	£5.00 adult
Sat 28th Driver: John	LAMA Christmas Coffee Morning in Lerryn	Lostwithiel	10:15 - 12:45	Free

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

For bookings, passenger registration and all queries, please call Jacquie on

01208 811175



1ST WED OF THE MONTH

A welcoming space to meet and share experiences.

Parkinson's support group

1:30-3:30PM, Downstairs Oasis Room

An afternoon of coffee, cake and chat with others affected by Parkinson's. Everyone is welcome — come for support, conversation, and a chance to connect. Free refreshments, advice and information provided.

Lostwithiel Community Centre

www.lostwithielcommunitycentre.org.uk
Pleyber Christ Way, Lostwithiel, PL22 0HE
Lostwithielcommunitycentre2020@gmail.com
01208 872207

Sunny Spice
Lostwithiel
SOUTH INDIAN RESTAURANT

25% Discount



Dine in only

Tuesday | Wednesday | Thursday

Early Bird

Friday | Saturday

5:00 pm to 6:30 pm

* Discount is only applicable for food

Sunny Spice
Christmas Menu

A LITTLE SOMETHING TO BEGIN

Complimentary Pappadam And Chutney Tray

STARTERS

Kandari Tandoori Chicken
Pan-Fried Malabar Prawns
Paneer Pakora

MAIN COURSE

Kuttanadan Duck Mappas (Coconut Rice/Appam)
Kerala Lamb Roast (Pilau Rice/ Garlic Naan)
Malabar Fish Curry (Appam/ Plain Rice)
Nadan Vegetable Korma (Mushroom Rice/Peshwari Naan)

DESSERT

Kulfi

3 COURSE MEAL £26 PER HEAD
PRE-ORDER AND BOOKING ONLY

1st December 2026 To 5th January 2027

FOWEY	ST AGNES	LOSTWITHIEL
01726833594	01872552194	01208871700

Lost Run 7

It is almost here and there are only a few more days to pre-register.
This can be done on line by going to https://www.evententry.co.uk/lost-run7.
As the event is limited for numbers this is your chance to get your spot.
There may be a few spare places, so that registration may be possible at the Community Centre on the day, but only if the limit has not been reached.



The run is on Sunday 15th. November at 10.30 am and is of 7 kilometres.
Last year 176 people started, with almost a quarter of them being Lostwithiel residents. This year we are getting near that number and may even exceed it.

The route starts by the old cemetery in Restormel Road.and goes along the valley for 1k before going up and around the Restormel Castle Car Park and on to the Water Treatment Works, where they turn back to the start/finish line.

The main sponsor this year is Restormel Insurance Services and we thank Chris Knight for his generosity. Thanks also to Mountchase Pharmacy, also a sponsor of the event.
Money raised will go to Rotary charities.

Through last year the Rotary Club, through various events distributed approximately £20,000 to good caused, mainly local.

Santa Clause is coming to town.

The Rotary Club of Losrwithiel in conjunction with Lostwithiel Community Centre, is bringing Santa back to our streets. With the help of members of our community, Santa will be visiting the street listed on Monday 14th, Tuesday 15th and Wednesday 16th December between 6pm and 8pm. Santa's helpers will be knocking on doors asking for donations and seeing if any children in the houses wish to see Santa.

It is hoped that this will become an annual event, bringing some extra happiness to our town in the lead up to the festive time. Santa's sleigh will be playing music to give tat extra Christmas feeling.
We have tried to cover every road, but if your street is not listed or you are not available on the day he is visiting yours, try to get to one of the others on the list..
Monies raised will be used by Lostwithiel Community Centre to benefit the young people using the Centre.

Santas on Bikes.

For several years and in early December, dozens of motorcycles with Santas of all sorts of shapes and sizes pass through Lostwithiel on the A390. This year they will be coming through at about 2pm on Saturday 5th. December enroute from Ivybridge to Little Harbour Children's Hospice, St. Austell raising money on the way for the Hospice.

Whilst this is not a Rotary event, we fully support it and members of the club will be out along the A390 carrying collection buckets to collect for them. So get out there at around 2pm on 5th December, find a Rotarian with a bucket and donate to this wonderful charity.

Santa Street Collection - Routes

Time: 6.00 pm - 8.00 pm each night

Monday 14th December

Start : Cott Road / Reed Park
Kolar Meadow
Cott Road (North) Fortescue Place
Barn Park
Castle View
Pendour Park Bartholomews Meadow Grenville Meadows
Grenville Road (East) Lanwithan Road
Lanwithan Close
Butts Park
Coffee Lake Meadow
Coffa Bridge Close Trewithen Parc
Grenville Road (West)
The Yard
Brunel Quays
Cott Road (South)
Reeds Park

Tuesday 15th December

Start: Community Centre
Restormel Road
Duke Street
Terras Hill
Bodmin Hill
Knights Close
St Nicholas Park
The Brambles
Couchwell Lane
Queen Street
Tanhouse Road
Uzella Park
Meadow Breeze

Wednesday 16th December

Start: Community Centre
Liddicoat Road
Fore Street
Quay Street
The Parade
North Street
South Street
Summers Street
Rose Hill
Dark Lane
Gilbury Hill
Castle Hill
Old Orchard
Hill Side Gardens
Carbes Lane
Rosehill Close
Scrations Lane
The Uplands

SANTAS ON A BIKE
Charity Bike Ride
Saturday 5th December



Watch dozens of Santas ride through Ivybridge, Saltash, Liskeard, Lostwithiel, Charlestown & Par Market on their way to Little Harbour Children's Hospice

Meet at Lee Mill Industrial Estate from 11:00am

Ride off at 12:25pm
Ivybridge at 12:30pm, Saltash at 1:00pm
Liskeard at 1:45pm, Lostwithiel at 2:00pm
Charlestown at 2:15pm, Par Market at 2:20pm
& on to Little Harbour Children's Hospice

Supporting children's hospice SOUTH WEST
Registered Charity No. 1003314

Find us on facebook: www.facebook.com/LittleHarbourChildrensHospice/

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
6 Sept
4 Oct
1 Nov

Per Table
£7.00
£12 for 2 tables



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

Lostwithiel Community Centre

★ RAFFLE ★ Donations



We're looking for raffle prizes to help make this year's Lost in Panto extra special! Any donations, big or small, would be very much appreciated.

PLEASE CONTACT SARAH DAVIES
7515 407545



EVERY FRIDAY

All are welcome for a lighthearted kick about!

Men's Walking Football

1:30-2:30PM
£5 per session

Pop in on Fridays for men's walking football — a great way to stay active, have fun and connect with others. Whether you've played before or are trying it for the first time, everyone's welcome. Just turn up — no booking needed.

Lostwithiel Community Centre

www.lostwithielcommunitycentre.org.uk
Pleyber Christ Way, Lostwithiel, PL22 0HE

LOSTWITHIEL YOUNG FILMMAKERS CLUB

NEW SCHEDULE

THE OASIS ROOM,
LOSTWITHIEL COMMUNITY CENTRE

TUESDAYS AFTERSCHOOL 4PM* - 6PM

*4PM DOORS OPEN, BUT NOT A HARD START TIME, "LATECOMERS" WELCOME!

3RD NOVEMBER - 8TH DECEMBER

AGES 10 - 16

£40 FOR FULL 6 SESSIONS SIGN UP OR
£10 PER SESSION

LOSTWITHIEL YOUNG FILMMAKERS CLUB IS AN OPPORTUNITY TO LEARN REAL FILMMAKING SKILLS IN A FUN AND SUPPORTIVE ENVIRONMENT

PLEASE REGISTER BY EMAILING comcentre.filmmaking@proton.me AND PAYMENT INFORMATION WILL FOLLOW

November at the Community Centre

November is here, and we're well into autumn, with plenty happening at the Community Centre and lots to look forward to as we head towards Christmas.
October has been another busy month. We held our AGM on 15 October, and we'd like to say a big thank you to everyone who took the time to come along, share their thoughts and talk to us about the Centre and its future.
It was such an encouraging evening. We received some lovely feedback, along with lots of thoughtful suggestions and ideas. It's wonderful to know how much the Centre means to people, and we came away feeling really motivated about the year ahead.
As we're writing this, we're also getting ready for our Halloween disco on Friday 30 October, with costumes, disco, food and plenty of fun for the whole family!

A new Hub Coordinator

One bit of news we're particularly excited about is the recruitment of our new Hub Coordinator. It's been over a year since we've had someone in this role, and we're hoping that by the time you're reading this, we'll have found the right person to join us. Having someone based at the Centre again will make such a difference, helping with the day-to-day running of the building, supporting our hirers and visitors, and working alongside our volunteers and trustees. We're really looking forward to this next chapter.

Friday afternoons at the Centre

Our Friday late opening continues throughout term time, with the café staying open until 6.30pm.
With so many children's activities taking place after school, it's a lovely opportunity to stay for a coffee rather than heading home and coming back again. The tuck shop and milkshakes are still going strong, and with the colder weather arriving, there'll be hot chocolates and delicious cakes from Esther's Cupcakery too.

Our last Table-Top Sale of the year

Our final Table-Top Sale of the year is on Sunday 1 November, from 10am to 2pm. Do pop along and support it if you can. There are always some lovely treasures to be found, and you might even pick up an unusual Christmas gift or two! It's free to come along and browse.

Christmas is coming!

It might only be November, but preparations for Christmas are already well underway, and there's lots happening at the Centre over the coming weeks.

Lost in Panto – 4 & 5 December

Our wonderful cast and dancers have been busy rehearsing, and we're really looking forward to this year's Lost in Panto!
There are three performances:

- Friday 4 December at 7pm
- Saturday 5 December at 2.30pm
- Saturday 5 December at 7pm

Tickets are just **£5 for children and £7 for adults**, and you can book through the Community Centre website and choose your seats.
Tickets will also be available on the door, subject to availability, but we'd really recommend booking in advance. We've sold out in previous years, and we'd hate for anyone to miss out! There'll also be a tuck shop, bar and our ever-popular panto raffle.

Our Panto Raffle

We're delighted that Sarah Davies has volunteered to take the lead on this year's raffle, and some fabulous prizes are already coming in! We'd love to make it a really special raffle, so if you're a local business or someone who offers a service, perhaps you might consider donating a prize. It could be a gift, a meal voucher, a haircut, a taster session for a class, an hour of your professional time or something completely different. We'd be grateful for anything you'd like to contribute.
If you'd like to help, please get in touch with Sarah on 7515 407545.
All proceeds from the panto and raffle go back into the Community Centre, helping us look after and improve the building.

Breakfast with Santa – Saturday 12 December

Santa will be joining us at the Centre for breakfast on Saturday 12 December, with some Christmas arts and crafts for the children too. You'll be able to book and pay through our website or come along and pay on the day. We'll share more details nearer the time.

Santa around Lostwithiel – 14–17 December

We're also pleased to be partnering with Lostwithiel Rotary this year as Santa makes his way around different parts of town over four evenings, from Monday 14 to Thursday 17 December. It's always such a lovely part of the Christmas season, and we'll share details of the routes and times as they're confirmed.

A reminder to our regular hirers

As the Centre continues to get busier, we'd really appreciate everyone remembering to book for all the time they need a room, including setting up and packing away afterwards. You can book in 15-minute increments, so it's easy to add a little extra time where needed.

Please also leave rooms ready for the next group, with chairs and equipment put away, rubbish cleared and lights switched off.
And if you pay by card through our booking system, please do check that your details are up to date and that payments are going through.

These little things make a big difference to our volunteers and help keep the Centre running smoothly.

Finally, thank you to everyone who has supported the Centre, whether by coming along to an event, joining a class, volunteering or simply stopping in for a coffee.

We're looking forward to a lovely few weeks ahead and hope to see lots of you at the Centre as we head towards Christmas!

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 or visit 'Get Involved' on the Centre's website for more info.

www.lostwithielcommunitycentre.org.uk
Pleyber Christ Way, Lostwithiel, PL22 0HE

MiPAD LETTINGS

Thinking of renting your property out? LANDLORDS NEEDED for waiting tenants. Personal Service. Free valuations, no obligations, transparent fees and no VAT

Landlords

Bringing Tenants and Landlords Together
Visit our website www.mipadlettings.com
or give Debbie a ring on 07986 575662

Jefferys

CHARTERED SURVEYORS & VALUERS
AUCTIONEERS & ESTATE AGENTS

YOUR MOST EXPERIENCED LOCAL ESTATE AGENT

THINKING OF SELLING OR LETTING YOUR HOME
TALK TO US NOW IT COULD BE YOUR BEST MOVE YET.

5 Fore Street, Lostwithiel
01208 872245
www.jefferys.uk.com
e-mail : lostwithiel@jefferys.uk.com

Palace Printers

Newsletters
Colour or Black and White Booklets
All Stationary, Letterheads, Business Cards, Postcards
Greeting Cards
All Leaflets colour, Black and White most sizes, folded or single sheets
Hardback Books Colour or Black and White
Paperback books Colour or black and white
Design available in house

Tel: 01208 873187
Mob: 07824 808879
Email: palaceprinters@btinternet.com
Quay Street, Lostwithiel, Cornwall PL22 0BS

Harmony singing
from around the World
Beautiful melodies of peace, hope & belonging,
sung for the joy of singing together

Songtide
folk choir
Thursdays 7–8.30pm
Yoga studio (Oasis upstairs)
Lostwithiel Community Centre, PL22 0HA
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!

natural voice network

www.naturalvoice.net/choir/songtide
07792 126825

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



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.cornwallbereavemnetnetwork.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**

Home Instead®

Home Instead Mid Cornwall provides premium, relationship led care at home.

Please call us on 01726 829312

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



A P Bassett Solicitors

All Sorts of Legal Problems Resolved



Conveyancing
Disputes
Employment
Family
Wills & Probate

Tel: 01208 871485

Free consultation Home visits
Flexible working hours

Offices: Saint Antony, Fore Street, Lostwithiel PL22 0BL
Bryn, Love Lane, Bodmin PL31 2BL
Email: allsorts@apbassettsolicitors.co.uk

Ann's Gallery

est 1977

The shop is beginning to look rather festive right now
Christmas Cards, Wrap, Gift Bags, Bows, Ribbons,
Advent Candles, Table Candles & Hats
Crochet Holly & Mistletoe, lovely new Glass Bud Vases,
Decorations and Christmas Jewellery
Plus all our fantastic Greetings Cards, Games ,
Gifts and Toys
Opening Hours: Monday to Saturday 10am - 4pm
Sunday CLOSED

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



Warmer in Winter, Cooler in Summer

QUEEN STREET SHUTTERS

Local and affordable Quality shutters and blinds



Free no obligation quote
07501 227004 / 01208 243486
info@queenstreetshutters.co.uk / queenstreetshutters.co.uk

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

The Carpet Gallery CARPETS

www.thecarpetgallerylostwithiel.co.uk

The Carpet Gallery VINYLS

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

Tues 9-4 • Weds 9-1 • Thurs 9-4 • Fri 9-4
Other times by appointment

APPROVED CODE TRADINGSTANDARDS.GOV.UK

FREE FITTING - MEASURING - ESTIMATING
20 QUEEN STREET, LOSTWITHIEL PL22 0AD Tel: 01208 873237

THE CARPET FOUNDATION