



email: palaceprinters@btinternet.com

JULY 2024

FREE

LOSTWITHIEL NEWSLETTER

RAIN, RAIN, STAY AWAY AT LEAST UNTIL AFTER ST. SWITHUN'S DAY

Hello Lostwithiel and happy forthcoming July.

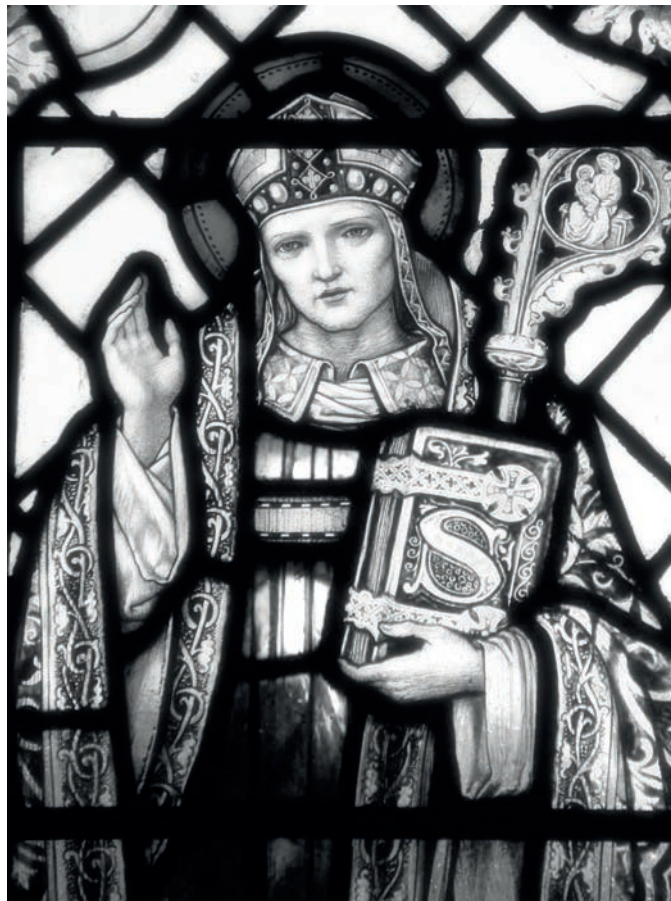
Weather and politics are much on everyones mind and by the time you read this our next government may well be decided, but the weather will be as uncertain as ever.

It has ever been thus.

In 1902 The West Briton and Cornwall Advertiser reported that, '... farmers in the Lostwithiel district commenced harvest last week. Owing to the heavy rains and absence of warmth (sound familiar?) ... Oats have gone down badly and one field on being cut was so bad the work had to be done with the scythe. The self-binder could not be brought to play.'

Heavy farm machinery can't be used on sodden soil, as it compresses it even more. If this is a rainy summer and local farmers need help with the harvest, perhaps it's time to dig out and resharpen the scythes, the reaphooks and sickles from Lostwithiel Museum.

An experienced reaper backalong could harvest up to 2 acres of wheat in a day. We can all practice on the grass verge of the A390 to make it more passable and less unkempt, though the bees aren't complaining.



A Stained Glass Depiction of St. Swithun

Weather wise - Monday 15th July is St Swithuns Day. St Swithun was a 9th century bishop, an unusually humble one, as he requested that, on his death, his body be buried outside the Winchester cathedral walls, exposed to the tread of poor human feet. His request was initially granted, but later the authorities bought them within the cathedral grounds. At some point after that, legend has it, there was a terrible and lengthy storm. Locals put two and two together, and the tradition arose that if it rains on 15th of July it will rain for the next 40 days and nights, whereas fine weather on that day will be followed by 40 days of sun.

Today we know that the rain starts the day schools break up and continues until the first week in September when the children all go back into the classrooms.

WHAT'S ON WHERE – MARKETS, EVENTS & GROUPS – JUNE

LOSTWITHIEL LOCAL PRODUCE MARKET – Lostwithiel Scout Hut, 4th SATURDAY of each month Saturday 27th July from 10am -1pm + Zero Waste Mobile Shop. See Lostwithiel Farmer's Market Facebook Page or contact Helen coppergon@hotmail.co.uk

LOSTWITHIEL ANTIQUES & COLLECTABLES MARKET: First Saturday each month, Scout Hut 10am-1pm: 6th July Contact Ann 07881826 032

ANTIQUES FAIR: Sunday 6th July Main Hall Community Centre 10am

CAR BOOT SALE: Sunday 1st September Community Centre 10am

LOSTWITHIEL COMMUNITY CENTRE & GARDEN CAFE

See Facebook or www.lostwithielcommunitycentre.org.uk for latest updates on events and activities at the Centre, or ring 01208 872 207. You'll find a full timetable of weekly groups/activities on page 5.

POST OFFICE: MONDAY 12 - 3pm & THURSDAY 9.30am-12.30

FRIENDSHIP CAFE: THURSDAYS AT THE CENTRE 2-4pm

PRE-SCHOOL PLAYGROUP: TUESDAY 9am-12 noon

Garden Cafe open Monday – Friday until 3.30pm, Sat until 3pm – Homemade Cakes, Breakfast Baps, £1 Children's Menu.

COMMUNITY CENTRE CAR PARK:

LLOYDS BANK VAN: Fortnightly – 1st and 15th July 10 - 11:15 am

Mevagissey Fresh Fish Van FRIDAYS approx 11am- 12 -also a (different) Fresh Fish Van every MONDAY am on the Parade.

SCOUT HUT (MAIN CAR PARK):

Produce Market: 4th Saturday of month (see top of page) 10am-1pm

Qui Gong 9.15-10.15am Mondays sweetzersturt@icloud.com.

Wholistic Yoga with Ariadne Fern Mondays 10.45-12.15 addy@theferns.info

NEW! Modelmaking Group – all welcome - 1st TUESDAY each month 6-8pm

Lostwithiel Young Farmers Club Monday evenings

Rainbows, Brownies etc – check national websites for info

DRILL HALL (next to Co-op):

Lostwithiel Army Cadets Tuesdays 6 -8.30pm

CHURCH HALL, CHURCH LANE:

Enquiries Rev. Sheila Bowden - 01208 871344 or st.bartshall@gmail.com

Table Tennis: Mondays 6pm, Thursdays 1.30pm

Lostwithiel Garden Society:

Lostwithiel Old Cornwall Society :

Life Drawing 7.30-9.30pm Alternate Wed/Tue

Mid-Cwll Photographic Club: 5th and 19th June (1st & 3rd Weds) 7 - 9pm

Lostwithiel Bingo Fundraisers: Friday Evenings 6.30 for 7.30pm

Gateway Church: 5pm Sundays

Community Cafe : Every Friday 10am-2pm All welcome, pay what you can

LOSTWITHIEL SOCIAL CLUB, FORE STREET: lostwithielsc@gmail.com

Bookings & Info: b.greswell@btinternet.com, sheila.stevens@btinternet.com

01208 872 335 or via Facebook:

Lostwithiel Social Club New Meeting & Conference Rooms are available to hire

Friday & Saturday Evenings: Bar open 7pm

Free Pool Night: Every Wednesday 7pm

Bingo with Paul Sweet: Every Sunday , eyes down 7pm

Monthly: First Friday - Quiz Night, Second Friday - Folk Jam

CONTACTS

Lostwithiel Town Band: Ian Tregonning 01726 817 100 /Jane Richards 01208 871 278

Bowling Club, Restormel Road For info ring 01208 871 784

Health Visitor Under 5s Clinic: For info ring Penrice 01726 74969

Lostwithiel Badminton Club – ring Eddie Sugar 01208 871 111 for info

Speedwatch: Email: jeff.penrose@me.com

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 AUGUST 2024**

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

palaceprinters@btinternet.com by 20th July 2024

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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From the Mayor

The sun is shining, hurrah. Families down by the river, children swimming is always a great sight to see. Love where you live!!!!

D Day commemorations were an enormous success, Lostwithiel certainly knows how to put on a show. The band concert was a tribute not only to our wonderful town band, but the school children did us all proud by singing and reciting poems.

The High Sheriff of Cornwall Sam Galsworthy was in attendance accompanied by his guest Jonathan Coode. A big thank you to everyone involved but especially to Councillor Karen Ross, Rev Sheila Bawden and past mayor Gill Parsons for making it happen. The Proclamation and the International Tribute at the memorial were well attended. Thank you to Councillor John Henderson and Campbell Allen, 2 veterans, who very kindly agreed to read the National text for each event.

I have represented Lostwithiel at two Mayor making events this month, Newquay and Truro it is always a pleasure to answer questions and promote our historic town.

On Monday 10th of June, I was invited to Lostwithiel WI's 100th birthday celebrations at the Oasis room in the Community Centre. What this group lacks in numbers they make up for in enthusiasm and they continue to be active and support our town in any way they can. Alongside me was County Chairman of Cornwall WI Helen Kestle and the current Chairman of Lostwithiel WI is Helen Mills. The WI had a museum window display last month to promote their organization and to try to encourage new members so if you fancy joining, please contact Mrs. Jean Jones (Secretary) – 01208 872765.

I'd also like to mention that Lostwithiel resident Mrs. Ede celebrated her 90th birthday recently and as Mayor I delivered flowers and a card for her special day.

And finally, there will be a flood test event in the coming weeks for our new flood wardens so if you see us walking around in our yellow uniform you will know why.

Karin Henderson, Mayor of Lostwithiel

D-Day Thanks

On behalf of The Reverend Sheila Bawden and myself thank you to everyone who contributed to making Lostwithiel's D-DAY80 Commemoration Concert such a success.

Participants: Lostwithiel Town Band (MD S. Brock and Compere T. Harris),

Lostwithiel Benefice Choir (Choirmaster J. Allen), Army Veteran W. Nicholls,

Lostwithiel Primary School, St Winnow C of E School, Lostwithiel Girl Guides,

Lostwithiel Army Cadets and St Blazey Air Cadets.

Guests included: Many Veterans, The High Sheriff of Cornwall, The Mayor of Lostwithiel, The Mayor's Chaplain, Cornwall Councillor, Assistant Chief Constable of Devon and Cornwall Police, Bodmin Police Inspector and the church full of supporters, all pleased to be part of Lostwithiel's tribute to those never to be forgotten Heroes.

The retiring collection raised £700 for SSAFA Cornwall.

Thanks to C. Sutcliffe(Lostwithiel Town Band) and Lostwithiel Museum

Association for the D-DAY Exhibition inside the church.

Gillian Parsons

Chair, Lostwithiel Town Band

YOUR LABOUR CANDIDATE

Anna Gelderd

It would be an honour to be our Labour MP in the place I call home. Living locally on the Rame Peninsula, I understand the struggles facing South East Cornwall, with accessing GPs or dentists, sending our children to overstretched schools, ever-increasing bills, sewage spilling into our waters or being able to get a decent home. We need a strong voice for our special corner of Cornwall, prepared to tackle all these issues head-on. Beyond my passion for our fantastic communities, I'm a campaigner and conservationist. I've spent my career in the service of others, holding senior roles in brilliant British charities and representing the UK at the international level, including the RNLI. My experience and local knowledge mean that I've got what it takes to fight hard for people here.



My Top Priorities

1. Fight for our Fair Share

I'll campaign for better transport links, more teachers, more affordable homes and I'll bring second homes under control.

2. Tackle Tory economic failure

I'll work to reduce bills, create new jobs and boost our local economy with opportunities in industries like Cornish renewables.

3. Get the NHS back on its feet

I'll address serious issues at Treliske and Derriford, and ensure we have more doctors and dentists.

It's time to turn the page on 14 years of Conservative chaos. If you voted Conservative or Liberal Democrat at the last election and now want change, I'm asking you to put your trust in me and a changed Labour Party.

I will be the fresh start this area needs, ensuring you have a champion who will fight for our fair share under a Labour Government.

Find out more: <https://linktr.ee/annagelderd>

Contact Anna: annagelderdlabour@gmail.com

Facebook: <https://www.facebook.com/Anna4SECornwall>

Twitter: @annagelderd



Lost In Film

We'll be taking a break in July and August so there will be no films in the Church Rooms for the summer. Enjoy the sunshine and see you in September!

Lostwithiel Town Band Concert In St Bartholomew's Church

On Saturday 31st August at 7pm.

To Commemorate the 380th Anniversary, August 1644, of the Siege of Lostwithiel during the Civil War.

Stay Safe

*Don't give away personal information
It isn't Amazon calling to query your order*

Have Fun

*You don't have to buy a new television to
enjoy subscription channels in your living room*

*Ditch the buds – there are better ways of
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To arrange a home visit

email: sal-stafford@hotmail.co.uk



Gateway Church – Lostwithiel
Meeting at 5 p.m. on Sundays

Church Rooms, Church Lane.

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Light refreshments after service.

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RAISING THE ROOF

As you know, the main challenge at the Community Centre is maintaining the centre and ensuring a warm and safe space for the community. We have a big plan to replace the roof and need to provide match funding (a financial contribution) to obtain grants.

Thanks to Kate Mooney and the Dance-A-Thon, we have raised £3,500 and thanks to the footballers we raised £380. We need your support to raise more money and would like to hear your suggestions for funding raising events after the summer holidays.

PANTO

This year we are going to have a panto thanks to James Farrar. We need you to join in to make it a success – James is holding auditions on 14th July at 11:00 in the Downstairs Oasis. Auditions are open to all – adults and children.

AUGUST SUMMER HOLIDAYS

As usual we are organising lots of events for the summer holidays. We are still working out all the details and hopefully, there will be a new event that you will find hard to leave (clue), so keep your eyes on the Community Centre social media. There will be dance sessions from Kate Mooney, drama and singing workshops and KIXX football excellence. Check the website and notice boards for details.

GARDEN

The Community Centre aims to engage, partner and work with as many different community groups as possible, but we really like to work with young people, as this is our future. We have partnered with the carpentry group at St Austell College to improve the seating in our garden. The team built us a fantastic bench around one of the trees from wood purchased from Duchy Timber, using a donation, and we look forward to working with them again. Thank you!

CAFÉ OPEN FRIDAY EVENINGS

By popular request from parents, we are going to trial opening the café on Friday afternoons 15:30 – 18:30. Now, there will be somewhere to sit and drink coffee, chat and have a cake whilst waiting for our young dancers. Clearly, the café will be open to all, so please support our initiative.

EVENTS

- 2nd July: Sewing workshop 10:00 – 15:00
- 4th July: Polling Station in Downstairs Oasis 07:00 – 22:00
- 11th July: Free crochet workshop in the cafe
- 11th July: Diabetic Group in Downstairs Oasis 13:00 – 15:00
- 13th July: Kate Mooney's dance show Main Hall 14:00 – 15:15
- 14th July: Antiques Fair in the Main Hall 09:00 – 15:30
- 14th July: Panto auditions in the Downstairs oasis 11:00
- 22nd July: Pop Up Party in the Main Hall 09:30 – 11:30
- 22nd July: Nicky Kitts Psychic (Psychic Medium Nikki Kitt) in the Main Hall 19:30
- 29th July: Eye Screening in Downstairs Oasis 09:00 – 17:00
- 30th July: Eye Screening in Downstairs Oasis 09:00 – 17:00
- 9th August: Blue Health Day (focus on back to work & confidence) 10:00 – 14:00

	Reading Room	Main Hall	Studio 2
Monday U3A wine group	Book Club 1 every 2nd Monday 10am ----- Book club 2 every 3rd Monday in the month 10am ----- Post Office 12.-3pm	5-9pm Town band	Baby Ballet Boppers 10.30-11.05am 6 months -3yrs Pre-school Ballet 3-4yrs 11.10am-11.40am
Tuesday Hookers Crafters	Ruggers & 10-12pm U3A French From 2-3.30pm every two weeks	9-12pm...Preschool play group 4-5pm Kixx 5-6pm...Kixx 7.45pm -8.45pm Netball	11-12pm Paracise class
Wednesday	Writing group 2.30pm	10.30- 11.30am Flexicise 1.30-2.30pm Tapacise 6.30-7.30pm Zumba 7.30-8.30pm Mens Basketball NEW 8.30-9.30pm Ladies football	
Thursday	Post Office 9.30 – 12.30pm 3.30-4.30pm Lego club	9-11am Kixx babies play group 1-2pm Strickly 3.30-5.30pm Karate	10am-12.30pm Home Arts 3:45pm - 4:15pm tap and jazz (4-6 year olds) 4:15pm - 4:45pm tap and jazz (7+) 4:45pm - 5:45pm drama and singing 5:45pm - 6:15pm grade 3 ballet 6:30pm - 7:15pm (private lesson) 7:15pm - 7:45pm adult ballet.
Friday New Cafe Crafty Chatters 2-4pm	Poetry group 10.30-12pm 1st friday in the month		Ballet & Street Dance 3.45-4.15pm preschool Ballet 4.15-4.45pm Street Fusion Jr 4.45-5.15pm pre primary Break dance 5.15-5.45pm Tap and Jazz level 1 5.45-6.15pm Grade 1 Ballet 8+yrs 6.15-6.45pm Street Fusion Seniors 8+ yrs
Saturday		9--11Am Kixx	Dance With Kate 9.15-10.30am

	Yoga Studio	Oasis Downstairs
Monday	9-10am Pilates Matt Class 10.30am Pilates 5.15 - 6.15pm Drama+ Musical Theatre 6:45 - 7:45 Vinyasa Yoga with Kelly NEW starting July	Ladies Wi 2-5pm (monthly) 6.15-7pm Carley Stretches and Mobility
Tuesday	9am-12pm Somatic Movement Therapy 4.30-5.30pm -17.45-18.45pm Beginners Pilates with Michelle VJ 19.00-20.00 Intermediate Pilates	9.15am -9.50am Chair Yoga & Somatics
Wednesday	9.30am-10.30am Yoga 10.30am-11.30am Somatics 5.15-6pm Kids Drama & Dance 7-8pm 'Tai Chi Qigong with Angie	2nd & 4th in the month U3A Art workshop 2-4pm NEW Mum Dance 7.30-8.30pm 05/06/24 - 17/07/24
Thursday Cafe Friendship Café 2-3.30pm	9.30am 10.30am Step with Emma 10.30-11.15am chair yoga, Somatics & breathing 11.30-12.30pm Pilates mat work 5.30pm to 7.30pm Yoga and somatic	6.30p.-8pm French class 6pm woodturners (once a month)
Friday	9.15am – 10.10am Somatic Movement Therapy 10.15am-11.15am Yoga for well being 11.15am -12.30pm Yoga for well being	
Saturday		Woodturners 10am (once a month)
Sunday	9.30-10.30am Vinyasa with Kelly	

TABLETOP SALE AT LOSTWITHIEL SCOUT HQ

the old cattle market on 4th August from 10am
There are stalls, homemade cakes and savouries,
tea and coffee all in aid of Scout funds.

To book a table please call Ruth 01208872049
or Rob 01208872350.

Lostwithiel Environment Action Forum

Natural Summer Fun!



Whether you are a child counting down the days until the summer holidays or an adult stealing every bit of gorgeous sunshine, now is the perfect time to plan some fun outdoor adventures. We thought we would give you a few ideas to spark your creative imagination and get you out into the amazing countryside that surrounds Lostwithiel...

1. Create a nature diary. All you need is a notebook or sketchbook something to write or draw with. The aim is to get outside each day for as long as you want, immerse yourself in nature and choose something/s to draw, or write about that day. You could make a photo diary if you prefer, or include physical things you find such as leaves, petals etc. Repeat this as often as you want and you'll end up with a wonderful diary to look back on full of memories of outdoor adventures.

2. Scavenger hunt. You can find pre made scavenger hunts online, or you can have fun making your own, you could even get each family member to make a scavenger hunt sheet for another family member. Once you have your lists, head outdoors and explore to find the items you are searching for. You can repeat this so many times, every location and season will have different treasures to find!

3. Beach Clean mobiles. Hopefully the summer allows us lots of opportunities to head to our awesome local beaches. Every time you go to the beach keep an eye out for plastic and any other manmade items littering the beach. Bring home your collection and turn it into a mobile in the garden. I have perviously used a second hand lampshade frame to tie my beach finds onto, but you can also use sticks tied together to make a simple cross frame. You can keep adding to your mobile all summer long to turn trash into something beautiful.

We are so lucky to live in a town surrounded by the river, fields, woodlands and incredible beaches just a short drive away. So please get outdoors and have some great adventures this summer. We'd love to see any diaries, scavenger hunts and mobiles that you create so please do share them with us at: lostwithielenvironmental@protonmail.com



Open Wednesdays 10am - 4pm for browsing and borrowing
Click & Collect Your Books: you can order books on Cornwall Council's Library webpages, and collect them from us when they are ready.

www.cornwall.gov.uk/leisure-and-culture/libraries/your-local-library/lostwithiel-library/

Boconnoc Church

1st, 2nd and 4th Sundays - Matins at 11am led by a local worship leader
3rd Sunday each month at 9:30am - sung Eucharist led by the Rector.

Book Of Common Prayer

**TO ADVERTISE CALL
01208 873 187**



. SUMMER SPECIALS: On Saturdays during June, July and August we are pleased to offer an additional guided town heritage walk. Whilst including the major historic highlights, the special Saturday walks are shorter and less energetic than the Wednesday walks, ie 60 minutes rather than the usual 90 minutes. All walks start at 11.00am from outside the Community Centre in the main car park. For more information, please contact Pauline Gillett (Heritage Walks Co-ordinator) on 01208 872040.

. GROUP WALKS: If you are the organiser or member of a group and are interested in arranging a guided walking tour of this historic town — but perhaps on an alternative day or at a different time — please contact Pauline (see details above) to discuss your special requirements.

. GIFT VOUCHERS: Trying to find the perfect or unusual gift for friends or family can sometimes be a struggle — so a museum gift voucher might be the answer you've been looking for. Vouchers for guided town heritage walks cost £5 and are valid for 12 months from date of purchase. For more information talk to Pauline (see contact details above) or visit the museum in Fore Street and purchase from the Steward on duty.

. PUBLICATIONS FOR SALE: The museum stocks a variety of publications which have been produced in-house and printed locally by Palace Printers. When you visit the museum you will see an interesting selection of topics on display ranging from the Civil War (aptly named The Bloody Battle) to the ever-popular guidebooks for local walks and — most recently, The Taprells in Lostwithiel. If you are looking for a special calendar for 2025 then look no further. The carefully chosen photographs for the calendar have all been selected from the museum's special archive collection.

. VOLUNTEERS: Although the summer season is well-underway it's never too late to think about joining our enthusiastic team of volunteers. As the museum evolves there will always be opportunities for you to discover new interests and further develop existing skills and interests. For more information please contact Christine Walton on 01208 871456.

. WINDOW DISPLAY: We are pleased to have this opportunity to help support and promote Lostwithiel WI which is celebrating its 100th Anniversary. Please take a few minutes to pause outside the museum and look at the window display which features various WI events and activities down the years. Please contact us if you've spotted a familiar face in one of the photographs.

. D-DAY EVENTS: Lostwithiel Museum Association wishes to thank everyone who was involved in organising and participating in the recent local commemorative activities for D-Day. In particular the Band Concert held in St Bartholomew's Church was a very special occasion and so well-supported. How very fortunate we are to have such a talented Lostwithiel Town Band.

. GRAND FAMILY HISTORY DAY: On 15 June Lostwithiel Museum participated in a local history event in Liskeard. Our thanks to Lizzy Asprey who, on behalf of South East Cornwall Museums Forum, organised this free public event which attracted visitors from across the south west and presented a useful opportunity to promote Lostwithiel Museum.

Thank you to museum volunteers, LMA members and supporters.

Christine Walton (Chair)

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



The Benefice of Lostwithiel Parishes

Services for July 2024

Sunday, 7 [Trinity 6]

Boconnoc	Matins (BCP)	11:00am
Bradoc	Choral Evensong	6:00pm
St Bartholomew	Family Eucharist	11:00am
St Brevita, Lanlivery	Morning Prayer	9:30am
St Veep	Feast Day service & supper	6:30pm
St Winnow	Parish Eucharist	11:00am

Sunday, 14 [Trinity 7]

Boconnoc	Matins	11:00am
Bradoc	Eucharist	11:15am
St Bartholomew	Eucharist	11:00am
St Brevita, Lanlivery	Eucharist	9:30am
St Veep	To the Benefice	
St Winnow	To Bradoc	

Sunday, 21 [Trinity 8]

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

Sunday, 28 [Trinity 9]

Boconnoc	Matins	11:00am
Bradoc	Eucharist	11:15am
St Bartholomew	Eucharist	11:00am
St Brevita, Lanlivery	Eucharist	9:30am
St Veep	To the Benefice	
St Winnow	To St Nectan or Bradoc	
St Nectan	Evensong (BCP)	6:30pm

Regular Weekday Services

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

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

Lanlivery, St Bartholomew's, St Veep and St Winnow Church and Bradoc are open every day. Please contact churchwarden for access to Boconnoc church.

The Benefice of Lostwithiel Parishes

Revd Paul Beynon (Rector) - Tel No: 01208 592765
Revd Sheila Bawden (Associate Priest) - 01208 871344

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

St Bartholomew's Church, Church Lane, Lostwithiel, PL22 0EG

Veteran's Breakfast Club

Veterans breakfast club welcomes any HM service veterans. Royal Navy, Army, Royal Air Force, no matter how long or short your service was. The idea is to socialise in a relaxed environment where everyone can enjoy friendly banter and breakfast! Wives, partners, children welcome.

Next meeting - Saturday 20th July.
Venue - Fowey Valley Hotel, Time - 09.30 - 10am Raffle
Any enquiries please contact :- Simon Bell
Simon@Foweyvalleyhotel.co.uk or 01208 872223.

Lostwithiel Garden Society

Our next garden visit is on Tuesday 9th July 2024 to Real Food Garden, Trelowarth, Inches, Bodmin, PL30 5LR. Meet at Lostwithiel Community Centre at 6pm to car share.

Any queries please contact Jenna Pegg on 01208 368169

St Bartholomew's News

It makes such a difference waking up to lovely sunshine and not a cloud in the sky. Of course, we soon get to the point of complaining about excessive heat but that is the characteristic of us 'Brits!' Then all the gardeners can start complaining about having to do all the watering every day. Never satisfied are we? Though better than the rain during the school holidays which can blight that nice break from schoolwork, but in these days of economic restraint, finding places we can afford is another hurdle. At least by now we may have a party running the country who made all sorts of promises, so hopefully our pennies will stretch further. Sadly there are many places in the World with far more issues to worry about.

Every week there is a service on Thursday mornings at 10.00 which is for anyone in the Benefice who would like a quiet, more contemplative gathering with Eucharist. The first of the month is Wholeness and Healing too, if that may be of special significance to you.

Sunday 7th is our Family Service with Rev'd Sheila. Bring your youngsters along and see what delights she has in store for us all. In the past we have enjoyed fireworks, pancakes and various other things - so always a surprise!

On Sunday 14th there is a Eucharist. On Tuesday 16th the Mayor Making Service will take place at 2.00. in St Bartholomew's. It is good to have the opportunity to support our Mayor and Town Council in Church as we do.

Morning Prayer is usually on the third Sunday - 21st - and we welcome Warren Nicholls who will take the service. Our 4th week service is Eucharist. All our Sunday services are at 11.00, though when we have a United Benefice Service around other churches in the Benefice, we start at 10.30. These are on the 5th Sundays when they fall on that day.

On the last Saturday of the month there is Messy Church in the Church Rooms from 4.0 till 5.30pm, for youngsters with crafts, stories, a short film and food! It is good fun and the work done by the children is displayed in church.

Every Monday evening from 6.30 - 8.30, our Samba Band practices and anyone is welcome to come along and see if you would like to have a go. Ear plugs are provided! The band is coming along very well and has been asked to play at some local shows recently, great fun for all.

The Open The Book Team are continuing to visit the local schools, taking the Bible Stories and acting them out in school assemblies. It is very enjoyable, but it would be nice to have some extra members in the team. You don't need to be a church member but you need to be DBS checked, a simple process with the correct ID. Catherine, the Benefice Secretary, is able to do this check for you.

Lastly, come along to our Summer Fayre on Saturday 13th in the Churchyard. There will be lots of stalls with goodies galore. There will be Bacon Butties!!!

We are all looking forward to a wonderful, busy day in brilliant sunshine so come along and enjoy coffee or tea and cakes. See you there.

Church Rooms

As you may know the Church Rooms are under new management. If you would like to Book or for Information, please see the new contact details.
To email lostwithielchurchrooms@gmail.com
Or call Revd Sheila on 01208 871344.
Many Thanks.



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LOSTWITHIEL

Lostwithiel Rainbows

FOR GIRLS AGED 4-7 YEARS

By the time you read this report we will have been on our very special outing where we met other Rainbows, Brownies, Guides and Leaders from all over Cornwall. We can't tell you anymore about the outing until next time as it is a surprise for us, but it will be very busy and exciting.

We are looking forward to the last few weeks of this term where we will be completing our 2024 Olympics challenge to gain our Olympics Badge.

If you would like your daughter to join us then please use the contact details below.

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

u3a Lostwithiel
learn, laugh, live

OPEN MEETING MONDAY 8TH JULY

Our next Open Meeting will be in the Church Rooms, Lostwithiel on **Monday 8th July** at 2pm

where our guest speaker is **Professor Kevin Channer** who will be presenting an interactive talk, **Guilty of Manslaughter?**, with the audience acting as the jury in a legal case. This promises to be a very interesting talk and would be a great opportunity for anyone wanting to find out more about Lostwithiel Area u3a – you would be most welcome!

UPDATES FROM OUR GROUPS

Many of our groups have taken advantage of the more recent sunny weather to be in the great outdoors. **The Electric Bikers** have been pedalling around our part of Cornwall in the last few weeks, going from Dobwalls to Lerryn, Five Lanes to Launceston, Par Market to Lanivet and Tregony to Portscatho – 89 miles in total! Meanwhile the **Pop & Rock Music Appreciation** group had the theme of "Rediscoveries" for their June meeting, listening to tracks from Tracy Chapman and Luke Combs, Oysterband, Phil Collins, Cozy Powell, Janet Kay and Joe Walsh, amongst others, while the **Art Appreciation** group took the Lerryn Area minibus to the 20th Bovey Tracey Craft Festival in early June.

The **Photography** group went to the Luxulyan Viaduct for their June Field Trip and the **Nature and Bird Watching** group, after visiting Breney Common and Helman Tor in June, plan to be at Park Head and Porthmear valley in July. And the **Walking** group had a dry – but blustery – five mile walk on the scenic Caradon Hill circular route, taking in the amazing views across the surrounding landscape. Let's hope the weather stays good for July!

Lostwithiel Area u3a is one of over 1,000 u3a groups across the UK and we provide the opportunity for people no longer in work to socialise and share new ideas, skills and interests. Our members enjoy many interest groups ranging from Creative Writing and Bird Watching to Poetry and Wine Appreciation. You can find out more about all the groups and our exciting programme of regular Open Meetings - plus how you can join - on our website at www.lostwithielu3a.org.uk

Contacts :

Chair : David Platt 07484 124490

Membership : Stephanie Thomas 07980 871491

Lostwithiel Old Cornwall Society

We are taking a summer break but will return on September 24th with a talk by Martin Brockman on The Torrey Canyon Disaster.

We look forward to seeing you then at our usual meeting place of the Church rooms at 7.30pm. We hope you enjoy the summer months and will join us at our meetings in the Autumn to learn of various Cornwall related subjects.

Royal Fowey Yacht Club



The Solstice is long gone and finally summer is here, we hope; an abundance of bare knees are finally on show! We have had some fantastic events over the past month and mostly the weather has been kind to us on the terrace.

The Ladies Night with guest speaker Louella Hanbury-Tenison was a convivial and lovely evening, great food, and interesting, humorous anecdotes from Louella about her life. A great success.

The NCI Coffee Morning raised the magnificent sum of £856.17. A very big thank you to all who supported the coffee morning and especially Fiona and the helpers - Clare, Suzy, Kate, Gill, Pam and Jenny.

D. Day celebrations were kick started at 4pm by a great parade of sail, the cannon at the Y/C being put to good use as a starting signal. All the boats had made plenty of use of bunting and flags, as had the club. The evening BBQ with music by Andy Marshall was most welcome as all waited for the lighting of the Beacon.

At the end of June we said goodbye to our long-standing and much appreciated Office Administrator, we will miss all her efforts on our behalf to keep the club and the calendar running smoothly. Though as a demon sailor many of you will still see her out on the water or manning the Gallants safety boat.

We are delighted to welcome in her place Elouise who has been shadowing Alison for 2 months and is ready to take on the challenges that await.

The Sailing Agenda:

As well as our usual Wednesday and Saturday racing, there is a lot more going on at sea.

- Troy Class Championships on 6/7th July
- The Classics week start on Sunday 28th to Friday 2nd Aug with a dinner at the club on Tuesday 30th
- The Cruisers continue to have a good turnout with varied destinations and races
- The club small boats section under new direction has several lovely boat trips & picnics arranged (please see the Y/C website or 'What's On')

Diary Dates for July

- Friday 12th : Book Club, often proceeded by a friendly, welcoming lunch.
- Saturday 13th @ 12noon: Lunchtime get-together...for all members, especially those who have difficulty coming to a Friday evening welcome hour
- Sunday 14th: Yacht Club Summer Lunch Party
- Friday 19th: RYC v Gallants SC Golf Championship and dinner.
- Tuesday 30th: Classics Dinner
- Wednesday 31st: RNLI 200 Fundraiser and supper at the Yacht Club
- Every Thursday afternoon: Bridge
- Every Friday evening: Welcome Hour, always a lively convivial evening with suppers available on the terrace or in the restaurant. Please see the Club website at <http://www.rfyc.org.uk>. This is full of information about the Clubs activities and includes access to a webcam giving superb views of the harbour. Members receive a weekly "What's On" update. We welcome visiting sailors, members of reciprocal clubs, and those participating in activities such as Club racing and some other events. If you are not a member currently and would like to join us to enjoy all the Club has to offer, please look on the home page of the website under "Join Our Club"; call the office on Tuesday/Wednesday/Thursday/Friday each week from 9-12am. Office No. 01726 833573; speak to a RFYC member or follow us on Facebook at www.facebook.com/RFYCFowey, on Instagram, or (for members only) RFYC Drop-in

If you would like to 'try before you buy' please contact the office and we can arrange for you to be booked in by a member for the evening, or an afternoon on the terrace to give you an idea of what an amazing club we have.

LOSTWITHIEL METHODIST CHURCH

Taprell House, North Street (next to the Library)

www.lostwithielmethodist.co.uk

Rooms are available for a donation

Worship commences at 11am.

A note on Cafe Church.

This is very informal worship.

It includes songs/hymns, prayers, readings, sketches and videos plus a chance to talk and laugh.

No sermon.

Families, children and young people are very welcome.

July 7th Mrs B. Whell

July 14th Café Church

July 21st Dr E. Burroughs

July 28th Café Church

COFFEE MORNING - July 25th 10.30 -12 – Coffee is free but donations to GO Beyond would be welcomed.

Donations for Foodbank may be brought anytime the church is open.

'Sew What' Group: 1st and 3rd Thursday afternoons 2 - 4pm

Music Appreciation: 4th Wednesday of the month 7:30pm

Minister: Rev. Paul Benney 01726 844 471

Steward: Mrs M Adams 01208 873 665

The Rotary Club of Lostwithiel



The Rotary Club of Lostwithiel has been serving our community, and others further afield since 1979.

Since 2007 the club has made many donations locally and internationally.

We tend to forget the impact of inflation on the buying power of the £. For example, today we would require £1.74 to buy what, in 2007 would have cost £1.

To better understand the impact of what we do, our donations since 2007 have been converted to its value today. Using this conversion our donations over that period would amount to £340,000.

Some 30% of this has been to Lostwithiel and the surrounding areas. It includes donations to 95 young people in the form of bursaries or on totally financed personal development courses.

A further 25% has been gifted within Cornwall to organisations like Cornwall Air Ambulance and the hospices.

About 14% has been donated to national causes such as cancer research bodies, the Royal British Legion and Help for Heroes.

So about 70% of our giving is within the UK. The balance goes to international projects like Shelter Box (7.5% providing about 50 Shelter Boxes). Further 7.6% has gone to Rotary Foundation and 6.7% to Rotary End Polio Now campaign. This does not include Trewithen Dairy's Pint for Change, which, supported by the club, raised £40,000 for the eradication of polio.

Arguably one of our most effective projects has been Lend With Care, a Micro Finance scheme. Since 2015 we have helped several hundred small enterprises in the 3rd world, in turn creating 240 new jobs, and helping 1330 family members. When these loans are repaid the same money then goes to new projects. This money is therefore continually being re-invested.

More information in the next Newsletter.



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Club of Lostwithiel

AND THE LOSTWITHIEL CARNIVAL COMMITTEE

LOSTWITHIEL CARNIVAL WEEK 4TH - 10TH AUGUST

SUN 4TH AUG:

CHARITY FAIR SUNDAY FUNDAY

SPONSORED BY RESTORMEL INSURANCE SERVICES
1:30PM - 5:30PM

TO INCLUDE: CORNISH WRESTLING COMPETITIONS
SPONSORED BY PARC SIGNS

- BBQ, BAR
- TEA TENT (SPONSORED BY TREWITHEN DAIRY)
- CHARITY STALLS
- COMMANDO COURSE
- CHILDRENS ACTIVITIES
- TUG O WAR
- SHEAF PITCHING
- MUSIC - DJ LUKE HOWE

CRICKET TOURNAMENT

MON 5TH AUG:

SPONSORED BY DUCHY TIMBER
6PM - 9PM

MANY THANKS TO
BOCONNOC CRICKET CLUB
FOR ORGANISING THE EVENING

PRAM RACE & DUCK RACE

TUE 6TH AUG:

SPONSORED BY THE COUNTRY FRYER
6PM - 8PM

AFTER PRAM RACE JOIN US
ON THE PARADE FOR

- DJ - NCB RADIO'S LUKE HOWE
- DUCK RACE 7.30PM

ROUNDERS TOURNAMENT

WED 7TH AUG:

SPONSORED BY THE ROYAL OAK
5:30PM - 9PM

- BBQ & BAR

CHOIR & BAND CONCERT

SPONSORED BY THE KINGS ARMS
7.30PM

CHOIR CONCERT IN LOSTWITHIEL CHURCH
LOSTWITHIEL TOWN BAND &
WADEBRIDGE MALE VOICE CHOIR

- CONCERT STARTS 7.30PM
- SING ALONG AFTERWARDS

THU 8TH AUG:

STREET PARTY & RAFT RACE

5PM - 11PM
SPONSORED BY THE GLOBE INN

- CHILDRENS ENTERTAINMENT
- BAR, FOOD (INC HOG ROAST)
- RAFT RACE 7.30PM
- THE CORNISH DJ
- LIVE MUSIC FROM BLACK HEARTS (BAND)

FRI 9TH AUG:

FOOTBALL TOURNAMENT

4PM - 9PM
SPONSORS: RESTORMEL KITCHEN

- BBQ & BAR
- 4-6PM JUNIOR FOOTBALL
- 6-9PM SENIOR FOOTBALL

JUNIOR MEDALS SPONSOR: BEST WESTERN
FOWEY VALLEY

MANY THANKS TO
KIXX CORNWALL, LOSTWITHIEL YOUTH
& SENIOR
FOOTBALL CLUBS FOR ORGANISING

SAT 10TH AUG:

CARNIVAL

5PM - 8PM
SPONSORS: THE EARL OF CHATHAM

- FROM 5PM ON KING GEORGE V
- JUDGING FROM 5.30PM
- PROCESSION 6PM
- PRIZE GIVING AT THE CHATHAM

KEEPING LOSTWITHIEL TIDY: DAVE PEAT WASTE LTD

Fowey RNLI

On Saturday 25 May at 1.30pm, Fowey's all-weather lifeboat was launched to assist

with the rescue of a swimmer who had got into difficulty in the sea below Carlyon Bay Hotel, whilst participating in a local swimming event. The Carlyon Bay Lifesaving Club were able to get the swimmer to the nearby beach at Crinnis, which has no direct access and can only be reached from the sea. Teams from St Austell and Mevagissey coastguard had gone down the cliffs by rope to the beach to assist the lifesaving club. The woman was exhausted and was suffering from hypothermia. It was decided that the best way to get the casualty off the beach would be to use the lifeboat. The crew on the all-weather lifeboat launched their small inflatable XP boat, which is carried onboard and got the woman safely onto the lifeboat. They continued to manage her hypothermia, and due to onshore conditions at Charlestown, took her back to Fowey. Here she was given dry clothes and warmed up, before going home with her husband. A good outcome and teamwork by all the rescue services involved. The next day the woman sent a message to the crew: 'Hello! I just wanted to pass on my sincerest thanks to James, Will, Harry and the crew who rescued me from near Charlestown yesterday, when I got into trouble swimming. You were all so kind and truly amazing. So sorry to have interrupted your Saturdays. Thank you.'

On bank holiday Monday 27 May, Fowey's inshore lifeboat was launched at 6.43pm. A 13 year old boy had fallen down a cliff on his bike, on the east side of Spit beach. Due to conditions and reducing visibility the crew on the inshore boat requested back-up from the all-weather lifeboat which was also launched at 7pm. As the inshore lifeboat reached the incident, the local coastguard teams had located the casualty and an ambulance was on scene. Both boats were stood down as no further assistance was required from the lifeboats.



On Sunday 2 June at 6.42pm, Fowey RNLI crew launched their D class inshore lifeboat after the coastguard requested assistance for three paddleboarders. They had been spotted by the NCI and there was concern that two adults and one child appeared to be in difficulty on two paddle boards about a mile off Par beach. There was an offshore wind taking them out and they were struggling to reach the shore. The inshore lifeboat crew located the paddleboarders who had made their way to the shoreline. They confirmed that they had got into difficulty earlier, but were now fine and did not require assistance. The lifeboat



returned to station re-fuelled and made ready for service. Fowey Lifeboat Operations Manager, Chris Ogg said: 'It's important to check weather conditions before going out paddleboarding. Avoid offshore winds because they will tire you quickly when trying to return to shore. Always wear a personal floatation device and a leash and hold onto your board if you get into trouble. Try to choose a lifeguarded beach and always carry a means of calling for help. If you do get into trouble, call 999 and ask for the coastguard.'

On Sunday 9 June at 12:48pm, just as the crew were finishing the debrief from their Sunday morning exercise the pagers went off, requesting that Fowey launch the all-weather lifeboat to assist in a search for a missing diver off the Eddystone Light house. The search was a multi-agency one co-ordinated by Falmouth coastguard, involving Fowey, Plymouth all-weather and inshore 85 lifeboats, Rescue 94 Helicopter and Smit Yare. All but one diver had returned and the orange pick up was not visible. Fowey's lifeboat arrived on site at 1:46pm and was allocated a search leg. Whilst the Fowey crew were commencing their section of the search, Plymouth's 85 crew located the diver who was floating on the water surface. The Plymouth crew rescued the diver and got him and his equipment onboard their all-weather boat. A paramedic from Rescue 94 was winched down onto the Plymouth boat to carry out a full assessment of the casualty, and he was found to be well and required no medical support and was returned to his vessel. The search was stood down at 2:02pm.

Fowey lifeboat week runs from 28 July – 4 August. This is a special year as we commemorate the 200th anniversary of the RNLI and 165 years of Fowey lifeboats. Our team have been working hard to organise some great celebratory events for the week.

- Sunday 28 July – Music on Town Quay – to be confirmed.
- Tuesday 30 July – Quiz at Safe Harbour
- Wednesday 31 July - Royal Fowey Yacht Club music and supper event.
- Thursday 1 August – Fowey Lifeboat 165 Year Exhibition opens in Town Hall.
- Thursday 1 August 6.24pm - 'One Crew 18:24' crew photo on lifeboat pontoon.
- Friday 2 August 5pm - 6.50pm – Lifeboat tours on Town Quay.
- Friday 2 August 6.50pm – Lifeboat Dedication Ceremony with Rev Carol Edleston.
- Friday 2 August 7pm - live music, dancing, food and refreshments on Town Quay.
- Friday 2 August 7.45pm - Joey The Lips 'The Nation's Funkiest 10 piece Band.
- Friday 2 August 9.45pm - Firework display from the middle of the river, kindly sponsored by Horizon Architectural Glazing.
- Saturday 3 August 10am - 3pm - Lifeboat Day with music, activities, refreshments and lifeboat tours.
- Saturday 3 August 2pm – Float-a-fender Race in the harbour from lifeboat pontoon. Decorate a fender at the lifeboat station then enter it into the race at 2pm.
- Saturday 3 August 3pm – Grand Prize Draw and Float-a-fender winners.
- Thursday 1 August - Sunday 4 August - Fowey Lifeboat 165 Year Exhibition in the Town Hall. Photos and memories of 165 years of Fowey's lifesaving crews, model lifeboat, lifesize boat, videos, lifeboat art competition winners, shouts through the decades, RNLI merchandise, lifeboat memorabilia and more. Open from 11am daily.

Further details of all events are on our Facebook events pages @FoweyLifeboat

Our Joey the Lips music and firework event on Friday 2 August would not be possible without the generous support of our event sponsors. We'd like to thank Horizon Architectural Glazing for sponsoring the firework display.

Thank you to Platinum sponsors, Imerys, Toms and Fowey Harbour Commissioners. And thank you to Jerry and Delphine Barnes of Bristol Private Office Services, Four Turnings Garage, Mor Interiors, Niles Bakery, and Richards Fruit and Veg.

Grand Prize Draw tickets are available from pubs and shops in Fowey, at £2 per ticket. Thank you to all those who have donated some fabulous prizes including: £350 St Austell Brewery Voucher, Salcombe Gin Experience, RIB Trip Ride, Fowey Valley Cider, Town Crier Experience, Train Footplate Ride at Bodmin Railway, Tywardreath Butchers Voucher and many others.

If anyone has any spare fenders that they would like to donate to be used in our 'Float-a-fender' Race on Lifeboat Day, please drop them into the wheelie bin in the station car park.



On May 23, the lifeboat led a procession to Cannis Buoy, to commemorate the passing of former lifeboat crew member, Ronald Frederick Horatio Johnson and to scatter his ashes.

After the service family members presented the crew with a photo of a painting called 'Lifeboatmen of Fowey', painted in 2000, which features Ronnie Johnson along with fellow Fowey lifeboat crew.

On 6 June, the lifeboat crew were proud to take part in the D Day commemorative sail past out of Fowey Harbour.

Thank you to Gareth, Julie and Bodie the dog, who popped into the station to say thank you to the crew and to donate £1,000. Both Fowey lifeboats were called out on Sunday 19 May when Gareth fell and injured his head.

They wanted the crew to know how grateful they were for everything they did, and for even looking after Bodie the dog as well! Gareth needed 21 staples on his head, and had cuts and bruising, but after tests and scans, did not need to stay in hospital.

The Fowey RNLI Shop is open from 10am - 4pm Monday to Saturday and 11am - 4pm on Sundays (subject to availability of volunteers).

Our all-weather lifeboat is open to the public for lifeboat tours on Wednesdays and Saturdays (subject to weather conditions and the availability of volunteers).

In this 200th RNLI anniversary year, keep up-to-date with all of our shouts, news, events and activities on social media on Twitter @Fowey_RNLI and on Facebook @FoweyLifeboat and @FoweyLifeboatCommittee



Lostwithiel Social Club News

Our Folk Jam evening again was a great night with many musicians coming together in singing and playing. What an amazing night. If you have not been the Folk Jam is every 2nd Friday of the month. Come an experience these gifted musicians.

Wednesday 10th July the Tywardreath Morris men will be joining us come bringing their music and dance. Come and join in all welcome.

We will be having a Summer Family Disco celebrating the start of the Summer school holidays everyone is welcome bring your parents for some fun food and dancing.

Keep an eye out on Facebook and the notice board for the date.

The club offers free pool on a Wednesday and Bingo on a Sunday. Come and visit us a great safe place for families and children everyone is welcome come and have and enjoy a drink. Members and none members.

Thanks to everyone who helps to keep the social club up and running.

Sheila Bawden (Chair),

Lostwithiel Brownies

Lostwithiel Brownies age 7-10yrs

This half term Our Brownie group is busy working towards our Olympics badge.

We are completing different activities connected to this years Paris Olympics and then we will get rewarded with a Badge to sew onto our blanket or uniform .

If you have a daughter that would like to join our friendly Brownie group please phone **08001695901**

Or visit www.girlguiding.org.uk/joinus

1st July 1897 West Briton

WATER CARNIVAL AT LOSTWITHIEL

On the Parade many lamps strung from tree to tree and around the base of the fountain and along the water's edge, a magnificent spectacle. Illuminated boats with reflections on the water, did anybody ever see the likes on our shores.

Prizes for decorated boats.

1st "Cruiser" Reed

2nd "Wallase" Burt

3rd "Kingfisher" Phillips

Cruiser that took first prize was illuminated with 100 fairy lamps on the mast where the letters "VR" very cleverly arranged, Red, White and Blue flags also arranged and a portrait of Her Majesty.

Taphouse Crafters

We are a small group who meet on the 2nd and 4th Mondays of the month at East Taphouse Community Centre from 10 a.m to 3 p.m. A wide range of crafts are covered.

Pop in and see us or if you prefer phone me on 01208 369127 when we can chat about what we do.

The du Maurier Festival Society presents

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OF ARTS AND LITERATURE

9th – 17th May 2025

Festival Calendar 2025

Our fabulous 2025 Calendar is available to purchase now. Each month contains a truly stunning photograph of Fowey or the surrounding area.

Throughout the calendar, you will also find some key dates associated with Daphne and her family, researched by du Maurier expert, Ann Willmore.



Our grateful thanks to Mel Hicks and David Wilmore for supplying the photographs.

Calendar Size: A5 opening to A4.
Calendars are priced at £7.00 inc UK P&P.

Only a limited number of calendars have been printed, so early purchasing is advised.



You can purchase here – www.foweyfestival.com

You can keep in touch with us as follows:

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Twitter: [fowey_festival](https://twitter.com/fowey_festival) Facebook: [@FoweyFestival](https://www.facebook.com/FoweyFestival)

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Plant Swop

at

Lostwithiel Community Centre

Friday 10-2pm

Saturday 10-1pm

in the

Reading Room

Swop, Donate, Take !



theWI **Lostwithiel W.I.** INSPIRING WOMEN

We were delighted and honoured to have our Mayor, Karen Hendersen and our County Chair Helen Kestle at our special June meeting to celebrate the 100th birthday of Lostwithiel WI. We began with our usual business matters

when Anne gave us a resume of items dealt with at the recent National WI AGM which included Dental Health and violence against women. Anne explained that the speakers had spoken very passionately about their subjects and made many thought provoking comments. After our business concluded we began our celebrations by asking both of our guests to cut our birthday cake (for which we thank Nellys for it's elegant design and delicious taste) we then enjoyed nibbles, strawberries and cream and bubbly. Helen also produced one of her famous quizzes which tested our knowledge of 1924 and 2024, this time we all won as Helen surprised and delighted us by presenting us all with a commemorative pen to mark this momentous occasion. Those of you that have looked at the WI display in the museum window recently (please do if you haven't yet) will have seen that we need to recruit new members to keep our WI going. We will give more details of this in forthcoming Newsletters but in the meantime please don't think, as many do, that it is still just jam and Jerusalem. The WI can include whatever interests you and younger members will bring new ideas, present members are more that willing to have conversations about evening meetings if this is more convenient, please think about it. Please note our next meeting will be on July 8th (not the 15th as shown in our programme) we welcome visitors and any prospective new members. Our meetings are in the lower oasis room of the Community centre at 2.15pm. For any further information call Jean Jones on 01208 872765.

Lerryn Area Minibus Association

July 2024

Calling all Registered Passengers and Members!

Trips leave from Lerryn and Lostwithiel and return at the times below.

Essential to book your seat and arrange a pick-up point.

For bookings, passenger registration and all queries - call 01208 811175

DATE	DESTINATION	TIME	RETURN FARE
Tue 2nd Driver: Chris	Bodmin and Supermarkets	Lerryn Lostwithiel 09:30 - 12:45 09:45 - 12:15	£4.00 adult
Tue 9th Driver: Kevin	Bodmin and Supermarkets	Lerryn Lostwithiel 09:30 - 12:45 09:45 - 12:15	£4.00 adult
Fri 12th Driver: David	Truro	Lerryn Lostwithiel 09:30 - 15:00 09:45 - 14:45	£6.00 adult
Tue 16th Driver: Kevin	Bodmin and Supermarkets	Lerryn Lostwithiel 09:30 - 12:45 09:45 - 12:15	£4.00 adult
Fri 19th Drivers: David & Nick	SPECIAL TRIP Totnes	Lerryn Lostwithiel 09:30 - 16:45 09:45 - 16:30	£10.00 adult
Tue 23rd Driver: Annie	Bodmin and Supermarkets	Lerryn Lostwithiel 09:30 - 12:45 09:45 - 12:15	£4.00 adult
Wed 24th Driver: Dez	SPECIAL TRIP St Austell and Par Market	Lerryn Lostwithiel 09:30 - 13:30 09:45 - 13:15	£4.00 adult
Tue 30th Driver: Nick	Bodmin and Supermarkets	Lerryn Lostwithiel 09:30 - 12:45 09:45 - 12:15	£4.00 adult

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

NB: Please see lerryn.net for full details of LAMA's services.

Special Trip July 2024



Day Out in Totnes. Friday 19th July 2024



Totnes is a fascinating historical & market town at the head of the River Dart estuary

One of 'Britain's Best High Streets', Totnes has a fine choice of independent shops and cafes

Also "Market Day"!

To Book: Contact Jo/Nick on 01208 811175. Cost just £10 adults. £5 Children.

Pick-ups Lerryn 9.30, Lostwithiel 9.45.
Return Lostwithiel 16.30; Lerryn 16.45



For full details of LAMA services please visit lerryn.net

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We've just bottled our 2023 Castledore.

Best-ever I reckon! The main differences between vintages seem to be the weather, 2022 was quite sunny whereas 2023 was quite a long harvest and the weather a lot wetter, meaning more juice. Get yours!

Our Champagne Cider has just moved onto bottling the 2022 Vintage and again seems to just get better, the fruit liking the sun in this particular cider. We did a special batch of our 5-year cider brandy for a company called 'Still in Cask', they enable you to buy shares in barrels of spirits years before they are ready to be sold and it turned out to be very popular, maybe because it is being sold at cask strength -59% ABV. They sold-out so we thought we'd do a small batch for our own customers- first come first served at £75 a 500ml bottle. Come to the shop or visit our website.

We've just found out that we've won a silver medal for our Limoncello at the very prestigious 'Taste of the West' awards. To be honest all this has taken us by surprise, we thought we would do a small batch just for Christmas and it's turning out to be one of our best-selling spirits this summer. People are telling us they put it on ice cream and use it on cocktails and when we do our free tastings (anytime 10 till 4 weekdays) or our scheduled one-hour free tours (Mon, Wed & Fri mornings- book online) it's the spirit most people want to try, even more than Foy Gin!

Come and visit us we're in Lostwithiel on the Old Dairy site (Restormel Estate). Bring this newsletter for a 10% discount in the shop.



VISIT US
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Lostwithiel. PL22 OHG

ONLINE
foweyvalley.co.uk

USEFUL INFO & CONTACTS

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

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

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

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

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

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

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

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

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

PELYN VETS - 01208 872 254

VOLUNTEER CORNWALL - 01872 265 305 For volunteer befrienders.

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

About us

We're Lostwithiel Business group and are a volunteer run group whose aims are to promote the town of Lostwithiel and it's members.

All local groups, businesses, services and trades are invited to help us get our town and community thriving by joining the Business Group.

In return you'll get a listing on this website, the chance to add news and events,

plus exposure through our LoveLostwithiel social media channels on Facebook and Instagram.

We are a not-for-profit group and all money goes into promoting the town and running events.

Membership is £30 a year which means you get advertised on our Lostwithiel website which has 9000 people visit every month. As well as an advert on the website you can share your events and news through our social media channels. With live social media stories, we can get your news shared with locals and visitors. This membership also helps us run some of the events in town, from Dickensian to a wide range of new events coming over the next year.

Upcoming events

Lost in Art is our new event which will be taking place on the 14th of September from 10 am to 4 pm. It is so apparent in Lostwithiel that there is a very high level of talented artists and makers and we want to ensure we celebrate their work and share it with the local community and visitors to the town. Lost in Art will give us this fantastic opportunity to display and share people's work right around the town.

The basis of the day is an Art Trail which will be located in up to 30 locations around the town. This could be someone's shop, gallery, unit or their own home, we will also have communal areas around the town where people can exhibit, such as the Community Centre and the Scout Hall. Those exhibiting can choose to display their work, sell their work or create their work, or all 3 as part of the day.

The trail will flow around the town and we will be encouraging shops to get involved with a display of their own art and joining in with a spot the paintbrush game for children to get involved with. The application process has commenced and will close on the 12th of July. If you are interested in showing your work please email events@lostwithiel.org.uk and we will send you all the details.

We are also looking for people who are interested in volunteering on the day, along with artists who are interested in setting up an easel and painting around the team. Please email for more details.

This is going to be a lovely event celebrating the talents of the town and the surrounding area, with the aim of growing the event to become an annual event in Lostwithiel over 2 to 3 days. It would be great to really show off the talents in our town, we do hope you can be part of this.





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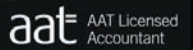
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Fowey River Lions

Presentation to Lewis Mooney

Fowey River Lions have been helping to support a young family whose son has had several trips to Great Ormond Street Hospital. The initial visit by the Lions was made by the late Tony Bartlett. Tony was keen that the Lions help the family but also provide a treat for Lewis. Fortunately, one of our members has good contacts and was able to secure a Manchester United shirt, signed by all the players, to present to Lewis. At our June meeting we welcomed Lewis, his parents and



siblings. President Steve was pleased to make a presentation to young Lewis who is a keen Man U fan. The presentation was also attended by Tony's wife Lynn Bartlett. We wish Lewis and his family well. We will be keeping in touch with them.

BBQ at In Search of Tywardreath

Thank you to ISOT for inviting the Lions to provide a BBQ for their weekend event at New House Farm, Tywardreath. The sun shone and it was an excellent event. Members served tasty burgers and sausages in baps with all the trimmings, if you wanted them. The event was very successful and we were delighted to have raised £499 for Lions charities.

Ukraine Appeal

We are still collecting goods to send to Ukraine. Just a reminder, they particularly require - sanitary products / personal hygiene products / nappies, baby wipes etc / baby milk formula / unused medicines particularly paracetamol. If you have anything to donate please let us know through the contacts below.

Community Help Needed

Are you interested in helping your community and happy to get "stuck in" with fundraising and volunteering activities? You have seen what Fowey River Lions do, fundraising, helping the community by making donations and supporting other groups. We are looking for new members. Without your support the club may have to close and with it all the local activities and grants that it provides will be lost to the community. If you are interested come and see what we do. Please join us on Monday 1st July 7pm, upstairs at the Ship Inn, Polmear, Par and find out more about what we do and how you can help. Or contact us as below for further information. We cover Fowey and Polruan and all the villages on both sides of the River Fowey up to and including Lostwithiel. Our area includes all of Tywardreath and Par on the Fowey and Tywardreath side of the main railway line at Par. We look forward to welcoming you.

President: Lion Steve Jones Secretary: Lion Lynn Goold
Treasurer: Lion Ruth Rowse

Email: foweyriverlions@gmail.com facebook: foweyriverlions
Tel: 0345 833 7484

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Chapel Chat

Let the name of the LORD be praised now and forever.

³From dawn until sunset the

name of the LORD deserves to be praised.

⁴The LORD is far above all of the nations; he is more glorious than the heavens.

Psalms 113:2-4 from the Contemporary English Version

Shoes and Socks

Harbour Housing runs a monthly foot clinic for the homeless. They are in desperate need of socks and shoes for both men and women. It is not necessary for the items to be new but they would appreciate it if they were in good condition. There will be a box at church for any donations.

Church Activities at a glance

July 7th Mrs Bridget Whell

July 2nd Chapel Cleaning

July 14th Café Church

July 21st Dr Elizabeth Burroughs

July 25th Coffee Morning

July 28th Café Church

Theme – A little can be plenty. Led by Maureen & Friends

Sew What - every 1st and 3rd Thursday 2-4

Music Appreciation Group – every 4th Wednesday at 7.30



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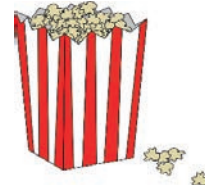


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2024

LOSTFEST

LOSTWITHIEL'S QUIRKY ONE DAY FREE FESTIVAL

This year we raised £1900 to donate to local causes.

So, if you are a local charity, club or organisation that has a project, which will be completed within the next 12 months & needs some funding contact us on info@lostfest.co.uk or via the contact form on the website.

2024

LOSTFEST

Thank you to....

- The LostFest Committee and all the volunteers, who have supported us.
- GWR for putting on extra trains to make sure everyone gets home safely.
- Kat at Literacy for supporting us with the website.
- Lostwithiel Social Club, The Royal Oak and the Earl of Chatham for hosting us.
- Roy at Palace Printers for his patience and constant support.
- Michelle and Emma at Really Lovely Projects for their advice and cooperation.
- Kirsty for letting us use the Community Centre.
- Simon at Castle Brewery for all his advice.
- Gillyflower, Jeffreys Auctions and Restormel Industrial Estate for providing parking without which the festival would not have been possible.
- Co-op for supplying electricity to The Parade.
- All of our raffle prize donors & amazing retailers.
- The Town Council.
- All the performers, who have generously donated their time and made the festival what it is.

SEE YOU NEXT YEAR!

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Ann's Gallery EST 1977

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