



email: palaceprinters@btinternet.com

SEPTEMBER 2024

FREE

LOSTWITHIEL NEWSLETTER

THINGS TO LOOK FORWARD TO AT THE COMMUNITY CENTRE

Johnny Cowling LIVE



Johnny Cowling (19th October)

Described as a pinch of Jethro, a spoonful of Tommy Cooper and a hunk of Elvis, Johnny will make you laugh, dance and cry. Tickets available on our website (www.lostwithielcommunitycentre.org.uk).

Cat La Chapelle (9th November)

Cat is a multi-talented musician and performer who has taken the world by storm with her infectious beats and dynamic performances, who has captivated audiences at some of the most prestigious venues globally. Let Cat take you back to the 80's. Tickets available on our website (www.lostwithielcommunitycentre.org.uk).

Caracana (16th November)

Caracana are an uplifting Nos Lowen or Cornish Ceilidh folk band, with music deriving from their native land of Cornwall and globally, plus their own compositions. Ticket will be available on our website soon, so please keep an eye out.



WHAT'S ON WHERE – MARKETS, EVENTS & GROUPS - SEPTEMBER

LOSTWITHIEL LOCAL PRODUCE MARKET – Lostwithiel Scout Hut, 4th SATURDAY of each month Saturday 28th September 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; 7th Sept Contact Ann 07881826032

ANTIQUES FAIR: Sunday 8th Sept 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, & Children's Menu.

COMMUNITY CENTRE CAR PARK:

LLOYDS BANK VAN: Fortnightly – 2nd and 18th Sept 10 - 12:35 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

Quil 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 871844

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: 7th and 21st Aug (1st & 3rd Weds) 7-9pm

Lostwithiel Bingo Fundraisers: Friday Evenings 6.30 for 7.30am

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 749 69

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

Speedwatch: Email: _jeff.berrose@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 **TUESDAY 1st OCTOBER 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 September 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 873 187

If you would like to receive Lostwithiel Newsletter monthly via email, please contact me at the above email address.

If you have an event or regular group happening in Lostwithiel and the surrounding area, please do contact me to include it in Page 2 listings.

DISCLAIMER: Lostwithiel Newsletter is an independent non-profit publication by and for the people of Lostwithiel and surrounding areas. It is published 'under the umbrella' of Lostwithiel Business Group but views and opinions expressed in the Newsletter do not necessarily reflect those of Lostwithiel Business Group. The editor reserves the right to refuse material for any reason whatsoever, and cannot be held responsible for any errors or omissions which may occur in this publication.

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From the Mayor

My column has to begin with a huge thank you to both the Rotary and the carnival team for what can only be described as a spectacular Carnival week. All the week's events were well supported by entries and spectators which were a credit to you all.

I endeavour to say – what a great town we live in. It goes without saying that these events would not go ahead if it were not for all the volunteers that make it happen.

Lostwithiel Library – As the summer holidays are drawing to a close if you know of any younger members of the community who got involved in the Cornwall Libraries Summer Reading Challenge and have yet to complete their six books do encourage them to visit the library as soon as possible as the closing date is 14 September.

Please watch your post boxes for a Town Council consultation leaflet which will soon be delivered by your Town Councillors to each and every house in Lostwithiel. The Town Council has £70,000 of Section 106 funds to use towards the provision and/or improvements of the open space facilities at King George V playing field. At this initial stage the Council is asking the community for practical suggestions (within the budget) to draw up a shortlist. Please do have your say and return the tear off portion of the leaflet to the Council's post box on the wall outside the Taprell House courtyard, or place it in the boxes in Penhaligons or the Co-op.

You may have noticed the activity in and around the Parade with regards the horseshoe garden. Rotary have kindly offered to give it a bit of a revamp having asked the council for the go ahead. The professional gardener has done a wonderful job in bringing it back to life. Once completed the plan is that Rotary continue to maintain it monthly for a further year.

The Town Council has had a letter of concern from a member of the public with reference to the new opening times for the Post Office in the community centre. We should all recognise the importance of this invaluable service to our town. Use it or lose it is the motto!!!

I have been asked by a member of the public to mention in my column a gentleman that stays annually out at A little bit of heaven St Veep which is a respite for the disabled. Mr Andy Walker is a paraplegic and has recently completed a challenge to raise money for MND – Lands' End to John o Groats . He does everything with his chin to drive and steer his modified electric mobility bike which is a fantastic achievement and he does have a just giving page so if anyone would like to donate just look him up.

The office has been contacted by a bread delivery driver who is experiencing problems delivering to the Co-op due to vehicles being parked at the top of Fore Street on the yellow lines. He has also witnessed another lorry which tried to make the turn and couldn't because of the vehicle parked very close to the junction and this lorry then reversed back onto the A390 which is a very dangerous manoeuvre for both pedestrians and vehicles. Can we all please give some consideration to others.

Finally, some unwanted news of vandalism to area in the playing field and behind the Community Centre close to the A390. One of the trees has been painted in a variety of colours, branches have been broken off, a picnic bench has been dismantled and behind the community centre a rope tyre & chair swing is causing damage to a tree and there is a bench further up the same tree.

Karin Henderson, Mayor of Lostwithiel



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. Doors at 7pm, film at 8pm. BYO drinks.

One Love (12), Monday September 30th

Biopic celebrating the life and music of Bob Marley who inspired generations through his message of love and unity, how he overcame adversity and the journey behind his revolutionary music.

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



Lostwithiel Rotary Club
and Carnival Committee present

D-DAY ANNIVERSARY in the ST AUSTELL and LOSTWITHIEL AREA

By LYNDON (SID) ALLEN
Local historian and prolific author.

Lyndon, whose talks and breadth of knowledge is fascinating will cover all aspects of the war locally.

Blackouts, coastal defences, refugees, home guard units, shipyards, bombings and damage in the build up to D - Day.

Termed by Eisenhower as the start of the 'Great Crusade'.

LOSTWITHIEL CHURCH ROOMS
THURSDAY 10th OCTOBER 6.30pm for 7pm.
£5 admission or £10 to include a pasty.
BAR AVAILABLE

Pre booking of pasties by Wednesday 9th.
Contact Rotarian Paul Crossman by email
paulcharlescrosman1957@gmail.com

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Lostwithiel Library

TAPRELL HOUSE, NORTH STREET

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/

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LERRYIN FILM CLUB



THE NEXT MEMBERS' EVENING WILL BE ON

THURSDAY 26TH SEPTEMBER 2024

IN THE LERRYIN MEMORIAL HALL

AT 7.00 PM FOR WELCOME DRINKS AND NIBBLES

FOLLOWED AT 7.30 PM

BY THE FILM "THE INCREDIBLE JOURNEY OF HAROLD FRY"

TO JOIN THE LERRYIN FILM CLUB OR TO COME AS A GUEST

PLEASE CONTACT SUE ON 01208 871513

St Bartholomew's News

Now all the children are back at school and getting used to new classrooms, teachers and curriculums. Hopefully everyone had a good holiday and managed to find lots of nice sun to recharge the batteries. We wish them all well and hope they settle in soon. And I am so glad I no longer have to go through this every year! Instead, I just get to worry about the garden and whether my new plants are happy and settled and ready to face another year in the garden, with all the uncertainties of weather and hungry slugs. We wonder why slugs are on the list of creatures that God decided he needed to put on the earth, but it's not for us to question His reasons. We grin and bear it!

You may all have heard by now that Rev'd Paul is leaving the Benefice. He is moving on to Padstow and a new start in a different Benefice. This has left us in an Interregnum, (or a period of discontinuity), when we have to try and fill in the gaps left in the services round the Benefice, until a replacement is found. There will be a Eucharist somewhere round the Benefice every week for anyone who wants Communion so please don't think you will be left without. We wish Rev'd Paul and Linda every happiness in their new venture.

Rev'd Sheila will be taking the Benefice Celtic Eucharist on Thursday mornings if possible but will give you notice about that. These services are at 10.00 and quiet with no hymns.

Our first Sunday, 1st, is the Family Eucharist as usual with Rev'd Sheila, giving us insights into many aspects of life that we never think of ourselves. Sunday 8th we have a Eucharist. Sunday 15th and 22nd will be Morning Prayer.

On Saturday 28th, Messy Church returns from 4 – 5.30. Please bring your youngsters along to the Church Rooms for some fun, crafts, stories and short videos, followed by food. Anyone who would like to help can come along and become one of the team after a DBS check by Catherine in the Church Office.

Our Open The Book team will be rehearsing on Tuesday 3rd at 4.00 in the Vestry. If you would like to join us in taking the Bible Stories to our Schools, do come along and see what we do. The children love to see us dressed up and we have fun doing it. You will need DBS checking but this is free and can be done quickly by Catherine, our Benefice Secretary.

If anyone would like to help in the various areas around the Church, do contact us – the Churchwarden's numbers are in this magazine or on the main notice board. This is not only cleaning, but flower arranging, polishing brass, even playing the organ or piano if you are able.

See you in Church!



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

Church Rooms, Church Lane.

Informal worship, relevant Biblical message and fellowship.

Light refreshments after service.

All are very welcome.



The Benefice of Lostwithiel Parishes

Regular Weekday Services

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

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

Last Saturday of each month- Church Rooms-Messy Church-4-6 pm

Vestry Hour

Rev'd Paul is available in the vestry at St Bartholomew's Church on Tuesday mornings from 09:30am to 10:30am to discuss any issues that you might have.

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

The Benefice of Lostwithiel Parishes

Rev'd Paul Beynon(Rector) - Tel No: 07896 841802

Rev'd Sheila Bawden(Associate Priest)-01208 871344

Church Centre

[Benefice administration office-open every Monday-Wednesday morning]

Tel No: 01208 872232

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 21st September.
Venue - Fowey Valley Hotel, Time - 09.30 - 10am Raffle
Any enquiries please contact :- Simon Bell
Simon@Foweyvalleyhotel.co.uk or 01208 872223.

Lostwithiel Floral Art Group

We meet again on Wednesday 25 September at Lanhydrock Hall at 2 p.m.

We look forward to catching up with everyone and new members will be most welcome.

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THINGS TO LOOK FORWARD TO AT THE COMMUNITY CENTRE - SEPTEMBER

We have a lot on in September and the amazing car boot sale is back! Here is an overview of

some events but also check our website for lessons and events.

Event	Date	Time
Car boot sale	1st September	10:00AM - 02:00PM
Diabetic Clinic	5th September	01:00PM
Antiques Fair	8th September	10:00AM - 02:00PM
Book Group	9th September	10:00AM
Art Group	11th September	02:00PM
Woodturning	12th September	07:00PM
Art Trail	14th September	09:00AM
Book Group	16th September	10:00AM
Writing Group	18th September	02:00PM
Blue Light Day	21st September	10:00AM - 01:00PM
Art Group	25th September	02:00PM
Woodturning	28th September	10:00AM

GREAT EVENTS AND NEW IDEAS FOR AUTUMN

Friday evening tea at the café: We understand that at the end of a busy week, we often just want to feed the kids quickly and have a treat. That is why from 13th September the café will be open on Fridays from 15:30 – 18:30 to offer something tasty and nutritious and hopefully to make life a little easier.

Johanny Cowling (19th October): Described as a pinch of Jethro, a spoonful of Tommy Cooper and a hunk of Elvis, Johanny will make you laugh, dance and cry. Tickets available on our website (www.lostwithielcommunitycentre.org.uk).

Cat La Chapelle (9th November): Cat is a multi-talented musician and performer who has taken the world by storm with her infectious beats and dynamic performances, who has captivated audiences at some of the most prestigious venues globally. Let Cat take you back to the 80's. Tickets available on our website (www.lostwithielcommunitycentre.org.uk).

SOMETHING ELSE TO LOOK FORWARD TO...

Caracana (16th November): Caracana are an uplifting Nos Lowen or Cornish Ceilidh folk band, with music deriving from their native land of Cornwall and globally, plus their own compositions. Ticket will be available on our website soon, so please keep an eye out.

OF COURSE, THERE WILL BE OUR AMAZING ESCAPE ROOMS IN HALF-TERM AND LOTS OF FUN AT CHRISTMAS FOR THE CHILDREN, INCLUDING AN AMAZING PANTO!

THE CONFERENCE ROOM

Need to hold a quick business meeting, training session or committee in a professional environment? Want to keep the meeting local?

Lostwithiel Community Centre now has a great conference room with wifi, white boards and a projector. Buffet lunch and refreshments available.

To make a booking please contact us via the website or on lostwithielcommunitycentre2020@gmail.com.

YOUR COMMUNITY HUB

We know that the community centre is very important to the town & we aim to be the heart of the community. So, we would like to update everyone on what has been going on over the last few months. It will be a long journey to become a truly best-in-class community centre, serving the entire community with performing arts, sports, and a lot more, but we are confident that together we can do this. So far, we have engaged new trustees and focused on improving our finances to ensure a sustainable future for the centre - we are proud that this year we should be able to put something aside for emergencies (create financial reserves). We have also put in place a funding plan to access financing for our roof and the studio to make sure we meet our community's needs. But this is just the start...

"The centre has literally been the centre of the community for half a century of ... discos, brownies & guides, parties, extra-curricular activities & fayres It is a lifeline for some of the older & more isolated in our society... No other venue in Lostwithiel has the ability to offer such a variety of experiences or seat as many spectators. It is a vital resource that we need to protect for generations to come."

Survey 12.24

DONATIONS & FINANCIAL SUPPORT

This financial stability would not be possible without your donations, support or fundraising, including the fantastic raffle prizes you donated recently. We would like to give special mention to the following groups and businesses: Lostwithiel Town Council for 6-months' financial support; The Duchy in many forms; our local Plant Swap, Kate Mooney & the fire service, who raised money for the roof; crowdfunding donors & the Ruggers & Hookers, who enabled us to buy a new commercial cooker; Cllr Martin's Community Chest, which has part-funded an EV charger, & a significant number of very generous private donors. All our partners are on our website, please look & be amazed at the generosity of our local businesses & organisations.

THANKS

We have an amazing team of volunteers, who make the community centre the great place it is. We would like to say a special thank you to Terry, Colin & Michael, who have made the garden look beautiful, and to Emma, Tina, Ruth, Jenna, Gill, Pauline, Sally & Leila for helping to design & run the Escape Rooms, to Rae for her donation & for all the props donated by the town.

WANT TO BE PART OF SOMETHING EXCITING AND MAKE A DIFFERENCE?

We need your support & input to ensure that the Community Centre remains a thriving and vibrant community hub. Without you, the community centre is just a building. It is people that make the difference. We are looking for:

- **Volunteers:** We need you to help to run the centre, support at events and bring different expertise and experience. Whatever your skills or interest we can find something meaningful and important for you from gardening to business planning to design and marketing to....
- **Support with fundraising:** The more money we raise, the more inclusive services we can offer. We try to balance profitability & inclusion, which is hard. So, if you have any fun fundraising ideas, please come and talk to us.
- **Feedback and ideas:** It is important to tell us what you would like to see at the centre: a new class, an event, a different service or just something new on the café menu. We cannot promise to be able to deliver everything, but your feedback is essential for us to ensure we serve the community.

YOU TOLD US THAT THE COMMUNITY CENTRE OFFERS:

- An increased opportunity to socialise (75%)
- Be more connected to our community (57%)
- Improved well-being (54%)
- New skills (53%)
- Improved health & fitness (53%)

The best point of contact is via the website (www.lostwithielcommunitycentre.org.uk/contact)

but if you prefer just to chat, pop in and see us.

	Reading Room	Main Hall	Studio 2
Monday	Book Club 1 every 2nd Monday. 10.am ----- Book club 2 every 3rd Monday in the month 10am	5-9pm Town band	Baby Ballet Boppers 10.30-11.05am 6 months -3yrs Pre-school Ballet 3-4yrs 11.10am-11.40am
Tuesday	Ruggers & Hookers Crafters 10-12pm Post Office 12.30-2.30pm U3A French From 2.30pm-4pm 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 3rd Wednesday 2.30pm	10.30- 11.30am Flexercise 1.30-2.30pm Tapacise 6.30-7.30pm Zumba 7.30-8.30pm Mens Basketball 8.30-9.30pm Ladies football	Preschool Ballet 10-10.30am Acro Home Ed 10.30-11am
Thursday		9-11am Kixx babies play group 1-2pm Strickly 3.30-5.30pm Karate	10am-12.30pm Home Arts 3.45-4.15pm Tap & Jazz 4:15 – 4.45pm Primary Ballet 4.45-5.15pm Acro primary 5.15-6pm Acro grade 1 7:15pm - 7:45pm adult ballet.
Friday	Poetry group 10.30-12pm New Cafe 1st Friday in the month Crafty Chatters 2-4pm Post Office 12.30-3pm		Ballet & Street Dance 3.45-4.15pm preschool Ballet 4.15-4.45pm Street Fusion Jnr 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			Dance With Kate 9.00-11am



. TALK AND SOCIAL EVENT: A special date for the Autumn calendar is Tuesday 1 October 2024 when Lostwithiel Museum Association will be hosting an event in the Church Rooms at 7pm. We are delighted to be welcoming back Paul Holden, a Heritage Buildings Consultant, researcher, author and accomplished speaker—who will be sharing his “Confessions of a Country House Snooper.” It promises to be a fascinating topic and I can’t wait to hear what Paul will reveal. This is a free event for LMA members, Old Cornwall Society members and museum volunteers. Admission for non-members is £5 (including refreshments). For more information see the museum website www.lostwithielmuseum.org

. TOWN HERITAGE WALKS: The guided walks for the 2024 season are due to end on Wednesday 23 October. Fortunately, there are still a few weeks left to find the answers to all those questions you’ve been meaning to ask our experienced Walks Guides. The Wednesday walks start at 11.00am from outside the Community Centre. If you are a member of an organisation and want to make a special arrangement for a group walk on a different day or at an alternative time, please contact Pauline Gillett (Heritage Walks Co-ordinator) on 01208 872040 to discuss your requirements.

. MUSEUM MATTERS MAGAZINE: Issue 17 of this increasingly popular in-house magazine is on its way to you. LMA members can look forward to a special doorstep delivery during September—and museum volunteers will be able to collect their personal copy from the museum. Additional copies can be purchased from the museum & Watts Trading in Fore Street. If you have a distribution query please contact Richard Young (Editorial Team) on 01208 367051. Issue 17 of the magazine will include an LMA Membership Renewal Form for 2025 to complete and return to the Membership Secretary.

. LOSTWITHIEL MUSEUM ASSOCIATION MEMBERSHIP: The easiest way to support your local museum is to become a Friend of The Lostwithiel Museum Association. For a modest £10 per household Friends of LMA will receive two copies of Museum Matters magazine (Autumn and Spring) and be invited to a complimentary Talk and Social event. By also completing a Gift Aid Declaration Form, you will be helping LMA to claim an additional 25p for every £1 paid. For more information please see the museum website www.lostwithielmuseum.org or visit the museum in Fore Street to complete an application form.

. VOLUNTEERS: It’s never too late to join the museum as a volunteer. Although the end of the ‘open to visitors season’ is with-in sight, the museum continues to operate ‘behind the scenes’ throughout the year. There will always be things to do in order to be ready to open to visitors for the new season. For more information please contact Christine Walton on 01208 871456.

. NEW VOLUNTEER: We are very pleased to welcome Jonelle Julian who recently joined the museum as a Steward and is currently covering the Thursday afternoon session.

. MUSEUM CALENDAR FOR 2025: To celebrate Lostwithiel’s precious heritage we have produced a unique calendar featuring 14 images of Old Lostwithiel selected from our archive collection. This perfect gift for friends and family is on sale in the museum in Fore Street—priced at £7 (with envelope).

. AGM: We look forward to welcoming you to the Lostwithiel Museum Association AGM to be held at 7.00pm in the Church Rooms on Tuesday 19 November 2024.

With thanks to our museum volunteers, LMA members, supporters and visitors.
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>

	YOGA STUDIO	Oasis Downstairs
Monday	9-10am Pilates Matt Class 10.30am Pilates 4.30pm 5.15-6.15pm Drama+ Musical Theatre 6.15-7pm Carley Stretches & Mobility 6:45 - 7:45 Vinyasa Yoga with Kelly	Ladies Wi 2-5pm (monthly)
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
Thursday	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 (monthly)
Friday	9.15am – 10.10am Somatic Movement Therapy 10.15am-11.15am Yoga for well being 11.15am -12.30pm Yoga for well being 6pm-7pm Yoga with Sophie	
Saturday		Woodturners 10am (monthly)
Sunday	9.30-10.30am Vinyasa with Kelly	



The Globe Inn

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Lostwithiel Rainbows

FOR GIRLS AGED 4-7 YEARS

As we are still on our Summer break we do not have any Rainbows news but we are looking forward to returning to Rainbows this month.

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



OPEN MEETINGS

Our next Open Meeting is on Monday 9th September at 2pm at the Church Rooms in Lostwithiel, where we'll be hearing from Mike Griffiths with his talk Listening to the Enemy, featuring the fascinating story of the Bletchley Park outstation in St Erth.

Over several years, Mike has painstakingly researched the origins and purpose of this site. His father, Harry, was a radio operator at the station throughout the war and recorded many of his contacts in a little black book – his 'Code Book'. This promises to be a very interesting talk and would also be a great opportunity for anyone wanting to find out more about Lostwithiel Area u3a – you would be most welcome!

UPDATES FROM OUR GROUPS

Some of our groups take a little break over the summer but others are out and about taking advantage of the (hopefully) good weather! **The Garden Visits** group went to Lametton Mill near St Keyne (as featured on Channel 4's Grand Designs) and had some refreshments – including some scrummy cakes – in the lovely gardens, hosted by the owners Richard and Leigh and all in aid of the National Garden Scheme charity.

Meanwhile, the **Art Appreciation** group went to Falmouth by train where they took in the display of the Kurt Jackson/RNLI collaboration at the National Maritime Museum as well as visiting other galleries in the town, including the Falmouth Art Gallery. In September the group will again be travelling by train, this time to the Penlee House Gallery and Museum in Penzance, which has an exhibition commemorating the 150th anniversary of the birth of the Newlyn School artist Harold Harvey.

As usual the ever-active **Electric Bikers** were out eating up the miles (90 to be exact) with four great trips across the area, including Dragon Leisure Centre to St Wenn and Lanlivery to Eden while the Pop and Rock Music Appreciation group listened to tracks with memorable first lines, ranging from Queen, Fleetwood Mac and The Buggles to P.J.Harvey and The Human League.

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 Bridge and Creative Writing 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.

And it was great to meet so many people who popped in to have a chat with us at our stall at the Lostwithiel Carnival Charity Fair Sunday Funday on August 4th. Many thanks to the organisers who work so hard to make this happen every year – it really is a fantastic advert for the Lostwithiel community spirit!

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

Royal Fowey Yacht Club



With mixed weather and conditions again in August the Regatta planning may have been a little tricky but we won't have the results before this article goes to press in August. Without doubt the various sailing teams and the Regatta Committee would have made this annual event another great success.

There have been several very entertaining events at the RFYC from visiting Sailing and Yacht clubs.

The RNLI is one of the RFYC's dedicated charities and the late July fundraiser, to coincide with the 200yr celebrations of the RNLI, was a fabulous evening with a full house for the BBQ; an exciting Auction raised £2,600 and a tombola table, and beer sales from a barrel kindly donated by St. Austell Brewery, served in special commemorative pint mugs from the RNLI, exceeded another £400 for our local crew.

The Sailing Agenda:

There is still plenty of sailing activity this month, the cruisers continue their season, various clubs visit Fowey, the Autumn Series and the Opals. The month is completed with the Fowey River and Troy 'Up Anchor' race on the 28th.

Diary Dates for September

- Friday 13th: Book Club, often preceded by a friendly, welcoming lunch.
- Friday 13th - Sat 21st Art Exhibition at the RFYC with an opening evening supper
- Saturday 14th: Saturday lunch time get-together
- Saturday 28th 'Up Anchor' race 2.20pm. Troys and Fowey Rivers
- Saturday 28th: An Evening in Conversation with Merlin and Robin Hanbury-Tenison
- 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.

CORNISH TIMES 6-05-1876

May Fair

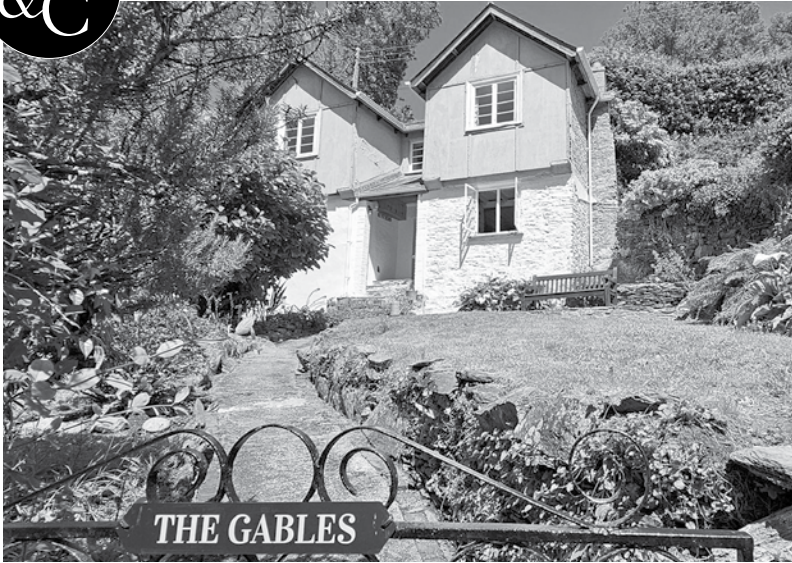
Lostwithiel May Fair in the third year of its existence was said to be "flourishing as a green bay tree".

The beasts were congregated around the front door of the Talbot hotel and various other houses in the locality, not calculated to facilitate traffic through the town, or the easy and effective transaction of business matters.

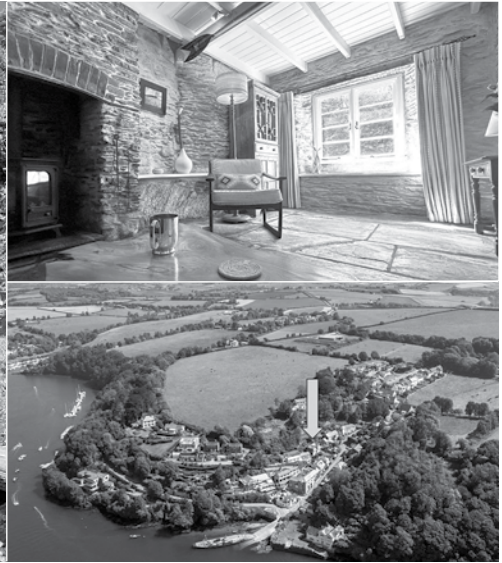


The Gables Bodinnick-by-Fowey

Guide price: £625,000



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12 - 4PM

PARKING AT RED MOOR SCHOOL
SORRY NO DOGS

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.

Services in September at 11.00a.m

September 1st Fellowship

September 8th Café Church*

September 15th Rev P West

September 22nd Café Church*

September 29th Mrs E. Benney

COFFEE MORNING - September 26th 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

Local Contact: : Mrs M Mitchell 01208 367016

Chapel Chat

¹³ So we should stop judging each other. Let's decide not to do anything that will cause a problem for a brother or sister or hurt their faith.

Romans 14v.13 from the Easy to Read translation

Coffee Morning

September 26th 10.30 - 12

Coffee is free but you may like to make a donation to Go Beyond, formally CHICKS, Tywardreath.

A BIG thank you to all who help to make the coffee and wash up

Church Activities at a glance

Sept 1st Circuit Service, alternative Worship here

(CAFÉ CHURCH TEAM who are not at St Johns)

Sept. 3rd Church cleaning

Sept.8th Café Church (CAFÉ CHURCH TEAM)

Sept.15th Rev Pauline West (TEAM 1)

Sept 22nd Café Church (CAFÉ CHURCH TEAM)

Sept 26th Coffee Morning

Sept 29th Mrs Esther Benney (TEAM 2)

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

Music Appreciation Group – Last Wed. of the month at 7.30

Minister: Rev. Paul Benney 01726 844471

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Catholic Churches Information

St Augustine, St Austell - Sat 6.30. Sun 8.30 & 10.30

Fr. Michael Brandon 01726 73838

St Mary & St Petroc, Bodmin Sunday 10.30.

Fr. Paul Keys 01208 72833

Lostwithiel priest,

Fr. Robbie Low 01208 871517 for info and local details.

CATHOLIC MASSES IN ST BART'S

AUGUST 24th, OCTOBER 5th. NOVEMBER 30th

All Saturdays at 10.30 am

ROYAL CORNWALL GAZETTE 31-07-1846

The news of the success of the Cornwall Railway Bill has been received at Lostwithiel with the strongest manifestations of joy and of gratitude to those gentlemen who have directed or in any way aided in procuring for the county this important measure. On Monday morning early guns were fired and the church bells rang as the signal for a general holiday. Many a merry peal was given during the day, whilst bands of music paraded the streets playing lively music to the joyous inhabitants. In the evening there was a dance through the principal streets followed by hundreds of people shouting and cheering. The festivities of the day have rarely been exceeded even in this town so oft in bygone days the scene civic triumph and gaiety.

The Rotary Club of Lostwithiel



Rotary, a familiar name, but who are we?

Since 1979 Rotary in Lostwithiel has been making a difference locally and globally.

We are not just about making money, far

from it, we are also about utilising our

time, skills and resources to help others

achieve their targets and needs. There is however an important condition to all of this - we must have fun doing it, and a lot of it.

We have very few rules and formalities - so that is who we are.

Last month we were involved in the Lostwithiel Carnival Week,

in partnership with lots of others. Between us we put together a

great week of entertainment and fun. The week is an example of

"hands on" Rotary. It isn't about making lots of money, although

some is needed to put it all together - it's more about our community. Even so, since 2011 we have been able to distribute over 50

bursaries to our local young people.

Yes, Rotary has lady members (our first joined in 2014). Until

recently we helped Bodmin Rotary Club run Bodmin College's

Rotary Interact Club with members as young as 14 yrs. Junior

Schools can have Rotary Rotakids Clubs, so ages can range from 6 years to well after retirement.

Here in Lostwithiel, the average age when the current members

joined was about 47 years, but 9 of them were in their 30s. Some

have been in Rotary for more than 40 years. On average we have

been in Rotary for half of our adult lives. That is how much we

value our membership, what we do and the immense amount of

personal satisfaction we get.

So, who are we?

Quote "Rotarians are just ordinary people, young and old, male

and female, who, when they get together under the Rotary flag

do extraordinary things. We save lives, change lives and give

hope." Rotary is valued by communities at home and abroad.

If that interests you, then you should really be talking to us. The

man to contact is Tom Barker via his email rekrabmot@hotmail.com or mobile 07979 755545.

Most of you will know at least one member of Rotary, so make contact and have a chat. WELL?

Fowey RNLI



On 19 July the coastguard requested the launch of our lifeboat to assess and assist

if necessary, a 16ft motor boat that had broken down on the east side of Fowey Harbour, on the outer edges, where it was drifting onto the rocks. The location was vague as the man on the casualty vessel had phoned a friend who had then called the coastguard. Fowey volunteer crew launched the inshore lifeboat at 3:35pm. As they launched, the coastguard advised that a local boat was on scene assisting. It was agreed with the coastguard that the lifeboat should continue to the casualty, due to the sea state at the location. One of the lifeboat crew was put onto the motor boat and the crew set up a long tow line and brought the casualty vessel back into the harbour where it was handed over to the Fowey Harbour Commissioners' patrol boat.

On Friday 26 July, Falmouth Coastguard requested that Fowey launch the lifeboat to assess a 6.5m speedboat that had broken down between Gribbin Head and Polkerris. The boat was at anchor with four people on board. Fowey's crew launched the inshore lifeboat at 2.25pm. In the interim, an 8m rib had also responded to the Pan Pan VHF message put out by the stranded boat. They had set up a tow and were towing the casualty vessel back towards Fowey Harbour. The lifeboat crew arrived on scene just north of Cannis at 2.35pm and escorted both vessels safely back into the harbour.

On Saturday 27 July at 3.30pm, Falmouth Coastguard requested that Fowey lifeboat station assemble crew, for possible assistance to a woman with a suspected broken ankle, just south of the monument on the Hall Walk at Penleath Point above Fowey Harbour. An ambulance and St Austell and Polruan coastguard teams were en route to the casualty. As there were difficulties with access to the scene, it was decided to launch Fowey's inshore lifeboat to the point and to put RNLI crew members ashore to provide assistance and casualty care. A Fowey Harbour Patrol staff member was already on scene with the casualty. The Fowey lifeboat crew arrived on scene at 4pm, where two crew went ashore and proceeded to provide casualty care and administer pain relief for the woman. The coastguard teams and paramedics arrived on scene at 4.40pm. At 5pm after assessment by the paramedics, it was decided that the best way to evacuate the casualty was to take the woman along the Hall Walk to Bodinnick. With two Fowey lifeboat crew assisting, at 5.30pm the teams took the injured woman from the scene, and at 6.20pm she was transferred to the ambulance waiting at Bodinnick. The inshore lifeboat helm picked up the two crew at the Bodinnick slipway at 6.30pm and returned to the station. This was an excellent example of coordination and cooperation between Fowey RNLI, the coastguard teams the ambulance service and Fowey Harbour patrol.

Fowey crew were paged four times on Thursday 1 August, in an unusually busy day for the station. The D-class was launched at 1:50am to a strange shout, following reports of approximately 20 cows in the water near Chapel Point close to Mevagissey. Fowey's crew arrived on scene to find a herd of cattle in the water and six more on the rock ledge nearby, with two farmers in the water supporting the cattle. Our crew kept their distance and monitored the situation as the farmers in the water guided the cattle back to shore, one by one. Fowey helm James Dowrick said: 'We arrived on scene to see cattle in the water and on the rocks. However, it was clear that the farmers had the situation under control and we supported with torch light and monitored those in the water before returning back to the station, once we were comfortable everyone was safe.'

At around midday, the inshore lifeboat was launched again to assist a mother and daughter who'd got into difficulty whilst paddleboarding off Par Beach. Fowey crew arrived on scene to discover both the mother and daughter were stranded on the rocks to the east side of the beach. The crew successfully rescued the casualties and returned them to the shore. There was also a third page, but this launch was cancelled.

However, the lifeboat was called out again, this time at 5:17pm, after a small boat had drifted approximately 2.5 miles out to sea.

The crew launched the inshore lifeboat and were able to bring the boat safely back to the harbour. They arrived back in harbour as representatives including lifeboat crews, fundraisers, shop volunteers, press, water safety and branch representatives from the RNLI Fowey community were gathered on the lifeboat pontoon, ready to create an historic photographic record of those involved with the lifesaving charity at 18:24 on 1.8.24 to mark the 200th anniversary of the RNLI which was founded in 1824. No-one was sure whether the crew would make it back in time to be in the photo, but with seconds to spare, as the photographer was preparing to start, the inshore lifeboat sped back to the pontoon, switched off the engine and moored up, just in time for the three crew to turn around and face the photographer, along with all their crew mates and colleagues.

Many congratulations to Christian 'Branch' Philp, who was



presented with his 20 year RNLI Service Medal, by coxswain Jonathan Pritchard.

Our lifeboat week was a great success. We had so much support and commitment from our crew, volunteers and so many people in the wider community. Thank you to all the volunteers who helped to make this week and the Friday event so special, and to everyone who came along to support. We are incredibly lucky to have such a fantastic community in Fowey. Thank you to everyone mentioned below and apologies if we have left anyone out.

The week kicked off with the Polperro Wreckers, who raised £325 for us and continued at the Safe Harbour with an amazing quiz night that raised £510. The fun carried on at the Yacht Club, with Gill Vivian and her team and Paul and his staff running a wonderful evening, with the auction raising £2607, the tombola £200 and sales of over £300 grand draw tickets and £205 of RNLI beer and glasses.



Then it was time for our main event. Our lifeboat volunteers, helped by Fowey Harbour Commissioners, C Toms & Son, Yelland Engineering and Dowrick Electrical, got our upcycled pontoon stage onto Fowey Town Quay, ready for the action. During the build, our crews were called out twice on lifeboat shouts. Lankelly Shout made a guest appearance which kicked off a spectacular Friday evening of music and fireworks. The evening would not have been possible without the generous support of our key event sponsors, Horizon Architectural Glazing who sponsored the firework display and Platinum sponsors, Imerys, C Toms & Son and Fowey Harbour Commissioners.

Thank you also to Bristol Private Office Services, Four Turnings Garage, Mor Interiors, Niles Bakery, Richards Fruit and Veg, and also WM Designs who produced the stunning artwork which featured in our exhibition and on all our publicity material for the event. We greatly appreciated the help of the pubs and restaurants on Town Quay for their support leading up to and during the event. Coxswain Jonathan Pritchard said: 'I'd also like to thank the Fowey RNLI 200 committee for all their hard work and dedication over the past few months in putting together such a great week of events.'

Thank you to all the committee members, Gary Jane, Boris Watts, Amelia Luck, Will Maher, James Dowrick, Sean McLaughlin, Cathy Baillie, Adam Luck, Chris Ogg, Rob Collings and Di Morris and thank you to everyone who came along to support our events during the week.'

The week continued with lifeboat day on the pontoon and fender racing in the harbour, which is now set to become an annual event! During the day we had a nerve wracking couple of minutes as Luke Grace launched his scale model of Fowey's all-weather Trent for her first ever sea trial in Fowey Harbour. We were also treated to a sail past by sailors from the Yacht Club and Gallants followed by a special RNLI 200 cup which raised funds for us.

The week ended with the final day of our lifeboat exhibition in the Town Hall, which documented 165 years of Fowey lifeboat station, from its origins in Polkerris to the present day. We have had some great feedback about how much people enjoyed it and how informative it was. It was lovely to watch and listen to visitors reminiscing about the people and places featured in the old photos and displays. Thank you to all who came along, and for all the kind comments and corrections!! Thank you also to the Fowey History Group for their help in interviewing crew and to Marcus Lewis, Paul Richards and everyone who helped and sent in photos and information.

We had another great annual Shanty and Beer Festival, thanks to Gill and Graham and the staff at the Safe Harbour for all their hard work.

We're now looking forward to the Lankelly Fowey Rugby Club event at the end of August. Lankelly are hosting a Fowey Lifeboat Invitational XV Rugby match against a local team on Saturday 31 August. The event will feature music, a BBQ, an auction, and a raffle, and all proceeds will go to support Fowey RNLI Lifeboats. We look forward to seeing lots of you there.



Congratulations to Rosalie who won our children's art competition. Well done to all those who helped make it possible including Sara Goodson, Claire Hoddinott, Gretchen Viehmann, Will Maher, Carol and Steve Aldridge, Isobel Hughes, Carla Moorcroft of Fowey River Academy, Squire's Field Community Centre Youth Club, Safe Harbour and St Austell Printing Company...but mainly of course the children for their artwork!

The 15th Fowey Harbour Swim takes place on Sunday 1 September, raising funds for our lifeboat station. Full details on their Facebook page or contact gaynoredwards@live.co.uk

Fancy A Go At Short Mat Bowls?

THEN THIS IS YOUR CHANCE

Lostwithiel Short Mat Bowls Club have moved to their new home at The Scout Hut, Pleyber Christ Way, Lostwithiel PL22 0HE and are having an Open Evening on Sunday 29th September starting at 7.00pm. All you need is a pair of trainers or similar as bowls and tuition will be given.

We play on a Sunday and Tuesday evenings at 7.00pm from late September to March- club evenings, friendlies and league matches. You will receive a friendly welcome, a cup of tea and great exercise for all ages. We look forward to seeing you on the night. No need to book just turn up!

Lostwithiel Social Club News

What a month August was with some great music performed in the club and outside.

Folk Jam Low Profile and a great duo Two for the Road.

The Social club also joined in Bar BBQ and Band in the Church grounds providing the Bar again this was a fantastic time for everyone listening to Two for the Road Lostwithiel Town Ban Liskeard Community choir and then rounded off by Barts Beat Samba.

An amazing amount of money raised between the Church and the Social club,

We continue with our free pool on a Wednesday Bingo on a Sunday. For music in the club please see the outside Notice Board and Posters in and around Town.

Many thanks to everyone who came and supported the club and continue to.

Sheila Bawden (Chair),

Lostwithiel Old Cornwall Society

After our summer break we will be resuming our meetings on Tuesday September 24th with a, not to be missed, talk by Martin Brockman on the Torrey Canyon Disaster which happened off the tip of Lands End in March in 1967.

This will be an audio-visual journey of the Torrey Canyon's life, her sad demise and the environmental devastation caused by the widespread pollution.

We always welcome visitors to our meetings so do come along and join us, maybe become a member if you wish, and enjoy all things Cornwall related. There is an interesting programme planned for the months ahead so look out for details in Lostwithiel newsletter.

We meet in the Church Rooms at 7.30 pm, on the fourth Tuesday of the month, with tea and biscuits to follow the meeting.

Cancer Research UK Lostwithiel Branch



We were present on the 4th August on the sports field when we supported the Carnival Charity Day and thanks to our committee, friends of Cancer Research and all those who made for us we made a great £504 to support the work of the charity. We must also thank all our loyal customers who purchased all of the delicious cakes, savouries, chutneys and vegetables.

Lerryn Area Minibus Association

September 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 3rd Driver: Chris	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Tue 10th Driver: Debbie	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Fri 13th Driver: Dez	Truro	Lerryn Lostwithiel	09:30 - 15:00 09:45 - 14:45	£6.00 adult
Tue 17th Driver: John	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Fri 20th Drivers: Nick & David	SPECIAL TRIP Paignton - English Riviera	Lerryn Lostwithiel	09:30 - 17:00 09:45 - 16:45	£10.00 adult
Tue 24th Driver: Kevin	Bodmin and Supermarkets	Lerryn Lostwithiel	09:30 - 12:45 09:45 - 12:15	£4.00 adult
Thu 26th Driver: Annie	SPECIAL TRIP Wadebridge	Lerryn Lostwithiel	09:30 - 13:30 09:45 - 13:15	£5.00 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 September 2024

Paignton: the English Riviera

Friday 20th September
2024

Spend a day in up-market Paignton!

Wonderful beaches, great shopping & a diverse range of cafes & restaurants

Leaves Lerryn 9.30. Returns 17.00.

Leaves Lostwithiel 9.45. Returns 16.45



Visit the exciting bustling pier

Walk along the promenade and take in the sea air!

**Cost just £10 adults,
£5 Children**

To BOOK please contact Jo (or Nick)
on telephone 01208 811175

OR, how about visiting Paignton
Zoo instead?

With over 2000 separate animals, lovely spacious grounds in 80 acres, this is an exciting prospect.

Entrance £24.50 (£22.25 online). Drop-off and pick-up at the door to the zoo.



For full details of LAMA services please visit lerryn.net



Shop, tours, tastings & experiences



SECRET PROJECT NUMBER 3:

Fowey Valley Whisky

With all fine spirits, perfection is just a matter of time. In one year and one day's time we will be opening our doors to Fowey Valley's very own Cornish Whisky.

We've been carefully crafting it for two years and now we have started the countdown to when we are officially able to give you a first glimpse. You may already know that you're not allowed to sell whisky until it's been aged for 3 years and a day in wood. Somehow it adds to the excitement we are all feeling about this slowly maturing beauty!

And we have people to thank along the way. We think there's only one Cornish Malt and with help from Simpsons the maltsters and Georgina, the head brewer at St. Austell we secured some of this smooth rare malt and it's called Cornish Gold - one of the main malts in Tribute ale. With more help from our friend Simon, our neighbour at Castle Brewery in Lostwithiel, we brewed a wash and slowly fermented it then distilled it twice on our 500 litre still up to 60% ABV. It went into new 50 litre European Oak barrels, which were made for us in Bulgaria where they had been 'medium-plus' toasted.

On our maturing whisky's second birthday last week we transferred some into barrels that had been ageing our Golden Sipping Rum for two years and we transferred some more into one of our 5 year-old Cider Brandy barrels.

Can't wait to see how they are transformed in a year's time but just to let you know, it is already tasting great!



VISIT US

Unit 11, Restormel Est.
Lostwithiel, PL22 OHG

ONLINE

foweyvalley.co.uk

Lostwithiel W.I.

We hold no formal meeting in August but instead enjoy, what has now become an annual treat which we all look forward to, a visit to a local garden.

Once again this year the weather was perfect for our picnic in the

garden of our hosts, Cheryl and Joe, who were very welcoming. They gave us a tour of their beautiful garden, the many and varied animals we encountered en route were a great hit with members.

The afternoon passed all too quickly, in the relaxing surroundings we were all enjoying, before we reluctantly had to leave thanking our hosts for once again entertaining us. Our next meeting will be on Monday September 9th, which will be a talk on the role of the Cornwall Air Ambulance.

Our meetings are in the lower oasis room of the community centre at 2.15 pm We welcome visitors and prospective new members to our meetings so do come along and join us, we look forward to seeing you.

For further information please call Jean Jones on 01208 872765.

Colin's Column

Update from Cornwall Councillor Colin Martin

We have finally got a footbridge across the railway, which should mean fewer people waiting in the rain or missing their trains. But why has it taken so long and cost so much, and will we ever get the permanent new bridge we were promised?

When I became a Cornwall Councillor seven years ago, I asked the Council to fund a footbridge at the level crossing on Grenville Road, so people wouldn't be forced to wait every time the barriers came down, and commuters wouldn't keep missing their trains because they couldn't get to the right platform.

I was told that a spare bridge in Totnes could be rebuilt here for £250,000-£400,000. I was shocked by the high price, but Cornwall Council agreed to contribute £250,000, if Network Rail would cover the rest. That seemed like a good deal to me (especially as Cornwall Council isn't actually responsible for railway crossings). I am a firm believer in the motto "Don't let the perfect be the enemy of the good", so when someone pointed out that the Totnes bridge wouldn't be suitable for a lift, alarm bells started to ring.

Of course, a bridge with lifts would be best, but that would cost millions of pounds, and it was clear to me that this kind of money simply is not available for small stations like Lostwithiel. I warned that if we started to look for the "perfect" bridge, we might miss out on the "good" bridge.

Sure enough, the decision to go for a bridge which might get lifts added at a later date has ended up leaving the town waiting for seven more years with no bridge at all.

With the general election approaching, Network Rail suddenly found £200,000 to install a "temporary" bridge, though nobody has explained why this wasn't offered to us seven years ago! Network Rail have assured me that funding is definitely in place for the permanent bridge, but the new Labour Government has been cancelling infrastructure projects across the country, blaming their predecessors for making unfunded spending commitments.

Time will tell whether the permanent bridge ever appears, but in the meantime I'm grateful that a "temporary" bridge is now in place. It's not quite where we wanted it, and it's not exactly pretty, but it's better than getting stuck in the rain or missing a train, so I'm very grateful to everyone who has played a part in getting it built.

Meanwhile, I'm told that the spare bridge is still sitting in the car park at Totnes, so if the funding for the new bridge does disappear, we can always go back to Plan A...

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9th – 17th May 2025

Quiz Night

Tuesday 3rd September 2024

Safe Harbour Inn, Lostwithiel Street, Fowey

Quiz starts at 8pm

£2 per person maximum 6 per team

PLEASE book your space in advance

by contacting the Safe Harbour 01726 833379

Bingo Night

Wednesday 25th September 2024

Haveners, Town Quay, Fowey

Eyes down 7.30pm

£10 per person payable in cash on the night

PLEASE book your space in advance

by contacting Haveners 01726 834591

Come and join us and Lee at Haveners for a fun night of Bingo with lots of good prizes. There will also be a raffle with even more lovely prizes. Please book your place in advance to avoid disappointment. Thank you to all the businesses who have kindly donated a raffle prize, we are very grateful to you for your support. We look forward to you joining us.

Fowey Festival Calendar On Sale Now

Enjoy our 2025 Festival Calendar, where 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 du Maurier and her family, researched by du Maurier expert, Ann Willmore.



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

Purchase can be made through our website www.foweyfestival.com

For multiple copies please email us on info@foweyfestival.com

You can keep in touch with us as follows:

www.foweyfestival.com Email: info@foweyfestival.com

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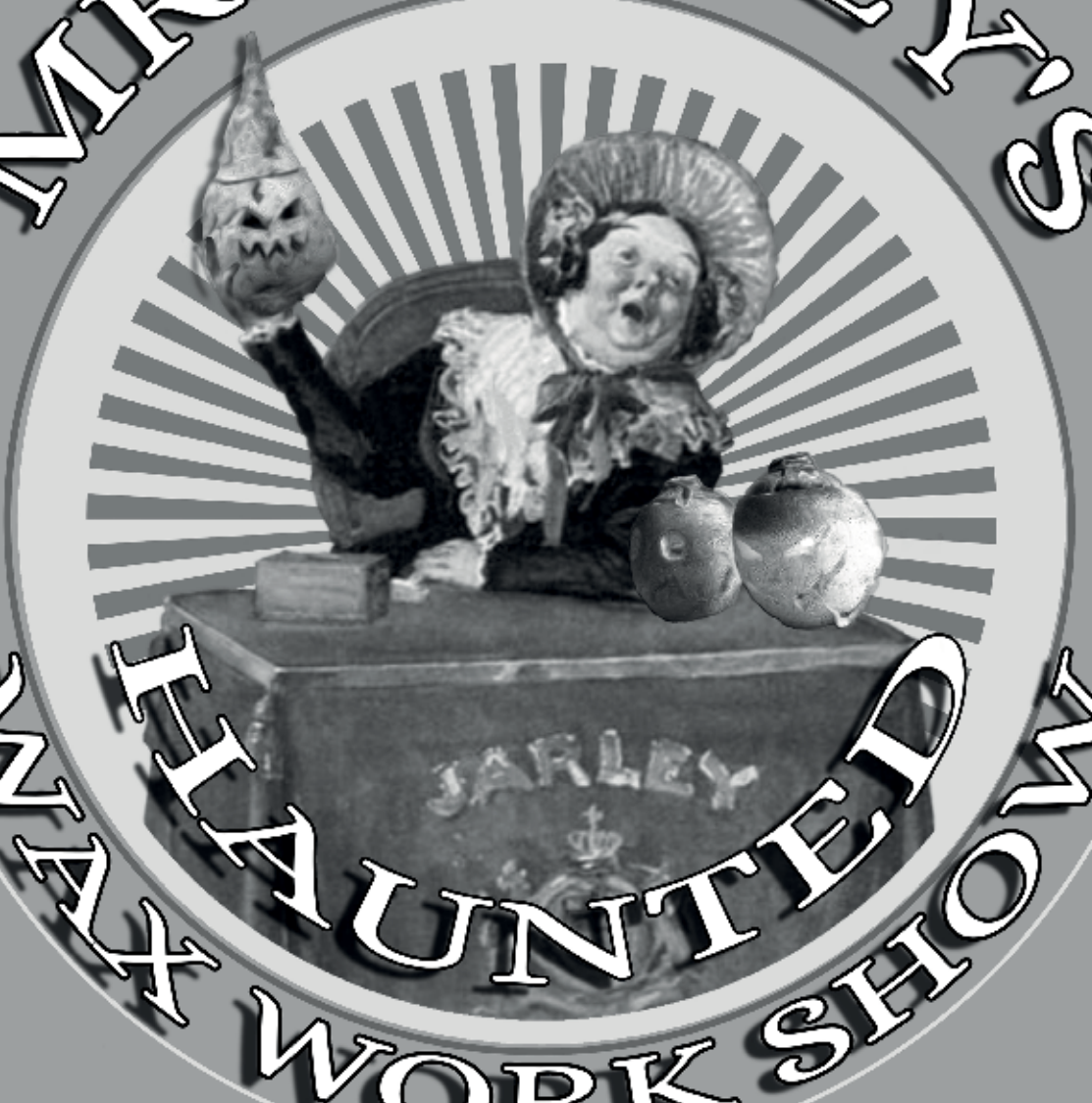
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Fowey River Lions

**Quiz Night at Safe Harbour, Fowey
Tuesday September 10th starting at 8pm**



Make a note in your diary to join us on for a fun quiz night. There will be plenty of prizes and a raffle as well. Come and join a team or bring some friends to make up a team of your own. At the last quiz in early August just over £400 was raised. Our grateful thanks to Graham and his team at the Safe Harbour for supporting us. We will be raising funds to support Fowey River Lions charities and the community in our local area

Opening of the Fowey Book Swap



President Steve Jones preparing for the opening of the book swap. Town Crier Alan Giles, Mayor of Fowey, Councillor Lynn Simms and Lion President Steve at the Opening

After a complete refurbishment we were delighted to hold the opening of the Book Swap on Friday 16th August. The Town Crier, Alan, called everyone to attend the Opening of the Fowey Book Swap and a considerable number of locals and visitors came and joined in. President Steve gave a short speech thanking everyone who had helped and donated, to the project, to rejuvenate the Book Swap at Browns Hill, Fowey. Our grateful thanks to the Mayor of Fowey Councillor Lynn Simms for skilfully cutting the ribbon and being the first to swap her book. Afterwards President Steve said, "I'm certain that the book swap will once again become a much used and much loved facility and I was proud to have been associated with its reinstatement".

Fowey River Lions appreciate the donations received to cover the insurance and all the help from members of the community and fellow Lions in getting the phone box ready for action again!

Help for Ukraine

We are still helping Callington Lions to collect the following items to take to Ukraine. So far we have had several donations of tents, sleeping bags, medicines, glasses and toiletries. Thank you so much for your support it is appreciated.

Items Desperately Require

Baby Clothes, Nappies, Baby Milk Formula, Baby Soap, Baby Shampoo. Baby Products – Talc, Nappy Rash Creams, Calpol or similar. Baby Toys.

Sanitary Items for Ladies, Soap, Shampoo, Conditioner, Hair spray, Deodorants.

New and Unused Cosmetics.

Sleeping Bags (clean) Tents, Camping Equipment.

Unwanted Prescription Spectacles – required by optometrists to pass on to those in need.

Medical items – Paracetamol or Pain Relief Medications, Cough Remedies, Plasters and Bandages.

Ukrainian Hospitals need your unwanted Prescription Medications. Any unwanted Prescription Medication go Directly to the Ukrainian Medical Services and MUST have a Pharmacy Label attached to the item.

Fowey River Lions are pleased to help support their excellent work, please contact 01726 832580 (leave a message if no reply) and we can give you the nearest collection point.

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

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

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

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VOLUNTEER CORNWALL - 01872 265 305 For volunteer befrienders.

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

Lostwithiel Twinning Committee's Fundraising Coffee Morning



Saturday 28th September

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