



email: palaceprinters@btinternet.com

MARCH 2025

FREE

LOSTWITHIEL NEWSLETTER



HAPPY BIRTHDAY GARDEN CAFÉ!

This year we are celebrating the 5th birthday of the Garden Café at the Community Centre, and it has been an amazing journey! The Garden Café offers an amazing, value for money, varied and fresh menu in a relaxed atmosphere. With our friendly team, the Garden Café is the ideal antidote to the winter blues and rainy weather, and in the summer, we have an amazing, shady garden to relax in.

The menu is fantastic. Did you know that the café specialises in gluten free and dairy free cakes that are baked 3 times a week on the premises, so always fresh. The Bakewell slice is legendary and a firm favourite with regulars! The team also serve a different home-made soup every day, do an amazing mini breakfast and famous bacon bap. On Friday's we open late (till 19:00) and have a special kid's menu, including roasties and bangers. And we must not forget that we are dog friendly and with a special dog's menu. The café is a relaxed, warm and friendly space to meet friends or make new friends and hold meetings. We host a range of groups the wine tasting club, Crafty Chatter, the Friendship Club, the Parkinsons Support Group and others. The Centre's volunteers take a lot of pride in decorating the café to reflect the time of the year, such as Remembrance Sunday and Halloween, so the Garden Café always feels cosy. Plus, there is a kid's corner to keep the young ones entertained.

We welcome you all to the café. If you have never been, then please come and try our cakes, you will be amazed! And, why not book us for an event or group?

Thank you to the amazing team at the Garden Café for all their hard work and commitment to making it such a success!

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

LOSTWITHIEL LOCAL PRODUCE MARKET – Lostwithiel Scout Hut, 4th SATURDAY of each month Saturday 22nd March from 10am -1pm+ Zero Waste Mobile Shop. See Lostwithiel Farmer's Market Facebook Page or contact Helen copperton@hotmail.co.uk

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

ANTIQUES FAIR: Sunday 9th Mar Main Hall Community Centre 10am

CAR BOOT SALE: Sunday 9th March 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: TUESDAY 12.30 - 2.30 & FRIDAY 12.30 - 3.00

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, El Children's Menu.

COMMUNITY CENTRE CAR PARK:

LLOYDS BANK VAN: Service no longer available. New Banking Hub in Fore St. Bodmin.

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

Kana Lostwithiel Community Choir – Wednesday 7.00 - 8.30pm.

DRILL HALL (next to Co-op): Lostwithiel Army Cadets Tuesdays 6 -8.30pm

CHURCH HALL, CHURCH LANE:

Enquiries Rev. Sheila Bowden - 01208 871344

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 Mar (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 METHODIST CHURCH

Stitches Group 1st & 3rd Thursday of the month 2 - 4pm

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 **TUESDAY 1st April 2025**

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

palaceprinters@btinternet.com by 20th March 2025

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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BRUNEL QUAYS, LOSTWITHIEL



From the Mayor

This is my final column as Mayor of Lostwithiel it has been both an honour and a privilege. On Friday 14 March we enter the pre-election period so there will be no Mayor's Column in next month's newsletter.

One of my final tasks as your Mayor will be to re-open Edgcombe House and the Guildhall on Saturday 08 March. Both buildings will be open 10.30-12 for invited guests, then 12.30-2 for the public to come a view, I do hope everyone will come along to take a look. On a personal level I would like to extend my thanks to all Councillors, the CLUP Committee and the Council staff that have put in hours and hours of their time to make this dream a reality. We are also very grateful to the project stakeholders who gave up their time to attend stakeholder consultation events and to all members of the public who attended the public consultation event held on Dickensian Evening some of the suggestions put forward at these meetings have been incorporated into this re-opening as well as the long term vision. The Council has also been supported by local organisations and businesses who have been very generous with their time, advice and recommendations.

In February I have represented Lostwithiel at Truro and participated in a discussion to relaunch the Elliott Foundation Trust, I've also attended Launceston Town Council's Civic service with Deputy Mayor Guiterman & Mrs Guiterman. I have been a guest at Lostwithiel Rotary's Annual President's night where two Rotarians John Brumby & Clive Littleton were presented with the Paul Harris Fellowship award and I've visited Lostwithiel residents with milestone birthdays, Mrs Enid Couch, Mrs Gwen Taylor & Mr Peter Best, cards and gifts were enjoyed by all.

Unfortunately a more negative note for those of you not on social media there has been another incident where a door to a residential property has been damaged. This happened on 16 February and the offenders threw a traffic bollard at the door and ran off. The incident has been reported to the Police. The Council's Public Toilet has recently re-opened following vandalism which cost £896 in repairs this vandalism has been reported to the Police.

Finally, just a few words regarding the forthcoming Town Council election. Cornwall Council is the election authority and will administer and call the local elections. The Notice of Election will be issued on Friday 14 March, from this date, it will be possible to download candidate packs from Cornwall Council's website. All nomination papers must be submitted in person by the candidate or their representative at a Cornwall Council designated elections office no later than 4pm on Wednesday 02 April. Cornwall Councillor elections are also being held at the same time. Please do consider standing as a Cornwall Councillor or Lostwithiel Town Councillor and help to make a difference.

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.

Conclave (PG) Monday 31st March

Cardinal Lawrence (Ralph Fiennes) is responsible for the process of selecting a new Pope but uncovers a trail of secrets which could shake the foundations of the Church. Nominated for 8 Oscars including best picture and best actor.

Social Club News

By now you will have seen that all the new windows have been installed alongside a new fire exit door on church lane. Also, all the windows can be used as a fire exit.

The Stairs have had all new safety flooring added and the stair lift is fully operational given access to those with less ability in accessing the upstairs.

The toilets have been completed and are in use receiving praise from those who have used them.

Upstairs the middle room has had a small kitchen put in. This will be useful for those who may wish to use the room for trainings meetings etc in offering the bonus of making drinks and preparing snacks.

The two rooms upstairs which have had major work completed are now ready for decorating and carpeting.

By the time the Newsletter goes out we should have the new replacement door in place given a much-needed facelift.

The committee and I would like to thank everyone who help to raise the much-needed funds alongside the levelling up grant that we received from the County Council.

However, there were some hidden problems with the building the back wall of the toilets had over many years suffered from ingress of water resulting in rotten timbers which all had to be replaced. The middle upstairs room a load bearing beam which was rotten and needed replacing with metal RSJs. All this incurred extra expense.

We still need to continue to raise funds to start the next phase, grants are being sourced to help with this. The people of Lostwithiel have shown their support for this much-loved iconic building. If you would like to donate, please drop into the club or speak with Rev Sheila.

The social club can now offer all rooms for events this will help us in generating extra income to start the next phase of the works.

Rooms can be hired for a variety of events.

We are pleased to announce that Bellamama Deli just up Fore St from the Social Club can provide a range of catering options whether you are planning a large wedding, anniversary or birthday party, an afternoon tea or a work function needing a sandwich and salad buffet.

Our menus can include sweet and savoury canapés, buffets, hot dishes, celebration cakes, high teas, and, of course, pasties and creams teas.

We deliver to the Social Club and will set up your catering for you, leaving you free to enjoy your event.

The club continues in offering free pool and snooker. Our Bingo is popular every Sunday eyes down at 7pm. Folk Jam join us every second Friday come along if you play an instrument bring it with you or just listen to some great music. Friday 7st March Colin and the Fountain trio will once again be playing at the club come and listen to this much-loved band.

Reminder membership is due for renewal by March 1st. Those who miss this will have to complete a new membership form.

A date for your diary our AGM will be held on Thursday 22nd March 2025 at 7pm.

LOSTWITHIEL CONCERT SERIES

ST BARTHOLOMEW'S CHURCH

MARCH 6TH

ST PIRAN'S SPECIAL

APRIL 9TH

LUCY & HAZEL

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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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March 15, 10am-2pm

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. SPECIAL TRIBUTES: It is with great sadness that we record the recent deaths of Tremar Menendez and John Smith, both of whom were volunteers and Friends of Lostwithiel Museum Association. Their individual contributions towards the success of the museum are widely appreciated by those who follow.

We send our sincere condolences to the families and friends of Tremar and John.

Tremar Menendez became involved with Lostwithiel Museum when Sally Whiffing volunteered as the first professional Curator. During this time Tremar learnt much about curatorial procedure and was therefore able to take over as Honorary Curator when Sally left for Dorset in 1997. It was 20 years later that Tremar 'handed over the curatorial keys' having achieved the status of Lostwithiel Museum's longest serving curator. During those years Tremar also volunteered as a Museum Steward, a Town Heritage Walks Guide, a LMA Committee member and a Trustee. Continuing to support all our museum ventures, Tremar will be remembered for his strict attention to detail, his passionate interest in all things to do with Lostwithiel and its history, his friendship, loyalty and steadfastness.

John Smith first joined Lostwithiel Museum as a Museum Steward before taking over the exacting role of Treasurer from David Smith in 2017 — a position he conducted most ably. It was largely due to John's encouragement that the museum got involved in the Gift Aid Scheme we have continued to financially benefit from. As a LMA Committee member and Trustee, John was always willing to be involved in activities 'behind the scenes' and keen to support other volunteers with their endeavours. It was sad to see John leave Cornwall in 2021 to be closer to family in Hampshire.

. VACANCY FOR EDITOR OF MUSEUM MATTERS MAGAZINE: We are looking for either one - or two people — to take over the role of editing Museum Matters. This successful and popular in-house magazine is published twice yearly (Spring and Autumn) for Lostwithiel Museum Association. The magazine is currently edited by one person with support from an Editorial Team — but the role could easily be split between two people. For more information please contact Christine Walton on 01208 871456.

. TOWN HERITAGE WALKS: Heading towards the start of a new season is a good time to be planning future group outings for the various organisations you belong to. If you have this kind of activity in mind for your group then please contact Pauline Gillett (Walks Co-ordinator) on 01208 871456 to discuss any special requirements eg a guided walk at a different day or time. The 'normal' guided walks re-start from outside Lostwithiel Community Centre at 11.00am on Wednesday 9 April and continue until Wednesday 29 October 2025.

. MEMBERSHIP RENEWAL TO LMA: A reminder that some of you still have to pay the £10 per household membership renewal fee due for 2025. For more information please contact the Membership Secretary at the museum in Fore Street or via the museum website.

. LMA SOCIAL EVENT: We look forward to meeting all our LMA volunteers at the pre-season social event planned for 26 March.

. LOSTWITHIEL MUSEUM RE-OPENS TO VISITORS ON MONDAY 7 APRIL 2025.

With thanks for your interest and support.

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://t.co/lostmus>



Lostwithiel W.I.

Sadly this is the very last WI column for the newsletter. At our February meeting advisers from County attended to officially close us down.

This was a very sad time for all members who have tried hard

to keep the WI going, especially as we celebrated our 100th birthday last year. Unfortunately once it was obvious membership was dropping into single figures it was inevitable that expenditure was going to overtake income. We all tried our best to increase membership but received little response. Present members have all taken on committee responsibilities over the years and played their part in keeping the WI active but as the years passed an injection of new enthusiasm was required but, regretfully, not forthcoming. The only answer was to call it a day and agree to close. If there is anyone reading this that is new to Lostwithiel and wishes to join a local WI, or even better, wishes to start a new one in Lostwithiel then please call the CFWI office in Truro on 01872 272843 where they will be pleased to give you all the information you require.

We had one of our President's famous quiz at our last meeting and our President Helen also treated us to a "goodbye" cake which we all enjoyed.

We would all like to say a big thank you to everyone who has read this column over the years and an even bigger thank you to all those of you who have attended our open meetings and supported us at our fund raising events. Thank you so much and a final Good bye from Lostwithiel WI.



OPEN MEETINGS

Our next Open Meeting is on Monday 3rd March at 2pm in the Church Rooms, Lostwithiel where we'll be hearing

from local historian Brian Oldham about Trades and Occupations in 19th Century Liskeard; the town expanded rapidly during the Caradon copper boom and became an important business centre in east Cornwall. This promises to be an extremely interesting talk and would also be a great opportunity for anyone wanting to find out more about Lostwithiel Area u3a to come along – you would be most welcome!

UPDATES FROM OUR GROUPS

With over twenty active interest groups there is always something going on! Many of our groups have now planned their adventures for 2025 and have dates in the diary for visits, walks and lots of other events. In February the Art Appreciation group popped up the road to Boconnoc House to see the exhibition of the Mohun family portraits, while at the end of March they'll be off on their annual St Ives train trip, taking in the town's many galleries including Tate St Ives and Penwith Gallery. Meanwhile the Garden Visits group will begin their 2025 programme in March in Fletchersbridge and the Poetry group's theme for the month is the Supernatural. The Walking group had some dry – but cold! - weather for their first walk of the year, a 6.5 miles circular from Luckett, spotting a llama and some Shetland cattle (and their cuddly looking calves) along the way, before stopping off to warm up with drinks in front of an open log fire at the Royal Inn in Horsebridge, just over the border in Devon.

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 Acoustic Guitar for Beginners and Bridge to Theatre 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



Upcoming Events

| | | |
|---------------------|--|---------------------------|
| 1st March | Repair Café | Oasis, 10-1pm |
| 1st March | Town Twinning Ceilidh | Main Hall, doors open 7pm |
| 2nd March | Car Boot Sale | Main Hall 10-2pm |
| 5th March | Parkinsons Support Group | 2-3.30pm |
| 9th March | Antiques Fair | Main Hall |
| 10th March | Toddler Massage | 11-12pm |
| 12th March | Cancer Support Group | 2-3.30pm |
| 15th March | Beerfest | |
| 16th March | Health and Wellbeing fair | Main Hall, 11-2pm |
| 29th March | Night at the Musicals ...Youth Theatre Group | |
| 30th March | Toy Fair | Main Hall, 11-2pm |
| | April | |
| 1st April | Parkinsons Group | 2-3.30pm |
| 1st April | Nikki Kitts | 6-10pm |
| 2nd April | Parkinsons Group | 2-3.30pm |
| 5th April | Repair Cafe | Oasis, 10-1pm |
| 6th April | Car Boot | Main Hall, 10-2pm |
| 7th April | Pop up Village | |
| 8th April | Kixx Games Camp | |
| 9th - support April | Cancer support Group | 2-3.30pm |
| 9th - 11th April | Kids Performing Arts Group | |
| 12th April | Antiques Fair | Main Hall |
| 15th April | Kixx Games Camp | |
| 16th April | Writing Group | Reading Room |
| 21st April | Parent Teacher Open Fun Day | Garden Café |
| | May | |
| 1st May | 1st Polling Day | Oasis, 7 - 10pm |
| 2nd May | Tap Exams | Main Hall |

You can find out what's on at the Community Centre on our website at:

www.lostwithielcommunitycentre.org.uk/whats-on

Flex with Lisa

**Wednesday's
10.30-11.30am
in
Main hall
Gentle Movements
Class**

Any Questions
Phone

| | CAFE | READING ROOM | MAIN HALL | STUDIO 2 |
|-----------|--|--|--|--|
| Monday | U3A wine group | Book Club 1 every 2 nd 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 12.15-2.30pm U3A French From 2.30pm-4pm every two weeks | 9-12pm... Preschool play group 12.30-3.30pm Pickleball 4-5pm Kixx 5-6pm...Kixx 6.30pm-7.30pm Jo Pickleball 7.45pm -8.45pm Netball | 11-12pm Paracise class |
| Wednesday | New 2025 Jan Cancer Support Group 2-3.30pm 2 nd & 4 th week New 2025 Feb Parkinsons support group | Writing group 2.30pm 3 rd week | Flexecise 10.30- 11.30am 11.45-1.30pm Free Slot 1.30-2.30pm Tapacise 6.30-7.30pm Zumba 7.30-8.30pm Mens Basketball 8.40-9.40pm Available slot | Preschool Ballet 10-10.30am Acro Home Ed 10.30-11am |
| Thursday | | Friendship Group 1pm-3.30 | Free Slot 9-11.30am 12-1pm Home Ed Sports 1-2pm Strickly 2.15-4pm Pickelball 5.15-6pm Acro grade1 6-7pm Acro 8-9pm Ladies Football | 10am-12.30pm Home Arts 3.45-4.15pm Tap & Jazz 4:15 - 4.45pm Primary Ballet 4.45-5.15pm Acro primary |
| Friday | Crafty Chatters 2-3.30 pm | Poetry group 10.30-12pm 1 st Friday in the month Post Office 12.15-3pm 1 st July | New Model Racing 6pm-10pm | 10am-11am Adult Ballet 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 | | | Events / Birthday party | Dance With Kate 9.00-11am |

| | CONFERENCE ROOM | YOGA STUDIO | OASIS DOWNSTAIRS |
|-----------|----------------------|---|---|
| Monday | | 9-10am Pilates Matt Class 10.30am 11.30am Pilates 5.15-6.15pm Drama+ Musical Theatre 6.15-7.15pm Carley Stretches and Mobility 7.15 - 8.15pm Vinyasa Yoga with Kelly | Baby Massage New 11-12noon |
| Tuesday | | 10.00am-11.am 11am-12.pm 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 | | Free slot available 10.30am-11.30am Somatics Free slots Available 12 -6pm Free Slot 6-7pm, 7-8pm | Toddler Yoga 1 st + 3 rd month 10.30-11.30am 2 nd & 4 th in the month U3A Art workshop 2-4pm |
| Thursday | 6.30pm Grief support | Emma Yoga 9.30-10.30 somatic 10.30-11.30 chair yoga 11.30-12.30pm Pilates mat work Free Slots Available Emma Manfield 5.30-6.30pm Somatic 6.35-7.35pm Intelligent Yoga | Bilingua Sing Home ED spanish 11-11.45am weekly Bilinggue sing 12.45pm-1.30pm weekly 6pm woodturners (once a month) |
| Friday | 1-1 Tutoring 10-11am | 9.am -10.00am Somatics 10.15am-11.15am Intelligent Yoga 11.30am -12.30pm Intelligent Yoga | Home ED Little Seeds 1-3pm last Friday of the month |
| Saturday | | | Woodturners 10am (once a month) |
| Sunday | | 9.30-10.30am Vinyasa with Kelly 3-4.30pm Community choir | |

St Bartholomew's News

It is difficult to take on board, the way the sun moves a bit further along the horizon every week, and it is almost impossible to imagine the size of our Earth and the Sun moving through space to perpetuate the seasons. And Spring is such a wonderful season of flowering hedgerows and nesting birds. It is exciting waiting to see whether all those bulbs we planted, will appear especially in the global warming phenomenon which we find ourselves in the middle of! At least we can now get out and about and hope for more sun than rain.

On Saturday 1st March we are hosting a concert by the Tamar Valley Male Voice Choir at 7.00. We are all looking forward to an evening of wonderful music.

On Sunday 2nd, the first in the month is of course, our Family Service. We all wonder what surprises Rev'd Sheila will bring to her address. Bring your youngsters along to join in.

Wednesday 5th is Ash Wednesday and there will be a service at 6.00 in Church. This signifies the beginning of Lent.

On Thursday 6th we celebrate St Piran's Day, patron saint of Cornwall and of course, Miners. There will be a town concert so come along and celebrate with us at 7.00.

We have a Tree Surgeon coming on Friday 7th to do some work on a couple of trees with dangerous overhanging branches. Maybe it would be wise to take your walk somewhere else on this day to keep away from flying twigs!!!

Sunday 9th and 16th are Eucharists and I apologise for the mistake in last month's Bridge where I said the Rural Dean would be here in February, but in fact he will be here for the 16th March. Sunday 23rd is also Eucharist.

Saturday 29th is Messy Church so come along with your children for fun with crafts, stories, and a short service, with food. The results of the crafts are displayed in Church for us all to see.

Sunday 30th is Mothering Sunday and as usual we will present bunches of daffodils to everyone with a Mother! Our Easter Experience then starts from Monday 31st and if anyone would like to help you would be very welcome. Just let Bernice, Brenda or Rev'd Sheila know and we can explain what we do. The schools will be visiting too.

We would like to thank the person who placed the vase of flowers carefully on the front table, before dismantling the flower stand to use it as a lever to force open the offertory box. He bent the pole, but only damaged the box!!!

See you in Church soon.

Lostwithiel Brownies age 7-10

Our Brownie group is looking forward to having fun inside and outside when the weather improves. We have celebrated Chinese New Year, had a games night and are looking forward to Pancake day and St Piran's day celebrations with our friends, see you all soon. www.girlguiding.org.uk/joinus 08001695901

Lostwithiel Floral Art Group

Our next meeting will be on Wednesday 26 March at Lanhydrock Hall starting at 2.30 p.m. We have a programme of different and talented demonstrators throughout the year and would like to welcome new members to our friendly club. Annual subscription is £50 and visitor fees are £6 per meeting. Refreshments are served at the end of our meeting and the floral arrangements are raffled.

A Thankyou

Thankyou to Peter and Charlotte, you have been fantastic, and to my friends who have supported me through chemotherapy. Nichola Rowe



The Benefice of Lostwithiel Parishes Services for March 2025

Sunday, 2

| | | |
|-----------------------|------------------|---------|
| Boconnoc | Holy Communion | 9.30am |
| Bradoc | Choral Evensong | 6.00pm |
| St Bartholomew | Family Eucharist | 11.00am |
| St Brevita, Lanlivery | Morning Prayer | 9.30am |
| St Veep | To the benefice | 9.30am |
| St Winnow | Parish Eucharist | 11.00am |

Ash Wednesday, 5

| | | |
|----------------|---------------------------------|-----|
| St Bartholomew | A service for the start of Lent | 6pm |
|----------------|---------------------------------|-----|

Sunday, 9 [Lent 1]

| | | |
|-----------------------|-----------------|---------|
| Boconnoc | To the benefice | |
| Bradoc | Eucharist | 11.15am |
| St Bartholomew | Morning Prayer | 11.00am |
| St Brevita, Lanlivery | Morning Prayer | 9.30am |
| St Veep | To the benefice | |
| St Winnow | To Bradoc | |

Sunday, 16 [Lent 2]

| | | |
|-----------------------|------------------|---------|
| Boconnoc | Matins | 11.00am |
| Bradoc | Choral Evensong | 6.00pm |
| St Bartholomew | Eucharist | 11.00am |
| St Brevita, Lanlivery | Eucharist | 9.30am |
| St Veep | To the benefice | |
| St Winnow | Family Eucharist | 11.00am |

Sunday, 23 [Lent 3]

| | | |
|-----------------------|-----------------|---------|
| Boconnoc | To the benefice | |
| Bradoc | Morning Prayer | 11.15am |
| St Bartholomew | Eucharist | 11.00am |
| St Brevita, Lanlivery | Eucharist | 9.30am |
| St Veep | Eucharist | 11.00am |
| St Winnow | To the benefice | |

Saturday, 29

| | | |
|--------------|--------------|--------|
| Church Rooms | Messy Church | 4.00pm |
|--------------|--------------|--------|

Sunday, 30 [Mothering Sunday]

| | | |
|-----------------------|--------------------------|---------|
| Boconnoc | To the benefice | |
| Bradoc | Morning Prayer | 11.15am |
| St Bartholomew | Eucharist | 11.00am |
| St Brevita, Lanlivery | Mothering Sunday service | 9.30am |
| St Veep | To the benefice | |
| St Winnow | Evensong | 5pm |

Regular Weekday Services

Wednesdays - St Brevita - Evening Prayer at 4pm
First Thursday - St Bartholomew - Celtic Eucharist at 10am

Lanlivery, St Bartholomew's, St Veep, Bradoc and St Winnow Church are open every day. Boconnoc can be opened by appointment with the churchwardens.

The Benefice of Lostwithiel Parishes

Rector-In vacancy

Revd Sheila Bawden (Associate Priest)-01208 871344

Church Centre

(Benefice administration office-open Mon-Wed morning-01208 872232)

St Bartholomew's Church, Church Lane, Lostwithiel

Souvenir of Lostwithiel W.I.

Lostwithiel W.I. has been suspended, subject to closure after 100 years of contributing to the lives of its members and the Lostwithiel community.

There are some bread and butter plates as displayed in Nelly's Deli available if you or your family and friends would like one or more for a small donation. Donations will be shared between the Community Centre and the Church Rooms.

Contact Anne Fenwick on 07769 815 012 to acquire. Sadly there are no cups, just saucers!

LERRYN FILM CLUB



THE NEXT MEMBERS' EVENING WILL BE ON
THURSDAY 27 MARCH 2025 IN THE LERRYN MEMORIAL HALL
DOORS OPEN AT 6.30 PM FOR A CHAT WITH FRIENDS

THIS WILL BE FOLLOWED AT 7.00PM BY THE FILM "OPPENHEIMER"

TO JOIN THE LERRYN FILM CLUB OR TO COME AS A GUEST
PLEASE CONTACT SUE ON 01208 871513

QUIZ NIGHT



YOU ARE ALL WELCOME TO THIS FUNDRAISING EVENT
IN SUPPORT OF THE LERRYN FILM CLUB

When: Saturday 21st March 2025

Where: The Lerryn Memorial Hall

What time: 7.00 for 7.30pm start

Cost: £5.00 per person, which includes a raffle ticket and a game of heads or tails.

Food and drinks: bring your own

What you need to do: Ring the quiz master, John Walker, on 01208 369379
to book your team (6 people) or your seat (we will allocate you to a team)

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Updated open letter to our community from Steve Jones, President of Fowey River Lions.

Since my earlier "open letter" Fowey River Lions has been welcoming some new members, and the new and potential new members are all kindred spirits, each wanting to be "giving something back to the community" and they are already helping us to raise awareness of our charitable mission and raising funds for worthy causes and recipients.

After 47 years of unwavering commitment, our membership numbers had dwindled somewhat in recent years, and although we're certainly encouraged by the recent interest shown and the addition of some new members we are still looking to ensure our future long term survival, for the benefit of the generations to come.

With regeneration and growth being the focus of the previous letter we're now embracing this NEW ERA, and it is certainly exciting, as we are quietly but surely looking to secure the future of Fowey River Lion's and our endeavours.

That's where you might like to come in.....

We invite you to consider stepping forward and to offering your energy and support by becoming a Lion yourself. Your involvement could potentially be the very lifeline that our club needs to continue vital work for many years to come. We are still seeking further enthusiastic and like-minded individuals to join us and to help us with revitalising our Pride.

Many of our members have been with us for over 40 years, and are a bunch of committed enthusiasts, despite ageing. Some now have limitations on their ability to do many of the things that has been their pleasure to have done and they will continue to do, to the best of their ability for the community.

By becoming a Fowey River Lion you'll have the opportunity to make a tangible difference to the lives of those around us. You will find being a Lion a fulfilling way to give back, build meaningful connections and friendships, and contribute to the betterment of Fowey and surrounding areas. This is your big chance to take part with other like-minded individuals.

To learn more about joining our Pride, to explore volunteer opportunities, or just for a chat to see if it's for you then please, in the first instance reach out to us through foweyriverlions@gmail.com, via our Facebook page or tel: 0345 833 7484. If you leave your name, phone number and best time to call then I'll call you back myself, no obligation of course.

We meet at The Ship Inn, Polmear Hill, Par PL24 2AR, gathering at 7:00pm on the first Monday of each month, to discuss applications we've received for funding and exploring future projects. You'll find a warm welcome, and it's not all work either, in fact it's also great fun, with social events that are as informal and as variable as they are voluntary to attend.

Working together we aim to ensure that the legacy of Fowey River Lions endures, creating a brighter future for all. But please, don't leave it until it's too late, if we don't continue to grow our numbers then the good work could eventually stop and so would end the legacy of Fowey River Lions, and we certainly don't want to be fading away any time soon.

We've made a start, but your Lion's President needs YOU.

I look forward to hearing from you. Together we can make a difference and fulfil our motto "We serve".

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 22nd March

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

Fowey River Lions

Easter Egg Appeal



Our Easter Egg appeal will be in a pub or shop near you soon so look out for these and support our Lions local causes appeal

Bingo Night

Wednesday 26th March 2025

(please note this is a change of date originally published)

Eyes down 7.30pm

Haveners, Town Quay, Fowey

Please book in advance on 01726 834591

Lots of wonderful prizes – do come and join us for a fun evening

Stoves for Ukraine



In the last 12 months Fowey River Lions donated 2 stoves to help Ukrainian families stay warm in the winter. Joining together with Lions clubs around the World, and the Lions Clubs International Foundation (LCIF) Ukrainian Wood Stoves Appeal, raising more than \$1.2 million for more than 8000 wood-burning stoves for families in south east Ukraine. The stoves not only offer a reliable source of heat during harsh winters but

also ensure a safe and efficient means of cooking and heating for thousands of households affected by ongoing challenges.

We have been asked if we can provide more help to those who are still in need. Each stove costs 150 Euros, approximately £130 and this includes a multi fuel stove made by LCIF in Finland to a high quality standard and delivery to families in need in Ukraine. If you would like to get involved, please make a donation to: Fowey River Lions Sort Code 309728 Account Number 28977568 Ref: Stoves for Ukraine. More information can be found on Social Media: Lions Project - Winter is coming to Ukraine.

We are still collecting medicines, baby formula, nappies, toiletries etc. for onward transmission to Ukraine. please contact us for details as below.

Join Fowey River Lions – If you would like to see what we do why not come along to one of our regular meetings. There is no obligation, but we would love to meet you. We meet the first Monday of the month 7pm for 7.30pm at The Ship Inn, Polmear, Par.

We started in 1977 with a large group of likeminded people helping their local community and helping to raise funds for local, national and international causes. Over the years we have donated to major charities such as Cancer Care, Motor Neurone Disease, RNLI, local charities such as Children's Hospice SW and helped local people in need as well as encouraging and supporting young people in their development with smaller grants. It is not all hard work; in fact, it can be great fun and gives a great feeling of satisfaction. We hold monthly business meetings and have a monthly social event. We welcome anyone in the area to come and meet us and see what we do. We would love to meet you.

President: Lion Steve Jones Treasurer: Lion Ruth Rouse
Secretary Lion Lynn Goold email: foweyriverlions@gmail.com
facebook: [foweyriverlions](https://www.facebook.com/foweyriverlions) Tel: 0345 833 7484

JOIN US FOR A MUSICAL AND YUMMY FUNDRAISING EVENT!

The Looe Based Ladies Choir **KELTIQUE**

Invites you to its **SOUPS AND PUDS** lunch

In the **Lerryn Memorial Hall**

On **Friday 28th March 12.30 - 2.00pm**

Mini concert included in **£8.00** ticket

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Lostwithiel School PTA

MONDAY 21ST APRIL 11 - 2PM
COMMUNITY CENTRE GARDEN



BBQ BY FIRE STATION
CAFE AT COMMUNITY CENTRE
BONNET COMPETITION (FREE ENTRY)

EGG HUNT
CRAFTS
GAMES

****TEDDY BEAR ZIP WIRE****
BRING ALONG YOUR
TEDDY FOR A RIDE!



Lostwithiel Methodist Church

Taprell House, North Street (next to the Library)

www.lostwithielmethodist.co.uk

Services in March at 11.00a.m

March 2nd Mrs Esther Benney

March 9th Café Church

March 16th Rev. P West

March 23rd Café Church

March 30th Mothering Sunday Fellowship
Cafe Church.

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.

Thursday February 27th Coffee morning 10.30 until noon. Coffee is free but, following the talk at our coffee morning in November, donations are encouraged to help us Twin our Toilet with one in South Sudan (through Tear Fund).

Donations to the Foodbank may be brought at any time the church is open.

Rooms are available for a donation.

'Sew What' Group: 1st and 3rd Thursday afternoons 2-4p.m.

Music Appreciation: 4th Wednesday of the month 7:30p.m.

Minister: Rev. Paul Benney 01726 844 471

Local Contact: Mrs M Mitchell 01208 367016

Chapel Chat

¹⁸ My children, let us not love with words or in talk only. Let us love by what we do and in truth. ¹⁹ This is how we know we are Christians.

1 John 3: 18-19 from the New Life Version

Coffee Morning

March 27th 10.30 -12

Coffee is free but you may like to make a donation to Tearfund's Toilet twinning. Please come a share warm friendship as well as a warm space

Church Activities at a glance

March 2nd Mrs E. Benney

March 4th Chapel Cleaning

March 9th Café Church – Identity Theft

March 16th Rev P. West

March 23rd Café Church – Waste of Space?

March 27th Coffee Morning

March 30th Fellowship – Mothering Sunday

Stitches - every 1st and 3rd Thursday 2-4

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

Minister: Rev. Paul Benney 01726 844471

Lostwithiel Rainbows

FOR GIRLS AGED 4-7 YEARS

We have recently said goodbye to some of our Rainbows and wished them well for their Brownie adventure and have also welcomed new Rainbows into our unit.

We are waiting to find out what activities and outings our Leaders are arranging for this year but we are sure they will be as exciting as last year.

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

Cancer Research UK Lostwithiel Branch



As our first event of this new year 2025 we will be holding a Spring Coffee Morning on the 29th March in the Church Rooms Lostwithiel from 10.30 until 12.30pm. Come along and enjoy yourself with some home-made treats, our normal excellent raffle and meet new and old friends. Many other events are planned for this year so that we can do our bit to help in making new discoveries, drive progress and bring hope to people affected by cancer. The branch would also wish to remember Jennifer Hawken for her help and support during our charity events and for the generous donations of £1017 from friends and family at the funeral and over £1000 given on behalf of those using the parking facility at both the bungalow and at home. It is also her wish that £5000 of her estate is donated to this charity to which she put significant effort and time for over 20 years.

Crafting

Whilst listening to the radio recently I heard a couple of items about the benefits of crafting. What is crafting? It could include sewing, carpentry, cooking, knitting and decoupage amongst many other things.

I recently took up again a craft that I hadn't undertaken for some time. I got out my needles and started to do some knitting. Having enjoyed it so much I thought I would try doing some crochet. Taking up my new crafting interest meant learning new techniques and terminology. I have really enjoyed this process learning and have gone on to crochet a number of items. This has proved a really relaxing evening activity.

Interestingly, there is evidence to support the belief that crafting can be good for your health in a number of ways.

This evidence includes the following:

- **Reducing stress**

This is because undertaking craft activities can take you away from what is worrying you as you become absorbed in your chosen craft project.

- **Boosting self esteem**

Crafting can show you how much you can achieve when you do something practical and creative

- **Helping with grief**

Some psychologists think crafting can be a way of showing yourself some self care and developing your creative skills

- **Being part of a community**

Taking up a craft can lead you to being part of a wider network where you can share ideas and learning around your chosen craft. This network can be face to face as well as via online groups.

- **A form of all round exercise**

Crafting involves using your hands and your brain – helping to keep you active

- **Better sleep**

It has been shown that the frequently repetitive nature of crafting can help us switch off at the end of the day and can enable us to have a better nights sleep.

So if you are thinking about taking up a craft why not give it a go – you never know where it might lead. If you already are a crafter I hope you enjoy it and can feel the benefits from doing it.

Lesley Pallett

THE LERRYVN SESSIONS

PRESENT

THE SOUNDS OF NEW ORLEANS

SATURDAY 5th APRIL 2025

FEATURING

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LOSTWITHIEL**



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Saturday 15th March 11.00am – 10.30pm**

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Thank you LostFest Thank you Freemasonry Thank you Cornwall Council

With thanks to a generous donation from LostFest, and to a kind endowment from our local Freemasons, and by using the last of our COVID funds from Cornwall Council, the Lerryn Area Minibus Association (LAMA) has been able to develop our presence on Lerryn.net. We can now plan, manage and publicise our journey trips online, we can register and inform our passengers online, and passengers can book and pay for their trips online. A big thank you also to Kat at Literacy for implementing all these changes so professionally. With a shrinking number of volunteers on our committee, being able to automate many of our processes is helping us to keep our minibus on the road. However, no matter the amount of technology we can deploy, we will always need people to run our operation. If you can spare a little time and would like to help our passengers to enjoy life, then please contact us on 01208 811175 or visit our website at <https://www.lerryn.net/minibus>.

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TO ADVERTISE CALL
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| Lerryn Area Minibus Association | | | | |
|---|--|-----------------------|--------------------------------|-------------|
| February 2025 | | | | |
| Providing community transport for people living in the Lerryn Area | | | | |
| Trips leave from Lerryn and Lostwithiel, and return at the times shown below. It is essential to book your seat and arrange a pick-up point. | | | | |
| For bookings, passenger registration and all queries, please call Jo on 01208 811175 | | | | |
| DATE | DESTINATION | | TIME | RETURN FARE |
| Tue 4th Driver: Chris | Bodmin and Supermarkets | Lerryn Lostwithiel | 09:30 - 12:45 09:45 - 12:15 | £4.00 adult |
| Tue 11th Driver: Kevin | Bodmin and Supermarkets | Lerryn Lostwithiel | 09:30 - 12:45 09:45 - 12:15 | £4.00 adult |
| Fri 14th Driver: David | Truro | Lerryn Lostwithiel | 09:30 - 15:00 09:45 - 14:45 | £6.00 adult |
| Sun 16th Driver: Nick | SPECIAL TRIP St Breward Sunday Lunch | Lerryn Lostwithiel | 11:00 - 15:00 11:15 - 14:45 | £5.00 adult |
| Tue 18th Driver: Ian | Bodmin and Supermarkets | Lerryn Lostwithiel | 09:30 - 12:45 09:45 - 12:15 | £4.00 adult |
| Sat 22nd Driver: David | LAMA Spuds 'n puds in Lerryn | Lostwithiel | 11:45 - 14:15 | £0.00 adult |
| Tue 25th Driver: Richard | Bodmin and Supermarkets | Lerryn Lostwithiel | 09:30 - 12:45 09:45 - 12:15 | £4.00 adult |
| Thu 27th Driver: Annie | SPECIAL TRIP Trago Mills Pensioners' Discount Day | Lerryn Lostwithiel | 09:30 - 13:00 09:45 - 12:45 | £4.00 adult |

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

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

Lerryn minibus is going digital!

If you have a smart phone, tablet, laptop or home computer, you can now book and pay for your trips online. Please don't worry if your technology is more traditional. You can still phone Jo on 01208 811175 to enquire about our trips and book your seat.

If you are already receiving emails from us, then visit <https://www.lerryn.net/login/> and enter your email as your user name. The first time you visit, you will either need to press "Click here to have a new password emailed to you" (find it below the blue [Login] button) or visit <https://www.lerryn.net/login/password-reset/>. If you are a regular passenger, but you haven't given us your email, then please phone Jo on 01208 811175 and she will register your email so that you can login as described above. If you still want to phone us to book your trips, then just call Jo on 01208 811175.

If you have not used the minibus before, then you can register online as a passenger by visiting <https://www.lerryn.net/login/> and clicking the blue [Register as a LAMA passenger] button. All this is described in more detail on our main Lerryn Area Minibus Association (LAMA) website at <https://www.lerryn.net/minibus>. Any problems, just phone Jo on 01208 811175.

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Fowey RNLI

In the first shout of 2025 for Fowey lifeboat volunteers, on Sunday 19 January as the crew



were recovering the D class after their regular Sunday morning training session at 12pm, a canoeist came alongside under the davit. They requested help for a fellow canoeist who was stuck between the tug and the tug barge west of Penmarlam opposite Jetty 5 and 6. This was potentially a very dangerous position with a strong ebb tide running. The Launch Authority decided to relaunch the D class immediately and advised Falmouth Coastguard that we were self-launching at 12.03pm to the incident. The lifeboat crew arrived on scene at 12.10pm to find the canoeist had managed to extricate herself from the situation and was safely on the nearby beach. The crew proceeded to her position to check that she was alright, and it was ascertained that all was well. She was part of a group of canoeists from Golant and would be returning there. Safety advice was given.



Congratulations to crew member Paul Birkby (above) who successfully passed out as a fully qualified

Paul joined as a volunteer crew member in 2022. He has since attended 16 shouts and 68 crew exercises, with 218 hours at sea.

We are running a lifejacket clinic, flare disposal and water safety day on Saturday March 29 from 11-3pm at the lifeboat station. At one of our previous clinics a team carried out safety checks on 169 lifejackets. Over 50% needed a critical safety part replacing, meaning that had they been used in an emergency, they may not have worked and could potentially have caused loss of life. 11 lifejackets were condemned outright as being unfit for use.

A further 51 needed new capsules, and 26 required replacement cylinders. The RNLI water safety team will help you to check your lifejacket to keep it safe and fully functioning and will show you how to check for wear and tear and defects. They will also show you how to carry out simple maintenance checks and will advise on parts you need to replace.

TMS will be there selling replacement parts. HM Coastguard has stopped disposing of expired or redundant flares handed in by private individuals. You now need to use a third-party service to dispose of flares. You may be breaking the law if you do not make sure flares are disposed of safely, to prevent any risk to other people or property. You can bring along your old out-of-date flares to have them safely disposed of.

Please visit our Facebook page for full flare disposal terms and conditions. The RNLI team will be there all day running water safety sessions and refreshments will be available.

Join in the fun at our Silent Disco at Lankelly Fowey Rugby Club on Friday 30 May from 7pm. Headsets will be provided and there will be 3 channels of music to choose from! Bar, food and parking available. Booking is essential. £12 per ticket.

To book please text 07949 677760 or email saragoodson59@gmail.com

Keep up-to-date with all of our shouts, news, events and activities on social media on X/Twitter @Fowey_RNLI and on Facebook @FoweyLifeboat and @FoweyLifeboatCommittee

Second Monday Book Group

*10am every 2nd Monday
We read all sorts of books!
Come and join us!
We meet in the Community Centre
reading room.*



On return from their second shout of the week Fowey crew were lucky enough to be accompanied by dolphins. Fowey's lifeboat volunteers had been tasked to launch their D class at 3.15 on Wednesday 22 January, as a member of the public had reported seeing an apparently unmanned blue inflatable kayak near the cliffs in the Carlyon Bay area. Once on scene an extensive shoreline and inshore search was conducted with no sign of the kayak. St Austell Coastguard were also in attendance. At 4pm, after a rendezvous with the coastguard team the crew were stood down. The incident was considered to be a false alarm with good intent.

At 01:25 on Sunday February 16, Falmouth coastguard received a May Day from a vessel saying it was 4 miles from St Austell and taking on water. Falmouth coast guard requested Fowey to launch the all-weather lifeboat. Information from the coastguard was minimal due to electrical issues on the boat and systems not working. They ascertained that there was a person on a 27' sailing yacht, the location established from the boats' cell phone as being 1.5 miles SW west of the Gribbin, close to a ship at anchor. At 02:00 Fowey crew located the yacht and put two crew in dry suits on board to assess the damage.

There was now 300mm of water above the floor, and the salvage pump was transferred to the yacht and the crew managed to stabilise the situation. The crew established that the leak was caused by the headsail furling line getting wrapped round the prop and ripping the P bracket on the hull causing the boat to start taking on water. It was decided that the safest solution was to tow the vessel into Fowey leaving the crew and pump on board.

Permission was granted from Fowey Harbour Master for the boat to enter port. The coastguard team met the boat and took the casualty off to get warm and to be checked over. The crew maintained the water level, while the Launch Authority arranged for the boat to be lifted out by Toms yard. The boat was lifted by 05:24. This was a complicated shout, but a great team response from crew, the coastguard, Toms and Fowey Harbour Commissioners.

Lifejacket clinic, flare disposal & water safety day



The RNLI water safety team will help you to check your lifejacket to keep it safe and fully functioning. They'll show you how to check for wear & tear and defects and how to carry out simple maintenance. They will also advise on parts you need to replace. TMS will be selling replacement parts.

We will be running a flare amnesty. Dispose of your out-of-date flares safely and responsibly. Please see our Facebook page for full terms and conditions of disposal. [Facebook.com/FoweyLifeboat](https://www.facebook.com/FoweyLifeboat)

Join the RNLI Water Safety team for a variety of Water Safety workshops, to help you get the best out of your water activities safely. Refreshments available.



**Saturday
MARCH 29
11 – 3pm**

**Fowey
Lifeboat
Station**

Lostwithiel Table Tennis Club

Where does the time go?

We are now into our 11th year and the club is thriving. We've just held our AGM. We've a healthy bank account, three good tables, lots of spare bats and a group of enthusiastic players – but we can always welcome more.

If you've nothing better to do on a Thursday afternoon and/or Monday evening please come along and give it a try. You've nothing to lose apart from £2 and on Thursday afternoons that includes Tea and Biscuits!

For more information please visit our website:
www.lostwithieltabletennisclub@yolasite.com

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The du Maurier Fowey Literary Festival

2025 Festival Dates: 9th – 17th May 2025

We are delighted to announce that tickets for the line-up of festival events will go on sale mid-March. Just head to www.foweyfestival.com for full details and to book your tickets.

Friends of the Festival: Becoming a Friend of the Festival is easy, simply head to: www.foweyfestival.com/friends where you can read about the different memberships and sign up online. By becoming a Friend, you will receive advance notice of the Festival programme, exclusive Friend's early bird ticket booking, in addition to discounted tickets. A membership starts from as little as £30 and is a great way to support the Festival. We look forward to you joining us.

Adult Short Story Competition 2025

This year, the Festival Adult Short Story Competition is titled 'Making Waves'. The story must be your own work and not previously published. Other than that, let your imagination roam and have fun 'Making Waves'. We are looking forward to hearing from all those budding authors who can let their creative mind wander, resulting in wonderful intriguing, and engaging short stories. For full details, please visit www.foweyfestival.com

All entries must be received by noon, on March 28th, 2025.

Winners will be announced in time for an award ceremony at the Festival in May.

Fowey Secret Gardens

Friday 16th and Saturday 17th May 2025

Secret Gardens

Join us in May to discover some of the Fowey estuary's hidden gems, from gardens with spectacular views to secluded havens, walled gardens, hidden terraces and much more. Follow the garden trail to uncover a glorious mix of vibrant gardens with a diverse variety of planting. Some gardens will provide refreshments and there may be a surprise or two in the making. Watch this space!

Entry to the gardens is free, with donations to the Festival very welcome. Further details from mid-April will be available on the festival website at www.foweyfestival.com Also, Secret Garden maps will be available to pick during Festival week.

Fowey Art Trail

Saturday 10th – 17th May 2025

The Fowey Art Trail welcomes visitors and residents as artists and craftspeople open their homes and studios in Fowey. You will find more inspiring artists exhibiting and selling their work throughout the town. Please join us for this once-a-year opportunity to visit our talented local artists. Further can be found, mid-April on: www.foweyfestival.com

You can keep in touch with us as follows:
www.foweyfestival.com Email: info@foweyfestival.com
Twitter: [fowey_festival](https://twitter.com/fowey_festival) Facebook: [@FoweyFestival](https://www.facebook.com/FoweyFestival)

The du Maurier Festival Society, Registered Office: 4, Quiller Couch Way,
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St Bartholomew's Church continues its support of Lostwithiel Community with the installation of an Automatic Defibrillator, accessible 24 hours per day in the South Porch of the church.

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USEFUL INFO & CONTACTS

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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**



*Chris's
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*on
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in the

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| | |
|---------------------|---------------------------|
| Wednesdays 7-8pm | Fridays 9.30 - 10.30am |
|---------------------|---------------------------|

Lostwithiel Community Centre, Oasis Studio, PL22 0HA Lerryn Memorial Hall, PL22 0PT

Drop-in sessions £10 (£8.50 if block-booked)

For info: EquinoxQigong@yahoo.com



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