

# What's On in Feock Parish



## April 2024

### DAILY

5.30am to 10pm Cirque du Ciel Circus Works Devoran [www.circusworksdevoran.org](http://www.circusworksdevoran.org)  
[circqueduciel123@gmail.com](mailto:circqueduciel123@gmail.com)

### MONDAYS

|                                   |   |  |  |
|-----------------------------------|---|--|--|
| 9 - 12noon                        | Carnon Needle & Craft Group             | Carnon Downs Village Hall  | Mary 07977 625948<br><a href="mailto:emarydunstan@icloud.com">emarydunstan@icloud.com</a>  |
| 9.30 - 10.30am                    | Functional Training (High Intensity FT) | Devoran Village Hall   | <a href="mailto:Zoejcrouse@gmail.com">Zoejcrouse@gmail.com</a>   |
| 10am to 12 noon<br>Term time only | Sunbeams Stay & Play Toddler group      | The Hub, Carnon Community Methodist Church   | Enquiries to join waiting list please contact: 07871 367859  |
| 10 to 10.50 am                    | Bongo Babes 0-4 years                   | Carnon Downs Village Hall  | Kayleigh 0771 8383510  |
| 10am pick up                      | St Feock Community Minibus Day Trip     | <i>8<sup>th</sup> Perranporth, 15<sup>th</sup> Antony House &amp; Gdns, 22<sup>nd</sup> Lanhydrock, 29<sup>th</sup> Enys Bluebells</i> | To book phone 07754 107835<br>Between 9.30am and 10.30am   |
| 12-1pm                            | Functional Strength                     | Devoran Village Hall   | <a href="mailto:Zoejcrouse@gmail.com">Zoejcrouse@gmail.com</a>   |
| 2pm                               | U3A Yoga                                | St Feock Community Church Hall   | Liz Walden 01326 376843  |
| 2pm                               | Pilates for Life – Matwork              | Carnon Downs Village Hall  | Sarah Trotter  |
| 2 to 4pm                          | Line Dancing                            | The Hub, Carnon Community Methodist Church   |  |
| 4 to 6pm                          | U3A Table Tennis                        | St Feock Community Church Hall   | Merrick 01872 865336   |
| 4 to 5.30pm                       | Youth Club 9 -14yr olds                 | The Hub, Carnon Community Methodist Church Hall  | <a href="mailto:carnonhubpastor@truromethodist.org">carnonhubpastor@truromethodist.org</a> and 07842 278983                                  |
| 6pm                               | Pilates Flow                            | Chycara  | Book online <a href="http://www.lapilates.co.uk">www.lapilates.co.uk</a>   |
| 6.15pm                            | Vinyasa Yoga                            | Anella Yoga Studio, Devoran  | 07971 238811<br><a href="http://www.anellayoga.com">www.anellayoga.com</a><br><a href="mailto:Zoejcrouse@gmail.com">Zoejcrouse@gmail.com</a> |
| 6.30 - 7.30pm                     | Pilates                                 | Devoran Village Hall   |  |
| <b>TUESDAYS</b>                   |   |  |  |
| 9.45 to 11.45am                   | IT Class - bring own laptop etc.        | Carnon Downs Village Hall  | £3 including Coffee  |
| 10 to 11.30am                     | My Feock Walk & Talk                    | <i>9<sup>th</sup> Perranwell, 23<sup>rd</sup> Perranarworthal</i>  | FREE - Book via 01872 863333<br><a href="mailto:Cathy@feockparishcouncil.co.uk">Cathy@feockparishcouncil.co.uk</a>                           |
| 10am                              | Slow Flow                               | Anella Yoga Studio, Devoran  | 07971 238811<br><a href="http://www.anellayoga.com">www.anellayoga.com</a>   |
| 10 to 11.30am                     | Adult Ed Tai Chi                        | Devoran Village Hall   | <a href="mailto:Melanies@truro-penwith.ac.uk">Melanies@truro-penwith.ac.uk</a>   |
| 12.30pm and 1.45pm                | Pilates for Life – Gentle Pilates       | Carnon Downs Village Hall  | Sarah Trotter  |
| 4.30 to 7pm                       | Fish, Chip & Pizza Van                  | Forth Coth, Carnon Downs   | Carnon Campsite from 7.15pm  |
| 5.45pm                            | Kettlebells                             | The Hub, Carnon Community Methodist Church   | <a href="http://www.thinkfitcornwall.com">www.thinkfitcornwall.com</a>   |

|                |                         |  |  |
|----------------|-------------------------|--|--|
| 6pm            | Physio-Led Pilates      | Devoran Village Hall                       | <a href="mailto:Ruthbennettphysio@gmail.com">Ruthbennettphysio@gmail.com</a> |
| 6.15pm         | Beginner Slow Flow Yoga | Anella Yoga Studio, Devoran                | 07971238811 <a href="http://anellayoga.com">anellayoga.com</a>               |
| 6.45pm         | Beginners Low Impact    | The Hub, Carnon Community Methodist Church | <a href="http://www.thinkfitcornwall.com">www.thinkfitcornwall.com</a>       |
| 7.15pm         | Pregnancy Yoga          | Devoran Village Hall                       | <a href="mailto:Ruthbennettphysio@gmail.com">Ruthbennettphysio@gmail.com</a> |
| 7.15 to 8.45pm | The Riverside Singers   | Devoran Parish Centre                      | Helen 01209 821310   |
| Term time      |                         |  | 07747740987 – free trial session   |
| 7.30pm         | P90X                    | The Hub, Carnon Community Methodist Church | <a href="http://www.thinkfitcornwall.com">www.thinkfitcornwall.com</a>       |

## WEDNESDAYS

|                  |   |  |   |
|------------------|---|--|---|
| 9.15am           | The Body Project  | The Hub, Carnon Community Methodist Church | <a href="http://www.thinkfitcornwall.com">www.thinkfitcornwall.com</a>                              |
| 9.15am           | Gentle Pilates  | Devoran Village Hall                       | <a href="mailto:Zoejcrouse@gmail.com">Zoejcrouse@gmail.com</a>                                      |
| 9.30am – 12 noon | Veg & Fish Van + Dairy  | Devoran Village Hall                       |   |
| 10.30am          | Functional Strength   | Devoran Village Hall                       | <a href="mailto:Zoejcrouse@gmail.com">Zoejcrouse@gmail.com</a>                                      |
| 10.30am to noon  | Coffee Morning  | The Hub, Carnon Community Methodist Church |   |
| 12 noon          | Zest for Life Men's Pilates   | Devoran Village Hall                       | <a href="mailto:Zoejcrouse@gmail.com">Zoejcrouse@gmail.com</a>                                      |
| 11am to 1pm      | Perranwell Health & Wellbeing Hub (10 <sup>th</sup> , 24 <sup>th</sup> )  | Perranwell Village Hall                    | Sue 07817 303112 or <a href="mailto:Vicky.taylor@imagineif.net">Vicky.taylor@imagineif.net</a>      |
| 1.30 to 4pm      | U3A Art Group<br>1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> Weds | St Feock Church Community Hall             | 01872 865764  |
| 2pm              | The Carrick Singers Choir   | Kea Community Centre                       | Andrew 01872 870164   |
| 2pm              | Carnon Downs Bowling Club 'Roll Up'                                       | Carnon Downs Bowling Club                  | <a href="mailto:Alfoster11@icloud.com">Alfoster11@icloud.com</a><br>07852 683792                    |
| 2.30pm           | Carpet Bowls  | The Hub, Carnon Community Methodist Church |   |
| 2.45pm           | Pilates for Life  | Carnon Downs Village Hall                  | Sarah Trotter   |
| 4pm              | Pilates   | Devoran Village Hall                       | <a href="mailto:Zoejcrouse@gmail.com">Zoejcrouse@gmail.com</a>                                      |
| 6pm              | Pilates Gentle with Lucy  | Chycara                                    | Book online <a href="http://www.lapilates.co.uk">www.lapilates.co.uk</a>                            |
| 6pm              | Fal & Truro Chess Club  | Carnon Downs village Hall                  | Robin Kneebone 07531 543651<br><a href="mailto:chesscornwall@gmail.com">chesscornwall@gmail.com</a> |
| 6 to 7pm         | QIGONG  | Devoran Village Hall                       | 07774 282087 to book<br>Sifu Vanessa Backus   |
| 6.15pm           | Slow Flow Yoga  | Anella Yoga Studio, Devoran                | 07971 238811<br><a href="http://www.anellayoga.com">www.anellayoga.com</a>                          |
| 7 to 8pm         | Chun Yuen Quan  | Devoran Village Hall                       | 07774 282087 to book<br>Sifu Vanessa Backus   |

## THURSDAYS

|                 |   |  |  |
|-----------------|---|--|--|
| 10am            | St Feock Community Minibus Day Trip   | <i>4<sup>th</sup> Glendurgan, 11<sup>th</sup> Marazion, 18<sup>th</sup> Trewidden Gdns, 25<sup>th</sup> Penzance</i> | To book phone 07754 107835<br>Between 9.30am and 10.30am   |
| 10am to 12 noon | 'Time to Create' Mindfulness & Creative Art therapies for Wellbeing with Gaelle | Carnon Downs Village Hall  | Rates: £10 recommended but donations accepted.<br>07782 506285 to book<br><a href="mailto:hello@mindfulreset.co.uk">hello@mindfulreset.co.uk</a> |

|                             |  |  |  |
|-----------------------------|--|--|--|
| 1.45 to 2.45pm              | Mum & Baby Yoga                                    | Devoran Village Hall                             | <a href="mailto:Ruthbennettphysio@gmail.com">Ruthbennettphysio@gmail.com</a>                         |
| 2pm – 4.30pm                | Ladies Table Tennis                                | St Feock Church Comm Hall                        | 01872 863377   |
| 3.15 to 4.15pm              | Physio-Led Pilates                                 | Devoran Village Hall                             | <a href="mailto:Ruthbennettphysio@gmail.com">Ruthbennettphysio@gmail.com</a>                         |
| 4.30pm                      | CircuitsRus  | The Hub, Carnon Community Methodist Church       | <a href="http://www.thinkfitcornwall.com">www.thinkfitcornwall.com</a>                               |
| 4.45pm & 5.45pm             | Kids Fitness                                       | The Hub, Carnon Community Methodist Church       | <a href="http://www.thinkfitcornwall.com">www.thinkfitcornwall.com</a>                               |
| 5pm                         | Slice Pizza Van                                    | Carnon Downs Village Hall                        | <a href="http://www.slicepizzacornwall.com">www.slicepizzacornwall.com</a>                           |
| 6.30 to 7.30pm              | Dance Fitness                                      | Perranwell Church Hall                           | Cathy 07746 425726   |
| 6.30pm                      | Circuits   | The Hub, Carnon Community Methodist Church       | <a href="http://www.thinkfitcornwall.com">www.thinkfitcornwall.com</a>                               |
| 7pm                         | Gentle Yoga  | Anella Yoga Studio, Devoran                      | 07971 238811<br><a href="http://www.anellayoga.com">www.anellayoga.com</a>                           |
| 7.30pm                      | Zumba with Charlotte                               | Carnon Downs Village Hall                        | 07810 711832   |
| <b>FRIDAYS</b>              |  |  |  |
| 9am                         | Step Class   | Devoran Village Hall                             | <a href="mailto:Zoejcrouse@gmail.com">Zoejcrouse@gmail.com</a>                                       |
| 9.15am                      | The Body Project                                   | The Hub, Carnon Community Methodist Church       | <a href="http://www.thinkfitcornwall.com">www.thinkfitcornwall.com</a>                               |
| 9.30am to 11am<br>Term time | Tots & Toys Stay & Play<br>Toddler Group           | Devoran Village Hall                             | 07702 800248<br><a href="mailto:Jane@thewatersidechurches.com">Jane@thewatersidechurches.com</a>     |
| 10am                        | Gentle Yoga  | Anella Yoga Studio, Devoran                      | 07971 238811<br><a href="http://www.anellayoga.com">www.anellayoga.com</a>                           |
| 10 to 12 noon               | Carnon Downs Crafters<br>Crochet & Sew<br>Workshop | Carnon Downs Village Hall                        | Make fun street art, all abilities welcome, just turn up!  |
| 10.30 to 11.30am            | Zest for Life Pilates                              | Devoran Village Hall                             | <a href="mailto:Zoejcrouse@gmail.com">Zoejcrouse@gmail.com</a>                                       |
| 2.20pm                      | Wesley Guild                                       | The Hub – Carnon Community Methodist Church Hall |  |
| <b>SATURDAYS</b>            |  |  |  |
| 9am                         | Dynamic Vinyasa Flow                               | Anella Yoga Studio, Devoran                      | 07971 238811<br><a href="http://www.anellayoga.com">www.anellayoga.com</a>                           |
|                             | Perranwell Football Club                           | Tregye Pitch, Carnon Downs                       | Simon 07712 435081<br>Phil 07803 002927  |
| 1.30pm                      | Produce Van  | Devoran Village Hall Car Park                    | Except Village Market days   |
| <b>SUNDAYS</b>              |  |  |  |
| 9am                         | Tiny Toes Ballet                                   | Devoran Village Hall                             | <a href="http://Tinytoesballet.co.uk/cornwall">Tinytoesballet.co.uk/cornwall</a>                     |
| 10am                        | Church Service                                     | Waterside Churches<br>Devoran & St Feock         | 01872 276357   |
| 10am                        | Bissoe Trail Walking<br>Group                      | Bissoe Valley Car Park<br>1 hour walk            | <a href="mailto:Sallybeme@gmail.com">Sallybeme@gmail.com</a><br>Facebook page                        |
| 10.30am                     | Church Service                                     | The Hub, Carnon Community Methodist Church       |  |
| 10.30 to 11.30am            | The Community Space                                | Penpoll Chapel                                   | Hot drink and a chat   |
| 10.30am                     | Quaker Meeting House                               | Come to Good                                     | Quiet reflection   |
| 11am - weather permitting   | Carnon Downs Car Boot Sale                         | Cats Protection field, Point Road, Carnon Downs  | <a href="http://www.facebook.com/CornwallAdoptionCentre">www.facebook.com/CornwallAdoptionCentre</a> |

## April dates - clubs & events if not held weekly

|   |   |  |  |
|---|---|--|--|
| Various dates                                       | "Swim Together" social sea swimming group   | Loe Beach  | Facebook page<br>'Swim together @ Loe Beach'   |
| Various dates                                       | Cornish Claycutters Baseball Club   | Winter meetings – see website/Facebook               | <a href="http://www.facebook.com/claycutters">www.facebook.com/claycutters</a><br><a href="mailto:claycuttersbaseball@gmail.com">claycuttersbaseball@gmail.com</a>             |
| Various dates                                       | Carnon Downs Community Association  | Carnon Downs village Seasonal community events       | <a href="http://www.carnondownsvillage.co.uk">www.carnondownsvillage.co.uk</a><br><a href="http://www.facebook.com/carnondownsvillage">www.facebook.com/carnondownsvillage</a> |
| Tuesdays: food van, 4-7                             | Carnon Downs Club Village Hall Car Park   | Carnon Downs Campsite from 7.15                      | <a href="http://www.facebook.com/CarnonDownsCAMC">www.facebook.com/CarnonDownsCAMC</a>   |
| Tues 2 <sup>nd</sup> April 10am                     | Knit, Knot & Natter with homemade cake  | St Feock Community Hall                              | Every fortnight.   |
| Tuesday 2 <sup>nd</sup> April 6.45 for 7pm          | Feock Film Club   | St Feock Church Community Hall – tea & Coffee        | £4 members, £5 non-member (1 <sup>st</sup> Tues of month)  |
| Tues 2 <sup>nd</sup> April 7.15pm                   | CD Old Cornwall Society   | Carnon Downs Village Hall                            | £2.50 (members £12 pa) 1 <sup>st</sup> Tues of month <a href="mailto:lewishock@aol.com">lewishock@aol.com</a>  |
| Saturday 6 <sup>th</sup> April 10am -5pm            | Art Together Exhibition in aid of Hidden Help   | Carnon Downs Village Hall                            |  |
| Saturday 6 <sup>th</sup> April 12pm                 | Mid-Cornwall Climate & Eco Hub – Q&A  | Truro Cathedral                                      |  |
| Thursday 4 <sup>th</sup> April 2 – 4pm              | Carnon Downs Memory Café  | Carnon Downs Village Hall                            | 1 <sup>st</sup> & 3 <sup>rd</sup> Thurs of month   |
| Thursday 4 <sup>th</sup> April 7pm for 7.30pm       | Quiz Night in aid of DVH & K9 Crusaders Welfare   | Devoran Village Hall                                 | Entry £3 (1 <sup>st</sup> Thurs of month)  |
| Monday 8 <sup>th</sup> April 2pm                    | Point& Penpol WI  | Penpol Chapel<br>2 <sup>nd</sup> Monday of the month | President: Diana Coate-Bond<br>01872 859028<br><a href="mailto:Diana.coatebond@gmail.com">Diana.coatebond@gmail.com</a><br>2 <sup>nd</sup> and 4 <sup>th</sup> Tuesdays        |
| Tuesday 9 <sup>th</sup> April 10am                  | Coffee Spot   | Devoran Parish Centre (behind Church)                |  |
| Tuesday 9 <sup>th</sup> April 1.30 – 3.30pm         | Carnon Downs Pain Café Monthly relaxation sessions                                      | Carnon Downs Village Hall                            | Booking required:<br><a href="mailto:libby.huddy@imagineif.net">libby.huddy@imagineif.net</a> /<br>07496 825523 (2 <sup>nd</sup> Tues of month)                                |
| Tuesday 9 <sup>th</sup> April 7.30pm – 10pm         | Truro Flower Club   | St Feock Church Community Hall                       | Wendy Gladwyn 01872 864596 (2 <sup>nd</sup> Tues of month)   |
| Friday 12 <sup>th</sup> April 12.30pm (fortnightly) | St Feock Village Lunch 2 course home cooked lunch £6.50                                 | St Feock Church Community Hall                       | Everyone welcome, no need to book – more info from<br>Nina Davey 01872 865106  |
| Saturday 13 <sup>th</sup> April 9.30 to 12 noon     | Devoran Village Market – produce, crafts, refreshment, refill service, knife sharpening | Devoran Village Hall & Car Park                      | <a href="http://www.facebook.com/DevoranVillageMarket">www.facebook.com/DevoranVillageMarket</a><br>2 <sup>nd</sup> Saturday of month  |

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|---|--|--|--|
| Saturday 13 <sup>th</sup> April<br>10am – 12 noon   | 'Just Coffee & Cake'<br>Social event                           | Linden Hey Garden Tea<br>Room, Penelewey                           | In aid of upkeep of the Church   |
| Tues 16 <sup>th</sup> April<br>10am   | Knit, Knot & Natter  | St Feock Church Community<br>Hall                                  | Every 1 <sup>st</sup> & 3 <sup>rd</sup> , 5 <sup>th</sup> Tuesday of the<br>month  |
| Thurs 18 <sup>th</sup> April<br>2-4pm   | Carnon Downs Memory<br>Café                                    | Carnon Downs Village Hall  | 1 <sup>st</sup> & 3 <sup>rd</sup> Thurs of month   |
| Sunday 21 <sup>st</sup> April<br>10am – 4.30pm  | Tender Loving Care Day<br>Retreat for Carers                   | 'Little Narabo', Devoran<br>www.NODAC.co.uk                        | Organiser: No One Dies Alone<br>Cornwall CIC. Booking essential:<br>admin@nodac.co.uk  |
| Tuesday 23 <sup>rd</sup> April<br>10am  | Coffee Spot  | Devoran Parish Centre<br>(behind Church)                           | 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesdays   |
| Tuesday 23 <sup>rd</sup> April<br>7pm for 7.30pm  | Kenwyn Valley Flower &<br>Garden Club                          | Carnon Downs Village Hall  | 4 <sup>th</sup> Tues of month  |
| Weds 24 <sup>th</sup> April<br>1pm to 4pm   | U3A French Films   | St Feock Church Community<br>Hall                                  | Genevieve Rosier 01872 273333<br>Last Weds of month  |
| Weds 24 <sup>th</sup> April<br>6.30 – 8.30pm  | Slow & Easy Folk<br>Sessions                                   | Devoran Village Hall   | Last Weds of the month 07765<br>423751   |
| Thursday 25 <sup>th</sup> April   | Feock Home & Garden<br>Society                                 | St Feock Church Community<br>Hall                                  | Andy Rendell 01872 862972<br>Last Thurs of month   |
| Friday 26 <sup>th</sup> April<br>12.30pm  | St Feock Village Lunch<br>2 course home cooked<br>lunch £6.50  | St Feock Church Community<br>Hall                                  | Everyone welcome – no need to<br>book – more info from<br>Nina Davey 01872 865106  |
| Friday 26 <sup>th</sup> April<br>6 -7.15pm Juniors +<br>Academy<br>7.15- 10pm Carrick<br>Chess Club | Falmouth & Truro Chess<br>Club (fortnightly mainly<br>Mondays) | Carnon Downs Village Hall<br>6pm to 10pm<br>Coaching 6pm to 7.15pm | Check website for dates<br><a href="http://www.cornwallchess.org.uk/html/clubs/falmouth.shtml">www.cornwallchess.org.uk/html/clubs/falmouth.shtml</a><br>Robin Kneebone 07531 543651 |
| Saturday 27 <sup>th</sup> April<br>Afternoon  | Devoran Village Hall 100<br>years Celebration                  | Afternoon Tea and Exhibition<br>in Devoran Village Hall            |  |
| Tues 30 <sup>th</sup> April<br>10am   | Knit, Knot & Natter  | St Feock Church Community<br>Hall                                  | Every 1 <sup>st</sup> & 3 <sup>rd</sup> , 5 <sup>th</sup> Tuesday of the<br>month  |
| Tues 30 <sup>th</sup> April<br>10am -11.30am  | Repair Café  | The Hub – Carnon<br>Community Methodist<br>Church Hall             | Last Tuesday of the month  |

### May Dates:

|   |  |                           |  |
|---|--|---------------------------|--|
| Sat 4 <sup>th</sup> & Sun 5 <sup>th</sup> | Carnon Downs<br>Community Association<br><b>Village Trail &amp; Quiz</b> | Carnon Downs Village Hall |  |
|---|--|---------------------------|--|



# Walk & Talk

## Guided Walks In Feock Parish

In conjunction with the Soroptimists

Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday @ 10am – 12 noon

Come along and join our experienced walk leader for a slow/medium walk at the pace of our slowest walker through our beautiful locations and embrace our local heritage following the Feock Trails.

Locations are on our website [www.myfeock.co.uk](http://www.myfeock.co.uk), on our 'What's On' pages, or from our red phone boxes within the parish.

Please wear sensible footwear (trainers/walking shoes). Bring a drink and snack if you wish. Dogs welcome on fixed lead.

**PLEASE BOOK IN ADVANCE**

For more information contact: 01872 863333 between 9am – 12 noon,  
[info@feockparishcouncil.co.uk](mailto:info@feockparishcouncil.co.uk), [www.myfeock.co.uk](http://www.myfeock.co.uk)







# REPAIR CAFE

**If you can carry it, we'll take a look!**

- Wooden items - bolting, tightening, gluing & creating new pieces and woodwork
- Bike repairs and maintenance advice
- Clocks (not battery or electric)
- Electrical - plugs, fuses, basic wiring (no PAT testing)
- Clothing & textiles - mending, zips, darning, repairs
- Soft toys, knitting and crochet
- Minor jewellery repairs
- Technology



**Pop into see us - last Tuesday of the month,  
10 to 11.30am @ The Hub - Carron Community  
Methodist Church Hall, Carron Downs**

Items must be received by 11am to allow for repairs up to 11.30am

**Donations for refreshments & repairs gratefully received  
towards the cost of running the Repair Cafe**

**Contact: [info@feockparishcouncil.co.uk](mailto:info@feockparishcouncil.co.uk)**

**[www.myfeock.co.uk](http://www.myfeock.co.uk)  MyFeock Wellbeing 01872 863333**

Please note: All items must be 'carried' into the Repair Cafe by the customer. The idea is, where possible, for the customer to watch and learn whilst the item is being fixed to promote skill sharing. Some items may not be fixable on-site and may take time to repair offsite. When required please complete a form to give your permission for this to happen. Additionally you may need to purchase items (eg. zips, batteries etc.) required for the repair, cost to be discussed with our Volunteer Repairers. We will not accept any liability for damage, fault or breakages of any items during repair.



## Could you spare a little time helping your community?

Would you like to support our local services, activities and events? Lots of local groups are looking for volunteer support.

We would love to hear from you if you have time to volunteer!

Please get in touch:

Feock Parish Council 01872 863333 or [Cathy@feockparishcouncil.co.uk](mailto:Cathy@feockparishcouncil.co.uk)

Follow us on Facebook – MyFeock Wellbeing

This What's On listing has been produced by MyFeock wellbeing (Feock Parish Council's wellbeing service).

If you would like your event, group or activity added please get in touch.

A copy of this listing as well an electronic calendar can be found on

[www.myfeock.co.uk](http://www.myfeock.co.uk)

