



Connect

Carnon Downs, Devoran, Feock
and Point & Penpol

Misty morning in Carnon Downs, September 2021



WELCOME to the ninth issue of the Parish Council's Newsletter

Our various meeting places are open again allowing people to meet once more. The value of these meetings lies not only in participating in numerous interests and activities but also through the benefit of allowing people to socialise and exchange views and information not necessarily directly related to their shared interest. Recently, during a chat with someone at Devoran Village Market, I was surprised to be told that this person had lost confidence in going out during 'lockdown' and went on to explain that this was through losing contact with the many people met previously and how events like the market are helping to restore confidence. Speaking with others, I have come to realise that there must be many people in our parish in a similar position. I would like to take this opportunity to thank the numerous committees and group organisers for starting again; what you are providing potentially amounts to more than you think!

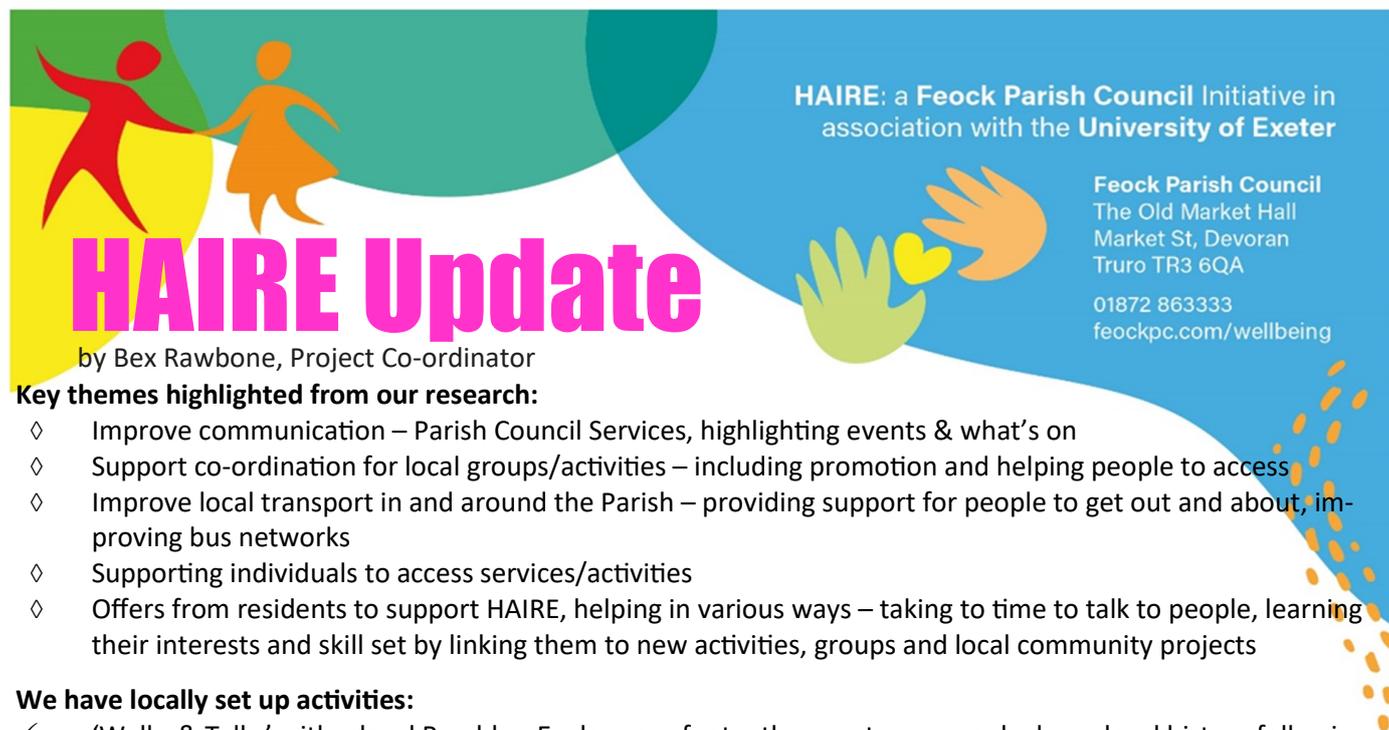
The ever-expanding HAIRE project continues apace, Bex Rawbone's excellent update further in this issue provides progress details. Much of the project work directly addresses the issues detailed above and our gratitude to all those working on and for the project simply cannot be overstated.

Meetings of the full Council will recommence in October. Initially, to allow social distancing, these will be held in our village halls. For details, please refer to future issues of Connect, our various council notice boards and website or any of your councillors.

I am pleased to report that work has started on creating the Pengelly Meadows Playing Field and news 'hot off the press' a contractor has just been appointed this week to install gym equipment there. The Council also authorised expenditure for improvements to Retallack Playing Field in Feock which again will provide gym equipment and also new play equipment to provide recreation facilities for both children and adults of all ages. More details later on in this newsletter.

The joint project with Kea and Chacewater Parish Councils creating a new community woodland in the Carnon Valley is progressing, a further 420 trees are on order for planting in the near future. Further ground levelling work and creating various access paths are in hand. As winter approaches, further viral threats are in the offing, please be very careful and protect yourselves and our NHS.

Barrie Thomas, Chairman, Feock Parish Council Email: polladras@outlook.com



HAIRE Update

by Bex Rawbone, Project Co-ordinator

Key themes highlighted from our research:

- ◇ Improve communication – Parish Council Services, highlighting events & what's on
- ◇ Support co-ordination for local groups/activities – including promotion and helping people to access
- ◇ Improve local transport in and around the Parish – providing support for people to get out and about, improving bus networks
- ◇ Supporting individuals to access services/activities
- ◇ Offers from residents to support HAIRE, helping in various ways – taking time to talk to people, learning their interests and skill set by linking them to new activities, groups and local community projects

We have locally set up activities:

- ✓ 'Walks & Talks' with a local Rambler. Explore our footpaths, meet new people, learn local history following the Parish Council Trails. To book please call: HAIRE, Feock Parish Council - 01872 863333 between 9.30am-12pm
- ✓ 'Computer Skills and Coffee' at The Old Quay Inn, run by landlord (John Calland) – starting October. To book please call: HAIRE, Feock Parish Council - 01872 863333 between 9.30am-12pm
- ✓ Improved the bus route from Feock direct to Trelissick Gardens in conjunction with Cornwall Council

We are supporting clubs and activities by:

- ✓ Providing a booking service for above activities and support offered to those clubs/activities starting up again
- ✓ Raising awareness for clubs, societies, and activities through advertising on our noticeboards and publications
- ✓ Creating a new 'What's On' guide in response to feedback through our research – displayed in all Parish Council noticeboards and refreshed as updates come in. We are now working on getting this onto our website.
- ✓ Updating the 'Directory of Groups, Services, and Helplines' ready for publishing
- ✓ Volunteers supporting with support service lines, befriending, confidence building, and getting out and about in the Parish

Working with the wider community – countywide and internationally:

- ✓ Involvement in innovations with the Coastal Primary Care Network (NHS) - improving connections with GP Referrals with a 'Social Prescribing' approach modelled on the work already carried out by HAIRE
- ✓ Improving links with Age UK and Volunteer Cornwall – two-way support & referral service, help with promoting HAIRE (Including recruitment of volunteers and additional transport options for local residents)
- ✓ Cherilyn Mackrory, our MP is fully committed to supporting and promoting HAIRE nationally
- ✓ One of our Volunteers has been interviewed by Interreg (HAIRE European management group) to make a video which they will share at their international seminar in September

What is yet to come...

- ✓ Linking with a FEAST funded creative practitioner and local schools in the Parish to create a Memory Shanty Festival – intergenerational activity – for local people to participate in by sharing their memories and stories of the local area, making them into songs and sound.
- ✓ Links with Devoran School – feasibility of opening up outdoor sport facilities for local community use during school holidays being investigated. Booking system to be managed by HAIRE Feock.
- ✓ Links with local bus company – to request they offer an enlarged timetable for display at bus stops
- ✓ Talks with local community members – idea of setting up a Repair Café, Veg grow & swap, pottery class, supporting local churches with raising funds/coffee mornings, Parish Noticeboard replacements adding a few more in the area

Please get in touch if you'd like to know more with

Bex Rawbone, HAIRE Project Co-ordinator, email: bex@feockparishcouncil.co.uk Tel: 01872 863333

Memory Shanty Project

The **Memory Shanty project** (a **HAIRE Feock** initiative) combines sound art, wellbeing and intergenerational intervention as a public performance experience which will celebrate and value of the local elder community. It will strengthen community resilience through shared experience, creative care, and hope.

Sound Artist, **Justin Wiggan**, along with **HAIRE Feock** and **Devoran school** will celebrate the lives and memories of older residents in the area through shanties. They will be written and performed by schoolchildren, and the community will gather to launch the shanties at an intergenerational celebratory event.

The Memory Shanty project will help to benefit its participants by:

- Socialising and strengthening their social networks in the community
- Co-creation, being listened to, validation
- Intergenerational ties
- Local interest (history built into the shanty but also future sound posts/benches)
- A personal sound file that evokes their memories (to keep and use as they wish)
- Enjoyment, trust and confidence in group participation



The recordings of the memory shanties will be gifted back to the individuals who donated their stories, and placed them on solar powered, tamper-proof sound post or bench (locations to be confirmed). The sounds will be the results of individual interviews and/or weekly engagement workshops with community members at Devoran school, arranged by HAIRE Feock. More information found on: <http://www.life-echo.co.uk>

For more information contact:

Justin Wiggan - morrisoto@yahoo.com / 07976 574868

Bex Rawbone – **HAIRE Feock** (Feock Parish Council) – bex@feockparishcouncil.co.uk / 01872 863333

Victoria Lock – Devoran School – 01872 863223

Supported by



Telling an Old Story a different way by Cllr Keith Hambly-Staite

A review of **Cornwall's House of Inventions and Founding the Poly**. Carver and Boex, Co- editors. Royal Cornwall Polytechnic Society 2021 by Keith Hambly-Staite

The Feock Trails produced and published by Feock Parish Council have found an enthusiastic readership amongst local people as well as visitors. They tell the stories about the history and geography of our parish and make walks in the area interesting and informative. But is there anything more to be said?

A new publication from the Royal Cornwall Polytechnic Society* co-edited by Carver and Boex provides a new perspective on the role that Devoran and Point played in the Industrial Revolution in the eighteenth and nineteenth centuries and the part the Society played in supporting it.

The Royal Cornwall Polytechnic Society is unique in that it was created after an idea by two teenage girls Anna Maria and Caroline Fox. They persuaded their father Robert Were Fox of the local Fox family that an organisation to encourage invention and recognise results was needed to promote the new inventions that Cornwall needed to sustain the growth of the emerging mining industry. Their cousin Wilson Lloyd Fox wrote, 'a new society was originated at the suggestion of Miss Fox of Penjerrick who was anxious to encourage a number of clever workmen who

were employed in Perran Foundary and who were constantly bringing models and inventions to her father for his inspection' The many inventions were rewarded by either a silver or bronze medal together with a significant cash prize.

The tramway in Devoran that we now use for leisure used to carry cargoes of ore from mines inland to be loaded at the deep water wharfs of Devoran where incoming cargoes of Welsh coal were unloaded for use in the steam engines.

Michael Carver tell us that Restrouguet Creek was a 'busy noisy smelly place but shipping and smelting were not the only profitable activities.' Mining itself was tried and took place in Restrouguet Creek. Even today at low tide, opposite Point, a mound appears in the middle of the creek 'the blocked mouth of the ventilation shaft for the Carnon mine 60 feet below where the tanners tunnelled under the hard mud as the tides rolled in and out overhead'

The technology developed during the heyday of Cornish mining required constant improvement and many ideas came from the workmen themselves. For the first time the new Society ensured that these ideas were recognised and many adopted making the mining and agricultural industries more efficient and safer. This must be considered to be one of the most valuable roles of the Society which had recently been created in Falmouth as well as representing the spirit of innovation for which Cornwall became famous

Today when we walk around the area, glancing in at the picturesque cottages that then belonged to the mine and agricultural workers, enjoying some sailing or other water sports or bird watching hoping to catch a rare bird on migration, the past seems a long way away. But life in the 19th century was hard and mean for the men, women and children who worked in and around the mines and ports and fields. It is therefore excellent that the authors of this small publication from the Royal Cornwall Polytechnic Society have told the story not only of the industrial history of the parish and its surroundings but of those who worked in the mines and laboured in the fields and how they were at last recognised and rewarded. The authors and the Society must be congratulated for making this story available in such an accessible way.

The Parish Council have a number of copies of these two interesting booklets which are available free of charge from the Parish Office.

An example of the medals presented by the Royal Cornwall Polytechnic Society to individuals and organisations to recognise achievement and innovation. They were awarded in silver and bronze together with cash prizes.

.*The Royal Cornwall Polytechnic Society is now known as 'The Poly' which provides an exhibition space and arts centre for Falmouth. It also offers a programme of talks on the arts and sciences



Canada Geese by Cllr Sue Cooper

Canada geese are very successful colonisers, relatively tolerant of humans and here to stay – at least for the moment. They are resilient and ready to adapt to new environments – and some of us love them and some of us don't. So are they, like the common perception of the Pacific oyster, an invasive species ousting our beautiful natives or are they a bellwether with messages we should be listening out for?

Where I lived in Kent before moving to Penpol five years ago, I was greatly privileged to be woken by birdsong – on occasion it was so loud that, in need of a lie in, I actually shut my window to mute the cacophony. While I feel incredibly blessed to live where I do now, I have missed that glorious chorus. It has in its place given me great joy to be woken early at times through the year by the less melodious, but no less glorious, rallying honk of the gaggle leaders of the Canada geese, calling each little group into formation to paddle or fly from their regular sleepover spot on the east side of Penpol Creek, perhaps to the popular grazing places up towards Perranarworthal. If the tide is such that they choose to fly, the leaders' calls echo as the Vs head down the creek or pass overhead and their honking starts the day with a special sense of purpose.

Like the bell on the neck of the castrated ram (a wether) which allowed shepherds of old to find flocks as they strayed into new pastures, I hear the honk of the geese alerting us the need to look for a new dawn, not just of a new less kind climate, but also one in which we need to take more notice of what the wild world is telling us on a day to day basis if we are to bequeath any of it to our children.

The geese were absent, or I failed to see them, for much of last year. The reason I concluded at the time, was an increase in light spill - the current trend towards large, unshielded windows has increased the light on the creek. But also, it was lockdown and more of us were about walking later and earlier in the day and these attempts to distance ourselves from each other inevitably led to us intruding more into wild spaces. But there were also fewer active boats on the water – what effect did that have on the life of our creeks and seas? Maybe our geese were able to rest somewhere even better than Penpol Creek for a season? So rather than worrying we had lost them to a disaster, maybe I should have been pleased that they had a holiday while the rest of us stayed home?

If anyone knows the reason for their low profile please do write in, but I suspect we will probably never know for certain. What I think we can be sure of though, is that every small change we make has an impact on the natural world that is far larger than we realise. Even if we don't notice it around us every day we don't live in isolation from nature. (NB I've been delighted to see that the white goose that has been part of the flock in the near five years I've lived here is still with our local population of these monogamous, faithful creatures)



Jaks watching the geese gaggles gather at dawn, Penpol

Tree watch by Cllr Sue Cooper

Ewen Abram Moore and I enjoyed a beautiful day out at Trelissick in mid September, in the company of tree enthusiasts and tree wardens from across Cornwall for a day course run by the hugely knowledgeable Tim Kellett and our very own Cornwall Council Tree officer, Nick Cooper. We learned how to recognise ancient, veteran and notable trees and how to record them on the Ancient Tree Inventory. Almost all of the records of such trees around Feock have been so far made by Tim but there are many more to find!

Older trees are a irreplaceable and almost immeasurably valuable habitat – in fact they are whole, unique ecosystems. From their gnarly, deep veined bark to the dead and dying wood of their upper branches and hollowing inner hearts, to the vast extent of their underground root and fungal networks to the tips of their tenderest leaves they are home to or food sources of innumerable species of lichens, insects, birds and animals. Not only are they staggeringly biodiverse, but this very biodiversity is at the heart of their importance as capturers and storers of carbon.



Nick Cooper, Cornwall Council Tree Officer, far left; Sue Cooper, Feock PC, third from left; Ewen Abram Moore; Tim Kellett, second from right

All of life is carbon based and part of the carbon cycle. The more rich and diverse a habitat, the more efficient it is as a climate change brake and ecosystem preserver. We can instantly plant new trees but we can't plant instant new ecosystems.

To identify more of these local treasures, we are hoping to form a group of local residents interested in recording trees around Feock. If you would like to be part of that, please get in touch with Sue at sue.cooper.feockpc@gmail.com or on 07795985429.

No previous experience necessary but if you do have specialist knowledge or experience,

Carnon Downs Memory Cafe

Do you have a memory problems? Carnon Downs Memory Cafe was set up seven years ago to help you and others who are experiencing this condition. There are now 44 such cafes all over Cornwall from the Isles of Scilly to Saltash and we have been told we are one of the best! This could be because we meet in the lovely Carnon Downs Village Hall, the ever present laughter, the very welcoming atmosphere, the camaraderie and the entertainment or perhaps it is the tea and cake.

There are usually about 20 guests, carers and volunteers who meet on the first and third Thursday of the month from 2.00-4.00pm. Tables might be set up with puzzles, word search, quizzes and pictures to colour in, the Weekly Sparkle looking back over past times to read or a memory game to play. There is always music: to welcome guests, to sing along to, to play percussion or just to listen to while doing arts and crafts and chair exercise. Or you may just prefer to chat and socialise.

The Memory Cafe is one of this months Asda Foundation Green Token Giving recipients and you can vote for them online. The vote is now live and voting will close at midnight on Tuesday 30th November. You can vote by visiting www.asda.com/green-tokens and selecting Falmouth from the drop down box. Supporters will be able to vote once every 7 days so if you can vote for us that would be very much appreciated!

We will be meeting again in the village hall again soon, we often have background music and bingo which everyone enjoys! So, if you feel you would like to come along just turn up or call Sally Brocklehurst on 01872 864717 or Andy Rendell on 01872 862972. It is all free!

Community Speed Watch in Feock by John Yearsley



As the local co-ordinator for Community Speed Watch (CSW) in the parish, I thought it would be a good idea to remind everyone just what the scheme is about and how your local group operates.

Firstly, what is CSW ? Well, the purpose of CSW is to make our community safer by educating people who exceed the speed limit within it. The aim is to engage and educate drivers rather than give fines and court appearances. With this in mind the police have provided us with a speed camera kit and we have formed the Feock CSW Group.

The scheme is run by local volunteers who are registered and have received training in the use of the speed monitoring equipment and the recording of results. We operate from sites approved by the police in areas identified by the parishioners of Feock where, in their view, there is a problem with speeding vehicles. The Feock group currently have a number of approved sites within the parish from which we operate and we usually meet at one of them every week or so for about an hour at a time.

At present, we have 7 members in the group, ideally up to four of whom attend each session, and we are always on the lookout for more volunteers. Anybody interested in joining us should contact the local police, or failing that, the parish clerk who will point them in the right direction. Similarly, any parishioner worried about a problem with speeding at a particular spot is encouraged to get in touch with us via the parish office. When a speeding problem has been identified, myself and our Police Community Support Officer (PCSO) will determine whether it is possible to run a session in this area, and it then becomes the responsibility of the PCSO to ensure that the prospective site reaches quite stringent health and safety criteria. We don't wish to be mown down by someone speeding !

When we meet, we record and log the details of vehicles exceeding the speed limit from which a staged warning system is employed using advisory letters. Details of vehicles which have already been recorded exceeding the speed limit are passed on to the local police for attention.

We operate under the direction of the police and any abuse or threats etc will be reported to them. We are also instructed not to get involved in disputes. Having said that, in over a year of running regular CSW sessions we have only once had to deal with a member of the public seething with rage after he had been caught speeding!

More often than not, it's a thumbs up and cheery wave from drivers who appreciate we are there purely to make the roads in their parish safer.

Feock CSW have no say in the speed limits set within the parish, but merely attempt to gently remind drivers of their existence. Were the police running a radar speed trap from one of our sites then, instead of receiving a polite letter reminding the driver that he or she was breaking the speed limit, the driver would be getting a fine, points on their licence and probably an invitation to attend a speed awareness course!

In summary then, your local volunteer CSW team not only take some pressure off our already overstretched police force, they are there to make the roads in your parish a safer place for you and your children, pedestrians - and drivers.

Letters—tell us what you think!

We have been publishing this newsletter for a couple of years now and would like to hear more from residents about what you would like to see in this publication and questions you would like to pose to the Parish Council. We'd also like to see your photos of out and about in the parish.



In future issues we're considering running a photo competition and including more ideas about how to encourage wildlife into your garden. Please let us know what you think—we are waiting to hear from you!

Write to: Feock Parish Council, The Old Market Hall, Market Street, Devoran, TR3 6QA or email debra@feockparishcouncil.co.uk or one of your Councillors whose details can be found on our website.

Update on Pengelly Meadows Recreation ground



Residents may have noticed that works are continuing on the new recreation area in Carnon Downs, as we write the tarmac is being laid on the pathways and outdoor gym area and the fencing to stop balls going out into the roads will be next to be installed. The pitch area has now been levelled and grass seeded, it will take a few weeks for the new grass to become established and the pitch area will be roped off so please do stay off it to enable the grass to grow. Outdoor gym equipment and a table tennis table will be installed over the next couple of months, together with some trees, wildflowers and benches.

Update on Retallack Park refurbishment

Around the end of October, the first phase of refurbishment works at Retallack will start. A pathway will be installed (similar to that at Pengelly Meadows) around the perimeter of the park to enable easier walking, especially during the wetter months. The current zip wire has sadly seen better days and will be replaced with a new one (located just below the old one), as will the existing toddler tower. A seating corner will be created in the top left corner of the park as this has the best views out across the valley and this top end of the park will be left wild, with additional trees planted where the old zip wire used to be, together with wildflower seeding and a landmark Oak tree that we have been awarded by Cornwall Council. There will also be wildflower planting up the sides of the pathway. A grass-crete parking area (a grid that the grass will grow through) will be created at the bottom of the park to reduce the amount of parking on the road by visitors to the park and help keep the road clearer for residents parking, especially during the busier summer months. There will also be a fence between the parking area and park and a vehicle height barrier at the entrance way to discourage unwanted visitors and overnight camping.



The second phase of the works will be to replace the equipment, including the zip wire and toddler tower and add two new pieces of play equipment, a small inset trampoline and cone climber. An outdoor gym area will also be installed near to the entrance to the park. The rest of the equipment and layout of the park will remain as it currently is, the football area will be retained as will the other equipment, a tarmac square will be installed under the basketball hoop and a new hoop and backboard will also be installed.



To ensure everyone is kept safe, the park will unfortunately have to be closed for the duration of the refurbishment works but we hope that everyone will soon be able to enjoy the improved park!

Feock Traffic Regulation Order and potential new parking restrictions

Over last couple of years, there have been numerous parking issues caused by inconsiderately parked vehicles around the area of Loe Hill in Feock, with buses regularly being held up and on occasion emergency vehicles being delayed, especially during the busy summer months. The Parish Council have implemented the temporary fix of using road cones to ensure the road and passing places are kept clear to ensure vehicles can still get through but have now decided that the time has come to investigate if parking restrictions should be put in place in this area of Feock.

A statutory consultation will be carried out by Cormac between 14th October and 4th November. During this time, site notices showing the proposed restrictions will be displayed in the area, with details of how to respond. We will also publicise this on our social media pages, noticeboards and website.

Weed control across the Parish

Residents may have noticed the weeds are looking quite unsightly across the Parish this year. The Parish Council have thought and debated long and hard about whether or not to carry out weed control treatments this year and have decided to defer this until early next year when it will be considered again. The main reason for this deferral is the cost to the tax payer, to have one treatment of an environmentally friendly foam weed control carried out would cost £5,500 and at least two treatments are needed each year, there are of course benefits to wildlife and pollinators of having some wild weeds around the area as well.

Having discussed the matter, Parish Councillors wondered if those residents who have the ability could tidy up the areas outside their property to help keep the Parish in good order, mainly this is where weeds are growing out of the kerbs and pavements—thank you to the residents who already do this to keep their local area tidy. We have advised Cornwall Council of several slippery pavements, caused by moss, and have asked that they treat these as they have responsibility as Highways authority.

Follow us on Social Media



Feock Parish Council and Wellbeing Feock



@feockpc



feock_parish_council



GOT AN IPAD or LAPTOP?

Would you like to know a little bit more detail on how to use them?

Why not come along to **CARNON DOWNS VILLAGE HALL**

Every Tuesday at 10am till midday

Join our sociable group learn about IT, enjoy a chat and a cuppa.

Any questions phone Richard on 07774 869721

Truro River Rowing Club are looking for new junior members - email truroriverrowingclub@gmail.com



Seeking adventure?

- Aged 14-16?
- Enjoy getting on the water?
- Come and try the sport of gig rowing
- Fridays, 5pm
- To book your place please email Nita Owers-truroriverrowingclub@gmail.com



Loe Beach, Feock, Truro, TR3 6SH

St Feock Community minibus

The new minibus is funded and supported by the following local businesses. The King Harry Ferry, Glenn Humphries Landscaping, Ferris Garage and Linden Hey Garden Tea Room. It's already made over 20 trips since it arrived in August and is proving a popular way of meeting and making new friends.

Favourite trips so far have been to Tremenhere Sculpture Gardens, St Ives, Lanhydrock and the Balloon Festival Funfair.

Everyone is welcome to travel whatever your age and all trips are free. There is a donations box on board should you wish to put something in to cover fuel. In October we are off to The Lizard, Lelant, Looe, Newquay, St Michael's Mount, Lanhydrock (again by special request) and also Padstow.



The new schedules for October, November and December, which includes the Christmas lights trip, are now available from the Parish Council Office or Linden Hey Garden Tea Room in Penelewey.

Sally-Anne runs the Booking Office telephone between 09.30am-10.30am Monday to Friday. Seats are on a first come first served basis. Call 07754107835

If you are interested in joining our team of volunteer drivers so we can get out to even more places, please call Martin Davey on 01872 865106

If you don't know anyone before you step on board you are bound to know them when you leave!

Noise from Carnon Downs Bypass

We have had complaints from residents about the noise from Carnon Downs bypass and have asked Cornwall Council to look at the surface of this to see if anything can be done. In the meantime, we thought it would be useful to carry out a survey of residents to find out how many people are affected by the noise and where they live.

A Survey Monkey survey has been set up online <https://www.surveymonkey.co.uk/r/2PD52WN>

If you are affected by noise from the bypass please go online and complete the survey or for those who don't have online access please return the paper survey below to the Parish Council, The Old Market Hall, Market Street in Devoran, TR3 6QA. Feel free to send comments on a separate piece of paper (or email) if you don't want to cut off the below. Thank you for your assistance.

Cut here :< -----

Carnon Downs Bypass Road Noise Survey

Please circle all answers that apply:

Which village do you live in?	Carnon Downs	Devoran	Feock	Point/Penpol
Type of noise that affects you?	Road surface noise	Anti-social driving	Stationary traffic	
	Other (please state)		
Is there a particular time of day the traffic noise is worse?	Morning	Afternoon	Evening	Night
What do you feel is the main issue with the bypass?	Road surface	Poor Driving	Speed limit	Volume of traffic
Any other comments you would like to make about the bypass:			
			

Can you help?

We currently have a number of volunteering opportunities, have you ever thought about volunteering but unsure if you will enjoy it? Below are a few of the benefits you can get from volunteering!

- ✓ **Gain confidence** - volunteering can help you gain confidence by giving you the chance to try something new and build a real sense of achievement.
- ✓ **Make a difference**—volunteering can have a real and valuable positive affect on people, communities and society in general.
- ✓ **Meet people**—volunteering can help you meet different kinds of people and make new friends.
- ✓ **Be part of a community**—volunteering can help you feel part of something outside your friends and family.
- ✓ **Learn new skills**—volunteering can help you learn new skills, gain experience and sometimes even qualifications.
- ✓ **Take on a challenge** — Through volunteering you can challenge yourself to try something different, achieve personal goals, practice using your skills and discover hidden talents.
- ✓ **Have fun!** - most volunteers have a great time, regardless of why they do it.



We currently need volunteers to help as below:

Drivers for Feock Parish Council Local Transport Scheme

The Parish Council transport scheme started several years ago and volunteers on the scheme use their own cars to help residents get to appointments and groups in the parish. We desperately need more volunteer drivers:

- You need to have access to your own vehicle
- Be on email (as details of the trip requests are sent out that way)
- Be willing to attend a half day training course at Age UK and undergo a DBS check.
- You will be reimbursed for petrol at 45p a mile.
- You only need to be available for an hour or so each week (it doesn't need to be the same day or times)

All residents who use our scheme are incredibly grateful and it is a lovely way to meet new people. The most common trips are to the Doctors Surgeries so you would just pick the resident up, drop them off, wait in the car park and take them back home so should take no longer than an hour, we sometimes pick up prescriptions and deliver them and another trip we need help with is for someone to help get someone out to be able to enjoy a hot meal.

If you would like to know more about becoming a volunteer driver please get in touch with Cathy at Feock Parish Council via 01872 863333 or cathy@feockparishcouncil.co.uk

Help out with our HAIRE Wellbeing Project

The HAIRE project is now at the start of the process where we are putting in place services that have been requested by residents and arisen through the various workshops that have been held. We need help with:

To support with the running of various clubs/activities:

- Specifically Computer Club in Carnon Downs on Tuesdays at 10.30am, some is needed to help with basic IT help such as writing emails, getting online etc.
- The Health & Wellbeing Hub in Perranwell
- Other social clubs which we would like support with setting up and/or running—do you have an idea for a club?
- Poster and our Whats On Guide distribution throughout Feock Parish to help get the word out to people about the activities and social events available locally
- Befriending and/or neighbourly pop ins

If you would like to know more about any of the HAIRE volunteering opportunities please get in touch with Bex, HAIRE Project Co-ordinator via bex@feockparishcouncil.co.uk or 01872 863333.



COMPUTER SKILLS & COFFEE (For Older Adults)

A HAIRE Project Initiative

**STARTING 5TH OCTOBER 2021
FORTNIGHTLY ON TUESDAYS
AT 11.00AM**

at The Old Quay Inn, Devoran (TR3 6ND)

John & Tom at the pub have kindly given their time to help. Get a free coffee whilst learning the basics. Help with getting you online & accessing online services. Feel free to bring your own device.

TO BOOK PLEASE CALL OUR FRIENDLY HAIRE TEAM
AT FEOCK PARISH COUNCIL
01872 863 333 (BETWEEN 9.30AM - 12 NOON)



The Old Quay Inn
Devoran

Bex Rawbone - HAIRE Feock Project Co-Ordinator



**Second
SATURDAY
Every Month**



VILLAGE MARKET

DEVORAN VILLAGE HALL

9.30am to 12 noon

Next markets

Saturday 13th November

Saturday 11th December

Come along and join us for
great Local produce and crafts.



Contact Sue
07949 823800
for information



Devoran Bonfire Night

Save the date!

Saturday 30th October

Check the Devoran Quay Preservation Society Facebook page for more details nearer the time

Carnon Downs Christmas Lights Switch On

Saturday 4th December at 6pm

Carnon Downs Village Hall & Methodist Church
Refreshments, Santa's Grotto, raffle, gift fayre
and much more!

A Feock Parish Council Initiative in association with the University of Exeter

WALK & TALK

Guided walks in Feock Parish
In conjunction with the HAIRE Project

2nd and 4th Tuesday of every month @ 10am

Explore our footpaths whilst meeting new people and following the Parish Council Feock Trails footpath walks. Walk and learn about local history!

1.5 hours walk time – detailed map provided
Please wear sensible footwear (trainers/walking shoes)
Bring a drink and snack if you wish
Dogs welcome, must be on fixed lead

PLEASE BOOK IN ADVANCE to ensure a place and for track and trace requirements - contact Feock Parish Council for more info
on 01872 863333 between 9:00 am – 12:00 noon or email cathy@feockparishcouncil.co.uk

*Father Christmas
Doorstop Wave*

*Devoran/ Carnon Downs
Friday 17th December
5.30pm-7.15pm approx*

**GREEN'S
Driving School**

**CARNON DOWNS
Community Association**

What's On!

In between deliveries of this paper newsletter, the Parish Council also has an email 'Living Noticeboard' newsletter, email cathy@feockparishcouncil.co.uk to be added to the circulation list.

Monthly What's on Guide

The HAIRE team have started to produce a monthly listing of groups, meetings and events within the parish, below and also on the previous page, there are a groups and events listed but there are many, many more on the full Whats On Guide. The guide can be found on the Parish Council noticeboards, our Facebook page, website, and in our Bookswap phoneboxes and Devoran Community Library where there are copies to take away. If you would like a copy emailed to you please message bex@feockparishcouncil.co.uk

Similarly if you know of a group or event not listed please let Bex know so they can be added.

Devoran Village Hall Car Park

Wednesdays

Baker Tom Bread Van, 11.45am. Village Market Fish Man—9.30am to 12.30pm

Saturdays

Baker Tom Bread Van—11.45am, Village Market Fish Man—12.30pm with Fish, Vegetables, Preserves & Flowers. Please check Baker Tom's website and the Devoran Village Market Facebook page as times may be subject to change.

St Feock Church Community Hall car park

Wednesdays and Saturdays — Baker Tom's Mobile Bread Van —11am

Devoran Village Hall

Wednesdays—Devoran Slow & Easy Folk Sessions @ 6.30pm (lower hall) - Beginners welcome. Contact: 0776 542 3751

Fridays—Devoran Baby & Toddler Group, 9.30am to 11.30am—£2 entry (lower hall)

Carnon Downs Village Hall

Tuesdays — Carnon Downs Gardeners Association (starting 19th Oct—3rd Tues of every month), 7pm – contact sandyball@sky.com or phone 01872 863544 – New members welcome

Third Friday of the month — Carnon Downs Film Club, doors open 6.30pm, film starts at 7.30pm - contact Caroline on 01872 864567.

Carnon Downs Methodist Church

Mondays – 'Sunbeams' stay and play toddlers group – parents & carers welcome, 10am-12pm (school term only)

Wednesdays— Carpet Bowls, 2.30-4.30pm

Penpol Chapel

Mondays – Penpol & Point WI, 2pm (starting 11th Oct - 2nd Monday of month except Aug & Dec) – new members welcome. For more info please call Helen Gaches - 01872 870614

Large copies of this newsletter are available on request

Get in touch

Your local Ward Councillors—contact details are listed on the website and on the noticeboards

Debra Roberts, Parish Clerk — debra@feockparishcouncil.co.uk / 01872 863333

Debbie Searle, Assistant Parish Clerk — debbie@feockparishcouncil.co.uk / 01872 863333

Bex Rawbone, HAIRE Project Co-ordinator—email bex@feockparishcouncil.co.uk / 07988 106432

Cathy Whitmore, Admin Assistant—email cathy@feockparishcouncil.co.uk / 01872 863333