



Newsletter
Jan – Jun 2017





Hello 2017!

With a new year ahead of us there is much to look forward to. As the days draw out we have more time to get out and enjoy ourselves and as the days warm up we need less motivation to be active. There is heaps going on in our community, so make 2017 the year that you become more active, sociable and healthier.

NOT TO BE MISSED...

BOLLYWOOD MEAL NIGHT
Saturday 4th February 6.30pm

MOTHERS MAKE DAY
Saturday 18th March 3.30–6.30pm

TABLE TOP, BOOK & BAKE
Friday 24th February & 21st April

EASTER EGGSTRAVAGANZA
Friday 31st March

EASTER BINGO
Saturday 1st April

SPRING FETE FUN DAY
Monday 29th May

SUMMER BINGO
Saturday 3rd June

QUIZ & CHIPS NIGHT
Saturday 10th June

Front cover : Pastel Flowers by Andrew Dodd
just one of the many amazing pieces of artwork created at the Friday night Art Club

FREE ROOM USE FOR COMMUNITY GROUPS

Do you run a small group or want to start one? If it is non profit making and open to local residents The Hall might be able to support your group by offering free room use at certain times of the week.

You might also consider using the Main Hall whilst The Cafe is open, there would be no charge for this and extra tables and chairs can be provided, as well as tasty cake and refreshments being available.

ENID'S MONTHLY BRUNCH

Wednesday lunchtime special at the Cafe. Every month local super cooks, **Enid Rose** and **Jenny Allen**, run our cafe. Offering a variety of combinations of bacon, egg, sausage and trimmings as baps or breakfasts.

Open from **12–2pm** there will also be healthier options available. No need to book, but when it's gone it's gone, so be sure to get in quick!

1st Feb, 1st March, 5th April, 3rd May,
7th June, 5th July

SONG & SCONE

A huge thank you to all who sang, baked, served and contributed in anyway they could. This wonderful event raised and amazing **£475 for Breast Cancer Awareness**. Sue says "A massive thanks to our lovely community for helping to raise so much money for this charity."





A MESSAGE FROM OUR PCSO

Scott Barrett

Thank you for your continued support whilst collecting and dropping off your children to and from the school.

I appreciate that it is not ideal having to drive further to turn around or park your car, however it is not fair on the local residents to have their driveways used as turning areas. This is a matter that will never be completely resolved, but by using our common sense we can manage it as best as possible. Remember, if you wouldn't do it in your driving test then it shouldn't be done at all.

I ask all residents not to leave any valuables on display when leaving their vehicles.



All valuables should be removed from the car when possible. Do try to park in an area that is well illuminated or more populated, providing it is safe and legal to do so.

Should you have any questions, please feel free to ask if you see me out and about or get in contact via The Hall.

THE GREAT TREVERBYN BAKE OFF

The 2016 Treverbyn Bake Off was a great success with a high standard of entries. Judging was entertaining as our three wonderful judges, Jolene, Jenny & Tim, tasted the plethora of cakes on offer. Needless to say none of them want to see a Victoria Sponge for several months!

Emily Embry was the overall winner with her Chocolate Brownie claiming the wonderful trophy made by our wonderful Chair of Trustees, the talented Trevor!

Winners of each category were:
Emma Stewart (Victoria Sponge), Margaret Tompkins (Chocolate Brownie), Brenda Collins (Carrot Cake), Chloe Stewart (Victoria Sandwich Under 16s), Emily Embry (Under 16s Chocolate Brownie)

The event was great fun and raised a total of £119 towards the Defib Appeal. We are already looking forward to The Great Treverbyn Bake Off on November 25th 2017!





NEWS FROM ST PETER'S CHURCH

Anji Screech, Church Warden

The need to produce copy for printing means that I am writing this before all our Christmas festivities have taken place. I hope that everyone who wanted to was able to enjoy sharing our worship with us – from Carol Services and Christingles to Midnight Mass.

And thank you too for all those who supported our Christmas Coffee morning. It costs over £500 a month just to keep our church running (heating, utility bills, insurance, etc.) In addition, each church makes a contribution to the diocese to pay for the cost of clergy, housing and the wider work of the Church which, for us, runs into many thousands of pounds a year.

At St Peter's we have a small, albeit very committed, congregation and could not manage without contributions from you in our local community. So, thank you very much. This means that throughout the year we can continue, not only our worship Sunday by Sunday, but offer baptisms, weddings and funerals too to those who live in the Parish, and I know that this means a lot to many of you. Can I urge you all to continue to support us when you can, so that we can carry on with this work? 2016 was a year when we lost two of our most long serving members, Vicky Procter and Roy Gould. We are thankful for their faithful service and miss them both.

Breaking news! It has just been announced that Revd. Canon Paul Arthur will be the new Parish Priest of Treverbyn, Roche and St Dennis (where he is at present!). We await a date for his Licensing, around Easter time. Many will remember Father Paul from his previous ministry with us, and we look forward to working with him and our friends at Roche and St Dennis.

A very happy and peaceful New Year to you all from all of us at St Peter's.

Dates for Your Diary:

Saturday 25th February 11am

St Peter's Pancake Brunch at The Hall. Come along and enjoy one of Enid's legendary pancakes!

Weekend 1st & 2nd July

St Peter's Feast when we will be celebrating on Saturday 1st, keep an eye out for more details.

LOOKING FOR A VENUE?

The Hall at Treverbyn is available for private functions too. It costs £10 per hour or £35 for 4 hours. The smaller, cosier rooms upstairs are suitable for a wide variety of functions. The Cafe is also able to offer a variety of menus to suit your function. For more information and to check availability please contact The Hall on 01726 858657 or email info@thehall.org.uk





PENWITHICK COMMUNITY HALL

David Pollard, Chair

Penwithick has only one building for public use in the centre of the village aside from the local convenience store and chippy, "The Community Hall". Whilst we are all aware I think that the social club operates from the premises, the building is suitable and available for so much more within our community.

The building is registered with the charity commission and run on behalf of the local community by a management committee. Its long term future is dependant on the sustainable levels of use which successive generations make of it. Like all buildings there is a cost to be covered for upkeep and other costs. As with similar buildings these costs are largely covered by available grants and hirings. The more fully used the building the better the building can be resourced and improvements made. The committee consider the hall to be under used and wish to increase use and activities therein.

We are currently recruiting volunteers for various roles to serve on both the committee and other roles within the hall. If you are able to commit to either regular or occasional help, we would like to hear from you. Volunteering can make a positive difference to your life, such as meeting new people making friends or perhaps just getting to know your community better. You will be able to contribute to your community gaining knowledge and confidence along the way, prospective employers may look favourably upon those giving their time to their community. Further training may be available from time to time depending on the role.

I would like to make our young people in the area aware of a volunteering opportunity which may be of interest to them. It is strictly for those aged 11 to 18 years. Information can be found on www.volunteercornwall.org.uk/your-way This is a time banking type opportunity where by volunteering young people can earn credits which can be exchanged for rewards. The scheme is run in conjunction with several youth and community organisations in Cornwall, further details can be obtained by checking the website above (please only do this with parental permission).

Everyone at Penwithick Community Hall wishes all those in our community a happy healthy and prosperous 2017. To make contact please email communityoneclub@outlook.com or if you prefer write to Penwithick Hall Committee at Penwithick Community Hall, 57 Penwithick Road, Penwithick.

COMMUNITY DEFIB APPEAL

So far the Hall has raised £2,400 towards the £3,200 cost of a public access defibrillator, so only another £800 to go. There are various fundraising events planned so please do come along and support. Or pop in and buy a book or two – all money donated for books currently goes to the defib appeal





THE VILLAGE GREEN

Amanda Ellis, Community Green Space volunteer

Some of you may already be aware from the last newsletter that The Hall has had five acres of land gifted to it. This Land was previously held in trust, and still remains, for the benefit of the community of Stenalees and Treverbyn. It is for the local community to now decide how this land is shaped and used for the benefit of all and there are many possibilities.

We have had a positive response ahead of the meetings in January. Janet Wilson, who is currently doing her Forest School training will shortly be joining Amanda to visit some other Cornish community projects to gather ideas, information and contacts. If you would like to be part of this fact finding group pop in to The Hall and ask for Amanda. The initial discussion meetings for January are on

Wednesday 11th January	1-3 pm
Friday 20th & 27th January	6-8 pm
Monday 23rd January	1-3 pm

If you would like to be involved in discussions but can not make any of these dates please send an email to info@thehall.org.uk, pop in to the hall or call 01726 858657

Sadly flytipping continues to be an issue. This is an offence and can carry fines of upto £20,000. It can be dangerous to people using the space and harmful to our environment too. If you observe anyone flytipping or come across flytipped waste , this includes garden waste, please report it to Cornwall Council as soon as possible.

MOTHERS DAY MAKE

Following the success of the 2016 Christmas Make Day we are pleased to announce a Mothers' Make Day on **Saturday 18th March from 3.30 – 6.30pm**. Come along and make your mum something special for Mother's Day. We will be making many things, from cards, sweets and treats to bunches of flowers. £1 per activity – keep an eye out for more information.





Working with our friends from Cornwall Council Family Learning team we are running some interesting courses in the New Year – keep an eye on our facebook page for further courses. Spaces limited, for more information, please contact Barbara on 07968892801

COOKING WITH STORIES

Have fun cooking with little ones! This 4 week course that explores baking and cooking with under 5's starts **Monday 23rd January from 9.30 – 11am.**

£8 per adult & child pair for all four sessions.

KEEPING UP WITH THE KIDS NUMERACY

Maths isn't how it used to be! Join this five week course to find out how you can help support your child in developing their numeracy skills.

Every Tuesday starting 10th January from
12.30 – 2.30 pm **FREE**

KEEPING UP WITH THE KIDS LITERACY

If reading and writing isn't your biggest love then this five week course is ideal to find out how you can help support your child and their literacy skills.

Every Wednesday starting 22nd February
10 am – 12 noon **FREE**

TABLE TOP, BOOK & BAKE SALES Fridays 1.30–4.30pm

Treverbyn Community Hall is combining Book and Bake Sales with its regular Table Tops, so although these events will run less often than last year they will be bigger and better than ever before! Tables are £5, please call 01726 858657 to book yours.

The Cafe will be open, offering its normal range of delicious treats and refreshments and helping to raise essential reserves that go towards the annual running costs.

It's a good fun afternoon giving you the opportunity to bag a bargain or declutter, raise a few pennies for your pot and support The Hall too.

February 24th

July 21st

April 28th

September 22nd

TREVERBYN COMMUNITY LIBRARY

Open Monday – Friday 9am – 5pm

Did you know about the micro library at Treverbyn Community Hall? It is part of the Cornwall Library Service and has shelves of fabulous books for all ages. Fiction, non fiction, small print & large, books for babies and young adult too, there really is a remarkable choice and if it's not here you can ORDER IT in.

The hourly No 27 bus stops at the top of the lane, it maybe a shorter ride than heading into St Austell, AND you can enjoy a cuppa and some cake whilst you are here. You can also use, for a small donation, the photocopying, scanning and printing facilities.

For more information pop in or give The Hall a call on 01726 858657.





CALLING ALL GROWERS AND GARDENERS

Thinking of Spring and warmer weather? Would you like to grow your own vegetables or flowers? Or do you just like pottering about in a garden? Come and join us in the Community Garden at The Hall. The first session of the year will be on Sunday 5th March from 10–12 noon and each first Sunday of the month until October. All ages welcome, no experience necessary, just lots of enthusiasm and energy! We have a new project this year – the rear garden. This has just had some groundworks done and new walls built and we need to get it looking beautiful, so please come and help us create a garden for all to enjoy.



Made possible by local people working with:

INFORMED...are you?

What do you know about some of 'bigger' picture challenges that will face us in the coming years? Climate Change, Resource Depletion, Poverty, Terrorism, Food Security and Energy Security are just some of the issues that have a real impact on our day to day lives. Finding out the facts and being aware of the challenges is a step towards being able to do something about it. Often these issues seem too large and complex for us, as individuals, to have any real impact but rather than bury our heads in the sand this should drive us to find out more. During 2017 The Hall will be having films, talks and discussions around matters that affect us all. Please come along and start to get informed about things that really are important and find out a little more on how we can work together to bring about change.

Saturdays	7–9pm (ish)
February 18th	A Changing World
March 25th	Climate Change
April 22nd	Shop Til You Drop
May 20th	Oil Dependent ?
June 17th	We Are What We Eat

Open to everyone although some content may not be suitable for younger people, please check with The Hall. Free entry, although donations are welcome.





FRIENDS OF TREVERBYN ACADEMY

Avril Moyle & Lucy Wharmby, Chairs

As Friends of Treverbyn (FTA), we are committed to all the pupils at the school and nursery and we are here to represent everyone: pupils, staff and parents. The FTA Committee consists of a number of staff and parents who get together to discuss ways in which to help the school.

The FTA commits itself to support projects that will reflect the interests and wide diversity existing within the school and nursery community, continually enhancing the experience of all the children. We can only do this to the best of our ability with help and enthusiasm from new parents. We warmly invite anyone to join the committee – it is very informal and sociable! We are also always keen to encourage more parents to participate in helping to plan and assist at events. New people bring new opinions and generate new ideas.

Due to current constraints, meetings are infrequent and a lot of organising has been done via email. Don't panic if you can't attend an after school meeting, we can always include you on our FTA minutes distribution list.

As a FTA member you will meet other parents, develop new friendships and discover so much more about the school and how, as parents, we can really make a difference. Our AGM will be held on Wednesday, 11th January, 2017 at 3.30pm – upstairs in Treverbyn Community Hall, all welcome, please bring your children too!

REACHOUT CREATIVE FUTURES

Trish Hoskins, Director

ReachOut Creative Futures is delighted to now be working at and with The Hall in Treverbyn. We are a community interest company that has been working with young people in Cornwall for over five years. We provide arts based and life skill courses for young people between 16 and 19 who don't always find mainstream college provision meets their needs. We work with a range of professional artists creating sculpture, photography and music whilst working on self esteem, self confidence and other life skills with a view to helping our young people into work, training or appropriate further education.

We are delighted to now have 'The Hall' as our base, the facilities and surroundings are perfect for our young people and the community volunteering opportunities are invaluable for our students. We enjoyed waiting at recent community lunches and can't wait to help at more events in the coming year. We would like to thank all at The Hall for the warm welcome we have received.

If you would like further information about our work or know a young person who may benefit from our provision, please contact trish@reachoutcf.com, or come along to our **'relaunch' at The Hall on February 9th from 1pm.**





A VISIT FROM DOUBLETREES

Staff from Doubletrees School, St Blazey, were lucky enough to spend two days undertaking training at The Hall in Treverbyn on the 23rd and 24th November 2016. The course enabled participants to focus on the behaviour management of pupils with severe and complex needs. Course leader Barry Coppins from the school said.

“We would thoroughly recommend the use of the Hall for training events. It has all of the modern facilities required in order to run a course for staff. Staff at the hall during the two days couldn't do enough for us to make sure that things ran smoothly, this included ensuring tea and coffee was available at the right times, taking orders for lunch and accepting delivery of course resources prior to the day starting. Nothing was too much trouble. Booking the venue was easy and stress free. On the days of the course the technology in the training room worked perfectly and allowed us to connect up our laptops to a digital screen. Access to email and broadband WiFi also

ensured that we were able to access training videos and stay in touch with school throughout the day. The hall also provided a great space for us to complete practical activities and give a break away from the classroom.



Our staff were delighted to be able to order lunch from a very reasonably priced range of items from The Café and thoroughly enjoyed their lunch on both days. If you are looking for a modern venue, with a lovely welcoming atmosphere, that demonstrates to your staff that they are valued then look no further than The Hall, Treverbyn. You won't regret it!

BUSINESS AT THE HALL

Whether you need space for staff training, board meetings or for interviews, The Hall can offer a variety of spaces from £4/ hour.

For information contact reception on 01726 858657 or email info@thehall.org.uk to talk about your organisations requirements.

WORK FROM HOME?

If you need a space to meet a client then why not use The Hall? Our Cafe provides a relaxed, friendly environment which you can use for free. Or utilise one of the private rooms which are available on an hourly basis from £4 / hour (tea, coffee & wifi included).

Contact the Hall on 01726 858657 to book.



CAFE – WINTER MENU

DRINKS

POT OF TEA	£1.00	EXPRESSO	£1.00
SPECIALITY TEA	£1.20	LATTE	£1.50
MUG OF TEA	80p	CAPPUCINO	£1.50
HOT CHOCOLATE / MILKSHAKE	£1.20	MUG OF INSTANT COFFEE	80p
WITH THE WORKS	£1.50	CANS	70p
CAPRI SUN / WATER	60p	GLASS OF MILK	70p

HOT FOOD

SOUP LUNCH	£2.50
TERESA'S PASTY	£2.50
SAUSAGE ROLL	£1.00

PANINIS

BACON & TOMATO	£3.00
CHEESE & ONION	£2.75

CAKE

VICTORIA SPONGE	£1.00
CHOCOLATE BROWNIE	£1.00
LEMON DRIZZLE	£1.00
CARROT CAKE	£1.00
CHOC CHIP COOKIE	50p

TUCK

A variety of crisps, sweets and snacks are available, these are priced individually.

TAKE AWAYS

Everything served in The Cafe is available as a take out. If you call ahead on 01726 858657 we'll have your order ready for you to collect, please allow up to 1 hour to prepare your order. Whole cakes and half baked frozen pasties are also available for special occasions.

SYN & GLUTEN FREE

If you are watching what you eat or have a specific dietary requirement please ask what we might have available that is suitable for you. Not being able to eat foods high in sugar or fat or that contain gluten should NOT stop you from coming to The Cafe.

JACKET POTATO

CHEESE / BEANS	£2.50
CHILLI / SALSA	£3.00
TUNA & SWEETCORN	£3.00
CHIPS	£1.00
CHEESY CHIPS	£1.50
CHICKEN NUGGETS	£1.50

SOUP

£2.50

All of our soups are made on the premises, the type varies from week to week depending on what veg is in and what has been donated. Please see the soup menu for this week's special.



ACE Sky Academy and Eden Project Nursery

If you want the best start in your child's education then look no further...

Are you a parent or carer of a child aged 0-5 in the St Austell or Clay Area?

Please complete our short survey via our website.



www.aceskyacademyandnursery.co.uk

or find us on Facebook.

Complete the survey by 31st January and you will be entered into a free prize draw to win an iPad2.



Our Vision...

The Atlantic Centre of Excellence Trust is working with Eco-Bos and the Eden Project to propose a 60 place nature inspired nursery for 3 and 4 year olds and a 420 place primary school. Our proposal centres around the motto 'Start Local, Think Global'. The curriculum will be based on the National Curriculum and the International Primary Curriculum with a strong focus on numeracy

and literacy and, above all, maintain consistently high standards across all subjects and ages.

Through utilising the varied outdoor facilities proposed for the school and the wider Eco-Community we will maximise opportunities for outdoor learning which we believe will promote self-esteem, creativity and a positive attitude towards learning.





TREVERBYN PARISH COUNCIL

David Stevens, Clerk

The coming six months will be busy with elections for both County Council and Parish Council on May 4th 2017. If there is anyone interested in becoming a councillor I suggest you attend some meetings of Council prior to applying . The Neighbourhood Plan Steering Group has secured a Big Lottery Awards For All grant. The successful outcome of our Treverbyn Neighbourhood Plan is dependent on public engagement and support, this funding will enable the Plan team to further reach out to the Treverbyn Community. The recent event at Trethurgy at the end of last year was successful, generating good debate and comments that will be taken on board in the Neighbourhood Plan.

The Council have also secured some money from Clean Earth Energy in respect of the wind turbine at Greensplat. To ensure that this is outside the remit of the Parish Council we are setting up a charity, 'The Treverbyn Community Fund' to provide grants to local groups. Hopefully the legal formalities will be completed early in the New Year, then the trustees will invite applications to the fund. Further details will soon be available.

The news is that we will soon be losing our Parish PCSO, Scott Barrott . This Parish has been extremely fortunate over the years to be served by some very good PCSO's and Scott has been a fine ambassador in our Parish. It appears that he will not be fully replaced and PCSO Steve Tibbles will be taking on the added responsibility of looking after our Parish as well as Roche.

If you have any issues on parish matters please either attend a Parish Council meeting or contact the Parish Clerk, David Stevens on telephone 01726 851001 or e-mail treverbynpcouncil@gmail.com. Keep an eye also on our website at www.treverbyn-pc.co.uk. for up to date on all parish news.

Planning meetings

January 10th
February 14th
March 14th
April 11th
May 9th

Council meetings

January 24th (Stenalees Chapel)
February 28th (Bugle Village Hall)
March 28th
April 25th
May 30th

All meetings unless otherwise indicated are held at Rockhill Business Park starting at 7 pm.

YOGA, SOUND & MEDITATION

11th February

You are invited to a tranquil afternoon of gentle and restorative yoga, balancing mind and body. Experience guided meditation and the sacred sound of the OM, using tuning forks. Be immersed in guided relaxation and a soothing sound bath. Feel peace, calm & inner stillness. Cost £30
For more information contact Jen on 01726 852429 or Sarah on 01726 850596





What's on?

LEISURE & LEARNING

COMMUNITY LIBRARY

Every weekday 9am – 5pm

Come along and choose a book from our micro library, stocked through the Cornwall Library Service.

CHA CHA & CHAT

£5

Tuesdays 10–11.30am

This fun dance class combines dance of all types with good company, chat and lots of laughter. Suitable for beginners and beyond.

DOG TRAINING & RINGCRAFT

Thursdays 7:15 – 9pm

This is the perfect session for turning the problem pooch into a perfect one! Contact Barbara on 01726 68726

IT CLUB

£4

Every Friday from 10am – 12

Alternating between laptops and tablets, come along and learn how to get the best from your IT equipment.

STITCH & KNIT

Once a month on the **third Wednesday**

from 1–3pm The Cafe at Treverbyn Community hall hosts a Stitch & Knit group, run by the lovely Carla Wentink.

A fun, friendly and easy going group open to all ages and abilities – a great opportunity to learn, share and refresh stitching and knitting skills.

Starts Wednesday 15th February then on 15th March, 19th April, 17th May, 21st June.

£2 + materials per session

For more information call 01726 858657 or email info@thehall.org.uk

LOCAL HISTORY

£5

First Friday 1.30 – 3.30pm

This new group meets each month to share knowledge, photos and stories about the local area. Working together to build a local archive of social history for the enjoyment of all. Whether you have just moved here and want to find out more or have lived here for your lifetime and have tales to tell, do come and join in.

ART CLUB

£20 /month

Every Friday from 6–8.30pm

This fun session is suitable for all abilities, 2 tutored and 2–3 peer led sessions each month. Ages 7–70+, price includes materials & refreshments. Booking essential.

MOTHERS' MAKE DAY

Saturday 25th March 3.30 – 6.30pm

A fun afternoon of making and creating special surprises for Mothers' Day. Activities for all ages £1 / activity

EASTER EGGSTRAVAGANZA

Friday 31st March 1.30–3.30pm

Easter Egg Hunt, Easter Egg making, Egg painting and more besides. Come along and join in the fun; it's Eggciting!

QUIZ & CHIPS NIGHT

Saturday 10th June 6.30pm

An evening of fun for the whole family with a 'Father's Day' themed quiz, plates of chips and a licenced bar – look out for more information.





What's on?

COMMUNITY EVENTS

ENID'S BRUNCH

Wednesdays 1st February, 1st March, 5th April, 3rd May, 7th June, 12-2pm

Come and enjoy delicious 'All Day' breakfast or any combination of baps, cooked to order using tasty local produce.

Get there early before it sells out!

£5 LUNCH

12 for 12:30pm

Monday 16th January, 20th February, 20th March, 10th April, 15th May and 19th June

Come and enjoy a delicious two course meal with tea or coffee refreshments, good company and a social event. All ages welcome, childrens' meal half price.

Please purchase your ticket from the hall by the Thursday prior so that the correct quantities can be ordered.

ORGANISING A CHARITY EVENT?

Treverbryn Community Hall is able to provide the hall for free for one event a month. If you would like to organise an event to raise money for a charity or community group please get in touch, we'd love to help.

BOLLYWOOD MEAL NIGHT

Saturday 4th February 6.30pm

An evening of Indian inspired food, music and even some dance. Everyone welcome. Tickets available from The Hall £10 / adult, £5 / child.

Licensed Bar.

TABLE TOP, BOOK & BAKE SALE

Fridays 24th Feb, 28th April, 21st Jul & 22nd Sept from 1.30 -4.30pm

Please contact The Hall on 01726 858657 or email info@thehall.org.uk to book a table.



A LOCAL PROFESSIONAL BOOK-KEEPING SERVICE

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PRIZE BINGO

If you know your two little ducks, legs eleven and two fat ladies, or even if you don't, come along and join in the fun to win fabulous prizes for children and adults. It's just 50p a game and great fun for all the family and refreshments and tasty treats are served up in the Cafe too. Doors open 1.30pm, eyes down 2pm

Easter Prize Bingo

April 1st 2017

Summer Prize Bingo

June 3rd 2017





What's on?

LITTLE & YOUNG PEOPLE

STAY & PLAY PARENT & TODDLER GROUP

**Wednesdays 10 – 12
£1 per child**

This fun and friendly group is full of toys, activities, games & songs to help keep little minds and bodies active whilst giving you a chance to make new friends.

Suitable for ages newborn – 5 years

YOUTH CAFE

Fridays 6–8.30pm

Treverbyn Youth Cafe is open for all to enjoy but on a Friday evening, the games tables come out, the music turns up a notch or two and the younger people in our community have a space to call their own. Parents need to be happy that their children are independent and mature enough to be responsible for themselves, but there will always be a member of The Hall team should an emergency come up.

FAMILY FITNESS

Tuesdays 3.45 – 4.45pm

A fun, active boxercise based session for the whole family. Do something together, get fitter, let off steam and have fun. To book contact Sarah on 07842 779921.

Suitable for ages 5–80+

COMMUNITY FUN DAY

**Monday 29th May
12 – 5pm**

For the fourth year The Hall is organising a fantastic, fun filled, community fete for all to enjoy. Games, activities, plants, books, crafts, stalls, food and more! Get it in your diary, rally the troops and come along and have a cracking good time!

UNDER 16'S DISCO

**Friday 31st March & Friday 28th July
6–9pm**

An evening of D.I.S.C.O for people 16 years and under. Come and celebrate the end of term and the start of the holidays.

£2.50 / ticket, £3 on the door.

WANTED...

Unwanted Gifts, Books, DVD's Computer Games

The Hall happily accepts donations of unwanted gifts and new or secondhand books, DVDs and computer games. These are used as raffle prizes or offered, for a small donation, to the local community. This helps us raise some money towards our running costs and helps reuse resources – good for people and our planet.





What's on?

HEALTH & WELLBEING

TREVERBYN TROTTERS £2

Mondays 6-7pm

This social walk, jog, run group will appeal to anyone who enjoys exercising outdoors. Call Sarah on 07842 779921 for the winter programme.

DANCE

Mondays 4-8.30pm

A variety of ballet, tap and modern dance classes for all ages. For info call Maureen on 01726 843043 or visit www.maureenpascoesod.co.uk

KETTLEBELLS £5

Tuesdays 5.30 - 6.15pm

Get fitter, feel better! This energetic class led by Sarah Cowburn, is fun AND good for you. £5/session
Call 07842 779921 for info

BOXERCSE VS BOOTCAMP £5

Tuesdays 6:30 - 7.30pm

Contact Sarah on 07842 779921 for more information.

YOGA £6

Tuesdays 8-9pm

All levels welcome, the lovely Jen Scott will give you a yoga workout that makes you feel good.
Call Jen on 01726 852429 for info

CIRCUITS FOR ALL £5

Thursdays 5.45 - 6.45pm

Great way to start getting fitter and then stay fit. Fun exercise at a pace that suits you. Call 07842 779921 for info

DANCE

Wednesdays 4-7.30pm

A variety of ballet, tap and modern dance classes for all ages. For info call Maureen on 01726 843043.

TAI CHI*

Wednesdays 7.30-8.30pm

A relaxing, gentle work out that helps health, well being and both physical and mental balance.

KEEP FIT *

Thursdays 9.30 - 10.30

Fun, friendly fitness suitable for beginners and older people alike.

****NEW** DAY TIME TAI CHI***

Tuesdays 11.30 - 12.30pm

Suitable for all abilities.

This weekly gentle session helps with mobility, balance, health and well being.

£5/session. No need to book, just come along!

RESTORATIVE YOGA £5

Fridays 10.30am - 11.30am

A relaxing hour of restorative yoga, supported by cushions, allowing your mind & body to completely rest. Great for restoring health and well being.

***£5 per session or £18 for 4 sessions**

Try the first session for FREE, so come and give it a go?

For more info or to book please call The Hall on 01726 858657.





GET CREATIVE

BOOK NOW TO ENSURE YOUR PLACE
Call The Hall on 01726 858657 or
email info@thehall.org.uk

ART CLUB

The Art Club at The Hall is open to anyone aged 6–60+, (under 10’s need to be accompanied by a paying adult). Each month a different skill is explored and learnt through two tutored sessions and two or three peerled practice sessions. The cost is £20 for the whole month, materials provided during the tutored sessions. It also includes refreshments, available from The Cafe during break. Booking essential so pop into The Hall to pick up a form and pay for your space.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

SCULPTURE

BOOK BINDING

THERMALITE SCULPTING

FELT MAKING

DRAWING

PASTELS

TECHNICAL DRAWING



STITCH & KNIT

**Third Wednesday each month
1–3pm**

Learn new skills, make new friends and have fun at this stitch and knit group. Work on your own project or try something different under Carla’s gentle guidance.

£2 + materials

starts 15th February



GOING DOTTY HELP CREATE A WORK OF ART

**Every Monday & Wednesday*
1–3pm FREE**

Carla will be cutting, sorting and stitching **7,611 circles** to make a piece of artwork for our community hall. She needs **help**. Come along, have fun and meet new people whilst creating something remarkable.

Starts 6th February

***except when Stitch & Knit is on**





A CALL TO ARMS

Sara Marsh, Manager

The Hall at Treverbyn reopened its doors just over two years ago and, thanks to a significant grant from The Big Lottery, it continues to do so,

The grant has enabled The Hall to establish a range of activities and events. It has made an investment in furniture and equipment possible. It means that the building is open at least five days a week from 9am – 5pm. The grant has meant that people can be employed to make it happen, that volunteers can be trained, supported and co-ordinated. It means that you get to hear about what is going on, posters, newsletters, facebook and websites do not create their own content.

The Hall is almost two years into the five year funded programme, after that it will need to stand on its own foundations, it will not do this with out support from the local community, that includes **YOU!**

We have an amazing opportunity to create a centre for the benefit of the local community, both now and future generations. Quite simply if you want to see The Hall flourish you need to get along and support the events and activities that are running. Yes usage is increasing, but it needs to do considerably more than it currently is if it is to continue beyond the grant funding.

So unless you wish to bemoan the loss of another community asset in a few years time, or want to live your future in a community that has ‘nothing to do’ get out and use The Hall.

RUNNING COSTS

It £133,789 cost to run The Hall last year (July 15 – June 16) here’s what it went on...

	£
Staff & Tutors	63,778
Maintenance	14,725
Insurance	1,277
Utilities	3,932
Marketing	13,286
Professional Fees	10,681
Resources	7,881
Fundraising	6,471
Cafe	6,877
Training & Travel	4,881
where the money came from...	
	£
Grants & Donations	101,930
Hall fees & Cafe Income	37,767
Fundraising	3,559

HOW YOU HELP

Come to an event

Join one of the groups

Meet a friend here for lunch

Support the fundraising activities

Use the community garden

Volunteer

Make the occasional donation

Bake us a cake

Tell your friends about it

Put up a poster

Use the micro library

Leave a legacy in your will

Fundraise for The Hall

Book The Hall for your parties

Follow us on Facebook & share posts



VOLUNTEERING

Sara Marsh, Manager at The Hall

The Hall has become a fun, vibrant and active place. This simply could not happen without the fantastic people who volunteer their time, they are too numerous to mention here (we have more than 50 regular volunteers now) but they know who they are and they should be very proud of what they are a part of.

Volunteers help with a wide range of tasks: reception, marketing, admin and finance, cleaning, fixing, making, painting, gardening, baking, cooking, serving and more cleaning! It would quite simply be impossible to run The Hall without their input. But guess what – we still need more people – many hands make light work and all that.

If you can help, one hour a month or one day a week, whether its baking a cake at home or running reception, we would love to hear from you. Not sure if it's your thing? Why not come and give it a go for a few hours and then decide?

Make 2017 the year that you get more involved in your community – it's a great way to meet new people, make more friends, do something positive and get that warm, fuzzy, feel good factor. For more info pop into The Hall and speak to one of the team or email info@thehall.org.uk. No experience is necessary, just a willingness to give it a go, so what are you waiting for?

THE HALL

Treverbyn Road, Stenalees, St Austell. PL26 8TL

Tel: 01726 858657

email: info@thehall.org.uk

**Follow us on facebook search for
Treverbyn Community Hall**

Visit our website www.thehall.org.uk

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