

What's on Oct 2021



**TREVERBYN
COMMUNITY
TRUST**

**the
hall**
TREVERBYN

MONDAY

MICRO LIBRARY

Mon–Fri 09:00 – 17:00

Borrow a variety of books to read. You can order online and get books dropped here at the Hall ready for you to pick up.

COMMUNITY LARDER

Mon–Fri 10:00 – 16:00

Free surplus food for everyone here at the Hall. Just bring a bag and make a donation if you can.

www.communitylarder.org.uk

MAUREEN PASCOE SCHOOL OF DANCE

Monday 16:00–20:00

Ballet, tap and dance classes for children. Contact Maureen on 01726 843043
www.maureenpascoesod.co.uk.

TUESDAY

WONDER GIRLS

Tuesday 16:30–17:30

Fun, creative and inclusive dance classes for girls aged 13–16.
Email info@dancecentred.co.uk.

KETTLEBELLS £5

Tuesday 18:00–19:00

Get fitter, feel better at this fun, active session, run by Tracie's Fitness & Health. Contact Tracie on 07882 140125.

BREAST CANCER SUPPORT GROUP

Last Tuesday of the month 19:00–21:00

We are a self-supporting group offering anyone who is recently diagnosed, going through treatment, finished, living with or has been affected by breast cancer a safe welcoming place to meet others who have been on that journey. We offer friendship, support and practical help. Please contact Jan (Chairperson) on 01726 72144.

THE NURTURED MOTHERS CLUB

Tuesday 19:30 – 20:30

Pregnancy stretch and relax classes including gentle yoga, deep relaxation, time to chat and connect. To book go to www.thenurturedmothersclub.co.uk.

WEDNESDAY

KEEP FIT £5

Wednesday 09:15 – 10:15

Get fitter, feel better at this fun session. Perfect for all fitness levels. Contact Tracie on 07882 140125.

WEIGHT WATCHERS EXPRESS WORKSHOP

Wednesday 11:00

Check-in, weigh, shop and go! No need to book just sign up online at ww.com/uk.

TAI CHI £6

Wednesday 13:30 – 14:30

A relaxing, gentle work out that helps health, well being and both physical and mental balance. Contact the Hall on 01726 858657.

MAUREEN PASCOE SCHOOL OF DANCE

Wednesday 16:00–20:00

Ballet, tap and dance classes for children. Contact Maureen on 01726 843043.

TREVERBYN HALL AGM – NEW!

Wednesday 27th 19:00

Please come along and meet the wider team, made up of staff trustees and volunteers that make Treverbyn Community Hall the lovely place it is. Contact the Hall on 01726 858657 or email info@thehall.org.uk.

THURSDAY

CITIZEN'S ADVICE BUREAU FREE

To book your free online session at the Hall Text ADVICE DIGITAL to 78866.

GREENSPACE PROJECT FREE

Thursday 09:30 – 12:00

Making paths, pruning trees, weeding, planting trees, litter picking and much more! Contact the Hall on 01726 858657.

WALKING GROUP FREE

Thursday 10:00 – 12:00

Run by trained walk leaders this is a supportive group venturing out on different walks each week.

Contact the Hall on 01726 858657.

CUPPA, CAKE AND CRAFT FREE

Alternate Thurs from 7th Oct 18:30 – 20:30

For ladies to share, chat and laugh. A fun way to socialise, meet new people, have a go at craft (if you want to), make new friends, and eat cake! To book contact Helen on 07951 289812.

ST AUSTELL CANINE SOCIETY

Thursday 19:00 – 20:00

St Austell & District Canine Society meet for dog training & ringcraft practice.

For more information contact Barbara on 01726 68726 or visit their facebook page.

COMING SOON – TREVERBYN CAFE

We want your feedback and thoughts on lunch club, brunch, general cafe, evening meals. What type of food would you like to see and what times would you want us open?

FRIDAY

TAI CHI

£6

Friday

09:30 – 10:30

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

Contact the Hall on 01726 858657.

DANCERISE

£6

Friday

13:00 – 14:00

A fun dance based session combines great music with movement, guaranteed to put a smile on your face and make you feel great. To book call Karen on 07903 709763.

ART JOURNALING

Friday

18:00 – 21:00

These fun, friendly arts sessions are for 10–16 year olds who would like to build their resilience, self-esteem and confidence through art journaling and self exploration. Create your own unique journal, improve your art skills, make new friends and bind a book for life, lead by lovely experts who will guide you through various mixed media techniques. Call Helen on 07951 289812.



SATURDAY

SALSA FUSION **£6**
Saturday **09:30 – 10:30**

A salsa inspired Saturday morning to get your body moving.
To book call Karen on 07903 709763.

COMMUNITY LARDER
Treverbyn Community Hall, PL26 8TL
Saturday **09:30-10:30**
Free surplus food for everyone. Just bring a bag and make a donation if you can.
www.communitylarder.org.uk

BIKE MAINTENANCE – NEW!
Saturday 2nd **13:00-16:00**
This session for families will teach you all the basics of bike maintenance. Spaces are limited and a small deposit will be required but fully refunded on attendance. To book contact 01726 858657 or email info@thehall.org.uk

CLAYS CINEMA **£2.50/£4.50 – NEW!**
Saturday 9th **19:30**
A monthly group of film, refreshments, raffle and quiz! This months film is Respect. To book contact 01726 858657 or email jo@thehall.org.uk.

BULGARIAN NIGHT – NEW!
Saturday 30th **19:00**
Part of the International Womens Group. We will be hosting a series of themed meal nights from around the world. This session is Bulgaria. Join us for an evening of traditional food, drink, music, film and costume. Pay by donation, booking essential due to restrictions on numbers. Please book on 01726 858657.

SUNDAY

COMMUNITY LARDER
Treverbyn Community Hall, PL26 8TL
Sunday **16:30-17:00**
Free surplus food for everyone. Just bring a bag and make a donation if you can.
www.communitylarder.org.uk

WONDER WOMEN
Sunday **14:00-16:00**
Fun, creative and inclusive dance classes for women. Followed by a cuppa and creative chat. To book email info@dancecentred.co.uk.



MINDFULNESS
TREVERBYN HALL CAFE
BOND THEME FILM NIGHT
CHRISTMAS FAYRE
PILATES
LITTLE EXPLORERS
TURKEY AND TINSEL
REMEMBRANCE DAY

Register now to get our newsletter sent directly to you, email jo@thehall.org.uk

01726 858657
info@thehall.org.uk
www.thehall.org.uk

