

What's on Nov 2021

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



**TREVERBYN
COMMUNITY
TRUST**

The logo for 'The Hall Treverbyn' features a stylized house roof above the words 'the hall' in a teal, cursive font. Below this, the word 'TREVERBYN' is written in a smaller, teal, sans-serif font.

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.

LITTLE EXPLORERS **£2** **NEW!**

Monday **10:30 – 12:00**

second and fourth of every month

This fun and friendly, plastic free parent toddler group is open to little ones under 5 and their grown ups. Snack included, no need to book just come along.

PILATES IN THE PARK* **£3** **NEW!**

Monday **14:00–15:00**

Pilates is a low impact exercise that can strengthen muscles and improve flexibility. Guaranteed to be lots of fun!

*Indoors if bad weather.

To book call Tracie on 07882 140125 or email traciesfitnesshealth@outlook.com

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

LOCAL HERITAGE LIST **NEW!**

Tuesday 9th & 23rd **11:00 – 15:00**

The Local Heritage List is an opportunity to record features, places or buildings that are unique to this area. For more info email localist@cornwall.gov.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.

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.

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.

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.

JUST JOBS

NEW!

Wednesday, 1st one of the month

Just Jobs is an opportunity to help with the monthly maintenance of the Hall building, repair, and paint. If you are interested in this volunteering opportunity please email volunteering@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 4th Nov 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.

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.

VOICE ART TASTER SESSION NEW!

Friday 19th

14:30–16:00

This FREE new workshop from Voice Art UK hosted by Jane, will help you adjust your pitch, master the art of breathing and discover your voice! Age 13+ (all under 18's must be accompanied by an adult). To Book call 01726 858657 or email info@thehall.org.uk

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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.

CLAYS CINEMA

£8/£4 NEW!

Saturday 6th

18:00

No Time To Die Bond Themed Charity Night

Doors open 6pm, film starts 7pm

Included in the ticket price are complimentary drinks & nibbles on arrival, James Bond themed quiz, and roulette wheel. Bond themed dress code is encouraged but optional and refreshments and raffle tickets are available to purchase.

To book email info@thehall.org.uk or call 01726 858657.

CHRISTMAS FAYRE & GROTTO NEW!

Saturday 27th

12:00–15:00

Start your Christmas shopping early, be inspired by lovely creative craft sellers, with 100s of hand crafted gifts and treats for family, friends and loved ones. Treverbyn Church will be hosting the cafe this year with “Birds with Baps”, as well as the traditional tombolas, raffle and much more. This year we will be hosting over 3 sites, all next door to each other giving a real sense of community. Treverbyn Academy will be showcasing stalls, Santa's grotto will take place at the Church, and finally Treverbyn Hall will have stalls, workshops and the cafe.

FREE ENTRY / £10 per stall / £2.50 per child for Grotto (booking essential for stalls and Grotto). Call 01726 868657 /Email info@thehall.org.uk

SUNDAY

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.

VOICE ART TASTER SESSION NEW!

Sunday 14th

15:30–17:00

This FREE new workshop from Voice Art UK hosted by Jane, will help you adjust your pitch, master the art of breathing and discover your voice! To Book call 01726 858657.

REMEMBRANCE DAY NEW!

Sunday 14th

09.30

A community coming together to remember those who have fallen in the line of duty. The Remembrance Sunday service will be held at St Peter's Church starting at 9.30am, following which we will proceed to the War Memorial for our annual Act of Remembrance. The Revd Mary Wst will be officiating. Afterwards refreshments will be available at Treverbyn Community Hall.

ROMANIAN NIGHT NEW!

Sunday 28th

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 Romania. 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.

01726 858657

info@thehall.org.uk

www.thehall.org.uk



COMMUNITY Larder

tackling food
waste together

TREVERBYN COMMUNITY HALL

Wednesday & Friday 14.00–16.00

Saturday 9:30–10:30

Sunday 16.30–17:00

Everyone is welcome!

Bring a bag, help us tackle food waste and save money

If you can't make ours visit
www.communitylarder.org.uk
for other times and locations.

We also accept donations of:

egg boxes

carrier bags

surplus food

monetary donations



FOR INFO
01726 858657
info@thehall.org.uk
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