

What's On Jan-Feb-Mar 2023

TREVERBYN COMMUNITY HALL



Bereavement Help Point

A **FREE** monthly drop in space for anyone who has been bereaved.

We offer a relaxed and supportive group environment for conversations, peer support, signposting and refreshments.

Starting on 16th January 2023
Then the first Monday of each month
10am – 12pm
At Treverbyn Hall, Treverbyn Road,
Stenalees, PL26 8TL



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

MONDAY

LITTLE EXPLORERS £2
Mondays (term time) 10:30 –12:00
2nd and 4th of every month

This fun and friendly, plastic free, parent toddler group is open to little ones under 5 and their grown ups. No need to book.

PILATES £5
Mondays 14:00–15:00

Pilates is a low impact exercise that can strengthen muscles and improve flexibility. Guaranteed to be lots of fun! Sessions will be held in the park, or indoors if the weather is bad. To book call Tracie on 07882 140125. or email traciesfitnesshealth@outlook.com

BEREAVEMENT HELP 10:00–12:00
Starting 16th January 2023 then the first Monday of every month.

A free monthly drop in centre run by Cornwall Hospice Care, for anyone that has been bereaved. Offering help and advice, by fully trained volunteers.

MAUREEN PASCOE SCHOOL OF DANCE
Mondays (term time) 16:00–20:00
Ballet, tap and dance classes for children. Contact Maureen on 01726 843043

WALK, JOG, RUN £2
Mondays 18:00–19:00

Come along to this fun and friendly walk, jog, run group to improve your fitness and enjoy being outside too. Meeting at a variety of locations, confirmed each week. To book call Tracie on 07882 140125, email traciesfitnesshealth@outlook.com.

We always welcome volunteers here at The Hall. If you would like to get involved, make a difference and have spare time please get in touch jen@thehall.org.uk

TUESDAY

WALK, JOG, RUN £2
Tuesdays 13:00–14:00

Come along to this fun and friendly walk, jog, run group to improve your fitness and enjoy being outside too. Meeting at a variety of locations, confirmed each week. To book call Tracie on 07882 140125, email traciesfitnesshealth@outlook.com.

KETTLEBELLS £5
Tuesdays 18:00–19:00

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

FITNESS MEDLEY £5
Tuesdays 19:00–20:00

An exciting and new exercise program with classes changing on a monthly basis, run by Tracie's Fitness & Health. 07882 140125
January – Circuits
February – Boxercise
March – Resistant Bands

FROM TREVERBYN WITH LOVE

If you know of someone who **might be feeling lonely or down** and would welcome a few words to brighten their day, please get in touch with amanda@thehall.org.uk. If you're at a community event, activity or visiting the community larder or charity shop then please **pick up a postcard and join us in spreading some kind words** in our community.



COMMUNITY ENERGY PLUS

A drop in session on **Tuesday 10th January and Tuesday 14th February** to advise and support on heating utilities. FREE lunch provided. Please contact The Hall for more information.

WEDNESDAY

KEEP FIT

Wednesdays

9:30 – 10:30

£5

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

WEIGHT LOSS IN THE CLAYS

Wednesdays

10:30

The group is about following a life style change, using calorie control. Mainly it's about support and commitment to lose weight.

10.30–11.00am – weighing

11.00–11.30am – group support & advice



TAI CHI

Wednesdays

13:30 – 14:30

£6

A relaxing, gentle work out that helps

MAUREEN PASCOE SCHOOL OF DANCE

Wednesdays (term time) 16:00–20:00

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

JUST JOBS

1st Wednesday of the month

FREE

If you like fixing and doing DIY then you'll love this monthly group. Every month lovely people come together to help with the monthly maintenance of the Hall. If you are interested please email info@thehall.org.uk.

THURSDAY

CITIZENS ADVICE

FREE

To book your free session at the Hall. Text ADVICE to 78866 or call 0800 144 8848

GREENSPACE PROJECT

Thursdays

09:30 – 12:30

FREE

Everyone is welcome to come along and join in with the weekly Greenspace Project. Help look after our public greenspaces so they're better for wildlife and people or get involved with growing fruit and veg for our Community Larder. No experience necessary, all you'll need is a willingness to get stuck in and some wellies. No need to book, just meet at the Hall.

ONE FOOT IN THE CLAYS

Thursdays

09:45 – 12:00

FREE

Run by trained walk leaders this is a supportive group venturing out on different walks each week. For more info contact the Hall on 01726 858657.

ST AUSTELL CANINE SOCIETY

Thursdays (term time) 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.

CHAIR EXERCISE SESSIONS **£3/£5**

New for Thursdays, chair exercise sessions with Tracie of Tracie's Fitness and Health. 10:30–11:30am reduced to £3 for the first 6 weeks then £5 per person. Booking preferred as there's a free lunch after as part of the warm hub. Come along and give it a go. For more details call 01726 858657

We will be holding workshops and events throughout Jan, Feb and March. Follow us on Facebook, visit us at The Hall or email info@thehall.org.uk for more information.

What's On Treverbyn Community Hall



FRIDAY

TAI CHI

Fridays

£6

9:30 – 10:30

A relaxing, gentle work out that helps health, well being and both physical and mental balance. Call 01726 858657

JUST FOR MEN

Fridays

FREE

9:30 – 12:30

Men's sheds or community sheds are non-profit local organisations that provide a space for greenwood making and general carpentry with social interaction. Drop-in

COLLINS CRAFT AND CAKE

Fridays

FREE

10:45–12:45

Arts and craft every week 10:45–12:45 cafe open serving hot food, tasty snacks and refreshments, no need to book just pop in.

MAKATON SIGNING CHOIR

We are an inclusive choir made up of friends, family members, teachers, mums, dads, carers, grandparents, children, professionals and support workers of Makaton users.

No previous singing or Makaton experience needed.

Open to everyone!

WHEN: Every Friday 7pm to 8pm

WHERE: Treverbyn Community Hall, Stenalees, St Austell PL26 8TL

☎ 07922 530878
✉ makaton@talkmorecornwall.co.uk

🌐 www.talkmorecornwall.co.uk
📌 Makaton Training Cornwall

Funded by the Bolingey Barbarians
supporting children's charities in Cornwall



SATURDAY

PARKPLAY AT TREVERBYN ACADEMY

Saturdays

FREE

If you want a Fun Free Friendly activity for all the family then ParkPlay is just the thing for you. Every Saturday morning from 10am at Treverbyn Academy. Come along and see what it's all about.



Free Fun & Games For All

Treverbyn ParkPlay



No kit, expense or skill required

Kids and adults welcome



#MeetMovePlay



FEMALE SELF-DEFENCE

Female self defence sessions starting in the new year, 6 weeks trial but will continue if enough interest. To show an interest please contact The Hall, info@thehall.org.uk

CHARITY EASTER BINGO

Sat 25th March

17:00–21:00

Join us for a fun evening of bingo. With wonderful Easter prizes and a raffle. Prices from £1

Every 2nd and 4th Friday. Starts 13th January

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AND MORE!!

MICRO LIBRARY

Mon-Fri

FREE

9:00 – 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

Wednesday

Friday

Sunday

DONATIONS

14:00 – 16:00

12:00 – 16:00

16:30 – 17:00

Bring a bag, help us tackle food waste and save yourself some money. Everyone is welcome, just pop in the Hall on the times above.

CHARITY SHOP

Mon-Fri

FREE

10:00 – 16:00

Pop in and find a treasure and a bargain! All donations will be put back into our charity to support more people.

COMMUNITY LUNCH

1st Sunday of the month

£7.50

12:30

St Peters Church Treverbyn are hosting a monthly community lunch. They will be serving a two course meal. There will be a raffle and entertainment. To book please call Lorna 07868 343989.

HABITAT CREATION

FREE

The Habitat Creation Project is a fun and interesting way to get involved with nature and help and learn about wildlife in our own gardens. Nature, and being in green spaces, has never been so important to our mental health and well-being.

If you want to be part of the next phase of the project or for more info please contact nic@thehall.org.uk. She is particularly keen to hear from people who are isolated due to access needs or other challenges as we know some people find it hard to get out and about.

MORE THAN A FREE LUNCH

FREE

Various Times (Check Eventbrite)

Winter Well Being – 19th Jan 10:30-12:00

Winter wellbeing talks as part of our More than a Free lunch. Find out how to stay warm, look after your mental and physical health and general well being in the winter months. Lunch included, booking essential Via Eventbrite.co.uk

This time of year can be difficult for people especially following COVID and now the living crisis. But your not alone, take a look at the support services that offer help.

NEW OPENING HOURS

Treverbyn Community Hall will have NEW hours as of the 9th January. All classes, and other bookings will be as they are booked. Our PUBLIC opening will now be from 10am-4pm. This allows our small team to be ready for each day and have team catch up's and focused work.

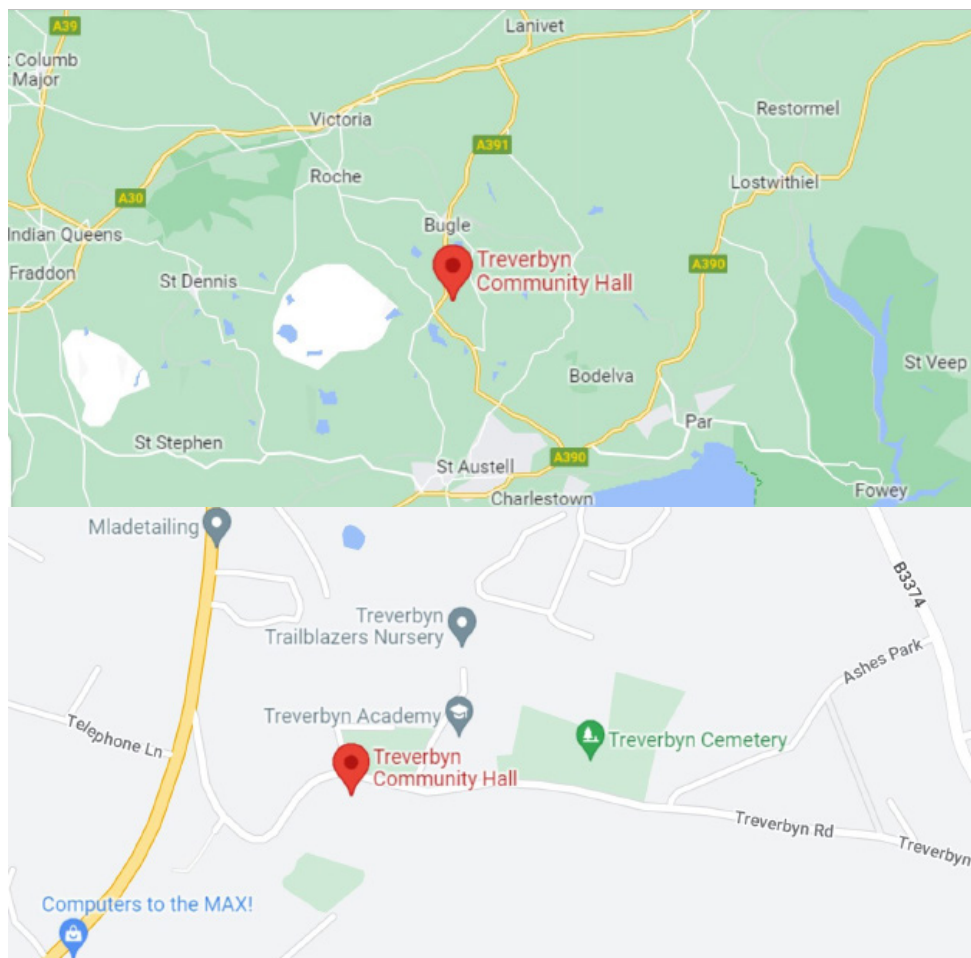
Volunteers Needed For Community Larder

Various days

Van drivers and buddies required in reserve for our regular volunteers when taking holidays or unable to make a shift, we are also looking for additional support on reception and our Friday café at The Hall, for more information please email info@thehall.org.uk or call 01726 858657

Dont be cold at home, come along to the warm hub here at The Hall Mondays, Tuesdays and Thursdays. Free hot meals, use of our Wifi, different activities.

How to find us?



Our location: Treverbyn Road, St. Austell PL26 8TL

By car: use satnav using our post code. We are located just off A391 or B3374. Car park available to the visitors.

By bus: bus route 26 (St Austell to Bodmin) stops in Stenalees, bus stop called 'Stores'. For bus routes, timetable and map, go to: <https://www.gocornwallbus.co.uk/services>

By train: nearest train station is in Bugle 1.6mi away. Check train times online: <https://www.nationalrail.co.uk/>