

What's On Apr–May–June 2023

TREVERBYN COMMUNITY HALL



Now with the weather getting warmer our outdoor gazebo is the perfect location for your outside entertainment.

Great for parties, christenings, even wedding receptions. Great value for money at just £10 per hour.

Ask for details by calling or emailing using the details below.



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.

LOOKING FOR A GREAT VENUE?

Treverbyn Community Hall has a variety of rooms available for hire.

Our spacious rooms are equipped with projector screens, free WIFI, white boards and tea and coffee making facilities. Perfect for training sessions, meetings, team building, support groups events and parties. Reasonable rates from just £10 per hour, charity discounts available and further discounts for long term bookings.



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
April – Pilates
May – Circuits
June – Surprise session

COLLABRATIVE GROWING FREE
Tuesdays 11:00 – 15:00

Discover no dig gardening, seed sowing. Our aim is to grow food for home cooking and to supplement our community larder batch cooking in the kitchen. Everyone welcome. contact growing@thehall.org.uk for details.



Meal nights

Would you like to see the return of more themed meal nights? Why not drop us an email and let us know what sort of evening you would like to see.

Apr – May – June 23

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 and healthy eating. Mainly it's about support and commitment to lose weight.

10.30–11.00am – weigh in

11.00–11.30am – group support & advice



TAI CHI

Wednesdays

13:30 – 14:30

£6

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

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**

Every Thursday, chair exercise sessions with Tracie of Tracie's Fitness and Health. 9.30–10.30am 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 April, May and June, 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 any Friday morning.

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.

SATURDAY

SALSA FUSION Saturdays

£6

9:30 – 10:30

A latin based dance session combines great music with movement.
To book call Karen 07903 709763

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.



ParkPlay

Free Fun & Games For All

Treverbyn ParkPlay



No kit, expense or skill required

Kids and adults welcome



#MeetMovePlay



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



FEMALE SELF-DEFENCE

Female self defence sessions starting on the 31st July, 6–7pm Just £10pp
Great for confidence building, making friends and getting fitter.

Booking essential call The Hall or email

info@thehall.org.uk 01726 858657

Apr – May – June 23

AND MORE!!

MICRO LIBRARY

Mon–Fri

FREE

10:00 – 16:00

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

With ever increasing living costs we are trying to share food equally to ALL who need it. We are now asking for a minimum donation of £1 and only a standard shopping bag. If you are struggling to make this donation please speak to a member of staff. Everyone is welcome, just pop in the Hall at the times above.

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.

COMMUNITY LARDER CHANGES

You may have read some information relating to changes to our Community Larder. Sadly our base for the Larder operation in Roche has now closed due to increased running costs to the Charity. In a bid to try and continue our support Treverbyn has now moved its operation to The Hall, Treverbyn, allowing for reduced costs making the project more sustainable. We are NOT closing the Community Larder but there may be more changes to the routes our Mobile van due to larders being set up in the communities the van visits. For information please call The Hall 01726 858657

COMING SOON!!

FREE ENTRY

“TREV FEST” is back....

After 3 years our annual fundraiser will return this year, even bigger and better than before.

Entertainment, rides, games, and a walking treasure hunt, BBQ, Bar, craft stalls, ParkPlay, Perennial harvest, cake and bake, great competitions, face painting, tattoo's, hair braiding, Candy stall, Dog show and more. Contact The Hall if you wish to have a stall, reasonable rates, No food vendors as TCT will be running these. Call Jen or Amanda 01726 858657 info@thehall.org.uk

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.

BUGLE COMMUNITY HUB

PL26 8PG

1ST TUESDAY OF
EVERY MONTH FROM
MARCH – DECEMBER
11AM – 1PM



Multi-agency community Hub providing information, advice and guidance for...

- **Benefits, Housing, Debt Support**
- **Social Isolation and Loneliness**
- **Wellbeing, Health and Fitness**
- **Employment and Volunteering**
- **Education and Training**
- **Cost of Living Support**
- **Citizens Advice**
- **Energy Advice**
- **Digital Support**
- **Social Prescribing**



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/>