

LOOE COMMUNITY NEWS

OCTOBER - NOVEMBER 2025



148th Edition - Online
Published by Looe Development Trust
for Looe and surrounding Parishes



Free Defibrillator & Basic Life Saving Skills Training Sessions

Friday 10th October 2025
In the Heritage Centre, West Looe

10.00am (2 hours)
&
1.00pm (2 hours)

Each session is limited to 12 persons.
If you would like to attend one of these
sessions (please state which session)
please contact Looe Harbour Office
on 01503 262839 or by email:
reception@looeharbour.com

The sessions will be filled on a
first come, first served basis
We look forward to hearing from you.



Repair Café



10am to 12 Noon - Second Saturday of each month
St. Martin's Community Hall, Looe

So don't throw it away!

Bring it to the Looe Shedd's Repair Café



You bring your broken item from home
and we will start to fix it for FREE ...
... although we do accept donations

What can you bring?

Toys	Lamps
Bicycles	Power tools
Hedge trimmers	Electric mowers
Vacuum cleaners	Sewing machines
Small tables/Stools	Camping equipment
Small hand sewing jobs	Small kitchen appliances

Save yourself a wasted journey

Email details of your broken item
to RepairCafe@LooeShedd's.co.uk for pre-assessment



Quaysidefresh Farm Shop

Supplying you with the highest quality groceries

7 days a week Fresh Fruit and Vegetables

Local Dairy Produce Butchery and Bakery

Shop 01503 262838

Post Office 01503 265598

Find us at Buller Quay

East Looe PL13 1DX





A Message from Mayor Cllr Stephen Remington

Many thanks, on behalf of us all at the Town Council, to everyone who has contributed to Looe's summer season.

Through my involvement with Looe Business Forum, I know it has been a challenging year in retail and hospitality, not helped by floods, wind and land slips but, as always, the town has shown its resilience and continued its great offering to our visitors and residents.



East Looe Town Trust completed its magnificent refurbishment of the Old Lifeboat Station and the Watch Tower. Carnival week, creative performances and exhibitions, raft and duck races, the Looe Lugger Classics, the new Well Fest, rock pooling - and more - all added to the amazing array of events this season. We were all so sad that the Food & Drink Festival fell victim to the weather. So much work goes into all these events. August saw the reflective celebration of VJ Day's 80th anniversary and as always, the town will mark Remembrance Sunday on 9th November and Armistice Day on the 11th.

As I write, we look forward to Looe Weekender (19-21 September) and to the visiting Kernowfornia (26-28th). Then comes the Looe Festival of Words (1-5 October). The build up to the Christmas season is looking exciting already - watch out for elf-hunt, festive window displays, late night shopping and of course the New Year's Eve fireworks. The Town Council has continued to provide financial support for many organisations and events in Looe while further developing our own regular community events. There are new initiatives in the pipeline too, but let's leave those for later.

Through all this, the town runs pretty smoothly and deals with serious incidents as quickly as possible. Some duties fall to Cornwall Council, and we appreciate the work of its contractors, staff and our two Members. I thank everyone who works day in, day out, cleaning our streets and toilets, clearing our rubbish, running our schools and library, our harbour and fishers, everyone in every kind of business and service, RNLI and all of our emergency services. Ours is a complex town with ageing infrastructure. Things can't work perfectly all the time, and we'll fall out sometimes. Overall, though, can we not be fairly proud of Looe?

Mayor Stephen Remington

Update from Looe Library & Community Hub

Looe Library and Community Hub have had a lively summer, hosting a wide range of projects and events. Highlights included the popular Summer Reading Challenge, Festival Week activities, and welcoming writer-in-residence Graeme Sandford. From pebble painting to poetry writing, there's been plenty to inspire and entertain!



The team will be running the traditional Lantern Making Workshop on Saturday November 1st and a new Community Connections Event on Friday 7th November.

A Busy Summer for Stephen Remington

If there was a community event this summer, chances are Stephen Remington was there! From presenting awards during the lively Looe Carnival Week, to lending his support at the Looe Lugger Classics, Stephen has been a proud presence across town. The excitement doesn't stop there, Stephen along with Cllr Jon Holmes, will soon be representing Looe with a visit to our twinning town, Quiberon in Brittany. A wonderful opportunity to strengthen connections abroad and discuss what can be achieved. The trip has been arranged at their own expense. Are you or your organisation interested in exploring the possibility of a forward-looking new twinning arrangement? Perhaps you were active with Quiberon before or involved in the Looe Twinning Association? Did you make school visits there or host young people from Quiberon in Looe? Do you still have friends there from those earlier days? Do you already know your matching organisations in Quiberon? Let's hear your memories!



VJ Day 80

On the 15th August, alongside the Royal British Legion, we gathered to mark the 80th anniversary of Victory over Japan Day, honouring the end of WWII and those who served. President of the Looe branch, spoke at the ceremony, paying heartfelt tribute to the lives lost. Also, in attendance, Looe Town Council's Town Clerk Sam White, Deputy Town Clerk Sharon Payne, Cllr Jon Holmes, and Cllr Abbas Matini, joined by residents and visitors. The Royal British Legion Standard was carried with pride by maintenance team member, Karol.



Ongoing Community Projects

Looe Town Council is currently working on several exciting community initiatives. Compellingly, we have secured funding to regenerate heritage signs across the local area. Although it's still in its early stages, we have recently invited expressions of interest from illustrators who may wish to contribute to the design process. If you are interested in this opportunity, please contact us at enquiries@looe-town-council.gov.uk for more information. In addition, we are conducting a resident survey to help shape future strategies and gain insight into our community's current priorities. Your input will play a key role in guiding the council's decisions. Stay tuned for more information on this!



Dates for Your Diary



Summer may be ending, but there's still much to look forward to in Looe. Keep an eye out for:

- Looe Festival of Words - 1st-5th October 2025
- Looe Lantern Parade Workshop -1st November (10am-1pm)
- Community Connections Event -7th November (10am-12pm)
- Looe Lantern Parade - 28th November (5-10:30pm)
- NYE Fireworks - 31st December



Our Looe Town Council Online Newsletter:

Did you know that Looe Town Council produces a regular newsletter? It's the best way to stay up to date with the latest council news, including both essential information such as temporary toilet closures and exciting community events and festivals.

To receive the newsletter, you can sign up via our website:

<https://www.looetowncouncil.gov.uk/> (scroll to the bottom!)



Looe Town Council Contact List



Mayor Cllr Stephen Reminton (East Looe Ward)

Tel: 01503 263653 Email: stephen.reminton@looetowncouncil.gov.uk

Deputy Mayor Cllr Jamie Pearn (East Looe Ward)

Tel: 07539720748 Email: jamie.pearn@looetowncouncil.gov.uk

Our Councillors:

Cllr Simon Barker (East Looe) Tel:07795 258699 simon.barker@looetowncouncil.gov.uk

Cllr Jasper Graham-Jones (West Looe) Tel:01752 586176 jasper.grahamjones@looetowncouncil.gov.uk

Cllr Chris Harwood (East Looe) Tel: 07454 567845 chris.harwood@looetowncouncil.gov.uk

Cllr Jon Holmes (East Looe) Tel: 07940 095322 jon.holmes@looetowncouncil.gov.uk

Cllr James Lundy (East Looe) Tel: 07592 165189 james.lundy@looetowncouncil.gov.uk

Cllr Abbas Matini (East Looe) Tel: 07879 680805 abbas.matini@looetowncouncil.gov.uk

Cllr Charleigh Patterson (East Looe) charleigh.patterson@looetowncouncil.gov.uk

Cllr Michala Powell (West Looe) Tel: 07411 122900 michala.powell@looetowncouncil.gov.uk

Cllr Mark Pughe (West Looe) Tel: 07579 785929 mark.pughe@looetowncouncil.gov.uk

Cllr Chris Rose (West Looe) Tel: 07481 833017 chris.rose@looetowncouncil.gov.uk

Cllr Adrian Rusu (East Looe) Tel: 07754 484114 adrian.rusu@looetowncouncil.gov.uk

Cllr Elliot Stone (East Looe) Tel: 07480 132801 Elliot.stone@looetowncouncil.gov.uk



LOOE

Festival of

WORDS

Don't forget that the Looe Festival of Words will be with us from **1st to 5th October 2025**, including a Book Fair at the Hannaford Point Hotel on 4th October.

For further information including a timetable of events and map of the venues, please visit:

<https://loofestivalofwords.co.uk/>

<https://www.facebook.com/loofestivalofwords/>

A Looe Development Trust Event supported by:



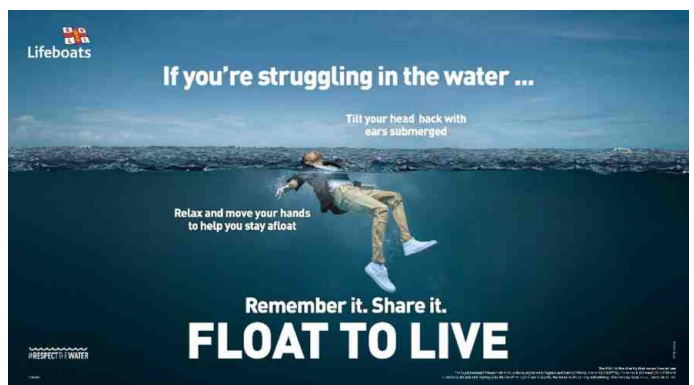
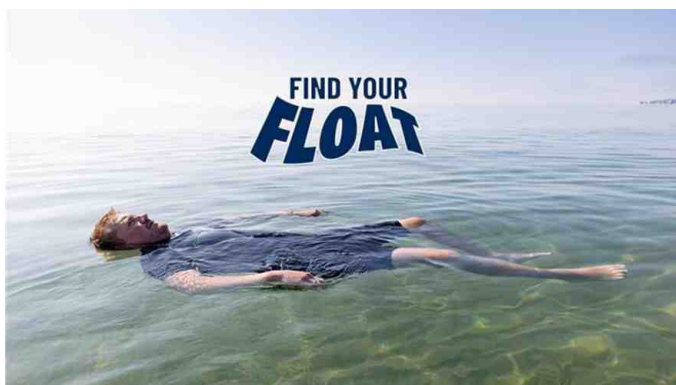
Shouts: Our crew at Looe have been ready to answer the pager and rescue those in difficulty. Between 21 July 2025 and 15 September 2025 our volunteer crews responded to 8 shouts.

Souvenir Shop: Subject to volunteer availability, and the weather, our souvenir shop is open daily between 11 am and 4pm. Our shop has a wide range of products, including Christmas cards and 2026 calendars.

Albatross Boathouse: Our boathouse will be open daily to the public until the end of October half term. Subject to volunteer availability, operational requirements and the weather it will be open daily between 11 am and 4pm. Our team of volunteer boathouse guides will be on hand to show you the charity's inshore lifeboats and launch tractors. They can answer all your questions and tell you more about the RNLI, the Looe volunteer crew, our shouts and how to keep safe on the water.

Keeping safe on the coast: As we move into autumn, the times and frequency of our SE Cornwall RNLI lifeguard patrols change. Patrols at Freathy have now finished for 2025, patrols at Seaton, Tregantle and Sharrow will finish on 28 September. whilst Tregonhawke beach will be patrolled daily until 28 September, then only at weekends until 19 October and the final week of October half term when patrols finish for the year on 2 November 2025. There have been several incidents with swimmers getting caught in rip currents. Please take notice of the red and yellow flags and follow the advice of the lifeguards when they are on duty. When there is no lifeguard cover on the beaches, please take extra care. Always Respect the Water, check the tide times, wear appropriate buoyancy aids and take a method of calling for help. If you need help or see someone in difficulties, call 999 and ask for the coastguard.

If you are on East Looe beach, check the orange windsock on East Looe Town Trust's building by the Old Lifeboat Station. If it is pointing out to sea this denotes an offshore wind which can easily blow an inflatable, stand up paddleboard, kayak or canoe out to sea and hinder your attempts to return to shore safely.



Find your float

Do you know how to [#FloatToLive?](#) This World Drowning Prevention Day, we want everyone to practise and [#FindYourFloat](#).

In a safe, lifeguarded location:

- Tilt your head back with ears submerged
- Relax and try to breathe normally
- Move your hands and legs to help you stay afloat
- It's ok if your legs sink, we all float differently
- Once you're over the initial shock, call for help or swim to safety

Remember it. Practise it. Share it.

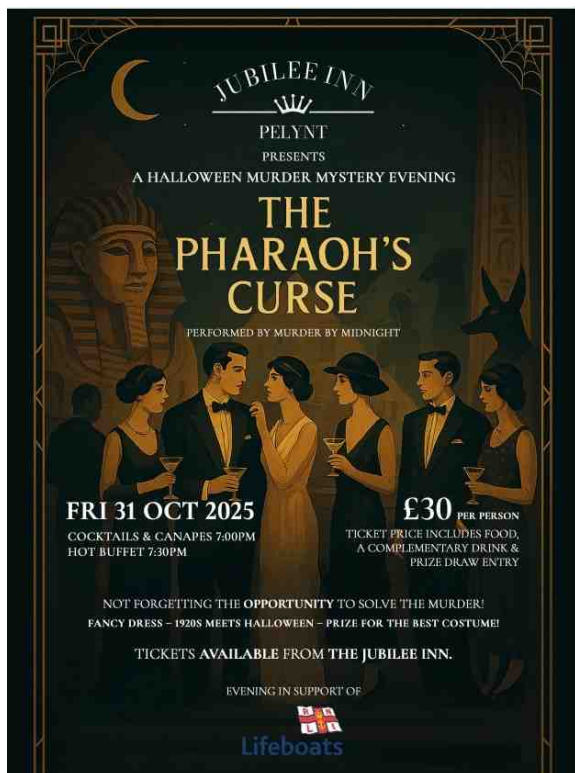
Open water / cold water swimming

Open Water Swimming is becoming more popular around our coasts - whether you're swapping the swimming pool for open water or just enjoying a quick dip, please take care. Safety information can be found on the RNLI website

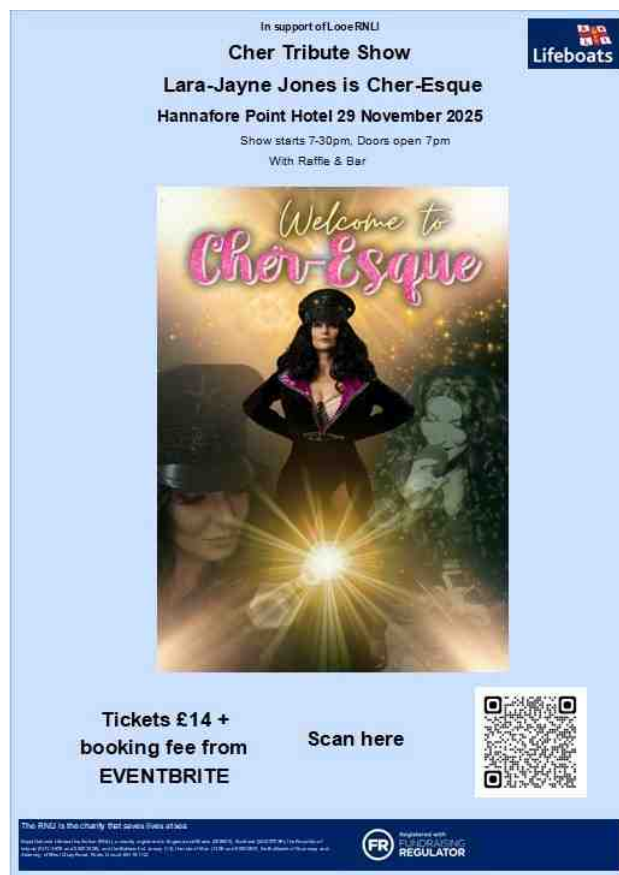
<https://rnli.org/safety/choose-your-activity/open-water-swimming>

Autumn events:

Murder Mystery at the Jubilee Inn, Pelynt and Lara-Jayne Jones as Cher Esque



The Jubilee Inn, Pelynt are holding a Halloween murder mystery evening "The Pharaoh's Curse" on Friday 31st October 2025. Tickets, available from the Jubilee Inn, are priced at £30 inclusive of food, a complimentary drink and entry to a prize draw.



The RNLI's Looe and Liskeard fundraising team have arranged a Cher tribute evening with Lara-Jayne Jones as Cher Esque on Saturday 29th November 2025 at the Hannafore Point Hotel. More information and how to book tickets can be found on Eventbrite:

<https://www.eventbrite.co.uk/e/rnli-looe-presents-lara-jayne-jones-as-cher-esque-registration-1512688765819>



Must Step Podiatry
Tracy Mustoe
HCPC Registered Podiatrist

Open Monday to Saturday
early and late appointments available
Looe Foot Clinic, Cobblers Cottage
Fore Street, West Looe
PL13 2AH

Tel 07561 608296

muststeppodiatry@outlook.com

for an appointment



Looe Library & Community Hub, Looe Town Council,
Millpool, West Looe. PL13 2AF



Community Connections



Everyone welcome

Looe Library & Community Hub

10am-12pm Friday 7th November



Come along, enjoy a free coffee
and meet the people that run your
local community support groups.



Better Housing
Better Health



...and many more!



Christmas Lantern Making Workshop



Saturday 1st November
10am-1pm



Bring your lanterns and join the parade on Fri 28th Nov.
Meet at 6:30pm outside Looe Library/LTC Offices

Workshop places are limited and booking is essential. Booking forms
can be collected from Looe Library or sent out by email on request.

Email: looe.library@liscornwall.org.uk,

phone: 01503 262390. The workshop is free,

funded by Looe Town Council as a gift to
residents of Looe. All groups must include an
adult and suitable for children aged 8+.

Library Team will email to confirm your booking.



Looking for Support Groups? Join these Social & Singing Groups in Looe



Peer Recovery Groups

Our Peer Recovery Groups are for
anyone wanting to improve their
mental health and wellbeing.

They provide a safe space for
people to share, understand and
benefit from peer support.

It's an ongoing group with
opportunity to learn new skills,
take part in wellbeing activities
and connect with others.

It can really help to know you're
not alone in how you're feeling.

You'll learn how to build resilience
so that you're better prepared to
deal with everyday life.

This can help you stay well and
feel good about yourself.

The groups run in various locations
across Cornwall.

Looe - 2nd Thursday of every month 2 - 4pm.

Complete the referral
form on our website

cornwallmind.org
info@cornwallmind.org
01208 892 855



Registered charity no. 1176942



Singing in Mind - Looe

Studies have shown that
singing can help boost mood
and reduce stress.

'Singing in Mind' is a singing
group for anyone who wants
to sing with others to
improve their sense of
wellbeing and happiness.

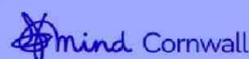
And you don't have to be
able to sing to join.

It's a safe and supportive
environment, with a chance
to connect with others,
benefit from peer support,
and enjoy a fun activity to
help improve your health and
wellbeing.

**When? The 4th Thursday of
every month 1 - 3pm.**

To sign up - just complete the referral form on our website

cornwallmind.org
01208 892 855
info@cornwallmind.org
Charity number: 1176942





Creative Looe: United by the Sea

If you were at any of the September festivals in Looe, you'll have noticed the buzz around our Creative Looe T-shirts. With their bold lino-cut design by local artist Lesa Welch, they've been selling fast — and not just as souvenirs. They're part of a fundraising campaign for our flagship project: United by the Sea, a festival celebrating Looe's maritime heritage, planned for March 2026.



Creative Looe T-shirts worn Olivia, Helen and Luisa, some of Creative Looe's directors

A Festival for Everyone

United by the Sea will bring together stories, history, and creativity in ways that involve the whole community.



Cornwall Councillor Mark Gibbons making his ceramic fish at our first workshop

In partnership with Looe Community Academy and Looe Primary Academy, we'll be working with pupils to make 300 ceramic fish. Each child will decorate a fish that will be "released" around the town, ready to be discovered on festival day.

Families will be invited to go on a treasure hunt to track down their creations, encountering costumed actors along the way. Expect tales of smugglers' tricks, wartime Looe, heroic lifeboat rescues, and much more.

Our aim is to nurture pride in Looe's cultural identity and strengthen that vital sense of belonging — especially for our young people.

A Whole Town Behind Us

We couldn't have made it this far without the wholehearted support of Looe. When the Food & Drink Festival was cancelled, we were able to carry on thanks to:

East Looe Town Trust, who donated the Tea Rooms.

Liskeard and Looe Radio and Looe Town Council, who spread the word.

Looe Development Trust, who stepped in with insurance.

Looe Harbour Commissioners, who gave invaluable advice and have offered the Heritage Centre for future workshops.

Other individuals and organisations supporting our project include:

West Looe Town Trust, the RNLI, Looe Shedders and in their personal capacities, Looe's Mayor and two Cornwall Councillors.

This spirit of collaboration is what Creative Looe is all about: showcasing the very best of our town, for our residents, for our visitors, and most of all for the next generation.

Together, we are United by the Sea

United by the Sea

Who We Are

Creative Looe is a vibrant community arts organisation rooted in Looe and Cornwall. We enrich lives through artistic expression, heritage, and community engagement. We create opportunities for everyone to explore their creativity — through workshops, exhibitions, festivals, creative spaces, and peer-led learning. We celebrate local creativity, support artists, and bring people together to imagine, make, and inspire.

Our Big Project

United by the Sea — a festival in March 2026 celebrating Looe's maritime heritage through art, performance, and storytelling.

How You Can Get Involved

Buy one of our Lesa Welch–designed T-shirts or tea towels, or one of the ceramic fish made in collaboration with Looe Shedders every sale helps fund the schools' fish-making workshops.

Join us at workshops and events in the run-up to our festival.

Share your stories and ideas about Looe's past, they could inspire our performers!

Find us online:

Website: www.creativelooe.org

Instagram: [@unitedbythesea](https://www.instagram.com/unitedbythesea)

Facebook: [United by the Sea Project](https://www.facebook.com/UnitedbytheSeaProject)



Some of the ceramic fish made by the town's leaders at Looe Community Academy

CALM-SPACE  CHILD MINDING

My name is lisha, and I am a qualified and Ofsted registered childminder based in West Looe. I have many years of experience working within childcare and educational settings.

My opening hours are from 7am - 6pm Monday – Friday

All families are welcome, including home-educated children.

If you require a childminder, and would like to find out more about

Calm-space Childminding

Please call or message me on: 07984017776

or email me at: ieware17@gmail.com



NEWS FROM EAST LOOE TOWN TRUST

New office location: Our offices have now moved into The Watchtower on the seafront. As some of you will know, the building, along with the Old Lifeboat Station, has recently been renovated - partially funded by the Shared Prosperity Fund. Please note that the phone numbers and the email addresses for the Trust remain the same.

A part of the grant requirements was to ensure that the Old Lifeboat Station provided a steady income to assist with ELTT being able to continue to meet its charitable objects. There is also a requirement for monitoring and evaluations to continue over the next seven years – this will include the efficacy of the solar slates to provide electricity for the Watchtower and the workshop.

The first floor of the Guildhall: Many people have asked what the plans for the first floor of the Guildhall are, now that our office is no longer there. This is currently under consideration by our Board of Trustees. There are many ideas, but all have to be costed and be right for the town and the Trust. Critically, the outcome must generate sufficient income to enable us to continue our duties in the maintenance of heritage buildings as well as the beach, seafront and the Wooldown – all of which costs a lot of money (for which we receive no grant income). Conversations are underway between the Trust and other bodies, including heritage and planning experts. However, the Guildhall Chamber is still presently available as a venue for weddings and other special days – have a look at www.ceremoniesbyamanda.com who can guide you through organising a wedding, funeral, naming ceremony and much more.

The Guildhall door is now famous as the door to the police station in the fictional town of Shipton Abbott and filming has continued this year. It has been a delight to work with the crew and actors of Beyond Paradise and then to see our wonderful town on TV.

Enjoying the seafront and beach: As the long summer days turn autumnal, it is likely that the beach and seafront are not as busy, however it is still a lovely place to visit. Stroll along the seafront, call in at the Beach Café or Pier Café for refreshments, sample a cocktail at Penrock Distillery or enjoy those rays of autumnal sunshine in a Looe Beach Hire deckchair.

Looe Rowing Club and Looe Sailing Club still have events on throughout autumn. There are also other key events such as the Looe Festival of Words, the Looe Weekender and Kernowfornia's music festival on the beach.

The “swim zone” buoys will be brought in for the winter but there will still be intrepid sea swimmers in the water. All users of the beach and the water are urged to be aware of the safety signs on the seafront and to be aware of each other and share the space for the good of everyone.

Any event on Trust land needs to be approved by the Board of Trustees.

Who are they and what do they do?

The Board meet once a month to review Trust business and decide on Trust policies and projects. There are currently eight trustees, all volunteers, who also help to take business forward between formal meetings. There are four full time members of staff who carry out the day-to-day work of the Trust as well as specific projects. For more information, please see our website and our annual reports, which also include audited accounts, on the Charity Commission's website. For this purpose, our registered charity number is 1166934.

— HELP RAISE FUNDS FOR LOOE'S NYE FIREWORKS —

QUIZ NIGHT

OCTOBER 24th 2025 - 7PM
AT THE PORTBYHAN HOTEL



TEAMS OF 6 – £20pp

4 TAPAS & WELCOME DRINK INCLUDED

Book early to avoid
disappointment



Portbyhan
HOTEL

Old Guildhall Museum & Gaol, East Looe



I thought the Lugger Regatta was brilliant this year and I took loads of photos for the Museum photo archive.

As I was loading and titling them, I realised that whilst we had some great images from 1911, 1914 and 1922 we had a huge gap until one from 2018 and then nothing.....

So, I made a promise to myself on behalf of the town to make 2025 the year we updated and added to the archive.

Our collection of photos starts to drop off quite dramatically from the late 1940s. This is obviously because many people had cameras and photographs became more commonplace and, ultimately, less special from an historical point of view.

I took plenty of the Carnival, the Gig races and gigs over the Lugger Regatta weekend, the Duck Race, the Emergency Services weekend and even Beyond Paradise filming but I need more, please.

If you have some of the Raft Race, the Looe Ten Miler, May Day Celebrations, any local community event or club or organisation could you email them to the Museum?

It is better to have two or three good images that explain themselves. If you send me a dozen but three are of the backs of people's heads blocking the view, two are of someone's really cute, but very large, dog obscuring everything, an excellent one but the couple centre-right are having a blazing row, two that would be great if not for the thumb covering the side, one that could have been amazing if it was in focus and three where the subject matter is clear and obvious with people looking interested and involved - well, no prizes for guessing which ones will get the delete button and which three will get saved!

I can't promise to save everything that is sent (hopefully sent), there may be duplications, or I may have included an event already but if we could gather together a good selection of images that showcase our wonderful town and community in the year 2024/2025 for future generations that would be something very special.

Thanking you all in advance. Email: museum@eastloometowntrust.co.uk

Penny McHugh
Volunteer Curator Old Guildhall Museum & Gaol, East Looe

LOOE IN BLOOM

With autumn upon us, we will be taking down the summer planting and replacing with autumn/winter blooms in early October.

It's been a wonderful summer and our waterers have had to work harder than usual to keep everything hydrated. Thank you for your efforts, Pete and Keith.

We wanted to give a special mention to Brown's Nurseries, who not only supply us with their wonderful plants, but also let us use space at the nurseries to paint and label all our brand new boxes in the early part of this year ready for them to plant up. Thank you so much for that.

Our **QUIZ NIGHT** on Saturday 11th October at the Millpool Centre is approaching fast. We are hoping for a good turnout. If any businesses would like to provide a raffle prize for the event, this would be gratefully received. Details and ticket information are in the poster below and this is also set up as an event on our Facebook page.

As always, thanks so much to all our volunteers for all your hard work this summer. We couldn't do it without you. Thanks also to all our supporters and funders – we so appreciate you.

Thank you to everyone who has donated so far to our vehicle fund. Continuing donations all gratefully received to help keep Looe in Bloom on the road.

This link will take you to the GoFundMe site: - <https://gofund.me/7517fff4> or scan the QR code below.

If you are interested in volunteering or you wish to contact us, please email us at: looeinbloom@outlook.com



*Looe In Bloom*

QUIZ NIGHT
on
Saturday 11th October 2025
at The Millpool Centre
from 7.30 pm to 10.30 pm

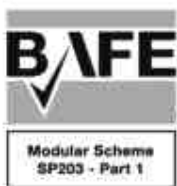
RAFFLE

Cost: £10 per person
includes Buffet
(buy your own drink)

BOOK IN ADVANCE
to avoid disappointment as there are restricted numbers

Contact: Jo Gale on 07967 410970
Email: looeinbloom@outlook.com

All Profits made will go to Looe In Bloom so we can Keep Looe Blooming !



COVERING CORNWALL AND DEVON

2b Barbican Rise Industrial Estate
Looe, Cornwall PL13 1QQ
Tel: 01503 263206

Unit 11, Parkengue Kernick Ind. Est.
Kernick Industrial Estate
Penryn TR10 9EP
Tel: 01326 373896

FREEPHONE. 0800 999 2443

WWW.TFS-SW.CO.UK



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Perfect fit and polyvinyl shutters
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Local and affordable
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blinds**



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info@queenstreetshutters.co.uk
queenstreetshutters.co.uk

CELEBRATION OF LIFE CEREMONIES WEDDINGS & RENEWAL OF VOWS BABY NAMING CEREMONIES



Contact me

07961 187587

emmawilkinsoncelebrant
@outlook.com

loocelebrant.co.uk

EMMA WILKINSON - CELEBRANT

Sometimes people hope to mark the important milestones in life in a very individual way. This includes birth, marriage, even death. As your independent celebrant, based in West Looe, I can help you to achieve your hopes for a unique and loving ceremony to become a reality. Whether you want to celebrate the life of a loved one; make or renew your vows in a location that is special to you; or welcome the safe arrival of a new little one into the world by celebrating the gift of their name - let me guide you.

To me, each ceremony is unique. Together we can weave personal stories, music, non-religious or religious elements together - whatever matters to you - so that each ceremony is as individual as the people who created it. From intimate gatherings to larger services, my wish for all these ceremonies is that they will be cherished in memories forever.

I also offer an advisory package for people who wish to make a 'living order of service' - so that loved ones have less to contemplate at their time of grief. You may have heard of a 'living will' - this is similar, but 'with a twist'. It is designed for those who wish to have an active voice, in advance, about what the content of their funeral will be. Favourite poems, readings, songs or hymns. I can capture all these wishes and record them in a document that is special and personal. This package also includes a 'Memory Journal' to help prompt you to think about your milestones and what is important to you in life.

Contact me via my website (see above) for more information.



LOOE COMMUNITY TEA ROOM

The Community Tearoom in the Rose Garden is open from
10am until midday Monday to Saturday.

It is run by volunteers.

We also have two trips a year.

Do come along and have a tea or coffee and biscuits and a chat.

Everyone is welcome. We all look forward to seeing you all.

Pat and her team

Looe Shedders

Imagine your garden shed, turbocharged
and full of your new friends
That's Looe Shedders



Looe Shedders: Creativity, Community and a Call for Space

Looe Shedders has enjoyed a busy and successful few weeks. The group's practical skills were in the spotlight again when they delivered a fully refurbished Wendy House to Trenode CoE Primary Academy, even earning a mention on BBC Spotlight. The project was a perfect example of what the Shedders do best: giving new life to tired community assets and bringing joy to local children.



Big smiles all round! Trenode pupils with Looe Shedders and the restored Wendy House



A glazing production line in St. Martin's Community Hall

Less well known is the group's creative craftwork. Led by **Sue Croker**, a team meets regularly in St Martin's Community Hall to make ornaments, greetings cards and other artefacts that are sold at local fairs to raise funds for their future Shed. Recently, they've branched into something new: crafting ceramic fish for *Creative Looe* to sell in aid of its **United by the Sea project** (see page 9). The collaboration not only supported another community group but also introduced the Shedders to fresh skills, with members learning glazing techniques from a professional potter.

Yet behind these successes lies a pressing challenge. While the craft team is happily settled at the Hall, the Shedders' main workshop, where the large-scale projects are carried out, is only on loan. Within the next year the owner is expected to reclaim the space, and without a permanent home the group faces a stark problem: where to store its extensive tools, and how to keep up the community projects for which it is now well known.



The restored Wendy House in Looe Shedders' temporary workshop

For Looe Shedders, the clock is ticking. Their mix of practical skills, creativity and community spirit is proving invaluable — but unless a secure, affordable site can be found, their ability to carry this work forward is under real threat.

Can You Help?

Looe Shedders urgently needs a new permanent base — a workshop space in or around Looe that is secure, accessible and affordable.

If you know of a possible site, or would like to support the Shedders in another way, please get in touch:

Email: contactus@looeshedders.co.uk

Website: www.looeshedders.co.uk

CONTACT CORNWALL COUNCIL

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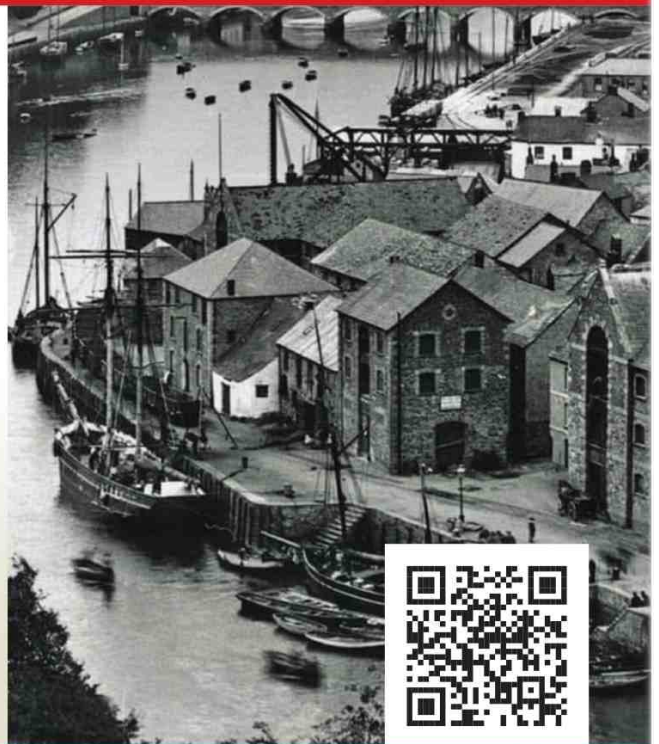
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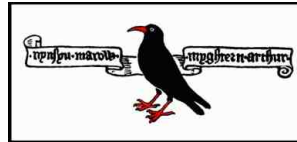
AN APPEAL FROM THE EDITORS

For the past two years, Elaine Warne and Leo Maxwell have been producing Looe Community News, this bi-monthly online magazine, which involves a few afternoons six times a year.

We would like to see if anyone else would like the opportunity to join in and gain some experience in Desktop Publishing.

There is no need for expensive hardware or software (I use a ten year old PC and free software), and this would be an opportunity for someone to gain some free training and experience in Desktop Publishing.

If you think you would like to get involved, please email ewarne18@btinternet.com or leojohnmaxwell@gmail.com with your contact details.



LOOE OLD CORNWALL SOCIETY

In a change to the advertised programme, the speaker at the next meeting, on Saturday 11th October, will be Lyndon Allen, on "Wooden Ships and Iron Men", a story of merchant shipping in the days of sail.

On Saturday 8th November Mike Crawley will talk about the ancient tradition of "Cornish Wrestling". Both talks will begin at 2.30 pm in St Martin's Hall, Looe, members free, visitors £2. All welcome, you don't have to be old or Cornish!

Our fish and chip supper will be at Kelly's on Friday 17th October - details at the October meeting.

On Sunday 26th October we will be joining with Liskeard Old Cornwall Society for a Heritage Day to be held in Liskeard Public Hall. More information from the Old Cornwall Society website <https://kernowgoth.org>.

Weekly Workshops ~ Full Scale Annual Shows ~ Parent's Presentation Evenings 07920 282818	  Youth Drama for all ages Come and Join Us! LYT Looe Youth Theatre	Boosts Self Confidence ~ Promotes Creativity ~ and... We Have a Great Time! looe youth@gmail.com
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Pelynt & District Young Farmers Club

Pelynt YFC meet on Wednesday evenings and welcome new members aged between 13 & 28. After completing another successful year with Aimee & Annabella at the helm, Pelynt YFC have again raised an amazing amount for their chosen charities, Cornwall Air Ambulance £2000 (+£2000 Match Funding), The Dogs Trust £1000 & The Farming Community Network £1000.

At the end of October the club are holding a new members evening / pumpkin carving. Come along and have some fun, try new things, have some laughs, enter in competitions and meet new likeminded people from all over Cornwall. Taster sessions are available and you don't have to be a farmer to be a young farmer!

As well as fundraising, with the tractor run, dung run & big breakfast and other events, the club have also been out and about in the community helping with local events and participating in a few Tug-Of-War challenges, competitions and going on visits. Some weeks are spent just messing about having laughs and getting wet (Raft races at Looe & Polperro) slip & slide, blindfolded night lines & treasure hunts. There is something for everyone.

Up and coming events in the community with Pelynt YFC:

13th October 2025 – Pelynt Church – Harvest Auction and Supper – Pelynt VH 7pm

23rd October 2025 – Duloe / Looe Church Benefice – Charity presentation evening @ St Martins TBC.

29th October 2025 – New Members Evening / Pumpkin carving

9th November 2025 – Remembrance Services - Pelynt Church & Lanreath Church 10.45am

21st December 2025 – Tinsel Tractor Run.

If you would like to join or get involved please contact Pelynt YFC club secretary (Kensa on 07977 239244) or check Pelynt YFC out on social media to find our programme activities.



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stimulating activities?



Then why not join Looe & district u3a.

We are a friendly organisation meeting once a month in St. Martin's Hall to listen to informative speakers covering a wide range of topics. We also have smaller interest groups: from Art to Wild swimming and everything in between! Enjoy social events? We arrange many trips, concerts, quizzes, lunches and teas.

The motto of the u3a organisation is
Learn, Laugh, Live and that's what we do!

Check out our website on looeu3a.org



For more information,
please contact the Chair,
Alison Currah on
chair@looeu3a.org
or the Membership
Secretary on
membership@u3a.org



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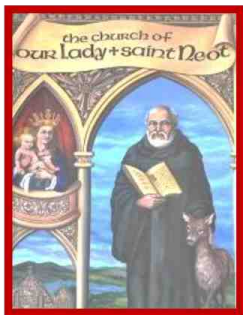
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OUR LADY OF THE ANGELS, SALTASH
JOAN OF ARC, TORPOINT



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Saltash,
PL12 6HQ

MASS TIMES

Saturday – 6.30pm
Thursday – 10.00am

Our Lady & St Neot Liskeard

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PL14 6BW

MASS TIMES

Sunday – 11.00am
Thursday – 6.00pm (followed by
Adoration at 6.30pm)
Friday – 10.00am



**Our Lady of Light
Sclerder Abbey**

Sclerder Lane, Looe,
PL13 2JD

MASS TIMES

Sunday – 9.00am
Wednesday – 11.00am

Joan Of Arc Torpoint

Moor View, Torpoint,
PL11 2LH

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PARISH FACEBOOK – facebook.com/ourladyoftheangelsparish

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VJ Day (Victory Over Japan Day): On 15th August we marked VJ Day and the end of World War 2 by arranging a short service at the Looe War Memorial to coincide with the National two-minutes silence held at midday. Our branch members dipped the five memorial flags (Royal Air Force, Royal British Legion, the Union Flag, Royal Navy, Merchant Navy) for the silence and our Chairman, Louis Portman, recited the Exhortation and Kohima Epitaph. A bugler from the St Pinnock Brass Band played the 'Last Post.' We thank all those that attended the ceremony and it was heartwarming to see sightseers stopping to respect the two-minutes silence.

We also flew the Merchant Navy flag at the war memorial on 3rd September to mark Merchant Navy Day, and the RAF flag on 15th September for Battle of Britain Day.

Poppy Appeal: As well as being at the war memorial on VJ Day, our branch members were also present on the day at the Guildhall Rose Garden and collected over £430 for the Poppy Appeal. The appeal helps support the Armed Forces community in lots of diverse ways, including financial advice to veterans and their families. It also helps fund services like the Battle Back Centre - the first port of call for wounded, injured and sick service men and women as they start their road to recovery. Our branch's 2024/25 appeal is ending and has raised nearly £14,000. We are launching our new Poppy Appeal in the Guildhall Rose Garden on Saturday 25th October. Please come along and say hello or, if you would like to help with the appeal in anyway, contact one of our members or us the email address at the bottom of this article.



Community Connections Event: Our branch will be one of Looe organisations present at the Looe Library's Community Connection Event in the library on Friday 7th November, 10am to 12 noon. The event allows members of the public meet the different organisations that operate in the town. Please come along and say hello to our branch members and ask any questions you may have or come along to one of our branch meetings (see below).

Our Looe Branch of Royal British Legion meets on the first Monday of every month, starting at 7:30pm sharp in the ground floor bar of the Looe Social Club, West Looe Quay. Anyone is free to come along and see what we are about, you do not need to be a member of the Looe Social Club to attend.

Help from the Legion: You can call them on **0808 802 8080** from 8am to 8pm, seven days a week. Calls are free from UK landlines and main mobile networks.

Also available is our online chat service from 8am to 8pm every day

or email on: info@britishlegion.org.uk.

Another alternative is the Veterans' Gateway which is a consortium of forces charities, including the RBL, with telephone access 24 hours a day on **0808 802 121**.

Looe Royal British Legion [email: rbl.looe@gmail.com](mailto:rbl.looe@gmail.com)

Riverside United Church

The Quay, West Looe, PL13 2BU



The first chapel in Looe was founded by Sir Harry Trelawny, a Cornish eccentric, who converted to Congregationalism and built a chapel in West Looe Square in 1777. After he returned to the Church of England he pulled down his chapel, but his flock built another in 1797 on the site of the present Riverside Church. The present building was built by the thriving worshipping community in 1881 and has considerable historic interest.

Easily found from the A38 and then the A387 and just 20 miles from Plymouth. It is one of the earliest united churches in the country, when in 1966 two Methodist chapels in Looe as well as the Congregational Church (now URC) decided to come together as Riverside United Church.

In 1995 Riverside was completely refurbished when the old pews downstairs were removed and replaced by comfortable seating that can be arranged so that better use can be made of the sanctuary area. The pipe organ was also removed and we now have a very fine digital organ that sounds amazing. Riverside has the largest seating capacity of any building at sea level in Looe and excellent acoustics, so Riverside is used for a variety of concerts throughout the year.

The church is more than the building, the people and atmosphere at Riverside is special.

Come and see for yourselves, a warm welcome awaits all. All Services usually start at 11am each Sunday

5th Oct Led by Choice Preacher	12th Oct Revd Stuart Reed Harvest Festival Donations for Looe Foodbank	19th Oct Led by N Rowe	26th Oct Led by Choice Preacher	
2nd Nov Led by A Nicholson	9th Nov Led by J Park United Service Holy Communion	16th Nov Led by L Rankin	23rd Nov Led by Pellow	30th Nov Led by Choice Preacher Advent Sunday

To find out about us, our upcoming services, concert dates
and our Advent Services you will find us on [Facebook](#)

- Accessible toilets in church
- Steps to enter the church or churchyard
- Ramp or level access available on request
- Parking within 250m
- Dog friendly and Church shop/leaflets
- Kitchen facilities on site and refreshments after services
- Bus stop within 100m Train station within 250m

Riverside is available for hire, be it a meeting, outreach event/facility, wedding, christening, vow renewal, poetry or music concert, please do get in touch – email: riversideunitedchurchlooe@mail.com



KELTIQUE NEWS



Our programme of summer concerts has come to an end and we are now busy practicing for a very special concert:

**A CELEBRATORY MEMORIAL CONCERT FOR LIZ SIDEBOTHAM
15th NOVEMBER 2025 7.00 PM
AT THE SALTASH WESLEY METHODIST CHURCH PL12 6LA**

This concert will celebrate the incredible contribution made by a remarkable lady to the musical life of Cornwall over many decades. The concert will be headed up by a reunion of members of the Trelawney Choir and associated Male Voice Choirs that worked and toured across the globe with Liz, performing in Singapore, Canada, New Zealand and at the Royal Albert Hall in London and Symphony Hall in Birmingham under the direction of former President of the Cornish Federation of Male Voice Choirs, Phil Taylor.

The concert will also include contributions from the two choirs Liz played for, and performed with, extensively over many years: Rame Peninsular MVC and Keltique Ladies' Choir. Rame and Keltique will perform songs that were originally composed or arranged for them by Liz. There will be tributes and solos from the many singers and musicians that Liz worked with over the years, including excerpts from the musical she created with Andy Copp shortly before she was taken ill - The Curse of the Skeltons.

Entry will be FREE and donations are encouraged to Macmillan Cancer Support.

Christmas concerts

We hope to see you at any of the following concerts (keep looking at our website and Facebook page as other concerts may get added):

- **Sunday 30th November** at the Eden Project (time tbc)
- **Friday 5th December** at the Duchy Nurseries nr Lostwithiel, evening concert (time tbc)
- **Tuesday 9th December 7.00pm:** RNLI Christmas Concert, singing with Pelynt MVC in St Martins Church Hall, Looe
- **Monday 15th December 7.30pm** St Nicholas Church, West Looe
- **Sunday 21st December 6.00pm** - Smugglers in Seaton

Our practices

We continue to practise every Monday evening from 7.15 to 9.15pm (with a coffee break) in the Riverside Church in West Looe. We always like to hear from prospective new members. You can give us a try for up to four practices, free of charge. We are a very friendly and supportive ladies' choir who enjoy each other's company and love singing together. Contact Penny to let us know you are coming or simply turn up at Riverside Church for a 7.15pm start on Mondays.

For more information about Keltique, including details of events, check out our website at www.keltique.org.uk, our Facebook page, our YouTube Channel or contact Penny at pennyweston@outlook.com



HERITAGE CENTRE & COFFEE SHOP AT THE SARDINE FACTORY

Come and join us this season at the
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**Cream teas,
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much more.**



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our produce is
locally sourced!**

**Look out for
events being held
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Centre on our
Facebook page.**



looeharbourheritagecentre.uk

AGE CONCERN LOOE

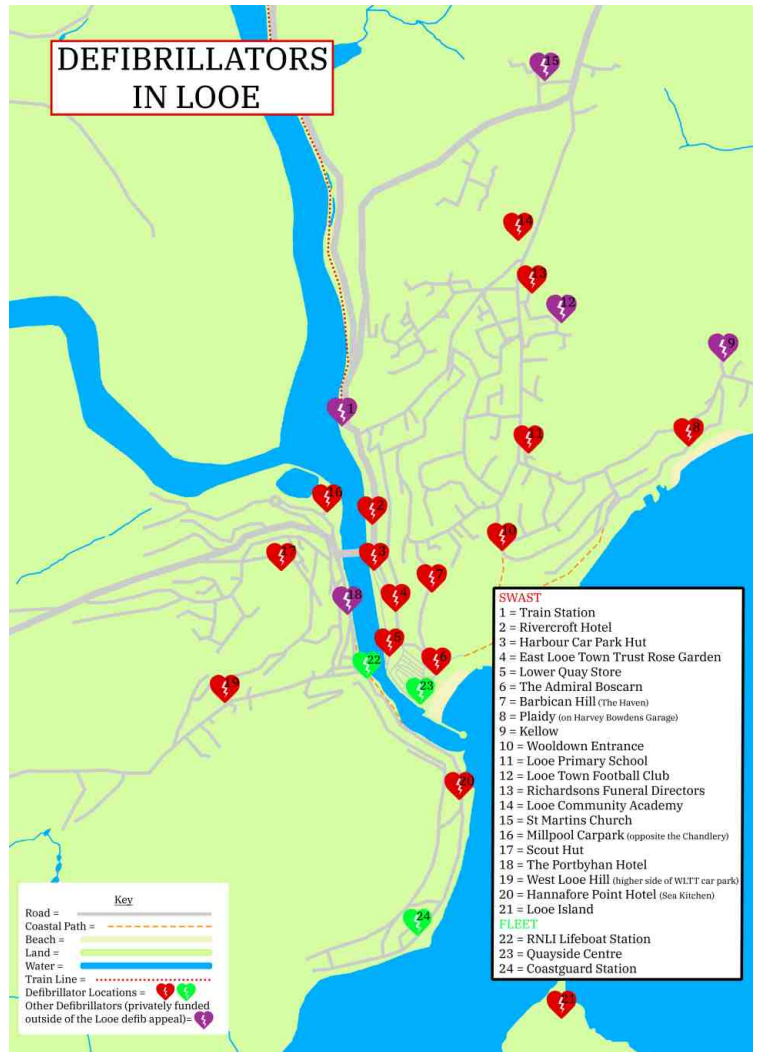
Age Concern meet every Tuesday
afternoon between 1.30pm and 4 pm in
the bottom bar of the Looe Social Club.

**We play bingo, have a raffle and a cup
of tea and a chat.**

We also have trips out, plus a lot more.

**We look forward to seeing you
Pat**

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PATIENT PARTICIPATION GROUP OF OLD BRIDGE SURGERY SERVING LOOE, POLPERRO AND PELYNT

Did you know your thoughts could help shape local healthcare?

The Patient Participation Group (PPG) for Old Bridge Surgery — serving Looe, Polperro and Pelynt — wants to hear from you.

We're a small independent group of registered patients just like you, working in partnership with the surgery to strengthen communication, improve services, and make sure patient voices are part of the conversation. Our mission is simple: to support the surgery in delivering high-quality care while making sure community needs and ideas are heard and taken on board.

What does the Patient Participation Group do?

- Collects feedback from patients — your suggestions, concerns, praise and ideas matter.
- Works alongside the practice team to receive feedback, explore improvements, for patients, health professionals and staff
- Encourages involvement from all corners of the community, including younger and older patients, carers, and families.
- Supports outreach initiatives, such as health events, seasonal updates, and informative newsletters.

We believe healthcare works when it's shaped by the people who use it. Whether you'd like to offer feedback on a recent visit, suggest a new community health initiative, an improvement of a current service or simply stay informed, our group is here to listen.

How can you get involved?

- Visit the Old Bridge Surgery website and find out how you can contact or join the Patient Participation Group
- Look out for our future posts on our PPG Facebook and Instagram pages
- Send us a message with your thoughts, whether it's a quick comment or a thoughtful idea, we'd love to hear it.

Email obsppg@outlook.com.

**Together, we can help build a healthier, more connected community.
Your voice could help shape care in Looe, Polperro and Pelynt.**

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Monthly meetings: held on the third Tuesday of every month at 6.15pm
Now at the Hannafore Point Hotel PL13 2DG (kindly hosting our winter talks programme)

Talks are Free but donations are welcome

Events Programme: talks, rockpool rambles, beach cleans, pop up events

Socials: share a common interest and make new friends at pop up events/while volunteering

Opportunities: free training, volunteering eg Crab Line Recycling Scheme, social media etc

We invite you to attend a talk/event, find out more about what we do, and see how you can get involved to help marine conservation in and around Looe.

OCTOBER MONTHLY MEETING & TALK

Mission Impossible – or is it?

18:15–20:30 Tuesday 21st October

Find out how the water quality message is getting through

Ballroom, Hannafore Point Hotel, Marine Drive, Looe PL13 2DG

Did you know the rainwater flowing from our gutters and roads goes straight into rivers and the sea? If polluted by detergents, fats, or oils, it damages wildlife AND affects Looe's bathing water quality. Come along and hear how Looe's bathing water quality improved from poor to good and have a go at identifying some freshwater animals.

We'll introduce you to the Riverfly Scheme! Local volunteers monitor the health of streams and alert authorities if problems arise. By assessing the health of local waters, problems can be spotted quickly and reported. Learn how to do it, what to look out for and how we benefit.

ROCKPOOL RAMBLE

2:00 – 3:30 pm Saturday 25th October

Hannafore Beach below the coastguard station. Look out for our sailflag.

Fancy finding some crackin' crabs & stunning starfish? Well why not join local experts as we explore the rocky shore! We ask that all attendees come along with suitable footwear (no flip flops) and leave their nets at home as they can harm delicate rockpool creatures.

Ask us for a token for our "Tea & Cake for a fiver" offer at Hannafore Kiosk!



NOVEMBER MONTHLY MEETING & TALK

Discover Cornwall's Marine Life!

18:15–20:30 Tuesday 18th November

Ballroom, Hannaford Point Hotel, Looe, Marine Drive, Looe PL13 2DG

Join skipper Chris Lowe of Atlantic Diver as he shares stories of dolphins, sharks, bluefin tuna & more spotted off Cornwall's coast.

Hear how they:

- Research marine life with local colleges & conservation groups
- Record dolphin & whale communication with F-Pods
- Support lobster hatcheries & sustainable practices
- Encounter incredible species from bluefin tuna to bottlenose dolphins!

All events are FREE. Under-18s must be with an adult. Donations welcome.

Check www.facebook.com/LooeMCG for updates.

Questions? Email: looevmca@gmail.com



Pilates Classes

New Classes in Looe, Millpool Centre

Starts on Tuesday, 23/09/25

6-week block £66 or £13 per drop-in session

Spaces are limited

8.30 - 9.30 am - Intermediate

9.45 - 10.45 am - Beginners

Strengthen core muscles ✓

Improve your posture ✓

Reduce stress, aches
and pains ✓



To book or for more info

☎ 07702051797

✉ yogawithbarbara@hotmail.com

🌐 www.yogabarbara.co.uk

Weekly drop-ins are very welcome but booking is highly recommended due to limited spaces. Please bring a mat. If you are brand new to Pilates, please get in touch with me first.

Millpool Centre
The Millpool
West Looe, PL13 2AF

LOOE SAILING CLUB

Another very busy summer for the Club is winding down as regular sailing is now restricted to Saturday afternoons with the days getting shorter.

The month of August brought the staging of the Merlin Rocket National Championships with 47 visiting crews arriving from all parts of the United Kingdom to enjoy a week's racing in Looe Bay.

Our lovely summer meant that the programme had to be amended at times due to a lack of wind but, overall, only one race was lost and, from the comments at the presentations on the last day, everyone enjoyed their week . So much so that a return visit has already been booked for 2029.

Four Redwing crews and supporters travelled to Tenby at the end of August for the National Championships. The week provided a mixture of sailing conditions with strong tides and plenty of wind to contend with on some days. Overall, five of the six planned races took place. When the final places were decided local knowledge reigned supreme with Tenby boats taking the first and second spots with Peter Kinver and Antoine Jones from Looe in third place. Next year we will welcome the fleet back to Looe again.

Along with racing regular junior sail training has been taking place on Saturday mornings and this is beginning to bear fruit with a few more youngsters coming out to join the Mirror fleet for racing, mainly using the Club's small fleet of Mirrors.

Future activities include the staging of the Enterprise South West Area Open meeting on the first weekend in October, the last race supper and Autumn Series Presentations at the end of October and the Dinner and Dance at the Hannaford Point in early November.







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Portbyhan

HOTEL

SCLERDER ABBEY EVENTS

October 2025 to August 2026



QUIET DAYS to recharge your batteries: Step off the treadmill of everyday life into a beautiful and quiet place by joining us on any of these Tuesdays 4th November 2025, 2nd December (Advent), 24th February 2026, 12th May, from 10am to 4pm. On 13th February we will be Preparing for Lent which begins the next day. Hot drinks and a simple lunch are provided. There is no charge for the day, but Donations are very welcome!

ONLINE RETREAT DURING ADVENT : Sunday 7th December 2025 to Friday 12th December. This retreat follows the Ignatian Spiritual Exercises, but in daily life for each person. Daily pre-recorded short talk, time of personal prayer, and spiritual accompaniment.

GREEN ABBEY RESIDENTIAL SESSION: Friday 17th to Wednesday 22nd April 2026. A chance to explore how we can work with nature to grow food sustainably, how this links with care for our planet and the people within it, with an opportunity to experience community life and the spiritual rhythm of the Abbey during the session. The programme includes practical demonstrations and practice, with activities offered suitable for different ages and abilities.

IGNATIAN SPIRITUAL EXERCISES residential silent retreat: Saturday 30th May to Saturday 6th June 2026 (from 6 pm 30th May, ending 10 am on 6th). An opportunity to be immersed in the quiet and peace of Sclerder Abbey to come closer to God and discern his will for you.

CANA WEEK FOR COUPLES AND FAMILIES. Sunday 26th July to Saturday 1st August 2026. A week to enrich your relationship with your spouse or partner. Children are looked after and follow their own exciting programme, to give the parents space for themselves.

THE GREEN ABBEY PROJECT Working with nature on a small area of land to produce vegetables, salad and fruit ecologically and organically. This Autumn we will be harvesting as well as sowing crops for overwintering. We will start making beds ready for sowing spring and summer crops in the new year. We have construction projects to improve rainwater collection and an irrigation system. And we will collect and turn material to make more compost. Would you like to volunteer for a couple of hours, half a day, or more (including as a residential volunteer for 1 week or more) to help us develop this project? Volunteers are also welcome to join in the daily community life and rhythm of prayer in the Abbey.

For more information about quiet days and retreats or the Green Abbey project or to apply, please email to sclerder@gmail.com , or ring 01503 272 238.

You can also get information about all our activities or apply online by going onto our website at:
<https://www.chemin-neuf.org.uk/>.

WELCOME TO WEDDINGS AT LOOE GUILDHALL

The impressive and historic Grade 11 listed Guildhall was built in 1877 – as can be seen on the weathervane that proudly stands at the top of the clocktower.

The Guildhall Chamber has been licenced to perform civil marriages.

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The Chamber gives a sense of occasion and can host elopement weddings with just the couple and two witnesses, or can comfortably seat 60 guests, or any number in between!

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GUNNERS KIDS CIC LAUNCHES DROP-IN SESSIONS TO SUPPORT FAMILIES AFFECTED BY TERMINAL ILLNESS

Gunners Kids CIC, a Cornish non-profit organisation supporting families with children facing the terminal illness of a parent or caregiver, has expanded its services to include regular drop-in sessions in St Austell, Launceston, and St Ives.

These new sessions aim to provide a safe space for families in need of support, as well as offer professionals the opportunity to learn more about the organisation's work. Gunners Kids CIC already runs a variety of services, including activity days and tailored workshops. In June, the group hosted a jewellery workshop for families, and on 20th July, they will welcome families to an activity day at Wheal Martyn.

In addition to events, Gunners Kids CIC provides tailored support boxes to children, designed to help them navigate anticipatory grief and better understand the challenges of having a seriously ill loved one.

The drop-in sessions are part of the organisation's new outreach programme, offering families a chance to talk to trained volunteers in a supportive, confidential setting. As the volunteer team grows, the organisation hopes to expand this service into more areas.

Current drop-in schedule:

Launceston:

2nd Wednesday of each month at The Health Hub, 10am to 12pm

St Ives:

3rd Tuesday of each month at Edward Hain Centre, 2pm to 4pm

St Austell:

3rd Friday of each month at St Austell Library, 10am to 12pm

Tamsin Chapman-Gunner, Co-founder and Director, said: "It's fantastic to be able to offer this service to families, and we hope to bring it to even more communities soon. We are currently overwhelmed by the number of families needing support, and we hope our services help them navigate what is such a difficult time in their lives."

Gunners Kids CIC is dedicated to supporting families in Cornwall during difficult times, providing them with the tools and guidance they need to make the most of their time together. The organisation's mission is to offer workshops, activities, information, and peer support in a safe, welcoming environment, ensuring families can build meaningful and lasting memories.

For support, volunteering opportunities, or to learn more, contact:

tamsin@gunnerskids.org or visit <https://www.gunnerskids.org/>.

To donate, please visit: www.givengain.com/cause/gunners-kids-cic.

MILLPOOL CENTRE

LOOE



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Contact Wendy: 01503 265947



MILLPOOL CENTRE, WEST LOOE. PL13 2AF
manager@millpoolcentre.org
www.millpoolcentre.org

01503 265947

MILLPOOL CENTRE TIMETABLE

Mon	<p>8am– 9am</p> <p>10.30am– 11.30</p> <p>4pm - 8pm</p> <p>4pm– 5.15pm</p> <p>7.30pm - 9pm</p>	<p>Yoga with Gocha: www.gochawellness.com</p> <p>Paracise: Exercise class with Lisa Gorman 1st floor 07890 381 516</p> <p>Bond Dance company: contemporary & commercial age 3-young teens term time only contact: 07969 212 902</p> <p>Yoga with Maria - contact - 07980 533 050 1st floor check dates with Maria for term times</p> <p>Looe Karate Club –Contact Dave - 07889 310 908 1st floor</p>
Tue	<p>8.30am & 9.45am</p> <p>11am - 12pm</p> <p>2pm - 3.30pm</p> <p>7pm - 8.30pm</p>	<p>Pilates with Kerry - 07588 220 007 1st floor</p> <p>50 Plus Dancercise with Sheila’s School of Dance 07866771429</p> <p>Exercise Class with Looe Exercise Group - 01503 265947 1st floor</p> <p>Mindfulness meditation with Natalie:1st Tue of each month from 3rd Sept : 07973 267 232: natalie@natalie-brooks.co.uk</p>
Wed	<p>8am—9am</p> <p>3.30pm - 4.30pm</p> <p>6pm - 7pm</p> <p>7pm - 8pm</p>	<p>Yoga with Gocha 07539 178 840 1st floor (Check for term dates)</p> <p>Music for pain clinic</p> <p>Adult contemporary dance with Gocha wellness 1st floor</p> <p>Pilates: Gocha Wellness 1st floor</p>
Thu	<p>11am - 12pm</p> <p>1.45pm-3.45pm</p> <p>4pm - 8.30pm</p> <p>7pm - 9pm</p>	<p>Sheila’s School of Dance Adult Dancercise - 07866 771 429 1st floor</p> <p>Cornwall Mind Community Café 2nd Thu of month: Vocal group 4th Thu</p> <p>Ballet & Tap classes, contemporary & street Child & Adult with Bond Dance Company: contact Rachel 07969 212 902 1st floor (TERM TIME ONLY)</p> <p>Ukulele Club (Ground Floor) contact Roger Lane: 01503 262775</p>
Fri	<p>4.30pm - 7.30pm</p> <p>7.30pm - 9pm</p>	<p>Looe Youth Theatre - 07920 282 818 (Fiona) ground floor (Term time only)</p> <p>Looe Karate club 01503 264767 (Dave) 1st floor</p>
<p>Sat & Sun Centre Available For Private Hire - 01503 265947</p> <p>The Millpool Centre, West Looe. PL13 2AF : manager@millpoolcentre.org</p>		

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Desktop Publishing: Leo Maxwell

Advertising costs: Currently under review

Next deadline: December -January edition, Issue 149

10th November 2025

Published by: Looe Development Trust

Currently online only.

Community News tries to be as accurate as possible in the information received from organisations. However, it is always advisable to contact the organiser(s) directly if confirmation and further details are required.

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