# LOOE COMUNITY NEWS AUGUST - SEPTEMBER 2024



A weekend of FREE live music in & around town

# **FULL WEEKENDER MAP PAGE 40**



141st Edition - Online Published by Looe Development Trust for Looe and surrounding Parishes



Ann, Micky & Bryony welcome you to The Crabb Pot for interiors, lighting soft furnishings, dining and kitchen, wall art and mirrors, jewellery and crafts from Cornwall and the South West, wooden toys and stylish seaside gifts.



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# Messages from Mayor of Looe CIIr Tony Smith and Deputy Mayor CIIr Stephen Remington



Your Mayor and Deputy Mayor have been busy! Between us we helped weed pavements on Station Road, cleaned road signs in Fore Street, attacked the overgrown rose beds at Hannafore and cleared gravestones at St Martin's Church. Many thanks to everyone that helped with those and the other tasks that volunteers have tackled. In addition, we have been actively involved in progress across our community. In a great step forward, local businesses have formed the Looe Business Forum and Looe Town Council is delighted to provide administrative support for this group. The tremendous efforts of our Council and community are further exemplified by the ongoing projects:

### Increased security in Looe

Commencing 12th July your Council agreed to fund a pilot scheme for ten weeks this summer, engaging Poseidon Security to provide local patrols in East Looe at

peak times. The trial includes a radio system linking businesses with security officers. Jamie Pearn, Chairman of Looe Business Forum said, 'We are delighted that this trial is taking place. It gives businesses peace of mind that there is support available and we look forward to working with Poseidon Security to make this trial a success. Looe Town Council believe this initiative helps our visitors to enjoy our town, offering support and advice where needed in addition to discouraging shoplifting and antisocial behaviour by a small minority.



### Looe Library Reading Festival

Our hard-working library team at Looe Town Council have been busy promoting a reading challenge to local schools. The children involved will receive an activity book, stickers and rewards and every time they return books, plus a certificate



when they read six books to complete the challenge. While the Summer Reading Challenge is ideal for primary age children, the library will also offer a Mini Challenge, which is perfect for pre-schoolers.

If you have a child that wishes to be involved in the Summer Reading challenge which runs through the Summer Holidays you can register at the Looe Library and Community centre. You can also register your interest for the upcoming festival week 5th-10th August, which provides free activities for children. A reminder, our library is open Monday & Friday 9:30am – 1pm, Tuesday & Thursday 9:30am – 5pm and Saturdays 10am – 2pm. **Contact: 01503 262390** 

### Smuggler's Way Walking Trail



On 11th July Deputy Mayor Stephen Remington welcomed the inaugural walk of part of the Smuggler's Way, walking through Kilminorth woods and back for lunch and speeches at Millpool Centre. The walk, which is the creation of the late Frank Squibb, stretches 37 miles in its entirety between the harbours of Boscastle and Looe. The project has been led by Looe Development Trust and funded by a range of partners including Devon and Cornwall Rail

Partnership, Cornwall Council's Community Capacity Fund (part of Good Growth funding), the World Heritage Site team and Liskeard and Looe Town Councils. This unique partnership is set to encourage sustainable travel and longer-term outputs such as enhanced health and wellbeing and visitors to the area discovering both the valley and Liskeard as the gateway to the World Heritage Site delights of Bodmin Moor. If you would like to find further information on the trail visit: <u>moortosea.org.uk</u> and search for Smugglers Way.

### A Special Mention

Looe Town Council would like to give a special mention to two locals who celebrated their 100th birthday in July! The Deputy Mayor attended the 100th birthday of Len Stroud on Saturday 13 July at Looe Social Club and was also able to congratulate one of his guests, Dolly Crabb, who had reached the same milestone age the day before.

If you have a query regarding any of the topics addressed in this segment or wish to share a good news story with the Council, please contact us via the Contacts List on the next page



# LOOE OLD CORNWALL SOCIETY

### LOOE OLD CORNWALL SOCIETY

Our first meeting after the summer break is on Saturday 14 September at 2.30 pm in St Martins Hall, Looe. The speaker will be Jason Semmens, and his topic is "The Life and Activities of Ast-Tayef-Nakht at the Royal Cornwall Museum, Truro". The Museum has an exhibition devoted to this Egyptian mummy, with a fascinating insight into an ancient culture.

We'll also have a raffle and homemade cake, and information about forthcoming social events.

Do come and join us – you don't have to be old or Cornish!

### **CONTACT US**

### enquiries@looetowncouncil.gov.uk

### 01503 262255



# LOOE TOWN COUNCIL CONTACTS



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Cllr Chris Harwood (East Looe Ward) 07454 567845

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

Cllr James Lundy (East Looe Ward) 07592 165189 @looetowncouncil.gov.uk Cllr Jamie Pearn (East Looe Ward) 07539 720748 jamie.pearn@looetowncouncil.gov.uk

Cllr Michala Powell 07469 633444 michala.powell@looetowncouncil.gov.uk

Cllr Armand Toms (East Looe Ward) 01503 264823 cllr.armand.toms@cornwall.gov.uk

**Cornwall Councillors:** Cllr Jim Candy Cornwall Councillor for Looe West, Pelynt, Lansallos & Lanteglos <u>cllr.jim.candy@cornwall.gov.uk</u>

Cllr Armand Toms Cornwall Councillor for Looe East and Deviock <u>cllr.armand.toms@cornwall.gov.uk</u>

### LOOE TOWN COUNCIL

First Floor Looe Library and Community Hub The Millpool West Looe PL13 2AF 01503 262255 enquiries@looetowncouncil.gov.uk www.looetowncouncil.gov.uk



# 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



**Shouts:** Our crew at Looe have been ready to answer the pager and rescue those in difficulty. Between 8 May 2024 and 19 July 2024 our volunteer crews responded to two 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, and to commemorate the charity's 200th anniversary we have a selection of special souvenirs that have been carefully chosen and designed with our lifesaving heritage in mind for you to treasure for generations to come.

**Albatross Boathouse:** Our boathouse is open daily to the public and like our shop, 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.

**Summer concerts:** Our summer season of concerts continue with two events in August and one in September. We advertise events closer to the date on social media and as ever they are all subject to operational commitments.

# Looe RNLI volunteers join the blessing of the sea service at Portwrinkle harbour

Each year the congregation of St Mary's Church, Sheviock hold а 'blessina of the sea' service at Portwrinkle harbour. With 2024 being the RNLI's 200th birthday, volunteers at RNLI Looe Lifeboat Station were invited to join their service which celebrates all aspects of the sea and those who either venture out to sea, in а



Reverend Joanna Northey blessing the charity's D Class inshore lifeboat Ollie Naismith II with Sue holding the wooden cross



professional capacity or for leisure.

On Sunday 14 July 2024, at Portwrinkle harbour, the assembled congregation were delighted to watch the arrival of the charity's D Class Ollie Naismith II helmed by Toby Bray, with crew members David Jackman and Will Jaycock. Toby, David and Will along with our Press Officer Ian Foster and shore crew Carol Foster then joined the outdoor service.



Reverend Joanna Northey with Looe RNLI volunteer crew Toby Bray, David Jackman and Will Jaycock

After the congregation sang along to, with some dancing on the beach, the song "my lighthouse",

Ian thanked the congregation for inviting our crew and celebrating the RNLI's 200th birthday on the harbourside. He explained some of the history behind Looe Lifeboat Station, which was first opened in 1866 and closed in 1930, then to be re-established as an inshore lifeboat station in 1992. To a round of applause, he mentioned David and Toby have been

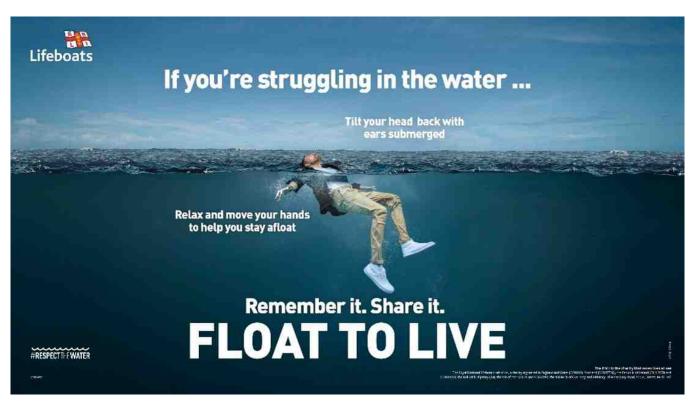
volunteer crew at Looe for 30 over

years, and Will, who is one of our next generation of volunteers. Everyone there, then made their way down to the water's edge, some paddling, as the Reverend Joanna Northey blessed the D Class inshore lifeboat and our crew. As the service ended, our crew joined everyone for tea and cakes on the beach. As Toby, David and Will prepared the inshore lifeboat to leave Portwrinkle, they were David Jackman placing the wooden cross in the sea asked by Sue to complete their blessing of the sea



service, by taking a simple wooden cross out into the bay. Just outside the harbour our crew paused, allowing David Jackman to place the cross on the water.

**Keeping safe on the coast:** RNLI lifeguard cover returns to Tregonhawke Seaton, Tregantle and Sharrow beaches from 18 May when there will be daily patrols between 10 am and 6 pm. Patrols will return to Freathy beach for the summer holidays on 13 July. If you are on a lifeguarded beach please swim and bodyboard in the supervised areas marked out by red and yellow flags, and when there are no lifeguards on duty, it is more important than ever to Respect the Water, check the tide times, wear appropriate buoyancy aids and take a method of calling for help n 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.



### Float to live:

However you end up in the water, if you get into trouble, remember to Float to Live. Cold water shock is our body's natural response to entering cold water and can very quickly lead to drowning. Floating, even for a short time, allows the effects of cold water shock to pass. It enables you to regain control of your breathing and your survival chances will greatly increase.

You can learn how to float following these five simple steps:

- 1. Tilt your head back, submerging your ears.
- 2. Relax and try to control your breathing.
- 3. Move your hands to help you stay afloat.
- 4. Your legs may sink but that's OK everyone floats differently.
- 5. Spread your arms and legs to improve your stability.

We actively encourage practising how to float in a safe environment. It's a lifesaving skill and having the confidence to float in a life or death situation could make all the difference.

If you see someone struggling in the water, fight your instinct to jump in and help. Stay on land and 999 and ask for the Coastguard at the coast, or Fire & Rescue when inland.

Tell the person in danger to float on their back and throw them something that floats, which they can use for buoyancy.

Find out more at https://respectthewater.com/

### 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.





# LOOE ISLAND NATURE RESERVE UPDATE



What an odd weather year it's been!

The wet early spring may have lessened the usual concerns about our water supplies but sadly it does seem to have reduced the number of insects we've seen

this year. The insects, such as butterflies either struggle to survive or don't emerge in good numbers until the weather is more suitable. Still, we've had around 12 different species so far this year, including the richly coloured peacock and more subtle speckled wood butterflies. And many visitors have said they've actually seen more butterflies here than on the mainland – so that reassuring! The island is part of a UK wide butterfly monitoring scheme so once all the results are in, it'll be interesting to see how we compare.



Speckled Wood Butterfly

Rats have also contributed to our odd year. As we explain to visitors, rats can float or swim for up to 72 hours... meaning that they can find their way to the island quite easily. When Cornwall Wildlife Trust were given the island there were a large number of rats here. In 2006, following the advice of experts we set up a monitoring and eradication system. The last time we spotted signs of rats was back in 2008 but earlier this year they came back! In the winter we will run another eradication programme. In the meantime we fear they may have affected this year's breeding success of some of the island's birds. If numbers are down, it's more important than ever to give the birds space. If the birds are to thrive they mustn't waste energy being disturbed by us. We ask all our visitors to be considerate of this and if on the water please avoid approaching the island too close/fast.



On a more positive note, surveying of the island's seals means that we now have recorded around 280 individuals! This reflects the amazing efforts of local volunteers (mainly from Looe Marine Conservation Group), Cornwall Seal Group Research Trust and members of the public. One particular seal that we've seen a lot of this season is called Teapot – a prettily

marked young female who appears to be pregnant right now.

Our surveys also record human/seal interactions. Some of the seals around the island are very inquisitive and will approach water users, but in the main seals need to be left undisturbed so that they can rest. In fact did you know that they can sleep in the sea (both at the surface and under the water!) as well as on the land? Resting is really important for seals, particularly when they are moulting or pregnant. With so many people on the water we have recorded repeated disturbance to



Synchronised sleeping seals

the seals - every time someone gets too close or spends too long near the seals,

their stress levels will go up. It's this accumulation of stress from disturbance that can build to the point where it is detrimental for their health. So we ask people to help. How? Respect the need for napping! Simply remember to Give Seals Space. For more details see <u>https://www.cornwallsealgroup.co.uk/Watching-Seals-Well/</u> and <u>https://cornwallmarinelifecode.org.uk/</u>.

Finally, have you seen our new webcam? We started airing the footage this spring and its received great feedback. Come rain or shine you can enjoy the sights and sounds from the south of the island. Spot seals, cormorants, gulls (including the world's biggest gull – the great black-backed gull) and oystercatchers. You'll see and hear a wealth of wildlife along with the changing tides and weather – nature in all its wonder! Just follow this link to the Looe Island pages of the Cornwall Wildlife Trust website: www.cornwallwildlifetrust.org.uk/explore/visit-looe-island

On the website you'll also find lots more information. This includes how to book a place on an official trip to the island the island with Looe Sea Safari so that you can come here and follow our beautiful self-guided trail. itat in Cornwall

Claire Lewis Looe Island Warden's Assistant all photos by Claire Lewis

Our new Webcam

Please note: The seal and sea bird images were taken from a distance with a powerful zoom lens to avoid disturbing the wildlife





Mon 29 <sup>th</sup> July	Traditional Furry Dance
Tue 30 <sup>th</sup> July	Summer Run & Mini Fun Run Sheila's School of Dancing present Princess of the Moors
Wed 31 <sup>st</sup> July	Sand Modelling Competition Sheila's School of Dancing present Princess of the Moors
Thu 1 <sup>st</sup> Aug	Music at the RNLI Sheila's School of Dancing present Princess of the Moors
Sat 3 <sup>rd</sup> Aug	Carnival Procession
West	Portbyhan HotelHannafore Point HotelLooe Town TrustLooe Development TrustLooe Town TrustLooe Harbour Commission
more info at WW	w.looelions.co.uk



# WEST LOOE TOWN TRUST



### WEST LOOE SQUARE, WEST LOOE, CORNWALL PL13 2EU Registered Charity No: 228167 TEL: 01503 263655 email: wtt2@westlooetowntrust.co.uk

The Trustees would like to thank everyone who supported them, both at the hearing earlier this month and in sending in letters of support for West Looe Town Trust.

The Trustees were overwhelmed with these gestures and would like to thank all and everyone of you who supported their objection to the registration of The Downs as common land.

The Community Spirit was fantastic. We will keep you updated when we hear more.

### Sue Pengelly CLERK TO THE TRUSTEES

CONTACT CORNWALL COU	NCIL
General Enquiries (and all services) Children, Schools and Families Libraries Benefits Adult Care and Support Refuse and Recycling Planning Housing Council Tax and Business Rates Registration Service Trading Standards Environmental Management Environmental Management Environmental Health and Licensing Roads, Transport and Parking Fire and Community Safety	$\begin{array}{c} 0300 \ 1234 \ 100 \\ 0300 \ 1234 \ 101 \\ 0300 \ 1234 \ 111 \\ 0300 \ 1234 \ 121 \\ 0300 \ 1234 \ 121 \\ 0300 \ 1234 \ 131 \\ 0300 \ 1234 \ 141 \\ 0300 \ 1234 \ 151 \\ 0300 \ 1234 \ 151 \\ 0300 \ 1234 \ 161 \\ 0300 \ 1234 \ 171 \\ 0300 \ 1234 \ 181 \\ 0300 \ 1234 \ 191 \\ 0300 \ 1234 \ 202 \\ 0300 \ 1234 \ 212 \\ 0300 \ 1234 \ 222 \\ 0300 \ 1234 \ 232 \end{array}$

# WEBSITE: www.cornwall.gov.uk

Calls to 03 numbers cost no more than a national rate call to an 01 or 02 number and must count towards any inclusive minutes in the same way as 01 and 02 calls

Come and join us for our 40th Birthday Celebrations

> Friday 4th October 2.00pm - 5.30pm

# Please join us for an afternoon of fun, food stalls, entertainment and joy.

OE PRIMA

ALL ARE Welcome

# Organisations who are joining us:

East Looe Town Trust, West Looe Town Trust, Trethew Riding School, St Pinnock Band, Looe marine conservation group, Bond Dance Company, Local Police, Looe Library, Looe Lions, Giggles Galore – inflatables, Gibson's Ice creams, Looe Land Train, Looe Community Academy Performance Team, Scholastic, Conservation Group, Author Ellie Jackson, Pro 20, Pop up Play Village, Looe Shedders, Boundless Trust, Cross Fit Kernow, RNLI and more TBC...

If you would like to host a stall or provide entertainment, please contact: <u>secretary@looeprimary.co.uk</u> before 23rd July.

### MAJOR WORKS ON THE TAMAR TUNNEL TO CAUSE DELAYS

Over this winter period it is proposed that a number of closures will take place of the tunnel at Saltash to refurbish the systems that control this asset. From what I am being told that this is likely to cause significant delays to crossing to and from Plymouth. One lane is likely to be closed during this time and this will cause even more problems. A working group at the Community Area Partnership will be working to make sure that all the information on this is available. It is hoped that by working with local bus rail and town and parish councils we can keep people updated. As a lot of local residents work or use medical facilities across in Plymouth it will be important problems are dealt with quickly. I will, of course, keep you updated as more is known about dates and times of works and issues as information becomes available.

Regards, Councillor Armand Toms,

Loõe East and Deviock Telephone 01503 264823 or 07398994834

# Old Guildhall Museum & Gaol Keeping It Local



The season has been successful so far even with the wintry weather!

We have had plenty of first-time visitors to Looe and a fair few who just keep coming back to our lovely town. There are have been several who have ventured into town purely because of "Beyond Paradise", so (love it or hate it) that is a definite positive. \*

As I have just accepted another delivery which I ordered on-line, as we all do I am sure, I started to wonder about that important "Keeping it Local" advice. I do for as much as possible, I truly believe it is an important piece of advice.

So how did the good people of Looe manage in 1791 I hear you ask. Obviously there wasn't the same amount of "stuff" available as today but you really did have pretty much everything on your dooorstep.

There were three cordwainers for all your foot-ware related needs and two tailors & two clothiers to supply & mend your clothes. Looe even had its own wig maker but you had to cut & style your own hair...

With two grocers, two general stores and a baker you wouldn't go hungry. It goes without saying that there was plentiful supply of fish from the market and local farmers supplied meat and diary products. Many townspeople had allotments or veggie patches in their garden.

If you wanted to make sheets, curtains and such or your own clothes we had two linen drapers & a mercer (fine fabrics). Smashed a window? Don't worry, we had a glazier in town. Also a carpenter, joiner, cooper and blacksmith who would have worked along side the ship & boat builders.

With four inns or public houses where you could go for a beer there was also a maltster who would have sold to you direct. The two general stores would have offered day to day necessities. So, back in 1791 the merchants & trades people of Looe provided most of those daily requirements that we take for granted today. They truly kept it local.

\*I am a fan, in case you were wondering.

### Penny McHugh iVolunteer Curator, Old Guildhall Museum & Gaol



# NEWS FROM EAST LOOE TOWN TRUST

Summer in Looe is always busy (even if the weather isn't always what we wish for). As ever, East Looe Town Trust are happy to allow organisations to hold events on our land – some of which are happening this summer. For example the carnival and activities organised by Looe Lions, Regatta and races held by Looe Rowing Club and Looe Sailing Club not to mention regular music events with the RNLI. If your organisation would like to hold an event on our land (seafront, beach or Wooldown) then please get in touch with the office and complete a booking form (01503 263709 info@eastlooetowntrust.co.uk).

The Old Guildhall Museum and Gaol is open several days a week – it is run and staffed by our wonderful team of volunteers – please pop in and see them and find out more about the history of our fantastic town.

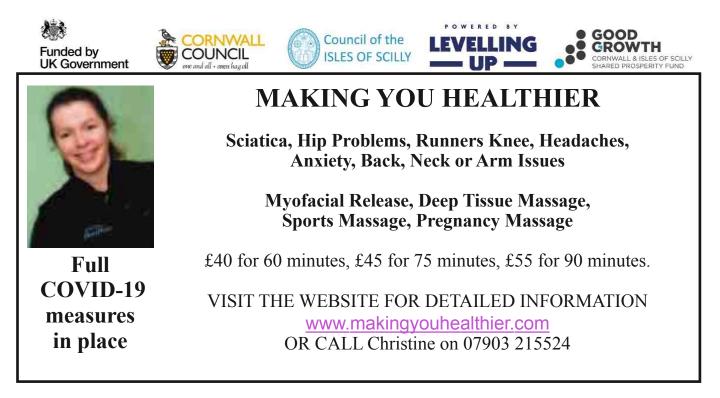
Our Guildhall Tea Room is also staffed by fantastic volunteers – it is open six mornings a week. Everyone is welcome, so please call in for a cuppa and a chat.

East Looe Town Trust provide the litter, recycling and BBQ bins on the seafront. There is a significant financial cost to the charity in paying for the removal of the waste and so we ask for your co-operation in using the correct bins. Please only put disposable BBQs in the correct bin. It is surprising how long they take to cool down – so please do not leave them on the beach or seafront where they could cause injury.

We hope that many of you will have an enjoyable visit to our beach this summer, please be considerate of other beach users and pay attention to the safety advice on the signs on the seafront. More water safety advice is available from the RNLI.

Building work is continuing on our Watchtower and Old Lifeboat Station and we will update our social media and website as the works progress. As well as the physical building, there are linked projects of a heritage walk and an on-line digital history of the building.

https://eastlooetowntrust.co.uk



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



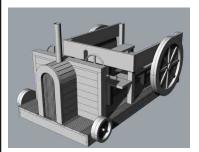
### Looe Shedders Gains Charity Status

Looe Shedders recently became a Charitable Incorporated Organisation (CIO). It's registration number is 1208819 and its 3 trustees are Chris Roy, Leo Maxwell and Peter Heywood.

Previously Looe Shedders was registered as a Community Interest Company (CIC). "The move opens new fundraising avenues for us because many charitable trusts will only give grants to charities. We also can claim Gift Aid on donations, " said Chris Roy. "Gaining charitable status indicates that we can be trusted - we are held to high standards of administration by the Charity Commission which has recognised us as a force for good in our community."

Looe Shedders is a force for good in several ways, resulting from its goal of providing an environment in which people can find new friends and a new purpose in life while working together on projects benefitting the local community. In one respect this helps retired people restore the self-esteem often connected to their previous jobs. They enjoy working with a new group of friends, making use of the skills and knowledge they've acquired in their working lives and doing something PRODUCTIVE again.

In another respect Looe Shedders takes on projects that benefit the whole community. The playground bus, cited above, is now



being followed up by refurbishing a Wendy house (above) and building a playground tractor, currently at the design stage, (pictured) for Trenode Primary School. Other projects are in the pipeline.

A further way in which Looe Shedders helps the community is its Repair Cafe, where some of its techie types repair household items ranging from sewing machines to vacuum cleaners brought in by the public. As a result people avoid having to buy new gear, saving money and the Planet. Similarly, Looe Shedders tries to use recycled materials whenever possible on its community projects.

### And Needs a New Home...

Looe Shedders is launching a campaign to find a new home so that it can become an even greater force for good in the community. It's looking for some land upon which it could build a community shed where its members can socialise, learn new skills from each other and work together on projects such as the playground bus that it built for Looe Primary School, featured in the previous Looe Community News.

For the past couple of years Looe Shedders has pinned its hopes of building a community shed in the field adjoining St. Martin's hall, but are still waiting for the Diocese to approve a lease and the need for a new home is becoming more urgent.

In the mean time, Looe Shedders has met in the Hall. "We appreciate having access to it but one of our main activities, making stuff, often with power tools, can't be undertaken in the Hall because it makes too much mess," said Chris Roy, Looe Shedders' chairman. "As a result much of our work on community projects is hindered by poor weather because it as to be done outside."

Looe Shedders now has a number of community projects in hand, and a waiting list for others, so getting its own home is becoming pressing. "Another option would be for us to adapt an existing building," said Chris Roy. "Please get in touch

"Another option would be for us to adapt an existing building," said Chris Roy. "Please get in touch if you think you can help." email: <a href="mailto:chair@looeshedders.co.uk">chair@looeshedders.co.uk</a> or phone: **07840 777293** 

Like the sound of Looe Shedders? Why not come to one of our meetings? At present we meet at 10am on the second Saturday and fourth Thursday of every month at St Martin's Community Hall. The first session is free and subsequent sessions are £2 to cover refreshments and overheads. **Peter Heywood, Publicity officer** 

email: contactus@looeshedders.co.uk Website: www.looeshedders.co.uk





## **SMUGGLERS WAY**

Seven dogs joined twenty representatives from a range of organisations to experience the first leg of the evolving 'Smugglers Way' from Looe to Boscastle on Thursday July 11th.

The historic Cornish coast to coast route was the creation of the late Frank Squibb of Falmouth, who first walked it in 1994 and published three additions of his guide to the walk, the latest one republished in 2012 to take in the diversions needed due rights of access on Bodmin Moor and the construction of the Dobwalls bypass. Walkaboutwest's Mark Camp is updating Frank's work and led the July 11th walk.

Mark says: "Frank's book guides walkers along the route in both directions, starting in Boscastle or Looe, and making its way via Jamaica Inn, taking in a variety of landscapes including Bodmin Moor and the West Looe valley. The whole walk covers 37 miles and experienced hikers can do this in two days, but from Looe there is the opportunity to use the branch line train up to Liskeard and then walking back to Looe, it's only 11 miles!"

The focus on the route has happened as a result of the work led by Looe Development Trust to ensure a long term legacy to a Heritage Lottery project that they have successfully managed.

The inaugural Smugglers Way walk was launched by the Deputy Mayor of Looe, Cllr Stephen Remington, at Looe station:

"Devon and Cornwall Rail Partnership have been an important partner in funding the evolution of the Smugglers Way, as has Great Western in manufacturing the signage which will appear at both Liskeard and Looe stations as well as in the town centres. This will be



accompanied by directional signage in Liskeard and Looe."

https://moortosea.org.uk/the-smugglers-way/

# LOOE ROWING CLUB

It's been a busy few weeks at Looe Rowing Club.

After a little break after the World Championships we are back and it's all go. At the beginning of June, we held a taster session where anybody wanting to try gig rowing could come down, jump in a boat, and give it a go! Despite slightly rough seas making for tricky launching conditions, we still had lots of very keen new faces of all ages wanting to try their hand for the first time. Everybody had a great time and I'm sure many will be signing up for our Learn to Row course later this month.

At the end of June, we finally saw the sun come out and regatta season started in full swing, though we had to cancel our own, disappointingly, as the weather gods were not on our side this year! We have also been attending the new Summer Series of events run by our governing body the CPGA (Cornish Pilot Gig Association) where our Men's and Ladies' crews have had great results. In addition, we attended the Vet's Championships (Over 40's) at Brixham, where very lively seas and strong winds made for some memorable racing and, to top off a great day. our men won the Shield Final.

July saw our senior squads compete in the Mixed Championships (three ladies and three men competing as a crew), where we reached the Semi Finals in some

strongly contested racing. Then our amazing juniors headed off to Newquay to take part in the U16's Championships, racing against the best junior crews from around the country. They also reached the Semi Finals, taking on many crews that had a larger contingent of boys than girls (our Looe crew consisted of four girls and two boys) and beating many of them! This was the first time some of the crew they had ever raced against crews from other clubs and they absolutely loved it! We are all super proud of how well our juniors have come together as a racing crew. Well done all!!



On the start line in the yellow boat (Dall Lewyer)



### LOOE GARDEN CLUB 2024

VENUE: St. Martin's Church Hall, East Looe PL13 1FA MEET: 4th Wednesday of the month, Jan. to June, Sept. to Nov., at 2:15 pm Annual Membership £12 Visitors £2

CONTACT: looegardenclub@gmail.com Looe and District Horticultural Society

### ST MARTIN'S CHURCH EVENTS

**27th July** 12-2pm £5 Community meal. Quiche and various salads, drink and dessert. Raffle. **31st August** 12-2pm £5 Community meal. Cold meats/cheeses, various salads, drink and dessert. Raffle

	Monthly Services			
	Priest-in-Charge: Rev	d. Ben Morgan L	undie 01503 261	184
	(vicar	@looeparishes.d	co.uk)	
	Curate: Revd. Steve G	uffick (curate@l	ooevalleybenefic	ce.org)
	Assistant: Revd. Clive	Gilbert	_	
	LOOE	DULOE	<u>MORVAL</u>	HERODSFOOT
		9.30 a.m.	11 a.m.	9.30 a.m.
1st Sun	H. Communion	H. Communion	Family Service	-
	St. Martin's 11 am			
2nd Sun	Morning Prayer + hymns	Family Service	H. Communion	-
	St. Nicholas 9.30 am			
Brd Sun	Worship	H. Communion	Morning Prayer	-
	St. Martin's 11 am			
4th Sun	Café Church	-	H. Communion	H. Communion
	Hall 11 a.m.			
5th Sun	<ul> <li>Holy Communion rotating between all churches, 10.30 a.m.</li> </ul>		a.m.	
	(See Websites & Notice Boards)			
Weekly	WEDNESDAY WORSHIP at St Nicholas, West Looe 10 a.m.			
Contacter	P. Croft (07576 835547)	P. Geach	M. Willmott	I. Gordon
	S. Phillips (07920 499293)	(01503 263980)	(01503 240218)	(01579 320670)

# LOOE EXERCISE GROUP



atmosphere with a qualified instructor. Work at your own pace. Adaptable for each individuals health & mobility Exercise improves flexibility & fitness. Fun & stimulating for physical & mental health

TUESDAY 2:15pm - 3:15pm Millpool Centre, West Looe. STAY FOR TEA & A CHAT £2 per class Tel: 07950 516 667





Taking babies and children from 3 months to 4 years

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Holiday club available for 4-11 year olds

www.westlooenursery.co.uk email admin@westlooenursery.co.uk Phone 01503 265623

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PARISH OF OUR LADY OF THE ANGELS         2 WEST STREET, LISKEARD. PL14 6BW.         Church of Our Lady of the Angels, Saltash         Church of Our Lady of the Angels, Saltash         Church of Our Lady of Light, Scierder         Church of Our Lady and St Neot, Liskeard         A VERY WARM WELCOME TO OUR NEWLY APPOINTED BISHOP FOR OUR DIOCESE, CANON CHRISTOPHER WHITEHEAD.				
Usual Weekly Service	OUR LADY & ST NEOT		OUR LADY OF THE ANGELS. SALTASH	JOAN OF ARC. TORPOINT
SUNDAY	11AM-MASS (Live Streamed)	9AM-MASS		Later and the second se
MONDAY				
TUESDAY				
WEDNESDAY		12.30PM - MASS		
THURSDAY	10AM - MASS 6PM - EJCHARSTICADORATION. [Live Streamed]			
FRIDAY	10AM-MASS			
SATURDAY			6.30PM - VIGIL MASS	4PM-VIGILMASS
Please visit our		late Mass Times a	and Events in the 0am-2pm.	Du 2 Parish.
(	CALM-SPACE	🌮 CHII	LDMINDING	
	and I am a qualified years of experience			
	y opening hours are			•
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

# **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 worshiping 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 are special. Come and see for yourselves, a warm welcome awaits all. All our Services usually start at 11am each Sunday, we have a full programme scheduled for the year, Café @ Riverside Wednesdays 10am – 2pm – well behaved dogs on leads welcome

### A Cornish Choir Service - September Evening date to be confirmed

### To find out about us, our upcoming services, concert dates and our Wednesday café dates/hours you will find us on Facebook

- Accessible toilets in church
- Steps to enter the church or churchyard
- Ramp or level access available on request
- Dg friendly and Church shop
- Kitchen facilities on site and also our own café July/August check for dates
- 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: <u>riversideunitedchurchlooe@mail.com</u>



# LOOE ROYAL BRITISH LEGION



**D-Day 80th Anniversary:** Although there was no civic ceremony to mark the 80th anniversary of 6th June D-day landings in World War II, our branch ensured that the flags were flying on Looe War Memorial and we were out collecting for the 'Legion' at the Guild Hall Rose Garden. Our thanks to the public for their generous donations which raised £680 for the Poppy Appeal. True to our branch's unofficial motto, "A Poppy isn't just for November", the work of the Poppy Appeal goes on goes on 365 days a year. We would also like give our thanks to our branch members who tend the war memorial grass and for Looe in Bloom for the beautiful flower beds.

On the evening of 6th June, East Looe Town Trust hosted the lighting of the beacon on the Wooldown. Our branch member, Paul Allen, was 'volunteered' at the very last minute to deliver the Exhortation. Well done, Paul.

The Trebah Garden's Military Day: is held every year to commemorate the Garden's involvement in D-Day. On 1st June 1944, a regiment of 7,500 men of the 29th United States Infantry Division, along with their tanks, guns and transport, left Trebah's beach in ten 150-foot flat bottomed LST landing craft. For five days they battled through enormous seas to the assembly point at the Isle of Wight, landing on Omaha Beach in Normandy on 6th June where they suffered grievous casualties. A group of our branch



members attended the military day to commemorate the brave men and women who embarked from Trebah Beach. The event was organised by the Royal Cornwall Branch of the Parachute Regimental Association Regimental who have close ties with Trebah. The day included military vehicles descending to the beach from where the soldiers embarked in 1944, and performances from Kernow Pipe and Drums, the Culdrose Military Wives Choir and Rachel Best. Later in the afternoon, there was a short memorial service, dipping of standards (including our Looe Branch standard) and the playing of the Last Post and Reveille. A helicopter from RNAS Culdrose laid a poppy wreath out to sea.

**Raft Race:** Congratulations to our members who took part in the Looe Raft Race and were awarded a special prize.

**Hundredth Birthday:** Our President, Louis Portman, represented our branch at the 'surprise' 100th birthday party for Royal Navy veteran Len Stroud. At the age of 16 Len became a member of the Looe Home Guard and was given a full Army uniform, tin hat, service gas mask, a 303 Enfield rifle and ammunition. Later he became a Lance Corporal and put in charge a Browning Machine Gun covering the East Looe beach and bay. In 1944, when his apprenticeship ended as a boat builder with H Pearn & Sons at the boatyard in West Looe, he volunteered as a Shipwright in the

Royal Navy. He was eventually posted to a base for the several flotillas of heavily armed motor launches protecting the Channel and East Coast convoys. Come D-Day the Coastal Forces' role was to protect land craft and supply ships from attack by German surface and underwater vessels. His unit was constantly busy keeping the boats repaired and seaworthy, ready to proceed into action. He was made up to the rank of Petty Officer at the age of 21. At the end of the war he was sent on a course training in underwater harbour clearance. Regrettably, he did not achieve a pass due to ongoing nose bleeds resulting from the decompression procedure. He left the Royal Navy in 1947.



Len Stroud

**Branch Meetings:** We always hold our meetings on the first Monday of the month, come rain, snow or New Year's Day. They start at 7:30pm sharp in the ground floor bar of the Looe Social Club, West Looe Quay. You don't have to be a member of the Social Club to attend one of our meetings, so why not come along, say hello and see what we do.

**Helplines:** If you, or your family, need help or advice from the 'Legion' then please call the Royal British Legion's free helpline on 0808 802 8080. Lines are open 8am to 8pm, seven days a week. 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.

### Dave Welch Looe RBL Membership Secretary email: <u>rbl.looe@gmail.com</u>

PHT	Isla Sell ыотнежату венавістатіоз
PHYSIOTHERAPY AS SPORTS THERAPY REHAB EXERCISES ACUPUNCTURE SHOCKWAVE	SSESSMENTS PILATES ULTRASOUND SPORTS MASSAGE PERSONAL TRAINING POST NATAL ASSESSMENTS
<ul> <li>islasellphysiotherapy</li> <li>islasellphysio</li> <li>islasellphysio</li> </ul>	www.islasellphysio.co.uk hello@islasellphysio.co.uk 07715427929 Unit 1B, Barbican Court, Looe, PL13 1QQ





# KAYAK STORAGE AVAILABLE

With option of 'conservancy add on' annual fee for the Millpool slipway





# **AT POLEAN WEST LOOE**

# Please contact Looe Harbour Office for further information:

# Telephone: 01503 262839

Email: reception@looeharbour.com

# Looe Library SRC Festival Sth - 10th August

# Author Storytelling WorkshopPaper CraftLego CompetitionAir Clay FunBraceletsMarvellous MasksTeddy Bears Picnic

# Pop along to Looe Library or Phone to book your free place 01503 262390



# LOOE LIONS



Our much-loved Sunday car boot sales will be started in June. Visit our website <u>https://looelions.co.uk/</u> or follow us on Facebook for ongoing updates.





# **KELTIQUE NEWS**

We continue to welcome new members and the two mezzos who have recently joined us are a great addition to the choir.

Our summer concerts have continued apace, and we thoroughly enjoyed singing at Relay For Life when we sang for all those energetic people walking for Cancer Research UK, at times in inclement weather and we also enjoyed being part of the new Looe Made in Looe Festival, singing on West Looe Quay. West Looe Quay is a familiar venue for us and, so far, we have held two concerts there, helping us to raise money for our chosen charity for the year: Cornwall Hospice Care. The highlight of the summer so far was the joint concert that we held with Take Note in the Riverside Church, West Looe. Take Note is a male acapella choir from Essex who spent three days in Cornwall and held concerts in Newquay, Mevagissey and Looe. They were excellent and we thoroughly enjoyed listening to their varied and at times humorous repertoire as well as entertaining them in the Looe Social Club after the concert.



### Future concerts:

Our late summer diary continues to be busy and here are the dates of our next six concerts which include singing with another male acapella group as well as singing in new venues in Looe and further afield:

Saturday 27th July - West Looe Quay with the Burraton Boys starting at 3pm

**Monday 12th August** - Heritage Centre West Looe 7pm start. Weather permitting, we can be outside.

**Sunday 18th August** - Riverside Church to sing with their 7pm service. Refreshments afterwards.

**Saturday 24th August** - West Looe Quay 2pm (please note the earlier start which will enable members of our audience to see the start of the Duck Race)

Tuesday 10th September - RNLI boathouse 7.30pm start.

Saturday14th September - St Winnows Church near Lostwithiel

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



# WWW.LISKEARDCATHOLICCHURCH.ORG

# LOOE FLOOD DEFENCE AND REGENERATION SCHEME



The Outline Business Case for the Looe Flood Defence and Regeneration Scheme is successfully negotiating its way through Cornwall Council's due-diligence process. It will shortly go to the Environment Agency's Large Project Review Group which will technically assure the project prior to its submission to other government departments.

Obviously, the project lacks the funding, at present, to proceed to the next stage. However, these processes will ensure that there is a firm foundation upon which to seek funding over the coming months from departments such as Department of Levelling Up, Housing and Communities (DLUHC), Department for the Environment, Food & Rural Affairs (DEFRA) and the Department for Transport (DfT).

Once the financial case for the project has been substantially closed, then the decision to proceed is one that can be taken by Cornwall Council and the Environment Agency.

The proposal will be subject to normal planning and consultation processes to ensure local support for the scheme and the next stage will be to complete an Environmental Impact Assessment (EIA) to accompany the next stage of the planning and consent process.



Wednesday 25th September 7.45pm



# in aid of the Looe New Year's Eve fireworks fund.

For tickets please email looenye@gmail.com

CHENNAI 7 Buller Street East Looe PL13 1AR



Price to include mixed starters, main course, naan & rice. Please bring your own wine/beer/spirits. Soft drinks available for purchase.





# THREE SEAS UPDATE: LOOE COMMUNITY SHARE OFFER A SUCCESS

We did it! Our Le Community Shares effort was exhausting, it was tense, it went to the very last hour of the last day – but we did it. Thanks to everyone who helped and all who bought shares! We raised £252,600 for the Looe Coastguard Flats:

• The splendid number of 203 people invested their own money, to a total of £112,600

• Just around half of those are Looe residents, and another 25% are "near Looe", in the circle including Liskeard and the Rame Peninsula. The remainder came from all over the country, probably from holiday visitors.

• Thanks to YOUR generosity, we were then awarded another £100,000 by the Co-ops UK "Booster Fund" - and after that, we also got an investment of £40,000 more, from a fund called Community Shares ICOF in Bristol. Astounding!

This success completes our finance package, so we've got the £2 million we need to get the building work done. Please sign up to our website to ensure regular updates on the next stages of the project. <u>www.threeseas.org.uk.</u>

### A BIG THANK YOU FROM THE THREE SEAS TEAM



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 07522577012 07561 608296



registered

www.hcpc-uk.org

muststeppodiatry@outlook.com

for an appointment

# 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.

Your wedding ceremony will take place in the first floor Guildhall Chamber with a high wooden ceiling, large oil paintings and of course, magnificent stained-glass windows. You will feel a total sense of grandeur as you stand together to exchange your vows.

Exchanging wedding vows is a special moment for all couples and such a memorable event deserves to take place in a historic building.

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!



For further information, or to book a viewing, please call Amanda on 07399456869 or Email ceremoniesbyamanda@outlook.com

# Your Day, Your Way, Making Memories That Will Stay



Kiln Dried Firewood Kindling & Firelighters Eco Heatlogs LPG Bottled Gas Patio, BBQ & Camping Gas Coal & Smokeless Fuel



### **UPCOMING EVENTS**

Not one but two rockpool rambles and a snorkel safari are taking place over the school holidays. Plus you can meet volunteers, find out what we do and how to get involved as part of our National Marine Week Beach Explorers event. Plus dates for September!

### SATURDAY JULY 27th: ALL THINGS MARINE AS WE CELEBRATE NATIONAL MARINE WEEK

Why not make an afternoon of it on 27th July and join us at our beach stall from 2.30 pm, followed by our Summer rockpool ramble at 4.00 pm. We'll have a beach stall with rocky shore ID guides, lots of information on our fascinating seas, a beach



art competition and a scavenger hunt. We'll explore the beach. You'll meet our volunteers and find out what we do and how to get involved.

Then at 4pm the magic starts as we delve into gullies, crevices & rockpools to uncover some of the amazing creatures that live in our waters! Learn about starfish, crabs, fish, anemones and lots more at this educational event guaranteed to satisfy the whole family.

Please come along with suitable footwear (no flip flops), suncream and leave your nets at home as they can harm delicate rockpool creatures. Meet us below the coastguard station on Hannafore Beach. Under 18s must be accompanied by an adult. This is a FREE event but donations to Looe Marine Conservation Group are welcome.

### FRIDAY 2ND AUGUST: 10 am – 12 pm SNORKEL SAFARI

Sorry!! All spaces are now booked on our Snorkel Safari with the Cornwall Wildlife Trust. But if you become a member of LMCG (only £8 per year) you'll get invited well in advance to participate in such opportunities to discover the amazing marine life that lies beneath the surface. (Booking for this event was essential – but FREE with an option to make a voluntary donation for participants 9 years or older.)

But there are lots of other opportunities! If you'd like to find out more about the conservation work



the group leads in this area come along to our August meeting. Held in the RNLI, East Looe seafront, 7- 8 pm, Tuesday 20th August. Or join us at the September meeting when we plan our 2025 calendar of events! RNLI, East Looe seafront, 6.15 - 8.15 pm, Tuesday 17th September.

### THURSDAY 22ND AUGUST: ROCKPOOL RAMBLE

On Thursday 22nd August there's another Rockpool Ramble, 1.30 - 3 pm, Hannafore Beach, meet below the coastguard station.

And we're having a Port Nadler Beach Clean & Late Summer Social Picnic on Saturday 21st September (during the Looe Weekender). We meet at Hannafore fields gate at the end of Marine Drive 12.30 and get back to Hannafore around 3 pm after a well earned lunch. Please wear suitable clothing and footwear and your own refreshments.

### Further details for all these events are on our website

(<u>www.looemarineconservation.org</u>) and listed under the Events section on our Facebook page (<u>www.facebook.com/LooeMCG</u>)



### LOOE GOLF CLUB LADIES' CHAMPIONSHIPS

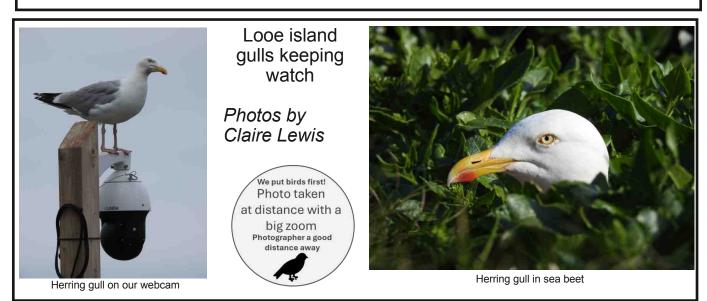
Looe Ladies held their Club Championships on Saturday, 6 July. This is the most prestigious competition of the year for the ladies; playing 27 holes to find the Scratch Champion and the Handicap Champion for the year.

18 ladies took part and the winner was Hermione Green who received the Scratch Cup. The Handicap Champion was won by Angela Barrett who received the Handicap Cup. Both were presented with a Bronze Golfing Figure as a memento.



The 2nd handicap champion was Margaret Bunton, 3rd handicap Left: Angela Barrett - Handicap champion; Maria Turnbull. The 18-hole competition was won by Sandy King and the Lady Captain, Wendy Shore won the best 9 holes. The other winners received Golf Club Vouchers to spend in the Pro shop. A challenging day that was enjoyed by all.

### Report by Jenny Deacon, Ladies Secretary





Classes also available for children and teens in Disco, Street, and Latin American, in Looe, Pelynt and Liskeard Adult classes and private lessons in Ballroom and Latin American

# 07866 771429

sheiladancing12@gmail.com

u3a Looe & District

Are you retired or semi-retired? Looking for some lively company, fun friendships and 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 <u>looeu3a.org</u>

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

# AGE CONCERN LOOE

Age Concern meet up every Tuesday afternoon 1.30 - 4pm at Looe Social Club. We have a raffle and play bingo with tea and biscuits. We have trips out and meals out, do come along and join us. We have a summer break from 23 July, re- opening on 3rd September. Look forward to seeing you there.

### Kind regards Pat and the Committee

# LOOE SAILING CLUB

Racing has continued on both Saturday afternoons and Thursday evenings with good numbers on the water for most of the races despite the occasional blip when the winds have been very light.

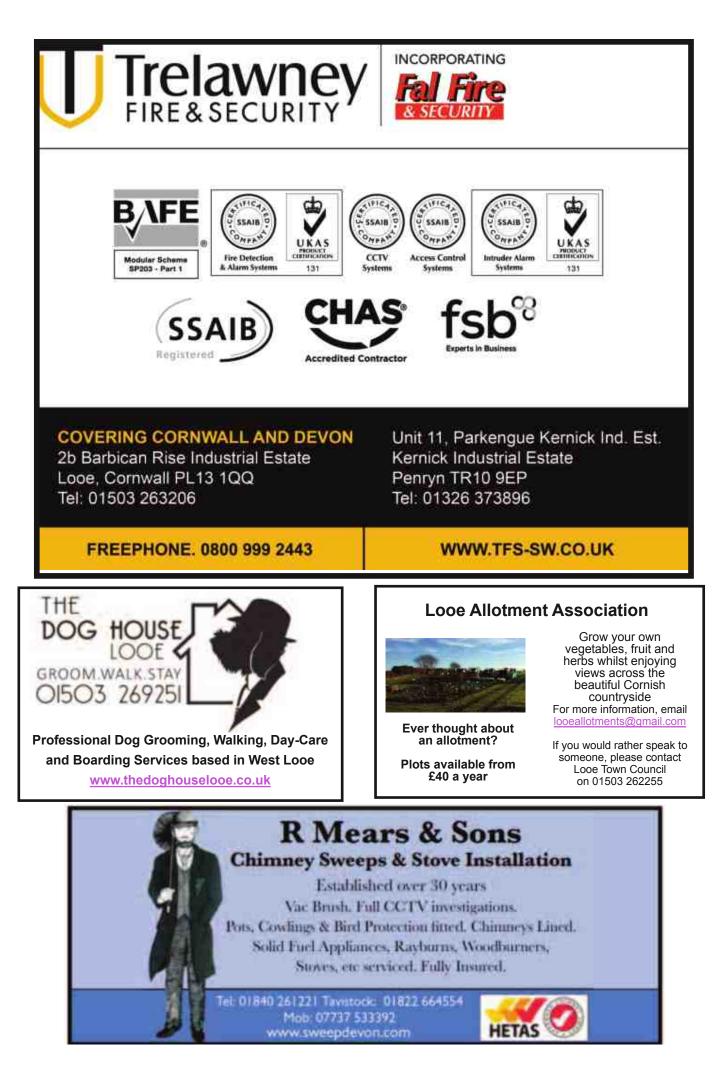
Junior sail training continues on Saturday mornings with good numbers taking part. The club have recently purchased a further Mirror dinghy to give more capacity on the water.

The club were pleased to be involved with the recent 'Made in Looe' weekend, running the bar on West Looe Quay, taking part in a parade of sail and helping run the Raft Race on the Sunday. The weekend proved to be a great success despite the weather not really playing ball. Congratulations to the organisers for all their hard work.

By the time this issue goes to press the National Enterprise Championships should be underway in Looe Bay providing a fine display of blue sails. The Enterprise dinghy is the largest of the local fleets so with about a dozen Looe boats already entered there will definitely be plenty of local interest. We wish them all the best of luck.

August will see the National Redwing Championships return to their home port for a long weekend's racing over the Bank Holiday with six races due to take place over three days. Again it should make for a lovely sight for those who love the clinker-built traditional craft.





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# MILLPOOL CENTRE TIMETABLE

Mon	8am– 9am	Yoga with Gocha: www.gochawellness.com
	10.30am– 11.30	Paracise: Exercise class with Lisa Gorman 1st floor 07890 381 516
	5pm– 6.15pm	Yoga with Maria - contact - 07980 533 050 1st floor check dates with
		Maria for term times
	7.30pm - 9pm	Looe Karate Club –Contact Dave - 07889 310 908 1st floor
Tue	8.30am & 9.45am	Pilates with Kerry - 07588 220 007 1st floor
	11am - 12pm	50 Plus Dancercise with Sheila's School of Dance 07866771429
	2pm - 3.30pm	Gentle Exercise Class with Looe Exercise Club - 01503 265947 1st floor
	4pm - 5pm	Creative Art Club: 5 : 10 yrs: suebennett@gmail.com: booking required
	6.pm - 6.45pm	Adult Tap : BDC 07969 212 902 1st floor
	7pm - 7.45pm	Ballet Stretch & conditioning (adult): BDC 07969 212 902 1st floor
Wed	8am—9am	Yoga with Gocha 07539 178 840 1st floor
	6pm - 7pm	Adult contemporary dance with Gocha wellness 1st floor
	7pm - 8pm	Pilates: Gocha Wellness 1st floor
	4.30pm—6pm	Last Wednesday of each month - Community Meals -
Thu	10am - 10.45am	Jump & Wiggle : BDC : 07969 212 902 Baby & Toddler group
	11am - 12pm	Sheila's School of Dance Adult Dancercise - 07866 771 429 1st floor
	1.45pm-3.45pm	Cornwall Mind Community Café 2nd Thu of month: Vocal group 4th Thu
	4pm - 8.30pm	Ballet & Tap classes, contemporary & street Child & Adult with Bond
		Dance Company: contact Rachel 07969 212 902 1st floor (TERM TIME
		ONLY)
	7pm - 9pm	Ukulele Club (Ground Floor) contact Roger Lane: 01503 262775(starts end July 2021) ground floor
Fri	10am - 11am	Pose Barre : Friday 19th April adult ballet for strength & balance 07780768786
	4.30pm - 7.30pm	Looe Youth Theatre - 07920 282 818 (Fiona) ground floor (Term time only)
	6pm - 7.15pm	Multi-Fit Exercise Class (Hooping, Body Conditioning, Pure Stretch)
		Bond Fitness with Denise Bond 07779 059 868 1st floor
	7.30pm - 9pm	Looe Karate club 01503 264767 (Dave) 1st floor
	Cot & Cum	
		entre Available For Private Hire - 01503 265947
Tł	ne Millpool Centre, We	est Looe. PL13 2AF : manager@millpoolcentre.org

Editorial & Advertising: Elaine Warne <u>ewarne18@btinternet.com</u> 01503 263816

Desktop Publishing: Leo Maxwell

Advertising costs: Currently under review

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20th September 2024

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Articles should be text documents, not images or PDFs, and It would be really helpful if images could be sent separately, rather than embedded in documents.

Poster images and adverts should be full, half (landscape) or quarter (portrait) page A4 size.

LCN is compiled by volunteers using Free and Open Source Software packages, some of which are listed below. All are available to download and use totally free of charge.

Scribus DTP program www.scribus.net

LibreOffice Office package <u>www.libreoffice.org</u>

Gnu Image Manipulation program www.gimp.org

Ubuntu - Computer operating system <u>www.ubuntu.com</u>

