# FIVE ALIVE The Magazine of the Redruth Team Ministry

St Euny Redruth, Christchurch Lanner, St Andrew Pencoys St Andrew Redruth and St Stephen Treleigh



**AUGUST 2020** Price £1.00





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#### **FIVE ALIVE MAGAZINE**

Subscriptions (£7.50 PER YEAR OR £1.00 PER COPY): please contact your Churchwardens

Articles and advertisements: please contact:-Richard and Rosemary Robinson: magazine@redruthchurch.org.uk

by FRIDAY 21 AUGUST

#### **Rector's Notes – AUGUST 2020**

#### **Growth – one of Jesus favourite subjects**

On recent Sundays we've come across some of Jesus' seed parables again, including what is my current favourite, the *Parable of the Sower*. What struck me about it this time again was the way the sower throws the seed out almost without caring where it lands! In the explanation Jesus gives, the seed stands for 'words of the kingdom'.

A prayer for church growth
God of Mission, who alone brings
growth to your church; send your Holy
Spirit to give vision to our planning,
wisdom to our actions, and power to
our witness.

Help our churches grow in numbers, in spiritual commitment to you, and in service to our local community; through Jesus Christ our Lord. Amen.

YOUR CHURCH

For me those words can be any words we might use that point to the goodness of God. The call to us is therefore not to hold back in talking to people about what the love of God means for us! Coming back to the seed analogy, the seed is not meant to be kept in its packet. It's safe in the packet, but it can never be what it's intended to be while it's there. It's meant to be spread about – even if some of it appears to be wasted.

Last January we began a new initiative called *Growing Your Church*, looking at what our part could be in growing our churches in various ways including (1) in spiritual depth (2) in acts of service to our community, and (3) in numbers of people. Two groups of people met for a series of meetings and came up with all sorts of good ideas, but before we could present these to all the PCCs and DCCs we were shut down with COVID-19. The ideas have been carefully kept however, and now we are turning our attention to how we can re-start this process.

#### **Growing Your Church – for all PCCs and DCCs and others**

On three Tuesdays in September the ministry team would like to present these findings to you. In addition we will be sharing the outcome of the *Thy Kingdom Come* discussion groups. The dates are 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> September at 7pm, and we are intending to hold them virtually and physically – ie they will be on Zoom, but at the same time people can join in from a physical location still to be decided. We would like as many people as possible to hear these findings, and for the PCCs and DCCs to feel equipped to take on these thoughts and see how they can apply in each congregation.

In the meantime please keep praying! The prayer in the box above is the special prayer for growth we shared earlier in the year, but all sorts of prayer about this subject is good, of course.

With my prayers & best wishes Caspar Bush (Team Rector)

#### This month, Rev Graham writes ....

I came across this poem recently which got me thinking...

Each morning
night's curtain
opens on a new day.
You are invited
to join the great opening.
Open your ears.
Open your heart.
Open your eyes
to the sacred path
you travel every day,
the path of the hours.

Greet the hours with joyful awareness. Greet the hours with faithful presence. Greet the hours with a reverential bow. Greet the hours with a sacred pause.

From O Pilgrim of the Hours by Macrina Wiederkehr.

For the poet, each hour offers an opportunity for a prayerful pause; a moment of refocus, preventing rush and hurry. But what sets the rhythms of your life? For some people the day inevitably starts with the alarm clock and the hurtling pace of the day is set by the unrelenting deadlines, appointments, tasks or urgent calls. And even during lockdown – when we are all supposedly enjoying a gentler pace of life – those demands still persist. So what sets the rhythms of your life?

Jesus invites us,

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Matthew 11.28-30

Or, as Eugene Peterson's *Message* puts the same passage,

"Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

For tiredness not only of body but of soul, Jesus offers rest. Our rhythms start with rest, and are punctuated by rest – Jesus says it's ok, so go easy on yourself and take a break! And as we rest with Jesus and in Jesus, he encourages us to take up our journey again – yoked now to him who gives us our lead, setting our direction and our pace. Japanese theologian Kosuke Koyama wrote many years ago of the *Three Mile an Hour God*:

'Love has its speed. It is a spiritual speed. It is a different kind of speed from the technological speed to which we are accustomed. It goes on in the depth of our life, whether we notice or not, at three miles an hour. It is the speed we walk and therefore the speed the love of God walks.'

So may you go slowly, taking notice of the world and people around you, and may the rhythms of your life be the "unforced rhythms" of the grace of God. May your pace be set by Jesus – the God who walks.

\*

FROM THE REGISTERS					
FUNERALS					
01 July 2020	Bryher Rainbird	St Euny			
09 July 2020	Diana June Rutley	St Stephen Treleigh			
10 July 2020	Richard Marshall White	St Stephen Treleigh			
24 July 2020	Margaret Rose Blenes	St Stephen Treleigh			
GRAVESIDE FUNERAL					
25 June 2020	Mavis Goldsworthy	St Andrew Pencoys			
INTERMENT OF ASHES					
15 July 2020	Ashley Doreen Joyce Hough	nton St Stephen Treleigh			

#### **FIRST SUNDAY EVENTS**

On Sunday August 2, the First Sunday Event will be held in St Andrew's, Pencoys at 6.00pm. This will be its first non-Eucharistic service since the lockdown on March 22. The theme of the event will be a review of the events from April 2019 - March 2020 and the charity will be the Disasters Emergency Committee's appeal for help as the Coronavirus spreads through refugee camps. It is hoped that the Benefice will raise £130.00 to provide two hand washing pumps.

First Sunday Events began on April 1 2012 in St Andrew, Pencoys. The theme was "Human Rights", it was led by Fr Neil and raised £100.00 for SHELTERBOX. Eleven others charities were supported that year and the total raised was £895.00. In May 2013 the events were shared with Christchurch, Lanner and in March 2018 the event included a third venue, the Methodist Chapel in Four Lanes.

A wide range of charities have been supported, St Petroc's, SENSE, Blood Bikers, St Julia's Hospice, Little Harbour, RNIB, Sentabale to name but a few. The annual totals of money that YOU have given to support others is:

2012 / 2013: £895.00 2013 / 2014: £1.248.00. 2014 / 2015: £990.00 2015 / 2016: £1,330.00 2016 / 2017: £1,310.00 2017 / 2018: £1,160.00

2018 / 2019: £1,151.00 2019 / 2020: £1,040.00

Charities supported in 2019 / 2020 were:

CANCER RESEARCH / £60.00

PARISH NURSING / £80.00

LEONARD CHESHIRE / £115.00

CORNWALL ANIMAL HOSPITAL / £110.00

BRAS FOR MALAWI / £125.00

SENSE / £180.00 (three events)

LORNA'S DROP IN / £125.00

PENRYN SAMARITANS / £120.00

THE STROKE ASSOCIATION / £25.00

EUCALYPTUS TREES FOR AUSTRALIA / £100.00

Thus the total raised over seven years is: £9,124.00. THANK YOU ALL SO MUCH FOR YOUR KINDNESS AND GENEROUS SUPPORT.

The new year of FIRST SUNDAY EVENTS began in April 2020 with the lockdown in place. There was no event in either April or May. Then through zoom the June event raised the Lent Appeal to £400.00 for A TENT FOR LENT, and the July event raised £175.00 for SENSE. Let's hope the August target of £130.00, for clean water in a refugee camp, will be met.

With best wishes, and hoping to see you at the AUGUST EVENT,

STAY SAFE

#### CATCH UP CLUB—2020

This year was to have been the 15th Summer Holiday Project. Outings, an Adventure Week and a Theatre Week. Working with around 50 young people a team of volunteers would have given children and young people memories and experiences that would have enhanced their confidence, social interaction and sense of worth. The virus has stopped all that. Instead in both the Pencoys Hall and the Christchurch Hall there will be **CATCH UP CLUB.** 

Throughout August and limited to **10** children in both settings, **booking is ESSENTIAL** via FP on 079 038 079 46. Using maths, literacy and craft the young people will explore the theme of LIBERATION.

PENCOYS HALL: Monday 9am - 12noon / Wednesday 1pm - 4pm

CHRISTCHURCH HALL: Tuesday & Friday 9am - 12noon

Drinks, snacks and fruit provided

It isn't what was planned, hoped for or looked forward to, but it is something!!!!

\*\*\*\*\*\*\*\*\*\*\*\*

#### **BOOK CLUB VIA ZOOM**

Friday 07 August (zoom link will be published in the weekly prayer sheet)

To celebrate the 72nd anniversary of the NHS, the Book Club have chosen

The Citadel by A.J. Cronin as our book for the August Zoom meeting.

A ground-breaking novel of its time and a National Book Award winner, The

Citadel follows the life of Andrew Manson, a young and idealistic Scottish

doctor, as he navigates the challenges of practicing medicine across

interwar Wales and England. Based on Cronin's own experiences as a

physician, The Citadel boldly confronts traditional medical ethics, and has been noted as one

of the inspirations for the formation of the National Health Service.

#### ST STEPHEN TRELEIGH



It is with great sadness I have to report the passing of Diana Rutley, formerly Hatton neé White who was a long time member of Treleigh Church and a Sunday school teacher. Our thoughts and prayers are with her husband, Paul, her daughters Helen and Julia and all her family.

My thanks to Chris Cunningham for the following.... Treleigh Church held its first Holy Communion Service since lockdown on July 16th at 1.30pm. Rev'd Graham Adamson conducted the service and welcomed nine communicants. Clear instructions were given on hand sanitising on entry to the Church and a printed service sheet was available for each person who were asked to take it home with them and bring back again to use in the next service which will be at the same time each Thursday.

Many of us have been fortunate to have been able to join the Zoom services but nothing could replace the feeling of joy and hope as we walked down the path with the sound of the bell tolling, inviting us to once again share in this Holy Sacrament. A wonderful, spiritual moment.

There will be those people who feel apprehensive about coming back into Church as some of us were, but our fears were allayed by the preparation and safety risk assessment that had been carried out by Graham, to whom we give our grateful thanks. Treleigh Church is also open for private prayer on Mondays and Thursdays from 2pm to 4pm.

I say this every month but our thanks to Caspar and his team for keeping us all in the loop at this time and for all the time and effort they put into the Zoom presentations.

Our thanks to Peter, once again, on behalf of all Pencoys Quizzers for the July quiz sheet. It arrived on a bleak July day when we couldn't see Carn Brea or the Four Lanes aerial....a little gem on an otherwise murky day! They say that you don't need to know all the answers, just where to find them!! We all know where to find them but that doesn't help in this instance where we have to have all the answers in our heads without looking them up!! Great fun!

Take care and stay safe everyone *Trish Rowe (01209 218416)* 

#### CHRISTCHURCH LANNER

#### Church weekly opening times

Monday 2-4pm for private worship and prayer

Wednesday 11am for Holy Communion

Friday 4-6pm for private worship and prayer

The church has been thoroughly cleaned with an OTEX sanitiser provided by Mary Anson. A valiant group of eight cleaned the church and the hall is next on the agenda.

#### **Community Pantry**

This initiative is still going strong and we would like to thank everyone who has donated tins or jars of food. In addition to the daily pantry, members of the public can reserve a cake as part of the Bake Giveaway organised by Nathaniel Squire, a resident of Lanner. You can reserve your cake by using the Olio app.

#### **Catch Up Club**

Young people will be able to use their maths, literacy and craft skills by exploring the theme of "liberation". The club will run on Tuesday and Friday mornings, 9am-12pm. There is a limit of ten children per session, so booking is essential. Please phone 07903 807946 to book a place. Please see separate article from Fr Peter.

#### VJ 75<sup>th</sup> Anniversary

Christchurch is organising a Zoom service to commemorate the 75<sup>th</sup> Anniversary of VJ Day. To many veterans who fought in it and for those who survived the POW camps, the war against the Japanese in the Far East will always be the "forgotten war". Bishop Hugh will be zooming in to the service!

#### **Baptism**

Ron, a member of our congregation, was baptised on Wednesday 29 July at the 11am Holy Communion service. Originally, his baptism was set for Easter Day followed by a cathedral confirmation, but both events were cancelled due to the pandemic. We wish Ron all the best for his spiritual journey and that his baptism will bring lots of joy and happy memories.

#### **ST EUNY**

A working party of six of us met on Monday, 29 June, in order to give church a 'deep clean' in readiness for welcoming people back through our doors, the first of whom, sadly, were a funeral party.

Since then, life has got back to a little bit of normality as we held our first service of Holy Communion in four months on Tuesday, 14 July with an attendance of nine, which was really good for a mid-week service. All Covid-19 measures were in place, ie social distancing, hand sanitizer and masks and gloves for those who wished to use them. Thank you to Deb for facilitating this.

Also in the same week, the gardening and maintenance people were busy, tying up loose cabling on the exterior of the church building which has been hanging dangerously loose for years, taking out the crow's nests that have accumulated in the tower and clearing out the downspout at the side of the tower and cleaning out the gullies. Thanks to Bryan our Steeplekeeper, Graham and Paul for general maintenance and to Clive, Anthony, Paul, Graham and Margaret for the garden maintenance. The Gardening Maintenance Team will revert to meeting on the first Monday of the month, starting on Monday, 3 August. It felt so good to be out there in the fresh air with our usual team spirit.

It looks like the honey bees in the grave by the front gate have taken up permanent residence, after beekeeper Graham from Penzance came along with a view to re-homing them. Unfortunately, however, it was not possible to lift off the heavy granite lid from the grave, so a notice appended to the grave alerts people to be aware.

It was good to see our new Suffragan Bishop, Hugh Nelson, consecrated at Lambeth Palace on Wednesday, 15 July, thanks to Caspar and his technical wizardry for facilitating this. We wish Bishop Hugh, his wife Lizzie and four children every happiness in Cornwall over the coming years.



Thanks to Janet Geach from the farm across from St Euny Church, who has knitted around 50 of these 'cross comforters' especially for St Euny. These have been distributed throughout the community and beyond.

Take care everyone and hope to see you soon.

**Margaret Johnson** 

### St. Andrew's Pencoys with Four Lanes Methodist Church 'FLAPJACK'

#### Working, praying and worshipping together as 'One in Christ'

St. Andrew's Church Pencoys is now open twice a week for private prayer, on **Tuesday** afternoons from **2pm-4pm** and on **Saturdays** from **4pm** - **6pm**. Please see the outside notice board and other notices for the safety guidelines for visiting. Although regular Sunday worship cannot yet resume, we hold a weekly **said** service of Holy Communion each **Wednesday at 6pm**, at which everyone is very welcome.

Our **grateful thanks** continue to go to Caspar, Deb, Graham and Fr. Peter (and other named 'hosts') for enabling us to 'meet' weekly for a social chat and of course, to share our Sunday Benefice Holy Communion Service, at 10.30am, via the wonder of modern technology. This arrangement will continue during July and August and will be updated as things develop during the current situation, and we pray that everyone will continue to exercise common sense and self-control, in order to minimise the risk to the health and safety of our local community. Anyone wishing to join the weekly service and/or social times, should contact Caspar Bush, at <a href="mailto:casparbush@gmail.com">casparbush@gmail.com</a> for the Zoom link (or by phone, details on the inside cover of Five Alive).

Details of the Summer Catch-up Club which takes place during August are shown separately in the magazine.

On Sunday, 5<sup>th</sup> July, we enjoyed our second 'Zoomed' LAMP First Sunday Evening **Event** to commemorate St. Zoe of Rome, newly adopted by our benefice as Patron Saint of Zoom, (representing the ability to communicate) whose feast day is 5<sup>th</sup> July. In the Eastern Othodox Church she is celebrated on 18<sup>th</sup> December. Zoe was a noblewoman married to Nicostratus, a Roman high court official, and had been unable to speak for six years. We are not told how St. Sebastian featured in her life, but after he had made the sign of the Cross over her, she immediately began to speak and to glorify Jesus. She and her husband were then baptized and she died in Rome on 5<sup>th</sup> July 286. The charity supported was SENSE, helping deafblind people, for whom this period of social distancing must be particularly distressing and difficult, and a donation of £175 was forwarded following the Event. Our thanks go to all who 'came' to this event and supported SENSE. The next First Sunday Evening Event on Sunday, 2<sup>nd</sup> August will be held at St. Andrew's Church Pencoys at 6 p.m., and will comprise a summary of all the events and charities supported since the Events' inception in April 2012. Everyone is welcome.

Jill Tolputt

#### Contemplating life at St Andrew's, Redruth

It's been easy to lose track of the days during recent months when so many markers of the rhythm of our weeks have disappeared. Sundays have, with online Zoom services, kept their special status for many churchgoers and we have been frequently reminded that the church has a life independent of its buildings. Yet many of us have sorely missed being in our church.

CHURCH

St Andrew's, Redruth, built in the 1880s to accommodate a boom in worshippers, had been open

every day until the lockdown rules led to its closure. Already it had become a place for quiet contemplation, prayer, or simply a special space available when members of our community wanted, or needed, it. Opening the church was, we felt, a recognition that this sacred space belongs to our community, not just to the congregation. How sad it was when we were instructed to close its doors.

Now it is open for anyone to visit again, only on Tuesdays and Saturdays for now, but we look forward to extending those hours. We have also been able to attend a Holy Communion service each Wednesday morning. A church built for hundreds can easily accommodate our smaller number with social-distancing and, while many of us long to sing again, the joy of being in our beloved church and seeing our church friends, and new faces too, is palpable. Screens are a wonderful tool but being together, with every care taken to do so safely, is very special indeed.

I have always been a Sunday-morning service person, so now I'm feeling a little muddled on Wednesday mornings. But having that 'Sunday feeling' on a weekday is no bad thing. I'm looking out of my window now on Tuesday morning, seeing the church, nestling behind its fine privet hedges, carefully trimmed in the summer heat, after the sparrows had fledged. On the door is a 'Church Open' sign, lovingly carved by David Doble. St Andrew's, Redruth is returning to life!

**Tamsin Spargo** 

If you wish to make donations to your church, please speak to your Treasurer or use the details below; in the case of St Andrew Redruth, St Euny, Christchurch and Treleigh you can also use the QR codes below

#### **St Andrews Pencoys PCC**

Account Number: 05810795 Sort code: 54-30-37

#### St Andrew Redruth PCC

Account Number: 00627189 Sort code: 30-97-00

#### **Treleigh PCC**

Account Number: 00231242 Sort Code: 30-97-00

#### St Euny PCC

Account Number: 00720227 Sort code: 30-97-00

#### **Lanner Parochial Church Council**

Account Number: 05807638 Sort Code: 54-30-37

Also for Christchurch: https://

www.justgiving.com/crowdfunding/geoff-

<u>knight</u>



St Andrew Redruth



St Euny



Christchurch



St Stephen Treleigh

The churches are also members of the Parish Giving Scheme with whom you can now set up monthly donations by telephone.

The telephone number is:- **0333 002 1271** and the scheme numbers for the five churches who are members are:-

St Andrew Redruth	390 639 014
St Andrew Pencoys	390 639 012
St Euny Redruth	390 639 013
St Stephen Treleigh	390 639 017
Christchurch Lanner	390 639 009

#### Emigrate—or Starve by Michael Tangye

There is a generally held opinion amongst many that in the past Cornish folk emigrated in vast numbers to foreign lands solely to benefit financially. They did to a degree, but it was mainly emigrate or starve.

This writer has spent many years studying contemporary Cornish newspapers of the Victorian and Edwardian periods which illustrate the massive depredation in Cornwall which started with the failure of the immense copper industry in the 1860's—that to be followed by a fall in the price of tin. Scores of mines were forced to close leaving thousands with no income—the only answer was to take their mining skills to the rest of the world.

The St Just-in-Penwith area was particularly affected. In 1873, when the Baleswideen Mine there closed, it was reported 'along with the general depression in mining throughout the parish 70-100 left on Monday morning in search of a better future in America and elsewhere, while 90-110 leave Cornwall each week. 10 young miners from Lelant leave for America—by rail to Bristol, then to New York via one of the Great Western line of steamships. Young miners wait for their monthly pay and then leave for America or New Zealand—their skills go with them.' One such St Just miner later wrote to the 'Cornish Telegraph' from Lake Superior; 'now in full employ. A rough passage to New York, sea-sick on 8 of 15 days of voyage, food supplies not fit to eat, no lights were allowed, treated more like dogs than human beings. Lowest cabin fare is 15 guineas—so what can be expected for 6 guineas?'

By October 1873 more St Just folk had left, not only to destinations overseas but to England:'The exodus of miners still continues. From 40-60, some with their family left on Tuesday for
various destinations. Some to Lancashire to the coal mines, some to Cumberland, and a few to
America at a cost of young men to Cornish mining, leaving costly machinery idle. There is fear
that the surviving mines may soon succumb, causing numbers to leave.'

Yet vast emigration continued. 'In the fist six months of 1875, 10,756 migrants left from Cornwall to Australia. There is no record of those to Canada and North and South America. More would leave but have not enough money to passage. Tin is now only £80 per ton, closing a quarter of Cornish mines—the worst period since the distress of eight years ago when the Relief Fund was raised to keep the men from starving.'

Yet all was not good for those leaving; in November 1873 the Cornish Telegraph had reported: 'United States imigrants return due to stagnation in the labour market. In New York and Philadelphia upwards of 6,000 persons are now in idleness and destitution.' A steamer arrived at Bristol with 300 miners nearly all Cornish.

A reporter wrote of some miners who were eager to tell others that they had travelled so far and successfully by their appearance and clothing:- 'miners from USA attempt to imitate the Yankee in both dress and general manners. The cleanly shaven cheek and chin, with a moustache which has evidently been the result of high cultivation, and now and then an Albert gold chain dangling from the waistcoat, massive and gorgeous in its appearance, likewise gold rings on their fingers of prodigious size. You will also see cravats and vests of gaudy colours, and hats of the most peculiar style. Many of them come with "the big swell" and display a most terrible "nasal twang" of dialect which is very essential of Americanism.'

This present writer recalls numerous Cornish Americans returning to Redruth at the end of WW2, immediately recognised by their immaculate powder blue suits, short leather boots and large western American Stetson hats. Some would gather opposite the town clock, probably once a traditional meeting place, to reunite with old friends before returning to their adopted land. This present writer's paternal great uncle had returned from Michigan, and is recalled when a boy, visiting family always dressed in black suit—and always with a large silver American watch at his waistcoat!

We cannot help but admire the courage of those who had to travel such long distances in order to survive.

#### <<Talkabout>> Portreath to Hayle - © by Tricia Rowe

We started walking at Portreath, having caught the bus from Redruth, and were heading for Hayle. A few people wandering around and some belly boarders in the water....no wet suits just swim suits. Real old fashioned belly boarding as we know it! We used to call it surfing until that word became synonymous with wet suits! We left Portreath and within a short distance we were passing through the peace and quiet of Smugglers' Cove and then up the steep, muddy path by Western Hill.

The day before we had torrential showers that went on and on so today we are loaded up with waterproof jackets, trousers, umbrellas just in case! The first sign of rain was a few spots as we descended to Porthcadjack Cove and looking ahead St. Ives seemed to be getting a lashing. Very steep sides to this cove but the path zig zagged with a stream flowing over the cliff in a waterfall. Crossing a wooden bridge over the stream we began the steep ascent on the other side. We stopped to put on our waterproof jackets because of a heavy shower, but fickle as the Cornish weather is, as soon as we had them on, the rain stopped! Above Bassett's Cove we met a lone walker with a huge back pack and a two man tent. His two companions had fallen by the wayside, one with an injured ankle and the other with massive blisters. Bad luck! Easy cliff top walking now and another deluge that had us cowering under our umbrellas again.

We met two chaps who were walking the coastal footpath in training to do the Land's End to John O Groats walk the following year. We then passed another two chaps but by then the weather was too bad for talking so we let them go!! The big black cloud passed over us taking the rain with it to the east and the sky to the west looked a lot brighter.

By the time we got to Hell's Mouth the weather was more settled and from there it was round Navax Point and heading towards the iconic Godrevy lighthouse. Wonderful views of Carbis Bay and St. Ives from here over a very wintery looking sea. At Godrevy we treated ourselves to a cup of tea and a Mars Bar while the heavens opened with yet another shower. From here it was road walking to Gwithian where we took to the path through the dunes. St. Ives was giving us a black look from across the bay and suddenly the waterproofs were on again! Dave said: "You don't have to be mad to walk in this weather, but it helps!" Through the dunes and down passed the Hayle Towans and suddenly the sun was out. Fifteen miles today and we were heading for the bus in Hayle and home to Redruth.



### DO YOU KNOW ANYONE WITH MEMORY PROBLEMS?

WE ARE HERE TO HELP AND SUPPORT

# Redruth Memory Café/Activity Group

- We meet at Redruth Community
   Centre
- On second and fourth Wednesday each month
- Between 1:30 and 3:30
- For anyone with concerns about their own memory or a family member's memory
- For friendship, fun, support, information
- · Free parking, refreshments and raffle

Instead of sitting at home alone **why** not pop in for a cuppa and see what you are **missing** 

### CAMBORNE & REDRUTH LIVE AT HOME SCHEME

Are you aged 60 or over? Would you like to meet with others over a cup of tea, try carpet bowls, go out on monthly trips, or attend a Sunday lunch event? Then we are the group for you! Our scheme's aim is to prevent social isolation and promote independence for people aged 60 and over. Come along to one of our friendship groups to find out more (first session is free):-

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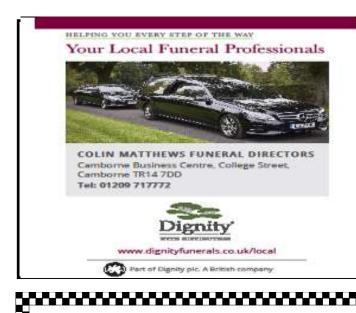
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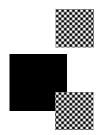
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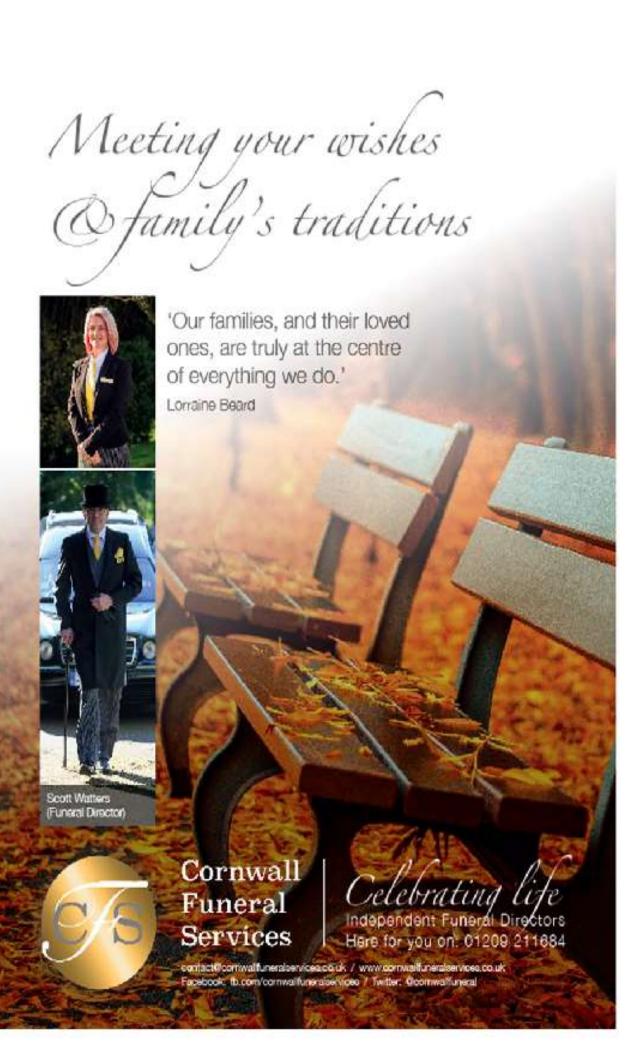
Carl Hesling BSc (Hons) Podiatry, Mchs | Chiropodist/Podiatrist

Dainton Business Centre, Scorrier, Redruth TR16 5AW

Telephone: 01209 218213

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