

## What's On in Coverack January & February 2019

Come and visit Coverack if you can. All Car Parks have an 'Honesty Box' with the money going to the upkeep of the public toilets and local charities. There is a lovely sandy beach at mid & low tide, dogs welcome but please keep your dog under control and clear up after them, putting dog waste in the bins provided. Thank you.

Although it is off season there are still a number of businesses open: Coverack Village stores and café open Mon – Fri 8:30 – 12:30 and 8:30 – 3pm on a Saturday. Post Office in St Peter's Hall TR12 6TE 1:30 – 4:30 Monday & Thursday afternoons only. The Paris is open daily and more businesses will be open during February Half term holiday. Please check with individual businesses for their 'off season' opening hours.

### January & February

#### January

**Daily until Sat 5<sup>th</sup> Jan, 3pm. Cornish Pisky Pal's Christmas Pisky Trail**, Coverack Village. Trails available from Coverack Village Stores, Pisky HQ or Harbour Lights during usual opening hours. **£2.50 per trail**. New mystery pisky phrase and new pisky hiding places for each holiday that we run a Pisky Trail! This is a great way to explore Coverack and see the Christmas lights!

**Tues 1<sup>st</sup> Coverack Beach Clean** Anyone can help out, any time of day, high tide is approx 1:30pm so an early or late beach clean would work best. Please place collected rubbish by the dog waste bin at North Corner, Coverack.

**There is a substantial amount of beach rubbish that has been collected and then left at the top of the steps at Mears beach, if you are able to move some of this beach rubbish to North Corner where it will then be disposed of by the council it would be much appreciated as it is currently a hazard for wildlife.**

Please carry out a 2 minute beach clean whenever you visit the beach – if everyone did this we would have a lot less litter in the sea.

**Wed 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup> Quiz Night** at The Paris 8pm. Come and test your brain power!

**Monday Club 7<sup>th</sup>** at St Peter's hall between 2-4pm, projects and activity dates will follow. Monday Club is open to everyone. It was set up to bring people together over a cup of tea and a slice of cake. Our aim is to create a welcoming atmosphere to welcome old and new residents into our community. We have evolved into a productive group involved with local community projects as well as helping our local residential home residents to go out and about. Guests from the local area come and join us to tell us about their group, or projects that some of us might like to get involved in. If you would like to join us then please pop in. If you need a lift or want more information then please contact Vanessa, Phone: 280 402.

**Fri 18<sup>th</sup> Film Night: 'The Children's Act'** starring Emma Thompson in, allegedly, her best role yet at the Lambeage hall. 7 for 7.30 Tickets £5 Bar open at 7pm for pre performance drinks, ice creams etc. Non-profit making, proceeds go to Hall renovation fund.

**Monday Club 21<sup>st</sup> Junk and Jumble Table Top Sale for Sepsis charity**, at St Peter's hall between 2-4pm. If anyone has donations then please contact Vanessa on 280 402 and all come along for a New Year bargain!

#### February

**Sat 2<sup>nd</sup> Emergency First Aid at Work**, 9:30am – 4:30pm at Coverack School. £40 per person, booking essential. Bring your own packed lunch, tea & coffee provided. Price includes, Nuco Training, certificate & First Aid Handbook. We are happy to take bookings from individuals, organisations and businesses; by running this course locally we hope that people won't have to travel so far to learn these lifesaving skills. Please contact Caroline to reserve places. If we can fill this course we will run further courses.

**Sat 2<sup>nd</sup> Launch of the Lambeage Hall Crowdfunding Appeal** to raise funds to undertake the essential structural repairs. An open day to showcase what already happens in the Lambeage Hall and what might be established in the future. Everyone is welcome and all donations big or small will be welcomed. Please see posters and the Lambeage Hall website and Facebook pages for details nearer the time.

**Tues 5<sup>th</sup> Coverack Beach Clean** Anyone can help out, any time of day; Low Tide is at 11:30am so there should be

beach to clean all day! Please place collected rubbish by the dog waste bin at North Corner, Coverack. Please consider doing a 2 minute beach clean whenever you visit the beach – if everyone did this we would have a lot less litter in the sea.

**Wed 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> Quiz Night** at The Paris 8pm. Come and test your brain power!

**Thurs 7<sup>th</sup> – Sat 23<sup>rd</sup> Feb. Coverack Village February Half Term Pisky Trail.** Pisky Trails £2.50 per trail; available from Coverack Village Stores, The Old Mill Shop, Coverack TR12 6TE or Pisky H.Q. Trevothen, Coverack TR12 6SD email [info@cornishpisky.co.uk](mailto:info@cornishpisky.co.uk) for more details. Write the first letter of each piskies name in the Pisky Trail booklet, work out the mystery pisky phrase and enter the prize draw. A Cornish Pisky Pal sticker for each returned trail. Enjoy exploring Coverack. The Mystery Pisky phrase is new for each School Holiday and the route and hiding places vary.

**Fri 15<sup>th</sup> Film Night: Mamma Mia!** Here we go again! Come and sign along! at the Lamage hall. 7 for 7.30 Tickets £5 Bar open at 7pm for pre performance drinks, ice creams etc. Non-profit making, proceeds go to Hall renovation fund.

Coverack has two defibrillators: One outside St Peter's Hall, (signs point to its location from the road) and one by the door to The Fishermen's Rest (By the entrance to the harbour)

In an emergency, anyone can use the defibrillator but if you have had training then you will be quicker and more confident and time is a lifesaving factor. If you would like to receive training in the use of the defibrillator or a refresher then please contact Caroline on the details below

To check on events or information about Coverack, visit Coverack Village Community on Facebook and Instagram or visit our website [www.coverack.org.uk](http://www.coverack.org.uk)

#### **Upcoming events:**

**Mon 22<sup>nd</sup> April Coverack Easter Fun Run 2pm** Starting at Coverack School. 4 mile route and 1 mile route. Raffle and Finish Line at The Fisherman's Rest, the Harbour, Coverack. TR12 6SX Everyone welcome, please support those who run. Please note the route follows coast path, tracks and roads and is uneven and muddy underfoot in places.

Funds raised are shared jointly between R.N.L.I. and the community group Coverack Space 2000. Sponsor forms will be available from Coverack Village Stores or The Old Mill Shop or [coordinator@coverack.org.uk](mailto:coordinator@coverack.org.uk)

If you are able to help marshal the route, please contact Caroline.

#### **Sue Lewington Art Courses in Coverack, 2019.**

**Watercolour with Sue Lewington: June 7<sup>th</sup> - 9<sup>th</sup> and Sept 6<sup>th</sup> - 8<sup>th</sup>** Aimed at developing your personal skills and techniques with watercolour paint.

**Art, Books and Journals with Sue Lewington May 3<sup>rd</sup> - 5<sup>th</sup> and Oct 11<sup>th</sup> - 13<sup>th</sup>** Exploring making and using personal sketch books and journals.

(There is a possibility that these dates may alter slightly so please double check when booking.)

All courses are suitable for both beginners and more experienced artist. The courses run from a Friday through to Sunday and allow for much individual time with Sue (approx. 10 people on each course)

£195 for a 3 day course (including lunches and home-made cake!)

All profits from this course go back to the community group CS2000

For more information, brochure and booking form visit our website [www.coverack.org.uk](http://www.coverack.org.uk) or contact Caroline Beadle email: [coordinator@coverack.org.uk](mailto:coordinator@coverack.org.uk) or tel 01326 281448. Gift Vouchers available

**Fishermen's Rest update.** Message from Liz Hanley. Thank you for the tremendous response we have had concerning the Fishermen's Rest Funds. Thank you to everyone who has given so generously. It seems the Fishermen's Rest is very important to a lot of people other than those who live here. There will be a meeting in January to discuss who will do the roof as we feel there is enough now in the bank to proceed. We will keep you up dated with the progress made.

If you have any queries please contact Caroline, Coverack Space 2000 events coordinator. Email [coordinator@coverack.org.uk](mailto:coordinator@coverack.org.uk) or Tel 281 448

## **Local Organisations and Groups**

**Church Home Groups** Contact Jane Dunnett 280964

**Coverack Art Society** Meet every Monday 10-3.30pm at the Lambeage Hall Contact: chair Yvonne Burdekin 01326 221851 email yvonneburdekin@yahoo.com

**Coverack Community Dance Group** Contact Becky 07376 595813 More details on facebook page.

**Coverack Hedgehog Rescue** For hedgehogs sick, injured or out in the day, in Coverack and surrounding area, please call Sue on 07851060880. Please do not email about hedgehogs in an emergency, pick up the phone. More details on Facebook. Email coverackhedgehogrescue@gmail.com

**Coverack Horticultural Society** Contact Gloria Knight Email gloria@knightdesign.co.uk Tel 01326 289532

**Coverack Writers Group** Meets every other Tuesday. For information contact Leanne 07462570561.

**East Lizard Helpline** Representative: Verna Tripconey 281480

**Gig Club** Meet on Wed evenings from 7.00pm at Porthoustock. Novices welcome contact Bev Clark 281012

**Ju - jitsu** Thursdays, Lambeage Hall. Juniors 6pm seniors 7:15pm Contact Trevor 280929 [www.coverackjujitsu.com](http://www.coverackjujitsu.com)

**Little Fishes Baby and Toddler Group** Meet every term time Thursday 10am-12 noon St Peter's Hall. Contact Joan 280337

**Lunch Club** Meet every other Wednesday 12 for 12:30. St Peter's Hall. Contact Joan 280337 to join in or help out.

**Manacle Voices** Contact Peter Wood for more details 280926.

**Monday Club** Meets every other Monday 2pm –4pm Games, table tennis, crafts, tea & cake. All welcome, contact Vanessa 280402

**Patchwork** Monday evenings contact Patty tel. 280261

**Pilates** Monday mornings, two classes of Pilates in St Peter's Hall. If interested please call Nicola 280393.(Qualified Physiotherapist)

**Table Tennis for Teenagers** Wednesday 7pm—8:30pm St Peter's Hall. For information contact Joan 280337

**Yoga** Will be restarting in 2019 (due to a new baby!) Contact Charlotte 07881022393 [Charlotteosman@gmail.com](mailto:Charlotteosman@gmail.com)