



Baby Massage Classes

6 weeks to approximately 6 months (pre-crawling)

make your baby feel loved!

- Small group classes
- Helps sleep patterns
- Improve digestion (constipation and colic)
- Boosts baby's immune system
- Eases congestion (mucus from coughs/colds)
- Understand non-verbal cues from your baby
- Quality time with your baby to enjoy the warming and pleasurable experience

Book a class today!

4 week course beginning Thursday 17th January 2019 – Thursday 7th February 2019, 1.45pm -2.45pm. £30 to include course notes and organic oils Truro Nursery School, Higher Trehaverne, Truro TR1 3RJ

For class details and availability contact Or email: secretary@truronurseryschool.org.uk

01872 274693

www.truro-nurserv.cornwall.sch.uk



Cornwall Cricket Board Secretary - Vacancy

Cornwall Cricket are inviting applications for a person to join their team in the position of Board Secretary.

The Cornwall Cricket Board (CCB) is the organisation that oversees all aspects of the game in the County. We are looking for someone who can add their skills and knowledge to help Cornish Cricketers get the best out of the game.

The successful candidate will fully take part in discussions and have voting rights at both the Executive and Full Board Meetings.

The specific duties will include:

- Taking minutes at the meetings
- Arranging Venues (normally the Cricket Centre in Truro) and informing members
- Setting Agendas
- Liaising with the other Directors
- Occasional correspondence with clubs and the various Organisations which operate under the CCB.
- A knowledge of the game would be good but is not essential as its diversity that enables us to get a cross section of views.

Please submit your application letter with CV to Joe Skinner, Cricket Development Manager via email to: <u>joe.skinner@cornwallcricket.co.uk</u> by 5:00pm on the 7th December 2018







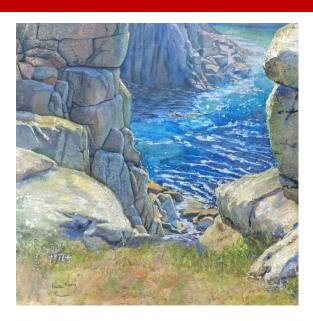
Watercolour Painting Workshop with Nicola Tilley

Mon 3rd December

10am - 4pm £50

If you fancy putting a little more play into your artwork and test driving some of those exciting materials you've been eyeing – this is the workshop for you! In this 'adventure in fluid paint,' Nicola will take you through a variety of exciting possibilities and inspire you to let loose!

To Book Call 01872 240567



VOLUNTEERS NEEDED

Do you have time to spare on a Wednesday afternoon to help at the Health and Wellbeing Community Hub in Perranwell? We need cheerful people to help with making tea, serving refreshments and chatting with our visitors and also drivers to pick up and take home our guests. Please call Sue (07817303112) or Mary (01872 862801) for more information.

(Please note: If you have an elderly relative who attends one of the local surgeries, they may benefit from attending The Hub each week. Please contact the Community Matron at Carnon Downs)