



COMMUNITY NEWS



Dog walking
& puppy visits
in Cornwall



Hello, I'm Meisha.
Lovely to meet you!

If you're busy and need a loving hand
to walk your dog or visit your puppy,
give me a call on 07890 995681

Find out more at wildwoofs.com
or Facebook [wildwoofsCornwall](https://www.facebook.com/wildwoofsCornwall)



Family Fun Run at Trelissick

Sunday 7th July 2019, 1.5k or 3k run

Registration from 8:30am, run starts at 10am Entry includes a medal and goody bag

Advance booking £6 per person on the day £7 per person

To book visit crbo.co.uk/merlin, call 01726 879500 or drop into the Tourist Information centre at Truro or St Austell

For details email laura@merlinmscentre.org.uk or call 01726 885530



With thanks to



hello@merlinmscentre.org.uk
01726 885530
www.merlinmscentre.org.uk



**Merlin
MS Centre**

UK Charity Reg No: 69969



Registered with
**FUNDRAISING
REGULATOR**

Whilst we are happy to promote events in our local community, Devoran School does not in any way endorse or take responsibility for any of these events.

POSITIVE PEOPLE

SOCIAL PRESCRIBING

CONNECTING COMMUNITIES

IN FALMOUTH AND PENRYN

FREE EVENT

Discover how you can improve your Health & Wellbeing

JOIN US FOR A DAY OF INFORMATION, FUN AND ACTIVITIES

Healthy food & drink | Live music & entertainment
Exercise tasters | Community cafés | Art & holistic therapies
Family activities | Many community groups attending

THURS 16TH MAY 2019
10AM – 4PM

FIND US ON AND AROUND FALMOUTH MOOR

@PlussInspires
PlussInspires
www.positive-people.org.uk
www.pluss.org.uk

Support with Your Finances
Getting Out and Active
Support Your Mental Wellbeing
Be Healthy and Well
Connect with Your Community
Hobbies and Interests

Volunteer Cornwall

Positive People is funded by the European Social Fund and the National Lottery Community Fund



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WHAT TO EXPECT FROM YOUR HEALTH AND WELLBEING COACH...

Someone to talk to confidentially.

Someone who is practical, helpful and will not judge you.

Someone who can help you decide what you'd like to do to feel healthier and happier.

Someone who can help you find and visit activities, services or therapies of your choice.

Someone who can support you to feel comfortable, overcome any barriers... and work towards a better future.

It's often said that it's better to give than receive.

RESEARCH shows helping others is beneficial for our mental health and wellbeing. Why not volunteer, mentor or show random acts of kindness?

(Mental Health Foundation)

"Art can be an expressive therapy when whirlwinds of thoughts cannot be expressed in words. It can act as a communication tool to empower people who have been through traumatic experiences". (Mind)

Being part of a community can have a positive effect on our health and wellbeing.

It can provide a sense of belonging and social connectedness. It can also offer extra meaning to life, particularly if you feel lonely or isolated.

(Mind)



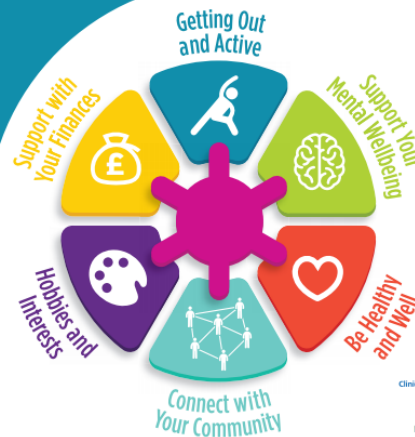
PlussInspires

@PlussInspires

www.positive-people.org.uk

SOCIAL PRESCRIBING YOUR WELLBEING PRESCRIPTION

PATIENT INFORMATION

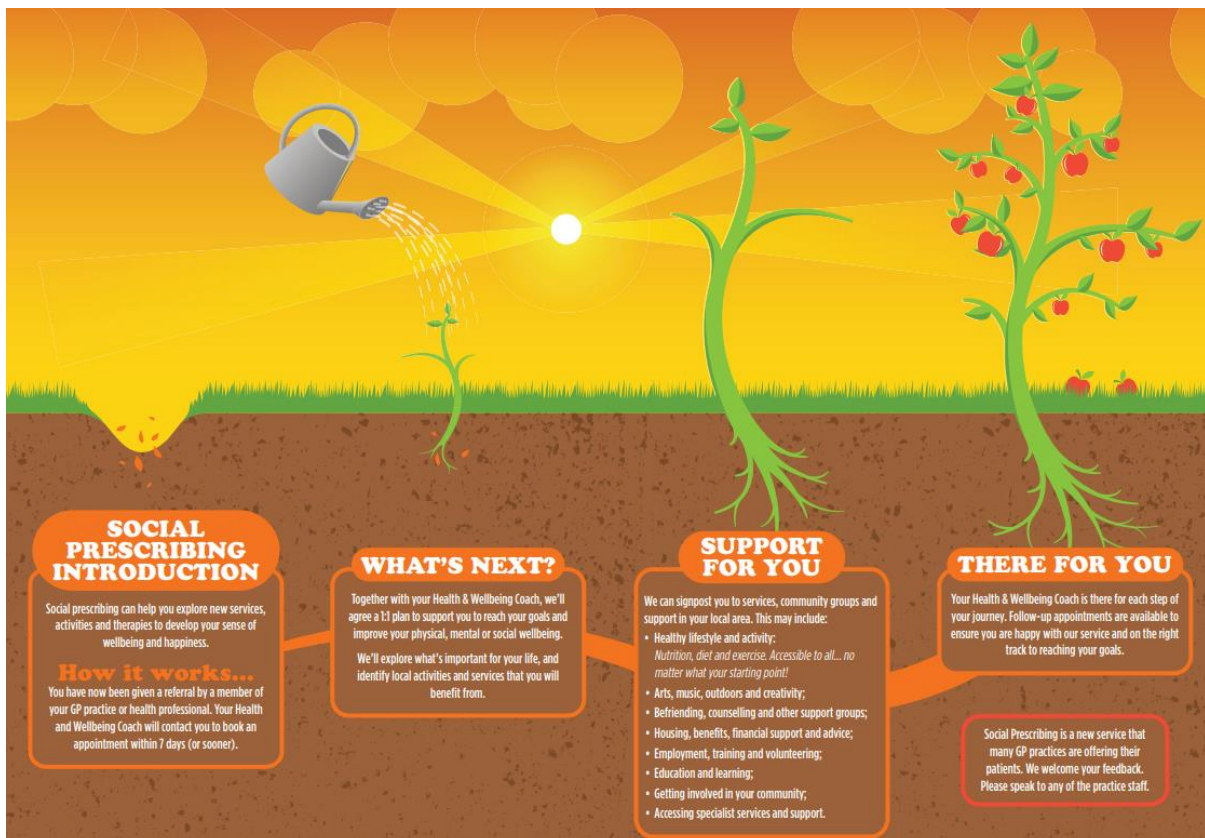


POSITIVE PEOPLE

pluss

NHS
Kernow
Clinical Commissioning Group

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A Local Community Climate workshop & Networking Event

Hosted by Feock Parish Council

Everyone welcome

Monday 29th April 2019

6pm to 7.30pm

Feock Parish Council Offices

The Old Market Hall, Market Street, Devoran

Our aim is form a climate/environment action group within our parish.

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Calling all young sleuths and budding detectives...

An air of mystery hangs in the air at Truro High School where a terrible crime has taken place – there's been a murder in the library over a spot of elevenses.

Have you got what it takes to solve this malodourous misdeed?

Your mission, should you choose to accept it, is to crack the case using the latest scientific forensic techniques to analyse the clues left at the crime scene. The school's laboratories will be open for your team of Crime Scene Investigators to use along with the support of our expert science teachers.

The event takes place at Truro High School on Saturday 18 May and runs from 9.30am-12noon.

Suitable for girls aged 9 – 12, there's no charge for the workshops and while our young forensic scientists are working away, there's a chance for mum and dad to hear a little more about life at Truro High as well as finding out why the Sciences play such an important part in every child's education.

We very much hope the morning will appeal to those girls interested in the Sciences and whose families are considering Truro High for senior school.

Places are limited so to reserve yours now, please email registrar@trurohigh.co.uk or call 01872 242904 and speak to Mrs Jo Norriss.



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Join us for a fun-filled evening of fashion, arts and photography

Truro High School for Girls invites young artists from across Cornwall to let their imaginations run wild with an evening of fantastic free workshops in our award-winning Creative Arts department.

Girls aged 9 to 12 are invited to join us for a taste of the education on offer at Cornwall's top school. The event takes place at Truro High School on Wednesday 8 May and starts at 6pm. The final activity will end just before 8pm.

Get hands-on in our Textiles Room with our jewellery felting workshop. Try print-making in our Art Room and learn new photography skills in our dark room. Finally, sit and relax front row as our GCSE students take to the catwalk with a dazzling array of couture designs and theatrical masterpieces.

There's no charge for the workshops and while our young artists are working away, there's a chance for mum and dad to hear a little more about life at Truro High as well as finding out why the Creative Arts play such an important part in every child's education.

We very much hope the evening will appeal to those girls interested in the Creative Arts and whose families are considering Truro High for senior school.

Places are limited so to reserve yours now, please email registrar@trurohigh.co.uk or call 01872 242904 and speak to Mrs Jo Norriss.



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