

WELCOME!

Welcome to Par Bay's Autumn Newsletter - Keeping you up to date with projects funded or supported by Par Bay Big Local and Par Bay Community Trust. This issue is all about Cornubia, our tenants and activities.

Morva Maid



**Artisan
Gift Shop**
07846 777514
morvamaidcornwall@gmail.com

A Cornish treasure trove full to the brim with handmade produce, homewares, artwork, gifts & cards.

A unique shopping experience where you will find something for anyone & everyone due to the uniqueness and diversity of over 50 local artisans



31 Eastcliffe Road, Par, PL24 2AQ

There is something for everyone - come and browse. You're guaranteed to be tempted. We have so much talent in our community. Open 6 days a week, Jemma also offers a gift wrapping and postage service.



Under the Sun Studio



Pottery painting, pottery making. Open Mondays, Wednesdays, Thursdays, Fridays, 10 till 3.30 and Saturday mornings 10 till 12.30.

Enjoy fun therapeutic sessions of creativity, have a go on the potter's wheel or make your own.

Gill Butler
07969 378052

Community Garden



Growing for the community and providing a haven for bees, butterflies and beautiful people.

John Elkington
07788 670207
fb.com/groups/parbaycommunitygarden

Activities in Cornubia

If you would like to run an activity, or volunteer to help with events, please email us at cornubiapar@gmail.com for information or telephone Janie Allen at 07771 650706.

Walking for Health Par Bay Health Walks



Free, weekly intermediate walks on Mondays (excluding bank holidays) with volunteer walk leader(s). We meet in the far corner of Par Health Centre's car park between 10.15 and 10.30, ready to walk one of a range of different routes for between 30 – 60 minutes.

Karen Dawkins
(01726) 818881
kdawkins@edenproject.com

Tai Chi



Find your inner chi. All welcome.

Sheila Ward
(01726) 814681

Knit & Natter coffee morning



Knit, crochet, chat, drop in for coffee.

Bernadine Nathan
07949 056116

Sosa dance fitness



Sosa dance fitness with Hayley. Fabulous routines, easy to learn, plenty of space and a lovely floor for all that twisting and shimmying.

Come and join us for a fun workout that's guaranteed to put a smile on your face!

Hayley Newton
07885 793082

Ashita Kai Karate Kids



A freestyle sports karate style with a traditional syllabus and a strong emphasis on practical self-defence to build confidence.

Steve Drage
(01726) 812289
www.ashiita-kai.co.uk

Tae Kwon-Do



Mixed class, all abilities welcome, ages 6 - 106.
First month training is a free trial.

Chris Taylor
07714 008014

Pilates

Streetdance



Newmania is a brand new, exciting dance school opening for boys and girls to come and learn hip-hop and street dance in a comfortable and fun environment!

Sammy-Lee Newman
07970 357280
sammy-l@live.co.uk



Come and improve your general health and wellbeing.

Tracie Baines
07882 140125
traciesfitnesshealth@outlook.com

Studio 4



Dance workshops for all abilities.

Alice Rose
alice@4fs.dance
www.studio4dance.com

Capitol School of Dance



Capitol School of Dance offers classes in ballet, contemporary, modern, tap, jazz, and Spanish dance.

Movement to music for children and adults is a great stimulus for the imagination and our classes, especially for the young dancers, are designed with this in mind. Music and dance also help to develop physical coordination and posture.

Jodie Toms
01872 552298
jodie.toms@capitolschoolofdance.co.uk

Men's Monthly Meet



Now meeting monthly. Join the Facebook group for activities, BBQ's and events.

Adrian Jane
07980 838578
fb.com/groups/parbaymensgroup

Upcoming events

Cornubia September Fair
26th September 10.30-3.30

 **Fun Run Fancy Dress Fundraiser**
3rd October Par Track 2pm

Community Garden Apple Day
23rd October 2-4pm

Cornubia Halloween Party
31st October 2-4pm

Cornubia Christmas Fair
5th December
10.30-3.30