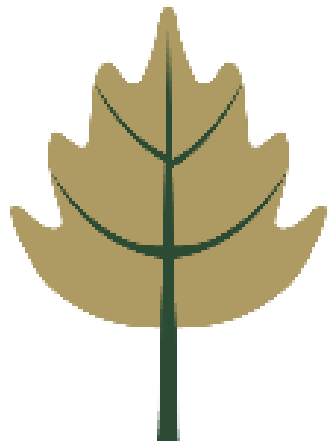


Cornwall Events Guide

August 2019



The Bodmin Way

A walking, cycling and driving circuit of Bodmin

Pilgrimage • History • Heritage • Arts • Health



It is always advisable to check with the venue before starting your journey.

 01208 76616. Large print version available – Please ask

August Events

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Date	Details
Thurs 1 st	<p>Exhibition by Liz Newbery at Shire Hall Gallery until 6th Sept PL31 2DQ. Mount Folly, Bodmin. Local artist Liz Newbery returns to the Shire Hall Gallery with her original acrylic artworks. Free Admission, paintings available to buy. Open Mon – Fri 8.45am – 5pm and Sat 10am – 5pm.</p> <p>Walking Lanhydrock – Weekly guided walks of the Lanhydrock estate PL30 5AD. Discover areas you may not have been before or learn something new about Lanhydrock. Meet us on Thursdays outside reception at 2pm. Everyone is welcome, including dogs. Call ☎ 01208 265278 for details or visit www.nationaltrust.org.uk/lanhydrock</p> <p>PULSE! PL31 2DQ Mount Folly, Bodmin Town Centre. Performances at 12 Noon & 2pm. A fabulous dance and live music experience for the streets followed by a 'Stay & Play' session. This is a 'pay what you can' event. Joss Arnott Dance. For more info please visit www.intobodmin.co.uk/box-office</p> <p>Summer School for Spies (until 30th Aug) PL31 1EG Cornwall's Regimental Museum, The Keep, Bodmin. The museum is open every day in the school holidays and over the 6 week holiday this July and August all our visitors can be code-breaking spies at our Summer School for Spies. Using their spy ID pack they can follow the clues, learn about secret codes and make a message de-coder. There will also be fascinating WW2 object handling sessions and 'Weapons through the Ages' talks with a chance to handle historic weapons. Visitors can also explore the WW1 trench with our 'Trench Experience!' The Summer School for Spies activities are included in your regular museum admission.</p> <p>Scary Cinema Night @ Bodmin Jail – Sinister PL31 2NR Every Thursday night throughout the summer, watch a scary movie within the atmospheric surroundings of Bodmin Jail; before taking a tour into the depths of the Jail with our Resident Medium to discover the past and other worldly residents of this historic building. Film starting at 9pm, Tickets are £20 over 18's only. www.bodminjail.org/upcoming-events/scary-cinema-night</p> <p>Earth Stories @ Eden Project (until 3rd Sept) PL24 4AW Children's Summer Holiday Activity at Eden Project. Running everyday from today until 3rd September. This summer at Eden, get ready to discover the evolution of life as we know it. Giant beasts, incredible stories, mind-blowing virtual reality, hands-on activities and interactive exhibits will take you on a journey through Earth's astonishing past, precarious present day - and a future that's ours to make. www.edenproject.com/visit/whats-on/summer-holidays-earth-story</p> <p>Heligan Summer Buzz – 2nd Sept PL26 6EN Lost Gardens of Heligan. Children's Summer Holiday Activity – Summer Buzz Heligan's Summer Buzz invites you to get your wings on and join us in celebrating the busy bumblebee and the beautiful butterfly in a summer of wildflowers and outdoor adventure. A sensory summer overload awaits you at The Lost Gardens, pick up your Adventure Passport and journey through woods, wildflowers, gardens and farm to Heligan's Pollination Station.</p> <p>North Coast Harmony Women's A Cappella Chorus PL31 2JB BCA Building, 81A Fore Street, Bodmin, , 7pm every Thursday. We are a new (to Bodmin) all female contemporary vocal group, for women (over 16) who love to sing, and we'd love for you to come and join us! Your first night's free, so come along and see what we do! No music reading, and no experience needed. For more info, get in touch – info@northcoastharmony.co.uk, 07814 992820, or see our website – www.northcoastharmony.co.uk</p>

	<p>Sing Along the River PL22 Lost in Song & Friends perform by the River Fowey. From 5.3pm – 10.30pm On The Parade (in St Bartholomew's Church if rain) Bring blankets & Chairs. There is will food and a licensed bar available. NEW Tots Rock, Community & Male Voice Choirs, Brass Bands & Cornish Folk & Funk Bands. For more details, including a timetable please visit www.lostinsong.org</p>
Fri 2 nd	<p>Bodmin Lions Bingo PL31 2DQ. Shire House Suite, Bodmin, Starts at 7:30pm. For more details call ☎ 01208 73001.</p> <p>Bodmin Folk Club PL31 2JX. The Old Library, Lower Bore Street, Bodmin. Open House. Members £3.00 Non Members £3.50. Start 8:15 pm. For more information www.bodminfolk.co.uk</p> <p>Yoga:Strong – Kernow Yogalates PL30 5AE Kernow Yogalates Studios, Trebyan, Lanhydrock. Yoga session starting at 7pm until 8.15pm. Booking is essential. For more information and to book please call Alex ☎ 0797322173 or email alexfitinfo@gmail.com</p>
Sat 3 rd	<p>Lanhydrock Park Run PL30 5AD. National Trust Lanhydrock. FREE timed 5k run, walk, jog, every Saturday at 9am. Just register with park run first on www.parkrun.org.uk/lanhydrock print off your barcode, turn up and take part.</p> <p>Lanhydrock Car Boot PL30 4AW Turfdown Roundabout, Bodmin. Gates open for sellers from 8am, buyers will be allowed in to sellers area from 10am. For more information please visit www.lanhydrockcarboot.com</p> <p>Lostwithiel Antiques and Collectors Market PL22 0HE Lostwithiel Scout Hut, Cattle Market Car Park 10.00am to 1pm. Here you'll find silver, jewellery, vintage hats, books, glass, militaria, copper, kitchenalia, ceramics, toys, small items of furniture and much much more. It's a small friendly market with easy parking and a level entrance that makes loading and unloading easy for both stall holders and customers alike. For more information ☎ Jill on 01503 240768</p> <p>Quiz & Supper Evening PL30 4BL Cardinham Parish Hall. 7pm Everyone is very welcome to come and join in the fun. Come individually or as a team Please contact Libby ☎ 01208 821303 or email libby@cardinhambb.co.uk to book your place/table.</p>
Sun 4 th	<p>Bodmin junior parkrun PL31 2NE. Hillside Park Road, Scarlett's Well Road. For more information please call Sarah ☎ 07926 194643 or Colin on ☎ 07890 888850. www.parkrun.org.uk/bodmin.juniors/ please sign-up and print off your barcode for a free time result.</p> <p>Bodmin Car Boot PL31 2DQ. Priory car park. From 7.30am. Proceeds to Bodmin Youth Football Club.</p> <p>Autism Friendly Earlybird Opening @ Cornwall's Regimental Museum PL31 1EG Cornwall's Regimental Museum. The museum is open early between 8:00am and 10:00am for an Autism friendly relaxed opening on Saturday 4th August. For more information contact us ☎ 01208 72810 or info@cornwalls-regimentalmuseum.org</p> <p>Craft Fair in Lanivet PL30 5HH Monthly Craft Fair located in the One For All Lanivet Parish Community Centre. A wonderful</p>

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August Events

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variety of handcrafted items for sale along with free parking and refreshments. 10am – 3pm. For more info email: janiceGsews@gmail.com

Family Fun Fitness Day

PL30 5HH Lanivet Community Hall. 12pm – 5.30pm Lanivet Family Fitness Fun Day and Community Festival is all about supporting one another and bringing our village and area together. This free event promises to be a family day out with a feel good factor. All Welcome, lots going on.

Family Friendly Storytelling Workshop

PL31 1EG Cornwall's Regimental Museum, 1pm. Free to ticketholders to the afternoon performance or £5. Become a real journalist and delve into local tales, and maybe uncover a story or two of your own. Designed for all the family, this workshop will be filled with intriguing artefacts, unheard stories and adventures into the past. Work together to bring memories to life and save them for the future! This event is free with a ticket to PaddleBoat Theatre's 'Clare Hollingworth and the Scoop of the Century' at The Old Library during the same afternoon. For more info and tickets please visit www.intobodmin.co.uk/box-office

Clare Hollingworth & The Scoop of the Century

PL31 2JX The Old Library, 3pm, £7. The creators of Margo and Mr Whatsit, PaddleBoat Theatre Company present the tale of fearless journalist Clare Hollingworth. From the busy newspaper offices in London to the frontline during World War II, Clare's adventures tell the remarkable true story of one of the most important writers of our time. This globe-trotting and playful family show from PaddleBoat Theatre is a remarkable tale of daring, intrigue and an invasion that would rock the world. Become journalists with us as we go undercover in a highly interactive show bursting with storytelling, songs and the scoop of the century! For more info and tickets please visit www.intobodmin.co.uk/box-office

Cream Tea Afternoon at St Petrocs Church, Bodmin.

PL31 2DR Every Sunday in August, 2.30pm to 4.30pm. All welcome.

Swim & Carvery Deal

PL30 5JJ Waterside Cornwall, Lanivet. Swim & Carvery deal adults £9.95 & kids £5.95 On every Sunday, pre-booking advisable. ☎ 01208 831808

Looe Carnival

Parade moves off at 19:00 moving through West Looe, along the quay, over the bridge to East Looe where it will move down Fore Street to the sea front and then back along the river to the Buller Quay Car Park. The parade will be led by St Pinnock and Liskeard Silver Bands, City of Plymouth Pipe Band, Majorettes, Floats and Walkers.

Mon
5th

Exhibition by Liz Newbery at Shire Hall Gallery until 6th Sept

PL31 2DQ. Mount Folly, Bodmin. Local artist Liz Newbery returns to the Shire Hall Gallery with her original acrylic artworks. Free Admission, paintings available to buy. Open Mon – Fri 8.45am – 5pm and Sat 10am – 5pm.

Stroll Back The Years

PL30 4QR Grid Ref 064714 Helland Bridge. Free parking, Camel Trail. Level 1 walk. Starts at 10.00am. For more details ☎ 01208 73182

Summer School for Spies (until 30th Aug)

PL31 1EG Cornwall's Regimental Museum, The Keep, Bodmin. The museum is open every day in the school holidays and over the 6 week holiday this July and August all our visitors can be code-breaking spies at our Summer School for Spies. Using their spy ID pack they can follow the clues, learn about secret codes and make a message de-coder. There will also be fascinating WW2 object handling

	<p>sessions and 'Weapons through the Ages' talks with a chance to handle historic weapons. Visitors can also explore the WW1 trench with our 'Trench Experience!' The Summer School for Spies activities are included in your regular museum admission.</p> <p>Between Us, with Kate Mullins & Will Bartlett PL31 2JX The Old Library, 7:30pm £10/£8 Pianist Will Bartlett and vocalist Kate Mullins (of 'The Puppini Sisters') invite their audience into a two-way musical conversation... Submit your favourite song choice, along with the story that accompanies it, to Will and Kate in advance of the concert, and watch and listen as they deliver a bespoke arrangement for some of these suggestions, taking into account the personal narrative behind each audience song choice. For more info and tickets please visit www.intobodmin.co.uk/box-office</p> <p>Guided Walks around Historic Lostwithiel PL22 0HA. Meet at Lostwithiel community centre at 11am, tour lasts for approx 1½ hours. £3.50. Weather permitting. Call ☎ 01208 873341 for more details.</p> <p>Have a Go Days - Bodmin Leisure Centre PL31 1DE. Lostwithiel Road, Bodmin. 10am – 12pm Free and friendly activity for children with additional needs or disability and their siblings or friends, aged 6-17 Booking is essential. For more information and to book your free place(s) contact Katie on 01736 759500 or email katie@disabilitycornwall.org.uk Find us on facebook by searching 'Have a Go Days Cornwall.'</p>
<p>Tues 6th</p>	<p>Bodmin Age Concern PL31 2DQ Shire House Suite, Bodmin. Every Tuesday from 10am. Come and meet up with friends, have a chat, lunch, games, puzzles. Transport is available upon request. New members welcome. Please ☎ 01208 74609 for more info.</p> <p>Bereavement Support Group PL31 1EG The Keep, Cornwall's Regimental Museum. 5.30pm – 7pm Staff and Volunteers from Cornwall Hospice Care will be available to offer advice and support where you can meet with others in a similar situation.</p> <p>CREATIONFEST Pop-Up PL31 2DT Mount Folly, Bodmin. A Pop-Up Creationfest, with live music and circus skills. Children's activities and free refreshments available. All welcome. 2pm- 5pm.</p> <p>Murder Mystery Train PL31 1AG Bodmin & Wenford Railway. Every Tuesday throughout the summer. A curious case of whodunnit!? Solver a murder mystery on a steam train journey. Tickets available online https://bodminrailway.co.uk/things-to-do/events/murder-mystery-trains/</p>
<p>Wed 7th</p>	<p>Bushcraft Survival Training Day! @ Cornwall's Regimental Museum PL31 1EG Cornwall's Regimental Museum. 11am – 3pm. A fun filled day of sessions where families can learn the art of starting a fire, shelter building and other essential survival skills. The sessions are led by Spanner Manley MBE, ex-soldier and survival expert from 'Footsteps of Discovery'. Additional small cost</p> <p>A Perfect World by Miracle Theatre PL24 2SJ Tregrehan Gardens, St Austell, 7.30pm. This year's performance, A Perfect World, is about a Rollicking Adventure Touring the Great Outdoors for more info please visit the website https://miracletheatre.co.uk/</p> <p>Walking for Health – Bodmin Leisure Centre PL31 1DE Join a new, social walking group. We will meet weekly at Bodmin Leisure Centre every Wednesday at 10am. Enjoy a social, low level walk. Health walks are free and there is no need to book,</p>

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	<p>just turn up and ask at reception.</p> <p>Fitness Classes – Kernow Yoyalates PL30 5AE Kernow Yoyalates Studios, Trebyan, Lanhydrock. Regular fitness class followed by a yoga session. Fitness classes available – HIIT at 7pm followed by Yoga:chill @ 8pm You can choose to attend both classes or just the one. Booking is essential. For more information and to book please call Alex ☎ 0797322173 or email alexfitinfo@gmail.com</p>
Thurs 8 th	<p>Walking Lanhydrock – Weekly guided walks of the Lanhydrock estate PL30 5AD. Discover areas you may not have been before or learn something new about Lanhydrock. Meet us on Thursdays outside reception at 2pm. Everyone is welcome, including dogs. Call ☎ 01208 265278 for details or visit www.nationaltrust.org.uk/lanhydrock</p> <p>Have a Go Days - Bodmin Leisure Centre PL31 1DE. Lostwithiel Road, Bodmin. 10am – 12pm. Free and friendly activity for children with additional needs or disability and their siblings or friends, aged 6-17 Booking is essential. For more information and to book your free place(s) contact Katie on 01736 759500 or email katie@disabilitycornwall.org.uk Find us on facebook by searching 'Have a Go Days Cornwall.'</p> <p>A Perfect World by Miracle Theatre PL24 2SJ Tregrehan Gardens, St Austell, 7.30pm. This year's performance, A Perfect World, is about a Rollicking Adventure Touring the Great Outdoors for more info please visit the website https://miracletheatre.co.uk/</p> <p>North Coast Harmony Women's A Cappella Chorus PL31 2JB BCA Building, 81A Fore Street, Bodmin, , 7pm every Thursday. We are a new (to Bodmin) all female contemporary vocal group, for women (over 16) who love to sing, and we'd love for you to come and join us! Your first night's free, so come along and see what we do! No music reading, and no experience needed. For more info, get in touch – info@northcoastharmony.co.uk, 07814 992820, or see our website – www.northcoastharmony.co.uk</p> <p>Sing Along the River PL22 Lost in Song & Friends perform by the River Fowey. From 5.30pm – 10.30pm On The Parade (in St Bartholomew's Church if rain) Bring blankets & Chairs. There is will food and a licensed bar available. NEW Tots Rock, Community & Male Voice Choirs, Brass Bands & Cornish Folk & Funk Bands. For more details, including a timetable please visit www.lostinsong.org</p> <p>Scary Cinema Night @ Bodmin Jail – The Poltergeist PL31 2NR Every Thursday night throughout the summer, watch a scary movie within the atmospheric surroundings of Bodmin Jail; before taking a tour into the depths of the Jail with our Resident Medium to discover the past and other worldly residents of this historic building. Film starting at 9pm, Tickets are £20 over 18's only. www.bodminjail.org/upcoming-events/scary-cinema-night/</p>
Fri 9 th	<p>Bodmin Way Guided Walk Bodmin to Nanstallon. 5 miles, Very Easy walk. 2pm. Tea Garden for Afternoon Tea, returning to St Petroc's between 5.30pm/6. Please visit www.bodminway.org for more details.</p> <p>Bodmin Folk Club PL31 2JX The Old Library, 10 Lower Bore Street, Bodmin. Jimmy Aldridge & Sid Goldsmith. Members £8.00 Non Members £10.00. Start 8:15 pm. For more information www.bodminfolk.co.uk</p> <p>Bodmin Lions Bingo PL31 2DQ. Shire House Suite, Bodmin, Starts at 7:30pm. For more details call ☎ 01208 73001.</p>

	<p>Yoga:Strong – Kernow Yogalates PL30 5AE Kernow Yogalates Studios, Trebyan, Lanhydrock. Yoga session starting at 7pm until 8.15pm. Booking is essential. For more information and to book please ☎ Alex on 0797322173 or email alexfitinfo@gmail.com</p>
Sat 10th	<p>Lanhydrock Park Run PL30 5AD. National Trust Lanhydrock. FREE timed 5k run, walk, jog, every Saturday at 9am. Just register with park run first on www.parkrun.org.uk/lanhydrock print off your barcode, turn up and take part!.</p> <p>Lanhydrock Car Boot PL30 4AW Turfdown Roundabout, Bodmin. Gates open for sellers from 8am, buyers will be allowed in to sellers area from 10am. For more information please visit www.lanhydrockcarboot.com</p> <p>Mark's Ark Wildlife Encounter PL15 7TS Jamaica Inn. Mark's Ark is visiting the Inn from noon to 3pm today with an exciting collection of birds and mini beasts for close encounters of the wildlife kind! www.jamaicainn.co.uk/events</p> <p>Sun and Stars at Carnewas PL27 7UW Meet at the National Trust car park at Carnewas (Bedruthan), 7.30pm. Arrive before sunset for a chance to look at the sun safely through telescopes before it sets, then take a closer look at the moon, stars and planets as they come into view. Free activity. Run by the National Trust.</p>
Sun 11th	<p>Bodmin junior parkrun PL31 2NE. Hillside Park Road, Scarlett's Well Road. For more information please call Sarah ☎ 07926 194643 or Colin on ☎ 07890 888850. www.parkrun.org.uk/bodmin.juniors/ please sign-up and print off your barcode for a free time result.</p> <p>Bodmin Car Boot PL31 2DQ. Priory car park. From 7.30am. Proceeds to Bodmin Youth Football Club.</p> <p>Cream Tea Afternoon at St Petrocs Church, Bodmin. PL31 2DR Every Sunday in August, 2.30pm to 4.30pm. All welcome.</p> <p>Craft Fair at Lanhydrock Memorial Hall PL30 5AE. Trebyan, Nr Lanhydrock, Bodmin. Monthly Craft Fair with a wonderful variety of handcrafted items for sale along with free parking and refreshments. 10:00am-3:00pm. For more information email janiceGsews@gmail.com</p> <p>Swim & Carvery Deal PL30 5JJ Waterside Cornwall, Lanivet. Swim & Carvery deal adults £9.95 & kids £5.95 On every Sunday, pre-booking advisable. ☎ 01208 831808</p>
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	<p>Alex ☎ 0797322173 or email alexfitinfo@gmail.com</p> <p>Bodmin Old Cornwall Society PL31 2DQ Bodmin Football Club. Meetings start at 7.30pm This months speaker Mike Haywood, The Voyage of the Mayflower. Contact the President ☎ 07833222161 for more information.</p>
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Sat 17th	<p>Lanhydrock Park Run PL30 5AD. NT Lanhydrock. FREE timed 5k run, walk, jog, every Saturday at 9am. Just register with park run first on www.parkrun.org.uk/lanhydrock print off your barcode, turn up and take part!.</p>

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	<p>Lanhydrock Car Boot PL30 4AW Turfdown Roundabout, Bodmin. Gates open for sellers from 8am, buyers will be allowed in to sellers area from 10am. For more information please visit www.lanhydrockcarboot.com</p> <p>Prayer Book Rebellion Service PL31 2DT St Petroc's Church, Bodmin Prayer Book Rebellion Service 3pm - Old Cornwall Societies - see 900 flags to represent the Cornish martyrs and federation banners - everyone welcome.</p> <p>Magic Martin (Children's Entertainer) PL15 7TS Jamaica Inn. Yes he's back! Magic Martin returns to Jamaica Inn between noon and 3pm with his own special brand of lively and hilarious entertainment for children. www.jamaicainn.co.uk/events</p> <p>Bodmin Carnival PL31 1FB. Procession to assemble at the Fair Park at 5.30pm and expecting to finish by 8.30pm in Priory Park.</p> <p>Bodmin Farmers Market Bodmin Plant Nursery, Laveddon Mill, PL30 5JU. 10am – 2pm. Every 3rd Saturday of each month. Lots of locally produced food and more. For more info: ☎ 01208 72837 Free Parking, Café, undercover.</p> <p>Bodmin Community Fire Station 50th Anniversary Open Day PL31 2NS Bodmin Community Fire Station. This year will be the 50th anniversary of Bodmin Community Fire Station at its present location.</p> <p>THE PIRATES OF ST PIRAN PL15 7TS Jamaica Inn. This rumbustious crew in their authentic 18th century pirate attire will be with us from 7pm for another spectacular evening of traditional songs and sea shanties! They are a non-profit making group who raise funds for good causes including the RNLI, Children's Hospice Southwest, The Cornwall Air Ambulance Trust and other smaller local charities. If you've not seen them before, you're in for a wonderful surprise! www.jamaicainn.co.uk/news/events/477</p>
Sun 18th	<p>Bodmin junior parkrun PL31 2NE. Hillside Park Road, Scarlett's Well Road. For more information please call Sarah ☎ 07926 194643 or Colin on ☎ 07890 888850. www.parkrun.org.uk/bodmin.juniors/ please sign-up and print off your barcode for a free time result.</p> <p>Bodmin Car Boot PL31 2DQ. Priory car park. From 7.30am. Proceeds to Bodmin Youth Football Club.</p> <p>Cream Tea Afternoon at St Petrocs Church, Bodmin. PL31 2DR Every Sunday in August, 2.30pm to 4.30pm. All welcome.</p> <p>Fowey Royal Regatta (18th – 24th) PL23 1JD. One of Britain's premier sailing events – it's also a fun-filled week for all the family. Events include a midweek Carnival and spectacular firework display over the harbour (Sat). Live Bands, Children's Entertainment. For a schedule of Events please visit https://foweyregatta.co.uk/</p> <p>Swim & Carvery Deal PL30 5JJ Waterside Cornwall, Lanivet. Swim & Carvery deal adults £9.95 & kids £5.95 On every Sunday, pre-booking advisable. ☎ 01208 831808</p>
Mon 19th	<p>Exhibition by Liz Newbery at Shire Hall Gallery until 6th Sept PL31 2DQ. Mount Folly, Bodmin. Local artist Liz Newbery returns to the Shire Hall Gallery with her</p>

original acrylic artworks. Free Admission, paintings available to buy. Open Mon – Fri 8.45am – 5pm and Sat 10am – 3pm.

Free craft afternoons

PL31 2DT St Petrocs Church. Free Craft Session, fun for all the family - "Come Rain or Shine" 2pm - 5pm. All welcome.

Have a Go Days - Bodmin Leisure Centre

PL31 1DE. Lostwithiel Road, Bodmin. 10am – 12pm. Free and friendly activity for children with additional needs or disability and their siblings or friends, aged 6-17 Booking is essential. For more information and to book your free place(s) contact ☎ Katie on 01736 759500 or email katie@disabilitycornwall.org.uk Find us on facebook by searching 'Have a Go Days Cornwall.'

Stroll Back The Years

PL26 8XG Grid Ref SX005554 Wheal Martyn China Clay. Parking at China Clay Country Park, Wheal Martyn Level 2 walk. Starts at 10am. For more details ☎ 01208 73182

Guided Walks around Historic Lostwithiel

PL22 0HA. Meet at Lostwithiel community centre at 11am, tour lasts for approx 1½ hours. £3.50. Weather permitting. Call ☎ 01208 873341 for more details.

Summer School for Spies (until 30th Aug)

PL31 1EG Cornwall's Regimental Museum, The Keep, Bodmin. The museum is open every day in the school holidays and over the 6 week holiday this July and August all our visitors can be code-breaking spies at our Summer School for Spies. Using their spy ID pack they can follow the clues, learn about secret codes and make a message de-coder. There will also be fascinating WW2 object handling sessions and 'Weapons through the Ages' talks with a chance to handle historic weapons. Visitors can also explore the WW1 trench with our 'Trench Experience!' The Summer School for Spies activities are included in your regular museum admission.

Tues
20th

Bodmin Age Concern

PL31 2DQ Shire House Suite, Bodmin. Every Tuesday from 10am. Come and meet up with friends, have a chat, lunch, games, puzzles. Transport is available upon request. New members welcome. Please ☎ 01208 74609 for more info.

Bodmin Way Guided Walk

Lanivet to Nanstallon. 5 miles. Easy/Moderate walk. 10am. Picnic/Tea Garden's lunch. Returning to Parish Church between 2pm/2.30pm Please visit www.bodminway.org for more details.

A Perfect World by Miracle Theatre

PL22 0EE. Restormel Castle, Lostwithiel, 7.30pm. This year's performance, A Perfect World, is about a Rollicking Adventure Touring the Great Outdoors for more info please visit the website <https://miracletheatre.co.uk/>

Murder Mystery Train

PL31 1AG Bodmin & Wenford Railway. Every Tuesday throughout the summer. A curious case of whodunnit!? Solver a murder mystery on a steam train journey. Tickets available online <https://bodminrailway.co.uk/things-to-do/events/murder-mystery-trains/>

Bodmin WI

PL31 2HR, Upper Room, Methodist Church, Fore Street, Bodmin. 2:00-4:30. Social Afternoon. Competition – Flower/Small Posy. Contact Sue Buscombe for more details ☎ 01208 269808

August Events

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	<p>Songbird at Pencarrow PL30 3AG Pencarrow House, Washaway. 1pm – 3pm. Come along and be entertained in the stunning grounds by MJUK, a group of the finest young singers in the country, who will delight you with performances of musical theatre and operatic classics. No tickets required but normal garden entry does apply. Donations are welcome http://www.pencarrow.co.uk/news-and-events/</p>
<p>Wed 21st</p>	<p>A Perfect World by Miracle Theatre PL22 0EE. Restormel Castle, Lostwithiel, 7.30pm. This year's performance, A Perfect World, is about a Rollicking Adventure Touring the Great Outdoors for more info please visit the website https://miracletheatre.co.uk/</p> <p>Walking for Health – Bodmin Leisure Centre PL31 1DE Join a new, social walking group. We will meet weekly at Bodmin Leisure Centre every Wednesday at 10am. Enjoy a social, low level walk. Health walks are free and there is no need to book, just turn up and ask at reception.</p> <p>Fowey Carnival PL23 1JD Everyone loves the spectacle of Wednesday's Carnival procession, which sets off from Squires Field at 7.15pm, through town, featuring locals and visitors in a weird and wonderful array of costumes</p> <p>Fitness Classes – Kernow Yoyalates PL30 5AE Kernow Yoyalates Studios, Trebyan, Lanhydrock. Regular fitness class followed by a yoga session. Fitness classes available – HIIT at 7pm followed by Yoga:chill @ 8pm You can choose to attend both classes or just the one. Booking is essential. For more information and to book please call Alex ☎ 0797322173 or email alexfitinfo@gmail.com</p> <p>Circus Funtasia (21nd - 26th Aug) PL31 1QH Fairpark, Bodmin. Cornwall's favourite circus is back. For times and tickets please refer to www.circusfuntasia.co.uk</p>
<p>Thurs 22nd</p>	<p>Walking Lanhydrock – Weekly guided walks of the Lanhydrock estate PL30 5AD. Discover areas you may not have been before or learn something new about Lanhydrock. Meet us on Thursdays outside reception at 2pm. Everyone is welcome, including dogs. Call ☎ 01208 265278 for details or visit www.nationaltrust.org.uk/lanhydrock</p> <p>Bodmin Way Guided Walk Lanhydrock to Cardinham. 9 miles. Moderate walk. 10am. Picnic/Café lunch. Returning to St Hydroc's between 3pm/3.30pm. Please visit www.bodminway.org for more details.</p> <p>North Coast Harmony Women's A Cappella Chorus PL31 2JB BCA Building, 81A Fore Street, Bodmin, , 7pm every Thursday. We are a new (to Bodmin) all female contemporary vocal group, for women (over 16) who love to sing, and we'd love for you to come and join us! Your first night's free, so come along and see what we do! No music reading, and no experience needed. For more info, get in touch – info@northcoastharmony.co.uk, 07814 992820, or see our website – www.northcoastharmony.co.uk</p> <p>Sing Along the River PL22 Lost in Song & Friends perform by the River Fowey. From 5.3pm – 10.30pm On The Parade (in St Bartholomew's Church if rain) Bring blankets & Chairs. There is will food and a licensed bar available. NEW Tots Rock, Community & Male Voice Choirs, Brass Bands & Cornish Folk & Funk Bands. For more details, including a timetable please visit www.lostinsong.org</p>

	<p>Scary Cinema Night @ Bodmin Jail – IT PL31 2NR Every Thursday night throughout the summer, watch a scary movie within the atmospheric surroundings of Bodmin Jail; before taking a tour into the depths of the Jail with our Resident Medium to discover the past and other worldly residents of this historic building. Film starting at 9pm, Tickets are £20 over 18's only. www.bodminjail.org/upcoming-events/scary-cinema-night/</p>
Fri 23 rd	<p>Yoga:Strong – Kernow Yogalates PL30 5AE Kernow Yogalates Studios, Trebyan, Lanhydrock. Yoga session starting at 7pm until 8.15pm. Booking is essential. For more information and to book please call Alex on ☎ 0797322173 or email alexfitinfo@gmail.com</p> <p>Bodmin Lions Bingo PL31 2DQ. Shire House Suite, Bodmin, Starts at 7:30pm. For more details call ☎ 01208 73001.</p> <p>Bodmin Folk Club PL31 2JX. The Old Library, Lower Bore Street, Bodmin. Open House. Members £3.00 Non-Members £3.50. Start 8:15 pm. For more information www.bodminfolk.co.uk</p> <p>Have a Go Days - Bodmin Leisure Centre PL31 1DE. Lostwithiel Road, Bodmin. 10am – 12pm. Free and friendly activity for children with additional needs or disability and their siblings or friends, aged 6-17 Booking is essential. For more information and to book your free place(s) contact ☎ Katie on 01736 759500 or email katie@disabilitycornwall.org.uk Find us on facebook by searching 'Have a Go Days Cornwall.'</p>
Sat 24 th	<p>Lanhydrock Park Run PL30 5AD. National Trust Lanhydrock. FREE timed 5k run, walk, jog, every Saturday at 9am. Just register with park run first on www.parkrun.org.uk/lanhydrock print off your barcode, turn up and take part!.</p> <p>Lanhydrock Car Boot PL30 4AW Turfdown Roundabout, Bodmin. Gates open for sellers from 8am, buyers will be allowed in to sellers area from 10am. For more information please visit www.lanhydrockcarboot.com</p> <p>Lanhydrock Annual Fete PL30 5AE Lanhydrock War Memorial Hall. Lanhydrock's Annual Fete from 2pm. Everyone welcome to browse the various stalls to include Plants & Books, Produce, Games, Refreshments available and Competitions</p> <p>Circus Funtasia (22nd - 27th Aug) PL31 1QH Fairpark, Bodmin. Cornwall's favourite circus is back. For times and tickets please refer to www.circusfuntasia.co.uk</p>
Sun 25 th	<p>Bodmin junior parkrun PL31 2NE. Hillside Park Road, Scarlett's Well Road. For more information please call Sarah ☎ 07926 194643 or Colin on ☎ 07890 888850. www.parkrun.org.uk/bodmin.juniors/ please sign-up and print off your barcode for a free time result.</p> <p>Bodmin Car Boot PL31 2DQ. Priory car park. From 7.30am. Proceeds to Bodmin Youth Football Club.</p> <p>Cream Tea Afternoon at St Petrocs Church, Bodmin. PL31 2DR Every Sunday in August, 2.30pm to 4.30pm. All welcome.</p>

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August Events

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	<p>Swim & Carvery Deal PL30 5JJ Waterside Cornwall, Lanivet. Swim & Carvery deal adults £9.95 & kids £5.95 On every Sunday, pre-booking advisable. ☎ 01208 831808</p> <p>Quiz and Curry Night @ Bodmin Jail PL31 2NR Held on the last Sunday of each month and by our very own entertaining Quiz Master – join us for a team quiz and treat yourself to a homemade curry. Teams of no more than 6 people please £2pp – team places MUST be reserved in advance by booking online or ☎ 01208 76292 to secure a table. There is no charge to book your place. www.bodminjail.org/event-directory/quiz-curry-night</p>
Mon 26th	<p>Bank Holiday Monday</p> <p>Exhibition by Liz Newbery at Shire Hall Gallery until 6th Sept PL31 2DQ. Mount Folly, Bodmin. Local artist Liz Newbery returns to the Shire Hall Gallery with her original acrylic artworks. Free Admission, paintings available to buy. Open Mon – Fri 8.45am – 5pm and Sat 10am – 5pm.</p> <p>Stroll Back The Years PL31 1DE Grid Ref 077653. St Gurons Way. Free parking at the Lower car park, Dragon Leisure Centre. Level 2 walk. Starts at 10.00am. For more details ☎ 01208 73182</p> <p>Free craft afternoons PL31 2DT St Petroc's Church. Free Craft Session, fun for all the family - "Come Rain or Shine" 2pm - 5pm. All welcome.</p> <p>Guided Walks around Historic Lostwithiel PL22 0HA. Meet at Lostwithiel community centre at 11am, tour lasts for approx 1½ hours. £3.50. Weather permitting. Call ☎ 01208 873341 for more details.</p> <p>Summer School for Spies (until 30th Aug) PL31 1EG Cornwall's Regimental Museum, The Keep, Bodmin. The museum is open every day in the school holidays and over the 6 week holiday this July and August all our visitors can be code-breaking spies at our Summer School for Spies. Using their spy ID pack they can follow the clues, learn about secret codes and make a message de-coder. There will also be fascinating WW2 object handling sessions and 'Weapons through the Ages' talks with a chance to handle historic weapons. Visitors can also explore the WW1 trench with our 'Trench Experience!' The Summer School for Spies activities are included in your regular museum admission.</p>
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Wed 28th	<p>Walking for Health – Bodmin Leisure Centre PL31 1DE Join a new, social walking group. We will meet weekly at Bodmin Leisure Centre every Wednesday at 10am. Enjoy a social, low level walk. Health walks are free and there is no need to book, just turn up and ask at reception.</p>

	<p>Space Creative Workshop PL31 2FR Bodmin Library. 10am – 12noon. Part of the Summer Reading Challenge, running throughout the summer at all Cornwall's Library. Bodmin Library are welcoming children aged 5 – 12 to come along and create Rockets, Aliens, Space men, let free your imagination. Book is essential please book with the library.</p> <p>Bodmin Gaolbirds WI – Crafts Club PL30 4AW Bodmin Rugby Club. This month's craft: Craft Club Box with Sam Welsh 7:00-9:00pm. Please see visit www.facebook.com/BodminGaolBirdsWI/ for any costs involved</p> <p>Fitness Classes – Kernow Yogalates PL30 5AE Kernow Yogalates Studios, Trebyan, Lanhydrock. Regular fitness class followed by a yoga session. Fitness classes available – HIIT at 7pm followed by Yoga:chill @ 8pm You can choose to attend both classes or just the one. Booking is essential. For more information and to book please call Alex ☎ 0797322173 or email: alexfitinfo@gmail.com</p>
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