



Liskeard's Community Centre

the
hub

Liskerrett Community Centre
Varley Lane
Liskeard
PL14 4AP

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Registered Charity No. 1078598 Company No. 3784846

May 2012

Welcome to the
May issue of
The Hub,
the newsletter of the
Liskerrett
Community Centre based in
Varley Lane, Liskeard.

Liskeard Welcomes the Flame



The Olympic flame for the London 2012 torch relay will arrive in the UK from Greece at RNAS Culdrose in Cornwall on Friday 18th May with up to a billion people from across the world expected to watch as it leaves Land's End on the morning of Saturday 19th May on the start of its 8,000 mile journey around the UK.

Liskeard is one of the 21 communities in Cornwall that will be welcoming the flame on the first day of its official journey on Saturday 19th May. It will arrive in Liskeard at 18:35 and will be carried by individuals from the local community up New Road and Dean Street, along The Parade, down Pound Street and Castle Street then out to the Plymouth Road before continuing its journey to Saltash and

Plymouth, eventually to arrive at the Olympic Park in London on 27th July.

Liskeard Town Council are pulling out all the stops to welcome the Olympic Torch to the town and a whole host of acts and events have been arranged to welcome the torch and to provide entertainment throughout the whole day from 10am. including some from groups that are based at the Liskerrett Community Centre.

Acts such as Paulo's Americano Circus, who will also be providing shows from their big top on Friday and during the weekend, along with various music acts, zumba, street dancers and dance acts, samba and brass bands, children's entertainers, a magician, a ventriloquist, face painters, stunt cheerleaders and excerpts from local theatre groups.

There will be ample free parking throughout the day for all visitors to the main stage in The Parade and also to acts performing in Westbourne Gardens and at Liskeard School and Community College.

In line with the sporting nature of the day a host of sport orientated events are planned on the school's sports fields. Taster sessions have been arranged in tennis, badminton and archery along with drop in competitions based on cricket, rugby, hockey, welly wanging and a one mile fun run. There will also be exhibitions from Cornish wrestlers, a martial arts team and the World Block Destruction Champion. Plymouth Argyle Football Club will also be providing soccer skills and a penalty shoot-out competition within their blow-up five aside stadium, along with a guest appearance from mascot 'Pilgrim Pete'.

For the younger visitor there will be the opportunity to play in the Cornwall Playbus, a funhouse, the chance to learn circus skills and to create their own Olympic Torch. A hog roast, candy floss, ice cream and popcorn sellers will compliment local cafes and food outlets within the town.

The full and exciting list of events which have been arranged for the day can be seen on the Liskeard Town Council website, at www.liskeard.gov.uk

Do you care for someone who is unable to manage alone?

The Cornwall Carers Service, with Carers Rights, is supporting **Carers Forums in Cornwall**. Carers will lead the forums with support. The aim of the forums is to help carers find out **what is available**, say **what they need** and **feedback about services**.

The next meeting of the Liskeard Forum will be held on

Monday 14th May 2012

1pm - 3pm

at

Liskerrett Centre, Varley Lane. Liskeard. PL14 4AP

The Forum is open to all carers, so please do come along.

For further information please phone Sarah Cochran, Forum and Event Co-ordinator on Redruth 01209 214215 or 07763 668697



Cornwall Carers Service

A Partnership between Cornwall Rural Community Council, Carers Rights, Age Concern and Disability Cornwall

Commissioned by



Liskerrett Community Cinema Presents

Emillio Estevez, Martin Sheen, Deborah Unger
In

The Way

Director Emilio Estevez

(2010) 121 minutes Certificate 12A

A father heads overseas to recover the body of his estranged son who died while travelling the "El Camino de Santiago" a pilgrimage from France to Spain. Inspirational and powerful drama.



Friday 4th May 2012
7.30 pm

David Thewlis, Benedict Cumberbatch, Jeremy Irvin,
Emily Watson

In

War Horse

Director Steven Spielberg

(2011) 146 minutes Certificate 12A

In Devon at the outbreak of World War I, Joey, young Albert Narracott's beloved horse, is sold to cavalry and shipped to France. Joey serves in both the British and the German armies before being alone in no-man's land.

But Albert cannot forget Joey, and he embarks on a dangerous mission to bring Joey home.



Friday 1st June 2012
7.30pm

All Tickets £4 on the door. All welcome.

Community Artist, Carol Whibley sets up a studio at Liskerrett

We would like to welcome a new artist to our Kitchen Studios. Carol Whibley is a visual artist specialising in sculpture. She has worked widely in the community teaching all ages to create all manner of things! She has been involved in the Liskerrett's own Liskeard Lights Up as well as the St Austell Torchlit Carnival and Eden Time of Gifts. Now her two children are both at school, Carol is hoping to concentrate on developing her own work so watch this space!

We would like to welcome Carol to the Liskerrett Centre and wish her every enjoyment of her studio.

Pictured below: some examples of Carol's work



'Pods' made from welded steel and cement and straw. Can be seen at Broomhill Art Hotel and Sculpture Garden, north of Barnstaple



'Embrace' made from plaster. Now in the private ownership of Dave Clark of the Dave Clark Five.

Reading Allowed at Liskerrett Every Wednesday from 10am-12noon

Reading Allowed, which has been funded jointly by the local NHS and Council, is a network of reading groups, facilitated by trained volunteers who allow people with dementia to continue to enjoy books through reading aloud. The process of sharing books will help reach those people most isolated in their own homes, help re-weave relationships between people with dementia and their carers, and create social opportunities in care homes. The creative art of enjoying books together also allows for a process of social integration, interaction, reminiscence, re-framing relationships, self identity, self esteem and well being.

Reading Allowed sessions are being provided in community settings in small groups and will also be available to people in their own homes on a referral basis.

If you know someone who would benefit please contact Sue on 01503 262510

Breathers Group launch their DVD

LISKEARD Breathers' Group has launched a new DVD to help those with long-term health conditions exercise at home.

Chairman Joe Barr said the initiative was by patients, for patients, and included exercises which could even be performed by people sitting in a chair at home.

The DVD was made by the group at the Liskerrett Community Centre last summer and was launched at a special event at the Centre. Friends and supporters of the group including many health professionals with whom the group have worked attended.

"We're launching 1,000 free DVDs through respiratory nurses, health centres and hospitals," he said.

South East Cornwall's MP Sheryll Murray joined the group at the launch and has sent a copy to the prime minister, David Cameron.

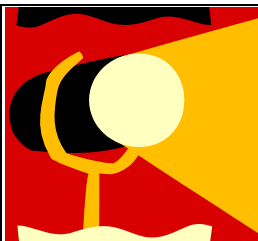
The group visits schools and tells young people of the effects of smoking, using themselves as examples. Mr Barr uses a breathing machine at night.

The DVD has been funded through Cornwall Community Foundation – Active 60.

Mrs Murray said: "Having worked many years in a doctor's surgery I have seen the damage cigarettes can do. "I know from personal experience the problems associated with giving up this very addictive drug and I wish the group the very best in their efforts to persuade youngsters never to start in the first place."

The organisation has branches in Torpoint, Pensilva, Looe and Liskeard, and hopes to set one up in Saltash soon.

Liskeard's Group meet at the Liskerrett Community Centre every Tuesday afternoon at 1.30–3.30pm. For more details or to obtain a copy of the DVD contact the Liskerrett Community Centre on 01579 340307



Spotlight On... Outset Cornwall

Outset Cornwall meet twice a week at the Liskerrett Centre. An ERDF convergence funded programme, Outset Cornwall's aim is to support under-represented groups from Cornwall to start their own business.

They run three main areas of support.

1. Foundation Workshops

The sessions explore

- Where you are now?
- Value Your time!
- Managing stress!
- Building Confidence and Assertiveness!
- Improving personal dynamics,!
- Understanding body language!
- Improving decision making,!
- Coping with change and action planning!

2. Introduction to Enterprise

This is a programme of three workshops designed to unlock your potential at the same time as develop business ideas and discover whether self-employment is for you. The informal group sessions explore personal development:

- **Could you give yourself a job?** A creative thinking workshop
- **Would you give yourself a job?** Find your entrepreneurial qualities
- **Should you give yourself a job?** Explore financial viability, personal qualities and attitude financial risk.

3. The business start-up programme has 8 sessions and the meeting date for the next programme here at Liskerrett Centre is Tuesday 12th June. This programme takes you through a comprehensive, more challenging and in-depth series of 8 workshops. Subjects covered include:

Marketing; Introduction to Financial planning; Costing and Pricing; Promotion and Selling yourself, your product or your service.

Send us an email info@outsetcornwall.co.uk

Or call free 0800 9174 324

Or visit www.outsetcornwall.co.uk



Liskeard
Children's Centre
A Sure Start Children's Centre



Come along to...

CHATTERBOX

Every Monday

Starting 16th April 2012

1:00 - 2:30pm

@ the Liskerrett Centre

A free & friendly weekly session with activities such as messy play, dressing up, crafts, toys and much more.

All children under 5 years welcome

We want to ensure that your needs are met. If you would like this information in another format or language please contact - Liskeard Children's Centre on 01579 349157

Nostalgia Cuppa

Do you remember the
30's 40's 50's

Then let's have some fun!!!

Join us for the afternoon get together

At the Liskerrett Centre

Monday 21st May

2pm—4pm

(Then once a month)

Share your memories

Quiz

Sing Song.....And lots more

Cost £1.50 including

afternoon tea and buns

Run by Liskeard Artworks Group

(a group with special needs &
learning difficulties)

Contact Sue Bennett 01503 263564