

Liskerrett Community Centre

So Much Going On!

Here at the Liskerrett Centre there are many opportunities whatever your age or interest, so may we take this opportunity to introduce you to some of the regular classes and facilities that we have on offer.

The Hub



The Liskerrett Café

Open every weekday

Tea, Coffee, Hot Chocolate, Fruit Juices
Scrumptious home made cakes and scones
Soups and Baked Potatoes.
Filled rolls including B.L.T's
Service with a smile guaranteed!

Great grub at the Hub!!



Film and Theatre

Liskerrett Film Society

Films are shown on the first Friday of each month unless a public holiday.

Programme starts at 7.30 pm

Membership costs £12.00 for the year and entitles you to see a film for just £3.00. However you do not need to be a member to see a film. Tickets for each film can be purchased on the night—£5.00 Adults £4.50 Concessions

For details of forthcoming films visit www.liskerrett.co.uk or telephone 01579 340307

Transition Liskeard

Meets second Friday of each month at 7.30 pm

Films and discussions on environmental issues

www.transitioncaradon.org.uk

Information Klaudia 01579 346487

Watch out for plays and performances at the Liskerrett Community Centre presented through Carn to Cove, the rural touring scheme for Cornwall. Pick up a Carn to Cove brochure from the Centre to find out about all the shows for the season in village and community halls throughout Cornwall or visit www.carntocove.co.uk

Community Organisations

Liskerrett Pre-school



Liskerrett Pre-school

Providing care and education for 2-5 year olds

Open each weekday from 8.00 am to 6.00 pm

OFSTED registered.

Early Years Funding available for

all 3 and 4 year olds

Toddler Group each Thursday afternoon

1:00pm to 3:00 pm

Telephone 01579 346194

www.liskerrettpreschool.co.uk

Cornwall Scrapstore

Open each Monday

10.00 am to 5.00 pm

Free arts and crafts resources for members

Membership open to groups and individuals

Additional craft resources available from shop.

Telephone 01726 821161

www.cornwallscrapstore.co.uk

Liskeard Youth Project

For full details of a range of activities for young people, contact

Annie Railton on

01579 343650

Updated 8th January 2010

Dance and Fitness



Louise School of Dance

Classes for all ages
Ballet, Tap and Modern/Jazz
Mondays, Tuesdays and Wednesdays
From 4.00pm
Contact Louise Wadsworth 01579 347856

Breathers Group

Cup of tea, chat and gentle exercise for all people living with lung conditions including their families, friends and carers.
Every Tuesday 1.00—3.30 pm
For more information
contact Mick on 01579 344675 or Joe on 01579 346028

Setsudo Ki-Aikido

Fascinating dynamic exercises, emphasis upon calmness in movement, complete relaxation, increased awareness and health and well-being
Every Thursday 7.00 pm to 9.30 pm
Sundays 9.00 am—1.00pm
Contact Stuart Stripling 01579 363009 (during working hours)

Liskeard Youth Circus

Games, Drama, Shows, Diablo, Juggling, Stiltwalking, Unicycling, Trapeze, and More
Each Friday
4.00-4.30pm NEW! Start-a-circus. 5-8 year olds
Price £3.00 (£2.00 concessions)
4.30—5.30 pm Main Circus Club 8+ Price £4.00 (£3.00 concessions)
5.30—6.00 pm Advanced trapeze and training for assistants—invitation only.
No charge if assist in previous class, otherwise £3.00 (£2.00 concession)
Emerge Funded by the Local Network Fund
Class tutors— Al bat Ross/ Ali Oops 01579 370318 / 01822 834017

Lets Dance

Tuesdays 10.30am—11.30am
Gentle Exercises—Easy To Learn Dances—Fun to Do
A great way to look after mind, body and soul
Great music from the 40s to present day
You are never too old to give it a try, all ages and abilities welcome,
come for one week or all term
Cost £2.50 per person
Contact: Lois Taylor 01579 363051 email l.taylor1@homecall.co.uk

Training and Skills

Lip Reading and Managing Your Hearing Loss

Each Wednesday 2.00—4.00 pm
For more information or to join a class contact
WEA office
Telephone 01872 320036

Wine Circle

Meets every last Friday of the month
For further details contact Bryan Taylor 01579 345794

Artworks Social Group

Each Thursday 2.30—4.00 pm
For adults with mild learning difficulties
For full details contact Amy Williams 07891 840082



Support Groups

MDF

Manic Depression Fellowship -
informal meeting
4th Tuesday of each month
10.00 am – 12.00
Full details contact
Lesley Ayers
01872 243557
Or visit www.mdf.org.uk

Next Step

Informal group for people
recovering from strokes
Each Monday 1.30 – 3.30 pm
Full details contact
Jill Ebert 01579 363788

Liskeard AA Group

Every Monday evening
7.00 pm-9.30 pm

Bufferzone

Advocacy for Mental Health Issues in Cornwall. Feeling depressed and isolated? Frustrated and angry? Having problems with benefits? Worried about housing? Willing to work but just can't find a way in? Talk to us. Contact Tony on 07929 867264 or email bufferzone1@hotmail.co.uk

Cornwall Blind Association

For blind and partially sighted people. Meet weekly on Wednesdays from 12.30-3.30.
Contact Chrissie
07855556913
ccrossey@cornwallblind.org.uk

Connect

Informal group for people
recovering from strokes
Each Monday 9.30 am—12.00
Full details contact
Zoe on 01209 716501

Occasional Life Drawing Session/Painting Sessions

Ring Alan Colclough for details
01579 363217

Computer Suite

Open each weekday
from 9.00 am-5.00pm
Seven computers all with
internet access and
printing.

A UK Online Centre

