



Liskeard's Community Centre

the
hub

Liskerrett Community Centre

Varley Lane

Liskeard

PL14 4AP

Telephone 01579 340307

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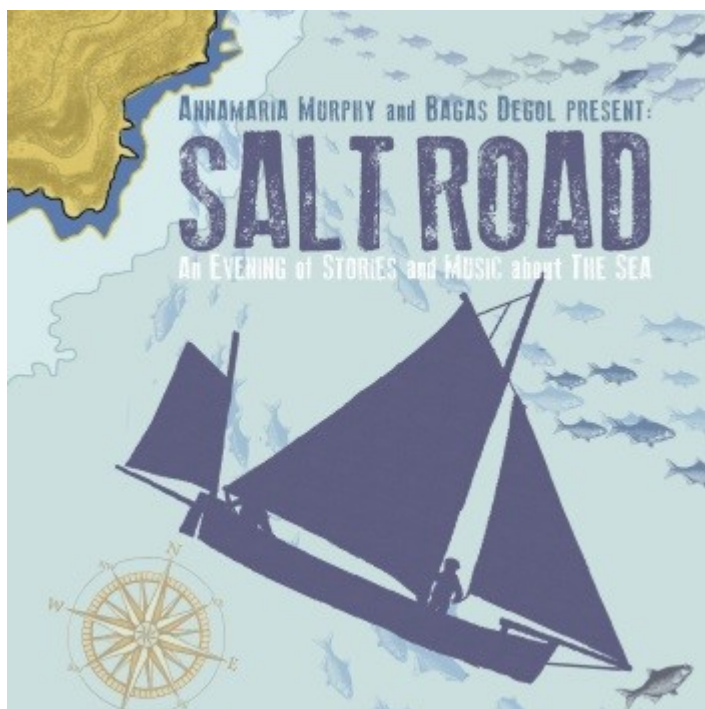
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September 2016

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

Salt Road

An evening of stories and music about the sea



Join us for an evening of stories, music and song from writer Annamaria Murphy and musicians and composers, Bagas Degol, following The Salt Roads around the coast of Cornwall.

An evening of original stories and music about the sea and how it shapes us, those who leave, stay behind and come back. A Cornish Odyssey around our coasts and Salt Roads.

Tales and songs of journeys, emigration, and those who wait on shore. This show follows on from their previous show, Red Letter Days, and is specially made for Cornish village halls, venues, festivals and feasts.

Meet Cod Joliff, fisherman, who finds a mysterious diary written by his great great great Grandfather, Ebenezer Joliff, when he went with his two brothers to preach in Tierra Del Fuego. Cod goes on an epic journey to discover the secrets hidden in the diaries pages. Come and find out who kissed like a limpet and what Caleb Joliff saw in an iceberg.

Annamarie Murphy is well known as a long time member of Kneehigh Theatre, and has been featured on BBC Radio 4 and written for many Cornish companies including CScape and Rogue Theatre. At the heart of Kneehigh's Rambles project, Anna has travelled the length and breadth of Cornwall collecting stories that have since become wildly exaggerated in a collection of poetry and prose.

Formed originally to provide traditional processional music to accompany the famous Tom Bawcocks lantern procession in Mousehole. Bagas Degol means simply 'feast day band' - music for celebration, ritual and dance. From Penwith, their distinctive and stirring sound combines bagpipes, vocals, guitar, mandolin, clarinet, tabor drum and percussion.

Salt Roads will be performed at Liskerrett on Saturday 8th October at 7.30pm

Tickets Adults £8, Children (9+) and the unwaged £6, family (2+2) £22.00

Liskerrett Community Centre Telephone 01579 340307 or online at www.carntocove.co.uk

Tai chi Time

Tai chi and Qigong (pronounced “chi gung”) classes are back at the Liskerrett on Wednesday mornings, starting 7th September, 9-10am (Tai chi) and 10-11am (Qigong). They are similar to each other, involving gentle, slow, flowing movements that relax and calm you, bringing your awareness into your body and helping you to move from your centre or “dan tien”.

Tai chi is a martial art in origin but it is performed in slow motion. We practise Chen style Tai chi, which is the oldest style, and study the “Laojia” or old form, which consists of 74 sequences joined together into one continuous movement. All the movements are natural and graceful and gentle on the body.

Qigong is older than Tai chi and dates back more than 2000 years. We practise Five Animals Qigong, the Eight Exercises of Refinement as well as a stretching exercise called “Shen Jin Ba Gu” or stretch the ligaments, open the joints. All exercises can be adapted for sitting so people who have difficulty standing or walking are welcome.

Both Tai chi and Qigong are extremely beneficial to health. They develop the body’s “Qi” (pronounced “chi”), which translates as energy or life force. Practising Tai chi and qigong regularly improves your balance and posture, relaxes and calms the mind, increases strength and stamina, helps with co-ordination and mobility and improves the immune system. Above all they are very pleasurable to do!

If you want to find out more about Tai chi and Qigong and classes in Liskeard, Downderry, and Looe then please contact Kath Revell on 01579 340591, 07729 907056, email kafrevell@phonecoop.coop or find Ninja Granny on Facebook.

Liskerrett Community Cinema Presents

Tom Hanks, Mark Rylance and Alan Alda
in

Bridge of Spies

(2015) 142 minutes Certificate 12A

Directed by Steven Spielberg

During the Cold War, an American lawyer is recruited to defend an arrested Soviet spy in court, and then help the CIA facilitate an exchange of the spy for the Soviet captured U2 spy plane pilot, Francis Gary Powers.



Friday 2nd September
2:30pm and 7:30pm

Mark Ruffalo, Michael Keaton, Rachel McAdams
in

Spotlight

(2015) 128 minutes Certificate 15

Directed by Tom McCarthy

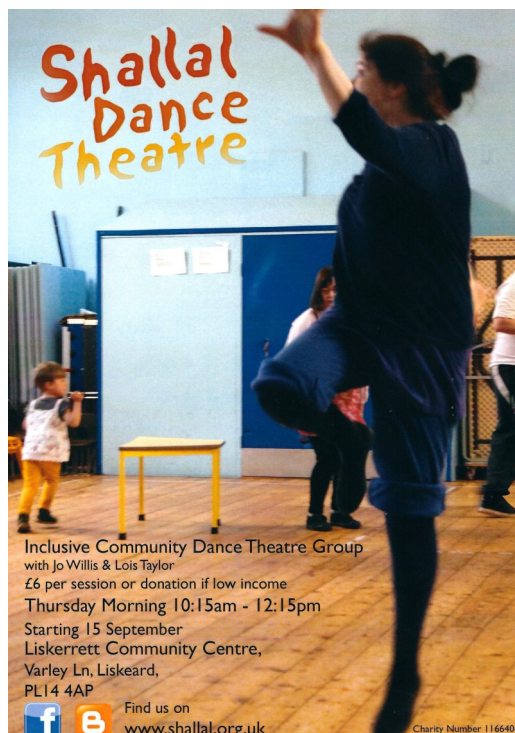
The riveting true story of the Pulitzer Prize winning Boston Globe investigation that would rock the city and cause a crisis in one of the world’s oldest and most trusted institutions, the Catholic Church.



Friday 7th October
2.30pm and 7.30pm

All welcome to either screening. Tickets available on the door Adults £4.00, Under 16s £3.00
Matinee screenings at 2.30pm include full subtitles
Both screenings offer disabled access and toilet facilities, induction loop and free entry for carers.

Shallal Dance Theatre
Inclusive Community Dance
Theatre Group
 With Jo Willis & Lois Taylor
 £6 per session or donation if low
 income
 Thursday Morning
 10:15am - 12:15
 Starting 15 September
 Liskerrett Community Centre
 Varley Lane
 Liskeard
 PL14 4AP
 Find us on
www.shallal.org.uk
 Registered Charity 1166404



LISKEARD
STORYTELLING
CAFE

7.30 P.M.
 FOURTH THURSDAY OF THE MONTH

THE HUB CAFE
 LISKERRETT CENTRE
 VARLEY LANE
 PL14 4AP

This month
Guest Teller
Jem Dick—
'The Dawn of Music'
 Thursday 22nd September
 7.30pm
 Café open from 5pm for
 pre-show meals.
 For further details contact
 Mike O'Connor
 Telephone 01841 540042

Other events in Liskeard this September

Friday 9th September

Talk on Loveday Hamblly - Quaker Saint and the eighteenth century persecution of the Quaker friends in Liskeard by Carole Vivien. Organised by Liskeard Old Cornwall Society
 Long Room, Liskeard Public Hall at 2.30pm. Entrance £1 includes refreshments.

Saturday 10th - Sunday 18th September

South East Cornwall Walking Festival

A week jam-packed with walks organised by Looe Tourist Centre. Phone 01503 262072

Friday 23rd - Sunday 25th September

Looe Music Festival

For three days Looe is transformed into the friendliest festival village you'll ever visit. An intimate and unique music festival pops up from nowhere to turn the beach, the harbour and streets into awesome, family-friendly music venues.

Tickets from Liskeard Information Centre or www.looemusic.co.uk/tickets

Sunday 25th September

The acclaimed London Adventist Chorale in concert featuring local choirs Levow Kesson, Liskerrett Male Voice Choir, Loveny Male Voice Choir and St Martin's Church Choir
 Liskeard Methodist Church, 6pm - Admission free, bucket collection at end.

Friday 30th September

3 Bags Full Wool Market at Liskeard Public Hall from 4pm - 8pm

Yummy Yarns, Fabulous Fibres and Wonderful Wearables. Music, tea and cake. Enjoy demonstrations and a children's craft corner

www.3bagsfull.org

**Remember; to find out more about events and
 activities in and around Liskeard, visit www.yourliskeard.co.uk**

**To advertise your own event contact Liskeard Town Information Centre (01579) 349148
 or email tourism@liskeard.gov.uk**

BELLYDANCE FOR BEGINNERS

New class starting Friday 9 September
Liskerrett Community Centre
7 -8 pm £5 per session
Age 18 +

Wear something comfortable that you can easily move in e.g: leggings and a top. Some people like to wear a scarf tied around their hips. It is usually dance bare-foot but you may wish to wear soft dance shoes or even socks !

For further information please contact
Amanda 07779616088
amanda@krpelectrical-ltd.com



Painting Class

*Enjoy painting in our friendly & creative
Art class. Group and 1:1 tuition in
Drawing, WaterColour, Pastels & Acrylics.*

Beginners & Improvers Welcome

Tuesdays

1 - 4pm Liskerrett Centre, Liskeard

6 - 8.30pm Painters Art Shop Studio

For term dates and costs please contact

jennieboniface@hotmail.com

FUNDRAISING

Thank you to Jill Ebert from the Next Step Stroke Club and her sister in law for the wonderful donations of clothes that she has given to us to help raise funds. We have set up an EBay account and are busy selling her items through the auction selling site.

Remember we also collect empty printer ink cartridges, old mobile phones and clothes for recycling. All donations help us to raise money for the Centre, so thank you for your support.

We shall also have a stall at St Matthews fair on Saturday 1st October.