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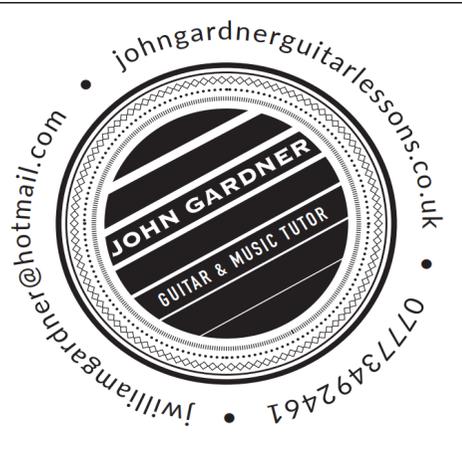
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**WEEKLY 'WHATS ON' IN
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MONDAY	Pilates 9.15 - 10.15 am
	Short Matt Bowls 1 - 4pm
	Ladies Taekwondo 7 - 8 pm
TUESDAY	Pre Schoolers Dance 10 - 11am
	Pickle Ball U3A 3 - 4.30 pm
	Brownies 6 - 7.30 pm
	Teens Craft Club 6 - 7.30 pm
WEDNESDAY	Playgroup 9.30 - 11.00 am
	Wheelchair Dancing 2 - 4pm
	Art Club 12 - 2 pm
	Gents Taekwondo 7 - 8 pm
THURSDAY	The Wright Way To Train
	Beginner Pilates 9.15- 10 am
	Pilates 5.30 - 6.30 pm
	Short Matt Bowls 7 - 10 pm
	Adults monthly Craft Club second Thursday of the month 7.30-9.30 pm
FRIDAY	The Wright Way to Train
	Legs, Bums and Tums 9.15 -10 am
	Badminton U3A 10.30-12 pm
	Taekwondo 5.30- 8.30pm
SATURDAY	Bell Dance Academy 9 am - 6.00 pm
SUNDAY	Rugby Tots 8 - 11 am

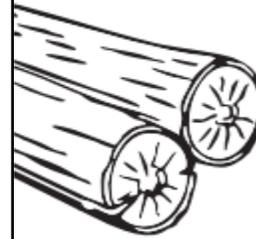
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Respiratory problems: *Asthma, coughs, sinus problems, allergies*

Female hormonal problems: *Menstrual and Menopausal pain pre-menstrual tension, night sweats, hot flushes, lack of concentration, irritability*

Circulatory problems: *high blood pressure, angina, shortness of breath*

Urinary conditions: *frequency of urine, incontinence, painful urination*

Psychological conditions: *stress, insomnia, depression, anxiety, tension, inability to relax, panic attacks, palpitations, headaches, migraines, dizziness*

Digestion: *abdominal pain and/or bloating constipation, diarrhoea, irritable bowel syndrome, stomach ulcers, haemorrhoids, tiredness, exhaustion, chronic fatigue syndrome.*

For a free consultation and advice please phone

Tel: 07570605746

Gavin Bennett BSc (Hons) Med Chem, PGCE, Dip. Acu,
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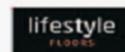


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ST NEWLYN EAST PARISH CHURCH

Regular Service: 9.30am Sunday

PRAYER CYCLE This month we will be praying for all those who live and work in the Cross, Nanhayes Row and Churchtown. If you wish your own prayer to be included, please write it down and put it in the locked donation box by the door.

PRAYER TREE The Prayer tree is always available near the books with a stock of 'leaves' on which to write your own personal prayer. Please feel free to come into the church at any time and add a prayer to the tree.

COFFEE MORNINGS The next coffee mornings in the church will be on Tuesday, 10 March and Tuesday, 23 March starting at 10am.

WESLEY HALL COFFEE MORNINGS We very much regret that the Thursday coffee mornings have had to be discontinued because there is a shortage of helpers.

WEDNESDAY LENT COURSE During Lent (up to Easter Day) there will be a study group meeting in the Pheasant over coffee looking at the Lord's prayer. It starts at 11am but please arrive a little earlier to get your coffee in good time. The first study session will be on Wednesday, 12 March and you can come along to as many as you like. This is not just for 'church' people but for anyone who would find it interesting.

LICENSING OF OUR NEW OVERSIGHT MINISTER On Monday, 29 March our new minister, Rev Chris Harrigan, will be licensed to serve the benefice of Towan Blystra (St Michael the Archangel Newquay, St Columb Minor, Colan and St Newlyn East) and the benefice of St Wenn and Withiel. The service will be at St Michael's in Newquay at 7pm and everyone is welcome. We have not had a priest appointed to our churches for some time and we are looking forward to working with Rev Chris. From June he will also have an assistant curate to help and that is another very positive development.

SECONDHAND BOOKS AND JIGSAWS There is a large and ever-changing stock of secondhand books in the church so if you enjoy reading, please come in to choose some books. They are on the shelves just to the left of the main door and there are some chairs placed there so you can sit comfortably to read a few pages. There is an increasing number of jigsaws too, so there is plenty to choose from.

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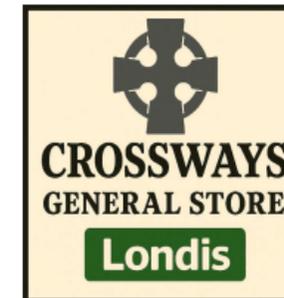
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Programme of events for March 2026 at the Good Companions

- 6th ~ St Pirans Day Cornish word bingo. Wear something black and white.
- 13th ~ An introduction to Penhaligon's Friends charity by Jane Yeomans.
- 20th ~ The primary school children visit followed by a show and tell - Bring anything that reminds you of better weather.
- 27th ~ Easter bonnet crafting with Jackie.

Meet up with friends, old or new, have a natter and enjoy a varied programme of speakers, activities, and musicians, plus, of course, an afternoon tea.

We meet every Friday afternoon from 2pm till 4pm in the Wesley Community Hall next to Crossways shop.

Sessions costs £3 plus a small donation for the raffle (a tin or packet is ideal). All entertainment and refreshments are included.

For more information contact Elli 07812 383486 or
Jane 01872 510601

ONE AND ALL CHRISTMAS PARTY AND FUNDRAISING

First of all , we would like to thank everyone involved in last years fundraising and party day, a great time was had by all!

This years fundraising has been planned and party day is booked, here is a list of dates for your diaries :

Sat 14th March Coffee Morning Oxnam Room 10am til 11.30ish

Fri 8th May Family friendly Bingo Evening Wesley Chapel

Sat 18th July Coffee Morning Oxnam Room

Sat 19th Sept Coffee Morning Oxnam Room

Fri 16th Oct Family friendly BIngo Evening Wesley Chapel

Sat 28th Nov Coffee Morning Oxnam Room

Sat 12th Dec Party Day

As always we welcome any help and donations, for the fundraising dates and Party day itself. Party day takes up to 20 volunteers of all ages to run smoothly, its always a great social day out !

Come and join us ! If you know someone of

retirement age living in our Parish please encourage them to come and have an afternoon out with us, they get a 3

course Christmas dinner with the usual trimmings, entertainment for an hour, and a goody bag to take home.

We also deliver meals to those who are unable to attend and offer lifts to and from the Village Hall as well.

Throughout the year there is a Friday afternoon group for the same age group offering tea ,cakes and entertainment in the Wesley Chapel. For more info please message

Bev McGrath 07815 526084

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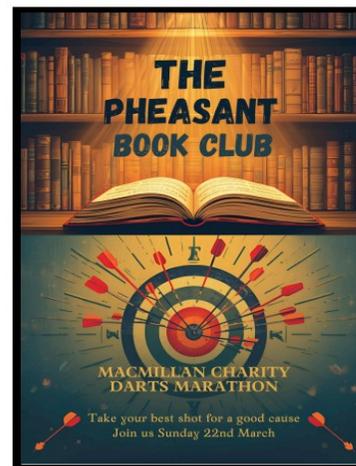
Wednesday nights @ The Pheasant

Join on Wednesdays throughout March for fun and games!

Wednesday 4th March: Pub Quiz
Wednesday 18th March: Pub Quiz
Wednesday 25th March: BINGO

Book Club

Join us on the 2nd Friday of the month
March Read : A Good Girl's Guide to Murder
by Holly Jackson.



Charity Darts Marathon - 22nd March

Take on the Macmillan Darts Marathon! Be part of the team playing for 12 hours - Open to all ages and abilities. Give it your best shot and raise funds to help men find the words to talk about cancer. More details to follow, please keep an eye on our Facebook page.

Long Lunches

Join us every Saturday as we celebrate loongoo boozy lunches. Book in for a set menu offering - We'll be cooking plates of shellfish doused in plenty of hot garlic and chilli butter with lashings of herbs for £35pp includes a glass of wine, chickpea fritters and fries.

May Bank Holiday

Early May bank holiday - 4th May: We're making plans, watch this space and keep your diary free!

Spring bank holiday 25th May: Sausage and cider festival

The Garden in March

Meteorological spring has officially begun, and 2026 has already experienced notable weather events, including winds reaching 100 mph, the wettest January on record, and reports indicating that, as of this writing, each day has seen rainfall.

It has been extremely difficult to work with the ground too wet for any planting or landscaping so we have been busy on new planting designs and garden renovations, undertaking hedge cutting and shrub pruning.

At Mitchell Fruit Garden we have been busy planning and buying seed and plants for the extended flower cutting garden, which we intend to open to the public this year. We have pruned all our 2500 raspberries, reduced the crowns on our early strawberries, undertaken the hedge maintenance before bird nesting season and annual pruning of the currants and gooseberries.

We are preparing for this year's shows and will be taking plants to the Cornwall Spring Show 28th & 29th March, Tregrehan Rare Plant sale 31st May and Royal Cornwall Show 4th to 6th June.

It is exciting to start my judging year, seeing colleagues after 5 months apart and learning about new species and developments within the industry.

Jobs For March



- Protect new shoots from slug and snail damage
- Sow hardy annuals
- Start to cut your lawn when it is dry but remember to cut it on the highest setting
- Carry out any necessary lawn maintenance, including straighten edges and repairing bare areas – see below
- Plant summer bulbs
- Lift and divide perennials
- Keep on top of any weeding, now is a great opportunity to get ahead
- Cut back to 15cm above the ground ornamental grasses, coloured stemmed dogwoods (Cornus) and willow (Salix) for vibrant new growth
- Top dress containers with fresh compost and a slow release fertilizer
- Remove *Helleborus* (Christmas Roses) leaves. They'll have regrown by the time they finish flowering
- Divide and/or plant snowdrops (in-the-green – as a growing plant)
- Dead head spring displays but ensure you allow daffodils 6 weeks before pruning off all the leaves
- Plant new trees & shrub and move existing plants that need relocating
- Keep plants protected, don't get caught out by a sudden cold snap
- Prune roses, wisteria, evergreen hedges and winter flowering shrubs that have finished flowering
- Clean your greenhouse ready for your early sowings and on warm days ventilate
- Prepare vegetable beds

- Plant shallots/onion sets/early potatoes and sow peas/broad beans/peppers/lettuce/carrots/radish etc
- Keep bird feeders topped

Lawn Care

Lawns require more maintenance than anything else in the garden. If you give them regular care it will maintain their vigour and help them look great.

Regular maintenance is the best approach! Mowing is one of the most important jobs. For the first mow of the season set your mower to its top height and gradually reduce to the required height but don't cut the lawn too short. It is a good idea to regularly vary the direction you cut so that ruts do not form.

Regular cutting will help prevent further weed growth and moss establishing. Mow little and often, weekly in the spring and twice weekly in the summer. Close mowing will weaken your grass and make it more susceptible to weeds, moss and drought but lawns left too long will suffer from weak growth.

Feeding; feeding the lawn will help maintain its vigour and prevent weeds/moss from establishing. Apply when the soil is moist or rain is expected (or water after your application) and ensure you apply it a few days after cutting and before your next cut. Use a spring fertiliser in late March early April and follow the manufacturers guidelines. Three to four feeds a year is normally about right.

Need Some Help? If it all sounds too much and you'd like some help with general maintenance, a garden makeover or advice then give us a call on **07888899012**.

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