

TORPOINT NEWSLETTER



September 2025

From The Mayor's Parlour



Welcome to this quarter's newsletter. This newsletter is produced as part of the Town Council's communications strategy which, in line with the LCAS (Local Council Award Scheme) good practices for local Councils requirements' and along with our social media presence, websites and press releases is designed to update and inform residents. It is delivered to 3,600 homes, including nursing homes and is also available online on the Torpoint Town Council website.

Highlights this month include: The Town Award winners who were honoured at the Civic Service in July, a reminiscing & fundraising event being organised by Cornerstone Church in September and a new pain café starting in September at Torpoint Library and Community Hub.

There is an update on the recent funding secured by the Town Team Project Board (TTPB), please take part in the public consultation, happening in September, regarding the proposed development at the lower end of Fore Street. If you are a local trader, please consider joining the TTPB and influencing the regeneration project.

I hope you find this newsletter useful, please provide any feedback to the Town Council, details are on the back cover.

Kind Regards

Councillor Julie Martin

Town Mayor

Scan QR to view
TTC website



A NEW PAIN CAFÉ AT THE TORPOINT
LIBRARY AND COMMUNITY HUB,
STARTING SEPTEMBER 25TH 4PM-6PM

**DO YOU LIVE WITH DAILY PAIN?
WOULD LIKE TO JOIN A
FRIENDLY SUPPORT GROUP,
THAT WILL HELP WITH
INFORMATION, MINDFULNESS
SESSIONS AND MUCH MORE?**



Contact us for more information
on, 01752 812215 or email,
torpoint.library@liscornwall.org.uk

DIARY DATES

SEPTEMBER

Monday 8th

FRIENDS OF THANCKES PARK AGM OPEN MEETING

All Welcome | Committee Room Torpoint
Council Chambers | 7pm
friendsoftp2018@gmail.com

Saturday 13th

SEWING MACHINE TUTORIAL SESSION – BRING YOUR OWN MACHINE

10am – 12 midday | Torpoint Library
and Community Hub.
chris.goodman@torpointtowncouncil.gov.uk

Sunday 14th

TORPOINT COMMUNITY CINEMA

1pm | Minecraft (Free entry & hot dog)
4pm | The Six Triple Eight (+ Afternoon Tea)
torpointcommunitycinema@gmail.com

Friday 19th

TORPOINT ARTISTS COLLECTIVE AT THE FRIENDSHIP CAFÉ

St James Church Hall | 11am – 1pm
lizzie@lizziehilton.com

Thursday 25th

TORPOINT ARTISTS COLLECTIVE “FIND A MURAL LOCATION” WALK

Meet outside the Torpoint Artists Collective
Shop, 61 Fore Street | 5pm – 6.30pm
lizzie@lizziehilton.com

Friday 26th

COMMUNITY FASHION SHOW – ACTION FOR CHILDREN

Torpoint Youth Club collaboration
Rachael.Ellis@actionforchildren.org.uk

Sunday 28th

TORPOINT ARTISTS COLLECTIVE SHOP DROP-IN

All Welcome | 61 Fore Street
10am – 3pm

TORPOINT STREET MARKET

Fore Street | 10am – 3pm
torpointmarkets@gmail.com

Sunday 28th

FREEDOM OF TORPOINT PARADE

HMS RALEIGH will exercise its right to the
Freedom of Torpoint | Starts 10.30am
Parade through the town.
Marching to the Ferry Lanes

OCTOBER

Thursday 23rd

REMEMBRANCE PARADE BRIEFING

Torpoint Comrades Club | 7.30pm
johntivnan15@outlook.com

Sunday 26th

TORPOINT STREET MARKET

Fore Street | 10am – 3pm
torpointmarkets@gmail.com

Monday 27th

FRIENDS OF THANCKES PARK – HALLOWEEN IN THE PARK

Bénodet Walled Garden | 10am – 12pm
friendsoftp2018@gmail.com

Thursday 30th

POPPY APPEAL CONCERT

Cornerstone Church
johntivnan15@outlook.com

NOVEMBER

Saturday 1st

BEAT4AUTISM – HALLOWEEN FASHION SHOW

St James Church Hall | 4 – 7pm
beat4autism@gmail.com

Sunday 2nd

TORPOINT COMMUNITY CINEMA

7pm | Frankenweenie
(Free entry and Free hot dog)
torpointcommunitycinema@gmail.com

Saturday 8th

BONFIRE NIGHT SCOUTS

Thanckes Park
Bonfire lighting | 6pm

Saturday 8th

CHRISTMAS NOT CHRISTMAS FAYRE

Council Chambers
friendsoftp2018@gmail.com

Sunday 9th

REMEMBRANCE SUNDAY

Tuesday 11th

ARMISTICE DAY

Saturday 22nd

LANTERN MAKING

Main Hall | Council Chambers | 10am - 3pm

Saturday 29th

CHRISTMAS LIGHTS SWITCH ON

Fore Street

TORPOINT SCOUTS CHRISTMAS CRAFT & GIFT FAYRE

Torpoint Council Chambers | 10am
jenny2ndtorpointscouts@gmail.com

Sunday 30th

TORPOINT STREET MARKET

Fore Street | 10am – 3pm
torpointmarkets@gmail.com

BEAT4AUTISM –

CHRISTMAS CRAFTERNOON

beat4autism@gmail.com

DECEMBER

Friday 5th

CAROL'S IN THE PARK

Bénodet Walled Garden | 6pm
torpointtownpartnership@gmail.com

Saturday 6th

CHRISTMAS IN THE PARK

Bénodet Walled Garden | 10am – 12pm
friendsoftp2018@gmail.com

RBL CHRISTMAS DINNER

johnktivnan15@outlook.com

Friday 12th - Sunday 14th

BEAT4AUTISM – MAGICAL CHRISTMAS GROTO

beat4autism@gmail.com

Sunday 14th

TORPOINT COMMUNITY CINEMA

3pm | Christmas Movie
torpointcommunitycinema@gmail.com

TORPOINT TOWN MAYOR'S CHRISTMAS SERVICE

details to follow.

FEBRUARY 2026

Saturday 14th

TORPOINT TOWN MAYOR'S CHARITY BALL

Council Chambers | 7pm
admin@torpointtowncouncil.gov.uk

MONTHLY

Third Thursday of each month

TORPOINT COUNCIL MEETING

Committee Room | 7pm

An open forum will precede the meeting.
Members of the public wishing to put a question to the council can do so, 24hrs prior to the start of the meeting, in writing to the clerk.

Last Sunday of each month

SUSTAINABLE SUNDAYS & REPAIR CAFÉ

Torpoint Library & Community Hub | 10am -1pm

Torpoint Environmental Action Repair Café

The Toolbox Team will be present for small repairs to household items & the Sewing Repair Team for any sewing repairs.

Fourth Wednesday of every month

TORPOINT & RAME U3A

Council Hall | 10am – Midday
u3asites.org.uk/torpoint-rame/groups

TORPOINT WI

St. James Church Hall | 7.30pm
babs_g_205@hotmail.com

Please note that dates are subject to change.
To add an event to this diary please email
admin@torpointtowncouncil.gov.uk

Civic Awards 2025



The community of Torpoint excelled themselves on Sunday 13th July with a fantastic turnout for the annual Civic Service and Parade.

Led by Torpoint Sea Cadets Band, Mayor of Torpoint Councillor Julie Martin and consort Andy Martin were accompanied by Deputy Mayor Councillor Mrs Chris Goodman and consort Mr Chris Goodman.

Dignitaries attending included the Commanding Officer Captain Jane Roe from HMS RALEIGH and Anna Gelderd MP. The Lord Mayor of Plymouth Councillor Kathy Watkin accompanied by Alderman Dr John Mahony.

Also, visiting Mayors from St Austell and Liskeard and Deputy Mayors of Saltash, Bodmin and Launceston. Chairman of Cornwall Council Councillor Rob Nolan and Moyra Nolan, Honorary Freeman of

Torpoint Mike Pearn MBE and Honorary Burgess John Crago were supported by Torpoint Town Councillors, the Torpoint Town Crier, plus Cornwall Councillors Kate Ewert and Rob Parsonage.

Additionally, former Town Mayors attended and paraded to the Church.

The Reverend Jo Northey, the Mayor's Chaplain led the Service at St. James Church, with beautiful performances from Torpoint Sea Cadets Corps of Drums and the Coppola School of Performing Arts.

The Civic Awards 2024 – 2025 were chosen by Councillor Gary Davis who asked the Torpoint Town Mayor to present all of the awards.



Outstanding Achievement Award

"2024 was an impressive year for Torpoint Sea Cadets, it was a year of exceptional success.

In April at the National Drill Competition at HMS Raleigh, they were crowned Continuity Drill Display Winners, with trophy and medals presented by HRH Princess Anne.

In July they triumphed again, winning the Southwest Area Band contest, which earned them a place at the National Sea Cadet Band Contest in Greenwich last September.

There, they delivered an extraordinary performance, bringing home a near clean sweep of awards:

- Best Overall Band
- Best Dressed Band
- Best Corps of Drums
- Best Drum Major
- Best Marching Display ▪ Best Musical Display
- Petty Officer Cadet Will Wooller won Best Musician for the 'Best Original Composition'

With over 60 cadets from 10 to 18 and over 20 volunteers, TS Ramehead is continuing to put Torpoint on the map, delivering incredible experiences for the young people in our town."



Youth Achievement Award

"This year's Youth Achievement Award goes to a young person whose quiet determination and vibrant community spirit have inspired so many of us.

Sam has dedicated over seven years, and he is only 15, to the Friends of Thanckes Park, showing an unwavering commitment to both the environment and local community.

His reliability, energy, and kindness shine through in everything he does, from litter picking and planting flowers to supporting events from start to finish. Sam's courage, especially in overcoming communication challenges and stepping forward to join committees and the Scouts, speaks volumes.

He is a true role model, and a shining example of what young people can achieve when given the opportunity to make a difference. This year's Youth Achievement Award goes to Sam Farndale."

Civic Awards 2025 (cont.)



Persons of Courage

"The Persons of Courage Award this year goes to Justin and Amanda Carney, whose strength in the face of unimaginable loss has deeply moved our community.

Following the tragic passing of their son, Kyran, in a road traffic accident on the A374 in October 2022, they chose not to retreat from the town, but to bring it together.

Kyran, a child of Torpoint, grew up amongst us, played football for Torpoint Athletic Youth, and joined the Royal Navy, completing his training here at HMS Raleigh in the town he loved.

In his memory, Justin and Amanda have united us through two powerful community events, first in 2023 and again this year, raising over £15,000 for local causes and Royal Naval charities.

Their courage has turned grief into hope, and their actions have ensured Kyran's legacy continues to shine as a source of strength, pride, and unity for Torpoint."



Citizen of the Year

"The 2025 Citizen of the Year Award goes to Jeremy Lock, a true pillar of Torpoint whose selfless dedication and exceptional talents have elevated countless community events.

A professional sound engineer in television, Jeremy brings his expertise, passion, and infectious enthusiasm to local schools, festivals, parades, and the annual Christmas Lights switch-on.

Whether it's the magic of the Torpoint Fest or a heartfelt school production, Jeremy's work behind the scenes ensures every moment shines. He volunteers his time tirelessly, supporting organisations from Friends of Thanckes Park to the Coppola School of Performing Arts, always with patience, kindness, and a helping hand.

His impact is immeasurable, his spirit unmistakable, and his contribution to our town simply extraordinary.

If he is not supporting behind the scenes with sound and stage, you will see him as a volunteer road marshal supporting road closures for our parades.

Jeremy, you embody what it means to be a citizen of the year and we thank you wholeheartedly."



Organisation of the Year

"The Organisation of the Year Award goes to The Coppola School of Performing Arts, a cornerstone of creativity and opportunity in Torpoint.

Originally founded 50 years ago by, Carol Lamb, and now for 20 years led with passion and vision by her daughter Kelly-Jane Brown, the school has trained hundreds of young people in ballet, tap, jazz, musical theatre, singing, and acrobatic arts.

Their annual showcases and large-scale productions, including last year's dazzling "Out of This World" dance show and this year's spectacular staging of Disney Junior's "Moana" have lit up our Town Hall and given amazing memories and experiences to performers and audiences hearts.

Beyond the stage, The Coppola School's generosity shines through their fundraising efforts, which have raised thousands for local causes and charities, including Sarcoma UK through Rohan Brown's London Marathon.

Whether performing at carnivals, Christmas lights, or community events, The Coppola School brings joy, talent, and togetherness to our town and we are proud to celebrate their outstanding contribution."

Torpoint Library & Community Hub

Weekly Activities

Everyone is Welcome at the Torpoint Library and Community Hub! We have lots of different people that offer all kinds of help and support at the library. Pop in for a chat or phone us.

MONDAY

Quiet Library / Café

Torpoint Chapter book club

11am – 12noon (1st Mon of month)

FRIDAY

Quiet Library/Café

Arts Club

10am - 12pm (weekly)

TUESDAY

Social Prescriber

(appointments by Dr Referral)

Armed Forces Support

10am – 12pm (2nd Tue of month)

Awenek Art for wellbeing

Term time only | 10 – 12noon (weekly)

Lego Club | 3.30 – 4.45pm (weekly)

SATURDAY & SUNDAY

Saturday Opening | 10am – 12pm

Sustainable Sundays and Repair Cafe

10am - 2pm (Last Sunday of the month)

IT and Printing

Full access to our printing services and computers.

Help and Support

We offer a daily support service for money, health and general advice. If you are struggling come and see us or alternatively call – Cornwall Gateway helpline on 01872 266383 (8am – 8pm, 7 days)

Or just pop in for a chat and piece of Home-Made Cake!

WEDNESDAY

Rhyme Time | 10am – 11am (weekly)

Council Tax & Housing Benefit Support

10am – 12pm (weekly)

Friendship & Musical Memory's

Singing Group | 1pm – 3pm (weekly)

Police Drop-in

1st Weds of Month (11am)

THURSDAY

Advice & Info | 10am – 12.30pm

(Weekly Drop-in)

Craft Group | 1 – 4pm (Drop in)

Battling on: Veterans support

10am – 12pm (3rd Thu of month)

Pain Café | 4 – 6pm (Last Thu of month)

Must be booked with Library staff



Library opening times

Monday – Friday | 9.15am – 4.30pm

T | 01752 812215

E | Torpoint.library@liscornwall.org.uk

Or find us on Facebook and Instagram!

Help us celebrate creativity and share what's happening in Torpoint by joining the TAC mailing list and completing our survey!

Who are we?

TAC CIC (Torpoint Arts Collective) started as a small group of local artists and makers, brought together by a shared passion for creativity. What began as casual chats and collaborative ideas has grown into a new social enterprise focused on shaping a more vibrant, connected and inspiring town through the arts.

Join our mailing list and follow us on instagram to find out about upcoming events and activities to help shape a strategy for arts and culture in Torpoint.

Complete our survey to have your say on the future of arts and creativity in Torpoint. Whether you're an artist, resident, business owner or just someone who cares about the town's future, we'd love to hear from you.

You'll see us renovating 61 Fore Street this Summer, as a new creative hub and come say hello at the Torpoint Street Market over the next few months.



ARTS SURVEY



MAILING LIST

TORPOINT COMMUNITY CRAFT CLUB

COME ALONG AND MEET OTHER CRAFTERS.
BRING ALONG YOUR OWN PROJECT
OR TRY SOMETHING NEW*



£4

**1ST AND 3RD
WEDNESDAY OF
THE MONTH
19.00 - 21.00**

STJAMES' CHURCH HALL

**FIND US ON FACEBOOK OR
CALL/TEXT CHARLEY 01874 883 041**

*SMALL CHARGE FOR MATERIALS MAY APPLY

TORPOINT PLAYTOTS For Babies and Pre-School Children



EVERY THURSDAY

(Term Time)

9.30 - 11.30 AM

**TORPOINT COUNCIL
CHAMBERS**

£3 per session

(to include snacks and drink)

Come join the fun!

Re-Ramped – A New Skatepark for the Town



Torpoint is at the start of something exciting - after months of planning, listening and working together, Torpoint Town Council is pleased to confirm that the new skatepark project is moving ahead, with a tender to find the right design and build team launching very soon. It's a fantastic opportunity for a project that has been powered by the community.

Over the past year, the Torpoint Ramps Forum (TRF) has been out in the community gathering ideas and energy for what this new facility could be.

From regular pop-up stalls at the Sunday markets, building their social media following, surveying over 180 residents and a popular skatepark social back in June - the aim has been simple to put the town on the map while listening to the wants and needs of those that will use a new skatepark.

Our Instagram and Facebook pages have offered regular updates, photos and event announcements, helping keep momentum for the project - thanks for following us!

At every stage, the message from local

people has been clear - the town needs a modern, safe and exciting place for wheeled sports that can stand proudly alongside the best in the region.

The community survey revealed the passion behind this project.

One young skater told us,

"The current skatepark is not usable or safe... a smooth surface and more ramps would make a huge difference."

A parent explained,

"It keeps the children off the streets, gives them somewhere to go, and helps put Torpoint on the map."

Others spoke about the positive impact on wellbeing: "It's one of the few places young people can feel a sense of achievement, build friendships and improve their mental health."

We don't have to look far to see how successful this kind of project can be - Millbrook Skatepark project showed what's possible when a community pulls together. In 2022, they launched a crowdfunding campaign, eventually unlocking almost £300,000 in total funding.

That funding turned into a beautiful new concrete skatepark that opened in Spring 2024 - one that is now buzzing with life, attracting visitors from across Cornwall and beyond. Millbrook's success proves that the combination of ambition, planning and grassroots support really can deliver something special.

For Torpoint, the work continues.

The tender process will soon bring in specialist designers to help shape our vision, but the community's role is far from over. TRF and the Town Council will keep involving residents, young people and local groups in shaping the details of the design so the finished park truly reflects our needs.

While that's happening, we're making sure the excitement doesn't fade. Three free skatepark trips for young people are being

planned for the coming months, giving a chance to visit other parks, try new ideas and bring fresh inspiration back to Torpoint.

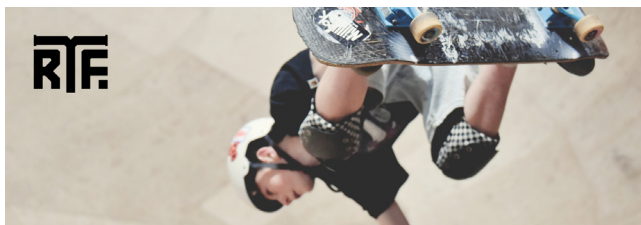
Our Sunday Street Market market stall will also continue to be a place where people can come and chat, get the latest updates and find ways to get more involved.

The vision for the new skatepark is about more than concrete ramps, it's about creating a space that brings people together - somewhere safe, inclusive and full of life.

It's about boosting the health, wellbeing and confidence of young people while also creating a family-friendly hub that benefits the whole town. And, just like Millbrook, it has the potential to attract visitors, support local businesses and put Torpoint on the map for all the right reasons.

If you'd like to be part of this journey, we'd love to hear from you. Come and see us at the Sunday market, follow Torpoint Ramps Forum on Instagram and Facebook, or drop us an email at torpointrampsforum@gmail.com.

This is our chance to create something special for the town and with your help, we can make it a place that generations will enjoy.



**GET INVOLVED AND HELP MAKE
TORPOINT A NEW SKATEPARK**

sign up to our mailing list
and follow us on socials

@torpointrampsforum



Update on Funding

Having secured £235,263 of funding from the UK Government through the UK Shared Prosperity Fund, Torpoint Town Team Project Board commissioned Clifton Emery Design to complete a detailed design of the Community Hub and the Community Square, at the lower end of Fore Street, at the location of the old police station, Hooper Street, plus the space below the current location of the library.

The detailed design of these two spaces will be in-keeping with the designs that came from the already completed Masterplan and Feasibility study and consulted upon across Torpoint.

The aim is to achieve the submission of an outline planning permission with Cornwall Council and a completed detailed design on the sites by the end of December 2025.

Torpoint Town Project Board will be making the design team available for questions from members of the public at Torpoint Library and Community Hub on Thursday 11th September 2025, from 4.00pm – 8.00pm. There will also be an online consultation and feedback site should you wish to use it.

Torpoint Town Project Board has commenced discussions with a number of developers who have shown interest in the delivery of the site and will continue to do so as the designs become more detailed.

The Torpoint Town Project Board will also be submitting an outline planning application for a community Town Square.

The architects and design team will be available to take your ideas for this space.

Torpoint Town Councillor Gary Davis, Chair of the Town Team Project Board said, "This is a pivotal moment for Torpoint. With the support of the UK Shared Prosperity Fund, we are moving from vision to reality - transforming the former police station site into a vibrant Community Hub and Town Square that will serve generations to come. These designs reflect years of consultation, ambition, and collaboration.

I encourage everyone to engage with the design team and help shape a space that truly reflects the spirit and future of our town."

For further information, please contact the Town Clerk at Torpoint Town Council via email: clerk@torpointtowncouncil.gov.uk or telephone 01752 814165.



Artist's impression of the location at the bottom end of town.



Location at the bottom end of Lower Fore Street

Scan QR to
view site





Funded by
UK Government

Public Consultation



Having secured £235,263 of funding from the UK Government through the UK Shared Prosperity Fund, Torpoint Town Team Project Board commissioned Clifton Emery Design to complete a detailed design of the Community Hub and the Community Square, at the lower end of Fore Street, at the location of the old police station, Hooper Street, plus the space below the current location of the library. The detailed design of these two spaces will be in-keeping with the designs that came from the already completed Masterplan and Feasibility study and consulted upon across Torpoint.

The aim is to achieve the submission of an outline planning permission with Cornwall Council and a completed detailed design on the sites by the end of December 2025.

Please see the link to the online consultation and feedback site:

<https://app.gocollaborate.co.uk/cornwall/torpoint-town-project/>

Torpoint Town Project Board will be making the design team available for questions from members of the public at Torpoint Library and Community Hub on:

Thursday 11th September 2025 form 4.00pm - 8.00pm

If you have any questions about the consultation or for further information, please email clerk@torpointtowncouncil.gov.uk

The consultation opens on Thursday 4th September ending on Monday 15th September 2025 at midday.



Funded by
UK Government



Funding secured to support events and activities

Torpoint Town Council has secured £37,600 of additional funding from the UK Government through the UK Shared Prosperity Fund.

The funding was allocated from Cornwall Council's Community Levelling Up Programme, which is part of the Cornwall and Isles of Scilly Good Growth Programme. The funding was bid for and won to create a programme of activity to support events that benefit the local community, all ages and for all needs.

The Town Council is developing a year-round programme of events and activities aimed at increasing visitor numbers and providing inclusive benefits for the local community.

This initiative is supported by various small community groups and focuses on boosting income, creating jobs, and fostering a more sustainable local economy. However, growth is currently limited by inadequate facilities.

By using Community Levelling Up funding, the Town Council has created a project which targets five key locations, each with specific needs, and aims to enhance and repurpose these spaces to support the expanding events programme. Training new volunteers and purchasing affordable mobile equipment to ensure the sustainability of events is included in the project.

The mobile equipment will include a hearing loop, PA system, mobile lighting and a generator. Also, storage for two sports wheelchairs at Thanckes Park tennis courts, whilst wi-fi hotspots will be created with two solar-powered benches, one for Bénodet Park and the second will be located outside the Community Hub and Library.

Permissions are being sought for improvements at Thanckes Park, including the provision of water as well as purchasing temporary vehicle safety grids to enable

better access to the flat area and temporary staging. The sound hut at Bénodet Park will be replaced, moved to a better location, again supporting future events. Whilst ensuring the heritage is maintained, the funding will support improvements on Fore Street to lighting and bunting securing points.

Additionally, the Town Council has invested £20,000 in marketing Torpoint as a destination. Through a collaboration with Plymouth University students a place-based narrative and a dedicated town website, Torpoint Visitor website has been developed with Town Accelerator Funding secured from Cornwall Council.

Torpoint Town Mayor Councillor Julie Martin said, "Securing this funding is fantastic news for Torpoint, often referred to as the 'Forgotten Corner' of Cornwall.

The funding will enable the town council to develop existing infrastructure at key locations in the town, future-proofing events and activities, for all ages, providing inclusivity as well as enabling well-being and mental health opportunities. As a town that prides itself on organising community events and activities I look forward to seeing the improved outcomes the funding will provide.

For further information, please contact the Town Clerk at Torpoint Town Council clerk@torpointtowncouncil.gov.uk or call 01752 814165.



Funded by
UK Government



Council of the
ISLES OF SCILLY



VJ 80 Day

On Friday 15th August 2025 Torpoint veterans gathered in Sparrow Park to remember 80 years from the true end of World War II.

The event, organised by the local branch of the Royal British Legion and supported by the Armed Forces & Veterans Breakfast Club, was split into two parts.

The VJ Day 80 programme of events for Torpoint concluded in Rendel Park, where there was a performance from Plymouth Maritime Corps of Drums, followed by laying down of the drums for a Drumhead Service upon which both the Branch Standard and Union Flag were laid.

During the service a Declaration was read by Torpoint Town Mayor Councillor Julie Martin followed by the Blessing by the Official Chaplain to the RBL Branch here in Torpoint and The Rame Peninsula, Fr. Michael Brown.



70 over 70s CHRISTMAS LUNCH

*For 70 residents aged 70 and over
first come first served, to register for a free ticket
RSVP to 01752 814165 from Monday 29 September*

SUNDAY 7TH DECEMBER

12:30pm
Torpoint Council Chambers

TORPOINT HAS A NEW VISITOR WEBSITE!

To add your upcoming events or activities to the website, please email admin@torpointtowncouncil.gov.uk

Scan QR to
view site



<https://visit-torpoint.com/>

VisitTorpoint

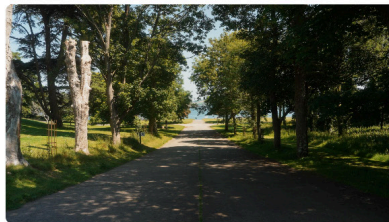
Torpoint and the Rame Peninsula

Discover the charm of Torpoint and the Rame Peninsula, Cornwall's hidden gem. Think quiet beaches, winding coastal paths, cosy villages, and grand historic estates. Whether you're after sea views, woodland wanders, or a proper Cornish pasty by the water, this laid-back corner is ready to surprise you.



Dip into hidden gems by the water

Discover secret coves, scenic walks and local hangouts just minutes from the ferry. There's more to see than you think in Cornwall's 'forgotten corner'.



Explore the parks and open spaces

Breathe in fresh air at lush parks, riverside trails, and peaceful gardens. Perfect for a picnic, a stroll, or a moment to just soak it all in.

An Update from Torpoint Diverse Advisory Panel

A big thank you for all of your responses on the recent survey regarding the town's playparks, these responses have helped us to shape how we will proceed with the accessible play park equipment project. Please keep a look out for updates!

Great news – during our recent accessibility audit DAP identified the need for a mobile hearing loop, this has now been purchased and is available for community use, if you would like more details on how to make use of this equipment please contact the Town Council.

Please also see the useful links regarding Cornwall Council disabled parking information and Tamar Crossings mobility scheme.

If you are interested in joining the Torpoint Diverse Advisory Panel and / or helping to make the Town more accessible for all please contact admin@torpointtowncouncil.gov.uk or phone 01752 814165.



Scan QR to view Cornwall Council's disabled parking scheme



Scan QR to view Tamar crossings mobility scheme.

CORNERSTONE CHURCH

Sat.20th Sept

9.30 to 4 p.m.

We are holding a

Gift Day and Reminiscing Day.

There will be a display of
photo's from bygone days.
Will your photo be there?

**We are trying to raise money for
repairs and if you are able to help
with a donation for the Gift Day
that would be greatly appreciated.**

It will show Grant making Trusts
that the town is behind us in
wanting to save the
building and be a great help.



**Tea & Coffee
Available plus
Bacon Baps from
12 noon**



What's the fuss?

Menopause only lasts one day!

That's actually a fact. The word describes the day which marks one year since a woman's last menstrual period. The time leading up to this is called Peri Menopause and the time after is Post Menopause. The Menopause is just one day!

That said, during this time of life women can suffer many of up to 34 symptoms and it can be a really rough time for some and an absolute breeze for others.

The symptoms can be both physical and mental and it's important that everyone around Her (home, work and socially) understand how this affects her daily life and can support her in some way.

The big question is, how do you cope with this and have the time of your life? There are lots of ways to help improve and reduce symptoms including natural remedies, HRT and diet, exercise and lifestyle changes

- Supplements. Particularly Vitamin D, B12, Magnesium and Iron as these can be really beneficial during menopause. These can be great for some and may alleviate symptoms but make sure you do your research as this is a big money making industry
- HRT. Replacing the hormones lost during menopause can help ease symptoms and also protect women against certain health issues including heart disease. HRT isn't suitable for everyone so it's important to have a conversation with your GP or specialist
- Lifestyle changes. You can make small changes to your daily routines to help you. For example, better bedtime routines can improve sleep quality
- Healthy Diet . Eating a balanced, nutrient rich diet can have a huge impact. Increasing lean protein is a must as women loose muscle once they are over 40
- Regular exercise. Shorter, regular exercise sessions are recommended which should include resistance training

Torpoint Menopause Support Group meets on the first Tuesday of every month at the Library and it's FREE.

Come along to the informal session, chat, share and get support. Join the Facebook group for further details -text for the link

Sarah Webber
07812 747 541
Sarahvanders@hotmail.com



The Torpoint Compassionate café

offers a friendly space for people to gain support who are bereaved/living with loss, a Terminal or life limiting illness or long term health condition and carers.



**MEETS EVERY 1st AND 3rd MONDAY OF THE
MONTH AT THE TORPOINT MOSQUITO SAILING
CLUB between 12.30-14.00**

(No need to be a member or to book) Email Torpoint Com-
passionatecafé@gmail.com face-
book@Torpointcompassionate café

Free Refreshments provided



Torpoint & Rame Peninsula Lions News

The Torpoint and Rame Peninsula Lions annual Summer Fair was described as a 'roaring success' with superb entertainment and many stalls.

The Fair was held at Torpoint Football Club.

The Lions would like to thank everyone who helped make this event possible. Live entertainment was provided by the Torpoint Silver Band, The Coppola School of Performing Arts, Torpoint Ukulele group and Halfway Harmony.

Demonstrations were also provided by the Karate Club, the Boxing Club and the local Fire Brigade. There were many activities such as shooting, archery and a bouncy castle.

Many local charities and businesses had stalls and many have already expressed an interest in coming again next year.

Torpoint and Rame Peninsula Lions have a stock of over 50 wheelchairs which they loan out for people to use the across the Torpoint and Rame area.

The free of charge scheme loans out wheelchairs for up to four months for hospital visits, medical or care needs (for non-specialised use only), for holidays, for day trips, for visiting relatives, etc.

The charity does not have any electric wheelchairs. All that is requested is that an affordable donation is made to the charity for the use of them.

For enquiries about the wheelchair loan scheme please contact Lion Graham Evans on 07427 614179.



Join the Town Team Project Board

Help Shape the Future of Fore Street!

Are you a trader in Fore Street?

We're inviting one passionate town centre trader to join the Torpoint Town Team Project Board—a dynamic group guiding the redevelopment of Lower Fore Street.

This is your chance to:

- Influence the regeneration of our town centre
- Represent the voice of local businesses
- Help bring the vision for a vibrant, thriving Torpoint to life

The Board's mission:

Steer and support the revitalisation of Lower Fore Street, ensuring it reflects the needs and aspirations of our community and traders.

Who we're looking for:

A proactive, community-minded trader who's ready to contribute ideas, share insights, and collaborate on shaping the future of Torpoint

Interested?

Please email your expression of interest to admin@torpointtowncouncil.gov.uk, call 01752 814165 or drop into the Torpoint Town Council Offices – 1-3 Buller Road.

Let's build a better Fore Street together!



We are a non profit organisation. Our films are FREE to view but we would be grateful if you could donate towards the costs of screening and license fees.

PACKAGES

Refreshments | £5

Afternoon tea | £8

(Payable in advance)

We would love you to come and join us at the Community Cinema, our next movies are:

<i>14th Sep</i>	1pm	Minecraft + free hotdog
	4pm	The Six Triple Eight (Afternoon tea available)
<i>1st Nov</i>	7pm	Frankenweenie + free hotdog (Refreshment Package available)
<i>14th Dec</i>	3pm	Christmas Movie + Free Refreshment Package

If you would like to join our mailing list please email us.

We can then provide you with up-to-date information on our screenings and you can suggest films for us to show.

For more info: T | 07870453641 E | torpointcommunitycinema@gmail.com

Torpoint Town Council welcomes any feedback on the content and frequency of their newsletters. Please write your comments below and return to 1-3 Buller Road, Torpoint PL11 2LD, or email admin@torpointtowncouncil.gov.uk.