

Supporting a Healthy Community on Treneere



BTCV is a charity registered in England (261009) and in Scotland (SC039302)

Yap and Yarn

Come and join in with the new Treneere residents' group, **Yap and Yarn**. We meet every Wednesday at the Col-Coombe Centre at 1.00pm. Wool and needles are supplied in the first instance; you can bring your own project or just come for tea, biscuits and a chat. The group is very informal and friendly, just turn up and **yap and yarn**. All are welcome.



Lose the Tum

Would you like to lose some weight or get a bit fitter? Come and join us for the **FREE Shape Up** programme running on Monday evenings at the Lescudjack Centre from 7.15pm, followed by optional exercises. If you would prefer one-to-one support, in the privacy of your own home, we can also run sessions tailor-made for you. To book or arrange individual support call Michelle on 01736 874750 or 07825 056581



Your local Health Trainer

Need someone to chat to?
Could do with some practical support on personal or family issues, as well as health?

Would like to take a few small steps in a different direction?

Come and have a chat with your Treneere Health Trainer, Michelle Nicholson—either drop in to the Neighbourhood Office or call her on 01736 874750 or 07825 056581.



Make a date with your wild side



Come and join BTCV Nature Walks and discover your wild side. We meet at the Neighbourhood Office (next to the chip shop) on the second and fourth Tuesday of the month. The second Tuesday is a local walk and lasts 1.5 hours starting at 10.30pm and on the fourth Tuesday we go further afield on an all-day trip (times vary); free transport and refreshments are provided (you need to book for the all-day trips) — see timetable below. To book call Sarah on 01209 610600.

Tuesday 10th February: local walk

Tuesday 24th February: **Camel Trail**

Tuesday 10th March: local walk

Tuesday 24th March: **Chûn Castle**

Tuesday 14th April: local walk

Tuesday 28th April: **Mullion**