



St Erme & Trispen

COMMUNITY CONNECTIONS

“NANSOW KESKELLYANS”



Put together by St Erme
Health and Well-being
Working Group



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Community Connections- “Nansow Keskellyans”

If you are reading this, it is perhaps because you are new to the Village, or you have lived here for many years, want to get more involved or learn more about your community. There is a lot on offer in our community, village life is not designed for isolationism but getting involved and meeting your neighbours and looking out for one another! And St Erme certainly tries its best at that!

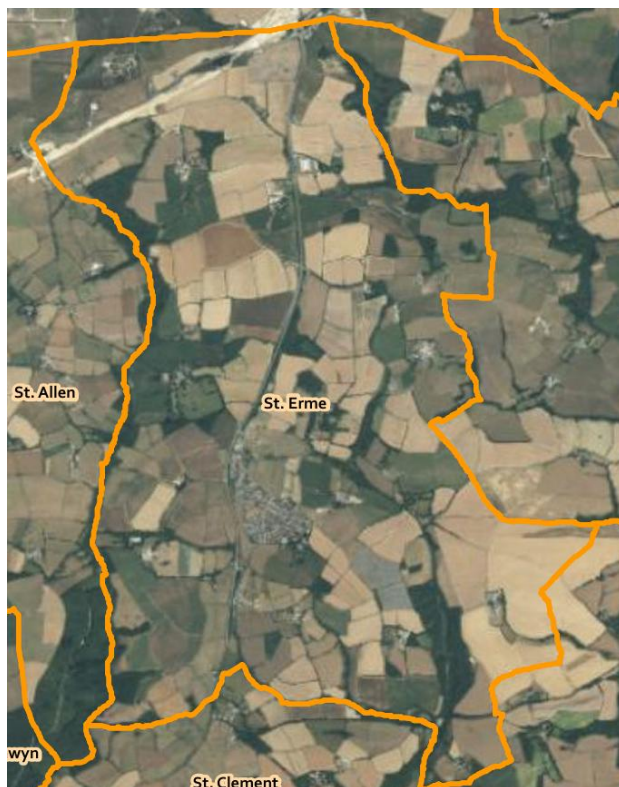
There is a Village Shop, Church, Community Centre, Village Hall, an annual Fun Day event, an annual Horticultural Show, Cricket Club, Silver Circle Group, Primary School, Methodist Church, Community Enhancement Group, Community Larder, and Community Garden.

As you can see this is a very active community with many groups and things to do. Get in touch if you are interested in starting something new in your community.

This booklet has been produced by St Erme Parish Council's Health & Wellbeing Working Group. This was following a meeting with existing groups and a survey delivered to the Parish on what we already have and what is lacking in our community in terms of Health & Wellbeing. You can read more about what this survey said later.

One point which was raised and agreed upon was the reliance on and importance of volunteers in ensuring the longevity and continuation of these groups for the benefit of residents' wellbeing. This booklet we hope as well as providing a welcome to our community will incentivise you to get involved not just for the benefit and wellbeing of others but the wellbeing for yourself as well! We will be going over in more detail the benefits of volunteering later.

Please look at the groups, activities, and volunteering opportunities on offer in our community.



Why Volunteer?

Volunteering is key to local community groups and activities; without volunteers most would not happen. Community is only as good as the work we collectively put into it and without community the potential of a healthy wellbeing for everyone is stunted. Spending an hour of your time can make a huge difference for the community and you. The benefits of volunteering on the wellbeing of you and others are endless.

- **You don't have to spend time at committee meetings**
- **You don't have to commit to regular work – do what you can, what you feel like doing**
- **You don't have to do physical work**

You can.....

**Have
fun!**

And.....



Breakdown of the 2024 Survey

The Survey Said ...

In Autumn 2024 we sent a survey to all households in St Erme; we wanted to know what you thought would help you and your family improve their health and wellbeing.

What We Learned:

Most respondents knew what groups and activities are available.

People appreciate what is available and the work of the volunteers involved.

There is demand for more; there are gaps in provision.

What respondents would like for St Erme:

- Walking group
- Toddler/parent group
- Youth group
- Social facilities – cafe, pub, social club
- Art and music groups
- General fitness groups
- Family Hub – guidance, advice, general meet up
- Local access to health care (vaccinations, blood pressure checks etc)
- Local access to CAB (advice including housing, finance etc)

Breakdown of the 2024 Survey

General Comments:

Too much reliance on technology to apply for benefits, contact health and other services, find out what is available etc.

Difficulty for some to access Truro Health Park, including parking. Need for easier, local access to healthcare – hospital, GP, dentist, podiatrist.

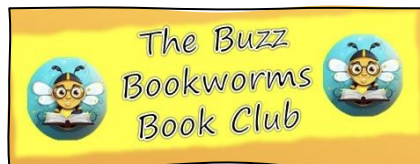
Moving Forward:

We are working to increase what is available in St Erme.

Funding is being sought to set-up and try new groups and activities.

We are working to ensure that the community knows what is available, when, and where.

We are promoting opportunities for volunteering.



Buzz Bookworms Book Club

Buzz Bookworms is for anyone over 18 who is interested in reading books, talking about books and anything to do with books! It is a private group and for over 18s only, as we meet up at club members' own homes. The group generally starts off with general chit-chat before we go on to talk about books!

Buzz was set up in 2024 as an off shoot from Buzz: the community café but has become a group in its own right now, as there is nothing else like it in the village(s).

We meet once a month at various book club members' homes, in either St. Erme or Trispen. We usually start at 6.30pm and try to meet up on a Tuesday. We also have a book club HQ where we meet up sometimes, with its own small library/book swap corner!

Everybody over 18 is welcome to join this private group. Please contact us to join the group or join through the Facebook page.



Please contact:

Lynn Chapman. 07968 710966 lynn@madcowhouse.co.uk
QR code link to the Facebook page





Buzz: the free Community Café

Buzz is a small community café offering company, a warm space, free refreshments, newspapers, magazines and board games. It is based in the heart of the two villages of St. Erme and Trispen.

Buzz was set up in 2022 to create a welcoming space with the overarching aim that everything is free.

We meet every Friday morning from 9.15am to 12.15pm, in the Trispen Chapel Sunday School Room.

Everybody is welcome to come along, babies, children and adults. We look forward to welcoming you all!

Lynn Chapman.

07968 710966

lynn@madcowhouse.co.uk

QR code link to the Facebook page



If you would like to help out in any way; chatting to people, making cuppas, washing up etc please contact Lynn or pop along one Friday morning!



Buzz: the free Community Cafe





St Erme & Trispen Fun Day Committee

What We Do?

We are Volunteers who organise a three-day Village Fete in July to provide a platform for local groups and charities to raise money for themselves as well as providing an affordable day out. We are also the group which oversees the bi-monthly Village Magazine- St Erme Parish Post.

Short History:

Established in 1998 by a committee of village organisation representatives; in just under 30 years, we have helped raise over £70,000 for village groups and charities.

As part of our event, we have organised dog shows, farmers challenges, games, live music as well as the traditional village style fete. We host the annual Cornwall's sheaf pitching championships within our event.





St Erme & Trispen Fun Day Committee

How Often We Meet:

We meet as a Committee around 10 times a year at the St Erme Community Centre.

Quotes:

“It helps you to get to know people and to become part of the Village” **Janet Cramp**

“Being new to the Village it helps you become part of the community” **Elaine Knight**

“It’s giving something back to the village. Making it such a lovely village to live in” **Lesley Maullin**

Volunteer Opportunities:

- Fundraising- Help fundraise before and during the event for us.
- Help set up during the week before Funday
- Obtaining raffle prizes
- Advertising
- Searching for event sponsorship
- Joining the committee
- Officer’s roles
- Helping behind the bar or on a stall



Key Contacts:

If you would like to get involved, please contact our secretary at stermetrispenfunday@gmail.com



St Erme Community Enhancement Group

Summary of the Group/What We Do?

The St Erme Community Enhancement Group works to improve our environment and the lives of the residents. We believe that small changes make a big difference.

Our ongoing projects include the Community Garden, bulb planting, maintaining flowerbeds, litter picking, book and information exchange, annual garden competition, and raising awareness of how to protect the environment.

We can only achieve this by working with other community organisations, and the help of volunteers who share their skills, knowledge and time.

Short History:

We were set up in 2005 following public consultation by St Erme Parish Council on the Parish Plan. One of the key comments from the population of St Erme was that the village needed to be brightened up. Our initial projects included: painting the bus stops, map of the village and road signage. The Best Kept Garden Competition, bulb planting and village noticeboards quickly followed. Since then, we have organised Jubilee and Coronation events,



Big Lunches, barrier painting, tree planting and litter picks. In 2024 the Enhancement and Climate Adaption Groups merged – it had become clear that more of our aims and work were overlapping.



St Erme Community Enhancement Group

How Often We Meet:

The Enhancement Group meets as a committee about six times a year, but activities such as litter picks, 'Now We're Cooking,' sale of compost, happen at various times of the year. Details of all we do can be found on Facebook. The Community Garden team are at the garden regularly – see separate entry.

Where Do We Meet

Meetings are held at the Community Centre; the Community Garden is based here too. Other activities happen across the parish.

Who the group activities are for?

Our activities are for everyone. No matter your age, abilities, or skills, we will find something for you.

Quotes

"Who knew litter picking could be fun? I was paired up with someone I had only ever said hello to in passing. Had a great couple of hours chatting whilst finding an array of rubbish. She had her dog with her too who joined in with enthusiasm."

Key Contact: Lynda
Quee
stermeceg@gmail.com
01872 261814





St Erme Community Enhancement Group

Volunteer Opportunities

The Enhancement Group has a range of volunteering opportunities and, you don't have to attend meetings!

- Litter Picking
- Helping with planting and maintenance of gardens.
- Painting – railings, fingerposts etc.
- Fundraising
- Helping with maintenance – painting, managing the outside area, the annual deep clean.
- Helping with community events
- Of course, if you want to attend meetings you are always welcome.



St Erme Community Garden



St Erme Community Garden is an initiative that was originally launched by what was the St Erme Climate Adaption Group in 2023 and has since merged with St Erme Community Enhancement Group.

All are welcome to get involved in the Garden by Joining our “Patron Scheme” - we welcome anyone whether you are new to gardening and want to learn more or you would like to meet people and get involved in the Community.

Fruit and Veg grown fresh from the Community Garden (free from chemicals and with zero carbon footprint) can be picked up from the neighbouring St Erme Community Larder.



St Erme Community Garden



You can become a Patron by:

1. **Volunteering in the Garden**- no matter how frequent or infrequent you can help, it is appreciated.
2. **Donating Seeds**- You can get in contact with us and ask what we are looking for from our “wish list” to help us with the running costs.

Meet some of the Team!

“Volunteering in the Garden has helped to connect me with the Community, I have made friends that I would not otherwise have known. My sense of self-worth has increased because my knowledge and skills are valued”

Klaire, Community Enhancement Group Member

“Working in the Garden gives me a sense of purpose and belonging which I feel has a positive benefit to my physical health and mental wellbeing. Working with and meeting people keeps me in touch with the wider community and helps me maintain a positive outlook.”

Kevin-Community - Garden Officer

Email stermeceg@gmail.com to get involved.





St. Hermes Church, St. Erme

Parish Church – Church of England

Short History:

The church building dates from medieval times and was re-ordered in the 1820s and 1906. It is part of the Upper Fal Parishes which is made up of: Probus, Ladock (and Grampound Road), St. Erme, Tresillian and Lamorran with Merther, St. Michael Penkivel and Grampound with Creed.

How Often We Meet:

The usual worship time is 9.30am on Sundays. Where there are five Sundays in a month there is usually a service for the whole Benefice, in one of the eight churches.

Who the group activities are for? Everyone

Various activities are arranged when circumstances permit. The most established one is a series of Lent Lunches held in the Village Hall on Wednesdays during Lent. Everyone is welcome.

The Church has six bells which can sometimes be heard ringing from local ringers or visiting teams.

Key Contacts:

Priest in Charge: Rev Caroline Husband

E-mail rector@probusteam.com Tel: 01726 337730

Associate Priest: Rev Linda Whetter

E-mail lindaw23@outlook.com Tel: 01872 530265

Bell Ringing Captain: Eric Bannister

E-mail eric.bannister@sky.com Tel: 01872 225211

St Erme Cricket Club

Castle Field
Trispen
(behind the Community Centre)



We are a village cricket club that is very proud to say that we are truly open and welcoming to all, with opportunities across all ages, sexes and abilities. A club should not be



measured purely in what it does on the pitch but what it brings to the local community. We wish to give opportunities to all our members to help them achieve their own personal goals both on and off the pitch. The club's

foundation blocks, and relative success has been due to the emphasis on developing our youth section over the last 27 years, where we have given and will continue to give our young players every opportunity to play cricket at whatever level they can achieve. Any child aged 5 or over is very welcome on a Friday night.





St Erme Cricket Club

We run junior teams at Under 11 (x2), Under 13 (x2) under 15 (x2-mixed team and girls only team) and under 19s.

In the past few years, we have also made available the opportunity for all disabled cricketers to enjoy cricket on a Friday night.

We run 3 teams on a Saturday with our first eleven in Cornwall County One, seconds in Division 4 West and thirds in Division 7 Central. We also have an evening league team which plays on a Wednesday.

We were established in 1977, when we initially played friendly matches but joined the Cornwall Cricket League in 1993. Our junior section was formed in 1998, playing our first junior league game in 1999.



We meet for Junior coaching during the summer every Friday from 6.30pm to 8pm. Saturday/Sunday matches from 1pm with various junior and senior matches through the week. Something is happening at the ground most days in the summer. In the winter we train indoors in Truro.



St Erme Cricket Club

Quotes from members

1. My family and I have been part of St Erme Cricket Club since 2022. Our 3 boys joined up to play junior cricket. I am now on the cricket club committee, and work with other members who share a passion for building on the family friendly atmosphere that St Erme Cricket Club offers, particularly on Friday evenings during junior coaching sessions. There is something on offer for all ages and abilities within the cricket club, and people soon tend to feel a sense of belonging within the community.

**Sherrie Walshaw- Parent/Committee
Member/Volunteer**

2. As a family, we thoroughly enjoy being part of St Erme Cricket Club. Being non-cricketers beforehand, we took our young sons from the age of 5 along to join in with the All-Stars cricket sessions and we've been hooked ever since. The club is very welcoming whether you are a cricket aficionado, or not. There's an encouraging atmosphere and everyone is included regardless of ability. I'd thoroughly recommend getting involved and giving it a try.

Steve Michell- Parent/Volunteer



St Erme Cricket Club

3. I've played at St Erme since I was 7 and am now playing both junior and adult cricket for St Erme and Cornwall Under 14's. There is a real sense of community at the club, and everyone is included (and the pizzas and burgers after training are great!). I would recommend playing cricket at St Erme juniors, whether you're starting out or developing your game. It is a fun and social environment-

Ned Tinkler age 13.

Contact: Hon Secretary Nick Cole 07871743137

stermecricketsecretary@hotmail.com

Website <https://sterme.play-cricket.com/home>

X - @stermecricket

Facebook – St Erme CC

Volunteer Opportunities

- Helping on a Friday training night with food preparation or assisting one of the ECB coaches. 6.30pm to 8pm
- Groundwork- grass cutting/pitch preparation under supervision.
- Sponsorship

If you are interested or want to know more, please contact Nick by e-mail or phone.



St Erme Horticultural Society

The Society committee plans and stages the Annual Village Show, held in the Community Centre, on the second Saturday in August each year. Exhibitors are able to show their cookery, art, handicrafts, floral art, photography, vegetables, flowers, plants, and children's work.



The Society committee is now in the process of planning the 94th Show, although the show was part of the village life more than 94 years ago, with war time and global pandemics causing some missed years.

The show has evolved over the years, originally held in the village hall, then held simultaneously across two venues (the village hall and school), and then being moved to its current location at the Community Centre, with its improved accessibility, facilities and parking provision.

We meet two evenings a year for planning. One of the evenings is in November (AGM) when we discuss ideas for new classes, judges and show openers, and an evening in June when we discuss plans for the smooth running of the show.



St Erme Horticultural Society



Show week Staging activities include one hour on Thursday evening to move tables, the morning before the show for laying out of the room, and of course the day of the show itself.

We meet at the Methodist Chapel school room for planning and the Community Centre for staging. The group activities are suitable for all ages and abilities.

Key contact –

Hon Secretary Helen Cole,

nickandhelen37@gmail.com 01872 270805



St Erme Horticultural Society



Volunteer Opportunities

Show week

- moving tables on Thursday evening
- laying out tables and displaying children's work on Friday of show week

Show day

- helping exhibitors while they stage their exhibits
- accompanying judges during class judging
- writing certificates
- greeting visitors to the show and taking admission monies
- selling raffle tickets
- serving refreshments
- helping to tidy the hall at the end of the day





St Erme Parish Council

History

The Parish of St Erme is named after St Hermes who was beheaded in Rome on 28th August 132 A.D. The Parish of St. Erme was taxed in the Domesday Roll in 1087A.D. The church tower and font are believed to be 750 years old, but the church itself was built in 1500's. The Methodist Church was built in 1846 and the first school in 1878.

St Erme is a rural parish which is located four miles north of the City of Truro. The village has an active community and is set in a rural landscape, almost entirely of agricultural use. Within the Parish of St Erme sits Trispen village and Churchtown; which is the area around St Hermes Church.



What we do

A parish council is a local authority that makes decisions on behalf of the people in the parish and has an overall responsibility for the well-being of its local community. Its work falls into three main categories which are representing the local community, delivering services to meet local needs and striving to improve quality of life in the parish. St Erme Parish Council has seven Councillors and employs a Clerk/RFO and a maintenance person.



St Erme Parish Council

We have three committees, the St Erme Community Emergency Plan Committee, The Health & Wellbeing Working Group and the St Erme Neighbourhood Priority Statement Working Committee.

Grass Maintenance

We work in partnership with Cornwall Council to carry out the grass maintenance of an area within the village of Trispen Hill and have chosen to maintain the grass verges along the full length of Trispen Hill at a higher level. This is carried out by a contractor on our behalf. The areas at Eglos Road, Killigrew Gardens, Polglase Walk, Trevella Vean, Polisken Way, Tower Road and Chancery Close are maintained by Cornwall Council.

Weed Removal

Cornwall Council does not have a statutory duty to carry out weed removal and does not now do this. As a Parish Council we have chosen to carry out this service ourselves and treat all the areas within the 20mph speed limit. This is carried out by a contractor on our behalf twice a year.

Environment Officer

We work in partnership with Probus Parish Council and have an Environment Enforcement Officer that visits the Parish who can issue fixed penalty notices for dog fouling, littering and flyposting.

Public Rights of Way (PROWS)

St Erme Parish Council works in partnership with Cornwall Council to maintain the Public Rights of Way in our Parish. This is carried out by a contractor on our behalf.



St Erme Parish Council

St Erme Community Speed Watch

We oversee the community speed watch in St Erme and the interactive speed signs within the village.



Play Equipment

St Erme Parish Council owns and is responsible for the play equipment at the school park and the outside gym and toddler equipment at the Trispen football field.

Defibrillator

There is a public defibrillator on the wall outside of Trispen Post Office and Stores. We own and oversee the maintenance of this. There are two further public defibrillators one at the St Erme Village Hall and the other at the St Erme Community Centre. These are managed by the halls themselves.



Parish Noticeboards

We have five parish noticeboards around the village with details on how to contact the Council and advertising community events and local consultations as well as important local information.



Planted Tubs

We own and are responsible for the two planted tubs by the noticeboard on Trispen Hill, which are maintained by volunteers.



St Erme Parish Council

Seating

St Erme Parish Council own and are responsible for the seat at the bottom of Eglos Road, Trispen Hill, the picnic bench in the school playing field and the bench at Tregassow Lane.

Church Green

The Church Green is owned and maintained by the Parish Council.

Planning

One of the council's responsibilities is its role as a 'statutory consultee' in the planning process. St Erme Parish Council takes great care to consider each planning application on its own merits and looks at the nature of the proposal and its potential effects on the surrounding area.

When Do we meet

Members of the Council usually meet on the first Tuesday of the month at the St Erme Community Centre at 7.30pm (apart from August). Members of the public are welcome to attend and speak during public participation.

How to contact us

Clerk to the Council: clerk@stermeparishcouncil.org.uk

Call: 07525130663

Website: www.stermeparishcouncil.org.uk

Facebook: @stermeparishcouncil



St Erme Playing Field Trust

What We Do?

We are a registered charity which manage community facilities such as Trench Creek Playing Park, St Erme Community Centre, Cricket Pitch, and Football Pitch. The Trust exists to facilitate recreation in the community.



In addition, we open the Bar and Kitchen regularly, run a Community Larder, provide community events such as Bingos, Bonfire Night, and youth projects, and provide a venue for hire for parties, weddings, and corporate events.

We set up the village's Christmas lights display.





St Erme Playing Field Trust

Short History: The original Trust was set up in 1984 with one field at Trenchcreek, part of this field was sold in 2002 and Trenchcreek Park was developed in 2004. The Trust purchased the Football Pitch on behalf of Football Clubs and rented the Cricket Field for St Erme Cricket Club.



Between 2007 to 2011 the Community Centre was built on land donated by The Rt Honourable Mary Verney.

In 2020 St Erme Playing Field Trust purchased the Cricket Field for St Erme Cricket Club to secure its future.

How Often We Meet:

Once a month as a Committee.

Where Do We Meet:

St Erme Community Centre





St Erme Playing Field Trust

Quotes:

“Great Opportunity to spend time with family, making new friends, and making memories with everyone in the community” **Helen McGovern**

“Safe space for families and friends to come together and interact with each other” **Emma Williams**

Volunteering Opportunities

- Helping run fundraising events
- Help secure funding
- General maintenance
- Bar and Waitressing work
- Advertising
- Organising Events
- Join Committee
- Take Officer Position
- Help with Bingo
- Field Maintenance
- The Community Larder

Key Contacts: Email



**ST ERME
COMMUNITY
LARDER**

St Erme Playing Field Trust

St Erme Community Larder

What we do?

We run a Community Larder from the Community Centre.

“Helping to reduce food waste going to landfill”

Volunteers collect surplus foods which have been donated from wholesalers and supermarkets that would otherwise be sent to land fill. This is supported through Neighbourly. We receive a weekly delivery from Fareshare Southwest for which we pay a nominal amount. Fresh fruit and vegetables are provided from the St Erme Community Garden which is run on site by the St Erme Community Enhancement Group.

When are we open:

Monday's 1.00pm to 2.30pm and 4.30pm to 6.00pm.

The larder is open to everyone in the St Erme Parish area and is located around the back of the building at the double doors at the very far end.

Volunteer Opportunities:

- to collect surplus foods from supermarkets
- help run the larder sessions

Please contact St Erme Community Centre at stermecbookings@hotmail.com for more information.



St Erme Scarecrow Competition

Since 2023 St Erme Playing Field Trust/St Erme Community Centre have organised a Scarecrow Competition for our Village around October Half Term. With around 30 entries each year taking part it is a great family friendly community event to get involved in.



With families being able to go on a Trail around the Village and vote for their favourite Scarecrow it really brings the community out and about. The St Erme Scarecrow Competition was set up by a group of volunteers and launched by the St Erme Christmas Lights Sub-Committee of

the Playing Field Trust. To this day all funds raised from the Scarecrow Competition goes into the Villages Christmas Lights displays and Santa Trail around the Village.

"It is a great way to feel part of the Community for all ages to be involved" **Rute Vasconcelos- Event Volunteer**

"It's lovely to see the Village coming together, in a fun event, that's involving adults and children. It's a good feeling to know you have played a part in making it happen" **Emma Dungate- Founding Event Volunteer**

"Seeing everyone smile" **Jack Dungate-Rowe- Participant**

To get involved, enter and/or volunteer contact:

Email stermescarecrows@gmail.com or like and follow are Facebook Page St Erme Scarecrow Competition

St Erme Silver Circle

What we do:

The main aim of the group is to provide anyone over the age of 55 years with regular activities. Being social, interested and active all contribute to good health and provide the opportunity to meet new people.

History of the group;

The group started in its current basic format 30 years ago but we believe there had been a similar group for many years before that. Mrs Rozelle Trevethan ran the club for many years with Jo Collins picking up the baton around 14 years ago. The committee was drawn from the members, and they continue to expand the club from its original once a month meeting to its 9 or 10 meetings/activities a month.

Where do we meet:

Meetings are held at either the Village Hall or Trispen Methodist Chapel Rooms. Currently the first Thursday of every month is our main social meeting usually at the Village Hall.

When do we meet:

Every Wednesday there is an Exercise Class, aimed at the older generation, in the morning and in the afternoon. Singing for the Brain both held at the Chapel Rooms. These classes are open to everyone.

St Erme Silver Circle

On the third Thursday from May to September there are minibus trips to various places of interest chosen by our members.

The Craft Group meet on the fourth Thursday of the month, designing and making items for sale at our annual Christmas sale.



A full programme of events is available from both the Organiser and Treasurer, details below.

Contact Details:

Jo Collins

Mobile number 07483859788. Landline 01872 321599

Treasurer. - Sue Mounter

Mobile number 07713003689 landline 01872 263247

Volunteers Opportunities

- Helping to set up for meetings and activities
- Drivers for trips out and bringing others to meetings
- Helping with refreshments

St Erme Village Hall



Summary of the Group/What We Do?

The village hall is for the use of the local community for a range of activities. It is run by volunteers. We are a venue for social occasions, training, meetings, and recreational activities. As we are all volunteers, we are able to keep costs to a minimum. Hire costs include use of the main hall, kitchen, heating, electricity etc. We are the polling station for local and national elections.

Short History:

The village hall held its centenary in 2024. The land for the Hall was donated to the community by a local resident. Over the years the Hall has been the venue of a variety of activities and celebrations.

How Often We Meet:

The Committee meet at least 6 times a year

Where Do We Meet:

Committee meetings are held at St Erme Village Hall

Who the group activities are for?

Everyone.



St Erme Village Hall



Quotes from current members about what they enjoy about the group.

1. We love our venue at St Erme Village Hall - it's private as we are the only hirers in the building during sessions; there's plenty of parking; it's clean; it's warm; it's spacious with plenty of room for buggies; and it's fairly centrally located for many!

2. Just 5 minutes north of Truro, with close access to the A30. There is also a bus stop 5 minutes away for those who don't drive.

Key Contacts:

Lynda Quee

stermevillagehall@gmail.com

01872 261814

Volunteer Opportunities

The Village Hall Committee meets four or five times a year. New members are always welcome, but if meetings are not your thing, but you want to be involved, there are other opportunities.

- Managing bookings for the Hall.
- Helping with maintenance – painting, managing the outside area, the annual deep clean.
- Helping set up for meetings.



St Erme with CP Trispen School

What We Do?

St Erme with Trispen CP School is situated east of the village and provides education for primary school age children from the village and surrounding areas. We educate and nurture children from 3 to 11 years and have a pre-school on site. Our school governors meet each half term at the school.

History:

The school was built in 1989 and has grown over the years. We currently have 137 children and 22 pre-school children. We had an Ofsted inspection in October 2023, where it was confirmed that we are a 'good' school.

Quotes:

1. Pupils enjoy attending this school. They feel safe and well cared for. Staff know the pupils and families well. In the early years, children settle quickly into well-established routines. (Ofsted 2023)

2. Fantastic village School where my children are extremely happy, well supported and cared for. (Parent survey 2024)

Key Contacts:

Nicola Drake – 01872 279539

head@st-erme.cornwall.sch.uk

School Secretary – secretary@st-erme.cornwall.sch.uk

Volunteer Opportunities

We welcome volunteers into school, subject to all the necessary safeguarding checks.

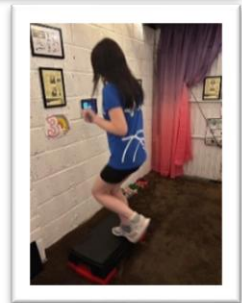
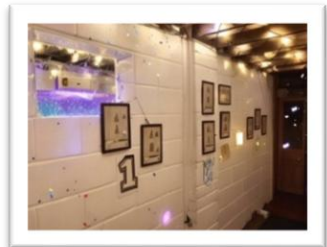
Stretch & Tone Fitness

Stretch & Tone Fitness is based in its own small, but well-equipped Studio in St. Erme, offering a range of equipment and exercises. It is suitable for all ages and abilities; you work at your own pace. Using the HIT (High Intensity Training) method, the exercises and equipment stretch those muscles, help to tone your body and build stamina.

Stretch & Tone was set up in 2021 between lockdowns. Its overarching aim is to be a fitness and social group, accessible to all.

The Studio is currently open Mondays and Thursdays 7-9pm and the Facebook group page (which is called “LoveMyBody Club for Fitness, Health & Nutrition”) contains further information and updates.

The Fitness Studio is free to use; no membership required. Everybody is welcome to join but under 18s need to be accompanied by an adult. There is an online booking system as spaces are limited and is restricted to three users at any one time.



Please contact: Lynn Chapman
07968 710966 or lynn@madcowhouse.co.uk
QR code link to the Facebook page





Trispen Methodist Church

We are a group who meet weekly at Trispen Methodist Church which is situated at the heart of Trispen Village. The Church by many is known as the Chapel and has met there for the past 180 years.

A weekly Service is held at 11.00am each Sunday morning for an hour with a different preacher each week. You will find us being a very friendly welcoming congregation with coffee being served at 10.30am every first Sunday in the month in the hall alongside the Chapel. Every month a Pensioners Lunch is provided at a cost of £5 which includes a choice of a hot dish which can be a choice of a meat or vegetarian, followed by a choice of dessert. The lunch is held at 12.30pm every second Thursday in the month except December when it is the first Thursday. Please contact Bridget Dymond on 01872 262824 or email ernieandbridget@trevispianvean.co.uk .

The Chapel Hall is regularly used by the Silver Circle for 'Singing for the Brain,' 'Exercise Club' and 'Craft Making' and is used weekly by the 'Buzz Community Café.' Trispen Methodist Church facilitates the Trispen Hardship Fund. We would be very pleased to welcome you at any of the above events.

Contact Details:

Rev. Aubin de Gruchy - 01872 271061

Secretary – Ernie Dymond 01872 262824

Additional Clubs

In addition to those provided by local groups, our community venues host a range of regular activities.

Details can be found on the St Erme Facebook pages, in the Parish Post, and at the hosting venues.

St Erme Village Hall

Yoga

Baby Massage

Dance tutoring

St Erme Community Centre

Taekwondo

Zumba

Truro Rock Choir

Contact Directory Shortcut Page

Volunteer Cornwall:

www.volunteercornwall.org.uk

St Erme Health & Wellbeing Group:

clerk@stermeparishcouncil.org.uk

Cornwall Council:

www.cornwall.gov.uk

Healthwatch Cornwall:

www.healthwatchcornwall.co.uk



St Erme Parish