



CEPL12 Report to Town Council

Date 25.05.24

Once again it has been a busy time for all of us at CEPL12, both on the ground and behind the scenes.

No 4: We are thrilled that four of our regular volunteers have taken on additional responsibility as Lead Volunteers, this helps to share the, considerable, workload involved in running our Community Shop. We continue to look to extend the range of produce we offer and regularly take on new traders. On a Thursday we have a 'pop up framing shop' which has enabled 'More than Art' to continue to trade from Fore Street, we are exploring the idea of having more 'pop up' sessions to encourage footfall into Fore Street. Our shop is the perfect place to pick up some original and unique gifts, we are especially proud of our growing range of Saltash themed goods – these celebrate our fabulous town and make ideal souvenirs and gifts. If you haven't been in lately, please pop in, you'll be sure of a warm welcome from our team of volunteers.

No 8:

It has been a busy month for our Community Kitchen, once again Chris and our fabulous volunteers have done an amazing job at making sure we can fulfil our many commitments and put all the food we collect to good use.

We are now running a range of craft workshops that will take place every other Thursday, this month was exploring air dry clay; making, decorating and varnishing pottery, hopefully this will be the start of a new and exciting venture for us.

We are delighted that Joss and Yui, two of our volunteers are putting on a Japanese cookery demonstration, initially this is just for our volunteers as many of them have expressed an interest in learning more about Japanese cuisine, we are hoping that we will be able to offer more sessions like this in the future.

We are also thrilled to be able to support the Tamar Bridge Visitors' Centre by providing a venue for their cream tea tour, this is their second visit as the first one was so successful. We originally approached the centre as we could see there was a huge opportunity to bring more visitors into Fore Street and for them to learn more about the rich history of Saltash.

Following a trial period, Charity Gladstone MBE is now giving free blood pressure checks every Friday. This has been another successful venture and one that has already proved to alert at least one person to a potential health problem.

Our Social Prescriber is also available on a Wednesday morning to discuss any issues that may be causing concern, the 'Chatter and Natter' group is well attended and is proving to be a valuable resource. Mandy recognises that many concerns can be addressed without having to take up valuable appointment times at the GP surgeries.

Chris and Cathy (our Community Liaison Director) were invited to attend an event hosted by the Cornwall Community Foundation, this was an opportunity to spread the word about our work to over 100 'Friends of CCF', it was a great evening and we made a number of contacts that, we hope, might be able to help us in the future.

DV: We are all looking forward to our relaunch event on Wednesday 5th June, a number of invited visitors will be treated to a performance from our amazing singing group followed by refreshments from our Community Kitchen. We would like to thank the Wesley Methodist Church for supporting us in holding this event.

Our singing group is thrilled that, following a successful funding bid, we can hold our sessions weekly. We now have attendees from Malvern House who benefit greatly from the group.

As we are totally depended on funding to run our groups, we were very appreciative of a donation from the daughter of one of our singing group, this demonstrates how important the group is to both the people who attend and also their families.

A major step forward this month is that we have secured a grant from the 'Warmth Hub' funding, this will allow to continue to operate our range of groups from no 8.

Financial security is an on going concern and remains at the top of our priority list, behind the scenes the directors continue to work tirelessly to ensure that we can continue to raise the funds in order to remain financially viable, this is no mean feat! Currently we are exploring a number of funding bids, but we recognise that we need to move forward and to explore new ventures in order to generate a reliable income in the future. Our aim is always to complement the current provision in the town and would greatly appreciate your thoughts as to current need and how we might be able to find ways to meet these needs. If you would like to know more, please get in touch.

As always, we could not continue to operate without our fabulous team of volunteers. Anna, one of our no 8 team, is an example of how much support they give us. Anna helps out in No 8 on an almost daily basis; she organises our volunteers drivers, collects food from Fareshare, hosts the weekly Rotary sessions, prepares, cooks and serves food from whatever we have available and stands in for our Kitchen Manager when he is away – and that's just the start of it! She is in the Kitchen most days, always with a huge smile and a welcome

for all our visitors. We were thrilled that we could recognise and show our appreciation for her support by nominating her for a 'Rooms for Rewards' award. Last month she enjoyed a short break away in the Isles of Scilly, one that she richly deserved.

Finally, as I fit writing this report during my half term 'grandma duties' break, I would really appreciate some feedback regarding this monthly report. Do you find it valuable? Is there anything else you would like to be included? It is helpful? Please can you let me have your thoughts?

Jo Grail
29.05.24

For more information about any of our activities please check out our facebook and Instagram pages, our website or pop into No 4 or 8 to find out more.

'Together we can, together we do.'
War-barth 'gan gallos War-barth 'gan gwul