



CEPL12 Report to Town Council

Date 03.07.24

The sun has finally managed to shine (for a while anyway!), England are through to the next round of the Euros, Wimbledon is in full swing and a General election is on its way – these are busy times!

Life in CEPL12 also continues to be busy as our team of volunteers work hard to make sure that everything runs smoothly, this has been particularly noticeable this month as illness and holidays has meant that things had to be rearranged at the last minute, but, as always, our volunteers rose to the occasion.

We were thrilled to welcome new traders into our Community shop this month, we now have a wonderful range of eco-friendly children's toys and a new range of silver jewelry, both are proving to be popular with the public who drop in to No 4. As the end of the school year approaches we also have a range of 'Thank you, teacher' gifts which we are hoping will also prove popular.

No 8 continues to grow and develop, we had a fabulous Japanese cookery demonstration earlier in the month, this was well attended and we have had many requests for a repeat session. We are planning to run more cookery courses and demonstrations in the future, we are especially keen to run air-fryer demonstrations as we have had a number of people asking for them. In order to make these events even more beneficial we are looking to buy an overhead camera which will give everyone a clear view of the cooking process.

June was a busy month for our Singing Group, on 5th June we were delighted to welcome many visitors to our weekly group at the Wesley Church in order to relaunch our Dementia Voice Group. It is a significant change as it reflects our commitment to providing vital services, support and companionship to all individuals facing cognitive challenges, not just those with dementia. Our 'Do you mind if I sing' choir entertained the audience with their lively singing and dancing, this was followed by a buffet lunch provided by our Community Kitchen. We were delighted that our Mayor, Julia Pegg, was able to attend and say a few words of thanks, this was very much appreciated by all.

Our Singing Group was in action again later in the month when they took part in the Saltash Sea and Shanties Festival, the hall at Ashtorpe was packed with people and it was great that our group could demonstrate their talents to a wider audience. It has also raised the profile of the group and, as a result, we have had a number of enquiries from people wanting to know more about our activities.

Sadly one of the founder members of the group, Carol Emmet, has reluctantly made the decision to leave our Memory Box group at the end of the year due to family commitments. She will be a hard act to follow but we would dearly love to find a replacement to run our fortnightly Veterans Group. If you know of anyone who might be interested, please put them in touch with us.

One of our core aims is to work closely with the local community, supplementing, rather than competing with, current provision. To this end, we have been in talks with Callington Lions about setting up a recycling scheme in No 4, this will involve becoming a collection point for stamps, button batteries and spectacles in the first instance. Hopefully this will lead to other initiatives in the future. We are also working closely with Oaklands Community Center and are hoping to develop activities in conjunction with them.

We were absolutely thrilled that one of our young volunteers, Leland, received the award for the Young Employee of the Year Award at the recent Plymouth Youth Awards. Leland travels every Saturday from Plympton to work in our Community Kitchen, he has aspirations of becoming a chef and is certainly developing his skills under the watchful eyes of Chris and Jos. This is just one example (of many) about how our organisation really does make a difference to people's lives.

As you are aware we are totally dependent on donations and grant funding to run our many activities, ensuring financial stability in these difficult times remains at the top of our priority list. We are delighted that Julia Pegg has chosen to support our Community Kitchen as one of her Mayor's Charities, thank you, Julia, we truly appreciate your support.

We were also thrilled to receive a donation of £150 from Burcombe Haulage Company, such generosity makes a difference and makes us feel appreciated and supported by local businesses.

We are currently exploring different opportunities to extend our work, in order to do this we need to know what the priorities and needs are for the local community. Over time, the Council has conducted surveys with local residents, it would be really helpful if you could share the responses to those surveys and provide us with vital information to move forward. Can you let me know if this is possible?

To the future

We are eagerly awaiting the delivery of new storage units which will replace the current old and inadequate sheds. The new unit for No 8 will be totally foodsafe and will include a sink and washing facilities, this will have a huge impact and will enable us to save even more

food from going to waste. This has only been possible due to securing grant funding which takes up a great deal of time but is so vital in order to keep going.

We are in talks with our Social Prescriber to set up a weekly carer's group, we have wanted to start this initiative for some time as we are very aware of the many demands placed on those who care for others and so hope it will come to fruition.

On a personal note, after much deliberation I have finally decided to relocate to be nearer to my family in Bournemouth, I have lived in Saltash for 41 years and have made so many friends in that time, but the time has come to start a new chapter. For this reason I will be stepping down as Chair at the AGM in September, but fully intend to stay involved with CEPL12, even from a distance!

Finally, I would like to say a big thank you for the correspondence I received from the Council in response to my question about these reports. It was very much appreciated by all the Directors, we will also forward it to our 130+ volunteers who, I know, will be thrilled to hear that their contribution is valued.

Thank you.

Jo Grail
03.07.24

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