



## CEPL12 Report to Town Council

**Date** 26.07.24

Time flies by – it's hard to believe that we're fast approaching the end of July, hopefully the wet weather on St. Swithin's Day will not mean a very wet summer!

As always, life continues to be busy in CEPL12.

Our Ops Manager, Al Marks, has moved into a new office at Belle Vue, his role has evolved significantly over the last two years and is crucial for the smooth running of our organisation. The new office space also means we have access to a confidential meeting room which has been sorely lacking over the last few years. The move has meant that we have been able to reorganise No 4, we now have a hot desk that can be used by our volunteers and more space for stock.

We have been delighted to welcome two new traders this month, we are also developing the range of Saltash and Cornish themed goods which are proving popular with locals and tourists alike. We're thrilled that we can promote our town in this way and hope to further extend the range in the future. We are still exploring the concept of 'pop-up' tables which will allow other local traders to rent a space for a short time.

Life in No 8 continues to evolve, we are delighted to be providing refreshments at the Plymouth Incinerator Open day next week, this event is time consuming and hard work for our volunteers as we provide refreshments to hundreds of people, but well worth the effort as we are able to promote our work to a wider audience.

Our storage space in No 8 is very limited and so we are eagerly awaiting the imminent delivery of the newly built storage container, this has been built to high standards which means we can safely store food, it will also increase the capacity of the food we can collect as lack of space has meant we have had to turn food away in the past. Lidl has kindly donated funding for new shelving units which will make a huge difference.

For some months we have hosted a stroke group who meet for lunch on a Friday in No 8, initially this was a small group of three but we are pleased that word is starting to spread and we now have nine or ten people who regularly attend. The numbers attending our Thursday morning Memory Box café are also growing, the recent performance of our Singing group at Ashtorre has brought in new faces who are delighted with the service we provide.

In liaison with On-course South west we are starting the next six week cookery course in September, these have proved to be very successful in the past, we hope they will be even more informative as we have managed to source an overhead camera in order that the audience can see exactly what's going on via the television screen.

Steven Boyd, from the recently opened Banking Hub, popped into No 8 to offer to talk to our customers about the hub and the benefits it will bring, it's also a great opportunity for him to promote the service.

We continue to strive to work with other organisations for the benefit of the community, currently we are working closely with Oaklands Community Centre to set up a digital inclusion course. We are also organising a 'Step into Wellness' Course, a six weekly sessions aimed at improving mental, physical and emotional well-being. We are also extending our Community Fridge by running a weekly fridge from the centre, hopefully enabling more people to benefit from the service.

Our volunteers continue to be the bedrock of our organisation. Over recent weeks we have trained one of our volunteers to help with our growing admin requirements, we have also recruited a volunteer to take part in the Oral champion Training with the intention that she can lead sessions alongside the Social Prescriber. We rely heavily on volunteers to run our activities and are appreciative of the efforts of every single person, to this end we are planning a 'thank you' event, potentially on Forder Green, later in the year.

As stated in previous reports, the Board of Directors work tirelessly behind the scenes, both to plan for future developments and to secure the funding necessary to continue our work. We support the community in many different ways and constantly review how we can be more effective. At the moment we are particularly focusing on the way our Community Kitchen operates, we have been open for over two years now and are absolutely thrilled with the way it has developed in many, often unforeseen, ways. However we are aware that we tend to meet the needs of a small demographic of the PL12 area and so are in discussions about how we might widen our offering to meet the needs of the wider community.

Currently we are also exploring the concept of introducing a 'Friends of CEPL12' initiative, the objectives being to reach a wider audience, increase understanding of our work and to raise funds for our continued future. We will need the community to support us through this time, I also hope that we have the backing of the Town Council as your support is much appreciated.

To the future ...

We are organising a social, fundraising event to take place on 25<sup>th</sup> October at the Saltash Social Club, please put the date in your diary as it would be great if you could support us by coming along.

Our Memory Box Choir are booked in for Christmas performances at both Ashtorre and the library.

Our AGM is scheduled to take place on Wednesday 25<sup>th</sup> September at Isambard House, please put the date in your diary as, again, your support is appreciated.

As the school holidays begin, and hopefully the sun will shine, on behalf of all the Directors and volunteers of CEPL12, I wish you all happy holidays.

Jo Grail  
26.07.24

*For 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**