



## REPORT TO TOWN COUNCIL

**Date 22.02.23**

February has been a steady month for CEPL12 with all enterprises continuing to thrive.

Our shop team have been working hard to expand the services we offer in No 4, whilst the shop provides an outlet for local small businesses, it is also a Community Hub that offers guidance and information about life in Saltash. We have introduced a new form filling service which is now in place, we had our first satisfied customer earlier this month.

Our eco crafters continue to meet weekly, we regularly have seven to eight crafters, they have made 377 Mors Bags and now aiming to make 400!

No 8 continues to thrive, We regularly serve over 40 meals a day to a growing number of regular and new customers. The range of food we receive for the Kitchen is variable and so our kitchen team have to be creative in making refreshments from whatever we receive on the day., they do an amazing job.

We are thrilled that we are now able to host a local stroke support group who met last week for the first time, they are hoping to make use of our space to meet and grow a self-help group to support those living with the impact of a stroke. Our Kitchen Manager is liaising with the local branch of the stroke association in order to further develop the group. This now means that we No 8 is the home to different groups each week day, fulfilling our ambition to be a community resource for PL12.

Last month we were able to provide refreshments to the Outreach Paramedics Team as they set off to deliver two ambulances and provide training to health workers in Ukraine. They have now returned safely, their social media reports made reference to the number of organisations who gave support to their mission, including CEPL12. They are continuing to raise funds for further missions, I am sure we will do all we can to help them again in the future..

.We have been in conversation with Groundwork Trust and Saltash.net regarding re-establishing the garden group that used to meet there, this will bring together volunteers and pupils from the school - another great step forward for us. We are currently looking for a group of interested volunteers who can drive this project forward.

Our DV group continues to grow and thrive. The café takes place on a weekly basis providing a safe space for people living with dementia to meet others for a drink and a chat. We have recently moved the venue to Ashtorre Rock, our hopper buses and volunteer drivers make sure that everyone is able to attend the new location. This has had a positive impact as we are now able to transport people from outlying parishes who, previously, were unable to make the journey. Thanks to funding from the Co-op we are able to organise trips for the group, they recently enjoyed lunch at Strawberry Fields near Lifton which gave everyone a much appreciated day out.

Our vibrant singing group meets twice a month at the Wesley Church, led by an incredibly talented facilitator we have a regular attendance of 20+ people who

create an amazing sound. We would love to showcase their talents by developing a DV choir in the future.

Our veterans group meets every other Saturday at the SHADO Centre, we regularly have over 30 people attending, they thoroughly enjoy their supper and entertainment organised by our volunteers.

All our activities are dependent on voluntary donations and grant funding, as a result we are constantly looking for ways to remain financially viable as the support we provide to people living with dementia is much needed. Our team of volunteers, led by Rose Edwards and Carol Emmett work incredibly hard to make sure all events are well planned and run smoothly, this is no mean feat! We are still looking for a Director to oversee and further develop the activities we are able to provide as we are well aware there is a growing need for support in the local community.

#### **To the future:**

It is hard to believe, but April 5<sup>th</sup> sees the one year anniversary of the opening of our Community Kitchen, it's amazing to reflect on how much we have accomplished in this time,! We are planning a 'thank you' event for all our sponsors who have supported us along the way for, without them,. we would not be in the fortunate position we are in.

March 5<sup>th</sup> is the most important day in the Cornish calendar: St Piran's Day. As this falls on a Sunday this year, we are planning to celebrate all things Cornish in No 8 on Saturday 4<sup>th</sup> March. Thanks for the generosity of Rowes, we are going to have a pasty lunch followed by scones for afternoon tea ( jam first, obviously!) Please pop in for a cup of tea and a chat!

We are using the day to launch our annual 'seed swap,' thanks to the generosity of local seed merchants we have a wide range of seeds to give out with the hope that this will result in a return of fresh produce through the summer.

Both No 4 and No 8 provide a warm, safe space for many in our community, on March 22<sup>nd</sup>, Age UK are organising an information day which will take place in our Community Kitchen.

As ever, this report demonstrates how much we achieve each month, as February draws to an end we are in a strong position to move forward into the Spring with optimism.

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

Jo Grail