



REPORT TO TOWN COUNCIL

22.03.23

March continues to be a busy month for all of us at CEPL12, with events and activities growing on a weekly basis. The month started with a fabulous celebration of all things Cornish with a St Piran's Day pasty lunch followed by homemade scones, jam and cream (no arguments about jam first!) No 8 was packed out with visitors, our volunteers had to work hard to satisfy demand. Our thanks go to Rowes Pasties for their continued generosity, not just in donating pasties, but also for allowing them to be served at a time when their shop is open.

We were delighted to host our first cookery demonstration on Monday 10th March, Jos, one of our volunteer drivers and a regular helper in the kitchen, hosted an entertaining and informative talk demonstrating just what you can make with a simple tomato sauce! The audience not only learned a lot but were also able to enjoy tasting the fruits of his labour. We have received funding to put on these demonstrations and so planning is in place to host them on a monthly basis. The next one is planned for 24th April the theme is 'cooking with rice 'n eggs, ' including how to poach the perfect egg, if you have time, please come along to, what promises to be, an entertaining session.

We are now regularly receiving enquiries about hosting events in No 8, the Stroke Group is proving to be a success and will hopefully grow as word gets around, the therapy dogs join us on a regular basis and we have a number of community groups who make use of the space to hold their get togethers. Our Kitchen Manager, Chris, is leading a talk to SEA outlining how we repurpose / save food from going into landfill, we have also been approached to host a pain clinic and naming ceremony, over such a short space of time we really have become a community resource for all the PL12 community.

Our Eco-crafters, led by Jude, have now made over 400 Mors Bags, and continue to make more on a weekly basis. This group has become well established with regularly ten crafters attending the sessions that take place in No 4 on a Wednesday.

All these developments are welcomed and celebrated, but we recognise that they also bring increased pressures. The administrative burden is growing, as is keeping up to date with the latest legislation, the burden placed on our volunteers is immense, and is often not recognised as much of this is behind the scenes. Whilst all the team give as much time as is possible to support our organisation, we are still carrying two vacancies for Directors, we desperately need a DV and Shop Director in order to share the workload. We would really appreciate any advice or support in alleviating this situation as, increased capacity would mean we can further evolve the services we provide.

To the future:

As Easter, and the warmer weather, approaches we have a number of events planned. No 4 already has a wide range of Easter gifts made by local craftspeople and Pysanka Crafts, who fundraise for Outreach Paramedics, are holding a special Ukrainian Feast: 'Velykden' to celebrate Easter, this will include craft workshops and a free chocolate treat for every child.

Our DV café has successfully moved to its new venue at Ashetorre Rock, our community transport has proved to be invaluable in ensuring everyone can attend, as a result the numbers are beginning to increase. The café celebrates its seventh anniversary on 5th April, as it now takes place on a Thursday we will be celebrating (with cake) at Ashtorre on 6th April, we would like to invite you to attend to see first-hand what an amazing provision this is and how it benefits those living with dementia.

May will also be a major town celebration with the May Fair and Coronation, we are hoping that we will be able to contribute and look forward to hearing what events are being planned so that we can join in.

Finally, as this report illustrates, we are continuing to grow and thrive, the opportunities we provide to the PL12 community are immense, however this is not without challenges. Our team of directors and volunteers continue to work tirelessly to make sure we do the best we can for everyone, we often receive feedback about what a lovely supportive place Saltash is, frequently from outsiders, what a wonderful accolade for our town.

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**

Jo Grail
Chair
CEPL12