

## WELCOME!

**Welcome to Par Bay Big Local's Winter Newsletter - keeping you up to date with projects funded or supported by Par Bay Big Local and Par Bay Community Trust**

As Par Bay Big Local moves towards the end of its 10 year span, many of the activities are being run from the legacy hub Cornubia in Par which will continue supporting the residents of Par, St Blazey and Tywardreath in the future.

Following the Make Lunch project over the summer holidays we wanted to set in motion something more regular during term time as well. Kernow Youth in St Blazey have bravely volunteered to run an after school drop in café with free food for Par Bay children led by Lisa Roach one of the trained youth workers with the help of our Young Advisors group. They have already made a start with a very successful Halloween event during half term and a smart snack box to take home.

## Kernow Youth

October saw the launch of the Kernow Youth Cafe at Fourways, St Blazey. The aim of the project is to source food throughout the week from local producers as well as from members of the wider community to provide healthy meals for over a hundred young people that use the centre weekly. Along with providing weekly meals, the cafe will also open once a week over every school holiday. During these sessions there will be activities for the young people as well as a hot meal. Every young person will also take home a nutritious packed lunch for the following day. We launched our first activity day over the October half term and saw over twenty young people attend.

there was music, games, arts and crafts as well as pumpkin carving and face painting. The young people all enjoyed food prepared by our Young Advisors as well as a member of the church.



**Preparing for the spooky event**

The project is in the developing stages and would benefit greatly from any donations such as dry goods, fruit and vegetables as well as any other food and we are looking to develop a drop off system at the centre. We also need and baking trays or cooking pots and pans as ours are a little worse for wear.



**Pumpkins pumpkins everywhere**

## Creative Civic Change



Exciting opportunities over the next three years for residents and artists in Par, St Blazey and Tywardreath.

Par Bay Community Trust has recently been awarded funding from the Calouste Gulbenkian Foundation and Local Trust to develop a wide range of creative projects which will lead to lasting change.

These projects will grow and widen access and opportunities for residents to participate in Art and Cultural activities, also supporting Artists and Makers who live and work in the Par Bay area.



**Our neighbours from Tresillian Residential Home getting creative with Gill Butler**

Local artists will have the opportunity to extend their practice and to develop networks with other practitioners, in developing new arts and cultural businesses and extended personal creativity.

Residents will have the opportunity to learn new skills and build confidence in their creativity, leading to lasting change in their own lives and within the Par Bay community. The programme reaches out to all members of the community, regardless of age or background and one of the primary objectives is to reach out to those not presently engaged in culture or the arts and involve them in activities that will enhance their lives.

At present, nine projects have begun across the Par Bay Area. Two are particularly focused on the heritage of St Blazey and Par and will lead to live community events in 2020 and beyond.



**Dana Roberts, Roshni Tamang Mitchell and Tony Foster at the Art Box in Tywardreath**

Other projects include a Par Bay pantomime which will become an annual Christmas event, card making and poetry workshops that are inter-generational, a youth mural at Kernow Youth, Art box transformations of Telephone boxes and the provision of Open Studio space for artists and residents.

For further information contact Liz Davies [parbaycreative@gmail.com](mailto:parbaycreative@gmail.com) or look at the



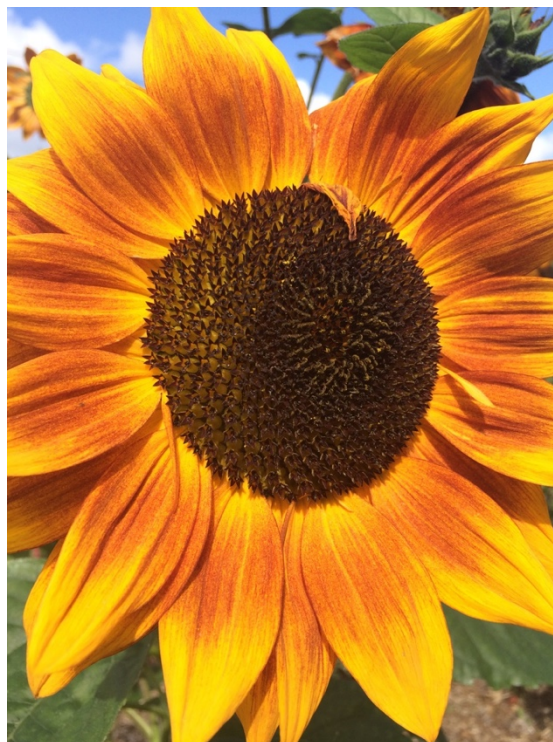
information board in Cornubia reception for meeting dates and details of the projects

## **ST BLAZEY FEAST**

**SON ET LUMIERE PREPARATION  
KNITTING PATTERNS FOR YARN BOMBING  
FREE WOOL AVAILABLE OR YOU CAN  
CROCHET OR SEW  
TEMPLATES FOR CROSSED CANDLES, FISH  
AND CORNISH BUNTING**

**Available in Cornubia reception, St Blaise  
Church and St Blazey Post Office**

May or June next year. Also on the planting schedule for next spring are courgettes, squash, green beans, spinach, and also some less common plants, salsify and kohlrabi. And yes, we will be trying outdoor tomatoes again; gardening is nothing if not perseverance!



## **Our self-seeded sunflowers were magnificent**

A big thank you to everyone who has made a donation, including plants and produce. If you have any excess fruit, veg or plants from your garden that you would like to donate or swap, bring them to the Garden on Sunday mornings. As always, you're very welcome to come and spend some time in the garden, to walk around or eat your sandwiches at the picnic bench. If you feel like pulling a few weeds or planting a few plants, come along on a Sunday morning. We're there most weeks, barring extreme weather.

## **Community Garden**

The Garden Team have been hard at work on clearing the beds after the growing season, taking down the bean and sweetcorn plants, which gave a good crop this year, as well as the tomatoes, which produced a lot of greenery but unfortunately not much ripe fruit! Thanks to Becca who has done a great job of tidying the flower beds as well as the butterfly and bee beds – not a weed in sight.



## **Lots of chutney made this year!**

Autumn planting has already begun, so if you're passing, keep an eye out for the shoots of elephant garlic and broad beans that should go through the winter and produce crops in

## Cornubia

<https://www.cornubia.org.uk/> You can now book online

We would like to thank Carolyn Boyce for her great efforts getting Cornubia up and running and wish her well with her Remake Cornwall project. As we move into a new phase, we welcome to the team Janie Allen in admin and Jill Dean to assist with community engagement helping to keep things running smoothly day to day.

We are aiming to install an extra toilet downstairs with a community kitchen and small meeting area suitable for small cooking workshops or a memory café or similar. There will also be extra heating in the downstairs hall.



Use of the reception area is very popular for regular craft sessions, knitting, sewing, paint your own pottery. More computers will be available in the window alcove at any time for drop-in use for jobseekers, logging in for Universal Credit or just to improve your IT skills. There is usually someone around to help, particularly on Wednesday mornings when we have our Community Coffee morning.

Clay monsters have been made, Christmas cards, Stained Glass workshops, several fundraising mornings have been held for breast cancer and Macmillan hospice. This is something we would like to develop more once we have a workable kitchen.



**A successful pop-up café in aid of MacMillan**

We were pleased to house the Tywardreath School Art exhibition. Inspired work was produced following a visit to St Ives Tate and Barbara Hepworth Museum. They really had absorbed so much from their visit. I learned a lot from Harry who showed me around the exhibition in the school. What delightful children! Many people enjoyed the display in Cornubia reception



Don't forget to drop into the craft shop to browse for Christmas presents or just to indulge yourself with one of the delightful choice of beautiful things.