

WELCOME!

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

We are delighted with our new kitchen and Community Room in Cornubia. What a luxury to be able to wash up cups in a sink after years of "camping". This will be a really flexible area for use as a meeting room or "memory café" or small cooking workshop. We will be inviting community groups to fill a display shelf to promote their activities once we have prepared the shelf units.

Craft Fair



Summer Craft Fair July 5th
Autumn Craft Fair October 4th

Easter Activities

Together with the **Welcome Home Inn** Cornubia will be supporting Par Carnival with Easter activities for children on Easter Sunday with free craft activities including making Easter Egg baskets which can be taken to the

Welcome Home Easter Egg Hunt in the afternoon.

New Tenants



Hannah of Silver Linings has now moved into Cornubia, she will be providing silver jewellery making workshops.

Keep an eye open on her facebook page
facebook.com/HannahMaryJeweller



New to Par! Under the Sun drop in pottery studio. Open 11am - 5pm weekdays, other times by arrangement. Come along and paint your own pottery **OR** work with clay and make your own pottery, it's very therapeutic. With prices to suit all pockets, it's suitable for adults or children, individuals or groups, after school sessions.

Kernow Youth Cafe

At the end of last year, the Kernow Youth Café project held its second activity day. The Christmas party saw over twenty young people who enjoyed an elf treasure hunt, snowman challenge and other great activities. Belinda prepared a healthy sausage casserole with sausages donated by Isabelle Rose and the Community Fridge. We also provided packed lunches including pasties from premier pasties. The next activity day was a dance day with Alice on February 19th 11-1pm.



The café also secured a brand-new chest freezer which makes storing donations and batch cooking easier. We also had a huge donation from St Austell Food Bank including over forty tins of baked beans, fifty bags of pasta as well as crisps and biscuits. Not only does this help with providing nutritious meals for over eighty young people a week, it also gives us the capacity to provide food packs for vulnerable people who are independently living.

We are constantly amazed by the generosity of the community who are not just donating food

but also board games, art resources and sewing materials. We have had numerous offers of help with cooking and the food donations are still being received weekly. The Young Advisors have begun advertising the project and are developing ideas of other ways the project can help more young people as well as others in need in the community.



**CORNUBIA HAS A KERNOW YOUTH
DRY FOOD COLLECTION POINT
ALL DONATIONS APPRECIATED**

Creative residents beat the Winter blues

Cornubia in Par was the host to a Winter Wellbeing Workshop, the first in a series of free drop-in community events taking place over the next month in the PL24 area.

Designed to use creativity to boost mood and mental wellbeing, the workshop offered a range of artistic and craft-based activities for residents to try their hand at, including glass fusing, mono-printing, Haiku poem writing, pinch pot building and bookmaking.

Organiser and local artist Hannah Shaw, was delighted with the “creatively-energised atmosphere” of the event.

Hannah said: “It was so wonderful to see members of the community engage with the

Winter Wellbeing Workshop and we welcomed visitors of all ages throughout the day.”



“Making time for creative pursuits is a well-researched and recommended way to boost self-esteem. It can also help to improve the low mood that we are all prone to feeling at this time of year.” continued Hannah.

“Taking a break from screen-time and immersing yourself in the joy of trying something new can be a restorative experience for some people. Not to mention, it’s just a fab way to meet new people or socialise with your friends and neighbours in the community. These workshops really are for everyone to come along and try. There’s no pressure, no experience necessary, just a curiosity and a willing to learn.”

The series of workshops are a part of the Creative Civic Change (CCC) Programme, a national project launched in May 2019 that utilises arts and creativity to make positive lasting local change.

Over the next three years, the programme will provide PL24 communities with funding in addition to a substantial programme of support, including networking, mentoring, peer-to-peer support and skills development to 14 communities across the UK.

Hannah commented: “Thanks to the CCC, we are able to offer a broad cross-section of

creative activities to try, which are a showcase of the wonderful artistic talent already present in our local area. My hope is that these workshops are the first step in creating a lasting legacy of art-based enrichment for our community, that will not only boost the profile of creative practitioners working locally but also enhance opportunities available to residents.”

Throughout February, there were additional free workshops in St. Blazey and Tywardreath, with different activities to try at each.

Heather Quoroll lives in Tywardreath and “thoroughly enjoyed” the workshop in Par.

Heather said: “It was such a positive and fun event, which is wonderful to see happening in our community.”

“It’s encouraging to see this type of workshop being aimed at adults. I managed to try some things that I’ve never done before and spend time with my friends, I highly recommend coming along.”



Search ‘Winter Wellbeing Workshops’ on Facebook for more information.

**For further media details, please email
Project Co-ordinator Hannah Shaw
on creativehubccc@gmail.com**

Community Garden

We're looking forward to the longer, warmer days when plants spring to life. Not long now, though, the first daffodils are out in the Garden, the broad beans and garlic planted in autumn are doing well, and the spinach is still going strong. Over winter we dug up and divided the rhubarb crowns, and they are already in leaf. We are very grateful for the kind donation of fine topsoil which we have used to top up the raised beds, and they are now ready and waiting for planting. We're already under way with sowing herb seeds indoors ready for transplanting. If you have any plants you'd like to share, bring them along to one of our Sunday sessions.



Our community gardening sessions are friendly and informal— everyone is welcome to join in. If you have any ideas of plants you'd like to see, we'd love to hear them. What would grow on the west-facing bed behind the shelter? Come along 10-12 Sunday morning for as long as you want, and help keep up this valuable community resource

Knit and Natter

Thank you to Knit and Natter who have returned home to Par Track now that the lovely café is up and running. We enjoyed having your company on Monday mornings.

Par Bay Panto

Cinta Stage's founder Jessiny Mitchell and Felicity Hipgrave wrote and produced Par's very first pantomime. It was an original stage production consisting of an ensemble of ages 7 to 15 from the local area. In just 8 short weeks the cast members showed their exceptional talent and dedication which ended in two magical performances.



The Par Bay Big Panto was so well received by the community that it is now going to become an annual festive event. Look out for the coming months as we will be hosting a series of performance workshops to get everyone excited for September which is when auditions for this year's panto will take place. It's important to remember that **EVERYONE** who auditions will receive at least one spoken role and we welcome all! From the shyest of souls to the more seasoned performer, no one is turned away!

For more information contact Cinta Stage directly via Facebook or email create@cintastage.co.uk