

WELCOME!

Welcome to Par Bay Big Local's Summer Newsletter - keeping you up to date with projects funded or supported by Par Bay Big Local.

Health

Par Bay Big Local have been keen to support the health of local residents and are pleased to have launched some initial walks in the Par area, offering a free and friendly opportunity to enjoy some fresh air and gentle exercise in good company

A small, but keen group have gathered on Mondays in April to enjoy alternate walks to St Blazey duck pond and the Bunny Field and also the Par Beach wildlife lake and surrounding area

All walks are led by qualified Walk Leaders and new walkers are most welcome



We meet at Cornubia (opposite the Spar shop) on Mondays (excluding Bank Holidays) for 1015, ready to walk from 1030 for up to an hour on what are considered intermediate routes which can be flexible as regards to distance, duration and pace

For further information, please contact Karen (01726) 818881/
biglocal@edenproject.com or Sonia (813720)

Jobs and Income



Par Bay Big Local Social Entrepreneurs Award programme

Can you help transform your community through an exciting social enterprise? UnLtd and Par Bay Big Local are looking for individuals with great ideas to tackle important social issues in and across Par Bay. Our award programme offers cash and 12 months of support to enterprising individuals whose ideas benefit Par Bay residents (Par, St Blazey and Tywardreath). The award programme will run over the next three years from May 1st 2018. The award programme will offer Try It awards of £ 500.00 and later in the year Do It awards of up to £ 5000.00. This award programme is for individuals only and does not offer general grants to organisations.

WHAT WE'RE LOOKING FOR:

About You

You are passionate about improving your community and gaining skills for yourself. You live, work, volunteer or have a strong connection to Par Bay

Your Ideas

You know your local area, the challenges it faces and the opportunities. You have a great idea that will be of benefit your community

What You Need

You could be at any stage of your journey, you need some help to make sure that this is the right decision, to create a plan for how it will happen, and then to do it.

For more information, a chat or just to register your interest please contact paulsquires@unltd.org.uk and for more information about UnLtd go to www.unltd.org.uk

Cornubia



A delightful chocolate Easter Egg making session run by Felicity Hipgrave

On Sunday 6th May Cornubia took part in the national community business weekend and opened its doors to the community to share information on future plans, ideas and activities #localpeoplelocalpower. This included a fashionista organised by Tex – Textiles with a Difference, a social enterprise based in Cornubia, currently working with companies like Sea Salt, taking trade waste and repurposing it into useable, saleable goods. They will be offering free-of-charge workshops over the summer with sessions including carnival costume, bunting and flag making, another focusing on making Dignity Bags working in conjunction with St Petrocs for those in need. You don't need previous skills just a desire to get together with others to help learn new skills and share.

Other activities lined up are a weekly Slimming World session on Saturday mornings, yoga on Thursday evenings, Reike. Dance Republic 2 will be with us for a week preparing for an exciting 3-day event on Par Beach in June.

The weekly Job Club supported by Reed in Partnership continues to thrive. Don't forget

we will be offering support for Universal Credit applications online if you need assistance.

Local residents are invited to book family celebration parties and events. A tour of the building is encouraged and a discounted rate provided.

Volunteers will be available for information and provisional bookings Monday to Friday 10am to 1pm.

Community Garden

We were delighted to have a visit from Tywardreath School in March. The children were a pleasure to be with, a credit to their school and parents. We have since had a little helper, Bonnie, who helped pot up seeds. Vegetable planting is moving forward – onions, shallots, broad beans, potatoes, salad leaves. We are experimenting with sugar plum raisin tomatoes this year.

The two Johns have installed solar powered lights in the shelter area and have replaced the broken table with a donated picnic table. Our grateful thanks to Alyson, whose help maintaining the bee friendly garden will be missed as she is moving away. If anyone would like to tend this corner or any other we would love to have you on board. Sunday morning is becoming a popular time but any time is good.



We have supported Jordan Rowse's "PL24 in Bloom" drive to improve the environment across the whole area.

Young People

We have continued to support Fourways in their youth work.



Young advisors group: project for young people aged 15 – 24 years who show community leaders how to engage young people in community life, local decision making and improving services. They also work with business leaders, bringing unique expertise and knowledge about being young to influence strategic planning, decision making and marketing. We look forward to viewing the Young Advisors video of the area.

Kernow Youth

Respect Project: Project for 13 -19 year olds which focuses on raising young people's awareness of social justice through informal education working with more challenging and vulnerable young people who are involved with a range of anti-social behaviour within the community. Youthworkers engage with young people in dialogues about their

choices and options encouraging them to engage in a range of positive activities including centre based work, trips out, outreach work etc. Young people encouraged to make informed decisions, meet their full potential and inspire through the provision of quality information, advice and guidance and by signposting the young people to range of organisations and partners who can support their more complex needs.



Through co-production with young people the Respect project provides a wide range of young people-led activities from music, art, photo projects to team building games, sports and skating, issue based workshops such as sexual health awareness and advice, healthy relationships, c card provision, domestic abuse awareness etc.

Kernow Kids 8 – 12 years project: Mixed gender work with young people between the ages of 8 – 12 years providing activities and support services which improve young people's health and well being.

Youthworkers build relationships with young people through the provision of fun, innovative and educational activities to identify the 'real' needs of the group.

Building on confidence, self esteem and self worth young people are encouraged to engage with services, experience new activities and gain opportunities that otherwise may not have been experienced.

SPACE young parents group: Working in partnership with Childrens centre a crèche is provided to give young parents 25 years and under 'space' to concentrate on issues affecting their lives. These include the change of role bought on by becoming a parent, constructive relationships, importance of education and contraception etc. In addition professionals from other agencies such as Health visitors, midwives etc. provide occasional sessions, with specialist courses such as Paediatric First Aid organised for group. The group support each other not only as young parents but also as 'young women'. Gender specific groups i.e. young women/young men: targeted group work with small groups of young women or young men who need additional support. Groups focus on positive self image, attitudes towards sex and sexuality, pornography, consent, sexual exploitation, impact of abuse and violence, drug and alcohol awareness, sexual health awareness - building healthy relationships and positive mental health.



Soapbox project: A project for young people aged 13-25 years with a disability facilitating their independence and confidence through teaching life skills such as budgeting, cooking, banking, use of public transport, self-care, safety, understanding healthy relationships etc. Supporting the young people to explore a range of social issues that affect their lives such as sexual health, drug and alcohol abuse, various forms of discrimination i.e. racism, homophobia, sexism etc. The group supports young people to have a voice and raise concerns that they feel directly affect them or where they feel they have been treated unfairly due to their disability.



Healthy cooking sessions with Keep Cornwall Fed

Drop-in Information advice and guidance sessions to be developed at Par in the near future to offer services to young people in the Par area who lack youth work provision.

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<https://www.facebook.com/groups/cornubi ahub/>

Website: <http://parbaybiglocal.org.uk/>