

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.

Health



We have finally been able to install the defibrillator supported in part by a previous Par Bay Big Local award. Local resident Chris Wilson successfully completed a London Marathon as part of his fundraising. It is now in place on the wall between Boots and Cornubia. The Par Carnival committee voted unanimously to assist with running costs of regular checks and maintenance by FLEET.

The Walking for Health group continues to meet weekly. A Christmas lunch is planned for December and new routes will be investigated in the New Year.

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

Community Garden

It's been a busy and productive year at the Community Garden. The bee and butterfly garden have given a lovely display of flowers of different colours, and some of the vegetables have done well in the warm weather. We planted a wide range this year including beetroot, leeks, lettuce, peppers and spinach, and we had a good crop of courgettes and green beans. The experiment with outdoor tomatoes was a huge success. Our plants grew and grew, and produced some beautiful sweet ripe tomatoes and plenty of green ones which went to make chutney.

Keeping the plants watered was a challenge in the long dry spell this year as there is no water supply at the Garden. We have now set up a large water tank to harvest rain water. With a full tank and water butts we should have more reserves in future. We have also installed solar lights to provide lighting in the seating area.



Next year we plan to plant more vegetables and continue clearing the beds at the back and side of the garden. We are grateful for all your donations which are used to maintain the Garden and buy seeds and plants. Thank you to

all the volunteers who have come along to help with the many jobs in the Garden. We welcome anyone who wants to join us on Sunday mornings from 9:30 weather permitting. If you have any plants or produce from your own garden, bring it along to Swap and Share on Sunday mornings.

We look forward to seeing you.



The advice and drop in session run in Cornubia by Kernow Youth on a Wednesday 4.30 -6 is getting busy, young people have designed a mosaic for the community garden . They enjoy doing the mosaic each week while discussing any issues that affect them.

Jobs and Income

Reed in Partnership continue to help local jobseekers back into work and can be found in the IT suite in Cornubia every Monday. They offer not only expertise but also a friendly approach much appreciated by those who seek help. Thank you Julie and Rob.



Par Bay Big Local Social Entrepreneurs Award programme

Over the last three months, three Par Bay Big Local residents have won UnLtd awards. These awards are made to individuals who having identified a local, regional or national issue have found a solution to the problem they have recognised. These social entrepreneurs have started ventures that create social benefit and generate income from sales of products and/or services. So many congratulations to Paul, Jessiny and Karen. The social entrepreneur award programme runs across Par Bay and is a collaboration between Par Bay Big Local and UnLtd. Any one over the age of 18 living, volunteering or working in the Par Bay Big Local areas who wants to start or is growing a venture that will create social benefit is eligible to apply for an award.

As part of the Social Entrepreneur programme, a local social enterprise, Cultivate Cornwall, have and will continue to run regular networking events across Par Bay to support local social entrepreneurs, social enterprises and businesses. Cultivate Cornwall ran a “soup” event in October , bringing together a wide range of people to an evening meeting, who while eating Soup (provided by a local social entrepreneur) listened to pitches made by social entrepreneurs seeking investment and support. Finally below are some words

written by one of the attendees that visited Par Bay Big Local in early October as part of the visit to Par by residents from other Big Local areas across England....and a couple of people from Dundee!



Gill's lovely pop up vintage café

“A pub doesn't belong to a company. Even if you've had the paperwork done, and it's been in the same name for 100 years, it's just temporary ownership – it always belongs to the community. It's a public house.”

That's the lesson I learnt from Iain, the manager of the Bevy community pub in Brighton, on the learning journey in Par Bay, Cornwall. Whether it is a hall, a bookshop, a garden or a running track, these are all community assets, and they belong to the people who use them. Our conversation over tea and cake helped ground me in the ethos of the work that was happening in the space all around us.

I visited the town along with prospective and current UnLtd award winners from around the UK, like Iain, who wanted to learn how to create and grow sustainable businesses. One group had travelled from as far as Dundee to see what the community of entrepreneurs in Cornwall are doing.

Par Bay is a Big Local area, one of 19 such places in which UnLtd and Local Trust work together to support enterprising people, growing and starting businesses that benefit their community. We were treated to a tour of the ventures in this area including a community garden, a community owned running track, a recycled paint shop, and a hall named Cornubia that was the hub for our day - all within five minutes walk of each other.... And to read the rest of the article please go to <https://www.unltd.org.uk/blog/stories/if-you-build-it-they-will-come-lessons-from-the-par-bay-learning-journey/>



Whats On.....

We have **regular weekly activities** supporting our Creative Enterprise and Health and Well being Objectives. These include; Walking for Health, Kettlebells and Boxcercise, Par Knit Wits, The NEW Monthly Repair Cafe, Cinta Stage School, Yoga Classes, Tai Chi, Slimming World and Monthly Film Club.

During November and December we also have one off events including: Bag making, Christmas decoration making, Christmas Craft Fair, Indoor Car Boot Sale, Late Night Shopping Event and another Clothes Swish.

Creating Civic Change 2019

Par Bay Community Trust has been selected to take part in Creative Civic Change. This programme will support our community to use the arts and creativity to make positive change in the Par Bay area. We are one of sixteen

communities across the UK selected to go through to the Development Stage to lead an engaging creative project which will respond to the needs of our area.

Cornubia Launch: 6 December, 12 – 2 pm

Thursday 6 December is our official launch date for the Cornubia building and YOU are invited! We welcome everyone to join us in the celebration which will include a Christmas buffet and a tour of the building. *Arrival time 12 pm followed by speeches and the ribbon cutting of Prosperity Paint Hub the Community Repaint Centre for Cornwall.* No booking is required we welcome everyone from the community to join us and come along to find out more and meet the Trustees and team.

Seasonal Christmas Creative Workshops are scheduled including Felt making, Cracker & Paper Crafts Workshop, Chocolate Workshop, Furniture Painting and Fused Glass Workshops.

All events are advertised on our Face book Page Cornubia and a timetable can be picked up on reception, Monday – Friday (10 – 1 pm)
Contact Carolyn / 07480 135818

Tenants Finalist

Cornwall Environmental Awards 2018

We would like to congratulate two of our Social Enterprise Tenants; Community Repaint Cornwall (Prosperity Paint Hub) and Cultivate Cornwall CiC who have successfully achieved the Finalist stage of the Cornwall Environmental Awards 2018. We are excited to support both projects following the Panels difficult decision this year due to the high calibre of projects and that each show a real testament to the quality of the sustainability work and their commitment to environmental growth.

New Initiatives 2019

Following the success of Cinta Stage, 3 days residential for children aged 3 to 13, Jessiny provides acting and musical theatre classes to inspire creativity. Children can also achieve Kauki Ensemble Level 2 focussing on all disciplines such as voice, physical theatre, character, singing, dancing, acting, performance and choreography.



Community Partners:

We welcome Friends of Par Beach and Par Carnival Committees for meetings and Tywardreath Players have been using the upstairs space for Rehearsals for their recent play Tommy's Suitcase

December Monthly Film Club – 5 th

Mamma Mia!!!

Family Viewing – 7.30 pm

Come and join us, adults and children welcome, also serving Fresh Popcorn, drinks and ice-cream and FREE tea and coffee.

2019 New Activities Planned:

Contemporary Dance Classes will be provided by Sam Lawrence from January, evenings and morning classes. Karen will also be providing Bums, Tums and Thighs and Chair based exercises, contact us if interested..