

## WELCOME!

**Welcome to Par Bay's Winter Newsletter**  
**- Keeping you up to date with what is**  
**happening around the Par Bay Area.**

### Community Garden

What a year it has been in the Community Garden! Being in the open air, in natural surroundings has really lifted our spirits in these trying times.

#### Highlights of this year

More people than ever before have enjoyed looking at the garden as they pass by, and many have come in to have a look at the flower and vegetable beds or sit down to enjoy their coffee.

Swap and share has been a great success. You've donated lots of plants and taken others away to enjoy at home. We've had donations of produce, garden pots and equipment, and some tools. You've also been so very generous with money donations, more than ever before – all greatly appreciated, and these will help maintain the garden, buy more plants, compost and seeds.

Music and traditional dancing – thanks to Jo and Cathy for the lovely music-making and the merry dancers who have enlivened Tuesday mornings, Bagas Crowd for their performance in October.

Gill's pottery groups made some beautiful ceramics inspired by nature.

More autumn planting this year – broad beans (variety Aquadulce) and for the first time, winter peas (Douce Provence). There's also garlic (Provence Wight), shallots (Jermor) and onions (Radar), plus some corn salad under a cloche.

Sonia's grow boxes, a pack of everything you



#### Grow Box

need to grow your own plants – compost pots, seeds, and instructions, and much appreciated by the youngsters who received them during lockdown.

A bit of TLC- weeding, adding organic matter to the soil and planting have left the boat planter opposite Par Station entrance looking lovely now.



### Lessons learnt

It's not all been plain sailing on the veg. front. Our tomatoes grew plenty of foliage, but despite much pricking out of sideshoots, we didn't get many ripe fruits. The green tomatoes were snapped up by the chutney-makers, but next year, we'll aim for more ripe fruit. We'll remove any flowers that won't have time to develop, so the plants put their energy into the existing fruit, and cut back the greenery earlier to let more light in. One of our bean rows was blown over in a strong wind, so we're planning to put in Met posts and stronger supports on the exposed bed.

### How you can help

When you sow seed in pots, do a few extra, and bring them along to swap and share. Take cuttings from your favourite plants. The [rhs.org.uk](https://rhs.org.uk) website has advice on this.

Have a good clear out and bring any gardening tools you no longer need to the Garden. If anything needs repair, we'll fix and fettle it if we can, and either add it to our collection or donate it to the community. Earlier in the year we gave a vintage seed sower to the Farm Museum at St Winnow Barton (a treasure trove of historic agricultural equipment, and in a beautiful spot by the River Fowey).

If you have spare time, help look after the garden. Come along and pull a few weeds, plant seedlings, share your gardening know-how. We're usually there Sunday mornings, so you're very welcome to join us. If you have any ideas for pop up sessions or activities in the garden contact facebook: [parbaycommunity](https://www.facebook.com/parbaycommunity) garden /tel :John on 077888 670207.

## Cornubia

Roof works have now finished and we are safe and dry for the winter. Our thanks to everyone for their patience over the last 6 months.

We are now open again, albeit in a limited way. We are moving into a new era and can look forward to some exciting new projects.

**Under the Sun Ceramics** is now installed in the studio at the rear of Cornubia and Gill will be continuing the therapeutic pottery sessions held in the garden during the summer.

**Made by the Sea** now provides a display of local crafts for sale. Jill has posted virtual shop windows during lockdown and offered a **Click and Collect** service by appointment.



**Plenty of choice for Christmas shopping**



You can take a closer look through the shop windows.



### Creative Halloween window dressing by RCF

**Reachout Creative Futures** - a small 16+ group and **CRCC Work Your Way** providing support into work are two new groups we are delighted to have as part of the team.

We welcome back old friends – Knit and Natter and Tai Chi, both providing mutual support for companionship and mental wellbeing. Thank you to Restormel Reupholstery for the protective padding for our posts for Ashita Kai Karate Kids, Celtic Warriors Tai Kwando group and also for Capitol Dance who are a welcome addition to our activity groups.

### Looking ahead to 2021

**Bill Davies** will be starting a Men's Wellbeing group post lockdown. Get in touch with any requests and suggestions. 07395 797872  
BillD@volunteercornwall.org.uk

**Sewing:** We aim to put on sewing sessions to help women & girls sew their own sanitary towels – thus helping tackle both environmental & financial issues.



**Internet :** If you know someone who struggles with the internet, Cornwall Council offer friendly free help to improve digital skills. Email

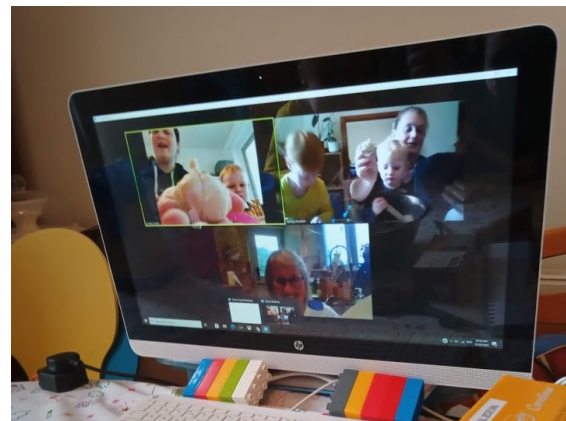
[digitalinclusion@cornwall.gov.uk](mailto:digitalinclusion@cornwall.gov.uk) or call 07973 497102.

Help is also available for devices for schoolchildren.

## Creative Civic Change

The CCC programme has been extended for 6 months until Nov 2022. There is one large project "Covid and beyond" running which will be completed at the end of March with a celebration day at Par Track.

**Creative Connections** have been running online art classes which have engaged 90 participants and linked with the Clay district of Stoke on Trent. Crowdfunding is in place for an extension with matched funding promised by Cornwall Council.



**Re:Create** Online fun and creative workshops re-purposing household items, aimed at families and young people.



Playdough soap, salt dough

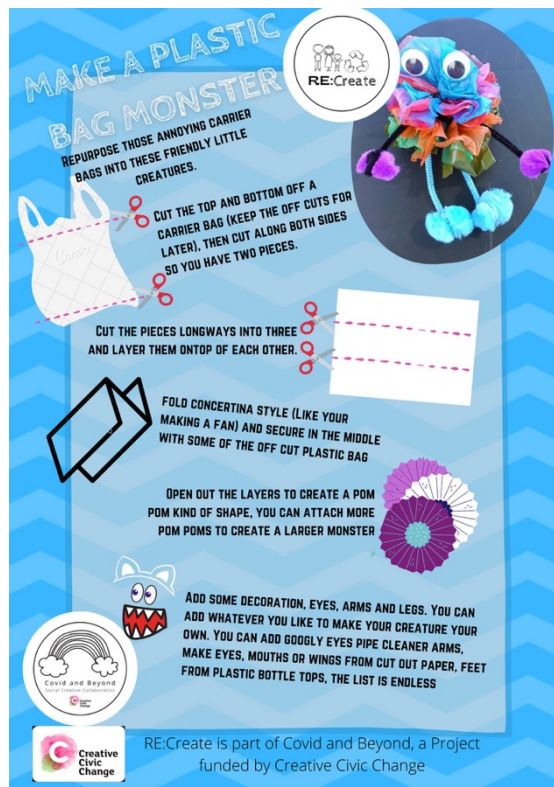
"A lovely way to spend a rainy Saturday morning."



Repurposing old t-shirts or bed sheets into  
fun new things such as no-sew cushions and  
wax food wraps



Friendly monsters and fantastic coasters  
from plastic bags



WOULD YOU LIKE US TO  
ARRANGE AN ONLINE  
MEETING FOR YOUR GROUP?  
CONTACT US AT:

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PRODIGAL THEATRE  
AND  
MAKE SPACE

PLAN TO LAUNCH NEXT YEAR

