

WELCOME!

Welcome to Par Bay's Spring Lockdown Newsletter - Keeping you up to date with projects funded or supported by Par Bay Big local and Par Bay Community Trust.

Kernow Youth



Since the New Year, Kernow Youth has faced numerous challenges from the National Lockdown. However, we are continuing to support young people and families in this most testing of times. We are providing provision for as many groups as we can in the safest way possible. We meet the #Young Women Can group weekly via zoom for discussions on news, current issues as well as tackling mental health concerns related to the current situation. All the youth workers also offer one to one help when needed. We also run the SPACE group for young parents via zoom after their children are in bed. For some of these families this is the only adult conversations they have on a weekly basis. We discuss issues they may have as well as playing games which allows them a chance to relax and get some time out which is much needed.

The final group we are currently running is the Soapbox group for those with individual needs. This group provides a safe space to talk to other members as well as play games and other activities on a weekly basis. For some of these young people we are their only outside contact.

The food project is also busy at the moment with at least 10 boxes being distributed a week now. The young advisors have also devised an idea where we attach stationery packs or age-appropriate activity packs for young people within the households. This will be a huge benefit to a lot of vulnerable families in this ever-changing climate. A new partnership has been formed with the Community Larder.



What is a Community Larder?

In the wake of the pandemic, we are working with partner organisations to set up a network of community larders in St Austell and the surrounding Clay Country. These community larders are **open to everyone** and enable us to **reduce food waste** by taking surplus food collected from supermarkets and allowing people a chance to use it. This helps to reduce food waste.

PL24 Reboot

This brilliant initiative by Bob Shillito has already made a difference to many local children in a short space of time. This is a first step in bridging the digital divide.

PL24 reboot is a community project providing free laptops for home learning in the PL24 area and nearby

There are lots of children in our area with inadequate access to a suitable device. Equally there are hundreds of unused laptops tucked away in cupboards. We want to give these a new lease of life by giving them to kids in our area, to improve their home learning.

We ask for donations of Windows laptops, in working order, up to around 8 years old. The first thing we do is to completely wipe the hard drive to eliminate all trace of their former owner



We then rebuild the machine as a Chromebook, suitable for home learning with all of the suitable tools such as classroom. Other suites such as Microsoft 365 also work as web apps. Laptops are supplied, free of charge, to local children in the area. Schools prioritise who needs them and deliver them.

There is no money involved: people donate laptops, we set them up with free software and give them away.

Reusing laptops in this way also helps reduce electrical waste.

Contact Bob Shillito on

laptops@pl24reboot.org.uk

If you know anyone who is isolated and needs affordable broadband or a tablet/laptop to get online ring 01872 243 557 or 01872 243 534 or digitalinclusion@cornwall.gov.uk

This team can also provide advice and grants to help people purchase equipment.


Creative Civic Change



The Open Mic night and the Improvisation group are all part of the Covid and Beyond Project managed by Jayne Hipgrave.

The Doodle and Draw workshops from Covid and Beyond have come to an end and some of their art work has been used by CCC in their national publications.

The journal writing and pen pals scheme, part of Covid and Beyond has begun.



Par Bay Pen-pal group.

- Are you someone from our community who would enjoy receiving a friendly letter?
- Do you know someone who would like to receive a letter from a local pen-pal?
- Would you like to become a pen-pal yourself and help put a smile on someone's face by sending them a lovely letter?
- There is also the option of sharing snippets of your letters with others via our Covid and Beyond web-archive too, but that is entirely up to you and **nothing** will be published without your permission.

All letters are collected and delivered by our project team leader who holds a current enhanced DBS. They are then quarantined according to Covid regulations before being passed on and also checked to make sure that all content is suitable - letters containing anything which may offend or upset the recipient will not be passed on.

Please don't hesitate to contact if you would like to be involved in any way:
 Tel - 01726 812529
 Email - jayne.downing@gmail.com
 facebook - www.facebook.com/groups/parbaypenpalgroup/

Par Bay Pen-pal scheme is part of the Covid and Beyond Project which is funded by Creative Civic Change.

Numbers of participants continue to increase in all strands of this project

Prodigal have begun working with their Emergent Artists and they have cleaned and decorated the upstairs hall at Cornubia. They plan to launch the first festival in September and aim for this to be an annual event. They will be working with Wayne Hemingway on this and will be performing their online ticketed show The Fight on the 26th February.

Make Space have had to delay the launch of the project due to lockdown and have exciting plans for a venue in St Blazey.

Links with the White Gold festival have been made in giving some matched funding to Robin Sullivan whose art and archaeological project "Everything and Nothing has changed" will launch in the late Spring. Despite lockdowns and uncertainty CCC has maintained a strong and supporting working party of creatives. As we move into the last stage of the funding we

will focus on creating an artistic legacy for Par Bay which will enrich our community and that will raise the status of this area nationally

Cornubia

The building is currently closed due to the latest lockdown but renovations have continued in preparation for welcoming our groups back as soon as we are allowed. Soundproofing between the lower and upper hall will allow activities to run simultaneously in both halls. We look forward to Prodigal Theatre using the upper hall as a training base for students and bringing theatre to central Cornwall. Capitol Dance will also be based in Cornubia on Saturdays.

In the meantime Zoom sessions have been taking place to keep activities going online.

New groups starting post lockdown

Par Bay Men's Group planned for Mondays 10.00-12.00 had to be postponed due to lockdown. We are aiming for a mix of companionship, chat, mutual support, a variety of activities and availability of specialist help should it be needed. If we can't help we will know a man who can! We are very grateful to Biscovey Football club who have been fundraising for the group assisted by Jordan Rowse, our Cornwall councillor.

<https://www.facebook.com/groups/157622735862631>

Sew Happy: a series of workshops for all abilities to come along and learn or brush up sewing skills and eat cake once the current restrictions are eased.

Ready Techy Go: Several requests for a weekly drop in session to get help with using your laptop/tablet/smart phone etc. If anyone would like to run this, get in touch at cornubiapar@gmail.com

Community Garden



Gardens are often not at their best in the winter months, but we've taken advantage of the occasional fine days to keep on top of weeds. Our winter planting has mostly fared well; the shallots, onions and garlic are showing green shoots, and the broad beans are going strong. Our poor winter peas on the other hand are looking a bit worse for wear, so we'll be doing some re-planting when it gets warmer.

We're scaling up our seed sowing this year, so we'll have more plants on offer. On Sunday mornings this year we're holding Sow & Grow sessions where you can pick up plants, or seeds, pots and compost if you prefer to grow your own. There will also be plants at the gate as usual. We'll have broad beans and peas, runner beans, climbing French beans, leeks, and spinach, sunflowers, nasturtiums, Cocktail Crush tomatoes and some herbs.

Huge thanks for all the donations you have made. Your wonderful contributions help keep the garden thriving and productive for our community. If you have any spare plants or seeds, pots or tools you'd like to share, please bring them along.

We're looking forward to working with Go Beyond (formerly CHICKS) who are planning visits to the Garden this year. They've also got ambitious plans for a growing project of their own.

We were delighted to learn that the Community Garden has been identified as a Local Green Space in Tywardreath and Par Parish Neighbourhood Plan, subject to adoption by residents in the referendum. You may notice that we're starting to tidy up the space next to the Community Garden as the landowner is kindly allowing the whole site to be used by the community. We're hoping to be able to remove the old vehicles that are parked there, and we'll soon be asking for your ideas on how the site could best be used.

Happy gardening!

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

Email: parbayct@gmail.com

web: www.parbay.org.uk

tel: 07980 838578

