

WELCOME!

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

Cornubia

May 1st saw the opening of Morva Maid in the front shop area after many days of preparation painting walls, cleaning and setting up shelving etc. We had the big reveal after weeks of covered windows and speculation.

A constant stream of customers throughout the day reflected the success of this community venture by Jemma and her team. Well done!



Over 30 local artisans have work displayed, including paintings, handbags, crystals and a wide array of beautiful gifts. There is something for everyone - come and browse. You're guaranteed to be tempted. We have so much talent in our community. Open 6 days a week, Jemma also offers a gift wrapping and postage service.



Under The Sun studio is now open by the Moorland Road entrance with pottery sessions for all ages and abilities. Pop in and book a session.

We are pleased to welcome a team from 3 local surgeries - Middleway, Par Health Centre and Fowey - in the office space on the first floor in the front of the building.

If you would like to run an activity, or volunteer to help with events, email cornubiapar@gmail.com for information or telephone Janie Allen 07771 650706.

Activities currently taking place in the halls and community room are Capitol School of Dance, Streetdance, as well as a new Pilates group. Tai Chi, Karate and Tai Kwon-Do is now back up and running plus a weekly Knit and Natter session.

We have a new Men's Group on Monday mornings with free refreshments, a chance to sit and chat, build new friendships or suggest activities you would enjoy doing.

Walking for Health has resumed on Monday mornings, led by an experienced Eden walk leader, starting at the Health Centre car park.

In addition to health and wellbeing activities, we host a Reachout group of youngsters who study life skills, maths and English.

“Learn your Way” sessions to improve IT skills are also offered 3 days a week via CRCC (Cornwall Rural Communities Charity. We will be running CSCS card training and First Aid courses in the near future.

Pick up a brochure from the shop or find us on <https://www.cornubia.org.uk/>

Cornubia Midsummer Fair



27th June
10.30-3.30



**Arts...crafts...collectibles...homemade
produce...community groups...charities
All welcome**

New this year
Outdoor stalls...Picnic Packs
Indoor stalls limited due to restrictions

Can you help with setting up/refreshments ?

Can you bake a cake/ donate a raffle prize?

Access via Moorland Road entrance, exit through shop

For details ring 07980 838578 or email sonclyne@gmail.com



If you would like a stall get in touch with Sonia on sonclyne@gmail.com or 07980 838578.

Community Garden

In the meantime, over in the Community Garden we had a new take on the traditional

maypole dance by Prodigals's Emergent Ensemble of 6 students.



We've certainly had some unusual weather this spring. In one of the coolest Aprils on record, our peas and beans are looking rather the worse for wear.

We are pleased that our new stronger cane supports have withstood the wind so far – with some kindly donated extra - long bamboo - and we have a few spare plants to put in where there are any gaps. Thankfully many of our veg. plants have survived – the broad beans are in flower and the garlic, onions and shallots and artichokes are doing well.

Gnomes have taken up residence in various parts of the Garden, thanks to the Tywardreath Pre-School Playgroup who paid us a visit in May. Many of our younger visitors have enjoyed trying to spot them all – you'll have to look carefully, as some are well hidden!



Our **Swap and Share** has continued to be extraordinarily successful. The Garden Team have sown hundreds of seeds, and the plants have been disappearing as soon as we put them out. A variety of plants has been donated, from a fig tree to fennel, and bamboo to broad beans. The **Seed Share** box has been well used – have a look inside next time you're passing, and if you have any unused seeds you want to donate, drop them in.



We also received a water butt and stand which we have installed next to the big shed. This will help us keep watering plants in dry spells. There is no mains water at the Garden so we are heavily reliant on collecting rain in our tank and water butts.

Would you like to help grow plants to share? We can provide seed and compost, and we have a stock of plant pots. If so, talk to one of the Garden Team – we're usually there on Sunday mornings – or leave a message on the Par Bay Community Garden Facebook page, or ring John on 07788 670207.

Kernow Youth

At last we are back !!! After nearly four months of Online Youth Groups, Kernow Youth are back at Fourways Youth Centre with new and exciting projects to help vulnerable young people and families in the local area.

Mondays we have the new Find Your Feet group 8-12 year-olds aimed at developing confidence and helping them to be prepared for transitioning from primary school to secondary school in these very different times.

We are also working in partnership with Cornish Acorn on a Monday running a young women's group developing skills from within a different setting out with nature.



Wednesday sees the return of our Space project for young parents and are currently taking part in the sunflower project with our little helpers.

Girls Can is our Wednesday young women's group which is promoting positive mental health and providing support for young

women. The group also develops confidence through various activities and upcoming trips.

Thursdays is our Soapbox group aimed at promoting independent living for those with individual needs. This group has grown in numbers and it's great to see new younger members.

The Support box project is also still thriving and the young advisors are currently on mailbox drops promoting the service within the community.

We are also developing a partnership project with Prodigal. This Parkour group for 12 to 16 year-olds will meet at Fourways from 7pm. Spaces available please contact us for further information

Par Bay Creatives

Prodigal Emergent Ensemble

This group of students have been carrying out Random Acts of Art around the area, supposedly dancers from Cornubia Hall in days gone by looking for their partners on the beach, on the Pump Track, in the grounds of a care home watched through the windows by residents, in housing estates and so on.

We are very fortunate to have such talent living in our community!



Look out for more from this talented group.

The creative teams will be running free creative workshops and open mic nights on Zoom around Par Bay for all ages. We should be well stocked with bug hotels!



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