

### WELCOME!

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

### Cornubia

Don't miss our Spring Fair on **Sunday 6<sup>th</sup> March** and catch up with your community groups. Friends of Par Beach will be there with the Time and Tide Bell soon due to be set in place off Par Beach. This is your chance to hear what it will sound like before it is installed.



There will also be displays by PL24 Community and Cornwall Plastic Pollution Coalition as well as the usual array of stalls.

#### Renovations

Our new toilets upstairs means our Upper Hall with its sprung floor is now fully accessible for wheelchair users. The sprung floor is ideal for dance and other activities with a kitchenette set up with tea and coffee for parents waiting while their children attend classes.

We have two halls. The upper hall lends itself well to meetings large and small, meetings, conferences or a film club with a motorised electric projector screen so easy to use.

If you would be interested in supplying buffet catering for events please get in touch.



#### Activities

Drake Judo has recently added an adult session on Tuesdays, with Tai Kwondo switching to Mondays and Thursday evening sessions.

Tai chi has moved upstairs on Friday afternoons with Karate early evening.

Dance the week away with Streetdance Tuesday, Sosa dancercise Wednesday Studio 4 Wednesday, Capitol ballet Saturday.

For details of activities or to come and look around contact us at [cornubiapar@gmail.com](mailto:cornubiapar@gmail.com) Visit Knit & Natter, Memory Café and Ready Techy Go in the community room with kitchen.

### Big Jubilee Lunch

Knit and Natter are already crocheting and knitting in red white and blue to brighten up the hall for the Jubilee celebrations during the Jubilee weekend at the beginning of June. Pot and Chatter will be creating some table decorations in red white and blue. **Please get in touch if you would like to help us make some bunting.**

### Par Bay Memory Café

The Memory Café day has now been changed to the **second and fourth FRIDAY** 2-4pm. All are welcome to join the activities- quizzes, music, crafts and fun. Fowey Community Bus is available to us on Fridays. Thank you Colin. If you are without your own transport contact Felicity 07873 1618871. Find us on facebook or contact Nicola 07957 681083 [nicolahammond88@outlook.com](mailto:nicolahammond88@outlook.com)

### CCC

The Trust is applying to the Let's Create Platinum Jubilee fund for an exciting programme of events for the extended bank holiday weekend in June.

We hope to include the whole community in creative and cultural events.

These include a Big Lunch, activities in the community garden, an art exhibition, walkabout performances, recycling workshops for all ages, Cornish dancing and music...and more !

Watch out for further announcements.

#### Also -

We are delighted to welcome the acclaimed UnEarthed company to Cornubia to provide a free workshop on March 29, 12-4pm. The workshop will give guidance on how our community can explore its relationship to the land, what the future may look like and what we require to achieve it. A Greenprint-environmental blueprint will be created in the workshop which will help communities and councils to plan for the future

Don't miss this opportunity .

Please contact [cornubiapar@gmail.com](mailto:cornubiapar@gmail.com) to book your free place as there will be a limit on participants. [Unearthedtour@gmail.com](mailto:Unearthedtour@gmail.com)

### Ready Techy Go

Do you have problems using your laptop, tablet or phone? This is a new friendly, relaxed group where you can get help, share what you know and enjoy a cuppa and chat. Visually impaired welcome.

We welcome volunteers who would be happy to help others with their devices. We will be starting in March

Tuesday 2-4pm Community Room, Cornubia.

For more information contact:

Sonia 07980 838578

### Under the Sun Studio Creative Ceramics



Our Wednesday morning Pot and Chatter sessions proved so popular that an additional session on a Monday morning was introduced.

At these sessions people follow a set project. Monday and Wednesday afternoons, Thursdays and Fridays remain as opportunities for people to come along with their own ideas. Occasional Saturday mornings can be arranged.



We are planning a community pottery exhibition for 29<sup>th</sup> and 30<sup>th</sup> October from 10am till 5pm, showing some of the fantastic items which have been made and painted in the studio. There will also be pottery for sale.



### Morva Maid



#### Who Are We?

We are a collective of local crafters and artists bringing you a huge variety of jewellery, gifts, cards, homewares and art all under one roof. With prices starting at just £1.50 there really is something unique for everyone, to suit all tastes and budgets.

Between us we not only offer you an opportunity to purchase our items, we also offer commissioned pieces, personalised items and workshops where you can even make your own!



As our displays and items are rotated frequently why not pop in regularly for a browse, follow us on our Facebook page Morva Maid, and our Morva Maid selling page where

you can keep up to date on what we are working on, which will give you a sneak peek and a preview of what will be arriving in the shop.

### Community Garden

The winter weather's been relatively kind to us in the early part of this year, and we've been able to get ahead on tidying up the vegetable and flower beds, filling our compost bins as we go. We've been mulching to keep weeds down and add organic matter to the soil. The seeds we put in at the end of last year have done well over the winter, and our broad beans, garlic, shallots and onions have already got decent shoots showing.

Winter's also about planning for the year ahead, and we've made a start on sowing seeds under cover so they're ready for when the soil is warm enough. There'll be our usual French beans and runner beans, sweetcorn and leeks, tomatoes and courgettes, and we're going to have herbs – parsley, basil and thyme too. This year, we've been kindly offered some Jerusalem artichoke roots and we're going to try them. It's not something we've grown before, but they look interesting plants, with a bright yellow flower, and they can produce a crop of stubbly roots that taste like artichokes. Have a look next time you're in the Garden.

Many thanks for all your donations. Plants and seeds have continued to appear on our Swap and Share stands, but they don't usually stay there very long! If you have any spare plants, bring them along – someone will give them a home.

Last year, we started making plans for the piece of land next to the Community Garden, and change is afoot. After discussions with the landowner, he has now agreed that the old vehicles that have been stored there can be moved. Once that is done, we want to clear the ground to remove the brambles, and make a green area for performances and events, that will be an asset to the village. Watch this space!

### Kernow Youth

Kernow Youth CIC was established in May 2015, to engage with and support the children, young people, and the wider communities in the Par Bay Area. Kernow Youth engages, inspires, and supports young people in the St. Blazey, Par and Tywardreath area, through youth work, this makes a positive difference to their wellbeing and ability to maximise their quality of life through informal education and positive activities.

Kernow Youth CIC delivers a range of projects from Fourways youth centre, plus outreach work in the village of Par. Kernow Youth CIC supports all young people in the area but has a focus on the most vulnerable and disadvantaged young people.



Mums can! Today the young parents group got creative and made routine and reward charts for their children. We made homemade pizza for lunch to celebrate national pizza day and washed it down with our own homemade oreo milkshakes!!



Lower Hall



Upper Hall



Community Room

### Cornubia Community Fairs

**Spring Fair Sunday 6<sup>th</sup> March:**

**Time and Tide Bell**

**Summer Fair Sunday 5<sup>th</sup> June:**

**Big Jubilee Lunch and entertainment**

**September Fair Sunday 4<sup>th</sup> September:**

**Local produce**

**Christmas Fair Sunday 4<sup>th</sup> December: will**

**Local crafts**