

Helping to make Par, St Blazey and Tywardreath a better place to live November 2022

WELCOME!

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

Cornubia

Our Warm Hub is now up and running 3 days a week Mon Wed Fri 10.00-2.00 providing refreshments and an affordable hot lunch. We are pleased to welcome Jayne Downing who will be coordinating activities and support agencies and Jenniene Talbot who will be preparing fresh food.



Various activities are on offer: crafts, colouring, jigsaws, books, IT support including free laptops for those who need one, as well as gentle exercise to improve health.

Walking for Health on Monday mornings has continued independently after the walk leader left and a volunteer is available to run some mindfulness sessions indoors on Monday mornings On Wednesday we already have a Sosa group which would benefit from a few more participants.

Various agencies will be available to offer advice. If you missed the talk by Cornwall Energy Plus in November, an outreach worker will run monthly consultation sessions along with Age Concern, Citizens Advice and other agencies.

We are building on the success of the community garden "Swap and Share" by setting up donated dry foods in the Community Room. For a small donation you can collect some cans or toiletries. We hope the community will add to the shelves when they have spare food or produce.

Car Boot Sales Sunday 12.00-4.00



As a progression from our quarterly Craft Fairs, we will be running weekly indoor "car boot sales" at an affordable £5 per table making it easy to sell unwanted goods, be in the warm and have a fun few hours meeting new people, enjoying some home- made cakes and a cuppa.



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Community Garden

Progress on the Jubilee Corner project has continued over the summer. A fence has been built along the northern boundary. This will give the neighbouring property a measure of privacy which was lost when the old vehicles, the brambles and other vegetation were removed. It will also serve as a backdrop and possible support structure for future planting.



Two trees have been planted on the northern side of the space. One is a *Cotoneaster Cornubia*, a semi-evergreen that will produce white flowers attractive to pollinators in spring and red berries loved by birds in autumn, when the leaves will turn a bronze colour. It will offer an attractive focus around which other planting can be done. The other tree is a pear, which was donated by a couple who had grown it in a pot. It was not in prime condition as it had outgrown the pot and had grown tall and spindly. We have planted it in the ground, in the hope that it will thrive in a more open position.

We have also planted hops variety *Prima Donna*, which is a dwarf variety that will take advantage of the sunny south-facing aspect

to ramble over the fence and, with its green then yellow foliage, break up the vertical lines of the fence. It will produce cones that have a lovely smell, and can be picked, dried and used to make sleep pillows.



The path along the southern boundary of the space adjoining the existing Community Garden has now been completed, with second-hand slabs that were donated. This will allow wheelchair-friendly access to the Jubilee Corner site and the side entrance to the Garden. The first two benches have been installed next to the path, facing towards the Jubilee Corner site, next to the troughs which have been planted with a variety of herbs.

We are pleased that more volunteers are regularly contributing to the project including several students taking horticulture courses at the local college and at the Eden Project.

The next stages of the project will include: extending the path along the eastern edge of the site using the remaining slabs, grouting the slabs, installing the benches, further levelling of the uneven parts of the site and planting with low-growing wildflowers.



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Under the Sun Studio

The first ever community pottery exhibition, organised by Under the Sun Studio, was held at Cornubia on 29th and 30th October. The 2 day exhibition was full of the most wonderful pieces of pottery created by members of the community. Clients who are blind or visually impaired added to the variety of items on display. Everyone who came to view it were delighted and there was a sales table where many items were sold.



All of the pieces on display were created under my supervision (Gill) in the Under the Sun Studio, which is at the rear of Cornubia. I am so proud of the masterpieces which they have all created. Some come along to the studio because it's very therapeutic, some come to escape for a couple of hours and some come along simply because they enjoy it. Some come along every so often, and some once a week or more.

Thanks go to the Mayor of St Blaise, Tony Nethercott, and other members of St Blazey Town Council who came along and supported us. Thanks also to Cornubia for their support.

Kernow Youth

The Kernow Youth "Stay and Play" under 5's sessions are proving really popular.



We are seeing 40 members of the community each Wednesday.



Children are loving the sensory activities and parents are able to meet new friends and share parenting experiences with Advice & Guidance available from youth workers.



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Whilst the casual observer of the turtntable site may think that there has been little progress over the last few months, a huge amount has been going on behind the scenes!

Major steps forward include signing of the 25 year lease with DB Cargo and receiving "Listed Building Consent" from the Local Authority. This means MPower has long-term security on the site which, amongst other things, enables us to apply for significant grants from public bodies, and the permission required to start the major work on the turntable. Some grants have been agreed already and we anticipate that sufficient funding will be in place very soon to complete phase 1 of the turntable repairs – which will hopefully make it available for use in time for summer 2023.

Preparations for lifting the turntable are ongoing and the first new replacement components - some very large bolts for the main wheel bearings - have been made. These bolts - almost 3 feet long - were manufactured by local engineering company, Henwood Engineering. They were used as a training opportunity for two of our young volunteers who learned about cutting and machining the steel using a CNC (Computer Numeric Control) lathe. We have also been very busy sourcing the technical drawings for the turntable, and have now a full set of the original installation drawings of St Blazey turntable from the Cowans Sheldon Archive in Carlisle, the original turntable builder.

The first "Work You Way" pilot programme with CRCC (Cornwall Rural Communities Charity) concluded very successfully and we have had excellent feedback from the participants themselves, parents/guardians and CRCC management and support staff. We are working towards building on this and we look forward to welcoming a new intake of "supported intern" volunteers on the WYW program before Christmas. We are actively exploring opportunities to offer a formal

training programme, and these discussions continue to make good progress.

Two of our younger volunteers were enrolled in 2021 on an Engineering Level 2 course with Cornwall College as a direct result of their volunteer activities with MPower. They continueed with their volunteer experience throughout 2022, and we are very proud to report that, not only did they both successfully completed their courses with excellent grades, but that MPower was able to help one of these young volunteers to secure a permanent, full time job with a local engineering company. We hope to involve more young volunteers in the new academic year and progress similar educational opportunities.

Our small band of volunteers is making excellent progress enhancing the site and facilities, including;

Creation of two dedicated workshop area, one for engineering, the other for woodworking. Improving the "Crib Hut" welfare facilities, painting, decorating and creating a locker room.

Track clearance and removal of the jungle of Buddleia, accumulated debris, weeds.

Repairs to donated tools and equipment that will be used on site.

The MPower team will be interested to hear from prospective new volunteers. Contact and expressions of interest can be made by writing to:

enquiries@mpowerkernow.org or;

Duncan Mitchell, 30, North Street, Tywardreath, Par, Cornwall, PL242PN

Please provide contact details including telephone number and/or email address. (We have had a couple of letters of interest but which did include vital contact information). Unfortunately, at present we are only able to involve volunteers over the age of 18.

The MPower team is looking forward to exciting developments over the coming months as the project moves forward towards an exciting future.