

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.

Kernow Youth

The Kernow Youth team has supported a total of 340 participants in 2022. The latest addition to their excellent youth groups is the Cozy Club.



Monday 7pm-9pm
Cozy Club
free hot food & drinks

Starting 09/01/2023

Warm & Dry.
chill, watch a film.
Use the Facilities.
art & crafts.
Bring Friends.
Make new Friends.

Youth Group
14-17 year olds

Email kernowyouth.laura@gmail.com

KERNOW YOUTH

The Archbishop of Canterbury paid a special visit to the team last year and was full of praise for their excellent work.

PL24 youth group: 8-13 year olds. Lots of positive activities, including fencing, Archery, football, basketball, mountain biking, arts and crafts, baking, friendship workshops and more.

Outreach project, supporting young people after loss of skate park, engaging young people with activities at the community garden, Par Track, Par Beach, Tywardreath and Biscovey.

Holiday club; positive activities including quarry steering, zip wire, team games, baking, arts and crafts.



Little stars stay and play for 0-5 year olds. **Stay and play** for the whole community co-produced and supported by young parents and young advisors. Over 40 participants every week.

Girls Can young women's project for 13-19 years; issue-based work around drugs and alcohol awareness, healthy relationships, challenging stereotypes and providing positive activities.



Soapbox project for young people aged 13-25, lifeskills friendships, positive activities and confidence building. Bowling trip, healthy eating and cooking skills, meal in restaurant to promote independent living skills. Axe throwing and Archery to try new skills. Next week learning self-defence.



MPower Kernow

Engineering and Construction Skills - Lessons that Last a Lifetime

Turntable Upgrade

The request to turn Flying Scotsman on 30th April has focused the MPower team on returning the turntable to operation. The two main elements of achieving this deadline are;

- 1) Completing the first phase of the physical restoration of the turntable and;
- 2) Upgrading the access track to the turntable for use by steam locomotives.

We are very pleased to announce that MPower has secured a grant of over £54.5k from the Railway Heritage Trust (RHT) for the Turntable work. We anticipate that this will be supported by similar grant from another significant funder in the very near future. This financial assistance will enable the first phase of the restoration to be completed with the assistance of contractors. The dismantling work on the turntable is now virtually complete and by the time you read this, the repairs should be well underway.

With regard to the trackwork, we have approached DB Cargo and Network Rail senior management, and after initial inspections in January 2023, we are optimistic that a plan can be agreed upon to complete the necessary work in time for the 30th April deadline.



Returning the Turntable to use as an open access National Railway Network asset will

have an ongoing and significant economic benefit to Cornwall. We know there are several charter trains booked for later in the 2023, and believe that the turntable will unlock additional interest in rail-tour operation to Cornwall.

Training Opportunities

The key emphasis of the MPower project is to provide practical training opportunities in STEM and Construction skills. Initially the key focus is the provision of entry level training, particularly for learners that are either NEET (18 – 25 and Not in Employment Education or Training) and / or with SEN (Special Educational Needs). A few small pilot projects have been run with very limited funding from a supportive local benefactor and Par Bay Big Local. These pilots have been exceptionally well received and MPower are currently in discussion with specialist education providers to collaborate in the delivery of formal entry level qualifications from September 2023.



Two of our young NEET volunteers were enrolled in late 2021 on an Engineering Level 2 course with Cornwall College as a direct result of their volunteer activities with MPower. They continued with their volunteer work experience throughout 2022, and we are very pleased to report that they both successfully completed their courses with excellent grades and are both now employed full time. We are particularly proud that MPower was able to help one of these young volunteers to secure a

permanent, full time engineering job with a local fabrication company.



Novice volunteers are supervised on site by highly skilled and experienced, volunteer mentors with DBS background checks if required. In addition, the SEN volunteers work with dedicated Educational Support Assistants. All novice volunteers are learning practical technical skills through “on the job” training whilst contributing to the overall project. The project also enables them to develop key life skills, such as commitment, communication and team-working. One of our other young volunteers has progressed into permanent full-time employment, helped by the life experience he has gained through his activities with MPower



After a huge amount of preparation, planning and fundraising, we expect 2023 to be a very exciting year for MPower Kernow!

Community Garden



Article in “My Cornwall” magazine this month

In the Community Garden our main aim is to complete the Jubilee Corner project. This will involve extending the path using the remainder of the donated slabs, making and planting raised beds on the side next to the fence and making the ground as even as we can, then planting it with wildflowers. Our two troughs are in position next to the recently installed benches and we will be moving the third trough into place soon, with a view to filling it and planting it out when the weather improves. We also want to introduce more varied planting to the cliff face to make that more attractive. We have welcomed new volunteers including some who are doing courses at the Eden Project. One of them will be assisting in the latest collaborative project with the Go Beyond children's charity, involving making a bug hotel. The plant Swap and Share is well established now, and we will continue to sow seeds and put out plants. This is a source of plants, and attracts a lot of attention from passers-by and visitors. We are very grateful for all the donations..

A Big Thank You to Martha for making cakes and Louis for joining the garden team, both as part of their Duke of Edinburgh Award.

Outdoor car boot sales

We will soon be ready to start outdoor car boot sales in the Jubilee Corner. For information contact Sonia 07980 838578

Cornubia

Many of you will have taken part in the excellent diabetes prevention sessions over the last few months. One participant awarded his session five stars in a Google review recently.

The Warm Hub has also been providing a warm place with tasty food and entertainment for the community on Monday, Wednesday and Friday 10am-2pm. The Wednesday quiz and Friday's music sessions are proving very popular.



Rex, Gill and Frank at the Warm Hub

Financial advice is available on the second Monday of the month and Cornwall Energy Plus is providing sessions on the third Monday, We are hoping to have a regular visit from Citizen's Advice in the future

Cornwall College hairdressing students in need of practice will be paying a visit to the hub. If you would like to volunteer as a guinea pig get in touch with Jayne or drop in when the Warm Hub is open.

New Groups

Mummy and Me, a delightful ballet group for babies and toddlers gives Mums a chance to join an activity with their youngest while the older children are at school. Dance classes for older children are being planned. For more information contact **Pointe Academy of Dance** tinyurl.com/3x8baedc



Drama School

Little Rascals - drama and creative play for 3-6 years Saturday 10.30-11.30

Actomania - drama and performance skills for ages 7 and up Saturdays 11.30 - 1pm

Jukebox Singing - musical theatre and singing choir for ages 7 and up, great variety of songs, Saturdays 1.30 - 3.30

Contact Felicity: cornishcreatives@gmail.com

Art Club

Community Room: Saturday 12.00-4.00

Age 8-10 years.

Contact Marta: 07840 881812

Big Lunch 8th May
Concert Press Gang and
supporting artists 9th June