

Opportunity Knocks Project

Contact Us—
Telephone 01752 211243 or
07714139706
Email OKProject@colebrooksw.org
Or come along to one of our drop-ins—
details are on page 4.

April & May 2018



Sandie Norris is one of our Walk Leaders and is taking part in the London Walk the Night event on 14th July – she is going to be walking 26.2 miles!!!! And raising money for Breast Cancer Care and Prostate Cancer UK. If you would like to sponsor Sandie please either go to her JustGiving page <https://www.justgiving.com/fundraising/sandie-norris> or see her at one of our walks –

Good Luck Sandie we know you will smash this!!!

Requests for Help from Members

- * Can you play the guitar? Would you like to earn time credits by teaching another timebank member how to play?
- * We are also looking for someone with an interest in gardening to accompany a member to visit garden centre—this member has agoraphobia and would love to visit a garden centre. Do you have a car and some free time to help this lady?

If you can help with either of these please call the office on 01752 211243.

Walking Group

Walking group is going from strength to strength. A new regular walk will be starting fortnightly on Thursday from 5th April – starting at William Sutton Memorial Hall on Shelley Way at 10.45 for 11am start. The actual route will vary from walk to walk but you will start and end from the hall with refreshments available for a donation at the end. Our other walks for April and May are:-

Monday 16th April –10.45-1.15— Mount Edgcumbe .

Monday 14th May—10.45-1.15—Sage Café, Hyde Park.

Craft Group

From the beginning of April craft group will be running **every Friday** from 1-3.30 at Miles Mitchell Village Hall. If you would like to get creative and have a chat and meet new people, please feel free to come along.

We would also like to try new crafts—if you have a craft you would like to share with us please give the office a call—expenses will be covered.

Back by Popular Demand—Freedom Fields Drop In

We are glad to be able to tell you that Freedom Fields Café in the Park will be re-opening with a new name this Easter Weekend—Park Lodge Café has had a facelift and is now ready for us to go into for our drop-ins. Our first drop-in is on Thursday 19th April and we will be there from 10.30

Plymouth Options Wellbeing Workshops

Following the success of our last set of workshops, Plymouth Options will, once again be delivering a programme of wellbeing workshops over the coming months.

If you are interested in coming along, you will need to book your place via Eventbrite

Sleep Well Feel Well	Wed 18 April 10.30-11.30
Managing Anxiety	Wed 16 May 10.30-11.30
Managing Low Mood	Wed 20 June 10.30-11.30
Assertiveness	Wed 18 July 10.30-11.30

If you would like help using Event Bright to book your place please contact the office and we will do all we can to help you

New Year – New You

This has been running for a couple of weeks now and I think it is safe to say it is going down well – all the attendees are loving the chance to experiment with new ideas and share their own experiences – if you would like to join our next sessions please call the office to book your place.

Saturday 28th April is the launch day for a new Community Drop-in that is going to be held at Onward House, Greenbank Road. Why not come along from 11am to see what will be happening at this new community event. The drop-ins themselves will be happening on a Thursday afternoon from 1-3.30 and the Opportunity Knocks Timebank will be there on the first and third Thursday of each month starting

We will be at the Creative Life Event on Tuesday 15th May to celebrate Mental Health Week



Tuesday 15th May 2018

11.00am - 3.00pm

Jan Cutting Healthy Living Centre

Scott Business Park, Beacon Park Road PL2 2PQ

headscount@colebrooksw.org

01752 563492

Join us for
MENTAL HEALTH
AWARENESS WEEK

free event, no need to book



#MHAW18

find us on  

How to Earn and Use Time Credits

It couldn't be easier...just coming along to a drop-in or support group can earn you an hour, come for a walk and earn as you step. If you would rather do something in your own home please let us know and we can bring round something like sticking labels on notebooks.

Every time you complete a Timebank Evaluation Questionnaire you earn 5 hours and we send these out in April and October.

You can spend your hours getting help from another member, getting involved in classes like Tai Chi or Caring and Sharing at Plymouth Music Zone or learning a new skill.

We send out statements in April and October but you can check your balance by going online at <http://www.hourworld.org/bank/?hw=1295> Your account name is your email address and your password is timebank1. Please change your password when you access your account for the first time.

Where to find us

Drop-ins—Plymstock—Plymstock Library, Horn Cross Road, Plymstock, Plymouth, PL9 9BU

Devonport—Park Pavillion Café, Devonport Park, Devonport, Plymouth, PL1 4BU

Plympton—Harewood House, The Ridgeway, Plymouth, Devon, PL7 2AS

Scope in Plymouth—76 Cornwall Street, Plymouth, PL1 1LR

Estover—Runnymede Court, Leypark Walk, Estover, Plymouth, Devon, PL6 8UE

NEW— Freedom Fields Park—Park Lodge Café, Freedom Fields Park

NEW— Onward House—Greenbank Road, Plymouth - (From 3rd May)

Tai Chi Sessions—William Sutton Memorial Hall, 6 Shelley Way, St Budeaux, Plymouth, PL5 1QF

Yoga Sessions— The Village Hall, 31 Miles Mitchell Ave, Crownhill, Plymouth, PL6 5NL

Plymouth Options Sessions—The Village Hall, 31 Miles Mitchell Ave, Crownhill, Plymouth, PL6 5NL

Mental Health Carers Group (All meetings) - The Village Hall, 31 Miles Mitchell Ave, Crownhill, Plymouth, PL6 5NL

Ex-Carers Support Group— Thursday pm - Devonport Library - St Aubyn Church, Chapel Street, Devonport, Plymouth, PL1 4DP

Friday am—Scope in Plymouth— 76 Cornwall Street, Plymouth PL1 1LR

PMZ Caring and Sharing Group—Plymouth Music Zone, Raglan Road, Brickfields, Devonport PL1 4NQ

Craft Group—The Village Hall, 31 Miles Mitchell Ave, Crownhill, Plymouth, PL6 5NL

New Year, New You—William Sutton Memorial Hall, 6 Shelley Way, St Budeaux, Plymouth PL5 1QF

Gardening Sessions— Our allotment is behind the William Sutton Memorial Hall, 6 Shelley Way, St Budeaux, Plymouth PL5 1QF

April 2018

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	2 BANK HOLIDAY	3 10.30-11.30 PMZ Caring & Sharing	4 1.30-3.30 Gardening Group	5 2.00-3.00 Yoga	6 11-12.00 Tai Chi 1.-3.30 Craft Group	7
8	9 10.30-12.30 Gardening Group 1.30-3.30 Drop in at Plymstock Library	10 10.30-11.30 PMZ Caring and Sharing 11-2.00 New Year New You Cookery group 1-3pm Gardening Group	11 10.30-12.00 Drop-In with Scope 1.30-3.30 Gardening Group	12 10.30-12.30 Mental Health Carer's Group 2.00-3.00 Yoga 2.30-4.00 Ex Carer's Group	13 11-12 Tai Chi 1-3.30 Craft Group	14
15	16 10.30-12.30 Gardening Group 2.00-4.00 Devonport Park Drop-In 10.45-1.15 Mount Edgecumbe Walk	17 10.30-11.30 PMZ Caring and Sharing Group 10.30-12.30 Plympton Drop -In 11.00-2.00 New Year New You Cookery group 1-3pm Gardening group	18 10.30-11.30 Options Workshop Sleep Well Feel Well 1.30-3.30 Gardening Group	19 10.30—12.30 Drop-in at Park Lodge Café Freedom Fields Park 2.00-3.00 Yoga	20 11-12 Tai Chi 1-3.30 Craft Group	21
22	23 10.30-12.30 Gardening Group 1-3.30 Drop-In at Runnymede	24 10.30-11.30 PMZ Caring and Sharing Group 11.00-2.00 New Year New You Cookery group 1-3pm Gardening group	25 1.30-3.30 Gardening Group	26 2.00-3.00 Yoga 6.00-8.00pm Mental Health Carer's Group	27 10.30 –12.00 Ex Carer's Group at Scope 11-12.00 Tai Chi 1-3.30 Craft Group	28
29	30 10.30-12.30 Gardening Group					

May 2018

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		1 10.30-11.30 PMZ Caring and Sharing 11.00-2.00 New Year New You Cookery group 1-3pm Gardening Group	2 1.30-3.30 Gardening Group	3 2.00-3.00 Yoga 1-3.30 Onward House Drop-in	4 11-12.00 Tai Chi 1.00-3.30 Craft Group	5
6	7 BANK HOLIDAY	8 10.30-11.30 PMZ Caring and Sharing Group 1-3pm Gardening Group	9 10.30-12.00 Drop-In with Scope 1.30-3.30 Gardening Group	10 10.30-12.30 Mental Health Carer's Group 2.00-3.00 Yoga 2.30-4.00 Ex-Carer's Group	11 11-12.00 Tai Chi 1.00-3.30 Craft Group	12
13	14 10.30-12.30 Gardening Group 2.00-4.00 Plymstock Drop In 10.45-1.15 Sage Café Walk –Hyde Park	15 10.30-11.30 PMZ Caring and Sharing Group 10.30-12.30 Plympton Drop -In 1-3pm Gardening group	16 10.30-12.00 Drop In With Scope 1.30—3.30 Gardening Group	17 2.00-3.00 Yoga 1-3.30 Onward House Drop-in	18 11-12.00 Tai Chi 1-3.30 Craft Group	19
20	21 10.30-12.30 Gardening Group 2.00-4.00 Devonport Drop In	22 10.30-11.30 PMZ Caring and Sharing Group 1-3pm Gardening Group	23 10.30-11.30 Options Workshop Managing Anxiety 1.30—3.30 Gardening Group	24 6-8pm Mental Health Carer's Group	25 10.30-12.30 Ex Carer's Group 11-12.00 Tai Chi 1.00-3.30 Craft Group	26
27	28 BANK HOLIDAY	29 10.30-11.30 PMZ Caring and Sharing Group 1-3pm Gardening group	30 1.30—3.30 Gardening Group	31		