

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.

December 2018 & January 2019

Celebration Meal

We would like to thank every body that braved the awful weather to come to our Celebration Meal in October. Everybody had a good nosh and a natter. Thanks also go out to those that completed a satisfaction survey. The feedback will help with our funding applications and help sustain the project into the future.

Craft Fayre

Despite the terrible weather, we managed to raise £50.00 at our Christmas Craft Fayre. Thanks go out to those that came along and the stall holders, for your support.

Plymstock Drop In

With immediate effect, we will no longer be running Plymstock Drop In due to lack of numbers.

Calling All Bakers !

Are you interested in baking ? If the answer is 'yes' we would like to hear from you. In the New Year we will be starting up a baking group to utilise the food we receive from the Food bank and use it to supply community cafés. We envisage making cakes and scones but will also be making things such as soups and light lunches.

If you are interested, please give Helen a ring on 01752 211243.



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Christmas and New Year Shut Down

Please note that we will be shutting down for the Festive period from 3.30 on Friday 21st December and will be open again on Monday 7th January.

We would like to take this opportunity to wish all our members a very Merry Christmas and a Happy New Year !

Please note that due to maintenance work being carried out at Miles Mitchell Village Hall all meetings after 8th December that are normally held there have been moved to William Sutton Memorial Hall, 6 Shelley Way, St Budeaux PL5 1QF— days and times of sessions remain the same. We will be back in Crownhill after the Christmas break.

Craft Club - New Sessions

Coffee, Conversation and Crafts

Thursday Dec 15th 2018 – Christmas Table decorations and Swags

Thursday Jan 10th 2019 – Bag & Phone charms

Thursday Jan 24th 2019 - Woodland Crafts

Thursday Feb 7th 2019 - Iris Folding

All sessions are 1pm to 3pm at the

William Sutton Memorial Hall, 6 Shelley Way, St Budeaux, PL5 1QF

Cost £3.00 per session to include materials and refreshments

Please ensure you book a place by contacting Dawn on 01752 211247 or Helen on 01752 211243.

Alternatively email deastley@colebrooksw.org

Exciting New Project ! - 'The Hall'

Colebrook SW has received National Lottery Grant for £4900 for an exciting Heritage Project named 'The Hall' In St. Budeaux. The project is looking to record peoples' memories and unearth photographs of the hall.

We will be having a launch event on December 6th at William Sutton Memorial Hall in Shelley Way and we are looking for people to come along to this event to share their memories and bring any photographs they may have.

We are also looking for some volunteers to support us with research, recording memories, (training will be given), or general support at events.

We are also interested in talking to young people who wish to receive some training in film making / photography skills and would like to be involved with the project.

If you are interested in volunteering with us please contact

Dawn at deastley@colebrooksw.org 01752 211247

OK Growers

Our gardening projects continue to go from strength to strength, not only with the allotment at Shelley Way, but also with our community gardening at Crownhill Library and helping people out who have difficulty managing their gardens.

If you already enjoy gardening, or would like to try it for the first time, why not come along and help out ? No experience is necessary and sessions are free of charge and it is also the opportunity to meet other people.

If you are interested, please contact Helen on 01752 211243

New Long Term Conditions Drop-in

We have a new group running on the second Wednesday of the month at The Village Hall, 31 Miles Mitchell Avenue, Crownhill, PL6 5NL for people living with long term health conditions. Why not come along and see if we can help you to live well with the condition you have. This is for people living with lots of different conditions including Fibromyalgia, Multiple Sclerosis, arthritis, heart conditions, diabetes—anything that you will be living with for the rest of your life.

Everyone welcome—no need to book.

Ukulele Group

Would you like to try playing the Ukulele? Are you looking for a new challenge?

Why not come along to the new Ukulele group—the session on 10th December is being held at William Sutton Memorial Hall, 6 Shelley Way, St Budeaux PL5 1QF from 10-12.

In January the group will be running every fortnight from 14th January at Miles Mitchell Village Hall, 31 Miles Mitchell Ave, Crownhill. PL6 5NL from 10-12



Where to find us

Drop-ins—Devonport—Park Pavillion Café, Devonport Park, Devonport, Plymouth, PL1 4BU
Plympton—Harewood House, The Ridgeway, Plymouth, Devon, PL7 2AS
Ambitio in Plymouth—76 Cornwall Street, Plymouth, PL1 1LR
Estover—Runnymede Court, Leypark Walk, Estover, Plymouth, Devon, PL6 8UE
Freedom Fields Park—Park Lodge Café, Freedom Fields Park
Onward House—Greenbank Road, Plymouth -

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

Ukulele Group— 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

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

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

If you are in an area that doesn't have any Timebank activities and would like us to set something up please come and talk to us

December 2018

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa	
2	3 10.30-12.30 Gardening Group 1.30-2.30 Steering Group	4 1.00-3.30 Gardening Crownhill Library	5 1.30-4.00 Gardening Group	6 1.30-3.00 Onward House Drop In	7 1.00-3.30 Craft Group Christmas Party	8	
9	10 10.30-12.30 Gardening Group 10.00-12.00 Ukulele Group	11 1.30-3.30 Crownhill Library Gardening Group	12 1.30-3.30 Gardening Group	13 10.30-12.30 Mental Health Carers Group 1.00-3.00 WSMH Craft Group 2.30-4.00 Ex-Carers Group	14 10.00-12.00 Moments Cafe Workshop 12.00-2.00 Diabeters 1.00-3.30 Craft Group	15	
16	17 10.30-12.30 Gardening Group 2.00-4.00 Devonport Drop In	18 10.30-12.30 Plympton Drop In 1.30-3.30 Crownhill Library Gardening Group	19 10.30-11.30 Long Term Health Conditions Drop-in 1.30-3.30 Gardening Group	20 10.30—12.30 Freedom Fields Drop In 1.00-3.30 Onward House	21 1.00-3.30 Craft Group	22	
23	24	25	26	27	28	29	
30	31	MERRY CHRISTMAS AND HAPPY NEW YEAR					

January 2019

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
		1	2	3	4	5
OFFICE CLOSED						
6	7 10.30-12.30 Gardening Group 1.30-2.30 Steering Group	8 1.00-3.30 Crownhill Library Gardening Group	9 10.30-12.00 Drop In with Scope 1.30-3.30 Gardening Group 1.30-2.30 Jan Cutting Walk	10 10.30-12.30 Mental Health Carers Group 1.00-3.00 WSMH Craft Group 2.30-4.00 Ex Carers Group	11 10.30-12 Moments Café Drop-in 12.00-2.00 Diabeters 1.30—3.30 Craft Group	12
13	14 10.30-12.30 Gardening Group 10.00—12.00 Ukulele Group	15 10.30-12.30 Plympton Drop In 12.30-3.30 Crownhill Library Gardening Group	16 10.30-11.30 Long Term Health Conditions Drop-in 1.30—3.30 Gardening Group	17 10.30-12.30 Freedom Fields Drop In 1.00-3.30 Onward House Drop In	18 1-3.30 Craft Group	19
20	21 10.30-12.30 Gardening Group 2.00-4.00 Devonport Drop In	22 1.30-3.30 Crownhill Library Gardening Group 6.00-8.00 Mental Health Carers Group	23 10.30-12.00 Drop In with Scope 1.30-2.30 Jan Cutting Walk 1.30—3.30 Gardening Group	24 1.00-3.00 WSMH Craft Group	25 10.30-12.30 Ex Carers Group 12.00-2.00 Diabeters 1.00-3.30 Craft Group	26
27	28 10.30-12.30 Gardening Group 10.00-12.00 Ukulele Group 1.00-3.30 Runnymede Court Drop in	29 12.30-4.00 Crownhill library Gardening Group	30 1.30-4.00 Gardening Group	31		

