

Newsletter

Issue 1/ SEPTEMBER 2019



Centre Peace
Supporting the local community



Cooking on a budget workshop



Workshops can be great fun – learning new things, refreshing existing knowledge and recharging your internal battery. But when someone says it changes their life, that is amazing. Nicky's story:

'It's not about the cooking – it was the chatting, sharing and reflection afterwards. I was going home after the workshop and having a good look in my cupboards at my purchases.

If you hadn't have woken me up about food and the hidden ingredients, I wouldn't have checked out all my processed food at home, nor gone to the GP for tests. My results show I need to change my daily eating habits and cut down on salt, sugar and harmful additives.

Moreover, without the course, I wouldn't have realised how cheap it is to cook from fresh'.

Nicky now plans her week's food and buys fresh ingredients. She spends quality time with her son, cooking and eating together and has made subtle changes to his snacking habits.

Health and Safety and Fire Risk Training

"I'm more self-aware of my surroundings"

"I'm thinking of my actions and the consequences of those actions on others around me"



"I'm more confident to report hazards"

"I'm more active about safety and know that I'm doing things for the proper reasons and for the safety of everyone – and, actually, it is the law"

Upcoming Events

- | | |
|--------------------------------------------|---------------------------------------------------------|
| 23 rd and 30 th Sept | TRAINING: H&S and Fire Awareness |
| Weds 1-4pm and Fri 10-1pm | Natural Healing Therapy: drop-in, no charge |
| Fridays from 18 Oct 2019 | Down 11 Earth Crafts, suggested donation £2 per session |
| 31 st Oct | Halloween: window display and face painting |
| 11 th Nov | Remembrance Day: window display |

Because 7
8 (ate)
9!!!!

Tapestry of life

Judith, a Paignton resident, has been coming to CentrePeace for over a year now after a friend told her about it. She also volunteered at CentrePeace for some time. Judith is now retired but used to be a hairdresser while raising and taking care of her four children. She enjoys being around young children and helping other people. A fond memory of her childhood: she saw an elderly woman struggling with her shopping bags, helped her inside her house and then regularly came by to help paint and decorate the bedroom and bathroom. Ever since, decorating has become one of Judith's hobbies and she helped a lot of other people decorating their homes as well. She also painted for a while and made some painted plant pots for CentrePeace. Judith comes to CentrePeace about three times a week. She enjoys the atmosphere at CentrePeace and how friendly people are: "it's a nice place to sit down and have a meal".



Monthly riddle:

(answer hidden in articles)



Why is 6 frightened of 7?



Announcements

Suggestions or ideas for the monthly CentrePeace newsletter need to be given to Julie by the 20th of each month. Leave your contributions in the feedback box and label for newsletter

Laughter – the best medicine

