

Newsletter

Issue 10/ AUGUST 2020



COVID-19 UPDATE

To our volunteers and customers:

Thank you all for supporting us while we have the café take-away service and occasional, 'weather permitting' shop sales outside the building.

With current guidelines concerning mitigating measures like interior space, numbers allowed inside, PPE that needs to be worn if social distancing is impossible, and additional hygiene measures for use of the toilet, we cannot trade in the café or shop as pre-lockdown.

It has been a difficult decision, but we have to put the safety and health of staff, volunteers and customers first, plus the financial penalties for non-compliance are high!.

Services still operating:

Counselling: 01803 550720

Online Training: Contact Julie Bose (Julie.bose@centrepeace.org.uk) or leave a message in the café with your name and contact details

Occupational Profiling and CV Creation: contact Julie Bose



Thinking Corner:

Kindness in words creates confidence. **Kindness** in thinking creates profoundness. **Kindness** in giving creates love.

For beautiful eyes, look for the **good** in others; for beautiful lips, speak only words of **kindness**; and for poise, walk with the knowledge that you are never alone.

CURRENT COVID-19 2020 DATES:

Opening times:

Café:

Mon-Fri 11am-3pm

Sat 10am-2pm

for a limited take-away service only

Shop:

Tuesday and Thursday 11am-3pm:

outside market stall type tables

Counselling:

The counselling service has now resumed and if you would like more information then please call 01803 550720. For more info about the counselling service, please leave your name and number and Jane will return your call on a Thursday or Friday.

Tapestry of life: kindness and thoughtfulness

Baking scrumptious cup-cakes, fudge brownies and lemon drizzle cake just because you know someone loves them

Creating a beautiful raincoat for a puppy who thinks it is a fantastic, tailor-made designer outfit

Ordering a Torquay United scarf for a loyal customer on his birthday, just because you know it will make his day

Washing and drying sheets, duvet and pillow covers to donate to people in need during lockdown



Colin – the Cormorant Chronicles

Colin wasn't feeling too good today as there was a cold wind blowing up the estuary and he had had too many fish and eel cocktails last night with his duck mates – Donald, Dick and Dave. It was alright for Stan the Swan paddling serenely past – he hadn't joined them as Stella was still sitting on the eggs and so he was banned for now.

'Aah, well', thought Colin, 'I will just sit here a while longer until I feel better'

Courtesy of Jane's Lockdown diaries.....

Laughter – the best medicine



Monthly riddle:

I am something great that comes from within, an act or deed that inspires a grin. I bring with me a feeling of cheer- lessening the trouble and replacing the fear. I need no thank you, I ask for no pay- I only wish to brighten your day. You'll be amazed when you suddenly see all the good things you can do with me!