

Newsletter

Issue 3/ NOV 2019



Who would've thought it???



Once upon a time, two Torbay residents met in the CentrePeace café: Linda was working with her volunteer colleagues and Ken was a customer. Ken: "I was looking for somewhere more than a café. I used to go to other cafés – this is a lot more friendly". Ken took a shine to Linda, but it wasn't until another volunteer reassured him that Linda and her co-volunteer weren't an item, that Ken and Linda's companionship developed into a steady relationship. That was two years ago: since then, Linda and Ken discovered they actually grew up in the same area of London and that Linda's daughter not only went to the same school as Ken but also lived on the same estate.

Linda has volunteered at CentrePeace since November 2016 and has gifted 1544 hours supporting us in the café, shop and creating fantastic window displays.

"CentrePeace: It's a community within a café"

"I don't know what I'd have done without CentrePeace in the first place - friendships and relationships are the key. It's an oasis in the desert – points you in the right direction. In life, many people want to be welcomed.

You won't be here alone when you come in. People know they are safe here."



Upcoming Events

Weds 1-4pm
and Fri 10-1pm
Fridays from 18
Oct 2019

7th Nov
11th Nov

18th Nov

Natural Healing Therapy:
drop-in, no charge
Down II Earth Crafts -
suggested donation £2 per
session
Stress and Anxiety Course
Remembrance Day: window
display
Listening Skills Course

Tapestry of life



Asking Jack what brought him to CentrePeace, he replied, “*the 22 bus*”. That’s Jack.

Originally from Glasgow, Jack has lived mostly in Torbay over recent years. He first came to CentrePeace when he lived nearby, haggling over the price of a shirt in our shop and sealing the deal, he kept on coming back because,

“I liked the people, the rapport. I used to look forward to coming”.

“I then volunteered here for a few months but decided to go back to Glasgow. That was a big mistake. I missed the coast, this place. I’ve been back in Torbay over a year now and never regretted it. I was living in Torquay and came over to Paignton to attend local recovery meetings 3 times a week. I sort of fell into coming into CentrePeace. I’ve made more and more friends here now. I’m not so keen on Saturdays though because you have to leave at 2pm!”

“All my friends are here, or at the meetings”.

“My world had turned upside down. If CentrePeace hadn’t been here, I’d have been housebound. This place got me out of bed. Coming here for my main meal is essential for my wellbeing. CentrePeace got me out of the house”.

Jack now has a Social Services key worker who is supporting him with adaptations to help with his sight loss. Jack secured a place in Whitley Court, a supported living complex, which is within walking distance to CentrePeace. Jack can live there as independently as possible, knowing that 24-hour support is available, on site, as his needs change.

“All my pastimes are here in Paignton. I need to be here”.

Jack’s biggest frustration is not being able to read books any longer, “*that was my biggest loss*”. He is an avid reader; a very philosophical thinker who enjoys reading about spiritual matters; “*spiritual s**t*” as he calls it! On the plus side, Jack now has a kindle so he can alter the font size and read this way. He says this is the antithesis of how he likes to read, but he’s adjusting.

Excerpt from The Dash Poem



*If we could just slow down enough
To consider what’s true and real.
And always try to understand
The way other people feel.*

*And be less quick to anger
And show appreciation more.
And love people in our lives
Like we’ve never loved before.*

Monthly riddle:

(answer hidden in articles)

What invention helps you look right through a wall?

Laughter – the best medicine

