

Newsletter

Issue 2/ OCTOBER 2019



DID YOU KNOW???

There are 5 steps to wellbeing:



Take 5 steps to wellbeing.....



Connect.

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community

Be active.

Go for a walk or run, cycle, play a game, garden or dance

Take notice.

Be observant, look for something beautiful or remark on something unusual

Keep learning

Stay curious and enjoy learning something new

Give

Your time, your skills, your love, yourself

Upcoming Events

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

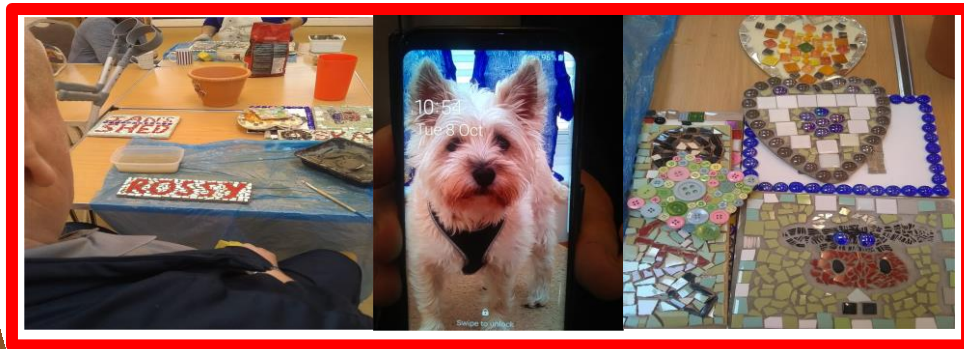
31st Oct

4th Nov
7th Nov
11th Nov

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

Tapestry of life

Ian is a valued volunteer at CentrePeace and he understands too well the importance of connecting with, and being active in the community. Ian volunteers 3 days per week, having gifted 1225 hours over 4 years at CentrePeace and is on the front reception with responsibilities such as dealing with customers, giving directions, operating the till, cash transactions as well as testing all electrical goods to be compliant with PAT guidelines. Ian has attended several training courses offered by CentrePeace including Cooking on a Budget, Health and Safety and Fire Awareness. Ian has discovered a passion for creative mosaic work and has learned new skills such as tile cutting, grouting and pattern designs. The group meets each Monday morning at Great Parks Community Centre, Paignton. Ian says **“I’ve recently designed my own door plaque in mosaic – it is quite relaxing and enjoyable. It’s nice when you achieve something.”** Ian’s latest mosaic is for his beautiful dog which is a Cairn Terrier called Rossy.



CONNOR'S STORY

In June, we had a call from Connor. Connor was interested in volunteering and fancied a trial run in the shop and then the café. He worked a week in each area, enjoying both.

Connor went on to become a hugely valuable member of both the shop and café teams. He volunteered throughout the summer, working several full days a week and gifting over 200 hours over that time.

In August, Connor went on a taster day with Marks and Spencer through the Prince's Trust, securing a trial followed by a 3-month placement. We are all delighted for Connor. He is a very hard worker and will be an asset to Marks and Spencer.

Let's hope the placement is extended after Christmas. Our loss is their gain. **Well done, Connor!**

Laughter – the best medicine



Monthly riddle:

(answer hidden in articles)

**People buy me to eat, but never eat me.
What am I?**