

# Newsletter

Issue 7/ MARCH 2020



## CentrePeace – a place of belonging



Starting with you, as an individual, your family, friends and neighbours, the wider community and then our role in humanity on this earth, there is an inherent desire for belonging and participation.

CentrePeace has always played an important community role and has years of successful community engagement.

Who remembers the sunny summer fayres on Paignton's Palace Park?

Singing and dancing entertainers, stalls, games, Tombola, therapeutic tasters and lots of homemade goodies and refreshments.

Images down memory lane:



Holi is one of the most famous and immensely bright and vibrant festivals in March. Originating in India, and now celebrated around the world, it marks the triumph of Prince Prahlad over Holika. Holi Eve is celebrated by huge bonfire known as Holika Dahan; the next day people celebrate with dry colourful powders, share sweets and happiness.....



### 2020 MARCH DATES:

4-hr  
WORKSHOPS

- MOTIVATIONAL FISH!
- OCCUPATIONAL PROFILING
- TRANSFERABLE SKILLS & CV CREATION

TUESDAYS

MOSIAC WORKSHOPS

WED/FRI

NATURAL HEALING

Available in rotation: Listening, Communication, Understanding and Managing Stress, Understanding and Managing Anxiety

## Tapestry of life

Our lovely John has been volunteering at CentrePeace since trading started in the shop. He helped out at the start with sorting donations and stocking the shelves and has now progressed to helping on the till, meeting and greeting customers, signposting new visitors and letting them know what's going on in the centre.

He has seen many volunteers come and go during these years and sees the centre as his extended family. His confidence has improved over the years – initially he was nervous and worried when mixing with crowds of people. Now, his time in the centre makes him feel happy and 'alright'. He is comfortable to mix with customers answering questions and recognises when others may need support.

John's motto is to chat to new visitors and always invite them back to sit and talk.

### Did you know???

When John was a schoolboy at nearly 16 years old, he used to help his dear Dad unloading the Fyffes bananas that came into Torre Station by train. He remembered Swan Street in Torquay Old Town. The bananas came in green bunches (often with unexpected spider guests) and had to be forcibly ripened with gas.

John also worked for Frank Mann in the banana store and other fruit departments.

Swan Street, Torquay Old Town, 1970s. Here is a rare picture of one of our town's lost streets which, along with George Street, was eliminated in the 1980s when Torquay Old Town was demolished for Fleet Walk and its multi-storey car park.



With spring on its way, March is the month of hope, light and new life. As well as being Women's History Month, March is also bursting with inspirational events to suit everyone:

### Celebrate these special days in March:

1 March 2020	St David's Day
3 March 2020	World Wildlife Day
5 March 2020	World Book Day
8 March 2020	International Women's Day
9 March 2020	Holi Festival
14 March 2020	Pi Day
16 March 2020	Shakespeare Week
22 March 2020	Mother's Day
21 March 2020	St Patrick's Day and World Poetry Day

### Monthly riddle:

I fall, but I don't get hurt. I pour, but I'm not a jug. I help plants grow, but I'm not the sun.

What am I?

## Laughter – the best medicine

