

Fundraising

Park run

Emma did an amazing job rallying a few of us to take part in the Eden Project park run at the beginning of February, even 5 month old Ben came along for the outing!!! Raising £50 and finishing with a coffee and chat, not bad for a Saturday morning out!!

For those interested Emma and I have decided to make this a monthly activity. Whilst not fundraising each time, more a chance to get together and get fit, others welcome 😊



Upcoming Events

VOLUNTEERS ARE STILL NEEDED FOR ALL BELOW!! IF YOU CAN HELP PLEASE LET ME KNOW.



Merrymoor Inn Coffee Morning NEXT WEEK!!!! – Wed 26th Feb – 10am - Middy

You can support the event on the day by manning stalls or cutting cakes or if you cannot attend but still want to support we desperately need cakes, books or raffle prizes please let Sara or me know. The last event raised £700!! They are well attended and great fun.

Shop Collections – Sat 29th Feb and Sun 15th Mar

Two store front collections have been planned for the upcoming weeks Sat 29th Feb at St columb road Co-op, Indian queens 9am – 1pm and Sunday 15th March at Lidl, Newquay 10am – 2pm. If you can support, even for an hour, at either please let me know. The more people who support the event the shorter the shifts are 😊

Annual General Meeting – May 20th – 6pm – Location TBC

The AGM is in the process of being planned but the date is set so please get it in your diaries. More info will come out in the upcoming months. However, if you are interested in stepping into a new role, joining the committee or have anything else you would like to mention at the AGM please let me know. I encourage all volunteers to make themselves available on this date to ensure your voices are heard and the Foodbank continues to run the way you think it should.



Time Credits

Keep your New Years Resolutions on track!!!

There are many Gyms across Cornwall that are accepting the Time Credits including Better- Newquay Gym and Water World!!! [Click here for a full list.](#)

Events Coming Soon!!!



[Carn to Cove](#), Cornwall's performing arts scheme for rural communities, will soon be releasing their 2020 program of performances and events across the county. Time Credits will be accepted for attending these events.

Share your credits

Remember you can share your credits with friends and family. Ensure you feed back where you have spent them so we can let others know!!! [go to the Time Credits Website](#). If you want to get involved just let me know.

Great Links

Newquay Food Bank

- [Main Website](#)
- [Public Facebook Page](#)
- [Private Volunteer only Facebook page](#)

Training

- [Safeguarding Training](#)
- [Safeguarding Children and Young people](#)
- [Designated Safeguarding Lead Training](#)

Funding

- [Cornwall Community Foundation](#)

Support to those in need

- [Age UK - Winter Well Being](#)
- <https://www.cornwall.gov.uk/winterwellbeing>

See you all soon

Thank you once again and hope to see you all soon at a session or one of the events mentioned above

Steph

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