

Opportunity Knocks Project

Contact Us—
Telephone 01752 211243 or
07714139706
Email OKProject@colebrooksw.org
Or come along to one of our drop-ins—
details are on page 4.

June & July 2019

SUMMER PICNIC !

We will be holding our annual Summer Picnic on Tuesday 25th June from 11.00-1.00 at Freedom Fields Park. We will be providing food and drink and so you will need to contact the office no later than **Friday 21st June** to book your place. There is a £3.00 non-refundable deposit for this event.

Everyone is welcome and we look forward to seeing you there.



Ambito Care Drop In

This drop in continues to be very popular with the clients at Ambito care. We have done a varied array of crafts, ranging from sand art pictures to Easter Bonnet making. We also helped celebrate the first Anniversary of Ambito Care by supporting clients to making some wall art and other decorations. Here are some photos of our recent sessions.



Mental Health Carers

We have speakers coming to do talks in the June and July Mental Health Carers Group :-

Thursday 13th June— Maya Crute-Jones from Plymouth Energy Community

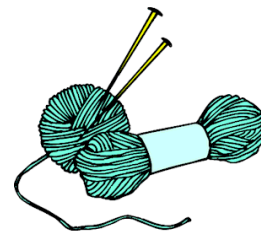
Thursday 11th July— Tina Powell from the Trading Standards Office talking about scams

Meetings are from 10.30-12.30 at Miles Mitchell Village Hall.

If you are interested in the above topics, please feel free to come along. Both talks are free of charge.

Natty Needles

Natty Needles continues to be one of our most popular groups. We are always happy to see new faces though, so if you enjoy knitting or crochet or would like to learn, we have a number of expert knitters that attend and would be happy to help. If you would just like to come along for a chat and see what we do, you would also be very welcome. The session runs every Friday from 1.00-3.30 at Miles Mitchell Village Hall. It is free, fun and very friendly.



Ukulele Group

We have had some great feedback from a member of our lively Ukulele Group :-

‘I wanted to say how much benefit we are getting from our sessions with the Ukulele group, it takes us away from our worries, as for two hours we are in such a lovely, caring, joyful atmosphere ! And the feeling lasts into the coming week with Norman and I singing the songs as we are going along in our car. For someone who has never tried anything musical, and was told as a child that I could not sing, it has given me a lot of happiness and confidence.’

Constructive feedback is always welcome about all of our services, so that we know what we are doing well and what we can improve on.



The Hall Project

Opportunity Knocks supported the Hall Project at its celebration event on Saturday 18th May. The project looked at the history of William Sutton Memorial Hall and interviewed people who had used the hall in the past. Part of the project is to produce a book about the hall so if you have any pictures or stories that could be included please let us know. We would also like to thank the Timebank members who came along and helped on the day. We hope you enjoyed it.

Drop Ins

We are now holding drop ins at various times and dates across the City. They are friendly groups where you can have a cuppa and a chat free of charge. We do varied activities in the drop ins, including knitting, crochet, assorted crafts, cooking, flower arranging and much more. There is also sometimes homemade cake available ! We would love to see some new faces coming along to drop ins, so if you are interested, why not try one ? You can find details of times and venues on the diary page at the back of this newsletter. We look forward to welcoming you at a drop in soon !



Onward House Drop In

We are pleased that the girls from the Dove Project are once again coming along to our Onward House Drop In. We have done a variety of things so far, including crafts and cookery. The girls have enjoyed taking part in getting creative.

Family History Project

Have you ever thought about the family that came before you? It can be very interesting to find out about where you came from. We are currently holding sessions on the first and third Tuesday of the month from 11-1 at Crownhill library where you can access online files without any cost to you—all you need is your library card—why not come and join us!

OK Growers—Volunteers Wanted !

OK growers continues to be very busy. Helen and her team of volunteers have been doing some great work, helping people keep on top of their gardens. The allotment is also going well and coming into the busy season.

If you are a keen gardener or would just like to work in the outdoors, why not get involved and come and volunteer with us ? You can do as little or as much as you would like. Just give the office a ring to



Where to find us

Drop-ins—Devonport—Park Pavillion Café, Devonport Park, Devonport, Plymouth, PL1 4BU
Plympton—Harewood House, The Ridgeway, Plymouth, Devon, PL7 2AS
Ambito in Plymouth—76 Cornwall Street, Plymouth, PL1 1LR
Estover—Runnymede Court, Leypark Walk, Estover, Plymouth, Devon, PL6 8UE
Freedom Fields Park—Park Lodge Café, Freedom Fields Park
Onward House—Greenbank Road, Plymouth
Ernesettle—Riverview, 10a North Weald Gardens, Ernesettle

Ukulele Group— The Village Hall, 31 Miles Mitchell Ave, Crownhill, Plymouth, PL6 5NL

Mental Health Carers Group (All meetings) - The Village Hall, 31 Miles Mitchell Ave, Crownhill, Plymouth, PL6 5NL

Life Beyond Caring Group— Thursday pm - Devonport Library - St Aubyn Church, Chapel Street, Devonport, Plymouth, PL1 4DP

Friday am—Ambito Care Office – 76 Cornwall Street, Plymouth
PL1 1LR

Natty Needles—The Village Hall, 31 Miles Mitchell Ave, Crownhill, Plymouth, PL6 5NL

Gardening Sessions— Our allotment is behind the William Sutton Memorial Hall, 6 Shelley Way, St Budeaux, Plymouth PL5 1QF

If you are in an area that doesn't have any Timebank activities and would like us to set

June 2019

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
						1
2	3	4 11-1 Family History group 1.30-3.30 Crownhill Library Gardening	5 1.30-3.30 Gardening Group	6 1.00-3.00 Onward House Drop In	7 1.00-3.30 Natty Needles	8
9	10 10.00-12.00 Ukulele Group 10.30-12.30 Gardening Group 1.00-3.30 Runnymede Court Drop In	11	12 10.30-12.00 Drop In with Ambito Care 1.30-3.30 Gardening Group	13 10.30-12.30 Mental Health Carers 2.30-4.00 Life Beyond Caring	14 10.00-12.00 Moments Café Workshop 1.00-3.30 Natty Needles	15
16	17 10.30-12.30 Gardening Group 2.00-4.00 Devonport Drop In	18 10.30-12.30 Plympton Drop In 11-1 Family history group 1.30-3.30 Crownhill Library Gardening	19 10.30-12.30 Long Term Health Conditions Drop In 1.30-3.30 Gardening Group	20 10.30-12.30 Freedom Fields Drop In 1.00-3.00 Onward House Drop In	21 1.00-3.30 Natty Needles	22
23	24 10.00-12.00 Ukulele Group 10.30-12.30 Gardening Group 1.00-3.00 St. Paul's Drop In	25 11.30-1.30 Freedom Fields Picnic 1.00—3.00 Riverview Drop-in 6.00-8.00 Mental Health Carers Group	26 10.30-12.00 Drop In with Ambito Care 1.30-3.30 Gardening Group	27	28 10.30-12.00 Life Beyond Caring 1.00-3.30 Natty Needles	29

July 2019

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
30	1 10.00-12.00 Ukulele Group 10.30-12.30 Gardening Group 1.30-2.30 Steering Group	2 11-1 Family History Group 1.30-3.30 Crownhill Library Gardening	3 1.30-3.30 Gardening Group	4 1.00-3.00 Onward House Drop In	5 1.00-3.30 Natty Needles	6
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