

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.

October & November 2018

Satisfaction Survey

It's that time of the year again when we collect your thoughts about our project so we can feed them back to the National Lottery in our end of year report. Enclosed with this newsletter is our satisfaction survey and it would be appreciated if you could take ten minutes to let us know your thoughts. Each member will earn 5 hours time credits for completing and returning the survey. Constructive criticism is welcome as are ideas for what you want us to run in the next year.

Celebration Meal

We are holding our annual Celebration Meal at Sizzall on Friday 12th October from 12.30-2.30. It's a great chance for a get together and some nosh! To book a place, please contact Helen on 01752 211243 or email OKProject@colebrooksw.org by **Wednesday 10th October**.

We require a £3.00 non-refundable deposit that will be used for your first drink.



Coffee Conversations and Crafts

This is a new craft group that is starting on Thursday 11th October at William Sutton Memorial Hall, 6 Shelley Way, St Budeaux PL5 1QF
From 1– 3pm

Cost is £3 per session which includes all materials and refreshments

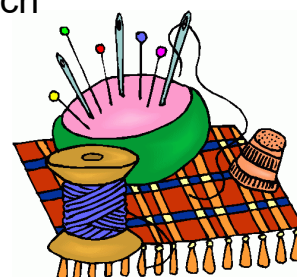
You will need to book your place by contacting Dawn on 211247 or Helen on 211243 or email deastley@colebrooksw.org (so we have enough cake!!)

Thursday 11th Oct—Card Making with Hazel

Thursday 25th October—Pumpkin Terrarium

Thursday 8th November—Knitted Poppy Brooch

Thursday 22nd November—Soap Making



Mental Wealth Festival

Wednesday 10th October is World Mental Health Day and to celebrate this and the end of year 4 for Thrive Plymouth we are holding Plymouth Mental Wealth Festival. It is taking place in the Lower Guildhall, Plymouth City Centre from 9.30—4pm. If you would like to come along and find out about what is going on in the City to support mental health please let us know or book your place by visiting www.PlymouthMHN.org—if you want to know more give Helen a call.

Mental Health Carers

We have a change of venue for our daytime meeting in October—we will be at William Sutton Memorial Hall, 6 Shelley Way, St Budeaux PL5 1QF time is the same—10.30—12.30

Also our Mental Health Carers Evening Group is changing to the fourth Tuesday of the month with effect from Tuesday 23rd October. The time/ venue is still the same 6-8 pm at Miles Mitchell Village Hall.

Plymouth Options Wellbeing Workshops

Following the success of our last set of workshops, Plymouth Options will, once again be delivering a programme of wellbeing workshops over the coming months.

If you are interested in coming along, you will need to book your place via Eventbrite please use this link to book your place www.eventbrite.co.uk

Mindfulness Workshop	Wed 17th Oct 10.30-11.30	If you would like help using Eventbrite to book your place please contact the office and we will do all we can to help you.
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Free Seated Yoga

Do you fancy having a go at Seated Yoga ? It's a gentle form of all over exercise that can be done seated or standing. Why not come along to Miles Mitchell Village Hall, Miles Mitchell Avenue, Crownhill from 2-3pm. All sessions are free of charge.

Dates : 18th,25th Oct and 8th,15th,22nd,29th Nov

New Drop In

We are going to be running a drop-in for people living with long term conditions such as fibromyalgia, COPD, arthritis, multiple sclerosis and other conditions that affect your daily life. It will take place on 3rd Wednesday of each month from 10.30-12.30 at Miles Mitchell Ave. For more information please contact the office on 211243 or email okproject@colebrooksw.org

Need Help With Your Garden ?

Are you having trouble managing your garden ? If so, then why not give us a call ? We can come out and help with small or larger jobs. Just give Helen a call on 01752 211243.

Craft Fayre

We are holding our Christmas Craft Fayre on Friday 9th November at Miles Mitchell Village Hall from 1.30-3.30. Stalls are available for £5 donation (any proceeds you make will be yours to keep). We will be having a tombola, raffle, refreshments etc. To book your stall please contact the office on 211243 or email okproject@colebrooksw.org

Everyone is welcome .

Don't forget our Friday Craft Group....

Just a reminder that our Friday craft group now runs every week from 1.00-3.30 at Miles Mitchell Village Hall. It is open to all and is free of charge. You are welcome to attend both the Thursday and Friday group if you wish.

OK Walkers

Even though the weather may be changing and nights are drawing in we are still running our regular walks.

Monday 15th October—meet at Devonport Park Café at 1pm for a walk around Devonport Park and Mountwise then back to the café for a cuppa

Tuesday 20th November—meet at Harewood House at 11am for a walk in the Plympton area then back to Harewood house for a warming cuppa

Where to find us

Drop-ins—Plymstock—Plymstock Library, Horn Cross Road, Plymstock, Plymouth, PL9 9BU

Devonport—Park Pavillion Café, Devonport Park, Devonport, Plymouth, PL1 4BU

Plympton—Harewood House, The Ridgeway, Plymouth, Devon, PL7 2AS

Scope 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 - (From 3rd May)

Yoga Sessions— The Village Hall, 31 Miles Mitchell Ave, Crownhill, Plymouth, PL6 5NL

Plymouth Options Sessions—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

Ex-Carers Support Group— Thursday pm - Devonport Library - St Aubyn Church, Chapel Street, Devonport, Plymouth, PL1 4DP

Friday am—Scope in Plymouth— 76 Cornwall Street, Plymouth PL1 1LR

Craft Group—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 something up please come and talk to us

October 2018

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 10.30-12.30 Gardening Group 1.30-2.30 Steering Group	2 10.30-11.30 PMZ Caring and Sharing 1.00-3.30 Gardening Crownhill Library	3 1.30-4.00 Gardening Group 1.30-2.30 Jan Cutting Walk	4 1.30-3.00 Onward House Drop In	5 12.30-2.00 Diabeters 1.00-3.30 Craft Group	6
7	8 10.30-12.30 Gardening Group 1.30-3.30 Plymstock Drop In	9 10.30-11.30 PMZ Caring and Sharing 1.30-3.30 Crownhill Library Gardening Group	10 9.30-4.00 Mental Wealth Festival 1.30-3.30 Gardening Group	11 10.30-12.30 Mental Health Carers Group 1.00-3.00 WSMH Craft Group 2.30-4.00 Ex-Carers Group	12 10.30-12.00 Moments Café Drop-in 12.30-2.30 Celebration Meal Sizzall	13
14	15 10.30-12.30 Gardening Group 2.00-4.00 Devonport Drop In 1-2.30 OK Walkers Devonport Walk	16 10.30-12.30 Plympton Drop In 10.30-11.30 PMZ 1.30-3.30 Gardening Group	17 10.30-11.30 Options Workshop Mindfulness 1.30-3.30 Gardening Group 1.30-2.30 Jan Cutting Walk	18 10.30—12.30 Freedom Fields Drop In 1.00-3.30 Onward House 2.00-3.00 Seated Yoga	19 12.00-2.00 Diabeters 1.00-3.30 Craft Group	20
21	22 10.30-12.30 Gardening Group 1.00-3.30 Drop In Runnymede Court	23 10.30-11.30 PMZ 1.30-3.30 Crownhill Library Gardening Group 6.00-8.00 Mental Health Carers	24 9.30-12.30 Gardening Group 10.30-12.00 Drop In at Scope 1.30-3.30 Gardening Group	25 1.00-3.00 WSMH Craft Group 2.00-3.00 Seated Yoga	26 10.30 –12.00 Ex Carer's Group at Scope 1.00-3.30 Craft Group	27
28	29 10.30-12.30 Gardening Group	30 10.30-11.30 PMZ Music Session	31 1.30-3.30 Gardening Group 1.30-2.30 Jan Cutting Walk			

November 2018

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 1.00-3.30 Drop In Onward House	2 12.00-2.00 Diabeters 1.00-3.30 Craft Group	3
4	5 10.30-12.30 Gardening Group 1.30-2.30 Steering Group	6 1.00-3.30 Crownhill Library Gardening Group	7 1.30-3.30 Gardening Group	8 10.30-12.30 Mental Health Carers Group 1.00-3.00 WSMH Craft Group 2.00-3.00 Seated Yoga 2.30-4.00 Ex Carers Group	9 10.30-12 Moments Café Drop-in 1.30—3.30 Craft Sale	10
11	12 10.30-12.30 Gardening Group 1.30-3.30 Plymstock Drop-in	13 12.30-3.30 Gardening Group	14 10.30-12.00 Drop In at Scope 1.30—3.30 Gardening Group 1.30-2.30 Jan Cutting Walk	15 10.30-12.30 Freedom Fields Drop In 1.00-3.30 Onward House Dropln 2.00-3.00 Seated Yoga	16 12.00-2.00 Diabeters 1-3.30 Craft Group	17
18	19 10.30-12.30 Gardening Group 2.00-4.00 Devonport Drop In	20 10.30-12.00 Plympton Drop In 1.30-3.30 Crownhill Library Gardening Group	21 9.30 12.30 LongTerm Conditions Drop In 1.30—3.30 Gardening Group	22 1.00-3.00 WSMH Craft Group 2.00-3.00 Seated Yoga	23 10.30-12.30 Ex Carers Group 1.00-3.30 Craft Group	24
25	26 10.30-12.30 Gardening Group 1.00-3.30 Runnymede Court Drop in	27 12.30-4.00 Gardening Group 6.00-8.00 Mental Health Carers	28 10.30-12.00 Drop In at Scope 1.30-4.00 Gardening Group 1.30-2.30 Jan Cutting Walk	29 6.00-8.30 Mental Health Carers Group 2.00-3.00 Seated Yoga	30 12.00-2.00 Diabeters 1.00-3.30 Craft Group	