

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 3.

February & March 2020

Ambito Care Christmas Lunch

In December we had a Christmas Lunch for the clients of Ambito Care. We had a good attendance and everyone had a really good time. The Care2Uke Ukulele Group played a medley of songs and there was plenty of singing along! Those that attended said that they had a great time and would like to do it again this year. Here are some photos from the day. A massive 'Thank you' to the staff and volunteers at William Sutton Memorial Hall who cooked the dinner.



Christmas Drop Ins

In December we had a festive feel to our workshops and did lots of Christmas crafts, including decorative wreath making and table decorations which were particularly popular. We will now be doing Spring time activities in our drop ins, in anticipation of the nicer weather to come! These will include flower arranging, Valentines and Mothers day activities and Easter crafts. If you have any ideas for activities that you would like to be included, please let us know. Here are some photos of drop ins we did in the festive period.



Freedom Fields Drop In Cancelled

Due to a change in opening hours, the Freedom Fields Café Drop In is being cancelled for the next few months. We will keep you updated of any changes to this.

Diabaters Group

Do you have a diagnosis of Type 2 Diabetes ? Would you like help and support in managing your condition ? Then why not come along to our Diabaters Group at the Rees Centre, Mudge Way Plympton. This group is open to anyone who experiences the condition; you don't have to live in Plympton. The group is a safe space in which to explore any issues you may have regarding the condition, find helpful ways of managing it and to talk to people who are in a similar position. Dates for the next few months are as follows:-

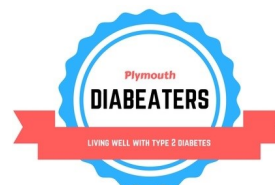
Tuesday 11th February - 10.00-12.00

Thursday 27th February - 1.00-3.30

Tuesday 10th March - 10.00-12.00

Thursday 26th March - 1.00- 3.30

If you have any queries about this group, please do not hesitate to contact the office.



Garden Waste Collections

Plymouth City Council are changing the arrangements for garden waste collections. Instead of it being collected automatically you now need to register your address for collections to be made. If you want your garden waste collected this year you need to register by 28th February using the PCC portal. <https://www.plymouth.gov.uk/binsrecyclingandwaste/gardenwaste> . If you know anyone who will need their garden waste collecting but cannot use / does not have access to the internet it can be done on their behalf but this needs to be completed by 28th February. For anyone who has 'Assisted bin collections' registration is automatic. If you would like any help with registering please contact the office and we will do our best to help you.

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

Onward House—55 Greenbank Road, Plymouth PL4 8PE

Ernesettle—Riverview, 10a North Weald Gardens, Ernesettle PL5 2TA

Plymstock—Broadland Gardens Community Centre, Plymstock, Plymouth PL9 8TU

Efford—St Pauls Court, Torridge Way, Efford, Plymouth

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

Diabaters— The Rees Centre, Mudge Way, Plympton, Plymouth PL7 2PS

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

Family History Group—Crownhill Library, Cross Park Road, Crownhill, Plymouth PL6 5AN

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

February 2020

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
2	3 10.30-12.30 Gardening Group 1.30-2.30 Steering Group	4 11.00-1.00 Family History Session 1.30-3.30 Crownhill Library Gardening	5 1.30-3.30 Gardening Group	6 1.00-3.00 Onward House Drop In	7 10.30-12.00 Plymstock Drop In 1.00-3.30 Natty Needles	8
9	10 10.30-12.30 Gardening Group 1.00-3.00 Runnymede Court Drop In	11 10.00-12.00 Diabaters Group	12 10.30-12.00 Drop In with Ambito Care 1.30-3.30 Gardening Group	13 10.30-12.30 Mental Health Carers Group 2.30-4.00 Life Beyond Caring	14 10.00-12.00 Moments Café Workshop 1.00-3.30 British Sign Language Taster Session	15
16	17 10.30-12.30 Gardening Group 2.00-4.00 Devonport Drop In	18 10.30-12.00 British Sign Language Taster Session Plympton 11.00-1.00 Family History Session 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 1.00-3.00 Onward House Drop In	21 1.00-3.30 Natty Needles	22
23	24 10.30-12.30 Gardening Group 1.00-3.00 St. Pauls Efford Drop In	25 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 1.00-3.30 Diabaters Group	28 10.30-12.00 Life Beyond Caring 1.00-3.30 Natty Needles	29

March 2020

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29	30 10.30-12.30 Gardening Group	31				