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January 2017
Happy New Year!!!

In this bulletin:

- Volunteering - can you give us 2 hours a month?
- New Adult Education courses - full list below
- Memory Café expands
- News on all kinds of great things

Volunteering at the Rame Centre

We are coming up to our second anniversary - 19th March - and this Rame Centre thing is starting to feel established and useful and well thought of. Our biggest problem is... we're not open often enough, because we don't have enough volunteers.

Can you give us 2 hours/month of your time? Or more!!!

We need you to **welcome the public**, **provide information**, **take bookings**, **sell art, music and raffle tickets**, **lend library books**, **take donations**, **help people**.

We'll give you training, a useful activity and a bunch of new friends. We would love to be open all day, every day.....

We also need people for our activity work:

-- ***Helping the elderly and vulnerable***. Could be home visits, befriending,

shopping

-- **Advocates and advice givers.** Help people with form-filling, phone calls, access to advice and services

-- **Publicity.** Posters and leaflets, Facebook, newsletters, displays

-- **Events.** Setting up exhibitions, coffee mornings, craft fairs... or whatever else you want

-- **Admin and finance.** Back office stuff - vital, but often neglected.

If you can help, please drop in and say hello. We also have a meeting for new and existing volunteers coming up - Tuesday 31st Jan, 3pm in the centre.



Volunteers Meeting

Tuesday 31st Jan

3.00 pm at the Rame Centre

Memory Café and special Carer's Session

The Memory Café is run by a group of local volunteers, supported by the Rame Centre. The group is going from strength to strength, with more people attending each session - first Tuesday of the month, 2-4pm, in Millbrook Scout Hall, Fore St - along from the Spar shop. The sessions are free, everyone is welcome. Please join us

Programme for 2017

- Tues 10th Jan: Circle Dancing
- Tues 7th Feb: Lunch at Whitsand Bay Hotel
- Tues 7th March: Art and Crafts
- Tues 4th April: Beetle Drive
- Tues 2nd May: Cream Tea at the Liscawn
- Tues 6th June: Flower Arranging

Transport provided for all excursions
We also have a Walking Group that will restart in the Springtime

Special Event for Carers

The NHS Memory Nurse has kindly agreed to attend a special get-together for carers in our area:

1pm, Wednesday 1st February, Millbrook Scout Hall

We will have activities for those with dementia and our volunteers to help, so that carers can have a break, a cup of tea and a chat.

For more information, please visit the Rame Centre in West St or phone 823909

MILLBROOK MEMORY CAFÉ DEMENTIA SUPPORT GROUP

Classes at the Rame Centre - Jan 2016

These classes will only run if we get enough takers!!!!

French For Beginners

An introduction to the four basic skills, listening, speaking, reading and writing, with emphasis on speaking and understanding spoken French.

Mondays, 6.15 - 7.15 with Val Minty. Starts Mon 9th Jan, £5/hr, £50 for 10 sessions

French Conversation for Advanced level

A chance for those with a good level in French to practice conversation skills.

Tuesdays 7.30 - 8.30pm, with Val Minty. Starts Tuesday 10th Jan. **Venue to be confirmed.** Cost: £5/hour, £50 for 10 sessions

Spanish For Beginners

An introduction to the four basic skills, listening, speaking, reading and writing, with emphasis on speaking and understanding spoken Spanish.

Thursdays, 09.30 - 11.30, with Islay Gilbey. Starts Thursday 12th Jan

Cost: £5/hour = £50 for 5 two-hour sessions.

Spanish for Improvers

Enjoyable progression for those who have some basic understanding of Spanish. Move on to develop your skills further and learn to use the language with greater confidence through conversation based activities. Two options:

- Mondays, 7.30 - 8.30 with Val Minty. Starts Mon 9th Jan, £5/hr, £50 for 10 sessions
- Thursdays, 1.30-3.30 with Sarah Haley-Vetter. Starts Thurs 12th Jan.
Cost: £5/hour = £50 for 5 two-hour sessions.

Spanish Conversation

Enjoyable progression for those who have some basic understanding of

Spanish. Move on to develop your skills further and learn to use the language with greater confidence through conversation based activities.

Sat afternoons, 3.00 - 5.00, with Sarah Haley-Vettel and Silvia Racca. Starts Sat 14th Jan. Cost: £10/hour (two tutors) = £40 for 2 sessions.

Digital Photography

A new course with a well-known local professional photographer. Various levels, to be discussed with the interested learners.

Thursdays 7.30 - 8.30 with Rob Pryke. ***Information session Thursday 12th Jan***, 7.30pm. Course starts Thursday 19th Jan. Cost: £50 for 10 weeks.

Job Club

Support with IT jobsearch skills, CV writing and more

Wednesdays, 10.00 - 12.00, with Tim Sansom. Starts Weds 11th Jan. Cost: FREE COURSE

English and Maths level 1

Improving your English and Maths skills will better equip you for climbing the ladder of success, whether in your own role, or to enable you to enroll on a college course or training programme. Improve your spelling, improve your spoken English if English is your second language, improve your work with numbers, or understand percentages.

- Maths, 12.00 - 2.30 with Tamzine Middleton. Starts Monday 16th Jan. FREE COURSE
- English, Tuesdays 09.30 - 12.00 with Christine Baker. Starts Tuesday 31st Jan. FREE COURSE

Coding with Scratch

Learn to create and run basic computer programmes.

Mondays 10.00 - 12.00, tutor TBC. Starts Mon 20th Feb for 6 weeks

Cost: £36 for 6 weeks.

Dog Behaviour

Learn about how your dog thinks and how to convince him/her to listen!

Saturdays, 10.00 - 3.30pm, tutor TBC. Starts Sat 4th Feb for 2 weeks

Cost: TBC.

More details on all these and bookings at the Rame Centre

The Peninsula Trust
Assessing the Community of the World's Future

THE RAME CENTRE

Adult Education classes in Millbrook

At the Rame Centre, West St

Maths

Photography

English

French
Evening classes

Spanish
Day & Evening

Dog Behaviour

**Job Club – IT and
jobsearch, CVs etc**

**Coding with
SCRATCH**

Courses start this month
Reasonable fees, some free!
Concessions may be available

More information - phone 01752 823909
E-mail: rame.centre@thepeninsulatrust.org.uk

The Peninsula Trust is a Community Benefit Society registered in England with the Financial Conduct Authority on 823386.
Registered Office: The Rame Centre, 3 West St, Millbrook, Cornwall, PL30 1AA

A thank you

Our grateful thanks for a second year to Robert Poet for the marvellous Christmas window display.

You made a lot of people smile, Robert - thank you. Our photo shows Robert actually driving the sleigh, in costume, with the traditional New Year Pasty aboard.



How to get hold of us

Come in - Tuesday to Saturday morning, 10.00 - 12.00 and Mondays 2.00 - 4.30

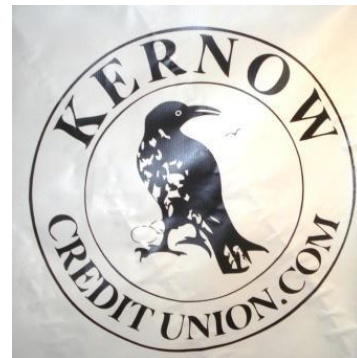
Ring us - 823909

E-mail us - rame.centre@thepeninsulatrust.org.uk

Write to us: TPT, The Rame Centre, 3 West St, Millbrook, PL10 1AA

The Credit Union is going well

We've got a slow but sure increase in members for the credit union. Savings accounts for adults and children, small loans at low interest. Information available whenever the Centre is open, new accounts on Tuesdays 12.00 - 2.00 pm and 1st Sat of the month, 10.00 - 12.00. Come and join Cornwall's 2400 members!





The Art Wall is going great!!!

We've seen a steady increase in exhibitors and sales from our Art Wall - now really our arts and Crafts and Pottery and Glass and Books and Cards wall. We had a very busy pre-Christmas period, and our dedicated team are currently working on new exhibitions and excitements. Please come and take a look!

New Workspace for local businesses

We've been talking about this since we opened. We are STILL working on a plan to build 6 work units in the Centre's rear yard. It's an expensive project, so we need external finance - we are now on our third try to get the money agreed. The units will be 4m x 5m (a bit bigger than a standard garage) and available to rent. Existing ideas include bike hire/repairs, ceramics, model-making, microbrewery, textile and furniture recycling. Anyone interested, please contact us now.

Membership

The Peninsula Trust is owned and controlled by its members. We currently have 551 local people signed up - it costs £1 for life and gives YOU a say in what we do, and how we do it. Please come and join us.

