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Cre8's May Newsletter

At the heart of a vibrant and flourishing community-Moss Rose Estate

Stretch and Move | Surplus Grocery & Flowers | Learning Plus | Vacancies

| Fundraising | Enterprise |

A few Words from our Director

Project Grow - Stretch and Move



As part of our community Health & Wellbeing activities at Project Grow, we have facilitated a series of 'stretch and move' sessions at St Barnabas on Friday mornings. Facilitated by the wonderful Dave from Variety Fitness, the group have enjoyed 6 sessions at an Introductory level with simple stretching exercises based on Pilates principles. Afterwards we stay and have a drink and share some snacks around the table and catch up on our weeks. Not only have we worked on physical fitness, it's also been a way to connect and socialise at the end of the week.

until May 2024. We are so pleased we've been able to facilitate this community-led initiative to get people active and looking after both physical and mental health & wellbeing.



[Click here to join our Facebook page " Garden & Allotment at St Barnabas](#)

Surplus Grocery & Flowers



In a year where families have struggled due to significant increases in both fuel and food (food inflation at a 45 year high) we've seen Grocery numbers increase by 29%. This is probably no surprise as our own research carried out in October suggested that access to low cost food was the main motivation for shopping with us. The introduction of the new Bollington Community Grocery (alongside Bollington Town Council) in January has also increased peoples opportunities to access low-cost food.

Since May last year the total number of shops reached 9223, up from 7150 at the sametime in May 2022. November was the busiest month (941 shops) with the busiest week 239 shops falling at the end of January. We topped weekly averages (mean) of 200 or more February through to April.

Brightening up our neighbours' days...

We don't just receive donations of surplus food from supermarkets, we also receive donations of surplus flowers.



For a while now we've been dropping flowers off at Nursing Home. Since around March time we've been doing the same at the Mayfield Centre - our neighbours on Mayfield Terrace - supporting their weekly flower arranging club.



This small gesture lightens up the days of the Centre visitors. They do such a good job at arranging please see photos.





JOIN OUR FACEBOOK PAGE @CRE8 SURPLUS FOOD
GROCERY FOR UP TO DATE INFORMATION

Cre8 Surplus Food Grocery

- **Tuesday 1pm** St Barnabas Church, Lyme Avenue SK11 7RS
- **Wednesday 4:30pm** St Barnabas Church, Lyme Avenue SK11 7RS
- **Thursday 1pm** Green in the corner cafe (Hurdsfield Pennine court SK10 2RL
- **Thursday 3pm** Bollington Town Hall, Wellington Road SK10 5JR



- Everyone is welcome - there are no restrictions or requirements to use the Grocery. We ask that you only visit us **once per week.**
- You can pick up for yourself and one other household.
- We ask for a minimum of **£3 donation per household** - in return you get around £25 worth of food (made up of store cupboard essentials, fresh and chilled food)
- We use 'surplus food' donated by local supermarkets, shops, schools, restaurants and food charity FareShare, that would otherwise be wasted
- **We can't guarantee what food will be available.** We can't provide a choice of food. Bags are pre-packed. If there are items you can't use please consider sharing with a family member, neighbour or friend!
- Where possible vegetarian or vegan food is available
- Food safety is really important to us. You will never receive any food that is beyond its use by date. Many items will be past or close to their best before dates. These are safe to eat, but may not last as long as 'usual'. See Food Standards Agency for more info on food dates.
- Unfortunately we can't offer deliveries.
- We close when we have run out of food - so get there on time if you're in need.
- (Depending on demand / food availability we reserve the right to restrict our offering on the day)



Learning Plus

Nearly the end of another term for our young people on Learning plus.

We are currently delivering 17 session weekly to 12 young people.

Making some fishing boilies which we hope will help catch a big fish!



How to make an electrical circuit

Thomas, Andrew and Ashton have been making some fantastic music with Rob.

Designing and building a desk

Lots and lots of amazing dishes have come out of the kitchen during sessions.

Keirra continues to attend Macclesfield Academy to do some work with some young people there.



Were Hiring - Vacancies

[Click here to apply for our " Youth & Community Worker Full Time" Role](#)



**Youth & Community Worker
Full Time Role
£22,545 per annum
- Based in Macclesfield**

We are looking for a leader who shares our vision and values and comes with the passion and creativity to see them worked out in all that we do at Cre8.

*Click here for more information and to apply:
<https://cornerstoneresources.co.uk/vacancies>*



[Click here to apply for our " Youth Work Apprentice " Role](#)



vacancy

Youth Work Apprentice Macclesfield

Do you want a career in youth work?
Getting alongside young people
to support, encourage, and
mentor them as well as training to
be a professional youth worker?

If so, we want to appoint a
Youth Work Apprentice.

Click here for more information and to apply:
<https://cornerstoneresources.co.uk/vacancies>



Fundraising

Help us raise money towards Cre8's
Camas trip this year!

Camas is an important and formational
part of the year for our young people from
our Secondary Youth Club. Camas is the
Iona Community's outdoor activity centre
on the Isle of Mull in Scotland. There is
a strong focus on building community and
connection; with each other and our
surroundings.



Young people get an opportunity to explore the outdoors in a remote and beautiful location,
build community together, and do fun activities. Camas is a real memory making trip for
the young people and helps to deepen their link with each other and Cre8.

Several staff, young people and Cre8 supporters are riding the Bikeathon on Saturday 20th



[Click here to see - Cre8's Annual Summer trip to Camas Video](#)

Enterprise

With support from Cream line Dairies and PPHT we continue to provide our Jet Washing service. We clean Milk Floats from Creamline Dairies and Vans for PPHT. These are both fantastic opportunities for us to work and we are really grateful.

A Few Words From Our Director

15 to 21 May 2023

Mental Health Awareness Week



#ToHelpMyAnxiety

It's been a while since we have sent out a newsletter, our focus has been on operational delivery and the team has worked tirelessly to support as many young people as possible. We are hopeful for the future, and you can see from this newsletter the fantastic fun we are having. With the cost of living crisis, we all face different challenges, you are not alone, we are with you, and we are all doing our best - be kind and stay hopeful for change.

We will be out and about this weekend supporting the Macclesfield Bikeathon, and will be with Just Drop In to talk to people in the town centre on Saturday 20th May 2023, come

It seems appropriate to talk about partnership with Just Drop In, where we shall be delivering a Youth Mental Health First Aid course on the 8th and 9th July at our Community Building. Ameera is a qualified Instructor and will be joined by Ann from our partners Just Drop In, the Youth Mental Health First Aid (MHFA®) courses are for everyone who works with, lives with or supports young people aged 8-18. They will teach you the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need. This course will be delivered free of charge with lunch provided, it is a two day course and you need to attend both days, places are limited so please contact the office if you would like to attend.

Thank you for your support and for being with us and enabling our community to make change happen for themselves and for their neighbourhood.

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