

Recently in **Mini Toddlers** and **Families Matter** the children have engaged in lots of fun craft activities, such as making paper plate turtles and blossom tree pictures.

They have also enjoyed some messy play, driving toy cars through paint to create wheel marks and searching through flour to find dinosaur fossils. These activities provided an opportunity for the children to explore different textures and use a variety of senses in their play.



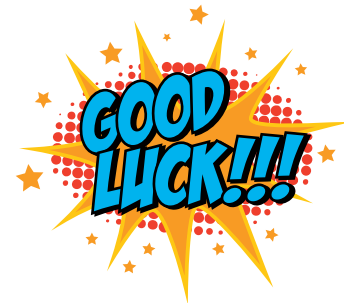
During the half term we attended the 'Go Wild



Funday' at St Michael's Park, where we decorated biscuits with colourful icing and lots of sprinkles. Children of all ages were keen to have a go, and the finished biscuits were beautiful and delicious!


It was fantastic to see the event so well attended. We are looking forward to our end of term party at the end of July, which will involve some exciting party games and treats.


We have so much fun planned with the children over the holidays. In July we're having a grand picnic day out, and in August we will be taking a trip to the beach in Weymouth.





We want to wish a HUGE good luck to all of the children in our groups starting school in September.


Summer dates - reminders


New Baby New Life is closed over August.  The new term will begin in September. Contact Rachel for information

 Post Natal Programme will start again in September. Contact Rachel to book

 Mummy and Baby Group will run all summer. Booking is necessary - contact Sarah

 Mini Toddlers is closed in August and will start again in September. Contact Rachel for information

 Families Matter is closed in August and will start again in September. Contact Sarah for information

 Ready Steady Baby, our antenatal group, will continue to run throughout the summer. Contact Sarah for information

Summer holiday activity: Fun with water play

What you'll need:

- A bowl / tupperware box / pan
- Water
- Some toys
- A digging tool - we recommend a spoon

What to do:

- Put a few of your child's toys in the bowl. Dinosaurs are a great option if you have them
- Fill the bowl with water
- Put it in the freezer for a few hours, until the water is completely frozen
- After a few hours, take it out of the freezer and show your child that there is a fossil frozen in the water
- Under careful supervision, help your child to 'dig out' the fossil by chipping away at the ice

We would love to see pictures of you digging up your fossils - you can send them to the team by email or via social media

ACTIVITIES TIMETABLE

Day	Course / Activity	Description	When	Cost
Mon *	South Cerney Men's Shed	Friendly group who get together to make & repair. Contact Graham.	10am - 1pm Boxbush Close South Cerney	£2 donation
	Moreton-in-Marsh Work Club	Confidence building, CV writing, job application support. Contact Sally.	10.30am - 1pm Jameson Court Moreton-in-Marsh	Free
	'Pawsitive' Strides	A new group, getting men out in the fresh air together for a walk and talk. Contact Graham.	1pm - 2.30pm Boxbush Close South Cerney	Free
	Sing to Remember	For people with dementia living at home, or people experiencing loneliness or isolation, who love to sing. Contact Jo.	Fortnightly. 2nd & 4th Monday of the month, Ashcroft Church 2pm	Free
	Memory Cafe	Support for people living with dementia and their carers. Meet, socialise, participate in activities and share experiences, plus separate support/information programme for carers. Contact Julie.	Fortnightly. 1st & 3rd Monday of the month, Ashcroft Church 2 - 3.30pm	Free
	Living with Loss	An informal group providing understanding and encouragement for those who have been bereaved. Contact Julie.	Monthly	Free
*None on Bank Holidays				
Tues	Ready Steady Baby	Antenatal drop-in for mums-to-be. Contact Sarah.	9.30 - 11am	Free
	Ready Steady Baby	Antenatal 4-week programme supporting mums-to-be. Contact Sarah to book	11am - 12 noon	Free
	Time for You	Confidence-building activities for women. Contact Michelle to book.	10am - 12 noon	£1 donation
	Stitch Knit and Natter	Friendly group who meet to knit and try other crafts. Contact Michelle.	10am - 12 noon	£1 donation
	Ageing Well Friendship Cafe	We welcome new people and old friends for tea/coffee, cake and conversation. No need to book.	Weekly (except 3rd Tuesday of the month) 2pm - 3.45pm, Ashcroft Church	£1 donation
	Ageing Well Friendship Cafe events	Enabling people to access and enjoy a broader range of opportunities available in their local community.	3rd Tuesday of the month	
Wed	Mini Toddlers	Relaxed support group for parents of toddlers aged 1 - 2 years. Contact Sarah to book.	9.30am - 11am	Free
	New Baby New Life	Informal baby group for parents, offering play, socialising and advice. Contact Rachel.	10am - 11am Cirencester Baptist Church	Free
	Mummy and Baby Group	Relaxed support group for new mums under 25. Contact Sarah to book.	11.30am - 1pm	Free
	Postnatal Group	A 6-week programme for parents and their new babies, covering sleep, play, feeding, baby communication and more. Contact Rachel to book.	2pm - 3.15pm Cirencester Baptist Church	Free
	Cirencester Sociable Stroll	A gentle, companionable 1-hour stroll around Cirencester for those with good mobility. Informal support from a member of staff or volunteer. No need to book. Contact Jo for information.	10.30am - 11.30am Meet at The Churn in Cirencester	Free
South Cerney Sociable Stroll	A choice of shorter walks depending on your mobility, followed by an optional visit to Fenton's Cafe. Well behaved dogs welcome! No need to book.	10.30am - 11.30am Meet at Fenton's Cafe, South Cerney	Free	
	ESHO Therapeutic Wellbeing Group	A friendly and calm environment for enjoying art, music, and relaxation workshops. Booking essential. Contact Amanda.	2pm - 4pm	Free
Thurs	Families Matter	A supportive group in a friendly, informal space, for parents where their children over 2 years can play and have fun. Siblings welcome. Contact Sarah to book.	9.30am - 11am 11.30am - 1pm	Free
	South Cerney Community Shed	Friendly group for men and women to make & repair. Contact Graham.	10am - 1pm	£2 donation
Fri	ESHO	Conversational English. Contact Amanda.	9.30 am - 12.30pm	Free
	Functional Maths	Learners up to level 2. Contact Amanda.	9.30am - 12.30pm	Free
	Functional English	Learners up to level 2. Contact Amanda.	9.30am - 12.30pm	Free
	Employment Support	Help with CVs, Universal Jobmatch, employment & volunteering. Contact Amanda to book.	10am - 1pm	Free
	Chat and Connect	Connect with others in a warm space. Play games, chat and find out what's happening in Cirencester. Contact Graham.	1pm - 3pm	Free

Key: Engagement activities (purple), Ageing Well activities (teal), Families activities (orange)

WELCOME TO THE SUMMER 2023 EDITION OF THE CHURN PROJECT NEWSLETTER.

With all the sunshine we've been having recently, we can safely say that summer is in full swing! Whether you welcome summer like an old friend, or pine after the cool breezes of the autumn, we have plenty for you to enjoy in our newsletter.

“Everyone is so kind and helpful, and the knowledge I am gaining is invaluable.”






Join us over the summer at New Brewery Arts Craftival, for a series of fun, FREE events:

- Tuesday 25th July, 10am-12 - Time For You
- Wednesday 26th July, 10am-12 - Stitch, Knit and Natter
- Thursday 27th July, 10am-2pm - Families Matter
- Friday 28th July, 1pm-3pm - Chat and Connect

LET'S GET SOCIAL

If you'd like to stay up to date on all things The Churn Project, you can find us on Facebook, Instagram and LinkedIn:

-  The Churn Project
-  @churnproject
-  The Churn Project

If you are not already on our mailing list and would like to be added, to receive monthly updates, activities, tips, and invitations to our events, you can sign up on our website, or contact Erin.



CEO UPDATE

Our volunteers and supporters are wonderful! I have spent time over the last few weeks with some of our fantastic volunteers and

supporters, who give so much to help us and I continue to be in awe of people's generosity and willingness to help their communities.

A special thank you to the volunteers who baked amazing cakes, served refreshments and washed up at Ampney Crucis Open Garden, to the volunteers who helped with car parking and entertaining guests at the GCF Great Escape, highlighting rural issues, and to those serving afternoon tea, canapes and drinks at Bywell Garden. Thanks also to the hosts of these events for giving us the opportunity to fundraise and raise awareness of The Churn.

WELCOME!



Welcome to our new Fundraising Manager, Erin. Erin has a wealth of fundraising experience from very small to very large charities. She has previously set up and run her own charity bringing music to people with lived experience of cancer.

Welcome also to Laura, the newest member of The Churn Project Families team. Laura brings with her extensive knowledge and insights into childhood development. She has quickly become an essential part of the team, providing stimulating play activities for babies and children under 5.



EMPLOYMENT, ENGAGEMENT & WELLBEING

The **Community Shed** in South Cerney is now well and truly up and running. The group is a safe and welcoming space where men and women can come to learn practical skills and DIY. Running on Thursdays, 9.30am - 12.30pm, members decide together what they will make next, and support each other to make it in a safe and welcoming space. One woman who comes along has already gone out and bought a work bench and tooling after coming to the group!



“ I have always relied on a man to do these tasks for me, however thanks to Community Shed, I now feel empowered. ”

The **Employment Support Hub Outreach (ESHO) Project** is now six months in and is making a massive difference to the lives of people who are engaged in the project. Lots of the the people we have worked with have now managed to get into paid employment, volunteering roles and completed training qualifications. We are lucky to have a Churn team member, Sally, in the north Cotswolds, and team member Amanda in the south, so we can support more people across the region.



The **Time For You** group focus is always around supporting women's mental health and wellbeing by using lots of different mediums. Group chats, learning new skills such as

cooking, expressing themselves through different craft techniques. This term we have made wellbeing books to hold positive affirmations, drawings, and photos to focus on family and friends in their support circle.



“ I love the group. I honestly see a huge change in myself and I finally feel I belong somewhere. ”

We help many people on a **one-to-one** basis for a variety of reasons, from looking for support around isolation, housing and benefits, to help with mental health and wellbeing. One person who came to us for support around mental health and wellbeing was able to get a grant to have a large trug planter in their garden to grow veggies and herbs. Being outdoors and growing really supported positive mental health and a sense of achievement.



“ Ta-dah!! It has been growing beautifully and I've been enjoying it sooooo much! Thanks very much ”

xxx

FUNDRAISING

Enormous thanks to everybody who joined us at Bywell for a tour of the stunning garden. Guests were treated to the most glorious array of plants followed by refreshments on the lawn. Overall the event raised more than £1,000!



Crucis at the beginning of June. The event raised over £700.

Thank you to our incredible Churn Champions for organising these events - your support makes a real difference to the lives of people in Cirencester.

If you are interested in joining The Churn Champions fundraising volunteers get in touch with Erin for more information.

Struggling for ideas to keep occupied over the summer months? We've put together a list of over 50 fun ways you can support The Churn Project. Visit our website - www.churnproject.org.uk - to download it!

THANK YOU!

We are so grateful for the ongoing support of the Cirencester business community. Your support changes lives right here in our town.

— **COOK** —
to **Cook** in Cirencester, who generously donate 40 frozen meals every week and cakes to Friendship Cafe

to **Talking Wines** in Love Lane for donating the wine for our fundraising event at Bywell Garden

Thank to **Tanners Solicitors**, who raised £120 selling cakes in the office in June

to **Dominic Winter Auctioneers** and **Ermin Fosse Financial Management**

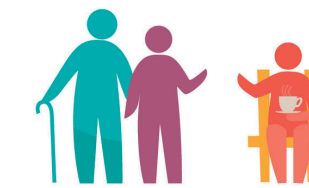
Thank you to **Dominic Winter Auctioneers** and **Ermin Fosse Financial Management** for sponsoring our Music for Summer's Evening fundraising concert

to **Travis Perkins**, **KIER Construction**, **A&B Fencing**, and **Bromford**, for their ongoing support of the Men's Shed



Thank you to **Travis Perkins**, **Kier Construction**, **A&B Fencing**, and **Bromford**, for their ongoing support of the Men's Shed

AGEING WELL



We have had another spring full of activity, creativity, socialising... and of course partying!



In May, we went for ice-creams in St. Michael's Park. The weather was absolutely perfect and we had a glorious afternoon in the sunshine. We even broke out in song at one point!

At **Friendship Cafe** we created commemorative tea towels for the coronation - there are still some available to buy so get in touch if you would like one!



We also had a fabulous party to celebrate the occasion. We enjoyed tea and cake, there was much waving of flags, the company was wonderful - a fantastic time was had by all!



Enormous thanks to all of the volunteers who made this possible, and to everybody who came for making it such a fantastic party.

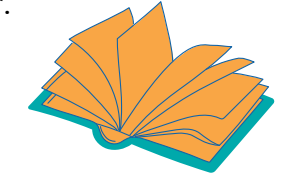
The **Sociable Stroll** groups from Cirencester and South Cerney joined together for a wonderful visit to Staintbridge Pond Nature Reserve. We would particularly like to thank Barbara, Tony and John for giving us so much of their time to show us around.

On the way home we had a spectacular picnic! The views were glorious and the weather was absolutely perfect for the occasion.



The **Memory Cafe** now has Carers Hub Gloucestershire attending monthly to enrich our carers support.

We have also been collaborating with Cirencester Library and Stratton School in an exciting reading project called Literasee Colour.



The children read *The Secret Garden*, completed a creative project and finally joined the Memory Cafe to show off their work, talk about the book and create bookmarks - it was a huge success, enjoyed by young and old alike. The children will be back in the autumn to do the same with another book - either *Swallows and Amazons*, or *Anne of Green Gables*.

In June we said farewell to our lovely Ageing Well Manager, Liz Folkes. We wish her the very best for the future, and thank her so much for all of her amazing hard work with the Ageing Well service over the years!



A very special THANK YOU to The **Barn Theatre** who generously subsidised 55 tickets for us to watch **Private Lives**.

We had a brilliant time enjoying such a great cultural experience right on our doorstep

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