



POINT EUROPA COMMUNITY BULLETIN

MARCH 2012

Welcome to our Community Bulletin. We hope you like it - but if you don't, please reply to this e-mail with "No" in the subject box. On the other hand, if you do like it, please forward it to others!

SENIOR VOLUNTEERING – ‘NEW HORIZONS’



Please come and join us on **6th March at the Congregational Church Hall at 7.00pm** to welcome the return of our volunteers to the village following another successful senior volunteering project, this time in the Czech Republic - listen to their stories, and also find out about new volunteering opportunities in Latvia.....

SENIOR VOLUNTEERING

Michelle and Hetty would like to thank, Kim, Dawn, Jack, Sheila, Don and Tom for taking part and representing Point Europa, it has been a pleasure so far and we are looking forward to working with them when we host the 6 volunteers from the Czech Republic, who will be arriving in Cawsand on 4th May for a 3 week stay.

We would also like to thank the volunteers that went to Spain (Helen, Carol, Derek, Clive, Tony and Gillian), we will also be hosting 6 volunteers from Spain in the village from 13th April for 3 weeks.

The groups from the Czech Republic and Spain will be volunteering for Point Europa at Kingfishers Pre-School, Maker Heights, The Gig Club Fitness Suite and Mount Edgcumbe, and will be getting involved in community groups and activities whilst they are with us.

If you would like to get involved or perhaps you can help out with Spanish or Czech please come along on the 6th or call Michelle or Hetty on 01752 822186 or email michelle.maunder@pointeuropa.org or hetty.kalantar@kcenglish.co.uk.

Latvia - ‘Nature Nurture’ (Outdoor/Nature Related)
June/October 2012

Hungary - ‘Art Exchange’
(Art to engage with disadvantaged groups)
September 2012/April 2013

Austria ‘Bridging the Gap Between Generations’
(Intergenerational Community Work)
September/November 2012

Spain ‘Heritage’
(Restoration Projects, Cultural Heritage)
September 2012 / April-May 2013



OUR YOUTH VOLUNTEERS

The volunteers have been in the village for 5 months now. They are working in the community with Kingfishers Pre-school, Furlanesend and Millbrook Afterschool Clubs, Maker Junction Cafe, Tuesday Coffee Morning at the Congregational Church and Millbrook Charity Shop. Alongside their core work they have also been supporting Point Europa work with the senior volunteering and other European mobility work.

Unfortunately, Silvia left the project in January as she had an opportunity for a full time job in Hungary that she could not miss, so it was a sad goodbye, but we wish her all the best for the future.

The remaining three volunteers, who are a fantastic group of young people, have integrated well into village life. It can be very challenging for them to move into an isolated area with very limited transport routes but they have embraced the challenge and Berenice who likes running, very often visits the Gym. Lorena who likes parties and meeting new people, gives Spanish lessons to some locals and Lukas who 'can't live without football' (and board games) has joined the Plymouth United Squad. As the three of them love travelling and adventure they rented a car and went to Cardiff and Bristol. They are hoping to visit a new place in the UK every month.

The group are also looking forward to a mid-term intercultural evening in March and they will have further training provided by the National Agency.

Thank you to all the work hosts that give such great support and encouragement to the volunteers and without whom, we could not run the project so successfully. In their own words: 'we like living here. Thank you for your support.'

Also thank you to all the local people who support and be-friend the volunteers your support is invaluable.

If anyone would like more information about our volunteering project or would like to help support the volunteers in any way please get in touch at: jane.riggs@pointeuropa.org or 01752 822186.

Here's looking forward to another great 6 months!!!!



PRAXIS WORK EXPERIENCE

Point Europa are working together with a German Company called Praxis. Praxis work alongside the job centre in Germany. The aim is to get unemployed people back into work. We are now hosting our 5th group here in the Rame. The project is being managed by Heather Bloor who organises work placements for their 6/7 week stay together with English lessons.

Our next group of 8 arrive on 9th March, and Heather is currently in the process of looking into work placements.

We would like to say a big thank you to all the local businesses who have provided work placements for the group. Also a big thank you to Jim from A-Line who provides the transport to and from the work placements. The feedback from placements has been good.

If you would like any help within your organisation then please contact Heather Bloor on 01752 823015 or email heather.bloor@pointeuropa.org.



INTERGEN – INTERGENERATIONAL MENTORING

We are currently working as a Project Co-ordinator on a Leonardo Transfer of Innovation project called InterGen, on the topic of Inter Generational Mentoring, where, together with partners from Sweden, Spain, Austria, Slovakia and Germany we are developing a training package and 'Handbook' that will give practical advice on how to recruit volunteer mentors from the local community, train them to become mentors and then provide a one to one mentoring service to children aged between 9 and 12. The mentors would then share their experiences and help recruit and train more mentors to carry on the work.

As part of the project pilot testing we are very grateful to Sharan Betteridge, Helen Markwood and Ian Latimer who volunteered to be mentors back in September and underwent the first training session in November. We would also like to take this opportunity to thank everyone else who has shown an interest and support in the project so far. For more information, please contact Emma Powell on 01752 823786 or email

emma.powell@pointeuropa.org

www.intergen-project.eu

KIFLI PROJECT (KEEPING IN FIT IN LATER LIFE)



The **KIFLI Project** aims to provide a set of resources and materials which will promote physical activity among people over 50. The materials will show older people and trainers how to exercise and also inform them about what infrastructure is required, what equipment to use and the importance of regular exercise and a healthy life-style. In co-operation with other European Partners, Point Europa is working to develop a useful project that will create resources that are freely available to all.

In Autumn 2011, Point Europa made a training video of the Millbrook Circle Dance Group for the project, as an example of the kind of exercise older people could do easily. It demonstrates the benefits of Circle Dancing and offers instructions on how to do three dances. **If you would like a free copy of the DVD, please contact Kim at Point Europa on 01752 822186.**

KIFLI also offers the opportunity of inter-cultural experience through "mobilities". The project partnership will be holding a 3 day event in Graz from 8 -10 May 2012. Aimed at over 50s, the event will give participants the opportunity to experience a wide range of activities, such as yoga, Nordic walking, circle dancing, Tai Chi, swimming - all in one place in the beautiful city of Graz, Austria. We are looking for one person to attend the event, which is all expenses paid and accompanied by a member of Point Europa staff. If you would like to go, please contact Kim on 01752 822186.

For more information about the project visit our project website www.kifli.eu



INPRO – EDUCATIONAL CONTENT AND METHODS FOR THE TRAINING OF INTER- PROFESSIONALITY IN CHILDCARE

Since October 2010 we have been involved in this project alongside partners from Poland, Germany, Austria and Luxembourg. INPRO will develop, test and establish specific learning contents and methods for training Inter-professionalism in child care. This will include the development and further education of the qualified personnel as well as training at the professional level. Using the qualification modules, the participants should be able to form, to maintain and to competently control a complex inter-professional expert network. We already do much of this work as a matter of course in the UK, but it is great to be able to share the knowledge we have built up here with our neighbours in mainland Europe.

We are hosting the 3rd Project Transnational Meeting here in Cawsand at the beginning of March and the group (of 14) will be visiting Kingfisher Pre School, Millbrook Pre School, Millbrook C of E Primary School and Furlanesend CP School as well as Saltash College who 'Pilot Tested' our workshop back in January. Again, thank you to everyone who has helped and supported us in this project which is due to end in September. For further information please contact Emma Powell – 01752 822786 or email emma.powell@pointeuropa.org www.inpro-childcare.eu/en

RAME COMMUNITY DIRECTORY 2012

Following the success and popularity of the Rame Community Directory over the past two years, Point Europa will be publishing the third edition of the directory at the end of April. If you would like to advertise your business or local organisation, club or event, the copy deadline is 30th March. Please contact Julie Hoggarth or Heather Bloor on 01752 823015 or email julie.hoggarth@pointeuropa.org or heather.bloor@pointeuropa.org for more details.

PE COMMUNITY VOLUNTEERS

Following the great success of our Senior Volunteering projects, we've had several requests from returned volunteers and others, asking about ways to help with Point Europa's activities in the community. As a result, we've had really good support from a number of people, especially helping with the incoming volunteers from other countries. We now want to organise the activity a little better, and start running monthly get-togethers. These will be a chance for would-be volunteers to meet up, find out what's coming up and talk about who wants to do what. Some examples:

-- Groups of young people and adults coming here that would like to meet local people for social activities, shared meals and games events

-- Excursions to places of interest. We sometimes have spaces on minibuses to Tintagel, Land's End, Eden project - it would be great to use the spaces and get local people mixing in with the visitors;

-- The chance for exchange language classes (swapping English for French, or Spanish, or what you want - anyone for Hungarian?)

-- The chance to go away to other countries on the Senior Volunteering and short-duration visits;

-- The chance for people to come up with new activities and ideas that they think we should be doing.

The first of the new monthly series of events will be on **Wednesday 21st March**. We don't have a venue confirmed yet, so please contact us if you'd like to come - we'll send out a supplementary e-mail nearer the time.

GREEN ENERGY ON THE RAME

We are very pleased to have supported the new "Rame Renewable Energy" group. They needed a registered body to allow them to get a government grant - which they are spending on research into how the Peninsula can best use green energy, and on a survey of 10 local homes, to give detailed "case studies" of ways that people can save money by going greener. The group have arranged public meetings in each parish - The Maker with Rame meeting is Monday 5th March in the Community Hall, Shevioc is Friday 9th March in the Memorial Hall, and St John Village Hall, 7th March. They are all 6-9pm. Go along and meet the team, or e-mail them at info@ramerenewableenergy.co.uk. Phone 07986 537713.

THE STAR GAZY PROJECT

Congratulations to Leo Kaserer for a truly wonderful project in Cawsand, rebuilding an old boat with Malcolm Baker and groups of disadvantaged young people from around Europe. Leo got a mention on Radio Four's "Today" programme, and included Point Europa's name in it, very kind! The project DVD is available from Mac's Store in Kingsand - last few copies

THE OLD BANK BUILDING IN MILLBROOK

We are tantalisingly close to getting the grant and the purchase of the Bank, so that we can refurbish it workspaces, meeting rooms and a new-look charity shop. We're still not there, after two and a half years work - but watch this space!



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