



Cornwall One Parent Support Annual Report

April 1st 2020—March 31st 2021



Registered Charity 1170091



Vision A society that respects family diversity, ensuring equality for lone parents and their children

Charity Aims & Objectives Mission Statement

1. The relief of poverty, distress and isolation of children of one-parent families in need.
2. The relief of financial hardship amongst adults of one-parent families.
3. The advancement of education and the provision of facilities for recreation their leisure time occupations in the interests of social welfare, with the object of improving the condition of life for the children of one-parent families.

Values and Principles

- COPS respects and reflects the diversity of one parent families and recognises the need for their equality of treatment.
- COPS is an independent, not for profit membership organisation.
- COPS work on a Cornwall county-wide basis to represent and be accessible to all lone parents.
- COPS is an organisation promoting individual and collective empowerment.
- COPS is committed to organisational development to ensure on going responsiveness and sustainability of services for one parent families

HISTORY OF THE CHARITY

Cornwall One Parent Support was first formed in 1996 in response to a need for Cornwall's one parent families to access local skills training, peer support information, and opportunities for inexpensive, activities for themselves and their children. Cornwall One Parent Support first became a registered Charity in July 1997.

In November 2016 the charity 1056923 changed to a CIO with a new charity number 1170091.

The charity started in 1996 with one group in St. Austell. The charity from 1994 has had groups in Truro, Falmouth, Liskeard, Camborne, Wadebridge, Tintagel, Camelford, Par, Bude, Penzance, Redruth, Newquay, Launceston and Bodmin.

The charity has members in Liskeard, Bodmin, Truro, Falmouth, Camelford, Delebole, Probus, St Austell and the Clay Area, Lostwithiel but has been unable to hold Drop -in Groups this year because of COV-19. The charity also has a Secret Facebook page for members of the charity and a Public Facebook page for promoting the charity. Each area has their own group chat for self-support and communicating information which has been vital with the Lockdowns and government restriction in the last year.

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At the present time the Charity has three Trustees:

- Mrs.E.F.M.Northcott (Chairperson and co-ordinator) – original founder of charity
- Mr.T.A.Northcott (Treasurer) original founder of the charity and
- Mrs.J.L.Fernandez (Secretary)

The Charity is based at Mr T A and Mrs E F M Northcott's home address, 65 Thorn park Road, St Austell, Cornwall PL25 4DP. Cornwall One Parent Support is user led and a self-support network run entirely by volunteers.

SERVICES PROVIDED BY THE CHARITY

CRISIS SUPPORT

The Charity through its trustees and contacts with other agencies i.e. Family Hubs (formally Children's Centres), Early Help Hub, Family Information Service, Health visitors, Susie project, Woman's refuge workers, Positive People Project, First Light Service, Young People Cornwall Community Development Worker, One Vision Community Development Workers and others can offer *crisis intervention* support via a telephone numbers (available 24\7) which are prominently displayed on all Cornwall One Parent Support publicity material (accessed by members and available to other support agencies in Cornwall). The Charity also continues to use contacts known to the charity, the internet, social media, local voluntary sector projects such as local churches, the Lions, that have access to furniture or furniture stores, when a family requires help. Members also sometimes require assistance with home decoration or moving to a new house. The Charity Trustees working as a team with parent volunteers have worked hard to help improve their member families' circumstances and to alleviate many practical worries at stressful times.

The Government on the 23rd of March 2020 made the decision to put the United Kingdom into lock down because of COV-19. The lock downs and Government restrictions from March 2020 and continuing in 2021 has changed the charities usual services provided as with all support agencies and services. The charity continued with support via the media and the families used the secret Facebook page and Area group chats for self-support and communicating information.

Agencies such as Buttle UK (for children and young people), the Lions and Cornwall Community Foundation Crisis Fund, CRCC, Parent Carers Council, Cornwall Council Crisis Fund are agencies to which Cornwall One Parent Support or families can sometimes apply for new cookers, fridges and other items and other areas of help to improve circumstances for members and their families. The Charity also signposts families with a child who has disabilities and is in receipt of DLA to the Family Fund. The Family Fund provides grants to improve the life of the child concerned. Whilst the Charity always endeavours to obtain grants for members when possible, criteria for grants do vary from fund to fund. Therefore, applications may not be possible if a family's circumstances do not fit an individual funder's criteria.

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The Trussell Trust Foodbank Project (originally pioneered in Salisbury) is now working to feed people in crisis right across the UK. The foodbank provides three days' worth of nutritionally balanced food, in exchange for a foodbank voucher, from its drop-in centres. It also provides a free hot drink, a listening ear, and additional support where needed to help break the cycle of poverty.

The charity has vouchers allocated from the St Austell Foodbank to distribute to any families attending the St Austell group if a family are in crisis.

Cornwall One Parent families can and have benefitted from this crisis support offered from the Foodbanks all over Cornwall. **The Foodbanks are still providing a fantastic service during the lock downs in the UK due to COV-19.**

Details of where to find Foodbanks in Cornwall are contained in the link below: -
<http://www.trusselltrust.org/>



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Daisy Dukes A community interest company, helping our homeless and others in need. We give out free clothes, food, tents and sleeping bags every day! Our aim is to help our community out of poverty, making St Austell and surrounding areas a better place to live.

Coronavirus (COVID-19) update from Daisy Dukes C.I.C

Due to challenges caused by coronavirus (COVID-19), we are providing our customers with extra support and resources.

Daisy Dukes, who are an amazing organisation, has in the last year have been a tremendous help and support to Cornwall One Parent Support families.

Community Larders and St Austell Start Clothing Bank

Community Larders and Clothing banks, pictures of the St Austell and surrounding area information below. These organisations are a tremendous service for communities throughout Cornwall as there are community larders and Foodbanks in other areas. Both the Foodbanks, Start Clothing Bank and Community Larders have helped many Cornwall One Parent Support families during this exceedingly challenging year.

St Austell
Daisy Dukes, 4-4a
Victoria Place, PL25 5PE
Mon to Sat 11:00-13:00

Pondou Family Hub
Penwinnick Road, PL25 5DT
Mon & Fri 15:00-16:00

Sembal House Community Centre, West Hill, PL25 5ET
Wed 13:30-14:30

Stenalees
Treverbyn Community Hall
PL26 8TL
Mon to Fri 9:00-11:00
Sat 9:30-10:30
Sun 16:15-17:00

Mevagissey
Mevagissey Jubilee Hall
PL26 6SS
Wed 10:00-12:00

Fowey
Squires Field, PL23 1EQ
Mon & Fri 9:00-10:00

Mobile Community Larder
every Thursday at
Roche 9:30
St Dennis 10:30
St Columb Major 11:30
Indian Queens 12:30
Fraddon 13:30
Minorca Lane 15:30

www.communitylarder.org.uk
info@communitylarder.org.uk
01726 858657

from 21st January EVERY THURSDAY

Roche 9:30-10:00
The Rock Inn Carpark, Roche, PL26 8EP

St Dennis 10:30-11:00
St Dennis Working Men's Club Car Park, PL26 8AD

St Columb Major 11:30-12:00
St Columb Recreation Ground Car Park, TR9 6RX

Indian Queens 12:30-13:00
Victory Hall Car Park, TR9 6PP

Fraddon 13:30-14:00
Fraddon Village Hall, TR9 6NT

Minorca Lane 15:30-16:30
Orchard View site, PL26 8QH

www.communitylarder.org.uk
info@communitylarder.org.uk
01726 858657

TREVERBYN COMMUNITY TRUST



Clothing Bank

Changes to the way we operate during the pandemic

If you need any of the following:

ADULT, CHILDREN & BABY'S

Clothing, Shoes, Bedding, Towels & Toiletries

Please message us on 07882973254, via Facebook messenger or

Email: stauellrevival@gmail.com

• <https://www.facebook.com/START1Clothingbank/>

@STARTCornwall

We will be happy to put a parcel of clothing together, for you, and arrange a day and time for you to collect.

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Support for Parent Carers in 2020/2021

On the 11th & 30th September 2020 when restrictions had eased six carers, three parents per day due to the restrictions with COV-19 attended Trenythton Manor for a Spa Day with a lunch in a beautiful dining room setting . These Spa Days were to complete the project funded by an organisational grant for wellbeing from CRCC.

Easter 2020 & 2021

The charity had to cancel the 2020 Easter outings and events that had been planned due to the UK Lockdown from March 23rd, 2020. The charity is unable to plan trips for the 2021 Easter Holidays because of the Government Roadmap to slowly exit from Lockdown.



The 2020 Holiday for fourteen Cornwall One Parent Families that had been invited by the trustees fitting the criteria for the funding that was to be allocated from Family Holiday Association. The holiday would have been to Woolacombe Bay in May 2020 and was cancelled because of COV-19.

Cornwall One Parent Support Family Drama Group 2020/2021

A Seaside Town



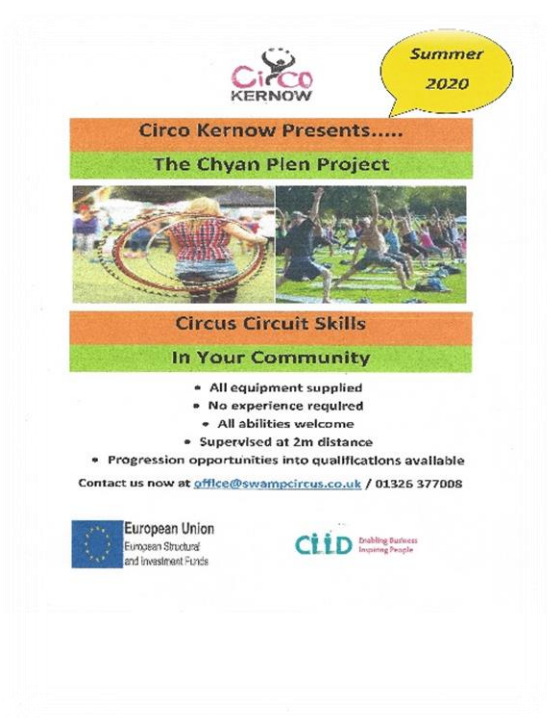
In 2020 the Family Drama Group had taken inspiration from life in a Seaside Town. The Story begins with Marlene & Francis who have lived in the Seaside Town all their lives, meeting up as always and reminiscing about bygone days. Working together writing the original script and together as drama group bringing the performances alive with acting, song and dance. A performance for the whole family to enjoy.

The rehearsals and performances (May Half Term 2020) for “A Seaside Town” (the families wrote the script) had to be put on hold because of COV-19. The charity would hope to be able to resume the family drama group later in 2021 when it is safe to do so.

Cornwall One Parent Support Family Fun Activities & Summer Holidays 2020

August 2020

The information and pictures below are the only activity that the charity organised in the summer of 2020. These activities free of charge were offered by Circo Kernow which was really appreciated by Cornwall One Parent Support families. Some of the families that attended had not had the opportunity of seeing other members or able to go anywhere due to shielding. Cornwall One Parent Support families during the summer of 2020 organised their own activities as families or with their support bubbles.





October Half Term 2020

It was a fantastic opportunity for the charity to be able to offer four family activity days at Porthpean Outdoor Education Centre with a Covid Secure Venue. The Charity secured funding from the West Cornwall Youth Trust, eight families benefited from these days.



Together For Families Grant The charity were successful with a grant application and were awarded a grant of £6,602 to deliver the project in 2020 but everything has been delayed because of COV-19.

“Let’s Get Talking”.

“Let’s Get Talking” is the project that the charity is requested funding to deliver. It has been highlighted that in the news and by ITV that people are not talking, and this influences mental health. The charity has completed our own research and listened to our families and a key point is addressing mental health, family time spent on technology and food poverty. The charity is aware of several families that are affected by mental health and this is the focus of the project along with food poverty.

1.Hugs Foundation After a delay with this project because of COV-19 families are now referred and to begin attending sessions in **May 2021**, providing that the government roadmap goes to plan. Cornwall One Parent Families will be interacting with the horses, chickens, dogs, pigs, sheep and goats and be hands doing construction activities. Families will go on nature walks with the animals to the local ford, or around the nature trail on the farm. Families will feed the animals, brush them, learn how to look after them, muck them out, anatomy etc. Each family will have six sessions as advised by the Hugs Foundation to have the best outcome.

2. “Let’s Get Talking” Cooking Project The project aims to deliver cookery workshops, to include slow cooker recipes for OPF and their children that shares the skills of menu planning (budgeting), numeracy: - weighting & measuring, literacy:- compiling the recipe book, creative skills designing the layout of the recipe book, cooking on a tight budget whilst cooking and eating healthily and seasonally. The project will include cooking without waste and ensuring that every mouthful of food is both nutritious, cheap, and easy to cook and will sustain families to improve their lives. The cooking project would include walking as families on the clay trails while the slow cooker meal cooks, compiling the recipe book, looking at family budgets and sign posting for further help if required, visit the local woods or the park, outdoor & indoor games board games, skipping etc. .

The charity has not started this part of the project at this time but would hope to deliver the cooking sessions later in 2021.

3. Environmental Project One-night stay @ Porthpean Outdoor Education Centre & two days of activities 20 participants

The Environment Program

- 1st day will be walking the coastal path for Porthpean to Blackhead, looking at how the parents and children can spend time in the outdoor together, exploring the wildlife, flora and fauna.
- 2nd day, using the open cane rafts, the group will go on a coastal trip, exploring the beaches and rock pooling area, the beach rangers will join the group look at the environmental aspects on the way.
- The families will stay in the pods for the middle night, where the parents and children will be involved in preparing evening meal, breakfast etc.
- The families will compile a scrapbook of their achievements and memories.

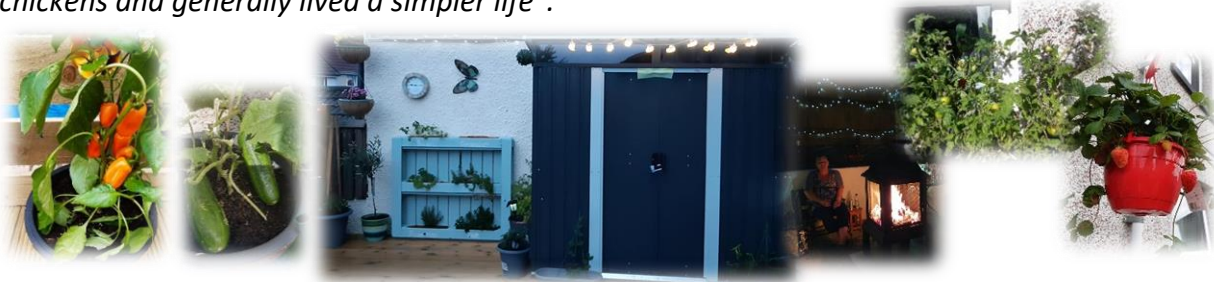
The charity would hope to book Porthpean Outdoor Education Centre later in 2021 when the Centre is able to deliver this part of the “Let’s Get Talking “project.



2020/2021 Families Contributions

The charity asked the families for any positive outcomes for them as families in this unprecedented year.

Sarah "Having the time to teach my children life skills such as baking, decorating, how to change a plug, plumb in a washing machine. I've loved spending more quality time with my children, walking, beach days, camping in the garden, ghost stories around the garden fire and reconnecting with nature. As a family we have grown flowers and vegetables, tidied the garden to make it a more enjoyable place to be, we've painted the walls, looked after our chickens and generally lived a simpler life".



Sam "Arron and myself went for a walk and climbed that hill in our village where we live, called the beacon, I had always wanted to do this and achieved it during lockdown. Helene, Nikki and I also went to see the poppy fields at Polly Joke, West Pentire. It was a lovely day and great to see friends after so long as the government restrictions allowed this".



Nicky "We sat in our gardens talking to our neighbours over the wall. We clapped for the NHS on a Thursday evening".

Katrina "Just getting to spend more quality time with my children, something that wouldn't have happened if not for Covid and being able to do some lovely family walks and having fun together as a family".



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Kerri *"The messages and video chats have been a lifesaver when I've been at the end of my tether. Home-schooling independently in the first lockdown was my highlight lots of outdoor learning, mud fights, sunshine, swimming pools. I moved to a new house and redecorated making my new house my house. I do believe we all dealt with the first lockdown easier than the third lockdown as we face timed more with family and the weather was nicer, so we all got more, the third lockdown has been a great deal tougher".*



Heather *"I'm a shielding carer for two family members and have survived by learning to makes jams, chutneys, soft cheeses and sourdough breads during lockdowns My son has finally learned to do his laces (he is 22 with autism and complex additional needs) and can run his radio show from home and pretty much unsupported now (very proud of him). My brother has coped relatively well (he is also autistic with severe and complex additional needs) and has managed with just one PA throughout Covid (his PA has been an utter godsend) taking him for walks, owl spotting etc (not much to do when all his services and clubs remain closed). I've stopped smoking (18 weeks now) and taken a few online courses such as NLP and a creative writing course. I've learned how to do Zoom and Team meetings and have had an active volunteering role on-line as a Diva for the Women's Centre attending groups, interviews and training etc. I haven't quite killed my family yet (there's still time) as have had no respite for over a year now but we're resilient and managing to keep our sanity (most of the time anyway). Looking forward to getting back to some semblance of normal and missing my COPs family and friends. I Can't wait to be able to finally meet in person and enjoy activities together again. As shielding the COPs gardening activity last summer was the ONLY group activity I have been able to attend with my son this past year. It was truly lovely to be able to meet up with dearly missed friends from COPs and I look forward to seeing more of them at the end of the pandemic".*



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Helene “In the last year Cornwall One Parent Support group chats and the support bubble I am in has been even more valuable. If I did not belong to Cornwall One Parent Support, I would not have had any peer support during the lockdowns as I have no family here in Cornwall. The children have also benefited from the peer support via facetime and support bubbles. As a family we went on loads of walks which before lockdown we didn’t realize what we had to enjoy in our local community. Before lockdown day trips were at paid venues and long road trips but due to Cov-19 mandatory close of venues and the Stay At Home Law our family life changed overnight and as a family we discovered numerous clay trail walks and local beaches all without using the car”.



The Way forward for the Charity in 2021 : -

- Cornwall One Parent Support. The Charity because of COV-19 has not been able to plan as usual after the 14th of March 2020 and currently to date of this annual report. The charity will await on the Government guidance and consultation with the families regarding forward planning.
- The Charity would still constantly seek ways to improve services for our members.
- The Charity will continue to network with other agencies to improve what the charity offers our families in the way of further support.
- Consultation with the parents and children for ideas and feedback is an important part of the planning of our events and activities. The consultation and feedback from members have identified the areas of help and support our families require. The feedback also helps us as trustees to understand what projects, activities, and courses we need to source funding for. All members are important, what they say and whatever skill they have to offer, everyone is encouraged to take an active role within
- The charity is conscious that funding is not always available for many of the projects we want to put on for our members. We are enormously grateful therefore for the fundraising that members themselves organise, along with the support of the trustees. Not only does such fundraising bring in vital funds for the charity and its members, helping it put on more activities and ensuring the charity is around to support one parent families for many years to come. The fundraising is also particularly important for building teamwork and learning new skills.

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- The charity trustees having listened to the positive feedback and the constant demand from families who require support, makes it apparent and clear that the services offered by the charity are still required within Cornwall's many communities.
- In conclusion new membership has increased again in the last year. Currently, to the best of our knowledge we still are the only one parent self-support network in Cornwall. The Trustees will continue to make information about the Charity available in as many ways and places as possible so that more people can access our organisation.

Mrs Elizabeth F M Northcott

Chairperson/

CORNWALL ONE PARENT SUPPORT – Charity No: - 1170091
Summary Accounts – April 2020 – March 2021

<u>Income</u>	£	<u>Expenditure</u>	£
<u>Grants:</u>		Insurance	152.08
Cornwall Community Foundation	500	Phone	170.50
Reimbursement Woollicombe Bay Holidays	1107.60	Travel Expenses	118.00
Fundraising	53.56	Stationary	29.00
	-----	Courses	1,361.10
		Crisis Fund	316.26
Total Income	£1,661.16	Total Expenditure	----- 2,146.94
Income	1,661.16	Bank Balance	17,620.66
Expenditure	2,146.94	Cash Flow	<u>343.37</u>
	485.78		
Balance brought forward 2020	<u>18,449.81</u>	Total	<u>17,964.03</u>
<u>Balance in Book</u>	<u>17,964.03</u>	<hr/>	