

Cornwall One Parent Support
Annual Report April 1st, 2021 – March 2022



Family Fun
with
Cornwall One Parent Support
07737573647 or 01726 65417
Charity Number: 1170091
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Cornwall One Parent Support Annual Report

April 1st 2021—March 31st 2022



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 and 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 4th of January made the decision to put the United Kingdom into lock down again because of COV-19. The lock downs and Government restrictions from January 2021 continuing until July 17th this 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 with the online referral system has allocated Foodbank vouchers to all areas in Cornwall 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.

COMMUNITY Larder
tackling food waste together

Every MONDAY in 2022

Free surplus food for everyone.
Just bring a bag and make a donation if you can.

WHITEMOOR 10:30–11:00
Chapel Car Park, Crown Road, PL26 7XJ

ST DENNIS 11:30–12:00
St Dennis Working Men's Club Car Park, PL26 8AD

ST AUSTELL 14:00–14:30
Rebates Gardens, eustide Link into Learning Adult Education Centre, PL25 4JH

ROCHE 15:00–15:30
The Rock Inn Car park, Roche, PL26 8EP

FOR INFO
www.communitylarder.org.uk
info@communitylarder.org.uk
07521 917581

TREVERBYN COMMUNITY TRUST

COMMUNITY Larder
tackling food waste together

Every WEDNESDAY in 2022

Free surplus food for everyone.
Just bring a bag and make a donation if you can.

ST STEPHENS 10:30–11:00
Brennel Rooms Car Park, PL26 7NN

FOXHOLE 11:30–12:00
Outside Sweet Hearts Childcare, Goverseth Recreational Ground, PL26 7XT

ST BLAZEY 14:00–14:30
St Blazey Football Club, 61 Station Road, PL24 2ND

PAR 15:00–15:30
Burrows Centre Car Park, Lamellyn Road, PL24 2DD

FOR INFO
www.communitylarder.org.uk
info@communitylarder.org.uk
07521 917581

TREVERBYN COMMUNITY TRUST

COMMUNITY Larder
tackling food waste together

Every THURSDAY in 2022

Free surplus food for everyone.
Just bring a bag and make a donation if you can.

ST COLUMB MAJOR 10:30–11:00
St Columb Recreation Ground Car Park, TR9 6RX

INDIAN QUEENS 11:30–12:00
Victory Hall Car Park, TR9 6PP

PENWITHICK 14:00–14:30
Social Club Car Park, 57 Penwithick Road, PL26 8HU

MINORCA LANE 15:00–15:30
Orchard View site, PL26 8QN

FOR INFO
www.communitylarder.org.uk
info@communitylarder.org.uk
07521 917581

TREVERBYN COMMUNITY TRUST

Support for Parent Carers in 2021/2022

The Charity have been unable to offer face to face support in the way of Art Courses etc with the restrictions and many carers have vulnerable children who have had to shield.

Easter Holidays 2021 & 2022

The charity were unable to facilitate a Easter outings programme in 2021. The charity is able to have a Easter outings in 2022 which will be reported on in the next report. The outings are funded from a Community Chest grant from Councillor Anne Double

Summer Holidays

The charity could not organise the **Summer Holiday** programme as with the restrictions not lifting totally until July 17th and one of the funders Family Holiday Association unable to accept applications because of the pandemic.



The families were able to enjoy the activities with the Time 2 Move Programme in the **Summer Holidays 2021**, Christmas 2021, and in the Easter Holidays 2022. The activities are free if in receipt of free school meals. Cornwall Council make this possible. Families enjoyed surfing, dance and sport activities to name a few in the Summer Holidays 2021. Some families benefitted with up to four activities a week.



October Half Term 2021

The charity organised with funding from Family Holiday Association outings to Flambards and Lappa Valley Steam Railway Park. Attendance at Flambards 70 persons and Lappa Valley 30 persons. The attendance was down as some families could not attend as they had Covid.



Family Drama Group

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 charity hope to start rehearsals later this year in 2022



**CORNWALL
COUNCIL**
one and all • oen hag oll

Together 
for Families

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.



Hugs Foundation 2021 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

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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.



“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 2022.

Environmental Project One-night stay @ Porthpean Outdoor Education Centre & two days of activities 20 participants. the Environmental Project took place in August 2021 but the overnight stay was not possible due to Porthpean Outdoor Education Centre being no longer able to offer the overnight stay. The programme is below what the families did over the two activity days

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.

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- 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 compiled a scrapbook of their achievements and memories.



Christmas 2021

December 11th Lappa Valley Trip. A special thank you to Lappa Valley as they organised this day for the families at a discounted rate. Lappa Valley were fully booked but arranged a special time with Father Christmas for the children. The families had a super day after missing out on many fun times this year due to the pandemic.



February Half Term 2022



The Charity had in previous years received invitations from The Probus Parish Players, to attend their pantomimes free of charge. During the 2022 February half term, the Charity again this year were offered eighty free tickets to attend the Players pantomime “Alice in Wonderland **on** their charity night. The values of the tickets given to the Charity were over £700 for which the charity and the families were extremely grateful. Cornwall One Parent Support have returned the invitation and members of the Probus Players have attended our performances in previous years

The families had a tremendous time as everyone has missed being together and having a fun time. The Probus Players had missed a year due to the lockdowns it was so fantastic to see them perform again

Easter Holidays 2022

The charity with funding from Councillor Anne Double are planning a trip to Trethorne leisure Farm and Lappa Valley Railway. Families also will be able to book themselves onto activities with the Time 2 Move provision

The Way forward for the Charity in 2022 : -

- Cornwall One Parent Support. The Charity because of COV-19 has not been able to plan as usual after the 4th of January 2021 until July 17th, 2021. The charity will follow 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

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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.
- 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 2021 – March 2022

<u>Income</u>		£	<u>Expenditure</u>		£
<u>Grants:</u>			Travel		939.00
Cornwall Community Foundation		500.00	Fuel		551.00
Family Holiday Foundation		1670.00	Phone		240.00
Donations		161.03	Food		164.58
Cornwall Council		800.00	Hugs Foundation (TFF Grant)		2850.00
Membership		206.00	Stationary		94.81
		-----	Courses		2834.00
Total Income		<u>£3337.03</u>	Crisis Fund		1412.23
			Help Fund		100.00
			Insurance		152.08
			Bank Charges		22.60
			Total Expenditure		-----
					<u>£9360.30</u>
Income		£3337.03	Bank Balance		£11913.45
Expenditure		£9360.03	Cash Flow		28.09

Balance brought forward 2021		<u>£17964.03</u>		Total	<u>£11941.54</u>
<u>Balance in Book</u>		<u>£11941.54</u>			