

Cornwall One Parent Support Annual Report
April 1st 2022 – March 31st 2023

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**The Aim of The Charity is to
Support & Improve the
Lives of One Parent Families
in Cornwall**



Registered Charity 1170091



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Vision A society that respects family diversity, ensuring equality for one parent 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 one 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 this year members in Liskeard, Bodmin, Truro, Falmouth, Camelford, Delebole, Probus, St Austell, the China Clay Area and Lostwithiel. The charity still has not this year resumed after the pandemic restrictions to running the weekly drop -in groups as more parents are working so demand has decreased. The charity therefore has addressed the programme of events, activities, and outings accordingly. 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 is vital with the isolation one parent families sometimes feel.

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At the present time the Charity has four 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)
- Miss Deborah Stephens

The Charity is based at Mr T A and Mrs E F M Northcott's home address. 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, sign post families to other agencies i.e. Family Hubs (formally Children's Centres), Early Help Hub, Family Information Service, Health visitors, Susie project, Live West housing workers, Cornwall College, First Light Service, Young People Cornwall Health & Well-being Community Workers, Foodbanks and C.A.P Skills for life 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.

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 in these times of financial hardship the demand on Foodbanks has increased.**

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. [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.](#)



Warm Spaces / Hubs There are various warm spaces throughout Cornwall this year that our one parent families can access. The spaces provide a welcome, have advisory services in attendance, free hot drinks and sometimes a free meal.



COMMUNITY
ENERGY PLUS

Community Energy Plus Details Below: -

Our Advice Services

As energy prices continue to climb, the number of people struggling to keep their homes heated to an adequate temperature and stay on top of their energy bills steadily increases.

Low wages, large numbers of poorly insulated and solid wall properties and reliance on more expensive forms of heating where there is no access to mains gas, have forced many households to make difficult choices between heating and other living costs.

If you're in fuel debt, struggling to pay your energy bills or concerned about your property being cold, damp or mouldy, our fully trained and qualified energy advisors can provide independent advice. We can point you towards any current financial support schemes for insulation and heating or direct you to other charities and organisations who might be able to help.

Community Energy Plus Freephone Advice Service

Our independent energy advice service provides householders in Cornwall with information on insulation, heating and managing energy bills, including advising on any current government schemes for insulation and heating.

Our advisors are available to help you between 9am and 5pm, Monday to Friday.

Call **0800 954 1956** or email advice@cep.org.uk

[Cornwall One Parent Support families have benefited a great deal from Community Energy Plus with advice and fuel vouchers.](#)

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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.

Additional Support for Parents/ Carers in 2022/2023

Cornwall One Parent Support resumed the daytime support groups for parents and parent carers in 2022. The parents enjoyed taking part in the craft sessions and lunch, all free. [A special thank you to Light and Life church St Austell who generously did not charge the charity rent. Another thanks go to Lizzie Liz who has given volunteer time to help parents with the various craft sessions using resources the charity has.](#)



Feedback from Colleen a Cornwall One Parent Support Member:-

"I would like to thank Liz, Tony & Janet for they do for the one parent families and carers. They run groups for us to attend to make crafts ie jewellery, rock painting, Crochet it's a great opportunity to us to meet up with other families for a coffee and a chat. Liz does us all a lovely meal giving us time to switch off and enjoy and not worry about the washing up or cooking which is a bonus for a one parent."

The dates , photographs of crafts made on the day to take home and information on the various craft sessions listed below:-



Cornwall One Parent Support
Adult Free Rock Painting Workshop.
All Materials Provided
Lizzie Liz is There to Offer Help

The Light & Life Centre, St Austell
Wednesday 8th June
10.00am 1.30pm

Refreshments & Light Lunch Provided
Everything you make is yours to Take Home

A Special Thank To Lizzie Liz for Giving Up Her Time Free To Help



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Additional Support for Parents/ Carers in 2022/2023 continued



Cornwall One Parent Support

Adult Free Polymer Clay Craft Workshop

All Materials Provided Free

@

The Light & Life Centre, St Austell

Friday October 21st

10.00am 1.30pm

Refreshments & Light Lunch Provided

Everything you make is yours to Take Home

A Special Thank To Lizzie for Offering to be on Hand To Help




Cornwall One Parent Support

Adult Free Learn to Crochet Workshop
Requested by Members
All Materials Provided Free
@
The Light & Life Centre, St Austell
Friday November 11th
10.00am 1.30pm
Refreshments & Light Lunch Provided
Everything you make is yours to Take Home
A Special Thank To Lizzie for Offering to be on Hand To Help



Cornwall One Parent Support

Adult Free Decoupage Workshop.
All Materials Provided
Lizzie Liz is There to Offer Help
@
The Light & Life Centre, St Austell
Friday 30th September
10.00am 1.30pm
Refreshments & Light Lunch Provided
Everything you make is yours to Take Home




Cornwall One Parent Support

Adult Free Christmas Crafts Workshop

All Materials Provided Free

@

The Light & Life Centre, St Austell

Friday December 9th

10.00am 1.30pm

Refreshments & Light Lunch Provided

Everything you make is yours to Take Home

A Special Thank To Lizzie & Colleen for Offering to organise and be on Hand To Help



Cornwall One Parent Support

Free Rock Painting Workshop.

All Materials Provided

Lizzie Liz There to Offer Help

@
The Light & Life Centre, St Austell

Friday 10th February

10.00am 1.30pm

Refreshments & Light Lunch Provided

Everything you make is yours to Take Home

A Special Thank To Lizzie Liz for Giving Up Her Time Free To Help



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Easter Holidays 2022 The charity was able to have Easter outings in 2022. A thank to Councillor Anne Double for the Community Chest grant which funded the outings to Trethorne Leisure Park and Lappa Valley. The funding made the trips affordable for the families along with the coach travel to address the isolation one parent families feel. The cost to the families was **£4.00 per person** for the Trethorne Leisure Farm outing and **£5.00 per person** for Lappa Valley Steam Railway. These prices are discounted by the venues as a group booking and subsidized with charity funding with the community chest grant from Councillor Anne Double

Cornwall One Parent Outing
Trethorne Leisure Park
Saturday 26th March
Adults/Children £4.00 each (Pay Cash on The Day)
Car Drivers Meet Liz at the Venue
10.30am - 11.30am
No Picnic Provided

Book with Liz A.S.A.P
80 places available
The Roselyn Coach will Pick-Up from
St Blazey, St Austell & Bodmin (Pick up Points to Follow)
50p per coach seat Priority to non car drivers




CORNWALL ONE PARENT SUPPORT
EASTER HOLIDAY TRIP

- Friday 22nd April Trip to Lappa Valley Steam Railway £5.00 per person Carers Free, 50 places available at this price (grant funding from County Councillor Anne Double)
- Please contact Liz to book places and if Transport is required, Coach seat £1.00 per person. Meet at the venue for 10.15am to fit in with the train times and Liz will wait until 11.15 am for families to arrive.
- Pay Liz Cash on The Day

There will be no picnic provided
Contact Liz on 07737573647
email: c.northcott@sky.com






Cornwall One Parent Support Families really appreciated the outings in the Easter Holidays, as in 2021 the charity were unable to have outings because of the pandemic

Family Fun Activities @ Weekends 2022

The Family Fun activities below were discounted rates and subsidized with charity funding. Families would not in a great deal of cases be able to have these opportunities with the financial restraints on the family budget.



Thunder Park Airsoft Family Fun Activity PL30 5FA
Saturday 18th June 12 Years & Over
Sensible Clothes & Shoes Needed in a Wooded Area
£5.00 per person (Discounted & Subsidised by The Charity Funds to Cornwall One Parent Support Members Only)
30 places Available Adult Supervision Required
1.00pm - 5.00pm all Equipment Provided
Please Eat Lunch Before You Come but there will be Water Breaks Between Games - Please Bring Water Bottles
A Special Thank You to Barbara my Friend the Owner for giving the Charity Such a Fantastic Discount




Cornwall One Parent Support Family Fun
Flo-Rider Activity
@ Retallack Resort

Saturday May 21st @ 2.00pm
Need to be there 20 mins earlier to change @ 1.40pm

20 places available £4.00 each
(to be paid in advance to secure a place)
10 years & over
There will be Two Groups of 10

Wet Suits Provided or Bring Your Own Please Bring Your Own Towels
Book Transport with Liz

The Charity has Funding to be Able to Offer this Activity @ This Greatly Reduced Price




THE QUEEN'S PLATINUM JUBILEE 2022

Cornwall One Parent Support
Half Term 2022

The Charity Has Not Organised Trips/Events This Half Term As There Are A Great Deal Of Things Happening in Villages/Towns All Over Cornwall

Please Post Any Events That Are Happening in Your Area For Members That Might Be Interested in Attending

Have A Fantastic Half Term

Please Note The Charity Are Planning Trips/Events in The Coming Weeks & In The Summer Holidays



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Summer Holidays Outings 2022



Summer Holiday Outings 2022

The charity organised four discounted and subsidised outings with coach travel. This was possible as once again the charity had community chest funding from County Councillor Anne Double and County Councillor Richard Piers. The summer holidays with the children at home for the 5 weeks is a challenge financially to give them opportunities with financial restraints on the family budget. The coaches and summer activity plan addresses the isolation one parent families frequently feel. The reduced cost addresses the limited family budget to improve accessibility to activities.

Added to the outings and activities the charity organised families were able to enjoy the activities with the Time 2 Move Programme in the Summer 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 2022. Some families benefitted with up to four activities a week.

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Asda Foundation Grant for Free Activities Summer Holidays 2022

Asda Foundation fully funded the below activities with a healthy lunch provided. The workshops went well as the facilitators were excellent and the families appreciated the opportunities of learning new skills while having a fantastic family day.



Cornwall One Parent Support
Summer Holiday 2022
Free Family Fun Drums 4 Fun Workshop
& Lunch All Free

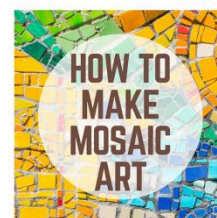


Book Your Places With Liz via:-
e.northcott@sky.com
Mobile:- 07737573647
Unit 4, Brunel Business Park The Sidings, St
Austell PL25 4TJ



Cornwall One Parent Support
Summer Holiday Family Fun 2022

Free Art Workshop
& Lunch



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Cornwall One Parent Support Family Drama Group 2022

"A Seaside Town"

In 2020 the Family Drama Group had taken inspiration from life in a Seaside Town to write a script, then the UK went into lockdown.

On June 11th 2022 rehearsals began with two performances on Saturday the 24th of September 2022.

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.



**CORNWALL ONE PARENT SUPPORT
FAMILY DRAMA GROUP & FRIENDS**

**PRESENTS
"THE SEASIDE TOWN"**

**@
THE ST AUSTELL ARTS THEATRE
SATURDAY 24TH SEPTEMBER
PERFORMANCES @ 2.00PM & 7.00PM**

Adults £4.00 & Children 3-17 years £2.00 under 3's free

The Family Drama Group have taken their ideas of a Seaside Town to write this script. The drama group bring the tails of "The Seaside Town" from bygone days alive with acting, song and dance. A performance for the whole family to enjoy!

Tickets available email :-
e.northcott@sky.com
or Phone Liz on :- 07737573647

Group Discounts Available

Cast & Crew



Tea-shirted Cast Multiple Parts & Supporting Roles

Archie, Leah, Sarah, Ayden, James,
Jonathan, Samantha, Skye, Summer, Tony,
Liz, Ali, Luke, Melody, Joe Jo, Katie, Eva,
Gemma, Joshua, Lauren, Giselle,
Milan and Dante

Frances :- Nicky
Marlene :- Janet

Make Up & Hair :- Family Drama Group
Lighting & Sound :- Richard & Debbie
Costumes :- Lorna & Family Drama Group
Scenery & Props :- Family Drama Group

Running Order

Act One

Scene One-- Seaside Train Station
Scene Two-- On the Beach
Scene Three-- The Town Square
Scene Four-- The Ship Inn

Interval

Act Two

Scene Five -- Under the Sea UV Scene
Scene Six -- In The Fishing Boat
Scene Seven -- Finale/ The Seaside Town Carnival

Prologue

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. The family drama group & friends bring the tales of the seaside town alive with acting, song and dance. A performance for the whole family to enjoy!

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Feedback from the Families that took part in “The Seaside Town” Production

Giselle:-It was a wonderful experience to be part of the theatre production of A Seaside Town. The children loved taking part and having ideas of how they could improvise. They also took pride in rehearsing and performing. They enjoyed taking responsibility for all their props and remembered what they needed for each scene. My boys and I really enjoyed being involved and part of a team, making friends and it also boosted our confidence. It was great to feel valued and be able to contribute, choreograph and perform. Thank you for the opportunity!



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October Half Term 2022



The charity was offered by BF Adventure a day free of charge @ their wonderful centre for 12 youth of Cornwall One Parent Support. The youth had a fantastic day the instructors were excellent. This fantastic opportunity would have cost the charity £500 without the funding that BF Adventure secured.

Christmas Activities 2022

December 3rd Ice Skating @ The Eden Project



The charity was offered a discounted rate and reduced it further to £5.00 per person with charity funding. The £5 rate included ice skating and being able to enjoy all the Eden Project has to offer. Fifty persons attended.

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December 21st Miracle Theatre Performance of “Sleeping Beauty”



SLEEPING BEAUTY
THIS DECEMBER
ST IVES & FALMOUTH

Cornwall One Parent Support
Christmas Event
Sleeping Beauty @ Princess Pavilion, Falmouth, TR11 4AR
December 21st 2.30pm Matinee
Need to be there Earlier than 2.30pm to be Seated

- The Charity has been quoted the Discounted Rate of £10 per person but **Cornwall One Parent Support Members will be able to book places with Liz for £5.00 per seat**
- Payment A.S.A.P paid into the charity account to secure your booking, non-refundable. The charity is required promptly to inform Miracle Theatre the number of seats required and to make the payment in advance to them.
- 50 places available @ £5.00 per seat
- The Charity Will Not Be Booking a Coach





The Guidelines on the Website States Suitable for 7 years plus

Princess Pavilion, 41 Melville Road, Falmouth, TR11 4AR

The families so enjoyed this performance, and the cast were so helpful with the seating of Cornwall One Parent Families. The charity was offered a discounted rate and again reduced the cost further to £5 per person, 70 persons attended.

February Half Term 2023

Saturday 11th February Newquay Waterworld



Family Fun

Waterworld
NEWQUAY

Cornwall One Parent Support
(Members Only)
Family Fun Splash Party

Saturday 11th February
4.00pm—5.00pm (at the venue for 3.40pm)
Exclusive use for Cornwall One Parent Support
@
Newquay Waterworld Swimming pool
Cost £2.00 per person
One Adult to two children under 8 years
30 places available

Book places with Liz for the Splash Party

The remainder of the cost is covered by the charity

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The Charity had in previous years received invitations from The Probus Parish Players, to attend their pantomimes free of charge. During the 2023 February half term, the Charity again this year were offered eighty free tickets to attend the Players pantomime “Aladdin” 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 with the financial crisis at this time this was an amazing opportunity for everyone. The picture below is the cast of Aladdin



Friday 17th February Free Slow Cooker & Family Activity Day

Recipes cooked :-

Kemma Curry , which uses lentils to bulk out the recipe so the cost is less

Cornwall One Parent Support

Free Slow Cooker & Family Activity Day

- **The Aim of the day is :-**
- Prepare a Slow Cooker Meal, ingredients & recipe provided
- Family Time & catch up with friends
- Eating a Sharing Meal @ Tea-Time of all the different Meals That have Been Prepared and Cooked
- Family Time, while waiting for the Meals to cook with Crafts, (thank you Lizzie Liz for offering to Help) Board Games, trip to the Local Park or Beach Weather Dependent

Sandwiches & Fruit Provided For Lunch FREE

Please Bring Along Your Slow Cooker. If not, the Charity Has One You Can Use But not take home Parental Supervision at All Times Please Book With Liz

Familytime

ART CRAFT

100 GAMES

Bring Your Board Games Along

Venue :- **Light & Life, St Austell** (Thank You Light & Life for allowing the charity to use the venue free of charge)

Date :- **Friday 17th February (Half – Term)**

Time :- **10.30am - 5.30pm**

Feedback From Families Attending

Families said that they wanted more of a similar project, not only because they got to try a wide variety of new recipes, but they enjoyed the opportunity to sit down as a large group and eat together, which families had been deprived of during all the pandemic restrictions.

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The Way forward for the Charity in 2023 : -

- 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.
- 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 of Accounts - April 2022 to March 2023

Income

Contributions from Members for day activities	£	702.00
Private Donation	£	393.00
Grants	£	3,716.63
Membership	£	206.50
Drama Project	£	586.00
Total Income	£	5,604.13

Income	£	5,604.13
Expenditure	£	9,023.87
Sub total	-£	3,419.74
Balance B/fwd March 2022	£	12,426.64
Balance C/fwd	£	9,006.90

Outgoings

Show/drama project	£	1,007.22
Food	£	350.23
Fuel Allowance	£	748.00
Outings	£	1,984.00
Phone	£	250.00
Courses	£	708.27
Stationary	£	399.48
Travel	£	1,669.00
Crisis grants	£	1,598.99
Bank Charges	£	109.60
insurance	£	172.08
Re-embursals	£	27.00

Total Expenditure £ 9,023.87