

# CORNWALL ONE PARENT SUPPORT - Charity No :- 1170091

## Summary of Accounts - April 2024 to March 2025

### Income

Donation totals	£	1,734.26
Membership totals	£	398.00
Reimbersal totals	£	6.40
Cornwall council grant	£	398.00
Asda Grant	£	400.00
Time to Move	£	7,393.50
Cornwall Community Foundation	£	4,595.00
Easy Funding	£	50.49
Tesco Blue Chip Grant	£	1,000.00
St Austell Town council	£	240.00

**Total Income** £ **16,215.65**

Income	£	<b>16,215.65</b>
Expenditure	£	<b>17,228.68</b>
Sub total	-£	1,013.03
readjustment from previous year	-£	<b>35.80</b>
Balance B/fwd March 2024	£	8,671.53
Balance C/fwd	£	<u>7,622.70</u>

### Outgoings

Crisis Loan	£	4,141.59
Stationery	£	454.94
Time to move costs	£	7,424.24
G.W.R	£	141.40
Beat The Blues	£	450.00
Craft	£	465.66
Other Funding	£	546.61
Food from various funders	£	1,587.26
Fuel Costs	£	128.95
Bank Charges	£	130.00
Public Liability	£	182.03
Rent	£	520.00
Workshops	£	716.00
Transport costs	£	320.00
Games for groups	£	20.00

**Total Expenditure** £ **17,228.68**

**Cornwall One Parent Support Annual Report**  
**April 1<sup>st</sup>, 2024 - March 31<sup>st</sup>, 2025**

# **Cornwall One Parent Support CIO**

## **Annual Report**

### **April 1st 2024—March 31st 2025**

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

**SPRINGFIELDS**  
FUN PARK & PONY CENTRE

**Trethorne**  
**Leisure Park**

drums  
PERCUSSION  
WORKSHOPS fun

**DAIRYLAND  
FARM PARK**  
Fun on the farm  
since 1975

The  
Lost Gardens  
of  
Heligan

**SWPA** SOUTH WEST  
PROCUREMENT  
ALLIANCE

**TIME  
MOVE**  
Holiday Programme

**ASDA**  
**Foundation**

**MIRACLE**  
THEATRE

**LAPPA VALLEY**  
No. 1

**LET'S COOK  
TOGETHER**

**PORTHPEAN**  
OUTDOOR  
EDUCATION CENTRE  
YOUR  
CORNISH  
ADVENTURE  
STARTS HERE



**Registered Charity 1170091**



# **Cornwall One Parent Support Annual Report**

## **April 1<sup>st</sup>, 2024 - March 31<sup>st</sup>, 2025**

**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 1996-2025**

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 began the process of becoming a charity in 1996 with the one group in St. Austell. The charity from 1996 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 Bodmin, Truro, Falmouth, Camelford, Delabole, Probus, St Austell, the China Clay Area and Lostwithiel. The charity this year has not resumed fully the daytime drop-in groups but has in St Austell as it's the largest membership an after-school family group, also providing a hot meal. The charity's programme of events, activities, and outings are inclusive of all the membership throughout Cornwall. 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.

# **Cornwall One Parent Support Annual Report**

## **April 1<sup>st</sup>, 2024 - March 31<sup>st</sup>, 2025**

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
- Mrs.J.L.Fernandez (Secretary)
- Miss Deborah Stephens

The Charity is based at Mr T A and Mrs E F M Northcott's home and is not office based. Cornwall One Parent Support is user led, and a self- support network run entirely by volunteers with input from the families. One-parent families often face several disadvantages as listed below that can affect their financial stability, emotional well-being, and access to opportunities.

1. **Financial Strain:** Single parents are typically the sole income earners, which can lead to financial difficulties. They may face challenges covering basic needs, such as housing, healthcare, and education. Without a second income, there's less flexibility and a greater risk of poverty.
2. **Time Constraints:** Balancing work, childcare, and household responsibilities can be overwhelming for a single parent. This can result in less time for their own well-being, personal development, or spending quality time with their children.
3. **Limited Access to Support:** Two-parent families often share parenting duties and can rely on one another for emotional and practical support. In single-parent families, the parent may have to manage everything alone, which can lead to stress and burnout. Access to external support, like childcare or family networks, may also be limited.
4. **Impact on Children:** Children in one-parent families may face challenges such as less parental supervision, lower household income, and fewer educational opportunities. These factors can impact their development, academic performance, and emotional well-being.
5. **Social Stigma:** Single-parent families can sometimes face social stigma or discrimination, which can lead to feelings of isolation or lower self-esteem for both the parent and children. Societal expectations of traditional family structures can create additional pressure.
6. **Limited Access to Opportunities:** Single-parent families may have less access to housing, quality education, and extracurricular activities due to financial or time limitations, which can hinder long-term prospects for both the parent and children.

These disadvantages, while significant, can be mitigated with adequate social, financial, and emotional support systems, and community services which is why Cornwall One Parent Support is still in demand and much needed as the only charity in Cornwall exclusively for one parent families.

# **Cornwall One Parent Support Annual Report**

## **April 1<sup>st</sup>, 2024 - March 31<sup>st</sup>, 2025**

### **Grants the Charity has received April 2024 – March 2025**

- **Cornwall Council (Time 2 Move) £398 remainder of the grant for the Easter Holiday Programme**
- **Cornwall Council Time 2 Move Grant Summer Holidays £4,996.50**
- **Cornwall Council Community Chest Grant £750 from Councillors Anne Double & Jordan Rowse**
- **Asda Foundation £400 After School Group**
- **Tesco Stronger Starts £1,000**
- **Town Council Grant £240 for the After School Group**
- **Cornwall Community Foundation £1,835 “Beat the Winter Blues” Project**
- **Cornwall Community Foundation £2,760 Cost of Living individual grants**

### **SIGNPOSTING & FAMILY SUPPORT**

The Charity, through its trustees, signpost families to other agencies i.e. Family Hubs (formally Children’s Centres), Early Help Hub, Family Information Service, Health visitors, Live West housing workers, Together for Families support workers, Cornwall College, First Light Service, Young People Cornwall Health & Well-being Community Workers, Foodbanks and C.A.P Skills for life and other support services. The charity 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, C 4 C, 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/Care 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.

# Cornwall One Parent Support Annual Report

## April 1<sup>st</sup>, 2024 - March 31<sup>st</sup>, 2025



**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 now been able to allocate Foodbank voucher codes 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.**

**The St Austell Foodbank also run a CAP Skills for life course which Cornwall One Parent Support members have attended again this year. The course address creating budgets, well-being, cooking on a budget and other areas to help with the cost-of-living crisis The St Austell foodbank also have a debt centre at no cost to the clients.**

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

# Cornwall One Parent Support Annual Report

## April 1<sup>st</sup>, 2024 - March 31<sup>st</sup>, 2025



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.



**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.

### **Cost of Living Help Hub & Mental Health & Wellbeing Support Hub**

St Austell Health Care, St Austell Foodbank and Light & Life Church have organised agencies to come every 1<sup>st</sup> & 3rd Thursday to the Light & Life Church to meet agencies face to face to have advice on housing, energy, debt, water bills, CAB, mental health & wellbeing attend who cover an immense number of issues to name a few

**Cost of Living Support Hub** 

When: 3rd Thursday of every month  
Upcoming 2025 dates: 16th Jan, 20th Feb, 20th Mar  
Time: Arrive anytime between 10:00 – 12:00

Location: Light and Life Centre, Unit 4, Brunel Business Park The Sidings, St Austell PL25 4TJ

5 minute walk from St Austell bus and train station. Some parking spaces available; off street parking nearby and pay and display at Polyth behind the centre if preferred.

**Provided**

- Free Hot Drinks & Biscuits
- Free Lunch

**What we can help you with**

- Crisis Support
- Benefits and welfare checks
- Council tax support
- Housing advice
- Help with cost of Utility Bills
- Debt advice and support
- Support with form filling
- Training and Employment
- Access to Social Prescribing
- Finding out about further local support

**Partners:** CAP debt help, Cornwall Neighbourhoods for Change, PEOPLE HUB, help@hand, COMMUNITY ENERGY FUS, foodbank, citizens advice Cornwall, South West Water, Jambanplus, CORNWALL COUNCIL

**Mental Health & Wellbeing Support Hub** 

When: 1st Thursday of the month  
Upcoming 2025 dates: 6th Feb, 6th March, 3rd April  
Time: Arrive anytime between 10:00 – 12:00

Location: Light and Life Centre, Unit 4, Brunel Business Park The Sidings, St Austell PL25 4TJ

5 minute walk from St Austell bus and train station. Some parking spaces available; off street parking nearby and pay and display at Polyth behind the centre if preferred.

**Provided**

- Free Hot Drinks & Biscuits
- Free Lunch

**Who is here to offer support**

- Local mental health services
- Access to counselling services
- St Austell Healthcare mental health team
- St Austell Healthcare Social Prescribing team
- Info on local support groups
- Info on mental health recovery programmes
- Info on mental health crisis support
- Info on physical activity initiatives to support mental health
- Info on places to go to make social connections
- Support with stressors like money, housing and employment

**Partners:** NHS Talking Therapies, Recovery College Cornwall, Pentreath, help@hand, Mind Cornwall, Cornwall Neighbourhoods for Change

### **Community Larders and St Austell Start Clothing Bank**

Community Larders and Clothing banks. 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 with the cost-of-living crisis. Cornwall One Parents Support families have accessed these services.

# **Cornwall One Parent Support Annual Report**

## **April 1<sup>st</sup>, 2024 - March 31<sup>st</sup>, 2025**



COMMUNITY  
ENERGY PLUS

### Community Energy Plus

The below information is the advice service they offer but Cornwall One Parent Support families have benefited from fuel vouchers and their advice service

#### Our Advice Service

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](mailto:advice@cep.org.uk)

# **Cornwall One Parent Support Annual Report**

## **April 1<sup>st</sup>, 2024 - March 31<sup>st</sup>, 2025**

### **Additional Peer Support for Parents/ Carers in 2024/2025**

These are the benefits mentioned below that drives the charity to seek grants to be able to provide this provision of the peer support group for parents and carers.

A one-parent adult peer support group with crafts and a free lunch offers several benefits, including:

1. **Emotional Support & Connection** – Single parents can share experiences, challenges, and encouragement in a supportive, judgment-free environment.
2. **Stress Relief** – Engaging in crafts provides a creative outlet, helping to reduce stress and promote mental well-being.
3. **Socialization** – It fosters friendships and reduces feelings of isolation that single parents may experience.
4. **Skill Building** – Participants can learn new craft skills that may serve as a hobby, therapy, or even a potential income source.
5. **Financial Relief** – A free lunch helps ease financial burdens and ensures participants receive a nutritious meal.
6. **Networking & Resources** – The group may provide access to helpful resources, parenting tips, and opportunities for collaboration.
7. **Self-Care & Empowerment** – Taking time for oneself in a structured, positive space helps build confidence and self-worth.

Cornwall One Parent Support continued the daytime peer support groups for parents and parent carers April 2024 – March 2025. The parents enjoyed taking part in the craft sessions with a nutritious lunch provided at no cost to them as with the cost-of-living crisis a time for themselves would not be low priority on the family budget and family commitments.

The pandemic caused many one parent families to experience even greater isolation, mental health and hardship, so the adult craft sessions had a tremendous impact on the parents and carers regarding increased peer support and wellbeing.

### **April 2024 – March 2025**

- **Rock Painting**
- **Decoupage**
- **Jewellery Making Workshop**
- **Polymer Clay**
- **Mosaic Art**
- **Jewellery making**
- **Quilling**
- **Christmas Workshop**

# **Cornwall One Parent Support Annual Report**

## **April 1<sup>st</sup>, 2024 - March 31<sup>st</sup>, 2025**

### **Additional Peer Support for Parents/ Carers in 2024/2025 continued**

A tremendous thank you goes to Lizzie Liz who has given volunteer time to help parents with the various craft sessions. The charity then from December 2023 received the grant from Manor Solar Farm The grant provided from December 2023 onwards the cost of craft materials, lunch and rent cost.

### **Below are photographs of the parents achievements at the Adult Peer Support Crafts Group**



# Cornwall One Parent Support Annual Report

## April 1<sup>st</sup>, 2024 - March 31<sup>st</sup>, 2025

### Easter Holidays 2024 Grant From Time 2 Move Programme

The charity for the first time were invited to apply for a grant to Time 2 Move as a provider. The grant had a tremendous impact on the provision we could facilitate in the Easter holidays. Families could access trips not normally accessible to them with the restraints on the family budget increased with the Cost-of-Living crisis. Coach travel and a healthy lunch was also part of the provision from the grant funding for both trips. Trethorne Leisure had a special activity for Easter and both venues had plenty of activities for physical exercise.

### Springfields Pony Park Easter Holidays 2024

The children that benefited from the grant that receive FSM were **46** added to this the parents and children who are not in receipt of FSM or two years and under



**Cornwall One Parent Support Easter Holiday 2024**  
Trip to Springfields

Cost :- Adults £8.00 pay cash on the day  
(children under 80cm are free)

Children/Youth Who are not in Receipt of Free School Meals £4.00

**Children who are in receipt of FREE SCHOOL DINNERS**  
**COACH SEATS & ENTRANCE NO PAYMENT REQUIRED**

**III**

Date :- Tuesday 2<sup>nd</sup> April

Meeting Point to Pay Liz :- In The Car Park

Book Coach Travel :- Adults £2.00 per seat paid in advance into the charity account

Please Book A. S. A. P

**LET'S HAVE A PICNIC!**

Picnic Provided Free Collect From The Party Room



**SPRINGFIELDS**  
FUN PARK & PONY CENTRE

Meeting Point to Pay Liz :- In The Springfields Car Park  
Time :- 10.00am – 11.00am



The children that benefited from the grant that receive FSM were **50** added to this the parents and children who are not in receipt of FSM or 3 years and under

**Cornwall One Parent Support Easter Holidays 2024**  
Trip To Trethorne Leisure Park

Cost :- Adults £8.00 pay cash on the day or to Liz Before the trip  
(Children Under 3 Free)

Children/Youth Who are not in Receipt of Free School Meals £5.00


**Children who are in receipt of FREE SCHOOL DINNERS**  
**COACH SEATS & ENTRANCE NO PAYMENT REQUIRED**

Date :- Wednesday 10<sup>th</sup> April

Meeting Point to Pay Liz :- In The Car Park


Book Coach Travel :- Adults £2.00 per seat paid in advance into the charity account or Cash to Liz

Please Book A. S. A. P



**Trethorne Leisure Park**

Picnic Provided Free Collect From The Indoor Area





# Cornwall One Parent Support Annual Report

## April 1<sup>st</sup>, 2024 - March 31<sup>st</sup>, 2025

### Family Fun Activities @ Weekends 2024

The Family Fun activities below were free or discounted rates and added to this subsidized with the charity funding available. Families would not be able to have these opportunities with increased strain on the family budget due to the cost-of-living crisis. The benefits of activities, drama and music are already stated on other pages of the annual report

### Two Miracle Theatre Workshop Saturday April 3<sup>rd</sup> 2024



**Cornwall One Parent Support Family Fun**

**Two Free Family Drama Workshops**

Details :- The Fun Workshops will be with Hannah & Ben from Miracle Theatre  
(20 persons per Workshop)

Date :- **Wednesday April 3<sup>rd</sup>**

Times 10.00am – 12.00pm **Lunch Break** 1.00pm-3.00pm  
(The second Group arrive at 12.00pm for Lunch)

Venue :- Light & Life Centre, Brunel Business Park, The Sidings, St Austell PL25 4TJ

BOOK WITH LIZ A.S.A.P

**FREE LUNCH**



### Flo Rider September 21<sup>st</sup> 2024

The cost was £3.00 per person but without the generous discount from Retallack Resort and a grant from SWPA the charity would not be able to offer these fantastic opportunities. Twelve persons had this amazing opportunity.



**Cornwall One Parent Support Family Fun Flo-Rider Activity**

**Southwest Community Festival**

**Saturday 21<sup>st</sup> September @ 1.00pm**

**12 places available £3.00 each**  
(to be paid in advance to secure a place)

**Children 11 years & over**  
Families will need to be there 12.30pm to change and complete consent forms

**Wet Suits Provided or Bring Your Own .Please Bring Your Own Towels**

**The Charity has Funding along with the discounted rate to be Able to Offer this Activity @ This Price**

Retallack Resort, Winnard's Perch, St Columb Major, TR5 6DE



### Drums 4 Fun Saturday October 12<sup>th</sup> 2024



**Cornwall One Parent Support**

**Drums 4 Fun Workshops**

Date :- Saturday October 12<sup>th</sup>  
Time :- 11.00am

**Free Family Drums 4 Fun Workshop**

Venue :- Light & Life Centre  
Brunel Business Park, The Sidings,  
St Austell PL25 4TJ

Please Book with Liz A.S.A.P to secure Places  
Via email :- [e.northcott@sky.com](mailto:e.northcott@sky.com)  
Private message  
or call on 07737573647

**Free Lunch Provided After the Workshop**

# **Cornwall One Parent Support Annual Report**

## **April 1<sup>st</sup>, 2024 - March 31<sup>st</sup>, 2025**

### **Cornwall Community Foundation £1,835 “Beat the Winter Blues Project”**

Miracle Theatre Drama workshop, Alex Noisemaker Junk Percussion, Circus Fun and Two-Family Craft Sessions, the five family activities all include lunch provision and are free.

The charity looked at the below benefits that we would aim to achieve with the “Beat the Winter Blues” project, and this was the driving force to apply for the grant.

Engaging in **art, music, drama, and circus skills** offers a wide range of **physical, mental, emotional, and social benefits**. Here’s how each can be beneficial:

#### **1. Art (Drawing, Painting, Sculpture, etc.)**

- **Enhances creativity** – Encourages self-expression and problem-solving.
- **Improves fine motor skills** – Helps develop hand-eye coordination.
- **Boosts mental health** – Reduces stress, anxiety, and depression.
- **Increases focus and patience** – Trains the brain to concentrate for long periods.

#### **2. Music (Singing, Playing Instruments, Composing)**

- **Boosts cognitive skills** – Enhances memory, language, and mathematical ability.
- **Develops discipline** – Learning an instrument requires patience and practice.
- **Reduces stress** – Listening to and playing music can be therapeutic.
- **Improves coordination** – Playing instruments strengthens hand-eye coordination.

#### **3. Drama (Acting, Theatre, Performance)**

- **Builds confidence** – Helps overcome stage fright and improves self-expression.
- **Enhances communication skills** – Develops voice control, articulation, and storytelling.
- **Promotes empathy** – Acting requires understanding different perspectives.
- **Encourages teamwork** – Theatre productions require collaboration.

#### **4. Circus Skills (Juggling, Acrobatics, Clowning, Aerial Arts, etc.)**

- **Improves physical fitness** – Builds strength, flexibility, and coordination.
- **Enhances focus and perseverance** – Learning difficult tricks requires patience.
- **Boosts confidence and resilience** – Overcoming challenges builds self-esteem.
- **Encourages risk-taking in a safe environment** – Helps develop courage and adaptability.

Each of these activities **nurtures creativity, emotional intelligence, and personal growth**, making them valuable for both personal and professional development.

# Cornwall One Parent Support Annual Report

## April 1<sup>st</sup>, 2024 - March 31<sup>st</sup>, 2025

### “Beat the Winter Blues Project” Saturday February 1<sup>st</sup> 2025

#### Miracle Theatre Fun Workshop

**Cornwall One Parent Support Family Fun**

**FREE LUNCH**

Details :- The Fun Workshops will be with Hannah & Ben from the Miracle Theatre

Date :- Saturday 1<sup>st</sup> February

Time :- 10.45 am - 2.00pm with a Lunch Break

Venue :- Light & Life Centre, Brunel Business Park, The Sidings, St Austell PL25 4TJ

Cornwall One Parent Support Members Only

BOOK WITH LIZ A.S.A.P

**Free Family Drama Workshops**

**MIRACLE THEATRE**



### Saturday February 22<sup>nd</sup> 2025 Alex Noisemaker Junk Percussion Workshop



**FREE LUNCH**

**FREE**

**Cornwall One Parent Support Family Fun**

Details :- The Fun Junk Instruments Workshops will be with Alex Noisemaker

Date :- Saturday 22<sup>nd</sup> February

Time :- 10.45 am - 3.00pm with a Lunch Break

Venue :- Light & Life Centre, Brunel Business Park, The Sidings, St Austell PL25 4TJ

Cornwall One Parent Support Members Only

**Free Family Fun Junk Instruments Workshops**

This Activity is Made Possible with a successful Grant Application



**FREE LUNCH**

**Cornwall One Parent Support Family Art & Craft**

**FREE**

Details :- Family Art & Craft a Variety of crafts for the whole family

Date :- Saturday 15<sup>th</sup> March

Time :- 11.00 am - 1.15 pm with a Lunch Break

Venue :- Light & Life Centre, Brunel Business Park, The Sidings, St Austell PL25 4TJ

Cornwall One Parent Support Members Only

**Be Creative**

This Activity is Made Possible with a successful Grant Application



## **Cornwall One Parent Support Annual Report**

### **April 1<sup>st</sup>, 2024 - March 31<sup>st</sup>, 2025**

The one parent family members with the results ongoing still of the pandemic which has had dramatic effects on family life with the increase of mental health affecting more children, further to this the cost-of-living crisis. The “Beat the Winter Blues” project with the family art sessions, music, drama fun music sessions have had a tremendous impact on family life because as mentioned above the benefits of art, music, drama and circus skills. The cost-of-living crisis has also added to the strain and stresses of family life so fun family events that are at no cost for the activity and lunch also provided free are an additional benefit to families. Not forgetting the amazing experience of the workshops and the smiles on everyone’s faces as the families had the opportunity for creating happy memories as a family.



# **Cornwall One Parent Support Annual Report**

## **April 1<sup>st</sup>, 2024 - March 31<sup>st</sup>, 2025**



### **Cornwall Council Time 2 Move Grant Summer Holidays £5,746.50 for the coach cost, entrance and picnics for the children in receipt of FSM**

**The charity have always made trying to resource funding a priority for the summer holidays for the reasons stated below: -**

Summer holiday activities can be especially beneficial for one-parent families in several ways:

#### **1. Quality Bonding Time**

- Summer activities provide opportunities for parents and children to create special memories together. Whether it's a day at the park, a craft project, or a weekend trip, these shared experiences strengthen family bonds.

#### **2. Reduced Stress for the Parent**

- Being the sole caregiver can be overwhelming. Engaging in structured activities—such as summer camps, community programs, or playgroups—gives the parent a break and allows for some personal time.

#### **3. Socialization for the Child**

- Summer programs and activities help children interact with peers, develop friendships, and enhance their social skills. This is particularly important in one-parent families, where socialization might be more limited at home.

#### **4. Affordable and Accessible Options**

#### **5. Skill Development for the Child**

- Activities like sports, arts and crafts, music lessons, or nature exploration contribute to a child's emotional, intellectual, and physical development.

#### **6. Support Network for the Parent**

- Engaging in community activities can help single parents connect with other families, leading to friendships and support systems that can be beneficial beyond the summer.

#### **7. Routine and Structure**

- Summer holidays can disrupt daily routines, but planned activities provide structure, keeping children engaged and making it easier for parents to manage their time.

# Cornwall One Parent Support Annual Report

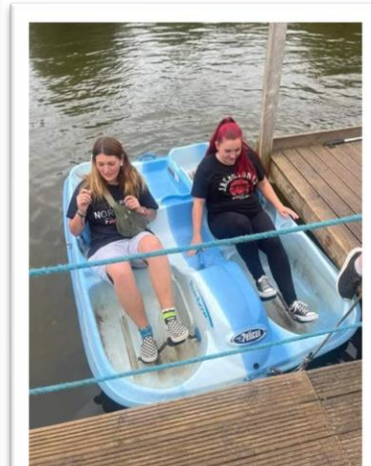
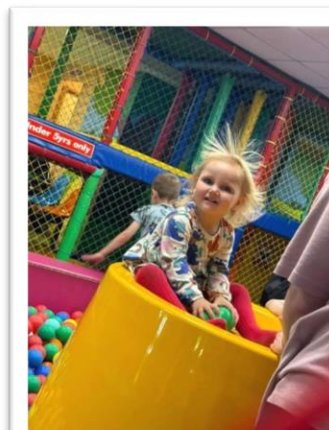
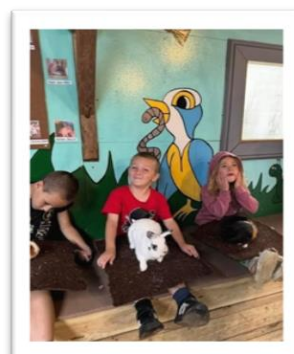
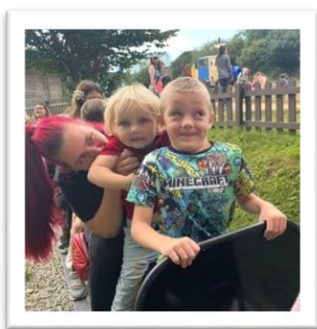
## April 1<sup>st</sup>, 2024 - March 31<sup>st</sup>, 2025

### Summer Holiday Trips 2024 as Listed Below :-

- Springfields Tuesday 30<sup>th</sup> July **78** children FSM and the parents
- The Lost Gardens of Heligan Wednesday 7<sup>th</sup> August **37** children FSM, parents & 5 years and under no charge
- Dairyland Friday 9<sup>th</sup> August parents & children **67** with reduced entrance cost funded by **SWPA**
- Trethorne Leisure Park Tuesday 13<sup>th</sup> August **40** children FSM, **26** parents with subsidised entrance with funding from **SWPA** & 3 years and under no charge
- Porthpean Outdoors **30** children FSM
- 
- Lappa Valley Friday 30<sup>th</sup> August **55** Children FSM, **35** parent with subsidised entrance with funding from **SWPA** & 2 years and under no charge

The summer holidays with the children at home for the five weeks is a challenge financially to give them the opportunities of days out. The cost-of-living crisis increased the financial restraints on the family budget. The coaches and summer activity plan addresses the isolation one parent families frequently feel and the other points mentioned.

The reduced cost as the parent must pay because the funding for Time 2 Move is for the children on FSM but the charity reduced the cost with a grant from SWPA addresses the limited family budget to improve accessibility to activities.



# Cornwall One Parent Support Annual Report

## April 1<sup>st</sup>, 2024 - March 31<sup>st</sup>, 2025



### Asda Grant £400 & Town Council Grant £240 After School Family Groups

The charity with feedback from the families requesting for an opportunity to meet up on weekdays in term time. The charity applied for a grant to Asda Foundation and were successful with the application of the provision of a Family After School Group. The families could get together after school but also be able to have a hot nutritious meal which addresses food poverty. There are toys and crafts for the children while the parents have a catch up. The Family After School group has run on a fortnightly basis in term time. Attendance is up to 47 Adults/Children

Along with the feedback from the families the charity as stated below the many benefits of the after-school group; -

- **Improved Communication** – It provides a dedicated time for open and honest conversations, strengthening trust between the parent and children.
- **Stronger Family Bond** – Regular meetings create a sense of unity, making children feel valued and heard.
- **Emotional Support** – It helps children express their thoughts, worries, or achievements, fostering emotional well-being.
- **Better Problem-Solving** – Families can discuss and find solutions to challenges together, teaching kids important life skills.
- **Encourages Responsibility** – When children are involved in discussions about rules and responsibilities, they become more accountable.
- **Academic and Behavioural Growth** – Talking about school progress, behaviour, and future goals helps children stay motivated and focused.
- **Reduces Conflict** – Addressing issues early prevents misunderstandings and promotes a peaceful home environment.
- **Boosts Confidence** – Children who feel heard and valued develop higher self-esteem and decision-making skills.

# Cornwall One Parent Support Annual Report

## April 1<sup>st</sup>, 2024 - March 31<sup>st</sup>, 2025



**Community Fund £1,762 the grant included eight Slow Cooker Workshops.**

April 23<sup>rd</sup>, 7<sup>th</sup> May & June 14<sup>th</sup>

The charity looked at the below benefits of slow cookers and for this reason applied for the funding to deliver this project.

### Benefits of a Budget Slow Cooker



A budget slow cooker is an excellent kitchen tool for those looking to save time, effort, and money while making delicious meals. Here are some of its benefits:

1. **Cost-Effective** – Budget slow cookers are affordable, making them a great option for students, families, and those on a tight budget.
  2. **Energy-Efficient** – They use less electricity than an oven or stovetop, helping lower energy bills.
  3. **Easy Meal Prep** – Simply add ingredients, set the timer, and let it cook while you go about your day.
  4. **Tenderizes Cheaper Cuts of Meat** – Slow cooking makes inexpensive cuts like brisket, chuck, or pork shoulder tender and flavourful.
  5. **Enhances Flavour** – The slow cooking process allows Flavors to develop fully.
  6. **Less Hands-On Cooking** – Unlike stovetop or oven meals, slow cookers don't require constant attention.
  7. **Batch Cooking & Meal Prep** – Great for making large portions to store for later.
  8. **Safe & Convenient** – You can leave it on while you're at work or sleeping
- The parents came in after the morning school run, refreshments were provided before they started to prepare a slow-cooked meal, the funding covered the full cost of the ingredients.
  - Eight different recipes were used on each session which provided a whole new repertoire of recipes that are economically viable on a limited family budget.
  - The families, after preparing the slow-cooked meals, left to return after the afternoon school run.
  - The families ate together at 5.00pm with the opportunity to try any of the eight slow cooker meals, not just the recipe they had prepared. 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.

# **Cornwall One Parent Support Annual Report**

## **April 1<sup>st</sup>, 2024 - March 31<sup>st</sup>, 2025**

### **December 14<sup>th</sup> 2024 Cornwall One Parent Support Family Pantomime Trip to See Jack and The Beanstalk @ The Hall for Cornwall**

Cornwall One Parent Support were allocated 50 complementary tickets via the Community Club organised by Jade Mc Sharry the Co-ordinator. The benefits that a free visit can offer are listed below



A free theatre visit for one-parent families can offer a range of benefits, both practical and emotional. Here's a breakdown of the key advantages:

#### **1. Financial Relief**

- Single parents often have tight budgets. A free theatre visit eliminates the cost barrier, making cultural and recreational activities accessible.

#### **2. Quality Family Time**

- It provides a special opportunity for parents and children to bond and create shared memories outside of everyday routines.

#### **3. Cultural Enrichment**

- Exposure to theatre can inspire creativity, spark conversations, and deepen children's understanding of storytelling, history, and emotions.

#### **4. Boost in Mental Well-being**

- A change of environment and engaging with the arts can uplift mood, reduce stress, and promote a sense of joy and relaxation for both parent and child.

#### **5. Social Inclusion**

- Encourages community participation and helps reduce feelings of isolation that some single-parent families may experience.

# **Cornwall One Parent Support Annual Report**

## **April 1<sup>st</sup>, 2024 - March 31<sup>st</sup>, 2025**

### **6. Educational Value**

- Theatre can complement school learning by enhancing literacy, empathy, and critical thinking in a fun and interactive way.

#### **Jack and the Beanstalk @ The Hall For Cornwall Saturday 14<sup>th</sup> December**

Cornwall One Parent Support were allocated 50 complementary tickets via the Community Club organised by Jade Mc Sharry the Co-ordinator. The families were absolutely delighted and again the restraints on the family budget would not have been accessible to the families that were offered this opportunity. Everyone had an amazing time.

#### **The Way forward for the Charity in 2025 - 2026: -**

- The Charity would always 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 Annual Report**  
**April 1<sup>st</sup>, 2024 - March 31<sup>st</sup>, 2025**