



Wellness Activities!

The Wellness Café was an absolute success. Thank you to everyone who attended. The donations on the day raised £110. The Wellness Group are thrilled that their activities are being so well received. The next Wellness Café is on **Wednesday May 11th**. Again, cash donations only as we want to keep life simple for you.

Ladies Night on Saturday May 7th, 7.30pm – 11pm: This is an opportunity for the ladies of the community to meet neighbours and make new friends. The evening will include music, dance, preloved clothes swap, chilli and chat. Each ticket enables one lady from TD13 code and a friend (who can be from out with that postcode) to attend. Bring your own drink, nibbles and enjoy an amazing evening. For FREE tickets: Message, WhatsApp or ring **Susan Somerville T: 07866040787** – stating how many tickets and name of booking. Oh, and for the men that may be feeling left out, watch this space as there will be something for you soon!

Steppingstones to Loss: In the last two years we've all been touched by loss. It may be loss of a loved one, freedom, connection, or a relationship. To assist on this journey, the Wellness Group would like to introduce Tom Gordon. Tom is an experienced practitioner in bereavement support and the author of two books on loss, grief and bereavement. He will be running an introductory session to a bespoke training programme for the Community on **Wednesday May 4th**. The training programme, over four Wednesday evenings, is for those who feel they would like to explore the issues in more depth, to help people decide whether they would wish to be involved with offering bereavement support within the Community.

Everyone is welcome to the introductory evening, but Tom would be keen that, if people wish to participate in the full training, they commit to completing the FREE 4 x Wednesday programme. Contact Jennie Sutton.

The full training programme will always 7.15pm – 9.30pm and will be in the Village Hall as follows:

Introduction session - Wednesday 4th May with Q&A: **7.30pm – 9pm**

Complete 4 Sessions:

1. Wednesday 18th May – **session 1**
2. Wednesday 25th May – **session 2**
3. Wednesday 1st June – **session 3**
4. Wednesday 15th June - **session 4**

Health in the Community: Seeking Two Volunteers for Train the Tutor Programme.

The programme enables participants to develop their understanding of the range of factors that affect their health and that of their communities. It explores health and illness and its influence, from economic, social and behavioural factors. The programme promotes equity in terms of access to health, and in countering discrimination. The programme supports people to participate in decision-making and to take an active role in the planning and delivery of services. Want to know more? <https://www.hiic.org.uk/what-is-hiic>

Interested? Contact Jennie Sutton (details below).

ParentSpace: Being a parent, there is no manual – no blueprint, and yet there is support.

Below is a list of programmes that are 4 - 8 weeks in length, each session being 2 hours during the day or evenings Tues – Thurs or on Saturdays. To move the idea forward, please complete the following online survey so your direct needs are addressed. Adding your name is optional, but it will help with coming back to you directly for a place. Link for survey: <https://www.surveymonkey.co.uk/r/7CJLHCW> - Thank you, Jennie

Want to know more: www.parentspace.org.uk

Potential areas that could be explored delivered: Parenting in the Early Years, Primary Years, Teenage Years, Parenting children with additional needs, Handling Anger in the Family, Dads Only, Drugproofing your kids, Raising financially confident kids, What about Me – Looking after our mental health as parents and Parenting in a Digital World.

Community Shop - Volunteers needed! Summer isn't far away now and with that comes increased customers to the shop. To assist in meeting this demand, the Shop Team would like to invite people of the community to come forward and volunteer. Have a chat with Paul and Donna for more information. *Thank you.*



Community Pathway Newsletter

May 2022



Cockburnspath Allotments Association - Events:

CAAS AGM (Members only) Tuesday 3rd May 7pm – 8pm with refreshments afterwards in the village hall. A review of the last year and plans for 2022. Membership is free, so come and join in!

Tuesday Garden Volunteers: We are looking for a small team of volunteers to meet and work alongside Pete, the new community gardener on Tuesday afternoons from 1 – 4pm. No experience required, come, and help water, weed and plant and help with workshops. Do as little or as much as you want. A great opportunity to socialise and meet folk outdoors.

Boundary Hedge: We have been busy planting our boundary hedge around the site since last Autumn and we are almost there. We still have around 100 trees to plant and if you can assist in the final push, then please get in touch.

Rustic Dead Hedge: This is now protecting our pond from the wind, and it provides a wonderful habitat for small mammals, birds and insects.

If you are interested in any of our projects, like more information, then contact: Copathgarden@gmail.com or T: 07799243585

Thank you, Mandy Craig: Chairperson CAAS

Community Gardener and More:

We are partnering with Abundant Borders (AB), as they can offer help, support, and an onsite Community Gardener (Pete Saunders). Pete will be at the Garden every Tuesday 1pm – 4pm. He's there to answer questions, give advice, practical help, maintain the site and deliver workshops. Pop down and say *Hello* any Tuesday afternoon.

Community Orchard

On a very sunny Saturday (26th March) we had 25 volunteers from the community who assisted in planting 37 fruit trees. They pre-dug holes, planted, identified, and numbered the trees.

Huge thanks to everyone who turned up and helped us create this special place. The trees are doing well and in a few years' time we should have fruit for people to come and pick. If you planted a tree, please come, and watch it grow.

Celebrate the Jubilee in Cockburnspath:

Jubilee Scarecrow Promenade (2nd -5th June)

Anyone can participate, the theme is **Jubilee**, so let Rev Fletcher or Jennie Sutton know if you're participating by: **Monday 9th May**

1st June - Jubilee Lunch at the Village Hall: 1 – 4pm

Everyone is welcome for this celebratory event.

If residents need a lift to attend, ring Jennie, T: 07799741765 by Tues 31st May to make a booking.

5th June - Picnic in the Park

Bring your own picnic, chairs, blanket, relax & reminisce or join the fun with outdoor games.

This event will take place in Village Hall if bad weather

Exhibitions as below and will be displayed 1st – 18th June.

- The Primary School Children will be displaying "The Queen's Reign Through the Decades"

- A team of Volunteers including the Guides will interview & capture the memories of the last 70 years.

Looking for residents with stories to tell about their lives. Come share on Wednesday 4th May, Church Hall, 6.30pm with refreshments.

Needed! Do you have tiered cake stands that you would be willing to lend for the Jubilee Café? If so, please let Jennie know.

Jump Start Your Community

You'll have received your own 'household' edition of the Community Action Plan (CAP). This gives you a flavour of what you the Community



considered to be the top priorities. A full copy of all the detail can be available to browse via the Village Hall or Post Office.

If you'd like an electronic copy of the full report, please do contact Jennie Sutton (details below) as this can be emailed to you. In addition, the Community Council are inviting all households to come to the **Village Hall on Sunday 15th May for a 'Jump Start' Conversation**. The event will give you chance to meet your neighbours, discuss the CAP and what it means for you and your family, meet all the local groups within the area so you can find out what's happening, maybe get involved in the activities and increase your social circle too.

**2pm onwards - Coffee & Cake (families)
5pm – 7pm Cheese & Wine (adults)**