

# THE DRACAENA CENTRE

# NEWSLETTER

30 JUNE 2024  
ISSUE 2



## Youth and Family Service

We are currently working with Falmouth University on a pilot knowledge exchange project designed to capture how young people would prefer to spend their leisure time locally.



The Summer Series events are co-designed with young people and have had a successful and well received start, with DJ sets and workshops, a bouncy castle night with hotdogs, popcorn and photo booth and a multi sports evening.



Events will continue in July and August with additional Youth Hub activities and Youth Support throughout the summer holidays. Look out for our silent disco!

Youth Clubs	 The Dracaena Centre Youth Service
Young Men's Group	Young Women's Group
Wellbeing and Mental Health Support	Outreach and Street Based Youth Work
Spring and Summer Activities	School Drop in and Clubs
Sexual Health	Sports Clubs

## Adult Wellbeing

50+

The group have been getting to know each other better by playing people bingo and writing a 'Little book of me' which shared information on hobbies, favourite meals and much more. We also gathered in the last pennants for our personalised group bunting soon to be unveiled.



Over the upcoming months we are looking forward to our summer trip and music from the Ukehayleles, a 16 piece ukelele band.



Bringing people together



This group offers a safe, informal and confidential space for women over 25 years to share, understand and give mutual support to other women. We currently have around 8-12 women attending each session.

Connection and wellbeing are the main focus of the group and we have run sessions on sleep, meditation, self-care, positive affirmations and vision boarding creative sessions.

The highlights of this group are breaking isolation, women connecting with other women to chat, to listen and to give and receive peer support through sharing experiences.



Vision boards

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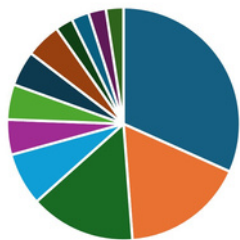


### Community Outreach

Our CHWW are currently supporting over 25 households and have helped many local people to get Attendance Allowance when they didn't even know they were entitled to it!

The pie chart shows the needs of those households our CHWW have worked with so far.

Top client needs



- Finances
- Loneliness/isolation
- Housing problem
- Transport
- Mental Health
- Caring responsibilities
- High Body Weight
- Victim of abuse
- Managing long term health
- Food Poverty
- Sedentary Lifestyle
- Employment

### Refresh

One of our highlights over the last month has been working with CAP who ran a 4 part Don't Fudge it Budget session helping young people to manage their money.

Thanks to Glyn.

Over the last year we have supported 26 people, 90% of whom have gone onto education or employment and 96% of them have achieved a work ready qualification such as Safeguarding, Health & Safety in the Workplace or First Aid.

Refresh is evolving – from 25th June we are starting a revised 12 week programme which will allow our participants to pick new online courses tailored to their interests as well as develop customer service skills and identify their own strengths and areas of improvement to support them in their development.

To find out more email [siobhan@dracaenacentre.org](mailto:siobhan@dracaenacentre.org)

### Community Hub Spotlight on local links

As a community centre we know the importance of working together.

Amongst many others, we have a great working relationship with the local Age UK Day centre and our Youth and Families team work closely with local schools both primary and secondary.

We also work with the Wellbeing Hub which is run by the local Primary Care Network through the NHS.

As well as these we work with many other fantastic local organisations and hire out the centre spaces to a wide variety of community groups from Shallal dance and Cascade theatre to Falmouth Docks Table tennis club and TaeKwondo.

If you want to know more, email [admin@dracaenacentre.org](mailto:admin@dracaenacentre.org)



### Doing more than you think.

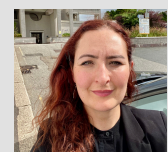
The toy library has signed up 21 new people over the last quarter and over the last year has worked with over 500 individuals to provide a low cost opportunity to stimulate play/variety etc.

Our community café has provided more than 19 meals to people in crisis and our Community Market has supported over 40 households experiencing food poverty. We also provide Foodbank Vouchers and can help with emergency food parcels at our discretion.

The Community market runs on the 2nd and 4th Thursday of the month from 10.30am to 12pm. Those attending will be required to complete a simple form and will have the opportunity to engage with energy and debt organisations as well as our Community Health & Wellbeing Workers.



### And more!



Rema joins us with a wealth of experience in welfare law. With a background in Human Rights, Rema also has experience of working in contract law, such as property disputes, debt recovery and consumer law.

Rema is a Barrister and also taught Law at the University of Exeter.

Welcome to the team!

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## Special Feature

### Celebrating all our amazing volunteers! Thank you!

**Name: Henry Massimo**

**Position: Volunteer on reception and previously with the Warm Space provision.**

Henry came to volunteering through his participation with Refresh, an education and employment support project at the centre. He started volunteering in September 2023 by helping out with the Community Market and stock rotation of donated items.

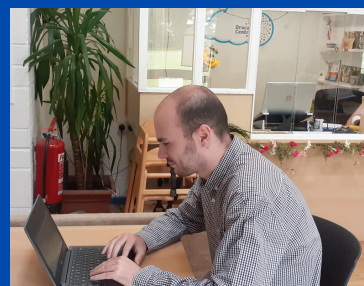
Henry went on to work for us for a short period of time running the Warm Space. "He was a delight to come into, always happy and makes a great cup of tea!" said a member of the public who regularly used the Warm Space. This role came to an end a month or two ago and we are very happy that Henry has agreed to continue his volunteering with us by helping on reception for 3 days a week. This will allow him to gain valuable experience for the administrative roles he is applying for as well as providing a brilliant support for us when our full time receptionist has left for the day.

Henry said about volunteering: "I like meeting new people and groups. It's helped to build my confidence in my own abilities and it's really good to be involved in helping others. Community means you don't feel alone, you become aware that you are not the only one who experiences ups and downs and feel more able to ask for support. It's about being part of something bigger than just you.

It may be that you have a particular skill you could bring or you may learn new ones through volunteering. It's definitely worthwhile." If you are thinking of volunteering with us Henry would certainly recommend it!

"Henry has been such a supportive member of Refresh. He always listens to others and we were really pleased when he decided to volunteer with us."

"We really looked forward to our cuppa, Henry made us feel looked after and welcome." Warm Space user.



**Name: Mars Leodegrance**

**Position: Volunteer with Young Men's Group.**

Mars came to us as a volunteer through an interest in working with young people having previously volunteered in a similar way when living in London. Mars was originally interested in working with young women however there was a need for a volunteer within the Young Men's group and she was willing to give it a go. Many of the young men in the group shared her interest in computer games and this provided a great platform to engage with them.

Mars has volunteered with the group since November 2023 helping with food preparation, set up, playing pool and just generally being there for our young men. When asked what she most enjoys about volunteering with us, Mars said "It's great to see positive changes in those who are supported; to see the world through their eyes and meet with a demographic I may not otherwise have interacted with. It's great to learn about young people and relate to them and their development as individuals. It's really interesting to see the contrasts between the life I had at their age in a big city and the opportunities they have living in Cornwall."

To anyone interested in volunteering with young people Mars would say: "It's all about getting people together. If you have siblings, it's like having more! It's rewarding and makes you feel part of a community in which you can share learning experiences and all of life's ups and downs.!"



MARS HAS BEEN A DEDICATED AND COMMITTED MEMBER OF OUR TEAM, FULL OF WONDERFUL SURPRISES AND IDEAS.

THANK YOU, MARS, FOR MAKING SO MANY AMAZING POSITIVE CONNECTIONS WITH OUR YOUNG MEN'S GROUP.

MARS HAS MATCHED ALL THEIR INCLUSIVE AND SPORTING ENERGY AND REFUELED US ALL WITH SOME HEARTY TOASTIES, CONVERSATIONS, AND PLENTIFUL WATERMELON!

THE YOUNG MEN'S GROUP AND YOUTH TEAM WISH HER EVERY SUCCESS AND AVENUES FOR HER CARING AND CREATIVE CONTRIBUTIONS IN THE FUTURE.

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**Name: Leanne Jarrett**

**Position: Finance Manager**



Leanne has been with the centre for 12 years and has seen many changes in her time here. She looks after the incredibly important financial side of the charity as well as ensuring our ever-growing team are well supported through up to date Human Resource policies.

Leanne really enjoys working with numbers and problem solving. She is an invaluable behind the scenes support for the centre.

When asked why she enjoys working for a community centre, Leanne said "It's great to be involved with such a valued place. Community means being part of something bigger, as a centre we provide a safe space for people to be supported and signpost them to services both here and further afield which can enrich their lives. It's also great to be part of such a supportive team of people."

"Over the years she has proven to be a central and key part of the organisation. As Finance Officer, Leanne is one of our Service Delivery Managers with overall responsibility for all things financial and administrative - no mean feat for a very busy charity - which she unflappably takes in her stride. She is very well respected and liked by our team.....and how she manages to juggle her important role with us, supporting her family business as well as managing a young family is beyond us!"

"Leanne is one of the funniest and kindest people I know. She is also a little oasis of calm at the Dracaena Centre and fantastic at listening and giving advice.

I think services such as Finance are often overlooked when actually they are the backbone of an organisation. Leanne keeps us all on track so that we can continue the work we do and everyone really values her and thinks she is such a lovely person."