

LIFEHOUSE MESSENGER



EVENTS

Upcoming events that support The Truro Lifehouse

THE SENSORY GARDEN

Find out how The Truro Lifehouse will be building a dementia friendly sensory garden

FUNDRAISING

Stories from the community on how we've been raising funds for the project

HELLO!



Welcome to the first 2020 edition of Lifehouse Messenger. As always, we are hugely grateful for your support and generosity as we undertake our ambitious plan to provide a hub for our ever growing community.

You can also find us on Facebook and Instagram @thetrurrolifehouse



SHELTER IN THE STORM

CIARA, DENNIS, ELLEN; FEAR

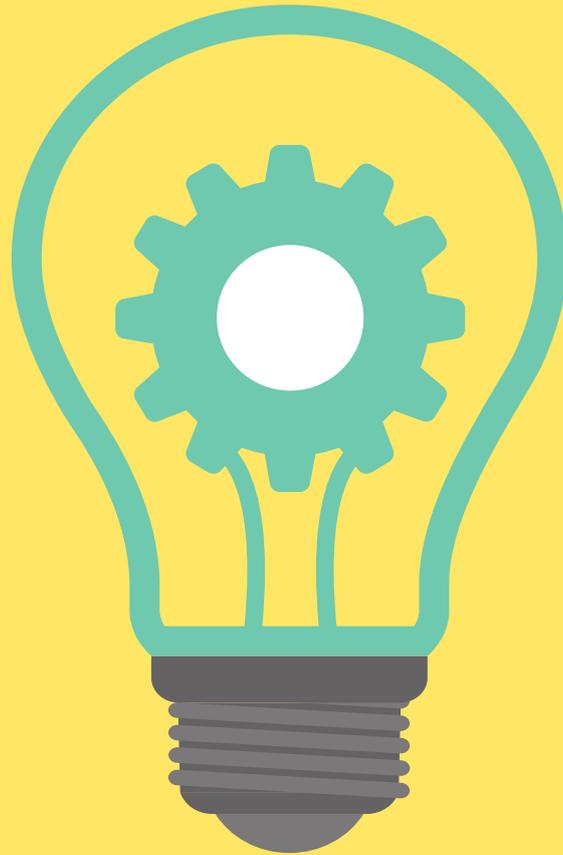
The Truro Lifehouse will be a place for all to come and find refuge. Whether it be escaping from the weather outside or searching for help with struggles you face within your life, there will be a place for you here.

We never know what is around the corner. Redundancy can be as much of a surprise to us as a hurricane can be to Michael Fish in 1987.

But we are not mere plants being knocked over in the wind; but solid trees with roots that keep us grounded and steady in the gales. The Truro Lifehouse is committed to building a space that is dedicated to helping you get back on your feet - whether Storm Ellen blows your through our doors or you come with a different kind of storm. There is no need to fear - there are always people that can help you.

Just as the storms have names, your name is important to us too.
You are welcome here.





GOT A BRIGHT IDEA?

WE'RE LISTENING

THE TRURO LIFEHOUSE HAS BEEN DESIGNED WITH AN EVER GROWING COMMUNITY IN MIND. GOT AN IDEA FOR THE LIFEHOUSE? WE'D LOVE TO HEAR FROM YOU!

EMAIL [MEDIA@ASHT.ORG.UK](mailto:media@asht.org.uk)

FUNDRAISING

VALENTINES QUIZ ROUNDS UP £950 FOR NEW COMMUNITY BUILDING

Last Saturday, the volunteers at All Saints Church put on their second Fun Quiz Night, this year giving it a Valentines theme.

Building on the success of last years' event, we once again had a full house of teams set up in the hall. Everyone made the effort to come and support this fantastic event despite Storm Dennis blowing most people through the door!

The tables and hall were decorated with lots of valentine's decorations to get everyone in the mood for all things L O V E, and the bar was fully stocked ready for a great night!

There were 6 rounds in total, with a mix of romantic, local knowledge, where in the world and music questions, prepared and presented by Quiz Master Simon.

The half time break presented the perfect opportunity for a top up of drinks and a pasty, during which, people could also fill in the answers to the Cornish beaches picture round. There was even time for a quick game of heads and tails, which saw The Truro Lifehouse as the winners, as the final three competitors all chose tails (with eyes closed for complete fairness) and a Head was the winner!

After the raffle was drawn, it was time for the final two rounds. The music round got everyone up and dancing, with hits such as Baby Shark, YMCA and The Macarena!

The final round saw Quiz Master Simon dressing up in various items from around the world, providing much fun and laughter!

Lynne, Chris and Trish did a brilliant job of organising and running this event and were supported by volunteers on the night to ensure everyone had a blast.

Event organiser, Lynne, commented:

"It was a fantastic community event with over 100 people in attendance. The hard work paid off, raising an amazing sum of money for the 10:10 Project which was well received by everyone that attended; with comments such as:

'Thank you for all your effort this evening - a lovely evening of fun, chatter and entertainment - we will come again!' "

A fantastic final figure of £950 was raised which will go towards the building of The Truro Lifehouse. What a night! A HUGE thank you to all who joined in and helped, and congratulations to the winners of the quiz: Adventure Before Dementia!

CHECK OUT THE NEXT PAGE FOR EVENT PHOTOS!

VALENTINES DAY QUIZ

VALENTINES DAY QUIZ



ADVENTURE BEFORE DEMENTIA: QUIZ WINNERS





OUR DEMENTIA FRIENDLY

Sensory Garden

A PLACE OF TRANQUILLITY AND TOGETHERNESS.

For many, the garden is a place of pleasure and a place for relaxation. With bright colours and the fresh scents of flowers in bloom, the garden can be a sensory wonderland for those that interact with the world in a sensory way.

Our team have taken special consideration whilst putting together the design for the sensory garden, and have made sure that it will be a place that is accessible and enjoyable for all.

Not only will the garden be fully wheelchair accessible, but it will also encompass a range of sensory experiences to stimulate the brain and prompt reminiscence.

In addition to the allotment, the garden will enable a plethora of other activities to be carried out, including flower arranging, flower pressing and leaf and potato print making.

The garden will also provide the space to recall childhood memories, reflect on days spent in the garden and take in the peacefulness of a well cared for and beautiful space.



Run For Your Lifehouse



Half Marathon Fundraiser

Join our team

We are recruiting a team of fabulous runners to train for and complete the local **Coast to Coast Half Marathon from Devoran to Portreath on 6th June 2020!**

If you want to be part of our team then we will cover the cost of your entry and all we ask in return is that you pledge to raise at least £100 in sponsorship.

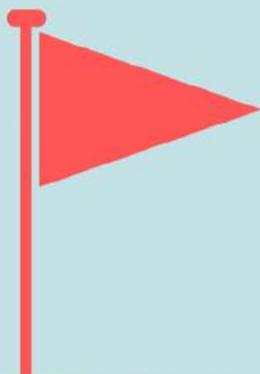
There will be a goody bag for the team member who raises most money and one for the fastest on the day!

more info @ www.trurolifehouse.uk or email
becca.polglase@trurolifehouse.uk for more details

FUNDRAISER FOR THE TRURO LIFEHOUSE

SIGN UP @

WWW.TRUROLIFEHOUSE.UK



CHARITY GOLF

TOURNAMENT

SIGN
UP
NOW

On course
refreshments for
donations,
optional putting
comp &
Raffle.

FRI 12TH JUNE

TRURO GOLF CLUB

TEAMS OF 4 £80

BEST 2 SCORES COUNT

FIRST TEE OFF 11 AM

YELLOW BALL

LAST TEE OFF 2 PM

LONGEST DRIVE

PRESENTATIONS 6PM

NEAREST THE PIN

2's COMP

Prizes for 1st, 2nd 3rd and ladies

Bottles of fizz for longest drive, nearest the pin and Yellow ball!



THE TRURO LIFEHOUSE
SHINING FROM THE 10:10 PROJECT

5 WAYS YOU CAN SUPPORT THE LIFEHOUSE FROM THE COMFORT OF YOUR COUCH!

1

FOLLOW US!

We're on Facebook and Instagram @thetrurrolifehouse. Giving us the occasional like and comment and inviting your friends to follow us will help us build a community of people that are as excited about the project as we are!

2

JOIN EASY FUNDRAISING

Shopping through Easy Fundraising allows you to shop online at all your favourite brands. Each time you shop through them, a donation is given to the Truro Lifehouse at no extra cost to you!

<https://www.easyfundraising.org.uk/causes/trurrolifehouse/>

3

GIFT CATALOGUE

Our gift catalogue offers a range of alternative gifts, perfect for giving to someone you love and making a lasting impact on the community.

Our gift catalogue can be found at www.trurrolifehouse.uk/fundraising

4

SPONSOR AN EVENT

We have a range of fundraising events coming up. Even if you can't attend one, why not sponsor it? Sponsorship means that as much money raised at our events as possible goes towards the project. It's thanks to awesome people like you that these events can happen!

5

SUBSCRIBE TO US

If you haven't already, did you know that you can subscribe and keep up to date with our latest news?

Head over to www.trurrolifehouse.uk and fill out your email address at the bottom of the page!



**"THE NEW BUILDING
WILL BE BEAUTIFUL,
DIGNIFIED AND
EQUAL, OFFERING
ABUNDANCE AND
WELCOME TO ALL.
DEVELOPED BY THE
COMMUNITY, FOR THE
COMMUNITY."**

JANE