



NEWS RELEASE

(21/1/19)

The 2018 Review & 2019 Plan for PASTEL



For the past 13 years, the Saxmundham-based social enterprise, PASTEL CIC, has been providing social activities, and life skills training, to support a small group of young adults with autism and learning disabilities. It has proved a big success in meeting a local need by running a weekend youth club, at the Fromus Centre, and its activities have grown with each year.

PASTEL Community Interest Company (Company No. 5471206)

The Fromus Centre, Seaman Avenue, Saxmundham, Suffolk, IP17 1XP

Registered Office: 2 Fitzgerald Mews, Saxmundham, Suffolk, IP17 1XP

www.pastel.org.uk

PASTEL aims to boost self-esteem and confidence and improve communications, decision-making and teamwork. The PASTEL social activities, and life skills training, are embedded in fun activities – preparing members for independent living and participating in their respective communities.

Last year, activities included:

- ✓ Cooking – we made bread, cakes and healthy pizzas and enjoyed a BBQ in our communal garden.
- ✓ Computers – having raised funds to purchase three tablets members are using these to take photographs and videos, access the internet for research
- ✓ Line dancing – members created their own sequence which tested their memories, coordination and team work.
- ✓ Day trips to the beach at Felixstowe and the Camel Oasis
- ✓ Drama, storytelling and acting. Imagination was stretched when stories were created that were inspired by items taken at random from a suitcase
- ✓ Gardening – We have made the most of our small garden growing strawberries, potatoes and herbs to use in our cookery classes. We then grew sunflowers which became huge and we have harvested the seeds for use in cooking next year.
- ✓ We are growing plants which attract wildlife and had a beekeeper visit and he explained about the importance of bees.
- ✓ We also built a bug house and encouraged members to look at insects under magnifying glasses and identify them, using the internet
- ✓ Tai Chi taught members about balance, breathing and posture.
- ✓ Rock band music, with partner Musica, created great sessions with various electronic instruments; songwriting and PASTEL members went on stage to perform their own composition at public 2018 Sax Music Fest!

Looking forward, we have an exciting range of new activities planned for 2019, which will include

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- ✓ Working with our partner, The Erasmus Foundation, we will be running a number of 2D drawn animation film workshops and also to hold a number of meditation classes, learning how to meditate, understanding the benefits of meditation and how it can help them throughout their life.
- ✓ There will also be a video of the animated film, also showing a meditation classes at the end of the film, along with some interviews with PASTEL members. The video will then be distributed to all primary schools in the country, so widening the benefit of the exercise.
- ✓ We will also have willow weaving lessons, - a traditional art form using natural willow - and build some hanging bird feeders.
- ✓ Another partner, Wired, will return to produce and record a 15 minute 'radio play', whereby the members will create their own story, characters, dialogue and sound effects. The end product will be uploaded onto the PASTEL website,
- ✓ We will also be looking to raise more funds to run more 'Big Days Out'.

PASTEL is always looking to recruit more volunteers, especially the young and the retired to help plan and run activities to support and encourage our members. If you would like to know more and / or come in for a chat, you can visit our website www.pastel.org.uk and / or e-mail us at don.tricker@pastel.org.uk.

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(c. 564 words)