

NCS transformed our Courtyard

As part of their summer holiday project, the volunteers from the National Citizen Service, based in the College of West Anglia, have chosen to offer their gardening skills in the courtyard of the Purfleet Trust in King's Lynn. A team of 15 volunteers aged between 15 and 18 have repainted and replanted herbs and strawberries in the courtyard over three days. One volunteer, Victoria Crookes, said: "We contacted the trust and asked what the team should do. We chose the Purfleet Trust because we all felt passionate about it.



courtesy of EDP

"We are looking for companies in the area to do the decking and provide table and chairs."-EDP



Paula Hall said: "These guys worked so hard and with such enthusiasm. This scheme is an amazing opportunity for young people to contribute positively to their community."

"Thanks Everyone...you have made a big difference!"



Friends of Purfleet Meeting

2nd October 2017 at 17.30

Please come along and join us to find out more about us and how you can be involved!

We are looking to create a friends group that will help with fundraising and events.

We are one of the Mayors chosen charities this year and next year is our 25th Anniversary. We are really keen to mark the year with lots of great events to spread the word about the work of Purfleet Trust.



Narcotics Anonymous

If you are suffering from drug problems and seek help or guidance, we are holding a **Narcotics Anonymous** meeting every **Tuesday** from **6:15pm to 7:45pm**. The meetings take place in our Health and Wellbeing Centre, and anyone is welcome to attend.

Words from our Kitchen

June was the month of the strawberry and here in the Purfleet kitchen we want to thank the Walpole family at Ivy Farm in Terrington St Clements for their very kind donation of Strawberries. We used these delicious berries in everything from jam to top homemade scones to fresh salads that we served with lunch, eaten raw and even frozen whole and used instead of ice cubes when the weather was hot. However, perhaps the most popular use was when blended up with a mixture of fruit, vegetables and milk to make our refreshing smoothies (recipe below)



Mixed Fruit Smoothie



The best thing about smoothies is that you can add almost anything that you fancy or need to use up which makes them a great way of preventing waste. The amounts given below are just a guide, so feel free to mix it up and use whatever you have to hand!

Ingredients: 1 tub of strawberries, 1 mango, 2 ripe bananas, 1 handful of spinach, 100ml milk

Method: Cut up any large pieces of fruit and put all together in a blender. Add the milk and blend until smooth.

Pour into a glass and enjoy.

Fruit can be prepared in advance and frozen in bags. Not only does this save time and can be done when you have fruit that is about to go off, but the result of blending the frozen fruit is a beautifully iced smoothie, perfect for summer! —*Lucie Clift, Healthy Living Co-ordinator*

Did you know? Ingeus are located in our building and they are here on **Mondays, Thursdays and Fridays.**

The **Ingeus Advisors** are specialists in finding people jobs, and will devise a personal plan for each client to get them where they need to be. They have their own client group but they have been so supportive to our clients searching skills, finding vacancies, teaching them how to write a great CV or even how to improve their interview technique.

Thank you!



We were recently invited to attend the Howard Infant and Nursery School food festival, where we promoted healthy eating and explained different ways to tackle food waste.

In the UK alone roughly 15 million tonnes of food is lost or thrown away per year.

In order to demonstrate why this is so wasteful, we got together a series of ingredients that most people could find lying around the house and taught them how to make flapjacks and banana bread, showing how making the most of food can be economical *and* tasty!

Let's Get Social!

Please note —We had to create a new Facebook page so please make sure you follow the right one for updates! We are also on Instagram and Twitter :)

 facebook.com/purfleettrust/  twitter.com/PurfleetTrust

 [@PurfleetTrust](https://www.instagram.com/PurfleetTrust)

The Purfleet Fashion Show

On June 29th the Purfleet Trust held its first ever charity fashion show, and we are pleased to report that it was a resounding success! Over £1300 was raised on the night, and the same amount is to be matched by Barclays Bank, with all proceeds going towards supporting vulnerable people in King's Lynn and West Norfolk.

The event was packed with people having fun and enjoying themselves, and it's easy to see why. Our models looked fantastic, the food was superb and the music was wonderful. There was even a raffle and tombola offering a variety of prizes, all of which were generously donated specifically for the night!



The show was introduced by the Mayor of King's Lynn and attended by the local Labour politician Jo Rust, who described it as "an excellent evening having fun, eating, laughing, chatting and buying new stuff while at the same time raising money for charity."

A huge amount of time and effort went into organising the night and we would like to thank everyone involved in making it such a success. We were blown away by the support given by many generous donors, without whom holding such a large event would simply not be possible.

Your continued support really does make all the difference!



Our resident writer, **Joe**, has recently finished his first year at university, all the while continuing to volunteer for the Purfleet Trust, where he primarily works on the newsletter. It took him a while to adjust to the work/uni schedule, but he soon got used to it, skipping only a handful of classes and missing work due to a hangover just once which, if he does say so himself, is rather impressive.

He was asked to write a similar piece to this last year, and once again he is finding it very difficult to talk about himself in the third person without sounding like a bad supervillain. He would also like to specify that he was asked to write this, and is not simply doing it to feed his ego. Finally, he feels it is very important that you know the picture attached is 100% him, and absolutely definitely not the male model David Gandy.

For more Purfleet stories please visit our website: www.purfleettrust.org.uk

The Purfleet Trust's 2nd 25 hour Gaming Marathon



Thursday the 14th of September at 10.30am.

The time has come again! As our first Marathon went so well that we are bringing it back for it's second year!



**This year we are raising money for the
Health and Wellbeing centre to
decorate
our
kitchen & dining area**

How to donate:

Visit us at: 5 St Ann's Court, Kings Lynn.

Call: 01533 767829

Log on to: www.virginmoneygiving.com/team/purfleetgamingmarathon