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S U M M E R 2 0 2 3
CEET CIC

Newsletter July 2023

Thank you!

First of all, a HUGE thank you to everyone who has supported CEET and helped make this the incredible journey it has been so far!

We have completed our first year of providing outdoor environmental and educational activities to children and adults, and what a year it has been!

From all the wonderful young people, families and over-55s who have joined us, to all our lovely volunteers and staff, and of course the support of all the Trusts and Foundations, and North Devon Council who have helped build this amazing community!

Дякую всім нашим
українським родинам



A day to celebrate Community!

As part of Refugee Week, we were delighted to be asked to put on lots of activities for Natural England's event on 26 June at Ilfracombe, celebrating the Coastal Path. We were joined by over 500 people – including our refugees, families, over-55s and individuals who came along to take part in yoga, craft activities, beach art, with some wonderful flower garlands made. Thank you to Natural England, Ilfracombe Community Transport, the Landmark Theatre and Tunnels Beach for your support!

Save the Date!

Half Marathon! 6th Jan 2024

Fancy fundraising for us? 50% off to enter a half/third marathon. Email ceetcic@gmail.com for more details

Christmas HAF! Date to come

Yes, of course, we all know the date for Christmas, but keep your eyes out for the Christmas HAF Insta ads!

Over-45s! September

Over-45s! Email sarah@ceetcic.com to register for social days out, re-starting in September



Thank you, Alfie!

A huge thank you to Alfie! Alfie first joined as a volunteer, and has just completed Work Experience with us. Those of you who have met him will know how amazing he is! Look out for Alfie on some of our holiday-time activities.

Stocklands Lake

Judy and Dave are just amazing! So kind and generous, they allow CEET to use Stocklands Lake for our paddleboarding sessions to groups of children, including alternative education provision, school groups, home education groups, and we are so grateful! Thank you for helping us to create smiles!

Join Us!

If you are new to CEET, and have just come across our website, or had this Newsletter forwarded to you by a friend, please do get in touch if you think you or someone you know would benefit from joining a group. We would love to

hear from you!



Allotment After School Club

The green space at our allotment is a wonderful safe space for some nature therapy! We have after school provision here, for 5 – 16 yrs, with outdoor cooking, woodwork, crafts and of course, gardening! Thanks to funding from Fullabrook, we will be able to improve our shed facilities at the allotment and the lake!

Marland School, North Devon National Trust and SWCP

In May, a group of young people from Marland School helped out North Devon National Trust with some repair work on the South West Coast Path by Lee Bay. They helped to make it safe for visitors, runners and walkers, whilst also protecting nature, with some fence repairs, to ensure safe space for nature and safe walking for visitors. Great work, Marland Team!

Here are a few quotes from participants, but please add your voice - we would love your feedback!

Your feedback is so important to us.

It helps us to know what we are doing right, and also what we can improve or change in order to deliver even more valuable services to you.

Feedback also helps us to secure funding for future projects. We are going to be rolling out self-assessment questionnaires for our participants to complete, both before and after their CEET activity / project. It would really help us to measure how effective we are being at meeting your needs and helping you to improve mental wellbeing and to feel better emotionally, or with confidence, or with being active.

If you can possibly complete these very short questionnaires for us, you will not only be helping us, but also helping other people to be able to access these services too, as we will be able to secure more funding to run even more great projects.

All this means we reach more people who need us. Thank you!

‘S said she absolutely loved it today! I haven’t seen her quite so positive and upbeat like this for a very long time. Thank you so much!’

‘The products in the gift helped a lot to set the (Christmas) table. Thank you so much!’

‘Thank you so much for all your hard work and dedication! This type of provision is what we have been longer for, for so long!’

‘I cannot express enough how much I appreciate (name) being given the chance to take part. She has come home absolutely beaming about her days so far. Her enthusiasm... is really wonderful to see! Her confidence in going out and about into unknown areas... she has taken it so well!’

CEET says: We love receiving your feedback, thank you!



The CEET Logo

Did you know?

The CEET logo was created by 15 year old Hayden Lane – so talented!

Meet the Team

A few of the team

As we are very rarely all in the same place at once, it is difficult to grab a picture of us all together!

Here are just a few of the team, from left to right:

Jilly, Amber, Sarah, Karen, Hope



Over-55s Tackling Loneliness

We ran a series of over-55s days, with walks on Exmoor, beach activities and bird-watching / nature walks. This group loved getting together with one participant saying ‘These days give me something to look forward to. It makes me remember how life can be fun!’

Pilton Community College and Pilton Bluecoat Academy

Groups of pupils from these two schools have enjoyed a term of outdoor nature therapy, beach and environmental projects, to boost their self-esteem and aid learning. Just look at those smiles!



Supported by DevonHAF2023



Cycling on the Tarka Trail

We’ve had some great days out on the Tarka Trail, thanks to The Bike Shed – Barnstaple, Active Devon CAN project, Sport England and also to all of our regular donors! Did you hear our interview with Radio Devon? We could not do this without all your support! Over-55s and the refugee groups have really enjoyed these days, and we look forward to delivering more!

Check out the amazing fundraising happening right now. You can support these by sharing on social media so others can see it too!

Karen and her two teens, Hope and Joseph, are raising money by hiking from Westward Ho! to Bude over 4 days. They have experienced wind and rain, but it didn't dampen their enthusiasm or determination! You can see their story, but checking out their crowdfunding page here https://www.justgiving.com/crowdfunding/ceetwheelchairaccessible?utm_source=Facebook



There's still time to donate!
Every pound will make a difference!

You can also support them by following the link, sharing to social media and encouraging others to follow and support too.

We ask you to consider carefully if you are thinking of donating, as we know the cost of living is expensive, but if you are able to donate, the money will go toward helping CEET continue the amazing work and to reach and help more people.

Thank you to Karen, Hope and Joseph and we wish you every success!

If you are fundraising for CEET, let us know, so we can support you!

Fundraise for CEET!

If you would like to help others to access CEET projects and activities, you can help us by fundraising for CEET.

We have a limited number of discounted places, for 18yrs+, thanks to Climb South West, on their walking and running events. The first is the Walter Raleigh Round on 6th January 2024, a trail run with some stunning coastal views! Choose from a half marathon or third marathon distance, and raise money for CEET. Email ceetcic@gmail.com to secure your place today!



IMPACT STATEMENT

In our first year, CEET has helped over 500 people to:

- Become active, or become more active
- Experience greater confidence
- Take part in environmental projects
- Try new foods, and locally grown vegetables
- Meet others from similar backgrounds, and build community
- Improve their feelings of positive mental wellbeing

Thank you to very single one of you who has joined us on a CEET project in our first year, and we look forward to seeing you again, as well as welcoming many more new friends into the CEET community.

A special thank you to all of our volunteers!
Thank you for being the amazing people you are!
Thank you for all your smiles!
Thank you for all your hard work!

Community Environmental Educational Therapy CIC would like to send our sincere thanks to Active Devon, Fullabrook CIC, Ilfracombe Community Transport, Natural England, Devon Growing Communities, Sport England, Devon District Council and ALL of our sponsors, trust givers, partners and donors.
Without you AND our wonderful participants, none of this would be possible.