

Autumn/Winter 2023



# CEET CIC



Seasonal Newsletter

Where do we start...

Firstly, the biggest thanks to our volunteers and staff who have made every element of CEET run so fantastically this year. Every team member gives such dedication, patience and passion for all we do and stand for, its truly wonderful.



## 2023 in Review...

### Over 55's

In the second half of the year, CEET had had 22 over 55's from our community join in our regular activities. On page 5, you'll see the things they got up to!

### Schools

3 schools attended our outdoor sessions, giving 45 children the opportunity to explore and learn about the natural world!

### Refugees

18 refugees joined CEET in free cycling sessions, making friends and exploring their new home.

As well as these, CEET also placed 10 children on our Alternative Provision sessions and 15 at our after school club. We reached over 100 people on a fortnightly basis in 2023!

Stay up to Date!



Community Environmental  
Educational Therapy CIC



ceet\_uk



www.ceetcic.co.uk

## Meet The Team

At CEET we love to keep our work family small, with a team of just 12!

The Directors: Sarah, Karen and Chris.  
Sarah, especially is so incredibly grateful for Karen and Chris' time, support and help to move CEET forward.

Schools Education Lead: Ella

Plus 10 outstandingly patient, kind and wonderful volunteers!



### Fun Fact:

I also have some pretty fun pets, including a goat and a Kakariki called Otto!

This year, we're adding a new section to the newsletter with the hope to share more about our amazing team, their roles and backgrounds.

"Hello! I'm Ella, the CEET Schools Education Lead. I have the absolute pleasure of running our environmental therapy sessions with local schools. I will also be taking on our alternative provision placements. I'm Devon born and bred (as they say!) and have been exploring our landscapes from a young age. I studied Animal Management at Petroc, whilst also working as a volunteer for a variety of organisations. This led me to my role as a Beach Ranger at Croyde Bay, where I have worked seasonally for 3 years.

I love that my work allows me to be outside and share my passion for all things wildlife, conservation and wellbeing. "

## CEET's Therapy Dog

Meet Tango, Sarah's dog! Tango is trained as a therapy dog who all the children and adults adore. He is so calm and loving, a true member of the team and makes our sessions so memorable for the children we work with, they truly look forward to seeing him!



## A Special Thanks

The biggest thank you to Kai who works a lot behind the scene helping Sarah set up the computer platforms and is there for the team for any computer technical advice. He also helps out at the allotment when he can! An all round superstar!



Also, thank you to Kai and Rosie from Costain and Independent Transition Management Ltd who spent their 2 volunteer days with us this year.

*If your company offers you volunteer days and you'd like to join us, please do get in touch.*

### School Sessions

In the Autumn term, we worked with 3 local schools on various environmental and wellbeing projects to help our people and our planet, including a new school to CEET, Southmead Primary School. We are very excited to be welcoming Park Community School students too in Spring 2024!

Our outdoor sessions are often in collaboration with a variety of land owners, so a huge thank you to those that have supported CEET in 2023:



TEAMWORK

FRIENDSHIP

WELLBEING



Our school groups were simply fantastic in the Autumn 2023 term. They thoroughly enjoyed so many activities with CEET including paddle boarding, nature art, beach cleans and tree planting! Here's some of the feedback they gave team members.....

**“This is so great!”**

**“ I can't believe I'm enjoying this so much!”**

a 1991 crisp packet found at Crow by Piper, aged 7



“It's simple, really. The more people connect with nature, the more they will be inspired to care for and protect our wild places. We're proud that the John Muir Award has always been free to use, allowing more people to have a positive connection with nature”

At CEET, we enrol all our alternative provision young people and school groups onto the John Muir Award.

To gain a John Muir Award you need to meet Four Challenges

- Discover a Wild Place
- Explore It
- Conserve It
- Share your Experience

### Our shed is finally up...

If you know, you know! This year we received funding from Fullabrook CIC to increase our storage at the allotment, as well as 2 storage units at Stocklands Lake where we paddle board. All units are up and ready to keep us warm and dry at those wintery allotment sessions and store our kit for paddle boarding.

A HUGE thank you especially to Sarah, Kai, Tash and Colin who help tirelessly and endlessly with our allotment both with the children's sessions and behind the scenes. Their care is huge and priceless!



## Allotment Club

CEET's afterschool allotment club, ran by Sarah, has been a huge success this year! The children attend every fortnight for a variety of environmental and personal wellbeing activities:

- Community vegetable picking
- Yoga with Amber
- Pumpkin carving
- Homemade hot dinners
- Bracelet making
- Art and Crafts

**Huge thank you to our regular monthly donators whose donations support our children on free school meals and our refugees.**



We cook food that we have grown in the allotment. This term we have had: ratatouille, soups, curries, berry crumble and many more yumminess. If the weather isn't on our side for cooking then Sarah preps and cooks the food at home.

The fruits and vegetables grown at the CEET allotment are used to benefit the community in so many ways. A certain amount we use to provide free hot meals at our after school club. However, we often make donations to South Street Church in Braunton, who provide hot meals for individuals struggling with loneliness.



## A farewell to Corey...

Many of you would have met the lovely Corey at our alternative provision session this year. Corey has been coming to CEET for a few years now and has been a huge part of the group. Corey is a fantastically practical young man and has helped construct, move and so much more at the allotment! Due to an amazing new placement opportunity, Corey is no longer attending CEET but we wish him all the best and hope one day he returns as a volunteer!

## Free Cycle Hire

It is so wonderful to be able to provide free bike hire for our over 55's and lovely Ukrainian friends! Sarah takes these lovely groups cycling the local area.

A huge thanks to the Magic Little Grants from Devon County Council, CEET profits and our wonderful friends at The Bike Shed who give CEET a great discount. Our Ukrainian ladies are always so positive, it's truly inspiring!



Please contact Sarah if you would like to join in on another CEET Valentines Activity Day on **Tuesday 13th February**. We would love to see you all.





Watersmeet August 2023

### Over 55 Adventures

Sarah runs our over 55's group, who took many adventures with CEET this year, including different group walks (depending on how far and the speed individuals want to go on), cycling and nature art with our wonderful volunteer Jill- thank you for all you do for this lovely group!

We received some heart-warming feedback after this trip to Watersmeet;

**“Thank you for helping and taking my mind to a nicer place so I can get better again.”**

It's so wonderful to hear what a difference our sessions make.

### Generations Unite!

This year, we collaborated with the National Trust with a tree planting scheme. Not only did our school groups get involved, but we merged our Senior CEET members and alternative provision young people. A wonderful community day full of laughter and teamwork!



FRIENDSHIP

FRESH AIR

MOVEMENT

*Please contact Sarah if you would like to join our Winter/ Spring beach art.*

### Christmas HAF Project

Funded by Devon County Council, children on Free School Meals had a day of activities with CEET. The day included making leaf wreaths and Christingles.

We had 32 children in total!

They also went to Tesco as Devon County Council funded for every child to be able to go shopping to buy some food to take home. They loved this. A really kind way to spread some Christmas magic! Thankyou DCC!!



JOIN US!

If you know anyone who would benefit from Community Environmental Education Therapy sessions, we have spaces available!

- CEET School groups (up to 16 children)
- CEET Over 55 Senior group
- CEET Alternative Provision (Ages 5-12 and 12-16)
- CEET Refugee activity days
- CEET Allotment After School Club

Email Sarah: [sarah@ceetcic.com](mailto:sarah@ceetcic.com)

THANK YOU

Fullabrook CIC, WayMakers Devon CIC, Ilfracombe Community Transport, Devon County Council HAF, Councillor Grants from Sara Wilson and Ricky Knight, Dave and Judy and their lake for our paddle boarding, The Bike Shed Barnstaple, Magic Little grants and our regular donators.

*Couldnt  
have done it  
without you!*

To all our volunteers, supporters and everyone who makes our work possible,



From all of us at  
CEET x

If you would like to donate to CEET please follow the page: [www.ceetcic.co.uk/donate](http://www.ceetcic.co.uk/donate) or contact: [sarah@ceetcic.com](mailto:sarah@ceetcic.com)

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