



ISSUE 34

THE

FEBRUARY - MAY



# LEVELLER

LEVEL  
best  
ART CAFE



NEWS AND VIEWS FROM THE THIRD SECTOR  
PRODUCED AT THE LEVEL BEST ART CAFE  
SUPPORTED BY LOCAL BUSINESSES



# LEVEL best ART CAFE

The **LEVEL BEST ART CAFÉ** in Colchester provides people with learning disabilities a range of opportunities to gain purposeful work experience and training together. Opened in 2008 as a social enterprise run by The Dacon Trust, the training – within a town centre environment – revolves around four projects based at the café or on our nearby allotment: **DACON BAKE**, **SEASONAL PRODUCE**, **HORTICULTURE** and **ARTCO**.



## **DACON BAKE**

Catering and running the café



## **SEASONAL PRODUCE**

Making jams, chutneys, fruit cordials and gifts for special occasions



## **HORTICULTURE**

Growing produce on our allotment and working with park rangers



## **ARTCO**

Art and design projects and the running of our Art Gallery

Such high demand for our training developed that by July 2013 we were opening our second training café, The Oasis Café, in Manningtree. We now provide teaching to more than 60 trainees and it continues to grow. We hope to expand further in the future... watch this space.

**[www.dacontrust.co.uk](http://www.dacontrust.co.uk)**



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## SHOP

FRIDAY 1 - 4 PM  
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## REPAIR CAFE

2 - 4 PM; LAST FRIDAY  
OF THE MONTH



repairreuserecycle

## ROUTE 51 BIKE PROJECT



route51

Community  
Interest Company:  
Supporting Local  
People



15 Queen St  
Colchester  
CO1 2PH



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3 [www.repairreuserecycle.wixsite.com](http://www.repairreuserecycle.wixsite.com)

# ITALIAN DAY AT LEVEL BEST ART CAFE

On Thursday 30th January we hosted an Italian themed day with guest chef Cinzia, who runs a string of Italian restaurants. Cinzia was interested to work with us and she worked out an authentic Italian menu for our trainees to make. We had a great turn out for the 2 course meal and Daconbake trainee Darryl Brown interviewed Cinzia about her business and some other things we wanted to know.





# INTERVIEW WITH ITALIAN CHEF CINZIA

Q. How many restaurants do you have altogether?

A. 8 different restaurants all together

Q. Do you have any Michelin stars?

A. Bib Gourmand\*

Q. How long have you been in England?

A. 33 years

Q. When you're not involved with food, do you work in any other industries?

A. No other work industries



Q. Is there any dish that just comes from where you're from?

A. From Milan, Risotto All Micanese

Q. In your restaurants, how many guests do you have come altogether?

A. 100's of guests come in all 8 restaurants

Q. Have you had any famous stars or celebrities come into your restaurants?

A. Barbara Streisand most famous, Noel Gallagher, Pat Cash, Kelsey Grammer

Q. How posh and luxurious are all your restaurants?

A. Restaurants more cool than very posh

Q. Have you any other restaurants based around the world?

A. No other restaurants based around the world

Q. How many staff do you employ in your restaurants?

A. Staff employed around 120 approximately- Darryl Brown



\* The Bib Gourmand is awarded to restaurants gauged to be both good quality and good value by our team of Michelin Inspectors. Which means that not only will your meal be delicious... It will also be relatively inexpensive at £28 or under for three (yes, three!) courses.



*Nanna's Yarn Barn is a small yarn/wool store  
located at 5 Red Lion Yard, High Street,  
Colchester, Essex CO1 1DX*



*Monday - Saturday 9am - 5pm*

*Sunday 10am - 4pm*

*[www.nannasyarnbarn.co.uk](http://www.nannasyarnbarn.co.uk)*



## What is a Dementia Friend?

A Dementia Friend learns a little bit more about what it's like to live with dementia and then turns that understanding into action - anyone of any age can be a Dementia Friend. Whether you attend a face-to-face Dementia Friends Information Session or watch an online video, Dementia Friends is about learning more about dementia and the small ways you can help. From telling friends about Dementia Friends to visiting someone you know living with dementia, every action counts.

## Information Sessions

Dementia Friends Information Sessions are run by volunteer Dementia Friends Champions, who are trained and supported by Alzheimer's Society. Each Information session lasts around one hour. You will learn more about dementia and how you can help to create dementia friendly communities.

## Future Sessions available

**Date:** Wednesday 22<sup>nd</sup> January 2020

**Time:** 12noon – 1pm

**Venue:** Community360, Winsley's House, High Street, Colchester, CO1 1UG

**Date:** Wednesday 24<sup>th</sup> March 2020

**Time:** 12noon – 1pm

**Venue:** Meeting Room, Leisure World, Cowdray Avenue, Colchester

**Date:** Tuesday 12<sup>th</sup> May 2020

**Time:** 11am – 12noon

**Venue:** Community360, Winsley's House, High Street, Colchester, CO1 1UG

**Date:** Wednesday 15<sup>th</sup> July 2020

**Time:** 12noon – 1pm

**Venue:** Community360, Winsley's House, High Street, Colchester, CO1 1UG

**Date:** Wednesday 23<sup>rd</sup> September 2020

**Time:** 12noon – 1pm

**Venue:** Community360, Winsley's House, High Street, Colchester, CO1 1UG

**Date:** Wednesday 2<sup>nd</sup> December 2020

**Time:** 12noon – 1pm

**Venue:** Community360, Winsley's House, High Street, Colchester, CO1 1UG





Community360 are working with the local Dementia Action Alliance to create a more Dementia friendly community. We are working with partners in Colchester to deliver Dementia Friends sessions.

If you are interested please contact us to book a place or to find out more information.

**Contact Information:** 01206 505250

**Email:** [information@community360.org.uk](mailto:information@community360.org.uk)

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## RETRO CAFE & CURIO SHOP

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best**  
SEASONAL  
PRODUCE

## GOODS FOR SALE AT LEVEL BEST ART CAFE

*jams, chutneys, marmalades, sauces, cordials, and more..*







Share your garden and help us bloom



We are inviting garden owners of all styles and sizes to hook open their gates throughout the spring, summer and autumn of 2020 to raise money for any appeal, ward or department.

It's easy to take part, just choose when you would like to open and register your date/s with us by completing the form below. We will help promote your open garden and design bespoke posters and signage for you. You can help too by telling all your friends, family and neighbours and asking them to spread the word. You could even make it a community event by having a few gardens open on the same day.

It's recommended that visitors make a donation as they enter and you can boost your fundraising by offering cakes and refreshments, having a plant sale or selling local crafts. You might like to have a theme or link it in with a special occasion, such as an anniversary. It's entirely up to you.

**To register your garden call: 0300 7701369**

**Email: [charity@esneft.nhs.uk](mailto:charity@esneft.nhs.uk)**

**Registered charity number: 1048827.**

# DACON BAKE

A new year and a new start with a fantastic Italian day with guest chef Cinzia. Rebecca mastered the pasta machine and made 72

spinach and ricotta filled ravioli. All the trainees did a different dish and truly experienced an Italian gourmet event. We are busy making cakes for all our customers and lots of new dishes. We are planning a restaurant evening date to be announced.



## ARTCO

Our Mark Titchner workshop happened at Level Best Art Café. Mark came and chatted to us about his art project in Colchester, all about local peoples views on their best bits of the town. We began a group illustration about trainees personal best bits and will work on it more when we find time and hope to catch up with him soon.

Jamie Croft is the first trainee from ARTCO to have a breakfast bar show in 2020 (see more about Jamie's show on our blog at [www.dacontrust.co.uk](http://www.dacontrust.co.uk)) and we hope to continue to offer this space to individuals to show off what they have done with us, each month.



We had a winter workshop coordinated by ARTCO and Seasonal staff involving trainees from our horticulture department as well as members of the public. We made mobiles from naturally sourced objects such as leaves, pine cones and drift wood and made our own materials naturally, such as making glue, paint and ink out of egg yolk, flour and water. It was a lot of fun and well attended so we hope to do another cross department workshop soon!

Lastly we have an exhibition at the Colchester General Hospital coming up: The Wellness Show. supported by the Realising Ambitions Funding Programme, which is managed by Essex Community Foundation. The show will run from 24 Feb 2020 – 29 Mar 2020 and we'll let you know all about it when it's installed - Jamie Croft ARTCO Team



# HORTICULTURE

At the Level Best allotment we currently have garlic,

red onions, white onions, broad beans and spring onions planted out and growing steadily. Down east hill we pushed the trolley aboard was the bug hotel made of collected pinecones, furr and leaves. We ceremonially placed it at the allotment to encourage insects to co habit with us! The weather has been cold, windy and rainy but we have been keeping warm by taking a walk around the allotment site and learning the names of produce, trees and the wildlife we see! We are looking forward to warm, sunny, mild, hot and dry weather.

We are planning to grow flowers and a selection of vegetables to serve and sell at the level best café! We will be collaborating with the seasonal team where we hope to pickle and preserve some of our veg! Over the next few months we will be purchasing a polytunnel and sowing the seeds to plant out when the weather is warmer!



# SEASONAL

The Level best seasonal group have been planning, plotting and potting delicious ideas to bring to you over the coming seasons. During this frosty winter so far we

have made spicy chilli jam, hot sauce, spicy nuts and marmalade! All jars are for sale in the level best café alongside our stock of jams, cordials and sauces. Level Best propose a jammy exchange.. Do you have a mulberrie, quince, plum, apple or pear tree in your garden? Do you have a glut of produce? If you bring us a bag of fruits we will exchange for a Level Best seasonal produce. We are keen to grow our roots in the community and will be marking on a map all the locations we have foraged, had donations from and sourced ingredients. Keeping produce local and swapping skills with skilled hands!



# WE NEED STOCK URGENTLY!!

COINS AND MEDALS - PORCELAIN - SILVER AND JEWELLERY BOUGHT AND SOLD.  
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## KYRIAKI CHATS TO OUR NEWEST MEMBER OF STAFF CONNIE

Kyriaki would like to introduce everyone to Cornelia, who joined our staff in December 2019 and is known to everyone as Connie!!! She is super tall with very long legs and naturally curly hair which is wild and she cannot tame!!!

Kyriaki was interested in how Connie came to work at Level Best and she asked numerous questions about her life up to now. Connie told Kyriaki that she went to both primary and secondary school locally before studying for her BA in photography and her MA in inclusive Arts at University. Connie said she loves the outdoors and gardens, cooks and is interested in art. She did various volunteer projects with youngsters with variable needs whilst at University and still volunteers at Forest School camps so when she saw the Dacon Trust was advertising for a member of staff she was very excited as she felt she could use all her talents to benefit everyone. Kyriaki asked her if she had settled into her role. Connie said that she is really enjoying herself and she is getting to know all the trainees and their likes and dislikes, and everyone is really friendly to her. So far, her favourite part of her job is working at the allotment and doing all the outdoor activities and chatting to the trainees to learn all about them. Kyriaki fired endless questions at Connie and she learned the following: her favourite colour is green, she has two cats called Midnight and Hazel, a beagle called Mojo, a sister, she loves outside swimming, camping, going for super long walks with a pub at the end where she can drink local beers and she enjoys romcom films. Connie told Kyriaki she was really excited and pleased to be working with everyone and she is looking forward to sharing all her ideas and plans with everyone. She did admit to not really enjoying football but she said she would try to show an interest in it!!!

Kyriaki said she enjoyed her chat with Connie and thanked her for her time and she hoped she would be happy working at Level Best.



# Breakaway

## BREAKAWAY SUPPORTED HOLIDAYS

Brilliant Breakaways for adults with learning disabilities.

## FIND YOUR IDEAL HOLIDAY FOR 2020!

Our 2020 brochure is now available – call our office on  
01245 260 330 to request a copy or go to:  
[www.breakawaysupportedholidays.co.uk](http://www.breakawaysupportedholidays.co.uk) to see it online.



We have more holidays than ever leaving in 2020 including some  
new and exciting destinations.



All holidays are full-board and include personal care provided  
by our experienced, enthusiastic couriers.

We are now members of ABTOT and ATOL, giving you  
financial protection for your holiday.



**Collecting for the  
Australian  
Bushfire Crisis  
through  
COLCHESTER ZOO'S  
charity  
ACTION FOR THE WILD**

Charity No. 1105621



Raising vital funds for the  
animals affected by the  
Australian bush fire crisis

[www.actionforthewild.org](http://www.actionforthewild.org)

It is estimated that more than one billion native animals will have been affected by the current drought and bushfire crisis throughout Australia, with many injured, having lost their homes and facing a tough time ahead while food resources are low.

Colchester Zoo's charity Action for the Wild is fundraising to send donations across to Australia to assist conservation organisations in their work to rescue wildlife. There is an urgent need for immediate support with placing rescued native animals for treatment, and also a longer term requirement to return healthy animals to regenerated habitats and revive and sustain populations of wildlife in affected areas.

Our funds will be sent to the Zoos Victoria Bushfire Emergency Wildlife Fund. 100% of funds raised will be used to support wildlife, in consultation with the Department of Environment, Land, Water and Planning to ensure it is most effectively assisting injured wildlife and their habitat. Zoos Victoria vets and keepers are at a number of triage centres across Victoria, tending to injured wildlife on the frontline and a number of animals, including koalas, have been brought back to their Healesville Sanctuary for further veterinary treatment.

If you would like to donate you can do so online via our website here [www.actionforthewild.org/support-us/donate](http://www.actionforthewild.org/support-us/donate), simply add in the notes section that your donation is for the Australian Bushfire Crisis. Alternatively, if you would like to donate on your visit to Colchester Zoo we have dedicated donation pots in our Guest Services office which you are welcome to use.

**Share your Hospice  
heritage stories**

  
**St Helena**



St Helena Hospice is celebrating its 35th anniversary this year and will be re-telling its journey through the stories of people involved at the very beginning.

Thanks to a generous grant from The National Lottery Heritage Fund, the memories of people involved in its early years will be recorded and preserved. The collection, along with historic photos and film clips, will be published online, and along the way a podcast series will be broadcast.

There are plans to host a heritage exhibition towards the end of the year featuring some of the stories and images.



Do you have a story to tell about the early days of St Helena Hospice? Perhaps you were a volunteer or staff member when the Hospice opened in 1985 or even before then in 1979 when plans were being made?

Did we support a loved one or friend in the early years of the hospice movement locally? Do you remember when Royalty came to visit the patients?

Please email [stories@sthelena.org.uk](mailto:stories@sthelena.org.uk) in the first instance to share your memories.

[www.sthelena.org.uk](http://www.sthelena.org.uk)



# Teach yourself the deafblind manual alphabet



Sense is a national charity that supports people who are deafblind, have sensory impairments or complex needs, to enjoy more independent lives.

# Concerned about someone sleeping rough?



**Download the StreetLink app** or visit the **website** at  
**[www.streetlink.org.uk](http://www.streetlink.org.uk)**  
to make an alert and help  
**connect them to local services** for support

**Street  
Link**

[www.streetlink.org.uk](http://www.streetlink.org.uk)



COLCHESTER

**ROUGH SLEEPERS**  
GROUP

[www.crsigroup.org](http://www.crsigroup.org)

[www.facebook.com/ColchesterHomelessBus](https://www.facebook.com/ColchesterHomelessBus)

[www.colchesternightshelter.org.uk](http://www.colchesternightshelter.org.uk)

[www.beaconhouseministries.org.uk](http://www.beaconhouseministries.org.uk)





# LEVEL BEST ART CAFE GALLERY EXHIBITION DATES 2020

\* Julie Connor

*Feb 6th – March 5th Mon - Fri, 9:30 - 4:00*

\* Charlotte Clifton-Jewitt

*March 5th – April 2nd Mon - Fri, 9:30 - 4:00*

\* Georgie Roy

*April 2nd – April 30th Mon - Fri, 9:30 - 4:00*

\* Sheila Martin

*April 30th – May 28th Mon - Fri, 9:30 - 4:00*

## LEVEL BEST ART CAFÉ WINTER SHOW 2020



WORK BY TRAINEES OF ARTCO, LEVEL BEST'S ART DEPARTMENT.

# LEVEL best

ART CAFE

01206 366 059

LEVELBEST@DACONTRUST.CO.UK

WWW.DACONTRUST.CO.UK

## AVAILABLE 12:30PM TO 2:30PM

### MAIN COURSES

£ 4.00

QUICHE, PASTA BAKE, HOME MADE PIZZA

### SOUP & ROLL

£ 2.80

### JACKET POTATO WITH FILLING

£ 3.00

CHOOSE FROM...CHEESE, BEANS, TUNA MAYO OR COLESLAW

### JACKET POTATO WITH FILLING & SALAD

£ 4.00



## AVAILABLE ALL DAY

### A SELECTION OF CAKES & DESSERTS

£ 1.30

### HOT AND COLD DRINKS

£ 1.00

## FRIDAY SPECIAL MENU

### MAIN MEAL, DESSERT & drink

£ 4.50



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**COLCHESTER ESSEX**  
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