

Waitrose (part of the John Lewis Group) has a new supermarket in the nearby Pontprennau area of Cardiff. As well as offering an exceptional range of products at their store, the supermarket actively promotes the work of local charities, schools and not-for-profit organisations that provide socially beneficial outcomes for the community. **Vision 21 (Cyfle Cymru)** was one of their featured charities.

Customers using the supermarket can 'vote' for their favourite charity or good cause.

Waitrose hosted a celebration event where many local groups, schools and charities received their sponsorship cheques.

The evening provided an excellent opportunity for recipients to network and for Waitrose staff to learn more about the work of the groups they were providing sponsorship donations for.

Vision 21 took the opportunity of effectively marketing our services and projects and informed Waitrose that we would ask our students what they would like the brilliant donation of £359 to go towards.

**So over to our students for your ideas please.....**

**And a huge 'thank you' to Waitrose for your support. We will let you know what our students decide.**



On Thursday 20<sup>th</sup> May we received a cheque from Waitrose for £359. Alan Pursell and Michael Winter from our Board of Trustees collected the cheque on our behalf.

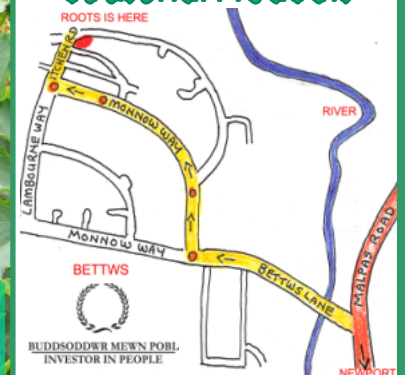


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**Garden Maintenance  
Local Produce  
Seasonal Products**



# ROOTS OPEN DAY

Come and see what we do and what we have achieved

Thursday 17th June 2010  
From 11am—2pm

Tel: 07841565924

[www.vision-twentyone.com](http://www.vision-twentyone.com)

Reg Charity no: 1046097



Alan Pursell, Vision 21's Chair of the Board of Trustees wanted to say a very big thank-you to Kate Welsh, one of the Training and Mentoring students, as well as to TAM staff, Jade Page Farleigh and Allison O'Leary for spending the day on the stall at the Pentwyn Community Day during bank holiday weekend on Saturday 29th May. He also wanted to say thank-you to Fiona Cullen, Vision 21's Marketing Officer, for organising the stall and helping with the day's arrangements.

The very popular annual event, held at Pentwyn Leisure Centre, was very successful and well-attended despite the poor weather on the day. Spirits were not dampened and they managed to raise over £1000 for Breast Cancer Wales.

The TAM stall focused on promoting and raising awareness about healthy eating. TAM were given a very kind donation of fruit from **Cardiff Gate Asda's** which enabled them to demonstrate how to make fresh fruit

smoothies, to give tastes and to talk about the health-giving benefits of drinking them.

There were lots of fun activities for children such as creating a balanced meal by designing it on a paper plate, taking part in activities designed around raising awareness about the different food groups, guessing the number of grapes. They had also prepared booklets for people to take away with them promoting healthy eating.



Kate Welsh on the Vision 21 healthy eating stall



# Vision 21



## Festival Day at Sbectrwm

Vision 21 invites you to come and join us for our Annual Festival Day on Wednesday 7th July 2010 from 10am - 3pm at the Sbectrwm Community Enterprise Centre, Bwlch Rd, Fairwater, Cardiff CF5 3EF

*Free entry*

- Music workshops with Community Music Wales
- Drama workshop with Disability Arts Cymru
- Dance workshops
- Bird and bat Boxes with BTCV
- Age Concern, Tom bola

*Grand Vision 21 Raffle with lots of prizes*



*Face & Hand Painting*

- Fairwater Pottery workshops
- Fairwater Community Garden plants
- V21 Bar-b-que & cream teas & cakes stalls, Weigh the Cake & fun activities, local veg, Hapus ice cream & lots more



**Tel: 029 2056 1025 for more info**

[www.vision-twentyone.com](http://www.vision-twentyone.com)