



New Co-operative Social Supermarket and Community Café

Thursdays are buzzing at Four Greens, home to our new look Co-operative Social Supermarket. This initiative offers residents the chance to become a member and to buy food staples such as tins, pasta, dairy, fruit, vegetables, and essential household items at highly reduced prices.

Doors open at 1.30PM and the larder runs until 4.30PM.

“We’re excited to see the community come together to support one another,” said Beth from Four Greens. “It’s a great opportunity to find affordable essentials and reduce food waste.”

Pop into Four Greens, or call us on 01752 875916 to find out how to become a member, save money and contribute to this thriving community initiative.



Can you help?
Do you want to
get involved?

*If so just e-mail
us at:
facilities@fgct.co.uk*



Four Greens is also excited to announce the launch of its Community Café, open every Thursday from 12PM to 5PM. The café offers a welcoming space for neighbours to connect over a cup of tea or coffee, to chat, and to enjoy affordable meals, including burgers and hot dogs—both meat and vegetarian options.

“We wanted to create a friendly atmosphere where people can gather and enjoy a meal together,” said Steve from Four Greens. “It’s all about building community and making everyone feel welcome.”

Come along and stop by, enjoy a bite to eat, and enjoy our vibrant community spirit.

Thank You for the Willow Tree House Partnership Housing Community Fund

A generous donation of £800 from the Willow Tree House Partnership Community Fund enabled young people from Keyham to enjoy an activity programme in the Half Term Holiday and for money to be set aside towards our befriending service, that we have to raise over £25k a year to sustain. The befriending service is highly valued by the participants as illustrated below.



“Since losing my husband I find leaving the house difficult and so my weekly call with Jacs, my befriending contact, is the highlight of my week and makes me realise there are people that care.” Jean - 89 year old beneficiary

Our thanks go to Emma and the Willow Tree House Partnership for their support. Last year they helped fund a community garden project in Honicknowle. Since receiving Willow Tree House Partnership Funding, over 80 people have benefited within our local communities.



We would like to also say a big **THANK YOU** to all the people who donated and the volunteers who baked some amazing treats and ran the recent cake sale here at Four Greens, to support our **Befriending Service**.

You helped us to raise over £400 and this money raised will go a long way in helping to tackle loneliness and social isolation within our community.

Whitleigh Big Local Community Play Day

On a beautiful sunny day in July, the Four Greens team, along with Plymouth Community Builders and Seetec Pluss, proudly set up our gazebo at the Whitleigh Big Local Community Playday.

The event was a lively celebration, filled with the delicious smell of burgers and ice cream, while children enjoyed bouncy castles and learnt circus skills, amongst a variety of other fun activities.

In addition to the fun and games, the Four Greens team chatted with community members, distributing bags, pens, and notebooks, while offering valuable advice and information. This initiative highlighted the commitment to supporting and connecting with the local community, ensuring that everyone feels informed and included.



The day was a resounding success, showcasing the strength of community spirit and the importance of coming together to celebrate and support one another.

Calling All Veterans and their Families

Our Veterans Outreach programme is going from strength to strength. If you or a family member have served in the Armed Forces, why not email Glenn at glenn.jordan@fgct.co.uk to learn more about our Health Hub, Stand Easys or Pie & Mash Suppers to name a few activities.

COMMUNITY BARBECUE

In August, Four Greens hosted a vibrant Community Barbecue aimed at raising funds to support adults with learning difficulties who attend our beloved **Fun4All Club** on Thursday evenings.

A special highlight of the barbecue was the generous donation of sausages from **Tamar Fresh** Known for their commitment to quality, Tamar Fresh sources their food directly from local growers and producers in the picturesque Tamar Valley area. Their delicious sausages not only added flavour to our event but also underscored the importance of supporting local businesses.



Thanks to the combined efforts of volunteers, attendees, and the community, the BBQ was a resounding success. We raised essential funds that will directly benefit the participants of the Fun4All Club, ensuring that we can continue to offer enriching activities and support.

Musical Visit from the Harbour Plymouth

We recently had the pleasure of welcoming Harbour Plymouth to our drop-in session, where they shared valuable insights about their work supporting people struggling with alcohol and drug addiction.



The team from Harbour chatted with local residents, provided information about their services and the resources available to those in need. Everyone appreciated having an open conversation, which created an atmosphere of trust and support.

A highlight of the session was the uplifting music performed by the team, leaving everyone in a great mood. We would like to thank Harbour for their important work and for joining us to share their message. Together, we continue to support those facing challenges in our community.

West Park Fun Day

After a very wet and windy start to the fun day held in West Park organised by Natalie Harrison, Community Builder for Honicknowle and West Park, the sun shone and more than 150 people came along to enjoy stalls hosted by Four Greens, PCH, who held a great Toy Giveaway, Southwest Water, Timebank, RNIB, Shelter, NSPCC (Together for Childhood), Tess from Always Apples, Fire Brigade, local PCSOs and Plymouth Libraries. The event was opened by the Lord Mayor Tina Tuohy and as well as giving away 100 free lunches, a highlight of the day was the chance to jump around on the Mr. Bounce inflatables. We would like to thank PCH and local councillors who helped to fund the event and to make it such a special day.



Helping People, Changing Lives

Our Vision:

To eradicate poverty, social isolation, and health inequalities within our community.

Our Mission Statement:

In partnership with our community to develop a diverse range of quality services and opportunities that will promote economic regeneration and reduce social inequality.

We're on the Web



Coming Soon "Four Greens Tea" Podcast

Tracy Stimpson, our Community Builder for Mental Health and Disability, is presently planning our brand new podcast! It will cover what is happening in our communities and she will be speaking with people living and working locally.

We are hoping to shine an even brighter light on what is happening here and around Four Greens!



Wellbeing Hub Timetable

Monday	Befriending Group 11.30 -14.00	Knit & Natter 10.30-13.00	Cooking Stars 16.30-1745
Tuesday		Craft Group 13.00 - 16.00	Headspace 18.00 - 23.59
Wednesday	Timebank Social 10.00 - 12.00	Perinatal Peer Support Group 10.00 - 12.00	Veterans Wellbeing Group 18.00-20.00 Headspace 18.00 - 23.59
Thursday	Women's Empower 10.30 - 12.00	Community Cafe 12.00 - 17.00 Co-operative Social Supermarket 13.30 - 16.30	Fun4All 18.00 - 20.00
Friday	BYoga Class 09.30 - 10.30	Livewell Stop Smoking Service 09.30 - 13.00	Here4U Friendship Cafe 10.30-11.30
Saturday	Plymouth French School 10.30 - 12.00	For information on any of these groups contact us: email: facilities@fgct.co.uk call: 01752 875916	