

January may be known for its dull skies and post-holiday gloom, but here at CAFAG we've been shining brighter than ever. From community activities to growing services, this month has been full of energy, connection, and positive steps forward.

### Welcome to Dez's Kitchen

We're excited to welcome Dez's Kitchen, who have officially taken over the café—and what an incredible first month they've had! Their delicious food, friendly service, and positive energy have been a huge hit with visitors. We can't wait to see what they bring to the café in the months ahead.

**Dez's Kitchen - Open Mon, Tue, Thu, 8:30 - 6pm Fri 8:30 - 5pm Sat & Sun 8:30 - 2pm**

### First Community Walk of the Year

Gaz kicked off 2026 with our first organised walk of the year to Chatterley Whitfield. 12 people joined us, benefiting from fresh air, gentle exercise, companionship, and the chance to enjoy nature together. A brilliant start to our wellbeing walks programme!

### RSPB Big Garden Birdwatch Success

We proudly took part in the RSPB Big Garden Birdwatch, and we're delighted to report an increase in the number of birds visiting our gardens.

This is all thanks to the hard work Gaz and our wonderful volunteers put into the gardens over the summer, along with the handmade bird feeders now installed in the community garden. Great teamwork—and the wildlife agrees!

### Gym Membership on the Rise

Our gym has had a fantastic start to the year with 20 new members joining in January. We're still receiving daily enquiries by phone, walk-ins, and social media—proof that the community is prioritising health and wellbeing as we move into 2026.

### Warm Meals & Community Support

We continue to provide a delicious hot meal every week to our lunch club members, ensuring everyone has access to warmth, food, and friendly faces.

Alongside this, our free community breakfast remains open to all—including our nursery children—helping local families start the day right.

### Charity Shop: New Products Now Available

Our charity shop has introduced a new range of orderable products, with even more items being added every month. Keep an eye out for updates—you won't want to miss what's coming next!

### Nursery News

Our nursery is buzzing with activity, with 26 children on roll and more due to join us after Easter. They're also running a raffle, with the draw taking place on Friday 13th February. Be sure to get your tickets and share them with friends, family, and customers to support their fantastic work.

Even though January tries its best to feel grey, our community continues to bring colour, warmth, and togetherness to every corner of CAFAG. Here's to keeping the positivity going all year long!

## IMPACT

### Jan 2026

- 20 new Gym Sign ups. 88 active gym members
- 28 community members supported by our wellbeing service
- 133 attendees to free breakfast
- 29 attendees to lunch club
- 12 attending the walking group
- 19 amazing Volunteers supported CAFAG and the community in January



## NEXT MONTH

### Coming Next Month: Brew Club

Starting Thursday 5th February, we're launching a brand-new project: Brew Club.

In partnership with Dez's Kitchen and Reaching CIC, Brew Club will offer a safe, welcoming place where people can come for warmth, connection, and community.

Our wonderful volunteer, Yaz, will be the friendly face greeting everyone who comes through the door.

### Community Garden Project – New Trees Arriving!

At the end of February, we'll be receiving 60 tree saplings from the Woodland Trust as part of our garden remodelling project. These new trees will help improve natural screening, support wildlife, create new volunteering opportunities, and enhance the look of the CAFAG grounds. We're also brightening up our fenced areas with original wildflower artwork, which will be displayed on the bottle-kiln-shaped fences—adding colour, creativity, and a strong sense of identity to the gardens.

## upcoming EVENTS

The CAFAG logo, identical to the one at the top of the page, with the letters C, A, F, A, G in a colorful, bubbly font.

**Tue 17<sup>th</sup> Feb**      Kingswood trust trip - See poster for more details - Fully booked

**Thu 19<sup>th</sup> Feb**      Community open day - More details coming soon

**Mon 23<sup>rd</sup> feb**      Walking group - See poster for more details

**When people come together with kindness and purpose, even January can bloom**

