

ST PETER'S COURT NEWS

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Sunderland Foundation of Light and St Peters Court Tenants Boxing Event

The current and past tenants from St Peters Court participated in a charity boxing event for Sunderland Foundation of Light and Forward Assist. Christopher Higgins, Shane Mendez, Jonathan Farrelly, Gavin Winter, and Gary Anderson. St Peters ex-service personnel along with veterans from Avondale and local people from Sunderland raised thousand of pounds for these very worth while charities supporting veterans. The tenants of St Peters Court were awarded tickets to attend Sunderland football Clubs matches for their hard work and dedication to the boxing event. Tenants attending the Sunderland and Leicester city match were invited onto the pitch before kick-off. Well done to all of the boxers involve in this event.



Woodwork Training Course

Three tenants have also been involved in a 5 week project at The Woodpile; a wood reclamation project in Dragon Ville, Durham. These sessions have involved basic joinery skills where participants have created 'crackets', small wooden stools from old wood and scaffolding boards.

The participants have been shown cutting and measuring techniques, correct tool use including chisels and planes, and how to 'distress' paint. In the latter part of the project, participants were show joinery techniques and learned how to cut dovetail joints.



Beehive is Here

'Plan Bee is a collaborative project between St. Peter's Court and bee keepers Miranda Petersen and Keith Redden. The project commenced in 2015 aiming to promote confidence building and learning new skills in bee keeping for ex-veterans. A bee hive was situated on site at St. Peter's Court in the spring of 2015, and since then over 10 residents have contributed their time towards the project. They have been actively involved in attending bee keeping related workshops ran by Keith and Miranda to gain knowledge of all aspects of bee keeping responsibilities and husbandry. Each participating resident has been provided with a unique insight into the health and welfare of the honey bee with the support of Keith and Miranda. They have continued to provide support, advice and guidance to enable the residents to handle the colony safely, identify disease and manage the health of the honey bee. Most recently, Bee Inspector Mr Ian Wallace visited the hive and met some of the residents who are involved in the project. He delivered an educational session regarding diseases that can affect honey bees, and involved the residents in his inspection of the hive. Mr Wallace confirmed that the hive is currently disease free, and gave advice on swarm control. The residents have played an instrumental part in taking responsibility for the bee hive at St. Peter's Court. Since the beginning of the project their enthusiasm and love of nature has become extremely apparent, and they are more confident in handling the bees in the hive. With support from Project Manager Tony Hammond, we hope to successfully extract the first crop of honey from the hive towards the end of October and move into the second phase of Plan Bee. The second phase will involve engaging the residents in the art of spinning honey to put into jars that can be sold or raffled for fund raising purposes. We also envisage that we will develop relationships with local young people who may have an interest in learning about bee keeping to include them in this project.'

Miranda



Healthy Eating Course

Eight tenants from St. Peters Court have been involved in two healthy eating/cooking on a budget programme ran by Foundation of Light staff. In these sessions, participants have been shown how to create low fat burgers, coleslaw and beef stir-fry with egg fried rice.

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