

Hi Everyone, welcome to Zink's newsletter for July 2024! Relax in Zink's Eco-Café listening to some nostalgic vinyl records on Fridays or join in with team games like bingo or Play Your Cards Right on Wednesdays! Read on to find out more about these and additional funding to extend Zink's employability project.....

**Website:** [www.zink.org.uk](http://www.zink.org.uk)

**Address:** Zink HQ, (Market St. Car Park), Clough St, Buxton SK17 6LJ, Open 10-4 Mon – Fri.

### **Zink's Eco-Café: Reducing Waste One Meal at a Time**

We all hear about the enormous amount of food that's wasted and it's because of over production, wonky labels and misjudged sales expectations, not because it's out of date or no good. Zink's cooks turn this food into delicious meals served Tuesday to Friday (10am – 1.45pm) in our eco-café. Lunch costs as little as £1.25 and by eating in the café, you not only reduce food waste but also help Zink support local families in need. Eating out never did so much good!

### **Buxton Carnival**

Thanks to everyone who came out to cheer Zink's float in the carnival. Volunteers, client and staff were overwhelmed by the response and the prizes!

Float – 1<sup>st</sup> Prize

Walking Character – 1<sup>st</sup> Prize

Fancy Dress Group – 1<sup>st</sup> Prize

Adult Character - 1st Prize and 3rd Prize

Well done to all involved! Let us know if you want to be on next year's float!

### **New Funding for Work Coaching at Zink**

High Peak Borough Council awarded Zink a contract to provide additional work coaching. Funding is from the UK Government's Shared Prosperity Fund and started in May.

Zink's work coaches will help you get into work, education or training etc. or address the issues you have getting a job. They can even help if you are having problems in work or want to work more hours.

To book or find out more, email [jane@zink.org.uk](mailto:jane@zink.org.uk) or 'phone 01298 214926.

### **Gaming**

Enjoy an afternoon of nostalgic 90's gaming with our small friendly group. Handsets etc. provided. 12.30 – 3pm

### **Support for Ukrainians at Zink**

Polina Haliuta is the High Peak Ukrainian Support Coordinator. Based at Zink, Polina can help set up local networking groups, translate or address issues refugees in High Peak and Bakewell areas might have settling in.

Email: [polina@zink.org.uk](mailto:polina@zink.org.uk) Tel: 07908 157970.

English lessons (beginner and intermediate) 1-2pm Mondays.

Ring to book an advice slot.

### **Quick Good News Update**

After a few years unemployment following leaving college at 18, Freya had lost confidence in achieving her ambition of working in an information office. Zink helped her gain experience in similar roles and guided her application technique. Freya gained first a seasonal job then a part time role last year. She 'phoned this week to say that she had now got not just a full time position but as manager! Freya said this was because of the confidence experience and work coach support at Zink had given her.

### **Vinyl Revival – Fridays 10.15am – 12 noon**

The platform is old school, the sound is classic! Vinyl record albums played from start to finish as the artist intended. First album at 10.15am is lesser known, compilation or soundtrack. The main event, around 11.00am is a masterpiece of its time. Think Pink Floyd, Blondie, Chic, Harry Styles, Oasis, The Weeknd, Kate Bush..... Sit back and soak it in over breakfast or a brew and let the vinyl revive you!

Artist and album announced weekly on Facebook.

### **Family feast and fun: Every Tuesday during the school holidays 3.30-5.30pm**

£2 a head, 50% off for families on benefits: two course dinner plus fun and games. Free trip out to Peak Wildlife Park in summer for regulars. Email [liz@zink.org.uk](mailto:liz@zink.org.uk) or 'phone 01298 214926 to book.

### **High Peak Foodbank**

**Emergency food referral line** (for support organisations): 07977 618232 1-3pm.

James was brought to Zink by the police who were worried about his wellbeing. He was homeless and his anxiety levels were out of control. Zink provided James with a meal and, when no help arrived by the end of the day, arranged temporary accommodation through the council. Zink's advice worker helped him to apply for benefits and to register as homeless. James continued to come to Zink for lunch and took food for his evening meal. P3 found him more permanent accommodation and Zink helped him get there. James is now settled

and planning to go back to work. He says he isn't sure would have made it if he hadn't had refuge at Zink HQ every day.

**Donate online at [www.zink.org.uk](http://www.zink.org.uk):** If you're planning a challenge, running a marathon, bungee jumping or want to in aid of Zink, let us know and we'll promote it!

### **Computer Workshops every Thursday at Zink HQ 10.30am - 12.30pm**

For absolute beginners or those who want to develop new IT skills. Thanks to PCRefurb in Glossop for providing extra laptops so more people can learn. Free, book: 01298 214926 or just turn up.

### **Join Our Lottery!**

A fun way to give monthly! £1 a week with a chance of winning £25,000 weekly jackpot plus other prizes: <https://www.onelottery.co.uk/support/high-peak-foodbank>

**Neuro Divergence Hub - children and young people age up to 25 and their families.** Available in Glossop, Buxton and across the High Peak: 07498 892525 or neurohub@zink.org.uk.

### **Activities and Services at Zink**

	<b>Activities (* book ahead)</b>
<b>Monday</b> Café Closed	Baking Club*: 10-12 Meet up for support workers and those they support 10.30-12. English for speakers of other languages: 1pm Ukrainian Advice Session 2-4pm*: help from Zink's advice worker to sort out issues related to housing, finance or welfare.
<b>Tuesday</b> Café open 10-2, then families only from 3.30pm	Walking group: 10am from Zink HQ or 10.30 outside leisure centre then back to Zink HQ for cake. Let's Game 1-3pm - nostalgic 90's video gaming Knit Happens! 2.30 - 4 Family meal and fun* after school/3.30pm until 5.00pm EBSA Parent Support (monthly, email <a href="mailto:neurohub@zink.org.uk">neurohub@zink.org.uk</a> for details)
<b>Wednesday</b> Café open 10-2	Board games, quiet session: chess, scrabble etc. 10-12 Group Games Meet-Up 1-3pm (bingo, play your cards right, quizzes) NA Meeting 8-9.30pm

<b>Thursday</b> Café open 10-2	Menopause Peer Support Group 11am – 12 noon (every other week) Free IT workshop 10.30-12.30
<b>Friday</b> Café open 10-2	<b>Old School Vinyl Session: 10.15 am – 12 noon</b> School of Rock* 1-2 and 2-3 Crisis Support Drop In 6-11pm
<b>Saturday</b>	Crisis Support Drop In 6-11pm
<b>Sunday</b>	Crisis Support Drop in 2.30-5.30pm

**If you or your organisation has a newsletter, please copy and paste the following into it:**

**Zink Update (including High Peak Foodbank)**

There are great things happening every day at Zink HQ! Some examples: Tuesdays: Walking, gaming and Knit Happens, Friday: Vinyl Revival and School of Rock. Visit [www.zink.org.uk](http://www.zink.org.uk) to find out what else is on! The Eco-Café serves delicious meals from as little as £1.25 Tuesday to Friday and is open to all.

Thank you to everyone who supports Zink with donations of food, money and time. It's because of your help that Zink is able to offer such a range of support to meet a variety of need and enable people to progress towards better futures and jobs. The foodbank at Zink currently needs tinned meat, sugar, custard, deodorant, ready meals (pouches or dried), tinned pulses and plastic bags.

[www.zink.org.uk](http://www.zink.org.uk) Zink HQ, Clough St. (Market St. Car Park) Buxton SK17 6LJ

