

**CAPE SHOP: Churchfield Community Association wrote a nice piece in their newsletter.**



*"In its second successful year on Churchfield Road, CAPE Charity Shop is a hive of activity. Behind this enterprise is a large and active community endeavour.*

*CAPE (Community Activities Project Ealing), established in 1997, is an Acton-based charity for residents of the London Borough of Ealing who experience mental health problems. The charity offers social, therapeutic and flexible outreach support both at the center and in the community.*

*Mental Health is an issue of our times. CAPE was established in the light of the growing numbers of individuals experiencing problems, the increasing awareness of their needs and a general concern about the attendant social isolation and need for daytime activities. The project aims to improve the quality of life of the people who use the service, enabling them to maximise opportunity and gain independence.*

*CAPE seeks to engage people in vocational and recreational activities of their own choice. These currently include: a pop-up choir, a walking group, a café, volunteering, art workshops, discussion group, baking, women's support and wellbeing, numeracy, literacy, news and current affairs, advocacy and therapeutic services.*

*At the heart of the project is the café where activities take place. It offers freshly cooked food and cakes to the three hundred members currently using the centre. The café is organised and run by both staff and CAPE charity members.*

*The CAPE Charity Shop was established to raise much needed funds for the charity. It also provides volunteering opportunities for CAPE members and local residents, and promotes the work of this valuable organization*

*The shop is a treat to visit. Welcoming and friendly, this is a boutique charity shop offering high quality goods which are displayed with taste and style. Everyone in the shop takes great pride in making the shop an attractive, eye-catching and welcoming space.*

*There is a good range of jewellery for all tastes, scarves and accessories, as well as quality home wares, paintings, DVDs, CDs and vinyl records, all of which have been donated by local residents.*

*Clothing and bric-a-brac donations are always welcome and, if anyone is interested in volunteering, they are welcome to pop in and have a chat. Due to space restrictions and particular safety regulations, the shop is unfortunately unable to sell, and so cannot accept donations of, toys, games, sports equipment, baby equipment, furniture, bedding, towels or electrical goods. When donations are Gift Aided, the Charity receives an extra 25p per pound the item is sold for, so please sign up when donating.*

*CAPE Charity Shop is the public face of a charity dealing with issues that affect many people at some time in their lives. It is a local based charity fulfilling a real need—a much needed haven for many members of our community."*