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PEACE  
SUNDAY was  
celebrated on  
January 15<sup>th</sup>

PEACE where People put Peace into action  
Basic Needs are met,  
Human Rights are respected,  
People feel safe and valued in their communities,  
We care for our common homes.

## GOOD NEWS

*Monday this week is known as Blue Monday, supposedly the most depressing day of the year.*

*Yet on Tuesday morning I went shopping in Falmouth, temperature 4 degrees and cars covered with frost.*

*The sun was shining and pensioners were getting their 10% Tuesday discount at Iceland.*

*It was not a "blue Tuesday" for in every shop I went into the shop assistants were smiling, cheerful and helpful, and the Cornish greeting "hello my lovely" was to be heard. What a lot of difference cheerfulness and a smile makes.*

*Maybe I will contact the editor of our local weekly newspaper and ask her to put some GOOD news in the headlines each week.*

*It is reported that many elderly people have stopped listening to the national BBC news as it is so depressing.*

### LIFESTYLE BRAND RAISES £12,000 FOR CHARITY

SEASALT launched its "Doing Good Things" on Black Friday in December. Rather than encouraging sales promotions on this day, staff were given an extra day's paid leave to participate in local charity volunteering projects.

### LIDL

says that consumer habits have shifted to more of a focus on healthy eating.



### FAIR TRADE

Falmouth Town Fair Trade Steering Group has forged good links with the Universities in Falmouth and Penryn and will be joining together to hold events for Fair Trade Fortnight, starting at the end of February. WATCH THIS SPACE.

## FOR PRAYER AND REFLECTION

### THE CURRENT RISING NUMBER OF UNION STRIKES AFFECTING ESSENTIAL SERVICES IN THE COUNTRY

Needed is a solution which takes into account the dignity and value of work, including the right to strike, and the economic situation in this country.

NB Carers do not have a Union and are paid only about a £10 an hour; there is a shortage of 165,000 carers in this country. It is more lucrative to stock shelves in the supermarket!

### NHS

Need not just for extra money but for an efficient and effective reorganisation of its present structure, including new initiatives.

### RESEARCH CONFIRMS DUCHY HARD TIMES

Cornwall Community Foundation's research, carried out with the University of Exeter, highlights a high level of deprivation, rural isolation, lack of opportunities and an increasingly alarming shortage of affordable and social housing.

In Cornwall, a fulltime worker earns 79 % of the UK gross median annual salary.

- 26% earned under the living wage, compared with 17% nationally.
- 20% are self employed, compared to just 13% in the UK.
- 49% of those self-employed earn less than the minimum wage.

## ACTIONS FOR THE WEEK

Buy a bunch of Cornish daffodils, now in the shops and give to someone who needs a little joy in their lives.

### FAIR TRADE

*Ask yourself* do you know about and agree with the Principles of Fair Trade. If you do, do you support poor farmers who produce our tea and coffee, or do you have Nestles in your kitchen who does not support Fair Trade. *Buy FT tea and coffee* at the Co-op or M & S or Falmouth's Natural Food Store. *Sign Petition* to include Fairtrade bananas in the free fruit for schools scheme: <https://petition.parliament.uk/petitions/619553>.