

Reach the Stars!

ReachOut Creative Futures' Newsletter

November 2026



Remembrance and Refurbishment

...a month of reflection and looking ahead.

November is another busy month for the calendar with many notable dates and beginning with all Saints Day on the 1st (following All Hallows Eve!), a similarly spooky Day of the Dead on the 2nd, Bonfire Night on the 5th, Diwali on the 8th, Remembrance Day on the 11th, World Kindness Day on the 13th and World Diabetes Day on the 14th. It is also worth keeping an eye out for the Southern Taurid Meteor shower on the 4th, Fowey Christmas Market on the 22nd and Cornish Culture Day in Falmouth on the 27th. See if you can spot these themes in our newsletter. Our students will be enjoying an extended 2 week half term and our café will re-open on Wednesday 11th November – so come and join us for a cosy lunch or coffee and cake, and enjoy our poppy display for remembrance.

Hopefully you have spotted the scaffolding is now down and have admired our freshly painted façade! A huge thank you to our landlord St. Austell Brewery, for refurbishing our building and repairing our roof. Read more about the work in this special double spread issue!



Find us on Facebook, Instagram and at our website:

www.reachoutcf.com



The Rising Stars Training Café

Open Wednesdays during term time from 11:00 to 14:30

Please note our next café of the academic year will be on Wednesday 11th November.

Did you know that profits from our café go to local charities? This year we are supporting The Hugs Foundation and St. Francis Dog Home. So, not only are you supporting our students to gain valuable hospitality work experience, but also your local community.

Find us on social media or at our website to view the latest menus.



Remembrance and Refurbishment

Continued from front page.

October was a busy month with our students opening our Rising Stars café on the 7th and delighting customers with tasty treats and warming dishes. The Arts Award group has been busy making music, exploring DSLR photography and editing with Photoshop, stop frame animation with green screen (below right), digital and traditional sketching and not to mention refreshing our poppy display ready for Remembrance Day on the 11th (top right).



The walking enrichment group has explored the nearby Clay Trails, Lostwithiel, Kingswood and local beaches. One of their walks was 10 miles long – but did involve cake! The occupational studies group has been working on food hygiene, with students gaining L2 certificates. And the Caring for Children group has recently visited Bright Eyes nursery to see how their skills can be used in a professional setting.



Students Immy and Amos have particularly enjoyed the walks this month and photographing the beautiful autumnal colours. James has had a fantastic time working on a stop frame animation with a hat-trick of Patricks that he has made! And Charlie has made huge improvements with his digital artwork (see back cover).



Our students have recently visited Charlestown for a DSLR photography trip. Check out these vibrant photos that bring charm to a dull Autumn sky.



Cosy up
with our...
Recipe of
the month:

Lentil Dal



*As made in
our Rising
Stars Café*

Serves 4

Serve with pilau rice and naan bread.

Ingredients:

- 225g red lentils
- 2 tbsp vegetable or rapeseed oil
- 12 peppercorns (optional)
- 4 cloves (optional)
- 1 onion, thinly sliced
- 4 cloves of garlic, crushed
- 6cm ginger, peeled and finely grated
- ½ tsp chilli powder (optional)
- ½ tsp ground coriander
- ½ tsp ground turmeric
- 1tsp salt
- 300g tin of plum tomatoes

Method:

- Rinse the lentils in a sieve until the water runs clear. Drain and put into a deep lidded saucepan. Add 600ml of water and bring to boil, then cover and simmer for 10-15 minutes until tender.
- While the lentils are simmering, in a second deep lidded saucepan heat the oil over a medium heat and add the peppercorns and cloves, stir-frying for a minute. You can remove these from the oil if you like. Add the sliced onion and cook for 8-10 minutes until golden in colour.
- Once the onions are gold, add the garlic and ginger and fry for a further 4 minutes before adding the chilli powder, coriander, turmeric and salt. Stir well and then add the tomatoes, breaking them up with the stirring spoon. Cover the pan and simmer for 8-10 minutes.
- Add the lentils using a slotted spoon and a little of the lentil cooking water to get a good consistency – less if you like it thick or more if you like it soupy.
- Cover the Dal and cook on a low heat for a further 10 minutes.
- Taste test and adjust seasoning if required.
- Enjoy on a cosy Autumn Day!

Look CLOSER!

Can you guess what the Pictionary Drawings are of?
This week we are looking for just one word, and it really
is a case of 'say what you see'. Clue: The art of riding.



The Seven

ReachOut Refurbishments



Wash-up room repaired!



Gated back yard entrance!



Garage and workshop wall fixed!



New roof and paint work to front façade!



St. Austell Brewery is celebrating 175 years!

Our English Enrichment group has been researching the history of the Brewery, and particularly our venue – The Seven Stars Inn – as this was the Brewery's first pub that was leased by Walter Hicks in 1853, two years after the Brewery began. To help celebrate this milestone, our students will be presenting their findings later in the academic year. The exhibition will be open to the public on our café days (Wednesdays during term time between 11:00 and 14:30) and more details will follow soon. Keep an eye on our web and socials!



Stars Inn



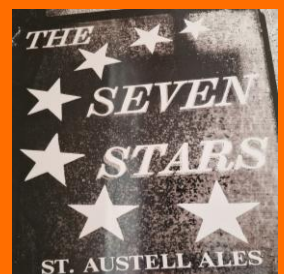
Thank you, St. Austell Brewery!

Share your stories and memories with us!

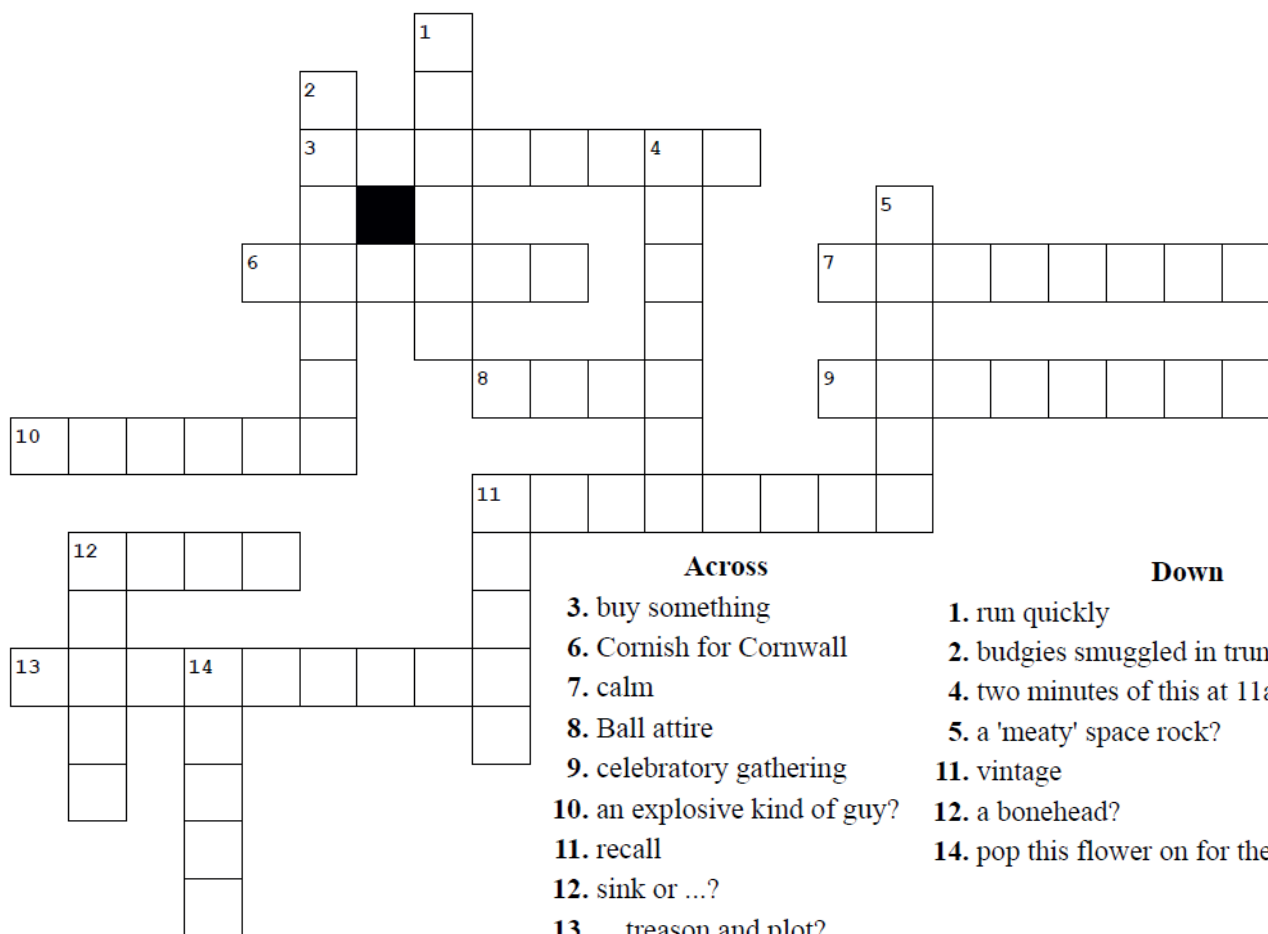
We would be fascinated to hear any of your stories and memories of the Seven Stars Inn. Pop into our café and speak to a member of staff or get in touch via our socials or email (see back cover).

A fireside tale from the 1980's...

Allegedly, during the 1980's, a regular customer of the Inn passed away during a "lock-in". To avoid alerting authorities to the out of hours drinking, the corpse was sat by the fireplace to keep warm until medics arrived the next morning!



Crossword Corner:



Across

- 3. buy something
- 6. Cornish for Cornwall
- 7. calm
- 8. Ball attire
- 9. celebratory gathering
- 10. an explosive kind of guy?
- 11. recall
- 12. sink or ...?
- 13. treason and plot?

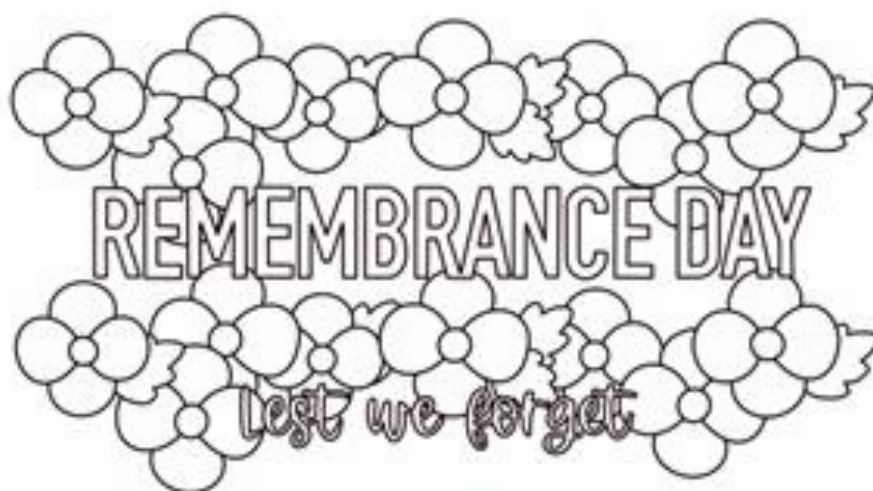
Down

- 1. run quickly
- 2. budgies smuggled in trunks?
- 4. two minutes of this at 11am on the 11th.
- 5. a 'meaty' space rock?
- 11. vintage
- 12. a bonehead?
- 14. pop this flower on for the 11th

Remembrance Day:

November the 11th (Armistice Day) marks the exact moment that the World War 1 ceasefire took effect at the 11th hour of the 11th day of the 11th month in 1918. Remembrance Sunday is held annually and always on the second Sunday in November (this year on Sun 8th Nov). King George V requested the first two-minute silence in 1919 to remember the fallen. The red poppy, inspired by John McCrae's poem "In Flanders Fields, grew across the battlefields of Western Europe and was first used by the Royal British Legion in 1921 to raise money for veterans and their families.

Colour me in!



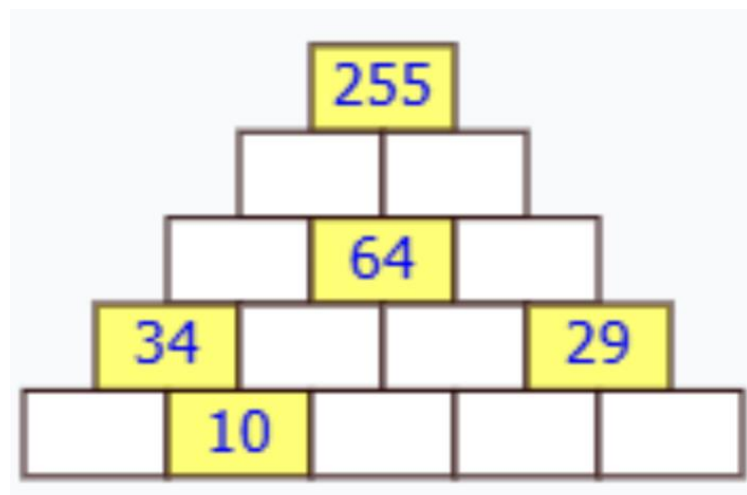
Did you know...

St. Austell town centre is absolutely full of artwork. Look high, look low and look all around. You are bound to spot something you may have missed!



Monthly Maths Puzzles:

Can you solve our Maths Pyramid?



Maths Pyramid Instructions:

The block above the two below it is the sum of the two below. Hint: $10 + \text{what} = 34$?

Jokes of the month:

I just bought a boomerang from a ghost?

....now I'm worried it will come back and haunt me!

What does a Scottish cannibal eat for breakfast?

....a bowl of Wee-Toes!

You may not be my biological ladder...

....but you'll always be my step-ladder!

What do you call a duck with pyromania?

....a fire-quacker!

What do you call a possessed chicken?

....a poultry-geist!

How do autumn leaves express their love?

...they fall for each other!

Can you solve our Cross Maths Grid?

	+		+		+	2	35
+		+		+		+	
	+	10	+	8	+	12	37
+		+		+		+	
15	+	11	+	3	+		33
+		+		+		+	
16	+		+		+		31
52		36		29		19	

Fill in the missing numbers

The missing values are the whole numbers between 1 and 16.

Each number is only used once.



The Quick Quiz:

1. Where are the Great Pyramids of Egypt located?
2. What gives pink flamingos their distinctive pink plumage?
3. What are the names of the 4 main islands that make up Japan?
4. What is the Capital City of Australia?
5. How long is a typical Swiss Alpenhorn?
6. What are the colours of the German flag? (Think carefully!)
7. Has anyone ever been eaten by a whale?



We hope you have enjoyed our newsletter. We have had a lot of fun putting it together. Our next edition will hopefully be out on 25th November 2026. See you then!

If you have any suggestions for content, please get in touch with the newsletter group via email: simon@reachoutcf.com. Alternatively, you can put a note in the suggestions box in our café.

Thanks for reading. Best wishes, the Newsletter crew: Charlie, Lydia, Noah, Shanice, Sky, William, Louise, Phill and Si.

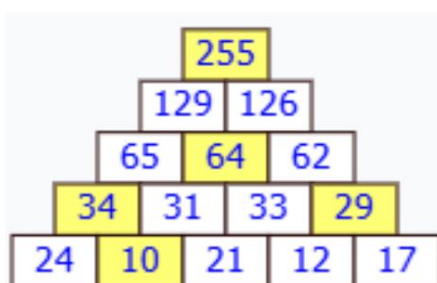
Answers to puzzles:

Look Closer Pictionary Drawings: Horsemanship.

Crossword Answers

Across	Down
3.purchase	1.sprint
6.Kernow	2.speedos
7.peaceful	4.silence
8.gown	5.meteor
9.festival	11.retro
10.Fawkes	12.skull
11.remember	14.poppy
12.swim	
13.gunpowder	

Maths Pyramid



Cross Maths

14	+	6	+	13	+	2	35
+		+		+		+	
7	+	10	+	8	+	12	37
+		+		+		+	
15	+	11	+	3	+	4	33
+		+		+		+	
16	+	9	+	5	+	1	31
52		36		29		19	

The Quick Quiz:

1. Giza.
2. The shrimp they eat.
3. Hokkaido, Honshu, Shikoku and Kyushu.
4. Canberra.
5. 3.5 metres (11.5 feet).
6. Black, red and gold (not yellow!).
7. No, but some people have been briefly caught in their mouths and spat out!



One of our very talented Silver Arts Award students has created this intricate character using Krita on one of our Huion drawing tablets. Awesome work Charlie!

ReachOut Creative Futures is an alternative education provider offering a unique mixture of vocational activities alongside recognised qualifications. The program of study offers a nurturing environment for young people to achieve their full potential. We are based at the former Seven Stars Inn, St. Austell.

ReachOut Creative Futures is one of Cornwall Council's Approved Providers for Community Based Out of School Alternative Education.

