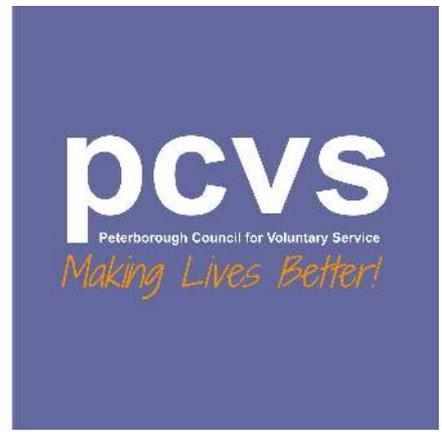


# Monthly Newsletter

## February 2021



### Self Love and Self Care

This month's editorial for the newsletter is much harder to write than I had imagined. Kalai has chosen Self Love and Self Care. If I were writing a year ago I would talk about how I'd treat myself to a massage, take myself off swimming, spend an evening with friends and family at a nice restaurant or even a trip to the seaside, cinema....abroad.

I want to write about how, during Covid, I have spent much time self-loving whilst walking with my dog, Lily listening to the sounds of the woods or the river (don't tell anyone but even sometimes listening to fave music on vol 11 through my Walkman – ok, I know, it's actually my phone but Walkman is such a great word.....). But I can't even share my love of time in nature with Lily or loud music since my dog sliced her paw and is grounded and I damaged my ears listening to blaring music for too long. So how do we self-love and self-care when it feels like the deck of cards is stacked against us? Mmmh this editorial is gonna be harder to write than I thought, and may take more time than I had allocated.....Let me see.

Well first perhaps I need to prepare the ground, laptop, cup of tea, a sidle up to the radiator and a cat on my lap. Next a reminder that I can only do what I can do and if the words don't come, to let go and come back later. I begin to write. I notice how I tell myself that my words will be dull for others and then remember this is a piece about self-loving and wonder who is telling me I am rubbish at this? I am smiling – self criticising is a sport I exceed in. Now I am laughing remembering how I love to win, even against myself.

I find I am thinking of all you, my friends and colleagues, our VCS family of Peterborough and how you have all supported me through difficult times and how nourished I have often felt by your words and care. I am feeling love as I type. And now I notice my stomach rumble a little and looking at the clock acknowledge it is nearly time for dinner (only 4pm but love that I can call dinner-time anytime I like during COVID).

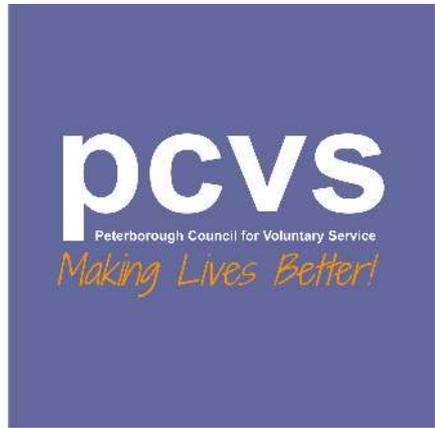
I really need to write an introduction to the newsletter but today it is cold, I am tired and feeling the need for self-care so am going to go and get my dinner on. Hope you are all putting you first too. X

**Leonie**

Her/She

*Leonie McCarthy  
Chief Executive Officer  
PeterboroughCVS*

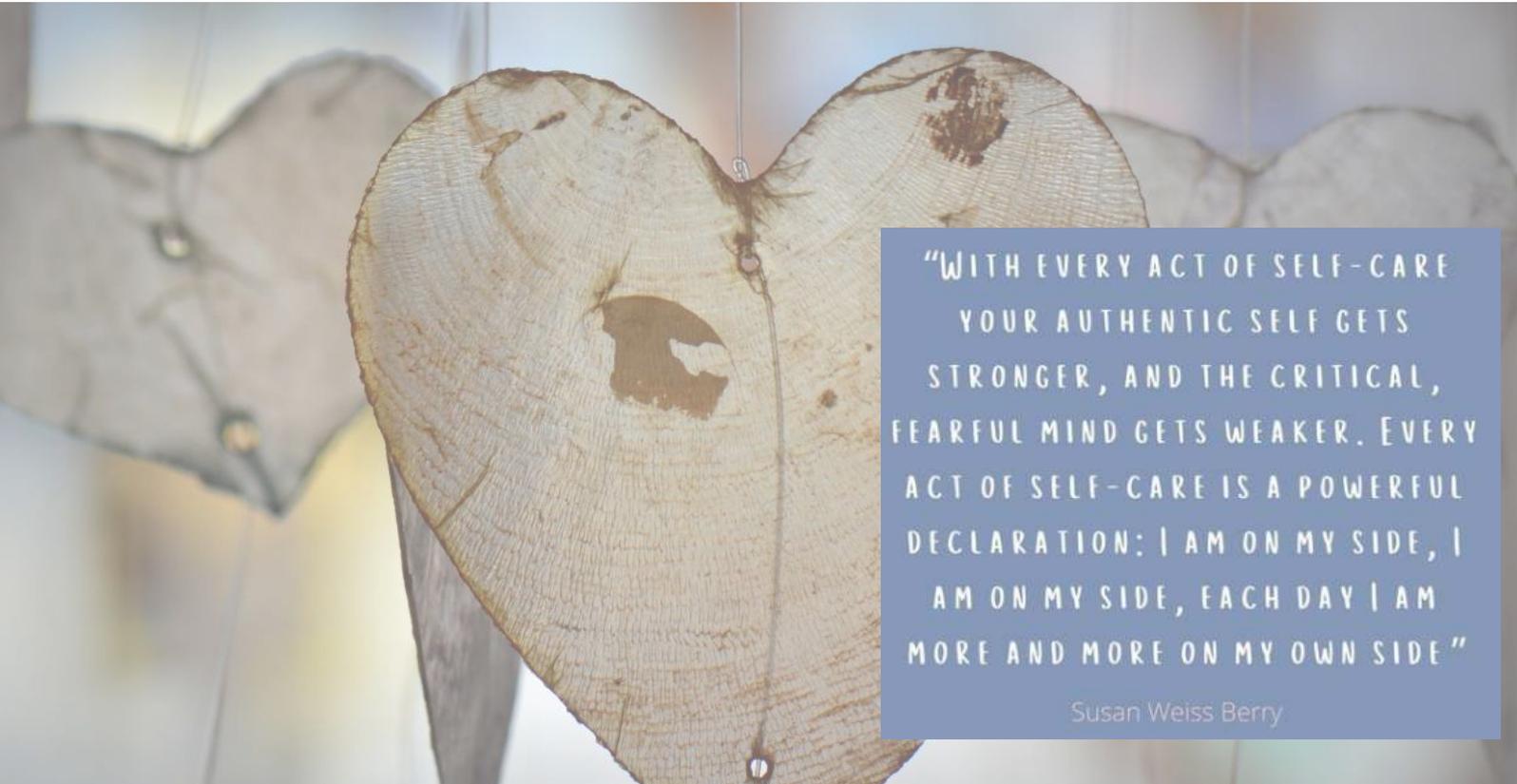




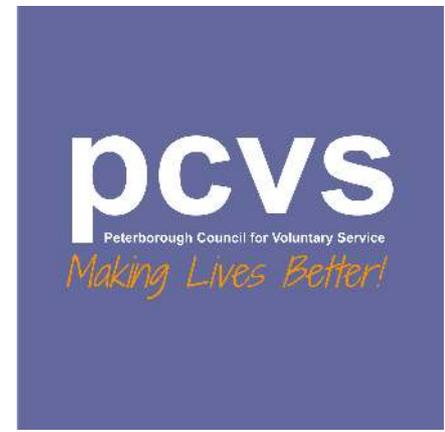
This month we have chosen self care and self love as our topic as in these times where our mental health and well-being is under strain, it is incredibly important to remember to take time out for ourselves. For only if our cup is full can we fill the cups of others. For only when we are at our best can we give our best to others.

Self care is whatever works for you to recharge and function well. It is different for everyone, whether it is a soak in the bath, reading a good book, going for a walk, a yoga class or having a quiet cup of tea. Taking time out can make an overwhelming task seem achievable and re-frame a destructive mindset. Self care is certainly not selfish for if you keep your battery powered, everyone around you will reap the benefits of your renewed energy.

“SELF-CARE IS GIVING THE WORLD THE BEST OF YOU, INSTEAD OF WHAT’S LEFT OF YOU.”  
Katie Reed



“WITH EVERY ACT OF SELF-CARE YOUR AUTHENTIC SELF GETS STRONGER, AND THE CRITICAL, FEARFUL MIND GETS WEAKER. EVERY ACT OF SELF-CARE IS A POWERFUL DECLARATION: I AM ON MY SIDE, I AM ON MY SIDE, EACH DAY I AM MORE AND MORE ON MY OWN SIDE”  
Susan Weiss Berry



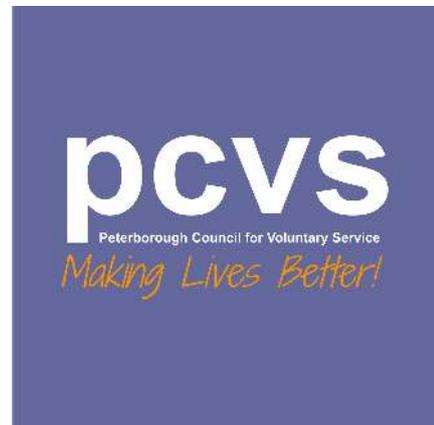
Over the past couple of months we have been running a pilot project which has involved holding a series of sessions on self-discovery and connecting with others to support work and personal life. It has been a chance for individuals who work in the voluntary sector and who support Peterborough's communities to ensure their personal needs are met, whilst facing the increasing support demands from some of the most vulnerable citizens in our City. The sessions have been led by Michael Ellis, one of the lead practitioners of self-awareness and growth in the country and has given participants the breathing space to learn more about themselves; develop self awareness, and experience non-judgmental acceptance.

Here is some feedback we have received from some of the participants.

*'I have found a safe space to talk about myself and explore my matters. It is all too often as community or group leaders that we are listening and supporting others, we must also realise that we too are human beings and also need this support, through these sessions I think we have found a platform to share our worries and concerns and to just breathe.'* Sameena Aziz, Educaxion Learning Hub

The best emotional support I've received so far in my current profession. Working in the voluntary and community sector is not an easy job and the support provided in the group has been invaluable. We are able to share our emotional experiences and know we are not weak or alone in feeling the way we do. Iveta Suna, Latvian Community Association in the UK

We have now had 2 of the scheduled Community Leaders' Support Group meetings. We have been introduced to Gestalt by 2 great facilitators and it has been great to share experiences and connect with others in similar roles across Peterborough enabled by this approach. In the current context, and with the ever changing circumstances and demands of the pandemic, the opportunity to share experiences and feelings and just to reflect/take stock is rare at the moment and at times this can take its toll on individual wellbeing. Fiona Adley, Craft4Smiles



## VCS vaccine roll out for front line VCS staff

The COVID vaccine is now available to staff and volunteers within the VCSE who directly work or have contact with people in the priority groups outlined below:

- homecare workers
- those working to support the homeless population in centres or temporary accommodation
- those involved in the direct supply of food and other goods
- those supporting older people and those with long term health issues
- those supporting vulnerable children and young people
- volunteer drivers involved in transporting people to vaccine appointments

PCVS are working with the NHS on the identification and prioritisation of VCS organisations to receive the COVID vaccine. We have sent out invitations and have been coordinating responses. So far just over 100 people have booked their vaccinations.

Mel and Lou from Paston Farm Community Foundation have recently had their first dose of the vaccine and have shared their experience below,

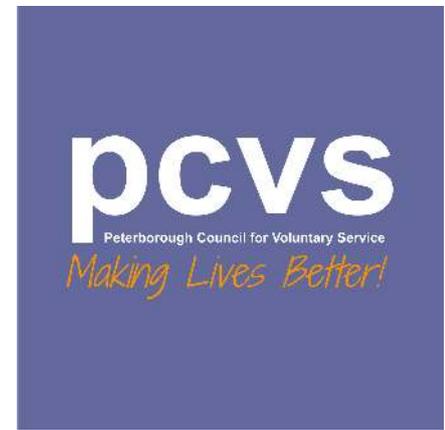
*Mel: "It was well organised, painless and without side effects. What more do you need?"*

*Lou: "It was very easy to book online and the vaccination itself all went smoothly. My arm was a bit sore for a day or two but I just used it as an excuse to do less housework for a bit!"*

# Date for you Diary

## Funding Forum - 25th February at 4pm

Our previously advertised Funding club will now take place in the format of a forum to enable more open discussion. The Funding Forum is launching on the 25th of February and we welcome you to join us. Here you will have access to funding support, we will discuss and share ideas, promote funding opportunities and members will have the opportunity to talk about their needs and ask questions. The session will be an hour long and held on zoom. The first one is held in collaboration with Near Neighbours. To book your place please [click here](#).



### Message from one of our Trustees, Faustina Yang:

I am supporting Femi Olasoko, Near Neighbours Peterborough Hub for the Surge Programme. We aim to work with trusted community champions to reach deep into communities.

- FREE WORKSHOP- Diverting to Digital Marketing - to help you move yourself or your organisation online, whilst harnessing the platforms and tools available. Ideal for those who want to make the most of online platforms and content. This free workshop - Diverting to Digital, gives you the tools and information you need to do so.
- FREE WORKSHOP - Covid Cash Recovery- this free workshop offers information and resources to help those who may be financially struggling. Individuals are welcome to attend. It is also ideal for community champions who wish to use this course to help others.
- NEW GRANT- New Support for Communities Most At Risk from Covid – We offer grants (up to £4000 ) to local projects that support communities affected by pandemic, addressing their emerging needs and improving community engagement with public health initiatives.

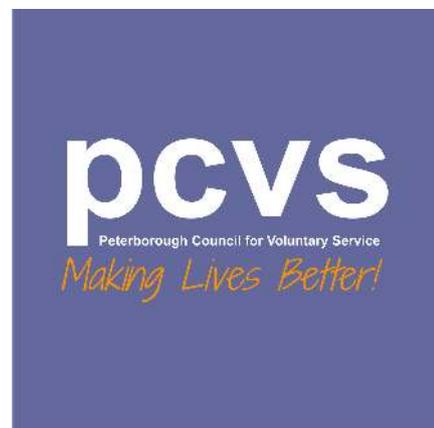
I am asking Community Champions to

- get in touch with me to find out more information about the free workshop and the new grant
- share this information to your communities and ask those who are interested in the free workshop to contact me on [Faustina\\_yang@yahoo.co.uk](mailto:Faustina_yang@yahoo.co.uk)
- we are also recruiting volunteer ambassadors to support engagement in local areas, please get in touch if you or anyone you know will be interested. Training will be provided.

Thank you and keep up the great work you are all doing. We are better working together!



# CENSUS 2021



## Counting down the weeks to Census 2021

The countdown to Census 2021 continues, and next week will see the launch of the national advertising campaign.

Two schools programmes are also running for primary and secondary schools, these have been designed with online learning in mind. There are lots of free resources for parents and teachers and competitions too as part of both programmes, for more information visit the [Census 2021 website](#) - [Click Here](#)

For the first time ever the census will be 'digital-first' - households across England and Wales will receive an access code by post in March, and for many people this will mean that they can complete their census form quickly and easily online. Some areas will receive paper questionnaires, for example where digital access is limited.

While it is compulsory to complete the census, it is not compulsory to complete online. If you, or anyone you know, needs help, there will be a wide range of support services available. These include a freephone contact centre that can give help over the phone and guidance in a range of languages and accessible formats, including paper questionnaires, large print and telephone capture. Census field officers will be working locally (operating within COVID guidelines) and they will also be able to provide help for those who need it.

Please continue to help raise awareness of the census with your community by sharing information on your website, in newsletters etc - content can be downloaded on the Census 2021 website - <https://census.gov.uk/downloadable-resources> (including translated materials). You can also share content from the Census social media channels - Twitter / Facebook / Instagram / LinkedIn

Nicky Warnock is the Census Engagement Manager for Peterborough, she can provide help and advice to local organisations and can be contacted on 07452 938165 or by emailing [nicky.warnock99@field.census.gov.uk](mailto:nicky.warnock99@field.census.gov.uk)

When Kirsty joined the eMploY-ABILITY project, she had left her home with her son due to a relationship breakdown and had just secured her own accommodation after being in a hostel for a year.

Kirsty had been unemployed for 12 months and suffered from anxiety. She wanted to gain new skills and find employment.

**“My mental health, self esteem and confidence have grown and as a result I have found employment. It was really good having 121 support away from family and friends”**

Our delivery partner, The Ferry Project, worked with Kirsty to build her confidence in being out in her local town and also in job searching. We are very pleased to say that she exited the project in employment and also a plan to work with animals.

We wish Kirsty the best of luck!

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eMploY-ABILITY is funded by the European Social Fund and The National Lottery Community Fund

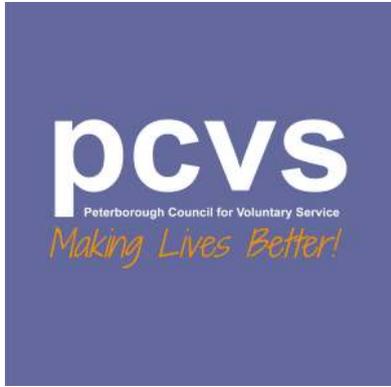
Get involved - 3 ways to join the eMploY-ABILITY journey...

- Refer your clients
- Provide support and services
- Open doors to volunteering, work experience & employment

For enquiries regarding services or volunteering/work experience/employment please contact the BBO Team on [employability@communitieseast.com](mailto:employability@communitieseast.com)



With next week being half term, there is even more reason to check out these free activities for young people in Peterborough



**FREE ONLINE ZOOM SESSIONS FOR PETERBOROUGH RESIDENTS**  
**EVERYDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY**

<b>Little Miracles</b> zoom SEND Youth Club <b>DAILY</b>	<b>Youth Panel</b> Young Commissioners Panel With Youth Inspired <b>4:30pm</b>	<b>STREET ART</b> With KORP PEN & PAPER NEEDED <b>3-4pm</b>	<b>STEM - MUSIC &amp; VIDEO GAMES</b> With Conductive Music <b>4-5pm</b>	<b>BOXERCISE</b> With Boxing Futures <b>3-4pm</b>	<b>Q Group</b> LGBTQ+ Youth Club <b>2-4pm</b>
<b>STARTING 26TH JANUARY</b>  <b>FREE: 4 WEEK LOCKDOWN ACTIVITIES</b>	<b>LGBTQ+ Online Youth Group</b> With The Kite Trust Under 13's Tue 16th Feb Book Club Tue 26th Jan	<b>LGBTQ+ Online Youth Group</b> With The Kite Trust 11-16yrs @5pm 16-25yrs @7pm	<b>FITNESS &amp; HEALTH</b> With POSH <b>6:30-7:30pm</b>	<b>FAMILY GAMES NIGHT</b> With Community First <b>6-7pm</b>	ALL SESSIONS ARE FREE AND AVAILABLE ONLINE FOR YOUNG PEOPLE & FAMILIES

**To Book Please Contact:**  
 Little Miracles  
[admin@littlemiraclescharity.org.uk](mailto:admin@littlemiraclescharity.org.uk)  
 Boxing Futures  
[Anthony.york@boxing-futures.org.uk](mailto:Anthony.york@boxing-futures.org.uk)  
 Q Group  
[toby@east-support.org.uk](mailto:toby@east-support.org.uk)

The Kite Trust  
[youthwork@thekitetrust.org.uk](mailto:youthwork@thekitetrust.org.uk)  
 Street Art  
[hello@korporate.co.uk](mailto:hello@korporate.co.uk)  
 STEM Music & Video Games  
[laura@conductivemusic.com](mailto:laura@conductivemusic.com)  
 Fitness & Health  
[Liam.parish@theposh.com](mailto:Liam.parish@theposh.com)  
 Family Games Night  
[helen.walkinshaw@communityfirstpeterborough.org.uk](mailto:helen.walkinshaw@communityfirstpeterborough.org.uk)

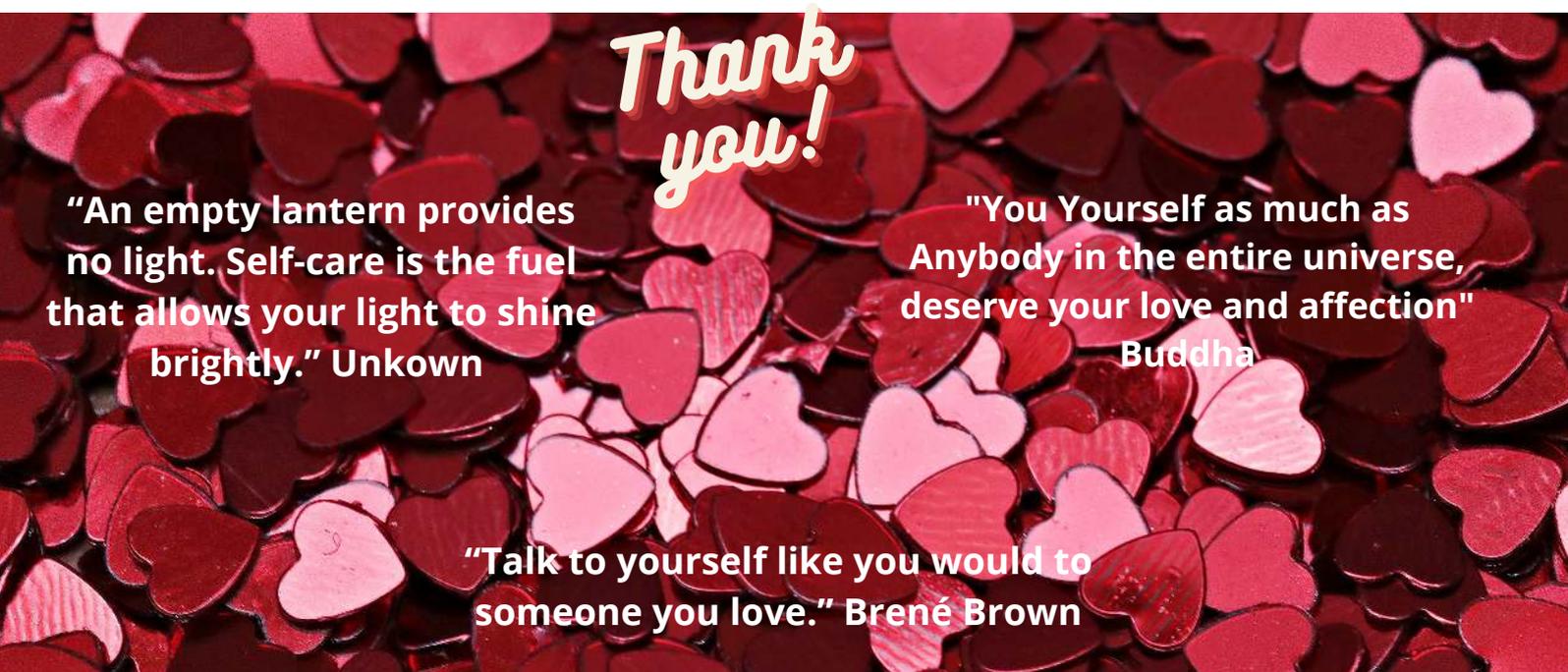
**What's on in... LOCKDOWN ONLINE!**

**Contact Youth Inspired for info:**  
[youthinspired@pcvs.co.uk](mailto:youthinspired@pcvs.co.uk)



We hope you enjoyed reading our February Newsletter. If you would to share any news in the next edition or provide us with any feedback please contact [communities@pcvs.co.uk](mailto:communities@pcvs.co.uk)

We'd like to take this opportunity to remind you that whether next week, you are having a break to spend some time with family over the half term or its business as usual, please take some time for yourself. You deserve it!



*Thank you!*

**"An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly." Unkown**

**"You Yourself as much as Anybody in the entire universe, deserve your love and affection" Buddha**

**"Talk to yourself like you would to someone you love." Brené Brown**