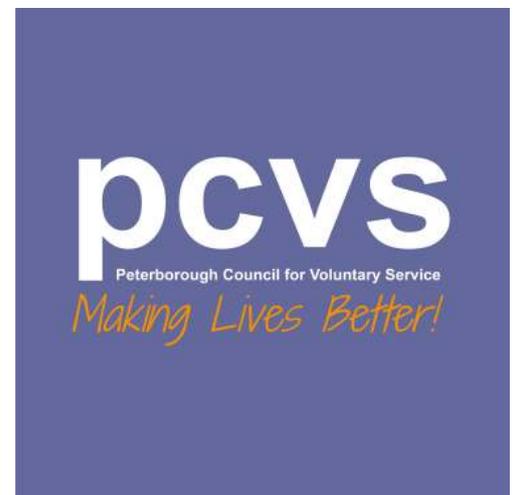


Monthly Newsletter

March 2021



Hope

So my sister's name is Faith, I work for a Charity and the focus of my editorial today is.....? HOPE. PCVS recently ran some incredibly successful support sessions for Voluntary Sector Leaders with National Gestalt Voices and Evolve, where individuals came together to share their experiences of the last year and the impact that caring for communities, volunteers, staff and themselves, has had on their lives in recent months. I have been studying the clinical evaluation and feedback undertaken during and after the course and am filled with a sense of hope that when we work together, listen to our needs and those of others, recognise our unique and valuable self in the world and make nourishing contact with each other – we thrive to the best of our ability, no matter what environmental conditions we face.

Today, Laura, our Youth Inspired Programme Manager, due to go on maternity leave any day, shares wonderful feedback from a project being funded through Integrated Communities Funding. High Heritage is a Classical Music project run by young people enabling other young people in Peterborough to learn how to play an instrument, some who have gone from not being able to hold a guitar or violin before to now being able to play. One young person was even able to play to their mum for Mother's Day, to her delight. Parents have noticed a positive change in their children's mental health through the power of music.



Yesterday I went to Stanground to get my jab. The brilliant Royal Voluntary Service volunteers delivering a welcoming and super effective, military precision system to get hundreds of us through. And of course our amazing NHS colleagues caring to our Covid needs as we move to the end in sight..... And daffodils. Everywhere.

PCVS are holding a future forum shortly, look out for info in this newsletter, we will come together again, as we did 12 months ago, to debate, engage, challenge and share where we go from here. Same names but not the same people. Changed and grown from our experience this last year. I could have never hoped at that time that we would achieve the incredible outcomes delivered as a citywide partnership, for so many, in so much need.

And finally I cannot leave without celebrating the wonder that is Bernadetta Omondi. Out of the whole country 21 community champions were identified by the national census team as being pivotal to successful engagement and inclusion of local citizens. Bernadetta was awarded the Purple Plaque in recognition of her work, a truly deserved tribute to an incredible woman.

“Hope is being able to see that there is light, despite all the darkness.” Desmond Tutu.

Leonie
Her/She

Leonie McCarthy
Chief Executive Officer
Peterborough CVS

census 2021

Census Day was Sunday 21 March, but if you haven't completed your census return, it's not too late to take part.

Why is it important to take part?

It is a legal requirement to complete the census. It provides accurate information and helps decide how services are funded in your area, this includes everything from healthcare, transport and education.

Need help completing the Census?

The Census website has lots of materials to help people complete the Census - <http://bit.ly/396bgVR>

- There are language guides - [click here](#) and the language line is 0800 587 2021.
- There are accessible formats and guidance - [click here](#).
- Copies of the paper questionnaires are available to view online - [click here](#).

The call centre number is 0800 141 2021 (TEXT RELAY 18001). You can request a paper questionnaire (option 1), listen to FAQs (option 2) or ask questions and give your Census return over the phone (option 3).

There are two Census Support Centres in Peterborough who can help people, by appointment, to complete the Census. They are Unity Hall (PARCA) T: 01733 563420 and Gladstone District Community Association (GLADCA) T: 01733 566343. If you pop your postcode [in here](#) it will bring up your nearest support centre.



Huge congratulations to Bernadetta Omondi who has been recognised as one of the 22 Census Community Heroes for her work with the local community in the East of England!

Forum Update

An update from some of our Forums

Future Forum

We are aware that we haven't held a Future Forum VCS meeting in a while and I am sure a lot has changed since we last met. We would therefore like to invite you to join us on the 30th of March at 10am, where we can all come together (albeit remotely) to share our experiences and latest developments from across Peterborough's voluntary and community sector. It is an opportunity to meet, share ideas, and discuss the impact of covid-19 on Peterborough's communities now that it's been a year since the pandemic started. We'd like to update you on the recent work that our forums have achieved and equally hear all about your fantastic work that continues to happen across the city.

If you can join us, please sign up by clicking on the link below:

<https://www.eventbrite.co.uk/e/future-forum-vcs-meeting-tickets-146469210351>

Disability Forum

The meetings are chaired by Michelle King of Little Miracles Peterborough and held every two weeks. About 8 or more organisations attend to support each other, sharing important information and, discuss issues affecting disabled people, their families and carers. Information and feedback is provided through HealthWatch for Peterborough City Council and GP's. The recent sharing of information via Peterborough City Council has led to the inclusion of unpaid carers on the list for priority vaccinations.

Domestic Abuse (DA) Forum

About 12 organisations attend regular meetings to help organisations and volunteers who support survivors of Domestic Abuse.

- Training is being delivered by professionals to volunteers in the PE1 area.
- There has been a strong relationship forged with the Cambridgeshire Domestic Abuse & Sexual Violence Partnership (CDASVP).
- The DA Forum identified that there is a need for an Independent Domestic Violence Advisor who is fluent in Lithuanian and the CDASVP are now in the process of recruiting one.
- Eyes and Ears training successfully delivered through a partnership with Shona McKenzie and East Cambridgeshire District Council.
- New relationships forged with Women's Aid Peterborough and Terrence Higgins Trust (THT). THT are expanding with funding into Peterborough from April and offer training on Sexual Health and a C-Card service for free contraception (Condoms) for young people (13-24 year olds).

Womens' Forum

PCVS' Women's Forum has teamed up with Living Sport, Metal, Arts & Minds, The Green Backyard, Open Door Trust (CAP) and Primary Care Networks (Thistle Moor and Octagon) to deliver "Wonder Women", an empowering project that will support women to overcome the effects of the COVID-19 period, build confidence, meet with others, grow self-esteem and improve financial literacy.

The idea for the project materialised when members of the Women's Forum, recognised that they were no specific activities supporting women in Peterborough and wanted to raise the profile of women in the city. To support this work, PCVS Women's' Forum has been awarded £50,000 from the Thriving Communities Fund, delivered by Arts Council England (ACE) on behalf of the National Academy for Social Prescribing (NASP). The project will be delivered over the coming months to help women across Peterborough recover from negative effects of COVID-19 through the power of social prescribing, enabling health care professionals to refer people to a range of local, non-clinical services to support their physical and mental health and wellbeing. Activities will include for example, art workshops, sports and exercise classes and planting, growing and eco activities.

Funding Forum

Recently PCVS launched their first Funding Forum, which was well attended and held in collaboration with Near Neighbours. Attendees came together to discuss current funding opportunities, the challenges faced (in particular around applying and not being successful) and tips for successful applications.

Louise Roe who is the Centre Development Manager from Paston Farm Community Foundation said she found the forum "useful for sharing similar experiences and issues and to find support."

Iveta Suna, Coordinator for the Latvian Community Association in the UK said that the forum "is a great way to provide support and share ideas amongst community leaders on where and how to apply for funding." Iveta reflects on how securing funding has helped her community as they recently secured funding for walking poles, which has encouraged and motivated people to go out for walks, becoming more active has had a huge beneficial impact on mental and physical health.

Similar forums will be run in the future and details will be sent in due course.



Well-being Service

Could you benefit from our well-being support service?

We are offering people whose lives have been severely impacted by Covid and have been in isolation, valuable 1-2-1 support to enable them to take control of their well-being and strengthen their personal resilience. This support includes:

- Helping individuals to understand and regulate their emotions
- Equipping individuals with the tools to help manage anxiety and low mood such as breathing techniques, mindfulness and relaxation exercises
- Signposting individuals to the correct services to help them manage aspects adversely affecting their well-being such debt, poor housing, physical inactivity and nutrition.

Our Wellbeing Caseworker, Ammaar will work closely with individuals to produce a tailored support plan taking into account their priorities, interests, values and motivations. Currently he is helping clients who have been unsure of where to access mental health support. Ammaar has been able to signpost to relevant mental health and well-being services that they did not realise existed locally. He can also provide intervention if needed in times when people have been referred to services but are on long waiting lists to be seen.

Please get in touch if you need our help by emailing communities@pcvs.co.uk

Healthy You is a FREE service for Cambridgeshire and Peterborough residents who are looking to make changes to their lifestyle, commissioned and funded by Cambridgeshire County Council and Peterborough City Council. Our services are usually delivered face to face in the community however due COVID-19, we are currently operating a virtual service to continue to provide support.

These services include:



For more information on any of these services or to find out about the FREE training for professionals we offer.

Please visit www.healthyyou.org.uk call 0333 005 0093 or text Healthyyu to 60777

Alcohol Identification and Brief Advice



Funded by Cambridgeshire County Council and Peterborough City Council

Our alcohol reduction team offer free IBA training

A free learning resource for professionals working with people showing signs of an unhealthy relationship with alcohol



ALCOHOL IBA

Identification and Brief Advice

If you work with clients, patients, customers, residents or tenants who could benefit from some help around their alcohol intake, this short zoom training session may be for you and your team.

The aim of this training is to enable participants to raise and respond to alcohol issues with clients through identification and brief advice (IBA) and make referrals depending on Audit – C score competently, confidently, and appropriately.



175ml of 12.5% ABV Red wine = **2 units**



50ml Double measure of spirits = **2 units**



175ml of 11.5% ABV Champagne = **2 units**



330ml of 4.5% ABV Bottled Beer = **1.7 units**



Pint of lager/bitter/cider 5% ABV = **3 units**

Following this training session, you will;

- Understand national drinking guidelines and estimate the number of standard units in various drinks containing alcohol, by calculating a unit of alcohol.
- Be able to outline the ways in which alcohol causes harm to the physical and mental health of the individual drinker, and to people and society beyond the individual.
- Understand and use Audit C score to raise alcohol as an issue with individuals who may benefit from a brief intervention or reducing their alcohol intake.

The session is one and a half hours and can be delivered via zoom or face to face for larger teams.

To book this training....

Call: **0333 005 0093**
 Email: eh.trainingCP@healthyyou.org.uk or
 Visit: www.healthyyou.org.uk



Healthy You

Healthy You is part of Cambridgeshire & Peterborough Healthy services.

Events

Near Neighbours are running a free advanced Diverting2Digital course on Tuesday the 30th from 2.30 to 4pm. This Workshop is for organisations that use online tools and services but who feel they could be upskilled or use these more effectively to grow their audience. This 90 minute workshop will take place on zoom and will cover:

- Social Media Analytics
- Google Analytics
- Reaching new audiences (SEO: Search Engine Optimisation)
- Creating Content (Canva, Newsletters and Mailchimp)
- Online Fundraising
- Advanced Zoom

To book your place [click here](#)

NEAR NEIGHBOURS
BRINGING PEOPLE TOGETHER

#Diverting2Digital

#Diverting2Digital
Peterborough

Looking to move your organisation online?
Want to harness online resources and platforms?

Attend our FREE #Diverting2Digital workshops

- Create new content
- Online fundraising
- Analyse your impact
- Advanced Zoom

Advanced Session:
14:30 - 16:00
Tuesday, 30th March



When Inducting Volunteers you should inform them of the following:

- How covid-19 risks are managed for their volunteering activities
- That they should go home immediately if they develop coronavirus symptoms
- How and to who they should report a worry about someone; including safeguarding concerns.
- About data protection requirements during coronavirus
- Any Code of Conduct or amendments to these during the pandemic.
- How they can claim reasonable expenses and any impact on their tax and state benefits.

[Click here for further information](#) that can be found on the National Council for Voluntary Organisations (NCVO)'s website. Here you will also find specific information that explains how voluntary organisations can work in a way that reduces the risk of people transmitting Covid. It includes links to relevant Government guidance, practical ideas of how to undertake a risk assessment and change the way you work. This site is for anyone who works in voluntary organisations, including trustees, leaders, staff and volunteers

Voluntary organisations - managing low risk

The work of voluntary organisations and individual volunteers makes a valuable contribution to our everyday lives. Health and safety is often wrongly blamed for preventing organisations from running events and people from volunteering. Health and safety law is not a barrier to volunteering activities. Taking a sensible, proportionate approach is the key to making sure things go smoothly and safely and avoiding unnecessary bureaucracy.

Managing low risk - what do voluntary organisations need to do?

If your voluntary organisation is an employer there are basic Health and safety steps you need to follow to ensure you comply with the law in relation to your employees. To help the Health and Safety Executive have provided various assessment tools which you can access by clicking on the relevant link below. These tools takes about 20 minutes and enables you to produce a tailored assessment by selecting the relevant hazards and thinking about how you control them.

- [Low Risk Office Environment](#)
- [Small low-risk shops](#)
- [Charity Shops](#)

The Health and Safety at Work Act requires employers (and the self-employed) to protect the health and safety of other people, such as members of the public and volunteers, who may be affected by their work activities. So, as a voluntary organisation you must take this all into consideration.

Also if your voluntary organisation has responsibility for non-domestic premises (eg a village or community hall), you can refer to this checklist, which summarises the areas you may need to consider - [Click Here](#)

Vacancies

Health Exchange Coordinator

Purpose of Role:

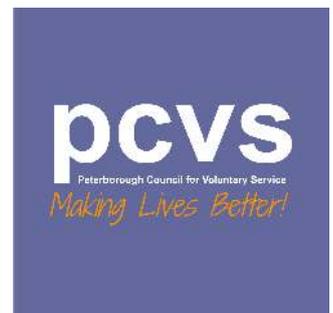
To deliver PCVS lottery funded Health Xchange programme.

Main duties:

- To engage with community groups, some volunteer led, supporting them through their Health Xchange journey which includes health check of their organisation in terms of policies/procedures/finance.
- To promote the Health Xchange programme in communities and beyond ensuring good take up of funding
- To support groups in delivering and reporting on their activities including use of outcomes star
- To work with Comms to raise profile of groups applying and their successes.
- To liaise with training providers to deliver appropriate training for the Health Champion programme which forms part of this delivery
- To set up Steering Group meetings to oversee the project

Job Details:

- Fixed Term to 30th September 2020 (post may be extended beyond this time subject to further funding)
- £21,000-24,000 pro rata
- 25 hours per week
- Reporting to: Communities Manager
- Deadline for applications is **31st March 2021**
- Desired Experience: Project management experience and 1-2 year community development experience
- To apply and for a full job description and details email: **communities@pcvs.co.uk**



Trustee needed (volunteer role)

CCIP are seeking committed and passionate individuals with the skills and experience to support the leadership of CCIP.

Chinese Community in Peterborough (CCIP) was set up as an informal group in 2011, initially meeting in the Hampton Community Centre, and with the primary motivation of ensuring that children from Chinese families could meet one another. The group has no faith or political affiliation. Most of the members come from Greater Peterborough.

At present, CCIP's activities are directed towards achieving the following:

- Providing a means of maintaining contact with Chinese culture
- Supporting people through friendship, making connections, informal help
- Providing signposting for information about e.g. local services and facilities, skills development opportunities, wellbeing service, local events
- Supporting Chinese people and their families to integrate into British culture and way of living and be active citizen

Chinese Community
in Peterborough
CCIP



They are looking for someone who will be able to demonstrate good judgement combined with excellent strategic and communication skills. As a creative thinker and being able to recognise a range of perspectives you will be able to achieve consensus and work with the rest of the Board of Trustees to ensure the charity is well governed and focused on meeting the needs of CCIP.

Previous experience of creating business plans, strategy development and governance are desired but not essential.

As a Trustee you will drive the work of the board of Trustees to ensure that the Community Leader and the Team are fully supported.

For an informal chat please contact chineseinpeterborough@gmail.com

Member News

A massive congratulations to the Chinese Community in Peterborough - CCIP for all the fantastic work you have achieved this past year which includes supporting the community to stay safe and healthy, reducing loneliness and isolation, tackling hate crime and discrimination and, raising a whopping £3000 in the space of only 48 hours for the NHS!

Faustina Yang, Community Leader for CCIP was interviewed recently. You can listen to her BBC Radio Cambridgeshire interview with Chris Mann by [clicking here](#) (2:25:09, 9 March 2021)

Christina Alexander, our Communities Manager attended CCIP's online Chinese New Year celebration earlier this year and received a lovely thank you note from Faustina Yang to say "Thank you and everyone at PCVS for all your ongoing support and guidance over the years, which not only has helped our group to grow and develop to a stronger community, but also upskilled our management members and volunteers and connected us with many other communities."



St George's Hydrotherapy pool



On 23rd March St George's Hydrotherapy Pool celebrated 10 years of being open to and welcoming the community.

The need for the facility arose when a hydrotherapy pool was not included in new Peterborough City Hospital. The warm, supportive water of a hydrotherapy pool enables people who cannot, or who have difficulty and pain exercising on land, to be physically active. Realising these benefits, Peterborough City Council (PCC) agreed to open the former school pool at St George's to the public.

Ten years on, St George's now has over 4,500 registered users who come from Peterborough and beyond. Some customers have been recommended to St George's by a health professional, while others have learned of the pool themselves.

Our CEO, Leonie McCarthy says "I am thrilled to send birthday wishes to the wonderful St Georges Hydrotherapy Pool staff, volunteers and visitors. I remember meeting with the Friends group all those years ago - sharing the importance of hydrotherapy to those in need and determined to bring its wonders and magic to Peterborough's communities. We did good gang. Happy Birthday! Leonie X



East Timorese Association of Peterborough (ETAP)

A massive Congratulations to ETAP who are now a registered charity!

Founded in 2010, ETAP was set up to support Timorese people and families living in Peterborough. They deliver projects and services to the heart of the community, providing guidance and advice to community members, developing a sense of community spirit to help with community integration and promote culture and sporting activities.

Celso Oliveira, ETAP's chairman thanks PCVS for their support "PCVS has given us a lot of support since 2013. They have provided us with training on organising and managing finances and writing programs, bringing together founders to meet with community groups etc. In 2019 the Timorese community was able to provide Zumba classes due to support from Health Exchange.

Thanks to the PCVS team and personally to CEO, Leonie McCarthy and Christina Alexander for helping register ETAP as a charity this year. Now that we have achieved charity status, the plan is to help people that most need it, bringing together and connecting them with the community. Our focus is also to support people to learn new skills or improve on existing ones and encourage meeting new friends"

For more information on ETAP visit easttimoresepeterborough.org.uk or email etap.celso@easttimoresepeterborough.org.uk



ETAP

EAST TIMORESE ASSOCIATION
PETERBOROUGH



CCC is now Evolve Counselling!

As of the 1st of March, Cambridgeshire Counselling Consultancy (CCC) is now Evolve. Evolve are excited to unveil their new brand, which is a crucial step towards achieving their goals: to raise their profile, encourage fundraising and continue to support people who need help. You can read all about their name change in the recent press release on their website by [clicking here](#)

Please see below for updated email addresses:

Heather Knapp: bdm@evolvecounselling.org.uk

Tina Williams (clinical issues): csm@bdm@evolvecounselling.org.uk

Remittance advice and invoice queries: accounts@evolvecounselling.org.uk

The Hack Space



The Hack Space is a community focused centre. Providing access to specialist tooling & machinery, collaborative workshops and network facilities. It is a space that many of our members could use.

The HackSpace has been approved for 4 employees under the government's kickstart programme***, which is fantastic!

It will open fully on the 12th April, with an open weekend starting at 11am on the Saturday before (10th April). This open weekend is to allow people to come and view the space, ask any questions about maker and co-working memberships whilst still maintaining covid restrictions. If you require further information you can visit their website by [clicking here](#).

Please let us know if your centre will be reopening soon and is offering activities to local communities again. We can help promote the groups and activities you're running across communities in Peterborough. Please send the following details to communities@pcvs.co.uk

Your organisation:

- Venue name and address:
- Details on when you reopened or your planned date for reopening
- Activities/events taking place at your venue

***The Kickstart Scheme provides funding to create new job placements for 16 to 24 year olds on Universal Credit who are at risk of long term unemployment. Employers of all sizes can apply for funding. A Kickstart gateway helps an employer get a Kickstart Scheme grant. They may also offer employability support to the young person on the scheme. For more details [Click Here](#)

New report: Stories from social care leadership

Adult social care is too often forgotten, too often invisible, arm of the welfare state. It has, for a decade now, been under acute financial pressure. And the arrangements for it are complex in the extreme.

The King's Fund have produced a new report which highlights issues in the sector's leadership and finds huge variation between how well different local authorities perform, with little in the way of central incentives or support for struggling ones.

Based on interviews with people working within social care and those accessing its services: The Kings Fund asked three essential questions. Where do those interviewed think leadership in social care lies? How effective is it? And what might be done to improve it? To read the report [click here](#)



Youth Inspired Outreach Project

Over the last few months Youth inspired has been working alongside Peterborough City Council to deliver a Covid Outreach detached programme. The project, which started at the end of last year is an initiative set up by the council which involves local community organisations engaging with local families and young people.

The purpose of the project is to communicate current Covid guidelines and messaging, speaking to communities across the city, handing out face coverings, hand sanitiser and offering support where necessary.

We would like to thank these organisations for being part of the solution: Communities First, Boxing Futures, Families First, Romsey Mill, Latvian Community Association & Paston Farm Community Foundation.





We hope you enjoyed reading our March Newsletter. Amongst the unsettling times we are facing, there are certainly some positive stories to be shared. As we move into spring and lighter evenings and with the Covid Vaccination programme in the UK well underway, we can certainly be more hopeful that brighter days are ahead.

If you would to share any news in the next edition or provide us with any feedback please contact communities@pcvs.co.uk. Our April Newsletter will be sent out after the Easter holidays. We'd like to take this opportunity to wish you a fantastic break!

