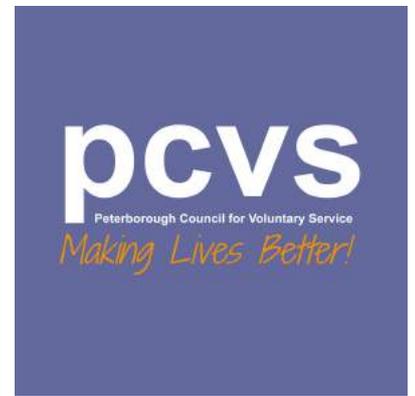


Monthly Newsletter

July 2021

Transition



This quarter, Kalai advised on my return from holiday, the newsletter is focussing on 'Transition' Could I write something?

Transition. From there to here, Past to Present. Old to new. Before to After. Shielding to Vaccination.

PCVS is transitioning. We know that if organisms and systems stagnate they die. To survive, and thrive, growth is non-negotiable.

Selling our family home, moving onto a houseboat and my children now settled in Leeds, I am here to attest that change, whilst necessary and inevitable, can also be challenging.

PCVS is in a time of great transition. We are looking to the future and how we can best meet the needs of this great City, the voluntary sector and communities we serve.

In coming weeks we will be undertaking a consultation on how PCVS is delivering all our services, our work with clients, yourselves and Communities East consortium. We will be talking to as many people as possible from a wide range of organisations, please do get in touch if you would like to be included or have thoughts of how PCVS can develop.

From conversations we have held over the year through our forums and wider networks, we are already implementing some changes in how our Communities Team deliver services by utilising our resources as effectively as possible to deliver the best support service to our members and local communities. Mainly now offering new group training sessions to explore and discuss key themes. In this format, people have the opportunity to network, share, listen and learn by hearing from other people and their experiences. Details and ability to book on to these sessions can be found on our new website, which we are excited to announce has recently launched – www.PCVS.co.uk. Take a look at the refreshed and vibrant look and feel, which is easier to navigate and now has a FAQ section with self service area for booking group sessions. Also watch this space for the new members only area coming soon!

Despite the many changes over the past months, PCVS is still here to support you. Our team is currently delivering projects such as "Wonder Women", which is funded by the Thriving Communities Fund, delivered by Arts Council England (ACE) on behalf of the National Academy for Social Prescribing (NASP). By working with various partners, "Wonder Women" promotes social prescribing in Peterborough*. Our Forums continue to be the voice for the sector and we are delighted that Gill Benedikz has joined us as Forum Coordinator picking up the Domestic Violence and Mental Health Forums. A new round of funding has launched for Health Xchange, a National Lottery funded project supporting groups to provide health & well-being activities to the communities they serve, we have recently appointed, Stuart Haw who is taking the lead on this.

So as we look to the weeks ahead and face a new “normal” where government restrictions are lifted. Together we go forward, changed, grown. And with our recent experience of the pandemic, ever more resilient to face future complexities. Aware that whatever new boulder appears as a network of diverse and extraordinary organisations, we can move mountains.

*See page 4 and 5 for details of partners and funders



Leonie
Her/She

Leonie McCarthy
Chief Executive Officer
Peterborough CVS



PCVS Projects and Updates

Our New website

Have you checked out our new website?

Our new and refreshed website highlights the valuable projects and services that we offer to help strengthen Peterborough’s voluntary sector by supporting individuals and community groups to live better lives. It has a bright and vibrant look and feel and is both simple and easy to navigate. There is now a FAQ section, self service area to book onto group training sessions (the next one is “Business Planning Basics” 16th September 11am-12:30pm - [click here](#)) and watch out for the new members only area which is soon to be launched!

Kalai Short, Communications Coordinator for PCVS is excited the new website is now live. She says, “I am delighted that our new website is up and running. The work we do is so vital and diverse across the Voluntary sector that when people ask me what PCVS do as an organization, it’s difficult to explain in a few words. Our website showcases what we do and is our shop front into our world and the communities we serve. Please take a look for yourself at www.pcvs.co.uk and be dazzled by the brilliant work that our members do and the inspiring community projects we are involved in”

Let us know what you think about our new website by emailing publicity@pcvs.co.uk

Health Xchange

We are delighted that the first Steering Group meeting took place this week yesterday to oversee and drive delivery of Health Xchange, our innovative programme funded by The National Lottery. This project was set up in 2019 to enable local groups to make a difference to their communities' health and wellbeing by delivering projects to empower individuals to take control of their health needs.

There are currently 5 members of the Steering Group, representing various VCS community groups across Peterborough, whose main purpose is to offer their expertise, guidance and ensure delivery of Health Xchange activities, supporting the groups who will be funded through this project.

The latest round of Health Xchange funding opened on June 30th where groups have been applying for funding up to the value of £4000. Stuart Haw, who is leading the project for PCVS stated, "the formation of this steering group comes at an important time in the lifecycle of the Health Xchange, by having local expertise advise on the development of the project, we can ensure the funding goes further, and that the support community groups receive is effective."

"PCVS is very fortunate to have access to local experts such as Karen Oldale from St Georges Hydrotherapy pool, and Fiona Adley from Craft4Smiles, both experienced in local disability and mental health services, respectively, as well as local community leaders", said Haw. "If any local practitioners, volunteers, or community leaders would like to join the group, so that we can continue to steer the future of this project in line with the health and wellbeing needs of Peterborough's diverse communities, then they are welcome to get in touch via the Health Xchange email."

Further, the current round of funding for the Health Xchange will close this **Friday 30th July at midnight**, so there's still time for groups to apply. If you are interested in applying for Health Xchange funding or would like to join the Steering committee, please email healthexchange@pcvs.co.uk.

Check out what some groups have achieved with Health Xchange Funding



Jumpeduptheatre have delivered in person and virtual dance classes to improve health and wellbeing across the City!

The East Timorese Association ran over 25 Zumba sessions!



The Bangladesh Welfare Association helped people overcome isolation and loneliness by running activities that enabled participants and their families to become more active and learn about healthy lifestyles

Wonder Women

The Wonder Women project was set up by PCVS' Women's Forum who has teamed up with local partners to deliver this empowering project to support women to overcome the effects of the COVID-19 period, build confidence, meet with others, grow self-esteem and improve financial literacy. To support this work £50,000 was awarded from the Thriving Communities Fund, delivered by Arts Council England (ACE) on behalf of the National Academy for Social Prescribing (NASP).

PCVS has partnered with Living Sport, Metal, Arts & Minds, The Green Backyard, and Primary Care Networks (Thistlemoor) to help women across Peterborough recover from COVID-19 through the power of social prescribing.

The first set of events kicked off this month with a series of creative art workshops hosted by arts organisation Metal with intuitive artist Sa'adiyah Khan at Paston Farm. The workshops were attended by about 9 women across the sessions who had the chance to meet each other, share conversation and decide on the structure of future workshops, whilst experimenting with various forms of art making! The woman explored messy art, being playful, learn new skills and have fun with various materials.

Check out some of the attendees' work and what they thought of the sessions

"These sessions have given me the opportunity to have open and safe conversations with other women, while being creative and making."



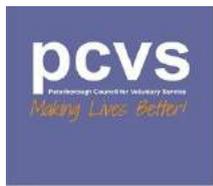
"These activities provided us with a good balance of creative activities and connect with other women from Paston"



Wonder Women cont'd

Our next round of Wonder Women events will start next Friday (6th of August) hosted by The Green Backyard from 11am to 1.30pm. This will be the first in a four part series of engaging Growing and Environment workshops run by artist, Rose Croft. Next week's session is all about "The Seed and the Spark" where you will explore simple herb growing through a seasonal cyclical framework; exploring and celebrating what we love about each season, and our own personal relationships with the food we eat, learning a little about the uses and benefits of various herbs and flowers and even making a herbal tea concoction! Please note that these sessions are for women only, you can sign up by [clicking here](#)

We hope you can make next Friday where you will meet our new "Wonder Women" Community Development Coordinator, Snieguole Maliavskaja (known as Snow) who will be starting next Thursday (5 August 2021)



Wonder Women

With thanks to partners:

Metal

LIVING SPORT
INSPIRING ACTIVE LIFESTYLES

THE GREEN BACKYARD



Supported by the Thriving Communities Fund, made possible thanks to



ARTS COUNCIL ENGLAND



Historic England



Money & Pensions Service



NHS CHARITIES TOGETHER

NHS



SPORT ENGLAND

Community Coordinators recruited to facilitate Covid recovery across Peterborough

Peterborough Council for Voluntary Service (PCVS) is working in partnership with PCC to appoint several funded Covid Engagement Coordinators in the Voluntary and Charity Sector.

To make the recruitment process as fair and transparent as possible, PCVS have invited some of their member organisations to host these various place-based positions across the city: Paston Farm Community Foundation (Paston), Family Action (Dogsthorpe/Parnwell), Family Voice (Orton/Stanground), Barnardo's (Westwood/Bretton), Community First Peterborough (Central/Gladstone), Latvian Community/Bharat Hindu Samaj (Central/Millfield) and Good Neighbours (Village and parishes).

The purpose of these roles is to work with communities across the city to reduce infection rates, increase vaccination take up, encourage Covid-19 compliance and design community solutions to Covid recovery. To support this crucial work, an experienced community development professional will take an overall lead, reporting on outcomes and bringing together the Community Coordinators to share knowledge and experiences. PCVS are delighted that they have recruited Farshid Raoufi (known as Farsh) in this lead role who will be starting on Tuesday the 3rd of August.

Youth Inspired

Youth Inspired launch Peterborough's first ever Youth Directory

Peterborough based voluntary organisation Youth Inspired, founded at PCVS have published a Youth Directory for young people in the City.

The directory which was designed by Youth Inspired, and in consultation with the Peterborough Youth Sector Forum and young people from across Peterborough is the first of its kind.

Produced and published through Youth Investment funding from the National Lottery & DCMS (Department of Digital Culture, Music and Sport) the directory is a simple way for young people to find out what's happening in their City and to find clubs, organisations, activities and support right the way across Peterborough, the vast majority of which are based within the voluntary sector.

"I am delighted that young people will now have the directory they requested to provide them with up-to-date information on services and support available to them. It is so important that young people are encouraged and enabled to access a wide range of activities locally. Youth Inspired has worked with young people to make this happen – it will make a real difference to young people in the City." Wendi Ogle-Welbourn, Exec Director People & Communities Cambs & P'boro Councils.

The youth directory features a wide variety of activities, support and opportunities for young people and will be disrupted to secondary schools, higher education and community organisations across Peterborough. An online version is available on our website - [Check out the Youth Inspired page by clicking here.](#)



eMploY-ABILITY is a funded project that provides one to one support designed just for you.



You will have free access to the following services* to help you rebuild your wellbeing and skills enabling you to feel better about moving closer to employment.

*following assessment with key Worker

Confidence
Building

CV
Writing

Job
Searching

Access to
Courses

Access to
Volunteering

Wellbeing
Support

IT
Skills

Basic
Skills

Social
Interaction

If you live in the Fenland area you can contact Robert on:

Email: Robert.Hall@placesforpeople.co.uk

Tel: 07826304219

If you live in Peterborough/Kings Lynn/West Norfolk please contact Amanda on:

Email: awalls@cpltrust.net

Phone: 07813 811742 (mobile rates apply)



We hope you enjoyed reading July's Newsletter. If you would like to share any news in the next edition or provide us with any feedback please contact publicity@pcvs.co.uk.

We'd like to take this opportunity to wish you a fantastic Summer!

