

PCVS Members' Noticeboard - January 2022

An electronic noticeboard of all our members' news

PETERBOROUGH CVS JAN 04, 2022 04:04PM



FREE Health Checks **NHS**

FREE to everyone in Cambridgeshire and Peterborough aged between 40 and 74 and takes just 20 to 30 minutes

Designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. An NHS Health Check helps find ways to lower this risk

HONEYHILL CHILD & FAMILY CENTRE HEALTH & WELLBEING DAY
TUESDAY 1st FEBRUARY 2022
 9.30AM-3.00PM - DROP IN!
 Mini Health MOT's and BP checks
 For queries contact Sherrie Bosett, 07808 516764

To book your **FREE** NHS Health check appointment
 text: **HEALTHYU to 60777** or
 call: **0333 005 0093**, or visit
www.healthyyou.org.uk

NHS HEALTH CHECK Helping you prevent diabetes, heart disease, kidney disease, stroke & dementia

Cambridgeshire County Council **PETERBOROUGH CITY COUNCIL**
 Funded by Cambridgeshire County Council and Peterborough City Council

Healthy You

The Great Fen Needs You!

The Great Fen is an expanse of nationally significant fen landscape between Peterborough and Huntingdon, benefiting from one of the largest restoration projects of its type in Europe. The landscape is being restored and transformed for the benefit both of wildlife and of people. To help us share our wild experiences with as many people as possible we need your help!

Do you have some free time? Do you like working outdoors? Have you any experience working with young people? Are you enthusiastic about nature and environmental issues?

Come and support the Communities and Wildlife team as a volunteer at the Great Fen. You will be helping to deliver a variety of community events and educational visits at the Wildlife Trust Countryside Centre, Ramsey Heights, including 'Little Bugs' pre-school group, wildlife walks, family wildlife-

themed events and school visits.

Contact us today! info@greatfen.org.uk or 01487 815524.



Bedfordshire Cambridgeshire Northamptonshire **Great Fen**

Volunteer with us...

Communities and Education

Join the team delivering activities and events in the Great Fen

Free Paper Crafting Courses in Peterborough and Cambridgeshire with Craft4Smiles C.I.C.

We have places available on our free paper crafting courses:

Monday 11.00 - 13.00, Peterborough Central Library, PE1 1RX

Friday 11.00 - 13.00, St Michael's Church, Mace Road, Stanground PE2 8RQ

Thursday 15.00 - 17.00 and Tuesday/ Wednesday (tbc) 19.00 - 21.00 online via Zoom

All tools and materials supplied. Online courses need a computer/tablet with webcam. We may be able to help with this.

Our courses are fun, social activities that allow new connections and friendships to be made and new skills to be learned. You will become part of the Craft4Smiles papercrafting community and can volunteer to train with us as craft tutors or to support other activities e.g. selling at craft fairs.

To find out more go to:

www.craft4smiles-cic.org.uk

<https://www.facebook.com/craft4smilescic>

Contact fiona@craft4smiles-cic.org.uk for more information or

to sign up.

We look forward to meeting you!



Could you offer a listening ear?

Looking after a family member or friend can be hard. But carers having someone to talk to about the things that matter to them can make a huge difference.

Could you volunteer with Caring Together to give carers someone to talk to in this way?

You would be given training and support (this is a separate service to the counselling support Caring Together offer carers). And you can talk to Caring Together about how much time you would like to commit.

See more at www.caringtogether.org/support-for-carers/someone-to-talk-to/listening-ear

Or if you or someone you know would be interested in volunteering with the Listening Ear service or helping carers in another way please email volunteering@caringtogether.org or call 0345 241 0954.



Employability Craft Workshops

The Communities East/PCVS Programme Employability, are holding craft workshops for anyone unemployed and wanting to

find out more about the project. If you would like to book a place, please contact Amanda Walls at awalls@cpltrust.net or by mobile on 07813 811742



eMploy-ABILITY

Free Spring Craft Events

(covid 19 secure)

20th Jan - Introduction to Jewellery Making

25th Jan - Bead Weaving

8th Feb - Introduction to Khumohimo

17th Feb - Advanced Hkumohimo (7 Braid)

15th March - Twisted Macrame

17th March - Easter Card Making

FREE All materials supplied

Peterborough Venues to be confirmed.

Possibly online only due to Covid Restrictions

Learn new skills, meet new people and improve your life and work chances.

Come along and find out how our project can help you.

Booking is essential :

Contact Amanda to book your free place or to find out more

Email: awalls@cpltrust.net | Tel: 07813 811742 | www.cpltrust.net

*Items may vary *mobile rates apply



eMploy-ABILITY is funded by The National Lottery Community Fund and the European Social Fund to tackle poverty and promote social inclusion. For more information please visit www.comunitiesteast.co.uk

Use your experience to improve adult social care

Do you have lived experience of using social care - as a family carer, older person or disabled person?

Healthwatch is recruiting new members to join the Cambridgeshire and Peterborough Partnership Boards.

The Boards work with local councils to improve health and care for people.

And would welcome your knowledge and experience to speak up for others and help make services work better.

It's a flexible volunteering role that makes a real difference. And there's training and support too.

[Find out more and how to apply.](#)



Let's Make a Difference!

We offer practical support to enable people to live independently at home and help to make social connections to reduce feelings of isolation and loneliness.

At Age UK Cambridgeshire and Peterborough we have a variety of opportunities to volunteer. From small acts (micro-volunteering), to friendship calls or home visits, sharing your company and skills in our Day Centres, shopping, helping us to fundraise or back office roles. Various locations (including at home), various time commitments. Talk to us :-) Email Gill volunteering@ageukcap.org.uk or phone for an informal chat 01223 221925

Join CPSL Mind in the TTP Cambridge Half Marathon!

Join Team CPSL Mind on **Sunday 6th March 2022** on this stunning closed road route that showcases the very best of our historic city of Cambridge.

We would love for you to get involved! To apply for your place to join Team CPSL Mind and help support local people in their recovery from mental health challenges, please email: fundraising@cpslmind.org.uk

Alternatively, to find out more visit:

<https://www.cpslmind.org.uk/join-us-for-the-2022-ttp-cambridge-half-marathon/>



Join us for the 2022 TTP Cambridge Half Marathon!



Call for Volunteers

Let's make a difference!

Reduce isolation and loneliness:

1. Offer your friendship
2. Run/assist activities, games, crafts
3. Administration
4. Fundraising



Contact us on 01223 221925 or visit ageukcap.org.uk

Registered charity number 1165856

Job Club Express February Course

- In February we will be running our next three-session Job Club Express course, to help those who need specific targeted help on these three topics.
- The sessions will run on ZOOM and will run between 1:30 - 2:30
- These are extra skills-based sessions, covering the basics of researching information, CVs & Application Forms tips, and basic tips on interview skills. This can be attended individually or, as a block. The dates these sessions will run on Fri 4th, Fri 11th & Tues 15th between 1:30 - 2:30.
- We are really excited to be running these sessions to help those who need that little extra help and support.
- To reserve a place, please contact me on the email below or complete the form below.
- <https://forms.gle/aLB3caJLzuvYkZWZ9>
- kenpullen@opendoortrust.com



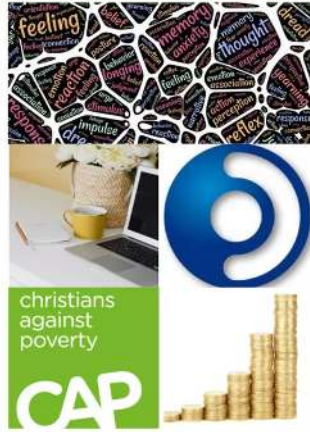
We Are here to -help-



www.opendoortrust.com

Open Door Trust - February Courses

- In February we will be starting our next three-session CAP Money Course, helping you to learn how to budget and be more in control of your finances. You do not have to be in debt to benefit from this course.
- The course dates are Thurs 3rd, Thurs 10th & Thurs 17th from 1:15 - 2:30 on Zoom. (17th - 10:30)
- We will also be running our three-session wellbeing course covering, How we create Habits, Anxiety & Worry and a new session on Resilience. These sessions are conversation-based.
- These sessions will run on Wedn 2nd, Wed 9th & Weds 16th between 1:30 - 2:30
- A stable internet connection is required.
- For more information, or to reserve a place, please visit our 'what we do' page on our website below, or drop me an email.
- kenpullen@opendoortrust.com



www.opendoortrust.com

Have a say on health and care!

What do you think about the services you use - like GPs, hospitals and care at home?

Have your say, ask questions and hear updates at Peterborough Health and Care Forum on 27 January, online from 10am.

This month we're talking about support for patients with life-limiting illnesses (and those at end of life) and their families.

And finding out about the help cancer patients need after finishing treatment.

Like to join us? Find out more and book a place on the [Healthwatch Peterborough website](#). We have live captions available on all our online meetings.



Volunteers to work with 0-5 year olds

We are looking for volunteers, with a passion for making a difference to children's lives, with a fun and approachable attitude and an ability to engage children in worthwhile and enjoyable activities.

Children's Activity Support volunteers work support our early years practitioners in group sessions with parents and their children aged 0-5.

For further information contact james.horner@barnardos.org.uk



Paid vacancy available

Level 3 (or above) qualified childcare worker needed please email Nikita.lack@littlemiraclescharity.org.uk for full details its for 40 hours per week happy to job share though :)

Volunteers needed

To train in Family Support - especially supporting dla claims for children with heart conditions