

PCVS Members' Noticeboard - March 2022

An electronic noticeboard of our members' news

PETERBOROUGH CVS JAN 26, 2022 10:01PM

Calling Parents!

If you want to have a say in how local child & family centres deliver services to the community, please get in touch. Email: sherrie.bosett@barnardos.org.uk for more information.



Community Panel
Peterborough and Cambridgeshire Child & Family Centres

Are you a Parent/Carer interested in making a difference to the services provided for your family at your local child & family centre?

Have your say!
Join other parents and carers on the Community Panel.

For further information and details of our next meeting contact

Sherrie Bosett
Email: sherrie.bosett@barnardos.org.uk
Telephone: 07808 516764

Believe in children
Barnardo's

Community_Panel_poster_-_Generic
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PADLET DRIVE

Supporting older people

We support a number of Friendship Clubs in and around the Peterborough area. The clubs are independent and run by volunteers, with AgeUKCAP (Age UK Cambridgeshire and Peterborough) support and guidance.

The clubs meet once a week and offer a place to enjoy the company of others, take part in a wide range of activities, enjoying games, crafts and various entertainment, some also have a home cooked meal.

The Werrington Club and Paston and Gunthorpe Club are in desperate need of volunteer help. They need volunteers (of any age, but the majority currently are retired people) who can help set up and clear away, organise activities, meet and greet, make and serve beverages and generally support members to have a nice time. The clubs are very valued, and members have told us "Club day is the best day of the week" also "It gets us out of our homes and we don't feel so lonely and isolated."

Can you help?

1. Werrington Club: Sutton Court, Skaters Way,
Peterborough, PE4 6GG

Meets every other Tuesday - 2.00pm - 4.00pm

1. Paston and Gunthorpe Club: Community Centre, Hall
Fields Lane, Peterborough, PE4 7YH

Meets Wednesdays - 10.00am - 2.30pm

Please ring 01223 221925 and speak to us about how you can help, even if just for part of a session, as any time you can offer is welcome, or email us volunteering@ageukcap.org.uk



Cambridgeshire & Peterborough
ageUK

WANTED
VOLUNTEERS

@ageukcap
www.ageukcap.org.uk
Registered charity number 1165856

Living Keys - Free Courses for those experiencing domestic abuse/violence, currently or historically

Freedom Programme is a 12 week course taking an in depth look at an abuser, the tactics an abuser will use to stay in control, we explore the beliefs of an abuser and how those beliefs are reinforced by our society today, and how it effects the person going through the abuse, and also the effects it has on children caught in the crossfire of abuse in the home.

The next course starts on Tuesday 19th April and will be facilitated via zoom, and is an evening course which will start from 1930-2130.

Complete Domestic Abuse Recovery Toolkit (DART) is also a 12 week course which is designed for those who have already left the abusive relationship, and have been out of the relationship for at least 6 months. This is similar to CBT based course specialised for those who have been through domestic

abuse/violence and to support them through the trauma that abuse leaves with the victim, and helping them to move forward to a better life and to boost their confidence.

The next course starts on 20th April and is a daytime course starting at 10am and finishing at 12.30pm. This will be face to face, and details will be sent to applicant once we have received their application and completed an interview with them.

Hope 2 Recovery – is a 6 week course and this looks at coercive control, what damage it causes to the person receiving the abuse and also how this can have an impact on our parenting when living with an abuser. We look at the cycle of abuse, we look at grounding techniques and forward planning towards an abuse free life.

The next course will start on 22nd March and this course will be run via zoom – on a Tuesday morning at 10.30-12.30.

Applicants will need to register their interest on our website by completing an application form, that is relevant to the course, the web site is <https://www.livingkeys.co.uk/courses> Applicants will also be invited to attend an interview before the course commences. This will give the applicant a chance to get to know us as facilitators and us to get to know a little more about the applicant. This will also be a chance to ask Facilitators any questions they may have.

If any one has any further enquiries about this you can contact us via email at Admin@livingkeys.co.uk or call 07507269081.

FREE Health checks for people aged 40-74 years old

Book or drop in on 1st March between 9.30am and 3pm, at First Steps Child & Family Centre, 20 Scalford Drive, Welland, Peterborough, PE1 4TR

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

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

FIRST STEPS CHILD & FAMILY CENTRE HEALTH & WELLBEING DAY
FRIDAY 1st MARCH 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

NHS logo: Helping you prevent diabetes

First Steps Child Fam Centre Healthy You NHS Healthchecks_A4 Poster_double text box Interactive_Sept 21

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Volunteers needed in our child & family centres

We have various volunteering roles in our child & family centres across Peterborough; from supporting in group sessions, gardening, admin, cooking for young parents, etc.

Volunteering - Barnardo's

PDF document

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Free Papercrafting Courses in Peterborough City, Stanground and Online

We still 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 Wednesday 19.00 - 21.00 online via Zoom. All tools and materials supplied are for the online course but you do need to have a computer/tablet/laptop 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> or contact fiona@craft4smiles-cic.org.uk for more information or to sign up.

We look forward to meeting you!



EXTENDED HANDS' 6TH ANNUAL INTERNATIONAL WOMEN'S DAY CELEBRATION!

Break the Bias



Date: Saturday 5/3/22



Time: 12-3pm



**Venue: 1 New Road
City Centre PE1 1TT**



Phone: 07913208859



**Facebook: Extended Hands Charity
Email: info@myeh.org**



All Are Welcome!



WELLBEING PROJECT CATALYST RECOVERY FUND



The Wellbeing Project Catalyst community grant was initially established to reduce the loneliness that arose as a result of Covid-19. Now we are gradually heading towards a 'new normal' we hope to support new groups that people feel will help individuals re-emerge and reconnect to their communities. You may well have been working within your local community and want to continue this in a more organised and structured way. The pandemic may have provided you with new ideas and opportunities to form a new community led group.

Our Wellbeing Project Catalyst support can offer practical help, guidance, and funding to enable you to do this. This funding is to help you get started, but we can advise about sustainability beyond this

**For more information contact
projectcatalyst@care-network.org.uk
Tel: 03300945750**



FREE to everyone! Group workshops to build your resilience. Please spread the word!

Developing Resilience Group Programme

Would you like to understand more about and receive support with....

Dealing with Loss
Tuesday 5th April

Managing Anxiety
Thursday 21st April

Addressing loneliness / isolation
Thursday 28th April

Resilience Project Flyer (5)

PDF document

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IWD 2022 Event, All Welcome!. Please let us know if you are able to join us. See contact details in the flyer below.

The Amputation Foundation

Who are we?

The Amputation Foundation is a unique charity, that not only assists amputees but also medical professionals in their work to give new amputees the best start, following amputation.

Join our Online AMPUTEE SUPPORT GROUP

Meet our community of amputees and benefit from their own life experiences

Weekly Online Support Groups

Monthly Local Support Groups

121 Support

Benefits Advice

Home Adaptation Advice

Legal Advice

Free Training Courses

Free Trips and Activities

And MUCH MORE...

<https://amputationfoundation.org/>



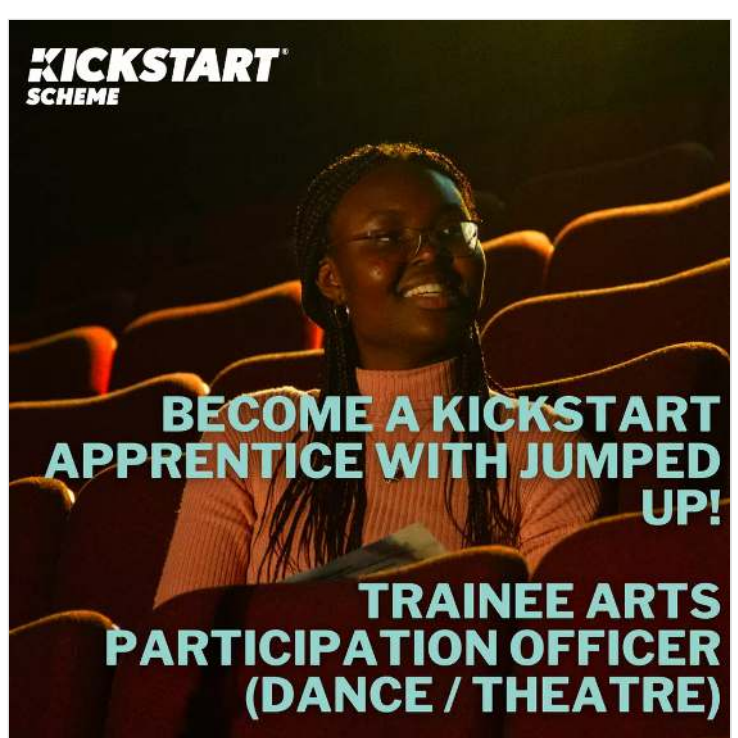
JUMPED UP ARE RECRUITING A KICKSTART APPRENTICE!

Trainee Arts Participation Officer (Dance / Theatre). To apply for this job, you must be claiming Universal Credit and 16 to 24 years old.

Apply using your Universal Credit account:

<https://findajob.dwp.gov.uk/details/8085167> Or ask your coach to refer you.

This is an entry level role for a young person interested in pursuing a career in the creative industries or community work. The role will include a varied and interesting programme of experiences, shadowing experienced performing arts specialists.



Jumped Up are looking for New Trustees!

Hear from one of our current Trustees about what the role is like:

“To be a trustee is to be a changemaker. It allows you to be the change you want to see in the world.”

Jumped Up welcomes applicants with a passion for the arts, and a commitment to the aims of the organisation. We are currently looking for people with particular strengths in one or more of the following: Branding & Marketing; *Accountancy and Financial Management.

*This could be a temporary secondment, for 3-6 months whilst we develop a funding bid to Arts Council England.

For more information and to apply, visit:

<https://jumpeduptheatre.com/trustees>



Jumped Up are recruiting for our 2022 Sounding Board!

We're looking for passionate and driven local 16-24 year olds to be part of our 2022 Sounding Board who will take a creative lead in our upcoming project Right Here, Right Now - an online zine, curated by the Sounding Board, featuring over 100 artists.

Seem like something that could be for you?

For more information, and to apply, visit <https://jumpeduptheatre.com/jumpedupsounding-board>



We are looking for community walk leaders to help people in the Walton, Werrington, Gunthorpe and Paston areas of Peterborough to get active. We are relaunching our Community Walking Group next month and we need volunteers to support

the project. If you want to make a difference to the lives of local residents, please get in touch. Full training will be given. For more details, email us, charity@nessmfoundation.org or call, 01733 570999, from 10am and 3pm, Monday to Friday. For more about the charity, www.nessmfoundation.org









Volunteers

We Need You!

We are looking for
Community Walk Leaders
to help people in
Peterborough to get
active

If you want to make a difference
to the lives of local residents,
please get in touch

If you are interested in this role,
charity@nessmfoundation.org



NMF Walking leader role advert

PDF document

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Green Spaces, Community Places networking event on Monday 14th March.

Green Spaces Community Places

Join us to connect with other community and voluntary groups to share knowledge and learning on the issues that are important to you.

About this event

People care about their local green spaces; they make our communities great places to live.

If you work or volunteer in your local park or green space, or if you're thinking about branching out to bring community activities into the outdoors, we'd love to see you at our Green Spaces, Community Places networking event on Monday 14th March.

You'll join a conversation with other community and voluntary groups about the ways we can turn our green spaces into vibrant community places. You'll be able to share knowledge and learning about the things that are important to you and your community, and we'll identify shared challenges and ways to overcome them together.

[Follow this link to register.](#)

Kind regards,

Heather Thomas
Project Officer – Future Parks Accelerator
[Welcome to Cambridgeshire & Peterborough Future Parks \(cambsfutureparks.org.uk\)](http://Welcome to Cambridgeshire & Peterborough Future Parks (cambsfutureparks.org.uk))

Welcome to Cambridgeshire & Peterborough Future Parks

Our four key priorities are to develop a shared ambition for parks, identify and understand the parks we have, collaborate to enhance our existing open spaces and learn to sustain and manage them for the future.



CAMBRIDGESHIRE & PETERBOROUGH FUTURE PARKS

Our charity, Ness M Care Foundation's Buddy-Up Project offers well-being calls to people who are socially-isolated and lonely. If you would like to brighten up someone's life with a weekly phone call, why not volunteer with us. For more details, email, charity@nessmfoundation.org

Go to our website to find out more about our work, www.nessmfoundation.org

We are relaunching our Community Walking Group this spring. Come and join us if you want to get more active, make new friends and get out into the community again. The guided walks are free and will be at a gentle pace with plenty of time to chat. They are aimed at people living in Gunthorpe, Paston, Walton and Werrington.

For more details, email us, charity@nessmfoundation.org or 01733 570999 on weekdays between 10am and 3pm. For more about the charity, www.nessmfoundation.org

Join Our Community Walking Group



Ness M Care Foundation is a charity supporting members of the community who are socially isolated and lonely

Our free, friendly Community Walking Group provides a safe, guided walk for people in the Werrington, Paston, Gunthorpe and Walton area

We cater for people with limited mobility and offer 1 to 1 walks



Interested in joining our walking group?
Please email, charity@nessmfoundation.org
or call 01733 570999, weekdays, 10am to 3pm
For more about the charity,
www.nessmfoundation.org

NMF Community Walking Group advert (1)

PDF document

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Give someone a call and make their day



Our Buddy-Up Project offers well-being calls to people who are socially-isolated and lonely



If you are interested in becoming a phone buddy, email us, charity@nessmfoundation.org or call, 01733 570999, between 10am and 3pm, Monday to Friday

We have people waiting to hear from you



Buddy-Up Project volunteer advert

PDF document

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