



## Update on PCVS' Health Team and Projects



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*As part of its' core values, PCVS prioritises community health and wellbeing and believes that everyone deserves the best holistic health care and overall wellbeing possible regardless of their race, religion, political belief, economic or social background. This is the ethos of the three health projects currently being delivered by the PCVS Health Team:*

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## Health Connection Project



### **Health Connection Project:**

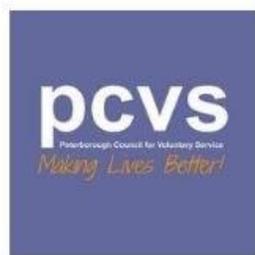
This fund delivers grants through [The Evelyn Trust](#) which aims to empower small community groups to provide effective health and wellbeing activities to their local communities. By linking to the [NHS 5 Ways to Wellbeing](#), the Health Connection Project will aim to encourage wellbeing by connecting people together which can provide an emotional support network and a sense of belonging and self worth. People will have opportunities to get more active, physical activity can help people maintain positive mental health, they will be encouraged to learn new skills and help others and in general, become more self aware and be present in the moment.

Throughout the project there are opportunities for community group leaders and community members to participate in various health training.

Community groups can apply for £500 up to 4K from **16th May until the 5th June**. An application form can be found here: [Application - Evelyn Trust Fund #2](#)

The project is supported by PCVS Health Team and the Health and Wellbeing Forum. The Health and Wellbeing Forum meet regularly to ensure community needs are met and is made up of health professionals, social prescribers, and project beneficiaries. If you need more information about the Health Connection Project please email [communities@pcvs.co.uk](mailto:communities@pcvs.co.uk)

## Communities Wellness Project



PCVS' Communities Wellness Project is funded by Peterborough City Council and the NHS Integrated Care System. This project empowers local groups and charities to address the health and wellbeing of their communities.

Funding between £4k and £10k has been offered to local community groups to enable them to run bespoke projects aimed at improving mental health and/or wellbeing within the community working with existing networks. These projects will focus on either piloting new activities/ initiatives, or developing a health and wellbeing component within existing activities.

All groups that have been successful in securing funding have been invited to attend a "My Project's Journey, Next Steps & Beyond" conference in June where they will be able to network and build positive relationships with fellow funded groups, meet the PCVS team and funders who can support them in the planning, delivering and evaluation of their projects.

Congratulations to all the groups, who have successfully secured this funding! The groups are listed below with details of their proposed initiatives. Please watch this space for updates on their journey in delivering these wonderful projects that bring value to the lives of so many people!

### ***Funded groups and proposed initiatives:***

- **Bengali Sanskriti Club Peterborough** - *Cookery classes to share recipes from different cultures.*
- **Bharat Hindu Samaj Peterborough** - *Health and well being sessions (eg. Diabetes awareness) and Physical activity sessions (eg. zumba and table tennis.)*
- **Chinese Community in Peterborough** - *Run weekly face to face Tai Chi lessons*
- **East Timorese Association** - *Weekly zumba class*
- **Extended Hands** - *Coffee mornings and zumba classes*
- **GLADCA** - *Community Health and Wellbeing sessions promoting the importance of a healthy body/healthy mind for good mental and physical health*
- **Group SOS.L.T** - *Mix of health and well-being and physical activities such as yoga, dance and basketball.*

- **H.E.L.P Charity** - *Holiday multi sport sessions, creative therapy, cultural well-being trips and yoga.*
- **Hereward Community Radio** - *Activities that focus on physical fitness and mental well-being such as cricket, badminton and yoga*
- **High Heritage** - *Sport Activities for children and young people*
- **Latvian Community Association in the UK** - Yoga, Women's circle (group for women to share their worries and mental health concerns), sewing classes and therapy sessions.
- **Paston Farm Community Foundation** - Keep fit classes, nature crafts, knitting & crochet, snack & yak and health & well-being event
- **Raham Project** - Walk and Talk sessions
- **St Marks Community Hub and Safe Space** - Gardening for wellbeing sessions
- **Wellspring Community Church** - weekly activity and well-being sessions to improve physical and mental well-being, reduce isolation and engender a sense of community.

## REND (Research Engagement Network Development)

### What is the REND Project and why is it important?

REND (Research Engagement & Network Development) was devised by the NHS to increase uptake in health research. This was required as it became apparent that some communities are less represented (or not represented at all) when it comes to health research due to concerns around processes, data collection and storage, involvement with medical staff and the lack of awareness in some communities of health research and its potential benefits. Additionally, certain health inequalities amongst people, in diseases and health outcomes, have become apparent in recent years. Thus, the NHS decided to implement its Core20 Plus5 framework initiative aimed at reducing health inequalities via certain target populations, five main health/disease areas, and with a focus on deprivation levels.

### What are the main aims of the REND project?

REND aims to grow local research networks with local stakeholders with emphasis on the voluntary sector to help understand which communities they can engage with for health research, and in turn increase diversity.

Currently, it has been found that educated, white, older/retired people are most likely to take part in research however it has been proven that if under represented communities are made aware of health research and its potential benefits to them as people and their communities as whole, this can be effective in encouraging participation. For example, previous events held in Norfolk engaged with refugees from the Sudanese community. By talking through the process and alleviating any doubts and fears, there was an increase in their willingness to take part in research.

REND also aims to generate evidence to demonstrate whether support for research networks across multiple organisations can be effective in increasing diversity in research.

### **How is the project being delivered locally?**

All Integrated Care Systems' across the country developed plans to increase health research engagement, specifically to reduce health inequalities and include underrepresented people who normally wouldn't partake in research.

REND money for Cambridgeshire and Peterborough ICS has enabled the creation of a local Inequalities Research Network (IRN) in order to develop better research practices and networking opportunities amongst health/medical professionals for example GPs and health researchers across the East of England.

So far two IRN meetings have taken place, one in February and recently in April from which it is apparent that health literacy and language barriers seem to be having a main impact on people's health and in turn contribute to a worse health outcome and health inequalities. A lack of understanding about the wider determinants of health was something that was discussed regarding mental health; and within secondary care, pregnancy, immunocompromised people, the elderly Rheumatoid arthritis, cancer treatments.

Our Health Research Coordinator, Joshua Fowler is planning to organise health research events for target populations within different health groups that suffer from health inequalities due to mental health, multimorbidity, secondary care and physical health. As the project evolves, he will be focussing on a more localised approach towards reducing health inequalities vis-a-vis the IRN as different areas within the East of England have different health inequalities, demographics and health needs etc. If you would like to find out more, Joshua would be happy to have a chat. You can contact him on [Joshua.Fowler@pcvs.co.uk](mailto:Joshua.Fowler@pcvs.co.uk)





## Social Prescribing Update



2 - Gina Goubran, Social Prescriber link worker based at Thistlemoor Medical Centre

PCVS in a novel social prescribing arrangement partnered with Thistlemoor Medical Centre in hosting social prescribers to refer patients to community services, fostering closer ties between our GP Practices and the community. This is vital as according to the National Academy for Social Prescribing (NASP), there is evidence to suggest that social prescribing can lead to a range of positive health and wellbeing outcomes for people, such as improved quality of life and emotional wellbeing. Furthermore the NASP claim that some GPs think social prescribing can help reduce their workload, which in turn could result in less pressure on the NHS.

Our Social Prescriber, Gina Goubran has found that since the beginning of the year, she has been receiving a higher number of referrals which could be attributed to the cost of living crisis. Referrals are mainly related to financial, mental issues, housing and isolation.

Gina has been running regular drop in sessions whereby community groups and members can meet social prescribers and service providers directly. The next one takes place on **Thursday 8th of June from 2 to 4pm at Thistlemoor Medical Practice.**

Due to the high volume of housing issues, the focus of the next drop in will be housing with representatives from the housing and adult social care teams coming along. Please drop in on the day but if you need more information in the meantime, contact Gina directly on [gina.goubran@nhs.net](mailto:gina.goubran@nhs.net)

Further to the drop ins, Gina is working alongside the PCVS' Health and Wellbeing Forum to possibly run a hub and activity trials and will be actively involved in the REND Project so please watch this space!

Haleema Bibi started recently as a Social Prescriber based at Thistlemoor Medical practice and will work closely with Gina. Having two social prescribers at the practice will have a positive impact on waiting times for cases.

Here is some great feedback from patients who have experienced the social prescribing service to date:

*"Gina, I don't know what you did but since I spoke with you first time my life changed in a very positive way. I will always remember how you sat patiently listening to me on the appointment day and didn't want me to leave unless I am better"*

*"Thank you Gina for your call , i didn't know there was a service called social prescribing until you spoke with me and it was really helpful please also thank everyone at Thistlemoor for the wonderful service."*

We know that there are sometimes challenges with social prescribing for the sector and PCVS is working towards ensuring that where social prescribing activities take place that these are funded and resourced. We will be running a Forum locally where there can be discussion and challenge and will keep you informed.

Thistlemoor, Central and Thorpe PCN have a very forward thinking approach embracing working with the VCS and we see this as a catalyst to broadening that way of working in Peterborough

## Free Training Courses - Mental Health, First Aid and Make Every Contact Count



We are delighted to offer our member organisations free training through Everyone Health. Please book directly on their website

<https://bookwhen.com/everyonehealthcams>

**Password to book on to a course is: MHFA2023**

Courses Included are listed below (refer to the booking site for full details):

**Smoking Cessation**

## Making Every Contact Count

### Mental Health First Aid

Please note we can offer bespoke sessions if there is enough interest. Email Azra on [Azra.ali@pcvs.co.uk](mailto:Azra.ali@pcvs.co.uk) if there is a session that you are interested in that is fully booked.



### Help develop patient and community involvement at Addenbrooke's and the Rosie

Care is better when NHS and care organisations listen to what you need. Cambridge University Hospitals NHS Foundation Trust (CUH) want to involve local people in shaping their services and developing research.

This includes at the Rosie, within Addenbrooke's and as part of the future Children's Hospital and the Cancer Research Hospital.

Please support CUH by filling in this short survey – it should take about five minutes to complete.

They will use what you tell them to help develop patient and public involvement.

<https://www.surveymonkey.co.uk/r/KKZHR2M>



### **New phone App to help Addenbrooke's and Rosie patients navigate hospital**

Patients have led the way in a project to make it easier to find your way around Addenbrooke's and the Rosie hospitals.

The new CUH Directions app was developed by patients for patients and was the idea of hospital volunteer Mike, a member of the Outpatient Experience Group, who led on the project with hospital staff.

The app maps out your route from your start to end point in a series of images and words, showing you the shortest route through the hospitals.

Visit the App Store or Google Play Store and download to your mobile device.

Find out more at: <https://www.cuh.nhs.uk/news/new-cuh-directions-phone-app-helps-patients-find-the-way/>

Healthier Futures Fund is now open for applications!



The Healthier Futures Fund aims to improve communities' ability to live healthy and happy lives across Cambridgeshire. It has been recently launched by NHS Cambridgeshire & Peterborough who have partnered with [Cambridgeshire Community Foundation](#) (CCF) to make £2 million available to Voluntary, Community and Social Enterprise (VCSE) partners across the area to deliver health and wellbeing improvements for their local people and communities -

Applications are now welcome until 1st August 2023.

CCF is holding an online briefing and Q&A session at 10:00am on Thursday 25th May which all are welcome to join using the details below:

Microsoft Teams meeting

**Join on your computer, mobile app or room device**

[Click here to join the meeting](#)

Meeting ID: 326 705 489 773

Passcode: A86qrv

PCVS will provide further online information sessions at **7pm on the 8th of June** and **4.30pm on the 12th of June**. These sessions will provide support for applications and ideas. Please email our Training & Infrastructure Lead, Clare Barham on [communities@pcvs.co.uk](mailto:communities@pcvs.co.uk) if you would like to attend. A further

online session and Face to Face briefing will be provided later in the month of June (dates to be confirmed).

In the meantime, any VCSE partner that wants to apply can find out more information via this page on the Cambridgeshire Community Foundation website -

[https://www.cambscf.org.uk/healthier\\_futures\\_fund](https://www.cambscf.org.uk/healthier_futures_fund)

**We hope you found this Health Bulletin useful and would love to receive any comments and feedback you may have. Would you like to receive a bulletin like this regularly? Have you any suggestions on ways we can improve communicating this information to you or perhaps you would like different information or know more about a particular topic? We would love to hear your thoughts, email these across to [communities@pcvs.co.uk](mailto:communities@pcvs.co.uk)**