



hazelperry 1/08/2024 ↻

PCVS Members' Noticeboard w/c 22 January 2024

Events

↻ **Make Every Monday Brew Monday!**

There's always time for a cuppa and a catch-up. The Samatirans have designated 15 January an annual Brew Monday to improve mental health and wellbeing. Why not make every monday Brew Monday? Find out more about Brew Monday by [clicking here](#).



↻ **Peterborough Cathedral | Made in Peterborough Exhibition, Submissions Open Until 24th January**

Following the success of 'Made in Lockdown' and Made in 2022 exhibitions, Peterborough Cathedral is now calling for entries for an open exhibition of artworks celebrating our great city. The resulting exhibition will be shown in the Cathedral from 7th February to 29th February 2024.

The concept behind the 'Made in Peterborough' exhibition is to celebrate the people, places and events of our historic and vibrant city. To showcase the extraordinary talent and illustrate the lives of the people living, working and creating in Peterborough. The exhibition seeks to display works which show a city rich in culture, diversity, heritage and spaces. So whether you are living or working in Peterborough, have moved away or admire it from afar, this exhibition is for you. We welcome submissions from people of all ages and abilities, artworks of all types; if it's about Peterborough or made by someone from Peterborough, it will be considered.

There are a few conditions and some changes from last year, so please make sure you **read carefully our updated [Terms and Conditions](#) before you submit an application.**

The deadline for applications is noon on **Wednesday 24th January 2024**. Applications can be made using our [online form](#). If you require help completing the form or for any questions or queries please email exhibitions@peterborough-cathedral.org.uk or call 01733 355315



Made in Peterborough - Peterborough Cathedral

⇒ **Metal Peterborough | Understanding Arts Council Funding with Caroline Wallace**
Date: Wednesday 24 January

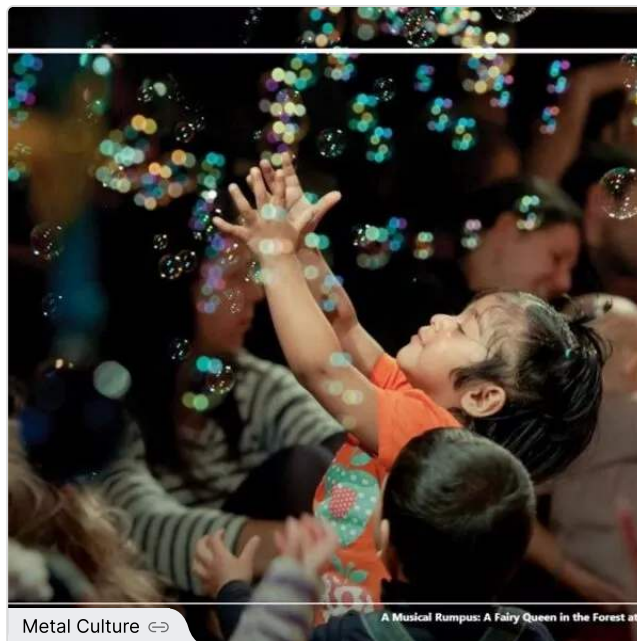
Time: 18:30 – 19:45

Venue: Chauffeurs Cottage, St Peter's Road, PE1 1YX

Join us for a talk and Q&A with Arts Council England's, Relationship Manager (Engagement and Audiences), South East for the Arts Council of England (ACE), Caroline Wallace.

The session will look at both the new ACE Project Grants and Developing Your Creative Practice (DYCP) to help you consider what the best route is for you. Caroline will talk through the application form, the criteria and explore what information you may need to provide as an applicant.

This talk aims to demystify the application process, as well as providing top tips. Caroline is there to help answer your queries, so do come prepared with your burning questions! [Register here.](#)



Understanding Arts Council Funding with Caroline Wallace - Metal Culture

⇒ **Jumped Up Theatre | Dance Included, 4 February, 2-5pm**

Dance Included, our monthly movement and skills sessions, will resume on Sunday 4 February with a new lead artist, Sonny Nwachukwu, and a new facilitator, Eleanor Gibson. Participants will explore how to communicate through movement. 16+ and free. [Click here](#) to book a place.



Dance Included with Sonny Nwachukwu

⇒ **Accent Housing | Newton Hall Community Space Open Day, 7th February, 10:00-14:00**

Join us on the 7th February between 10-2pm, as we open the doors of Newton Hall after a long time closed, and see first-hand this great building, and the fantastic opportunity it presents for a charity / organisation to occupy and manage.

Accent staff will be on site to show you around and answer any questions you may have, information around lease/licences and anticipated costings can be viewed on the day.

This building has been recently cleared and decorated and now needs to move forward in its journey to benefit the local community.

A flyer for Newton Hall Community Space Open Day. The flyer has a white background with a blue header. On the left, there is a blue box with white text: 'Newton Hall', 'Stowhill Road, Peterborough, PE4'. To the right of this box is a list of features: 'Community Hall', '1 main hall, two smaller rooms', '2 toilets', 'Kitchen with hatch to main hall', 'Washbasin', 'Hard flooring', 'Bright airy space', 'Patio doors', 'Secure parking to the access by side gate', 'Garden maintained by Mole Farm'. To the right of the list is a photograph of the Newton Hall building, a large brick structure with a gabled roof. Below the photograph is a smaller inset image showing the interior of the hall. The main text on the flyer reads: 'accent You're Invited!'. Below this, it says: 'Does your organisation need a new community space, to provide activities or projects to the local community? Join us on our Open Day: Wednesday 7th February 2024 10am-2pm'. Further down, it says: 'This is an exciting opportunity for long term occupancy with affordable rent in partnership with Accent Housing.' and 'Our mission is to bring Newton Hall back to life for the local community! Accent are keen to work with local partners, agencies and charities to address local issues and support local people.' At the bottom, it says: 'Please contact for further information: Padlet Drive' and provides a URL: 'https://www.padlet.com/drive/1366243626'. In the bottom left corner of the flyer, there is a small white box with the text 'Padlet Drive' and a double-headed arrow icon.

Newton_Hall_Open_day_invite.pdf

⇒ **Safe Soulmates | Steve Ball Valentine's Disco, 17th February**

Safe Soulmates and Inclusive Parties CIC are hosting the Steve Ball Valentines Disco for the disabled and neurodivergent community on 17th February. Tickets for the event which takes place between 7 and 10pm at the Millfield Community Centre, Lincoln Road, Peterborough, can be purchased from the Unity Shop in Queensgate or City College Peterborough, Brook Street, Peterborough. See attached flyer for more details.

⇒ **Civil Society Consulting | Celebrating Togetherness Conference in Peterborough, 7th March**

You're invited to a fun, uplifting **celebration** of our initiatives **Kinder Communities** and **#32Steps**. The event will provide an opportunity for social action and faith-inspired leaders to socialise; share experiences; and learn from sector experts. [Click here](#) for more information and to reserve your place.

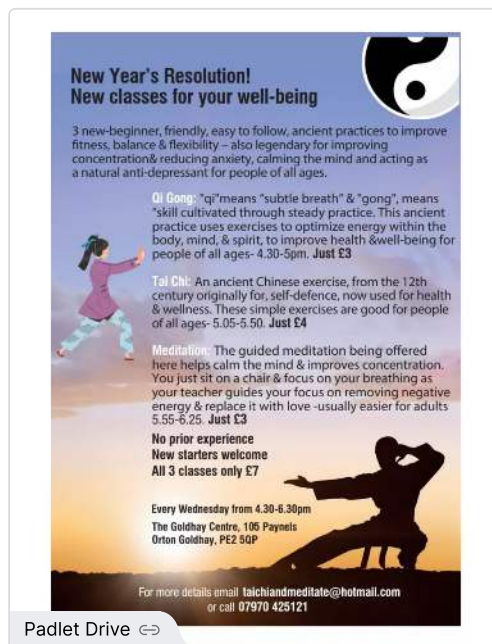


Celebrating Togetherness Conference in Peterborough

⇒ **Goldhay Centre | Learn Ancient Practices to Enhance Your Well-Being: Qi Gong, Tai Chi, Meditation Every Wednesday**

Try new classes to support your wellbeing at the Goldhay Centre*. Classes take place every Wednesday from 4.30pm and are currently only £3 to £4 per session. Details of how to join are in the attached leaflet.

*The Goldhay Centre is managed by local charity, Family Voice.



tai_chi_2024.pdf

⇒ **Cambridgeshire Lupus Group | Information Day, 16th March at 1.30pm (Cambridge)**

Cambridgeshire Lupus Group will be holding an information day at 1.30pm on 16th March. Lupus is an autoimmune disease which causes inflammation throughout the body. The information day will take place at Hinxton Hall Conference Centre on the Wellcome Genome Campus, Hinxton, Cambridge CB10 1RQ. [Click here](#) to register.



Info_Day_2024_Flyer_20240119.pdf

Volunteering & Job Vacancies

⇒ **Volunteering**

⇒ **Springwatch | Wildlife Hero Awards, Deadline for Nominations 2nd February**

If you have been watching Winter Watch this January, you might have heard about the Wildlife Hero awards. Do you know someone who has gone the extra mile for nature? Well why not nominate them. [Click here](#) for more information.



BBC Two - Winterwatch, Series 12, Episode 2 - Springwatch Wildlife Hero Awards 2024

⇒ **Age UK CAP | Sharing Time Volunteer**

Dedicate just one hour a week to visit someone lonely or isolated. Your time, friendship, and support can make a world of difference.

👉 **Why Choose Sharing Time?**

- **Flexible Commitment:** Just one hour a week.
- **Personal Fulfilment:** Bring joy and create lasting memories.
- **Build Lasting Connections:** Forge meaningful relationships.

🌻 **How to Get Involved:**

1. Visit [Age UK Cambridgeshire and Peterborough | Volunteer with us](#)
2. Fill out an application form or contact us
3. Express your interest in Sharing Time.



⇒ **Citizens Advice Peterborough**

Volunteer Opportunities include:

Generalist adviser - answer calls from clients, gather relevant background information, then research the issue and relay the best options back to the clients. You will help clients to find solutions to their issues. We will support you with full training and support throughout your volunteering experience.

Marketing & Communications - Create social media posts, leaflets, pages on our website. Help to promote our service and volunteering opportunities.

For more information and to apply please visit:

<https://www.citapeterborough.org.uk/volunteer-with-us/>



⇒ **PCVS | Volunteer in 2024!**



⇒ **Vacancies**

⇒ **Healthwatch Cambridgeshire and Peterborough | Vacancy for a CEO: DEADLINE 26 January 2024**

Healthwatch Cambridgeshire and Peterborough is seeking an exceptional leader who can successfully navigate the complex and changing health and care system. The role requires the ability to:

- amplify what people have to say about their experience of using local services
- ensure that NHS leaders and other decision makers
- hear this feedback and encourage them to act upon it.

The new appointee will lead a team of staff and volunteers to champion local people's needs and views, and influence improvements in services both locally and nationally.

For more information about the role and to apply, visit Healthwatch's website at:

<https://www.healthwatchcambridgeshire.co.uk/report/2023-12-19/lead-our-healthwatch>

Apply by Friday 26th January




Padlet Drive ⇌

2023_12_CEO_short_advert_.docx

⇒ PCVS | Training Newsletter

PCVS has a new training newsletter. Created on Padlet the newsletter will be updated regularly and will be emailed out to members once a month along with the funding newsletter. Both will be accessed via the training and funding sections of [our website](#).

A graphic for a training newsletter on a Padlet board. It features an orange background with two circular callouts at the top: a teal one with the text "In a never ending cycle of short term funding?" and a pink one with "Finding it hard to fund the work you know is really important?". Below these, it says "Join experienced fundraiser Ali Lyons on 18th January at PCVS' '3rd Thursday Networking'". A central pink box lists three topics: "What diversifying income really means.", "The best approaches to identifying new funding streams.", and "How to work out your next steps.". At the bottom, it says "Book your place by clicking [here](#)". Logos for "ALI LYONS" and "pcvs" are at the bottom right, and a "Padlet" logo is at the bottom left.

In a never ending cycle of short term funding?

Finding it hard to fund the work you know is really important?

Join experienced fundraiser Ali Lyons on 18th January at PCVS' "3rd Thursday Networking"

Find out:

What diversifying income really means.

The best approaches to identifying new funding streams.

How to work out your next steps.

Book your place by clicking [here](#)

ALI LYONS

pcvs

Padlet ⇒

Training news letter

⇒ Allia Future Business Centre | Start and Grow Your Business Programmes, Starting on 24th January

We're kicking off the year with 2 programmes designed for Cambridgeshire and Peterborough based social enterprises, charities and impact organisations – to help them get started and grow their positive impact.

Start Your Business – to help you get started and bring your impact idea to life.

Grow Your Business – to help existing organisations on their growth journey.

We're working with partners, including Support Cambridgeshire (Hunts Forum and Cambridge Council for Voluntary Service (CCVS) and Peterborough Council for Voluntary Service (PCVS) who will deliver 1-1 support, networking events and set up peer support for sustainability and growth beyond the end of the programmes; and Cambridgeshire ACRE (Action for Communities in Rural England) who will support rural community not-for-profit organisations that are trying to establish community-led businesses.



Our Programmes | Allia Future Business Centre

⇒ **Arts on Prescription | Referral Programme, Starting 29th January**

Arts on Prescription is a friendly inclusive 12-week programme (29th January - 29th April) for adults experiencing mild to moderate mental health challenges such as anxiety, depression or stress. Facilitated by a professional artists and qualified counsellor you will explore different art materials in weekly workshops at Peterborough Museum and Art Gallery. No previous arts experience required but you will need to be referred by a GP or Social Prescriber.



Arts_on_Prescription_Peterborough__1_.pdf

⇒ **How Are You Peterborough | Funded Mental Health Training This Winter with CPSL Mind**

As part of How Are You This Winter, a partnership between the H.A.Y. team and CPSL Mind funded by the ICB, is offering a range of fully-funded mental health training courses to volunteers and staff in local community groups over the next few months – you will find full details by clicking here.

Training courses include:

3 Mental Health First Aid courses, each with 16 places available – Feb 7th & Feb 14th in Cambridge, Mar 5th & 12th in Peterborough, and online (4 afternoon sessions) on 26 Feb, 27 Feb, 4 Mar, 5 Mar. Links are here:

□

[Mental Health First Aid course Tickets, Wed 7 Feb 2024 at 09:00 | Eventbrite](#) – Meadows Community Centre, 299 Arbury Road, Cambridge, CB4 2JL

[Mental Health First Aid course Tickets, Tue 5 Mar 2024 at 09:00 | Eventbrite](#) – The Italian Community Association, Fleet Way Peterborough, PE2 8DL

[Mental Health First Aid course Tickets, Mon 26 Feb 2024 at 13:00 | Eventbrite](#) - online

Places are available on a first-come first-served basis, so book your place now!



How_Are_You_This_Winter_Training_leaflet_FINAL.pdf

⇨ **WEA | *Free ESOL Courses in January and February**

Our courses have been made for you by friendly and supportive tutors, delivered in person in welcoming community spaces or online. They will give you the skills and confidence you need to make it easier in helping your children at school, for you to get into further education or find the job you would like!

To find out more please email cambs@wea.ac.uk or go to our website at www.wea.org.uk

*Courses are free to anyone on benefits or low income

***FREE ESOL COURSES in January and February!**

Our courses have been made for you by friendly and supportive tutors, delivered in person in welcoming community spaces or online. They will give you the skills and confidence you need to make it easier in helping your children at school, for you to get into further education or find the job you would like!

To find out more please email cambs@wea.ac.uk Magdalena Laurman mlaurman@wea.ac.uk or Andrea Sleight asleight@wea.ac.uk
Go to our website at www.wea.org.uk
*Courses are free to anyone on benefits or low income

WEA
Adult Learning
Within Reach

WEA
Adult Learning
Within Reach

WEA OF GILK
FREE COURSES

Cambridgeshire & Peterborough Combined Authority

Padlet Drive ⇨ <https://www.padlet.com/1806278607/1806278607/1806278607>

FREE_ESOL_COURSE_JAN_AND_FEB_PETERBOROUGH_Generi

⇨ **The Prince's Trust | Get Started with Your Future, Taster Day 21st February**

After an amazing success of our first programme in December please see below and attached our **SECOND** amazing opportunity from us at **The Prince's Trust** for any **unemployed young people aged 16-25** in the **Peterborough** area.

Our second 1-week programme aimed at supporting young people furthest away from employment, education and or training to help engage them, **build their confidence, self-esteem, life skills and also to have some fun!**

The course is running from the **26th of February until the 1st of March** with an online **Taster Day on Wednesday the 21st of February**. **Registration details are in the attached leaflet.**

GET STARTED WITH YOUR FUTURE

DISCOVER YOUR POTENTIAL, BOOST YOUR CONFIDENCE

Are you aged 16-25?

On this programme you will:

- Take part in 2 fun days of outdoor adventurous activities;
- Develop the life skills and confidence you need to move forward in life and work.
- Make new friends and learn about money management, wellbeing & Mindfulness.
- Discover your future goals and access 3 months of 1-2-1 support!

Get in touch and Start Something Today.

INFORMATION

Taster Day: 21st February 2024
Course Dates: 26th February - 1st of March 2024
Location: Peterborough
Email: Activities@princes-trust.org.uk
Phone: 01753 822942

Supported by:

Padlet Drive ⇨ <https://www.padlet.com/1806278607/1806278607/1806278607>

Prince's Trust

Get_Started_with_your_Future_Peterborough.pdf

Support & Information

⇒ **Change in CEO at PCVS**

PCVS has recently had a change of CEO. You can find out more in our press release.



Change_of_CEO_at_PCVS.docx

⇒ **Up the Garden Bath | Unity Shop**

Award winning local community group Up The Garden Bath have recently opened a collaborative retail project called UNITY in Queensgate Shopping Centre. This exciting project gives local businesses a platform to sell their hand made products to a larger audience. The shop has products and gifts available from 50 local crafters, makers, artists and small businesses. It's not just a shop though it has a permanent FREE crafting table and daily workshops which are accessible to everyone.

UNITY is located on the ground floor next to Superdry and FatFace. All the proceeds from the shop will help fund Up The Garden Bath's educational and environmental community project. [Click hereth](#) for more information. Show your support and #shoplocal



Up The Garden Bath - UNITY - Queensgate Shopping Centre

⇒ **Boots Charitable Trust: Supporting local communities across the UK**

Boots Charitable Trust is an independent registered charity wholly funded by Boots UK Limited. We want to be there to care for people, customers and communities everywhere and that's why in 2023, we expanded the Trust's reach to support projects across the UK, as well as in our home county of Nottinghamshire.

The Trust funds charities and voluntary organisations working in the areas of health, lifelong learning, community development and social care, and encourages applications from organisations where our grants of up to £10,000 can make the biggest impact.

While we look at nominations from all different charities, our main focus is on the following areas that are very close to our hearts and heritage:

Health: Community healthcare, such as homecare or support for sufferers of medical conditions, and health education and



Boots Charitable Trust

prevention

Lifelong learning: Local literacy and numeracy projects

Community development: For example, supporting councils in providing voluntary services

Social care: Personal, social or community activities or schemes.

Additionally, a particular focus within each of these priorities is how the projects demonstrate a commitment to improving diversity, equality and inclusion within the community.

[Click here](#) for more information.

⇒ **Jumped Up Theatre | Callout For Partners, Creatives, Community & Youth Organisations and Venues**

We love working in partnership with people and organisations who care about the same things we do.

Kate Hall, our Creative Producer, wants to hear from you.

We are on the lookout for creatives who want to work with us, in particular anyone skilled in live arts (theatre, dance, spoken word etc) or street arts (parkour, skateboarding, street art, etc) especially if you are experienced in working with young people. If this sounds like you, please get in touch.

Or, if you lead a community or youth organisation and would like to be part of one of our projects, or perhaps you run a venue and would like us to bring some activity to you. We want to hear from you - [click here](#) to express an interest.



Jumped Up

⇒ **Council Tax Discounts | January Debt | Cheaper Train Tickets**

Council Tax Discounts

Many people are eligible for a council tax discount or reduction of between 25% and 100%, saving £100s – or even £1,000s – each year. Those living alone or only with children, people on a low income, students, those with a carer or a specific medical diagnosis, and even people with empty properties are among those who could cut their bill. Read on to see who's eligible, how much you might save, and how to apply.

<https://www.moneysavingexpert.com/family/council-tax-discounts/>

January debt: What should I pay first and what can I do? In January many people can find themselves with debts to clear after overspending at Christmas. Trying to pay off credit cards and overdrafts is a juggling act for many already struggling with the cost of living. The Financial Conduct Authority, which regulates financial services, says that 11 million adults in the UK struggle to pay their bills - a rise of 3.1 million compared with 2022. So what can you do if you find yourself in difficulty?

<https://www.bbc.co.uk/news/business-64291327>

Cheaper train tickets: Five ways to save money -

<https://www.bbc.co.uk/news/business-64827711>



Debt: What should I pay first and what can I do?

Surveys

⇒ **Mental Health, Learning Disabilities and Autism Partnership | Young People's Mental Health Review, Deadline 29th January**

Share your experiences and views about treatment and support for young people aged 16-25 in Cambridgeshire and Peterborough with mental health problems. We want to hear from anyone who has experiences and views to share about mental health treatment and support for young people aged 16-25. Your input will help us to improve treatment and support for young people. Details on how to take part are in the attached documents.

Young People's Mental Health Review

Share your experiences and views about treatment and support for young people aged 16-25 in Cambridgeshire and Peterborough with mental health problems.

We want to hear from anyone who has experiences and views to share about mental health treatment and support for young people aged 16-25.

Your input will help us to improve treatment and support for young people.

We want to hear from:

- ✓ Young people
- ✓ Their families, friends, and supporters
- ✓ People who work with young people
- ✓ People who work in mental health services
- ✓ People who manage and plan mental health services

On the next page are all the ways you can share your experiences and views in January. You can:

1. Fill out a simple online survey
2. Book a 30 minute slot to talk to one of the expert team
3. Join an online group discussion
4. Join our mailing list and take part in the later stages of the review

ABOUT THE REVIEW

Leprosy is a company that helps communities plan for better health care services. We are currently working on a project for the local health, learning disability & autism partnership in Cambridgeshire and Peterborough. Our job is to check how well the mental health services for 16 to 25 year olds are being taken care of in this area.

The project will run from December 2023 to May 2024. During this time, a steering group will advise and support the project. The steering group will be co-chaired by a young person and the health services. Here are four photos of were:

1. December: Briefing people together and setting the work
2. January: Call for Evidence (this stage)
3. February: Coproduction of our Local Improvement Plan
4. March: Start consulting and making recommendations

Taproot will put together a final report in April 2024 to share what we have found and recommend improvements.

Padlet Drive ⇄

YPMH_call_for_evidence.pdf

⇒ **Family Voice Peterborough | Annual SEND Survey 2024, Open Until 31st January**

Every year we run a survey looking at how Parent Carers in Peterborough experience local SEND services, and it is now time for us to run it again. We are offering 100 Parent Carers the chance to win tickets to local family activities as a thank-you for participating. The survey is open until 31st January 2024 and closes at 5pm

Link to survey
<https://www.surveymonkey.com/r/FVPSSEND2024>

ANNUAL SURVEY 2024

Family Activity Tickets for 100 participants

One Set per family

Help Shape SEND Services in Peterborough

Scan to complete Digital Form

Padlet Drive ⇄

Family_Activity_Tickets_for_100_participants.pdf

⇒ **PCVS | Health Integration Project Survey, Deadline 31st January**

We are excited to inform you about our upcoming Health Integration Project Survey, a crucial initiative aimed at understanding and improving various aspects of healthcare in our community, especially around digital platforms like the JOY app, How Are You Peterborough (H.A.Y) and Peterborough Information Network. (P.I.N)

Your valuable insights play a vital role in shaping the success of this project. By participating in the survey, you and your community members contribute to the development of strategies that will positively impact their health and well-being. This survey will cover a range of topics, including digital literacy and accessibility, awareness about social prescribers and overall community health perceptions. Your honest responses will enable us to identify areas for improvement and implement targeted solutions.

pcvs
 Peterborough Council for Voluntary Service
Making Lives Better!

Health Integration Project Survey

Could digital apps help to improve your community's health? Scan the QR code to take part in our survey!

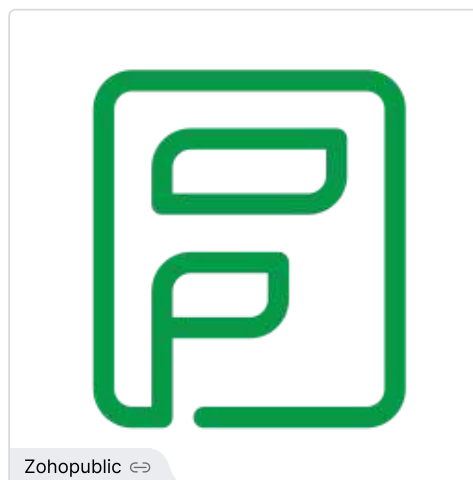
Padlet Drive ⇄

To ensure the confidentiality of your responses, the survey is designed to collect anonymous data. Your cooperation is vital in making this initiative a success and we genuinely appreciate your time and commitment. [Click here](#) to access the survey or use the QR code provided.

⇒ **The SUN Network | Co-Production Survey, Deadline 31st January**

We are hoping to gain some up-to-date knowledge about co-production in Cambridgeshire and Peterborough to support a new co-production platform coming soon. So are inviting you to share your thoughts in a short survey. Your feedback will help us to understand what support/knowledge/training local services need to co-produce and we can shape the co-production platform accordingly to help you.

The closing date to complete the survey is **31st Jan 2024**. There is a chance to win Amazon vouchers as a thank you. The survey should only take around 10 minutes of your time, but please go through at your own pace. The survey can be found at this link - <https://bit.ly/coproductionsurvey>.



Co-Production Survey

⇒ **Flourish Peterborough | Food Strategy Survey: Deadline 31st January**

You are invited to have your say on food in Peterborough, from growing to buying, to eating, sharing and dealing with food waste.

This survey will be used to inform the Peterborough Food Strategy, a document that will bring together a joined up approach across the city to how we adapt and support the food system across Peterborough in the coming years.

We are committed to ensure the wants and needs of those who live or work in the Greater Peterborough area are reflected in the Food Strategy. [Click here](#) to go to the survey.



Survey | Flourish Peterborough

