

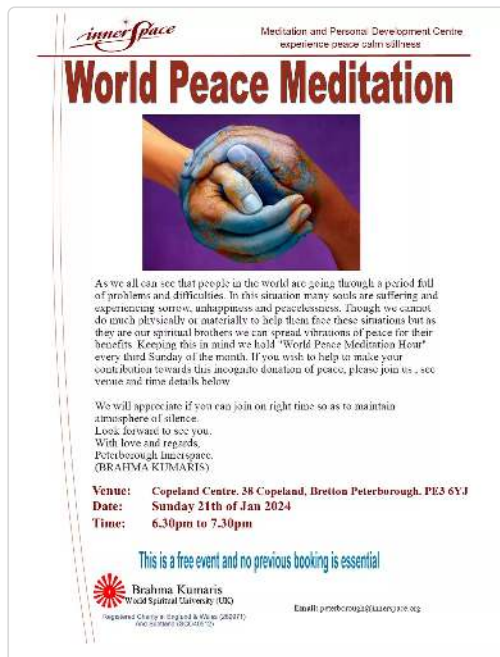


hazelperry 12/11/2023 ↻

PCVS Members Noticeboard w/c 8th January 2024


Events

↻ Inner Space | World Peace Meditation 21 Jan 2024



innerSpace Meditation and Personal Development Centre
experience peace calm stillness

World Peace Meditation




As we all can see that people in the world are going through a period full of problems and difficulties. In this situation many souls are suffering and experiencing sorrow, unhappiness and peacefulness. Though we cannot do much physically or materially to help them face these situations but as they are our spiritual brothers we can spread vibrations of peace for their benefits. Keeping this in mind we hold "World Peace Meditation Hour" every third Sunday of the month. If you wish to help to make your soul's journey towards the anagoga donation of peace, please join us, see venue and time details below.

We will appreciate if you can join on right time so as to maintain atmosphere of silence.
Love, devotion to see you.
With love and regards,
Peterborough InnerSpace,
(BRAHMA KUMARIS)

Venue: Copeland Centre, 38 Copeland, Bretton Peterborough, PE3 6YJ
Date: Sunday 21th of Jan 2024
Time: 6.30pm to 7.30pm

This is a free event and no previous booking is essential

 Brahma Kumaris
World Spiritual University (WSU)
Registered Charity in England & Wales (202277)
VOC 010000100000000000

Email: info@inner-space.org

↻ Cross Keys Homes: Upcoming Events and Courses

Cross Keys Homes are offering a variety of events and courses this month in collaboration with other community organisations in Peterborough. Click on the attached PDF for more information or visit the Cross Keys Homes website by [clicking here](https://www.crosskeyshomes.co.uk). Alternatively, copy and paste the link <https://www.crosskeyshomes.co.uk/employment>



Westraven Community Cafe

FREE! GET INTO COOKING

A 2 day seasonal cooking skills class.
Develop your cooking skills with some Winter Classics such as Shepherds Pies and Apple Crumble with homemade custard
- ideal for job seekers.

Thursday 18th January & Thursday 25th January
10am to 3pm

booking essential: 01733 396404
community@crosskeyshomes.co.uk

Westraven Community Cafe
Hampton Court, Peterborough, PE3 7JA
westraven.co.uk

Following completion of the Cooking Course, you will gain access to complete a **FREE Level 1 Food Hygiene Course**

 City College Peterborough
Padlet Drive ↻

 CKH

 WestRaven Community Cafe

Combined_Flyers___January_2024.pdf

Volunteering Opportunities / Job Vacancies

⇒ **PCVS | Volunteer in 2024!**



⇒ **Sue Ryder: Call out for Grief Kind Space Volunteers**

Sue Ryder will be launching the first community Grief kind space in central Peterborough at the start of 2024. Sue Ryder's aim is to create a safe space bringing diverse cultural groups together.

People who are grieving have said that they would find it helpful to meet and talk to others who have also been bereaved. Facilitated by trained volunteers, Grief Kind Spaces are informal community drop ins, providing an opportunity for people who are grieving to share their feelings and experiences with each other. Sue Ryder understands that everyone grieves differently, and want to offer support in the way that works best for them.

Sue Ryder are currently looking for volunteers (over 18) to join the volunteer team to help support and run the grief kind spaces, this would be excellent experience. More details, including contacts for more information in provided in the attached leaflet.



Grief_Kind_Spaces___Information_for_Attendees_03_04_23.

⇒ **Citizens Advice Peterborough | Volunteer Opportunities**

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/>



⇒ **Care Network Cambridgeshire: Volunteering Opportunities Are Varied, Flexible and Rewarding!**

With so many opportunities available, why not check out the website <https://care-network.org.uk/volunteer/> which includes videos from existing volunteers about how and why they give their time.



Volunteer - Care Network

Why not give back to your community in 2024? It's easy to apply and our lovely Coordinator Tina will be happy to chat through the process with you and answer any questions. Contact her on volunteering@care-network.org.uk or at [01954 211919](tel:01954211919) to start your volunteering journey.

⇒ **Care Network Cambridgeshire | Calling all runners looking to make a difference in 2024!** 🏃❤️

Are you looking to get fit or achieve a personal best? Entries are now open for the Northstowe Running Festival on Saturday 31 August 2024. Choose from the 5km, 10km and half marathon races in support of local charity Care Network Cambridgeshire. You'll receive paid for entry, a bespoke t-shirt or running vest to wear with pride, full support during your fundraising journey, and a finisher goodie bag when you're cheered over the finish line! 🏆

Every pound you raise will help support work with people and communities across Cambridgeshire and Peterborough. See here <https://northstowerunfest.co.uk> for more details about the event and contact corrina.o@care-network.org.uk to get involved! 🏃



Workshops / Training

⇒ **Steadfast Training | Upcoming Training Courses**

Steadfast Training courses starting this month. Free to benefits claimants (restrictions apply - contact the training centre for confirmation).

9/1/24

- One Day Intense Developing Social Media for Employment (1 day)
- One Day Intense Self employment support (1 day)

10/1/24

- One Day Intense Developing Social Media for Employment (1 day)
- One Day Intense Self employment support (1 day)

11/1/24

- One Day Intense Developing Social Media for Employment (1 day)
- One Day Intense Self employment support (1 day)

12/1/24

- One Day Intense Developing Social Media for Employment (1 day)
- One Day Intense Self employment support (1 day)

15/1/24

- CSCS + Self Employment (1 week)
- School support (2 weeks)

15/1/24

Intense_self_employment_support_Cambridgeshire.pdf

Employability with Customer Service (2 weeks)
Self Employment (2 weeks)

29/1/24
School Support (1 week)
Managing Your money (2 weeks)

All courses will be delivered either at the Peterborough office or via a remote/virtual classroom model (by Zoom) and comprise of **daily training sessions from 9.30am – 3pm**, followed by **individual 1-2-1 support** where required. In Peterborough, our training centre is at:
2 North Street, Peterborough, PE1 2RA

Register by emailing upskill@steadfasttraining.co.uk

⇒ **CAP | Jobs Club, Starting 19th January**

The CAP Open Door Trust Jobs Club starts on 19 January 2024. Info on the attached flyer, contact kenpullen@opendoortrust.com to register.



January 2024 Job Club

- In January we will be running our very successful eight-session face-to-face job club, from Ourdle Road Baptist Church.
- We have been running the job club for over seven years and have had great success in helping people start their journey back into employment, alongside other agencies. Over 50% of those who have completed the course, have gone on to find employment or receive further training and support from one of our partner organisations.
- The course starts on Friday 19th January between 10 am – 11.30 am. We will be providing tea & coffee.
- We will cover, motivation, barriers, skills, volunteering, research skills, CV writing, application forms, cover letter, and interview tips and techniques. All delivered in a very low-key and comfortable style.
- We know that many of those who have attended before have had very low confidence and self-esteem, and through our style of delivery, we look to help build up confidence and help them to recognise their transferable skills.

To reserve a place, or to find out more information, please visit our website below. Or email kenpullen@opendoortrust.com

www.opendoortrust.com

The flyer includes several images: a blue circular logo with a white swirl, a photo of a man and a woman at a table, a laptop with a yellow mug, the 'orb church' logo, a green 'CAP job clubs' logo with the text 'Christians against poverty', and a photo of hands holding a document.

⇒ **Living Keys: Freedom Programme (Free Course)**

Freedom Programme is an 11 week course for women who have experienced domestic abuse. This course, helps to empower women and recognise that the abuse was no fault of their own, but that of the abuser. To sign up for this course, please go to our website on <https://www.livingkeys.co.uk> or contact Linda at Admin@livingkeys.co.uk Our contact number is 07507269081



Living Keys
Keys To Freedom From Domestic Abuse
EST. 2021

The flyer features a purple background with a white silhouette of a hand holding a key. The text is written in a mix of serif and sans-serif fonts.

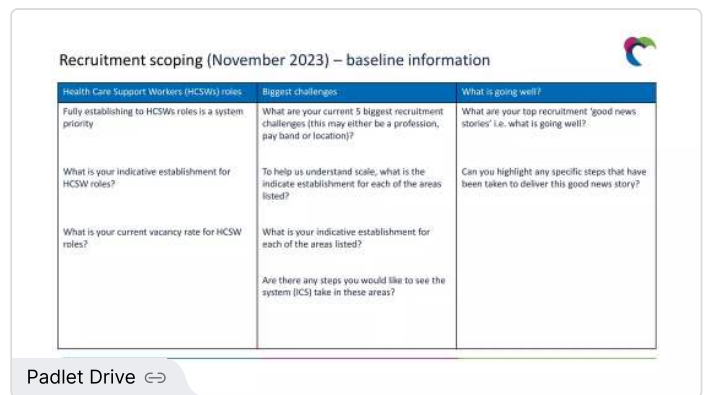
Support / Information

⇒ **A New Year Message from the Chief Executive of The National Lottery Community Fund...**
Click here for the video message from David Knott, Chief Executive of The National Lottery Community Fund or paste this link into your browser
<https://youtu.be/-Nx2qxFnsLw?si=MrAqxdBp--OY1rBV>



Welcome to 2024 – a message from David Knott, Chief Executive of The National Lottery Community Fund

⇒ **Voluntary Sector Network; Together for Healthier Communities: Recruitment and Retention Scoping. Dealine 9th January.**
 Does your organisation recruit Health Care Support Workers / Health Care Assistants (NHS B2 and B3 roles, or colleagues providing basic care and support to patients / service users / beneficiaries)?
 If so, the Voluntary Sector Network is keen to hear your views on recruitment and retention based on the attached document. Please return your response to:
Anna.palutekl@nhs.net by the **9th January 2024** copying in Sharon.allen@arch.org.uk
Debbie@huntsforum.org.uk



Recruitment_scoping_.pdf

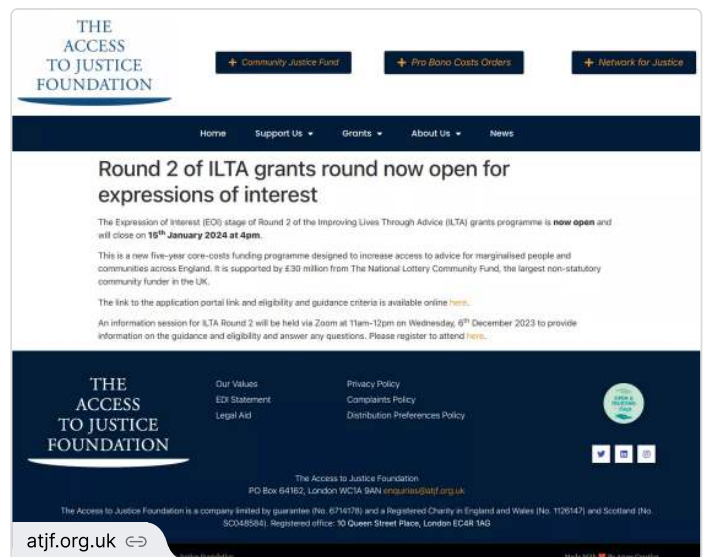
⇒ **Improving Lives Fundng: Free Legal Advice for Marginalised Communities, Deadline 15th January 2024**
 Charities Can Apply for Funding to Provide Free Legal Advice for Marginalised Communities (England)
 Organisations that deliver free specialist social welfare legal advice to marginalised people and communities can now apply for grants of up to £500,000 over five years.

The funding is being made available through round two of the Improving Lives Through Advice programme which is supported by the National Lottery Community Fund. To be eligible, an organisation must be:

- registered with the Charity Commission and working in England
- able to demonstrate a track record of delivering legal advice to people who need it most, such as people with disabilities, women fleeing abuse and families facing eviction
- able to demonstrate a track record of supporting access to advice services, e.g. this could be through involvement in a health justice partnership, having an established referral pathway to advice services or co-location of services with advice agencies

Priority will be given to organisations:

- working outside of London and operating in the East of England, West Midlands, and Northeast England



round-2-of-ilta-grants-round-now-open-for-expressions-of-interest

• led by and for marginalised communities and/or groups of people The level of funding available depends on the applicant organisation's annual income. The deadline for expressions of interest is 4pm on the 15th January 2024. Useful Links: Guidance FAQs Back to Table of Contents <https://atjf.org.uk/round-2-of-ilta-grants-round-now-open-for-expressions-of-interest>

⇒ Arts on Prescription | Referral Programme, Starting 24th 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

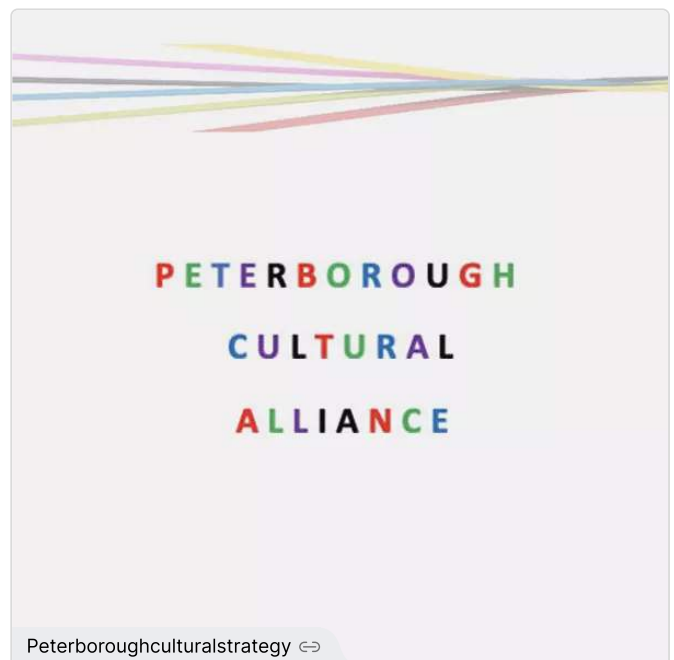
⇒ Peterborough Cultural Alliance | Be Heard Survey, Briefing 24th January

The Be Heard survey will go out in February asking people how they engage in creative and cultural activities. The survey will go to every household in Peterborough in February 2024. It will capture information about people's perceptions of cultural activity in the city, how they are engaging in it, where and the impact on their lives.

The survey is anonymous. The results will be placed on an online site where organisations and individuals can use it to help their cultural programmes, gain evidence to support funding bids. It will help to shape cultural programming in the city to ensure everyone has the chance to take part in activity that is relevant to them. As this survey will be repeated in 2 years' time, it will also act as a baseline against which we can measure our progress at Peterborough Cultural Alliance.

The survey will be incredibly useful to the city and hopefully to you but it needs us all to encourage people to complete it so that we hear a diversity of voices - not just the usual suspects, and not just those that already go to the theatre etc. You might be involved in the media, a community champion or a partner who can help us reach a new audience.

These briefings are a chance to find out more, ask questions and see how, together, we can help get the word out. Please do come along. Doing this survey is only as good as the people we reach with it and we would love for



Peterborough Cultural Strategy

you to be involved. We will tell you more about translations and on-the-ground support to complete the survey.

There is an online briefing taking place on 24 January briefing 6-7pm via Zoom. Contact Sarah Haythornwaite if you would like to attend, via email Sarah.Haythornthwaite@neneparktrust.org.uk

⇒ **Living Keys: Domestic Abuse Recovery Toolkit**

Have you experienced domestic abuse and find it difficult to overcome triggers, bringing anxiety and depression, low self esteem and confidence. Have you been separated from the abuser for at least 6 months, then this is the course for you. It is CBT based, and 12 week course. Want to move forward, then contact us on 07507269081, or apply on line <https://www.livingkeys.co.uk> just click on the contact button and it will bring you to the application form. Alternatively contact admin@livingkeys.co.uk



⇒ **Living Keys: DROP IN SERVICE FOR WOMEN**

Every Monday from 1pm-5.30pm. We provide support with CV's for those who wish to go back to work, support to complete forms, eg. housing, DWP. Offer support to Court (when staff available) Refer to foodbank Refer to Carezone Emotional support Or just want to pop in for a cuppa... you are welcome. for further details of the drop in service please contact Linda on 07507269081 or email admin@livingkeys.co.uk



⇒ **Peterborough Neighbourhood Watch**

Association: Safer Streets Project 2023-25

Peterborough Neighbourhood Watch Association are pleased to announce that we are helping to roll out a Safer Streets scheme for around 10 streets and roads in the central part of the City in Partnership with the Police, the Police & Crime Commissioners Office, The Bobby Scheme and the City Council. This pilot is aimed at preventing house burglary, bringing residents together and increasing community confidence.

The area includes:-

Princes Gate, All Saints Road, Parts of Park Road and Broadway, Huntley Grove, Granville Street, St Marys Close, Bedford Street, Vergette Street, Regents Court

We are inviting any community groups, clubs, societies, sports, welfare, etc to join a working party to help and guide us to roll out this Safer Street scheme for best effect.

The first step is for the City's Neighbourhood Watch Association to hold an information event, no date is yet set.



We are open to offers for venues where we can share the project to enable everyone to get the most from it.

This is funded by the Home Office. Please contact Alan Paul, Head of Neighbourhood Watch Peterborough at info@nwpeterborough.co.uk or phone 0 74 74 002 392 10am to 4pm only.

⇒ **Voluntary Sector Network; Together for Healthier Communities: Update Bulletin, January 2024**

Please click on the image above to access the Update Bulletin for 2024 for the Voluntary Sector Network; Together for Healthier Communities (formerly known as Cambridgeshire and Peterborough VCSE Health Alliance), or copy and paste the link

<https://supportcambridgeshire.org.uk/vcse-health-alliance-update-bulletin-january-2024/>.



VCSE Health Alliance - Update Bulletin - January 2024 - Support Cambridgeshire

PCVS Updates

⇒ **PCVS Future Forum: Making the Case for Peterborough, 16th January**

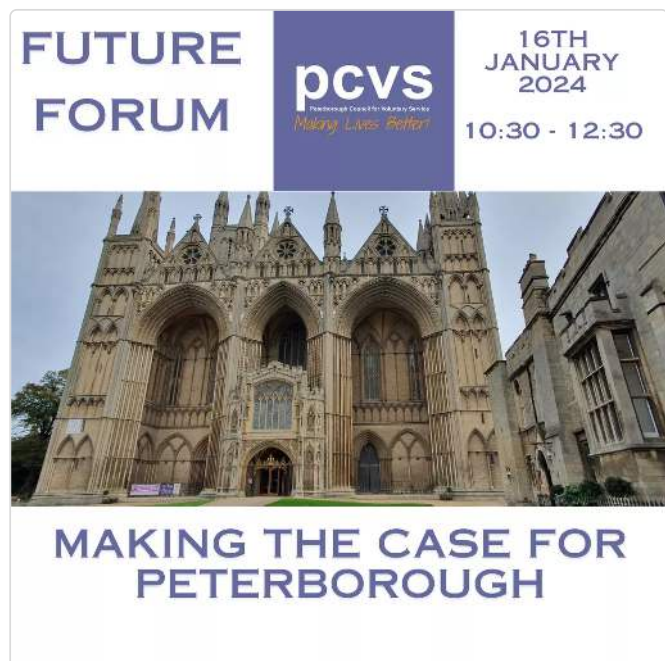
Join us for January's Future Forum.

This workshop will be online and centred around moving towards providing the Voluntary and Community Sector in Peterborough with strong statistical and qualitative information to help develop robust funding bids, in what is undoubtedly going to be a very challenging funding environment.

With guest speakers (TBC), the event will focus on looking at the challenges facing Peterborough, drawing out some of the key metrics and move onto what the strengths and opportunities are in Peterborough.

We hope that this will be the first of a number of meetings to draw the data and narrative together, to inform compelling bids and bring more funding into Peterborough.

Register here: <https://www.eventbrite.co.uk/e/pcvs-future-forum-making-the-case-for-peterborough-tickets-779316525707?aff=oddtcreator>



↳ **PCVS: 3rd Thursday Networking Sessions**

We will aim to have an Income/funding focus bimonthly to ensure 50% of networking has income focus. Sessions will be no more than 50% facilitated/speaker leaving 50% for free networking with light refreshments. The Allia cafe will be open for lunch from 12 for anyone wishing to continue discussions.

Click here to register for January's session - funding and income diversification with Ali Lyons.

pcvs 3rd Thursday Networking

Join us every 3rd Thursday of the month
10am -12noon
@ PCVS offices conference room: Allia Future business centre

We will aim to have an Income/funding focus bi-monthly to ensure 50% of networking has income focus.

Sessions will be no more than 50% facilitated/speaker leaving 50% for free networking with light refreshments.

The Allia cafe will be open for lunch from 12 for anyone wishing to continue discussions.

Book your January place [here_](#) and find out more about income diversification service from Ali Lyons, pick up ideas and advice to increase your income and share local knowledge of funding currently available.

Padlet Drive , London Road, Peterborough, PE2 8ANext

3rd_Thursday_Networking_double_page_flyer.pdf

