

PCVS Members Noticeboard w/c 19th February 2024

Events

↻ Little Miracles Charity | Fundraising Bingo with Teddi the Drag Queen, 24th February

Join Little Miracles for an unforgettable evening of fun and excitement at Fundraising Bingo with Teddi the Drag Queen!

All proceeds from this event will go towards Little Miracles, raising money for families of children with disabilities and life-limiting conditions.

Don't miss out on this fantastic event - [click here](#) to book your ticket or [here](#) to access the Facebook event page. *Please note that this is an adult-only event due to adult content.*



↻ Jumped Up Theatre | Peterborough Culture Forum Meeting, 12pm-2pm on Monday 26 February

Curious about what's going on in Peterborough's community and culture spaces? Want to talk with like-minded people and creative leaders in the area?

Come to the Peterborough Culture Forum catch-up meeting on Monday 26 February from 12pm-2pm at the Key Theatre. Bring your lunch and we'll supply tea, coffee, soft drinks and biscuits.

[Click here](#) to learn more about the Peterborough Culture Forum or [click here](#) to access the Facebook event page for the meeting.



Credit: LICooper Photography

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

Are you working hard to support your community? We're hosting an enriching in-person event for grassroots organisations led by and for marginalised communities. We want community leaders like yourself to experience all the benefits of coming together - including to share ideas and network. This conference is about celebrating you (a rare thing!) and will also include workshops on community podcasting, income generation and filmmaking.

Not a community-led Voluntary and Community Sector (VCS) organisation, but supportive of them? Your insight as a funder, larger organisation, statutory professional or infrastructure charity is so valued! Come and enhance your understanding of grassroots charities and get inspiration for unlocking their potential through funding,



Celebrating Togetherness Conference in Peterborough

policy or partnership.

Whilst hosted in **Peterborough**, we look forward to welcoming friends of CSC travelling from London, Newcastle, Greater Manchester etc! [Click here](#) for more information and to reserve your place.

↪ Sue Ryder | Grief Kind Spaces Launch, 13th March

Sue Ryder will be launching our new Grief Kind space on **Wednesday 13th March from 10am-12pm at Gladstone Park community Centre** in Peterborough.

Grief Kind Spaces are weekly, in-person drop-in sessions held in the local community and run by trained volunteers. The sessions are welcoming, inclusive and open to anyone who is over 18 and has experienced a bereavement, whether they want to attend regularly to connect with others in similar situations or just drop in for a quick chat.

The sessions provide a safe, informal, and supportive place for people to come together and share their experiences of grief, helping attendees to feel heard and less alone.

To find out more visit sueryder.org/spaces



Information_for_Professionals___Grief_Kind_Spaces_.pdf

↪ Centre 33 | Through the Eyes of Young Carers, 13th March

Centre 33 invites you to an exclusive exhibition showcasing the remarkable talents of young carers, in celebration of Young Carers Action Day.

Hosted by the Young Carers Project, this event offers a unique opportunity to engage with the inspiring work of young carers through a collection of photographs curated by the Royal Photographic Society.

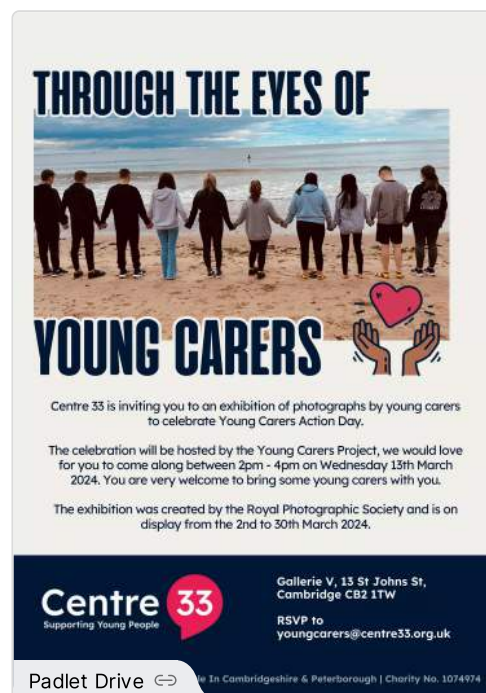
Event Details:

- Date: Wednesday, 13th March 2024
- Time: 2:00 PM - 4:00 PM
- Location: Gallerie V, 13 St Johns St, Cambridge CB2 1TW

We encourage you to bring along young carers to partake in this celebration of their creativity and resilience.

Please RSVP to youngcarers@centre33.org.uk to confirm your attendance and ensure adequate arrangements are made for your visit.

The exhibition will be on display from the 2nd to 30th March 2024, offering an extended opportunity to appreciate the artistry of young carers.



YC_photography_exhibition_invite__for_professionals.pdf

Please note that due to venue constraints, wheelchair access to the gallery is unavailable. We apologize for any inconvenience this may cause. The tour itself takes around 20 minutes.

⇒ **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.



The flyer is for the Shelagh Cheesman Memorial Lupus Information Day. It features the logos for Cambridgeshire Lupus Group and Lupus UK at the top. The event is scheduled for Saturday 16th March 2024 at 1.30pm. The location is Hinxton Hall Conference Centre, The Wellcome Genome Campus, Hinxton, Cambridge, CB10 1RQ. The flyer lists expert speakers for the day: Dr Frances Hall (Consultant Rheumatologist), Dr Melanie Sloane (Cambridge University research associate), Paul Howard (INSPIRE CEO Lupus UK), Sara Miller (Neuropsychiatric Team, Lupus Nurse Specialist), and Jane Robinson (Lupus Patient). It also provides contact information for booking, including a website link and a phone number for the LUK National office.

CAMBRIDGESHIRE LUPUS GROUP  **LUPUS UK** 

**Shelagh Cheesman Memorial
Lupus Information Day**
Saturday 16th March 2024, 1.30pm

Doors Open 12.30
Hinxton Hall Conference Centre
The Wellcome Genome Campus
Hinxton, Cambridge, CB10 1RQ.

Our Expert speakers for the Day

Dr Frances Hall	Consultant Rheumatologist
Dr Melanie Sloane	Cambridge University research associate.
Paul Howard	CEO Lupus UK
INSPIRE	Neuropsychiatric Team
Sara Miller	Lupus Nurse Specialist
Jane Robinson	Lupus Patient

This is a ticketed Event but tickets are free.
To book a place please visit
<https://www.lupusuk.org.uk/shelagh-cheesman-lupus-day/>
OR call LUK National office 01708 731251

Padlet Drive ⇄

Info_Day_2024_Flyer_20240119.pdf

↳ Jumped Up Theatre | Shiamak Bollywood Dance Classes on Thursdays for Women & Children

Sign up for Bollywood dance classes with Jumped Up Theatre in collaboration with the international Shiamak brand.

Do you enjoy dancing to music in your kitchen or living room? Are your kids full of energy and discovering a love for rhythm and movement?

Enjoy modern music, fun dancing, and lessons from an energetic teacher who was highly trained in India by Shiamak Davar himself. You'll meet new people and become part of a great group of ladies.

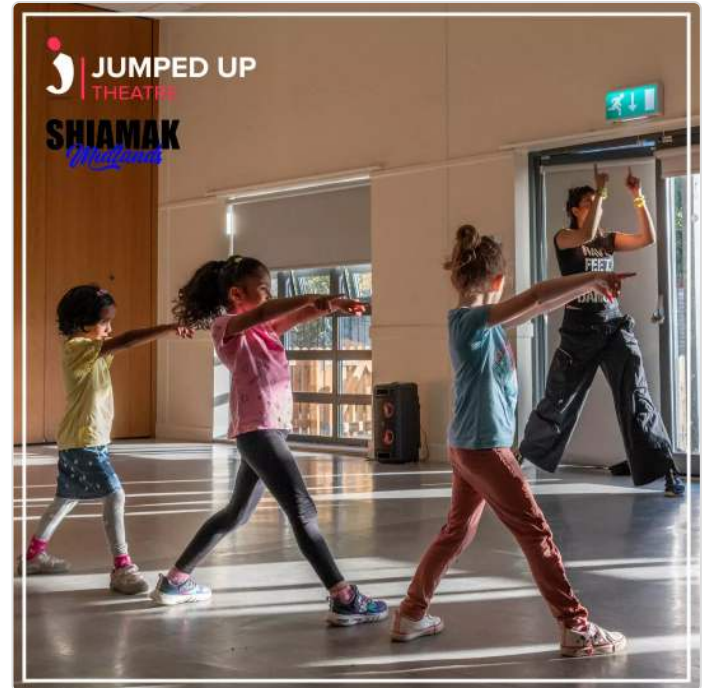
We run classes for Kids (ages 4-12) and for Women (ages 12+).

Classes for kids are at Hampton Vale Community Centre, PE7 8NJ on Thursdays from 4:45pm-5:30pm. A child's first class is completely free so bring them along and let them try a taster class.

Classes for women are at BHS Mandir, PE1 3BU on Thursdays from 6:30pm-7:30pm. We're offering free classes for 16-17-year-olds in collaboration with the National Citizen Service.

Our current term is running on Thursdays from 15 February to 28 March at £6 per class per person.

[Click here](#) to learn more and sign up for classes here.



Shiamak Bollywood Dance Classes

↳ Innerspace Peterborough | Positive Thinking and Meditation, Tuesdays, Online


We invite you to join our Positive Thinking and Meditation class to explore how to take control of your inner thoughts. There will be guided meditation practices as well as an opportunity for discussion and questions.

The class is run every Tuesday from 7.30pm to 8.30pm on Zoom, it is FREE to join and the details are below.

Join Zoom Meeting
<https://zoom.us/j/88843108189?pwd=NlZlbnVSc0ZlVlZVpMcUJlUjZkS1dDQ010?>

Meeting ID: 988 4310 8189
Password: positive

It will be appreciated if you can also email peterborough@innerspace.org, with your Zoom Name and to confirm attendance.

 **Brahma Kumaris**
World Spiritual University (UK)
Registered Charity in England & Wales (208471)
And in Scotland (SC038152)

Volunteering & Job Vacancies

↳ Volunteer Awards

↩ **BBC Radio | Make a Difference Awards, Closing Date for Nominations 10th March**

The BBC Radio Make a Difference Awards is open for nominations. The Make a Difference Awards are your chance to say thank you and recognise those who love to make life better for others. Categories include Volunteers, Community Groups, Fundraisers and Good Neighbours. [Click here](#) for more information.



BBC - Make a Difference Awards

↩ **Volunteering Opportunities**

↩ **Care Network Cambridgeshire | Runners Required for Northstowe Running Festival, 31 August**

Would you like to complete a 5k, 10k or Half Marathon race in support of a local charity this summer?

Care Network Cambridgeshire is proud to partner with the [Northstowe Running Festival](#) for a third year on Saturday 31 August 2024.

You can enter as an individual, family group or team to #RunForCareNetwork. You'll receive: paid entry into the race of your choice (5k, 10k or half marathon) a bespoke t-shirt or running vest to wear with pride! a finishers' goodie bag dedicated support through your personal fitness and fundraising journey. Every pound you raise will help us be there for people in Cambridgeshire and Peterborough in need of our support through difficult times.

Get in touch today to secure your place and receive your free promo code to register. Call Corrina at the [Care Network](#) on 01954 774803 or email corrina.o@care-network.org.uk.



NRF_Runner_Poster_2024.pdf

↩ **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. For more information and to apply please visit: <https://www.citapeterborough.org.uk/volunteer-with-us/>



↪ **Anglia Ruskin University (Cambridge) |
Volunteers Required for Research into
Visually Impaired People and Sports**

Research by Anglia Ruskin University, Cambridge into barriers faced by blind and partially sighted people when looking to participate in sport and physical activity.

Purpose of the study:

People with sight loss do not participate regularly in physical activity programs. This is especially the case for people from ethnic minorities. This study aims to discover the reasons for this, and to inform the design of physical activity programs that will be specifically for people from different backgrounds.

Participation will involve being interviewed either face to face or via a video call, where you will be asked about your opinion on different types of physical activity provision aimed at people with sight loss and what would make them appealing to you. You will also be asked about the barriers for you in doing different types of physical activities. The interview will last between 30 and 45 minutes. You will receive a £10 Amazon voucher as a thank-you.

Contact for further information

Please contact Professor Peter Allen. For more information contact pma36@jbs.cam.ac.uk



↪ **Living Keys | Volunteers Needed**

Living Keys is a Charity that provides Support and free courses to women and children who have been through abuse. We are based in Peterborough, and require volunteers to help run drop in service, Admin volunteer and cleaner (voluntary), also needing a volunteer fund raiser. if you are interested, please do contact Linda on Admin@livingkeys.co.uk or call Linda on 07507269081



↪ **Peterborough Phantoms | Call Out for Members!**

Peterborough Phantoms started in 2011.

The club started with only a small handful of players, but with an expanding squad, is growing every season. We are proud of to provide a fully inclusive experience for those new or experienced to the game. Members can be able bodied or with a disability.

We have helped to develop players, who have represented Great Britain at World Championships and Paralympic Qualification tournaments. We are always looking for new members, so if you're interested in giving this great sport a go, please contact us.

We are based at the Planet Ice Arena in Bretton, and we are competing in the British Para Ice Hockey League this season, attempting to claim more silverware. Our league campaign runs from



May until August, with the end of season Play-Off Tournament taking place at the start of September.

If you're interested please contact either

Gray Kimber +44 7975 918645

Alysha Atkinson +447890 720228

- ⇒ **Cambridgeshire County Council | Independent Visitor Service Volunteers Required in Peterborough**
Looking to make a difference in a young persons life?
We are looking for Independent Visitors in Peterborough
Find out more: [Independent visitor for looked after children - Cambridgeshire County Council](#)

Do you have a spare 4-6 hours a month?

Why not help a child or young person in care by joining our Independent Visiting Service?

Become a volunteer today!

Cambridgeshire County Council
Independent Visitor Service

The poster features a blue background with a yellow megaphone icon, a blue hand icon, and a QR code. The text is in white and blue. The Cambridgeshire County Council logo is at the bottom left, and the Independent Visitor Service logo is at the bottom right.

- ⇒ **CamSight | Volunteer Peer Support Group Assistant Volunteer & Drivers Needed - Apply by 1st March**
About Cam Sight Cam Sight is a Cambridgeshire charity that supports local people of all ages living with low vision and blindness to live the lives they choose. We work to enhance independence, improve well-being, and improve inclusion. We work within our framework of 5 values, which are that we are person-centred, empowering, friendly, collaborative, and accountable.

Peer Support Groups

These offer clients a unique opportunity to come together and learn more about visual impairment or blindness. In a community setting, against the relaxed background of tea and biscuits, our clients will hear from a guest speaker on a relevant topic that affects their daily lives. This could range from tips for using public transport to what assistive technology is available to help them, or information on eye conditions and screening procedures.

Drivers

Our clients affected by sight loss are often reliant on friends and family, or community transport to help them get out and about. With Cambridgeshire being a rural county, and funding or service provision limited in both areas, some of our clients struggle still to get to their appointments, and to our peer support groups. We have received funding to support the development of our community transport scheme offering our clients

Volunteer with sight loss charity
CamSight!

We are looking for people to fill a variety of volunteer roles.

Our website has everything you need to apply!

Contact: volunteer@camsight.org.uk or call 01223 420033

Padlet Drive ⇄ [camsight.org.uk](https://www.camsight.org.uk) Registered charity: 201640

The poster features a photograph of three women sitting at a table, smiling. The background is a mix of blue and green. The text is in white and yellow. The CamSight logo is at the bottom left, and the contact information is at the bottom right.

CamSight_Volunteer_Poster.pdf

greater access to services and social events. Our team of volunteer drivers, using their own or our eco-friendly vehicles, help get clients to where they need to be, thus reducing isolation and improving their social connections and wellbeing.

To apply

Please visit www.camsight.org.uk/join-us-as-a-volunteer where you can fill in an application form, or email volunteer@camsight.org.uk if you have any questions.

This role is purely voluntary and does not create a legally binding arrangement or employment contract.

⇒ PCVS | Did You Know That Volunteering Looks GREAT on Your CV?

It's true! Adding volunteering experience to your CV, shows that you are motivated, a self starter and are willing to learn new skills.

Go-ViP, PCVS' one-stop shop for volunteers and voluntary organisations, can help you find the perfect opportunity to help you gain the skills to enter the job market, get started in that new career or to secure that place at college or university.

What are you waiting for? **Go Volunteer in Peterborough (Go-ViP)**, today!



VOLUNTEERING CV 2024 Poster (1)

⇒ Job Vacancies

⇒ ITV Academy | News Traineeship 2024, Deadline 25th February

Apply now to be part of a News Traineeship that gives you the chance to bring your original perspective and ideas to a commercial broadcaster that reaches millions of people, everyday. Our News Traineeship 2024-2025 is an incredible opportunity for anyone with a passion for journalism, looking to kickstart a career in news. On this 9 month programme, you'll join our national and regional news teams as a trainee journalist, where you'll pick up all the skills you need to work in one of our multi-media news operations. You'll find some of the most talented people in the industry waiting to share their experience, and support your journey as a budding journalist. **Click here** for more information and to apply.



At ITV, we're building something incredible.

⇌ **Peterborough City Council | Serious Youth Violence Youth Worker Vacancy, Deadline 26th February**

Peterborough City Council are pleased to announce that as part of the Cambridgeshire and Peterborough Serious Youth Violence Strategy we are recruiting two fixed term Serious Youth Violence Youth Workers to join our team. This role is fixed term until 31/3/2025. Follow the link for more information: https://jobs.peterborough.gov.uk/job/Serious_Youth_Violence_Youth_Worker/105774



Serious Youth Violence Youth Worker - Peterborough City Council - Peterborough Council - Jobs and Careers

⇌ **Jumped Up Theatre | Paid Opportunity For Dance Artists & Facilitators, Deadline Thursday 12 March**

Jumped Up Theatre is seeking dance artists and experienced coaches or speakers to lead a new phase of Dance Included.

Could you plan and deliver 3 workshops over 3 months on the first Sunday of each month? Are you passionate about themes of inclusion, care and resilience?

Dance Included is a monthly programme of dance and personal development sessions for grassroots activists and community leaders exploring leadership, creativity, and well-being. Each phase lasts 3 months with a new artist and facilitator. Sessions run monthly on the first Sunday of the month between 2pm-5pm in a workshop space in Peterborough.

Deadline for applications is Tuesday 12 March at 10am.

[Click here](#) to learn more and apply for the role(s).



Artists & Facilitators Call Out for Dance Included

Workshops & Training

⇌ **PECT | Fuel Poverty Awareness for Frontline Workers Fuel Poverty Awareness for Frontline Workers**

Do you work with local communities? Maybe you're a volunteer, housing officer, social prescriber, local authority customer service representative, or support worker? ❤️ 🏠 We're offering free fuel poverty training so you can identify those who might need help keeping warm this winter.

This training is offered on various days in February and March 2024. [Click here](#) for more information and to register.



Fuel Poverty Frontline Worker Training

↪ Steadfast Training | Upcoming Courses

Steadfast Training offers free courses for people claiming certain benefits. Details of upcoming courses and how to apply are below. Steadfast training also offers ESOL courses. Contact them directly for info.

Starting on 26 February

- Schools Support, Level 1
- Personal Finance

Starting on 4 March

- Employability + Business Administration
 - Employability + Customer Service
 - Employability + Retail
 - Schools Support, Level 2
- (Progression from Level 1 only)**

Starting on 11 March

- Schools Support, Level 1
- Adult Social Care, Level 1
- Contact Centre Operations, Level 1 (see attached flyer)

Starting on 18 March

- Warehousing and Storage
- Team Leading

All courses will be for either 1 or 2 weeks and will be delivered either at our Peterborough office or via our remote/virtual classroom model and comprise of **daily training sessions from 9.30am – 3pm**, followed by **individual 1-2-1 support** where required. All our virtual/remote courses are tutor-led and delivered via Zoom.

In Peterborough, our training centre is at:

**2 North Street,
Peterborough
PE1 2RA**

How to get yourself book on

If your participants are interested in any of these courses, then please email upskill@steadfasttraining.co.uk with their name, telephone number and the course so we can get in touch and register them onto the course.

The flyer features a photograph of two men in a professional setting, one pointing at a screen. The Steadfast Vocational Training logo is in the top right. The main title is 'LEVEL 1 AWARD IN DIGITAL CALL CENTRE OPERATIONS'. Below this, a paragraph describes the qualification: 'This qualification informs and guides learners through the process of sourcing, applying for and securing employment in a digital call centre environment. It provides a structured route with knowledge and skills in both the generic skills required and the specific industry introduction skills and knowledge'. A second paragraph says: 'Brush up on your numeracy skills, too, whilst achieving this professional qualification. We help you get the practical skills (including how to use numbers) that you need for working in this sector.' At the bottom, it states 'This is a 2 week course' and lists funders: 'Funded by Padlet Drive', 'SKILLS FOR LIFE MULTIPLY', and 'CAMBRIDGESHIRE & PETERBOROUGH COMBINED AUTHORITY'.

Level 1 award in Digital Call Centre Operations CPCA

↪ PECT | Skills Bookcamp: Investors in the Environment, Starting 5th March

Skills Bootcamp in Sustainability and Environmental Management

For individuals looking to upskill or get a kickstart in their sustainability careers. We have combined IEMA Foundation Certificate in Environmental Management, Sustainability Leadership (Change Agents UK) and Carbon Literacy into one course, so learners could walk away with three recognised certifications. Working in partnership with Cambridgeshire and Peterborough Combined Authority (CPCA), we can provide this Skills Bootcamp to **individuals who live and companies who are based in Cambridgeshire** (including Cambridge, East Cambridgeshire, Fenland, Huntingdonshire, Peterborough, and South Cambridgeshire).

The flyer shows a group of diverse people in a meeting, looking at documents. The main title is 'Skills Bootcamp in Sustainability & Environmental Management'. Logos for 'PECT' (Peterborough Environmental Centre for Training) and 'Change Agents UK' are visible. At the bottom, it says 'SKILLS FOR LIFE' and 'Funded by UK Government'.

Fully funded for self or unemployed and a small proportional cost for the employer if the individual is employed. [Click here](#) for more details and to register.

⇒ **Prince's Trust | Get Started in Digital Skills, Taster Day 12th March**

This 5 day, fully online, entry level programme is a great way for young people to build confidence and meet other young people in a safe supportive environment. Each day covering different subjects from AI to 3D model design and digital skills for work and life!

March –

- Taster Day - 12th March
- Programme Dates - 18th March - 22nd March
-

For more information, contact Harry on 07483981306 or harry.sampson@princes-trust.org.uk

GET STARTED IN DIGITAL SKILLS

Everyone starts somewhere. Learn from industry experts, get invaluable experience and a taste of what it's like to work in the digital sector.

ON THIS COURSE YOU'LL:

- Learn from industry experts
- Explore digital tattoos and your digital footprint
- Learn to use 3D Design and CAD Software
- Create your own website, learn about AI and more!

DATES FOR YOUR DIARY:

Taster day: 12/3/24
 Course dates: 18/3/24 - 22/3/24
 Application deadline: 11/3/24
 Location: Microsoft Teams
 Eligibility criteria: 16 - 30. Must have access to PC, laptop or notebook.

Contact Harry - 07483981306
harry.sampson@princes-trust.org.uk

@princestrust

GET STARTED

Padlet Drive ⇄

GS_Digital_Skills_March_24.pdf

⇒ **Steadfast Training | Living and Working in the UK Level 1, Starting 25 March**

Throughout this Living & Working in the UK course learners will develop an understanding of the government and law in the UK including the British Constitution, UK system of government, UK involvement with international institutions.

- Learn about the United Kingdom, its geography, history and political system
- Get to know people and places in the local area where you live
- Find out about your rights and responsibilities when working and living in the United Kingdom
- Learn about the British Education system.
- Get help with job search, creating a professional CV and preparing for interview
-

To register or to learn more about opportunities for full or part funded, high quality training, call upskill@steadfasttraining.co.uk

ENTRY LEVEL 1 - LEVEL 1

Living & Working in the UK

WHEN & WHERE:

4 day course 25th - 28th March
 Remote tutor via Zoom

Throughout this Living & Working in the UK courses learners will develop an understanding of the government and law in the UK including the British Constitution, UK system of government, UK involvement with international institutions.

Funded by UK Government

SKILLS FOR LIFE MULTIPLY

CAMBRIDGESHIRE & PETERBOROUGH COMBINED AUTHORITY

Padlet Drive ⇄

Living_and_Working_in_the_UK__CPCA_.pdf

↪ **Westminster Insight | Safeguarding Young People into Adulthood Course, 22nd April**

This **Safeguarding Young People into Adulthood** training course will give you the tools to implement fluid approaches, that **improve collaboration** between services and **safeguard young people against exploitation and harm**. We will look at best practice for providing personalised support that embeds the voice of the young person throughout. How can we ensure we're delivering the right support for different needs?

The course will be led by Steve Baguley, Education and Transition Lead, NWG, specialist in **transition planning**, with a professional background in education and practical experience as a Service Manager within Children's Services. but

You will review a case from the latest **Safeguarding Adult Reviews (SARs)**. We will analyse how services could have worked better and what a **transitional safeguarding framework** looks like in practice.

Raise your challenges and gain expert feedback from the trainer in a confidential and supportive environment. **Click here** for more details and registration.*

*Please note that the costs for this course are quite high but the subject matter is appropriate for many of PCVS VCS members.



Westminster Insight ↪

Safeguarding Young People into Adulthood Online Training - Westminster Insight

↪ **PECT | Green Business Impact Programme**

Green Business Impact Programme
For organisations looking for assistance to develop a 5-year Net Zero plan. Open to small and medium-sized enterprises (3 to 250 employees), including limited companies and sole traders, with commercial premises in Cambridge, Huntingdonshire, or South Cambridgeshire.

Fully funded by the UK Government through the Shared Prosperity Fund, and it is a collaborative effort led by Cambridge City Council, South Cambridgeshire District Council, Huntingdonshire District Council, and the Cambridgeshire and Peterborough Growth Hub and the Cambridgeshire & Peterborough Combined Authority. **Click here** to register your interest.

↪ **Jumped Up Theatre | Dance**
Included, Sunday 3 March & 7 April

Are you a community leader, volunteer, artist or grassroots activist looking to have a better relationship with your body and connect with new people? Take time for yourself with Dance Included: FREE monthly dance and conversation sessions from Jumped Up Theatre.

Taking place from 2pm-5pm at the Key Theatre in Peterborough, each session includes 2 hours of movement led by an artist followed by a 1 hour group discussion facilitated by a speaker. There is no right or wrong way of engaging with the movement and you will not be expected to present anything to the group. This is a time to connect with your body in whatever way feels comfortable to you.

The sessions on 3 March and 7 April will have movement led by Sonny Nwachukwu, published writer, director, choreographer and performer based in Peterborough. Conversations will be facilitated by Eleanor Gibson.

[Click here](#) to learn more and book your FREE place.



"It was a space where I didn't feel judged at all." - Dance Included Participant

↪ **Cambridgeshire & Peterborough Domestic Abuse & Sexual Violence Partnership | Basic Awareness eLearning Module**

Our Domestic Abuse Basic Awareness elearning module has been updated with some new content but it's still free for anyone to access. Please note that we're no longer offering a certificate for completion of the elearning module as it's awareness based rather than formal training and has no CPD value. The elearning can be accessed at Cambridgeshire County Council DASV Partnership - Domestic Abuse Awareness (cambsdasv.org.uk)



Cambridgeshire County Council DASV Partnership

↪ **PCVS | Training Newsletter**

Check out the PCVS website 'Training and Support' section where you will be able to find out the latest VCS training sessions offered by PCVS and other organisations through the link to new Training Newsletter. Don't forget to book onto our monthly **Third Thursday Networking** sessions while you are there. [Click here](#) to access the training page.



Pcvs ↪

Training and Support Sessions

Support & Information

↔ **CPFT | Staff Support Hub, Wellbeing
Champion's Forum, 21st February**
Join us for the Last Wellbeing Champion's Forum

If you have a role or an interest in staff support and wellbeing, mark your calendar for our final forum!

In this forum Emma will be introducing some of the main points from the NHSE handling difficult situations training. This forum will focus on how we listen to others during difficult situations and how we look after ourselves. We will look at effective communication, compassion in action, emotional intelligence, and compassion fatigue and how these impact on our role as wellbeing champions.

About the forum:

This is a space to come together so we can learn from each other by sharing experiences, knowledge and best practice based on mutual respect and understanding. Being a Wellbeing Champion can be challenging and at times feels like a lonely role, this forum provides a supportive space where we can explore what we find challenging but also celebrate each other's amazing work and achievements.

Who is it for?

This session is open to all those working in health and wellbeing roles in health, social care, the voluntary sector or not-for-profit sector in Cambridgeshire and Peterborough such as

- Wellbeing Champions,
- Wellbeing Leads,
- Wellbeing Facilitators,
- Professional Nurse/Midwifery advocates,
- Mental Health First Aiders etc.

Date and Time: Wed, 21 Feb 2023 12:30 - 01:30 pm

Registration and more details: [Click here](#)



Register - Health and Wellbeing Champions Forum - Teams

↔ **Peterborough Cultural Alliance | Be
Heard! Survey, Deadline 29 February**

Do you live in Peterborough? Be Heard! is the new survey created to find out what Peterborough residents do in their spare time for fun. It aims to learn what creative, arts and cultural activities they take part in, and where they visit to do so.

It is being run by Peterborough Cultural Alliance to try and make Peterborough a place where everyone can find the creative arts, and cultural activities they want. This survey is for everyone, so #BeHeard and complete the survey before 29 Feb 2024 <http://be-heard-pbo.com/>.



Be Heard! Survey - Peterborough Cultural Strategy

⇒ **Cambridgeshire & Peterborough
Healthwatch | Vaping Experiences Survey**

We are currently conducting an independent survey aimed at young people aged 11-25 to explore the effects of vaping on this demographic.

Our goal is to gather diverse perspectives and valuable insights to better understand the experiences of young individuals with vaping. The survey is accessible through the following link:

<https://www.healthwatchcambridgeshire.co.uk/form/young-healthwatch-vaping-project>



⇒ **Real Farming Trust | Gleaning Networks for Food Support Webinar, March 7th at 10am**

It's aimed at:

Food projects who want to make more direct links with food growers in their region. Everyone who wants to understand more about how to set up or take part in a community response to unharvested or surplus food.

You'll hear from Gleaning Networks in different regions of the UK, from a farmer who invites gleaners to her land, from Feedback Global on their Gleaning Toolkit. The aim is to learn about how to set up and maintain a gleaning network, and how the gleaned food can support food equity projects.

Please register at the link on the Real Farming Trust website below.

<https://realfarming.org/event/gleaning-networks/>



Real Farming Trust ⇒

Gleaning Networks for Food Support

⇒ **Open Door Trust | Kintsugi Hope Wellbeing Group, 7th March**

A Kintsugi Hope Wellbeing Group is a safe and supportive space for up to 12 participants focusing on positive mental wellbeing, providing tools for self-management in a facilitated peer mentoring style setting.

It consists of a structured yet flexible series of 12 sessions over 12 weeks, which includes group and individual activities designed to help participants to accept themselves, to understand their value and worth, and grow towards a more resilient and hopeful future.

The course is free and suitable for adults (18+) who feel or have felt overwhelmed, or who are experiencing loneliness or isolation, or who might value some insights into tools that may promote further wellbeing. The course is not suitable for those whose mental health



Opendoortrust ⇒

Home

condition is acute or unstable requiring professional input, or for those very recently bereaved. [Click here](#) for more information.

⇒ **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



Queensgate Shopping Centre ⇄

Up The Garden Bath - UNITY - Queensgate Shopping Centre

⇒ **PCVS | Funding Newsletter**

Check out the PCVS website's 'Funding and Support' section where you will be able to find out the latest funding opportunities offered by PCVS and other organisations through the link to Funding Newsletter. [Click here](#) to access the funding and support page and don't forget to check back for regular updates.



Pcvs ⇄

Funding & Support

International Women's Day 2024

⇒ **International Women's Day 2024 | Events in and around Peterborough**

International Women's Day takes place on 8 March and the theme for 2024 is Inspire Inclusion. If you are planning any events to celebrate IWD please let us know and we will collate them into a handy guide to IWD in Peterborough! Email details of your events to hazel.perry@pcvs.co.uk. [Click here](#) for more information.



⇒ **Cambridgeshire Domestic Abuse and Sexual Violence Partnership | Nominations Wanted for Inspiring Women**

This International Women's Day on 8th March has the theme of Inspire Inclusion - 'When we inspire others to understand and value women's inclusion, we forge a better world. And when women themselves are inspired to be included, there's a sense of belonging, relevance and empowerment.'

Cambridgeshire Domestic Abuse and Sexual Violence Partnership would really like to hear about women across Cambridgeshire and Peterborough who are striving to achieve and value women's inclusion.

If you know an inspiring woman, please let us know. They don't have to work in the VAWG sector. Please send us a few words about them and we will include some of the nominations in our March VAWG Newsletter. Please send nominations to Amanda.Warburton@cambridgeshire.gov.uk



⇒ **Anglia Ruskin University | International Women's Day: In support of women in the workplace and beyond. 6th March**
Join us in solidarity as we support and advance women. Make International Women's Day your day of celebration, inspiration, empowerment and community to #InspireInclusion!

ARU Peterborough invites you to join us to celebrate women's achievements, and to work together to **#inspireinclusion**, forging a better and more inclusive world for women.

The afternoon will include a speech from a keynote speaker, followed by a plenary session and Q&A. We will finish off with refreshments and a networking session. Come along with friends and colleagues as we take positive action to creating a more inclusive world.

[Click here](#) for more information and to register your attendance.



International Women's Day: In support of women in the workplace and beyond

↩ **Peterborough Women's Forum**

| IWD Celebrations, 16th March

Join us on 16th March to celebrate International Women's Day in the Boizot Lounge at the New Theatre, 10am-4pm.

With live performances, food stalls, workshops, crafting activities and more! No need to register, just come along.



↩ **Living Keys Charity | Celebrate International Women's Day with Afternoon Tea, 8th March**

Come along and let Living Keys Volunteers serve up Afternoon Tea. Bring your friend or treat mum (mother's day on 10th) - Sandwiches, cakes, scones with jam and clotted cream and more. Interested? Then please book your place here and let us know if you have any allergies or dietary requirements.

<https://www.eventbrite.com/e/living-keys-afternoon-tea-in-celebration-of-international-womens-day-tickets-82548115237?aff=oddtcreators>.

