



hazelperry, 2/19/2024

PCVS Members Noticeboard w/c 4th March 2024

International Women's Day

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 in Peterborough! Email details of your events to hazel.perry@pcvs.co.uk. [Click here](#) for more information.



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

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

Come along and let Living Keys Volunteers serve up Afternoon Tea at the George Alcock Centre. Takes place 11-3pm. 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-825481115237?aff=oddtcreator>.



⇒ **Peterborough Women's Aid | Celebrate Being a Woman!**

Join Peterborough Women's Aid for crafting, quiz and food from around the world 11-2pm on 8 March at Anne's House, 32-34 Cromwell Road Peterborough. [Click here](#) for more details.



⇒ **H.E.L.P | International Women's Day 2024, 8th March**

Helping Empower Lives in Peterborough (H.E.L.P) are celebrating International Women's Day on 8th March 2024 at Peterborough Town Hall. 6-8pm. Registration not required - just turn up!



⇒ **Bharat Hindu Samaj | IWD Celebration, 9th March**

Bharat Hindu Samaj is holding an International Women's Day event for ladies only at the New England Complex on Rock Road. The event will include a Bollywood Dance competition, tarot card readings and karaoke. For Bollywood Dance Competition please contact Rajni Reddy on 07940362975 or Gauri on 07594937216. Either groups or solos are welcome to participate. If anyone is interested in karaoke singing also please register.

Entry is free and includes all the pampering services.



⇒ **Wisbech Fenland Festival | St Peters Church, 9th March**

Talks, songs and stalls to celebrate International Women's Day in the Fens. Held at St Peter's Church Hall, Wisbech, 12.30-16.30 to celebrate the talents of women in the Fens making things for better for ourselves, other women and the community. No need to register, just turn up!



⇒ **Peterborough Women's Forum | IWD Celebrations, 16th March**

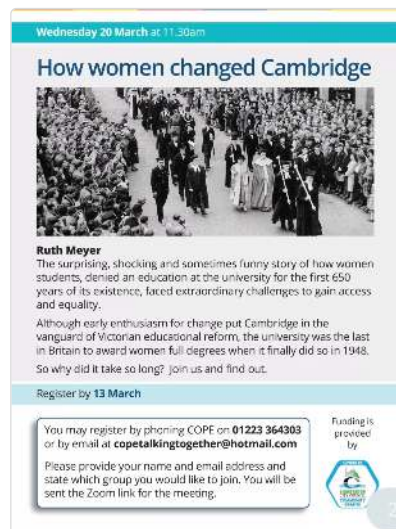
Join us on 16th March to celebrate International Women's Day in the Boizot Lounge at the New Theatre, 10am-4pm.

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



⇒ **COPE | How Women Changed Cambridge Zoom, 20th March**

A session for older adults by Ruth Meyer on how women changed Cambridge. Held on Zoom at 11.30am on 20th March, register by phoning Cambridgeshire Older People Enterprise on 01223 364303 or by emailing copetalkingtogether@hotmail.com



Events

⇒ **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



Celebrating Togetherness Conference in Peterborough

enhance your understanding of grassroots charities and get inspiration for unlocking their potential through funding, 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 are delighted to be launching a new Sue Ryder Grief Kind Space in Peterborough.

The Grief Kind Space offers a free, friendly, in-person drop-in session providing a safe, welcoming and supportive place for anyone who has been bereaved.

There is no registration required and anyone over 18 is welcome to come along. Sessions will take place on Wednesdays from 10am-12pm at Gladstone Park Community Centre, 927 Bourges Boulevard, Peterborough, PE1 2AN. from Wednesday 13th March 2024.

If you have any questions, get in touch at griefkindspaces@sue Ryder.org or visit sue Ryder.org/how-we-can-help/bereavement-information/grief-kind/grief-kind-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:

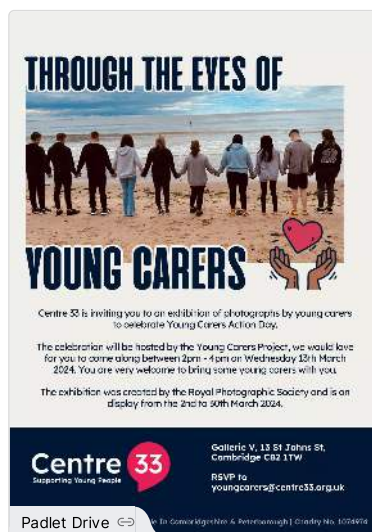
- Date: Wednesday, 13th March 2024
- Time: 2:00 PM - 4:00 PM
- Location: Gallerie V, 13 St Johns St, Cambridge CB2 1TW

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.

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.



YC_photography_exhibition_invite___for_professionals.pdf

⇒ COPE | Zoom Around Wicken Fen, 15th March

A session for older adults by Ajay Tegala on Wicken Fen the National Trust's oldest nature reserve. Held on Zoom at 11.30am on 20th March, register by phoning Cambridgeshire Older People Enterprise on 01223 364303 or by emailing copetalkingtogether@hotmail.com



⇒ **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, held on Saturday 16th March 2024 at 1.30pm. It features the logos for Cambridgeshire Lupus Group and Lupus UK. The event is held at Hinxton Hall Conference Centre, The Wellcome Genome Campus, Hinxton, Cambridge, CB10 1RQ. Doors open at 12.30. The flyer lists expert speakers for the day: Dr Frances Hall (consultant rheumatologist), Dr Melanie Skonec (Cambridge University research associate), Paul Howard (CFC House UK), INSPIRE (Neuroscience Team), Sara Miller (Lupus Nurse Specialist), and Jane Robinson (Lupus Patient). It notes that the event is ticketed but tickets are free, and provides a booking link: <https://www.lupusuk.org.uk/shelagh-cheesman-lupus-day/> and a contact number: 01708 731251.

Info_Day_2024_Flyer_20240119.pdf

⇒ **Young People's Easter Holiday Activities**



The poster is for Families First Peterborough's Young People's Easter Holiday Activity Festival (HAF). It features logos for Peterborough City Council, Families First, and the Department for Education. The text states that Families First are inviting young people who are eligible for benefit-related free school meals and are in school year 7 to 11. Free HAF activity sessions are held during the Easter holidays on Tuesday 2nd April, Wednesday 3rd April, Thursday 4th April, and Friday 5th April, from 2.30 - 6.30pm at Crofts Corner, Essendykke, Bretton, PE3 8JD. Activities include a trip, gaming, pool, sports, table football, arts & crafts, games, dance, a bouncy castle, food tasting, cooking, environmental activities, and much more. Healthy snacks and lunches are included. Booking information is provided: email sherry@familiesfirstpeterborough.co.uk or call 07851424025. The Facebook link is www.facebook.com/familiesfirstpeterborough.

FFP Young Peoples Easter HAF poster

⇒ **Children's Easter Holiday Activities**



The poster is for Families First Peterborough's Children's Easter Holiday Activity Festival (HAF). It features logos for Peterborough City Council, Families First, and the Department for Education. The text states that Families First are inviting children who are eligible for benefit-related free school meals and are in school year one to year six. Free HAF activity sessions are held during the Easter holidays on Tuesday 2nd April, Wednesday 3rd April, Thursday 4th April, and Friday 5th April, from 10 - 2pm at Crofts Corner, Essendykke, Bretton, PE3 8JD. Activities include a trip, gardening, den building, sports, table football, arts & crafts, games, dance, a bouncy castle, food tasting, cooking, environmental activities, and much more. Healthy snacks and lunches are included. Booking information is provided: email sherry@familiesfirstpeterborough.co.uk or call 07851424525. The Facebook link is www.facebook.com/familiesfirstpeterborough.

FFP Childrens Easter HAF poster

➞ Positive Thinking and Meditation

innerSpace
Peterborough

POSITIVE THINKING AND MEDITATION

The focus of our Positive Thinking and Meditation class is to help you to see a lot of your life through the lens of the positive and to see how you can use this to your advantage.

The class is a free event. Tickets are £10.00 for a 2-hour session. It is a free event and the cost is for the class.

For more information, please contact us at 01753 432212 or email us at info@inner-space.co.uk

Meeting ID: 924 4322 1212
Password: 123456

Dr. Aruna Kumar
Mindfulness Teacher (UK)
Registered with the Mindfulness Association (UK)

➞ Mar 17 World Peace Meditation

innerSpace
Mindfulness and Personal Development Centre
01753 432212

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 similar time, we are suffering and experiencing a lot of unhappiness and pain. We need to do much, do what we can, to help these people, but as they are our spiritual brothers we can spread the message of peace for their benefit. Religion is a mind set. World Peace Meditation, held every third Sunday of the month, is an ideal way to make your contribution towards the happiness of people, peace on earth, the world, and the universe.

We will appreciate if you can join our time so as to maintain a structure of calmness, peace and love, with love and respect. (PLEASE RSVP)

Venue: Peterborough Quaker Meeting House
21 Thorne Road
Peterborough PE1 6AB

Date: Sunday 17th of Mar 2024 from 6.30pm to 7.30pm

This is a free event and no previous booking is essential

Dr. Aruna Kumar
Mindfulness Teacher (UK)
Registered with the Mindfulness Association (UK)

➞ Free Talk ~ Saturday 23rd March 2024 ~ It's not about you, its about me.

innerSpace
Peterborough
Mindfulness and Personal Development Centre
experience peace with all ease

FREE TALK - SATURDAY 23RD MARCH 2024 - 2:00PM TO 4:00PM

It's not about you, its about me.

It is wise to bend rather than to break.
Those who **change** will get spiritual wisdom. Conversely, those who have wisdom will decide to **change**.
Change is the first law of Nature.

"...One way to transform yourself first, as change begins within."

Guest speaker: Permitt, Berni, has practiced Buddhist Meditation for more than 25 years. In her work she emphasizes in Buddhism, self-education and the building sector. She actively promotes meditation, developing inner leadership and encourages individuals to use of leadership and life groups.

Venue: Peterborough Quaker Meeting House
21 Thorne Road
Peterborough
PE1 6AB

FREE Event

Dr. Aruna Kumar
Mindfulness Teacher (UK)
Registered with the Mindfulness Association (UK)

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

⇒ **Read Easy Peterborough | Change Someone's Life Today**

We are a **community based group** affiliated to Read Easy UK, with an active branch in Peterborough. We offer support to Readers both face-to-face and online throughout our entire reading coaching programme.

Our mission has always been to make a difference through the power of stories; a mission we couldn't achieve without our amazing readers and coaches.

There are lots of interesting ways to get involved in a Read Easy group and we often have vacancies, both on our local Management Team and for Reading Coaches.

If you'd like to join us and help make a difference, do reach out! www.readeasy.org.uk/groups/peterborough/

To learn to read and to volunteer
Chris Campling
07563 961 612
chris@readeasy.org.uk



⇒ **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/>



⇒ **Cambridgeshire Deaf Association | Make a Difference to Someone's Life**
 If you have a couple of hours a week to spare and would like to build on your BSL skills, Cambridgeshire Deaf Association is looking for people to share their hobbies and skills to help combat social isolation and improve the wellbeing of deaf people across the area. Contact serena.pattison@deafblind.org or call 07387 266152



Cambsdeaf_Volunteers.pdf

⇒ **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)

⇒ **Paid Opportunities**



⇒ **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

⇒ **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



GS_Digital_Skills_March_24.pdf

⇒ **PCVS | 3rd Thursday Networking, 21st March**

3rd Thursday Networking takes place at the PCVS office conference room at the Allia Future Business Centre, Peterborough 10-12. The March sessions takes place on 21st of the month where you can meet Charity Finance expert Aishat Idris, get some top tips for keeping your finances in order and how to be ready for HMRC software requirements. [Register by clicking here](#).



Third Thursday Networking: MEET THE FUNDER CCF | Go-Vip (PCVS)

⇒ **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



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.



Safeguarding Young People into Adulthood Online Training - Westminster Insight

⇒ **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 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
- Adult Social Care
- Personal and Social Skills

Starting on 25 March

- Employability + Business Administration
- Employability + Customer Service
- Employability + Retail
- Schools Support, Level 1

Starting on 2 April

- Personal and Social Skills

Starting on 8 April

- Living and Working in the UK

All courses will be for either 1 or 2 week s 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:



Level1 award in Digital Call Centre Operations CPCA

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.

↳ Loudmouth Exploitation and Serious Violence, Victims Hub and the Duty of Overview Training | Peterborough City Hospital, 30th April Loudmouth Exploitation & Serious Violence, Victims Hub, and The Duty overview face-to-face training at Peterborough City Hospital 30.04.24 at 13.30-16.30 John Fawcett Lecture Theatre

This free theatre program teaches about a wide range of child exploitation issues including child sexual exploitation, exploitation into crime e.g. county lines and knife crime. The session contains two drama sessions delivered in a conference style:

- Working for Marcus – Sexual exploitation
- Under the Radar – Criminal exploitation
- Victims hub awareness presentation and local initiatives presentation

Catch 22 (a few places left allocated on a first come first served basis please) for people working within a health care setting. The Home Office published the statutory Serious Violence Duty in December 2022, which came into effect in 31st of January 2023. The Duty is encompassed in the Police Crime, Sentencing and Courts Act, 2022 (PCSC) as part of the Governments approach to prevent and reduce serious violence. To support primary care in meeting this statutory requirement, free gang and serious violence awareness virtual training for safeguarding leads has been resourced by NHS Cambridgeshire & Peterborough Integrated Care Board and funded by the Home Office. This is a unique opportunity to engage with experts in this field, strengthen your safeguarding practice, and become more skilled in identifying and safely responding to concerns.

Once a place has been confirmed participants will be required to complete a short pre and post questionnaire, thank you. The virtual link will be sent to professionals nearer the time of the training. Training dates are:
29.02.24 - 14.30-17.00
27.03.24 - 14.30-17.00

The training will cover the following:

- **gang culture, serious youth violence and associated behaviours**
- **gang activity within the community**
- **how to recognise key warning signs**
- **the victim/offender overlap**
- **child criminal exploitation (CCE) and County Lines**
- **the stages of grooming and exploitation (using an interactive case study)**
- **the link between adverse childhood experiences (ACEs), later vulnerabilities, and exploitation**
- **strategies to safeguard and manage associated risk.**

To book a place on both of these please e-mail Deputy Designated Nurse and Serious Violence Health Lead Becca Cooke at rebecca.cooke@nhs.net

↳ Department for Education | Skills Bootcamps

Cambridgeshire and Peterborough Combined Authority is delivering Skills Bootcamps on behalf of the Department for Education. [You can read more about Bootcamps here](#), but they're essentially fully funded training places at Levels 2-4 for residents in Cambridgeshire and Peterborough, ending in a guaranteed job interview or progression at work.

There is a huge range of Bootcamps courses, including project management, data science and web development (most relevant to our members), construction, HGV driving, social care and more.

We have a number of places left on some of our courses before the end of the financial year and will continue to have spaces moving forwards and our team is keen to ensure everyone in our communities knows about this opportunity to improve their skills on a fully-funded government course.



⇒ **Cambridgeshire Fire & Rescue Services | Fire Safety Training**

We have for those working in the community, sheltered accommodation, care homes, and hospital/medical settings Fire Safety Training.

This can be delivered at Cambridge/Peterborough stations or if enough people at their own place of work

The training session will teach you:

- How to keep your residents and clients safe from fire in their homes
- What to do in the event of a fire and how best to ensure everyone is kept safe irrespective of their mobility needs
- What to do in the event of a fire but more importantly, how you can work with residents to prevent one happening in the first place

The session will also provide you with a full introduction to our new online home fire safety tool and how to use it to keep your clients safe from fire in their homes.

The tool will offer tips and advice on the steps you can take to reduce your client's risks. At the end, you will receive a personalised fire safety action plan to help keep the household safe from fire.

[Click here](#) for more information.



Camsfire ⇄

Fire Safety Training

⇒ **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

⇒ **Forums | Upcoming Meeting Dates**

PCVS facilitates forums for various Peterborough communities. Upcoming dates for meetings of the forums are below.

Disability Forum

Tuesday 5th March at 11am, via Zoom

Health and Wellbeing Forum

Wednesday 20th March (time and location TBC)

Food Poverty Forum

Thursday 21st March, 1pm, via Zoom

There are two other forums, Peterborough Women's Forum and the Domestic Abuse Forum. If your organisation deals with any the forum topics and would like to be involved in any, please contact communities@pcvs.co.uk



Padlet Drive ⇄

Forums (1)

Spring Term (26th February - 28th March 2024)
Orton Child & Family Centre & Family Hub
 Address: 74 Herlington, Orton Malborne, Peterborough, PE2 5PW Tel: 01733 391 652
 E: peterboroughadminteam@barnardos.org.uk Facebook: @OrtonCFC
 Open: Monday-Thursday 9am - 5pm & Friday 9am - 4.30pm P.T.O. for Whittesley C & FZ

Monday Stay and Play Drop-in 10am - 11.15am
0 - Walking PEEP Please book via Bookwhen 15.04.24 - 08.07.24 10am - 11.15am Term Time Only
Baby Massage Please book via Bookwhen 26.02.24 - 25.03.24 1:30pm - 2:30pm

Tuesday Introducing Family Foods Please book via Bookwhen On the 4th Tuesday of each month 1pm - 2pm
Wednesday Toddler PEEP Please book via Bookwhen 24.02.24 - 27.03.24 17.04.24 - 20.07.24 10am - 11.15am Term Time Only
Baby Massage Please book via Bookwhen 05.06.24 - 03.07.24 10am - 11am
Mums Matter Bookings only: 0300 303 4363 Perinatal Services @camimind.org.uk 15.05.24 - 17.07.24 12:30pm - 2:30pm

Thursday Young Parent Group Drop-in 1pm - 2:30pm
Tiny Teeth On the 1st Thursday of each month Please book via Bookwhen (Starts on 04.04.24) 1pm - 2pm
Thursday Hampton Library Sing & Sign Every other Thursday Drop-in 1pm - 2pm Term Time Only

Friday Baby Time Drop-in 10am - 11am
Tots Talking 19.04.24 - 24.05.24 1:30pm - 2:30pm
Driving Healthy Lifestyles Please book via Bookwhen 07.06.24 - 12.07.24 1:30pm - 2:30pm
Healthy Child Self-Weigh No appointment needed Wednesday's: 12pm - 3pm Friday's: 11am - 3pm For babies aged 6 weeks+ up to 5 years. If you are unable to attend during this time, please contact the Centre to arrange an appointment.

Zoom! Look out for Bookwhen for the online Zoom sessions:
Mondays Mighty Milestones: 10am - 11am 26.02.2024 - 25.03.2024
Chatter Matters: 1pm - 2pm 26.02.2024 - 25.03.2024 22.04.2024 - 20.05.2024
Wednesdays Mighty Milestones: 1:15pm - 2:15pm 17.04.2024 - 15.05.2024
Thursdays Five to Thrive: 1pm - 2pm 06.06.2024 - 11.07.2024
Fridays Sing & Sign: 11:15am - 11:45am
Tots Talking: 1pm - 2pm 01.03.2024 - 22.03.2024

Padlet Drive ⇌

2024__03__01__What_s_On_Timetable__Orton_Family_Hub__Whittle

Spring Term (26th February - 28th March 2024)
Honeyhill Family Hub
 Address: 150 Chadburn, Paston, Peterborough, PE4 7DH (SAT NAV: Honeyhill, PE4 7DR)
 E: peterboroughadminteam@barnardos.org.uk Facebook: @HoneyhillCFC
 T: 01733 574038 Open: Monday - Thursday 9am - 5pm & Friday 9am - 4.30pm

Monday 0 - Walking PEEP Please book via Bookwhen 10-week course 15.04.24 - 08.07.24 1pm - 2:15pm Term time only
Infant Massage Course Please book via Bookwhen 15.04.24 - 13.05.24 1:30pm - 2:30pm

Tuesday Young Parents Group Drop-in 10am - 11:30am
Tuesday South Bretton Family & Community Centre Drop-in PE3 9XZ Tel: Honeyhill C & FC
Song, Rhyme & Story Time Drop-in 11am - 12pm
Tuesday Westraven Community Café (PE3 7JA) Drop-in Song, Rhyme & Story Time 9:30am - 10:15am
Tuesday Honey Pot Café 11:30am - 2pm Last orders at 1:30pm

Zoom! Look out for Bookwhen for the online Zoom sessions:
Mondays Mighty Milestones: 10am - 11am 26.02.2024 - 25.03.2024
Chatter Matters: 1pm - 2pm 26.02.2024 - 25.03.2024 22.04.2024 - 20.05.2024
Wednesdays Mighty Milestones: 1:15pm - 2:15pm 17.04.2024 - 15.05.2024
Thursdays Five to Thrive: 1pm - 2pm 06.06.2024 - 11.07.2024
Fridays Sing & Sign: 11:15am - 11:45am
Tots Talking: 1pm - 2pm

BOOKING ONLY FOR COURSES. Due to limited spaces please book a place via Bookwhen. You can telephone the Centre on 01733 574038 and speak with our Centre Administrator or book online at: <https://bookwhen.com/> barnardo-sc-fcp-borough-sambn@pshe.org.uk Please let us know if you cannot attend. Please see over.

Padlet Drive ⇌

2024__03__01__What_s_On_Timetable__Honeyhill_Family_Hub_pg1_2.p

Spring Term (26th February - 28th March 2024)
 All groups for 0 - 5 years (apart from Baby Time, Birth - Walking PEEP and Antenatal PEEP).
East Child & Family Centre 21 Durham Road, Eastfield, PE1 5TU T: 01733 894028 E: peterboroughadminteam@barnardos.org.uk Facebook: @EastlandEastCFCs Open: Monday - Thursday 9am - 5pm & Friday 9am - 4.30pm

Monday Baby Time Drop-in 10am - 11am
Tiny Teeth Please book via Bookwhen On the 2nd Monday of each month (Starts on 01.04.24) 11:15am - 12:15pm

Wednesday Our SEND Adventure Drop-in 10am - 11:30am Term time only
Friday Stay & Play Drop-in 10am - 11:15am

Gladstone Child & Family Zone Gladstone Street, Peterborough, PE1 2BX c/o Honeyhill C&FC & Family Hub T: 01733 574038 Email: As above Facebook: As above Open: See session times
Wednesday Stay & Play Drop-in 1:30pm - 2:30pm Term time only

East Child & Family Centre Healthy Child Self-Weigh (drop-in) For babies aged from 6 weeks to 5 years Monday: 11am - 3pm If you are unable to attend during this time, please contact the Centre to arrange an appointment.

Fulbridge Child & Family Zone Keaton Road, Peterborough, PE1 3JQ c/o East Child & Family Centre T: 01733 894 028 E: peterboroughadminteam@barnardos.org.uk Facebook: @CentralEastCFCs Open: See session times
Tuesday Stay & Play Drop-in 1:15pm - 2:30pm Term time only
Baby Massage Booking Only 18.04.24 - 16.05.24 10am - 11am
Sensory Learners Booking Only 1pm - 2pm Term time only

BOOKING ONLY FOR COURSES. Due to limited spaces please book a place via Bookwhen. You can telephone the Children's Centre and speak with our Centre Administrator or book online at: <https://bookwhen.com/> barnardo-sc-fcp-borough-cambn@pshe.org.uk Please let us know if you cannot attend. See over for ZOOM groups

Padlet Drive ⇌

2024__03__01__What_s_On_Timetable__East_CFC__First_Steps_Fam

⇒ **Peterborough United Foundation | Free Sporting Sessions for Under 16s**

Peterborough United Foundation Sessions

The following sessions are taking place weekly:

- Girls Football
- PAN Disability Football
- Free Football Friday with Premier League Kicks
- Other Premier League Kicks Sessions
- Adults Walking Football

For more information regarding any of our sessions or to sign up, please emailfoundation@theposh.com and let us know which session you're interested in. We'll get back to you as soon as we can, and we'd be delighted to see some new faces at our sessions in the near future!

Session	When & Where	Who For
PAN Disability	Every Tuesday, 10am-12pm @ Peter Valley Community Centre	Children aged between 5 - 16. Suitable for those with hearing and sight impairments, learning and mobility difficulties
Go & Get	Every Tuesday, 4pm-7pm @ Peter Valley Community Centre	Exclusively non-competitive: Girls in Years 5 - 6 & Boys in Years 7 - 9
Premier League Kicks - 11v11	Every Wednesday, 10am - 12pm @ Harberton United FC	Boys and girls in Years 8 and over
Premier League Kicks - 5v5	Every Thursday, 4pm - 5pm @ Theodos Chelton Academy	Children in Years 7 - 11
Premier League Kicks - 1v1	Every Friday @ Peter Valley Community Centre	Years 5 - 11: 4pm - 5pm Years 12-16: 5pm - 6pm

SCAN QR CODE TO SIGN UP

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



Opendoortrust ⇒

Home

⇒ **Peterborough Racial Equality Council (PREC) | 50th Anniversary Exhibition at Peterborough Museum, Opens 8th March**

Peterborough Racial Equality Council (formerly Peterborough Council for Community Relations) was funded in 1974. This exhibition celebrates the development of Racial Equality work over the first half century, in the context of national and local events that threatened community cohesion. The exhibition takes place in the community gallery at [Peterborough Museum and Art Gallery](#) throughout March.



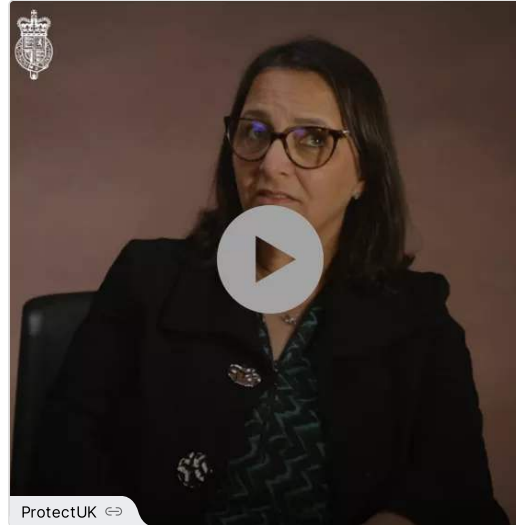
⇒ **Protect UK | Martyn's Law Consultation, Ends 16th March**

Martyn's Law will improve protective security and organisational preparedness across the UK by mandating, for the first time, those responsible for certain premises and events to consider the terrorist risk and how they would respond to an attack.

What you need to know about Martyn's Law:

The Bill will require certain venues to fulfil necessary but proportionate steps according to their capacity to mitigate the impact of a terrorist attack and reduce harm. The duties that premises will have will depend on the size of the venue. Premises and events with a capacity of 800 or above will be in the enhanced tier, while premises with a capacity of 100 to 799 will be in the standard tier.

Through Martyn's Law, premises will be better prepared and ready to respond in the event of a terrorist attack. Simple steps save lives. [Click here](#) for the Martyn's Law fact sheet and [here](#) to access the consultation.



Martyn's Law overview and what you need to know | ProtectUK

⇒ **Barnardo's | Tiny Teeth Sessions**

Come along to our drop-in sessions on how to support you look after your Children's teeth and where to go when you need help. All the details of dates, locations and bookings are in the attachment.

Tiny Teeth Sessions

Do you have a little one who has cut their first tooth or is under 5 years old? Come along to our drop-in sessions on how to support you look after your children's (teeth), and where to go when you need help.

All sessions starting from the week commencing 1st April 24

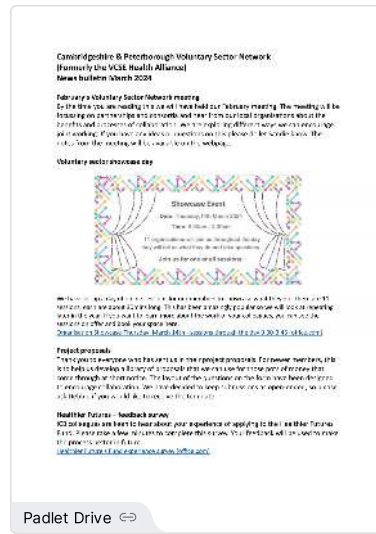
East Child & Family Centre 24 Dufton Road, Easton, PE. 33J Tel: 01773 894025	1st Monday of each month 11:15am - 12:15pm
Whittlesey Child & Family Zone 27, Whittlesey, Whittlesey, PE7 1EP Tel: 01773 78 052	3rd Monday of each month 10am - 11am
March Child & Family Centre Canary Drive, March, PE15 5EQ Tel: 01354 850624	4th Monday of each month 10am - 11am
First Steps Child & Family Centre & Family Hub 20 Sealord Drive, Orford, PE1 4HP Tel: 01773 222880	2nd Tuesday of each month 1:30pm - 2:30pm
Orton Child & Family Centre & Family Hub 74 Hartnall St, Orton Mubbs, PE2 5YK Tel: 01773 78 052	1st Thursday of each month 1pm - 2pm
Honeyhill Child & Family Centre & Family Hub 150 Glackwell Road, PE4 7JH (Sat. Hall, PE4 7LR) Tel: 01722 574638	3rd Thursday of each month 11:15am - 12:15pm

Please BOOK via Bookwhen. (See over for details).
See over for dates.

Tiny_Teeth_Sessions.pdf

⇒ **Voluntary Sector Network (Formerly Health Alliance) | News Bulletin March 2024**

Attached is the latest newsletter from the Cambridgeshire and Peterborough Voluntary Sector Network. It contains lots of exciting events and all the latest information including forthcoming meeting dates. You can also find it online - [click here to access it](#).



Voluntary_Sector_Network_Newsletter_March_24.pdf

⇒ **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

⇒ **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.



Funding & Support

