



Community

**The North Cambridge
Community Newsletter**

Autumn/Winter edition 2019: Issue 6



**We would like to dedicate this edition to
Cllr Nigel Gawthrope, who will be missed,
and never forgotten by the whole community**

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eNewsletter at
www.nccp.org.uk

**The North Cambridge
Community Partnership**

Registered Charity Number: 1171138

www.nccp.org.uk



In memory of Cllr Nigel Gawthrop (who passed away on the 12 January 2019)

I remember that cold Christmas afternoon, on the 12th December 2019, when Nigel came to 'Switch the Lights On' at Arbury Court. This has always been a lively and well attended event, that has been going on in our community for more than 20 years. It is an important occasion for us as the local Mayor and councillors had always been invited and every year the Mayor is expected to switch the lights on.

I vividly remember Nigel's face when the lights on the tree at Arbury Court didn't light up after he pushed the stick on the wooden device, set for the occasion. I could also say the same for Reverent David Maher, but this is depicted eloquently on the photo on the right, as we commonly say: "Images speak louder than words". Nigel pressed the stick again, wishing for a miraculous reaction that could bring light to the puzzled audience. Unfortunately, this didn't work and we were forced to switch the lights on by hand. Nigel took the whole experience with calm manner; like nothing had happened, made a few jokes and we all ended up laughing blaming technology as usual. Again a great attitude from a good leader in moments of adversity.

I had only met Nigel recently at the NCCP AGM in June 2018, in which he signed his name to become an active member of the NCCP management committee. Nigel's eloquent words filled the room at the Nun's Way Pavilion, with hope and commitment and it became apparent to me, that I was blessed with the opportunity to meet somebody special. Nigel's aura and charisma filled the room as his personality and interpersonal skills were hard to match.

One attribute that I am sure is shared by many is that Nigel was a good listener, which is something hard to come by in modern politics. I could also describe Nigel as a person with the capacity to make you feel good, not only as an individual but also as part of a community group with a cause worth fighting



for. He listened carefully to our presentation and what the local community, in the North of Cambridge, had to say about the issues in the area and daily problems.

I couldn't comment more on Nigel as a person as I hardly knew him, but I was aware of his background and track record in regards to community work. We were all delighted with his contribution and plans to improve the living and educational standards in the North of Cambridge. We hope that someone would be able to follow his footsteps, but this will be a difficult task as people like Nigel are rare to find. Nigel remains an irreplaceable contributor to our community and will never be forgotten.

By Ricardo Arbelaez
NCCP Management Committee

Editorial

It has been another good year for the NCCP as a community organisation, in terms of consolidating a good management committee team, with the experience and commitment required to deliver the projects the community needs. We are proud to share our success by listing some of our project e.g. The Gardening Club, which has secured its place among families in our community. Our annual NCCP Summer event, has also proven to be a great success, last August 2019, more than 300 people took part and the feedback was excellent. The summer trips were also another success, as the four coaches that were hired, going to different places, were fully booked and everybody had a great time. Same level of success can be said for the Toddler Group, the Aikido classes, the Lego Club, The Eat & Meet, where local groups and business meet to share ideas and projects, were fantastic this year.

We are proud to announce a new project: the CodeDojo, which seeks to teach children and young adults computer science in a creative and fun way.

As you can appreciate the NCCP portfolio of projects has grown and the delivery and planning had improved steadily year by year and this is mainly due to your feedback, support and participation. Despite the great achievements this year, the challenge for the NCCP is to secure more sustainable funding to help the group, to plan and deliver community projects

that really benefit the local community and in this way improve the welfare and living standards in our community.

The role of Industry in our Community:

As a new organisation the NCCP has started to build strong foundations in the local community and try to forged long lasting relationships with local groups. Now we are seeking to build stronger bonds with the local industry and seek support from all the companies in our community e.g. Science Park, The Business Park and the BBC, etc. We feel that by 'Bringing Communities & the local Industry Together' we could create an innovative and thriving community in the north of Cambridge.

Copies of this Newsletter edition will be posted to all companies in our community, to seek your support. You can do this by providing us advice, support or by volunteering with some of your time and resources. Below are some of the projects that might be of interest:

- **The Gardening Club**
- **Cooking Fresh - Cookery workshops for families**
- **The Toddler Group**
- **The Lego Club**
- **Design and Technology (STEM mini projects that seek to explore and build the skills of the future)**
- **CodeDojo - Computer Science workshops.**
- **Art & Photography workshops.**



The Future of Lawrence Way

Our community House...

As you might be aware there has been some discussions with the council, regarding No 37 Lawrence Way, our community house. As a result No 37 will need to go back to be part of the council housing stock. We have had several meetings with the council and we are pleased to let you know that the **Redevelopment of 67 to 97a Campkin Road** has been drafted and shared with us. Cambridge Investment Partnership (CIP) is proposing to build 78 new council-rented homes and a new community facility on Campkin Road. The new high-quality and energy-efficient homes will replace the existing two-storey flats. The 74 apartments and four houses will be one and two-bedroom properties. The layout of each of these apartments is set out to maximise space, light and efficiency and will satisfy the space standards set out in the Cambridge City Council Local Plan.



The new Community Centre will be located at the north front of the site, following the amenity space along the northern edge of the site, behind the tree line. A new and modern centre is what the community needs and we are delighted to share the good news with the local community. The new proposed centre will not only bring more suitable space but a better layout to run local activities and projects. A new community centre will bring some benefits as follows;

- The new centre will be on the ground floor and fully accessible for wheelchairs.
- There will be a more functional, spacious areas that could be adaptable for a variety of uses.
- It will have a fitted kitchenette.
- Accessible toilets and baby changing facilities.
- There will be a large function room.
- It will provide an outdoor space, near the shared green space on the corner of the Campkin Road.
- One disabled parking space and bicycle racks.

I hope you all welcome the good news, but please do not hesitate to let us know what you think and if you have any questions or suggestions, email: consultation@elgplanning.co.uk or write to: Campkin Road Consultation, ELG Planning, 55 Coniscliffe Road, Darlington, DL3 7EH.



Lights Switch On



Tuesday 10th December 2019
Arbury Court - 3:30pm



nccp

Bringing Communities Together



This years Panto! **Jack and the Beanstalk**

Saturday 4 January
3pm till 4.30pm

Arbury Community Centre

Tickets will cost £6 for adults and £3 for children and toddlers.
Tickets will be on sale from 1st November at 37 Lawrence Way.

Arrange collection by emailing: talk@nccp.org.uk

or simply call: 01223 508197

If you wish to buy them online visit our website: www.nccp.org.uk/events



Cooking Fresh **Free Cookery workshop**

Sunday 24th November - 11.30am
at Nun's Way Pavilion

Meet others from the community and get to know each other during the session and over lunch. This is always a busy event with a limited number of spaces. All ingredients (meat & vegetarian options) will be supplied and you do not need to bring anything apart from yourselves of course!

Do you enjoy cooking? You want to share your special recipes with others? Just contact us to lead the workshop!

Check our website to find out more about this free workshop.

www.nccp.org.uk





Earn days out

NCCP Volunteers Evening

As a community organisation, we want to deliver events and activities that benefit everyone in the community and in order to do this, we need more local people like you to get involved in any way you can, either casually, or as part of the NCCP committee.

Full training and support will be provided for all roles as required, and we are very flexible. Some of the key roles we are looking to fill are:

Committee secretary - To provide administrative support to the organisation including meeting minutes

Volunteers to help running the coding club

Volunteers to help with the cooking for the toddler group

Volunteer to take The Santa role in our Christmas light switch on

Youth club volunteers - to run a youth club at Nun's Way Pavilion to provide much needed activities

Website editors - to update events on our website and content such as newsletters, pictures and video

Photographers - to take pictures and/or video of community events to include in our publicity

NCCP Volunteers Evening On Thursday 14th November 2019 Nun's Way Pavilion - 6.30pm

Please come along to the NCCP Volunteers Evening so we can take you through a variety of interesting and exciting ways you could help your community.

Earn Time Credits!

For each hour that you contribute to the community you earn a Time Credit.



This Time Credit can then be spent on accessing an hour of activity, such as local attractions, training courses or leisure, or gifted to others.





Gardening Club

A community project



Gardening Club dates:

- 2nd November 2019
- 1st February 2020
- 7th March 2020
- 11th April 2020
- 9th May 2020
- 13th June 2020

Join us on the second Saturday of every month from 11:30am to 1pm at 37 Lawrence Way for gardening fun!



Plant and grow your own veg!

This family gardening event will give you the opportunity to meet new people, learn and share skills.

No experience is necessary just a willingness to get involved. Food, nibbles and refreshments will be provided. Children under the age of 16 must be accompanied and supervised by an adult.

Enquiries:

Email us at: RicardoA@nccp.org.uk to find out more, or just turn up on the day at 37 Lawrence Way, Cambridge!



North Cambridge Community Partnership

CIO - Registered charity: 1171138



Lego LABoratory



It's time to show off your Lego skills and create experiments with the Community Lego Lab!

We have a theme each week and there is no end to our innovations! The club takes place every Thursday from 4:00 to 5:00 pm at the Nun's Way Pavilion! All children from 5 to 11 are welcomed.

All we ask is a 50p donation to help us subsidise costs. Also, if you have any spare Lego to donate, or have some extra time to help us run more sessions please get in touch. Additionally, if you have any toys for 3-5 year olds to donate to our toddlers club, we'd be very thankful.

Please bring donations to 37 Lawrence Way, (the NCCP community house next to Tesco or when you come to either group. If you would rather we pick up, email Talk@NCCP.org.uk or call **01223 508197**.





Little Rainbows play group

NCCP is delighted to have partnered up with A Toy's Life and Beyond CIC to deliver this new and exciting project called "Little Rainbows Toy Library".

Little Rainbows Toy Library is different, as although it runs like a typical toy library, children are also encouraged to develop their language and communication skills. This is what we call a "toy library with a twist".

The format of Little Rainbows Toy Library is that parents/carers and children come every week and they get to talk, do different activities and play. They will also have a book read to them every week and parents/carers get to borrow toys related to the book, together with a question sheet and tips. All these are designed to encourage their children's communication and language skills at home. And this is what makes this toy library very different from the others.

We are delighted that Talking Together in Cambridgeshire has funded this project and hopefully it will be one of many more to come.

Little Rainbows Toy Library meets every Tuesday at Nun's Way Pavilion, Nuns Way, CB4 2RN from 10-12pm. Free to join / drop in / free lunch



True Tales for Change - Storytelling Workshops

Cambridge is a wonderful city but it is a city of inequality and where many people's stories remain unheard. Come and be part of a mission to change that! Everyone has a story to tell and everyone should have a chance to tell it. Telling our stories can be deeply healing and validating of our experiences.

We are holding two workshops - you can attend one or both of them - to learn how to tell our stories. If you are feeling brave enough, you can tell your story at a Showcase Event on Saturday, 11th January from 6pm to 8pm. The workshops are facilitated by Glenys Newton (Cambridge Bard) and Jill Eastland (artist and activist). We are looking forward to creating a safe, supportive and accessible space for people to tell their true stories, touching on their experiences of inequality.

The workshops take place in the Grafton Centre (Escape) on Saturday, 4th January 2020 from 1pm to 4pm, and on Wednesday, 8th January 2020 from 1pm to 4pm. The workshops are free, nibbles and drinks are provided. Parents and children are welcome and help with transport costs is available if needed. If you are interested in taking part, please write to art@thecambridgecommons.org

These workshops are part of an inequality art project, which is a collaboration between The Cambridge Commons and Pivotal.



CoderDojo

NCCP are working in partnership with Cambridge City Council, Red Hen Project and The Raspberry Pi Foundation, offering local children a chance to learn computer programming. With the help of brilliant volunteers, children can now attend the CoderDojo every Tuesday 4:00pm to 5:30 at Nunsway pavilion.

Tom Hadfield from Raspberry Pi said, *"The CoderDojo movement believes that an understanding of programming languages is increasingly important in the modern world, that it's both better and easier to learn these skills early, and that nobody should be denied the opportunity to do so. Anyone aged seven to seventeen can visit a Dojo where they can learn to code, build a website, create an app or a game, and explore technology in an informal, creative, and social environment. There are over 2000 active Dojos in 107 countries, regularly attended by 58,000 young people."*

Matt Nelson, Digital Inclusion Projects Officer at Cambridge City Council has provided new laptops for use at the CoderDojo and said, *"I am very happy to be working with NCCP to offer children who might not have a computer or internet access at home the opportunity to have fun whilst learning new skills. Nun's Way was chosen as the first venue to benefit from this funding and I hope this is the start of many more projects aimed at giving everybody, regardless of their circumstances, the chance to develop their digital confidence"*.

Sarah Crick from Red Hen Project said: *"Giving families we work with the chance to engage with coding is a fantastic opportunity. Cambridge is such a centre of excellence in the tech space it would be great if we can 'grow-our-own' and give those in North Cambridge an opportunity to benefit from the city's growth in this sector. Encouraging children to have aspirations and a sense of the possible is so important to their wellbeing and crucial for their future life prospects"*.

AI 合 Harmony
KI 氣 (Balance)
DO 道 Energy
Way
(Life)
(Path)



Strengthen the body. Focus the mind.

Adults and children welcome

Monday, Wednesday & Friday:
Children - 4.30pm - 5pm
Adults - 6pm - 7.30pm
Nun's Way Pavilion, Cambridge
CB4 2NR on the Nun's Way Rec

contact: m. 07424643986
e-mail: encho@mail.co.uk

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e-mail: encho@mail.co.uk



Sensei Encho

Music & Dance

Keeping fit in the community

At the last NCCP Summer Event at the end of August 2018, more than 200 people from the local community attended the event and provided us with very interesting and useful feedback and one common theme that came across among the feedback received, was for the need of more family activities in the local community, specially after school or during half term. Considerable amount of families and community members showed great interest in events such as 'Music, Dance & Fitness' where the parents and children could join in. One suggestion was for the NCCP to organise Zumba or Salsa sessions after school or in the evenings. If you are interested in taking part in any of these activities please let us know by emailing us at: talk@nccp.org.uk

Please email us or tick the options appropriate to you and drop it through the letter box at: No 37 Lawrence Way:

- ☐ I am interested in Salsa fitness sessions
- ☐ I am interested in Zumba fitness sessions
- ☐ I would like to attend the Music & Fitness sessions on my own
- ☐ I am interested in taking part in the Music & Fitness sessions with my children
- ☐ I would like to take part after school
- ☐ I would like to take part in the evenings

What day of the week is best for you?

Email address:



What's on in Arbury

Weekly Groups

Drop-in Coffee Morning

Mondays (Term Time) 8-45 - 10.30am

In the Good Shepherd Church Hall,
Mansel Way CB4 2ET

Join our friendly brood for breakfast and a chat over a cuppa! Family worker on hand for help and advice. All welcome.

The Red Hen Project

For more information contact **07966 839 635**
or maria@redhenproject.org

Moonbeams Pre-School

- Safe, nurturing, kind.

We still have some places available for this term (September 2019).

We take children from their 2nd birthday up until the time they start school.

We offer three sessions a day:

- **Morning** 9am-11:30am (2.5 hours)
- **Lunch Club** 11:30am-12:30pm (1 hour)
- **Afternoon** 12:30pm-3pm (2.5 hours)

We're open **Mon-Fri** for 38 weeks of the year (term times) for six hours a day.

Contact us on **01223 727481** or visit our website www.moonbeamspreschool.org for more information.

Kings Hedges Family support project

Mondays Together - The Fields Child and Family Centre 10-12.30 for pre school aged children and 1-3 for non-walking babies.

Wednesdays Together - North Cambridge Child and Family Centre 10-12.30 for pre school aged children and 1-3 for non-walking babies.

Thursdays Together - Browns Field Youth and Community Centre 10am-1pm babies and pre-school aged children.
For more info please call **01223 778600**

Cambridge Online

Please drop in to our free and friendly computer sessions at the Meadows Community Centre **Tuesday and Fridays** from 10.00 – 12.00 for more information phone **01223 300407** or email help@cambridgeonline.org.uk

North Cambridge Child and Family Centre

Well Baby Drop In 1.30pm – 3.00pm
Weekly Drop in, stay and play, weighing and health clinic with Health Visitors. Self-weigh available.

Midwife Clinic 9.20am – 11.20am

Daily Appointment only. Please call **01223 728118** to book.

Clothing Swap 10.00am – 11.30am
3rd Tuesday of the month. Come along to swap your baby and toddler clothes.

Baby Swimming 11.30am – 12.00pm
Weekly (Term Time Only)

Free swim session. Compliment slip from a Child and Family Centre required. For age 0-1 years. **Kings Hedges Learner Pool**

Cambridge and District Citizen Advice

Every Wednesday

11.00am - 3.00pm

Free confidential independent advice at the Meadows Community Centre. Telephone **03448487979** advice line

Lego Group

Every Thursday

4.00pm - 5.00pm at Nun's Way Pavilion.
Come to exercise their creativity! All children from 5 to 11 are welcomed. For those attending the club we kindly ask for a 50P donation. This gives us the chance to buy more Lego for future events.



citizens
advice

and King's Hedges

Crochet Group

Every Thursday 10.00am - 12.00pm
at 37 Lawrence Way, (next to Tesco express
Campkin Road).
Come along and join a lovely local group,
Crochet knit and natter. All Welcome, 50p per
session.

Story Time at Arbury Court Library

Every Thursday 10.30 - 11.15am
at 46-47 Arbury Road CB4 2JQ
Enjoy an interactive story and singing session
with library and children's centre staff. Free
to attend and open to families with children
aged 18 months – 5 years.
For more information please call us on
01223 728118

Free NCCP Toddler Group

Every Tuesday 10.00 - 11.30am
at the Nun's Way Pavilion.
Join to socialise and play! Free refreshments
provided. Call **01223 508197**
or email **talk@nccp.org.uk**

Good Sounds

Every Friday 10.30am - 12.30pm
at 82 Akeman Street
Do you like to sing? Can you play an
instrument? Do you just love music. Come
along and join us £2.00 per week all welcome,
just turn up or for more information contact
katemeaby@yahoo.co.uk

Soft Play

Every Friday at Buchan Street
Neighbourhood Centre Session times, fantastic
friendly project, concessions available for those
in receipt of benefits within a 15 minute walk
distance of the centre.
9.15am - 10.15am
10.30am - 11.30am
11.30am - 12.30pm
It is advisable to book in advance.
Contact **01223 508149** for information or
email: **bsnc@cambridge.gov.uk**



Cambridge Community Arts

Improving mental health with
creativity. Priority is given to
Cambridge City Residents
(18+) on low incomes with
health challenges.

Cam Arts run regular courses weekly in
the area that have spaces available.

For more information or to book a place
contact: **01223 631820 / 07763 280029**
(Booking required).



**Check out the NCCP Website for
more information about up and
coming events.**
www.nccp.org.uk



The Nuffield Road Allotments

The Nuffield Road Allotment is in East Chesterton on the outskirts of Cambridge. The site is adjacent to the busway access route to the new Science Park railway station development. There are 83 designated plots, including a mixture of whole, half and quarter plots. With some tenants enjoying various combinations of plot sizes, we have a thriving membership which includes several community groups. The Committee would like to hear from you if you have an interest in gardening and would like to volunteer your time for a great cause, looking after the environment. There is also a waiting list for new and existing members. If you are interested, please send your name, contact details and level of experience to the Plot Manager by email to: **nuffieldroadallotment@gmail.com** Or visit the shop on Sunday 10am to 12 noon (March to October) 11am to 12 noon (November to February).



Home-grown fruit and vegetables are enjoying a huge success, growing your own food is more popular than ever and never had been such a demand for allotments. Much of this interest comes from our desire to live healthy lives and what we eat plays a vital role. In addition keeping a plot can be better exercise that going to the local gym. Another important reason for this renaissance could be due to the increasing concern about industrialisation and commercial

food production. There is no better place to grow organic food than in your very own allotment.



Fresh, seasonal and local food have attracted new generation of consumers, who care about the provenance of what they eat and what could be better than your own fresh home-grown food. It is best to eat your own produce at their pick of ripeness or maturity as they not only taste better but also put you in contact with the seasons and rhythms of nature. There is nothing better than local food as the food you grow is close to home and not coming from the other side of the globe.



The Nuffield Allotments Association, will be having their AGM in April 2020 and would like to invite plot holders and the wider community to attend. There will be products on display and related projects to raise awareness on organic gardening and local produce.

Arbury Carnival

Arbury Carnival, held on the 2nd Saturday of June, has been a fixture in the community calendar for 42 years. Planning for the 43rd has just begun by the team of volunteers. The 2019 Carnival had the usual mix of arena acts, stalls, fun fair rides, food and, of course, a procession that kicked off the whole event.

Cambridge City Mayor, Councillor Gerry Bird, welcomed visitors to the Bedtime Story themed day. Characters from the Very Hungry Caterpillar, the Gruffalo and Pirates in Pyjamas were just some of the characters spotted by those who came out in the rain early on. But as the weather brightened up dance groups, choirs, the Cambridge Science Centre and Jezzo with his magic took to the stage to entertain the growing crowds.

The team behind the Carnival is a diverse group who have been recruited over the last few years to carry on the dedicated work of previous committee members.

There is still room for more community minded individuals, to bring their own enthusiasm to the team though. You don't need experience, although it helps, as the existing team is now familiar with the Carnival running and will support you at all times. This year we're looking for people to help with publicity and social media, logistics and stalls management in particular.

Helen, the Chairperson, only joined the committee last year and said 'I was new to the area but the friendly team put their trust in me and supported me through my first year'.

Luke was attracted by 'the community spirit' and shadowed former the chairperson, Alan Soer, during his first year, then took on Logistics which 'was a real juggling game but a fun challenge'.

Sue has worked on the arena line-up and procession, after years of performing, and describes the experience as 'fun, just lot and lots of fun'.





The Cambridge Commons

Campaigning for more equality in Cambridge

Did you know that Cambridge is one of the most unequal cities in the UK? That's according to a report in 2018 by the Centre for Cities. And on average someone living in Kings Hedges can expect to live 9 years less than a resident of Newnham! Inequality harms everyone in a community: bus services are worse when better-off people don't use them for example, and that leads to more congestion and poorer air quality for everyone.

At The Cambridge Commons, a group of volunteers is campaigning to get these issues tackled with practical actions by the Council, businesses and the universities in our City. We were inspired by 'The Spirit Level' and the national campaign by The Equality Trust. We want people in the City to be more aware of inequality so that everyone can do their bit:

- Running a small business: do you pay staff the real living wage?
- Voting: are you thinking about which candidates are talking about tackling inequality?
- Shopping: do you support your local shops rather than big chains?
- Working for a big company: can you get involved in workplace volunteering schemes or lobby for union representation?
- Residents: are you having your say in consultations on new roads and housing to make sure that planners are considering the impacts on inequality in transport access and homes?

We've been talking to people in the city about their experiences of inequality and we have dozens of stories of how people feel excluded by poor bus services, by being treated unfairly because of their race, and by how expensive and difficult it is to find good housing. One person told us: "My son has a disability and to get around with him I have to take the bus. However, I don't get reduced bus fares, only him." And another said "Where I live is a lovely flat but it is social housing and all the parking spots have been sold off (to private owners). There is class division. We can't park and can't have visitors."

We've also supported a project to get local artists involved in making artworks that convey the experience of living with disadvantage: watch out for our event to showcase what the artists created at the Grafton Centre on 11th January!

We're working with other campaigners as well as with the City Council's Anti-Poverty Unit, to get the word out. Every 1st Wednesday of the month, we have a

social at the Alex pub in Gwydir Street with someone to speak about an aspect of their work related to inequality: schools, council policies, homelessness and voluntary groups.

Come along and get involved! We welcome anyone who wants to join in to tackle the issue of inequality in our City together.

Catherine Squire

www.thecambridgecommons.org





News from the Cambridge Hard of Hearing Club

The Club is a monthly social gathering for people with hearing loss, sharing their common impairment at the **Meadows Community Centre** in Arbury Ward. The Club also organises a season of speakers on variety of subjects such as a talk about Greek Food, Antarctica and Cambridge Heroes. If you are experiencing problems with hearing, needing help or feeling isolated, do please get in touch by emailing to information.hohclub@gmail.com or by writing to 29 Stretton Avenue Cambridge CB4 3ES, or come to our meetings between 2 pm and 4 pm at these dates with programme of events in the next four months:

- 31 October** – Communication Tactics;
- 28 November** – a talk about Namibia;
- 12 December** – Christmas Lunch;
- 30 January** – Gertrude Bell, the woman who created Iraq

The Club is generously supported by the Community Grant from the **Cambridge City Council**. Earlier in the year **John Lewis & Partners** chose our Club for their charity giving scheme, Community Matters, which ran for three months in their department store. Their customers have big-heartedly provided much needed funds for the Club's social activities.



One of various presentations



A summer outing at Denny Abbey

ARK Dads

Starting this October ARK Dads is a space for dads and their kids (under 11's) to have fun together, build relationships and meet with other families.

This event is run by Arbury Road Baptist Church on the junction of Arbury Road and Milton Road from 10:00-11:30am and all are welcome to come and join us.

We meet on the second Saturday of the month starting on 12th October, and there will also be a range of other events coming up too. These include a light party and fireworks party for all the family, and a Christmas social for dads too!



If you would like to meet some more men in your local community or have some fun with your kids on a Saturday morning you are welcome to come along – and it is all free!

For more details please check out www.arburiroadbaptist.org/ark or email contact@arburiroadbaptist.org



Fund your community project with an Area Committee grant



Are you involved with planning a neighbourhood activity taking place between April 2020 and March 2021 which will benefit people who are disadvantaged through social or economic exclusion?

This activity may be eligible for one of our Area Committee grants, covering North, South, East or West Central areas of the city.

Grants will be awarded to non-profit voluntary and community organisations or groups of local residents. Grants can be for items which enable an activity to happen e.g. venue hire for local community, arts or sports activities, transport for trips for younger/older and disabled residents, materials for art projects, equipment for local sports sessions, activities for people on a low income and much more.

We want these grants to make a difference to the lives of City residents with the highest needs.

The deadlines for each Area, plus application guidelines and other information will be available from **www.cambridge.gov.uk/area-committee-funding** when the application process will be launched in mid-December 2019.

The deadline for North Area applications (covering Arbury, East Chesterton, King's Hedges and West Chesterton) is likely to be in mid - January.

Contact the Grants Team from December onwards for further information and to discuss your ideas:

email: **grants@cambridge.gov.uk**
telephone: **01223 457857 or 457968**

Local Opportunities for Adults to Get Active and Stay healthy

If you are struggling to lose weight and finding it difficult to exercise alone why not try our Weight management Circuit Class at The Meadows Community Centre.

Mondays 6-7pm Cost £3 per session:



For people with mental ill health who would like to improve their wellbeing we are offering Free swimming sessions at the Kings Hedges Learner Pool; a swimming teacher is on hand should you want to learn to swim or improve your stroke. Alternatively, you can just float and relax or enjoy your own swim.

Mondays 1-2pm

For further information regarding both; the weight management circuit class or the **Free** swimming sessions please contact: **Letsgetmoving@cambridge.gov.uk**
TEL: 01223 45864



Save St Albans Road Recreation Ground

Friends of St Albans Road rec was started to save the green space of St Albans Road rec from being built on. We have no objection to the redevelopment of the Meadows Community Centre on its current footprint with buildings not exceeding the height of 2-storey houses on neighbouring Kings Meadows estate, Arbury Road and St Albans Road and keeping our green space building free. Green space north of the river is extremely limited. St Albans Road rec is circled in red. This area has high building density.

Cambridge City Council's Open Space and Recreation Strategy 2011 and the Local Plan 2018 list St Albans Road rec as 'protected' from building. Building is therefore not planned. The table below shows Arbury has the second highest population and lowest total green space in 2009. Population will have increased in a decade.



Below is green space south of the river – a clear difference.



Ward	Ward population 2009	Total protected open space in ward - hectares	Protected open (ha) space per 1,000 population in ward
Abbey	9,360	116.39	12.4
Arbury	9,280	7.55	0.81
Castle	7,750	78.47	10.1
Coleridge	8,550	50.22	5.87




Cambridge City Council - Open Space and Recreation Strategy 2011 (page 26)

Numerous residents from far and wide come to exercise, play, walk dogs, connect with the community and access nature with a variety of trees, shrubs, flowers, wildlife: cinnabar moths, foxes, bats and a wide variety of native and migrant bird and insect life on our doorstep! It is very important to our physical and mental wellbeing. Many residents state use and enjoyment of the rec has speeded up recovery from illnesses, bereavement and life crises.

Once we lose any bit of green space there is absolutely NO guarantee that more will not be taken and we'll end up with only a football pitch!

A GREEN SPACE IS NOT AN EMPTY SPACE

Since March our Facebook group has grown to over 500 members. We have organised a range of events in our passionate campaign to keep our rec green and not grey or built on. Contact links below.

 **Friends of St Albans Road Rec, Cambridge**
 **@AlbansRec**
 **dotdototter@gmail.com** head your email FStAR





Weekly drop-in sport session for young people. Facilitated by qualified and DBS checked coaches. No booking is needed – just turn up and play!



- **Football, Mondays 9-10pm, at North Cambridge Academy Spprt Centre, 14 years+, £2**
- **Basketball, Wednesdays 9-10:30pm, at North Cambridge Academy Sport Centre, 14 years+, £2**
- **Multi Sports, Tuesdays 5-6pm, at the Meadows Community Centre, 9 years + £3**

For more information and other sessions for young people in Cambridge visit:
www.cambridge.gov.uk/streetgames

The Sports Kit Bag scheme is still available! All you need to do is pop along to one of the host community centres and use a bag for FREE. All we ask is that you return the bag and it's contents for the next family to enjoy.

Bags can be found in the following locations:

- Brown's Field Community Centre ChYpPS
- Buchan Street Neighbourhood Centre
- Meadow's Community Centre
- NCCP 37 Lawrence Way
- Cherry Hinton Leisure Centre
- Abbey Leisure Complex



Please check opening times for each venue before you head off to play.

COMMUNITY REACH FUND

The local Youth & Community Coordinator, Paul Connelly, has a Community Reach Fund to support projects with children, young people, their families and communities living in Cambridge.

What should projects achieve?

Projects must aim to achieve the following: help build community resilience, be beneficial to health and well-being and motivate people to get involved

How much can you apply for?

You can apply for up to £1,000. You must be able to evidence how you would match fund a grant by a minimum of 10%. For example, this could be volunteering hours, donations or entry fees such as 50p over the course of the project, or the donation and loan of resources from

other community assets such as your children's centre, school, nursery, library, church etc.

If you are interested in applying or would just like to find out more, please contact Paul at paul.connelly@cambridgeshire.gov.uk

Free training: introduction to safeguarding training. Introduction to youth work training

Youth & Community Coordinators can provide free bespoke introductory one day training in either Safeguarding to community groups and Voluntary Organisations, or Youth Work for those who may be interested in this topic. If you are interested or would like to find out more, please contact Paul Connelly at paul.connelly@cambridgeshire.gov.uk

CAMBRIDGE STREET AID

Cambridge Street Aid helps people get off, and stay off, the streets. You can give to Street Aid rather than handing money directly to people on the streets, and every single penny raised goes to grants to help people leave the streets behind.

This year sees the very first Street Aid Week, 14-18th October. Look out for events near you and join in online using **@camstreetaid** and **#StreetAidWeek**.

Street Aid aims to raise £2,500 during the week, to fund grants for 10 people.

People like Tom*, who had an alcohol addiction that led to him losing his job and becoming homeless. Tom found accommodation and worked hard to detox, then applied for a Street Aid grant to pay for a security course. Tom passed the course with flying colours and started security work straight away.

Tom says: *"Not being employed for a year, you lose confidence. Security work was perfect to build my confidence because I could pick and choose shifts. I was in control.*

"For me, doing the course was a massive part of the puzzle. Now I'm working full time. I'm so thankful for Street Aid being able to fund my course, it really got me set back up for life."

You can donate to Street Aid online via JustGiving (<https://www.justgiving.com/campaigns/charity/cambridgeshirecommunity/csa>) or at a contactless giving point; currently in Mandela House, the Grand Arcade, the Guildhall, and Co-op stores.

Together we can help more people leave the streets behind.

*Name has been changed.



The Cambridge Branch of the Hearing Dogs for Deaf People is a small, friendly group of dedicated volunteers in the Cambridge area who carry out a range of fundraising activities. We need like minded people to

join our group to help continue our work which enables us to create life changing partnerships between deaf people and hearing dogs.

Our branch raises valuable funds, inspires local support and sows the seeds which will generate income from other sources. Activities vary and include:

- Giving talks to groups of people,
- Helping with bucket collections,
- Arranging coffee mornings,
- Helping with fundraising stalls and events.

Time credits are given to volunteers.

More information can be found:

www.hearingdogs.org.uk/volunteering





We are the only furniture charity in Cambridge that only serves people on low income. We offer a service based on choice, quality, and affordability. Anyone who is earning under £18,000 as a single household or £23,000 as a couple can access the service and shop at Cambridge Re-Use. New customers bring in proof of their income, ie wage slips or benefit letters and then receive a customer card and can start shopping!!

We have a variety of sofas, beds and wooden furniture. Our stock is constantly changing with new items in every day and we have paintings, curtains and crockery to help make a house a home.

We can deliver your items to you; we deliver within a 15 mile radius of Cambridge. We do have a delivery charge which is £10 for Cambridge City and £15–20 for surrounding areas, but this is per delivery and doesn't increase if we deliver lots of items to you. You are also more than welcome to come and collect your items.

Open: Monday- Friday 9.00- 4.30 pm
Saturday 10.00am-4.00pm

Unit H, The Paddocks, 347 Cherry Hinton Road, Cambridge, CB1 8DH

01223 576535

www.cambridgereuse.org.uk/html/customer

Find us on Facebook. You can now see some of our new in store stock on Gumtree



HAPPY CHRISTMAS FROM ALL AT THE GOOD SHEPHERD CHURCH

We welcome you to all our services which are listed on our website

www.churchofthegoodshepherd.co.uk

A special invitation to:

Community Carols in Arbury Court Tuesday December 10 at 3.30pm
when our local schools will be singing.

North Cambridge Carol Service Sunday December 22 at 6.30pm
lots of familiar carols and refreshments afterwards

Also to the Crib Service at the church on Christmas Eve at 3pm
there will be lots of activities, dressing up and carols to sing.

Do you know someone who is...

... struggling to pay for gas, electric or water?

... living in a cold or damp home?



We can help

Help is at hand for residents who are struggling to pay their energy and water bills. Our Home Energy Officers are able to give advice and guidance over the phone or they can visit you at home.



At these visits they will look at your home heating, hot water and insulation and recommend improvements. Some of these improvements will cost nothing, others are simple measures that we can install for free either at the time or on a subsequent visit.



If any more substantial improvements are necessary they will advise if grants are available and help with applications. The officers will also check that you are on a good energy tariff and getting all the payments and discounts you are eligible for. They will aim to help make your home more comfortable and your bills more manageable.



For more information, to request a home visit or for advice on the phone contact:

Philippa Hughes - telephone: 01223-457676 or email: philippa.hughes@cambridge.gov.uk



Shout! performance on 24th October at 3pm and a repeat performance at 6pm at the Cambridge Junction



Young People will be presenting a unique collaborative performance on 24th October at 3pm and 6pm (repeat performance). Children from Trumpington, Cherry Hinton, Abbey and East Chesterton have been working together to produce a theatre production.

To book tickets online visit:

<https://www.junction.co.uk/shout> Ticket cost:

Cambridge Junctions 'Pay what you feel' scheme



CAMBRIDGE JUNCTION



CAMBRIDGE AFRICAN NETWORK

A multicultural community working together, bringing together Africans in Cambridge and surrounding areas, their spouses, families and anyone interested in the African Cultures

We are dedicated to holding events which generate interest and cultural expression and encourage interaction.



Contact

www.cambridgeafricanetwork.org
mail@cambridgeafricanetwork.org

NHS Digital

CambridgeOnline
 digital with us

Cambridge Online's Digital Health Hub

Charity, Cambridge Online can assist you with the NHS website and apps, help you book an appointment and order repeat prescriptions online.

MEADOWS COMMUNITY CENTRE
 1ST CATHERINES ROAD, CAMBRIDGE, CB4 3XJ

Every Tuesday and Friday
10:00 to 12:00
No appointment needed.

www.cambridgeonline.org.uk
 01223 300407
 Registered charity: 1097218

Full speed ahead

We're bringing full fibre connectivity to the residents and businesses in Cambridge



What does this mean for you?

- Access gigabit speed (1000Mbps) internet services
- Say goodbye to the "buffer wheel of boredom"
- Enjoy seamless gaming and media streaming
- Fully benefit from smart home technology
- Work from home with seamless file sharing, reliable cloud access and crystal clear video calling

For more information, visit cityfibre.com/Cambridge

Follow us @cityfibre

Register your interest at vodafone.co.uk/gigafast/register

CityFibre

Full fibre is coming to Cambridge

Cambridge is one of the first UK locations to benefit from city-wide full fibre connectivity following a private investment from CityFibre totalling over £20m.

Residents in Kings Hedges, Arbury and Chesterton will soon be able to connect to one of the fastest broadband services in the world.

Thanks to a partnership with Vodafone, households will be able to receive superior and more reliable broadband services, capable of Gigabit speeds (1,000 Mbps), transforming the online experience with seamless multi-device streaming, buffer-free video calling and real-time gaming. The network will also support the adoption of flexible working practices and emerging internet enabled technologies that can benefit everyone from families at home, to council smart city objectives.

We take a phased approach to the roll out of the fibre-to-the-premises (FTTP) network and install the network quickly taking only 2-3 days per street, while working closely with both Cambridge City and Cambridgeshire County Councils, as well as local communities, to ensure minimum disruption to residents.

Over the coming months you will see CityFibre's distinctive bright green banners in the street as they install the new network throughout the area. Once a connection has been made possible, residents will be contacted by Vodafone to explain how to connect if wished. To register your interest and be advised when the new service is available to you visit www.vodafone.co.uk/gigafast/register

For more information, visit www.cityfibre.com/cambridge

DO YOU NEED HELP ADAPTING OR MAINTAINING YOUR HOME?

If you are elderly or disabled
Cambs Home Improvement Agency (Cambs HIA)
may be able to assist you to achieve essential
Adaptations or Repairs
and grant or loan funding, helping you to remain
safe and independent in your home.



Contact Us Today:

Tel: **01954 713330/713347**

Email: **HIA@CambsHIA.org**

We do not work with council tenants though as each council has their own dedicated staff and budgets for the homes they own. We do work with leaseholders and those who privately rent, housing association and private properties.

www.cambshia.org



Cambs Home Improvement Agency works in Cambridge City, Huntingdonshire and South Cambridgeshire

Facility to Hire

**We have two community venues to hire:
the Nuns Way Pavilion and 37
Lawrence Way.**

The pavilion includes a hall ideal for birthday parties and other social events, whilst the community house on Lawrence way has meeting rooms and a counselling room to hire.

To find out more and book visit
nccp.org.uk/facilities or email
bookings@nccp.org.uk
or call **01223 508197**



OUR MISSION

- To act as an umbrella organisation, bringing together all community groups and agencies in King's Hedges & Arbury.
- To improve facilities, encourage self-help and involvement.
- Increase community spirit and act as a campaigning voice for the whole area.
- To improve opportunities for all.

OUR OBJECTIVES

- Addressing community needs effectively.
- Establishing a strong management team.
- Delivering value for money representing our local community.
- Organising and facilitating events & activities.

USEFUL NUMBERS

Arbury Community Centre

01223 712038

Buchan Street Neighbourhood Centre

01223 508149

Meadows Centre

01223 508140

Cambridge City Council

01223 457000

Community Counselling

01223 425419

Stage Coach

01223 423578

Emergency Gas faults

0800 111 999

FIND OUT MORE

37 Lawrence Way, Cambridge CB4 2PR Tel: **01223 508197** Email: **talk@nccp.org.uk**
www.nccp.org.uk

OFFICIAL OPENING TIMES

Monday to Friday 9 am to 12 noon

Please note: our work often takes us out into the community, please telephone to make sure somebody is in the office. Telephone **01223 508197**

Editor: North Cambridge Community Partnership

Printers: XLpress, Alington Road, Little Barford, St Neots, Cambridgeshire PE19 6WE

The North Cambridge Community Partnership is supported
by Cambridge City Council Community Services Department.

CIO registered charity: 1171138

