



Community

**The North Cambridge
Community Newsletter**

Winter/Spring edition 2020: Issue 7

**Nun's Way Pavilion has transformed into an inspiring space
for you to try new activities!**



Sign up to our
eNewsletter at
www.nccp.org.uk

**The North Cambridge
Community Partnership**

Registered Charity Number: 1171138

www.nccp.org.uk



Nun's Way Pavilion Transforming To Meeting Ground

As part of Kettle's Yard Open House, artists Josh Wright and Guillaume Vandame have been working with people locally in the past year to explore and share ways we can all take care of our physical, mental and social wellbeing in our busy lives. They had transformed Nun's Way Pavilion into an inspiring space for you to try something new! Meeting Ground, at the Nun's Way Pavilion was open to the public from Sunday 16 February till Sunday 1 March 2020.

During this artistic intervention offered to the community, there were interesting workshops and activities ran by recognised artists commissioned by Kettle's Yard. Every day there were art activities for all ages with free refreshments, soothing activities and exciting artworks for the community to have a go at and observe, including The Twilight screening of Disney classic Up! with Cambridge Film Festival.

There were also displays of inspiring artworks created by community groups from across North Cambridge, walks and workouts with a twist!

The local community, in the North of Cambridge embraced with jubilation the artistic and cultural encounters.

We all agree that It has been an inspiring couple of weeks. The feedback had been fantastic and level of attendance has been very high. Meeting Ground as a local project involving artist working with the local community has shown that our local community is ready to embrace artistic and cultural encounters and we hope the legacy left behind could contribute to make our community a better place.



Previous research in our local area had shown that there has been a systematic neglect in terms of offering local residents with the opportunity to be exposed to artistic and cultural activities. We hope this is the beginning of a more culturally driven community.

By Ricardo Arbelaez
NCCP Management Committee



NCCP is delighted to announce that has partnered with Cambridge Science Centre to start a new, communitydriven, hands-on programme in North Cambridge.

Cambridge Science Centre runs hands-on exhibits, and interactive shows and activities that allow families of primary and early-secondary school students to experience natural phenomena -not just be told about them- at the Centre's engaging exhibit space at 44 Clifton Road, near the Central railway station. This sparks discussions of everyone's own questions and observations with friends, family, and the Centre's welcoming science communicators. But now, with the help of NCCP, the Centre is expanding beyond its walls. This year, a group of local children and their families will investigate space, the natural world, and more in a series of exploratory workshops held at Nuns Way Pavilion. Through this exploration, the group will produce their own piece of science communication (this could be a short show, exhibit, or artwork – whatever can be imagined!), and the whole community can share this new, exciting knowledge as this piece is brought-to and hosted-by local people at local events. Cambridge Science Centre hopes that this will be the start of ongoing events that it can support in the area.

The sessions will be held on Fridays at Nun's Way Pavilion at 3.45pm from Friday 5th of June. To book your space please email Talk@NCCP.org.uk or call 01223 508197.

* Science centre programs gives you ownership of the processes and knowledge behind science, technology, engineering, and maths. To find out what's on at the Centre, and keep up-to-date with local events, visit cambridgesciencecentre.org

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TIME
CREDITS

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.

Work Experience: We welcome support from local community members interested in getting some work experience in community work. In addition there are still some areas that the NCCP would like to have more support:

- **Committee secretary**
- **Volunteers to join our Toddler Group** - to help with the arts and crafts and in the kitchen.
- **Volunteers to join our Coding Club** - to help children with coding.
- **Website editors** - to update events on our website and content such as newsletters, pictures and video.
- **Volunteers to help to run NCCP events**

NCCP Volunteers Evenings are held twice a year to discuss local matters and upcoming projects at Nun's Way Pavilion (Check our website for more information)

Please come along to the NCCP Volunteers Evening so that we can take you through variety of interesting and exciting ways you could help your community and also **Earn Time Credits!**

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

TIME
CREDITS

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.

safeguarding and **first aid training** will be provided for all roles.



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Every Tuesday 4.30 - 5.30pm

**Nun's Way Pavilion
CB4 2PF**



CoderDojo

The Coding Club is one of the highlights of our community projects in the year forward and is now supported by: **CityFibre**

Coding is known as a basic literacy in the digital age and this is a great opportunity to provide young people with the digital skills they need in the future when they begin their careers. It is hoped that learning code will also help children with communication, creativity, math, writing and most importantly, self confidence.

Free

The coding club is open to all North Cambridge community members aged from 6 to 18 years old and everyone regardless of the level of their computer skills is eligible and welcome to join in.

The free sessions run on a weekly basis every Tuesday From 4:30 to 5:30 pm at Nun's Way Pavilion.

To register a place or to find out more about the coding club please contact us on [01223508197](tel:01223508197) or [talk @nccp.org.uk](mailto:talk@nccp.org.uk)



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50p
per
child

Lego LABoratory



Have your Lego experiments in the Lego Lab!

NCCP is running a Lego LABoratory for kids 5+ each Thursday at Nun's Way Pavilion which under 5 sibling are welcomed too. This club has received a great response from locals with different backgrounds. The idea is to help children to make different creations with Lego without following instructions using their own imaginations which encourages children's creativity and team work.

The club takes place every Thursday from 3:30 to 4:30 pm at the Nun's Way Pavilion!

All children from 5 to 11 are welcomed.
All we ask is a 50p donation



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Music & Dance

Keeping fit in the community

We are delighted to announce new free dance sessions will start in partnership with Active Lifestyles team.



**Tuesdays 3:30-4:30pm at
Nun's Way Pavilion
Starts 21st April**

All Children and adults are welcome. If you are interested in taking part in this activity, please let us know by emailing: talk@nccp.org.uk or just drop in and enjoy!



Cooking Fresh Free Cookery workshop

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



**Free to Join!
Free Lunch!**



Little Rainbows Toy Library

Borrow and play for under 5s

**Borrow toys, Develop
Language, Play, Arts and
Craft, Share Stories**

Tuesdays 10:00-12:00am

**Nun's Way Pavilion
Nuns Way, Cambridge CB4 2NR**

A friendly circle of mums and dads come together with Little Rainbows team to enjoy a different experience: In all sessions attendees are encouraged to develop their language and communication skills.

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 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. At the end you can enjoy the free freshly cooked lunch before singing the goodbye song and choose your favourite toy to borrow.

Yes, that's all fun!

So looking forward to meeting you soon!



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Gardening Club

A community project



Gardening Club dates:

- 11th April 2020
- 9th May 2020
- 13th June 2020
- 11th July 2020
- 12th September 2020
- 10th October 2020
- 14th November 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!



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Satellite Sport Clubs for young people

Thanks to Satellite Club Funding, local doorstep sport clubs are being delivered weekly for young people for FREE or low costs. Facilitated sessions are held at the following locations.

- **Football:** Mondays 9-10pm at North Cambridge Academy Sport Centre (14yrs+) **FREE**
- **NEW Dance:** Tuesdays 3:30-4:30pm at Nunn's Way Pavilion **FREE Starts 21st April**
- **Multi Sports:** Tuesdays 5-6pm at Meadows Community Centre (9yrs+) **£3**
- **Basketball:** Wednesdays 9-10:30pm at NCA Sport Centre (14yrs+) **£2**
- **Racket Sports:** Fridays 4-5pm at NCA Sport Centre (11yrs+) **FREE**

No booking required, just turn up and join in. For more information visit

www.cambridge.gov.uk/streetgames

Easter Multi Sports Camps

FREE multi sport day camps for children aged 8yrs+ are being held this Easter school holiday in partnership with Anglian Ruskin University Sport & PE Students. These sport camps are jam packed with fun activities for everyone.

- Monday 6th April, 10am-4pm Cherry Hinton Village Centre
- Tuesday 7th April, 10am-4pm North Cambridge Academy Sport Centre
- Wednesday 8th April, 10am-4pm Coleridge Community College Sport Centre

Booking is essential as places are limited. To book www.cambridge.gov.uk/streetgames

#HAVEAGO

Thanks to National Lottery Community Fund, Cambridge City Council are offering a FREE taster sport and fitness sessions for people with disabilities in Cambridge each month. Sessions so far, activities have included Curling at the new Cambridge Ice Arena, and Climbing with Clip 'n' Climb Cambridge. To find out what's on next visit our webpages at: www.cambridge.gov.uk/inclusive-physical-activities



LOTTERY FUNDED

FOOTBALL MONDAYS 9-10PM FREE NCA ASTRO	
	BASKETBALL WEDNESDAYS 9-10:30AM £2 NCA SPORTS HALL
RACKET SPORTS FRIDAYS 4-5PM FREE NCA SPORTS HALL	

TUESDAYS 5-6PM

MULTI SPORTS

MEADOWS COMMUNITY CENTRE

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Wednesday 8th of April

2:00 - 4:00pm

Nun's Way Recreation Ground

All children under 8 must be accompanied by an adult

www.nccp.org.uk/events

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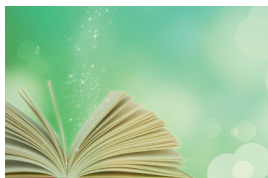
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CAMBRIDGESHIRE SKILLS, formally known as Adult Learning and Skills, offer a broad range of adult learning courses, in venues across Cambridgeshire.

If you're looking to enhance your employability or learn something new, why not contact us to discuss the fantastic opportunities available to you? Just some of the courses we offer are: English, Maths, IT, ESOL, Employability courses, Customer Service and Retail (including Food Safety), Horticulture, Confidence Building, Family Learning and many more! **Did you know, most of our learning is FREE?!** (*eligibility criteria for a free place applies. Please contact us for further information)



One of our exciting courses starting soon is **Story Sacks**. This is a Family Learning course, for parents and carers of children in the Early Years Foundation Stage (EYFS) to Year 1. Learn how to use various props and puppets to support the sharing of books with your child. Develop your craft and sewing skills to create your own story sack to share with your child. Learn how to read with your child to encourage basic Maths and English skills through the sharing of books.

STORY SACKS

Friday's, 10am – 12pm

Start Date: 24/04/2020

End Date: 05/06/2020

Venue: Nun's Way Pavilion, King's Hedges, Cambridge, CB4 2PF

TO BOOK YOUR PLACE: Please call **01353 613013** to speak to our dedicated and friendly team for more information.

You can also email cambsals@cambridgeshire.gov.uk, find us on Facebook or Twitter ([@cambsskills](https://twitter.com/cambsskills)) or visit our website www.cambsals.co.uk

EASTER EVENT



North Cambridge Community Partnership are hosting an Easter Event on **Wednesday 8th April 2020, 2pm – 4pm** at the **Nun's Way Pavilion**, and Cambridgeshire Skills will be running workshops and activities, including an **Easter Egg Hunt!** Please do come along and join in the fun and find out what you can learn about the courses we offer.

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A CB4 Community Tapestry Arts Project

'MAKEWEAVES' CB4 Community Arts Tapestry Project Update!

Our local community project has gone from strength to strength over the past 5 years thanks to the help of all of our very talented and much appreciated volunteers, the Church of the Good Shepherd, and of course the NCCP.

Our first tapestry celebrated the 40th anniversary of the Arbury Carnival which went on display at the Tate Modern in 2018. Our latest tapestry celebrating 100 Years Votes for Women UK was completed last September and we were very proud to display it at the British Textile Biennial Exhibition Lancashire in 2019.

Looking forward, we are very excited to be collaborating with a world renowned artist (name to be released soon!) who has a strong Cambridge connection for our next adventures. We are still in the planning stages but have no doubt that this will be a wonderful project to work on in the coming year.

As ever, don't hesitate to get in touch if you are interested in being involved in any way. Have a look at some of the images of our work and find out more about what we do on our FB and Twitter pages @makeweaves or email me; makeweaves@gmail.com

Julie Taylor



CAMBRIDGE AFRICAN NETWORK



CULTURAL DANCE AND FITNESS

The Cambridge African Network will be having Dance and fitness sessions at the Nuns Way Pavilion Starting this Spring. This will be focused on using the African dance music to develop rhythm and movement, thus exercising and keeping fit. In the summer months we will use the outdoor space which will be fun. The session will be about 2 hours, the first hour will be a Cultural Performance practice of which this year will be practicing toward preparing to perform at the Arbury Carnival 2020. The second hour will be a fitness and exercise class. There will be drinks and refreshment, sometimes we even have a small BBQ party bring and share food and drinks. The sessions will be held on Sunday 4-6pm starting on the Sunday 29th March 2020. All welcomed. We are also looking for a couple of Dance instructors and/or fitness trainers .

For further details Contact:

www.cambridgeafricanetwork.org

mail@cambridgeafricanetwork.org

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Artisan Coffee

Tracing the origins of the world's best coffee

Artisan Coffee dates:

Please book your place

In these series of workshops I will show you how to create coffee like my grandfather in Colombia did, the way farmers have been making it for 300 years. In subsequent workshops, we'll explore other derivative products e.g. coffee & chocolate sweets.



- From picking the beans to toasting the coffee and grinding them, I will show you how to prepare delicious coffee the same way my granddad used to.
- I'll trace the origins of the coffee, from the small coffee farmer to the consumer; as well as talk about the various ways it is produced.
- This way of making 'Hand-produced Coffee' is what makes Colombian coffee one of the most aromatic and tasty coffees in the world.
- If you want to take part, please email us at: RicardoA@NCCP.org.uk



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What's on in Arbury

Weekly Groups

The Red Hen Project - 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. 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

Providing friendly family support and activities for families with children up to the age of 3 at various venues across the city.

Visit www.khfsp.org.uk or search The Kings Hedges Family Support Project on Facebook for more details. 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 **03448 487979** advice line

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.

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and King's Hedges

Lego Laboratory

Every Thursday 3.30pm - 4.30pm

at Nun's Way Pavilion.

Come to exercise their creativity! All children from 5 to 11 are welcome to exercise their creativity. For those attending the club we kindly ask for a 50p donation. This gives us the chance to buy more Lego for future events.

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 Lunch 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**

Free Dance and Fitness

Every Tuesday 3.30 to 4.30pm ages 5+

At Nunsway pavilion starts 21st of April

Free Coding Club

Every Tuesday 4.30 to 5.30pm ages 6+

At Nunsway pavilion

Free Science Centre

Every Friday 3.45pm ages 5+

At Nunsway pavilion starts 5th of June

Cultural Dance

Sundays 4.00 to 6.00pm all ages

At Nunsway pavilion. For further details

Contact **mail@cambridgeafricanetwork.org**

Free Gardening Club

First Sunday of each month 11.30am

At Lawrence Way Community House

Grovebury Ladies

Every Tuesday 7.30 to 10.00pm

Arbury Community Centre

Arbury Court Library Cambridge Opening Times

CB4 2JQ **0345 045 5225**

Mon 3.00pm to 5.00pm Tues 9.00am to 5.00pm

Wed Closed Thurs 9.00am to 1.00pm

Fri 9.00am to 5.00pm Sat 10.00am to 2.00am

Sun Closed

Buchan Street Neighbourhood Centre

Soft Play at Buchan Street welcomes under 4's to play on Friday mornings.

Three one hour sessions
9.15, 10.30 & 11.30 a.m.

£3 per session or one time credit
Concessions for parents on benefits
Free for families who are on benefits
and live within a 15 minute walk of the centre

bnc@cambridge.gov.uk
Tel: 508149



Check out the NCCP Website for more information about upcoming events: www.nccp.org.uk or follow our Facebook page.



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Hello Everyone

An update from your North Neighbourhood Policing Team.

Following the Chief Constable's pledge to increase resources for Neighbourhood Policing, the North Team welcomed additional officer to the team towards the end of last year. Those officers hit the ground running and have enabled the North team to carry out a host of different work since their arrival.

Operation CARMEL, a roving police operation combatting street-based drug dealing across the city, took place most recently in Buchan Street. Officers from the North team have arrested suspects for drugs offences as well as other crimes, seizing over £5000 worth of Class A drugs and in excess of £1000 in cash as a result of one stop search alone. We have secured several charges relating to drug offences and other suspects remain subject to active investigations. In addition, male from the Kings Hedges area has recently been jailed for 3 and a half years for drug dealing.

Operation ROMERO is being developed in conjunction with the Local Safeguarding Children's Board and is being put in place to identify and work with those children who are at Emerging or Moderate risk of harm. Currently in its early stages, individuals adopted to this scheme will be managed by both schools, safeguarding leads, district Problem Solving

Groups and local Neighbourhood officers. This is envisaged as a redevelopment of early intervention - working with schools, partner agencies and parents to identify and prevent at-risk individuals from being drawn into criminal/violent behaviour.

Operation CAMPLIGHT, targeting a series of ASB and criminal damages earlier in the month after reports were made from local residents. As a result of the operation over 40 vehicles were stopped, intelligence gathered and two vehicles were seized for driving offences. Similarly, Operation HELVELLYN targeted poor driving and this resulted in several arrests, vehicle seizures as well as drivers being reported for driving offences.

We encourage you to get involved with a voluntary scheme known as Speedwatch [<http://speed-watch.org>] which is primarily aimed at 30 and 40mph zones with the potential to extend this scheme to 20mph zones should demand necessitate it.

You can also visit **Police.uk** to look at crime facts and figures for where you live.

Remember, you can view all of the latest area information, via our website [www.cambs.police.uk], Facebook profile [www.facebook.com/CambsCops], twitter page [www.twitter.com/CambsCops]. You can also register to receive our regular eCops alerts.

Step towards employment

Friendly, practical support to help you step confidently into employment.

christians against poverty

CAP
job clubs

CAP
LIFE
SKILLS

New ways to live for a brighter future

caplifekills.org

Courses in North Arbury & East Chesterton Cambridge.
To register interest contact Jo by text 07770 884570 or email: johannascoones@capuk.org

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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

FREE FAMILY FUN DAY COME AND JOIN US FOR FOOD, FUN & GAMES ON HISTON ROAD REC

DEMO'S FROM CAMBRIDGE FIRE SERVICE

SPORTS & GAMES

SPRING CRAFTS

FACE PAINTING

EASTER EGG HUNT

ACTIVITIES FROM CAMBRIDGE SCIENCE CENTRE

BOUNCY CASTLE



4TH APRIL 2020 • STARTS AT 12 - FINISHES 2PM

BRING YOUR FAMILY & FRIENDS!



CAMBRIDGESHIRE
FIRE & RESCUE SERVICE



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See the world through new eyes



Volunteer at the
University of Cambridge Museums
and Botanic Garden

ucm.volunteermakers.org



Helping families in
difficult circumstances

Struggling to afford all
your baby and children
essentials?

We may be able
to help

Referrals only please

see your midwife, health visitor or
other professional for help

We can supply free

- cots
- highchairs
- pushchairs
- clothing (0-3 years)
- and many more items

*all items are secondhand

Visit our website

www.littlebundles.org.uk

for more details



Wonderfully Made Creative Café

Wonderfully Made Creative Café is a weekly drop-in craft space where it's OK not to be OK.

We all go through times when we don't feel OK. That's why we founded Wonderfully Made as a safe space where real friendships and self-support can flourish. At Wonderfully Made we don't have to pretend. We accept and welcome each other just as we are.

Every week there is a craft or art activity to explore, if you would like to. Whilst we make or do things together, we talk and listen as we feel able. As we meet, we build ways of wellbeing: we Connect with one another in a safe environment; we Learn new skills with the craft activities; we Give to one another by Taking notice of each other and what is going on around us. (And, if we walk there, we are being Active!)

Each session is facilitated by trained volunteers, so that it is safe. We meet in Café 121 so that we can enjoy a nice drink and time out (sessions are free but please buy something from the café if possible). Everyone and anyone are welcome: you do not need to give a reason for coming. We meet every Thursday, between 1-3pm. We look forward to meeting you!

For more information please visit

<https://www.arburyroadbaptist.org/wonderfullymade>



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BRAZIL-THEMED FUNDRAISING DINNER AND PERFORMANCE

We are Turtle Dove Cambridge, a social enterprise working with young women at risk of unemployment. We are currently fundraising to volunteer with projects in Brazil that support young women who have been exploited through issues such as domestic abuse and human trafficking. For this Brazil-themed event we will be serving authentic Brazilian-inspired cuisine. The evening will feature performances from Arco Iris Cambridge Community Samba Band and Cambridge "More than Salsa", who will also be delivering dance classes! Other entertainment will include Brazilian beats from DJ Alan B (The Music Galaxy Radio)....!

In the spirit of the Brazil Carnival Season and International Women's Day, come and help us celebrate!!!

Saturday 7th March 2020 17:00 – 23:00 GMT

The Missing Sock, Newmarket Road, Cambridge CB25 9AQ

Tickets bought via eventbrite and must be purchased in advance:

<https://www.eventbrite.co.uk/e/brazil-bonanza-fundraiser-tickets-86816208617>

For more about us see www.turtledovecambridge.com and

<https://www.gofundme.com/f/brazil-and-beyond-taking-a-team-to-tackle-abuse>

Our free services are providing youth support and work experience for young women at events across the city who want to increase in confidence, connections and skills. Young Women or organisations who support young women can sign up here:

<https://app.upshot.org.uk/signup/1eed0810/>



Cambridge. Switch and Save.
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Welcome to Cambridge!!

We are the other side of AA – we are here for the families and friends of alcoholics!

If you feel that you have been affected by a problem drinker – and want to help yourself – then we are for you!

We don't give advice, but our experience, strength and hope can help you change your life. It costs nothing to come and see if we are for you. The tea and biscuits are free and so is the listening – we don't bite! So come and meet us – tell us your story. Be with people who Automatically understand what you are saying – they have had the experience too. Parents; children and spouses/partners of alcoholics – All under one roof. Be heard!

If you think that the programme can help – all it costs is A voluntary donation towards the cost of the hall and other small expenses. There are no membership fees or attendance limits.

Please feel free to look us up online – We are Al Anon Family Groups. Or call the help line on: **0800 0086 811**

We meet every Wednesday evening at 19.45 in The Ramsey Room, St Luke's Church, Victoria Road, Cambridge CB4 3DZ. Parking behind the church is free.

We look forward to welcoming you and giving comfort. We are spiritual – not religious.




Marika Mancino
Dietitian

Personal dietitian

- Improve your eating habits
- Lose weight
- Get motivational confidence
- Learn how to plan your meals

dietitian.marikamancino@gmail.com
07512272046

**YOU
ARE
LOVED**

**COME AND CELEBRATE
EASTER AT KINGSGATE**

SUNDAY 12 APRIL
10:30AM
WEST ROAD CONCERT HALL
CAMBRIDGE / CB3 9DP

 KINGSGATE.CHURCH/EASTER

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16 JULY 1-4PM
ARBURY
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CENTRE

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our year-long creative
courses. Meet the team,
our tutors and past
learners!

Visit our website for more
information & our summer
2020 short courses

www.camcommarts.org.uk

RECORDING the HISTORY of HISTON ROAD
YOUR MEMORIES NEEDED!

Come and join us in this exciting programme of events to recall and record
your memories of Histon Road over the last 50 years

15 November 18:30-20:30

Mayfield School Community Room

Theme: Scottsdales Laundry, and stories
about the oldest house on Histon Road

18 January 11:30-13:30

Bermuda Community Room

Theme: Businesses and stores along
Histon Road, Histon Road Cemetery

8 February 11:30-13:30

Meadows Community Centre

Theme: Borrowdale, Pre-fab houses and
more on Roseford Road

13 March 13:15-14:45

Mayfield School Community Room

Join us for a presentation of the project
including excerpts from oral history
recordings and photography

A COMMUNITY REMEMBERS – HISTON ROAD

18 – 20 April 2020

An EXHIBITION of photographs by Faruk Kara

With recorded memories from local residents

St Augustine's Community Centre, Richmond Road, CB4 3PS

For more information visit <https://www.histonroadmemories.uk>

Photographs courtesy Centre 33, Mike Kelly, Faruk Kara



Volunteers needed!



**Centre 33 is a charity that offers free and
confidential information and support to
young people in Cambridgeshire.**

33 Clarendon Street
Cambridge CB1 1UX
Helpline: 0333 4141 809
help@centre33.org.uk
www.centre33.org.uk

We are currently looking for enthusiastic volunteers to join our
committed Information and Support team and our Young Carers
team. Full training is provided.

You could be in a frontline role at our Cambridge, Huntingdon or
Wisbech office. Tasks include:

- Greeting young people who drop-in to the centre for support
- Providing information and signposting young people, parents
and professionals to relevant services
- Arranging counselling appointments with clients
- Helping on site staff with administration tasks.

Or you could volunteer at one of our young carer's local community-
based groups across Cambridgeshire. Tasks include:

- delivering a variety of activities alongside Group Coordinators
- developing exciting and varied programmes to engage young
people.

These roles are subject to DBS checks.

**This is an exciting and rewarding opportunity to support the
community. If you are interested, please email recruitment@centre33.org.uk**

Free and confidential information and support for young people in Cambridgeshire and Peterborough

Charity Number: 1074974 | Company Number: 03725494

THE RED HEN
PROJECT

We are a small local charity working with five
primary schools in North Cambridge in North
Cambridge.

We work with and support children and their
families to overcome barriers to learning.

You will not be surprised to know that

2019 was a very busy year for The
Red Hen Project, responding to the
needs of our families, our schools, and
the community. We support families

to tackle issues that become a barrier to education with
practical, early help. Our family workers manage large and
ever-changing caseloads with sensitivity, warmth and genuine
care. They make a difference, every day.

We have welcomed Sarah Crick as our Project Lead and she
has brought a new energy, focused on looking to the future
and making us sustainable, relevant and secure. The team is
backed up by ten Trustees – a mix of those that have been on
board since the beginning of the charity – and new recruits
with useful skills and fresh ideas and I would like to thank
them for their commitment and talent. And thank you too
for your support. We will need you more than ever in the
coming year and we look forward to working alongside you in
any way that you can. We are 21 years old and we would like
to carry on being able to give the 'key of the door'
of opportunity to the children of North Cambridge.

Lesley Ford, Chair, The Red Hen Project



Registered Charity No: 1072190

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Join us at Arthurs Shed in Shelford Bottom, Cambridge to try a range of drop in, informal workshops free of charge. The Shed is a beautiful studio set in the grounds of the Arthur Rank Hospice and runs a varied calendar of programmes open to the public.

We welcome you to try your hand at still life drawing, clay, model railway building, learning astronomy or relaxing with a spot of reiki and crystals or tai chi. For a full list of sessions or more information go to our webpage at <https://www.arhc.org.uk/arthurs-shed.asp> or pop us an email at

Arthurs.shed@arhc.org.uk, you can even give us a call on **01223 675777**.

MEET Your Neighbours

New neighbourhood event, food, activities and information on **Friday 29th of May** from **11.00 to 13.00** on Hawkins Road and Jolley Way.

For more information please contact
01223508149, bsnc@cambridge.gov.uk
Or see our Facebook page:
www.Facebook.com/buchanstreetnc



Holiday Lunches



FREE lunches and activities for children and families in the North.

Holiday lunches are aimed at families who would either normally be in receipt of free school meals or who find the added expense of feeding the family in the holidays challenging. Sessions start with activities followed by a (usually) hot lunch. Each venue varies and offers a different experience, but all venues offer a warm welcome.

Children are the responsibility of the adult who brings them and we encourage children to ask for their own food and clear up after themselves with support and guidance from the adults.

Sessions are **FREE** and don't need to be booked in advance. There are no lunches over the Christmas period and not all venues have sessions every week of the holidays, so please do check in advance. Due to the fluctuation in numbers, sometimes there is an abundance of food and sometimes we are trying to stretch food further to feed a larger crowd. We ask that people are patient and understanding.

We also offer volunteer opportunities for local people to help in exchange for time credits!

Mondays: The Meadows Community Centre: The garden wing, 1 St Catharine's Road, CB4 3XJ: Ring 457995 ChYpPs activities from 11.30 a.m. Lunch at 12.30 p.m. **EXCEPT BANK HOLIDAYS**

Tuesdays: Brown's Field Community Centre, 31A Green End Rd, CB4 1RU: Ring 420309. ChYpPs activities from 11 a.m. lunch at noon. Activities start at 11am, followed by lunch.

Wednesdays: The Church of the Good Shepherd, Mansel Way, CB4 2ET, 351844 Activities Crafts from 11.00am Story and Games from 11.30 till 12.00 Lunch is served at 12.00 noon **EXCEPT EASTER.**

Thursdays: Buchan Street Neighbourhood Centre 6 Buchan Street. CB4 2XF: Ring 508149

ChYpPs activities from 11 a.m. Lunch at noon.

Activities and lunches are aimed at families and are not suitable for unaccompanied children



For more information about the holiday lunch programme, please contact: **Buchan Street on 01223 508149 or email bsnc@cambridge.gov.uk**
Or see our facebook page: www.facebook.com/buchanstreetnc



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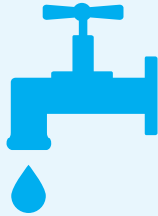
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www.cambridge-water.co.uk/assure

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Our customers will
always be our priority

We want to do all we
can to help you.



To register for our **priority services**
register sign up on our website:
www.cambridge-water.co.uk/psr
or call us on 01223 706050

PLAYLANDERS PLAYGROUP AND PRE-SCHOOL

Phone (01223) 420954

Email: playlanders@btinternet.com

Web: www.playlanders.org.uk

playlanders playgroup and pre-school

Opened in 1978, we offer a quality
experience, aiming to make learning FUN.



We are based
in St George's
Church Hall,
Chesterfield Road,
off Milton Road and
not far from the
Science Park.

FREE places
for 2, 3 and 4
year olds.

Our Ofsted
rating is
'Good.'

Playlanders
provides a place
where your child can
have fun and develop
their social skills and
confidence, progressing
and learning at their
own rate.



Testimonials

"You have helped
make (our daughter)
the **confident** girl
she is now. We have
loved having her at
Playlanders."
MH 2015.

"I don't think we
could have found a
friendlier, more
welcoming and
more **caring** nursery
no matter how hard
we tried."
SF 2015

Please come and visit us to see for yourself.

PLAYLANDERS PLAYGROUP AND PRE-SCHOOL



Playlanders Playgroup and Pre-school, which meets
in St George's Church Hall, is currently the Nursery in
Residence at the Fitzwilliam Museum. This is only the
second time that the Museum has had a Nursery in
Residence, and the staff and children are very excited
about this opportunity. Staff from the Museum have
been in to work with the children, and the children
will be making regular visits to the Museum to look
at exhibits, have stories, and work with artists and
Museum staff to make their own creations. At the end
of the project the children will each have a journal as
a memento of their visits and their creations.

Playlanders has a 'Good' Ofsted rating and has been
operating for over 40 years, with lots of information
available on their website and facebook page. There
are currently a few spaces available, and if you may
be interested in a place for a child in September 2020
then please contact them as soon as possible.

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**Cambridge
Re-Use**
community re-use for social need

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

Broaden Your Horizons

a project for over 55's

Quiz Time 2020!

Thursday 18th June
Thursday October 1st
2 until 4 p.m.

At *New Venue*

The Meadows Community Centre

Come along and join in for fun word and picture quizzes.
Test your brain while having fun.

Tickets only £5 and include entrance, afternoon tea and fun prizes.
Pat on the door on arrival.

Places are limited so booking is essential!

Email: bsnc@cambridge.gov.uk or meadows@cambridge.gov.uk

Call 508149 or 508150



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Meadows Friday Night BINGO

Come and Join Us

At

Meadows Community Centre
1st Catharine's Road, CB4 3XJ

Contact Emma/Judith

07984123680

07984123680

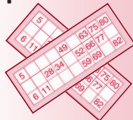
Every Friday Evening



Ticket Sales 7:00pm

Eyes Down

At 7:30pm



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KI 氣
DO 道

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e-mail: encho@mail.co.uk

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CB4 2PR

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e-mail: encho@mail.co.uk



MEADOWS CARPET BOWLS

Come and join us at

Meadows Community Centre
1 st Catharine's Road, CB4 3XJ

THURSDAY AFTERNOONS

2pm — 4pm

£3.00 per Week

Includes

Tea Coffee and Biscuits



Call 01223 508140 for information

Or just pop in on the day

VE DAY

The Meadows Bowls Group

Would like to invite you, to join
them for

Afternoon Tea

Bowling

Cake

sandwiches



Thursday 7th May

2pm — 4pm

Call 01223 508140 to book a place or for
more information

1 St Catharine's Road, CB4 3XJ

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**Hire rooms
from just
£3.50**

Community Facility Hire

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

**Disabled
access
& kitchen**

The Nuns Pavilion

Nuns Way Pavilion was built with an emphasis on activities for children and there is a large play area next to the building.

- Main meeting area and activity room
- Kitchen facility
- Two changing rooms with their own shower room facility which can cater for up to four football teams and officials
- Baby-changing facilities
- Disabled access
- Disabled toilet



37 Lawrence Way

Number 37 is a 3 bedroom community house which has been converted to a multi-use meeting facility with disabled access and amenities.

- Small kitchen with a fridge on the ground floor, with tea and coffee making facilities
- Spacious rear garden where the gardening club takes place
- Disabled access
- Disabled toilet



How to book: send an email to bookings@nccp.org.uk
or call us and leave a message on **01223 508197**

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**

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