



Community

**The North Cambridge
Community Newsletter**

AUTUMN/WINTER 2018

Bringing Communities Together

ISSUE 4

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

More events, more fun, more community spirit!

By Andrej Dethlefsen

This year we have had some very special events and activities that have brought many people from our community together.

Recently, our Family Fun Day was a great success, with over 250 people visiting. We had arts workshops with Make Weaves and Kettles yard, a bouncy castle, football and rounders.

Ricardo our current chair prepared his delicious Colombian coffee and everyone relaxed on what was a warm, sunny day at the Nun's Way Pavilion and recreation ground.

Previously, we have run cooking and coffee workshops, our AGM and much more. Looking forward, we want more activities and clubs to be run from the pavilion to really use this valuable space to benefit all of us in the community.

We had a number of great ideas from people attending the Family Fun Day, including running exercise classes for parents together with their children.

We need more ideas like this, and volunteers and committee members to help organise and deliver them. With volunteers and members, the NCCP can also get more funding to run even more events and activities for us all.

If you are interested in helping out please get in touch use the details opposite.

Join us for our volunteers open evening on 22nd November at 6pm to find out more.





Earn days out



We really need your help. As a new community organisation, we want to deliver events and activities that benefit everyone in the community. 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

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

Website editors – to update events and content such as newsletters, pictures and video

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



**Help out and
Earn Time Credits!***

**For each hour that you
contribute 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.**

• Subject to availability

Find out more

Contact us at talk@nccp.org.uk or call 0781 8431685.

Join us on our volunteering opening evening for further information, socialising, snacks and refreshments on **Thursday the 22nd November from 6pm to 7pm** at the Nun's Way Pavilion.

All are welcome!





This years Panto!

Cinderella

Saturday 5 January
3pm till 4.30pm
 Tickets: £6 adults (over 16's)
 children & toddlers £3

Tickets go on sale 3rd and 7th December 2pm to 6pm Lawrence Way, and Saturday 8th December 1pm to 3pm and lastly 4th December 2pm to 6pm Akeman Street and are available on a first come first served basis.

If after these dates there are any tickets left they will be available from 37 Lawrence way Community House - arrange collection by emailing talk@nccp.org.uk to find out more.

Meet and Eat

The Meet and Eat event had a fantastic turnout, with representatives from over 15 community groups and voluntary organisations were represented, including Read Easy, ChYpPS, the Council, C CVS, and Cambridge University Outreach. All attending got the chance to network and talk about the fantastic work they do to support people in our area.

The event was organised by Patrick Brown, a council worker who supports us here at the NCCP, and once again held at the Church of the Good Shepard.

I cannot thank Ruth and the other ladies at the Church for supplying endless tea and coffee, and Patrick for going out to ASDA and supplying all the food!

These networking events are hugely important to the organisations and people trying to make our community a better place to live, and support the vulnerable and those in need. Working together and learning from each other is the way forward.

Without support from volunteers and passionate community workers like Patrick, we could not organise events like this. If you would like to help out in any way you wish, from joining our committee, to volunteering to help at key events...or, if you just wish to contribute ideas, please reach out to us at talk@nccp.org.uk

The next Meet and Eat will be held on **5th December at 12.30** in The Church of the Good Shepherd, please RSVP Patrick Brown at Patrick.brown@cambridge.gov.uk with any dietary requirements by **Monday 3rd December**.



Annual General Meeting

This year's AGM was a hit...not often you can say that for an Annual General Meeting!

Dozens of people attended, to share ideas (and snacks), to hear about the North Cambridge Community Partnership and its place and purpose in our community, and how you can have your say.

Councillor Kevin Price joined the committee, and we had many that expressed an interest in getting involved to help run future events.

We then watched a video showcasing the many things that the organisation and community have achieved in the first year, such as the launch of the organisation and the many events we have run.

What was really great was the amount of ideas that came from local residents, such as providing sufficient lighting on the recreation ground, and running more events for families in the area.

If you want to get involved please contact us at talk@nccp.org.uk



Read Easy, Cambridge gives FREE individualised Coaching to ADULTS who need to learn to read or lack confidence in their literacy.

Carefully selected and specifically trained Coaches will work with individuals at a time and place which is as convenient as possible to the new Reader. Books and materials are supplied and occasional visits or phone calls are made to ensure everyone is 'happy'.

We have helped over 50 adults gain or improve their literacy skills in just 18 months. Some of our Readers missed out on schooling because their families moved around a lot, others through ill health, some were undiagnosed dyslexics who had not been taught in a way that would enable them to master this essential skill. Every one has found the process extremely rewarding. Parents are able to read to their children and help them with learning to read. New Readers are able to join in with Community Events that they couldn't read about before. Many have achieved new jobs which they were prevented from doing because of poor literacy but most importantly EVERYONE's confidence has improved. Our fabulous Volunteers tell me they gain from watching the change in self belief in Readers and the knowledge that they have made a positive difference.

If you are interested in becoming a Coach or in learning how to Read (or maybe you know someone for whom this would be ideal) do get in touch with Stevie, Juliet or Sandra, who will be very happy to chat and guide you through the next steps.

Stevie - **07831770517** Juliet - **07809666818** Sandra - **07861800813**

If you leave us a message we promise to return your call.



Fairbite Food Club Opens

On Midsummer Day the Fairbite Food Club, a new initiative to help low income families, was opened by MP Daniel Zeichner and the first members were able to shop. Located in Arbury Court, the club feels just like a shop with shelves of food and a basket to collect items. The difference is that all the items have come from the charity FareShare and are excess stock from supermarkets that would otherwise go to waste. The members of the club are local residents, struggling financially, who are referred by professional and community agencies. Members can shop one or twice a week depending on family size and collect ten items for visit fee of £2. There is a wide range from tins of beans, boxes of cereal, tinned meat to coffee and a few luxury and unusual items.

The club opens on Tuesday morning and Thursday early evening and has over fifty members. One of our members commented in an email "I was glad of the food and polite company, I am having debts increase and can't pay any bills". The Fairbite shop is a bit of extra help to those who are struggling.

Fairbite Food Club is an initiative of Cambridge City Foodbank, which also operates a food distribution centre at the Church of Good Shepherd on Thursdays. People who are facing crisis are able to get a voucher from a wide range of professional agencies and exchange the voucher for food at the church. Over the whole city the need for the foodbank has been increasing in recent years and this has been reflected in the number of visitors on a Thursday. In the past twelve months over 8,000 three day food supplies were given to people in Cambridge, 1,600 of which were given out in Arbury – an increase of 38% on the previous year.



Artisan Coffee

Tracing the origins of the world's best coffee
by Ricardo Arbelaez

This summer, I created coffee like my grandfather in Colombia did, the way farmers have been making it for 300 years.

- 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



Cambridge's first Sustainable Fashion Festival

Elle's September magazine carried its first edition dedicated to sustainable fashion, rallying people to 'Fashion the Future' by dressing smarter and greener. Money talks - increasingly people are using the power in their pockets to push for change and looking to be stylish rather than purely fashionable. Searches for 'sustainable fashion' rose by a 100% on Google last year. Now Cambridge is joining the scene by hosting the city's first Sustainable Fashion Festival on Sat 17th Nov.

The Cambridge Sustainable Fashion Festival is a free all-day event that will be abuzz with a pop-up market featuring exciting sustainable brands, vintage clothing and accessories, and stylists offering 1:1 advice on how to look the best you can. The Festival line-up will also include a colossal clothes swap party, a Repair Café focused on sewing and clothes, talks from leaders in the fashion industry, creative workshops, a live DJ and an interactive fashion show. As well as fun and creative spaces, the Festival will explore some of the immense problems associated with the clothing industry. Did you know we consumed an incredible 60% more clothes in 2014 than we did in 2000?

The Festival is being organised by Cambridge Carbon Footprint, in partnership with sustainable fashion brands AmaElla and Mamoq amongst many others. Sat 17th November. 11am – 4:30pm in St Barnabas' Church, Mill Road, CB1 2BD. www.circularcambridge.org

[@CCFcambridge](https://twitter.com/CCFcambridge) [@CamCarbonFootprint](https://twitter.com/CamCarbonFootprint)

What's on in Arbury

Weekly Groups

smART

smART is a free group that meets

Every Monday 4.00pm – 5.30pm at 82 Akeman Street.

The group do a range of art and craft activities. Children, young people and adults are welcome to join in. The group is staffed by Cambridge City Council Workers.

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**

Child Health Clinic at North Cambridge Children's Centre

Every Monday 1.30 - 3pm at Arbury Community Centre, Campkin Road CB4 2LD. Meet your local Health Visitor to get your child weighed and get advice on health related issues for children under 5 years.

Advice drop in at North Cambridge Children's Centre

Every Wednesday 10.00 - 11.130 at Arbury Community Centre, Campkin Road CB4 2LD

Meet a Family worker to discuss any of your concerns relating to your family's well-being (open to families with children under 19). For more information please call us on **01223 728118**

Cambridge and District Citizen Advice

Every Wednesday

11.00am - 3.00pm

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

Makeweaves Community Arts Tapestry group

Every Wednesday

5pm to 7:30pm at The Pavilion Nuns Way CB4. Contact Julie Taylor for more info email **makeweaves@gmail.com**

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 - 11.15

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**

Early Explorers Look at Nature

Every Friday 10.00 - 11.00am leaving from North Cambridge Children's Centre Arbury Community Centre, Campkin Road CB4 2LD

Enjoy our outdoor discovery session in the local area with hands on, wild play activities.

Suitable for children under 5. £2 charge (some families are entitled to attend our activities for free, please give us a ring on **01223 728118** for more information).

citizens
advice

and King's Hedges



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



ChYpPS Sessions in Arbury & Kings Hedges



Free activities for children and young people aged 7-13. Including arts & crafts, games and cooking.

Kings Hedges Nuns Way Pavilion,
CB4 2PF **Every Thursday** 3.30 - 5pm

82 Akeman Street Community Room,
CB4 3HG **Every Friday** 3.30 - 5pm

Tel: 01223 457873

Email: chypps@cambridge.gov.uk

Facebook: www.facebook.com/chypps



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

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**

Monthly Groups

Gardening project

2nd Saturday of every month

11.00am - 2.30pm at Lawrence Way Community House.

Join us to plant fruit and vegetables in our wonderful community garden. This family friendly Gardening club will give you the opportunity to meet new people, learn and share skills.

FREE - ALL ARE WELCOME

Email **talk@nccp.org.uk** for more information.

Autumn Activities for Children & Young People



Monday	Outdoor Play FREE	Ditton Fields Rec Abbey	3.30pm -5pm	Games, crafts and sports on the rec. Under 7's need to be accompanied.
Tuesday	Stay & Play £1.50 per child	Brown's Field Community Centre East Chesterton	10am-12pm	Soft play & messy art for local children & families with under 5's.
Tuesday	Outdoor Play FREE	St Albans Rec Arbury	3.30pm-5pm	Games, crafts and sports on the rec. Under 7's need to be accompanied.
Tuesday	Youth Club FREE	Brown's Field Community Centre East Chesterton	6pm -7.30pm	For 11-13 year olds. Place to meet, have fun, learn new skills and gain confidence.



Friday is Soft Play Day!

Our under 4's project runs one hour sessions at 9.15, 10.30 and 11.30

£3 per child or £4 for 2 siblings.

Concessions for families on key benefits

Families on benefits who live within a 15 minute walk of the centre can access

Sessions for free.

For more info or to book:

Email bsnc@cambridge.gov.uk

Call 508149



StreetGames



Doorstep sport clubs for young people

No Booking required.... Just turn up and play!

North Cambridge Academy Sport Centre

Mondays & Wednesdays: **Basketball** 9-10:30pm, £2

Fridays: **Football** 4-5pm, FREE, &

Free Style Gymnastics 7:45-9pm, £1

Chesterton Sport Centre

Thursdays: **Tennis** 3-4pm, FREE & **Netball** 7-8pm, £2, Girls Only

Abbey Sport Centre

Saturdays: **Gym** 11am-12noon, (11-15yrs) FREE

Thursdays: Football at Coleridge Community College, 3-4pm FREE

Meadows Community Centre

Tuesdays: **Multi Sport Club** 5-6pm, (School Yrs 5&6), £1



www.cambridge.gov.uk/streetgames

Sport & Recreation





Children's Science Fest 2018

The Children's Science Fest was held on September 15th 2018, between 1pm to 4pm at the North Cambridge Academy in Cambridge. The event was sponsored by the North Cambridge Community Partnership (NCCP) in collaboration with the Indian Cultural Society (ICS) and the Cambridge Ethnic Community Forum (CECF). The science fest was open for all years: reception, KS1, KS2, KS3 and KS4. All the schools in Cambridge were invited to participate and enhance the learning of their students. The event was *Free for All*.

The key focus of the fest was: **Learn, Share and Inspire**. The fest saw a wide range of participants from presenting electronic projects to showcasing the science behind coffee manufacturing in Latin American countries. Participation certificates were awarded to all the attendees. A food stall was also organized for the participants to enjoy refreshments.

Overall, the science fest drew crowds from in and around Cambridge. This is the first of many similar yearly events, so please keep an eye on the website and the NCCP Newsletters so you can join us. This first year, participants attended the fest from as far as Peterborough, suggesting that there is a huge potential for such events in the future.



EVERYONE

LOVES A HEALTHY LIFESTYLE

- **FREE** 12 week family healthy lifestyle group - **ENROLLING NOW**
- For children aged 7-11 and their families
- Healthy eating sessions, including fruit & vegetable tasting and pizza making
- Fun active games
- Welcoming and friendly environment
- Free bag, bottle & wristband for completing the course
- Children are welcome to bring friends and siblings. Eligibility criteria applies, please contact us for further details

Groups running in: Huntingdonshire, East Cambridgeshire, Cambridge City, Fenland and South Cambridgeshire throughout the year.



Discover how to get involved with these sessions, get in touch with us in the following ways:

Tel: 03330 050093

Email: changeointcambs@everyonehealth.co.uk

Online: www.everyonehealth.co.uk/cambridgeshire

 @ChangePointCambridge

 @eh_cambs



everyone HEALTH
CAMBS

**jump
avenue**

**change
4 life**

 **Be Well**
in Cambridgeshire

 **Cambridgeshire
County Council**



Gardening Club

A community project



Gardening Club dates:

- 10th November
- 8th December

Join us on the second Saturday of every month from 11:30am to 1 pm 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!

DATE FOR YOUR DIARY

Christmas Lights

11 December Arbury Court , 3.30pm

The Mayor of Cambridge, Nigel Gawthrop will be officially Switching on the Christmas Lights and celebrating the start of the Festive season. Lots happening, Carol singing, hot drinks and marshmallows, everyone welcome.

**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**

Volunteers needed to help set up a new youth club at Nuns Way Pavilion

Any parents, students, volunteers out there?

We need your help to provide something for our young people to do in the evening, full training and support given time credits available.

Contact Patrick Brown tel **07920 210959** or email Patrick.brown@cambridge.gov.uk

**Please join us at our social evening on 22 November
at 6pm in Nuns Way Pavilion**

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 join us at our social evening on 22 November at 6pm in Nuns Way Pavilion



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 and Friday 2pm to 6pm

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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