



# Community

**The North Cambridge  
Community Newsletter**

SPRING/SUMMER 2019

**Bringing Communities Together**

**ISSUE 5**

## IN THIS ISSUE

Meet Golzar & Encho

Big local  
developments

FREE Easter events

Family Fun Day 2019

What's on in Arbury  
& King's Hedges

Summer Coach Trips

NEW Aikido Sessions

FREE computing  
sessions

Facilities for hire  
and much more...



Sign up to our  
eNewsletter at  
[www.nccp.org.uk](http://www.nccp.org.uk)



FANCY A TAKEAWAY?

**EXCLUSIVE FOR ONLINE ORDERS  
THROUGH OUR WEBSITE**

**10% Off**

on orders over £20

**15% Off**

on orders over £30

**WWW.RENUS.CO.UK**



Welcome to the fifth edition of **Community**, the local newsletter for Arbury and King's Hedges.

We want it to be entertaining and

informative, at times contrary, but above all else, a voice to represent the interests of the people in our community. We are working hard to deliver more opportunities in our area, bring people together, and find new ways to ensure that, despite austerity, our community grows stronger and thrives. We have new events such as a new toddler group, Lego club, and family fun day. We are also continuing traditions, such as the yearly panto and coach trips.

Make no mistake. We need this in our area. There is massive inequality here in Cambridge, and we all need to be informed and tackle the issues we face together as a community and make our voices heard.

This edition we look at new developments that will impact all of us, such as a new Community Hub proposed to be built on the site of the Meadows Community Centre, and a plan costing hundreds of millions that will see the Anglian Water treatment centre, off Cowley Road relocated to make space for 8000 new homes right on our doorstep.

I hope you enjoy this issue and do let us know if there are any topics you'd like to see covered in the future.

**Andrej Dethlefsen**

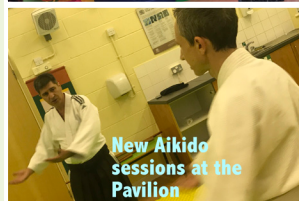
Chairperson and Newsletter Editor



Fun at the new Lego club



Free Toddler Group at the Nun's Way Pavilion



New Aikido sessions at the Pavilion



Interview with 105 Radio



The Christmas lights switch on event in Arbury Court



Training day from CCVS for the management committee



Discussing community issues at the volunteers evening





## Meet Golzar

I first met Golzar when she came to my cooking workshop at the Nuns Way Pavilion with her daughter. Goli is from Teheran where she ran her own urban planning company together with her husband. Their focus was on creating affordable housing and running projects of community benefit.

We got talking and soon she volunteered to join the management committee. Very quickly we found out that she was a very proactive and hard-working member of the group, and she quickly started building relationships with other community groups and creating new opportunities. Soon, she became our first paid project coordinator. Her experience and outstanding organisational skills, has allowed us to deliver more activities and do more than ever.

She is at the office five days a week already and became a familiar face at local events. Please say hello when you see her!

## Meet Encho

I doubt you will ever have me a friendlier sensei than Encho. He is a certified Level 2 Aikido coach, and has just started teaching at the Nun's Way Pavilion. He is there Mondays Wednesdays and Fridays, offering sessions for children between 4.30pm and 5pm, and adults between 6pm and 7pm.

Aikido is a martial art like Tai Chi, focusing on strengthening the body, improving confidence, and calming the mind.

Encho is offering free taster sessions for all readers of this newsletter. To book your space, call 07424643986 or e-mail [encho@mail.co.uk](mailto:encho@mail.co.uk)

He also offers private Shiatsu & Reiki therapy, a relaxing massage treatment at the NCCP community house at 37 Lawrence Way next to Tesco Express.



# New development plans affecting our neighbourhood

## • **REDEVELOPMENT OF THE MEADOWS COMMUNITY CENTRE AND BUCHAN STREET NEIGHBOURHOOD CENTRE** by Cambridge Investment Partnership (CIP)

It has been proposed that a new Community Hub is built on the site of the Meadows. This will replace both the current Meadows Community Centre and Buchan Street Neighbourhood Centre, with the new facility integrating priority community groups and activities into this one new community space. Neither of the existing centres will close until the new hub building is complete and it is open for use. The existing football pitches and multi-use games area (MUGA) will be retained at the Meadows. In addition to the new Community Hub, the scheme will deliver approximately 100 affordable homes in total. More information displayed at: <https://www.cambridge.gov.uk/Consultations>



## • **NORTH EAST CAMBRIDGE AREA ACTION PLAN** by Cambridge City Council & South Cambridgeshire District Council



The Water Recycling Centre (WRC) on north East Cambridge will be moved in the near future. This means this area will be transformed into thousands of new mixed homes supported by new community and leisure facilities. The development will provide new job opportunities in the



research & development fields and administration roles, supporting and enabling growth of the existing science and business parks.

The plan also covers range of local shops and services, including schools, healthcare, recreation and leisure opportunities. The local road network is at full capacity at peak times at the moment, so the proposed development must reduce car trips by making walking, cycling and public transport the easiest and first choice. Whether or not this is. This also includes measures to reduce the dominance of Milton Road, such as by creating one or more green bridges, or changing the nature of the road itself by prioritising non car modes and rationalising junctions.

The development will need to address the impact of surrounding land uses, A14, the railway, Milton Road, and existing waste and mineral operations which will influence the layout of the area. Also the First Public Drain runs through the area that can make an attractive feature helping to improve biodiversity on the site significantly. The plan should also have a close look to integrate this new development into surrounding neighbourhoods and create opportunities for existing resident as well as new residents.

More information available at: [www.cambridge.gov.uk/necaap](http://www.cambridge.gov.uk/necaap) and [www.scambs.gov.uk/necaap](http://www.scambs.gov.uk/necaap)

## 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](mailto:paul.connelly@cambridgeshire.gov.uk)



# 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.

This year we are **CELEBRATING 20 years**

A huge THANK YOU to our late Mayor Nigel Gawthrop

For supporting our Project. We are all very grateful.

For donations or more information visit our website: [www.redhenproject.org](http://www.redhenproject.org)

Please 'Like' our Facebook page



Registered Charity No: 1072190

## Free Fun For Young People and Families During The Easter Holidays



Children and their families can look forward to a host of free activities organised by Cambridge City Council's Children and Young People's Participation Service (ChYpPS) for the Easter holidays.

Activities around Arbury and Kings Hedges will include:

**Easter Egg hunt** in partnership with NCCP on Monday 8th April 2-4pm

**Family litter pick** on Thursday 11th April 2-4pm both at Nuns way Rec

**Outdoor play session** at Bateson Road Rec on Monday 15th April 2-4pm

**Outdoor play session** at Histon Road Rec on Thursday 18th April 2-4pm

For the full programme please go to:

[www.cambridge.gov.uk/chypps-activities](http://www.cambridge.gov.uk/chypps-activities)

follow the link on Facebook at [www.facebook.com/chypps](http://www.facebook.com/chypps)

or alternatively phone 01223 457873







# Makeweaves



**A CB4 Community  
Tapestry Arts Project**  
Leader Julie Taylor

The Makeweaves Community Arts Tapestry Project is a local group of volunteers meeting once a week to create large scale woven tapestries for display in our schools, libraries and community centres. Our last piece celebrated the Arbury Carnivals 40th Anniversary (picture below), this tapestry has been displayed locally and nationally, one of the venues being The Tate Modern. Our current tapestry is being woven to celebrate the 100 years votes for women recognising the part Cambridge women played as part of the Cambridge City Councils celebrations.

We are a friendly and welcoming group and no previous experience is necessary.

For further details check out our FB and Twitter pages **@makeweaves** or email me;  
**makeweaves@gmail.com**

*Julie Taylor*

# Summer Event

at the

## Meadows Community Centre

1 St Catharine's Road, Cambridge, CB4 3XJ

**Saturday 29th June 1pm - 4pm**

Free

Free

Stalls & Refreshments

Family Activities

Free  
Event & Soft Drinks

For more information please contact us:  
Tel: 01223 508140  
Email: meadows@cambridge.gov.uk



No ticket required—just turn up!  
Children must be supervised by an adult  
This is not a childcare facility



# NCCP Family FUN and Sports Day

**22nd August 2pm to 5pm**

**Nuns Way Pavilion**

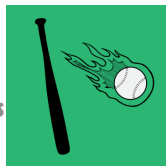
**Arts & Crafts for all ages**

**Sports Football and Rounders/Games and more arts and crafts for young children, Bouncy Castle**

**Snacks and refreshments, fun for all the family**

**Everything free please come along**

**Everyone welcome**



After last year's successful event we are organising another Family Fun and Sports Day on Thursday 22 August at the Nun's Way Pavilion from 2.00pm to 5.00pm.

This is fun for all the family including sports, games, arts and crafts for all ages, and a bouncy castle for younger children. Snacks and refreshments will be available! Join us!

Volunteers needed to help deliver our community newsletter can you deliver to your own street? If so please contact us at [Talk@NCCP.org.uk](mailto:Talk@NCCP.org.uk) or call 012223 507197

All volunteers receive time credits that give you free entry to many leisure activities and opportunities in Cambridge including swimming, climbing and much more!



## NCCP Annual General Meeting

This will take place on the 20th June 7pm at the Nun's Way Pavilion. All are welcome, and we will be discussing the new housing development plans and new community centre. Snacks and refreshments will be served and tickets for the summer trips will be on sale. It will also be an opportunity to have your say on local issues.







# MEET AND EAT

5/6/2019 & 7/10/2019 12.30 – 14.30

JOIN US FOR A FREE NETWORKING LUNCH AT THE ARBURY COMMUNITY CENTRE ON THE FIFTH OF JUNE AND AT THE MEADOWS COMMUNITY CENTRE ON THE 7<sup>TH</sup> OCTOBER  
THIS IS FOR ALL PEOPLE AND ORGANISATIONS WORKING IN THE ARBURY AND KING'S HEDGES AREAS TO SHARE INFORMATION, NETWORK, AND GET TO KNOW EACH OTHER

Save the Date

PLEASE RSVP INCLUDING ANY DIETARY REQUIREMENTS TO [TALK@NCCP.ORG.UK](mailto:TALK@NCCP.ORG.UK) OR CALL 01223 508197

FREE  
Free refreshments and snacks



## Little Rainbows play group

Stay and play parent and toddler group for under 5s

toys, crafts, outdoor play,  
rhymes and stories

A friendly circle of mums and dads and gives you opportunity to chat with others on a cup of tea or coffee. We have different toys and craft stations and do a lot of reading and singing together.

Our little rainbows really enjoy the snack times and they can finish their joy with an outdoor play!

All is free and you can join us every Tuesday 10:00 to 11:30 at Nun's Way Pavilion.



## Summer Coach Trips

We are organising summer trips to the seaside again this year. The trips will be on the 2nd of August To Southend and on the 30th August to Hunstanton. Coaches will be leaving from outside Arbury Community Centre at 9.00am and returning at 5.00pm.

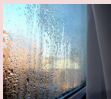
Tickets are £3.50 for children and £7 for adults. Tickets will go on sale at the Annual General Meeting of the NCCP on the 20th June at 7pm at the Nun's Way Pavilion and after that from The Community House at 37 Lawrence Way for more information contact us at [Talk@NCCP.org.uk](mailto:Talk@NCCP.org.uk)



## 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



## CCVS

Support for community & voluntary groups

We will help you change lives and be totally awesome

**If you are involved in a community group or small charity then we are here to help.**

If you are looking for funding, need help with managing your money, or are simply thinking about how you can get started then we can offer you support and advice.

[www.cambridgecvs.org.uk](http://www.cambridgecvs.org.uk)  
or contact us on  
[enquiries@cambridgecvs.org.uk](mailto:enquiries@cambridgecvs.org.uk) or  
call 01223 464696

Or check out our free training by scanning this code



## ANGLIA RUSKIN UNIVERSITY **FREE** EASTER SPORTS CAMP

North Cambridge Academy

Tuesday 16<sup>th</sup> April 2019  
10am till 4pm  
Age 8+

Indoor/Outdoor Activities

Cherry Hinton Leisure Centre

Wednesday 17<sup>th</sup> April 2019  
1pm till 5pm  
Age 8+

Indoor Activities

Coleridge Community College

Thursday 18<sup>th</sup> April 2019  
10am till 4pm  
Age 8+

Indoor/Outdoor Activities

Book on here: <https://tinyurl.com/ARUEasterCamp2019>

Please Bring: Appropriate sports attire, lunch, water bottle, sun cream, waterproofs, sunhat

For further information  
Contact: 01223 698360 Email: [ARUEasterCamp@anglia.ac.uk](mailto:ARUEasterCamp@anglia.ac.uk)



[@ARUEasterCamp](https://twitter.com/ARUEasterCamp)

## 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





## CLEANERS IN CAMBRIDGE COME HOME TO A CLEAN HOUSE!

Selected cleaners to clean & care for your home  
Fully vetted  
Fully insured  
Same cleaner every week

**Call us today! 01223 398995**

Suite 86, 23 King Street CAMBRIDGE CB1 1AH

E: [robert@cleanersincambridge.com](mailto:robert@cleanersincambridge.com)  
[www.cleanersincambridge.com](http://www.cleanersincambridge.com)



## Free Introduction To Safeguarding Training

Youth & Community Coordinators can provide free bespoke one day Introduction to Safeguarding training to community groups and Voluntary Organisations. If you are interested or would like to find out more, please contact Paul Connelly at [paul.connelly@cambridgeshire.gov.uk](mailto:paul.connelly@cambridgeshire.gov.uk)

## DO YOU HAVE A PROPERTY TO LET? IF SO, CONTACT: ACCENT LETTINGS & MANAGEMENT



- Leave all property management tasks to us
- We ensure the long-term viability of your rental property
- Vacant property management a speciality  
01223 398975 / 07582 853668  
[robert@accentlettings.co.uk](mailto:robert@accentlettings.co.uk)  
[www.accentlettings.co.uk](http://www.accentlettings.co.uk)  
Suit 86, 23 King Street, CAMBRIDGE CB1 1AH



## In Need of an Electrician?

**Call Jon Coad Electrical Ltd**

- ✓ 30 years' experience
- ✓ All types of work undertaken
- ✓ Lighting systems & LED lighting
- ✓ Fully qualified.
- ✓ NICEIC & Part P registered
- ✓ Public liability insurance
- ✓ Based in Trumpington

**For a free estimate**

**Call today on**

**07971634272**

**Email**

**[joncoadelec@gmail.com](mailto:joncoadelec@gmail.com)**

**Your Friendly local electrician.**

# 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

### 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.

### 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**

### 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**

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](mailto:chypps@cambridge.gov.uk)

Facebook: [www.facebook.com/chypps](https://www.facebook.com/chypps)



**Check out the NCCP  
Website for more  
information about up  
and coming events.  
[www.nccp.org.uk](http://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](mailto:bsnc@cambridge.gov.uk)

## Gardening Club

### A community project

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

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

No experience is necessary just a willingness to get involved and Yes! This club is free!





In this informal meeting that we go over the varied and exciting ways people can help out and earn Time Credits. As a 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.

**Next Volunteers**  
**Evening 6 June 7pm**  
**Nuns Way**



## 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](http://www.nccp.org.uk)**



## Lego LABoratory



**Have your Lego experiments in the Lego Lab!**

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](mailto:Talk@NCCP.org.uk) or call **01223 508197**.



EST 1995

Freshly Cooked Daily

# RENU'S

BANGLADESHI TANDOORI TAKE AWAY



## 5% DISCOUNT

On all collection orders over £10

**EXCLUSIVE FOR ONLINE ORDERS  
THROUGH OUR WEBSITE**

**10% Off**  
on orders over £20

**15% Off**  
on orders over £30

**WWW.RENUS.CO.UK**

## HOME DELIVERY SERVICE

AVAILABLE 7 NIGHTS A WEEK  
(DRIVER CARRIES MAXIMUM £10 CHANGE)

TELEPHONE:

**(01223) 313233 OR 319999**

**OPEN 7 DAYS A WEEK**

**Including Bank Holidays 5.00pm - 11.00pm**

**26 MILTON ROAD, CAMBRIDGE CB4 1JY**

ALL MAJOR CREDIT CARDS ACCEPTED.  
CREDIT CARD PAYMENT ACCEPTED OVER THE PHONE.

*We only use breast of chicken*



### FOOD ALLERGY

*If you have a food allergy or special dietary requirements please let us know*

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](mailto:encho@mail.co.uk)

**FREE TASTER**  
**session when**  
**you mention**  
**this advert!**

**Reload & Relax**  
with Japanese Therapy and  
Massage

*Reiki Seikatsu-ryu*

Namikoshi Shiatsu & Usui Reiki  
therapy

Next to Tesco Express  
37 Lawrence Way, Cambridge  
CB4 2PR

Book now: 07424643986  
e-mail: [encho@mail.co.uk](mailto:encho@mail.co.uk)



**Sensei Encho**



# Cambridge|Online

There are lots of things you can learn online to help and enrich your life...

- ☆ stay in touch with friends & relatives
- ☆ search and apply for jobs
- ☆ register or renew your bus pass
- ☆ research your interests and hobbies
- ☆ apply for benefits
- ☆ book a doctor's appointment
- ☆ have your food shopping delivered to your home
- ☆ find the best deals
- ☆ book and research your holiday destination
- ☆ search for local services & activities
- ☆ manage your money



and much more...

Please drop in to our free and friendly computer sessions

## at **Meadows Community Centre**

1 St Catharine's Rd, Cambridge, CB4 3XJ

**Tuesday and Friday 10:00 - 12:00**

## at **Browns Field Community Centre**

31A Green End Road, Cambridge, CB4 1RU

**Wednesday 13:00 - 14:00**

For more information phone: 01223 300407

or email: [help@cambridgeonline.org.uk](mailto:help@cambridgeonline.org.uk)

[www.cambridgeonline.org.uk](http://www.cambridgeonline.org.uk)

Registered charity: 1097218





# FREE COMMUNITY MEALS

FIND OUT MORE: [FOODCYCLE.ORG.UK](http://FOODCYCLE.ORG.UK) / [CAMBRIDGE@FOODCYCLE.ORG.UK](mailto:CAMBRIDGE@FOODCYCLE.ORG.UK)



## Arbury

Last Thursday of month  
@ 6.30 pm

Arbury Road Baptist Church  
Arbury Road, CB4 2EJ



## Barnwell

1st & 3rd Wednesday of month  
@ 6pm

Barnwell Baptist Church  
Howard Road, CB4 8QS



## Wesley

Every Saturday  
@ 12.30 pm

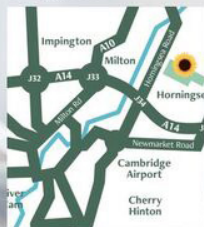
Wesley Methodist Church  
Christ Pieces, CB1 1LG

*Slice of cake of the day\*  
and tea or coffee for £2*

*The* Sunflower Café  
at Horningsea

\*selected cake only

Scotsdales Horningsea  
01223 860320  
CB25 9JG



Scotsdales

Valid 1st - 30th April 2019  
One voucher per customer  
per transaction  
While stocks last



# 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**

For more information about Cambs HIA and other local  
services visit our website:

**[www.cambshia.org](http://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](http://nccp.org.uk/facilities)** or email  
**[bookings@nccp.org.uk](mailto: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](mailto:talk@nccp.org.uk)**  
**[www.nccp.org.uk](http://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

