



Community

**The North Cambridge
Community Newsletter**

Summer edition 2020: Issue 8



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eNewsletter at
www.nccp.org.uk

**The North Cambridge
Community Partnership**

Registered Charity Number: 1171138

www.nccp.org.uk



The NCCP and our community under COVID-19

We are living through a crisis, the likes of which none of us has experienced before; not since war time has the community spirit been more important and we must look out for one another during these very difficult times. This is why the NCCP as a charity and local umbrella community organisation, representing the health and wellbeing of the local community in the North of Cambridge, felt that it was a time not only for reflection but also for action by offering our experience and technical volunteering service to those in need and to the most vulnerable.

It became apparent to all of us, that the NHS and the local government were unable to provide the appropriate amount of PPE for our care workers and supporting staff in our care homes and this is why the NCCP management committee made a decision to do anything possible to alleviate the situation. As a result, the NCCP launched the NCCP COVID-19 Support to the Care Sector Project in May 2020. Despite the lack of support from our local industry, we are in an eternal debt and extremely grateful for the help and support Thertford Academy gave our community by providing funding and technical expertise to make PPE for the following Care Homes in the north of Cambridge:

- Manor Care Home = 50 Shields
- Woodland Care Home = 200 Shields
- Alex Wood Care Home = 100 Shields
- Arbury Fridge Project at the Church of the Good Shepard in Cambridge

By Ricardo Arbelaez

NCCP Management Committee



Activities and Projects – New Programme and Plan adapted to cope with COVID-19

Despite that our two premises: The Nuns Way Pavilion and Lawrence Way remain closed to the public, the NCCP felt that we must continue offering most or some of the activities we run at Lawrence Way and Nuns Way Pavilion, not at the premises but at peoples' homes using the internet as a delivery mechanism and Google Classroom and tools such as ZOOM to make the process work. Having teachers, educationalists within a well skilled and experienced management committee had helped the NCCP, to devise and deliver a new online/home programme that works for the community under the current climate.

We hope that a new well thought programme would allow the NCCP to continue delivering projects and activities while the lock down period. Having said this, we also would like to hear from members of our community to suggest ideas for projects and activities they feel we

should run during the COVID-19 period.

Bellow is a list of project and activities that have currently been running in respond to COVID-19 and will be supporting families by sending out 1380 parcels/packs by end of summer :

- Hunt your Easter egg at home
- Science and Lego Laboratory
- Virtual Little rainbows play group
- Cook it Craft it yourself
- Virtual Coding Club
- Online Networking meetings
- Volunteers community Response
- COVID-19 PPE community support
- Gardening Club -Art of homemade vegetables
- Referring families in need of device and internet connection to Cambridge Online
- Pebble Stone Challenge with Kettle's Yard
- Supporting families/children accessing art



Some vivid samples of projects that benefited the community are:

E-networking meeting:

This a quarterly run event that has proven very successful as allows the NCCP to act as an umbrella organisation working together with local companies and agencies in the North of Cambridge. We hope that the new develop framework as an E-learning delivery platform would allow the NCCP to act as a voice and send the message to the wider community.

Volunteers community response:

During this crucial time, we rely much more on volunteers help and we are happy to say that many people from the community had come forward offering their help and support. The NCCP has put in place a COVID-19 policy to keep all volunteers safe.

Hunt your Easter Egg at home:

This project had been tailored to cope with the existing crisis and in a time where fun family activities are on demand. We shared the idea with the wider community and run the project with an overwhelming response, 112 families took part. 170 Easter Egg packs were reserved online, in less than two days by local people.

As a follow up form the Easter Egg Hunt idea, we would like to con-tinue the theme by handing out packs to facilitate the running of pro-jects at home, such as: **Cook fresh, Lego club , Gardening club, Code Dojo and the Toddler group.**

We would like to let the community know that we are going to postpone our Summer Event to the October or February half term (obviously depending on the circumstances) , local families also have asked for a big party to cele-brate coming out of the COVID-19 crisis and we will study how this can be achieve, but it seems that big social events might not be allowed for quite some time.

Unfortunately, our Summer trips are not possible during this Summer but again referring to the feedbacks a one-day trip to London is advisable during the Christmas holidays. We will continue planning and collecting feedback from the local community and try hard to make the trip to London happen when is appropriate and convenient. **Panto and Christmas** event are planned as before.

As a charity organisation we will need to follow guidelines from the charity commission, the City Council and government organisations designed to help groups like us, to continue to do a good job in our community. Despite that we would like to continue with our work as normal as possible and keep the ethos and nature of our work, we will need to adapt, plan new mechanisms and programmes to allow us to deliver them under the present circumstances. There will be a need to design and find suitable online mechanisms and plat-forms to deliver them and this will require a more creative and radically different way of thinking. The NCCP has a long track experience and expertise in our management and volunteering force and it is ready for the challenge. We feel that we are more than ready to pioneer new community work in this time of both a social and health crisis. Having said this, there is a need for us to understand that we are in a steep learning curve, planning as we go along in this uncertain journey. We all hope that it will pass soon and that life in our community will become normal again.





Little Rainbows virtual play group

COVID-19 Community Project



rhymes and stories

Tuesdays 10: 30 am

A friendly circle of mums and dads come together virtually with Little Rainbows team to enjoy a different experience.

Parents/carers and children gather via Zoom every week and they get to talk and sing songs based on the sessions theme.

They will also have few book read to them. All these are designed to encourage your children's communication and language skills at home.

Yes, that's all fun! So looking forward to meeting you online soon!

Receive the link by :

Following our Facebook www.facebook.com/northcamb

and website www.nccp.org.uk/events

email talk@nccp.org.uk or WhatsApp [07596163870](https://www.whatsapp.com/channel/0029163870)



MEET AND EAT

7TH OF SEPTEMBER 2020

JOIN US FOR A FREE ONLINE NETWORKING MEETING

**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.**



A DOODLE POLE WILL BE SET TO AGREE ON EVERYONE'S PREFERRED TIME

ANY ENQUIRIES PLEASE CONTACT : GOLZARZ@NCCP.ORG.UK



Cook it!

Have fun cooking together!



Free ingredients pack to cook and eat various nutritious and delicious recipes at home.

Craft it!

Get crafty with us!



Free craft packs to make some great projects at home.

Enjoy our video tutorials with easy to follow online instructions.

at your home!

Drop us an email talk@nccp.org.uk

or WhatsApp **07596163870** to receive your **FREE** packs at your doorstep!



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 roasting 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



North Cambridge Community Partnership
CIO - Registered charity: 1171138



Gardening Club

A COVID-19 Community Project



COVID-19 has made projects to adapt and reinvent themselves, while the pandemic period. The Gardening Club has become a home gardening and learning experience.

Enquiries:

Email us at: RicardoA@nccp.org.uk to find out more!

Gardening Club dates:

- 11th July 2020
- 12th September 2020
- 10th October 2020
- 14th November 2020



CoderDojo



Free



A COVID-19 Community Project

The coding club is now running **virtually** and is open to all North Cambridge community members aged from 6 to 18 years old and everyone re-gardless of the level of their computer skills is eligible and welcome to join in.

To register a free place or to find out more about the coding club please email talk@nccp.org.uk or WhatsApp 07596163870



CityFibre



We need YOU!

TIME CREDITS

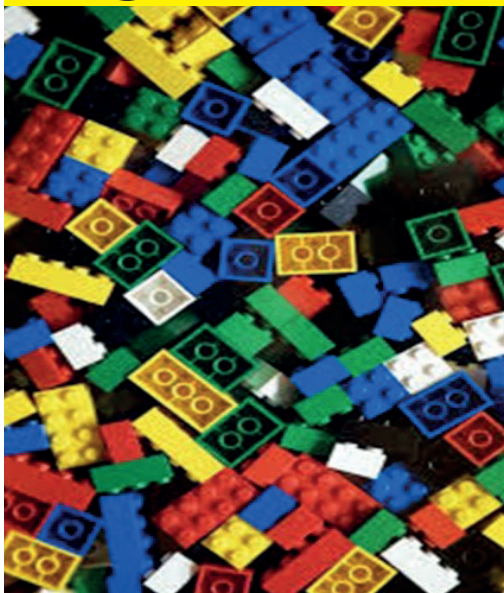
As a community organisation, we want to deliver events and activities that benefit everyone in the community and in order to do this, we need more local people like you to get involved in any way you can, either casually, or as part of the NCCP committee. Full training and support and covid-19 safety protocols will be provided for all .

Earn Time Credits!

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

This Time Credit can then be spent on accessing an hour of activity, such as local attractions, training courses

Lego and Science LABoratory



A COVID-19 Community Project

NCCP is running a remote Lego and Science LABoratory for kids 5+ each each week. This club has received a great response from locals with different backgrounds. The idea is to send out packs to homes to help children to make different creations with Lego and do some exploration using OpenUpScience mini six-page magazine published by Cambridge Science Centre. The magazines will be filled with facts, puzzles, quizzes, and experiments that can all be done at home.

For more information Follow our Facebook www.facebook.com/northcamb and website www.nccp.org.uk/events email talk@nccp.org.uk or WhatsApp [07596163870](https://www.whatsapp.com/channel/00299a663870)

 <p>Science weekend at your home!</p>  <p>How do plants get their food? What are the parts of a plant called? Do plants have which ones? Find out more in our special issue.</p> <p>Drop us an email talk@nccp.org.uk by 7th of May or WhatsApp 07596163870 to receive your OpenUpScience magazine at your doorstep!</p> <p><small>OpenUpScience is a free, mini, six-page magazine published by Cambridge Science Centre. It will be filled with facts, puzzles, quizzes, and experiments that can all be done at home suitable for ages 5 to 11.</small></p>	 <p>Science weekend at your home!</p>  <p>Can you find out how fast light is using chocolate? Why do we get sunsets? And, can you tell stories with light?</p> <p>Drop us an email talk@nccp.org.uk by 14th of May or WhatsApp 07596163870 to receive your OpenUpScience magazine at your doorstep!</p> <p><small>OpenUpScience is a free, mini, six-page magazine published by Cambridge Science Centre. It will be filled with facts, puzzles, quizzes, and experiments that can all be done at home suitable for ages 5 to 11.</small></p>	 <p>Science weekend at your home!</p>  <p>The 7th week theme is flight. The content will all be a mix of experiments, puzzles and activities.</p> <p>Drop us an email talk@nccp.org.uk by 12th of June or WhatsApp 07596163870 to receive your OpenUpScience magazine at your doorstep!</p> <p><small>OpenUpScience is a free, mini, six-page magazine published by Cambridge Science Centre. It will be filled with facts, puzzles, quizzes, and experiments that can all be done at home suitable for ages 5 to 11.</small></p>	 <p>Science weekend at your home!</p>  <p>Drop us an email talk@nccp.org.uk by 23rd of April or WhatsApp 07596163870 to receive your OpenUpScience magazine at your doorstep!</p> <p><small>OpenUpScience is a free, mini, six-page magazine published by Cambridge Science Centre. It will be filled with facts, puzzles, quizzes, and experiments that can all be done at home suitable for ages 5 to 11.</small></p>	 <p>Science weekend at your home!</p>  <p>The theme for this issue is over the moon. The challenge is to make and measure an impact crater at home.</p> <p>Drop us an email talk@nccp.org.uk by 26th of May or WhatsApp 07596163870 to receive your OpenUpScience magazine at your doorstep!</p> <p><small>OpenUpScience is a free, mini, six-page magazine published by Cambridge Science Centre. It will be filled with facts, puzzles, quizzes, and experiments that can all be done at home suitable for ages 5 to 11.</small></p>
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The Red Hen Project

Family worker available for help and advice.
All welcome. For more information contact.
For more information contact **07966 839 635**
or maria@redhenproject.org

Kings Hedges Family support project

We are unable to run normal family support drop-in groups at the moment. However, we remain actively supporting families with babies and toddlers up to the age of 3! Search us out on Facebook for regular updates of what we're doing and activity ideas for the children, email manager@khfsp.org.uk for more details or call **07809 727222**.

Child and Family Wing Meadows Community Centre

Please check our Facebook for Regular updates

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

NCCP Cooking and Craft Club

Register by every Thursday to receive your free pack by weekend. Please check our Facebook for website for more info

NCCP virtual Play Group

Every Tuesday at 10:30 am via zoom. Please check our Facebook for website for the link

NCCP Science and Lego Club

Register by every Thursday to receive your free pack by weekend. Please check our Facebook for website for more information

North Cambridge Child and Family Centre

In light of Government guidance, the Child and Family Centres are closed until further notice.

If you require urgent support, advice or guidance whilst the centre is closed please call us on the following number:
01223 728118

Check our Facebook page for regular updates.

You can contact the health visiting team on **0300 029 5050** or text **07520 649887**

If you are concerned about your pregnancy please contact your community midwifery team on **01223 586787** and they will get back to you.

www.cambridgeshire.gov.uk/child-and-family-centres



Cambridgeshire
County Council



Head to the [Summer Reading Challenge Facebook page](#) this **Friday 5th June** for the virtual launch party of 'Silly Squad', this year's online Summer Reading Challenge. It's going to be great fun!

Children will join the 'Silly Squad' team of animal friends who love to go on adventures, reading books along the way. There will be book recommendations, quizzes, videos and games on the Reading Agency's website—children can join [here](#)

Library staff will be creating special craft activities to add to the fun, available on the [Cambridgeshire Libraries Facebook](#) page throughout the summer.

Families can join the library, borrow e-resources (books, au-dio-books, comics and magazines) and see our timetable of online events here – <https://www.cambridgeshire.gov.uk/residents/libraries-leisure-culture/libraries>.

#sillysquad

#campaignforempathy

JOIN THE CAMPAIGN FOR EMPATHY FOR NORTH CAMBRIDGE!

The Open House community panel have invited Enni-Kukka Tuomala to be the Artist in Residence for North Cambridge until March 2021.

Enni is working locally, launching the Campaign for Empathy for North Cambridge – the world's first community-centred campaign to foster a sense of empathy and connection, with activities, conversations and moments of togetherness.

"I am very excited that Enni-Kukka will be working with us all in North Cambridge. At challenging times, like the one we are currently experiencing, empathy in our community is more important than ever."

– Alan Soer, Manager of Arbury Community Centre

There are many ways to get involved.

Visit www.kettlesyard.co.uk/campaignforempathy, www.facebook.com/OpenHouseCambridge or follow **#campaignforempathy** to discover creative activities for all ages, conversation starters, inspiring videos and more throughout the year. We also invite you to cut out and decorate your own empathy poster and badge from these pages.

'It's more important than ever that we not only look after ourselves, but each other. We need to create new ways to connect, come together and feel a sense of community and hope. I'm excited to launch the Campaign for Empathy and look forward to working closely with everyone in North Cambridge.'

– Enni-Kukka Tuomala

Open House is a long-term creative programme, a partnership between Kettle's Yard and communities in North Cambridge.



This summer ChYpPS (Cambridge City Council's Children and Young People's Participation Service) will be running a free virtual Playdaze summer programme from the Monday 27th July until Wednesday 2nd of September. The programme will be a mixture of pre-recorded video and bookable sessions for children and families and will be delivered in conjunction with partners which include The University of Cambridge Museums.

For more information and guidance on how to book onto activities please check out the Cambridge City Council's ChYpPS and Cambridge Virtual Community Centre Facebook pages from the 20th July (See links below)

<https://www.facebook.com/chypps/>
and <https://www.facebook.com/cambridgevcc/>





Hello Everyone

An update from your North Neighbourhood Policing Team.

We have been continuing with our regular work whilst also adapting to the challenges Covid-19 has brought

Covid-19 patrols led to the North Neighbourhood Team attending an address in the BUCHAN street area. The patrols resulted in a suspected drug dealing address being identified and 2 males, not from the Cambridge area, being arrested for drug related offences with approximately £7000 of Class 'A' drugs seized as well as over £1000 in cash.

Following regular reports of anti-social behaviour and breaches of Covid-19 regulations from concerned residents, an address on Carlton Way has been given a 3 month closure order. This means that only the tenant of the address is permitted to be in the address. Anyone found to breach this order could find themselves liable to arrest.

The North Neighbourhood Team has also been busy seizing vehicles that have been reported for Anti-Social driving. A vehicle on Moss Bank was seized for having no insurance and a moped was seized from Fordwich Close for a number of driving related offences after reports from local residents in the area regarding anti-social behaviour involving mopeds.

Finally, as I type this newsletter, there

has been an increase in rogue trading type incidents, whereby small groups of individuals have been targeting vulnerable adults offering to complete work inside and outside their home addresses. Unfortunately money is being exchanged in return for no work being completed. Our advice is; if you want work doing, contact someone who has been recommended or on a list of "trusted tradesman" and please look out for elderly/ vulnerable neighbours

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.

Please keep telling us what is going on or concerning you in your community. Whilst you may not see any overt action you can be reassured that we do act on information you provide, and if we don't know what's going on, we can't help. As always, there are several ways to contact your local policing team.

- phone 101
- report online at www.cambs.police.uk
- report online anonymously at crimestoppers-uk.org
- In an emergency, always use 999



**YEAR-LONG
CREATIVE
COURSES**

PLANNED START SEPTEMBER 2020

Improving Mental Health with Creativity

VISUAL | DIGITAL | PERFORMING ARTS




"I have developed new techniques and confidence to try things and fallen in love with art again"

Past Learner

Visit our website or contact us for more information

www.camcommarts.org.uk
07763 280029
admin@camcommarts.org.uk



Courses are for adults 19+

christians
against
poverty

CAP

STEPS TOWARDS
EMPLOYMENT

A free club for job seekers,
helping you step by step
back into employment
Call 0800 328 0006

CAP Cambridge North is
run by Grace Church.

For further information
Contact our Centre
manager on 07770 884570

***Covid 19 making you
Weighed down by
debt?***

There is still free help
available. Call 0800 328
0006 for help to start your
journey to debt freedom.

***2 ways to make your
money go further!***

CAP Money

Teaches you budgeting
skills so you take control of
your finances and don't
overspend.

CAP Life Skills

A friendly group where
you'll discover the life skills
you need to survive on a
low income.

Book now for next courses,
call 07770 884570.

A Community Remembers Histon Road

Histon Road is about to see changes: a new carriageway and junctions, new houses, and the reduction of vegetation. A small group of local people has been capturing memories of the old days when the road had different shops and businesses, spacious allotments, orchards, and a simpler way of life. Our project has brought the community together to reminisce, research and get to know one another.

To find out about the recent history of our area we assembled recorded interviews, photographs, and written memories from our neighbours. We held eight lively public meetings. Now we intend to share our findings by having exhibitions and compiling a book which will be a permanent record for everyone interested in the local history of Cambridge.

We had the final celebratory meeting with the local residents on March 13th in Mayfield School and were enthusiastically planning for the Exhibition in St. Augustine's Hall in April. Little did



we know that only a few days later the Corona Virus lockdown would hit us and the Exhibition was cancelled. Since then Cambridge Community Fund has kindly saved the Exhibition grant and we will be able to open our planned venue, hopefully in September; all depending on the Government allowing larger groups to meet safely again. In the meantime, our committee is eagerly compiling chapters for the publication of the Book.

King's Hedges COVID-19 Mutual Aid

Self-isolating? Need Support?

If you are self isolating, experiencing symptoms or ill and can't get out, we are here to assist you to get access to essentials .

Do you need Help?

- A friendly call
- Picking up medications
- Grocery shopping
- Posting mail
- Dog walking

Can you help?

- Delivering food and supplies
- Making phone calls to support
- Posting mail, delivering parcels and leaflets

Call **07939534315** between 9am and 9pm

Email covid19kingshedges@gmail.com

Arbury Covid-19 Mutual Aid Hub

Do you need help?

If you are self isolating, experiencing symptoms or ill and can't get out your local group will help you get access to essentials.

Mutual Aid Groups are now in place across Cambridge to support the most vulnerable in our communities until further notice.

How to get in touch: Arbury Residents can contact via:

Email: communityresponse@arburyroadbaptist.org

Mobile or Text: **07597 398669** between 9am and 5pm

Tel: 01223 560590

www.arburyroadbaptist.org/covid19

Arbury Food Hub: 11am –1pm Monday, Wednesday, Friday
Church Hall, Good Shepherd, Mansel Way.
Sustainable Food + Bring your own bag

Can you offer help?

If you are able to offer help such as:

Shopping, phonecalls, delivering medicine etc

Please register your help through the contact details provided here.





Wonderfully Made Creative Café

This is an intentional safe space of real community where anyone can come and just be themselves, aimed particularly at those people struggling with mental health difficulties. Our drop-in 'creative cafe' based at Cafe 121, Milton Road, where a different craft activity is offered at each session, is temporarily suspended due to the Coronavirus. However, we have a private and confidential facebook group where we continue to meet and support each other through conversation and livestream events.

For more information please visit us here: <https://www.facebook.com/groups/772250209847560>. We would love to hear from you if you would be interested in joining us.

For more information please go to our webpage or get in touch using the contact details below. We hope to be able to meet up again very soon – updates will be posted on our webpage. We are also looking for volunteers to join our team so please get in touch if you are interested.

W | www.arburyroadbaptist.org/wonderfullymade

E | wonderfullymade@arburyroadbaptist.org

T | 07594 246662 (voicemail)



LEARN				5asideCHESS™ <small>Celebrate difference © 2015 5ASIDECHES LTD</small>	
TO				CALLING ALL PARENTS, TUTORS, TEAM MANAGERS, TEACHERS, COMMUNITY AND REFUGEE GROUPS Can't meet up right now?	
PLAY					
THE					
GAME					
				FREE Free FREE JUNIORS (STUCK-AT-HOME) PROGRAMME	

COMMUNITY REACH FUND

Even though we're all still dealing with the situation around Covid-19, the fund is still available for imaginative ideas 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

Assure Covid 19 temporary tariff

South Staffs/Cambridge Water has introduced a temporary tariff of the Assure scheme for people affected by the Covid-19 outbreak (to identify this from Assure this is called Covid-19 Assure tariff) and who now find themselves on a low income as a result.

This is a temporary tariff providing a discount of 60% for 3 months and applicants can apply up to and including the 30th June 2020.

The criteria is the same as Assure so the income threshold is £16,380 (plus the dependent child amount and excluding the previous excluded benefits). As we would normally request 3 months' salary/benefits to check income level (taking them possibly over the threshold), in view of the current situation if a customer can provide some proof of having been affected financially from the Covid-19 situation and find themselves in the income level bracket presently we will assess them for eligibility of this temporary tariff.

Examples may include:

- a 'furlough' letter/email from an employer

- a letter from the HMRC regarding the self-employed income guarantee
- an SSP isolation note

If after the 3 month period the customers find themselves in the same situation they should contact us and we will assess if they should go onto the Assure tariff.

It should be noted that customers who receive a payment break will not be offered the temporary tariff.

Please find attached a customer newsletter that can be shared with your customers/clients outlining some of the support we can offer; we will also have a comparison table on our website showing the different help available.

<https://www.south-staffs-water.co.uk/household/my-bills-and-payments/my-bill-explained/other-charges-and-tariffs/Comparison-of-our-special-tariffs>

<https://www.cambridge-water.co.uk/household/my-bills-and-payments/my-bill-explained/other-charges-and-tariffs/Comparison-of-our-special-tariffs>

Many thanks

A NEW VISION FOR THE NORTH EAST OF CAMBRIDGE

Give your views this summer!

The North East Cambridge Area Action Plan is a planning framework for 180 hectares of brownfield land, along with the Science Park and other sites between the A14 and the guided busway. A public consultation will take place this summer to find out what local residents, businesses and visitors to the area think of the ambitious vision.

The vision for the area is for an **inclusive, walkable, low-carbon new city district with a lively mix of homes, workplaces, services and social spaces, fully integrated with surrounding neighbourhoods.** The proposed relocation of the Cambridge Waste Water Treatment Plant will enable the creation of 8,000 new homes, including around 3,200 affordable homes, and 20,000 new jobs in different kinds of

businesses. Cambridge City Council and South Cambridgeshire District Council have been developing these plans for the last few years, involving many local groups in the process, and is now asking what you think.

You will be able to find out more through the Greater Cambridge Shared Planning website and through the Councils' social media channels. The consultation will run from 27 July until 2 October and will include leaflets delivered throughout neighbouring communities, and online question and answer sessions where you will be able to talk to the team. It is hoped that some events at local community venues can also take place later in the consultation period, subject to Covid-19 social distancing restrictions.



THE RED HEN PROJECT

The Red Hen Project has been busy during lockdown supporting families in North Cambridge, both practically and emotionally. So far, we have made over 1600 deliveries to more than 200 children in 90 households since the beginning of lockdown.

Huge thanks go to the Haymakers pub in Chesterton, which is acting as our temporary home, and a donation hub. This means have been able to accept donations of both long-life food as well as new and good quality used toys, board games, arts, craft and activities. We can't thank licensee Liz and Milton Brewery enough.

Because of their support, we have been able to deliver bundles of resources such as pens, pencils, paper and chalk - donated or purchased thanks to our Covid-19 crowdfunding appeal at redhenproject.charitycheckout.co.uk

We've worked closely with the Open House Project at Kettle's Yard to put together four different activity packs designed to support emotional well-being, home-learning and offer some respite and resource ideas for parents. This week we have started delivering a series of packs for families from Cambridge Curiosity and Imagination that have the same aims.

One of the most amazing things to have happened is the relationship we have forged with Chesterton small business, The Cambridge Fruit Company. Through the energy and enthusiasm of its founders – Neil and Nisha, we have been able to collect more than 560 boxes of fresh fruit and vegetables, donated by their customers, and deliver them



straight out to local families. If you'd like to purchase a box of fruit and vegetables for a family in need just visit:

www.cambridgefruitcompany.com.

We have been fortunate to receive a grant from the Cambridgeshire Coronavirus Community Fund to support this work, which means the Red Hen team have been able to provide help and support over the phone, video and on the doorstep to parents and carers during this challenging period.

If you would like to support us with donations, please contact:

givesupport@redhenproject.org or contact Liz at the pub (on **07899 765523**) to arrange to drop-off.

If you need help visit our Facebook page, email: **getsupport@redhenproject.org** or call: **07966 839 635**.

The Red Hen Project has been supporting children and their families across north Cambridge for 22 years.

Find out more about us on our website **www.redhenproject.org**



Registered Charity No: 1072190



Connect with Care Network!

During these challenging times our **Community Navigators** can help you find local support. This includes access to our **Help at Home** essential shopping and our **Wellbeing Phone line** services

Speak to your local Cambridge City Coordinator today on **01223 300460**

To learn more or donate to our Covid-19 response services please visit

www.care-network.org.uk
or call **01954 211 919**



CAMBRIDGE
VINEYARD
CHURCH

GrowKids

GrowKids provides free pre-loved clothes, toys, and baby equipment in good condition (no car seats I stair gates) for ages 0-5. We also provide some clothes and uniforms for primary school children.

Families can be sign posted to us by agencies, or contact us themselves.

We accept referrals regardless of background, income, or faith, from families within Cambridge and surrounding villages.

We seek to partner with families, to support them as they raise their children.

We organise "connect 4 mums" drop-ins in local cafes for mums looking for company/support. The first coffee is on us.

See our website for further details.

growkids@cambridgevineyard.org.uk
www.facebook.com/CambridgeGrowKids
www.cambridgevineyard.org.uk/growkids-cambridge

GET IN TOUCH

Do you care about the future of Cambridge?

Cambridge is the most unequal city in the UK and Covid-19 has highlighted the harsh disparities that exist between the most affluent and the most deprived areas of the city.

Cambridge City and South Cambridgeshire District Councils are drawing up a joint Local Plan for the Greater Cambridge area up to 2040. But what does this Plan mean for inequality? Will it reduce the gap between rich and poor? Can we create sustainable, low-carbon communities with enough affordable housing?

Their plan will strongly influence all our everyday lives - where we live, where we work, how we get about. It will decide the rate of economic growth and development, how many

new houses will be built, how big Cambridge becomes.

Join the debate
This is our Local Plan and it should be transparent and open. We are inviting local people to join the debate. To get us started we have published two reports "Cambridge - Growth Beyond Reason" and "Supersize Cambridge" which question the high-growth assumptions behind the Local Plan. Do you agree that we need to limit growth or must we expand the city to meet the increasing demand for more hi-tech industry?

Join the debate at
www.thecambridgecommons.org

Need Help Accessing Food?

If you or someone you know is struggling to afford or access food during the Covid-19 crisis, Cambridge Sustainable Food is coordinating the Emergency Food provision efforts in the city in partnership with Cambridge Food Poverty Alliance.

The Alliance represents 25 organisations working on poverty alleviation in the city, and have developed the measures below to help those in need.

Community Food Hubs

Community Food Hubs have been established across Cambridge City, where people at risk of food poverty can access food for free. At least one hub is open every day between Monday - Saturday, with each hub having individual opening times and days. See here for your local hubs' details:

www.cambridgesustainablefood.org/cfpa-covid-19

Still unsure?

If you have problems with collection or are still unsure on how to seek help, we have set up a signposting service to point you in the right direction. Phone us on

01223 967426

or fill out our online form
www.bit.ly/3FTKGRQ

CityFibre

A digital revolution is coming to Kings Hedges & Arbury!



Be the first to get gigabit-speed,
full fibre broadband, register at
[**cityfibre.com/register**](https://cityfibre.com/register)



Wood Green Community Support 'Keeping Pets in Loving Homes For Life'

Our Community Outreach Team are still here to help you and your pets during these uncertain times. Our aim, as always, is to keep your pet with you when times are difficult.

We can help you and your pets with:-

- Short term food support
- Flea and Worm treatment
- One off vet bills and neutering support
- Free pet advice, your questions answered

In addition to this, until August, we are sending out packs to help you keep your pet busy and safe this summer.



Register now for your FREE summer pet pack.

Call us on 0300 303 9333 ext 1282 or email at community@woodgreen.org.uk for more information on any of the ways we might be able to help.

If you're feeling anxious or stressed, or worried about your or someone else's mental health call **Lifeline Helpline:**

0808 808 2121

Monday-Friday
9am-11pm

Weekends
2pm-11pm

Don't feel like talking? **Qwell** offers online chat support and wellbeing advice:

www.qwell.io

Centre 33 offers mental health support for young people up to age 25:

centre33.org.uk

In a mental health crisis? **NHS First Response Services** can help people of any age, at any time of day or night:

Call 111 and select option 2



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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