

The NCCP and our community under COVID-19.



White Bean & Swiss Chard Soup

WEEK 5

METHOD

1. Heat olive oil in a large pan over medium-high heat.
2. Add chopped onion, celery, and carrot, cook gently for around 10 minutes until softened.
3. Add garlic, and sweet fennel and cook for a minute.
4. Add chopped tomatoes and cook for a further couple of minutes.
5. Add stock and beans, including liquid from tin, bring up to a boil. Reduce heat, cover and simmer until beans are nice and tender.
6. Stir in chopped Swiss chard and add salt and pepper to taste. Cook until the chard is wilted and tender, around 10 minutes.
7. Sprig fresh, dill-packed with Olive Oil. Serve with bread for a great meal.

COFARM
resources we value

COOKERY PROJECT
nccp

FUNDED BY
CAMBRIDGE CITY COUNCIL
COMMUNITY GRANTS

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The North Cambridge Community Partnership

Registered Charity Number: 1171138

www.nccp.org.uk

The role of the NCCP in a 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 Thetford Academy gave our local 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

We also provided PPE (200 Shields, masks and aprons) for a fantastic project called the Arbury Fridge run at the Church of the Good Shepard in Cambridge. This food hub provided food for the most vulnerable members in our community at the pick of the pandemic. We are eternally grateful to Mariëtta and her team for all dedication and commitment to improve the living conditions in our community.



By Ricardo Arbelaez
NCCP Management Committee

We are proud of our community

The NCCP would like to acknowledge the great work and commitment shown by our local community in these difficult times. I felt proud of living in the North of Cambridge and witnessing the positive response by the community to work together in times of adversity. There is no better way to describe what we went through than by hearing from a community member: Janis a local photographer that had been living in the community for longer than 20 years would like to share her experiences with the wider community:

A Photographer's Musings

The spring and summer of 2020 could have almost been a write off if it was not for the hard work and dedication from local

teams such as the NCCP, whom have kept the beating heart of the North Cambridge community well and truly alive, with a series of exciting and innovative on-line events. The local families have truly rallied round and taken these new events, this new way of life to their hearts in a great show of support. It has been an 'on-line' and very positive learning curve for all involved!

As part of my regular walks in isolation I have been photographing the impact of Covid-19 on our community. We are lucky that our area has some beautiful green spaces to relax in, which normally folks make great use of. Wandering around the community it was easy to see how people have been very respectful and aware of the lockdown rules, keeping the distance between each other; queuing in a dignified manner; many wearing masks and being respectful to each other. I have found shopkeepers and staff to be very friendly and helpful; engaging with customers to do all they can to help.

From my point of view, we can be very proud of our local community for handling this crisis with determination and dignity, yet with great humour and friendship too! I salute you one and all!

By Janis Ford



Please visit our website: www.nccp.org.uk to see more photos from Janis

The legacy of the Jenny Wren to help us address the lack of Arts & Culture in our community

We have to agree that due to the lack of cultural spaces and Arts & Culture activities and programmes in our community had brought a long term negative impact. This has subsequently impacted in the ethical and educational values in our area. We could argue that a big contributing factor is the past focus from local government, driven to target the most disadvantage under the anti-poverty charter. Unfortunately this long term policy has jeopardised the educational and cultural needs, as funding has never covered education or culture. The latest research carried out by the NCCP has found that arts and culture does not really exist as such in the North of Cambridge and the lack of exposure to Arts & Culture had narrowed the vision and ambitions of the local people, affecting mainly the young adults. The feedback gathered shows that there is an urgent need for a **'Community Arts & Cultural Centre'** with a dedicated cafe to allow people to socialise. This is something

the Jenny Wren offered the community in the past. There is also a strong need for our local artists to have a place to showcase their work and provide a different perspective of what is the current vision of role models in our community. An Arts & Cultural Centre will provide a fresh and positive long term impact to the community. The benefits can be more clear towards the post sixteen and young adults, who are currently our most vulnerable group with no hope or career aspirations. The cultural centre will also attract our local industry e.g. Science Park, The Innovation Centre and educational establishments such as Cambridge University.

Alec Finlay



Sara Heywood



Lilah Fowler



RESONANCE-CAMBRIDGE PUBLIC ART PROJECTS TO START IN NORTH CAMBRIDGE

As part of the new homes being built by Cambridge Investment Partnership, an exciting public art programme 'Resonance-Cambridge' has been commissioned. A series of creative projects, designed in response to the locations, are being developed by the artists in collaboration with local communities.

With two of the sites in North Cambridge having started, Campkin Road and the Meadows, we wanted to introduce the respective artists Sara Heywood and Lilah Fowler. Joining Sara and Lilah is artist and poet Alec Finlay, who will be developing artworks for all the CIP sites.

For further information, to subscribe to the newsletter or to find out what events are coming up, please visit

www.resonance-cambridge.co.uk

NCCP Activities and Projects: New Programme adapted to cope with living during COVID-19

Despite that our two premises **Nuns Way Pavilion** and **Lawrence Way Community House** were closed to the public from March till September 2020 and during the second lockdown, NCCP team was keen to continue offering most of the activities we run, not at the premises but at peoples' homes or Nun's Way Recreation Ground. We are thrilled that our well-thought programme allowed NCCP bring ideas and words to life and make a real impact during these difficult times.

We also would like to hear from members of our community, so please email any ideas or suggestions to talk@nccp.org.uk

Here is a list of project and activities that we have been running:



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 locals.

The Summer Event

Our Summer Event in 2020, took place in August. The community booked their places on first come basis. It was difficult to organise an open air activity in the middle of a pandemic, but it was very successful activity where all the families that took part fully enjoyed. We would like to thank our



participants for all their help to turn this into a successful day out in our community. The Cambridge Science Centre ran three different pop-up science shows. There were also other activities such as Table Tennis, run by the Active Life Style Team. Members of North East Action Area Plan also joined us to give some information to locals about all that is happening in terms of urban planning in the area.

Volunteers community response

During this pandemic people from the community came forward to offer their help and support. A great example were the Food and Arts & Craft parcels delivered to facilitate the 'Cook Fresh', 'Lego Club', 'Science Magazines', 'Gardening Club'.



Sport Activities



Multi sport sessions for children:

The project started in partnership with Premier Sports on a weekly basis at Nuns Way Recreation Ground. We have been running two hour sessions twice a week during summer holidays and the project was extended due to the huge response by families till March 2021, considering the shared ideas with NCCP.

Adults Zumba:

Adults Zumba has been started since September 2020 and have been running full capacity and will be on till next April.

Let's get Moving in Cambridge:



This was a free project organised by the Ping in the Park team and the NCCP. This project allowed the community to get active in outdoors and play activities at the Nun's Way Recreation Ground. It took place during summer and the number of people attended was very high, in contrast with other similar projects run in the city. As a result the NCCP had placed an application to install two permanent tennis tables in the REC.

Skateboard half term fun:



The FREE Skate Club took place at Nuns Way Skatepark and was available for skateboarders of all abilities aged 5+. Participants tried a broad range of skateboard skills from Shredder Skate School experienced coaches, with full skateboard equipment provided on the day. Other good news is that there are plans to run this club during the February Half term and the Easter Holidays.

Football fun factory sponsored 12 children from North Cambridge referred by NCCP to join their clubs during Half Term.

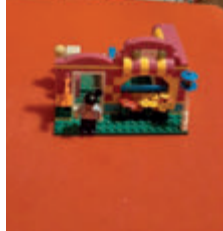
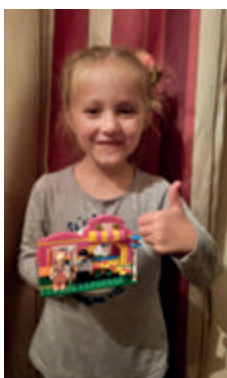
October Half term Safe trip

A trip to South Angle Farm Park was full of fun and a safe way to spend a day out of Cambridge. We are hoping to arrange another trip soon, situation permitted of course!



Lego and Science laboratory

Packs were sent out on a weekly basis from April onwards and 1320 families have already been covered. The summer holidays 6 weeks packs were prepared in partnership with Kettles Yard, Cambridge Science Centre and Summer with Museums (University of Cambridge) and box of Wilko blox. And during the 2nd lockdown families received Lego packs and editions of Science Magazines.



E-networking meetings

This quarterly run event has proven very successful as it allows the NCCP to act as an umbrella organisation, working together with local companies and agencies in the North of Cambridge. It has been good to hear what other organisations are doing during this crisis and as a result of the meeting arrive to a unanimous decision that the only way to help our community fight the pandemic, is by working together.

Virtual Toddler group had been running every week for almost 6 months from April till mid September via zoom, for some parents the only way of socializing during pandemic as they mentioned. The face to face sessions at NW pavilion were very popular and now we are back to Zoom.

Gardening Club

Plants have been sent to 21 families and they shared their experience about how their plants are growing.



Coder Dojo: The project aiming at bringing forth opportunities to make our society a better place through empowered education. Rasberi Pie links are sent to families on a weekly basis.



Digital Inclusion: 13 families have been supported by providing devices and internet connection with the referral of NCCP and help of Cambridge online and Cambridgeshire skills.

The Christmas Hampers and Craft packs: thanks to the FoodBank and the CHYPPS ,72 packs were delivered to senior members of the community and the young families.





Cook it! Craft it!

As a follow up for the idea of "Hunt your Easter Eggs at home" during the 1st lockdown and the feedback received from local families reflecting their interest to take part in some hands-on activities, the theme was continued by handing out packs to facilitate running projects at home.

The **Cook it! Craft it!** project was funded by Cambridgeshire Community Foundation and became one of the most influential projects in the North of Cambridge. The idea was to provide all ingredients and material in packs to families in our community and give them time to enjoy cooking and crafting. 600 packs have been delivered during the summer holidays in 6 weeks and 1920 individuals were covered. The project was very much welcomed by local community, the response was enormous and the feedback was excellent, so many comments received, the families are enjoying the home based project at the weekends. They are now trying healthy food and more vegetarian options, which is made of simple ingredient and got ready so quickly. Also so many innovations with crafts pack not only limited to the instructions and videos but also added up by family creations!

Crafting a Better Community! CRAFT IT! Our wonderful 'MAKEWEAVES' tapestry arts group like many couldn't meet during COVID-19/

lockdown so we created the 'Craft It!' project for our local community. If you signed up you have received craft packs, worksheets and access to online tutorials free of charge. Activities use materials easily available around the home so if you would like to get crafting yourself check out the videos on the website below. Happy crafting!

julietaylortapestry.co.uk



CAMBRIDGE SUSTAINABLE FOOD



The 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. We are working together to ensure that vulnerable people are fed during the Covid-19 crisis and have developed an approach:

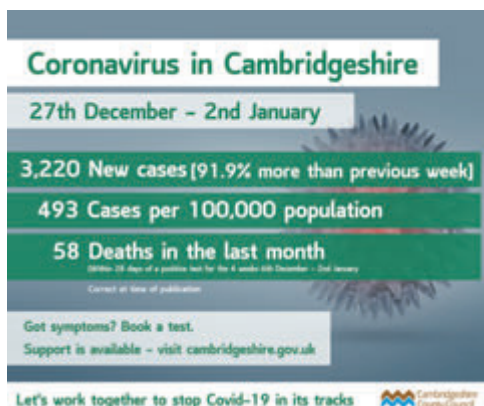
A signposting service for people in need of food. If you know someone who is struggling to afford food, please refer them to our phone line **01223 967426** or online form which can be accessed via this link: https://docs.google.com/forms/d/e/1FAIpQLSddxVSU2IHLn_wl0acbZkdKlgokVQL2KDU8L_RddLkYrFI59g/viewform

Establishing community food hubs around the city where people at risk of food poverty can access food for free. The two closest hubs are:

Arbury Food Hub located at The Church of the Good Shepherd, CB4 2ET which is open Wednesday 11:00am-12:30pm.

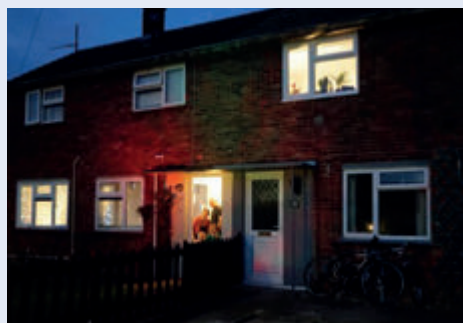
East Chesterton Food Hub located at Hope Church, CB4 1LN which is open Tuesday 2:00pm-4:00pm, making sure meals are delivered to those that need them including holiday lunch and holiday hunger provision. More information can be found on the CSF website here: <https://cambridgesustainablefood.org/updates-and-info-covid-19>

- If you have symptoms of Covid-19 which can include a new continuous cough, high temperature, loss of sense of smell or taste you must isolate for 10 days. To book a test: <https://www.gov.uk/get-coronavirus-test>
- Need to isolate – help is available here: <https://www.cambridge.gov.uk/coronavirus>
- Have you been told to isolate but your worried about not being paid whilst not working? You might be eligible for a one-off £500 payment to support you whilst you isolate. Find out more here : <https://www.cambridge.gov.uk/test-and-trace-support-payment>
- Greater evidence is indicating that you can catch coronavirus outside, take extra care in queues, outdoor shopping areas and places where people gather <https://www.standard.co.uk/news/uk/chris-whitty-warning-lockdown-rules-worst-weeks-bbc-b823282.html>
- You can hear Chris Whitty talking about adhering to the rules here. <https://www.bbc.co.uk/news/uk-55612270> Everyone can make a difference by adhering to the rules, minimizing trips and think about every time you leave the house, ask yourself - is it essential?

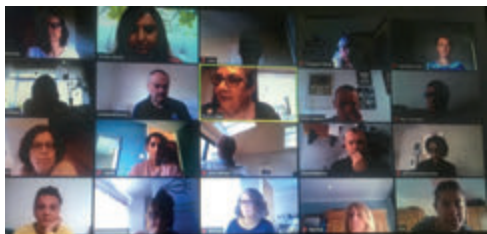


XMAS IN A WHEELIE BIN!

Usually the Arbury Court Christmas lights switch on is a big community event, with local people of all ages gathering around the tree, with nearby schools joining in with the singing of christmas melodies. Run by the City Council, the NCCP and Good Shepherd Church, it is an event of laughter and fun which heralds in the season. This year's event on the 8th December, had to be a very different affair due to the pandemic, which is changing all our lives. Different it may have been, but it was still non-the-less very enjoyable. In the afternoon of the 8th December, the xmas 'elves' gathered outside of Tesco in Campkin Road, to make their way with music, lights and gifts to Arbury Court. Imagine everyone's surprise to discover that in the blue wheelie bin being pushed along by the Xmas elves, was a delight of popular Xmas tunes, with even a light show! The wheelie bin, complete with large speaker on the front and a small light-show gadget on top, surprised passers by and onlookers alike, whom declared as to where 'that music' was coming from! Once at Arbury Court the Cambridge Mayor, Cllr Russ McPherson awaited, duly ready to perform the big 'switch on!' of the Empathy Tree with its decorations designed by Kettel's Yard, which he did to great aplomb, albeit to just the Xmas elves and shoppers in the area while social distancing. The musical bin really came into its own and seasonal tunes echoed all around Arbury Court. The Xmas 'Empathy Tree' looked a picture once illuminated and the profound messages with which it had been decorated, will hopefully be read by many. As the event came to a close and the elves made their way home, the music and now light show, continued to be a great delight to the local community of North Cambridge.



MEET AND EAT



NCCP hosts North Cambridge networking meetings four times a year. This is for all people and organisations in the King's Hedges and Arbury area who want to get involved, have a say or find out what is happening in our local community. There will be a free lunch, with time to get to know each other and what your interests are. For those representing organisations, you will have a short 2-3 minute chance to tell people what you do. During the pandemic the meetings are held online to create opportunities for collaboration and innovation in reaching shared goals which is supporting our community.





MEET AND EAT

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.

Save
the
Date

PLEASE LET US KNOW ABOUT YOUR PREFERRED TIME :
[HTTPS://DOODLE.COM/POLL/53FNK7X2YAKKZYX9](https://doodle.com/poll/53FNK7X2YAKKZYX9)
 ANY ENQUIRIES PLEASE CONTACT : GOLZARZ@NCCP.ORG.UK



Offers a place to spend quality time with your child through a variety of fun, interactive and playful learning activities. Our aim is to provide access to ways and means to encourage speech, language and literacy development in young children. Activities provided are designed to emphasise the importance of early learning and communication skills. The group activities offer toys, books, arts and crafts, lunch, singing and story time. The themes changes often e.g. festival, weather or season. We believe that this is a great way to contribute to your child's development and socialise with other families in the community.

Enjoy listening to tip of the day , learn new songs with your little one, watch them marching under parachute, pop bubbles or simple enjoy a cuppa/conversation with a fellow parent. The sessions are free of charge and every parent/carer is welcome with children age 0-5. Covid measures are being followed, parents to sanitize their hands upon arrival and wear a mask. Pre booking is recommended to ensure a place. Playgroup runs during term time only. We include a take away Lunch for you to enjoy at home with children.



While practicing more tight social distancing measures ,we run our sessions using the ZOOM application weekly, so please check our facebook and website regularly.



Follow our Facebook www.facebook.com/northcambs and website www.nccp.org.uk/events for more information

FREE TERM TIME PHYSICAL ACTIVITIES

North Cambridge Community Partner-ship have partnered with Premier Sports to bring free different activities to you!

Our aim is to promote physical and mental wellbeing within the community, delivering fun and active sessions for children, as well as fitness classes for adults, and to continue the fantastic partnership created with NCCP throughout Summer 2020 where we ran successful twice a week sports and activity sessions to children of all ages at Nun's Way Rec. Within the project, our sessions have been a huge success with many children and adults having access to a range of diverse activities for free, and we have seen an increase in confidence levels and engagement.



FREE Adults Zumba and Fitness Sessions
Mondays 10:00 – 11:00 am
Nun's way Pavilion



FREE Children Multisport Sessions
Mondays and Fridays
4:00 – 5:00 pm
Nun's way Pavilion

Book now and secure your place by email us at: talk@nccp.org.uk
Or **Whats App: 07596163870**

With your child's name and the session you wish to join.



We will be using these settings during lockdown for so please do if you are in

CALLING ALL 11-16 YEAR OLDS....

**A FREE 6 week Glow Dance
Club is starting on
Tuesday 12th January,
5:00-6:00pm,
at Nuns Way Pavilion.**

**Each week will be fun,
energetic and a mix of
dance styles, Using glow
sticks and UV lighting.
Booking is essential,
so book now to avoid
disappointment:**

**email: talk@nccp.org.uk
or text to WhatsApp on:
07596163870**

GLOW DANCE CLUB

ing virtual
g the
the sessions
get in touch
interested.

TUESDAYS, 5.30PM

FOR 11-16YRS: FREE: @NUNS WAY PAVILION

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

**CAMBRIDGE
SCIENCE
CENTRE**

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

**The sessions will be held on
Tuesday at Nun's Way Pavilion
at 3.45pm from starting Jan 2021.
To book your space please email
Talk@NCCP.org.uk or WhatsApp
07596163870.**

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

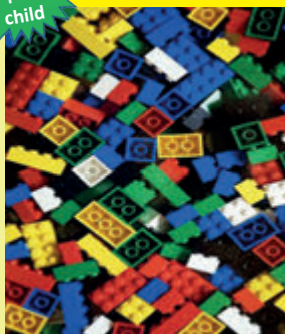
NCCP is running a Lego LABoratory for kids 5+ each Thursday at Nun's Way Pavilion which under 5 sibling are welcomed too. This club has received a great response from locals with different backgrounds.

The idea is to help children to make different creations with Lego without following instructions using their own imaginations which encourages children's creativity and team work.

During the pandemic we are running the activity with new normal routines with limited numbers and all safety measures in place. Facing tighter COVID-19 restrictions we will adapt the activity to remote Lego and Science LABoratory. With a transition we send out packs to homes helping children to make different creations with Lego and do some exploration reading OpenUpScience mini six-page magazine published by Cambridge Science Centre. The magazines is filled with facts, puzzles, quizzes, and experiments that can all be done at home!

50p
per
child

Lego LABoratory



social distancing measures in place - spaces limited to two bubbles of 5 children

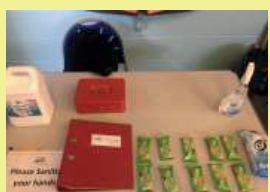
A COVID-19 Community Project

Nun's Way Pavilion

email talk@nccp.org.uk or WhatsApp **07596163870**
to book your free space



Follow our Facebook www.facebook.com/northcambs
and website www.nccp.org.uk/events for more information





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!

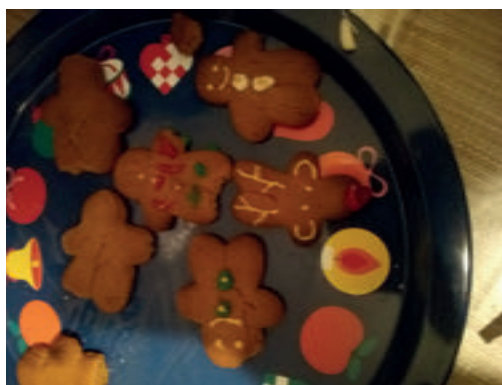
We have tried various recipes together during previous years; from pizzas and quiches to veggie chillies, stuffed peppers and apple crumbles! While distancing during the second lock down our recipes and ingredients came to your homes to cheer up before Christmas. Special thanks to Bea for the incredible recipes and Ruben Campkin Road Tesco manager for donating the unsalted butters.

We were thrilled by the amount of photos and feedbacks we received! You are awesome North Cambridge! Keep an eye on our Facebook for the next upcoming free cooking workshops at Nun's Way Pavilion and let us know if you are joining us with family, friend or just your self for a new experience.



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 or home cooking parcels. www.nccp.org.uk





A COVID-19 Community Project



CoderDojo

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

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

Free

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

During the pandemic the coding club is now running virtually. To register a **free** place or to find out more about the coding club please email talk@nccp.org.uk or WhatsApp **07596163870**





This year's Panto is different!

By the Oscar-winning screenwriter and creator of Downton Abbey, Julian Fellowes and Olivier-award winning composer and lyricist George Stiles and Anthony Drewe, from Jamie Hendry Productions.



Bringing Communities Together

60 families watched the Panto from the comfort of their homes till now.

**email talk@nccp.org.uk or
WhatsApp 07596163870
to receive your login details.**

Dear Local Residents,

The County Council are forming local teams through our Think Communities programme, to work with residents and local organisations in a much more joined-up way.

The Think Communities team have drawn up eight priorities to help us focus our work, but we would like to test these out with local residents to see if they match your concerns and the priorities you have for your local area.

We would love to have your views! To kick this consultation off, here is a Smartsurvey

link <https://www.smartsurvey.co.uk/s/WCJTDL/> It will only take 5 minutes to complete and we would like as many residents as possible to complete this quick survey. By completing this survey you will help us to see if we're on the right lines with our priorities as well as getting a flavour of what is important to you for your local area.



**Cambridgeshire
County Council**

Artisan Coffee

Tracing the origins of the world's best coffee

Artisan Coffee dates:

Please book your place

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



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



North Cambridge Community Partnership

CIO - Registered charity: 1171138



Earn days out



NCCP Volunteers Evening

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

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

- **Committee secretary**
- **Volunteers to help with Lego Club**
- **Volunteers to help with the delivery of parcels to families**
- **COVID-19 assistance**
- **Website editors -**
to update events on our website and content such as newsletters, pictures and video.
- **Volunteers to help to run NCCP events**

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

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

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



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

safeguarding and first aid and covid-19 safety training will be provided for all roles.



**North Cambridge
Community Partnership**
CIO - Registered charity: 1171138



Gardening Club

A community project



Gardening Club dates:

- 6th February 2021
- 6th March 2021
- 3rd April 2021
- 1st May 2021
- 5th June 2021
- 3rd July 2021

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



Plant and grow your own veg!

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

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

Enquiries:

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



North Cambridge Community Partnership

CIO - Registered charity: 1171138

Getting Online in Lockdown and Beyond

CHS has been helping people with computers and getting online since the first half of the noughties, but lockdown is of course a completely new challenge for many, including some who previously were still not online or had very limited skills/access. CHS's Digital Inclusion Project has been supporting people in Cambridge who were referred to them with various issues including not having a device, device breakdowns or software issues, and trouble getting online.

Project Officer James Lewis, says "We've seen quite a lot where people are struggling with the costs of being online, and often because they are paying way too much, because they aren't aware of all the options available. We saw one lady who was able to save £48/mth on her internet costs and others who could save £20/mth or more. Not only that but people could actually increase their internet use."

This can be because people aren't sure how to think about their phone use and their internet use together. For example, having a dedicated internet service, whether mobile broadband (using a personal hotspot or "Mifi") or landline, can greatly reduce your data needs when you are out and about for most people, just by using Wifi when at home. For light use outside the home, a phone SIM with 2GB data allowance can be enough for many people, and this can be got for as little as £5/mth, certainly most people shouldn't be paying more than £10. For your internet needs, a SIM with 30GB (inc. unlimited calls/texts) may be enough for many users which can be had for £10/mth, and even unlimited data can be had around £18/mth.

If you can't switch to a new deal because you are "in contract" with a mobile phone company, then it can still be worth

contacting them about your difficulty paying and seeing if they can change your tariff. James has experience of helping with this, "The companies are often aware they won't make any profit at all if you stop paying, sometimes they will reduce your tariff and your allowances, but I've even known somebody to move onto a cheaper tariff, and with better allowances!

If you want landline internet, then people on a benefit-based income can get unlimited downloads through special tariff BT Basic Plus Broadband at very slightly over £10/mth. If you don't qualify for that, then shopping around for your internet regularly can help keep your costs down to under £20/mth average, maybe even under £15. Your monthly bill might be higher than this, but you can get cashback deals and pre-paid cards to offset that cost over the period of your contract. Just make sure to keep track of your contract and look to switch when it ends, to keep costs low.

www.uswitch.com/sim-only has a useful tool to help compare mobile deals.

www.topcashback.co.uk and **www.quidco.com** can earn you free cashback a few months after signing up to new deals.

www.bt.com/btbasic has more information about BT's BT Basic Phone & Broadband service.

If you live in Cambridge city and would like help looking at this or other problems you are having with getting online, contact James Lewis (p/t) on 07919 552112 or **james.lewis@chsgroup.org.uk**

CHS GROUP 
housing, care, and community services in Cambridgeshire



One of the city's hidden gems is now open to the public.

With recycling now mainstream, Cambridge Re-Use is selling good quality second hand furniture to all.

Founded 30 years ago as Cambridge Sofa, the charity has been providing a full range of furniture and furnishings to those on low incomes. This will continue, with discounted

prices for those in this situation but at the same time, anyone can now visit the warehouse off Cherry Hinton Road to find bargains.

Cara Moorey, Cambridge Re-Use manager, said, "We are lucky as we have some beautiful furniture donated from the Cambridge area. There is a real mix of modern and antique pieces, often items that would cost a lot more elsewhere."

Cambridge Re-Use is largely staffed by volunteers and is always interested to hear from people looking to volunteer for half a day or a full day per week on the van or in the warehouse helping customers.

Open 10-4pm Monday- Saturday

Unit H, The Paddocks, 347 Cherry Hinton Road, Cambridge, CB1 8DH
01223 576535.

www.cambridgereuse.org.uk

A selection of stock can be also be found on Gumtree.



Improving Mental Health with Creativity

VISUAL | DIGITAL | PERFORMANCE ARTS

CCA offers a range of part time creative courses for adults in Cambridge and Fenland, including Year-Long Level 2 accredited courses and 8-week Short Courses - both face-to-face and online.

Short Courses are programmed termly and courses offered in the past include Songwriting, Charcoal, Environmental Art, Drama, Beginners Guitar, The Language of Paint, Performance Poetry and Drama.



"I found it really amazing, and felt well supported...A really fantastic course, interesting, thought provoking, and confidence building"

Wendy, Drama Online Short Course 2020

For adults 18+. Priority is given to those with health conditions and/or disabilities. Short courses are free for those on means tested benefits or low income.

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



From A to B and trailer to tandem

Wherever you're going and whoever you're riding with, Camcycle works to improve your cycling journeys.

Support our work for better cycle routes in your area and find advice on all aspects of cycling on our website and social media channels.



camcycle.org.uk

CambridgeCyclingCampaign camcycle camcycleuk



Wonderfully Made

Creative Cafe

Weekly drop-in craft space
where it's ok not to be ok

*Explore * Make friends * Just be*

Every Thursday at
Arbury Road Baptist Church
20 Arbury Road, CB4 2JE

Drop in any time from 1 - 3pm

www.arburyroadbaptist.org/wonderfullymade T | 07594 246662
 If you are anxious about entering, please text 07594 246662 for friendly assistance



CAMBRIDGE SCIENCE CENTRE



CAMBRIDGE SCIENCE CENTRE

WE ARE OPEN FOR
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EXPLORE WHAT'S ON EACH WEEK AT
WWW.CAMBRIDGESCIENCECENTRE.ORG
 SESSIONS MUST BE BOOKED

Ever thought about a career as a

firefighter?







Recruiting wholtime firefighters from January 2021

#BeYouBeAFirefighter






Cambridgeshire Fire and Rescue Service needs people like you to join us as full-time firefighters. Our crews are made up of individuals from a variety of backgrounds, with different ranges of skills. We value diversity and actively encourage applications from all sections of the community.


You could start your firefighting career with us if you:

- Have five GCSE's or more, including Maths and English Language, at Grade 4-9 / C to A* (or the equivalent of this)
- Live within 20 miles of the Cambridgeshire and Peterborough border
- Have a full, clean driving licence at point of employment with CFRS
- Have a good level of fitness (including being able to swim confidently).

Visit www.cambsfire.gov.uk/firefighter2021 to learn more or contact Emma Fordham, Positive Action Officer on 07808 203525 or email emma.fordham@cambsfire.gov.uk





KHFSP

The Kings Hedges Family Support Project are currently unable to offer our normal Mondays, Wednesdays and Thursdays Together groups. However, we have opened up some covid-safe bookable groups, with access to activities and friendly Family Support Workers all at Browns Field Youth and Community Centre as follows;

Monday 10am-12noon Coffee Morning for parents whose children have just started nursery (INVITE ONLY)

Monday 1-2.30pm Baby Group for parents with non-walking babies up to the age of 1 (BOOKABLE SESSION)

Thursday 10.30am-12noon and 1-2.30pm Family Support drop-in for families with children up to the age of 3 (BOOKABLE SESSION)

We're really looking forward to seeing families again but please don't turn up without booking a place first! For more information on these groups please contact Project Manager Jo on manager@khfsp.org.uk or call **07809 727222**

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



Mum2Mum Cambridge

What is a Mum2Mum?

- The purpose of Mum2Mum is to offer 1-to-1 support to mums aged 16-30
- Mums are matched with a volunteer befriender who will meet with them on a 1-to-1 basis, at least once a fortnight. They will have the support of their befriender for 6 months to start with; however this may be extended, 6 months at a time, for a total of up to 2 years

How do I contact Mum2Mum?

Phone/text 07726 585653
Facebook fb.me/mum2mumCambridge
E-mail mum2mum@arburyroadbaptist.org

CAP
DEBT
HELP

Weighed down by debt?

Free debt counselling in Cambridge
from an award winning charity.

Charity Registered No: 1097217 (England & Wales), SC038776 (Scotland).
CAP is authorised and regulated by the Financial Conduct Authority.

Book your free appointment
0800 328 0006 | capdebthelp.org



CityFibre

A digital revolution is coming to Cambridge



**Be the first to get gigabit-speed,
full fibre broadband, register at
cityfibre.com/nccp**

**Hire rooms
from just
£4.50**

Community Facility Hire

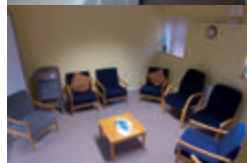
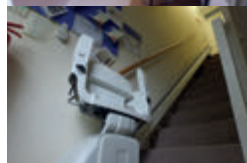
**We have two community venues to hire:
the Nuns Way Pavilion and 37 Lawrence Way.**

**Disabled
access
& kitchen**

The Nuns Pavilion

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

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



37 Lawrence Way

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

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

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

FIND OUT MORE

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

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