

Community

The North Cambridge Community Newsletter

Bringing Communities Together

Summer edition 2021: Issue 10



Sign up to our eNewsletter at www.nccp.org.uk The North Cambridge Community Partnership

Registered Charity Number: 1171138

www.nccp.org.uk



EDITORIAL

We are in the second year of a pandemic that has transformed our lives and the way we interact and work together as a local community. Living under the notion that COVID-19 is here to stay is also difficult to comprehend. In addition we have to learn to live with the fact that our local community has been hit hard, due to the nature and background of the community.

One thing that I have been able to witness is the positive and encouraging response from the community, which despite the lockdowns has embraced all the activities and projects the NCCP has planned and delivered so far this year.

The NCCP management committee is very proud of the response from the local community to the activities and projects the NCCP delivered under the current circumstances. Planning and delivering work during a pandemic is not an easy task, and since the beginning of the pandemic we have been busy adapting our activities and projects so they could work within a community under lockdown. We have been listening carefully to feedback from the local community as this was the best way to respond proactively and imbed a programme of adaptation to suit local needs, in accordance with current government advice and guidance. I am sure that we were not the only ones who found this journey difficult and challenging. The NCCP is very proud to showcase in this newsletter edition the best projects and activities we have delivered under two lockdowns.

Building support with local industry:

It has been a challenging but very productive year for the NCCP as we have started to build strong and potentially long lasting relationships with local industry e.g.. We are privileged that our Gardening Club is now supported by members and companies from Science Park.

Our Mission:

To improve the living conditions of the local community and promote health and wellbeing by working closely with the statutory authorities and other organisations, in a common effort to improve education and provide facilities and projects in the interests of social welfare among the community.

Copies of this Newsletter edition will be posted to all companies in our community, so they can share our vision and mission, and hopefully add their support to our activities. Below are some of the projects that might be of interest to companies to support:

- · The Gardening Club
- Cooking Fresh Cookery workshops for families
- · The reading and writing club
- Design and Technology (STEM mini projects that seek to explore and build the skills of the future)
- · Computer Science workshops
- · Art, music & Photography workshops

By Ricardo Arbelaez

NCCP Management Committee



NCCP Cook it! Craft it!

The Cook it! Craft it! project was funded for the second time by **Cambridgeshire Community Foundation** as a result of the huge response received from community. The ideas is to provide all ingredients and materials in packs to families in our community and give them time to enjoy cooking and crafting at home. 500 packs have been delivered during the summer term in 8 weeks to 1731 individuals.

We are really pleased to be sending out more nutritious, easy-to-prepare and delicious recipe parcels for families to cook together during the summer term. The aim of the recipe parcels is to help families to discover the satisfaction of preparing a tasty meal from scratch with simple ingredients and the joy that sharing a meal together brings.

They have been very well received and we have had some wonderful photos and feedback from the participants showing off their cooking skills!

We have again been delighted by the generosity of local businesses supporting the project. Thanks to Minuteman Press for printing the recipe cards, Daily Bread Co-operative and Tesco's for their generous food donations. Huge thanks to local volunteers for helping to deliver the parcels.

Crafting a Better Community CRAFT IT! Project 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.

julietaylortapestry.co.uk

Happy crafting!











North Cambridge Little Scientists

Ten young people from North Cambridge are partnering with **Cambridge Science Centre** and NCCP to create their own issue of OpenUpScience magazine! This the first time that young people have been given control of the magazine, which was started by the Science Centre a year ago and NCCP has been including it in their packages to homes throughout lockdown. The young team have complete control over the topics and how they are presented.





They can include whatever topics, puzzles, and games they want! The issue is in currently in production and is themed around animals, but full of things you wouldn't expect! The team are learning new science but also the skills and considerations of making a magazine. This includes brand management, copyright rules, and formatting for printing. All of which will be critical in preparing this very special issue for its public launch at the NCCP Summer Event, and distribution to 3,000 families and 45,000 school students in September.

The project represents the on-going partnership between the NCCP and Cambridge Science Centre. In September, the Science Centre will be running its hands-on "Science of Everyday" club in Nun's Pavilion. This six-week club will be open to 7–11-year-olds and full of experiments, discussions, and problems to solve. The Science Centre is delighted to be a NCCP partner and join the community.

Get in touch by Emailing Talk@nccp.org.uk or WhatsApp 07596163870





NCCP Empathy Reading Club

In April, we started a new club at our community building on Lawrence Way: Reading for Empathy. Each week, a group of primary school children (aged 9-11) from schools across North Cambridge have been meeting to read together, chat about books, share book recommendations and build our empathy skills in a relaxed reading environment. The project aims to:

- bring young people together from across the community
- encourage more reading for pleasure
- support wellbeing
- develop key empathy skills through reading and, as a result, cultivate pro-social attitudes and action

Empathy is a vital social and emotional skill. The ability to focus on other people's feelings and perspectives is powerful. It helps us predict their needs and understand their behavior and it builds better relationships and wellbeing. And research shows that empathy is a skill that can be learnt and developed through practice.

"Reading is an exercise in empathy; an exercise in walking in someone else's shoes for a while."

Malorie Blackman

Sharing stories is an excellent way to build empathy skills. Reading allows your body to experience feelings and emotions in situations that aren't actually happening to you right now. The empathy we feel for book characters wires our brains to have the same sensitivity

towards real people. Stories equip children with emotional skills that they can use in their lives: with their friends, their families, their teachers,

We have shared picture books, short stories, poems and have just finished our first novel with another one already lined up. Children have also been borrowing books to read on their own and sharing recommendations with each other about good empathy reads. On 10th June we celebrated Empathy Day: families were invited to join us to explore what empathy means, how books can give us empathy experiences and to reflect together on any issues in our community that could be helped by people having more empathy.

If you think your child would like to join us, please get in touch: Talk@nccp.org.uk.

About Helen: I worked in schools for 15 years as a teacher and Deputy Head. I am currently taking a break to care for my young family. I am passionate about fostering a love of reading in young people. I'm also a huge advocate of the role of reading in developing people's empathy skills, which in turn can lead to improved wellbeing, better communication skills, more pro-social attitudes and the motivation to act to improve things for others. This project has been inspired by my involvement in two educational initiatives: the Open University's Reading for Pleasure project and EmpathyLab. I also review books for the children's literacy centre Just Imagine.



North Cambridge Community Partnership





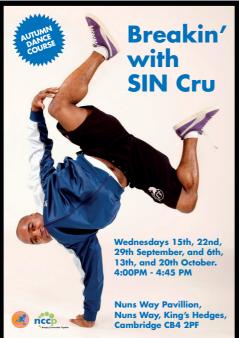
All the North Cambridge Community are invited to take part and help us to:

- · Meet and share views with the community
- Get more involved with the work the NCCP does in the local community
 - Elect trustees
 - Discuss new plans in the area
 - Collaborate in new projects
 - Visit Community exhibition featuring our local artist and photographer collections during COVID-19

Nun's Way Pacilion
Thursday 26th of August at 1.00 pm

www.nccp.org.uk/events 01223 508197







Free Group Dance Activity Starting on September

SIN Cru and NCCP are teaming up to bring you Nuns Way Pavilion dance sessions. Learn dance with SIN Cru every Wednesday from 4.00 - 4.45 in Autumn.

Do you want to dance, get fit, learn new skills and moves from Cambridge's Number one Bboy Crew? Come and learn the basics of Breakin' every Wednesday till October Half Term.

Email: talk@nccp.org.uk or WhatsApp 07596163870 to book your free space.











COVID-19 Community Project



rhymes, stories and free lunch

Little Rainbows Playgroup offers a platform to spend quality time with your child through a variety of fun, interactive and playful learning activities. Our shared aim is to provide access to ways and means to encourage speech, language and literacy development in young children. Activities provided are designed to cater to the importance of early learning and communication. We offer toys, books, arts and crafts, lunch, singing and story time which are changed often depending on theme, festival, weather or season. A great way to experience your child's development and socialise with other families.

Enjoy listening to tip of the day, learn new songs with your little one, watch them marching under the parachute, pop bubbles or simpley enjoy a cuppa/conversation with a fellow parent. The sessions are free of charge and every parent/carer with children age



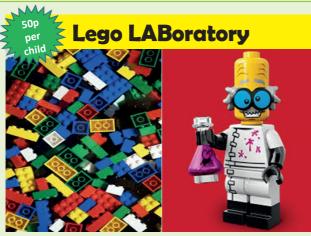
0-5 is welcome. So just drop in to enjoy our free lunch with other families. Covid measures are being followed based on Government advice. parents to sanitize their hands upon arrival and wear a mask.

We will be running drop- in sessions all summer holidays and will pay a visit to Fitzwilliam Museum for a day out.

Tuesdays 10-12pm Nun's Way Pavilion Email: talk@nccp.org.uk or WhatsApp 07596163870 for more information.



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



A COVID-19 Community Project

NCCP is running a Lego LABoratory for kids 5+ all through the summer holidays every Wednesday at Nun's Way Pavilion where under 5 siblings are welcome too.

The idea is to help children to make different creations with Lego without following instructions, and 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 .

Every Wednesday 4.00 to 5.00pm

Nun's Way Pavilion

Email talk@nccp.org.uk or WhatsApp 07596163870 to book your space or just drop in!











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



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. During the pandemic the meetings are held online.

If you are a local group and would like to join please do get in touch: talk@nccp.org.uk





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





Gardening Club Scotsdales







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



- 3rd July 2021
- 7th August 2021
- 4th September 2021
- 2nd October 2021
- 6th November 2021



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

CoderDojo CoderDojo

A COVID-19 Community Project

The Coding Club is one of the highlights of our community projects in the year to come and is now supported by: CituFibre

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.



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**











Arbury Court Library is now open: back to full opening hours, starting from Monday 5th July. Mondays – 2pm to 6pm Tuesdays – 9am to 5pm Wednesdays – CLOSED Thursdays – 9am to 1pm Fridays – 9am to 5pm Saturdays – 10am to 2pm



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 where 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
- 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 a 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



The Kings Hedges Family Support Project are delighted to be running some groups again.

Wednesdays Together

NEW VENUE

Nuns Way Pavilion CB4 2PF

10.30 to 12pm for ages 0-3 Ipm to 2.30pm Baby Group (0-walking)

Thursdays Together

Brown's Field Community Centre, CB4 IRU

10.30—12pm AND 1pm to 2.30pm both sessions for ages 0-3 years

Currently numbers are limited to ensure Covid safety. For more information or to book a space please email manager@khfsp.org.uk or call 07809 727222

We are really looking forward to seeing families again but please don't turn up without a booking as we may have to turn you away.



The Arbury Carnival is a vibrant, volunteer led annual community event. It was originally organised for the Queens silver Jubillee in 1977 and has happened every year since. The carnival is filled with community fun with a procession, arena acts, stalls, fun fair and kidzone. For the past 2 years we have provided a virtual event due to Covid. Do catch up with what we have done on social media.

Next years event will be even more special as it will be the Queens Platinum Jubillee. Please consider joining our friendly team of volunteers to keep this 44 year old tradition alive. Contact us at general@arburycarnival.org

The Alzheimer's Society area pleased to announce a new service Dementia Connect, Cambridgeshire to extend the reach to support families in care homes.

The aim of Dementia Connect is to reach every person living with or affected by dementia.

This year's Dementia Action Week launched a watch and share powerful short film. The emotionally charged film shows the impact the broken care system has on carers. Without support, dementia claims more than one life. https://www.youtube.com/watch?v=g6rk88V-TvM

If you have been affected by the issues in the film, Alzheimer's Society is here for you. call our support line on **0333 150 3456**.

If you need further help or information, please email **cambridgeshire@alzheimers.org.uk**





#HAVEAGO Inclusive Footgolf

Have you ever played Footgolf? Want to try? We have TWO FREE taster sessions for adults with disabilities to come and #HAVEAGO at Cambridge Footgolf Club.

- Friday 18th June at 6pm-7:30pm,
- Tuesday 6th July at 2pm-3:30pm,
- Small groups & facilitated by a qualified coach

To book, or for more information. please email Phil at:

PMSportscoaching@hotmail.com

These inclusive sessions are FREE thanks to National Lottery Community Funding.

Stay active as a family this Summer with this Family Bingo challenge



cambridge.gov.uk/familybingo

















RESONANCE-CAMBRIDGE - CAMPKIN ROAD

A series of creative projects, designed in response to the locations, are being developed by the artists in collaboration with local communities as part of the new homes being built by Cambridge Investment Partnership. Artist Hermione Spriggs joins the team to create artworks for the new Campkin Road development. Look out for the designs appearing shortly on the site hoardings and for further information about Hermione's project.

For further information about Hermione. to subscribe to the newsletter or to find out what events are coming up, please visit: http://resonance-cambridge. co.uk/artists/hermione-spriggs/

Would you like to get more involved in your community?

Do you have an idea for a new group, event or activity?

If so, we'd love to hear from you!

We're Community Connectors and we're here to listen to you, to find out what inspires you and to support you to make your ideas happen.

Interested in starting the conversation? Please get in touch:

Jo Hunt

Josephine.Hunt@cambridgeshire.gov.uk 07425 615586

or

Karen Reid

Karen.Reid@cambridgeshire.gov.uk 07341 782877

Housing with Care Richard Newcombe Court



Respect

Approach

Partnership

Openness

Delivery



Housing with Care is designed to provide independence and choice to older adults with varying levels of care and support. This may be private or socially funded and enables our tenants to rent a self contained flat while meeting their personal, physical, mental and social needs.

Richard Newcombe Court is a purpose built Housing with Care scheme which opened in April 2011. It is located in Cambridge and has 40 self-contained flats.

28 of the 40 flats have two bedrooms and the remainder are one bedroom.

All flats have fully equipped kitchens with built-in oven and hob; and each has a wet room with a WC.

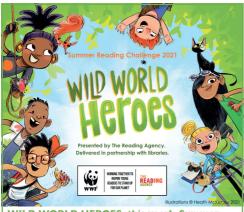
Richard Newcombe Court has many local amenities, including, shops, chemist, doctors surgery and public house.



How to find us: Rackham Close, Histon Road, Cambridge, CB4 3EY

- All flats have a call system (pull cords and pendants) so that the tenants can summon help in the case of an emergency
- A choice of meal is provided at lunchtime on a daily basis, individual dietary requirements are considered and vegan and vegetarian options also available.
- A member of the care team will be on site 24 hours a day providing care and support to tenants in accordance to their individual assessed needs. This includes housing related support as well as personal care.
- With an ethos of promoting independence, personal care is delivered flexibly to allow for changes in tenants needs, and where possible, at a time that is most convenient to them
- CHS Homecare is a registered domiciliary care agency and we are regulated by the Care Quality Commission (CQC)

For more information please contact Denise Taylor on 01763 260564 or email denise.taylor@chsgroup.org.uk. Please visit our website on www.chsgroup.org.uk



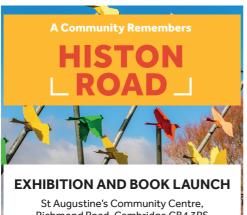
WILD WORLD HEROES, this year's Summer Reading Challenge, is open to pre-school and primary school aged children and is designed for all reading abilities. It is FREE to take part.

Challenge, children need to:

- receive their Collector's Poster Children can sign up for the & Bookmark;
- choice over the holidays;
- Collect a sticker for each book read - some are scratch & sniff! at any time the library is open

To complete the Summer Reading There is a Certificate & Medal for everyone who finishes; under-3s • Sign up at their local library and will receive a special Sticker Medal. Summer Reading Challenge at Read six library books of their their local library from Saturday July 10th, and once the holidays start they can collect their stickers





Richmond Road, Cambridge CB4 3PS

Friday, 24 September 3-5pm Saturday, 25 September 10am-5pm Sunday, 26 September 11am-5pm Subject to restrictions at the time Any changes will be announced on the website

www.histonroadmemories.uk







Residents Association Benson Area Residents Associatio

COMMUNITY REACH FUND and COVID RECOVERY FUND

Two funds are available to support ideas for 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?

Community Reach Fund - 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.

Covid Recovery Fund – up to £500. Your idea should demonstrate how your project will help the community recover from the effects of the pandemic.

If you are interested in applying or would just like to find out more, please contact Paul at paul.connelly@cambridgeshire.gov.uk



We are very excited to be re-launching Arthurs Shed in August 2021!

Arthurs Shed is a community hub based in a beautiful studio in the ground of the Arthur Rank Hospice in Shelford Bottom.

From here we run workshops free of charge to our local community. Workshops include a model railway set, astronomy, crafts and a choir.

Please keep an eye out on our website at https://www.arhc.org.uk/open-to-all/arthurs-shed/ or call 01223 675871 for more information over the coming month



Do you need a safe way to meet people again? Wonderfully Made is a weekly drop-in safe space where it's OK not to be OK. We support each other just as we are. There are refreshments and craft activities available, or bring your own hobby, or just come and sit quietly. We are building ways of wellbeing: Connecting in a safe environment; Learning new skills; Giving to each other by Taking notice. The building is Covid-secure, Covid prevention measures are in place, and each session is facilitated by trained volunteers.

All are welcome, for any reason. Do drop in and say hello! Every Thursday, I pm-3pm, Arbury Road.

Visit https://www.arburyroadbaptist.org/wonderfullymade

christians against poverty



STEP TOWARDS EMPLOYMENT

A free club for job seekers, helping you step by step back into employment Call 0800 328 0006 to sign up for free September course at the Good

CAP Cambridge North is run by Grace Church.

For further information or to book your free place contact Jo Scoones text 07770 884570 or email: iohannascoones@capuk.org

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.

The CAP Money Course

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

Wednesdays 10-12noon 16th June for 3 weeks. Or Tuesdays 22nd June 7:30-9pm. Both at The Good Shepherd Church.

CAP Life Skills

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



Improving Mental Health with Creativity

VISUAL | DIGITAL | PERFORMING ARTS







"An amazing course, it made a huge difference to my wellbeing. I felt really encouraged and inspired to be creative" Past learner

Courses are for adults 19+

07763 280029 www.camcommarts.org.uk

CityFibre

Smarter shopping – what Full Fibre means for the future of retail

For some time, we've been hearing about the decline of physical retail, spurred on by the digital age and our growing preference for the online marketplace. In the 10 years between January 2010 and January 2020, for example, the UK lost over 50,000 shops.

Despite that, physical retailers still hold much of the market share. And there remains plenty of opportunity for physical retailers to set themselves up for renewed success. One such opportunity lies in the very thing that's blamed for their decline — digital technology.

It's almost impossible for online shopping to replicate the most experiential elements of buying something in-person. For this reason, physical retailers should play to their strengths while also exploring how digital technology can give customers the best of both worlds in-store.

Take Amazon as a case in point. Its Amazon Fresh brand has launched its first till-less grocery store in London, which sees shoppers simply scan their phone on entry and receive a bill automatically on departure – without a need to scan products individually. This 'effort-free' mode of shopping, however, relies extensively on technology and connectivity, with hundreds of cameras and sensors working seamlessly.

Other retailers have focused on transforming their fitting rooms through the use of augmented and virtual reality. Imagine being in a fitting room, putting on a jacket you like the look of and being able to change the colour or size in the blink of an eye. That makes life easier for the



customers, but it also saves time, allowing more people to make use of the changing room and thus generating more sales.

However, data hungry technologies need connectivity they can rely on – without that, any positive customer benefits could easily be undone by a glitchy experience. They need the best possible digital foundation which is why CityFibre is building a new full fibre network in Cambridge.

Designed for the digital age, full fibre networks use 100% fibre optic technology to carry data at light speed all the way from the home to the point of connection – a pristine open highway with no bumps in sight. This gives users consistently faster speeds, near limitless bandwidth and connectivity you can depend on.

Most importantly for retailers, full fibre underpins 5G connectivity, which will be crucial to their ability to adopt cutting-edge technology and encourage shoppers to flock to the high street. Think of it as a high-capacity public wifi, connecting consumers with digital tech in shops, restaurants and on the streets themselves, and creating an experience that just can't be matched in an online-only world.

So whether it's friction-free shopping, interactive displays or smart fitting rooms, full fibre and 5G helps to power all of these advances. Now, who's for some retail therapy?

For more information about CityFibre's Gigabit City Programme in Cambridge visit **www.cityfibre.com**

Hire rooms from just

Community Facility Hire

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

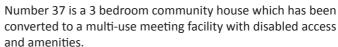
The Nuns Pavilion

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



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

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

FIND OUT MORE

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

OFFICIAL OPENING TIMES

Monday to Friday 9 am to 12 noon

Please note: our work often takes us out into the community, please telephone to make sure somebody is in the office. Telephone 01223 508197



The North Cambridge Community Partnership is supported by Cambridge City Council Community Services Department.

CIO registered charity: 1171138



