



Issue 4 March 2024

COMMUNITY DEVELOPMENT NEWS

Spring is in the air!

The snowdrops and daffodils are starting to pop up which can only mean one thing... the colder months are behind us and Spring is on it's way! We've been enjoying the prospect of the warmer months with activities including the Good Food Neighbourhood event at Akeman Community Centre at the end of February.

Working in partnership with Cambridge Sustainable Food, some of our Community Development Team and the Community Centre staff hosted an all-day event that formed part of the Good Food Neighbourhood Project.



The morning kicked off with the introduction of the Seed Library and some arts and crafts related to planting, and then a delicious community lunch.

In the afternoon, attendees enjoyed a captivating story by talented local storyteller Marion Leeper, engaged in well-being activities with Healthy You and Healthwatch, and participated in a recipe swap! It was a lovely day, and great to see many people inspired to cultivate their own vegetables at home and explore ways to improve their well-being.

Get in touch!

As we continue looking at what's ahead for us in 2024, listening to what's happening for residents in the city, what people tell us is important to them and what we hear there's a need for, we always love to hear from you. If you'd like to get in touch with us about anything in the newsletter, anything you'd like to collaborate on, or if you have an idea to kick start something new that brings your community together and would like some support from the team... get in touch! You can email us at communitydevelopment@cambridge.gov.uk or alternatively you can follow us on Facebook by clicking [here](#) or by searching Cambridge Community Development and messaging us.

Meet the team...

- Vicky Haywood- Community Development Manager
- Binnie Pickard - Tackling Poverty Lead
- Jo Hunt - New Communities Lead
- Caroline Gill - Children, Young People and Families Lead
- Ariadne Henry - Equalities Lead
- Suzanne Goff - Preventative Health Programmes Officer
- Andrea Butler - Community Development Officer North
- Kelly Smith - Community Development Officer South
- Suzanne Jackson - Community Development Officer West / New Communities
- Carl Higgs - Community Development Officer East / Armed Forces and Veterans Lead
- Adie Hawkshaw - Children and Young People Engagement Lead
- Patrick Brown - Community Development Assistant
- Jolene Chisolm - Gypsy, Roma, Traveller Engagement Lead
- Luthfa Khatun - Community Cohesion Lead
- Dora Suberlak - Project Support Officer
- Cathy Heath - Community Funding and Support Officer

Museum trips

During February half term members of our team supported families to attend some special visits to Kettles Yard, the Museum of Cambridge, the Fitzwilliam Museum and Polar Museum. They got exclusive access to the space and a special tour!

The trips were designed to give local families greater access to these spaces, supporting them to get the most from their experience and to help them have the confidence to visit the museums independently in the future. Everyone that attended had a great time exploring and getting creative with the exhibits!



Holiday Lunches

Throughout the school break Holiday Lunches were hosted in various community settings. These events are aimed at those who might be struggling with finances over the holidays, but everyone is welcome and they are a great way of getting the family out of the house and enjoying some delicious food and fun activities together!



Pot luck dinners

Throughout January every Wednesday evening the new communities team held an International Pot Luck dinner with residents at Darwin Green.



Everyone brought a delicious dish to share and it was lovely to spend time chatting and getting to know each other in this new community, and a great way to spend those chilly winter evenings.

The idea and organising for this event came from a brilliant local resident who wanted to help bring neighbours together... What better way to do that than with food!

So many people and organisations are involved in making these events happen and it was amazing to see how they all came together with hard work and imagination.

Partners supporting with food and activities included Cambridge Sustainable Food, chefs from St Faiths school, volunteers from the Judge Business School, The Whipple Museum of the History of Science, the Museum of Cambridge, Cambridgeshire Libraries and the City Council Sports team. A big thank you also to the centre staff at each of the community settings – the Clay Farm Centre, Browns Field Community Centre and Storeys Field Centre – for hosting and creating such a warm welcome.



Youth Advisory Board

Members of the Youth Advisory Board took part in some team building activities at Clip 'n Climb where they challenged themselves, built their confidence and trust in themselves and each other, and worked really well together as a group.

They're looking forward to continuing to work together on projects and initiatives that are important to the children and young people of Cambridge.



Want to know more about YAB?

Currently the Youth Advisory Board are working on planning an event at Netherhall School called 'Power Up' which is due to take place after school on 27th March. The event will bring together all providers and groups working with young people to share achievements and promote services which aid young people's well-being.

If you would like to find out more about YAB, have a young person aged 11+ that might want to be involved, or want to know more about the 'Power up' event at Netherhall school contact us on communitydevelopment@cambridge.gov.uk

Spotlight on... the City Seed Library

Friday 23rd February, saw the official launch of the City Seed Library. 65 packets of vegetable seeds were collected by members of the public to get the project started. The idea is simple...

- Aimed, primarily, at new or inexperienced gardeners, we have a limited amount of heritage seeds to give away.
- Heritage seed guarantees the same crop will grow back from its seed (unless they get cross pollinated).
- With a little thought, effort and patience, you could feed your family using what you grow!
- Sign up wherever your local seed library is, take a few of the seeds on offer for free, grow them on and enjoy looking after them
- Once you have harvested, enjoy the fruits (or veg!) of your labour.
- Save your seeds, dry them out and bring us some back next year.



Why not get together with a group of friends and grab a few different seeds each and swap any excess harvest. Membership and instructions are available at the following community centres: Akeman Street, Browns Field, The Meadows, Clay Farm and Abbey Hub - just ask a member of staff at reception for details, or if they're busy take a look at the info alongside the seeds



Soft Play at the Meadows Community Centre

An under 5's soft play session at the Meadows Community Centre is a brilliant example of collaborative working between community centre staff, family workers from the Cambridge City Child and Family Centre and staff from local charity the Red Hen Project joining soon!

Families who live near the centre are welcomed along, with parents having an opportunity to catch up and get support in all different aspects of family life. Babies and toddlers enjoy exploring, jumping, climbing and crawling around the colourful equipment beautifully set up by centre staff! All the children that attend look like they've had the best time when they leave, and parents share that it's a lovely way to start the week in such a friendly, safe and warm space.

Family Day for the Gypsy, Roma and Traveler Communities



In February Jo C from our team, in collaboration with Caroline from Rosie Maternity and Neonatal Voices, held a Gypsy Roma and Traveller Family First Aid Day at Brown's Field Community Centre

Families were welcomed along to a fun filled day of activities, where they could access advice and support on pregnancy and young children's health. After lunch everyone took part in a free first aid course and learnt about initial life saving skills in an emergency situation.

A regular drop in session for the Gypsy, Roma and Traveler communities is held at Browns Field community centre every Friday 10am-12noon



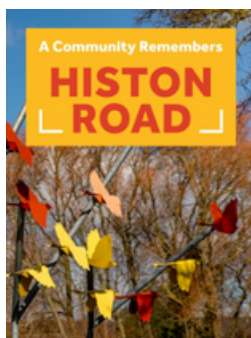
Care Micro Enterprises



Could you make a difference in your local community? Care Micro Enterprises are small businesses that have a key role to play in diversifying the care and support market, giving people more choice in how they can receive their care. The Care Micro Enterprise Development Team at Cambridgeshire County Council are there to help those interested in setting-up a Care Micro-Enterprise aimed at providing services for our ageing population.

They are working to develop and champion Care Micro Enterprises that can support with personal care, help around the home and respite care breaks for informal carers. Working within local communities they develop strong, well trained, inclusive enterprises so clients can be assured that these small companies are local, flexible, reliable and cost efficient. The team can support with business planning, business and care training, offer key contacts with service providers, networking and ongoing support.

For more information contact James, the Cambridge City lead by emailing James.Bielak@cambridgeshire.gov.uk and you can also visit www.cambridgeshire.gov.uk/cme



Histon Road Area Community Funding

You may have heard about, seen or even own a copy of the book *A Community Remembers: Histon Road* – a wonderful compilation of the history of this area in North Cambridge put together through shared stories and supported through the Histon Road Area Residents Association. As the result of the book being so popular, the group are now able to offer small funding pots for activities that benefit the residents of the local area of between £300-£500.

For more information about the funding please contact contact@histonroadmemories.uk

Free copies of the book were donated to local schools, libraries and archives but copies of the book are still available for sale at Waterstones and David’s Bookshops in Cambridge town centre, and from St Augustine’s Community Centre on Richmond Road.

Pavilions on Nightingale and Chesterton Recreation Grounds



If you’re looking for a new venue to host a meeting or a regular or one-off activity, the new City Council pavilions on Chesterton Recreation and Nightingale Recreation grounds might be your solution!

Managed by the Recreation team at Cambridge City Council, the facilities at both include: changing rooms, a fully equipped kitchen, accessible access & toilets & a meeting space.

For booking information, including costs and current availability, e-mail: sport@cambridge.gov.uk

Starting at Nightingale Pavilion this month – yoga for health. Visit here: <https://bookwhen.com/camsport> for more information.



Street Play Discovery Sessions

Do you remember playing out when you were a child? There's lots of reasons why children play out less often these days, but would you like to see it happening more?

At our Street Play Discovery Sessions you can come along and find out how you can create a safe and inviting play space event right on your doorstep! Get inspired, discover how you can make it happen and speak to people who can help with things like getting a temporary road closure if you need one. You might be a residents group, a street WhatsApp community, or just a couple of neighbours who'd like the opportunity to bring your street together in a playful way! Everyone is welcome and there's no booking needed – just drop in to find out more!

Tuesday 19th March at the Meadows Community Centre 3.30–6.30pm
Wednesday 20th March at the Clay Farm Centre 3.30–6.30pm

Lutfhas **Womens Health and Wellbeing sessions** continue in 2024, providing a welcoming space for women to come together, meet new people, enjoy delicious food and hear lots of useful information. The next sessions are all 12noon – 2pm on the following dates;

- Ross Street Community Centre – 12th March
- Brown's Field Community Centre – 14th March
- Akeman Community Centre – 28th March

Make Space for Girls

Cambridge City Council are commissioning Women in Sport to start a research project this spring to explore young girl's perceptions and experiences of using parks and open spaces in the city.



The research will have a mental health focus to help us get a better understanding about what access to nature means for teenage girls and their relationship with sport and physical activity.

The research will focus predominantly on three parks – Nuns Way Recreation Ground in Kings Hedges, King George V Recreation Ground in Trumpington and Jesus Green in the city centre – and will help to tackle some of the barriers girls face accessing nature for sport and physical activity. If you would like to find out more about this project do get in touch.

Cambridge Community Cupboard

Our events equipment hiring facility – the Community Cupboard – at Browns Field Community Centre is where city based groups and organisations can hire equipment, reducing the impact on the environment of buying 'new' things that may only be used for limited periods. Membership is free to local groups and organisations and charges are minimal. Find out more by visiting www.communitycupboard.cambridge.gov.uk or email communitycupboard@cambridge.gov.uk



Look out for events and activities in neighbourhoods over the coming months and into the Easter holidays on our Facebook page www.facebook.com/cambcommdev