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To: colnepc@hotmail.co.uk <colnepc@hotmail.co.uk>
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Think Communities Huntingdonshire

Hello to all our new subscribers and Cllrs, thank you for connecting with us. This is a snapshot of some of the work we've been doing, partners we're working with, and also passing along information that might be really useful to you in your area. Please do let us know if there's more you'd like us to include, especially if there's something going on in your area. We cover all of Huntingdonshire and our team are here to help connect people and systems together and we're constantly reaching out across the district.

When you hit reply it comes directly to us and only we will reply to you. With lots to fill you in on, let's get going!



Mental Health & Wellbeing Project

We had a great afternoon this week meeting young people living at Kings Ripton Court. Steph, our Youth and Communities Coordinator invited us along to support the launch of the Mental Health & Well Being project (lasting

12 months).

This project has been created through a new partnership between The Salvation Army, Early Help, Youth In Communities & Young Peoples Counselling Services. Fullscope have helped facilitate securing funding for this work through CCG Cambridgeshire and Peterborough.

Lots of resident ideas for activities they would like to see developed to support their health and well-being from a KRC choir, establishing a Friends of KRC, boxing projects, beat music projects, to arts & crafts and football. We're really excited to see where the project leads in the next 12 months.

Steph sends thanks to [The Happy Weald](#), [YPCS](#), [Cross Keys Homes](#), [HDC One Leisure](#), [HealthWatch](#), [The Young Tech Academy](#), [Boxing Futures](#), [CASUS](#), [Healthy You](#), [Think Communities](#) and Huntingdon Library for supporting the event and engaging the residents in your work.

If you would like to know about the project please get in touch:-

Stephanie.webb@cambridgeshire.gov.uk

@YouthInCommunities @ThinkCommunitiesHunts @Powerofpartnerships
@YouthWork

[Huntingdonshire Youth Work Forum](#)

Household Support Fund

The Household Support Fund (HSF) has been created to help people experiencing immediate financial hardship to pay for food and household energy bills.

The fund is now open to pensioners who are struggling financially, and:

- Were born on or before 30 September 1956
- Live in Cambridgeshire
- Are experiencing financial hardship
- No one under the age of 19 (born after the 30 September 2003), lives with them

How to apply: The quickest and easiest way is by phoning or emailing Age UK Cambridgeshire and Peterborough. Apply by phone on 01223 221929 or by email at hsf@ageukcap.org.uk

If you prefer, you can access support from the fund through one of our trusted partners whose details can be found here, along with more information about the Household Support Fund:

<https://www.cambridgeshire.gov.uk/residents/coronavirus/household-support-fund>

If you represent a local community group and would like to be considered to issue Household Support Fund direct awards, please email CommunityCV@cambridgeshire.gov.uk

healthwatch
Cambridgeshire

healthwatch
Peterborough

Championing Access

Your Health and Care Summit 2022



Thursday 7 July, 10am to 3pm

**KingsGate Centre
2 Staplee Way, Parnwell
Peterborough, PE1 4YT**

This year the spotlight is on equal access to health and care services. And on the big changes to how services are working.

Championing Access - Health Care Summit

Health Watch Cambridgeshire and Peterborough, Championing Access – Your Health and Care Summit 2022

Thursday 7 July, 10am to 3pm at the KingsGate Centre, 2 Staplee Way, Parnwell, Peterborough, PE1 4YT

This year the spotlight is on equal access to health and care. And on the big changes to how these services are working.

Find out how services are changing by working together as part of Cambridgeshire and Peterborough Integrated Care System (ICS). And what's being done to help make care more equal for everyone.

You'll get an opportunity to share your ideas and experiences and have your say on local services.

Book your place now

- [Click here to book your place via our online booking form](#)
- Call 0330 355 1285
- Text 0752 0635 176
- Email enquiries@healthwatchcambspboro.co.uk

Loan Shark Training

Please don't forget the loan shark team can travel to your organisation to deliver training too (still free), just get in touch to book it.

If online is still your preferred option please see dates below:

Free **online** 1 hour Training Seminars (live, trainer-led training sessions)

SELECT A DATE FOR YOUR SESSION (PLACES ARE LIMITED)

Could you spot a loan shark? *Introductory* training

TO BOOK A PLACE PLEASE FOLLOW THE LINK TO EVENTBRITE

10.00am Monday 20th June 2022

<https://www.eventbrite.co.uk/e/could-you-spot-a-loan-shark-introductory-training-tickets-342808167457>

1.30pm Tuesday 28th June 2022

<https://www.eventbrite.co.uk/e/could-you-spot-a-loan-shark-introductory-training-tickets-342806953827>

Follow on training about illegal money lending (you will need to have participated in 'Could you spot a loan shark ?' Introductory Training first)

TO BOOK A PLACE PLEASE FOLLOW THE LINK TO EVENTBRITE

10am Wednesday 22nd June 2022

<https://www.eventbrite.co.uk/e/follow-on-training-about-illegal-money-lending-tickets-344671821697>

10am Friday 1st July 2022

<https://www.eventbrite.co.uk/e/follow-on-training-about-illegal-money-lending-tickets-344672433527>

LINK TO TRAINING WILL BE SENT TO YOU THE DAY BEFORE

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CAMBRIDGESHIRE AND PETERBOROUGH
AGAINST SCAMS PARTNERSHIP

CAPASP

Yaxley Library Dementia Group

Ann was privileged to attend the first Dementia support group session in April at Yaxley Library and it was so successful the group will be running on the last Monday of every month at 11.30am.

A big thank you to the Yaxley Library team for inviting us along.

The group is for anyone with Dementia and/or their carers and offers a space for people to relax, have a cuppa and a biscuit and socialise. Information on support services are also readily available on site if required.

Would you like to do something similar in your Community Space?

Please get in contact with us and we'll be happy to discuss.



Funding Boost for the WAGS

It was great to attend the Wednesday Afternoon Group Stilton (WAGS) last month. They are always so welcoming, amazing company, and make fabulous cake (yum!), followed by the opportunity to work off the calories with the chair yoga. It was also wonderful to hear they have been successful in receiving £1000 funding from the Arnold Clark Community Fund – big congratulations!

If you are a Community group that have been affected by the Pandemic why don't you check it out too :

[The Arnold Clark Community Fund](#)

Hi Vis Event a great success

The Hi Vis Event at Huntingdon Library was back after 2 years postponement due to Covid and what a wonderful event to attend.

Professionals who support with visual impairment were there to showcase what they can offer to the community, including a chance to try out the assistive technology with the aim to get individuals with VI back to reading. It was a fantastic opportunity and so well received by the steady stream of people who attended. Well done to all!

The partners who attended were;

[RNIB](#) * [Optelec](#) * [CCC Sensory Services](#) * [Cambridgeshire Libraries](#) * Peeky Blinders Reading Group * [Hunts Society for the Blind](#) * [DeafBlind UK](#) * [Healthwatch](#) * [The Macular Society](#) * [Associated Optical](#) *

If you would like to put on a sensory event at your community space please contact us for information and we'll be happy to pass on the details.

Active For Health

[Healthy You](#) will be running group programmes named 'Active for Health' across the district starting in St Neots before expanding to other areas.

The Active for Health programme will be available in three formats:

- **Adults** (18 and over) can sign up for the 'Active for Health' programme with a BMI of 25 or over or 23.5 for adults from the BME community.
- **Young People** 11 years to 15 years, who are concerned about their weight
- **Families** (with children 7 years to 10 years) who are concerned about their weight

Anyone who takes part will be currently inactive (doing less than 30 minutes of activity per week) and not been a pre-paid member of One Leisure for at least 2 years at the point of application.

Located at either a leisure centre or in a public open space, the programme consists of 12-weeks of group activities including fitness classes, walking sports, team games, healthy eating, and wellbeing walks. Activities will be chosen by the group in consultation with the Coach.

Participants in the programmes will be offered a 12-week 'Active for Health' membership for One Leisure to run alongside the 12-week programme. Participants will have free use of the facilities to attend activities of their choice including badminton, indoor cycling, the gym, fitness classes and swimming, amongst other targeted activities delivered across One Leisure *subject to conditions.

At the end of the 12 weeks, depending on certain targets being met, participants will be offered a further 12 weeks free use of the centres.

Visit www.huntingdonshire.gov.uk/activeforhealth for more information and to sign up for their first ADULT courses.

One Leisure St Neots - Tuesdays 18:00-19:00 12-week course starting **28th June 2022**

St Neots Riverside Park - Thursdays 18:00-19:00 12-week course starting **30th June 2022**

[Leaflet](#)



Hunts Mobility Storage Heater

Ann was so pleased to visit Celia Barden from [Huntingdon Shopmobility](#) to deliver a new heater that has been very kindly donated by Huntingdon Homebase.

The Shopmobility Cabin based in the Princes Street car park will now be super toasty as it can use the heater when a bit of a boost is required (a must to tackle our rather changeable weather).

Thank you Homebase, Celia, the rest of the Shopmobility team, and the residents who use their wonderful service who are extremely grateful.

Library Presents

A reminder that a lot of The Library Presents events are getting booked up fast, some have already sold out!

Browse the fantastic offerings and also book your tickets [here!](#)



Ramsey 40 Foot Duck Race

Well done to all involved in organising the amazing duck race at the end of May. Great family fun watching the ducks on the river, and then the entertainment continued on the field with inflatables, stalls, wonderful food and

drink, miniature steam train rides, a look round the fire engine and much, much more ! Can't wait until next year when there's talk of a Raft Race. Well done to [Ramsey Forty Foot Flyers](#).

Mental Health Act

Opportunity for communities to shape the Government's 10 year plan to improve mental health

<https://www.gov.uk/government/news/call-for-evidence-for-new-10-year-plan-to-improve-mental-health>

The consultation would like to hear everyone's views to questions such as how can we all promote positive mental wellbeing? How can we all intervene earlier when people need support with their mental health? And how can we all support people living with mental health conditions to live well?

The consultation is open until 7th July and is accessed through the following link:

<https://consultations.dhsc.gov.uk/623ac367ea9bcd4c024d6df9>

An 'easy read' version can be found by following this link:

<https://www.gov.uk/government/consultations/mental-health-and-wellbeing-plan-call-for-evidence-easy-read>

Responses can also be emailed to: mhplan@dhsc.gov.uk or posted to:

Mental health and wellbeing discussion paper

Department of Health and Social Care

39 Victoria Street

London

SW1H 0EU

Thank you to all of our community partners who have taken the time to introduce themselves and tell us what matters to your community. If we haven't had the opportunity to spend time in your place, hit reply to this email or contact us on social media – we'd love to hear from you.

If this email has been forwarded on and you like the look of it, you can subscribe by clicking [here](#) (your details won't be shared anywhere else, not even within CCC).

Ann, Clair, Steph & Sophie
Think Communities Huntingdonshire



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