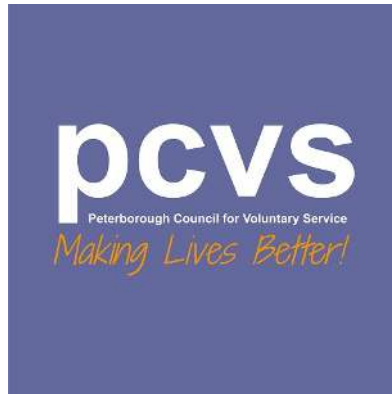


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PCVS Monthly Newsletter - September 2024



How Green is Peterborough

As well as being one of the most diverse and fastest growing cities in the UK, we should celebrate what a "Green" city we live in. I often get frustrated at hearing people doing Peterborough down. I have lived and worked in many different parts of the UK and can honestly say, there are far worse places to be.

This months newsletter provides just a few examples of some of the great green things

shape the city.

Enjoy!

Peterborough City Centre



James Farson, one of PCVS leads for the Poverty Truth Commission, reflected on the links between the project and how things have developed in Peterborough over the last 50 years "There's a conversation I've had to have with people on what feels like a continuous loop for the last year and a half. In it, they ask me what a Poverty Truth Commission hopes to achieve in such a short span of time and up against such huge societal issues, and I reply that it's as much about establishing a way of working as it is anything else, and that one of our mentors once said that we plant things we may not see grow in our lifetimes.

I've been thinking about this while doing some reading on Peterborough's history. People who moved into the new estates in the '70s were often moving into a house surrounded by mud as far as the eye could see. The Development Corporation recognised that with all the new building, new parkways, and new industry, there'd need to be a concerted effort to make it look nice. The corporation maintained a tree nursery in Castor, and during the '70s were planting up to 12,000 trees, bushes, and shrubs per year in Peterborough¹.

And just look at it now. Some of it was pragmatic, sure; the residential areas needed shielding from the parkways, but there was beauty too. They deliberately remodelled Long Causeway and Bridge Street to make it a green axis along the city centre. And then there's

I look at the greenery around Peterborough now, walking down that green axis through the centre on my way to work, and I'm reminded that it's possible to make long term policy decisions to improve people's lives.

And I think about the packets of seeds we handed out at our launch in November. Have you scattered yours? If you have, and can get a picture of what we hope is now a spray of gorgeous wildflowers, do send us a picture at james.farson@pcvs.co.uk or cheryl.mcguire@pcvs.co.uk"

1 A lot of this occurred to me while reading *The Peterborough Effect: Reshaping a City* by Terence Bendixson, 1988, published by the Peterborough Development Corporation. It's a great look at how Peterborough became a New Town. There's plenty of copies available in Peterborough's Library Service, if you're curious.

Photo taken by PCVS staff member

Peterborough Parks - Green Flag Status





Central Park, Itter Park and Manor Farm Park, Eye, have retained the prestigious Green Flag Award - marking them out as some of the best open spaces in the country.

Parks play a key role in the health and wellbeing of the nation not only in the physical and mental health of us all, but also in the environmental health of the planet. They provide play parks for kids and exercise facilities for all ages. Also, in these times of financial challenges they provide something that can be enjoyed at no cost.

The parks are also supported by very proactive "Friends of" groups. These volunteer groups help promote the use and care of the parks' facilities within their communities, seek funding and park improvements, and provide valuable feedback to the council and in turn, Aragon.

John Robinson, Secretary from the Friends of Itter Park said " Our Friends group are passionate about supporting and improving the park so that people can enjoy it now and ensure it continues to thrive for future generations. I would like to thank Viridor in Peterborough Fund for supporting us this year, enabling us install a new noticeboard, a park bench and refurbish our Sensory Garden and if anyone wants to get involved helping out with any of the parks just get in touch"

If you would like to learn more about the Viridor Fund click here [0055-communityfunddoc2-peterb-0501.pdf \(viridor.co.uk\)](#) and if you would like to get in touch with any of the parks to find out more about what they do and how to get involved here are the contact details:

Central Park - [Green Space | Central Park Peterborough | England](#)

Itter Park - [Home - The Friends of Itter Park](#)

Manor Farm Park, Eye - [Manor Farm Park – EyePeterborough](#)

Itter Park photo sourced from [How Are You Peterborough? | Itter Park \(haypeterborough.co.uk\)](#)

Central Park photo sourced from [CENTRAL PARK \(2024\) All You Need to Know BEFORE You Go \(with Photos\) \(tripadvisor.co.uk\)](#)

Manor Farm Park photo sourced from [How Are You Peterborough? | Manor Farm Park – Eye \(haypeterborough.co.uk\)](#)

Peterborough Green Wheel



Next year will see the Green Wheel celebrate its 25th anniversary. If you have not experienced it, give it a go whether on your bike or by foot, its a wonderful experience providing traffic free access to many of Peterborough's attractions and wildlife.

The Green Wheel network of cycle routes provides over 45 miles of continuous sustainable routes around the city. It was one of the first large scale projects [Peterborough Environment City Trust \(PECT\)](#) delivered for Peterborough and first opened in 2000.

The Green Wheel threads through picturesque scenery, including woodland, lakes and rivers, nature reserves and pretty villages, where riders will find plenty of country pubs serving excellent value food and other refreshments. Information boards provide notes on the history and natural habitat of each area.

Not only does the Green Wheel contribute to a sustainable transport system, it also celebrates over 3,000 years of social, cultural and economic history through colourful interpretation boards and a series of sculptures. This £11 million project was 50% funded by the National Lottery through the Millennium Commission, matched by contributions from public and private businesses and voluntary organisation.

To view the Green Wheel cycle map - [Peterborough Green Wheel Cycle Route - Google My Maps](#)

Growing a healthier future.



Peterborough-based sustainability charity PECT has been lending growing towers to local schools since 2021. The popular scheme is part of [Food Smart](#), the charity's programme to encourage healthy eating in schools.

PECT believes growing food is a great way to show students the benefits of local and organic produce for their health and well-being, as well as where our food comes from. But not every school has the space or time to set up and maintain a veg plot, however, this is where innovative growing towers come in. They are small enough to fit in the corner of a classroom and can be used to grow plants indoors all year round.

What's more, there's no need for messy soil. Instead, plants are suspended in net cups and are fed by a nutrient-rich water solution. Four LED grow lamps on a timer, provide artificial sunlight. Similar systems are already used to grow salad crops commercially, and in classrooms across Peterborough, growing towers are sparking important conversations about nutrition, plant biology, and the future of food production.

How to borrow a growing tower

Any school in or around Peterborough can apply to borrow a growing tower for free. Seeds and plant feed are also supplied, along with instructions, lesson plans, and teaching resources. PECT still has two growing towers available to borrow for the summer term 2025 and is now taking bookings for the 2025–26 academic year, with more towers on the way. Email education@pect.org.uk to find out more or request a growing tower.

Frailty

Healthy Green Orton sees local charity, PECT working in partnership with Nene Valley Hodgson Medical Practice & Peterborough City Council (PCC) to introduce a Green Social Prescriber into the local community.

Social prescribing is a healthcare approach that connects patients with non-medical activities to improve their overall wellbeing. Instead of solely relying on traditional treatments, social prescribing encourages participation in community-based activities such as gardening, yoga, art therapy, or volunteering. By engaging in these activities, participants can reduce isolation, boost confidence, improve wellness and, create meaningful connections within their communities.

Funded by the Healthier Futures Fund, and PCC, the new initiative builds on this approach by focusing specifically on nature and environmentally based activities. As part of the project, a new green social prescriber will join the existing team at Nene Valley Hodgson, to provide tailored support for individuals with frailty and chronic health conditions. This method aims to enhance both physical and mental health by integrating patients into their communities and promoting a more active, engaged lifestyle.

As part of the project, we are looking for local green activities and groups like wellbeing walks, community gardens, outdoor yoga, litter picking, or tree planting, to add to a database of upcoming events. If you are involved in anything you think could be relevant, please get in touch at info@pect.org.uk.

For further information, please contact:

Alexandra Szczurek, Marketing and Communications Manager, PECT

marketing@pect.org.uk

Peterborough Quaker Meeting House - The Quiet Garden.



This has to be one of Peterborough's best kept secrets! Tucked away at the end of the Crescent bridge on the west side of the railway station. Peterborough Quaker Quiet Garden is situated behind the Meeting House. The sounds of the city are all around, yet muted, and the strident city architecture hidden or softened so that the phrase "an oasis of beauty and calm" is frequently heard from visitors. You are welcome to enter and enjoy the garden during daylight hours but please respect those using the Meeting House.

Photo taken by PCVS staff member

Nene Park



Perhaps the jewel in the crown! Nene Park Trust is the registered charity which looks after Nene Park in its entirety. Established in 1988 to ensure that the Park would be managed and protected forever, the Trust looks after all maintenance, coordination of the Park's activity programme and administration of commercial properties in the Park.

Click here [The Trust | Nene Park Trust](#) to find out about the great work that the charity does including some of its recent projects that continue to support the delivery of the Trusts

wider community".

Photo sourced from [Explore Nene Park in the River Nene Valley | VisitEngland](#)

Events, Funding & Training Newsletters

Keep up to date the latest news on training and funding via our newsletters. These include ongoing free online training opportunities and details of our 3rd Thursday of the month sessions at Allia Future Business Centre that are proving to be popular!

These padlets are permanently live and maintained by our team. Check back regularly for new resources!

[Events Newsletter](#)

[Funding Newsletter](#)

[Training Newsletter](#)

Upcoming training events hosted by PCVS in September:

3rd Thursday Networking Event - 19 September 10am - 12pm - Find out about Evelyn Trust funding opportunities from Rebecca Wood - click here to book a place - [Go-Vip \(PCVS\) | Go-Vip](#)

Sector News.

Post election engagement

On Thurs 25th July, 20 voluntary and community sector leaders gathered to listen to and discuss what the new era or life under a labour government might mean for us. The event was organised by Anglian Ruskin University (ARU) with presentations by Andy Brady and Nicky Stevenson from the University. Also presenting was social entrepreneur Craig Dearden-Phillips.

Although at the time it was only a couple of weeks since the election and there were still a lot of unknowns, there was analysis of Labour's manifesto and the initial appointments and actions of the new government, and what that might mean to us working in the sector.

Since that meeting we have had the new Charities Minister confirmed as Stephanie Peacock (see below).

Photo sourced from [Stephanie Peacock MP – Co-operative Party](#)



2025 European Club Goalball Champions League Qualification Stage to be held in the UK following successful local hosting bid

The Cambridgeshire-based Fen Tigers goalball club is delighted to have bid successfully to host the first qualifying round of the EGCA^{*1} 2025 European Club Goalball Champions League (goalball's equivalent of football's UEFA Champions League). From 21st until the 23rd February the tournament is coming to the UK and matches will take place at the Oundle School Sports Centre near Peterborough. It is the first time the Champions League has been held in the UK and the event is being supported by Goalball UK, the sports' National Governing Body.

Goalball, a game for people with visual impairments, was invented in 1946 by Austrian Hanz Lorenzen and German Sepp Reindle to help with the rehabilitation of blinded war veterans. Since then, it has evolved and made its men's Paralympic debut in Toronto in 1976, with the women's event launching at the games in New York in 1984. There are now over 30 goalball Clubs in the UK, covering all regions. March-based Fen Tigers was established in 2016 and became the first British club to participate in the Champions League in the 2022 season. The highly successful and very active club is making history once again by hosting the first-ever EGCA Champions League tournament in the UK.

To find out more click here: [Fen Tigers to host 2025 European Club Goalball Champions League Qualification Stage! - Goalball UK](#)

Cadent Centres for Warmth.

PCVS is delighted to announce that we have been successful in gaining funding to set up a Centre for Warmth project in Peterborough. The idea is based on a hub and spoke model, where partner organisations (only 5-6 community hubs) receive additional training, support and resources to support individuals and families with energy efficiency and safety. The start of this project is timely as we go into the winter months.

additional rather than duplication. The funding will give us the chance to innovate and try new approaches to things as diverse as volunteering, and the priority service register. We are grateful to Cadent and NAVCA for this funding and look forward to working with partners." says Gill Benedikz from PCVS.

Government support extended to help struggling households with bills and essential costs over winter

Millions of vulnerable people to receive help this winter as the Work and Pensions Secretary extends the Household Support Fund.

- £421 million boost for local authorities in England to help people most in need with the cost of their energy, food and water, with £79 million for devolved administrations
- Immediate support comes alongside the government's growth mission to rebuild Britain and make every part of the country better off

Vulnerable households will receive support for the cost of essentials this winter, as the Work and Pensions Secretary Liz Kendall announces an extension to the Household Support Fund for the next six months.

For more information click here: [Government support extended to help struggling households with bills and essential costs over winter - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/government-support-extended-to-help-struggling-households-with-bills-and-essential-costs-over-winter)

ARU Peterborough and Citizen's Advice Peterborough (CAP) invite you to join us for a 10km walk to "Raise the Bar for Peterborough"!

27th September 2024 arrive from 3pm, walk to start by 3.30pm prompt.

The aim of the walk is to raise awareness of the limited availability and importance of legal aid support and free advice sources, as well as opportunity to network with others working and volunteering in the local community, plus university students and staff.

The route is on Strava: <https://www.strava.com/routes/3240419580054956954>

We will have lead walkers and marshals supporting you on the day.

Funds raised will be donated to CAP – you can share the donation page here: <https://www.justgiving.com/page/arupcap10km>

Citizen's Advice Peterborough aim to offer free impartial, confidential advice on a variety of issues – including benefits, debts, housing, employment and family. CAP also aims to research and raise awareness of issues that affect the local community as a whole.

To register your team please complete this form: <https://forms.office.com/e/yAhZFbw9pi> - Please include an email address so that we may send you updates regarding meeting location closer to the time.

For any further information, please contact Kathryn Jones: kathryn.jones@aru.ac.uk
Or Eloise Carrick: eloisec@peterboroughcab.org.uk

Share you experience and shape of end of life care

On behalf of those responsible for shaping palliative and end of life care, NHS East of England and Marie Curie are conducting a study to understand the experiences of people in the East of England.

Healthwatch Cambridgeshire and Peterborough are pleased to support this study and would be grateful if you could share the survey with your networks or directly with any individuals who might be interested in sharing their experiences.

Whatever your experience of terminal illness, we encourage you to take part. Your input could help ensure a better end of life for all.

[Complete the survey now](#)

To find out more about the survey, please visit [the Marie Curie](#) website or read the [Survey Participant Information Sheet](#).

Voluntary Sector Network

For those who could not make the face to face briefing on ICBs "New Models of Care" with Nicky Ward and Andrea. This will be a repeat of first session. We have arranged this session to be on Teams on September 17th from 3-4pm.

If you would like to attend please email Debbie@huntsforum.org.uk

HealthWatch Summit - Wednesday 2 Oct called Tackling Health Inequalities? It's at the KingsGate Centre from 0930-1515

We are thrilled to announce that bookings are now open for our annual Healthwatch Cambridgeshire and Peterborough Summit! This year's free and friendly event will take place on Wednesday, 2 October 2024, at the Kingsgate Conference Centre in Peterborough, and we hope you can join us.

The theme for our 2024 summit is 'Tackling Health Inequalities Together.' We will welcome senior decision-makers and hear from expert speakers with extensive experience in addressing health inequalities. Additionally, there will be opportunities for you to share your views in focused workshop sessions and during our Q&A panel.

For more information and to sign up, please use the links below. We encourage you to share this invitation widely within your networks. We strongly welcome both professionals and members of the public and hope to see you there.

Peterborough site:

[Our Annual Health and Care Summit set to focus on Health Inequalities | Healthwatch Peterborough](#)

[Home | Healthwatch Peterborough](#)

Cambridgeshire site:

[Our Annual Health and Care Summit set to focus on Health Inequalities | Healthwatch Cambridgeshire](#)

[Sign up to join our Annual Summit 2024 | Healthwatch Cambridgeshire](#)



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