

THE CARE NETWORKER

PEOPLE AT THE HEART OF EVERYTHING

**A monthly newsletter
brought to you by Care Network Cambridgeshire**

- Monthly advice & support
- Written articles and stories from the community
- Photos of the week
- Uplifting moments & Activity Section



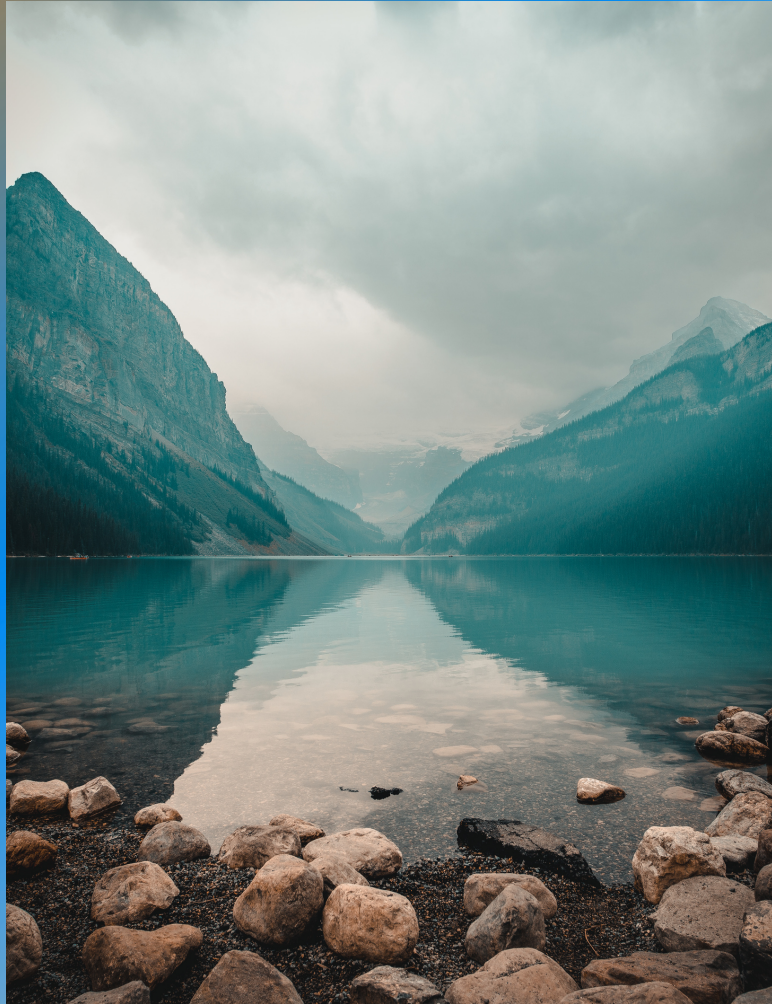
Courtesy of Mark Nichols

Get Involved!

We want to hear all about what you've been getting up to with your time. Whether it's starting a new skill or a story to tell, we want to hear from you!

Send in any pictures, articles and stories to get featured on the monthly newsletter to Adam.f@care-network.org.uk

Thought for Today



The most beautiful things in life are not things. They're people and places and memories and pictures. They're feelings and moments and smiles and laughter.

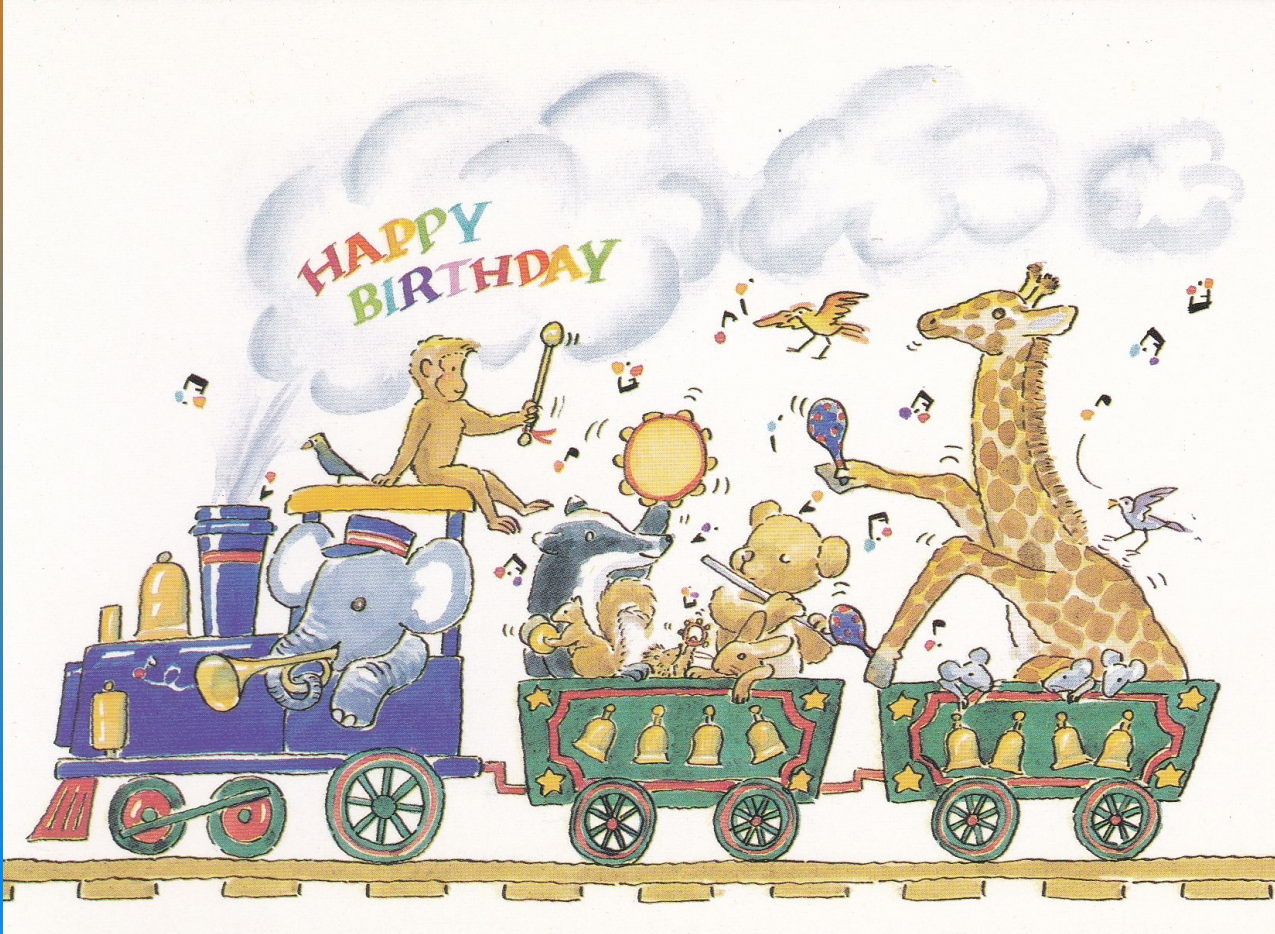
Volunteer spotlight

This month we catch up with Kay from Peterborough

I worked as an illustrator in Japan and UK. One of the works I did in Japan was to illustrate for a monthly Bonsai magazine. In UK, I designed greeting cards, gift wraps, and illustrated educational books, health magazines and food and wine. The other day, I was amazed to receive a message on a social network from US. She bought a framed picture of mine in an antique shop. From the name on the picture, she tracked me down. It was the design I created for a gift wrap more than 20 years ago. Nowadays, I illustrate for local communities. I designed Care Network Christmas card in 2019.

Apart from painting and volunteering, I spend lots of time walking with various groups. While there are lots of pretty villages to walk through in this flatland, I miss mountains. And so, I always spend my holidays walking on hills and mountains. Although my foreign trekking has been postponed for 2 years, I managed to go to Wales, Yorkshire Dale and the Lake District this year. Walking keep people fit physically but also it's very good for mental health. I am hoping to share my passion for walking with Care Network Trusted Friends.

Some of Kay's illustrations





BETTER BRETTON

LOCAL PEOPLE'S PROJECT

WHAT'S HAPPENING

Do you have an interest in gardening?

Do you want Bretton to look good? Would you like to join us for a weekly get together, a chance for you to explore different community garden ideas? We'll visit other community projects and discuss options. Help us decide what could work in Bretton. We welcome local residents of all ages and abilities to attend.

Free to Bretton residents and their carers (£30 for others). Starts on Wednesday 15th February at 10am to midday (proposed to run each Wednesday for 6 weeks)

Conversations, community and collective wisdom

Are there things that could be done better? Are there services you want to find out about? On the first Thursday of every month we will be trialling a café style event, with guest speakers. Time from 10am to midday.

- Thursday 9th February Peterborough Wellbeing Service
- Thursday 9th March Age UK
- Thursday 13th April Peterborough Pensioners Association (TBC)








Venue and contact details for all events


All events will take place at the Pyramid Community Centre. To register your place or find out more, contact Kathy on 07834 752858 or Kathy.shaw@royalvoluntaryservice.org.uk



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www.brettoncouncil.org.uk
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Collins  Pathways

THE TOP STEP



Written by Mike Torbe
Illustrated by Kaoru Miyake

Positivity

*The meaning of life is to find
your gift. The purpose of life is
to give it away*

Pablo Picasso



Peterborough Friendship Club

This month we catch up with Kerry the founder of
PFC

The Friendship Club Peterborough was born on 27th December 2019 to reach out online to those who were feeling isolated and lonely after Christmas and leading up to the New Year. That time of year can be so isolating for many people, and a cause for financial pressures and grieving those who have passed. Many families are now so fragmented and distance hinders regular visits, people often assume everyone is with loved ones when often they are alone and forgotten

The immediate response to the Club hitting the Facebook page was phenomenal, it received over 80,000 organic views in the first week, people were so relieved it was a 'people first' club, as many groups have restrictions by age, or linked in with being labelled with an illness, people wanted to reach out because they were feeling lonely not because they are less abled. It was a new vibe and people liked it.

No one could have foreseen Covid hitting our shores in early 2020, this is when the Club really started to kick in with signposting people to various local organisations, being a vital link to 'listen' and converse, people were very quickly spiralling out of control and fragile mental health became a great concern.

It was at this time the Friendship Book Club was launched to connect those who had a passion for reading or wanted to return to reading. Everyone suddenly had too much free time and needed something to focus on, reading became so important to people and sharing reviews online to start discussions, at the peak of covid we were reading two books a month which really helped people, new friendships were formed. We have over 100 people in the Bookclub.

Peterborough Friendship Club

A local penpal scheme was also started, over 100 people were matched up and new friendships were formed, this has since been extended to a Ugandan charity where children now share their cultures and create 'smiles across the miles'

We have started to meet up since the restrictions lifted and had a fabulous event on August Bank Holiday 2021, a craftathon to encourage creativity and positive mental health, sponsored by CPSL Mind, we had over 50 people attend and we had talks on the day covering suicide, addiction, bereavement, we had volunteers from the Samaritans, Peterborough Lions, the National Literacy Trust gave out free books, the Cancer Wellbeing Clinic attended, we had a knit and natter corner, crafts of decoupage, friendship card making and silver clay jewellery making. Also ukulele music and singing. It was fabulous! Held at The Focus Centre, Dogsthorpe.

We are on the cusp of starting a beginners ukulele group to be held at the Copeland Centre, South Bretton, sponsored by Care Network Cambs, we cant thank Adam and the team enough.

We look forward to hosting more events in 2022, and engaging with lots more people to reduce isolation and loneliness.



friends

Thanks Kerry for everything you do in the community

Change perspective



I didn't change. I just
see things *differently*
now

Grants available Peterbough and Cambridgeshire

**Do you want to improve
wellbeing in your
community ?**



**If you are an existing or new
community group, improving
wellbeing in your community
and wish to apply for a grant
up to £300 contact:
adam.f@care-network.org.uk**





Open



CONTACT US

03300 945750

or email wellbeing@care-network.org.uk

- Community Navigator Wellbeing Service
- Project Catalyst Back on Track
- Project Catalyst Check and Chat
- Project Catalyst Trusted Friends

Get in contact to learn more



Care Network is recruiting volunteers to help support adults in Peterborough with practical support and help to build confidence.

If you'd like to help and want to know more, please contact us on

01954 211 919

or email

admin@care-network.org.uk

To learn more about our charity please visit

care-network.org.uk



Cambridgeshire and
Peterborough
Clinical Commissioning Group