NEWSLETTER

Here's a round-up of some of the activities and support services that were added to the How Are You Hunts website recently

Packers Paddle Sports Club
Start your paddling journey with Packers Paddle Sports Club. With over 30 years of experience, they are a friendly, volunteer-run club based in Peterborough, dedicated to introducing people of all ages and abilities to the joys of paddle sports.
https://hayhunts.co.uk/activities/packers-paddle-sports-club/

Autism Central
Autism Central is the National Peer Education Programme for families and support networks of autistic people of all ages in England. The programme offers families education, coaching, and connection through resources, one-to-one peer support, and community events.
https://hayhunts.co.uk/support/autism-central/

Hope Support Services
Hope Support Services offer free, online, confidential 1:1 support for children and young people aged 5-25 who have a seriously ill loved one or who were recently bereaved due to a serious illness. They also offer peer-support groups.
https://hayhunts.co.uk/support/hope-support-services/

Cambridgeshire Libraries - Blood Pressure Monitor Loan Scheme
Cambridgeshire Libraries are offering blood pressure monitors to borrow from all of their libraries and mobile libraries.
https://hayhunts.co.uk/support/cambridgeshire-libraries-blood-pressure-monitor-loan-scheme/

Steady On Your Feet Cambridgeshire & Peterborough
Steady On Your Feet Cambridgeshire & Peterborough is an online falls assessment and falls prevention tool, with useful information and exercise videos to reduce the risk of falls at home, supporting your independence and mobility.
https://hayhunts.co.uk/support/steady-on-your-feet-cambridgeshire-peterborough/

Cambridgeshire Workplace Chaplaincy

Cambridgeshire Workplace Chaplaincy has multi-faith chaplains or trained counsellors who offer emotional support regardless of whether you have any spiritual or religious beliefs, available via an email or telephone listening service.
https://hayhunts.co.uk/support/cambridgeshire-workplace-chaplaincy/

Suicide bereavement support groups - NHS CPFT Heart and Soul
Heart & Soul run two bereavement support groups: one for bereaved people with mental health challenges, and another one specifically for people bereaved by suicide. Both offer spaces to talk in a warm, caring environment with experienced bereavement volunteers.
https://hayhunts.co.uk/support/bereavement-support-groups-heart-soul/

Community Butterfly Volunteer - CPFT / NHS
It is a real privilege to be a part of an individual's end-of-life journey. Butterfly volunteers offer support, compassion and companionship to patients and families at a critical time, assisting with accessing services and bringing comfort to those in the last year of life.
https://hayhunts.co.uk/activities/butterfly-volunteer/

Mobile Libraries
Mobile libraries help more people to use Cambridgeshire Libraries' services, visiting many communities in Hunts once a month.
https://hayhunts.co.uk/activities/mobile-libraries/

Neurodivergent Neots
Neurodivergent Neots is a peer-led support group for neurodivergent adults (18+) in the St Neots area.
https://hayhunts.co.uk/activities/neurodivergent-neots/

Happy Fins Swimming Lessons
Happy Fins offer swimming lessons in Sawtry for babies from 3 months to 3 years in adult and child sessions, and for children aged 3+ in small 2:1 or 1:1 lessons, supporting confidence, safety, and a love for water.
https://hayhunts.co.uk/activities/happy-fins-swimming-lessons/

News & Events

Norris Museum – St Ives

ARTS AWARD DISCOVER

ACROSS TWO SESSIONS!
at The Norris Museum



Sessions for young people with SEND

Aimed at young people from 7-16 years old (though open to anyone aged 25 and under).



My Discover Arts Award Booklet

To get your Discover Arts Award, you need to complete the three sections in this booklet:-

- Part A - Discover
- Part B - Find out
- Part C - Share



Participants must attend BOTH sessions to achieve their Arts Award Discover certificate, so please make sure you are available for both dates when booking.

Wednesday 5th August, 1–3pm & Thursday 6th August, 10am–12pm
OR
Wednesday 19th August, 1–3pm & Thursday 20th August, 10am–12pm

Cost:- £15 per participant (children must be accompanied by an adult)

All materials are provided, including a Logbook and Certificate.

THE NORRIS MUSEUM
Wherever Your Curiosity Takes You

arts award

norrismuseum.org.uk
01480 497314
41 The Broadway, St Ives PE27 5BX

ARTS AWARD

DISCOVER IN A DAY!
at The Norris Museum



Aimed at young people from 7-12 years old

My Discover Arts Award Booklet

To get your Discover Arts Award, you need to complete the three sections in this booklet:-

- Part A - Discover
- Part B - Find out
- Part C - Share





When :- Wednesday 26th August
Time:- 10am - 2.30pm (there will be a break for lunch]
Cost:- £15 per (must be accompanied by an adult)

All materials are provided, including a Logbook and Certificate.
Please bring your own lunch.

THE NORRIS MUSEUM
Wherever Your Curiosity Takes You

arts award

norrismuseum.org.uk
01480 497314
41 The Broadway, St Ives PE27 5BX

Friends Grieve Together



Autistic St Ives



All Saints Church, Buckworth

BLUES IN THE PEWS" FEATURING SPLIT WHISKERS - LIVE AT ALL SAINTS CHURCH, BUCKWORTH, PE28 5AL
FRIDAY 21st AUGUST - Doors open at 7pm.
Join us for a very special evening as All Saints Church welcomes one of the UK's most exciting live blues bands.

Split Whiskers deliver a powerhouse performance packed with outstanding musicianship, infectious humour and unforgettable entertainment. Come and join us for an evening of exceptional Blues, Rock and Americana live music, great company and a warm community atmosphere.
All profits will be going towards our fundraising initiatives for the church.
Licensed bar
Please don't delay buying your tickets as we need to sell enough tickets to get the band here otherwise we will have to cancel which we don't want to do so get your tickets now. Tickets are on sale NOW!. https://www.ticketsource.com/the-1086-guild/t-oemqeov



How I can help you:
If there's something you are searching for that you can't find on the website, please get in touch – I have lots of information about groups, activities and services that isn't on the website that may be just what you are looking for.

How you can help me:
Tell your networks and the people you support about How Are You Cambridgeshire & Peterborough – we even have a video demonstrating how to use the websites: https://www.youtube.com/watch?v=8gntObBE0cM
Please like/follow the **How Are You Hunts Facebook** page for local wellbeing news and time-limited activities and events – if you give the page a like/follow it makes it easier for me to share your posts too: https://www.facebook.com/HowAreYouHunts
Please also give a follow for How Are You Cambridgeshire & Peterborough:
Instagram: https://www.instagram.com/howareyoucambspboro/
LinkedIn: https://www.linkedin.com/company/how-are-you-cambridgeshire-peterborough
Facebook: https://www.facebook.com/HowAreYouCambsPboro

Not on How Are You Hunts yet?
If you would like your group, service or ongoing activity to be on the How Are You Hunts website, then you can submit your details on these Forms links;
https://forms.office.com/e/RJNDt9BbYh
Is your page on How Are You Hunts up to date?
To have a chat with me (Sally) about updating the information on your page on How Are You Hunts, please book a website catch-up here: Book time with Sally Howell
#HelpingYouLookAfterYou

If you want to know more about anything, do drop me an email on
sally.howell@cpft.nhs.uk