



Community Newsletter Autumn 2022

CREATIVITY FOR WELLBEING (Viva Theatre, Soham, CB7 6EE) Do you enjoy art and being creative!? Then join our Creativity for Wellbeing Course. We will bust the myth that art must be 'good' to be important. Whether you are a future Van Gogh or Picasso, a Shakespeare, or a Mozart, or if you can barely draw a stick figure, you will find something in this course to spark your creativity. We will look at what stress is and how we cope with it by using our creativity.

RUNS WEEKLY

Start date: 01/11/2022

End date: 06/12/2022

Venue: Viva Theatre, Soham

Time: 10:30am (2hr Session)

Regularity: Weekly

Course fee: FREE

To enrol on the course please quote the course reference C2229151 either online at wea.org.uk or by ringing 0300 303 34 64. If you have any questions, please email cambs@wea.org.uk *Subject to eligibility

Keep up to date with our courses:

<https://www.wea.org.uk/cambs>

NHS Dental Appointments for Children

Simply Smile Hopvine House in Soham, are trying to support the local community and would like to offer children at the school the opportunity to register at our practice for NHS dental treatment.

Any child who does not currently have a dentist and would like to be seen; parents

should phone our practice between 10 am and 12 pm on 01353 720577.

It should be noted that there is limited availability and this opportunity is strictly on a first come first served basis.

Kindest Regards
Simply Smile Hopvine House
21 Clay Street
Soham



Did you know that the East of England is the only region in the country without a dedicated children's hospital? Work is now underway to rectify this health inequality with the development of [Cambridge Children's Hospital](#). Once open, it will care for children and young people from across Cambridgeshire and Peterborough, Hertfordshire, Essex, Norfolk, Suffolk, Bedfordshire and Luton, as well as further afield. It will be unique in bringing the treatment of mental health and physical health together under one roof, alongside world-leading research into childhood disease, diagnosis and treatment.

If you would like to support this project, please add your name to the pledge form, which you can find [here](#). This is open to all people, of all ages, from all over the region. Please do share far and wide. If you are from the same family, please sign individually.

Thank you for your support.
Sarah Asbury
Co-production Champion
Cambridge Children's Hospital

Touchpoint warm hub

Welcome to Soham community Touchpoint an accredited warm hub. We are in Soham Pavilion every Tuesday from 12 noon to 3pm providing a free warm environment to enjoy complimentary tea, coffee or a warming cuppa soup.



Hot chocolate



Snacks

Free to everyone in the community

The first Tuesday each month is a Touchpoint special free event open to everyone in the community. The event includes a guest speaker and a raffle.

New weekly exercises 10 Today keep fit for the over 60's

1st November 2022
Guest speaker and also special presentation of War poems 

6th December 2022
Surprise guest and presentation—
Christmas around the world

P3 - People Potential Possibilities
W: www.p3charity.org



On the first Tuesday of each month a representative from P3 will be present to give advice on a range of subjects. Information will also be available from Age UK

Touchpoint is hosted by Soham Branch RBL 