

Recent Updates from Southampton Organisations September 2023.

Saints Foundation – Active Through Football Position:

Hi all,

Please see the [ATF Project Officer Job Advert](#)

We are also just awaiting the editing of a job advert video which we shall release ASAP as a way to capture the interest further. I shall share once completed.

Best wishes,

David Warnes (He/Him)

Active Through Football Coordinator

SFC Health & Wellbeing Coordinator

Saints Foundation

ARC Wessex Seminars:

As part of the ongoing Social Care projects established throughout Wessex, the Social Care lunch-time seminar series take place each month covering a wide range of topics. Whether you currently work in the field of social care, intend to, or just have an interest, these informative sessions are an excellent way to increase knowledge of the sector. Please do join for the below dates and times for a different topic each month on research and capacity building within Social Care:

Sep 21, 2023 12:00 **Photovoice in research by Dr Rejoice Chipuriro**

Oct 19, 2023 12:00 **Beyond the interview: considering creative methods in social care research by Dr.**

Annabel Tremlett

Nov 16, 2023 12:00 **Reflections on developing collaborative research projects' by Dr David Raper**

~~Dec 21, 2023 12:00:~~ **Cancelled due to winter break**

Jan 18, 2024 12:00 **Local authority adult social care recruitment and retention research project presentation (title tbc) by Dr Andy Pulman**

Feb 15, 2024 12:00 **Evidence for the role of social care in reducing ambulance conveyance for older people with and without dementia in the South Central region by Carole Fogg and Patryk Jadzinski**

Mar 21, 2024 12:00 **Participatory action research by Professor Lee-Ann Fenge**

Apr 18, 2024 12:00 To be confirmed

Join Zoom Meeting

<https://us06web.zoom.us/j/84574755038?pwd=dHZ4RHNSMmpIQiNlNW41cnptUzZ3Zz09>

Meeting ID: 845 7475 5038

Passcode: 058408

Recordings of the previous below sessions can be found here: <https://www.arc-wx.nihr.ac.uk/social-care>

May 18, 2023 12:15 **Introduction to social care research by Professor Lee-Ann Fenge**

Jun 15, 2023 12:00 **Building research capacity in social care by Dr Andy Pulman**

Jul 20, 2023 12:00 **Reducing loneliness in older adults: a mixed methods service evaluation by Amy Drahota**

Aug 17, 2023 12:00: **Cancelled due to summer break.**

Many thanks,

ARC Wessex

[NIHR ARC Wessex](#) Southampton Science Park, Innovation Centre, 2 Venture Road, Chilworth, Southampton
SO16 7NP

ARC Wessex email: arcwessex@soton.ac.uk

Measure Up – Soft Furnishing

Sewing Skills

This course will introduce you to Soft Furnishing basics.

You will learn how to take window measurements and create a sample fitted item - such as a curtain or blind. Students will develop confidence in taking measurements, calculating the amount of fabric required and costing the materials, as well as developing the sewing skills required to construct an item.

Sewing machines and fabric will be provided.

When: 10th October – 14th November 2023

Where:
Clovelly Centre
60-68 Clovelly Road
Southampton
SO14 0AU

How long: 5 sessions – 3 of 2 hours and 2 of 2.5 hrs.

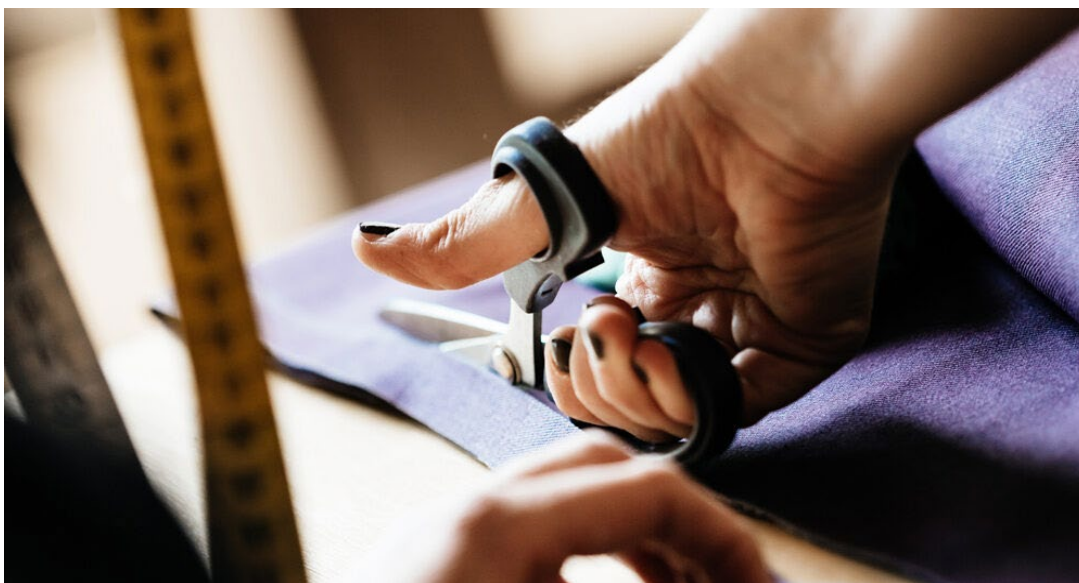
Time: Tuesday 12.30pm - 2.30/3.00pm

Cost: FREE for Southampton residents

Reference: Q00010085

Book today:
enrolonline.wea.org.uk
0300 303 3464

Or contact the Southampton office on 02380 630483 for an informal chat or help to enrol.



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 Education & Skills
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SOUTHAMPTON

The WEA is a charity registered in England and
Wales

 SOUTHAMPTON
CITY COUNCIL



Adult Learning Within Reach

Book today:
enrolonline.wea.org.uk
0300 303 3464



Measure Up – Sewing Skills

This course will introduce you to the basics of sewing and crafting with textiles such as measuring and cutting out. We will be using a range of fabrics and techniques to make a simple item for the home, and you will gain know how on low- cost approaches to crafting with textiles. Basic materials will be provided. This course

leads to the Beginners Dressmaking course (Q00010978)

When: 18th September – 2nd October 2023

Where: Clovelly Centre, 60-68 Clovelly Road, Southampton, SO14 0AU

How long: 3 sessions of 2 hours.

Time: Monday 12.00pm - 2.00pm

Cost: FREE for Southampton residents

Reference: Q00010978

[Craft: Introduction to Sewing: Measure Up. | WEA](#)

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Beginners Dressmaking

This course will introduce you to the basics of dressmaking. You will learn how to follow instructions and cut out a pattern and to make a simple, low-cost garment using a sewing machine.

Basic materials will be provided. The tutor will discuss fabric choices with you – if you wish to use a fabric of your choice.

When: 9th October - 27th November 2023

Where: Clovelly Centre, 60-68 Clovelly Road, Southampton, SO14 0AU

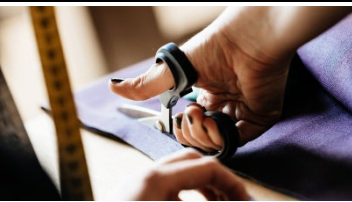
How long: 7 sessions of 3 hours.

Time: Monday 12.00pm - 3.00pm

Cost: FREE for Southampton residents

Reference: Q00010978

[Beginners Dressmaking | WEA](#)



Measure Up – Soft Furnishing

This course will introduce you to Soft Furnishing basics. You will learn how to take window measurements and create a sample fitted item - such as a curtain or blind. Students will develop confidence in taking measurements, calculating the amount of fabric required and costing the materials, as well

as developing the sewing skills required to construct an item. Sewing machines and fabric will be provided.

When: 10th October – 14th November 2023

Where: Clovelly Centre, 60-68 Clovelly Road, Southampton, SO14 0AU

How long: 5 sessions – 3 of 2 hours and 2 of 2.5 hrs.

Time: Tuesday 12.30pm - 2.30/3.00pm

Cost: FREE for Southampton residents

Reference: Q00010085

[learn how measure up, and construct a simple item | WEA](#)

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WEA ESOL Courses:

Email contains information, posters etc.



FW_ Southampton
ESOL Courses.msg



Media release for Communicare – 150-word Sophie book launch Soton

Sunday Times bestselling author launches new book in Soton

SUNDAY Times bestselling author Sophie Irwin is launching her new novel in Southampton at two free book signing events in aid of the charity Communicare next Tuesday (September 5, 2023).

The novelist whose debut book ‘A Lady’s Guide to Fortune Hunting’ reached number three in The Sunday Times Bestsellers list will be joined by Southampton-based crime writer Sam Holland.

Sophie says: “I’m delighted to be hosting these book signings on September 5 at Woolston Library 2.30-3.30pm and at Central Library, 7.30-8.30pm.

“The release of my new book ‘A Lady’s Guide to Scandal’ is the same day as ‘A Lady’s Guide to Fortune Hunting’ paperback edition is published. I’ll have both books at these events, which’ll be a bit special and a bit of a first!”

Sophie’s book signing events are free to attend but booking is essential via www.communicareinsouthampton.org.uk or 023 8083 3007 and asking for Central or Woolston library.

ENDS

For further media details, please call Manager at Communicare, Annie Clewlow on 07857 650707, or email manager@communicareinsouthampton.org.uk.

Photograph caption one: Sunday Times bestselling author Sophie Irwin, who is launching her new novel at two book signing events in aid of the charity Communicare in the Southampton next Tuesday (September 5, 2023).

Photograph caption two: Fellow author Southampton-based Sam Holland, who will be in conversation with Sophie at both book signing events.



Media release for Communicare new home – 150-word version

New home for Communicare

A CHARITY dedicated to eradicating loneliness and isolation in Southampton has moved to a new home in the city.

Communicare has relocated to 6, Northlands Road.

Manager, Annie Clewlow, explains: “We’ve not had the opportunity to work together as a team in the same space since before lockdown, although SCiA (Social Care in Action) kindly hosted us for a while, so it’s great to have this new base where our volunteers can call in to see us again and we are able to meet.”

Communicare services that enrich the lives of lonely and isolated people.

Jayanti Shah, MBE, who is a community anti-racist activist and owns the building, says: “I’m keen to see the building being used as a community hub and I’m very pleased to be welcoming Communicare. We have

more space available for like-minded organisations and can offer access to a large room for other community groups.”

www.communicareinsouthampton.org.uk

ENDS

For further media details, please call Manager at Communicare, Annie Clewlow on 07857 650707, or email manager@communicareinsouthampton.org.uk.

Photograph caption: Jayanti Shah, handing over the keys to the offices at 6 Northlands Road to Communicare Coordinator and Office Supervisor, Bryony Sawers.



The Centre for Psychosocial Research in Cancer (CentRIC), at the University of Southampton are delivering a project to develop a freely available website to build people’s confidence in managing the psychological impact of cancer. The project is called ‘CAN-EMPOWER’ and it is being developed with people with lived experience of cancer, including friends, family and carers, to ensure the website is relevant, engaging, and easy to use.

People are involved in one of three ways:

1) Through two face-to-face or virtual workshops, discussing with others their experiences to help inform what the website should look like and the information it should contain. Each workshop is expected to be between one and a half and two hours long. We hope to conduct the first workshop in August 2023, in a location near Southampton. The second

workshop is expected to be conducted later in the year. People who take part are reimbursed for any reasonable expenses, and also receive a further £25 per workshop.

2) Through taking part in one 'think aloud' interview, during which they are shown a version of the website and asked to share their thoughts about it. Think aloud interviews will take place in late Summer / Autumn 2023, they last approximately 60 to 90 minutes. People who take part are reimbursed for any reasonable expenses and receive £25 for participating in the interview.

3) Through testing the website at home for a two-week period, and then sharing their views about it. In late Autumn / Winter 2023 people will be asked to test the website in their homes. Whilst testing the intervention people who take part will also be asked to complete an evaluation sheet documenting how often they used it and how they found using it. People who take part in this role are reimbursed for any reasonable expenses, receive an additional £25 for completing the evaluation sheet and another £25 for participating in the interview.

If you want to hear more about the project, including ways of getting involved, please contact us via:

Telephone at 023 8059 6885

Email at CAN-EMPOWER@soton.ac.uk

Thank you for reading about our research

The CAN-EMPOWER study team.



CAN-EMPOWER
Poster V1.1 May 2023

Padwell Road Day Centre

Are you looking for support for your older loved one?

Do you need a break from your caring role?

Would your loved one like to take part in some group activities?

If yes, Age UK Southampton's Padwell Road Day Centre may be for you.

The postcodes for Padwell Road: all SO14, SO17, SO16 2, SO16 3, SO16 7, SO15 2.

What's included:

At our community hub in Padwell Road, Age UK Southampton's day centre* offers a cooked lunch, and a friendly, relaxing place to share your interests with others. Our varied programme includes photography, gardening, sewing,

films, quizzes, cooking and so on along with gentle seated exercise, picnic outings and visits which will provide a change of scene, and guest entertainers who can lift the spirits.

We also offer a bathing service with complimentary toiletries for which a charge is made, and we're planning to set up a new foot care service.

Carers are welcome to stay a while for a coffee and a chat.

Find out more: If you or someone you care for are interested in any of the services provided at our day centre, please get in touch or pop in for a tea or coffee at Padwell Road.

Contact: Alison Rood, Manager, Age UK Southampton Padwell Road Day Centre, 11-21 Padwell Road, Southampton SO14 6QX.

Tel 023 8022 7166 | mobile 07798517585 | alison.rood@ageuksouthampton.org.uk

* We are members of SCiA's Southampton Living Well service, funded by Southampton City Council.

Read Easy Southampton:

[Read Easy Southampton](#) provides free, confidential, one-to-one coaching for adults who struggle to read. We recruit and train volunteer coaches and match them with 'readers' (as we call our learners). Coach and reader meet for two 30-minute sessions each week in a range of approved safe locations and use standard phonics-based materials to develop the reader's skills, at their own pace and for as long as they need. You can refer people to us by phone or email or you can suggest that an individual refer themselves. Once you or the person concerned has made contact with Read Easy, we will do the rest. You could also suggest the coaching role to people who are fluent readers and might benefit from a volunteering opportunity.



R E intro leaflet
2023.pdf

**Do I look
like I care?**
#NHSThinkCarer

**Commitment to Carers Programme
Bi Monthly Lunch & Learn Webinars**

These online lunch and learn webinars aim to bring together carers and professionals from across the country in an informal atmosphere to collaborate, learn, and drive the NHS Long Term Plan

**To register please email
england.nhsthinkcarer@nhs.net**



2023 Dates

31 January 2023

26 July 2023

28 March 2023

20 September 2023

23 May 2023

21 November 2023

Time

13:30-14:30



National Carers
Action Plan and NHS (