**NEWS**

**PCN Networking Event**

A final reminder that our PCN networking event takes place tomorrow, Thursday, January 29 from 10am-12.30pm at Preston Masonic Hall.

The theme is training and the chance to hear about a range of training opportunities currently available for the sector.

We have speakers from Beanstalk CIC and also Lancashire Adult Learning and we will also be updating you on our own expanded training offer at PCN.

We would love to see you there and to confirm attendance, just click this link [PCN Networking Event - January 29th – Fill in form](https://forms.office.com/e/qYACKKn49w)

**PCN Training – Emotional Resilience & Regulation**

We have teamed up with Lancashire Adult Learning to put on a few training sessions free of charge for our member groups. The first of these sessions will take place on February 9th at Preston Town Hall and will be centred around Emotional Resilience & Regulation. The session will be 10am-1pm and is a great opportunity for our members to gain some valuable experience and coping mechanisms for handling difficult situations.

This is open to PCN members – both staff and volunteers. Places are limited so please register here - [PCN Emotional Resilience Training - February 9th – Fill in form](https://forms.office.com/e/2ENmvscppS)

**Cancer Ambassador Programme**

As you may have noted from our separate message this week, we’re honoured to have been invited by organisers of a new regional ‘Cancer Ambassador’ campaign to lead the programme in the Preston area.

The aim of the campaign is to raise awareness of cancer by encouraging people to discuss the subject, improve their knowledge of the disease and to offer friendly advice to them if they have any concerns over possible symptoms.

In order to achieve this aim, the campaign’s plan is to set up a network of ‘Cancer Champions,’ and we are therefore encouraging as many people as possible to sign up to be a ‘Champion.’

It’s free to do so, and the only commitment you have to make is to pledge to spread the word about cancer awareness.

It might be just via a friendly word with anyone you meet, whether through work, volunteering, socially or within your own family, who might mention a health concern.

It could even just be a case of just passing on information or simply distributing via social media a relevant post or piece of information you might come across to your own followers or network.

Glenn and Tony have signed up ourselves and we’re absolutely delighted with the initial response from you, our members.

A big thanks to those of you who have already contacted us to express an interest in signing up. We’ll be in touch with you all shortly with more details.

There’s still time for mote of you to join us and all you have to do is send us a quick email to [admin@prestoncn.org](mailto:admin@prestoncn.org) with your name, group and contact details.

We look forward to hearing from you and please contact us via the usual channels if you need any further information.

**Diabetic Eye Screening**

Lancashire Diabetic Eye Screening is a programme for everyone who is diagnosed with diabetes aged 12 and above.

You will receive an invitation for diabetic eye screening upon your diagnosis and subsequently every year.

This screening aims to detect signs of diabetic retinopathy, a condition in which elevated blood sugar levels harm the blood vessels in the eye, often before you become aware of any alterations in your vision.

Early detection and treatment can help prevent or minimise damage to your eyes and the risk of vision loss.

If you or your group have any forthcoming events where you would like the team to deliver a presentation on the programme, please email us at [admin@prestoncn.org](mailto:admin@prestoncn.org) and we will put you in touch with the team.

**YOUTH NEWS**

**Free Online Introduction to Deaf Awareness Course**

Are you interested in learning more about deaf awareness and British Sign Language?

Why not join one of our free online courses to learn more about BSL and effective communication with deaf people.

In this one-off session you will be introduced to deaf awareness and British Sign Language (BSL) You will identify the barriers the deaf community face on a daily basis communicating in a hearing world.

**Lancashire Mind – Free Wellbeing Sessions for Young People**

I wanted to get in touch about a free wellbeing project we’re currently running for people living and working in Preston. If you feel your community might benefit from taking part, I'd love to connect with you!

5 Ways to Wellbeing

We're offering our '5 Ways to Wellbeing' sessions free of charge to community groups across Preston. These friendly and engaging sessions are designed to share practical tools that support better mental wellbeing in every day life.

Each 1-hour session (flexible based on group size and needs) explores the evidence-based '5 Ways to Wellbeing':

* Be Active
* Keep Learning
* Take Notice
* Connect
* Give

There are no restrictions on who can attend - we’re happy to work with groups of all ages and backgrounds. Benefits for attendees include:

✅ A better understanding of how to care for their mental wellbeing

✅ Simple, effective strategies to use in daily life

✅ A supportive, inclusive space to reflect and connect

We have availability throughout February through to end of March (evenings and weekends included) and we'd love to bring this session to your group. If this is something that may be of interest to you, I'd love to arrange a time for a quick chat, or we can go ahead and pencil in a date that works for you.

Email Sue from Lancashire Mind at - [volunteer@lancashiremind.org.uk](mailto:volunteer@lancashiremind.org.uk)

**Wot Wud U Do**

Dave from Wot Wud U Do has provided a partner update, [please see attached.](https://mcusercontent.com/ba0ae121ad89db52c97b1a711/images/a4db089a-54eb-a6c2-c6fd-c42b1538a116.png)

**Lets Grow Preston – How Horticulture and Gardening Keep you Fit and Active**

Gardening is a natural and effective way to stay fit and active. It engages multiple muscle groups and provides a low-impact workout, making it suitable for all fitness levels. Here are some ways gardening keeps you fit and active:

Strength Building: Gardening activities like digging, planting, and moving garden supplies can help build strength in your arms, legs, and core.

Core Engagement: Bending, kneeling, and stretching while gardening activate the muscles in your core, improving balance and posture.

Flexibility & Mobility: Tasks like reaching, bending, and squatting can improve flexibility and joint mobility, keeping you agile and reducing stiffness.

Cardiovascular Exercise: Simple gardening activities, such as walking around your garden, watering plants, or carrying tools, can increase your heart rate and provide cardiovascular benefits.

Gardening is not only a way to beautify your space but also supports your physical and mental health. It offers an excellent way to stay active, improve your well-being, and enjoy the outdoors.

At Lets Grow Preston we have many volunteers who come to our gardens with a variety of health issues, from mental health issues to simply getting older, recovering from life changing illness or from addiction.  They all feel the benefit of coming to the gardens, for some it is engaging with other people, a regular place to go that is safe and for others it is to do some activity outdoors while enjoying themselves, not feeling like they have to compete, over strain or embarrass themselves.

The above are all physical ways that people are staying fit and active, but the other impacts on wellbeing are the main reasons people feel that they are getting fitter by coming to our gardens. Though the one physical aspect they all refer to is being outside in the air. How just getting active outdoors helps them feel very alive and connected to nature, themselves and their colleagues.

**TRAINING**

**Opportunities at Pukar**

Our friends at Pukar Disability Resource Centre, Preston PR1 3XP are hosting a range of courses including ESOL E2 and Basic IT classes in a limited space every Tuesday morning.

[Please find the poster attached for details.](https://mcusercontent.com/ba0ae121ad89db52c97b1a711/files/47e30177-d3d5-80da-0721-f3f70a889eec/Pukar_New_Year_New_Opportunities_2026.docx)

**VACANCY**

**Energy Matters Advisor**

Our friends at Green Rose are now looking for an Energy Matters Advisor.

This is a Preston based role and you can find all the details [here.](https://greenrose.org.uk/work-with-us/)

Closing date is February 16.

**FUNDING**

**Grassroots Grants**    
Groundwork has reopened its Grassroots Grants programme offering flexible, unrestricted funding to small community groups.

Up to £2,000 is available to help local organisations keep vital work going, from core running costs to activities that support wellbeing, inclusion and stronger neighbourhoods, with a particular focus on communities facing high deprivation.

Applications open until September and there are more details [here.](https://www.groundwork.org.uk/grassroots-grants/)

**Small Charity Week Match Funding**   
Big Give, working alongside Global’s Make Some Noise and NCVO, has opened applications for Small Charity Week 2026, a national match-funding campaign championing the impact of small charities.

The campaign offers an opportunity for eligible charities to double public donations through 1:1 match funding, helping to raise unrestricted income while building confidence, profile and long-term resilience.

Deadline is Wednesday, February 11 and for more details, click [here.](https://biggive.org/small-charity-week/?utm_source=Dynamics%20365%20Customer%20Insights%20-%20Journeys&utm_medium=email&utm_term=N%2FA&utm_campaign=MKT%20%7C%20Small%20Charity%20Week%202026%20match%20funding%20campaign%20%7C%20January%202026&utm_content=MKT%20%7C%20Small%20Charity%20Week%202026%20match%20funding%20campaign%20%7C%20January%202026#msdynmkt_trackingcontext=dc3482c2-3645-4fa2-ba78-a9e0fd570200)

**Hospital Saturday Fund**   
Support for charities and organisations working in health, medical care and hospice provision are available from the Hospital Saturday Fund.

Groups working in health, medical care and hospice provision can access grants to help strengthen medical projects and improve community health outcomes.

The next standard grant deadline is April 13 and the next large grants deadline is March 16.

For more information, click [here.](https://lancastercvs-my.sharepoint.com/personal/stevedixon_lancastercvs_org_uk/Documents/Documents/Bulletin/2023)

**EVENTS**

**Boxing Course**

We’ve been advised that there are a few spare places on a Box Activator training course next Wednesday, February 4 in Preston.

The venue is Cardinal Newman College’s St. Augustine’s Sports Centre, Herschell Street, Preston, PR1 3QU and the course runs from 10am-3pm.

The course is free and is tutored by Alex Vass of England Boxing.

If you know of anyone on your group who may be interested in attending, please click on the link [here.](https://www.englandboxing.org/courses__trashed/boxingactivator/)

**Weekly Round-up**

Below you will find a summary of events happening this week. Registration is not required unless stated. Please also keep an eye on the weekly events in Section Two of the Events section of our website [here.](https://prestoncn.org/events/)  
As always, please check with the event provider to make sure that the event is still running.

**Thursday, January 29**

**Noon – Community Lunch**

Free but donations welcome. Good food and company. Bring a friend

Venue: The Intact Centre, 49 Whitby Ave, Ingol, Preston PR2 3YP

**Tuesday, February 3rd**

**10am – 11am – Crisis & Resilience Fund Seminar**

Venue: Online

Resolve Poverty are hosting an online webinar looking at how to maximise the new Crisis and Resilience Fund.

The event will explore how the Fund can support a more strategic, preventative approach to crisis support, strengthen local resilience and align with wider anti-poverty priorities, including the national Child Poverty Strategy.

Click [**here**](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.tickettailor.com%2fevents%2fresolvepoverty%2f1981128&c=E,1,ec03Ib4BFei6rDj_pi7H9e8aXwgmESxvKm96_myJ5ZyVERImzY8qiLNDNgrNVt8WdnXLtl3ZG9OKq5Zi_sRMsllSO0cW3WBPcF1Ds4BNNr9RP8IoDeomZHyYKbBD&typo=1) to register attendance.