



Transforming **People** • Transforming **Places** • Transforming **Society**



Connected Communities Newsletter December 2023

Hello,

Welcome to the latest instalment of Staffordshire University's Connected Communities Newsletter.

This newsletter looks at all the different events and projects happening between communities and the University.

As the year draws to a close, we wanted to take a moment to express our thanks for your support throughout 2023.

We want to extend our warmest wishes to you and your loved ones!

Thank you once again for your incredible support. Here's to a new year filled with opportunities and growth.

Season's Greetings and heartfelt thanks

-Nic, Dana and Ryan

connectedcommunities@staffs.ac.uk

[Stay up to date with everything we have going on:](#)

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Staffordshire University Community Advisory Network (Staffs CAN)



Staffs CAN is Staffordshire University's Community Advisory Network, which brings together people from across Staffordshire to talk about the things that matter to them.

On Tuesday 12th December we held the fourth and final #StaffsCAN of 2023.

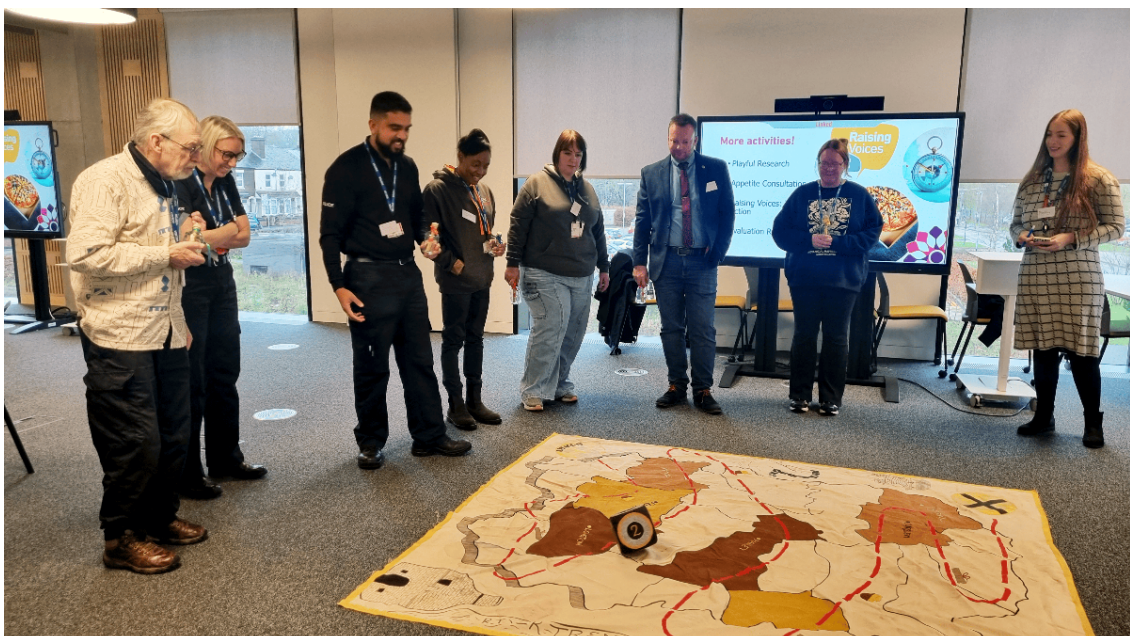


At this Staffs CAN people in attendance networked with each other, got involved with different activities and shared their plans and activities coming up in 2024.

Public Manifesto for Research

In 2024 Staffordshire University will be working with communities to create a Public Manifesto for Research. This manifesto will outline research priorities for people living, working or studying in Stoke-on-Trent and Staffordshire and create collaborative opportunities between communities and research organisations to create the place-based changes communities want to see. To do this, consultation activities will happen in lots of different ways, including a focus on playful kinds of research.

Since September our team have been working with a Staffordshire University Graduate Intern to design a game to make conversations about research more engaging and fun. The game is a simple roll the dice and move, inspired by a treasure map theme.



Visit from the team at Appetite

Staffs CAN was visited by Ruby and Raz from [Appetite](#). Appetite is a Creative People and Places programme with a mission to get more people in Stoke-on-Trent and Newcastle-under-Lyme to experience and be inspired by the arts.

They led an activity to ask people at Staffs CAN about the kinds of arts activities that they'd like to see in their local area.

A full breakdown from the session will be available in the new year.

Want to find out more about Staffs CAN?

 [E-mail connectedcommunities@staffs.ac.uk](mailto:connectedcommunities@staffs.ac.uk)

Raising Voices: Taking Action



Raising Voices: Taking Action is a project led by All the Small Things CIC, Expert Citizens CIC and Staffordshire University that aims to connect people to discuss the issues that create and make poverty worse in Stoke-on-Trent and empower them to act as a collective.

The new project aims to build on the impact that has been made in [Get Talking Hardship \(2019\)](#) and [Raising Voices \(2021\)](#).

Raising Voices: Taking Action, is led by a steering group that combines lived and learnt experiences of poverty and the current cost of living situation.

We hope that through collective efforts, individuals within communities will join forces to address causes of poverty in Stoke-on-Trent. The project will aim to explore the possibility of establishing a [Poverty Truth Commission](#) in Stoke-on-Trent, that aims to find the answer to the question, *'what if people who struggled against poverty were involved in making decisions about tackling poverty?'*



The project will look to host a series of community 'Summats' (Summits) that brings people together from across the City to talk about and share their experiences of poverty and cost of living in Stoke-on-Trent and start to organise to make a positive difference in our area, together.

The 'Summat' will focus on building discussions about cost of living in Stoke-on-Trent, in an informal and welcoming environment

This event will aim to create a platform for people to channel their feelings and experiences and work towards something impactful.

The aim is to go from 'Summat' to action!

We are currently looking for community organisation partners who would like to host 'A Little Summat' and those who can reach a diverse group of communities who are experiencing the challenges of the current cost of living situation. If you're interested in getting involved with the project or if you would like more information, please contact:

Penny Vincent, All the Small Things CIC

allthesmallthingscic@gmail.com

Phil Parkes, Expert Citizens CIC
volunteer@expertcitizens.org.uk

Ryan Fox, Staffordshire University
Ryan.fox@staffs.ac.uk

Participatory Action Research (PAR) Programme: Year 2



Staffordshire University's PAR Programme supports researchers and staff from the university to work with communities in participatory ways.

Throughout 2023 the Connected Communities Team have worked with staff, researchers and students from across Staffordshire University to support them to work in participatory ways with communities.

Earlier this year we launched the second year of the programme. We held the first session in December with 19 students and staff from The University attending and sharing information about their proposed projects.

Each project has received a small grant to explore networking with people and groups and striking up a relationship that will help to create meaningful research for all people involved.

More information about these projects will be available in the new year.

Community Spotlight: Community Noodles



Community Noodles is a social project providing instant noodles to people experiencing homelessness and severe food poverty in Stoke-on-Trent. We provide a tasty snack, a friendly face and informal support and signposting for people who want it, and work to bring people on the fringes into a community that cares.

Project lead and self confessed Noodle Enthusiast, Sophia Fedorowicz, told us a little more:

"Currently we are running off goodwill, volunteers and noodle donations. A £3 donation will allow us to go out into the community, provide noodles and a hot drink for someone, and spend time with them to begin building relationships. We also have Noodle Drop partners in Stoke-on-Trent where you can drop off donations of instant noodles for us to collect.

Better Together HQ Woodberry Close, Trent Vale, ST4 5LU Expert Citizens off in the Dudson Centre, Hanley, ST1 5DD"

To find out more or to arrange to become a noodle drop off point please email:

communitynoodleschat@gmail.com

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[GoFundMe](#)

How can Universities better support student carers?



Do you work with students in higher education or those who provide unpaid care? Come and discuss how this group can be better supported.

This event is open to anyone that works with student carers, including support staff, academic staff, third sector organisations.

Come and discuss how this group can be better supported.

 Tue, 30 Jan 2024

 10:00 - 13:00

 Staffordshire University, ST4 2DF

 Lunch and refreshments provided

Book your space via [Eventbrite](#)

For more information about this event, please contact Dr Jessica Runacres

jessica.runacres@staffs.ac.uk

Emotional Freedom Technique- A Fully Funded Masterclass



Emotional Freedom Technique
Fully funded masterclass

23rd of February
Staffordshire University

You will learn about Burnout and the impact it has on the workplace and your wellbeing.

For further details please e-mail
employers@staffs.ac.uk

City of Stoke-on-Trent | INNOVATION ENTERPRISE ZONE | Funded by UK Government | POWERED BY LEVELLING UP

This masterclass will introduce you to Emotional Freedom Techniques, also known as EFT or Tapping for Burnout.

You will learn about Burnout and the impact it has on the workplace and your wellbeing. You will then be guided through this simple to learn and easy to use evidence-based tool, that is literally at your fingertips to help you to prevent Burnout and to deal with the symptoms of Burnout if they arise. This technique can also be applied to a variety of situations away from the workplace.

 Fri, 23rd Feb 2024

 Staffordshire University

Criteria to Attend

Employed for one hour or more of paid work per week (including persons temporarily away from work because they are sick or on holiday).

Temporary and permanent employees who are on fixed term contracts or agency temping.

Self-employed persons.

People on government-supported training programmes, engaging in any form of work, work experience or work-related training. Persons on maternity or paternity leave.

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For further details please e-mail employers@staffs.ac.uk

Community Spotlight



Do you want to shine a spotlight on the things that you, your community, or your organisation do?

We're looking for community contributions towards future instalments

For more information please contact
connectedcommunities@staffs.ac.uk

Events



[View all the latest events going on at Staffordshire University](#)

Vacancies



[View all the latest work vacancies at Staffordshire University](#)

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