CAMBRIDGESHIRE PSHE SERVICE

Cambridgeshire County Council

PSHE Course Programme 2023-2024

Primary, Special & Secondary Schools

www.cambridgeshire.gov.uk/learntogether

2023-2024
Produced by

PSHE Service
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CAMBRIDGESHIRE PSHE SERVICE

Dear Colleague

We have listened carefully to the needs of schools and have built a programme that we are sure will address the priorities of your school, children and community.

Any of the content of individual courses can be reconstructed for a school based programme, either in one school or a small group of schools. Please contact us if you wish to discuss such an arrangement.

You will note the reduced prices available to all our subscribing schools. If you are not yet a subscribing school but would like to take advantage of these prices and all the other benefits of a subscription, please contact us for more details.

Please note that reduced prices for courses are also applicable to schools outside Cambridgeshire that hold a current licence for the Cambridgeshire Primary Personal Development Programme.

Cambridgeshire subscribing schools have the option of one free course place instead of consultancy time. If you are using your “free course credit”, please select that option when booking.

To book a place on a course, please go to the Learn Together website here.

Please contact us if you have any queries.

We look forward to welcoming you to our courses.

Steph Hoskin and Cathy Murphy
Lead Advisers, PSHE Service
01480 376256
pshe@cambridgeshire.gov.uk

CAMBRIDGESHIRE PSHE SERVICE

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Anti-Bullying
Primary & Special Schools

This course supports participants to develop a holistic approach to promoting an Anti-Bullying ethos within school. As well as focusing on developing effective PSHE curriculum provision, consideration is also given to wider school approaches including policy making, school ethos and behaviour management strategies.

14th May 2024

3.30pm-5.30pm

This course will be hosted on Zoom. You will receive a booking confirmation and, nearer the time, the zoom login.

£50 for non-subscribing schools

£40 for subscribing schools

Cathy Murphy

Aims:

- To build awareness of curriculum requirements in Relationships Education and Health Education, particularly the link between bullying and mental wellbeing.
- To consider the preventative role of an effective PSHE curriculum in enabling children to develop their empathy skills, recognise bullying behaviours, and empowering children to access help and support for themselves and others.
- To explore the the use of responsive classroom strategies to address incidents of bullying behaviour.
- To reflect on current practice and plan priorities for action in developing an Anti-Bullying ethos.

For more information: *01480 376256 or pshe@cambridgeshire.gov.uk*

To book, visit https://cambridge.council.bookingbug.com/home/w2499204

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Body Image

This course is for PSHE Leaders and Key Stage 2 teachers in primary schools. It will address challenges, issues and influences children face, and how schools can enable them to feel more confident about themselves and their bodies.

13th February 2024

1.30pm - 3.30pm

This course will be hosted on Zoom. You will receive a booking confirmation and, nearer the time, the zoom login.

£50 for non-subscribing schools

£40 for subscribing schools

Steph Hoskin

Aims:

- To address ways of enabling children to engage with the challenges they currently face, and may face in the future, with regard to body image
- To enable participants to develop their confidence in addressing current influences and issues affecting children's body image
- To explore ways of enabling children to develop strategies for addressing their own body image positively
- To explore teaching methodologies which can support children to develop their skills in media literacy.

For more information: *01480 376256 or pshe@cambridgeshire.gov.uk*

To book, visit https://cambridge.council.bookingbug.com/home/w2499204

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Delivering Statutory Safeguarding Requirements in the PSHE Curriculum

This course will enable participants to become familiar with the Personal Safety units of work, develop confidence in teaching children how to recognise and report abuse and consider how effective delivery of this aspect of the PSHE Curriculum can enhance the school's wider safeguarding culture. This course is particularly useful for PSHE Leads and Designated Safeguarding Leads in Primary & Special Schools.

28th February 2024

1.30pm - 3pm

These courses will be hosted on Zoom. You will receive a booking confirmation and, nearer the time, the zoom login.

£50 for non-subscribing schools

£40 for subscribing schools

Cathy Murphy & Faye Missin

Aims:

- To build awareness of curriculum requirements in Relationships Education and Health Education, particularly the 'Being Safe' strand of Relationships Education.
- To develop an understanding of the methodologies that inform the approaches to teaching this aspect of the PSHE Curriculum.
- To explore a range of teaching activities, recommended books and resources that can support children to recognise when they are feeling unsafe, develop the vocabulary and confidence to report abuse and know how they can access help and support.
- To reflect on specific considerations for teaching children these topics when abuse is known or suspected, or where teaching leads to a disclosure.

Relationships and Health Education is now statutory in Primary Schools. This course will address ways of fulfilling the requirements of the 'Being Safe' aspect of Relationships Education and how this can contribute positively to a school's safeguarding culture.

For more information: *01480 376256 or pshe@cambridgeshire.gov.uk*

To book, visit https://cambridge.council.bookingbug.com/home/w2499204

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Developing RSE in Primary & Special Schools

This course supports staff in reviewing policy and practice in Relationships & Sex Education in primary and special schools, including a review of the national picture, consideration of the aims for RSE and methods for developing policy across the whole school. It is particularly suited to PSHE Leaders, senior leaders and governors.

15th May 2024

3.30pm - 5pm

This course will be hosted on Zoom. You will receive a booking confirmation and, nearer the time, the zoom login.

£50 for non-subscribing schools

£40 for subscribing schools

Cathy Murphy

Aims:

- To reflect on the local and national impetus to develop RSE in primary and special schools.
- To develop awareness of Relationships Education Policy and how to customise it in school.
- To develop awareness of supportive materials for developing RSE across the school community.
- To reflect on current practice and plan priorities for action in developing RSE

For more information: *01480 376256 or pshe@cambridgeshire.gov.uk*

To book, visit https://cambridge.council.bookingbug.com/home/w2499204

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Digital Lifestyles for Primary Schools

This course will enable participants to develop a positive approach to teaching about Digital Lifestyles across PSHE and Computing. It will take a holistic approach, balancing the positive benefits of the use of technologies, the skills they will need to maintain positive relationships online and the risks they will need to manage along the way.

22nd May 2024

9.30am-11.30am

This course will be hosted on Zoom. You will receive a booking confirmation and, nearer the time, the zoom login.

£50 for non-subscribing schools

£40 for subscribing schools

Steph Hoskin & Laura Barnes

Aims:

- To build awareness of curriculum requirements in Computing, Relationships Education and Health Education
- To address ways of enabling children to engage with the challenges they currently face, and may face in the future, with regard to their digital lifestyle.
- To enable participants to develop their confidence in addressing current influences and issues affecting children's use of technology.
- To explore ways of enabling children to develop strategies for making using of technology a positive aspect of their lives.

Relationships and Health Education is now statutory in Primary Schools. This course will address ways of fulfilling the requirements for Online Relationships and Internet Safety and Harms.

For more information: *01480 376256 or pshe@cambridgeshire.gov.uk*

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To book, visit https://cambridge.council.bookingbug.com/home/w2499204

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Drug and Alcohol Education in Primary & Special Schools

This course supports staff in reviewing drug policy and drug education in primary and special schools. We will consider drug education in the wider context of Health Education, safeguarding and PSHE and look at robust procedures for responding to situations and incidents.

Aims:

- To develop awareness of the nature and effects of medical, recreational; legal and illegal drugs.
- To develop awareness of patterns of drug use amongst young people.
- To build confidence in developing school drug policy
- To develop understanding of the drug-related awareness levels of children in primary school
- To develop confidence in working with primary children in drug education and drug related-situations.

13th February 2024

3.30pm - 5.30pm

This course will be hosted on Zoom. You will receive a booking confirmation and, nearer the time, the zoom login.

£50 for non-subscribing schools

£40 for subscribing schools

Cathy Murphy

Relationships and Health Education is now statutory in Primary Schools. This course will address ways of fulfilling the requirements for Drugs and Alcohol, Health Education.

For more information: *01480 376256 or pshe@cambridgeshire.gov.uk*

To book, visit https://cambridge.council.bookingbug.com/home/w2499204

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Equality, Diversity & Inclusion For Primary, Special & Secondary Schools

This course supports staff in developing understanding of diversity and equality, relating in particular to race and ethnicity, but including reference to the protected characteristics (Equalities Act 2010) in primary, secondary and special schools. It includes approaches to reviewing policy and practice, a review of the national picture, consideration of the school environment and developing awareness of inclusivity across the whole school.

Aims:

- To develop understanding of the benefits for individuals of inclusive, respectful approaches to diversity, challenging stereotypes and building inclusive environments
- To consider the statutory requirements to consider stereotypes, respect and diversity, through statutory Relationships Education (Primary) and RSE (Secondary).
- To develop confidence in creating and developing inclusive school environments
- To reflect on current practice and resources

4th June 2024

3.30pm - 5.30pm

These courses will be hosted on Zoom. You will receive a booking confirmation and, nearer the time, the zoom login.

£50 for non-subscribing schools
£40 for subscribing schools

Cathy Murphy

Relationships Education and Health Education are now statutory in all maintained schools. This course will help coordinators to ensure their provision is in line with statutory requirements.

For more information: *01480 376256 or pshe@cambridgeshire.gov.uk*

To book, visit https://cambridge.council.bookingbug.com/home/w2499204

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Exploring Gender

This course supports staff in developing understanding of gender, sexism and gender identities in primary, secondary and special schools. It includes approaches to reviewing policy and practice, a review of the national picture, consideration of the school environment and developing awareness of inclusivity across the whole school. Participants will consider implications for mental health.

27th February 2024

2pm - 3.30pm

This course will be hosted on Zoom. You will receive a booking confirmation and, nearer the time, the zoom login.

£50 for non-subscribing schools

£40 for subscribing schools

Cathy Murphy

Aims:

- To develop understanding of the benefits for individuals of inclusive, respectful approaches to gender identity.
- To reflect on whole school awareness of and approaches to reducing sexism and sexist language.
- To develop awareness of supportive materials for developing awareness of gender across the school community.
- To reflect on current practice and plan priorities for action.

Relationships Education and Health Education are now statutory in all maintained schools. This course will help coordinators to to ensure their provision is in line with statutory requirements.

For more information: *01480 376256 or pshe@cambridgeshire.gov.uk*

To book, visit https://cambridge.council.bookingbug.com/home/w2499204

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Health Education in Primary & Special Schools

The course is designed to give those leading PSHE (or new to teaching it) an overview of the different content areas within the statutory requirements for Health Education. Themes such as Mental Wellbeing, Drug Education and Healthy Lifestyles will be covered. Please note that although the changing adolescent body is part of Health Education, this will be covered in our RSE courses. Participants will consider approaches to teaching and a progressive age-appropriate curriculum which can help to build children's wellbeing and resilience.

Aims:

- To deepen understanding of Health Education and its place as a statutory part of the curriculum in primary and special schools
- To develop an awareness of policy and practice in relation to areas of the PSHE curriculum which constitute Health Education
- To promote staff confidence in delivering a progressive age-appropriate curriculum in these areas.

5th June 2024

1.30pm - 3.30pm

These courses will be hosted on Zoom. You will receive a booking confirmation and, nearer the time, the zoom login.

£50 for non-subscribing schools

£40 for subscribing schools

Cathy Murphy

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To book, visit https://cambridge.council.bookingbug.com/home/w2499204

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New to Leading PSHE in Primary & Special Schools

This course includes exploring and developing the role of the PSHE Leader, whole school approaches to promoting health and wellbeing, and practical approaches and tools for planning, delivering and assessing PSHE. The course is particularly relevant for those new to leading PSHE.

Aims:

- To reflect on the role of the PSHE Leader and to consider strengths and areas for development
- To begin to review and plan the school's curriculum for PSHE and Citizenship
- To learn about the Primary Personal Development Programme and how to implement it in school
- To develop practical approaches to teaching and learning in PSHE
- To understand how to develop a whole school approach to promoting health and wellbeing
- To learn about the current national and local context for PSHE in schools.

Although many of the resources used are from the Primary Personal Development Programme (part of the PSHE Service wellbeing subscription), PSHE Leaders from non-subscribing schools are welcome to attend, and will receive samples of the resources.

12th June 2024

1.30pm - 3.30pm

This course will be hosted on Zoom. You will receive a booking confirmation and, nearer the time, the zoom login.

£50 for non-subscribing schools

£40 for subscribing schools

Steph Hoskin & Laura Barnes

For more information: *01480 376256 or pshe@cambridgeshire.gov.uk*

To book, visit https://cambridge.council.bookingbug.com/home/w2499204

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Practical Approaches to Teaching PSHE

This course includes practical approaches, methods, resources, activities and ideas for engaging children in their learning in PSHE and Citizenship. These can also be used to enhance teaching and learning in other subject areas.

19th March 2024

9.30am - 12.30pm

ArmstrongHouse, Ermine Business Park,
Sovereign Court, Lancaster Way,
Huntingdon PE29 6XU

£80 for non-subscribing schools

£70 for subscribing schools

Steph Hoskin

Aims:

- To develop confidence in delivering interactive approaches to learning
- To provide strategies for building positive climates and relationships
- To enable teachers to understand the context of an entitlement programme for PSHE and citizenship
- To learn more about programmes and approaches such as Circle Time, Raccoon Circles, use of drama and puppets and discussion techniques

This course is particularly suitable for teachers who are newly or recently qualified, and for those who are less experienced in teaching PSHE & Citizenship.

For more information: *01480 376256 or pshe@cambridgeshire.gov.uk*

To book, visit https://cambridge.council.bookingbug.com/home/w2499204

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PSHE & Personal Development: Preparing for Ofsted

This course aims to support PSHE Subject leaders and/or senior leaders at primary, infant or junior schools to prepare for the Personal Development aspect of an Ofsted inspection. We are mindful of the fact that every inspection is different, and we can't necessarily pre-empt everything that might be asked. However, many subject leaders have felt some guidance and examples of what and how to evidence were helpful in preparing for a visit and showcasing strengths

Aims:

- To develop an understanding of what participants might expect from an inspection, including meeting with the inspector/s, lesson observations, pupil voice, and discussions with staff members.
- To provide the opportunity to reflect on curriculum intent, implementation and impact.
- To support participants in highlighting elements of personal development as part of a whole school narrative.

7th March 2024

1.30pm - 4.30pm

Armstrong House, Ermine Business Park, Sovereign Court, Lancaster Way, Huntingdon PE29 6XU

£80 for non-subscribing schools
£70 for subscribing schools

Laura Barnes

For more information: *01480 376256 or pshe@cambridgeshire.gov.uk*

To book, visit https://cambridge.council.bookingbug.com/home/w2499204

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PSHE Network Meeting
Primary & Special Schools

Network meetings provide an opportunity to meet and engage with fellow PSHE Leads and to share good practice with colleagues from other schools. We will provide updates on the Primary Personal Development Programme, and also national and local developments in PSHE, and any relevant supporting areas.

Aims:

- To enable PSHE Leaders to network and share practice.
- o provide information about developments in PSHE locally and nationally.
- To share updates to the Primary Personal Development Programme and other PSHE Service news.

Network meetings, part of the Wellbeing Subscription, include national and local updates on PSHE and opportunities to share practice. Non-subscribing schools or those from schools beyond Cambridgeshire are welcome to attend for a charge of £45, but please note the content will be focussed around the Cambridgeshire materials and local support.

1st May 2024

Cambridgeshire FA Ltd, Bridge Road, Impington, Cambridge CB24 9PH

OR

7th May 2024

Armstrong House, Ermine Business Park, Sovereign Court, Lancaster Way, Huntingdon PE29 6XU

All dates:
2.30pm - 4.30pm

Steph Hoskin & Laura Barnes

For more information: *01480 376256 or pshe@cambridgeshire.gov.uk*

To book, visit https://cambridge.council.bookingbug.com/home/w2499204

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Teaching RSE in Primary & Special Schools

This course supports staff in primary and special schools, especially those new to teaching Relationships & Sex Education (RSE) and those leading PSHE, in developing awareness of the progression of RSE learning objectives and building confidence in delivering high quality provision which meets the needs of children.

29th April 2024

3.30pm - 5.30pm

These courses will be hosted on Zoom. You will receive a booking confirmation and, nearer the time, the zoom login.

£50 for non-subscribing schools

£40 for subscribing schools

Cathy Murphy

Aims:

- To develop strategies for responding to children's questions relating to RSE.
- To develop confidence in using scientific vocabulary.
- To consider the role of RSE in understanding about consent, personal safety and assertiveness.
- To develop awareness of Cambridgeshire materials for delivering RSE.

If you are reviewing or developing RSE in your school, you might also like to attend our course Developing RSE.

For more information: *01480 376256 or pshe@cambridgeshire.gov.uk*

To book, visit https://cambridge.council.bookingbug.com/home/w2499204

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Funded RSE Short Webinar Series

These 5 short briefings are funded by Cambridgeshire Public Health. They are designed to address areas of potential concern, to raise awareness and build confidence for teaching staff and school leaders, including governors. Colleagues booking places will be asked to contribute to the evaluation of the programme through online forms. Colleagues may sign up for one or more of the courses. Multiple attendees from each school are welcome. Recordings of the briefings will be available.

Relationships Education (primary), RSE (secondary) and Health Education are statutory in all maintained schools. These briefings will help all members of the school community build confidence in addressing different aspects of Relationships Education and RSE provision.

Briefing 1 - Reviewing and developing Relationships Education or RSE Policy

Venue	Sessions	Date	Time
Online by Zoom	Primary	18.09.23	3.45pm-4.45pm
Online by Zoom	Secondary/Special	20.09.23	3.45pm-4.45pm

Briefing 2 – RSE Parental Questions and Concerns

Venue	Sessions	Date	Time
Online by Zoom	Primary	05.10.23	3.45pm-4.45pm
Online by Zoom	Secondary/Special	10.10.23	3.45pm-4.45pm

Briefing 3 – Inclusive RSE

Venue	Sessions	Date	Time
Online by Zoom	Primary	02.11.23	3.45pm-4.45pm
Online by Zoom	Secondary/Special	06.11.23	3.45pm-4.45pm

Briefing 4 – Faith Sensitive RSE

Venue	Sessions	Date	Time
Online by Zoom	Primary	17.01.24	3.45pm-4.45pm
Online by Zoom	Secondary/Special	23.01.24	3.45pm-4.45pm

Briefing 5 – Reflecting on the DFE RSE Review (Dates may change if DFE Review not published)

Venue	Sessions	Date	Time
Online by Zoom	Primary	05.03.24	3.45pm-4.45pm
Online by Zoom	Secondary/Special	06.03.24	3.45pm-4.45pm

Cambridgeshire and Peterborough Schools (maintained, academy and independent) can attend for free.

All other schools can also attend. Cost: £30 for licence holders of the Primary Personal Development Programme, £40 for non-licence holders

Book online to either attend by zoom or receive the recording using this google form

For more information: *01480 376256 or pshe@cambridgeshire.gov.uk*

CAMBRIDGESHIRE PSHE SERVICE

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Funded Mental Health and Relationships Programme

This programme, now in its 5th year, is now funded by Cambridgeshire Public Health for all Primary schools in Cambridgeshire and Peterborough. The aims are to ensure that all primaries have access to:

- High quality resources to teach children (YR-Y6) about healthy friendships and anti-bullying – the Healthy Friendships Themeset.
- Materials focusing on conflict resolution skills – the Conflict Resolution and Peer Mediation Pack
- Materials to support the training of peer mediators and implementation of a peer mediation service
- Resources for use with groups experiencing difficulties with friendships, including coercive and manipulative bullying behaviour - the Promoting Healthy Friendships Pack.
- Training to build staff confidence to use the resources and build whole school approaches.

Schools engaging with the programme through the year will be given a collection of picture books to support Mental Health and Relationships work in school.

Event 1: Introducing the Healthy Friendships Themeset

Audience: Any colleague from a school who do NOT subscribe the Cambridgeshire Personal Development Programme.

Purpose: to introduce a Themeset of resources for universal PSHE provision (YR-Y6) focusing on 'Family and Friends' and 'Anti-bullying' and including an Anti-bullying policy model.

Venue	Date	Time	Leader
Online by Zoom*	26th Sept 2023	3.45pm-5pm	Laura Barnes
In Person The Fleet, ICA, Fleet Way, High Street, Fletton, Peterborough PE2 8DL	27th Sept 2023	3.45pm-5.15pm	Steph Hoskin & Laura Barnes

All primaries, are welcome to sign up for Evetns 2-5 to support them in using the resources.

Event 2: Launching the C&P Mental Health and Relationships Programme

Audience: School leaders, PSHE Leader, Mental Health Leaders, Pastoral leader from all primaries in Cambs and Peterborough. More than one person from each school welcome.

Purpose: to give an overview of the programme to enable school leaders to plan their engagement over the year.

Venue	Date	Time	Leader
Online by Zoom*	10th Oct 2023	3.45pm-4.45pm	Steph Hoskin
Online by Zoom*	11th Oct 2023	3.45pm-4.45pm	Cathy Murphy

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Event 3: School Leaders' Training

Audience: One or two school leaders from each school, often PSHE Lead or Mental Health Lead

Purpose: To enable leaders to identify key needs for their school, to give a thorough introduction to the resources and training available and support schools with action planning.

Venue	Date	Time	Leader
Online by Zoom*	7th Nov 2023	3.30pm-5.30pm	Cathy Murphy & Laura Barnes
In Person Papworth Village Hall, Ermine Street, Papworth Everard CB23 3RD	15th Nov 2023	1.30pm-4.30pm	Steph Hoskin & Laura Barnes

Event 4: Practitioners' Briefings

Audience: Colleagues in school who will be delivering the two main MH&R Resources, (Conflict Resolution and Peer Mediation Pack and Promoting Healthy Friendships Pack) teachers, TA's or pastoral/wellbeing support workers. Schools may attend both briefings. Multiple people from each school are welcome to attend.

Purpose: to familiarise those who will be running the activities in school with the content, to address practical and logistical considerations, sharing good practice from schools who have used the resources in the past.

Focus	Venue	Date	Time	Leader
Promoting Healthy Friendships Pack	Online by Zoom*	10th Jan 2024	3.45pm-4.45pm	Cathy Murphy
Conflict Resolution & Peer Mediation Pack	Online by Zoom*	11th Jan 2024	3.45pm-4.45pm	Laura Barnes

Event 5: Networks and Sharing Good Practice Consultancy

Audience: Any colleagues in school who have engaged in the programme to date. Colleagues are advised to select the Consultancy focusing on the resource they have implemented in their school.

Purpose: To reflect on actions, achievements and next steps.

Focus	Venue	Date	Time	Leader
Conflict Resolution & Peer Mediation Pack	Online by Zoom*	12th Mar 2024	3.45pm-4.45pm	Laura Barnes
Promoting Healthy Friendships Pack	Online by Zoom*	13th Mar 2024	3.45pm-4.45pm	Cathy Murphy

*This event will be recorded and made available following the event. Please sign up using the form to request recordings.

Please sign up for these events and to access resources and recordings using this form

All the events above are funded for Primary schools in Cambridgeshire and Peterborough. Other schools may get in touch for access to the resources and training materials. pshe@cambridgeshire.gov.uk