



**capalc**  
Cambridgeshire and Peterborough  
Association of Local Councils



## Penny's Monthly Musings

### Welcome to the March bulletin.

**We are moving!** Not literally, but on **Tuesday 11<sup>th</sup> March 2025** CAPALC's domain name is changing to [www.cambs-peterborough-alc.gov.uk](http://www.cambs-peterborough-alc.gov.uk)

Our email addresses will also be updated. The main contact email addresses are:

[ceo@cambs-peterborough-alc.gov.uk](mailto:ceo@cambs-peterborough-alc.gov.uk)

[office@cambs-peterborough-alc.gov.uk](mailto:office@cambs-peterborough-alc.gov.uk)

[advice@cambs-peterborough-alc.gov.uk](mailto:advice@cambs-peterborough-alc.gov.uk) (this replaces the previous 'helpdesk' email address)

[training@cambs-peterborough-alc.gov.uk](mailto:training@cambs-peterborough-alc.gov.uk)

### Affiliation 2025-2026

The invitation letters to re-affiliate with CAPALC have been sent out. If you have any questions about membership or your affiliation fee, then please get in touch with Charlotte on [office@cambs-peterborough-alc.gov.uk](mailto:office@cambs-peterborough-alc.gov.uk) and she will be happy to speak with you.

*NB: We are aware of a technical issue with some of the emails that have been sent out, so please do check that the **electorate details** are what you would expect, and if not please*

*contact Charlotte who can send you a revised invoice.*

If your council would like a member of CAPALC to speak at a council meeting about the organisation and what we do, we are happy to do so. Please contact [ceo@cambs-peterborough-alc.gov.uk](mailto:ceo@cambs-peterborough-alc.gov.uk)

## Internal Auditors

Finally, with year end approaching at speed, do ensure your council has appointed an Internal Auditor for 2024-25. It is important not to leave this to the last moment as Internal Auditors do get booked up very quickly.

## Penny

County Officer

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# Code of Conduct Training



**When: Thursday 22nd May**  
**Time: 7pm - 9.30pm**  
**Where: Zoom**

## Code of Conduct: Real Cases, Real Clarity for local authorities!

Stop guessing, start understanding the importance of maintaining **high standards of conduct**! Our dynamic training uses real-life scenarios to demystify the Code of Conduct. We will tackle:

- **Social Media Minefields:** Navigate online conduct with confidence.
- **Confidentiality Crucials:** Secure sensitive information.
- **Member-Officer Mastery:** Build productive relationships.
- **Interest Insights:** Master declarations to avoid pitfalls.
- **Party Discipline Decoded:** Understand its impact.

This is **an interactive session** - we encourage as much discussion as possible around the cases so that members can see the issues from different perspectives and understand for themselves how cases have been resolved, whether formally or informally.

Led by national experts Paul Hoey and Natalie Ainscough (Hoey Ainscough Associates Ltd.), with unparalleled experience from Standards for England and the LGA, you'll gain practical insights, not just theory. This is your chance to learn from the best and ensure ethical excellence - Paul & Natalie have already worked with more than 400 authorities!

[Book your slot here!](#)



## Subscribe to the LGA Sustainability Bulletin

Each month, the LGA Sustainability Bulletin delivers a carefully curated roundup of the latest developments in local government sustainability and climate action. This valuable resource is designed to support councils in their sustainability efforts, providing essential updates, actionable insights, and opportunities that will directly support you in achieving your climate and net-zero goals. It includes:

- **Best practice case studies** from councils across the country

- **Training opportunities**, such as carbon literacy courses
- **Policy updates** and key information

These resources are essential for empowering local authorities to make informed decisions and drive action and ambition in environmental sustainability. By subscribing, you will have access to the tools and knowledge needed to drive meaningful change in communities and stay up to date about the latest initiatives and policy news in local government climate action.

For more information about the **LGA Sustainability Improvement Programme**, in partnership with the Crown Commercial Service, please [visit our online sustainability hub.](#)



## Energy Update from Clear Utility Solutions

### Energy Market Snapshot:

**February Drop:** Warmer weather lowered day-ahead power and gas prices.

**Storage Shortfall:** UK gas storage remains critically low, raising spring prices.

**Global Shifts:** Potential Ukraine peace talks softened long-term prices, but volatility remains.

**Trump Factor:** US policies pose potential, indirect economic risks to UK energy.

**Price Cap Hike:** Domestic price cap to rise 6% in April.

**Action Alert:** Non-commercial customers advised to consider flexible fixed tariffs.

**Standing Charge Review:** Ofgem consulting on zero standing charge tariffs.

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## Do you know someone who is experiencing financial hardship?

If you, or someone you know, has a low to moderate household income and have no or limited savings, you might be eligible for help from the Household Support Fund.

It can provide a **range of support**, depending on your individual circumstances, and could get you at least **£200** towards **food or fuel costs**.

Find out whether you're eligible and apply **before Monday 31 March** here:

[www.cambridgeshire.gov.uk/council/communities/support-with-the-cost-of-living/household-support-fund](http://www.cambridgeshire.gov.uk/council/communities/support-with-the-cost-of-living/household-support-fund)

#Cambridgeshire #CostOfLiving #CostOfLivingSupport #HouseholdSupportFund



Wherever we come from,  
we all have a right to feel safe.  
Help us to become a county  
of sanctuary.

## The Benefits of Play - A Vital Tool for Wellbeing and Development



**Play isn't just for children;** it's a fundamental human need with profound benefits for all ages. From boosting physical and mental health to fostering creativity, resilience, and strong social bonds, play is essential for individual and community wellbeing. It cultivates lifelong learning, enhances problem-solving skills, and provides a crucial outlet for stress relief. Embracing playfulness in our daily lives unlocks a wealth of advantages, improving quality of life and strengthening our connections with others. The Policy & Insight Team's literature review summarises these benefits under key themes that show how **play contributes to overall wellbeing and community development.**

**Physical Wellbeing:** For children, play is essential for physical development, improving motor skills, spatial awareness, and confidence. For adults, outdoor play helps reduce stress and enhances motor skills, especially for those with long-term health conditions, fostering a sense of wellbeing and social connection.

**Mental Wellbeing & Happiness:** Play triggers endorphin release, relieving stress and boosting happiness. It aids in academic, social, and emotional development in children and helps adults manage stress and improve mood. Engaging in play fosters a sense of hope, creativity, and resilience.

**Social & Community Benefits:** Playing together strengthens relationships, builds trust, and fosters empathy. In mixed-ability groups, it promotes inclusion and helps break down social barriers. Play also enhances morale, creativity, and problem-solving, whether at work or in community settings.

**Creativity and Innovation:** Play sparks creativity, allowing individuals to explore ideas and solve problems. It boosts productivity and supports economic growth by fostering a creative workforce.

**Resilience:** Play nurtures resilience by offering opportunities for controlled risk-taking and emotional recovery. Adults who engage in regular play experience improved resilience to stress, especially during challenging times like the Covid pandemic.

**Lifelong Learning:** Play encourages a love of learning, boosting concentration and academic skills in children. For adults, playful activities improve curiosity and facilitate effective learning in the workplace.

Incorporating play into daily life strengthens communities and improves well-being across all age groups. **By supporting opportunities for play, Parish & Town Councils can help foster happier, healthier, and more resilient communities.**

Email [policyandinsight@cambridgeshire.gov.uk](mailto:policyandinsight@cambridgeshire.gov.uk) for more information



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