

## Information and Funding Bulletin January 2024

Welcome to West Devon CVS's latest Bulletin where you will find news, information, details of any training and guidance to help support your group. West Devon CVS can help you develop and connect with others, so please get in touch if you would like to discuss anything. If you would like to have information about your group and its work included in the next Bulletin, please let us know.

For inclusion of information, please email Billie at [info@westdevoncvcs.org.uk](mailto:info@westdevoncvcs.org.uk)

For help with funding, governance and community development, please email Orla at [orla@westdevoncvcs.org.uk](mailto:orla@westdevoncvcs.org.uk)

**QUICK LINKS:**     [Information, help and support](#)  
[West Devon services and news](#)  
[Service updates from the sector](#)  
[Training](#)  
[Funding](#)  
[Resources](#)

### INFORMATION, HELP AND SUPPORT

**[SAVE the DATE and join in! HATHERLEIGH Community Wellbeing Fair](#)**

**3 – 6 pm Friday 8 March 2024 at Hatherleigh Community Centre EX20 3HB**

It's free, fun, friendly and inclusive. Everyone is welcome. N.B. To book a space to promote your activities, please contact Billie at [billie@westdevoncvcs.org.uk](mailto:billie@westdevoncvcs.org.uk) or ring 07704 155984 – and sooner rather than later!

**Devon Connect – WINTER WARMERS Campaign**

See our Winter Warmers Campaign at <https://devonconnect.org/campaign/winterwarmers> for activities offering all kinds of support to help you to stay healthy and happy this winter.

Sign up to Devon Connect today to join in this campaign and to add your own activities. You can also contact us at [info@westdevoncvcs.org.uk](mailto:info@westdevoncvcs.org.uk) as we may be able to refer you to additional activities taking place near you.

For a **list of warm and welcoming spaces** as well as information about **foodbanks and food hubs** in West Devon, go to <https://westdevoncvcs.org.uk/news/west-devon-winter-warmers/>

### **CLOSURE of DCC's PINPOINT (information source) from 31 December 2023.**

**PINPOINT will no longer be available from 31 December.** There are a number of contributory factors – with the challenge of curating the records and maintaining the platform being a key issue. Any listings on Pinpoint will be deleted from 31 December.

N.B. **If you are a not-for-profit**, we would encourage you to list your organisation on [Devon Connect](#). This is an online platform for communities across Devon, where members can use it to find opportunities. or add events, services, and volunteering roles.

In January the website will be replaced in for a period of time with a few links that offer alternative places to find information about services in Devon.

### **“In Touch Tavi” and “In Touch Oke”**

Please visit our **frequently** updated and useful “In Touch Tavi” and “In Touch Oke” on Health, Wellbeing, Families, Young People, Transport, as well as a section on Living Costs with details of foodbanks, food hubs and warm, welcoming spaces.

Click here for links:

<https://www.westdevoncvcs.org.uk/projects/in-touch-at-home-tavi/>

<https://www.westdevoncvcs.org.uk/projects/in-touch-at-home-oke/>

## **WEST DEVON CVS – SERVICE UPDATES AND NEWS**

### **Opportunity to share your views on the Covid-19 Vaccination Programme in Devon**

Devon Communities Together is supporting **Torbay, Plymouth and Devon (TPD) VCSE Assembly**, which has been commissioned to find out people's experiences of the Covid-19 vaccine and any barriers/challenges there might be to accessing it.

**Take the short survey at [HTTPS://WWW.SURVEYMONKEY.COM/R/TY3PXH2](https://www.surveymonkey.com/r/TY3PXH2)**; this closes on 24 January 2024.

Join the following focus group open to anyone in the VCSE sector on **Wednesday 24<sup>th</sup> January 2024 January 2024 1 - 2.30pm – Devon Communities Together, 1 Northleigh House, Thorverton Road, Exeter EX2 8HF**. To register your interest, please email [info@tpdassembly.org](mailto:info@tpdassembly.org). Your evidence will help the NHS inform future planning and engagement around the Covid-19 vaccination.

### **Kooth and Qwell – mental health platform for children, young people and adults in the community**

Jo Overton-Pitts is your Engagement Lead in Devon, Plymouth and Torbay. She has spaces for the following free support and resources in

February and March:

- staff mental health and wellbeing training (in person or online)
- sessions for young people aged 11-18, or adults aged 18+ around their mental health and wellbeing (in person or online)
- printed materials for your team to signpost to our services

Email [jpitts@kooth.com](mailto:jpitts@kooth.com) for details. See <https://go.kooth.com/> for all help and support.

### Filo Project

An award winning not-for-profit organisation providing small group care days for people with early to moderate dementia. Spaces are available and referrals are most welcome. Funding is available for qualifying clients. Contact Lisa Earle at [lisa.earle@thefiloproject.co.uk](mailto:lisa.earle@thefiloproject.co.uk).

For further information, go to [The Filo Project A5 Flyer D.pdf DEC 2023 version - Google Drive](#)

### MS-UK – supporting anyone affected by multiple sclerosis

Are you a parent with MS? See [parents with MS Peer Pod](#). This offers a new a safe, supportive space for parents at any stage – from toddlers to teens and beyond!

[Join our first parents with MS Peer Pod on Friday 26 January at 1pm!](#)

[Register here!](#)

Interested in joining? [Please fill in our contact form](#), and I will get in touch with you soon.

Vicky Timmins, **Peer Support Coordinator**

Also a variety of online sessions are available supporting both physical and mental wellbeing. Sign up at [online activities page](#) on <https://ms-uk.org/ms-uk>.

Ring Helpline on 0800 783 0518. Email [info@ms-uk.org](mailto:info@ms-uk.org). Live chat at [www.ms-uk.org/liveweb](http://www.ms-uk.org/liveweb) chat.

### **HOPE Programme for People Living with Anxiety and/or Depression**

Take this time for yourself to prioritise your wellbeing, increasing your sense of control and your resilience.

The course will be held at, **The Anchorage Centre, Chapel St, Tavistock PL19 8AG**, and run from **10:30am-1pm** on the following dates:

**Thursdays, from 25 January until Thursday 29 February 2024**

To register or for more info, please call 07719 065125 or email [sarah.michie2@nhs.net](mailto:sarah.michie2@nhs.net)  
<https://myhealth-devon.nhs.uk/local-services/hope-programme>

### **Made-Well Vibes – latest newsletter coming soon**

Go to [www.made-well.co.uk](http://www.made-well.co.uk) for information on all activities.

### **Home Instead - January newsletter**

Please go to:

<https://www.homeinstead.co.uk/tavistock-tamar-valley/blog/january-2024-newsletter/>

### **South West Lakes Trust – January newsletter**

Please go to:

[News from South West Lakes Trust, January 2024 \(mailchi.mp\)](https://www.southwestlakes.co.uk/news-from-south-west-lakes-trust-january-2024)

### **Neurodivergent Adults Group in Okehampton**

Friendly drop in session for neurodivergent adults 18+ with or without an official diagnosis, 11 am - 1 pm every 3rd Tues of the month, upstairs at ImageOke, a coffee shop in the Arcade, Okehampton, EX20 1EX

Contact Alex Izzard

Email: [mercury\\_tripwire@hotmail.com](mailto:mercury_tripwire@hotmail.com)

### **West Devon Art Workshops**

For details of all courses and to book, ring 07724 153381, email

[westdevonartworkshops@gmail.com](mailto:westdevonartworkshops@gmail.com) or visit

<https://www.westdevonartworkshops.co.uk/classes>

### Menopause Café in Tavistock

Continuing on 1<sup>st</sup> Wednesday of month at Mime Café, Paddons Row, Tavistock. Free in upstairs relaxed and safe space welcoming men as well as women, helping everyone learn from others on all things perimenopause and menopause. Additional future sessions being planned on evenings and weekends with specialist speakers.

Danielle on 07769 705490

Visit Facebook page at <https://shorturl.at/ktGMO>

### Wren Music - Singing for Wellness

For anyone living with a respiratory condition. Thursdays 1.30pm – 3.30pm at The Pavilion in the Park, Okehampton College, Mill Road, Okehampton EX20 1GE.

All are welcome (no experience necessary) to sing together, make friends and have fun singing songs and giving local performances. Run by professional singing leaders who are trained by a respiratory physiotherapist from University of Plymouth.

For further details, email [info@wrenmusic.co.uk](mailto:info@wrenmusic.co.uk) or ring 01837 53754.

Visit [www.wrenmusic.co.uk](http://www.wrenmusic.co.uk)

### Printworks, Tavistock – opportunity to rent a room from 1 January 2024

We are looking for community groups, charities and voluntary groups to send us offers of interest.

Details are:

- Street facing, ground floor room 6.2m X 5.6m with lots of natural light.
- Flexible lease terms.
- Utilities (gas, electricity, water) included in rent and use of shared kitchen and easy access toilets.
- Rent in the region of £500 per month.

We also have an adjoining large room, which can be hired by the hour for carrying out larger group meetings, workshops etc, which makes this a very versatile and cost-effective business opportunity.

Please send all enquiries and offers of interest to [info@printworkstavistock.org.uk](mailto:info@printworkstavistock.org.uk) or ring 01822 615259

### SERVICE UPDATES FROM THE SECTOR

### **NHS Provider Selection Regime (PSR) - coming into force on 1 January 2024.**

The PSR are new rules for procuring health care services in England which must be followed by NHS England, ICBs, NHS trusts, local authorities and combined authorities. It will apply to procurement of all “health services” and marks a significant shift from the current regulations.

If you were unable to join NHSE’s recent PSR webinars, we recommend visiting the [NHS PSR website](#), reviewing the [PSR Policy Overview Slides](#) and exploring the [various toolkit products](#) and support materials available.

### **Parental Minds – One Devon’s Putting the Pieces Together**

One Devon's 'Putting the pieces together': complex trauma and language and communication development training sessions. For all details, venues and dates, go to [Putting the Pieces Together \(mailerlite.com\)](#)

### **Devon In Sight’s In Vision Winter Magazine**

This and all earlier editions available in various formats. Go to <https://devoninsight.org.uk/latest-news/in-vision-magazine>

### **Devon and Cornwall Police – help with Cyber Security**

For local charities, public sector or community groups as well as small to medium sized businesses, the Government’s South West’s Cyber Resilience Centre is offering you help and support with the security of your IT system and/or website. Please see here - [South West Cyber Resilience Centre SWCRC](#)

Cyber Security can feel complicated, expensive, and unmanageable. It can be hard to know where to start, or how to improve resilience.

Much of what is on offer to you from the CRC is absolutely free. Sign up here: [Membership | Cyber Resilience Centre for the South West \(swcrc.co.uk\)](#)

**StopForLife - new free Stop Smoking Service** (formerly part of One Small Step which has now closed)

Email: [stopforlife.devon@nhs.net](mailto:stopforlife.devon@nhs.net)

Helpline 0800 123 3866

**Best-You**, a digital companion in your palm to support self-care and maintain healthy weight, increase physical activity and reduce alcohol consumption. Mobile app can be downloaded for free.

Go to: <https://stopforlifedevon.org>

### **TALKWORKS launches new text-based therapy**

NHS Talking Therapy service, [TALKWORKS](#), has added a new support option to enable live [text-based therapy](#), providing more accessible mental health support for adults across Devon.

The free, confidential, online therapy service on 0300 555 3344 is available to adults living in Devon (excluding Plymouth) between 6am and 11pm, seven days a week.

TALKWORKS hope to improve accessibility to their service through offering one-to-one, text-based support for a range of issues such as phobias, low mood, worry, stress, obsessive compulsive disorder, post-traumatic stress disorder, anxiety and sleep difficulties.

To find out more, go to <https://www.talkworks.dpt.nhs.uk/nhs-mental-health-support/text-based-therapy-support>

### **TRAINING**

#### **Learn Devon – free courses on Digital Skills**

Free online course in Digital Skills with Level 2 Award in Word and Excel, every

Thursday 9.30 – 11.30 am up to **2 May 2024**

For more information, contact our friendly admin team on 01822 613701 or visit [www.learndevon.co.uk](http://www.learndevon.co.uk) or call in to Alexander Centre, Tavistock.

#### **Immersion Reality Arcade Okehampton – new Maths skills offer**

Free weekly programme to help adults with job prospects and learn some key skills for daily life – all via virtual reality! Includes standard fundamental maths curriculum.

Mondays and Wednesdays 9.15 am-12 noon



Wednesdays 7 - 9.30 pm

To find out more, email [immersioninthecommunity@gmail.com](mailto:immersioninthecommunity@gmail.com)

<https://www.immersionokehampton.co.uk/>

### **Pete's Dragons (in partnership with Public Health Devon) - Training on Community Suicide Awareness & Emotional Resilience**

Pete's Dragons' fully-funded courses available at the moment, include:

- Community Suicide Awareness
- Connect 5 (Modules 1 to 3)
- Emotional Resilience

View and book via our Eventbrite: <https://petesdragons.eventbrite.com>. However, these courses listed above and still free of charge can be offered as closed sessions for groups of 8 or more. Please email Joanna on [training@petesdragons.org.uk](mailto:training@petesdragons.org.uk).

Some other free courses listed on our Eventbrite are one-off courses only available as open sessions on the dates listed. So, if interested, book on them whilst you can, as there's no guarantees that they will be offered again!

### **LOCAL FUNDING**

**DCC's COMMUNITY LIBRARY SUPPORT FUND** - This fund aims to enhance and develop small local schemes and facilities e.g. phone box libraries, books swaps etc. that provide access to books and reading in rural areas, particularly those that are not near an existing Library. Applications are accepted from constituted and not-for-profit voluntary, community and social enterprise (VCSE) sector groups and organisations, town and parish councils, charities or businesses (who have an eligible sponsor), or a combination of such groups working together. Grants to schools are acceptable where they can support public access by other groups who may use the school such as pre-school and parents etc. rather than just the school library. Non-constituted groups without their own, separate bank account, small local businesses and individuals may apply but they will **need to do so with the support of an accountable constituted organisation e.g. a CVS acting on their behalf as sponsor or guarantor and as the recipient of the grant.** Full details at <https://www.devon.gov.uk/communities/community-library-support-fund> Apply as soon as possible – the fund closes on **31 March 2024** or sooner if all the funding has been spent.

**DCC FOOD, FUEL AND MORE FUND** grants administered by Devon Community Foundation -aimed at voluntary and community groups who are supporting at least one of the following:

- households with disabled residents, or those suffering ill health which has a direct impact on household income and an ability to meet food and energy bills; homeless or those in temporary or insecure housing; Traveller, Gypsy, Romany communities; Asian, black and other Ethnic Minority communities

Applications should address one of the following immediate needs: Food/Energy and Fuel Bills/Essentials linked to energy and water/Wider essentials

Contact DCF Grants Team for information, advice and one to one assistance on 01884 906 693 or email [grants@devoncf.com](mailto:grants@devoncf.com) Go to <https://www.devoncf.com/grants>

Deadlines are as follows:

Small grants £1000-£2000 are assessed on a rolling basis between **1<sup>st</sup> November 2023 - 1<sup>st</sup> February 2024**

### **VCSE ENERGY EFFICIENCY SCHEME**

Groundwork takes practical action to create a fair and green future in which people, places, and nature thrive. We support local communities.

<https://www.groundwork.org.uk> **deadline August 2024**

## **NATIONAL FUNDING**

**BETTER COMMUNITY BUSINESS NETWORK GRANT** - this initiative distributes one-off grants of up to £3000 to 12 charities, self help, community and voluntary sector groups each year for projects that address a community issue or support a local community initiative; and provide benefits to the local community e.g. health, education, social issues, arts, environment and disability. Full details at <https://bcbn.org.uk>

**Deadline 18 February 2024**

**GAMBLE AWARE: IMPROVING OUTCOMES FUND WOMEN AND MINORITY COMMUNITIES** – registered charities and not-for-profit organisations can apply for a new fund to tackle additional burdens of gambling harm experienced by women and people from minority religious and ethnic communities. There are two levels of funding starting at £150,000 for smaller/emergent organisations with less of a track record in the gambling harms sector; to

£300,000 for larger more established organisations and projects. Full details at <https://www.begambleaware.org>

**Deadline 31 January 2024**

**HOSPITAL SATURDAY FUND** – Registered Charities, Hospices, Medical Organisations can apply for Standard grants of up to £2000 or large grants of £2001-£10,000 for health and medical projects. Grants for Individuals with a medical condition are also available. Full details at <https://hospitalsaturdayfund.org>

**Deadlines** Standard Grants **1 May 2024** Large Grants **3 April 2024**

**THE JERWOOD FOUNDATION** – grants of between £1000-£20,000 available for arts-based organisations and projects that support the promotion of the arts for public benefit. Further information at <https://jerwood.org/funding>

**Deadline 1<sup>st</sup> March 2024**

**THE JOHN AND DIANA KEMP-WELCH CHARITABLE TRUST** – small grants of up to £5000 available to Registered Charities and Parochial Church Councils in England working in the areas of arts and culture, care and welfare of the elderly and children, education, the environment and wildlife. Apply in writing at Any Time to Sir John Kemp-Welch, Chair, The John and Diana Kemp-Welch Charitable Trust, Flat 74, Melton Court, Onslow Crescent, London, SW7 3JH

**THE LECHE TRUST** – grants of between £1500-£2500 available to Registered Charities, public authorities and institutions to support projects in the areas of the Performing Arts, particularly dance, music, theatre and Heritage Conservation, with an emphasis on pre-Victorian buildings, including churches and collections. Full details at <https://www.lechetrust.org>

**Deadline 2 February 2024**

### **THE MONEY SAVING EXPERT CHARITY “LIVING WITH LONG TERM**

**CHALLENGES” THEMES ROUND** – grants of up to £8000 available to not-for-profit organisations for projects focussed on building financial resilience and capability skills among people with long term health challenges – including Autism, Brain Injury, Dementia, Disability, LD, Mental Illness, Stroke and those with Caring responsibilities. Full details from

<https://www.msecharity.com>

**Deadline is 16 February 2024**

**but Application window closes once 40 Applications have been received – so Apply as soon as possible**

**NATURESAVE TRUST: FOOD** - grants of between £2500-£5000 available for charities, social enterprises, voluntary organisations and small businesses- the theme of this round is Food - and projects that restore the environment, promote conservation and encourage sustainable communities by for example, dealing with food waste, food scarcity or food banks are eligible to apply. Full details at <https://naturesave.co.uk/naturesave-trust>

**Deadline 29 February 2024**

**THE RIGBY FOUNDATION** – small and large grants (grants have ranged from under £4000 up to £150,000)available to Registered Charities working in the areas of health, education, arts, culture, heritage and financial hardship. Apply in Writing at Any Time to The Rigby Foundation, Bridgeway House, Bridgeway, Stratford Upon Avon, Warwickshire, CV37 6YX

**THE SCOPS ARTS TRUST** – grants of up to £30,000 available to small to medium sized charitable organisations including Registered Charities, constituted community groups and social enterprises. Applications should aim to widen access to the Arts, particularly in the area of performing arts projects which will benefit all ages and sections of the community. Full details at

<https://www.scopsartstrust.org.uk>

**Deadline 23 January 2024**

## RESOURCES

### **West Devon CVS**

West Devon CVS has a range of Policy Guides and Templates for voluntary and community organisations which provide a framework which can help your organisation to define its practices. Subjects include: Complaints, Confidentiality, Data protection, Equality and Diversity, Financial Procedures, Health & Safety, Preventative Measures, Employee Terms and Conditions of Employment, Lone Workers Policy & Procedures, Recruitment Policy and Procedures, Safeguarding.

Contact Orla at [orla@westdevoncvcs.org.uk](mailto:orla@westdevoncvcs.org.uk) if you would like a copy of any of the above.

### Support for Trustees

For all year round support and guidance, go to: [\(https://trusteesweek.org/supporter-resources/\)](https://trusteesweek.org/supporter-resources/).

### ACAS

ACAS also provides a range of free advice and templates to Employers on Disciplinary and Grievance, Discrimination, Mediation on, Employment contracts and Terms and Conditions, Health & Wellbeing at Work. Go to <https://www.acas.org.uk/emplates-for-employers>

### Charities Aid Foundation

Runs a Cost-of-Living Hub for charities and non-profits to help navigate the present challenges. The hub includes Resources to help with financial planning, fundraising and loans, plus expert views. Go to

[https://www.cafonline.org/charities/resource-hub?utm\\_source=Charity+Digital&utm\\_medium=MPU&utm\\_campaign=COL\\_NewYear&utm\\_id=Cost+of+Living+Paid+Digital](https://www.cafonline.org/charities/resource-hub?utm_source=Charity+Digital&utm_medium=MPU&utm_campaign=COL_NewYear&utm_id=Cost+of+Living+Paid+Digital)

### Charity Commission

Up to date information and guidance for voluntary and community sector charitable organisations. This includes short guidance – ‘5 Minute Guides’ – on the basics all Trustees and Committee Members need to know. For further information please visit [www.gov.uk/government/organisations/charity-commission](http://www.gov.uk/government/organisations/charity-commission)

### NCVO – Free Pages

Start planning your **Big Help Out 2024** activities! Go to: <https://www.ncvo.org.uk/news-and-insights/news-index/the-big-help-out-get-involved/>

NCVO continue to offer their KnowHow Pages as a free resource for community and voluntary sector groups. A range of information and webinars for voluntary and community organisations is available, including:

- How to Support and Manage Staff
- Key Government Schemes Available to Employers

- Involving Volunteers
- Managing Risk
- Funding and Financial Management
- Governance
- Safeguarding

For more information please visit: <https://www.knowhow.ncvs.org.uk/coronavirus>