

Information and Funding Bulletin February 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

For help with funding, governance and community development, please email Orla at orla@westdevoncvcs.org.uk

QUICK LINKS: [Information, help and support](#)
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INFORMATION, HELP AND SUPPORT

HATHERLEIGH Community Wellbeing Fair

All tables now fully booked - join us and circulate!

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

This is brought to you by the Transitions Project, a partnership between West Devon CVS and WiserMoney with Navigate.

It's free, friendly and inclusive with a wide range of useful information and support, as well as fun activities, entertainments and free hot food and drinks. For more details, contact Billie at billie@westdevoncvcs.org.uk or ring 07704 155984.

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 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

Andy's Man Club – It's Okay to Talk!

If you are concerned or have experience of Men's Mental Health, please come along **a6.30 - 8.30 pm** on **27 February 2024** to Cafe Castle Ham Lodge, 1 Castle Road, Okehampton EX20 1HT. Parking available.

Wellmoor's Check-Mate Project and West Devon CVS are working together to set-up an Andy's Man Club in Okehampton. Andy's Man Club is a national organisation, providing a space for men where they can open up about storms affecting their lives in a judgement-free and non-clinical environment.

For more information, contact Torie at torie@wellmoor.org.uk or ring 01647 478378.

WDCVS's Disability Awareness Workshop (for not-for-profit groups)

West Devon CVS are facilitating a half day Disability Awareness Workshop to be delivered by Living Options **10 am - 1 pm on 29 February 2024**. This will take place in the Lower Hall, Tavistock Methodist Church, Chapel Street, Tavistock PL19 8DX.

Course Overview:

This course is a fun, interactive and practical session enabling delegates to feel confident communicating with disabled people. The session will include a range of activities, discussions and useful information.

Course Objectives:

By the end of the course delegates will be able to:

- understand a range of disabilities and how they are experienced
- feel more confident in communicating with and providing assistance to disabled people
- understand key points of the Equalities Act 2010
- recognise potential barriers and how to overcome them

To register your place, email Orla at orla@westdevoncvcs.org.uk

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.

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

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
<https://myhealth-devon.nhs.uk/local-services/hope-programme>

Made-Well Vibes – latest information

Go to <https://www.made-well.co.uk/> for the latest information on all activities.

Home Instead - February newsletter

Go to <https://www.homeinstead.co.uk/tavistock-tamar-valley/blog/welcome-to-our-february-2024-newsletter/>

Community Links SW – newsletter

Go to: <https://www.communitylinks-sw.co.uk/community-links-newsletter/>

South West Lakes Trust – February newsletter

(with results of photo competition)

Please go to: [News from South West Lakes Trust, February 2024 \(mailchi.mp\)](#)

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

West Devon Art Workshops

For details of all courses and to book, ring 07724 153381, email westdevonartworkshops@gmail.com or visit <https://www.westdevonartworkshops.co.uk/classes>

Menopause Café in Tavistock

Continuing on 1st 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 or ring 01837 53754. Visit www.wrenmusic.co.uk

SERVICE UPDATES FROM THE SECTOR

MS-UK – online activities in February

Go to: [Online activities calendar | MS-UK](#)

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 \(mailerlite.com\)](https://mailerlite.com)

Devon In Sight’s In Vision Spring Magazine (your local sight loss charity)

Go to <https://devoninsight.org.uk/in-vision-magazine-spring-2024>

VOYC Devon - latest newsletter with network dates (Championing and strengthening children and young people’s organisations in Devon)

Visit: [What's Indi been up to? \(mailchi.mp\)](https://mailchi.mp)

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 \(swcrc.co.uk\)](https://swcrc.co.uk)

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

Email: 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 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
<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.

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.**

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**

COMMUNITIES LOCAL ACTION ON SUICIDE PREVENTION (CLASP) Devon Community Foundation are inviting applications from a wide range of not-for-profit voluntary and community groups, faith based organisations and town and parish councils, for the CLASP grants of between £2000-£10,000. The scheme aims to support projects that directly contribute towards the aim of reducing the number of preventable deaths across Devon. Applications must address their priorities and further information can be found at <https://devoncf.com>

Deadline 28 February 2024

ASDA FOUNDATION – a range of grants are available to community groups including the Cost of Living Grant which can help with the increased running costs such as rent, utility and essential costs. Contact needs to be made with the Community Champion at each store – nearest Asda store for Tavistock/Horrabridge and Yelverton area groups is in Estover, and groups on the Bere Peninsula and Gulworthy can make contact with the new Asda store in Gunnislake. Further details <https://www.asdafoundation.org/foundation-grants>

Deadline 1 March 2024

NATIONAL FUNDING

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 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

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 ASSOCIATION FOR INDUSTRIAL ARCHAEOLOGY RESTORATION GRANTS – capital grants of up to £20,000 available to charitable organisations, including CIC's, for the restoration of historically, technically, architecturally and/or archaeologically

important industrial buildings, structures, machinery, vehicles and vessels. Full details at <https://industrial-archaeology.org/aia-awards> **Deadline 31 March 2024**

THE AUSTIN AND HOPE PILKINGTON TRUST (ROUND 1 2024) - revenue grants of £1000 to Registered Charities that are providing training and employment opportunities for people with disabilities. Full details at <https://austin-hope-pilkington.org.uk> **Deadline 29**

February 2024

BOOTS CHARITABLE TRUST - grants of up to £10,000 for Registered Charities and up to £5000 for voluntary and community groups not registered with the Charity Commission, for projects in the fields of health, lifelong learning, community development and social care. Further information at <https://www.boots-uk.com/environmental-social-governance> or search for Boots Charitable Foundation.

Deadline 28 February 2024

THE DELAMERE DAIRY FOUNDATION - grants of between £250-£5000 available to Registered Charities and other charitable organisations working in the areas of agriculture, the environment, education, children and young people, financial hardship and the relief of sickness. Details at <https://delameredaairyfoundation.org.uk>

Deadline 29 February 2024

THE HEDLEY FOUNDATION - one-off grants of up to £5000 are available to smaller Registered Charities working with elderly people, people with mental or physical disabilities, terminally ill, young people and social welfare projects, including those that benefit carers, homeless and ex-offenders. Details at <https://www.hedleyfoundation.org.uk>

Deadline 13 March 2024

THE INMAN CHARITY – grants of between £2000-£5000 available to Registered Charities providing medical, social welfare or general welfare activities – particularly support for the elderly, people with disabilities, hospices and armed forces. Further details at <https://www.inmancharity.org> **Deadline 28 February**

2024

KELLY FAMILY CHARITABLE TRUST – capital, revenue and core grants of up to £5000 are available to help establish recently formed Registered Charities that are working to

nurture support for family life. Further information at <https://www.kfct.org.uk>

Deadline 1 March 2024

THE MARK FITCH TRUST – small grants, usually under £5000 available to Registered Charities and individuals for projects, publications and research on local and regional history. Further information at <https://www.marcfitchfund.org.uk>

Deadline 1 March 2024

THE NATIONAL CHURCHES TRUST – SMALL GRANTS PROGRAMME - grants of up to £5000 available for listed and unlisted Christian places of worship of any denomination. Full details at <https://www.nationalchurchestrust.org/get-support/grants>

Deadline 29 February 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 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/>.

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/templates-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

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

NCVO – volunteering round up for February 2024

Go to: [Latest volunteering news, resources and training \(marketingusercontent.com\)](https://marketingusercontent.com)

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/>