

Information and Funding Bulletin December 2023

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

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INFORMATION, HELP AND SUPPORT

Devon Connect – WINTER WARMERS Campaign

See our new 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

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 newsletter

Go to [Newsletter 23.12.01.pdf \(made-well.co.uk\)](#)

Home Instead - December newsletter

Please go to:

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

Community Links - newsletter

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

Support for Trustees

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

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

Kier's Natural Resources, Nuclear and Networks – offer of group volunteering in Hatherleigh area

Offering a team of 5-10 volunteers to support a local community project, e.g. fundraising, carrying out a garden makeover, redecorating a community asset, ideally towards the end of November/first week of December 2023 or in January 2024.

Contact Jess Dyer, Social Sustainability Coordinator at Kier Natural Resources, Nuclear & Networks

Mobile 07548780246

Email: jessica.dyer@kier.co.uk

South West Lakes - December 2023 news

Go to:

[News from South West Lakes, December 2023 \(mailchi.mp\)](#)

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.
- Lease Terms: Two years with a one year break clause (when a rent review will be carried out).
- 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 room.

Please send all enquiries and offers of interest to info@printworkstavistock.org.uk

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 \(swcrc.co.uk\)](#)

Mind Devon – whole batch of new courses and workshops

In the link, scroll down for November dates of multiple courses in Plymouth and Barnstaple; examples are:

Putting Yourself First: Understanding Self-Care; Trauma, Shame and Self-Care;

Understanding & Coping with Feelings of Anxiety;

Understanding Emotions with a focus on Anger; Exploring Women's Mental Health

Visit: [Courses & Workshops | Devon Mind, leading the fight for mental health in Devon](#)

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>

BBC Children in Need

BBC Children in Need are looking for new committee members to join the South West Advisory Committee. This is an exciting voluntary opportunity for someone with the right knowledge and experience of working with children & young people in the South West.

<https://careers.bbc.co.uk/job/BBC-Children-in-Need-South-West-Advisory-Committee-Volunteers/782293702/>

Kooth – free, online mental wellbeing support for those aged 13+

For feel-good content and wellbeing tips, follow Kooth_UK - TikTok & Instagram or visit [Home - Kooth](#)

Qwell - free digital mental wellbeing support for adults across the UK

For helpful short video and all kinds of support with no fee, no waiting list and no judgement, go to www.qwell.io .

Jo Overton-Pitts at jpitts@kooth.com is the Engagement Lead for Kooth.com and Qwell.io in Devon, Plymouth and Torbay. See also these links:

[GP and Healthcare professionals Kooth resource pack](#)

[Parents/Carers resource pack](#)

[Resource pack for Teachers and Schools](#)

[Video pack for schools](#)

Refugee Employment and Enterprise Project (REEP) launched by Devon County Council's Migration and Resettlement team

Aim is to improve employment and career pathways for suitably qualified and experienced refugees and migrant workers, connecting employers and vacancies and thereby supporting Devon's economic growth.

If you already are or can in the future support speakers of other languages (ESOL) with e.g. CV writing, access to vocational ESOL and ESP (English for Specific Purposes) courses and so on, please contact Dave Wright at dave.wright@devon.gov.uk or Philip Ash at Phillip.Ash@devon.gov.uk.

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.

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 Go to <https://www.devoncf.com/grants>

Deadlines are as follows:

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

THE HARFORD CHARITABLE TRUST – grants of up to £2,000 for small registered charities in the South West that are supporting children and families, people who are disadvantaged, the disabled, the environment and self help projects. Write to Clare Clatworthy, Trustee, The Harford Charitable Trust, 23 The Tramshed, Beehive Yard, Bath, BA1 5BB email clare.clatworthy@hotmail.co.uk
Apply any time.

MARJORIE AND GEOFFRY JONES CHARITABLE TRUST - small grants for registered charities in Devon working to benefit people who are disadvantaged and social

welfare projects. Applications in writing to Mrs Lynn Young, Carlton House, 30 The Terrace, Torquay TQ1 1BS or email: lynn.young@wollenmichelmore.co.uk

B-C H 1971 CHARITABLE TRUST – local and national Registered Charities providing services in Devon are eligible to apply for grants of either £1000 or £2000 for work in areas of health, hospice care, medical causes and support for children and young people. Apply in writing at any time to Miss J Holman & Mr E Reed, Trustees, B-C H Charitable Trust, Macfarlanes LLP, 20 Cursitor St, London EC4A 1LT, Tel 020 7831 9222

THE BLOSS FAMILY FOUNDATION – Registered Charities in Devon who are working with children and young people aged up to 18 years, who are disadvantaged, have mental health problems and/or are physically disabled. Dr Elizabeth Bloss, Chair, The Bloss Family Foundation, 42 Backwell Hill Road, Backwell, Bristol, BS48 3PL, Tel: 01275 463759, Email: bff.charity2008@gmail.com

THE CHARLOTTE HEBER-PERCY CHARITABLE TRUST – grants of up to £20,000 for UK Registered Charities in Devon, for general charitable purposes, animal welfare, arts and museums, education, medical, cancer and hospices. Linda Cousins, The Charlotte Heber-Percy Charitable Trust, Rathbone Trust Company Limited, 8 Finsbury Circus, London, EC2M 7AZ Tel: 020 7399 0820 Email: linda.cousins@rathbones.com

NATIONAL FUNDING

THE ADAMSON TRUST (THE DISABLED CHILDREN'S HOLIDAY CHARITY) Small grants, generally for £1,000 or less, are available for individuals, registered charities, charitable organisations and schools across the UK to assist with the costs of respite breaks or holidays for children aged over 2 and under 18 who are living with emotional, mental or physical challenges Further information at <https://www.theadamsontrust.co.uk>

Deadline 31 December 2023.

ANNETT CHARITABLE TRUST – a small number of grants available to Registered Charities (particularly in the South West) working in the areas of healthcare, social welfare, medical research, the environment, children and young people. Applications should be made in writing to JJ Thring, Chair of Trustees, The Annett Charitable Trust, Thrings LL, 2 Queen Square, Bath, BA1 2HQ. Apply any time.

BARCLAYS COMMUNITY FOOTBALL FUND - Grants of up to £500 are available to UK not-for-profit organisations, including community groups, youth groups and traditional football clubs, to make football more inclusive and accessible within communities. Further information

from <https://sported.org.uk/barclays-community-football-fund-2>

Deadline 31 December 2023.

B&Q FOUNDATION – Registered Charities supporting those who are experiencing homelessness, in financial hardship, impacted by health, disability and other disadvantage or distress, are eligible to apply for grants of up to £5000. Projects should be for work - indoor or outdoor - that decorates, renovates or creates spaces where people can feel at home and have a sense of belonging. Further details <https://bqfoundation.org.uk>
Apply at any time.

BLUE SPARK FOUNDATION - Schools, community groups, clubs, societies and other not-for-profit organisations can apply for grants of generally under £1000 but can be up to £5000. Funding should be for projects which aim to improve the education and development of children and young people by means of educational, cultural, sporting and other activities. Full details from <https://bluesparkfoundation.org.uk>
Apply at any time.

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

GREENE KING 'PROUD TO PITCH IN' GRANTS – grassroots community organisations including sports clubs and social enterprises are eligible to apply for grants of up to £4000 to deliver sports activities within communities in which participating Greene King sites are located – check website at <https://www.greeneking.co.uk/proud-to-pitch-in>
Deadline 31 December 2023.

THE RADCLIFFE TRUST - a range of not-for-profit organisations including Registered Charities, CIO's and CIC's are able to apply for grants of between £2500-£7500 for work in heritage, crafts and music (music education, composition and chamber music). Further

information from <https://www.theradcliffetrust.org>

Deadline 31 January 2024.

THE STEEL CHARITABLE TRUST - grants of between £10,000-£25000 available for Registered Charities, exempt charities, municipally funded museums for work under the following themes – Arts & Heritage, Education, Environment, Health, Social or Economic Disadvantage.

Check full details at <https://steelcharitabletrust.org.uk/grants>

Deadline 11 January 2024.

THE SWAN MOUNTAIN TRUST – a limited number of grants of between £2000-£4000 to smaller Registered Charities that are supporting asylum seekers and refugees with a particular focus on young asylum seekers and refugees in poor mental health. Due to the limited number of grants given it is advised to email the Trust to introduce your project in the first instance at

Jan.swanmountaintrust@gmail.com

THE VCSE ENERGY EFFICIENCY SCHEME will have a total of £25m to increase the energy efficiency and long-term sustainability of a range of frontline voluntary, community and social enterprise organisations. There are two strands:

1. Funding for the cost and delivery of an independent energy assessment. This will help to identify how to reduce bills through measures such as improving or installing new energy features in the building, or changing how energy is used. This part of the scheme will open to applications in December 2023.
2. Organisations with an energy assessment may then be eligible to apply for a capital grant to install the recommended energy efficiency measures in their premises.

This part of the scheme will open to applications in January 2024.

Full details and to check your eligibility go to

<https://www.groundwork.org.uk/vcenergyefficiency>

PETER HARRISON FOUNDATION – Registered Charities and Community Amateur Sports Clubs can apply for small grants of up to £5000 or major grants of up to £30,000 capital, revenue or project costs for projects that provide opportunities for disadvantaged groups to fulfil their potential through sport. Full details at <https://www.peterharrisonfoundation.org/opportunities-through-sport>

Deadline 1 January

SNG (formerly Sovereign Housing) WELLBEING CHAMPIONS PROGRAMME – Registered Charities, CICs, community groups, local public bodies and housing associations can

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West Devon CVS Registered Office: Ockment Centre, Okehampton, Devon EX20 1AR, Registered Charity Number 1119730.
Registered Company Number 6115797

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apply for grants of up to £10,000, to deliver youth-led projects which provide training and support to become Wellbeing Champions and help other young people with their mental health. Full details <https://www.sovereign.org/thriving-communities/community-investment/sng-iwill-fund/wellbeing-champions-programme/wcp-grants>

SOUTH WEST WATER COMMUNITY GRANTS - two grants schemes available to a wide range of not-for-profit groups, CICs and schools:

Neighbourhood Fund and the Water Saving Community Fund – grants of up to £2000 to help with the costs of projects that benefit communities by protecting nature and the environment, improving community wellbeing, provide learning opportunities, bring people together and maintain community facilities. Applications can be made through on-line platform Action Funder (link on web page) <https://www.southwestwater.co.uk/our-south-west/community/neighbourhood-fund> Check website for deadlines.

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/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

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 – 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>



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