INVOLVE
VOLUNTARY ACTION IN MID DEVON

NEWSLETTER

DECEMBER, 2023

WWW.INVOLVE-MIDDEVON.ORG.UK



HAPPY CHRISTMAS FROM INVOLVE!

I am delighted to introduce Involve's end of year newsletter. Once again we are introducing new members to our team. We have lots of plans for 2024 and hope to meet you out in the community whether through our community builders, wellbeing alliances, networking meetings or our many projects.

We will be holding our next AGM together with an annual review in January with an opportunity to attend a **Meet the Funders** event for our Voluntary and Community groups in Mid Devon where you can hear from different funders and have your questions answered.

In the meantime we wish you a very happy Christmas and positive New Year and enjoy the newsletter.

Katheryn Hope

OUR AIM

Involve aims to help communities in Mid Devon to be more resilient, improving the lives of citizens. We support existing and evolving charities, voluntary organisations, and community groups across Mid Devon

INVOLVE

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OUR TEAM CONTINUES TO EXPAND

We welcome Charlene Keefe, our Cullompton Community Builder / Connector.
Charlene says: "Cullompton has a fantastic sense of community and I have been lucky enough to participate in some of the groups and services that are currently available in Cullompton. I am really looking forward to getting to know all of the local groups, charities and organisations in the area and learn how best I can support them in my role, and hopefully help support the growth and development of new community ideas and future projects in Cullompton."



You can contact Charlene at:
charlene@involve-middevon.org.uk

We are also pleased to announce Tamlyn Fraiquin as our Crediton Community Builder.
Tamlyn explains, "Having been an active member of this community, I am already familiar with the exceptional groups, charitable organisations, and community initiatives that distinguish our town. I consider it a privilege to now have the opportunity to collaborate with these inspirational individuals and facilitate further development and growth."



You can contact Tamlyn at:
tamlyn@involve-middevon.org.uk



Additionally, we welcome Lauriel, our new Wellbeing Coordinator with Culm Valley PCN.
"I am newest member having joined the Wellbeing team in September 2023. I am based at College and Bramblehaies I look forward to helping people make new connections and achieve their personal goals. I am passionate about helping people to better help themselves and form habits that will be beneficial long-term to their health and wellbeing."



And finally George, our Cullompton Youth Support worker
"I'm really excited to be working as one of Involve's new youth workers in Cullompton. As Youth Support Worker, I work alongside the Senior Community Youth Worker to deliver youth sessions and engage, support, listen to, and empower young people, working with them as they navigate their teenage years, grow their personalities, boost their confidence, and develop skills for adulthood."

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News

Healthwatch in Devon, Plymouth and Torbay is your local, independent champion for health and social care services.

People across the county share with Health Watch their experiences, suggestions and ideas on what works well and what could be improved about the care they receive. Telling them what you think will help make health and care work better for everyone, because the information is shared anonymously with the people who make decisions about these services and can change them for the better.

You can complete the feedback form on their website to share your story about using health and social care services in Devon, Plymouth or Torbay. You can complete the form on behalf of yourself, a family member, or a group of people. You do not have to provide any personal information if you do not wish to, however, if you have a serious concern they recommend leaving contact details in case of the need for further details to follow up on your feedback.

If you would like to share your story of using local health and social care services in a more general way go to: **https://healthwatchdevon.co.uk/services/**

Then click link to fill out the **'Have Your Say'** form.

hey girls...

Hey Girls are the multi-award-winning period product social enterprise of the year and work with almost 300 partners spread across the country who offer a range of services, directly working with people in need. Their mission is to eradicate period poverty in the UK, improve access to quality products and increase education around period health to eliminate shame and stigma. They believe access to period products and education is a right, not a privilege which is why they work closely with businesses, government and industry leaders as well as community partners to encourage real social change and end period poverty. These include youth groups, women's centres, food banks, outreach services and homeless shelters – fantastic people doing really amazing things in their communities.

Since launching Hey Girls in 2018, they have donated over 30 million period products across the UK.

You can email them for free period products at:
https://www.heygirls.co.uk/about/contact/

News



Winter Warmers Campaign

As winter once again approaches, Devon Connect has launched a Winter Warmer campaign to help ensure that everyone remains healthy and happy despite the additional pressures bought about during the coldest months of the year.

The winter months are known to put a strain on personal finances, and all too often people are forced to give up necessities to make ends meet, compromising their wellbeing in the process – a problem which has only been further exacerbated by the current cost-of-living crisis.

To help combat this, a number of local organisations and groups are running sessions and events to provide support for those in need. These sessions and events cover topics such as food insecurity, keeping warm, budgeting, and other issues which commonly plague people during the winter months.

Aside from these sessions and events, groups and organisations are also looking for ways to help tackle the isolation which many, especially those who are older, suffer health conditions, or live alone, can experience during the winter months. Some groups are organising regular clubs and social gatherings, whilst others have befriending services and are looking for volunteers.

Devon Connects' Winter Warmers campaign displays a wide array of the activities across Devon which can help people stay healthy and happy this winter. You can also contact your local platform partner as they may be able to be able to refer you to additional activities taking place near you.

If you want to find an event or session find out more on the website. Alternatively if you are running an activity in your community which fits with the Winter Warmers campaign why not promote it on the Devon Connect online hub and add the campaign tag. If you need support to create a profile or add your event please do contact us at office@involve-middevon.org.uk

To find out more go to the website:
https://devonconnect.org/campaign/winterwarmers



Job Opportunity at Involve!

Are you highly organised and efficient and interested in working for a busy charity that makes a difference for communities in Mid Devon?

Then this could be the job for you! We are seeking an experienced Administrator with strong initiative to join our expanding team at Involve. This is an exciting part-time position and you will need a good understanding of and commitment to the charitable sector as well as administrative and finance experience.

Closing date: Friday 5th January '24.
Interviews to be held 15th January.
For more information and to apply contact:
katheryn@involve-middevon.org.uk

Meet Sophia: Senior Community Youth Worker

Each newsletter we introduce one of our team members. This time it is Sophia who describes her role at Involve:



You can contact Sophia at:
sophia@involve-middevon.org.uk

I am the Senior Community Youth Worker for Cullompton based at the John Tallack Centre. As part of my role, I am responsible for the management and delivery of Cullompton Youth Club. Sessions are universal access, open-door provision run twice per week; a session for Juniors (young people in years 7 & 8) and a session for Seniors (young people in year 9 to 18 years old). Sessions offer young people a safe space to engage in activities, explore their identity, increase their confidence, and develop inter-personal skills.

My role also includes utilising existing community assets and working in partnership with local organisations, partners, and volunteers to establish and support sustainable and collaborative youth provision in Cullompton. So far, this has included supporting the delivery and evaluation of the Resilient Young Minds project at Cullompton Community College, supporting the Youth Book Group at the Hayridge Centre and the development of a monthly multi-agency meeting that aims to work in partnership to identify and resolve youth anti-social behaviour and criminal activity in Cullompton.

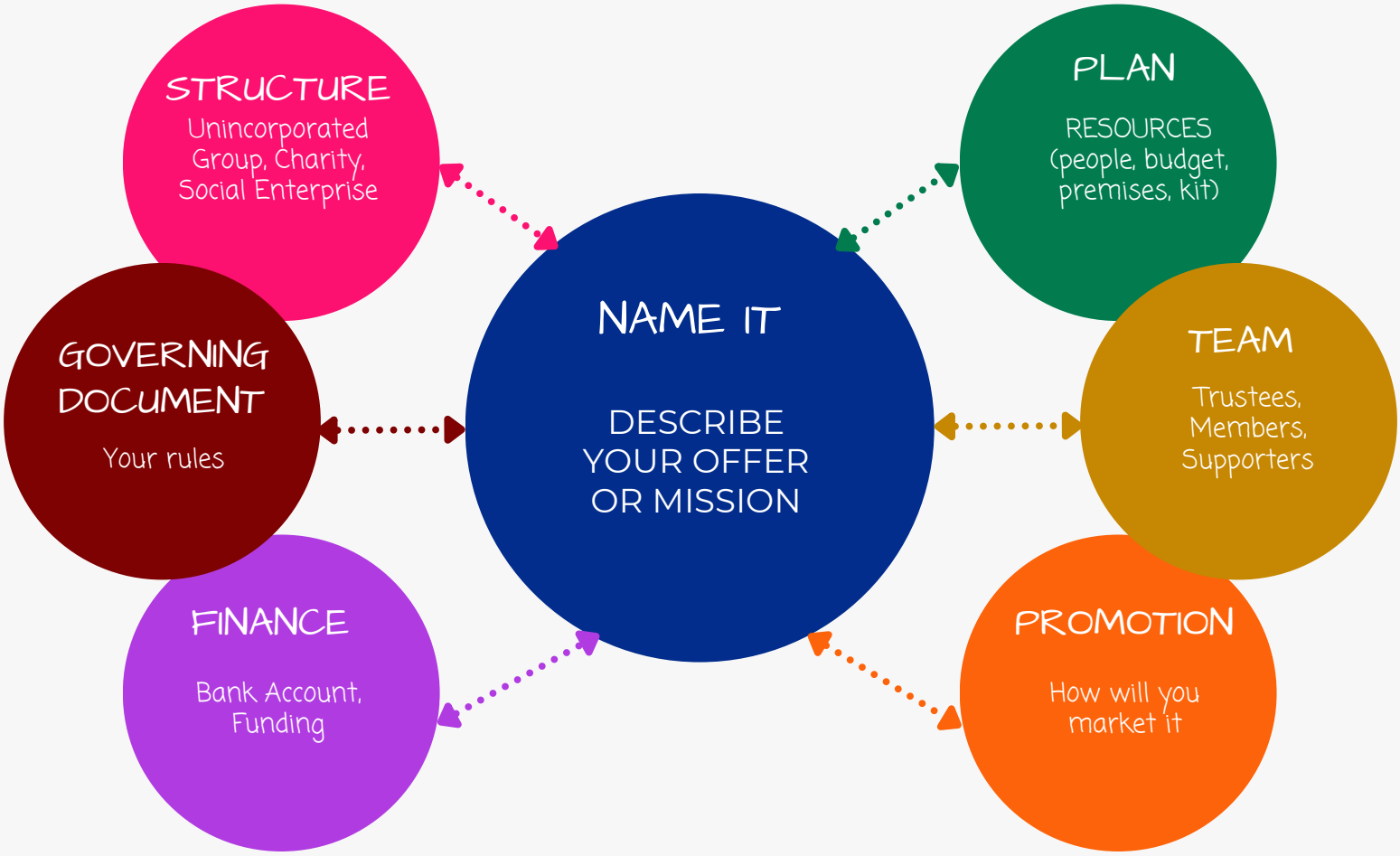
I have been a professionally qualified youth worker for over ten years and can honestly say that I love my job. Every day is different and being afforded the opportunity to build relationships with young people that are based on respect, equity, diversity, and inclusion, and being part of a young person's journey through adolescence is a real privilege.



WHEN FORMING A GROUP...

PLAN

It is important that your group draws up a simple plan to work out what you want to do, why you want to do it and how you will do it. Is anyone else already doing it? Your plan should include: What you want to do and why; How you plan to do this; Details of the resources you have in place (e.g. people's time and skills, money, equipment, use of premises etc); Details of resources you need and how you plan to get them; Timetable of your activities, and the steps you need to reach your aim; Details of how you will show if your event/activity was successful If you have lots of ideas, it is a good idea to prioritise them. If you can, allocate specific jobs to people, as it is easier to keep track of your progress then.



NAME AND STRUCTURE

Depending on what your long term aims are, there are several different types of structures. The easiest one is an **Unincorporated Group** suitable for a general meet-up or peer support group that isn't looking for funding or grants. It's still good to have a governing document that sets out your rules so everyone understands the purpose and roles, and if you are collecting subscriptions then you might want formalised roles such as treasurer and a bank account. **Social Enterprises** are businesses with primarily social objectives whose surpluses are principally reinvested for that purpose in the business or community, rather than being driven by the need to maximise profit for shareholders. There are various types such as **Community Interest Company (CIC)**; Industrial and Provident Society (IPS); **A Community Interest Organisation** (CIO); **A Charitable Company** either limited by guarantee or by shares. Charities are registered with the Charity Commission and comply with its regulations, and operate exclusively for charitable purposes.

NEXT STEPS

Write your Governing Document; Find Your Trustees or Members, Register if you need to (depending on structure), Open your bank account, Find a meeting place or venue, Promote it, Keep records so you can prove your impact - keep stories (remember to get data permissions if required.

New Project

HOPE Courses



The HOPE (Help Overcoming Problems Effectively) programme has been set up to support people with long-term health conditions to build confidence and learn how to manage their condition as well as encourage peer support. HOPE was developed by the University of Coventry and is an evidence-based, accredited programme, which is delivered under licence from H4C. The HOPE Programme supports individuals to consider “What is important to me?” and to build the confidence and resilience to better manage their condition(s), symptoms and challenging experiences that may arise.

The course runs for people living with long term conditions – this could include mental health, chronic pain, long covid. The list is endless! We ran our first HOPE course for those living with anxiety and depression in Culm Valley in September 2023. Zoe and Laura from our Wellbeing team facilitated the course, and it was a huge success. The course runs over 6 weeks and covers a range of topics including goal setting and gratitude, breathing exercises and mindfulness, managing setbacks, and looking at life priorities.

Below is some feedback we got from participants:

Since the course, I feel able to cope with life and can always return to the factsheet if I have a setback

This course was helpful & for once a group setting really benefitted me. Laura & Zoe were wonderful & really felt like peers rather than separate from the group

I think the problem for me will be using all the tools, but the course has taught me that I need to prioritize myself. This is my journey and only I can make those changes. I need to own this & prioritize, so I feel positive of that my achievements

Our next course starts in January. Zoe and Lauriel will be the facilitators and the course will be for those living with chronic pain and fatigue. We are looking for volunteers to keep these courses running. Anyone that has participated on the course can access the training to become a volunteer facilitator! Please get in touch if you are interested!

How can we support you?

We can provide your organisation with support on an individual basis or we run informative and interactive workshops based on themes such as fundraising and grants, the role and responsibilities of a trustee, finance management and budgeting or mental health awareness. We also run networking events. We would love to hear how we can help you.

Please contact Katheryn at Involve with your ideas and suggestions at:
katheryn@involve-midevon.org.uk

Join us at our AGM and Meet the Funders Event

You are warmly invited to attend our AGM and hear about our plans for the upcoming year, enjoy some refreshments and find out about the latest news from different funders. Representatives from Children in Need, the National Lottery Community Fund and Devon Community Foundation will each give a presentation and then answer your questions. We meet at 10am on Thurs 18th January at Moorhayes Community Centre in Tiverton.

Please contact Jacqui at Involve to let us know you are coming:
office@involve-midevon.org.uk

Funding News

New Funding page

We have set up a new funding page on our Involve website to keep voluntary and community organisations abreast of the latest funding opportunities in Mid Devon and wider afield. To make sure you keep updated please sign up for our online news posts.

Go to our website and subscribe to our newsletter at:
https://involve-middevon.org.uk/news/

Naturesave Trust

Over many years the Naturesave Trust has provided a wide variety of grants mainly to small grassroots organisations that really make a difference but often struggle to find funding. The areas of funding include nature conservation (improving outcomes for our native flora and fauna), sustainable communities (community growing projects to organisations specialising in recycling and repair) and renewable Energy. The Trust has supported many renewable energy projects, particularly in the field of community energy. As renewable energy infrastructure is usually beyond the scope of funding it is more common for the trust to support start-up costs and feasibility studies to help ensure these projects go ahead. this includes funding to launch share offers.

Further details: https://naturesave.co.uk/naturesave-trust/how-we-work/

Funding News

The Community Ownership Fund

The Community Ownership Fund is a £150 million fund over 4 years to support community groups across England, Wales, Scotland, and Northern Ireland to take ownership of assets which are at risk of being lost to the community. It forms part of a substantial package of UK wide levelling-up interventions building opportunity and empowering communities to improve their local places. They recognise it can sometimes be hard for community groups to raise the funding needed to buy or renovate the asset and run it sustainably for the long-term benefit of the community. The Community Ownership Fund will help support local people to save local community assets at risk. The Fund supports projects which fulfil one or a combination of the following aims. All of these are taken in context of saving an asset with the goal of community use:

- take ownership of a physical community asset at risk, such as land and buildings, which benefit local people
- renovate, repair, or refurbish an asset to make it sustainable for the long term
- set up or buy a community business
- buy associated stock, collections, or intellectual property
- move a community asset to a new, more appropriate location within the same community. This might be because a different location offers better value to continue the asset, or because the venue is in itself an asset of community value
- develop new assets where these relate to saving, preserving, or relocating a past or existing asset

Further details: https://www.find-government-grants.service.gov.uk/grants/the-community-ownership-fund-1

Home Instead Charities Grants

Grants up to £500 for community groups and up to £1,500 for registered charities working at grassroots level in the UK for wellbeing activities and projects that benefit people aged over 55 and reduce help their social isolation and loneliness. Fund re-opens in November will not remain open for long.

Further details: https://www.homeinstead.co.uk/charities/how-we-do-it/apply-for-a-grant/

Bailey Thomas Charitable Fund

Capital, core, research and revenue grants up to and over £10,000 are available to UK registered and exempt charities for the care and relief of children, young people and adults with severe learning disabilities, together with autism. No deadlines for the small grants.

Further details: https://www.bailythomas.org.uk/grants/general-programme

Funding News

Gardening with Disabilities Trust

Small grants are available to registered charities and individuals across the UK to enable people with a disability to take an active part in gardening and other leisure activities. Covers things like tools, greenhouses, raised beds, plants etc. No deadlines.

Further details: https://www.gardeningwithdisabilitiestrust.org.uk/apply-for-a-grant/

The Burnsprice Foundation

Grants up to £5,000 for young people in the UK aged 11-18 to undertake a community project that will result in positive change for the community and the young person carrying out the project. No deadlines.

Further details: https://burnspricefoundation.org.uk/

Trustees Wanted!



Community Support

CREDITON

'Talking Cafes' for Cancer Support

In collaboration with Macmillan and the Primary Care Network, we are planning an initiative in the form of two 'talking cafes' scheduled for January 27th and 31st, 2024. These events are designed to provide individuals affected by cancer within the community with a platform to share their journeys and engage in meaningful conversations. This marks the initial step towards developing a community strategy to address the challenges and progress in cancer support. For more information please contact Tamlyn, our Crediton Community Builder .

Crediton Youth Service



Crediton Town Council Youth Service is working in partnership with Queen Elizabeth's School and Involve Mid-Devon, as well as other youth clubs in town, the voluntary sector and health services provided by Redlands and the Primary Care Network, to both celebrate young people's successes and consider gaps in opportunities and support for young people and their parents / carers. If you live in the area please take a moment to complete the survey in the link below or via the QR code in the image above.

Ukraine Project





We've been working with some of the Ukrainian community and supporters in the Crediton area recently. There is a regular conversation café in the Congregational Church run by 'Welcoming Refugees in Crediton' where we learnt a good deal about the experiences of both hosting Ukrainian families, and what it was like to be welcomed here. We then held a couple of pottery events and an art event for our Ukrainian refugees to find out more about what is going well, and what could be done better. There was plenty of chat around individual life journeys, feelings, and thoughts and opinions of what it was like coming to and living in Mid Devon. The paintings and pottery produced encouraged freedom of expression. The work has been displayed at several community venues across Crediton, with a centre piece traditional Ukrainian joined pot made of individual thoughts on plaques from the attendees, and a video directed and produced by an attendee.
A full outcome report on the 8 key areas that both hosts and refugees expressed as important is available. These include positives, areas of improvement for the future, and unmet support needs.

Community Support

TIVERTON

Community Connecting



Mike, our Tiverton Community Connector has been busy in the community finding local people who would like to become involved in supporting their community and helping signpost people who need the community services available. We are planning a workshop in Tiverton next year. If you are interested in getting involved please contact Mike.

For more information please contact: mike@involve-middevon.org.uk

CULLOMPTON

Our first Community Builder Newsletter for Cullompton



We are really excited to introduce the first ever Cullompton Community Builder Newsletter designed to keep the community informed about the latest opportunities to improve health and wellbeing with information about low-cost or free clubs, groups, activities, and services available in and around Cullompton.

Charlene is our Cullompton Community Builder at Involve. Her primary responsibility is to assist in the creation of a more confident and connected neighbourhood community. This includes identifying community assets, listening to the concerns of local residents, and helping them develop their ideas. Additionally, she works towards strengthening the connection between local groups, services, initiatives, and the community to promote more community activity.

If you require assistance with a community project or would like to meet Charlene and find out more feel free to contact her at charlene@involve-middevon.org.uk

To download the first Community Builder newsletter and sign up for future issues go to: https://involve-middevon.org.uk/news/cullompton-community-builder/

INVOLVE

Community Support

Marie Curie invites you to join our 'Let's talk about death, dying and bereavement' ECHO network

The purpose of this network is to empower a community to be confident in talking about death, dying and bereavement. The service you provide is placed in the heart of your local community and this training aims to help build a better compassionate community. More information and a link to register can be found at: https://www.mariecurie.org.uk/professionals/project-echo/lets-talk-network

The network is free to join and open to any community facing practitioner in the South West. Whether in paid employment or volunteer roles, who are interested in exploring what death and dying means to us individually and as part of a wider community. Please do share this email with any interested parties.

Project ECHO is an internationally recognised collaborative model of health education and care management that empowers health and social care professionals everywhere to provide better care to more people where they live. It is a methodology, designed for online learning, which uses technology, structure, training, and guided mentoring allowing communities of practice to enhance their skills, confidence and build relationships with other professionals.

The model promotes a democratic approach to learning from both 'subject matter specialists' and each other. Everyone a teacher, everyone a learner. Find out more about Project ECHO and previous networks at: https://www.mariecurie.org.uk/

These are some of the upcoming courses available:

17 January 2024 10.30 – 12.30: Reclaiming the D-Words
Normalising death as a part of life, how communities can change the conversations.
28 February 2024 10.30 – 12.00: Death, Dying and Bereavement
Exploring rituals, religion, faith and spirituality.
10 April 2024 10.30 – 12.00: What to say when... A Communication Toolbox
Tips and advice on managing difficult conversations.

INVOLVE - Registered Charity number: 1177169
Coggins Well House, Phoenix Lane, Tiverton EX16 6LU.
01884 210933 / office@involve-middevon.org.uk
www.involve-middevon.org.uk

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