

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

BUILDING CONFIDENCE AND PERSONAL RESILIENCE Workshop

Thursday 30 July 2024 10am-12.30 pm Venue: Lower Hall Methodist Church, Tavistock PL19 8DX

Are you working or volunteering in a non-profit community organisation including as a Trustee or Committee Member) based in West Devon? This workshop will focus on skills, habits, and practical tips for how to feel more resilient and confident when workloads get demanding and life feels hard to balance. It will include practical solutions for reducing overwhelm, suggestions designed to help you communicate your needs, how to make the most of failures, and more. You'll leave with some easy to implement changes in the way you work and an increased sense of confidence in your ability to juggle the inevitable and the unexpected!

Jess Holliland is a coach and business consultant with 10 years' experience in the purpose driven sector. She is passionate about supporting people to develop habits and skills that help them to be more resilient and to feel confident in themselves and their decisions.

To book contact orla@westdevoncvcs.org.uk
(Funded by the National Lottery Awards for All)

Community Wellbeing Fairs – save these forward dates!

Tavistock Butchers Hall 10 am – 2 pm **Friday 4 October 2024**

Okehampton Charter Hall 10 am – 2 pm **Wednesday 6 November 2024**

For further details and if you wish to book a space, contact Billie at
billie@westdevoncvcs.org.uk

Devon Connect – Continuing Campaigns

Naturally Health May – go to <https://devonconnect.org/campaign/naturally-healthy-may>

Random Acts of Kindness – go to <https://devonconnect.org/campaign/volunteer>

Continuing Focus on Volunteers – go to <https://devonconnect.org>

Sign up to Devon Connect today to join in these campaigns and to add your own activities.
Go to: <https://devonconnect.org/south-hams-and-west-devon>
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.

All year round welcoming spaces, foodbanks and food hubs in West Devon: go to <https://westdevoncvcs.org.uk/news/west-devon-winter-warmers/>

“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. If you know of anything that is missing and should be included, please contact info@westdevoncvcs.org.uk with its full details.

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

The Printworks, Tavistock (Kingdon House Community Association)

Trustee vacancy: join our small, friendly group of Trustees to bring your initiative and ideas for the future of our beautiful Grade II Listed Building and help us with our plans for the future of The Printworks.

The commitment would be to attend regular Management meetings every 6 weeks to discuss current matters, as well as input ideas for our ongoing refurbishment scheme and future plans.

If interested, email: info@printworkstavistock.org.uk or ring 01822 615259.

The Genesis Process Conference – run by Free4Life, Okehampton

The Genesis Process, an integration of Biblical principles including proven relapse prevention techniques, cognitive therapy and the latest research in neurochemistry, offering a programme that supports a person to change and be free from addictive or destructive behaviours and understand the mystery of being human.

Delivered by: Dean Perry (<https://deanperryconsulting.com>)

When: **Saturday 10th August 2024, 9.30 am – 4 pm**

At: The Meeting Place, Crediton Road, Okehampton, Devon, EX20 1LU

Contact: Laura Bird by email Free4lifeoke@gmail.com or phone 07970 219990

Costs: To attend in person: £25, or to attend on-line: £20 per person.

Tavistock Care Café – coffee, cake, compassion

A welcoming place if you are experiencing loss through for example, grief or bereavement, life-limiting or terminal illness, or if you are caring for someone experiencing loss.

10.30 – 12 noon 2nd and 4th Tuesday of the month

Lower Hall, Tavistock Methodist Church

Email: carecafe@me.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](#)

Made-Well Vibes – latest information and details of all activities including summer fun family activities, discos, Open Afternoon, Car Boot Sale & Family Fun Day.

Go to <https://www.made-well.co.uk/> or find on Facebook.

Devon Carers Summer and Autumn 2024 Newsletters

Go to: [Magazine - Devon Carers](#)

Home Instead - July newsletter

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

Community Links SW – newsletter

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

South West Lakes Trust – July news

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

Tamar Community Trust - search for trustees, associates and volunteers

Originally set up in 2009, this year the Tamar Community Trust is celebrating 15 years of work to support the Tamar Valley Area of Outstanding Natural Beauty, now a National Landscape. Passionate volunteers work in the protected landscape to plant trees, maintain paths, renew trail signage and support the activities to enhance the area for people to enjoy.

Volunteers work in the landscape; associates advise and guide the Committee; Trustees with Financial, Legal, Fundraising or PR skills will add to the team.

For more details, please visit: www.tamarvalley-nl.org.uk/get-involved/job-opportunities.

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>

Wellmoor – Summer newsletter

[A Summer Update From Wellmoor](#) 🌸 (mailchi.mp)

Contact Wellmoor on 01647 478378 or email Katie at katie@wellmoor.org.uk

Wren Music - Singing for Wellness

For anyone living with a respiratory condition. Thursdays 2 pm – 4 pm 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

Action for Children – launch of digital Family Hub Service

For details of the new dedicated Family Hub Advice Line and website, go to:

<https://www.devon.gov.uk/news/new-digital-family-hub-service-launched/>

Libraries Unlimited –

Bringing ideas, imagination, creativity and knowledge to enrich lives and build thriving communities. For latest updates on projects and all information, go to

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

Royal Devon University Healthcare NHS Foundation Trust – get involved with your local NHS as a public governor

Governors have a unique opportunity to work closely with some of the most senior people in the organisation. They have specific, important responsibilities, particularly to appoint and hold to account the Non-Executive Directors, who hold positions on the Board of Directors. They also bring the voices of their communities to our Trust, sharing feedback with members of the Board of Directors.

Nominations open on **Friday 19 July until Tuesday 6 August 2024.**

For full details, go to:

<https://royaldevon.nhs.uk/about-us/foundation-trust-and-membership/council-of-governors/governor-elections/>

MS-UK – summer online activities

Helpline [0800 783 0518](tel:08007830518) . Wide range of sessions, webchat, e-learning all available

For all information and support, go to: <https://ms-uk.org/>

Kooth – supporting the mental health of children and young people in your community. “Whatever you’re feeling, we’re here to help”. Get free, safe and anonymous support.

For a chance to win prizes, and find out about mini activities to boost your wellbeing, go to <https://www.kooth.com/>

(Qwell services for adults have now closed)

Devon In Sight's In Vision Summer Magazine (your local sight loss charity)

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

VOYC Devon - Championing and strengthening children and young people's organisations in Devon

For news, updates, advice and support including safeguarding training and funding opportunities, go to <https://voycdevon.org.uk/>

and [Guess What's Happening in November.. \(mailchi.mp\)](#)

Changemakers' Chillout - 29th August 2024 at Makers Mews, Ivybridge

The School for Social Entrepreneurs is inviting all South West social entrepreneurs to come and celebrate summer with them; enjoy purposeful pizza, chat to like-minded humans about YOUR mission, drink local beer with a mission, and maybe win some indulgent raffle prizes...

To find out more, go to <https://changemakerschillout.eventbrite.co.uk/>

Or contact Chloe Tingle, Founding Problem Solver of Lend a Helping Hand at chloe@lendahelpinghand.org or ring 07934 739098.

TRAINING

MIND Devon– brand new course

CBT for Menopausal Symptoms, a 6-week course for developing skills to better manage hot flushes and night sweats. This course is intended to explore and enable clients to adapt thoughts and behaviours to reduce problematic symptoms using research-based skills.

2.30 – 4.30 pm Tuesday 16 July up to **20 August 2024** at Ernest English House, Plymouth, £25 per person.

Go to [We're pleased to share our brand new course with you! \(mailchi.mp\)](#)

ROYAL DEVON UNIVERSITY HEALTHCARE NHS FOUNDATION TRUST

'First Steps into Research' application process for 2024-25 cohort -

The 'First Steps into Research' programme - main points:

- 10 day programme + 1 day review session - funding provided for time to attend the programme and travel expenses;
- Places open to social care colleagues who have an interest in learning about health and social care research studies;
- Runs between September 2024 and January 2025 - with a final review session in March 2025.
- Aimed at colleagues with little or no health and social care research experience or knowledge.
- Mentors assigned and matched to participants from the halfway point of the programme, with support extending to the review session in March 2025.

Closing date to apply is 31 July 2024. Contact Elly French, Training and Workforce Manager at elly.french@nhs.net or ring_07780 229644.

Devon Communities Together and Living Options Devon – travel training

Free Travelling With Confidence training provides group training for people with any form of disability to build long-term confidence using public transport.

For more details or to register interest, contact Rod Birtles:

rod.birtles@devoncommunities.org.uk

“Devon Multiply” Project (funded by the UK government and part of the Skills for Life campaign)

Providing organisations and individuals across Devon with **free numeracy courses** until March 2025. The numeracy and maths courses can help build confidence and improve the ability to understand and use maths in daily life, at home, and at work (e.g. budgeting, helping children with homework, measuring ingredients in cooking, skills development at work).

To be eligible, you must

- Live in the Devon County Council administrative area.
- Be aged 19+.
- Do not have a GCSE Grade 4/C (Functional Skills Level 2) or above in Maths.

- Accepted postcode districts include DT7, EX1-EX22, EX24-EX39, PL16, PL19-PL20 and TA21. (This is due to the lead partner of the project being Devon County Council, thus only their postcode districts apply)

Courses are free, online or face-to-face or a combination of both i.e. completely flexible. Contact Kit Williams (Maritime Sustainability Skills Manager at Cornwall Marine Network Ltd) at: kristian.williams@cornwallmarine.net

Devon Communities Together with Citizens Advice Devon

For those groups involved with helping those on benefits, Devon Community Learning is offering bespoke training courses on skills and knowledge needed to understand the complexities of the benefits system. For Early Bird bookings and members of Devon Communities Together, discounts on costs are being offered.

For all details, dates of courses and how to book, go to <https://devoncommunities.org.uk/courses>

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 \(mailerlite.com\)](http://Putting the Pieces Together (mailerlite.com))

Learn Devon – adult learning and leisure courses

If you want to develop your skills, gain a qualification, meet new people or learn something new, have a look at what Learn Devon is offering. Enrolment events will be held online and in-person throughout July and August.

For information on a wide range of courses, 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 training@petesdragons.org.uk.

N.B. 2 day interactive workshop at Bedford Hotel, Tavistock 9 am – 5 pm on Monday 2 and Tuesday 3 September 2024. For more details, contact Lynn Goulder on 01395 277780 or email training@popetesdragons.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

Devon County Council's Growing Communities Fund

Grants are available to local community groups that run projects that help improve people's wellbeing, reduce hardship, provide a warm safe space to work or learn or socialise. Groups with schemes that bring communities together, alleviate food poverty or tackle loneliness, isolation, and build self-esteem, for example, are invited to apply. They could include offering advice, peer support or guidance on budgeting, cooking low-cost nutritional meals, or supporting the recruitment, training and retention of volunteers. Organisers of projects that have a clear and direct community benefit, such as improving the environment, or that use innovation to improve efficiency or proposals that seek to expand the reach of an existing scheme are also encouraged to apply.

To apply, email communitygrants@devon.gov.uk Applications must be submitted online and funding used or allocated before 28 February 2025 or sooner if the funding has been spent.

<https://www.devon.gov.uk/communities/growing-communities-fund>

DEVON COMMUNITY FOUNDATION SMALL GRANTS – a wide range of not-for-profit groups, social enterprises and CIC's are eligible to apply for grants of up to £5000, for new and/or small scale work that offers spaces, opportunities and/or resources to people who would not otherwise have access to these and strengthens Devon's communities. Details at <https://devoncf.com>

WILD ABOUT DEVON – COMMUNITY WILD LIFE GRANT SCHEME 2024 –

Community groups, Parish Councils or local community partnerships are eligible to apply for a grant of up to £500 for initiatives that deliver local wildlife and biodiversity Details at <https://devoncommunities.org.uk/projects> Application window is open until 1st October 2024

NATIONAL FUNDING

STILL OPEN:

DELAMERE DAIRY FOUNDATION COMMUNITY GRANTS SCHEME – local community groups and charitable organisations are eligible to apply for grants of between £1000-£5000 for projects which benefit local communities and fall within one of the following objects – advancement of agriculture and of environmental protection; developing the capabilities of young people; relief of financial hardship; advancement of education; relief of sickness. Further information at <https://delameredairyfoundation.org.uk>

Deadline 31 August 2024

SCREWFIX FOUNDATION – capital grants of up to £5000 available to a wide range of not-for-profit organisations, including CICs to fix, repair, maintain and improve properties and community facilities for people in need. Full details at

<https://www.screwfix.com/help/screwfixfoundation>

Deadline 10 August 2024

OTHER FUNDS:

THE ALBERT HUNT TRUST – revenue grants of up to £40,000 are available to Registered Charities for work in the areas of hospice care, learning disabilities, mental health, promotion of health and wellbeing and homelessness. Further details at

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

Apply at any time

THE BARCLAYS COMMUNITY FOOTBALL FUND – grants of up to £1000 (or up to £5000 for existing grant recipients) available to not-for-profit organisations, including community groups, youth groups and football clubs for projects that make football more inclusive and accessible within communities. Further information at

<https://thehub.sported.org.uk>

Deadline 15 September 2024–

but early application is advised as the fund will close if they are oversubscribed

THE DWF FOUNDATION – one-off grants of up to £5000 are available to Registered Charities working at a local level in the areas of education, employability, environment and sustainability, health, wellbeing and homelessness. Bristol is the nearest office and applications are accepted from Devon. Full details at <https://dwfgroup.com/about-us/dwf-foundation>

Apply at any time

FOOTWORK: PEOPLE AND PLACE 2025 – This programme is aimed at small groups and individuals whose experience of an issue in their neighbourhood has motivated them to take action and address it. The programme will help community innovators to turn their ideas into projects that deliver long-term change for their areas, and offers one to one mentoring support, networking opportunities as well as a grant of up to £5000. Full details at <https://www.footwork.org.uk/peopleandplace2025> **Deadline 9 September 2024**

THE FORE – provides grants of up to £30,000 to help a range of not for profit organisations to grow, strengthen and become more efficient or resilient. In addition to grants, successful applicants receive ongoing skills and training opportunities. Further information at <https://thefore.org> **First register for the Autumn 24 Round between 24 July – 31 July 2024 successful organisations will be notified by 1st August and can then make an application.**

THE GRACE TRUST – grants, generally for under £3000 are available to Registered Charities working a wide range of causes, including childcare, disability, disaster relief, education and essential medical research. Go to <https://thegracetrust.org.uk>

THE SIR HALLEY STEWART TRUST – small grants of up to £5000, and Main Grants of up to £80,000 over 1-3years, are available to Registered Charities and educational institutions for innovative and pioneering social, medical and religious work that prevents suffering and enables people to flourish. Full details at <https://www.sirhalleystewart.org.uk>

Deadline 21 November for decision in February 2025 – but early application is advised as the application window will close if they become oversubscribed

HARGREAVES FOUNDATION – provides grant to charitable organisations and educational institutions that use sport and education to support children and young people aged 18 and under, and living with a mental health condition, disability, or who are growing up in poverty. Further information at <https://www.thehargreavesfoundation.org/application-process>

Application window opens on 1st August 2024

THE HAYS TRAVEL FOUNDATION – grants, generally under £6000, are available to Registered Charities in parts of the UK where Hays Travel operates, so Tavistock area

groups would be eligible to apply. Projects should support disadvantaged children and young people under 25yrs through – arts & culture, education, health, the prevention of poverty and sport. Core Costs and salaries are not funded. Further information at <https://info.haystravel.co.uk/foundation> **Applications can be made at any time**

THE HEDLEY FOUNDATION LIMITED – one-off grants of up to £5000 available to smaller Registered Charities working with the elderly, people with a mental or physical disability, those who are terminally ill, young people and social welfare projects, including those that benefit carers, the homeless and ex-offenders. Full details at <https://www.hedleyfoundation.org.uk> **Deadline 2 October 2024**

THE HERITAGE CRAFTS ASSOCIATION: ENDANGERED CRAFTS FUND – small grants available to voluntary and community organisations, and individuals, especially craft practitioners, for projects that support endangered crafts listed on the Red List of Endangered Crafts. No minimum or maximum grant stated. Further information at <https://www.heritagecrafts.org.uk> **Deadline 25 October 2024**

THE INMAN CHARITY – grants, generally between £2000-£5000, are available to Registered Charities providing medical, social welfare or general welfare activities, particularly in areas of support for the elderly, people with disabilities, medical research, hospices and the armed forces. Details at <https://www.inmancharity.org> **Deadline 31 August 2024**

THE INVIGORATE CHARITABLE TRUST – grants are available to Registered Charities working in the areas of poverty, education, citizenship, community development, arts, culture, heritage, science and human rights. Apply at any time in writing to the Trust, Fifth Floor, Central Square, 29 Wellington Street, Leeds, LS1 4DL

FORCES IN MIND TRUST - provides grants to a wide range of not-for-profit groups, including small voluntary groups and educational institutions who are working to benefit ex-service personnel and their families to transition to civilian life. Grants are awarded in the general categories of Health, Housing, Employment, Finance, Relationships and Criminal Justice. Further information at <https://www.fim-trust.org>. **Apply at any time.**

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.

UK FINANCE: VOLUNTARY ORGANISATIONS BANKING GUIDE

The Charity Commission and NCVO have welcomed the banking trade association UK Finance's launch of a **new website** to support charities and voluntary/community groups opening and managing bank accounts. The initiative is the result of a survey of Charity Trustees who reported difficulties with financial services. The website features a free account finder tool, step-by-step guide and frequently asked questions to help charities find the best account for their needs. Full details at <https://www.ukfinance.org.uk/our-expertise/commercial-finance/voluntary-organisations-banking-guide>

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 – July update

With the new Government, read about developments with new relationships, new partnerships and new thoughts; go to [Your July member update \(marketingusercontent.com\)](https://marketingusercontent.com)

Knowledge pages

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/>