

ACT Gazette

Issue 21 Summer 2015

ACT champions community & rural issues



ACTion
with communities
in cumbria

Join the ACT Team

Due to staff changes we are looking to appoint a South Cumbria Development Officer for 22 hours a week, working within our small team, based in Penrith.

For more information see article on our website:

www.cumbriaaction.org.uk/NewsEvents/News

Problems calling us?

We are experiencing intermittent problems with our IT and phone systems since our move in December, and are working with BT to identify the root of the problem.

If you've had difficulty in phoning us, we're really sorry, please do try again. If you can email us, we'll get back to you as soon as possible.



Barton residents enjoy the recent 'Liberteas' event as part of the 800th anniversary of Magna Carta.

The event included Neighbourhood Planning consultation and information about Community Emergency Planning.

What's inside this issue:

Communities

- ❖ Case Study: Northern Fells Lend-a-Hand scheme
- ❖ Community Led Planning & Neighbourhood Planning

Community Buildings

- ❖ Case Study: Seaton Village Hall - Healthy Activities
- ❖ Find your Hall's charity details online
- ❖ Holding / Custodian / Charity Trustees explained
- ❖ Village Hall Guide to Funders 2015
- ❖ Gift Aid, and Gift Aid Small Donations Scheme
- ❖ Updated Village Hall Guidance Sheets

ACT News - Project Updates & Events

- ❖ Health, Wealth, and Access - a Cumbrian Perspective
- ❖ Could you be a Good Neighbour?
- ❖ Affordable Warmth Briefings
- ❖ Village SOS
- ❖ Celebrating Community Success & ACT AGM

Other News - Events, Funding Opportunities etc.

Save the Date:

ACT will be at Skelton Show

Saturday 4th July
9.30am - 4.30pm

Visit: www.skeltonshow.com

Community Oil Buying Event

August - date to be confirmed
Venue (in Eden) to be confirmed

ACT Community Celebration & AGM

Friday 11th September
10.00am - 4.00pm
Threlkeld Village Hall

Community Buildings Event

Saturday 17th October
9.30am - 2pm
Shap Memorial Hall

Contact Dani at ACT to book a place
Tel: 01228 817224

Email: info@cumbriaaction.org.uk



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Hi All,

Thank you to everyone who completed the recent online ACT Gazette readership survey, we were really pleased with the response we received. Initial analysis indicates that many of you value the Gazette, with 62% reading all of it, and 30% reading most of it. We encourage you to share the Gazette so it was good to hear that 55% of respondents forward it to others and 24% share specific articles. You particularly value the 'Communities' section, with 'ACT News', 'Other News', Cumbrian initiatives and case studies, all coming in as close seconds. Your feedback is important to us and we can use it to help source sponsorship to continue the Gazette in the future. Anyone who could help us with sponsorship, please do get in touch.



Post election, the ongoing public service reductions almost always adversely affect rural communities. While I definitely promote the message that rural communities are resilient, the challenges are getting harder. This is an important time for communities to be clear about needs and aspirations, so a Community Led Plan (CLP) with clear priorities is a vital tool for informing and affecting policy. The summer is a great time to use local events for community consultation - it can be far more interesting for everyone to have a stall at a local show, than to call a public meeting. Contact us for advice.

A CLP is also a useful starting point for a Neighbourhood Plan (NP). The national grant pot with Locality has re-opened with Neighbourhood Planning, First Steps and Our Place grants. I would encourage all Cumbrian communities to look at how they define what is needed locally, and look to use these funds as fully as possible. For more information visit: <http://mycommunity.org.uk/> ACT also has small grants to support CLP (and NP in Eden), so contact us for more details.

I am very concerned at the suggestion that our Housing Associations will have to allow sales of their stock, and that developers have relaxed regulations on building affordable units. These seem like challenging policies for rural areas, where affordable rural housing is

hard to build and in short supply. Cumbria Rural Housing Trust are discussing these issues at their next members meeting. Contact them for more information, visit: www.crht.org.uk/ for details.

This issue of the Gazette is focussed on Health and Wellbeing. We feature a number of communities who are taking action to address local wellness issues, and promote projects and information that could help your community identify and address challenges.

We are currently working with the Cumbria Community Transport Forum to develop a project to meet local people's needs - getting to the shops, medical appointments and social events. The project came out of our research on Patient Transport Services, and the challenges reported. It's early days, but we hope to develop bids over the summer to create new sustainable provision. Contact us if you are interested in more information.

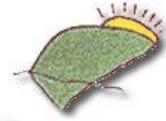
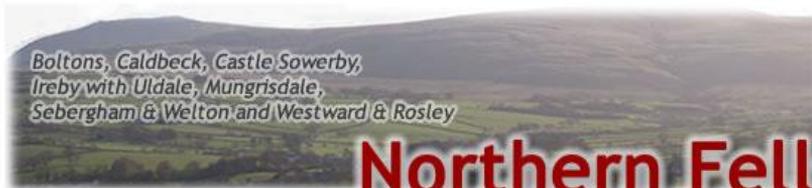
An interesting area of work I have been involved in recently is 'Apps for Health'. I'm on the Cumbria Rural Health (professionals) Forum which recently held an event looking at how technology can enable better care. Visit: www.ruralhealthlink.co.uk/ for information. Services like Care Alarms, Telecare, Telemedicine, and self care and general wellbeing devices are more widely available, cheaper, and easier to use now due to advances in communication technology.

For initiatives like these to be successful, we all need effective internet access. The good news from Connecting Cumbria shows more communities getting access to superfast broadband all the time, however, there will be challenges for those where this will not reach.

ACT is hoping to support local digital inclusion activity, helping communities make best use of improved internet access. This includes work with Village Halls to look at how installing internet facilities could benefit the hall and tie in with other community activity.



Remember if you support us - we can better support you! Sign up now!



Northern Fells Group

Case Study: Northern Fells Group Lend-a-Hand Scheme

The Northern Fells Group is a Community Charity operating in the parishes of **Boltons, Caldbeck, Castle Sowerby, Ireby with Uldale, Sebergham & Welton, and Westward & Rosley, in Allerdale and Eden districts.**

Its aim is to 'fill in the gaps' in community services to enable people to remain happy and independent in their own homes. It covers 200 square miles, with a population of around 3600.

Background

Research carried out as part of the Northern Fells Rural Project - one of HRH The Prince of Wales' three Rural Revival Initiative Projects - identified the need for low key practical help and support for people of any age who are ill, disabled or their carers.

When the Project ended the Northern Fells Group (NFG) was formed to continue and develop its work. This included the Lend a Hand Group, with 18 volunteers and a part-time paid coordinator contracted to work 10 hours per week. The initial six month pilot scheme was a success and the group has gone from strength to strength, currently having 30 volunteers. A 'benefit worker' is also paid and contracted to work 5 hours per week.

The Project

The Lend a Hand Group offers:

- Handyman Scheme e.g. gardening, replacing light bulbs and putting up curtain poles providing help for up to 2 hours
- Domestic and Personal Help (walking dogs, home from hospital support, carer relief and accompanying people on shopping trips etc.)
- Help with Benefits - finding out about eligibility and completing forms.

- Medical Loan Scheme (in conjunction with the British Red Cross) - loan of medical equipment e.g. wheelchairs and commodes.

From April 2014 to March 2015 there were a total of 448 two hour assists as part of the Land a Hand scheme, not including help with benefits.

A dedicated telephone number and email address has been set up to contact the Lend a Hand coordinator. When a referral is received the coordinator in most cases visits the client and assesses what is required and which volunteer(s) would be best suited for the task. The majority of the referrals received are self referrals, repeat clients, or from volunteers.

The client may only require our assistance once, or if they need domestic and personal care may require our help over a longer period. In these cases many of the volunteers and clients become very good friends. It is important to note that we do not provide a care package, but provide what would be described as neighbourly help.

The Lend a Hand Group organises a weekly Tai Chi exercise class and a monthly 'Coffee and a Chat' get together. The volunteers also help with other Northern Fells Group activities such as: Lunch Groups, Drop Ins, Information Days and fundraising.

Volunteers time and work is given free and clients pay for any materials needed. Costs to run the scheme include: a part time paid coordinator; laptop and phone line, travel expenses (coordinator and volunteers); leaflet printing; and insurance. Publicity through local newsletters is free.

The Northern Fells Group employ a dedicated fundraiser to support the different projects they deliver, including the Lend a Hand scheme which is currently supported by: Northern Rock Foundation, Lloyds Bank Foundation, Neighbourhood Care Independence Programme, and donations.

(cont. on page 4)

The Learning

Articles in local newsletters, and leaflets printed by the group are used to promote the group, however, this is best done locally by word of mouth. We aim to provide the best possible help to our clients, which also encourages them to spread the word and request further help themselves in the future.

In order to provide a quality service we:

- Contact all clients within 24 hours of a referral or request for help.
- Require two references and a DBS (Disclosure and Barring Service) certificate for all volunteers.
- Ensure that volunteers are suited to the tasks allocated to them.
- Provide information to volunteers via regular meetings and newsletters (see below).
- Check the clients are happy with the help that has been provided to them.

Volunteers receive a monthly newsletter and Lend a Hand meetings are organised 3 times a year, with a guest speaker e.g. Deafvision and Alzheimer's Society. This ensures that volunteers who assist only occasionally are kept in the loop and feel part of the team.

Contact Details

For more information about the Lend a Hand scheme please contact Gail Dewis, Northern Fells Group Lend a Hand Coordinator on:

Tel: 016974 77196

Email: gail.dewis@northernfellsgroup.org.uk

NFG website: www.northernfellsgroup.org.uk



Lend a Hand Volunteer providing gardening help

Community Led Planning

Community Led Planning enables local people to plan for their future and develop an action plan to help achieve their shared ambitions. It provides an opportunity to consider all elements needed for a sustainable future.

Thanks to funding from South Lakeland District Council, CLP groups in the district are now able to access grants of up to £1,500 to support the production of their plan.

Eden District Council has also contributed to a grant fund for Community Led Planning in Eden. Groups can apply for up to £500.

Completed Community Led Plans can be seen here: www.cumbriaaction.org.uk/what_we_do/community_plans along with guidance and advice for how to do a plan.

Neighbourhood Planning

Neighbourhood Planning is a community led process allowing local people to determine their own policies on spatial planning issues that developers must comply with (i.e. how land and buildings are used, what physical features are protected, and what design principles are acceptable).

Small grants of up to £150 are available to communities in Eden to help them to decide whether there is a need for Neighbourhood Planning in their area. Contact ACT for details.

Planning Aid England has produced a suite of resources to assist councils developing a neighbourhood plan. The resources include practical tips and advice on various stages of the process. Topics include:

- -Project planning
- -Resourcing your neighbourhood plan
- -Engaging with landowners and developers
- -Developing a vision and objectives
- -Writing planning policies

Visit: www.ourneighbourhoodplanning.org.uk/resources/documents/29 for more information.



Case Study: Seaton Village Hall Healthy activities in the hall

Seaton Village is located on the outskirts of Workington, in West Cumbria. The village has a population of 5,000 residents and a newly refurbished village hall with fresh, user-friendly facilities to serve the local community.

Background

Health statistics show residents in West Cumbria have low levels of physical activity. A fifth of Seaton's population is made up of Pensioner Households (over 65 years of age) which is approximately 5% more than the national average.

Fit 4 Life is a not-for-profit social enterprise based in West Cumbria which developed out of 'The Heart Workshop' charity in October 2004. The Heart Workshop set up and ran healthy living initiatives for local people, especially those with Heart Disease. Fit 4 Life has expanded the service so more people can benefit.

In February 2014 Fit 4 Life worked with Age UK West Cumbria to set up a 6 week Healthy Living Course at Seaton Village Hall. The project aimed to involve people over 65 and to promote a healthy lifestyle.

Mike Thompson, Seaton Village Hall Caretaker takes a proactive approach to healthy activities at the hall:

"We do have an ageing population that our hall caters for, but ageing has changed. It's the young-older person now (anything from 60 to 95 years of age) who wants to be active and can see the benefits of socialising and trying to look after themselves".

"The Committee here are committed to involving the community and these healthy living classes have brought in new hall users."

Mike himself has seen the benefit of how both his paid and voluntary work at the hall has helped him recover from a major stroke.

The hall has been renovated with funding from charities and local fundraising events aimed at older people, families, and young people.

The Project

Fit 4 Life offered a six-week Healthy Living Course covering topics such as: healthy eating, why dieting can be bad, and how to be more active. As the course was funded the Neighbourhood Care Independence (NCI) Project, it was free for participants.

The group were also given taster sessions for different types of exercise class including: gentle circuit training, light aerobics, and chair-based exercises. There was also a session about how to exercise safely and efficiently at home using household items instead of exercise equipment.

What has been achieved?

15 people took part in the free six week course at the hall. Many of them enjoyed the taster exercise sessions so much they decided to continue doing a weekly exercise class and are happy to pay to attend.

Classes are now held every Friday 1pm to 2pm and are still going strong, more than a year down the line. Comments from those who attend:

"It's something really beneficial. We grumble, we natter, and we get along with the exercises."

"I'm sorted now till next week, I feel so much better after the session and I can do a couple of daily stretches to keep me going".



Current exercise class at Seaton Village Hall

(cont. on page 6)

The Learning

Taster sessions at low or no cost are a good way to get people involved and can lead to increased income for the Hall.

Healthy lifestyle messages can be difficult so having fun while providing friendly diet advice and activity is an easier way to get the message across.

Classes can bring new people into the hall and encourage them to take part in other activities.

Using Fit for Life really worked for us as they know how to do activities safely and to promote healthy ideas in a fun way.

Volunteering and helping out is a good way to maintain your own health and wellbeing!

Fit 4 Life believe that fitness is for everyone. Just because you're 'not the sporty type', 'not as young as you used to be', or suffering from ill health, doesn't mean you can't enjoy the benefits of some gentle exercise in a friendly and supportive environment.

Contact Details

For more information about Seaton Village Hall please contact Mike Thompson on Tel: 07513167955 or Email: m.thompson.141@outlook.com

Fit 4 Life are located in Maryport, Workington, and Whitehaven. For more information contact Tel: 01900 814782 or Email: dougie@fit4lifecumbria.org



Social event at Seaton Village Hall



Find your hall's charity details online

Public information for all registered charities is available on the Charity Commission website by searching the charity register. Visit www.charitycommission.gov.uk and search using your charity name or charity number.

Information available includes:

- An overview of the charity activities
- Financial history
- Charity contact details
- List of Charity Trustees
- Registration history
- Governing document (date and type of document)

Ensure you submit your annual return on time and that your hall's details are up to date. Those noted as '*documents overdue*' can easily be checked, for example by grant funders, who may choose not to accept applications from defaulting charities.

The Charity Commission has extensive guidance in terms of preparing your returns on their website.

- www.gov.uk/send-charity-annual-return
- www.gov.uk/authorise-a-charity-adviser-to-submit-accounts
- www.gov.uk/charity-commission-services-log-in-or-get-a-password

Did you know you can also contact the Charity Commission to request an emailed copy of your hall's governing document? Whilst every member of the hall committee should be given a copy when they become a trustee, its not unknown for the original to have been lost over time with no copies to be found.

If you're having problems, please contact us at ACT as we may be able to help (see back page for contact details).



Holding / Custodian / Charity Trustees - Do you know the difference?

Most village halls are unincorporated charities. Being unincorporated means the charity cannot legally 'hold the building / land in trust' for the community in its own name. The charity therefore needs both **Charity Trustees** (responsible for the running of the charity) plus one of the following to hold the building in trust:

- People named as '**Holding Trustees**',
- An organisation, such as the Parish Council, as '**Custodian Trustee**',
- Or '**vest in the Official Custodian**' a role carried out by the Charity Commission.

Whichever option, these Holding / Custodian Trustees have no involvement in the running of the hall, neither do they 'own' the hall.

Where a Parish Council is both 'Custodian Trustee', and 'Charity Trustee', it is called '**Sole Trustee**'. In some cases a separate committee is appointed to operate under the Parish Council's instruction, to manage the daily running of the hall. However, the Parish Council remains responsible for the actions of the charity.

Where a Parish Council is Custodian or Sole Trustee, it is the Parish Council as a legal entity which is the Trustee, not individual Parish Councillors. The building / land is still held in trust for the community and is not 'owned', is not an asset, of the Parish Council.

Some governing documents may be unclear and misunderstandings are common. If you're not sure, contact us at ACT to see if we can help.

Information about a wide range of topics is available in the national ACRE Village hall Information Sheets, available free on request from ACT. Contact us or visit the ACT website for a list of available publications:

www.cumbriaaction.org.uk/WhatWeDo/CommunityBuildings

Fundraising for your Hall?



Village Hall Funding Guide

Take a look at the updated 2015 Village Hall Guide to Funders, with details of grant funders to consider for projects at your hall. The guide is available on our website here:

www.cumbriaaction.org.uk/WhatWeDo/CommunityBuildings

Have you registered for Gift Aid?

You can claim an extra 25p every time an individual donates £1 to your charity.

In order to claim Gift Aid, your charity needs to be 'recognised' by HMRC. Guidance and an application to do this can be found here:

www.gov.uk/charities-and-tax/get-recognition

The donor needs to complete a simple 'Gift Aid Declaration', giving you permission to claim it, and confirming they have paid the same amount or more in tax, in that tax year. Example Gift Aid declaration forms are here:

www.gov.uk/claim-gift-aid/gift-aid-declarations

There are rules about what qualifies for Gift Aid, for example, it must be a voluntary donation and not a compulsory payment for a service, event etc. If you set a ticket price and also ask for donations, the donation would be eligible. Or if its a 'donation only' event, where people can attend even if choose not to give, then all donations would qualify.

For further details on claiming Gift Aid visit:

www.gov.uk/claim-gift-aid

Gift Aid Small Donations Scheme

If you've already been claiming Gift Aid, you may also be able to claim 25% top up payment on small cash donations of up to £20, where you don't have a 'Gift Aid Declaration' from the donor.

The Gift Aid Small Donations Scheme (GADAS) enables charities to claim up to £1,250, where donations £5000 (increased to £2000 on a maximum of £8000 donations in April 2016). Further details visit: www.gov.uk/claim-gift-aid/small-donations-scheme



Join our community

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Please quote reference VIL2 when calling

Aon, supporting the work of ACRE and the ACRE Network

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Indoor Bowling Mats - free to good home

Blencathra Bowling Club have 2 used indoor bowling mats available free to a village hall or bowling club.

Details: Measuring approx 45' by 6', the mats are 20 years old but in very good condition.

The mats can be collected from Threlkeld Village Hall (near Keswick). In lieu of payment it is hoped a donation will be made to a charity helping people in need, however this is not essential.

For more information please contact Steven Oldfield, Blencathra Bowling Club Secretary:
Tel: 017687 79950

Email: kathyandsteven@btinternet.com

- Do you have an item for sale or to rent?
- Are you looking to buy / rent something for your hall?

Contact ACT on Tel: 01228 817224 or
Email: info@cumbriaaction.org.uk to advertise here in the ACT Gazette.



FREE Village Hall Guidance

ACRE (Action with Communities in Rural England) produce detailed Village Hall Information Sheets covering a wide range of topics. You won't find these online but they are available **free of charge** to halls in Cumbria if you contact us here at ACT (See back page for details).

The following have recently been updated:

- Parish Council help for Village Halls
- Providing Services in Village Halls
- Entertainment in Village Halls
- Asbestos in Village Halls
- Trustee Roles and Responsibilities
- Managing Employees and Volunteers
- Village Halls run by Parish Councils as Sole Trustee
- Fire Safety in Village Halls

Take a look at the full list available on our website here: www.cumbriaaction.org.uk/WhatWeDo/CommunityBuildings

Action with Communities in Rural England Manifesto

'Health, Wealth, and Access' - A Cumbrian Perspective



ACT is part of the national ACRE network - (Action with Communities in Rural England) which has produced a Manifesto for rural communities. The Manifesto covers the issues of Health, Wealth, and Access and is available here: www.acre.org.uk/our-work/our-manifesto

The Manifesto had particularly relevance during the election period, but the three issues Health, Wealth, and Access are of enduring concern to rural communities.

In three editions of the Gazette we will feature each issue, and use data from the State of Rural Cumbria report and Cumbria Observatory to highlight the issues for Cumbrian communities, and the opportunities to address them. We are covering 'Health' in this issue.

Cumbria in general is a healthy place to live and in general we live longer, healthier lives than elsewhere in the country. However there are many variations in wellbeing beneath the general story. When you explore the health statistics at district and individual community level, discrepancy in life expectancy of up to 19 years, and challenges of obesity are focussed in specific areas of Cumbria. These areas on the west coast are not our traditional rural communities, but are challenged by remoteness and limited access to services.

The approach to illness, and health and wellbeing is undergoing a change. The focus now is on *'new ways of engaging, enabling, empowering and persuading people that living well is everybody's business'* John Ashton 2012.

Previously the concept that 'doctor knows best' and needing to see a doctor for advice were prevalent. Challenges in Cumbria are about drinking and smoking. The answers are healthy eating and physical activity. There is also an increased focus on employment and

housing as social determinates of health.

Now we are encouraged to follow the Five Ways to Wellbeing:

- Connect - with people around you
- Be Active - Walk, run, step outside
- Take Notice - Be curious
- Keep Learning - Try something new
- Give - Do something nice for a friend or stranger

Our rural communities in Cumbria have a positive tale to tell of the activities and initiatives they organise to keep themselves and help other's be healthy.

Coniston is a great example having provided their own 'Coniston Carers' service for over twenty years. The GP, District Nurse, and local people came together after it became clear that care agencies could not provide for the needs of local people, as the area is so remote. This not-for-profit business services a limited local area around Coniston and Torver and provides local employment that fits well with the other farming and visitor based employment in the area.

Coniston has a population of around 900 people, with a very high proportion of over 65 year olds. The business has all the necessary registrations and quality marks and employs 9 staff who can provide care up to three times per day and any additional support with shopping, breaks for carers etc. The clients pay for their care or it is covered by Adult Social Care for those on low incomes.

Coniston started this scheme to assist older people to stay at home and in their own community, reducing the numbers who had to leave to go into care homes.

(cont. on page 10)

(cont. from page 9)

Coniston Carers is a good example of locally grown ideas developing into a business that addresses local health challenges.

Our two case study communities in this issue of the Gazette - Seaton, near Workington, and the Northern Fells Group - are also addressing local need for healthy activity, community involvement, and targeted support for older residents.

Village Halls are ideal venues for local activities to support the Five Ways to Wellbeing message. The activities of communities can make all the difference to the health and wellbeing of their residents, particularly with issues of social isolation.

Community Exchanges (see the toolkit on our website) and Good Neighbour activities make a real difference to mental wellbeing as well as offering practical support of: a meal, help with shopping, filling out forms, lifts to local activities and access to services.

Service deliverers do have challenges meeting the needs of isolated rural communities, so the more we can do for ourselves and others, showing our resilience and creativity, the better.

However there are also principles of equity of access to services that while we can be proactive in trying to address, do come down to service deliverers understanding the rural context. A recent national review of services in West Cumbria that was '*minded*' to centralise all into one provision found '*it is difficult to appreciate quite how difficult the road structure (in Cumbria) is without personal experience*'.

Maintaining personal wellbeing and a healthy lifestyle along with active community involvement is clearly important. As is Telecare, Digital Inclusion, improved transport infrastructure, and a strong rural voice on the rural proofing of policy to ensure it meets local needs.

ACT can and will assist communities with local activity and national messages. Contact us (see back page) for more details.



Could you be a Good Neighbour?

ACT has been chosen to pilot small-scale good neighbours schemes in Cumbria as part of a national project to find long term solutions to rural isolation and to help people stay in their homes for as long as possible. With funding from NESTA the project will be rolled out in four other areas of England too.

A Good Neighbour Scheme is a voluntary initiative, organised and run by local residents and based around a pool of volunteers who offer time to support other people in their community. This can be particularly helpful for older people who live on their own and who may need help either occasionally or regularly.

Help offered by a Good Neighbours Scheme could include:

- Visiting and befriending
- Help in the garden
- Writing letters
- Accompanying people to the doctors or hospital
- Local Transport
- Changing light bulbs
- Sitting for carers
- Collecting prescriptions, shopping
- Changing library books
- Giving someone a 'Good Morning' call
- Dog walking

Everyone involved benefits from Good Neighbours Schemes, from the people who use the service, to the volunteers themselves.

They allow people moving into an area to get involved with their community and meet new people. They connect communities and generations together. Volunteers' time and skills are valued and friendships are formed.

ACT will be aiming to work with six communities over the next 12 months. If your village, parish or neighbourhood would like to take part, please contact Julia Wilson at ACT (see back page for details).



Village SOS could help you

Village SOS seeks to make communities more enterprising, and assist you to reinvent and reinvigorate existing services.

ACT is currently working with three community groups as part of the national programme, supporting them to develop projects to provide improved services in their local area.

We're still looking for another three groups to work with so if you think you may have a project, large or small, which would benefit from support, please contact us to discuss it (see back page for details). Also visit the Village SOS website for more information: villagesos.org.uk



Affordable Warmth

Plan ahead to avoid the chill next winter

ACT is working in partnership with Churches Together in Cumbria to promote affordable warmth and reduce fuel poverty in Cumbria. Cumbria has 10% more than the national average number of households suffering from fuel poverty, with latest figures showing around 28% of households affected.

Three Affordable Warmth Briefings have been produced and circulated to community groups and churches across Cumbria. The aim is to encourage planning ahead, so that people can take action to reduce their own fuel bills and help others in their community to do so too.

The short briefings include practical advice for households; for communities; and Cumbrian data highlighting why rural communities are more likely to be affected.

Visit: www.cumbriaaction.org.uk/ResourcesPublications/RuralBriefings to read the Affordable Warmth briefings, and contact ACT if you would like your community to get involved (see back page for details).



Celebrating Community Success and ACT's AGM

**Threlkeld Village Hall
Friday 11 September 2015
10am – 3pm**

Come and join us to celebrate Cumbrian communities who are sustainably managing and developing their own projects.

Our Annual General Meeting usually has a theme. Last year the focus was village halls, this year we're looking at celebrating community achievements and aspirations.

We will be inviting communities to present an activity that they have been running for some time, that is sustainable and that they have aspirations to develop. Come and hear what works and what has been challenging for these groups.

ACT will also be conducting some research at the event about your needs for support and how we can assist you in the future.

The formal AGM business part of the day will be brief, with the main event being the sharing of experiences.

If you would like to attend please complete and return the booking form available on our website here: www.cumbriaaction.org.uk/NewsEvents/Events or contact us for more information (see back page for details).

If you have a project you would like to showcase do let us know, we currently have three lined up and a couple of spaces left.



Participants at last year's event at Brigsteer Village Hall discuss 'How to involve people'



Big Lottery Fund

Julie Coxon - Local Funding Officer,

Hello there, my name is Julie Coxon and my role as Local Funding Officer is to provide information and advice to potential applicants based in Cumbria, Durham and Tees Valley.

The aim is to make sure 'Reaching Communities' and 'Awards for All' grants receive good quality applications that reflect what is needed in the areas, and will make a real difference.

I do this by meeting groups, either in person or talking over the phone; speaking to groups at funding fairs; and delivering presentations about our funding. I also hold one to one surgeries and webinars. I gather intelligence on local activity and needs in the areas I cover.

I really want to talk to potential applicants before they apply, this gives us the chance to have an open and honest conversation about the project and whether it would be suitable for our funding streams, and this also ensures people do not put a lot of effort into an application if we aren't able to fund their project.

What's the best bit about your job?

I really enjoy meeting groups who have applied or want to apply to us, hearing their ideas, and gathering information that maybe doesn't come across in their applications.

Providing advice and support to groups from the beginning of their funding journey, to seeing the groups awarded funding is without doubt the most rewarding part of my work.

BIG's open programmes

My main focus is on our open programmes: 'Awards for All' for grants of up to £10,000 and 'Reaching Communities' for grants of over £10,000. Both of these do not have fixed themes and therefore fund a diverse range of projects, as long as they hit the programme outcomes. Further details are on our website here: www.biglotteryfund.org.uk/england

Building capabilities funding

All applicants to Reaching Communities stage two, and Reaching Communities buildings stage three, are offered an optional additional sum of money to build their organisation's capacity and / or capabilities. For more information visit: www.biglotteryfund.org.uk/global-content/press-releases/england/151014_eng_rc_develop-skills-and-knowledge

Top tips:

- Contact us to check your idea is something we are able to fund.
- Read the programme guidance notes.
- Consult your beneficiaries to evidence the need for your project.
- Know your budget and be realistic.
- Governance: ensure you have the policies, and procedures in place to run your project.
- Outcomes: be clear about the difference your project will make to your beneficiaries.

How to contact us

You can always talk to us if you have an idea and want to check if we could fund your project.

I work closely with the BIG Advice Team. Contact myself or a colleague to discuss your project via the helpline or by email:

Helpline Tel: 0345 4 10 20 30

Email: general.enquiries@biglotteryfund.org.uk



Photo: Julie Coxon (right) with her daughter at a BIG funded project collecting eggs.



West Funding Event Thurs 9 July 2015

Distington Community Centre, Church Road, Distington CA14 5TE

9.45am – 3.00pm

Speak directly to funders; access funding information, advice and support; network with other local organisations. Funders include Copeland Community Fund, Cumbria Community Foundation, the Hadfield Trust, Francis C Scott Trust, Waste Recycling Environment Network (WREN), Copeland and Allerdale Local Committee and more.

This event is aimed specifically at small local voluntary and community groups and / or those new to the funding arena in Allerdale and Copeland.

Please book to attend one of these two sessions:

- 10am – 12noon (registration will be open from 9.45am)
- 1pm – 3pm (registration will be open from 12.45pm)

This event is FREE for all local voluntary and community organisations however:

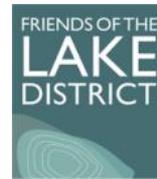
- CVS member organisations will get priority when booking
- All places must be booked in advance or a £10/person fee will apply on the day
- A £10/person cancellation fee will apply for non attendance or places not cancelled at least 5 days in advance



Community Healthy Weight Pilot Grants

Grants of £500 - £3000 for community based projects and initiatives that aim to:

- Increase physical activity
- Encourage / educate people to eat a healthy diet
- Improves access to healthy food



Discover Cumbria Grant

This year, Friends of the Lake District is running a new 'Discover Cumbria' events grant scheme together with Natural England.

The scheme will enable organisations, schools or groups to run innovative events or activities this summer for people and communities to get outside, discover and enjoy something new about the natural environment.

Events must be free to attend and can run any time from April to December 2015. A total fund of £10,000 of grant money will be available, with individual grants of up to £500 for one event, or £800 for more than one event.

- Applications can be made to Friends of the Lake District, and information on the new grant scheme can be found using the web link below.
- Grants will cover up to 75% of costs, up to a maximum of £800.
- Events must be new or have a funding gap and won't be funded retrospectively.
- Applications are accepted on a rolling basis following the first deadline of 20th March.

For a copy of the application and guidelines visit: <http://www.friendsofthelakedistrict.org.uk/how-to-apply>.

For more information contact Jan Darrall, email: jan-darrall@fld.org.uk

- Supports individuals that are overweight and obese to lose weight
- Build knowledge skills and capacity in the local community
- Fulfil the community needs

Visit the website for more information and to apply: www.cumbria.gov.uk/yourcommunitysupport/communitygrants



Tour of Britain - in Cumbria

The Tour of Britain is visiting Cumbria twice in 2015: Detailed maps will be available via www.tourofbritain.co.uk in July.

Stage 3 on Tuesday 8th September starts in Cockermouth before heading out to the coast at Maryport, Silloth, Carlisle and on to Scotland finishing in Kelso.

Stage 5 comes to Eden on Thursday 10th September. It starts in Prudhoe, Northumberland and follows Hadrian's Wall to Brampton before heading into the Eden Valley, along Ullswater and through Penrith before the 8km climb to the finish at the top of Hartside, which at 1903 ft is the toughest finish the Tour will have ever seen.

Communities are being encouraged to organise events along the route and Eden District Council (EDC) has allocated £5,000 from the Eden Community Fund, offering up to £500 per parish to support this. Application forms will be available soon on their website: www.eden.gov.uk/tourofbritain

EDC can also help to publicise events via websites and social media. For more community information about the Tour of Britain in Eden, please Tel: 01768 212483 or Email: tourofbritain@eden.gov.uk



Community Games Funding

Active Cumbria, through Legacy Trust UK have grants of up to £250 available for local community event organisers, to support local events associated with sport happening in Cumbria. Grants are available for Tour of Britain related community events, with a sporting and / or cultural theme.

For more information, contact Jackie Hayhow on Tel: 07818 014966 or visit the website: www.activecumbria.org/developing-sport/funding/community-games/



Tele-health pilot in Cumbria

Do you care for a relative or friend with a long-term condition who lives at home? Would you like greater peace of mind by using a home-based remote monitoring system?

Cybermoor is looking for 15 informal carers to take part in a free pilot project.

BREATHE is an innovative remote home monitoring system aimed at people who are informal carers for someone who wants to live independently in their own home. It uses sensors and cameras to monitor everyday activities like putting the kettle on or opening the front door.

Carers can access the system remotely via the internet to view a live summary of their loved one's overall activity. It also sends information about activity patterns and alerts e.g. If the kettle has not been switched on all morning. The system can also be switched off at any time to protect privacy e.g. If there's a visitor.

10 week Pilot Project:

- The person you are caring for must give their consent to have it installed for the trial period
- All equipment will be supplied and installed free of charge by qualified local engineers. Full training and ongoing local support will be provided.
- The carer may live in Cumbria or another part of the UK, however, priority will be given to those nearest Alston to enable support.
- The system operates in a fully secure environment and data stored anonymously.
- Feedback will be required as part of the trial.
- Identical trials are also being run in Dublin (Ireland) and Valencia (Spain).

For more information please contact Sue Gilbertson on Tel: 01434 382808 or Email: sue.gilbertson@cybermoor.org.uk





Neighbourhood Care Independence Grants

The Neighbourhood Care Independence (NCI) Small Grants provides cash for volunteer led groups and organisations in Carlisle and Eden, South Lakes and Barrow.

If you work with adults over 65 and vulnerable adults under 65 who require services or support to help them remain independent at home and in their community, this could be the grant for you.

Tony Brown from Cumbria CVS said, "We are looking to support volunteer led groups in local communities.

"Last year the grants supported luncheon clubs, a zumba class, a bowling group, a community allotment, a time bank scheme and many other groups and schemes that helped people within their communities stay active."

A maximum of one NCI grant application can be submitted per organisation and the maximum award is £500 per organisation.

A short film entitled Independence Days which features some recent grant recipients can be viewed at: <https://youtu.be/s-3QG9TqMss>

For further details of grants please call Mark Costello, Business Development Officer, Cumbria CVS (Carlisle and Eden) on Tel: 01768 800350.



Update & Digital Inclusion

The Connecting Cumbria fibre broadband programme is moving strongly forward. Current Total Homes Passed (THP) is now over 81000, with 326 cabinets live. A further 164 cabinets are in progress which will deliver over 28000 additional homes passed.

Areas like Burgh by Sands, Langdale and Grasmere have now got fibre broadband availability and places such as Bassenthwaite, Braithwaite, Borrowdale and Troutbeck will see superfast speeds being delivered over the next few months.

Digital Inclusion Events

Using the internet delivers great benefits to everyone; getting better deals, saving money, gaining new skills and qualifications, as well as access to new services. If you don't use it, you lose out.

Connecting Cumbria are running a Digital Inclusion campaign to make sure people across Cumbria know how to get the benefits of fibre broadband.

Events have already been run in: Keswick, Workington, Grasmere, Kirkby Lonsdale and Tirril. Future events are planned for: Braithwaite, Grange over Sands, Longtown, Appleby, Sedbergh, and Windermere.

If you want to know if an event is being planned in your area, or would like to help organise one, please contact: info@connectingcumbria.org.uk



Jennings River Ride Sunday 27th September 2015

2015 is the fourth annual Jennings Rivers Ride in aid of Cumbria Community Foundation taking place on Sunday 27th September, starting and finishing at Fitz Park, Keswick.

Visit www.cumbriafoundation.org/riverside for more information and to download a poster.

The Jennings Rivers Ride is a charity fundraising event. All the proceeds from this year's ride will go towards our Foundation Grants programme. Read the latest grant stories at: www.cumbriafoundation.org/grant-stories

Anyone who raises £500 or more will be entered into a prize draw with a chance of winning a custom fitted road bike worth over £1,000.



Lake District Launches World Heritage Plan

The Lake District's quest for World Heritage status was officially launched last month when 25 of the area's leading organisations formally endorsed the Lake District's Nomination.

Partners, including the Lake District National Park Authority, ACTION with Communities in Cumbria, the National Trust, and Cumbria Tourism, agreed the documents that make the Lake District's case for being globally important and deserving its place on the prestigious World Heritage list.

Once finalised, these will be submitted to the UK government and Historic England ahead of formal submission to UNESCO in the 'cultural landscape' category in early 2016.

The bid demonstrates how the landscape of the Lake District has been shaped by farming and local industry for thousands of years, which in turn inspired the Romantic poets and subsequent global conservation movement, including the start of the National Trust.

The bid is in two parts: the nomination document defines why the Lake District deserves the international status of World Heritage inscription and the Partnership's Plan outlines the future management, development and conservation of the Lake District not only as a National Park but now also as a prospective World Heritage Site.

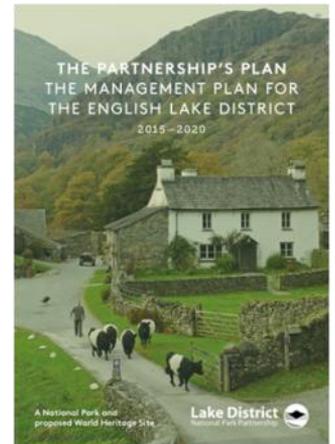
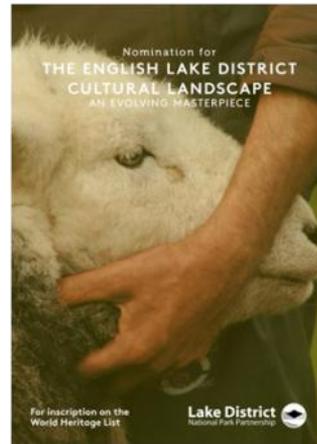
This is the most significant milestone for the Partnership's bid since January 2014 when the government confirmed the Lake District's nomination.

What can I do to get involved?

- Visit the brand new website: www.lakesworldheritage.co.uk
- Be inspired by the You Tube videos on the Lakes World Heritage channel.
- Share your photos out and about in the National Park and use #lakedistrictbid on your social media posts.

For more information about the Lake District National Park Partnership - the detail of the Partnership's Plan and the content of the Nomination Bid please visit:

www.lakedistrictpartnership.co.uk



Distinctive Area Tours

**East Distinctive Area:
15th September 2015**

**Central & South East Distinctive Area:
13th November 2015**

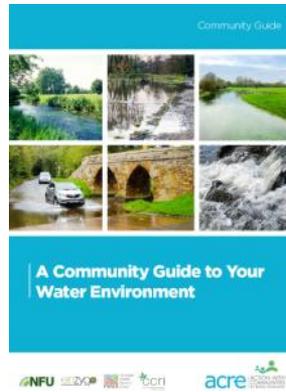
The Lake District National Park Authority are continuing their programme of Distinctive Area tours and evening meetings.

The tours and meetings are for parish councillors, local businesses and communities to find out more about the work of the Lake District National Park, learn about local projects and initiatives and meet and discuss with LDNPA staff, members and partner organisations.

The two remaining tours in 2015 are in the East Distinctive Area on 15 September and in the Central and South East Distinctive Area on 13 November.

For further information get in touch with the relevant Area Ranger. Contact details for Rangers can be found on the website here: lakedistrict.gov.uk/rangers

New 'Community Guide to Your Water Environment'



A free, practical guide is now available to help rural communities protect themselves from flooding.

The 'Community Guide to Your Water Environment' has been produced by ACRE (Action with Communities in Rural England), in partnership with FWAG (Farming Wildlife Advisory Group), the NFU (National Farmers Union) and the CCRI (Countryside and Community Research Institute).

Supported by Defra (Department for Environment, Food & Rural Affairs) and the Catchment Based Approach, the guide aims to help communities understand the importance of water in their local area, and especially the impact of extreme weather.

It offers guidance on how communities can work with everyone from farmers and the Environment Agency, to local authorities and drainage boards, to reduce the risks of flooding and drought. It also explains how to protect water quality and biodiversity by taking action locally.

It features a step-by-step guide to developing a community project to manage your water, details of resources that will help you, and case studies of communities who have got stuck in to care for water environments across England.

There's also advice on getting your own house in order, including saving water, keeping a healthy septic tank, avoiding pollution, use of garden chemicals and blocked drains.

The ACRE guide, sponsored by environmental consultant Enzygo Limited, is available to download free here: www.acre.org.uk/cms/resources/comm-guides/communityguidewater.pdf



National 'Freegle' app launched in Penrith

A new smartphone app for the nationwide Freegle service was launched in Penrith, after being developed locally as part of Cumbria Action for Sustainability's (CAfS) 'Sustain Eden' programme.

The app was created by software developer Chris Cant of PHDCC in Shap, who is the volunteer moderator for the Penrith and Eden District Freegle group, with support from Cumbria County Council and the Sustain Eden project.

Chris said "The app makes it quick and easy to use your local Freegle group to offer or request items. If there's something you want rid of, you can now take a photo of it and post it online through the app, and people can respond to you within the app or by email."

The app is currently available free for Android phones on the Google Play Store here: <https://play.google.com/store/apps/details?id=org.ilovefreegle.direct>, and is coming shortly for Apple. Although available nationwide, it is initially being promoted only in Eden as a pilot.

The app was launched at a recent Bring and Take event run by the Penrith and Eden Freegle group, hosted by Eden Arts at the Old Fire Station in Penrith in partnership with Cumbria County Council. Several hundred people dropped in during the day to give away goods they no longer needed and pick up some things they could make use of.

To find out more about Freegle, contact Chris on Tel: 01931 713240 or visit: ilovefreegle.org.

Sustain Eden, which supported the creation of the Freegle app, is a three-year partnership programme, financed by the Big Lottery's Communities Living Sustainably Fund and managed by CAfS.



We want your news and views!

- Do you want to celebrate your community's success?
- Could your story be a useful case study to help others with similar projects?
- Would you like to advertise in the ACT Gazette?

If so, we would like to hear from you.

This newsletter, and previous editions can be downloaded from the ACT website:

[www.cumbriaaction.org.uk/
ResourcesPublications/ACTGazette](http://www.cumbriaaction.org.uk/ResourcesPublications/ACTGazette)

Barrow, Copeland, South Lakeland contact:

Julia Wilson - Development Manager

Tel: 01228 81 7593

Email: juliawilson@cumbriaaction.org.uk

Allerdale, Carlisle, Eden contact:

Hellen Aitken - Development Officer

Tel: 01228 817592

Email: hellenaitken@cumbriaaction.org.uk

If you would like to speak to Lorraine Smyth, ACT Chief Executive, or have an urgent enquiry please contact ACT reception on:

Tel: 01228 81 7224

Email: info@cumbriaaction.org.uk

ACTion with communities in cumbria
champions community and rural issues



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