

# VODANEWS

THE QUARTERLY NEWSLETTER FOR VOLUNTARY AND  
COMMUNITY ORGANISATIONS IN NORTH TYNESIDE



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VODA News is a community newsletter that is sent to almost 700 groups, organisations and individuals. If you have a leaflet or a flyer that you'd like distributed, why not use VODA News to get the word out? We offer a low-cost insert service: £45 for VODA members, £60 for other VCS groups, £85 for private business and statutory organisations. Contact us for more information.

# WELCOME

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## A MESSAGE FROM OUR CHIEF EXEC



“ Thanks to those of you who were able to attend our recent AGM and Awards event. It was great to be in a room full of inspirational people, committed to supporting residents of North Tyneside to live their best possible lives.

Amongst all the celebration Wendy Burke, Director of Public Health for North Tyneside, delivered a keynote speech that acted as a stark reminder that there is still a lot of work to be done to narrow health inequalities across our borough. This is a conversation we are keen to continue at the next Working With the VCS event which will have a focus on Population Health. In particular we will be raising the profile of the incredible work carried out by voluntary and community organisations to support the health and wellbeing of some of our most vulnerable residents.

Having been involved in the development of the new VCS Grants Programme funded by North Tyneside CCG, I am delighted that ten local organisations have now been awarded funding. Hopefully this will go some way to helping address the increasing demands and challenges being experienced by our sector. The resilience and enterprise demonstrated by our members on a daily basis never ceases to amaze and inspire me.

Behind the scenes I am continuing to work with staff at the North of Tyne Combined Authority to explore ways in which our sector can play an active role in supporting an 'inclusive economy'. I know that many of you are already delivering great work around employability, skills and inclusion. Together with my colleagues in Newcastle and Northumberland we are keen that this contribution is recognised as a key element of the work you all do to support the most isolated and vulnerable people in our communities, tackling inequalities and improving social cohesion.”

**Robin Fry**  
Chief Executive

## VODA AGM AND AWARDS



Our Annual General Meeting and Awards presentation took place on Wednesday 23 October at the Linskill Centre in North Shields.

As well as a presentation of VODA's latest annual report and accounts, the event

featured keynote speaker Wendy Burke, Director of Public Health at North Tyneside Council, who discussed Population Health in North Tyneside and the role of the voluntary sector.

We also announced the winners of VODA's North Tyneside VCS Awards.

### Organisation of the Year: Earsdon and Wellfield Community Association



The Earsdon and Wellfield Community Centre is a warm and welcoming community resource centre based in what was once the old village school.

Since the association took over the running of the building, it has been developed and upgraded on the original footprint to provide five areas for community use accompanied by a new toilet block, disabled toilet, instant hot water, modern kitchen, internal decoration and much more. All of these improvements have enabled diverse groups to use the centre including mental support, combating loneliness and SOB's (Survivors of Bereavement through suicide). See page 11 for full profile.

### Volunteer of the Year: Rizwan Ali – Walking With in North Tyneside



Rizwan Ali came to the UK with his mother and sisters to claim asylum, the family were fleeing for their lives from the Taliban. However, despite all

of the challenges and hardship he faces, Rizwan is determined to better himself and to help others.

Rizwan has been volunteering with Walking With in North Tyneside for four years, where he supports in the kitchen to cook for all the service users (asylum seekers and refugees) on a weekly basis. He never complains about his own difficult situation and is a credit to Walking With and a great ambassador for asylum seekers.

### Young Volunteer of the Year Bobbie-Lou Taylor – Tyne Met College



Bobbie-Lou Taylor is a bright, bubbly, enthusiastic and polite student at Tyne Metropolitan College, studying Sports Coaching and Fitness. A former student at John Spence, Bobbie-Lou has made an enormous contribution to football in college and in her local community in just her first year at TyneMet.

### Trustee of the Year Anna McConville – Pathways 4 All



Anna McConville is the parent representative Trustee at Pathways 4 All, a North East parent led charity, providing family friendly play and leisure facilities for disabled children and young people. Part of Anna's role involves her welcoming new families and takes questions they are not comfortable asking themselves to the board on their behalf.

Read more about the winners on our website [www.voda.org.uk/voda-award-winners-2019](http://www.voda.org.uk/voda-award-winners-2019)



## COMMUNITY FRIENDLY BUSINESS AWARDS



At the awards we were delighted to award three local businesses – Carney Consultancy, Bell Group and Accenture – with their Community Friendly Business Awards. Read more about the Community Friendly Business Award winners on our website.

## CCG VCS GRANTS PROGRAMME

Earlier this year VODA supported North Tyneside Clinical Commissioning Group (CCG) to develop a new grants programme for the voluntary and community sector. Launched in June, the programme attracted 44 applications and has already awarded almost half a million pounds in large and small grants.

The grant programme was designed in recognition of the important role that voluntary organisations play in improving health outcomes for the local population. North Tyneside CCG was particularly keen to fund activity supporting their priorities of:

- promoting wellbeing and preventative healthcare
- promoting self-care and self-management
- reducing health inequalities



Tom Dunkerton from the CCG with Yvonne Probert from Age UK North Tyneside

Amongst the large grant recipients is Age UK North Tyneside who submitted a successful application to develop a new service in partnership

with YMCA North Tyneside. "Healthy Habits" will be an early intervention service that assists people to make sustainable lifestyle changes to improve their health and wellbeing through self-determination.

The service will be aimed at two groups of people going through transitions; younger people entering adulthood and adults entering older age.

Grants have also been awarded to:

- DePaul UK
- Linskill and North Tyneside Community Development Trust
- Meadow Well Connected
- North Tyneside Arts Studio
- Walking With in North Tyneside
- Acorns
- Wallsend Memorial Hall and People's Centre
- Family Gateway

Plans are now being considered for the launch of a further round of small and large grants in 2020,

taking into consideration feedback received from this year's applicants.

Robin Fry, VODA's Chief Executive said:

“It's been great working with Tom Dunkerton, Felicity Shoesmith and Heidi Douglas to develop this fund as part of our wider Better Together strategy. I'm confident that this year's grant recipients will provide a fantastic example of what impact the sector can have on the health and wellbeing of some of the most vulnerable residents in North Tyneside. I'm hopeful that as this grant programme develops it will go some way to helping the sector to meet increasing demands, whilst also providing an opportunity for organisations to develop new services that can become funded in a more sustainable way.”

## WORKING WITH THE VCS EVENT

**Tuesday 10 December, 9.15am to 12pm**

Since the launch of the NHS long term plan in January 2019 the health landscape has shifted quite considerably. In North Tyneside we have seen the early emergence of Primary Care Networks alongside increased investment in the co-ordination of social prescribing services.

Our next Working With the VCS event attempts to make sense of these recent developments whilst also shining a light on the vital role that voluntary and community organisations play in promoting the health and wellbeing of our local population.

This free and interactive event brings together local health professionals, charities, community organisations, commissioners and others to:

- Explore and influence current health initiatives in North Tyneside such as Social Prescribing and Primary Care Networks
- Showcase existing voluntary and community sector provision focussing on tackling loneliness, encouraging healthy behaviours and partnership working
- Develop new relationships to identify ways of working together more effectively

The event will be held at the EVO Centre in Royal Quays. Please register your attendance via our website [www.voda.org.uk/voda-events](http://www.voda.org.uk/voda-events)

'Working With the VCS' is a quarterly event organised in partnership by North Tyneside Council and VODA. All events are free and attendance is welcomed from any organisation delivering services in North Tyneside.

## WELLBEING FACILITATOR UPDATE

Claire Howard, VODA's North Shields Wellbeing Facilitator, has settled into her role working with the North Shields Primary Care Network.

The role of the Wellbeing Facilitator is to develop and strengthen relationships with GP practices and the Voluntary and Community Sector, as well as looking at ways in which patients can access information about opportunities in the community and become more confident in self care.

Claire has been developing relationships with the GP practices across North Shields, in particular with Care Navigators to understand their roles, how they deliver active signposting and how its best for the VCS to share information with them.

An information sheet for VCS organisations has been developed in partnership with North Tyneside CCG, highlighting what type of information can be uploaded onto GP surgery screens, including formats and a direct contact to send it to. We're pleased to see as a result more VCS organisations are taking up this opportunity to promote themselves on the GP screens, such as this one from the Alzheimer's Society. If you would like to know more, please contact Claire Howard [claire.howard@voda.org.uk](mailto:claire.howard@voda.org.uk).



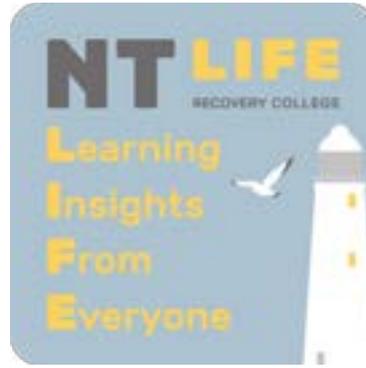
Claire coordinated a filming day at VODA in October where representatives from health, the public sector and North Tyneside CCG who are involved in social prescribing came together to build a picture of what population health management looks like in North Tyneside.

The aim of the film is to develop confidence in the VCS around how they can become key partners. The film will be launched at the Working With the VCS event on the 10 December.



Film making: image credit Nothumbria Healthcare Trust.

## NT LIFE RECOVERY COLLEGE



We were delighted to launch an all-new Recovery College offer for residents of North Tyneside in September. Branded locally as NT Life, the programme offers educational courses around

mental health and recovery, which are designed to increase students' knowledge and skills and to help them feel more confident in the self-management of their own health and wellbeing.

Delivered in a safe and friendly community setting, courses and workshops are co-produced and designed by individuals who have lived experience of challenges with their own mental health, and who want to pass on their LIFE learning, skills and knowledge to help others. Read on to find out how to get involved!

Courses such as Football for Health with the Newcastle United Foundation, Creative Writing, Dog and Friends Walking Group and Talk, Tech and Tinker have been running since mid-September and so far we have achieved...

**100** hours of student and volunteer engagement

**48** students have attended courses on mindfulness, confidence, self-worth, creative writing and football for health

**120** student registrations

Courses for 2020 are enrolling now, see page 16 for full list of courses available or visit our website.

NT Life is funded by North Tyneside Clinical Commissioning Group and delivered in partnership with a range of local partners. The majority of sessions are delivered from the Linskill Centre Hub. For more information, please go to [www.voda.org.uk/north-tyneside-recovery-college/](http://www.voda.org.uk/north-tyneside-recovery-college/)



**North Tyneside**  
Clinical Commissioning Group

## ENDING LONELINESS IN NORTH TYNESIDE

Joining forces with Age UK, The Carers' Centre and Citizens Advice, VODA is working towards tackling loneliness and social isolation in North Tyneside thanks to four years of funding from The National Lottery.

As part of this partnership project, VODA has been able to increase staffing capacity to reach more people through our Good Neighbours project.



Jen Hewitt joined the Good Neighbours team in October 2019. To get a feel for the service, Jen has been out and about shadowing the Good Neighbours volunteers to see first-hand the kind of jobs that are carried out to help others in the local area including shopping, gardening and DIY.

Jen is looking to further develop this offer in other areas of North Tyneside such as Dudley and Killingworth. In addition, Good Neighbours is keen to expand the scope of the project by working with other demographics that could face isolation including new mums, families with children with disabilities and those living with the onset of dementia.

Good Neighbours is also partnering with organisations such as Forward Assist, North Tyneside Carers' Centre and Care and Connect to develop groups and events in the North West of North Tyneside.



Contact Jen for further information on Good Neighbours support, or how to volunteer. Call 0191 643 2639 or email [jen.hewitt@voda.org.uk](mailto:jen.hewitt@voda.org.uk).

## TACKLING ISOLATION THIS WINTER

To add more capacity to raising awareness of the ending loneliness partnership, VODA's Ending Loneliness Project Co-ordinator, Josie Robinson, will be working to promote a 'Winter Buddy' scheme across North Tyneside during the harsh winter months. Josie commented:

*"We believe that community spirit and small neighbourly acts can play a big part in keeping people safe this winter."*



VODA is encouraging local residents to pledge small acts of kindness this winter to help keep people safe. This can be anything from offering to collect shopping or salting pathways during icy conditions. If you can spare a few moments this winter to pledge your support, then get in touch with VODA for winter support resources. Call Josie Robinson on 0191 643 2632, or email [josie.robinson@voda.org.uk](mailto:josie.robinson@voda.org.uk).

## ADVERTISE YOUR VOLUNTEER VACANCIES



Earlier in the year VODA switched from using Do-It for advertising volunteer vacancies to

using Volunteer Plus. We now have the Volunteer Plus database built into our website, which allows easier listing and searching of volunteer opportunities, plus it gives the user the option to create their own login.

If you would like to search for volunteering opportunities go to [www.voda.org.uk/search](http://www.voda.org.uk/search). To find out more about advertising a volunteering opportunity, or would like to arrange a meeting with our volunteer coordinators, please email [volunteering@voda.org.uk](mailto:volunteering@voda.org.uk).

# SPOTLIGHT ON...



## THE NATIONAL LOTTERY HERITAGE FUND

At The National Lottery Heritage Fund, heritage is described as anything from the past that you value and want to pass to future generations. Funding could be used to investigate community heritage such as an important local anniversary or heritage hero. It could help capture and preserve people's memories and experiences before they are lost. It could even be used to improve habitats, protect species or help people connect to natural heritage in their daily lives.

This year, the new funding programme The National Lottery Grants for Heritage was launched to support projects that connect people and communities to heritage. Applications are open to most not-for-profit organisations and groups; you don't need to be responsible for a listed building to receive funding. Applications are particularly encouraged from organisations that work with and seek to benefit disabled people, young people and people from minority ethnic and LGBT+ communities.

Here are five steps you should take if you are thinking about making an application:

### 1. THINK ABOUT WHAT YOUR PROJECT'S HERITAGE FOCUS WILL BE

It is important that any project idea you have has a clearly defined topic to focus on. It is up to you to explain in your application what your project's heritage focus is and why it is significant to your community. Your heritage focus could be about your local area, the lives of the people you support or even your own organisation's history.

North Tyneside Art Studio received £39,600 to both mark its own 25th anniversary and help record the history of mental health.



The studio provides artistic and creative opportunities for those affected

by mental health problems. They worked with volunteer led charity Remembering the Past to record the stories of 25 individuals connected to the organisation.

These personal accounts formed a collection that was stored at Tyne and Wear Archives and Museums to ensure these stories are not forgotten. Project participants were also supported by heritage facilitator Curiosity Creative to research and interpret the studio's history through a creative film and exhibition.

### 2. WHAT SIZE GRANT YOU WILL NEED

The National Lottery Grants for Heritage programme can award grants from £3,000 upwards. Visit the funding page on [www.heritagefund.org.uk](http://www.heritagefund.org.uk) for more information.

### 3. PLAN WHICH OUTCOMES YOUR PROJECT WILL MEET

The National Lottery Heritage Fund assess all projects by considering how well they meet their selected outcomes. Outcomes are the change, impact or benefit that will take happen as a result of a project taking place. There are nine potential outcomes your project could meet and it is up to you as the applicant to read the outcome descriptions on the website and decide which outcomes your project is most likely to achieve.

### 4. HOW CAN YOU MAKE YOUR PROJECT AS INCLUSIVE AS POSSIBLE?

The National Lottery Heritage Fund asks that all its grants contribute to a society where everyone has the opportunity to take part in and benefit from heritage. This is why every application must state how it plans to meet the fund's mandatory inclusion outcome that 'a wider range of people will be involved with heritage'. To help meet this outcome, you should think about who your organisation or group's work currently reaches, who it doesn't and how your project could bridge this gap.

### 5. ASK FOR HELP IF YOU NEED IT

The fund's Engagement Team is available if you need support prior to making an application. If your grant request is between £10,000 and £250,000, you can submit a short project enquiry on their website to receive feedback from their Engagement Team prior to applying. If you have any questions about funding programmes, ring the Newcastle office on 0191 249 6222.

# FUNDING

## NATIONAL LOTTERY GRANTS FOR HERITAGE NOW OPEN TO NON-HERITAGE ORGANISATIONS

The National Lottery Grants for Heritage £3,000 to £10,000 programme is now open to both heritage and non-heritage not-for-profit organisations in North Tyneside looking for funding to support projects that help connect people and communities to their heritage.

Launched this year, The National Lottery Heritage Fund's small grant programme supports projects that help connect people and communities to their heritage. The funding is open to not for profit organisations; you do not need to be a heritage-focused organisation to apply.

Heritage can be anything from the past that you value and want to pass on to future generations. The funding could help you investigate forgotten local history, share cultural traditions, record people's memories and stories or help protect wildlife and nature.

If it is important to you and your community then let them know.

### No deadline

[www.heritagefund.org.uk/funding](http://www.heritagefund.org.uk/funding)

## TOY TRUST

Toy Trust funds help disadvantaged children (13 and under) and their families in the following ways:

- Alleviate suffering.
- Support children through awful experiences.
- Encourage achievement through adversity.
- Purchase vital equipment.
- Provide care.
- Bolster existing initiatives.
- Initiate brand new projects.
- Satisfy basic needs.

Applications should show real benefit for relieving hardship and suffering to beneficiaries and be able to demonstrate effective fundraising. They must also be in support of children and projects regardless of faith, sex or disability.

### No deadline

[www.toytrust.co.uk](http://www.toytrust.co.uk)

## COMIC RELIEF COMMUNITY FUND

Grants of up to £4,000 are available for grassroots community organisations whose work delivers on one of Comic Relief's four strategic themes:

- Children Survive and Thrive: projects that support children under the age of five to reach their potential and have the best start in life
- Fighting for Gender Justice: projects that improve equality for women, girls and the LBTQI+ community, and initiatives that help people affected by domestic violence, abuse or exploitation due to their gender.
- Safe Place to Be: projects that support people who are rebuilding their lives because of homelessness or forced migration
- Mental Health Matters: projects that support good mental health in communities, improve access to support and tackle stigma and discrimination.

The programme aims deliver long lasting community driven change.

There are two kinds of grants available:

- Capacity Building Grants of up to £500 will support organisations to become more robust and better able to deliver projects that address the four strategic themes.
- Project delivery grants of up to £4,000 will support organisations to deliver projects that address the four strategic themes.

### No deadline

[www.groundwork.org.uk/national-grants/comic-relief-community-grants/](http://www.groundwork.org.uk/national-grants/comic-relief-community-grants/)

## THE NATIONAL LOTTERY CLIMATE FUND

The Climate Action Fund aims to reduce the carbon footprint of communities. A broader movement of change will enable communities to do this within and beyond the communities we fund. They are now open for an initial round of funding applications. In this initial round, they will support up to 15 place-based community-led partnerships to make the changes in their community they believe will have the biggest impact on climate change.



**Deadline:** Initial ideas - 5pm Wednesday 18 December 2019.

Full proposals - midday Friday 27 March 2020

[www.tnlcommunityfund.org.uk/funding/programmes/climate-action-fund](http://www.tnlcommunityfund.org.uk/funding/programmes/climate-action-fund)

## OLD POSSUMS PRACTICAL TRUST

Old Possum's Practical Trust makes a number of grants typically of £500 to £5,000 each year for literary, artistic, musical and theatrical projects. Grants are more likely to be given for projects which fall within artistic, aesthetic, literary, musical and theatrical criteria.

All applications must demonstrate a high level of sustainability and contextual impact. Priority will be given to those which have an impact on future literary work and display enterprise in their artistic endeavour.

### No deadline specified

[www.old-possums-practical-trust.org.uk](http://www.old-possums-practical-trust.org.uk)

## VETERANS FOUNDATION

Armed Forces charities and other organisations can apply for grants of up to £30,000 over up to three years for projects and activities supporting serving or veteran members of the Armed Forces and their families.

The type of activities supported include projects that reduce homelessness, increase employment, provide welfare and medical support, increase confidence and social integration, as well as reduce dependence on alcohol and drugs.

Please note that the trustees are likely to award more small grants than large grants. They will consider a range of factors including the service or item being applied for, the number of beneficiaries, the importance of the grant to the applicant charity and the needs of the beneficiaries. Priority is given to charities and organisations that can demonstrate that they are directly involved in the provision of support to those in need.



**Deadline:** 31 December 2019

[www.veteransfoundation.org.uk](http://www.veteransfoundation.org.uk)

## GREENHALL COMMUNITY FUND

The objectives of this fund is to improve lives – among the sick, the elderly, the disabled and the disadvantaged, particularly in the UK, with grants of £1,000 to £10,000.

**No deadline but fund will close once 100 applications have been received.**

[www.greenhallfoundation.org](http://www.greenhallfoundation.org)

## FEMINIST REVIEW TRUST

The Feminist Review Trust gives grants of up to £15,000 to projects in the UK and internationally that support women. Particularly welcome are applications from non-OECD countries that focus on campaigning and activism in the following areas:

- Lesbian and transgender rights
- Violence against women and girls
- Disabled women and girls
- Refugee women and girls.

The Trust will fund the following:

- Hard to fund projects
- Pump priming activities
- Interventionist projects which support feminist values
- Training and development projects
- One-off events
- Dissemination
- Core funding.

The Trust will occasionally consider other projects if the application does not easily fit into any of the above categories.



**Deadline:** 31 January 2020

[www.feminist-review-trust.com](http://www.feminist-review-trust.com)

## CRASH

CRASH assists homelessness charities and hospices with their construction projects. They offer help in a practical way (professional expertise and building materials) as well as providing cash grants and will prioritise applications seeking both.

- Applications must relate to the buildings.
- The charity must have a legal interest in the building, unless the application relates to requesting professional advice regarding the leasing or purchasing of a building.
- The charity needs to own the freehold for the building or hold the lease with more than five years (homeless charities) / ten years (hospice charities) left to run.
- Homeless charities – delivering services to single homeless men and women over the age of 18, providing services for at least 4 days a week.
- Hospice charities – delivering in-patient and or day services to people in need of end of life care.

**No deadline.**

[www.crash.org.uk](http://www.crash.org.uk)

# FUNDING

## MASONIC CHARITABLE FOUNDATION

The Foundation awards grants of up to £15,000 over up to 3 years (unrestricted) to support disadvantaged and vulnerable people to live happy, fulfilling lives and participate actively in society.

Current priority areas open to application:

Creating the best start in life for disadvantaged children and young people (aged up to 25). Grants can be offered to charities that provide the following:

- Mental and physical health support.
- Learning and development.
- Parental support.
- Pastoral and advocacy support.

Reducing isolation in later life (aged over 50). Grants can be offered to charities that provide the following:

- Mental and physical health support.
- Gateway and access to service.
- Community based approaches.
- Advocacy, social and welfare support.

Charities must have produced their first set of accounts and be able to demonstrate a track record of service delivery and have an income of less than £500k. The total amount requested should not exceed 15% of the charity's income.



**Deadline:** 3 January 2020  
[mcf.org.uk](http://mcf.org.uk)

## SUPPORT ADOPTION FOR PETS

Grants of £1,000 to £150,000 are available for charities and not-for-profit organisations whose main activity is either the rescue and rehoming of UK pets or the provision of temporary support to ensure pets can remain with their owners.

Funding will support projects that have a direct impact on animal welfare, including:

- vet bills.
- boarding costs.
- equipment.
- vehicles.
- low-cost neutering initiatives.
- trap, neuter and release.
- building additions and improvements.

**No deadline specified** - contact the Grant Funding Coordinator for more information.  
[www.supportadoptionforpets.co.uk/grant-programme/](http://www.supportadoptionforpets.co.uk/grant-programme/)

## CARERS INNOVATION FUND

The Fund aims to support accessible, carer-friendly communities and public services and also seeks to provide evidence on effective interventions to support carers.

Through the development of technological solutions or community-based interventions, projects might consider how to:

- ensure carers have access to advice and information to support them in their caring role.
- increase the provision of carers' breaks locally.
- connect carers with other carers and the wider community.
- prevent crises through early intervention.

The process for the fund will be divided into three phases – idea generation, idea development and idea implementation.

Through the assessment of the applications received through phase 1, the funders will look to identify between 15 to 20 projects that will be awarded an initial funding instalment of up to £25,000 to develop their idea (phase 2).

### No deadline

[www.gov.uk/government/publications/carers-innovation-fund-how-to-apply](http://www.gov.uk/government/publications/carers-innovation-fund-how-to-apply)

## BRITISH CYCLING: PLACES TO RIDE PROGRAMME

Grants of £1,000 to £500,000 are available for organisations developing cycling activity in their community for the development of new – or the improvement of existing – cycling facilities in communities. Funding can be used for small-medium scale facility improvements or equipment through to large-scale new build facilities across all types of cycling.

**No deadline: decisions made every 12 weeks**  
[www.britishcycling.org.uk/placestoride](http://www.britishcycling.org.uk/placestoride)

## COMMUNITY FOUNDATION - TEMPORARY GRANTS CLOSURE REMINDER

The Community Foundation will be implementing a new IT system to manage grants and its back office. They will be taking a short break in accepting new applications during this transition. The foundation will close to new applications on Monday 2 December 2019 and applications will reopen on Monday 13 January 2020.  
[www.communityfoundation.org.uk/important-notice-about-future-grant-applications/](http://www.communityfoundation.org.uk/important-notice-about-future-grant-applications/)

# COMMUNITY NEWS

## EARSDON AND WELLFIELD COMMUNITY ASSOCIATION



This year's winner of VODA's Organisation of the Year is the Earsdon and Wellfield Community Centre, a warm and welcoming community resource

centre based in what was once the old village school. Many of their users come from the local community and from nearby Shiremoor, Blyth, New York and East and West Holywell.

The centre is open six days a week and provides regular, affordable activities for all age groups, including dance (with special sprung wooden floors), craft classes for children and young people, fitness and art groups for adults. They also hire rooms out at very accessible rates and put on annual events and fairs and a highly popular beer festival every May which regularly attracts 450+ people and is a major source of funding for the centre.

Due to the committee's enthusiasm and commitment to volunteering the footfall has increased from to 15k to over 30k in the last eight years. They are able to enlist helpers with diverse skills to help and maintain the centre and this helps manage the very small amounts of funds available to keep the centre open all day if needed.

“*The centre is an integral part of the community. Its location and the events it holds brings the community together.*”  
Kelly Taylor, Yoga and Meditation Teacher

Since the association took over the running of the building, it has been developed and upgraded on the original footprint to provide five areas for community use, accompanied by a new toilet block, disabled toilet, instant hot water, modern kitchen, internal decoration and much more. All these improvements have enabled diverse groups to use the centre including mental support, combating loneliness and SOB's (Survivors of Bereavement through suicide).

The centre prides its self on encouraging and promoting small groups to start up and develop



within the centre including craft classes, jewellery making, quilting, sewing, art clubs and fitness and dance. These groups are for all age ranges and are accessible to the wider community.

“*In 2013 I was looking to start up a night class in art, The centre was extremely helpful and offered me six trial sessions at a very reasonable rate. This allowed me to run the workshops and test the viability of the idea with minimal risk. The classes were successful and numbers of participants grew. By 2017 my business had built up to a degree that I was able to rent my own premises on a monthly basis in North Shields. None of this would be possible without the help I received from Earsdon and Wellfield Community Centre.*”

Clare Money, Studio A49

“*It was a breath of fresh air to move to Earsdon where we were immediately made to feel welcome and where staff would bend over backwards to help us. The centre is a place where older and middle aged people who are often lonely and concerned can socialise and learn new skills.*”

Denise Porter and Dorothy Hope.

A major issue for the centre at the moment is the roof. They recently secured a grant from Newcastle Building Society which will enable them to replace the South side and have applications in, which if successful, will enable them to replace the complete roof all at once.

They also work closely with local organisations like VODA and North Tyneside Council, hosting community events like Working With the VCS, serving as a voting venue for elections and are continuing to renovate the centre in response to feedback from the users.

“*A special thanks for the help and support we have received from VODA both for grants and the lease, without their help we are sure we would not be where we are now.*”

Andrew Bulloch, Earsdon and Wellfield CA

# COMMUNITY NEWS

## DOUBLE AWARD WINNERS!



**Family Gateway** has won the Transforming Lives Award at the at the Locality Power To Change convention. Sponsored by Unity Trust Bank

the award celebrates community organisations whose support has had a significant impact on changing local people's lives. Family Gateway was set up in 2011 to support whole families in North Tyneside and beyond who are living in poverty or disadvantage and struggling to bring up their children on very little money.

Pauline Wonders, Chief Executive commented:

“*This award is so very meaningful because of its title 'Transforming Lives'. That's a heavy aspiration but we truly do that and some of our own staff are evidence of our work to improve lives for families and children, and to develop resilient people and communities. This award is for them and for the challenging and difficult job they do day after day with enviable passion and commitment.*”

## YMCA North Tyneside



The Housing Staff from YMCA North Tyneside were delighted to receive the award for Accommodation Project of the Year at the National YMCA Youth Matters Awards in London, in recognition of their excellent Sir James Knott House project.

Sir James Knott House is a holistic accommodation project providing support and progression opportunities for young people with multiple and complex needs.

“*It is wonderful to receive National recognition of our amazing project at the heart of North Tyneside. The award is a testament to the incredible work of our staff, volunteers and residents who make Sir James Knott House a place for young people to Belong, Contribute and Thrive.*”

Colette Twomey, Senior Housing Support Worker

## NORTH TYNESIDE ART STUDIO LAUNCHES NEW SATELLITE STUDIO

North Tyneside Art Studio has launched NTAS-II in the Wallsend Forum shopping centre. NTAS, a charity based in North Shields, has been using art and creative activities to improve the lives of people experiencing mental health issues since 1991.



Paul Hillier, Mary Glendon MP and Dr Jo Clement at the opening of NTASII

The NTAS-II space is provided by East Street Arts and funded and supported for one year by the North Tyneside CCG. It is a studio space for people to drop in and try different art forms and learn about the importance of good mental health and the links between art and mental health. All the activities are free and include practitioner-led creative arts and writing workshops, exhibitions, events and activities. The studio is currently promoting the NHS #EveryMindMatters campaign.

For more information call 0191 296 1156 or email [info.ntartstudio@gmail.com](mailto:info.ntartstudio@gmail.com)

**Tuesdays:** drop-in arts activities with Sam 10am to 2pm

**Thursdays:** drop-in arts and writing workshops with Jo 12pm to 2pm

## COULD YOU BE A MUMSPACE VOLUNTEER?

MumSpace, a project by Citizens UK, is a unique group that aims to improve mother's and babies' health and education outcomes by providing social support, educational workshops and developing mothers as leaders in their communities.

MumSpace offers mums the space to have a weekly workshop whilst children and babies are looked after by volunteers, who are vital to the running of the group.

The volunteers help set up toys, prepare juice and snacks, join in with singing and other activities during circle time and to get to know the parents that attend. Many of the pregnant women or mothers that come to MumSpace are isolated and without a network of support and the aim is for the group to fill this gap. MumSpace seeks to make sure that the mums are at the heart of everything.

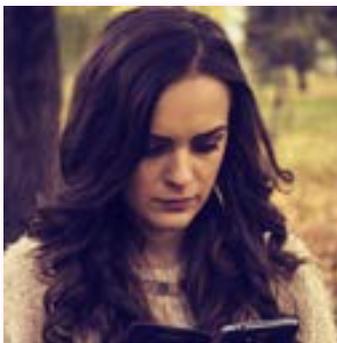
**North Shields MumSpace: Thursday from 9.30am at St Cuthberts Church, North Shields.**

View the volunteering opportunity here: [www.voda.org.uk/opportunity/childrens-playworker-105](http://www.voda.org.uk/opportunity/childrens-playworker-105) or email [volunteering@voda.org.uk](mailto:volunteering@voda.org.uk).

## WOMEN AND GAMBLING PROGRAMME

GamCare is a national provider of free information, advice and support for anyone affected by problem gambling.

They've recently secured funding from the Tampon Tax Fund, to deliver a nationwide programme to build awareness of problem gambling and support options within the wider support sectors for women and girls.



The project will build a nationwide referral network of local public and third sector organisations that work with women to spread awareness of problem gambling, its impacts and how it relates to other issues women may face.

Whilst not exclusively the case, women tend to be more likely to gamble on fruit and slot machines and online. The availability of online gambling on mobile phones can fit around a woman's busy life and is easily hidden. Feelings of shame about gambling problems also hold people back from talking about the issue.

As an organisation you can take some simple steps to skill yourselves in the topic of gambling related harm. One step would be to familiarise yourself with the issue and the signs and symptoms of a problem, and to remember to ask the question about gambling where you think it might be playing a role. GamCare can help you to get this right.

GamCare works across England, Scotland and Wales delivering free flexible advice, support and training. For more information about the programme please contact Suzy Hall on 07397 220 913 or email [suzy.hall@gamcare.org.uk](mailto:suzy.hall@gamcare.org.uk)

## FREE GAMCARE TRAINING AT VODA

**Tuesday 25 February, 10am to 2pm**

Aimed at staff and volunteers from the voluntary and community sector. The course will cover:

- Evaluation of the data around women and problem gambling, and explanation of the GamCare Women's programme
- How to identify and screen for problem gambling and which intervention to use
- How to intervene using a Brief Intervention, following the FRAMES method

To book contact 0191 643 2626.

## INSPIRE FRIENDS AND FAMILY TOWARDS A HEALTHIER LIFESTYLE



Could you inspire someone you know to be more active? North Tyneside Council's Active

North Tyneside team is recruiting Community Health Champion volunteers to support friends, family or work colleagues to be more active on a regular basis.

Being active at every age increases quality of life and everyone's chances of remaining healthy and independent. It helps keep us fitter, but it is also a great way to give your mental wellbeing a boost too.

Champions commit to supporting at least two people to be more active on a regular basis over six months. You could meet up for regular walks, get on your bikes, go swimming, roller-skating, or anything else – the choice is yours!

There's lots of support at hand from the Active North Tyneside team, plus freebies and rewards for completing the programme.



Joe, aged 20, experienced poor mental health after leaving the Army due to repeated knee dislocations. He joined Active North Tyneside's Club1 Lads project,

which got him out of the house, being active and meeting new people.

On the programme Joe went to the gym and joined in kayaking, rugby, fencing and more, gradually building up his confidence. Joe has gone on to volunteer as a Community Health Champion to help others and said: "Just try and do as much as you can and keep yourself occupied. Even if it's something little like going for a walk, something that makes you smile and feel better."

[www.activenorthtyneside.org.uk](http://www.activenorthtyneside.org.uk) or call 0191 643 7171.

# SECTOR NEWS

## EVERY MIND MATTERS



Public Health England, in partnership with the NHS has launched a groundbreaking new platform to support mental health.

We don't need to wait until we are struggling with our mental health; there are lots of things we can do to protect ourselves and prevent problems escalating, just as we do with our physical health.

The new Every Mind Matters campaign from Public Health England encourages adults to be more aware of their mental health and helps them to discover simple steps to look after their mental health and wellbeing.

Every Mind Matters offers a range of useful resources that help spot the signs of common mental health concerns, provides practical self-care tips and guidance and, importantly, explains when to seek further support.

It also has a free NHS-approved online tool on the Every Mind Matters website, which helps people build an action plan to deal with stress and anxiety, boost their mood, improve their sleep and help them feel more in control.

There are lots of things that you can do in North Tyneside that can really help, such as the new NT LIFE Recovery College which offers free educational courses about mental health and recovery to North Tyneside residents aged 18 and over (page 16). There is also lots of opportunities to be more active, enjoy the outdoors, discover new things and connect with other people.

To learn more about how to look after your mental health and create your own action plan go to [www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/)

## REACHING OUT: A NEW GUIDE TO TACKLE LONELINESS

The National Association of Local Councils (NALC) has launched a new joint guide with the Local Government Association (LGA) on tackling loneliness.

The Reaching out guide responds to the national strategy and outlines various ways local (parish and town) councils and principal authorities can work together.

[www.nalc.gov.uk](http://www.nalc.gov.uk)

## GOAL SET TO DOUBLE THE NUMBER OF YOUNG CHARITY TRUSTEES



A movement to encourage more young people to become charity trustees has been launched, with the aim of doubling the number by 2024.

The Young Trustees Movement aims to increase the number of people under the age of 30 on charity boards through practical advice, guidance and a campaign for wider trustee diversity.

While the spotlight is on the age factor, the movement is part of a wider call for diversity and best practice on charity boards. They aim to achieve this through three steps:

- 1 Mobilising charity leaders and young people to join and commit to the movement through a pledge.
- 2 Supporting Movement members to make their pledge a reality by creating physical and digital hubs that provide:
  - Step by step practical and achievable guidance/resources e.g. a template meeting agenda, recruitment pack, etc.
  - Online learning, including a 'Young Trustees in training' programme
  - Best practice and shared learnings from failures and mess ups!
  - A space to connect and signposted to people and organisations within the Movement
  - Campaigning opportunities targeted at behaviour change in charity boards.
- 3 Creating a counter-narrative to challenge the current status quo of governance and perceptions of who a trustee should be.

Find out more and make a pledge at [www.youngtrusteesmovement.org](http://www.youngtrusteesmovement.org)



# TRUSTEES' NEWS

## PREPARING FOR A NEW TRUSTEE

You've successfully recruited a new trustee, but have you prepared to induct them into your organisation? Creating a trustee induction pack for your organisation and taking the time to ensure each new trustee is given a comprehensive induction will enable them to get to grips with their new role and responsibilities, the organisation and its aims and objectives, as well as getting to know the staff and volunteers.

### What should an induction include?

Firstly, the board should decide who will be responsible for delivering the induction and consider whether there are any training requirements for this.

The ideal induction consists of a pack of useful organisational information:

- Clear role description and organisational expectations both procedural and behavioural
- Constitution, Memoranda and Articles of Association
- Annual Report
- Accounts and current budget
- Recent minutes
- Future meeting schedule
- List of trustees, staff and volunteers
- Media platforms and newsletters
- Business plans and strategies
- Charity Commission guidance and other relevant policy and legislation that impacts upon your organisation.

Consider who the trustee should meet or what meetings they would benefit from attending:

- The Chair
- Longstanding trustee (consider buddying up a new trustee with an experienced trustee for a period of time)
- Another relatively new trustee
- The staff team (if relevant)
- Volunteers
- Service users
- Representatives from partner organisations, funders etc

What activities would benefit the trustee to observe? This is a good way of getting to know an organisation.

Is there any training that the trustee should attend to increase their knowledge of their role or that of the organisation, for example safeguarding, understanding finances (balance sheets etc).

## How Can VODA Help?

### Training

We have a comprehensive training programme, see our website for details, including "Trustee Roles, Responsibilities and Governance" aimed at both new trustees and refresher training for existing trustees. We can also deliver the training to your organisation as a development session.

### Advice and Guidance

You can access a range of advice and information sheets via our website or you can speak to or meet with our Core Services Team for anything from changing your charity structure to advice funding and governance issues.

### Trustee Recruitment

Advice and guidance on good recruitment and induction processes. Advertise your trustee vacancy with us free of charge.

### For further information or enquiries

Contact Keith Hardy on 0191 643 2636 or email [keith.hardy@voda.org.uk](mailto:keith.hardy@voda.org.uk).

## CHAIR TALK: NEW VODA FACILITATED FREE CHAIRS' NETWORK

The role of Chair or Vice Chair can often seem challenging and the role of leader can feel isolating. Do you sometimes think it would be good to talk to other chairs that also face similar demands?

Would you like the chance to discuss issues and opportunities, share good practice and participate in peer-to-peer learning with other North Tyneside organisational Chairs and Vice Chairs?

As part of our Trustee Support Network VODA is offering to facilitate a free Chairs' Network providing the venue and resources to get things started.

For further information, or to register your interest, contact Keith Hardy, Core Services Manager at [keith.hardy@voda.org.uk](mailto:keith.hardy@voda.org.uk) or call 0191 643 2636.

# TRAINING



## NT LIFE RECOVERY COLLEGE AVAILABLE COURSES

All courses are held at the Hub, at the Linskill Centre in North Shields, unless otherwise indicated.

### Monday

- Football for Health with the Newcastle United Foundation - 11am to 12pm (at the Parks)

### Tuesday

- Dog and friends walking group - 10.30am to 12.30pm
- Art Group - 1pm to 3pm
- Talk Tech and Tinker - 5pm to 6pm

### Wednesday

- DB Cuppa T - 1pm to 2pm

## COURSES BOOKING NOW FOR 2020

Times and dates to be confirmed

- Positive wellbeing and mindfulness
- Assertiveness workshops
- Confidence commandoes
- Self-awareness and self-worth
- Survive and thrive
- Creative writing for resilience
- Walking netball
- Positive language and self talk (with optional CV writing)
- Understanding and coping with anxiety

Email [ali.donkin@voda.org.uk](mailto:ali.donkin@voda.org.uk) to reserve your space.

**Membership:** VODA is a registered charity providing advice, training, information and support to volunteers and voluntary and community organisations working in North Tyneside. To find out more visit [www.voda.org.uk](http://www.voda.org.uk) or call 0191 643 2626.

Next Issue: February 2019. Copy deadline 15 January.

Disclaimer: The information in VODA News is, as far as we know, correct at the time of going to print. However, North Tyneside VODA can take no responsibility for any changes that occur or guarantee the quality of information or services provided by others.

SECTOR  
CONNECTOR

UPCOMING  
WORKSHOPS

## JANUARY

- 29** **Managing the risks of Cloud storage:**  
Free Sector Connector Workshop  
10am to 12pm.

## FEBRUARY

- 05** **Blogging for beginners:**  
Free Sector Connector Workshop 10am to 12pm.
- 17** **All change! Change management:**  
Free Sector Connector Workshop 10am to 12pm.

## MARCH

- 09** **Self awareness for managers:**  
Free Sector Connector Workshop 10am to 12pm.
- 18** **How to write an excellent newsletter:**  
Free Sector Connector Workshop 10am to 12pm.

All courses take place at VODA - see below for our address. For full course descriptions and to book your place visit [www.voda.org.uk/training](http://www.voda.org.uk/training).

## VODA TRAINING UPDATE

**Good news....** Our spring/summer training programme starts in March and we will now be offering all our Core Services training - delivered by VODA staff - free of charge. Look out for the training calendar on our website and newsletters early 2020.

**Trustee training.....** We will be developing a range of new courses aimed at new, existing and those interested in becoming a trustee. This will include awareness sessions such as safeguarding, lone working, understanding my organisations finances as well as the Role of the Trustee: Principles and Practice which is in May.

We would be interested to hear from you about what training you would like to see delivered, email [keith.hardy@voda.org.uk](mailto:keith.hardy@voda.org.uk).



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