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Learning Together Update - October

Dear Tara,

Welcome to the October Edition of the Learning Together Programme Newsletter. Read on for the latest important dates for your diary, upcoming learning opportunities, funding tips as well as regional and national social prescribing news we think will be of interest.

Please remember you can get in touch, any time! We'd love to hear what content you'd like to see included in the programme, please
email: eastengland.thrivingcommunities@nasp.info

Tom Watkins

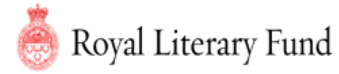
East of England Regional Lead

Thriving Communities

Royal Literary Fund Writing Workshops

Royal Literary Fund Writing Workshop

We're delighted to announce we will be partnering with the Royal Literary Fund once again to deliver a further series of "Get It Write" professional writing workshops over the next few months. We've got some incredible writing professionals to deliver these workshops for you, to help you to learn how to write concise, impactful reports, hone your reflective writing practise and produce compelling bids for vital fundraising efforts. We hope you will join us, please click the links below to register your place.



Working in Partnership



Get it Write: Bid Writing for Fundraising/Bid Writing: Monday 10th October & Monday 24th October at 9:30-11:30am

Get it Write: Report Writing: Monday 21st November & Monday 5th December at 9:30am - 11:30am.

NASP Social Prescribing Link Worker Film

How can social prescribing help support people experiencing loneliness?

Earlier this year, Brad Gudger spent time with Gay Palmer, Social Prescriber Link Worker Team Lead at South Southwark Primary Care Network. Together they explored how social prescribing link workers can help support people experiencing loneliness and isolation through community connection.

Social Prescribing Link Workers can help alleviate feelings of loneliness and social isolation by connecting people to activities and advice in their communities and beyond.

Click [**here**](#) to watch them visit The Link Age UK Community group in Southwark and speak to people about their experiences of social prescribing.

REGIONAL CALL OUT

Do you have something to shout about?

Throughout October we are working closely with the NASP National Communications team to highlight extraordinary

achievements throughout our social prescribing network.
Please send us your case studies!

We're interested in learning more about the barriers you've faced, and how you were able to overcome them through the use of social prescribing. We also would like you to reflect upon your achievements and how you will continue to support the propagation of social prescribing.

To apply, please write up one A4 Word document including image and send all submissions to be@thrivingcommunities.east@communities1st.org.uk



TRAINING SESSIONS

National

Developing your skills and knowledge to support people with cost of living pressures

Supporting people and local communities to navigate these challenging times, continues to be a priority for social prescribing link workers. This webinar will focus on sharing a range of tools and resources, to support you in your role.



Jointly delivered with colleagues from the National Academy for Social Prescribing (NASP) and co-produced with our speakers, we encourage you to share this event across your social prescribing network.

Learning Objectives:

- To learn about the resources and tools available to build your knowledge around issues relating to money and financial issues.
- How to maximise the help available.
- Support for navigating the conversation and provide up to date advice and guidance.

THIS IS A SHORT DEADLINE.

Click [here](#) to register.

Deadline: Wednesday 12th October, 1pm - 2:30pm.



Online Introduction to Sighted Guiding

Guide Dogs UK are providing one hour online introduction to Sighted Guiding. There are two sessions being delivered per week, on different days and at various times during the day.

The training is suitable for anyone who is in a public facing role, that could come into contact with one of the 2 million plus people living in the UK with sight loss. Having experienced the training first hand ourselves we would thoroughly recommend it to anyone in a frontline role; you'll pick up useful tips to make your service to be as accessible as possible for people with visual impairments.

The sessions cover:

- How to start a conversation when you meet someone who is blind or partially sighted, to ask if they need assistance.
- Basic guiding techniques for crossing roads, getting around obstacles and getting in and out of cars.
- An introduction to common eye conditions and their impact.
- Awareness of access rights and barriers to independence.

Click [here](#) to sign up.

Bedfordshire

Trustee Skills

Whether you're a new trustee or an existing one who wants a refresher, this workshop is for you. We will cover the



Community
Voluntary Service
Strengthening local social action

Charity Commission's newest guidance including the 6 main trustee duties, with some useful case studies, along with plenty of time to ask questions.

Based on the Charity Commission's advice covering the six main duties of charity trustees, we will explore:

- How to ensure your charity is carrying out its purposes for the public benefit.
- Making decisions, your charity's governing document and the law.
- The different types of trustee liability, risks and ways to mitigate them.
- Managing your charity's resources responsibly and ensuring your charity is accountable.
- The role and responsibility of trustees including special roles such as chair and treasurer

Using examples from Charity Commission statutory inquiries and some practical tools to manage risks and conflicts of interest, the workshop also includes a safeguarding section to explain the Charity Commission's expectations of trustees.

THIS IS A SHORT DEADLINE.

Deadline: Wednesday 12th October, 10am - 1pm

Click [here](#) to register.

Essex

Suicide Prevention Training

Everyone has the potential to experience suicidal thoughts but each one of us also has the capacity to make a difference for people who are suffering.

A life is lost through suicide every two hours in the UK but suicidal thoughts and feelings affect thousands of us every single day.

In 2019, 111 people lost their lives to suicide across greater Essex; 83% were male. The #talksuicideessex campaign has been created by the Mid and South Essex Health and Care Partnership to reduce the stigma around talking about suicide and raise awareness of suicide prevention training available FREE to ALL from the Zero Suicide Alliance.



Click [here](#) to find out more.

Deadline: Rolling deadline.

Mid and South Essex Integrated Care Strategy Workshops

The Mid and South Essex Integrated Care Partnership is part of the new Integrated care System, and brings the NHS together with other key partners including local authorities, VCS organisations and others, to develop a strategy to enable the ICS to improve health and wellbeing across Mid and South Essex.

As part of the Strategy development, the Partners invite you to attend one or more workshops, which will explore what is working well in health and care in Mid and South Essex, the challenges we face, and how we can best work together as partners and alongside our communities to address these.

THIS IS A SHORT DEADLINE.

Deadline: Tuesday 11th October, 10am - 12pm

Click [here](#) to find out more.



Cambridge

Health care and digital equalities #CambsDigiWeek

Join this event to discuss the digital transformation of health care services and how this impacts people who are not online or have limited digital skills.

We will be joined by a panel of experts including:

- Graham Lewis, Partnership Development Manager, Healthwatch Cambridgeshire.
- Diane Lane, Cambridgeshire and Peterborough NHS Foundation Trust.
- Mark Freeman, CEO of CCVS.
- Frances Dewhurst, Social Prescribing Link Worker, Meridian PCN at Harston Surgery.

Deadline: Monday 17th October 2022, 1- 2:30pm

Click [here](#) to find out more



Health & Wellbeing Network - Intro to Social Prescribing software Joy.

This event will focus on the VCSE sector and how they can engage with the new JOY software to receive referrals from GPs. JOY enables health and social care professionals to link clients to local services and demonstrate outcomes through AI. The JOY team will focus on the following topics:

- What is Joy
- How is it different to other databases (Like HayYou)
- How the referral pathway works.
- Difference between referral and signposting.
- How to sign up

This event is for anyone working in Cambridgeshire or Peterborough.

THIS IS A SHORT DEADLINE.

Deadline: Tuesday 11th October, 2022

Click [here](#) to find out more.



Hertfordshire

Gambling and Related Harm Training

This CPD accredited training aims to help make problem gambling more identifiable for practitioners and volunteers working with women, men and young people in both generic and gender specific services.

In this session you will have the opportunity to:

- Gain an understanding of problem gambling issues specific to women.
- Learn about the impacts and risks of problem gambling.
- Increase your confidence to discuss the subject of problem gambling.
- Gain vital knowledge about screening tools and referral pathways for support and treatment.

Deadline: Tuesday 18th October, 2pm-3:30pm

Click [here](#) to find out more.



Norfolk

10 Tips to maximise your charity website.

A charity website has many jobs to do. It is primarily the window into your organisation, and needs to appeal to donors, volunteers, trustees, service users and funders alike. But if people are visiting but not donating, signing up to volunteer or downloading info packs, you may have some work to do. In this hour workshop, you will learn how to transform your website into a charity lead capture channel by turning visitors into advocates.



Deadline: Thursday 27th October, 1:30pm - 2:30pm

Please click [here](#) to register.

Milton Keynes

Hearing Aid Retubing Training

Sensory Advice Resource Centre in Milton Keynes are offering a free training session in a relaxed friendly atmosphere. You will learn:



- How to retube your hearing aid
- What steps to take if your hearing aid stops working
- How to get the best from your hearing aid

This session is open to people who live Milton Keynes and who wear NHS issued hearing aids.

Deadline: Thursday 27th October 2022, 10am - 12pm

To register, contact 01908401135 or email sarcmk@bid.org.uk.

Delivered by Learning Together Members

This section of our newsletter puts the amazing activities delivered by our Learning Together Members in the spotlight. If you're running any social prescribing related events or activities you'd like us to shout about, please let us know and we will add the details to our next newsletter!

FUNDING

This is just a snapshot of funding sources which are available right now to support the work of community organisations across the East of England. If there are particular areas you would like us to focus on in future newsletters please let us know.

NATIONAL FUNDING

Reaching Communities England

This programme offers a larger amount of funding (over £10,000) for organisations that work with their community, whether that is for people living in the same area, or people with similar interests or life experiences.

In order to support communities, we fund projects and organisations which aim to:



- Build strong relationships in and across communities.
- Improve the places and spaces that matter to communities.
- Help more people to reach their potential, by supporting them at the earliest possible stage.

Click [here](#) to apply

Deadline: Rolling Deadline.

Aviva Community Fund

The rising cost of living is putting extra strain on individuals, communities and the causes that support them. The need is greater than ever, and funding isn't stretching as far. Many organisations are working tirelessly to meet this challenge, but they need help to keep their doors open. Aviva will be offering an additional £2 million Cost of Living Boost which will bring people together to support those who need it the most. They will match every individual donation up to £250.



Applications for the Cost of Living Boost are now open. To be eligible, organisations will need to focus on the following:

Climate Action: Promoting Healthy, Thriving communities by preventing, preparing for and protecting against the impacts of climate change.

Financial Wellbeing: Helping people take control of their wellbeing by giving them the tools to be more financially independent and ready for anything.

Deadline: Rolling deadline.

Click [here](#) to find out more.

BEDFORDSHIRE

Bedfordshire & Luton Community Foundation, LuDun

Bedfordshire & Luton Community Foundation have been chosen by the Trustees of LuDun to manage their fund to support adults with learning and/or physical disabilities into employment. Grants of up to £1,000 are available to individuals that meet the criteria.



The Bedfordshire and Luton are dedicated to improving the quality of community life, particularly those in special need by reason of disability, age, financial or other disadvantage or diagnosed mental health issue. In order to qualify, beneficiaries must live in Central Bedfordshire or have previous employees of the LuDun facility in Liscombe, Dunstable.

Applications for help towards two main categories will be considered.

- Cost of Training Courses
- Special Needs

To find out more, please click [here](#).

Deadline: Rolling deadline.

London Luton Airport Operations Ltd (LLAOL) Community Trust Fund.

Grants of up to £10,000 on projects that fit the 3 key priorities below:

- Healthy Today (Mental/Physical Health and Wellbeing)
- Skilled Tomorrow (Upskilling young people up to the age of 30)
- Alleviating Poverty (Supporting people to support themselves)

Groups should be operating in Central Bedfordshire, North Hertfordshire, Luton, Stevenage, Dacorum, St Albans District or Eastern parts of Aylesbury Vale District.

Deadline: Rolling Deadline.

Click [here](#) to find out more.

CAMBRIDGESHIRE & PETERBOROUGH

Household Support Fund

The Household Support Fund (HSF) has been created to help people experiencing immediate financial hardship to pay for food and household energy bills. Up to £100 payment will be offered help with paying for household energy bills and food. Available to people experiencing immediate financial hardship.



Support is offered in five ways:

- Support for pensioners who are struggling financially
- Trusted Partners
- Cambridgeshire Holiday Voucher Scheme (CHVS)
- Holiday Activities and Food (HAF) Programme
- Support with food and household energy

It is money the council has been awarded to help those in need and most affected by the cost of living crisis to support them to resolve their financial issues. It is not charity.

Click [here](#) to find out more.

October Fund

The October Fund invites applications from local voluntary and community organisations based in and around Waterbeach and Landbeach. Apply for up to £10,000 if you are delivering sporting, social, educational or other community activities in Waterbeach and/or Landbeach.



The groups can deliver sporting, social, educational or other community activities and the grants can be for running costs or small capital items.

Deadline: Tuesday 1st November, 2022

Click [here](#) to find out more.

ESSEX

Active Chelmsford Grants

Working in partnership, Active Chelmsford wants to create opportunities and resources to reduce inactivity and develop positive attitudes to health and wellbeing in communities across Chelmsford.

Chelmsford **CVS** 

Grants of up to £500 are available for projects or work aimed at engaging inactive people in the Chelmsford district. These small grants could be used to encourage more people to be more active.

The Grant can be used on the following:

- facilitating a return to physical activity after the lockdown
- introducing new physical activity projects
- running training courses to upskill your volunteers or workforce
- buying new equipment
- creating new sporting opportunities
- developing new sports club sections or teams, such as a new junior section.

Deadline: Rolling deadline.

Click [here](#) to register.

Essex Community Foundation

Essex Community Foundation will be awarding grants to voluntary and community organisations that help to improve the lives of people in the county. They have a small amount of funding available to support individuals who are living or who have lived, in Essex, Southend or Thurrock. The funds will help children and young adults

where money is barrier to them reaching their full potential.

Deadline: Rolling Deadline.

Click [here](#) to apply.



HERTFORDSHIRE

HCF Small grants

Grants of up to £1,000 for grassroots organisations helping to maintain or strengthen our communities. The HCF Small grants invite applications from grassroots organisations with an annual income of under £100,000 that are helping to maintain and/or strengthen our communities. Priority will be given to those who are volunteer led and managed. Grants can be used to support capital, project or running costs. Examples of sort of things you could apply for include, but are not limited to:



- Purchase of equipment such as computers, furniture, play equipment etc
- Project or activity costs
- Staff costs to enable the employment of individual.
- Contribute to rent or overheads
- Training staff or volunteers
- Applications are considered throughout the year, with a response time of approximately two months from submission. Applications for this programme can be submitted at any time.

There is a rolling deadline and decisions are usually made within two months of application.

Click [here](#) to apply.

Deadline: Rolling Deadline.

HCF Large grants

The HCF Large grants invite applications from projects that are addressing need within Hertfordshire. Grants of up to £10,000 are available for projects addressing our current priorities. At present these are:



- Mental health needs in children and young people
- Social isolation in people over 65

Grants of up to £5,000 are available for projects addressing all other identified needs, including needs emerging from the covid pandemic, and to support refugees in Hertfordshire.

Deadline: Tuesday 18th October 2022.

Click [here](#) to find out more.

NORFOLK

Empowering Communities for Mental Health and Wellbeing.

This fund has been created by Norfolk County Council's Public Health Department and is designed to support groups of the population that we know are experiencing heightened challenges to their mental health and wellbeing at this time.

The programme will enable voluntary, community and social enterprise (VCSE) sector organisations across Norfolk and Waveney to provide support to the following three priority areas:

- Men's Wellbeing
- Families
- Adults with Long Term Physical Health Conditions

Grants of up to £10,000 are available to charitable organisations reaching populations identified by Norfolk's County Council's Public Health Department.

THIS IS A SHORT DEADLINE

Deadline: Tuesday 11th October, 12pm.

Click [here](#) to apply.



Community Hot-Spot Fund

Community Hot-Spots that are accessible (free) and inclusive (open to everyone) may be prioritised for funding. Spaces should be open regularly (at least once a week) so they can support their communities to the fullest extent. Venues that are not in the vicinity of a similar warm community space may also be prioritised.

Grants of £2,000 are available to contribute towards the cost of running or establishing a Community Hot-Spot that gives a warm welcome to the whole community, in particular reaching those who are vulnerable or have been impacted by the cost-of-living crisis.

Deadline: Wednesday 26th October, 12pm.

Click [here](#) to apply.



MILTON KEYNES

Small Grants

MK Community Foundation aim to deliver most of their funding through general programmes in order to prioritise projects by their individual merits. However, from time to time we may need to deliver criteria or fund-specific programmes. The Small grant is delivered on a monthly programme for applications between £300 - £3000. Small Grants are approved by an internal panel.

Closing date for applications is midday on the last Friday of each month.

Deadline: Rolling deadline.

Click [here](#) to apply.



SUFFOLK

Sustainable Development Fund

The Sustainable Development Fund (SDF) is available to a variety of local community and conservation organisations (or individuals) to support projects for the conservation and enhancement of the natural beauty of the Dedham Vale Area of Outstanding Natural Beauty.

The panel will award usually up to £5000 per project however higher awards may be made available. The fund is open to organisations and groups from the public, private or voluntary sector.

THIS IS A SHORT DEADLINE.

Deadline: Wednesday 12th October, 11:59pm

Click [here](#) to apply.



Empowering Communities for Mental Health & Wellbeing.

This fund has been created by Norfolk County Council's Public Health Department and is designed to support groups of the population that we know are experiencing heightened challenges to their mental health and wellbeing at this time. Grants of up to £10,000 will be made available for voluntary, community and social

enterprise organisations that are providing support to the three priority areas:

Men's Wellbeing

- Men who are experiencing life challenges or barriers to accessing services, who might be supported to engage with others and find the right help.

Families

- Families with children under the age of 18 to improve relationships, manage worries and mental wellbeing.

Adults with Long Term Physical Health Conditions

- People who have long term physical health conditions who may struggle to maintain good mental health and wellbeing while dealing with a physical health challenge.

THIS IS A SHORT DEADLINE.

Deadline: Tuesday 11th October 2022

Click [here](#) to apply.



HOT TIPS OF THE MONTH!

Charity Excellence Cost of Living

Charity Excellence has launched #SurviveAndThrive to help charities supporting the most vulnerable through the cost of living crisis, but the huge increase in energy costs for heating and lighting impact everyone and the vulnerable the most. This resource lists 30+ ideas to reduce your energy costs both within your charity workplace and your own home.

Click [here](#) to find out more.



Claiming Gift Aid as a charity or CASC

You can claim back 25p every time an individual donates £1 to your charity or community amateur sports club (CASC). This is called Gift Aid. You must be recognised as a charity or CASC for tax purposes.

Click [here](#) to find out more.



Energy Bill Relief Scheme: Help for businesses and other non-domestic customers.

This scheme will provide energy bill relief for non-domestic customers in Great Britain. Discounts will be applied to energy usage initially between 1 October 2022 and 31 March 2023. The scheme will be available to everyone on a non-domestic contract including:

- businesses
- voluntary sector organisations, such as charities
- public sector organisations such as schools, hospitals and care homes

Click [here](#) to find out more.



Changing face of Trusteeship

Getting on Board is a charity which supports people from all sectors of society to become charity board trustees, and charities to recruit and retain a diverse range of trustees. Becoming a trustee could boost your career,

your health and your happiness. Click [here](#) to find more reasons to consider charity trusteeship.



Citizen's Advice cost of living data dashboard

As prices rise, people make more and more difficult decisions about what to cut back on and where they need to rely on community support, because they don't have enough to live on. Citizens Advice have seen more people coming in for help with crisis support, energy problems and not having enough money to make ends meet than ever before. In this dashboard they will share insights from across the service on how the crisis is affecting citizens across the UK.

Click [here](#) to view their insights.



Warm Home Discount

The Warm Home Discount is a one off discount of £140 off your winter electricity bill between September and March. You may be eligible if you claim the Guarantee Credit element of Pension Credit or are on a low income.

If you claim the Guarantee Credit element of Pension Credit or are on a low income, and your energy supplier is part of the scheme you may qualify for the discount.

Click [here](#) to find out more.



Funding Bid Writing Support

There is still opportunity to take advantage of the Live Longer Better in Hertfordshire offer to support

organisations in the writing of funding applications for projects supporting active ageing. To date, this offer has secured nearly £90,000 to run projects encouraging older adults in Hertfordshire to be more physically active with a number of applications still pending approval. The offer will end once the allocated funding has run out so if you have an idea you would like to discuss, don't miss your chance!

Click [here](#) to find out more.



Cold Weather Payment

The Cold Weather Payment is a payment of £25 made to eligible people if the average temperature drops below zero for seven days in a row.

If the average temperature in your area is recorded as, or forecast to be, zero degrees Celsius or below for seven consecutive days, then anyone in your area who is eligible will receive a payment. £25 will be paid for each seven day period of cold weather between 1st November and 31st March.

The payment should be made within 14 working days and will be paid into the same bank or building society as your benefit payments.

Click [here](#) to check the eligibility requirements.



Prince's Trust Team Programme

Team aims to help young people get back into education or work. It's also a great opportunity to build confidence and self-esteem, gain new skills, and meet new people. The programme runs in partnership with Prince's Trust and the College of West Anglia. The free course is full-time and runs over the course of 12 weeks. To be able to join Team, members need to be:

- 16-25 years old
- Not in full time, employment, education, or training.

To find out more, please click [here](#).



National Day of Arts in Care Homes

The National Day of Arts in Care Homes is an annual event that takes place on 24 September. The aim is to champion, promote and encourage arts engagement in care settings and highlight the health and wellbeing benefits for all involved. This year they are inviting other countries to join our celebrations and help develop a global network of arts in care settings. To organise an activity or event for a care setting, please click [here](#).

Click [here](#) to find out more.



Energy saving trust: Quick Tips to save energy

Energy Trust have provided you with tips and advice for quick easy ways to save energy, lower your bills and reduce your carbon footprint.

- Switch off standby
- Draught-proof windows and doors
- Turn off lights
- Careful with your washing
- Avoid the tumble dryer
- Spend less time in the shower
- Swap your bath for a shower
- Avoid overfilling the kettle
- Fill your dishwasher
- Top up insulation

Click [here](#) to find out more.



Culture Drives Impact: The Norfolk and Suffolk Culture Board Manifesto

The Norfolk and Suffolk Manifesto sets out the shared ambition of the Norfolk and Suffolk Culture Board (NSCB) for culture to drive impact as we recover from the Covid-19 pandemic and as we foster opportunities for long-term renewal. It is based on an 18-month journey which has involved consultation, listening and development to explore the priorities and aspirations of the cultural sector in and across Norfolk and Suffolk.

Click [here](#) to read the manifesto.



SOCIAL PRESCRIBING NEWS

[NHS to create thousands more beds and boost 999 staff numbers ahead of winter](#)

[Warm Home Discount, Ofgem](#)

[Appeal launched to keep Milton Keynes community safe, warm and well this winter.](#)

[Ofgem updates price cap level](#)

[Government support for cost of living for families with disabled children](#)

[The cost of living crisis will be different to Covid-19, but charities are ready.](#)

[How I can get £400 off my energy bill from October?](#)

[Energy Trust: Our response to the Uk Government's energy crisis plan.](#)

