



Newsletter and Update No. 37 - 27 August 2021

Message from Cath Witherington - CEO



At the time of writing this introduction, Team GB is celebrating the achievement of winning 28 medals at the Tokyo 2020 Paralympic Games. Medals in sports including athletics, cycling, equestrian, swimming and wheelchair fencing. As well as sending congratulations to the medal winners, I would also like to congratulate all those taking part in the Paralympics. All such amazing Ambassadors. Their participation helps to challenge perceptions and inspires others to give sport a go.

Unfortunately, over the past few weeks most of the news has not been so positive. The world wide challenges of the Covid 19 pandemic are ongoing. Recently, the most tragic stories from the pandemic have been replaced by harrowing images, stories and pleas for help from the people of Afghanistan. Without such daily headline news, it's probably easy to overlook the fact that the migration landscape in the UK is constantly changing. That means that our communities constantly need to adjust - to welcome, support and integrate new people. With that in mind, I would like to get a much better understanding of which VCFS organisations and groups locally are already working with migrants, refugees or asylum seekers or would be willing and able to do so in the future. It would be really helpful if you would take a few minutes to let us know by completing this short [form](#). I am also considering setting up a working group with a view to making sure we can more easily signpost people to the support that is available. I would be interested to hear your thoughts and ideas.

Do you want to support Afghan people?

With the awful and worsening developments in Afghanistan, you may be thinking that you would like to offer support to Afghan people in our region. Our help will be critical in the coming weeks and months.

Many local community groups, organisations and councils are working swiftly to plan support for people arriving here from Afghanistan, alongside ongoing support for all everyone in need.

Migration Yorkshire, is working with partners and communities to signpost how everyone can help.

For ideas about what we can all do, with links and contact details, go to Migration Yorkshires' new [webpage](#):

Keeping Families in Mind

Keeping Families in Mind is a service provided by Sheffield Mind and is supporting people in South Yorkshire by providing:

- Free counselling to families of Armed Forces personnel or reservists
- Free counselling to families of veterans
- Monthly activity groups for family members of Armed Forces personnel and veterans

For more information visit sheffieldmind.co.uk, call on 07900 743930 or email kfim@sheffieldmind.co.uk

Domestic Abuse Survivor Support Group

Laura Bunting, the survivor liaison worker has now started group sessions on a Monday night at 7pm for any survivor wanting support. The length of support is not limited. Additional sessions will be added as the need grows and at different times of the day. There is also a local male survivor who will run a group for men. Both survivors have had full safeguarding checks.

Laura can also work one to one with anyone who still needs an individual space as well as offering group support. Criteria for survivor support is:

- Anyone that has experienced domestic abuse and would like ongoing emotional support
- Should not still be working with another domestic abuse worker
- Cannot include anyone still in the criminal justice system (but can include people going through Civil proceedings e.g. family courts)
- Cannot include anyone still with the perpetrator (you should contact the Doncaster domestic abuse hub if you are still with the perpetrator to receive more in depth safety advice and support)

If you would like support please contact Laura by emailing survivors@doncaster.gov.uk

You can visit the Doncaster Domestic Abuse Survivor Zone [here](#).

Placement Students and Projects - Sheffield Hallam University

Sheffield Hallam University is looking for opportunities to support businesses/charities and other organisations with projects the students can undertake to help such as charities etc.

Work placements provide your business with cost-effective, highly-skilled temporary staff for periods of work experience and are a great way to get extra support for your organisation.

There are a number of options available:

- Short placements team you up with a student, free of charge, for 120 hours.
- Sandwich placements last up to 48 weeks, with students joining you between their second and third year of study.
- Applied projects link you with a group of students who work mainly on campus, but complete a specific project for your business.

For more information, visit the [Sheffield Hallam Website](#).

County Council Network Report

A new report showcases how county authorities stepped up to help keep community groups afloat during the pandemic - and argues councils should give the tools to continue their support.

“The report, [Councils and Communities in Partnership](#), released today, highlights how county authorities helped to protect local charity and volunteer groups during the early stages of the pandemic where fundraising was put on hold. It finds that smaller and medium-sized charity groups have been most likely to look to their local authority for support during that period....”

You can read the full report [here](#).

Additional Day Centre Opening

Inspire Doncaster are pleased to announce that their additional Day Centre is opening on Monday 6th September. Their day Centres proved so popular that they were in the position of needing an additional day.

From Monday 6th September they will now be offering their Day Centres on a Monday as well as Tuesday and Friday and all three will run from 10am to 2pm at The Linney Centre, Weston Road, Balby, Doncaster, DN4 8NF.

They offer free transport to and from the centre, a light welcoming breakfast, mid-morning and afternoon snacks together with a two-course lunch for only £50 per

session. Also included is a programme of stimulating activities that are physically and mentally motivating in relation to the attendee's capabilities.

If you are aware of someone who would benefit by attending, please get in touch to reserve their place.

For further information on how we can help and our services please contact Marilyn Cockett on 01302 770662 or email: hello@inspiredoncaster.com

Community Wealth Builder Programme - September Workshops

Doncaster Chamber of Commerce and Well Doncaster have partnered together to be able to deliver valuable, funded support for the voluntary sector through the Community Wealth Builder programme.

This programme has a specific focus on supporting regional charities, social enterprises, CICs, community groups and co-operatives. We can support you at any stage: from pre-start to running an existing organisation. Available support includes but not limited to:

- Workshops and Training
- One to one consultant lead support
- Networking opportunities

September workshops include;

[Developing a marketing strategy for your social enterprise or charity](#)

[Social enterprise or charity start-up workshop](#)

[How to ensure your organisation continues to THRIVE and GROW](#)

[Introduction to grants and funding](#)

All workshops are free, make sure that when booking your place onto a workshop you book all days available.

Darts We Create Creative Workshops and Rambles

Darts are holding several free weekly workshops and rambles which are suitable for anyone over 18 years of age.

Allotment Art

In partnership with Flourish, we will be meeting at their allotment in Conisbrough where Karen Hall will be showing us drawing techniques on paper using charcoal

and graphite (all materials provided). We'll take inspiration from the flowers and plants around us, with the opportunity to plant our own seeds.

These sessions are held on Thursday Afternoons from 1:30-3pm. You can find all the information and directions to the allotments [here](#).

Mexborough Rambles

From July to September 2021, join us for rambles with poet Ian McMillan. Expect a fun, poetic take on local history, no experience necessary.

Meeting time is at 11:00am with the event lasting around 1 hour.

Sites are step free but have some uneven ground. We will walk around the sites; these are small areas. We will stand most of the time. There is some public seating available. There are toilets at the station but not at the other sites.

To see the different dates and meeting points, visit the wearedarts [website](#).

Mind Doncaster Upcoming Events and Training

As we are coming out of the pandemic and attempting to settle ourselves into the new normal, we may encounter all those different emotions of fear and anxiety in the background of our life experience. We might even experience enhanced stress levels, which left unattended and unresolved, will take a toll on our mental wellbeing.

The question is... what can we do about it and how can we look out for ourselves and each other?

Mental Health First Aid Accredited Course

One of the great ways we can empower ourselves to be able to help is to become a Mental Health First Aider.

Mental Health first aid is crucial to life in crisis situations and allows us to support an individual and their mental health. Mind Doncaster is giving you the opportunity to become a Mental Health First aider so you know how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

The course involves two days training and is being offered at a discounted price.

If you are interested you can find more information and book your place [here](#).

Reset yourself - Stress Management workshops

We all feel stressed occasionally but what actually is stress? Is there good and bad stress? This course answers these questions and teaches you how to recognise the signs and triggers around stress before suggesting mechanisms to manage life's stresses to ultimately live a healthier and even happier life.

The workshops have been scheduled for the 14th October 2021 and the 11th November 2021 and are on offer for a discounted price.

For more information and to book your place onto the workshop, please click [here](#).

Wellbeing Awareness Intro

Let our facilitator take you on a 90 minute journey to explore ways in which wellbeing can be enhanced leading to a happier and more satisfying life experience.

By attending this workshop you will be able to understand what wellbeing is, explore practical strategies to enhance wellbeing and be able to take your new knowledge and turn it into action in your everyday life.

Date 16th September 2021

Time 9:00-10:30 UTC

This workshop is completely free, you can book your place [here](#).

Mindfulness and Me

Mindfulness is also clinically proven to reduce stress and blood pressure while alleviating the symptoms of depression and anxiety.

For those who wish to experience a taste of what mindfulness is, our 90 minutes Mindfulness and Me introductory workshop is a great starting place. Through this workshop you will gain a better understanding of mindfulness and be able to experience it during guided exercises.

Date 30th September 2021

Time 11:30-13:00 UTC

This workshop is completely free. To find out more information and book your place, click [here](#).

Funding Opportunities

Ashley Family Foundation

Funding is available for small-scale arts and/or community and social welfare projects, preferably for revenue costs.

Their main themes are:

- Rural
- Arts
- Community

- Small charities

Preference is given to requests that are below £10,000.

Applications can be made at any time and funding awards are made three times per year following the meeting of the Board of Trustees.

Full details [here](#).

South Yorkshire Health & Wellbeing Mayoral Community Fund

South Yorkshire Mayor Dan Jarvis wants community groups in the region to advance themes around health and wellbeing and has pledged a significant financial amount to support this.

For community groups in South Yorkshire, this means they can apply for funding up to £10,000 to help support:

- Mental health
- Social and green social prescribing
- Physical well-being
- Engaging young people in activities addressing health and well-being

There are a few important notes to remember:

- The deadline for applications is Monday 13th September at 9am
- Grant funding must be spent before the end of May 2022

Find the guidelines and application form [here](#).

The Smiles Fund by Walkers and Comic Relief

The Smiles Fund is the result of a partnership between Comic Relief and Walkers to improve wellbeing and tackle disadvantage. Registered charities and constituted not-for-profit groups can apply for grants of between £100,000 and £300,000.

The funding is intended to support early intervention and community-based approaches which use participation in the arts and comedy to:

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- Promote positive outcomes for mental wellbeing.
- Promote positive social connections.
- Help to build resilience to tackle life's everyday challenges.

Funding is for work with adults over 18 years old only. Zoom Q&A sessions will be held on 19th August and 25th August 2021.

The deadline for applications is 15th September, 2021 (11am).

Full details can be found on the Comic Relief [website](#).

BBC Children in Need - Small Grants Programme

Grants up to £10,000 are available per year for up to three years (£30,000 total request) for organisations that are supporting children and young people of 18 years and under who are experiencing disadvantage through:

- Illness, distress, abuse or neglect
- Any kind of disability
- Behavioural or psychological difficulties
- Living in poverty or situations of deprivation

The deadline is 11:30am on 6th October 2021. Full details [here](#).

Community Led Affordable Housing Projects in England

A new £4 million fund is inviting applications from community led housing groups for projects that will support the development of community led housing proposals across England (excluding London) up to March 2022.

The programme is designed to give community led housing groups better access to high quality, affordable housing that meets the needs of local communities. The fund will help community groups meet a range of costs incurred in trying to develop housing, including those such as paying for searches, administration costs or legal advice, design work and planning applications.

This is a rolling programme open for applications until December 2021 or until all funding is committed, whichever is sooner. Full details [here](#).

Job Opportunities

The latest [Vacancy Bulletin](#) from Business Doncaster is now available.

Contribute to our Next Newsletter!

If you have an article, job opportunity or funding opportunity you would like to see featured in the next edition of this newsletter, please send it to us at info@voluntaryactiondoncaster.org.uk by **1pm on Wednesday 8th September**.