

## COMMUNITY INFORMATION UPDATE (CIU) - PRIORITY NEIGHBOURHOODS IN RUGBY - No. 71: February to mid-March 2019

Welcome to another Community Information Update (CIU), especially if you are a new reader. CIUs can be downloaded at [www.warwickshire.gov.uk/rugbyareainformation](http://www.warwickshire.gov.uk/rugbyareainformation). Please let us know at any time if you no longer wish to receive these Updates. The next CIU will cover **mid-March to the end of April 2019**. Please do send short paragraphs of 6-8 lines (plain text if possible) **by Friday 15<sup>th</sup> March** to [cdwrugby@warwickshire.gov.uk](mailto:cdwrugby@warwickshire.gov.uk). This is a great way to get information out to 800 community leaders and frontline workers across Rugby so please do continue to send information through.

The next email bulletins to be sent out will be **Family Support** and **Welfare Reform**. The next leaflet to be updated will be **Lunch Clubs**. If you have any information relevant which you would like including, please do email it to us.

### **Section One: Community Development Work in Priority Neighbourhoods in Rugby (Brownsover, Newbold, Rugby Town Centre, Cattlemarket, Overlade)**

Following feedback from the community and workers, we have produced a new leaflet: **Social Groups for ages 50+ in Rugby**. A Jan-Apr 2019 version of our existing **Drop-ins** leaflet has also been published, as well as a 2019 update to the **Mental Health** leaflet. They are attached to this e-mail and these latest versions will be available to download from our website shortly: [www.warwickshire.gov.uk/rugbyareainformation](http://www.warwickshire.gov.uk/rugbyareainformation).

Another **Meet 'n' Eat session** at **Christ Church Brownsover** took place during the Christmas holidays on Wednesday 2<sup>nd</sup> January, providing free activities and lunch for local families. The next one is planned during half-term on 20 February. The sessions have been funded by Warwickshire County Council and supported by the Community Development Team.

The next **networking lunch** will be held in **Newbold** at **The Chapel** Newbold on Friday 15 February. To book your place, please e-mail Aqeel at [cdwrugby@warwickshire.gov.uk](mailto:cdwrugby@warwickshire.gov.uk) on or before 8 February stating any dietary requirements. Places are limited.

A **free family play morning** has been organised to give residents in **Benn** division an opportunity to talk to their local county councillor Alan Webb and their local Warwickshire Police safer neighbourhood team. The play morning on Friday 22<sup>nd</sup> February from 10am to 12 noon is being supported by the Rugby Borough Council Play Rangers, who are providing activities, and the Family Information Service, who will be there to offer information and advice. It takes place at Warwickshire College's Rugby campus in Technology Drive. For more information email [jennifermccabe@warwickshire.gov.uk](mailto:jennifermccabe@warwickshire.gov.uk).

For more information about any of the above, please email [cdwrugby@warwickshire.gov.uk](mailto:cdwrugby@warwickshire.gov.uk)

If you're a community group or organisation from or working in one of our priority neighbourhoods and you have any information about activities, events, news etc. you would like sharing with other groups and organisations across Rugby, please do send it through to [cdwrugby@warwickshire.gov.uk](mailto:cdwrugby@warwickshire.gov.uk) and we'll happily include it. Thank you!

### **Section Two: News & Events: Local Community Organisations and Neighbourhoods**

**Rural Rugby - Sowing the Seeds for a Stronger Rural Community** will take place at Wolston Leisure and Community Centre on Friday 1<sup>st</sup> March from 9.30am to 12.30pm. The information and networking event is for anyone living or working in the rural areas of Rugby borough. Come along to listen to interesting talks and

meet local groups and organisations. More details will be published in due course at <https://www.eventbrite.co.uk/e/rural-rugby-sowing-the-seeds-for-a-stronger-rural-community-tickets-54755020741?aff=ebdssbdestsearch> where you can also book tickets to let us know you'll be coming. If you're an organisation which would like a stand at the event, please email [jennifermccabe@warwickshire.gov.uk](mailto:jennifermccabe@warwickshire.gov.uk).

**Rugby U3A** has monthly meetings. The next one is on March 14th and is open to all in the Methodist Church Centre, Russelsheim Way. There will be a talk by David Templeman on "Arabella Stuart, the queen that never was" starting at 2pm, followed by biscuits, drinks and chat. Visitors welcome at cost of £2.

**The Invisible Friends (TIF)** have been awarded a grant by the Big Lottery Fund to help them form two new choirs in Coventry and Rugby. Do you know someone aged 9-30yrs with an 'invisible illness' who would benefit from singing together with like-minded people - making new friends and getting a regular positive experience through fun rehearsals and performing at concerts and festivals? Are you someone who would like to be part of the essential support team to help with fund raising, promotion and helping at events? Are you an accountant who has a love of music and an understanding of the challenges people with invisible illnesses face? Could you give up one evening each month to attend an online conference and one evening each year to attend an AGM? If the answer is yes - you could be the person we are looking for to add to our very capable Board of Trustees. If you'd like to find out more we would love to hear from you. Please contact the Clerk to The Board of Trustees Elan O'Callaghan - [elan@theinvisiblefriends.co.uk](mailto:elan@theinvisiblefriends.co.uk), adding your contact details or phone number if you'd like someone to call you back. TIF's website is here: <https://www.facebook.com/TEAMTIF/>

**National Energy Action** are running several one-stop shops over the next few months:

- Energy Awareness/Advice at **Rugby Methodist Church Centre** from 12.30pm to 3pm: Feb 13 & 27, Mar 13 & 27, Apr 10 & 24, May 8 & 22, Jun 12 & 26
- Energy Awareness/Advice at **New Life Church** from 12.30pm to 3pm: Feb 11 & 25, Mar 11 & 25, Apr 8 & 22, May 6 & 20, Jun 10 & 24
- Fuel Debt Surgeries at **Benn Partnership Centre** from 10am to 12.30pm: Feb 11 & 25, Mar 11 & 25, Apr 8 & 22, May 6 & 20, Jun 10 & 24

**St Peter John's Church** is running a new English class for speakers of other languages. For more information, contact Edwina Mohtady on 07837 346847.

**Rise (formerly CAMHS)** has a Community Offer developed for Children, Young People, Families and our wider communities to offer support, information and guidance on mental health. They work with communities and other partners to develop an offer, and provide 1-1 consultations, trainings, coffee mornings, group sessions, drop in's to Children, Young People, Families and professionals. The following link gives their dates and sessions in Rugby: <https://cwrise.com/download.cfm?doc=docm93jjjm4n4272.pdf&ver=5948>

**Warwickshire Age UK** has two new groups opening: a **repair café** for which they are holding a meeting for all those who may be interested in being involved. It could be changing fuses or plugs, any small repairs including textiles depending on the skills of those interested. If any of the above has caught your attention, please come along Monday 25th February 1pm to the Claremont Centre. The second group is '**Come Dancing**': why not start the week with an informal late morning of easy dancing. Come with a partner, friend or on your own. Starting on Monday 11 February 11.30am to 1pm in Betts Hall at the Claremont Centre. You do not need any dance skills. £2 introductory offer.

**Harris C of E Academy School Sports Partnership** has a couple of events during the school holidays including February half term. The first is a **Multi-Sport Holiday Club**, which they are now taking bookings for February half term. Prices: £12.00 for the day (9am to 4pm), £3.00 for early drop off (8am to 9am), £3.00 for late pick up (4pm to 6pm), £5.00 for early and late combined. They also offer **Bikeability** from their sports centre and, this February, they are offering an Early Years Cycle Training course for children in school year 2 as well as their standard courses. They also offer a range of exciting **birthday parties** for children of all ages and can create a bespoke party that fits your need, from dance, football, tennis, street-surf to multi-sport, Go-

Kart or Bubble Football, Harris Sports Centre has it all! Alternatively, you can simply hire facilities and 'Build Your Own Party'. For more information on any of the above, contact [sports.centre@harriscofeacademy.co.uk](mailto:sports.centre@harriscofeacademy.co.uk) or 01788 818925.

The **Hill Street Centre** has a new Engage programme, which is aimed at providing young people between the ages of 16-23 a hub-like environment where guidance, advice and support is given freely and with no judgment around areas such as mental health, sexual awareness, substance and alcohol abuse, crime, housing, employment and the general transition from young person into adulthood. It is free and runs every Wednesday 11am to 3pm at The Hill Street Centre, Hill Street, Rugby CV21 2NB. For more information visit <https://www.hillstreetcentre.org/activities>.

**Benn Partnership Centre** is holding a **Wellbeing Day** on Saturday 2 March from 11am to 3pm. The day includes stall run by local organisations promoting health and wellbeing, workshops, including yoga and a local personal trainer will be giving people tips on how to exercise safely in the home environment, there will also be food demonstrations and a health film cinema in the cyber café! Free admission. For more details contact Gita or Cathryn on 01788 553033 or email [beyond.brexit@bennpartnership.org.uk](mailto:beyond.brexit@bennpartnership.org.uk).

### *Section Three: Other Events, Activities & Training in Rugby and beyond*

#### **EVENTS & ACTIVITIES**

**Warwickshire County Council: What Can We Do For You? marketplace event** takes place at Rugby Library on Wednesday 13th March from 9am to 12 noon. It will be an interactive event to showcase all of the services which Warwickshire County Council provides and is open to all. Come and try an adult learning class, find out more about recycling, get advice from the Family Information Service and much more. For more information, email [annbrine@warwickshire.gov.uk](mailto:annbrine@warwickshire.gov.uk) or [jennifermccabe@warwickshire.gov.uk](mailto:jennifermccabe@warwickshire.gov.uk).

**The Warwickshire Food & Drink Showcase** which enables buyers to enjoy the diversity and vibrancy of local suppliers is back for 2019 at Warwick Racecourse on Thursday 7 March 2019. Registration is now open for your free buyer place so sign up today for exclusive access to the event. Event website for more info: <https://www.warwick-food-drink.co.uk/>

**Warwickshire Carers Wellbeing Service** have regular drop-ins and sessions, as per below. Please e-mail for further information: [daksha.lad@carerstrusthofe.org.uk](mailto:daksha.lad@carerstrusthofe.org.uk).

- Adult Carers Group at Hill Street Community Centre, Rugby  
On 3rd Friday of the month, 10.00am to 12.00 noon.
- Drop in sessions at Benn Partnership Centre, Rugby  
On Wednesday fortnightly, from 10.00am to 12.00noon
- Age UK Claremont Centre Rugby  
On Thursday fortnightly, from 10.00am to 12.00noon

**Warwickshire County Council Social Prescribing Workshops** will aim to bring together people with an interest in social prescribing. Allowing participants to work together to discuss and agree what Social Prescribing should look like across Warwickshire and how we work to make this a reality. Please hold these dates in your diaries. More information will follow shortly. The dates are:

- Thursday 14th February 2019, 13.00-17.00
- Wednesday 6th March 2019, 13.00-17.00
- Tuesday 2nd April 2019 10.00-13.00 (if required)

**Warwickshire Libraries** have several **Let's Make** sessions planned. Brush up on your digital skills this New Year and book onto one of their fantastic sessions by visiting the following Eventbrite link: <https://www.eventbrite.co.uk/o/warwickshire-library-amp-information-service-2002990469>

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**Coventry & Warwickshire Year of Wellbeing 2019** is now underway help improve health and wellbeing for everyone in our area. If you are planning to do anything, please let us know if you're happy to share. Read more about our vision in the booklet here:

[https://www.bettercarecovwarks.org.uk/download/clientfiles/files/YoW/YoWB\\_A5%20booklet\\_v11\\_web.pdf](https://www.bettercarecovwarks.org.uk/download/clientfiles/files/YoW/YoWB_A5%20booklet_v11_web.pdf)

**NHS Blood and Transplant (NHSBT) Service** currently have some upcoming blood donation sessions at The Indian Association (1 Edward Street Rugby CV21 2EZ) on Wednesday 20 February. To book an appointment please call 0300 123 23 23 or visit: [www.blood.co.uk](http://www.blood.co.uk)

**The Prince's Trust** is recruiting for its **Team Programme** in Rugby (based at Rugby College), starting Monday 11th February. A taster day is on Tuesday 5 February where young people can attend and discuss the programme with the Trust. They anticipate a high volume of referrals, so please send any referrals or young people's contact details through ASAP so they can meet with them. Contact Faye Lindsey for more information: [flindsey@warwickshire.ac.uk](mailto:flindsey@warwickshire.ac.uk) or 07739 983 182.

**'Time to Talk Day'** (7 February) is all about bringing together the right ingredients, to have a conversation about mental health. Whether that's tea, biscuits and close friends or a room full of people challenging mental health stigma, we want you to get talking. Having conversations about mental health helps break down stereotypes, improve relationships, aid recovery and take the stigma out of something that affects us all. There are lots of different ways to have a conversation about mental health. And you don't have to be an expert to talk. However you do it, make sure you have a conversation about mental health this Time to Talk Day. For more information, visit <https://www.time-to-change.org.uk/>

**Rugby Borough Council** (RBC) has partnered with lottery organisers Gatherwell to run the **Rugby Lotto**, which redistributes half of its ticket sales to local community groups. For more information, visit [https://www.rugby.gov.uk/info/20055/community\\_and\\_voluntary\\_organisations/415/rugby\\_lotto](https://www.rugby.gov.uk/info/20055/community_and_voluntary_organisations/415/rugby_lotto)

The **Third and Public Sector Partnership Group (TAPSPaG)** was formed to build better relationships between the public and third sectors across the county for the benefit of the people of Warwickshire. It exists to create a voice for the third sector and the communities of interest they support and to ensure that the third sector is an active partner in the strategic development of services that address the changing needs of the community. TAPSPaG is now seeking nominations to the **Heritage and Culture Rep role** and are asking anyone who is interested in nominating themselves (or others) to do so using this online form by 12.00pm on Friday, 22nd February 2019.

## TRAINING

**Coventry and Warwickshire Partnership Trust** are offering free training to organisations and workforces that work with high-risk groups to **reduce rates of suicide** amongst the male population. SCHEMA, as a one day training programme, has been developed and designed to enable people from all walks of life, through adopting a six stage approach, to reduce the likelihood of potential suicide behaviour and therefore reduce suicide. SCHEMA – How it will help you:

- Spot the signals of possible suicide ideation
- Ask the right questions
- Explore with empathy
- Assess risk and forward plan
- Enable short-term support and appropriate signposting
- Learn the skills that can save lives

If this is something your group would like to be involved in please either call 024 7653 6685 ext 76685 or 07785 306801. What we are then asking is for each organisation to come back to a learning day end of February to learn how to train the course and make a pledge to cascade the training with our support amongst the organisation. There is no financial cost due; we would need time commitment. The dates are as follows: 1st, 8th, 21st, 22nd, 28th February 2019.

**Sycamore Counselling** are able to offer two more group courses of their **Anger Awareness Course** this financial year. The course raises awareness in the participants of the causes, effects and cycle of anger and explores with them ways to interrupt the cycle including relaxation and Cognitive Behavioural Techniques (CBT). Each individual is encouraged to complete exercises which will help them to identify their triggers, reactions and responses to anger so that they can develop a greater understanding and level of control of their actions. The course explores behaviours that lead to stress, violence, angry outbursts and raises the participant's awareness of the effect on those around them whilst at the same time offering alternative ways of dealing with their anger and addressing it before it gets out of control. There are currently two Anger Awareness courses remaining this financial year, the courses are due to run in February and March. The course is run on a group basis and is **free to attend for all residents of Nuneaton, Bedworth, North Warwickshire and Rugby that are aged 18 and over**. For more information or to register for attending this course please ring Sycamore Counselling on 024 76 744 544.

**Act on Energy** are putting several energy efficiency and fuel poverty training days for front line staff which will include a morning and an afternoon session. These 2 sessions work well on their own or together to give you the flexibility to attend either one or both. For more information visit <https://www.eventbrite.co.uk/o/act-on-energy-16642779630>.

**Warwickshire CAVA** have developed a new **online 'compliance package'** which is ideal for all sizes of groups and can be used for induction and to ensure that all your staff and volunteers are competent in the following areas: Health & Safety; Equality and Diversity; GDPR; Personal Safety; Fire Safety. For more information visit <https://mailchi.mp/wcava/wcava-e-grapevine-issue-469-new-wcava-online-training-modules?e=4415d1027a>.

### **Green Pepper Consulting: Difficult Conversations and Resolving Conflict**

Wednesday, 27th March 2019, 10.30am - 1.00pm (a half-day workshop), New Directions, Rugby  
Dealing with challenging issues like conflict between colleagues can take people out of their comfort zone. Delivered in association with Warwickshire CAVA, this workshop considers how best to prepare for and conduct a difficult conversation with the aim of resolving the conflict. It is suitable for anyone who may have to try and resolve conflict with or between individuals. It would be of particular benefit for those in a managerial or supervisory role. Read more here: <https://www.wcava.org.uk/training-event/difficult-conversations-and-resolving-conflict>.

### **Green Pepper Consulting: Motivating Your Staff and Volunteers**

Wednesday, 1st May 2019, 10.30am - 1.00pm (a half-day workshop), New Directions, 27 Bilton Road, Rugby CV22 7AN

Delivered in association with Warwickshire CAVA, this course looks at ways organisations can boost the involvement and enthusiasm of staff and volunteers so they are properly motivated. It would suit anyone involved in leading your organisation, aspiring leaders, managers, supervisors and those responsible for staff or volunteer coordination and/or development. Find out more here: <https://www.wcava.org.uk/training-event/motivating-your-staff-and-volunteers>.

## **Section Four: Useful Organisations, Resources, Funding, Consultations**

### **USEFUL ORGANISATIONS**

**Sustainable Food Cities** have published their latest December newsletter

<https://mailchi.mp/1f8954953f4f/sustainable-food-cities-newsletter-may-2222349?e=310a9b5740> and January

newsletter <https://mailchi.mp/fc7bcbe462bc/sustainable-food-cities-newsletter-may-2223481?e=310a9b5740>. They are passionate about towns and cities taking a joined up approach to food and want to help public agencies, NGOs, businesses and communities to work together to make healthy and sustainable food a defining characteristic of where they live. If you have news, events or questions for discussion for the newsletter get in touch.

**Cyber Safe Warwickshire** have published their January Cyber Scam Update:

<https://content.govdelivery.com/accounts/UKWARWICKSHIRE/bulletins/227260a>

**Arts Uplift** have published their latest newsletter for Winter: <https://mailchi.mp/bbf64e64ae1c/arts-uplift-newsletter-winter-2019?e=b8107a2916>

**Public Health & Strategic Commissioning** have published their latest newsletter:

<https://content.govdelivery.com/accounts/UKWARWICKSHIRE/bulletins/2290f2f>.

**Warwickshire Recycles** has published its latest newsletter for Jan/Feb including: New Years resolutions from volunteering to pledging; unwanted gifts; Christmas tree recycling; recycling talks and workshops; Garden Watch - tree pruning; paper and card recycling.

<https://content.govdelivery.com/accounts/UKWARWICKSHIRE/bulletins/22723a4>

**Warwickshire Libraries** has published its latest newsletter here:

<https://content.govdelivery.com/accounts/UKWARWICKSHIRE/bulletins/22a63e7>.

**Rugby Art Gallery & Museum** has published a list of what's on in February here:

<https://mailchi.mp/1f0a5aab8f04/whats-on-in-february-at-ragm?e=5681f32c02>

## RESOURCES

**Grapevine (Coventry & Warwickshire)** wants to reach a broad range of people at the earliest possible stage of their journey. A person may have poor mental or physical health (or both), a disability - including learning disability and/or autism - or another health need. They may be older, be leaving care, be homeless or at risk of homelessness. These are just a few examples. Aside from a low level vulnerability, each person Grapevine work with will be: either a Warwickshire resident or accessing a Warwickshire GP; over the age of 18; not in receipt or eligible for statutory advocacy provision; with low level support needs (both in terms of physical support and other complexities that require more specialist help). Make a referral or contact Naomi Madden at: [nbaker@grapevinecovandwarks.org](mailto:nbaker@grapevinecovandwarks.org) to find out if you are eligible.

**TerraCycle** offers numerous **free recycling programmes** for different products e.g. contact lens, crisp packets, pet food, snacks packaging. For the full list and to sign up as a local community drop-off point, please visit <https://www.terracycle.co.uk/en-GB/brigades>.

**Warwickshire County Council** provides an occupational therapy service. Occupational therapists (OTs) work with adults and older people. OTs can help if you are having difficulty with day-to-day tasks or if you might be at risk of harm, or at risk of losing your independence. For an overview of the service, visit their website [here](#).

Introducing **Lou Beddoe, Warwickshire CAVA's Children and Young People Lead**: Lou offers one-to-one support for Warwickshire's third sector organisations around safeguarding or any other aspect of working with children and young people. Whether it's developing a policy or procedures, or risk assessing a day trip, Lou's your woman! What's more, she has helpfully created a template safeguarding policy and sample flowchart that have been approved by Warwickshire Safeguarding Children's Board. You can download them from WCAVA's Resource Library: <https://www.wcava.org.uk/resource-library/safeguarding-policies-procedures> (scroll down the web page to view resources). To contact Lou for an informal chat: 01926 477512 or [lou@wcava.org.uk](mailto:lou@wcava.org.uk).

New Bus Service for Residents of **Rural Rugby Borough**: Isolated residents of the rural areas of Rugby Borough will benefit from a new, tailor-made bus service from 14th January 2018. The new service, called **Back & 4th Dial-a-Ride**, aims to provide a vital link for people who struggle to access public transport. It's a

door-to-door service, collecting passengers from home and delivering them to their chosen destination and aims to be a flexible as possible. To read the full article, visit: <https://www.wcava.org.uk>.

## FUNDING

**Rugby Borough Council** will be launching its new grant funds on Monday 4 February 2019, and has published new guidance notes to help community groups prepare to submit an application. If your group or organisation is interested in bidding to the **Community Project Grant** or **Rural Development Fund**, the guidance notes will give you all of the information you will need about who can and cannot apply for grants, and the documents you will need to submit for your application. The closing dates will be 31st March 2019. For more information visit: <https://www.rugby.gov.uk/grants>.

**Warwickshire CAVA's** latest **funding bulletin** is now available to download here: <https://wcava.us6.list-manage.com/track/click?u=a9f3a9eb24438cf1f53bc72ac&id=4a78fc3cd0&e=ed3c309e89>. Inside, you'll find up to date information on the available funding out there for voluntary and community groups, including the latest on trust funds and grants. If you require advice or support with funding your group or project you can book a face to face funding advice session with your local WCAVA Funding and Group Development Officer: <https://wcava.us6.list-manage.com/track/click?u=a9f3a9eb24438cf1f53bc72ac&id=e80f8a7994&e=ed3c309e89>.

The **Co-op Midcounties Community Fund** is now open for applications, and closes Friday 15th February 2019. For more information, visit [https://community.midcounties.coop/funding/?utm\\_source=mid.coop&utm\\_medium=redirect&utm\\_campaign=community-grants](https://community.midcounties.coop/funding/?utm_source=mid.coop&utm_medium=redirect&utm_campaign=community-grants).

**Surviving Winter 2018** The Heart of England Community Foundation's Surviving Winter 2018 appeal aims to support some of the most vulnerable people in the West Midlands. Donations will go towards charities that support those affected by isolation, homelessness and food poverty. Last year the Foundation's appeal raised £6,000 which helped some amazing projects. To find out how can you get involved, visit: <http://www.heartofenglandcf.co.uk>

**The Prince's Countryside Fund**, deadline 21st February 2019. Funding is available for projects operating in rural areas of the UK that will have a long-term positive impact to the individuals and communities they seek to benefit. For more information, visit: <http://www.princescountrysidefund.org.uk/>

## CONSULTATIONS

To see how we use your personal data and what your information rights are, please read our overall customer privacy notice at [www.warwickshire.gov.uk/privacy](http://www.warwickshire.gov.uk/privacy) which includes the contact details if you have a complaint about your information rights. For general enquiries, contact Warwickshire County Council customer services on 01926 410410

**Community Information Update No. 72** will be for mid-March to the end of April 2019. Please email your information (in the form of short paragraphs of plain text if possible) to [cdwrugby@warwickshire.gov.uk](mailto:cdwrugby@warwickshire.gov.uk) **before Friday 15<sup>th</sup> March**. Thank you very much.