

March Newsletter 2020

As February passes and WCA head into March, the newsletter always provides a mental pause to look back and reflect on the last months activities and events.

WCA co-hosted 2 events in Wiltshire with our partners Community First, Wiltshire Community Foundation and Nicki Millin, Strategy and Transformation Director for the newly merged BSW (Bath and North East Somerset (BANES), Swindon and Wiltshire) Clinical Commissioning Group (CCG) <http://www.bswstp.nhs.uk/>. The VCS had an opportunity to hear about the plans to merge 3 CCG's and to ask questions about the impact of the merger and what that will mean for residents living in these 3 areas. The merger comes into effect from 1 April 2020, and Nicki Millin provided a coherent and comprehensive overview of their 5 year plan.

Both events held in Trowbridge and Salisbury were very well attended with over 100 VCS organisation participating and this will hopefully be the beginning of meaningful engagement with the new CCG in the future.

WCA also have to sing out for the first ever [Salisbury TEDx](#) event 'Crossing Boundaries' held on the 27th February. A completely volunteer led event that was about sparking conversations and spreading ideas. Truly inspiring and the key to these events is that we keep these conversations going and where the speakers have sparked an idea that these ideas can be incubated and nurtured to grow.

'A boundary is not that at which something stops but from which something begins' - Martin Heidegger

WCA continue to support the development of new groups who are responding to identified needs in their community, including [LASU](#) who provide support to

those living alongside someone else's drug and alcohol use, and to Salisbury Cancer Support who are providing support to those affected by cancer. WCA continue to be amazed by the many volunteers responding to needs in their communities through direct action.

The World Health Organization has upgraded the global risk from coronavirus to its highest level

Coronavirus COVID-19 – UK outbreak and latest advice

With several cases of coronavirus being reported in the UK, the UK Chief Medical Officers have raised the risk to the UK from low to moderate. This follows the World Health Organisation's declaration that this is a public health emergency of international concern.

Where to look for general advice:

- Government information and advice: <https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public>
- NHS overview <https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public>
- NHS common questions <https://www.nhs.uk/conditions/coronavirus-covid-19/common-questions/>

You may have specific questions on how to manage your organisation in relation to the outbreak, particularly if you have employees and volunteers. Employees may be concerned about arrangements for sick pay particularly if they need to self-isolate in line with current government and NHS guidance. Advice for employers and employees from Acas is available at: <https://www.acas.org.uk/coronavirus>.

The **Health Protection (Coronavirus) Regulations 2020** contain a declaration

by the Secretary of State that the incidence or transmission of novel Coronavirus constitutes a serious and imminent threat to public health, and the measures outlined in these regulations are considered as an effective means of delaying or preventing further transmission of the virus.

So assuming that someone who self isolates does so **because they are given a written notice** (see Public Health England's *Advice for home isolation*, <https://tinyurl.com/r52bzm9>) typically issued by a GP or by 111, then they are deemed in accordance with the Regulations to be incapable of work, and so are entitled to statutory sick pay.

But if somebody chooses to self-isolate, and/or is not given that written notice, then they are not entitled to statutory sick pay.

Training

Wessex Community Action offers a range of affordable training and taster sessions for voluntary and community sector organisations in Wiltshire.

Newly added is Train the Trainer

A full list of our training is listed [here](#)

For quick reference, here's what we have on offer in the next few months:

- [First Aid at Work Level 3](#)
- [Microsoft Excel Essentials](#)
- [Neuro Linguistic Programming NLP](#)
- [Train the Trainer](#)

Taster Sessions are FREE:

- Cyber Security for Smaller Charities [March 23rd](#) & [April 27th](#)
- [An Intro to dealing with Challenging Behaviour](#)
- [Assertiveness and Managing Difficult Conversations](#)
- [An Intro to Working with Vulnerable Adults](#)
- [An Intro to Facilitating Skills](#)

- [Demonstrating and Measuring Impact - delivered by National Lottery Community Fund](#)

National Updates - Local Impact

Community-Centred Public Health: taking a whole system approach

Tom Mapplethorpe, Public Health Programme Support Officer in the Healthy Communities Team of Public Health England, is sharing here some information about PHE's new Healthy Communities Resources.

Community life, having friends and social connections and having a voice in decisions that affect you are all vital to your wellbeing. They provide you with feelings of control, provide a buffer against illness and help you manage existing health conditions better.

*Figure 1: Why do communities matter for health?, from '[**Health matters: community-centred approaches for health and wellbeing**](#)'*

Community-centred approaches to health and wellbeing are those that mobilise assets within communities, encourage equity and social connectedness and increase people's control over their health and lives.

*Figure 2: The family of community-centred approaches, from '[**A guide to community-centred approaches to health and wellbeing**](#)'*

Having public health systems that are community-centred is important to reducing health inequalities. Many local areas are prioritising this by scaling action through whole system approaches.

Public Health England's Healthy Communities Team has conducted research into current practice around whole system approaches to community-centred public health, building on previously published **guidance** on community-centred approaches to health and wellbeing.

From this research, we have produced a suite of resources, which are intended for use by local authority, NHS and voluntary and community sector (VCS) decision makers, to help them to:

- improve the effectiveness and sustainability of action to build healthy communities
- embed community-centred ways of working within whole systems action to improve population health

These resources include:

- **briefing paper** - a summary of our findings
- **slide-deck** - a presentation of our main findings
- **collection of practice examples**
- **list of alternative whole system frameworks**

Whilst the involvement and contribution of local VCS organisations is integral to all aspects of the research findings, particular reference is made in element 1 to 'scaled-up community-centred prevention approaches, integrated across public health, the NHS, social care and the VCS'. We see these kinds of approaches in places like **North Yorkshire**, where the local authority have re-designed their prevention service to be more holistic and community oriented, in partnership with colleagues in VCS organisations amongst others. Likewise, element 6 refers to 'a thriving voluntary and community sector, where growth of local capacity can be achieved through valuing the contribution of the sector and supporting volunteering'. We can see this in action in areas such as Bracknell Forest, where public health staff are working closely with community-led groups and supporting the growth of small grass-roots organisations through seed funding, marketing and advice.

Figure 3: Eleven elements of community-centred public health: a whole system approach

This work builds on previous work on **whole system approaches to obesity** and is part of ongoing work to support and embed **place-based approaches to reducing health inequalities**.

We know that the voluntary and community sector has an important

contribution to make to health and wellbeing, and there is still lots to learn about how to do this well in local systems.

Marmot Review: 10 years on

To mark the 10-year anniversary of the landmark study of health inequalities, Fair Society, Healthy Lives, the [UCL Institute of Health Equity \(IHE\)](#) has launched Health Equity in England: The Marmot Review 10 Years On, commissioned by the [Health Foundation](#).

The report examines progress over the past decade in addressing health inequalities in England and proposes recommendations for future action. The report also looks at the social determinants of health through policy areas outside the traditional 'health and social care' sector, including including early years and education, work and income, housing, places and communities.

While there has been progress in some areas since 2010's [Fair Society, Healthy Lives](#), there is growing evidence that health inequalities are widening and life expectancy is stalling.

A decade of austerity has seen drastic cuts to local government funding, which is tasked with funding the social determinants that can improve health and reduce inequalities. Considering whether austerity is the reason for the worsening health picture, Professor Sir Michael Marmot said it was "highly likely" that austerity cuts are responsible for the "life expectancy flat-lining, people's health deteriorating and the widening of health inequalities." He writes in the foreword to the report:

"From rising child poverty and the closure of children's centres, to declines in education funding, an increase in precarious work and zero hours contracts, to a housing affordability crisis and a rise in homelessness, to people with insufficient money to lead a healthy life and resorting to food banks in large numbers, to ignored communities with poor conditions and little reason for hope... austerity will cast a long shadow over the lives of the children born and growing up under its effects."

You can read a summary of the report including comments from the Health Secretary and Shadow Health Secretary on the [Politics Home website](#) and you can access the full report from the [Institute of Health Equity website](#).

Helping support hidden disability

If you've recently been through an airport, on a train or in a supermarket you may have noticed someone wearing a sunflower lanyard. But what does it mean?

Not all disabilities are visible. People we meet may be living with any number of conditions which have an impact on their daily lives. These could be physical conditions including epilepsy, acquired brain injury, colitis and Crohn's disease; mental health issues; and/or learning disabilities such as autism or Asperger's.

The Hidden Disabilities Sunflower Lanyard Scheme® is a way for people to indicate that they would welcome discreet support, as they are living with a hidden disability. Over 1 million lanyards have been distributed to people in the UK. The sunflower suggests happiness, positivity and strength and intends to allow everyone with a hidden disability to choose to be subtly visible when they need to be. It is a universally recognised flower and is gender neutral.

If you work with or support people living with a hidden or invisible disability you may like to make sure they are aware of the scheme. It has now been adopted in the UK by all major airports, many supermarkets, railway stations, leisure facilities, in the NHS and an increasing number of small and large businesses and organisations.

To become a member of the Hidden Disabilities Sunflower Lanyard Scheme®, you are asked to commit to train your staff to recognise the Hidden Disabilities Sunflower to get a deeper understanding of hidden disabilities and learn how to approach and support customers with a hidden disability. This could simply mean giving them a little more time. You can also decide to provide your customers with Hidden Disabilities Sunflower products but Tabbers, the UK company who operate the scheme, ask that you make them available free of charge. You can find [more information about the scheme here](#)

Need help handling a safeguarding allegation?

As part of the Government's new safeguarding portal you can use a new tool to assist you in handling an allegation of abuse or harm perpetrated by a person in your charity. The tool is there to help you navigate the process of handling a concern or allegation and to identify the right people and agencies for you to contact. It will also allow you to print a record of the actions you have taken. You can find some useful guidance to help you use the tool [here](#) and you can [access the tool here](#).

Do Coaches, Instructors & Volunteers Need Background & DBS Checks?

Who needs a DBS check? Read the Anne Craft Trust short guide, with links to handy resources and tools. [Read this article »](#)

Your News!

International Women's Day, Sunday 8th March 2020

[Her Salisbury Story](#) is a project to celebrate historic women of Salisbury and the surrounding area and also to highlight the role of women within our community today, in particular the hidden heroes among us, in a celebration of living history. As well as research into historical figures we will be collecting stories from contemporary Salisbury women.

The project will be launched on International Women's Day, Sunday 8th March 2020 where several activities are planned during the day, from 10am to 3pm at the Guildhall and Market Square in Salisbury.

Salisbury Soroptimist have been successful in their bid for a grant of £10,000 from the Heritage Fund which will be used to train researchers and interviewers amongst other aspects of the project. They will be working collaboratively with other local organisations and community groups and will be hosting a day of celebration of Salisbury women in October 2020

WELCOME TO HOMES OF OUR OWN

Welcome to the first edition of Homes of Your Own Newsletter.
Here you will find updates for community led housing in Wiltshire and Swindon.
Homes of Our Own is a partnership between Community First, Wiltshire
Community Land Trust, Wiltshire Council, Swindon Borough Council.
They provide support, advice and project management assistance to
community groups to deliver Community Led Housing schemes.

For more information please follow this [link](#)
To find out more please email: homesofourown@communityfirst.org.uk

Help Shape a Plan for Art in the Public Realm for Fisherton Street, Salisbury.

Public Art Curators and Commissioners Studio Response want to hear from Wiltshire's Creative Community about opportunities for art in the public realm in Salisbury's Fisherton Street.

Studio Response bring people together to produce site-responsive art in the public realm. At Studio Response we believe that artists can enrich the quality of our public spaces, and we work with artists to respond creatively to the people, place, culture, heritage and aspirations of neighbourhoods, towns and cities across the UK and internationally. We invite artists designers and architects to make new works with the public at the centre of how their ideas unfold, whether resulting in permanent sculpture or temporary artworks, socially engaged projects or integrated architectural designs.

For more information click this [LINK](#)

Volunteer Managers Forum

The purpose of the Forum is to provide networking opportunities and peer support that will ultimately lead to:

- Better volunteer support and management.
- An increase in the number of people volunteering.
- An increase in the quality of volunteering opportunities.
- An increase in the number and range of volunteering opportunities.

The next meeting will be on the 17th April **9.30-12.30** at Alabare, Riverside House, [2 Watt Road](#), Churchfields, Salisbury SP2 7UD.

Dates for the rest of the year: **21st Sept & 25th Nov**

If you are a volunteer manager and would like to register to join the group please email: info@wessexcommunityaction.org.uk or call 01722 326822

SAVE THE DATE!
3rd JUNE 2020 Salisbury City Hall.

Voluntary Sector Conference & Volunteer Market Place!

More information on keynote speakers for the conference will be coming in April.

In the meantime if you would like to participate in the volunteer market place to promote your volunteering opportunities in your community or organisation, please feel free to [email](#) for a booking form. Places will be allocated on a first come first serve basis.

“If our hopes of building a better and safer world are to become more than wishful thinking, we

will need the engagement of volunteers more than ever.” — Kofi Annan

COULD YOU BE A VOLUNTEER AT THE REDWORTH CLUB?

WHAT IS THE REDWORTH CLUB?

The Redworth Club was established thirty years ago to provide social, leisure and recreational opportunities for people experiencing mental or physical disability or recovering from mental health challenges. The Club encourages members to pursue their social and leisure interests and encourages them to take responsibility within the Club if they so desire and as is appropriate.

WHAT QUALITIES DOES A VOLUNTEER NEED?

Volunteers working with vulnerable adults need to be impartial, caring, tolerant, sensitive, flexible, discreet and reliable. They must always put the members needs first.

WHAT TIME COMMITMENT IS REQUIRED?

The club is open on Monday and Thursday evenings from 6.00 pm to 9.30 pm. Whatever help volunteers are able to offer will be welcomed. Specific times and dates will be agreed with the manager.

WHO CAN I CONTACT TO BECOME A VOLUNTEER?

If you think you might like to volunteer, we will arrange for you make an informal visit

to the club. There you will meet the manager, observe the club in action and be able to ask any questions you may have.

Please contact the Manager, Vera Westmoreland:
vera@wessexcommunityaction.org.uk or call 01980 624418

Useful Information

- pro bono management consultancy and HR advice for charities

Cranfield Trust is a national charity providing pro bono management consultancy to charities, using a bank of over 1,100 regional volunteer consultants from the business community. Having celebrated our 30th year in 2019, the Trust is keen to continue to reach small to medium sized registered charities and non-profit organisations across England, Scotland and Wales to support them in their growth or just to become more sustainable.

Eligible charities need to be addressing issues relating to poverty, disability or social exclusion (human welfare) to take advantage of our pro bono consultancy projects, however, ALL charities can join HRNet, our online, impartial HR advice service, and / or attend our Masterclasses, all completely free of charge.

Whether your charity is at the start of its journey or wants to build on previous success, Cranfield Trust can help. To find out more, please check our recent case studies on our website at <https://www.cranfieldtrust.org/lists/4-case-studies>. Or contact us for a chat at 01794 830338.”

CYBERSECURITY: Reducing the risk of cybercrime

The National Cyber Security Centre defines cybersecurity's core function as protecting the **devices** we all use (smartphones, laptops, tablets and computers), and the **services** we access - both online and at work - from theft or damage. It is also about preventing unauthorised access to the vast amounts of **personal information** we store on these devices, and online. It is important because smartphones, computers and the internet are now such a fundamental part of modern life that it has become essential to take steps that can prevent cyber criminals getting hold of our accounts, data, and devices.

The importance of cyber security is heightened by the recent (29 January 2020) news that a charitable housing association lost more than £932,000 in a sophisticated cyberfraud, involving payments to what they thought were genuine external suppliers. The weak link In its cybersecurity was not the external fraud itself, but human failure to implement the association's own internal procedure which required verification of changes to payments and accounts.

For a similar but much smaller cybercrime involving online payments diverted from a genuine supplier, see *Top tips for charities when handling fraudulent cybercrime*, Civil Society, 26 March 2019: <http://tinyurl.com/uy5q3a3>. The chair of the charity involved offers the following advice:

- When you appoint a new supplier, confirm the account details with a small trial amount first and then checking it has been received by the actual supplier.
- Check, check and check again that you have the correct bank details.
- Don't be afraid to reach out to your customer base.
- Be aware of suspicious looking links.
- Make sure you download the latest anti-virus software.
- Create strong passwords.
- Keep sensitive and non-sensitive data separate, and limit access to sensitive data.
- Don't assume that an invoice sent as a PDF includes accurate bank details, as the PDF could have been changed en route.

Dont forget WCA are hosting two free Cyber Security Training with Wiltshire Police in March and April - please view the training links.

END OF SUPPORT FOR WINDOWS 7

If you are still using Microsoft's Windows 7, you are not alone – at the end of December 2019 about one-third of desktop operating systems were reportedly still using it, including much of the NHS. But after 10 years, support for Windows 7 ended on 14 January 2020. A PC with Windows 7 will continue to work, but Microsoft will no longer provide software updates, including free

security updates, so the PC will become more vulnerable to security risks and viruses. Information from Microsoft about the implications is at <http://tinyurl.com/y3yadhc>.

For a more objective look at the implications and options, see the excellent briefing *Still using Windows 7? Here's what you need to know* from the Northern Ireland Council for Voluntary Action (NICVA), 7 January 2020, at <http://tinyurl.com/ro9c9m7>.

Funding

Landfill Communities Grant Awards £20,000

Community First continues to administer and support community projects across Wiltshire and Swindon through the Landfill Communities Fund (LCF), offering capital funding for local community, heritage and environmental projects in specific areas where local landfill operators sites or depots are located

How to Apply

If you wish to check a project is eligible, please download and complete the [Expression of Interest form](#) or the information pack (including [guidance notes](#)) below, and the Grants Team will contact you either to advise you of ineligibility or invite you to submit a full application. All applicants and potential applicants are advised to read the Guidance Notes and Third Party Contributor notes below before applying.

For more information about Landfill Communities Fund Grants please contact the Grants Team by telephone 01380 732802 or email: grants@communityfirst.org.uk

Wiltshire Community Foundation offers a range of different grant funds for community groups and charities in Wiltshire and Swindon. The Foundation particularly awards grants to projects taking place in communities with limited financial capacity and benefiting people who cannot afford to cover the costs themselves.

Below is the full list of grant programmes currently available. You will be able to read further information on the eligibility of each programme in the separate links. Before requesting an application pack please ensure your project fits the criteria if you have any further questions or would like advice on how to apply please contact The Grants Team on 01380 729284 or by email info@wiltshirecf.org.uk.

For more information on their range of grants available please click [here](#):

QBE Foundation - Discretionary Grant

Grants are available to support local registered charities in the UK that help people overcome disadvantage, strengthen their abilities and live more independently, successfully and productively.

Funding is provided at the discretion of the Trustees. The Foundation typically awards grants of up to £10,000 for one year; however, a small number of grants over £10,000 may be approved each year.

Applications are accepted between the following dates in 2020:

- 2 March until 13 March (5pm)
- 1 June until 12 June (5pm)
- 31 August until 11 September (5pm)
- 30 November until 11 December (5pm)

NB charities which have received meaningful support from QBE employees through volunteering and fundraising may apply in any round; however, applicants who have not yet received support from QBE employees can apply in the June and December rounds only.

For more information please click [here](#)

Power to Change - Community Business Bright Ideas Fund

A package of tailored support and grants is available to incorporated or unincorporated organisation in England that want to develop their budding community business ideas.

Grants of up to £15,000 are available.

It is expected that between 30 and 35 groups will be supported in this round.

Successful organisations will receive:

- Business development support of up to 12 days from Locality, Plunkett Foundation, or Co-operatives UK.
- Grant funding of up to £15,000, which can be spent on specific activities to develop the community business idea.
- Learning and peer networking – access to online resources, thematic webinars and the opportunity to visit and learn from existing community businesses.

The following is an indication of the range of grants available at different stages of development:

- Ideas stage – grants of between £1,000 and £10,000.
- Pre-venture stage – grants of between £1,000 and £15,000

For more information click [here](#)

Magic Little Grants Return for 2020

Local charities and community groups can apply from 10 March for a Magic Little Grant of £500 for community projects that support and inspire people to participate in physical activity.

Localgiving, the online fundraising platform, and the Postcode Community Trust are working together again in 2020 to provide more 900 small grants to small local charities and community groups in England, Scotland and Wales.

The aim of the fund is to support the work of organisations that are engaging hard to reach individuals, encouraging them to take part in sports or exercise with the primary aim of improving the health of participants.

The funding can be used to support the general running costs of new and existing sports and physical activities. For example, this could include facilities hire, kit and equipment, coaching qualifications, or other volunteer expenses etc.

In addition, organisations that are new to Localgiving will receive a Localgiving membership, funded by Postcode Community Trust, that will provide them with access to Localgiving's suite of online fundraising tools.

Only organisations with an annual income under £250,000 or that are in their first year of operation can apply.

Applications for 2020 funding will be accepted from 10 March 2020 until 31 October 2020.

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

Small Grants to Support Stephen Lawrence Day 2020

The Stephen Lawrence Charitable Trust invites schools, small charities, youth and community groups, and other not-for-profit organisations in England to apply for a small grant to deliver activities that focus on the theme 'Live Our Best Life'.

The Trust welcomes applications from individual community organisations with an income of less than £50,000 per annum to deliver social action activities on 22 April 2020 that focus on identified risk factors for serious crime and violence in line with the Stephen Lawrence Day communities guiding principles.

A small number of grants of up to £400 are available for a day of activities that focus on:

- Young people from the most disadvantaged and vulnerable backgrounds.
- Urban/inner city or coastal areas where there is clear evidence of deprivation which impacts on young people and local communities.

The deadline for applications is 13 March 2020. Further information can be found on the Stephen Lawrence Charitable Trust [website](#).