

## Learning Together Update – November 2022

Welcome to the November 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 sessions you'd like to see included in the programme, please email: [eastengland.thrivingcommunities@nasp.info](mailto:eastengland.thrivingcommunities@nasp.info)

Tom Watkins

East of England Regional Lead

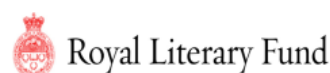
Thriving Communities

## Royal Literary Fund Writing Workshops

### Royal Literary Fund Report Writing Workshop

We're delighted to announce we are once again partnering with the Royal Literary Fund to deliver a further series of "Get It Write" professional writing workshops. These workshops will be delivered for you by some incredible writing professionals, who will help you to learn how to write concise, impactful reports. We plan to hold more reflective writing workshops and sessions that equip you to produce compelling bids for vital fundraising efforts in the New Year. We hope you will join us, please click the link below to register your place.

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



Working in Partnership



## NASP Webinar

### Churches and Social Prescribing

Many communities across the country will have active faith groups at the heart of many community activities. Churches, mosques, synagogues and

other places and communities of worship have their own strong community networks, and often host other activities for the wider community.

In this webinar, ChurchWorks Commission will focus on the potential for social prescribing through and with churches. This work will help support and inform a model of regional pilots with churches and as a preliminary module for engagement with other faith groups.

The Learning Objectives:

- Understand the current landscape of community faith organisations involvement with social prescribing.
- Engage the social prescribing workforce to explore your involvement with community faith organisations.
- Identify the limitations and opportunities for community faith based organisation to be involved with social prescribing in local communities.
- Explore a model of regional pilots with churches, as a preliminary module for engagement with other faith groups.

**Deadline: Monday 5th December, 1-2:30pm.**

Click [here](#) to register.



## NASP Visits Our Dementia Choir

### **Our Dementia Choir - Social Prescribing in Action.**

Dr. Radha Modgil visits Our Dementia Choir, a Nottingham-based charity that supports people living with long-term health conditions and their family and carers. The choir was recently featured on a BBC documentary presented by Vicky McClure

Click [here](#) to watch the video.

## NASP RESPONSE TO SOCIAL PRESCRIBING ARTICLES

## **NASP Response to misleading Social Prescribing Articles.**



You may have seen that there were articles published in the Times and Daily Mail on 18th October questioning the value of social prescribing, based on a systematic review by the University of Dublin.

NASP's position on this is clear; the articles are misleading. We know, there is a large and well-established evidence base for the benefits of arts, creativity, physical activity, financial and legal support and nature-based activities for health and wellbeing. In other words, there's no doubt that the activities that social prescribing refers people into can make a real difference.

Here's a new blog setting out NASP's position: [What is the evidence for social prescribing?](#) | [National Academy for Social Prescribing.](#)

### **This letter written by Sir Sam Everington, one of NASP's strategic advisers had this to say:**



"Sir, Contrary to your report (News, Oct 18), social prescribing is vital to the recovery of the NHS. It signposts patients to other options outside the NHS that are critical to managing most diseases. In diabetes, weight reduction, a healthy diet and exercise are sometimes far more important than pills in getting patients out of the danger zone and to a normal life expectancy. Social prescribing also provides other options for doctors and nurses. Beyond Pills, published this year by the College of Medicine, estimates that 10 per cent of prescribed drugs (110 million items) are unnecessary and may cause harm. Its key philosophy is about focusing on what matter to patients on top of what is the matter with them. In doing so, it supports people to make key changes in their lives."

**REGIONAL CALL OUT**

## Do you have something to shout about?

Throughout November 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\\_to\\_thrivingcommunities.east@communities1st.org.uk](mailto:be_to_thrivingcommunities.east@communities1st.org.uk)**

## TRAINING SESSIONS

### National

#### National Lottery Project Grants

This webinar is an opportunity to learn more about the refreshed Project Grants application process and guidance from Arts Council England. You will learn more about Arts Council England's open access funding scheme, National Lottery Project Grants, including what it funds, how to apply, and what happens to your application. The session is suitable for first time applicants as well as those who have applied before.



Information about the projects grant can be found [here](#).

**Event date: Wednesday 23rd November, 2pm.**

Click [here](#) to register.

#### Health and Housing: Making integrated a care reality.

This year, HACT and NHC's Health and Housing Conference will be a full day online event. A great opportunity to hear from experts from the health and

housing sectors and to network with colleagues throughout the day in the virtual lounge.



The conference will focus on the following topics:

- Neighbourhood level: Housing's role in social prescribing and addressing health inequalities in a cost of living crisis.
- Place level: Creating place-based partnerships between the NHS, local government and housing.
- System level: A panel discussion with NHS colleagues to discuss how they see the ICS working in collaboration with housing associations. What are the key areas that housing can focus on to support system level change in health?
- Social and Economic Development: Anchors and social value - how do we engage together for longer term development.
- Bringing complex care for mental health and learning disability and autism closer to home - the role of supported housing in integrated care.

**Event Date: Tuesday 22nd November, 9:30am-3:30pm.**

Click [here](#) to register.

## Bedfordshire

### **Small Charities Forum Meeting: Artists and Communities Working Together**

Focusing on Artists and Communities Working Together – this event is aimed at smaller organisations/ groups delivering projects or initiatives around this topic.

This is a free event and is open to not-for-profit organisations working in Bedfordshire and Luton.

You will learn about forthcoming opportunities, networking opportunities with other organisations and hear from special guest speakers.

**Event date: Thursday 10th November, 9:30-11:30am.**

Click [here](#) to sign up.

## 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.



**Event Date: Self guided training.**

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

### Let's Talk About Dementia

Would you like to learn more about dementia & find out how to become a dementia friendly organisation or group?

If so, come along to this information session where you will have the opportunity to become a Dementia Friend, learn more about dementia and how it affects a person.

You will also find out how you can help people affected by dementia in our community. Whether you are a business, organisation, group, health or education provider, this session is designed to provide you with a better understanding of the impact of dementia and how making

small adjustments can make a big difference to the needs of people affected by dementia.

Click [here](#) to register.

**Event Date: Thursday 10th November, 1:30-2:30pm**



## Cambridge



### Financial Reporting

This course will look at why financial reporting is important, the types of report that may be required for different stakeholders and how to prepare them. You will learn how to present financial information that presents the key message in a relevant and understandable way.

The course will focus on the following:

- Why is financial reporting important?
- Who are your stakeholders?
- Management Reports
- Reporting to funders
- Year-end accounts and AGM reports
- Getting the key message across

Please note, this event will be held at a physical venue.

**Event Date: Tuesday 8th November, 9am-1pm.**

Click [here](#) for more details.

### Support Fenland Network

Support Fenland Network is an opportunity for all organisations, community groups and those working and volunteering in Fenland to network.

These networking sessions are held online and open to all groups that support the communities of Fenland. No matter what your group does, this is a place to share updates, ask questions and network with others within the district.



**Event Date: Wednesday 16th November, 2-3pm.**

Click [here](#) to register.

## Hertfordshire

### Secretary to a trustee board

This course is for those currently acting as a secretary on a trustee board or considering this position. It is also for trustees who would like to gain more of an insight into the role of a board secretary.



By the end of the this course you will be able to:

- Monitor attendance effectively.
- Confidently know which information you will need to send to the Charity Commission and Companies House.
- Set purposeful agendas and take good minutes.

Click [here](#) to register.

**Deadline: Thursday 10th November, 12:30- 1:30pm.**

## Norfolk

### Webinar on Financial Resilience for the VCSE Sector

Would you like to be more confident about your organisation's financial resilience? Are you unsure what your reserves should be? Do you know how to balance being responsive with potential risk?

To help you answer these questions, and with the impact of the pandemic on the VCSE sector highlighting the importance of financial resilience, Norfolk Community Foundation is hosting a webinar as part of our Funding Plus Programme.



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

**Event Date: Thursday 25th November, 2-3pm.**



## Milton Keynes

### **Community Trees MK - Middleton Community Garden**

Community Trees MK are planting trees across MK with the help of the people of MK. They are partnering with Broughton & Milton Keynes Parish Council to plant a new community garden on a former allotment site on the edge of Milton Keynes Village.



**This is a physical event in Milton Keynes.**

**Event Date: Saturday 26th November, 11:30am.**

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

## 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 events or activities you'd like us to shout about, please let us know and we will add the details to our next newsletter!



**Asthma and Lung UK**

### Face to Face Support Groups

We have an amazing network of Support Groups running in the UK. They are run by volunteers and offer peer to peer support to lung patients, families, and carers on how to manage their lung condition and look after their general health and mental well-being.

The groups that really thrive are embedded into communities and have support from their local councils, health care professionals, GPs and social prescribers.

Asthma and Lung UK are looking for partners to help us set up Support Groups. They know that now more than ever there is a need to provide support for respiratory patients. We would like to work with you to establish a peer led group. Asthma and Lung will provide training, practical resources and support for volunteers to ensure the group's sustainability. There will be access for volunteers and members to on-line sessions and activities and when it's practical to do so, face to face meetings.

### Online Support Groups

As the pandemic hit, and face-to-face support groups had to close, Asthma and Lung UK looked at new ways to reach the Asthma and Lung community and started running online support groups.

They now offer the opportunity to join a different group every day, Monday – Friday. These include Singing for Lung Health, Chair Zumba, Mindfulness, Harmonica and an online Support Group.

### What can you do to help?

Asthma and Lung UK need your time and commitment to implement a referral pathway, identify key community ambassadors, or offer a space in the community for the group to meet.

You can find information on both online and face-to-face groups in your area [here](#).

Or contact [supportgroups@asthmaandlung.org.uk](mailto:supportgroups@asthmaandlung.org.uk) / 0300 222 5800 (option 4)

## **Creative Arts East: The Silver Social Special Live Performance - The Syrian Baker**



Creative Arts East are committed to bringing the very best arts and cultural activities to rural and/or under-engaged audiences across Norfolk, Suffolk and the wider eastern region. They have recently taken on the running of the Silver Social project, formerly led by Breckland District Council. The Silver Social provides people with an opportunity to meet others and find out more about the activities and services they might want to access.

The next Silver Social presents a Farnham Maltings production called 'The Syrian Baker'. A story about two people deciding to go home despite the state of their country. This event is open to people aged 50+ from in and around Breckland. Tickets are 'pay what you can' but a suggested ticket is £5.

Join the Silver Social for an afternoon in the company of friends with stories, freshly made bread and Syrian coffee.

**Event Date: Wednesday 2nd November.**

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

## **Have your say on volunteering in Norfolk**



Voluntary Norfolk is leading on the development of a community volunteering strategy for Norfolk, on behalf of Norfolk County Council and the Empowering Communities Partnership. They have designed two surveys about the recent impact of Covid 19 and other external factors affecting VCSE sector and the attitudes and experiences of current former and non volunteers.

Voluntary Norfolk would be enormously grateful if you could take a few minutes to answer one, or both, of these surveys.

If you volunteer for a VCSE organisation, have volunteered in the past, or have never done so in Norfolk please answer [this survey](#)

If you are involved in running a VCSE organisation, of whatever size or description, and have access to information about the legal/constitutional status of your group; the number and diversity of any staff, trustees or management committee members; the approximate number of active volunteers and volunteer vacancies; and approximate annual turnover figure, please answer [this survey](#).

**Deadline: Monday 7th November, 12pm.**

### **Essex Dementia Care**



Essex Dementia Care is a small local Essex based charity with over ten years' experience helping people with dementia continue to live active and fulfilling lives.

Their One2One services are tailored to the individual's personality and needs, enabling them to maintain a sense of well-being and independence for as long as possible. They also run several group activities that are designed to support different stages of the dementia journey within a social setting. Their services have proven invaluable for providing care givers with much-needed respite too.

The 'Everyday Counts' groups support people in the earlier stages of dementia whilst the Oasis groups have a less hectic schedule suited to those whose dementia has progressed further. Activity groups are held at Bradwell, Braintree and at Sandon and Broomfield in Chelmsford.

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

## **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**

## **Collaborate Fund**

Collaborate is a fund to support the development of collaborative research projects between the UK cultural sector and academic researchers. They will support around 15 projects and funding awards. Projects will contribute to a deeper understanding of the differences arts, culture, heritage and screen makes to people's lives, and range of research methodologies used to explore cultural value.

**Deadline: Friday 25th November, 2022.**

Click [here](#) to apply.

## **a-n Artist Bursaries**

a-n is offering bursaries of between £500 to £1,500 for continued professional practice and creative development. As part of their commitment to supporting artists, a-n will be trialling a new monthly distribution of bursaries, giving a-n Artist members and Joint members the flexibility to apply for a bursary.



a-n encourage applications from artists working in all visual arts disciplines that reflect innovative thinking, and those that demonstrate pivotal ideas that will enable new opportunities for a step change in their career.

**Deadline: Thursday 10th November.**

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

## **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.

We're here to support communities with the things that are important to them, including mitigating the impact of the cost-of-living crisis and supporting them as they seek to recover, rebuild and grow following the Covid-19 pandemic.

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.

**Deadline: Wednesday 23rd November, 12pm.**

Click [here](#) to apply.



## 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

**Deadline: Rolling.**

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



### **The GVC Fund**

The GVC Fund is a programme administered by the Bedfordshire and Luton Community Foundation as part of UK Community Foundations. The GVC Fund aims to support local communities and projects that use sport and physical activity to raise awareness, tackle mental health stigmas and support men with mental or physical health problems to become more active. Grants are available for up to £5,000 over a year of activity in 2023.

The main objectives for this fund are:

- Supporting men aged 18+ with mental and/or physical health problems to become more active.
- Raising awareness of and/or tackling mental health stigmas.

**Deadline: Monday 14th November.**

Click [here](#) to apply.



## **CAMBRIDGESHIRE & PETERBOROUGH**

### **D&J Lloyd Community First Fund**

The D&J Lloyd Community First Fund offer grants to support voluntary and community groups working in Cambridgeshire to:

- Provide support and relief to those that are in need, in particular those suffering financial

hardship, illness, social isolation or homelessness or negative effects of old age.

- Promote the arts, in particular but not exclusively work to help those at a disadvantage to take part in arts activities.
- Protect the environment and or sites or buildings of historic or architectural importance.
- Promote learning, skills development and education (excluding areas of statutory responsibility) to those that are marginalised or excluded from society.



Grants of an average of £3000 or up to £10,000 split over three years to provide support and relief to those in need. Grants should be able to promote the Arts, to protect the environment and to promote education.

Click [here](#) to apply.

**This is short deadline.**

**Deadline: Tuesday 1st November.**

### **Denbury Homes Fund**

Projects in East Cambridgeshire, Huntingdonshire and South Cambridgeshire and countywide projects benefiting people from these areas are of particular interest.



The fund will accept applications for both core costs and project costs, with a particular interest in addressing homelessness, deprivation and supporting vulnerable people.

Up to £2,000 for projects will be made available.

Click [here](#) to apply.

**This is a short deadline.**

**Deadline: Tuesday 1st November.**

**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.

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.**

## **Hertsmere Community Lottery**

Hertsmere Community Lottery is an online sustainable fundraising solution designed to help local not-for-profits to diversify their fundraising streams and enable year-round fundraising in a safe, fun and effective way.

Tickets cost £1 with 60p going towards local good causes.

The draw is weekly with a jackpot of £25,000 for a matching sequence of six numbers, other prizes being £2,000, £250, £25 or three free tickets.

**Deadline: Rolling Deadline.**

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

## NORFOLK

### Weston Windfarm Community Fund

The Fund is designed to support projects which benefit the residents of parishes in Weston Longville, Morton on the hill, Attlebridge and Hockering. The Fund can support any type of activity that involves local people through small community organisations, and benefits their community. The activities must provide some measure of economic, environmental, educational, social or cultural benefit for people living in the area.



**Deadline: Rolling deadline.**

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

### Sheringham Shoal Community Fund

The Sheringham Shoal Community Fund will support projects proposed by groups inspired to do something new and positive in their community. Projects should focus on one or more of the following objectives:

- To contribute to reducing climate change.
- To assist the sustainability of North Norfolk communities by stimulating their own ability to solve issues and create opportunities, for example by providing educational or community business facilities.
- To have a marine environment or marine safety focus.
- To promote environmental sensitivity, sustainability or the benefits of renewable energy.
- To contribute to education or employment in the renewable energy industry or related arenas through access to courses and community activities.

**Deadline: Rolling deadline.**

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

## 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

### Suffolk Giving Fund and Private



**Fund**

Grants available for charitable, voluntary and community groups that are addressing need within Suffolk. The fund will accept applications for both core costs and project costs. Priority may be given to applications from grassroots and community organisations. Grants of up to £2,000 for charitable, voluntary and community groups that are addressing need within Suffolk.

**Deadline: Thursday 10th November.**

Click [here](#) to apply.

## **Suffolk Police & Crime Commissioners Fund**



Grants of between £2,500 and £20,000 are available to support the work of voluntary and community groups, charities, social enterprises and community interest companies that are delivering services that help support victims of crime and reduce crime and disorder.

All applications need to support the aims and objectives of the Police and Crime Plan. When submitting an application if you can get support from your local Community Engagement Officer this will help with your application. You can find out who your Community Engagement Officer is [here](#).

**Deadline: Ongoing.**

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.



### **MK Money Life Line**

MK Money Lifeline offer free confidential money advice to anyone in the Milton Keynes area. Our services are provided by a team of trained volunteers who give advice in accordance with the training provided by Community Money Advice.

Click [here](#) to access support.



### **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.



### **Community Action MK**

Community Action: MK invites all Faith Groups and organisations working with Faith Communities to complete our short survey on accessing healthcare and cancer support services. As part of their ongoing research with Macmillan Cancer Support, Community Action have created a short survey to help healthcare services gain an

insight into how Faith Groups in Milton Keynes access healthcare.

The survey should take no longer than 10 minutes to complete and will be valuable in creating a more inclusive healthcare system in our local area.

Click [here](#) to complete the survey.



### **Changing face of Trusteeship.**

Trustee Week 2022 takes place from 7th – 11th November. 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 about the Festival of Trusteeship and other reasons to consider charity trusteeship.



### **Talk Money Week**

Talk Money Week will be taking place from 7 – 11 November 2022. The week is an opportunity for everyone to get involved with events and activities across the UK which help people have more open conversations about their money – from pocket money to pensions – and continue these conversations year-round.

Use their participation pack to help you kickstart a conversation in any walk of life, including:

- in your workplace
- with customers across sectors
- in education

- at home with friends and family.

Click [here](#) to access their participation pack.



### **Voluntary and Community Organisation Toolkits**

East Cambridgeshire District Council in partnership with Voluntary and Community Action East Cambridgeshire have produced two toolkits in order to help voluntary and community organisations to be sustainable and 'funder ready'.

Click [here](#) to access the toolkits.



### **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.



### **Psychological Resilience Toolkit**

This toolkit has been developed for London's Integrated Care Systems to help inform local models of mental



health and wellbeing support for staff, particularly in response to COVID-19.

It is structured around a set of guideline principles compiled by a group of clinical and academic experts from across London, based on evidence based care and best practice models.

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.

**energy**  
**saving**  
**trust**

### **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

[Trauma patients helped by 'social prescribing' in Sandwell, report finds](#)

[GPs to send women for period course via social prescribing](#)

[The cost of living crisis: how can we tackle fuel poverty and food insecurity in practice?](#)

[Preventative prescribing with parkrun](#)

[Column: This new project can help our young people to achieve goals](#)

[Green spaces help people using mental health services in Bury and Rochdale.](#)

[The health tech startup which emerged through a pandemic](#)

[Understanding the Cost of Living through statistics](#)

[Funding Preventing Gambling Harms Training for Faith Leaders](#)