



Smoke Free, Long Hot Summer Days!

Well who would have thought it! I am clean, and smelling lovely – I have joined the ranks of lots of other sensible people as a non-smoker. I can't pretend it was easy and I would like to thank all my colleagues at Healthy Living Initiative and Health Promotion Service for putting up with my extreme irritability and my poor husband who had to put up with the lowest forms of emotional blackmail in the hope that he would relent and let me have a cigarette – but luckily he didn't and now I haven't smoked for over a month. Later on in the Newsletter I have written a Book Review on Alan Carr's Easy Way to Stop Smoking – see what you think.



I would like to welcome Lewis Jones to the Healthy Living Initiative team who has joined us as our new Young People Activator for the LEAP Project. See later in the newsletter where Lewis tells us his darkest and deepest secrets!

Together with Joe Hoare (remember him from the conference!) we are still looking to challenge the World Record for the longest laugh and are negotiating with the Guinness Book of Records as I write. It looks like we are going to hold a date in September and are looking for as many people as possible to come and laugh for two hours! Joe will be available to set the scene and get us in the right frame of mind for the longest laugh. We are also hoping to raise funds for the British Heart Foundation. So, watch this space and we'll let you know so that you can come and play and laugh.

Have a great summer and we'll meet soon to laugh together.

Alex

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MAKE POVERTY HISTORY

The Make Poverty History coalition and Penguin have joined together in the fight against world poverty to create a brilliantly simple, but life saving book - 'How You Can Help Defeat Extreme Poverty, in Seven Easy Steps'. The book is aimed at people who think it is wrong that 30,000 children in Africa die of poverty every day, or indeed wrong that for every £1 they receive in Aid they have to pay back £13 in debt. With quotes from everyone from Bono to Nelson Mandela and ideas on how to get involved, Make Poverty History will be published by Penguin, priced £2.

Free Stationery!

I have been donated a large amount of stationery: rulers, pencils, pens, scissors etc and am looking to donate to needy community groups. If any of you know of groups that need basics such as stationery please contact Kate. If you are interested, please let me know the size of the group as well as other info. Thanks Kate Venner, Cornwall Neighbourhoods 4 Change, Gwavas. Email: kvenner@cn4c.org.uk

Effective Supervision Skills

Practical, proven, supervision skills training for participants from voluntary, community and statutory organisations. Equally suitable for new and experienced supervisors.

Different people will attach their own different meaning to the term Supervision. We see it as a supportive, collaborative part of the line-management process, where the supervisee is encouraged to examine and review their work in an atmosphere of trust and mutual respect. We offer a simple but powerful structure, focusing on the tasks and performance of the worker while simultaneously building and maintaining the essential supervisory relationship.

The course lasts for two days, focusing on a one to one supervision session. All the teaching is underlined by progressive practical sessions which use participants' own issues in a non-threatening, safe environment to ensure everyone's learning is grounded in reality.

£165 for two days per person at the Shire House, Bodmin on Thursday and Friday 8th & 9th September 2005. IDT Training and Education, 7 Clifton Terrace, Torquay

TQ1 1EZ Telephone: 01803 299049

E-mail: mail@idttraining.com

Web: www.idttraining.com

Plain English Campaign

Having recently read some information from Plain English Campaign, I would like to share some of it with you:

Plain English Campaign is an independent organisation fighting for crystal clear language and against jargon, gobbledegook and other confusing language. It defines plain English as something that the intended audience can read, understand and act upon the first time they read it. It also takes into account design and layout as well as language. The main advantages of plain English are:

- it is faster to write;
- it is faster to read; and
- you get your message across more often, more easily and in a friendlier way.

Keep your sentences short, most experts would agree that clear writing should have an average sentence length of 15 to 20 words.

Try to aim for a font size of 12 point. The Royal National Institute for the Blind recommends a minimum type size of 14 point.

Avoid using block capital letters for emphasis - it makes words difficult to read, and looks as though YOU ARE SHOUTING. Stick to bold style for emphasis - don't underline. Avoid blocks of text in italics - the odd word is OK, but a block of italic text, especially if it's a small font size, is difficult to read.

Use left ranged text for smoother and easier reading. Justified text may look neater, but it is more difficult to read.

Page layouts consist of text, illustrations, and white space. It is important that you are aware of how these different elements relate to each other. Many people work hard on their writing style yet pay little attention to how their words appear on the page. They don't realise, for example, that pages dense with body text are very off-putting.

Use design to attract your readers and to help them find their way around your documents.

And always check that your writing is clear, helpful, human and polite.

Plain English Campaign, PO Box 3, New Mills, High Peak, SK22 4QP

Phone 01663 744409 info@plainenglish.co.uk

The Bizi-Bus

What is a Bizi-Bus?

A Bizi-Bus is anything you want it to be. The first buses, donated by First Bus Devon and Cornwall, are going to be converted into mobile homework club/cyber cafes for use by young people in the South West of England in areas where there are few youth facilities.



The first conversions, funded by the Prince's Trust, are being undertaken by prisoners and young offenders in Devon as part of a pre-release scheme which will enable them to gain more skills. As each conversion is complete they will be invited to name the bus allowing them a sense of ownership.

When each Bizi-Bus is finished it will be donated to youth projects within the South West. However, there is now a growing list of projects throughout the country requesting one of the Bizi-Buses and other funding avenues have voiced an interest in investing in the project. As a result plans are underway to roll out the Bizi-Bus project throughout Great Britain by inviting other bus companies to come on board.

Interested in finding out more?

Please contact Val Davies at valerie.davis2@tesco.net

Future Opportunities for the Voluntary Sector in Carrick

Sixty plus representatives from voluntary and community groups throughout Carrick met at the National Maritime Museum on Thursday 23 June 2005 to re-establish the Carrick Community Alliance and to discuss future opportunities for the voluntary sector.

The Alliance was set up originally to provide local direction and accountability in the delivery of the Carrick Community Alliance Integrated Area Plan (IAP) for Objective One. However, broadening of focus away from exclusive Objective One and the establishment of the Carrick Communities Local Strategic Partnership (LSP) in 2003, now means Carrick needs a more broadly based platform to act as a consultative Forum and link between the LSP, the Public and all relevant local organisations. It is hoped that The Alliance will act as this Forum.

Ed Tozer and Hilary Workman, from Cornwall Centre for Volunteers, will lead the discussions on the next steps needed to develop the Alliance to encourage more members and more contact, with an effective communication chain. It is hoped to have regular themed meetings on matters of real relevance and a more transparent process for how we will represent views and press for results.

Future meetings are planned for: 26 July, 18 August and 28 September 2005

Any voluntary or community groups within Carrick that are interested in joining the Alliance should contact Lynn Carter 01872 224372. lcarter@carrick.gov.uk

Health Promotion Website
www.healthpromcornwall.org

EATSOME PROJECT



Only four months left of the Eatsome Project so we are focusing on the Get Cooking Course to ensure that consistent healthy eating messages and cooking clubs continue after our departure.

Get Cooking Training

This two day course is designed to assist those running or planning to run cooking sessions with their groups in the theory and practicalities of running a successful and healthy cookery club.

If you are interested in attending a course, please let us know.

COURSE DATES

21 and 22 July - Bude

27 & 28 July - Penzance

19 & 20 September - Camborne

Contact Sophia Aston on 01209 216967

e-mail: Sophia.Aston@centralpct.cornwall.nhs.uk

DESIGN AND DINE

Eatsome and Arts for Health, have produced an art project around healthy eating, called Design and Dine. The aim of the project was to encourage a better understanding of healthy eating and the foods we eat through the use of fun art sessions.

Members of Cornwall One Parent Support (COPS) in Penzance, Falmouth Family Centre and Torpoint's CHAT & Colour Circle Workshop have spent over 6 weeks turning bare tables into food themed tabletop art. Each group used different techniques to achieve their tabletop design, including mosaic and screen printing.



To celebrate the end of the project, each group has organised a healthy banquet to which friends and family have been invited.

The tables will be briefly displayed at The Knowledge Spa at Treリスケ Hospital before being made available to community groups across the county for support with healthy eating ideas and discussions.

Bitesize Grants

Rounds 4 and 5 of the Bite Size Grants have now closed and the following projects were funded.

Round 4

Organisation/Project	Amount Received	Title/Summary
Sure Start Portheyl	£300.00	Get Cooking Course
Sure Start Chy Carne and Portheyl	£300.00	Volunteers Week Celebration
CHAT LINK	£300.00	Chat and Cook
V Patrick via Truro College	£264.00	Healthy Eating Courses
Blisland Village Hall	£300.00	Healthy Picnics
Tolvaddon Regeneration Group	£100.00	Funday Fruit Cocktails
TOTAL	£1,564	

Round 5

Organisation/Project	Amount Received	Title/Summary
Malpas and Trelander Community Projects	£200.00	Easy-veg Box scheme
St Austell Family Centre	£122.87	Can Cook, Will Cook
Berryfields and District Community Association	£200.00	Healthy eating snacks
St Austell Family Centre	£179.00	Lifeskills Group
Stay and Play @ Chacewater	£150.00	Healthy Eating for under 5s
Bishop's Forum	£ 70.00	Healthy Eating is just as ...
Central PCT	£200.00	Promoting Healthy Weaning
The New Connection	£171.96	Fore St Garden Project
Beacon Community Regeneration Partnership	£200.00	Gardening Competition
Cornwall Neighbourhoods for Change	£150.00	CN4C Event
Crossover Community Project	£200.00	Ready Steady Cook
Sure Start	£100.00	Cooking with Stories
Camel Club	£150.00	Healthy Living in society
St Tudy Pre-School	£ 45.00	Health Snack Time
Manor Park Tenants & Residents	£240.00	Cooking for individuals and small families
South East Cornwall Healthy Living Forum	£160.00	Healthy Lifestyles - Cookery Event
Blisland Toddler and Lunch Club	£150.00	Themed sessions
Falmouth Green Centre	£281.70	Outstanding Organics
Heartsease Heart Recovery Group	£120.00	Healthy diet for Heartsease
Stonham Mother and Baby	£250.00	Healthy Living Garden Banquet
Malpas and Trelander Community Group	£270.00	Healthy Eating Beach Day
Treeneere Community Rooms	£200.00	Cooking Club for Children
Bishops Forum	£300.00	Goodygrane Healthy Eating Project
YMCA Cornwall	£200.00	Happy Snax
St Just Youth & Community Project	£200.00	Healthy Eating Sessions
Weeth Allotment Soc.	£300.00	Allotment
Sure Start Pebbles	£ 60.00	Happy Birthday/Healthy Choices
TOTAL	£4,870.53	

Over 50s Leisure Weeks

West of Cornwall



As some residents of Penwith and Kerrier may be aware an extremely interesting and active week of leisure and recreation activities took place in April. For those of you who were not aware, don't worry the Over 50s Leisure Week is back, this time in September.

The weeks have been organised by the West of Cornwall LEAP (Local Exercise Action Pilot) project in conjunction with Penwith District Council and Kerrier District Council. The activities take place right across Kerrier and Penwith,



using sports clubs, leisure centres and other leisure providers such as golf clubs and the adult education service. All activities are fun, led by suitably qualified coaches and most importantly are FREE of charge.

The April week was enormously successful. There was a wide range of activities including bowls, walking, pilates, tai-chi, cycling, swimming, windsurfing, sailing plus many more. The week in

September will include similar activities and will be a great chance to try something new, meet new people or just have some fun while being active.

If you think this may be your sort of thing, its easy to book up for the September Week, which will be happening between the 19th and 25th

Step 1: Ring the booking line on 01209 313419, and a member of the Over 50s Leisure Week Team will then send you out a timetable.

Step 2: Find something you want to do, ring up again on 01209 313419 and book on, simple as that!

The whole Over 50s Leisure Team would like to pay special thanks to all the sports clubs and leisure providers who have delivered activity sessions in April and those who are going to take part in September.

Streetgames

STREETGAMES gives 11-16 year olds of all abilities, the opportunity to 'turn up and play' in your own community, see below to find out where they are taking place. The HALP Project, LEAP and the sports development teams within Penwith and Kerrier district councils support the scheme.



Penzance

Gwavas estate. Mon: 6-8pm Phone Kim Beard 01872 324640/ 07968 892910

Newlyn Green. Thurs: 6-8pm Phone Kim Beard 01872 324640/ 07968 892910

St Ives

Penbeagle Park. Thurs: 4-5pm Phone LEAP 01209 313419

Hayle:

Hayle Recreation Ground: Tues & Thurs: 6.30 -7.30pm
Phone Kim Beard 01872 324640/ 07968 892910

Helston:

Helston Youth Club (opposite school) Thurs: 6.30 - 8.30pm
Phone Kim Beard 01872 324640/ 07968 892910

Camborne

Camborne Park (big park next to Camborne School) Wed: 6 -7.30pm
Phone Kim Beard 01872 324640/ 07968 892910

Pengegon, Camborne

Alternate Tues or Weds: 4-5pm.
Grenville Gardens, Troon. Alternate Tues or Weds: 4-5pm

Phone LEAP 01209 313419

Welcome to Lewis Jones



I was born in Stoke on Trent in 1980 and moved to Cornwall at the age of 12. I was educated at a number of Primary Schools and then Redruth Community School. From there I spent three years studying for a degree in Sport and Physical Education at UWIC in Cardiff, graduating in 2002. I then spent 18 months in Exmouth before returning to Redruth to take the post of Community Sports Development

Officer for the North Redruth Sports Outreach Project, where I worked until I joined the LEAP team.

West Cornwall Healthy Living Centre

THE WCHLC is the merger of the Penwith Healthy Living Network and the Kerrier Healthy Living Centre and is a pilot project funded by the Neighbourhood Renewal Fund, the Duchy Health Charity Limited, the Big Lottery Fund, Penwith District Council and Kerrier District Council.



This pilot project started in April this year which aims to provide a vehicle for health professionals, voluntary and community sector organisations and individuals to work together to improve health and well-being and reduce health inequality across West Cornwall.

The WCHLC works through 4 schemes:

GP Recommendation Scheme (GP Plus) for GPs and health professionals wanting to recommend patients to services or facilities provided by the community and voluntary sector. For example; support groups, parenting classes, befriending schemes for older people, advice lines etc (Contact Miriam Venner on 01209 614336)

Central Information and Support Service to provide a central point of contact via a comprehensive database and website in order to improve access to information about health related opportunities and services within West Cornwall. (Contact Ray Ashmore 01209 614448)

Volunteer Recruitment Scheme to recruit and support volunteers to sustain health related projects / organisations through volunteer placements. It also facilitates the mentoring of individuals and enable them to access health and well-being services (Contact Richard Hocking on 01209 217614 in Kerrier & Marilyn Tenbeth on 01736 330988 in Penwith)

Project Development and Support Scheme to provide supporting services (including project planning, grant applications, finance, monitoring and evaluation) for health related projects in West Cornwall. (Contact Dilys Down on 01736 330198)

GP Plus

How it Works.....

GPs will no longer have to retain hundreds of leaflets advertising projects. All will be available via the WCHLC database.

The WCHLC maintain a data-base of community health and well-being projects across West Cornwall. Any GP or other health professional who wishes to recommend a patient / client to a project can do in two ways;

1. Direct process via the WCHLC website or phone number through designated GP Plus scheme
2. Recommendation to the patient to contact the WCHLC themselves

The WCHLC staff will then research the most suitable projects and provide contact details and information to the individual requesting it. We can also provide a volunteer to accompany a patient to a group if required.

The website will also be a useful resource for both health professionals and the public for information of community health and well being.

What's in it for you?

- One phone number contact / one web address for GP's wanting to recommend patients to services provided by the community and voluntary sector but unable to collate / interpret huge range of information available.
- Enhanced service for patients through the facilitation of access to community health.
- Increased take up of community health projects.
- Reduce information overload for health professionals.
- Comprehensive data-base, updated regularly to provide information on projects, dates, times, meeting places etc.

“Guide to Promoting Your Project Success”

This step-by-step guide has been put together by the Carrick Regeneration Team who have kindly given their permission for us to pass it onto you! It can be used by groups to help with funding applications and it also contains some very useful advice for publicising your project.

Step 1 Calling the Funding Body

Check with the funding body what their normal process is for publicising projects. They may prepare their own press release or they may be happy for you to write one (see below). Equally they may send someone to take a photo of the smiling project team or they may be happy for you to do this (see below).

Step 2 Preparing Your Own Publicity

Even if the funding body wants to do its own press coverage for your project, there is no harm in raising your own profile and getting people excited about your project right at the start. What you will need to do is a) write a press release b) take digital images c) press release approved by the funding body d) send press release to the press.

Step 2a Writing your Press Release

Writing a press release is much easier than you may think – so long as you stick to these principles: it should be lively and interesting, have an eye-catching strong title, be concise with short sentences, give the meat of the message in the first sentence, give a contact name, company/organisation name and telephone number, and ideally be no longer than one side of A4. The crucial thing is that your press release states which agencies your project has received funding from. Name the funding agency.

Step 2b Taking the Digital Images

The items we read in our local papers are often the ones that have a good photo attached to them. It makes your story much more interesting for the press if you can provide them with an image they can use immediately. Make sure your company or organisation's logo or name or product is in the shot. Usually an officer from the funding body is more than happy to be in the photo.

Step 2c Getting Your Press Release Approved by the Funding Body

Funders usually just want to know what it is you're going to send out, when you're going to send it and to whom. They can often offer good advice on wording and supply a quote from their organisation.

Step 2d Sending it to the Press

Remember, once you've sent the information out you may be called by the Press for further information, so be prepared but don't get too worried. You may be surprised which ones may be interested enough to pick up your story!

Step 3 The Follow Up and The Press Call

Publicising your project when it starts is just the start of it all. If you want to make the most of raising the profile of your project, provide the press with intermittent updates on the progress of your project inviting them to visit the project to celebrate the key milestone it has reached. To make it news worthy you could get a well known person to attend. And lastly: don't forget to invite the funders!

Carrick Small Grants Scheme

The Healthy Living Initiative was delighted to award the Falmouth Youth Club £295 to help with the costs of a healthy living day as part of the Sunburst Community Activity Days programme. The day involved stalls, information and food all available to encourage and promote all things healthy!



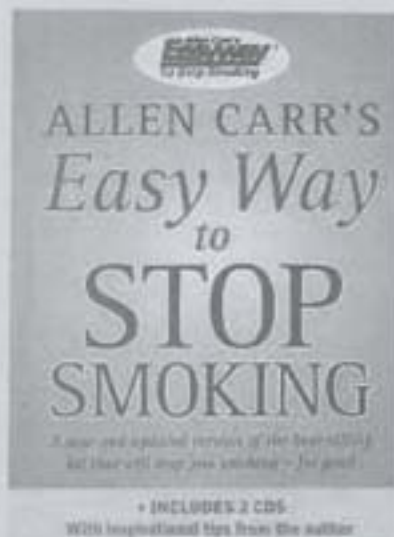
Here are some of the attendees enjoying fruit and vegetables from around the world.

THE NEW BOOK REVIEW

Alan Carr's Easy Way to Give Up Smoking

Firstly I need to tell you that Alan Carr's way of giving up smoking is just one of many ways of support available to smokers who wish to change their habit and become non-smokers. We have here in the Health Promotion Service the Cornwall Stop Smoking Service who have counsellors available to support people (01209 215666) and are able to offer nicotine replacement therapy (NRT) to help you quit the smoking habit. There are different ways that work for different people and not one definitive answer for giving up smoking. However, for me what appears to have worked has been Alan Carr's book. His approach is one of clarity and positive thinking. He clearly helps you to define all those reasons you normally try to ignore that you know are why you want to give up smoking, he breaks down all the illusions you put up as barriers to quitting smoking and makes you realise that becoming tobacco free is a joyful and exciting time – honest! To be free just feels great. When you are a smoker you are a slave to tobacco; you only go where you know you can smoke (i.e. restaurants that will accept you and your tobacco); you panic about whether you have enough tobacco to keep you going (for example, whilst climbing in North Wales, some time ago admittedly, my colleagues took 'emergency rations' up the mountains with them in case we got lost or stuck – me, I took 200 cigarettes!) and you tell yourself that you 'enjoy smoking', but thinking about it – do you really? Well I found that I didn't really enjoy it that much and that on balance I would rather be healthier, free and not quite so antisocial and ashamed!

My worse day (as experience of many giving up attempts has now shown me) is day five when, quite frankly, I am intolerable and very rude. But just getting past that day now means that I am moving further and further away from the old smoking me and closer and closer to a cleaner and brighter future without the worry of where and when I can have my next fag and whether I've got enough tobacco with me. If you want to give up (and you have to be ready, don't let others pressure you into it, but think about being free from tobacco for yourself) feel free to give the Stop Smoking Service a call on 01209 215666 or me and I can tell you how it really was for me.



Good Luck!

Alex

CARADON

Caradon District Healthy Living Forum
and Liskeard CHAIN

Liz Webb
North & East PCT
c/o Lamellon Hospital
Station Road,
Liskeard PL14 4DG
Telephone: 01579 348844
Email: lwebb@caradon.gov.uk

*Liz is usually available Mondays-
Wednesdays*

The south east Cornwall Healthy Living forum is organising a 'healthy lifestyles' training event on 14 September at the Millenium Centre, Pensilva. The day, the first in a short series, will address healthy eating dispelling the supermarket myths, how to shop locally and cheaply, good cooking on a budget etc. We have a demonstrator, Elma Allen, who will prepare several dishes which we can eat afterwards!

After lunch, there will be 'taster' sessions from complementary therapists so that people can experience a little bit of pampering.

This day will be followed in the spring by a 'Gardening and Keeping Active' event.

Kitchen Capers is a newly formed group who meet in Saltash college. The group is intergenerational - elderly people who have been cooking for the past 60 years, and who can remember back to the days when everybody grew their own veg and pizza wasn't invented - and young parents who tend to buy convenience foods, but who have learned lots of short cuts, and have their own way of doing things. We have the experience and healthy cooking from the older members of the group, who have taught some of the parents to make, for example, soup (nutritious food for kids). The group is learning all about herbs, and potting them for the garden. This is a pilot project for eight weeks, which, if successful, will become a course at Cornwall College, Saltash.

CARRICK

Carrick Network Forum

Trudy Swann
Community Development Worker
Malpas & Trelander Community Projects
Polruan Court
Polruan Road
Truro TR1 1QR
01872 264882
Email:
malpasandrelander@hotmail.com

KERRIER

Paula Nicholls
Kerrier Interlink
64 West End
Redruth TR15 2SQ
01209 217861
paulian@ccdf.co.uk

ISLES OF SCILLY

Joel Williams,
Isles of Scilly Early Years Officer
Early Years Office,
Town Hall,
St Mary's,
Isles of Scilly TR21 0LW
Telephone: 01720 423680
jwilliams@scilly.gov.uk

NORTH CORNWALL

North Cornwall Healthy Living Centre Forum

Paul Masters
North Cornwall District Council
Higher Trenant Road,
Wadebridge PL27 6TW
Telephone 01208 893265
Email: paul.masters@ncdc.gov.uk

PENWITH

Penwith Healthy Living Network

Dilys Down
Penwith Community Development Trust
Parade Street,
Penzance TR18 4BU
Telephone 01736 330198
Email: phln@pcdt.org.uk

RESTORMEL

Restormel Healthy Living Forum
Stella Jenkin
League of Friends Cornwall & Isles of Scilly
Penrithan, Newquay Hospital,
42 St Thomas Road,
Newquay TR7 1RQ
Telephone 01637 893637
Fax: 01637 893659
Email: stella.jenkin@cornwall.nhs.uk

For forums that don't include date of next meeting:

If you would like to attend the next Healthy Living Initiative Forum meeting in your district, please contact your local forum lead for venue & time details.

COMMITTEE SKILLS TRAINING OPPORTUNITY

ELIZABETH HOUSE, TRURO
21st & 26th September 2005

An ideal opportunity to brush-up on skills and gain a nationally recognised, up-to-date qualification.

The training will take place over 2 days

Session 1 21st September 2005

Registration
Team building
Chairing & participating in meetings:
Communication, using your voice effectively
Barriers to communication & how to overcome them E.g. prejudice, disability, language, accent etc
Effective listening
Body language
Presenting yourself effectively
Decision making.

Session 2 28th September 2005

This session will cover the written side of literacy in relation to meetings.
E.g. Note taking, writing memos, minutes & letters.
The main focus will be on using appropriate, professional language & vocabulary when communicating with colleagues, clients etc.
It aims to develop course participants' confidence in writing clearly & concisely.

Both days will be very interactive with participants joining in group discussions/activities as much as possible.

Denise Towler
01872 354168 07891840336

Small Grants Scheme

The following are the successful Small Grants Scheme recipients for the last round of funding.



Carrick District

Anchor Project £150

D.M. Ingram 01326 315822
Mental health & wellbeing trips

Mencap, Waterloo House £300

Penny Bunney 01326 270570
Developing an environment that will reserve and encourage natural habitat & encourage community & recreational activities

Falmouth Age Concern Befriending Scheme £200

Val Jenner 01326 319058
Befriending Scheme – Renovating Training room

Cornwall Neighbourhood 4 Change £230

Mary Ryan 01872 321119
St Petrocs Mosaic Project

Falmouth Green Centre £150

Guy Doncaster 01326 377173
Falmouth Green Centre Open Day

Truro City Council £300

Trudy Swann 01872 264882
Vegetable Box Scheme

Truro City Council £300

Trudy Swann 01872 264882
Trelander Summer Activities

Kerrier District

The Bishops Forum £240

Richard May 01326 340912
Woodland Walk

The Crash Heart Group £295.51

R.D. Bullen 01209 213823
The Crash Heart Group for exercise and social wellbeing & emotional support.

Swallows of Helston £200

Sylvie Trevena 01209 613134
Providing equipment & qualified coaching in local primary schools to supplement the existing provision

Little Dolphins Pre-School £200

Alison Horrocks 01736 762527
Little Dolphins go wild!



Cornwall Centre for Volunteers £218

Richard Hocking 01209 217614
Lifestyle & leisure fair, Mullion

Tolvaddon Regeneration Group £200

Sandra Cox 01209 719741
Tolvaddon Streetgames

Crossover Community Centre £100

Audrey Carmichael 01209 714781
Community Fun Days

North Cornwall

Callington School Sport Partnership £300

Michelle Roberts 01579 386120
Feeling Good, Looking Good

Callington School Sport Partnership £300

Michelle Roberts 01579 386120
Feeling Good, Looking Good

Bisland Village Hall £200

Mary Pope 01208850338
Low Impact Keep Fit Classes

Playwise £300

Ann Tomkins 01726 821954
Bodmin Playday

St Issey & Little Petherick Community Association £200

M.H.T. Simpson 01841 540434
Village Fun Day/Fete in St Issey

Rethink Cornwall Services £300

Jain Ritchie 01208 815676
Art Exhibition to mark World Mental Health Day

Restormel District

St Petrocs Society Ltd £297.50

Barbara Tattersall 01637 872491
Table tennis table for the hostel

Newquay Surf Life Saving Club £300

Sue Butler 01637 872856
Purchase of lifesaving equipment for club

Rural Community Link Project £300

Glynis Meloy 01726 821858
Mens Mural Project

Stepping Stones £300

Julie Double 01726 74493
To create themed quiet area



QUESTIONS AND ANSWERS

Q & A

Q & A

Q & A

Q & A

Q & A

For this edition we thought we would pick the brains of one of local council workers, Paul Masters, Head of policy and communications for North Cornwall District Council.

1 What makes you tick?

Helping people get the best out of themselves

2 How did you get involved in your job?

After 12 years as a health inspector I fancied a change to get more involved in policy work.

3 What's the most challenging part of your job?

Prioritizing workloads to define what bits you can do and what bits you cant.

4 What do you do to relax?

Sail

5 Which famous person would you like to be?

Leonardo da Vinci

6 What's your motto?

Just do it!

7 What makes you happy?

Seeing other people happy

8 What's your favourite book, film, song or piece of art?

My favourite film is Where Eagles Dare

9 Who's your hero or heroine?

Bruce Willis (in Die Hard) or Jack Bower (in 24)

10 And why?

Because they always save the day

11 What's your idea of a perfect world?

Drinking a bottle of Rioja whilst sailing off the Carrick Roads on a sunny afternoon.



Opportunities for Volunteering: National Agents

The Department of Health sponsors the Opportunities for Volunteering (OFV) scheme. This scheme is delivered in partnership with the voluntary and community sectors in England. The scheme provides grants and development support to local health and social care projects, enabling them to involve volunteers in their work, to complement local statutory service delivery. Volunteering England is one of 16 national charities that distribute grants as part of this scheme. These charities are known as national agents and below is a selected sample.

bassac

Bassac stands for British Association of Settlements And Social Actions Centres. Bassac is a membership organisation that represents and supports a national network of organisations that provide services, community development support and host smaller community initiatives. Located in areas of deprivation, they strengthen neighbourhoods and increase opportunities for local people.

bassac's main priorities are:

- Using diversity to overcome inequalities in health
- Using the multi-purpose approach to benefit the health and well being of the local community

Application

Grants are only available to bassac members. For more information about membership look at bassac's website. The next application process starts in autumn 2005 for funding projects from April 2006.

Contact: Jo Martyn

33 Corsham Street, London N1 6DR

Tel: 020 7735 1075

Email: jo@bassac.org.uk

www.bassac.org.uk

MENCAP

MENCAP supports projects that expand voluntary work in the field of health and personal social services, designed to be of help to children, young people and/or adults with a learning disability.

Application

MENCAP awards grants to its affiliated clubs and societies, and other groups, for projects which are designed to be of help to people with a learning disability. The closing date for applications is 30 September each year.

21-22 Ford Street, Stockport, SK3 0BT

Tel: 0161 9689250

Email: john.oliver@mencap.org.uk

www.mencap.org.uk

National Association of Hospital and Community Friends

NAHCF aims to enhance communities' experience of health and social care through volunteering by promoting core values, and supporting members and service users in successful volunteering. NAHCF encourage and support both members and non-members by using their knowledge and competence to develop practical solutions, and seek to inspire volunteering through the sharing of best practice. They are fully committed to providing ever-improving services and quality standards, in support of member groups and their clients.

Applications are accepted only from NAHCF affiliated Friends Groups.

NAHCF, 11-13 Cavendish Square, London W1G 0AN

Tel: 0845 4500285

Email: stephen.moreton@hc-friends.org.uk

Web: www.hc-friends.org.uk

SCOPE

SCOPE supports specific projects designed to meet the identified needs of disabled people, particularly projects involving disabled volunteers and parents/carers especially where these projects target early years issues.

SCOPE will be accepting applications in September 2005 for projects starting in April 2006

P.O. Box 150, Plymouth, PL6 7ES

Tel: 01752 695 912 Email: joanne.garbett3@scope.org.uk

Web: www.scope.org.uk

United Kingdom Council on Deafness (UKCoD)

UKCoD provides funding for specific health projects meeting the identified needs of deaf, deaf/blind or hard of hearing people in all health issues, projects providing services for deaf youths and projects promoting independence.

First step application forms for grants for the financial year 2006 will be available from October 2005. We can only consider grants for three year projects. The maximum grants are likely to be in the region of £15,000 per year.

OFV Liaison Office, Westwood Park, London Road, Little Horshesley

Colchester, CO6 4BS Tel: 01206 274 076

Text: 01206 274 078

Email: r.hewitt@deafcouncil.org.uk

Web: www.deafcouncil.org.uk

Getting involved....

West of Cornwall PCT are hoping to attract more people to get involved with their work.

Opportunities could include:

- Sitting on interview panels
- Giving comments on patient information (such as leaflets)
- Attending meetings to give a patient/public perspective
- Taking part in focus groups to discuss the quality of services
- Taking part in site visits to review the environment for patients

West of Cornwall 
Primary Care Trust

For more information Jane Goldsworthy on 01209 886592

North & East PCT are looking for people who would like to help them to understand and deliver the services patients need. You could be involved in interviewing staff, looking at hospital cleanliness, helping to design leaflets etc. for more information please contact Sara Bailey on 01579 335341

North and East Cornwall 
Primary Care Trust

Community Development Exchange

www.cdx.org.uk

Tel: 0114 270 1718

Community Development Exchange (CDX) works to ensure that community development is recognised and supported as a powerful way of tackling inequality and achieving social justice. Community development is about building active and sustainable communities based on social justice and mutual respect.

It is about changing power structures to remove the barriers that prevent people from participating in the issues that affect their lives.

CDX has produced a working statement based on certain values and commitments to act as a general starting point for individuals, groups and organisations. The following points, regarding values, are contained within this statement.

Social Justice - enabling people to claim their human rights, meet their needs and have greater control over the decision-making processes which affect their lives.

Participation - facilitating democratic involvement by people in the issues which affect their lives based on full citizenship, autonomy, and shared power, skills, knowledge and experience.

Equality - challenging the attitudes of individuals, and the practices of institutions and society, which discriminate against and marginalise people.

Learning - recognising the skills, knowledge and expertise that people contribute and develop by taking action to tackle social, economic, political and environmental problems.

Co-operation - working together to identify and implement action, based on mutual respect of diverse cultures and contributions.

Things for all of us to remember!

News from the Sustainable Trust

We had a splendid community banquet courtesy of the Eatsome Project in Crenver Grove near Praze, on a rain free Saturday in April. 65 friends, old and new, came to eat with their families and have a walk around the woods. Children played on fallen trees and in the hammock, and all had a thoroughly good time. A new track, opened with help from the Healthy Living Initiative Small Grants Scheme a few years ago, has given greater access to a much bigger area for public use and for management of the invasive species in the wood.

The following week, over 200 people attended our 'Bodgers & Badgers' event with woodland Arts and Crafts, free workshops and guided environmental walks. BTCV have funded a wheelchair accessible path into a glade for use as an outdoor classroom and we have had several schools enquiring about its use. The incredible statistic that 66% of children don't know where an acorn comes from has given us some determination to get them planting and start a tree nursery this autumn. 200 trees will be planted later this year with the help of the Cornwall Sustainable Energy Partnership, to 'Carbon Neutralise' their forthcoming conference by planting one for every delegate.

Despite all the rules, regulations and financial constraints we firmly believe that outdoor education is important for the development of young people. There is evidence to show that Attention Deficit Hyperactivity Disorder is improved by observing the colour green, and with a little birdsong and a balanced picnic our children's health is bound to improve.

The Prince's Trust have built us a bridge over the historic trench dug as practice for D-Day. It has always been difficult to cross and we are most grateful to this happy little band of hard workers.



Volunteers are always welcome to help us deal with the arisings (twiggy bits) from Cherry Laurel and Rhododendron. We meet on Saturdays from 10.30am and now on a weekday too.

For more details ring Pip on 01209 831718 or 07789 600941

www.sustrust.co.uk



Events

European Bat Weekend

27 - 29 August 2005

Bats make up a third of the UK's mammal population - of the 16 species of bat in this country, two are endangered and nine are threatened.

The Bat Conservation Trust www.bats.org

International Day of the Disappeared

30 August 2005

This Day is marked all around the world.

"Disappearance" is a global scourge, with instances occurring in at least 30 countries throughout the world.

The UN's Working Group on Enforced or Involuntary Disappearances, which has 45,998 outstanding cases of "disappearance" on its registers.

Amnesty International www.amnesty.org

Farmers' Market Month

1 - 30 September 2005

Reviving the traditional and friendly way to shop by encouraging local producers to sell their own produce.

National Farmers' Retail & Markets Association
www.farma.org.uk

International Literacy Day

8 September 2005

It is estimated that 860 million of the world's adults do not know how to read or write (nearly two-thirds of whom are women) and that more than 100 million children lack access to education.

www.un.org

Fibromyalgia Awareness Week

10 - 17 September 2005

Fibromyalgia is a chronic condition of widespread pain and profound fatigue. Working to raise awareness of Fibromyalgia and the support that is available to those affected.

www.fibromyalgiauk.org

Advice Week

12 - 18 September 2005

Citizens Advice Bureaux across the UK highlight their key role as community charities. This year, Advice Week

marks the 66th anniversary of the Citizens Advice service. The first 200 bureaux opened for business in September 1939 as World War II began, staffed entirely by volunteers and with financial support from local councils.
www.citizensadvice.org.uk

Clean Up the World Weekend

16 - 18 September 2005

Communities around the world will make their local environment a cleaner, healthier place to live this weekend.

United Nations Environment Programme
www.unep.org

European Mobility Week

16 - 22 September 2005

This week European citizens have the opportunity to enjoy a full week of events dedicated to sustainable mobility. The aim is to promote sustainable trips to workplaces and schools by encouraging alternative modes of transport such as cycling, walking, public transport and car-pooling.

Department for Transport
www.22september.org

Beachwatch 2005

17 - 18 September 2005

The flagship event of the Adopt-a-Beach project - a coastal environmental initiative organised by the Marine Conservation Society

Marine Conservation Society
www.mcsuk.org

Welcome to Walking Week

17 - 25 September 2005

A festival of walks designed as a gentle introduction to walking - hundreds of short, easy walks for all ages planned throughout England, Scotland and Wales.

Ramblers' Association
www.ramblers.org.uk

National Fire Safety Week

18 - 24 September 2005

An opportunity for fire brigades and other interested organisations to collaborate in addressing the fire safety problems which particularly affect their communities

Fire Protection Association
www.thefpa.co.uk

School Transport Safety Week

19 - 26 September 2005

Encouraging schools, parents, pupils and the coach and bus industry to work together to promote and highlight safety issues surrounding school transport provision in an effort to reduce fatalities and injuries of children and young people

Belt Up School Kids Tel. 01633 274 944 buskuk@aol.com

Take Your Dog to Work Day**20 September 2005**

Encouraging dog owners to spend more time with their animals by offering them a taste of working life.

The Blue Cross www.bluecross.org.uk

Big Blue and Yellow Day**23 September 2005**

Fundraising for Whizz-Kidz is a great way for young people to support other young people. By teaming your school up with Whizz-Kidz you can help us raise vital funds to improve a disabled child's life dramatically and teach your pupils an understanding of disability issues.

Whizz-Kidz www.whizz-kidz.org.uk

International Day of Peace**21 September 2005**

Peace is a common desire for peoples throughout the world. The establishment of the United Nations in 1945, at the end of the most devastating war in human history, was an embodiment of this universal desire. Keeping peace and developing friendly relations among nations are among the main objectives of the United Nations.

United Nations (UN) www.un.org.uk

Age Concern Week**24 September - 1 October 2005**

The annual campaign that highlights the work of Age Concern in helping older people and looking after their interests. Age Concern www.ageconcern.org.uk

World Heart Day**25 September 2005**

This day runs in over 90 countries, including the UK - the theme this year is Children, Adolescents and Heart Disease with the core messages being obesity and smoking. World Heart Federation www.worldheart.org

Lick Child Poverty**30 September 2005**

ActionAid is asking people in the UK to re-live their childhood for a day in a bid to raise as much money as possible to help put an end to child poverty.

ActionAid www.actionaid.org.uk

World's Biggest Coffee Morning**30 September 2005**

Macmillan Cancer Relief are asking people everywhere to join them for a coffee and help raise £5 million for people living with cancer. Getting involved in the event is easy. Simply hold a coffee morning at home, work or school and ask guests to make a donation for the coffee they drink.

Macmillan Cancer Relief www.macmillan.org.uk

Exercise and Physical Activity is essential especially for people - like me!

The process of ageing brings about a change in physical ability that may differ from person to person. Reduction in lean muscle and bone mass occurs with age, even in healthy active individuals. However, some changes occur because of lack of activity, some of which may be because "thoughtful" people assist in every way possible! We need to rethink these acts of kindness - they may not "kill" but they can impair the person's health!

Thinning bones render older people vulnerable to fractures and unsteadiness caused by muscle wasting, which can make any activity an effort that leads to sedentary lifestyle and the less you do the less you can do - robbing you of your independence!

Loss of strength through age has been directly linked to loss of balance, flexibility and co-ordination. The solution is simple - Exercise - the benefits are endless! Here are just a few!

- Controls blood pressure, weight and cholesterol levels
- Conditions muscles, tendons, ligaments and bones
- Helps manage pain and diabetes
- Enhances the quality of sleep
- Reduces the risks of hardening of the arteries, heart attack and stroke
- Lowers the risk of cancers
- Assists with stress management & acts as an effective, safe antidepressant
- Improves digestion, increases opportunities to meet people and function independently

Walking at a pace that you can still talk and walk but makes you a little warmer, is a good general activity, although any form of physical activity such as manual housework or gardening can increase fitness and improve general health and wellbeing. What ever you do start slowly and build up gradually. It will quickly make a difference to how you feel and will really benefit your health ultimately.

Find ways of doing it with others to help you increase the fun, build your confidence and double the chances of maintaining your motivation and commitment. Why not find out what is going on in your neighbourhood and go along and take an active part. Just do more activity more often - and you will look good, feel fantastic and be well.

Angela Royle Senior Health Promotion Officer,

Telephone 01209 313419

FREE to good home

From the Information and Resource Library here at Health Promotion Service, a set of display boards, 6 panels with attached shelving. In very good condition but the resource department have no where to store it.

Please contact Nigel or Maggie on 01209 3132188 if you are interested

Small grants for charities from trusts, foundations and the lottery

This listing from the Directory of Social Change (www.dsc.org.uk) is for charities wanting small grants, usually for amounts of less than £5,000. (There are many further trusts making grants of this kind). Unless there is an application form, send a brief letter on one side of a sheet of paper, saying who you are and what you want the money for, accompanied by your most recent annual report and accounts. If the trusts want more detail, they will ask for it. The full policies and practices of these trusts, and of many more, are set out in the Guide to the Major Trusts, Volume 1, from the Directory of Social Change.

BBC Children in Need

Nearly 2,000 small grants, ranging from a few hundred to a few thousand pounds, for projects for disadvantaged children in the UK. Two closing dates each year, in March and November.

For application forms:

Website: www.bbc.co.uk/pudsey

England: 020 8576 7788

Community Foundations

Most community foundations make small grants for all types of community activity, often on an on-going basis.

For details of the community foundation operating in your local area visit www.communityfoundations.org.uk or call 020 7713 9326.

Paul Hamlyn Foundation

Large number of small grants under £2,000 each year, to support local schemes to widen access to arts and education. Small grants committee meets monthly.

For application forms visit www.phf.org.uk or call 020 7227 3500.

Hedley Foundation

Around 300 grants for amounts between £1,000 and £5,000, for welfare charities. Success rate: 25% for all applications, 75% for those within the published criteria.

For criteria and how to apply, consult the website www.hedleyfoundation.org.uk or call 020 7489 8076

Laing's Charitable Trust

Probably nearly 1,000 small grants a year to 'make a difference', in the fields of homelessness, disadvantaged youth, education and environment.

Write to:

Michael Hamilton, Secretary, Laing's Charitable Trust, The Waterfront, Elstree Road, Elstree, Herts, WD6 3BS

Laing Family Foundations

Collectively over 500 small grants (normally under £1,000) a year in a wide range of fields (except the arts).

Write, enclosing annual report and accounts, to: Miss Elizabeth Harley, The Laing Family Foundations, 33 Bunns Lane, Mill Hill, London, NW7 2DX

Lloyds TSB Foundations

Around 5,000 small grants a year, for social and community needs.

For application forms:

www.lloydstsbfoundations.org.uk or call 020 7204 5276

Mercers' Charitable Trust

Around 500 grants a year for amounts under £5,000, to a wide range of charities.

Write, enclosing annual report and accounts, to: Katherine Payne, Grants Manager
The Mercers' Charitable Foundation
Mercers' Hall, Ironmonger Lane,
London, EC2V 8ME

P F Charitable Trust

Probably at least several hundred small grants each year, to 'a wide variety of charitable causes' in England and Wales.

Write to:

D H Pocknee, Secretary, or Geoffrey Fincham
The P F Charitable Trust, Ely House, 37 Dover
Street, London, W1S 4NJ

Pilgrim Trust

£200,000 available each year for grants under
£5,000, for social welfare.

For application forms visit

www.thepilgrimtrust.org.uk or
call 020 7222 4723

Rank Foundation

Over 150 small grants under £5,000 for social
welfare.

For details www.rankfoundation.com or call
01926 744 550 (Preliminary telephone calls are
welcomed.)

Sir Jules Thorn Charitable Trust

Around 800 small grants a year to a wide range
of causes, especially health and welfare.

Website: www.julesthorntrust.org.uk

Write to the Director, 24 Manchester Square,
London, W1U 3TH

Tudor Trust

Probably over 150 grants for amounts of £5,000
or under each year, in a broad range of fields.

Grant decisions made within two to three
months.

For details of how to apply visit

www.tudortrust.org.uk or call 020 7727 8522.

Variety Club Children's Charity

Around 150-200 grants a year for children's
charities.

For application forms visit

www.varietyclub.org.uk or call 020 7428 8100.

Garfield Weston Foundation

Probably at least several hundred small grants
each year, covering most fields.

Write, enclosing annual report and accounts, to:
Fiona Hare, Administrator, The Garfield Weston
Foundation

Weston Centre, Bowater House, 68
Knightsbridge, London
SW1X 7LQ

H D H Wills 1965 Charitable Trust

About 150 grants, mostly for £250-£500, for a
wide range of causes. Small grants considered
monthly.

Write to: Mrs Wendy Cooper, Trust Secretary,
Henley Knapp Barn, Fulwell, Chipping Norton,
Oxfordshire OX7 4EN

Community Health IMPACT awards

The GlaxoSmithKline Community Health IMPACT
awards provide funding for registered charities
setting an outstanding example in a health-related
field in the United Kingdom. It is an annual grant
programme funded by GlaxoSmithKline, run in
partnership with the King's Fund. The awards were
created in an effort to boost the funding of voluntary
health organisations that suffer from a lack of
resources, and often limited recognition.

Key features of the awards:

- * open to registered charities that are at least
three years old, working in a health-related field
in the United Kingdom, with a total annual
income under £750,000
- * ten winners receive £20,000, and one overall
winner receives an extra £10,000
- * in addition, up to ten highly commended
organisations receive £5,000
- * organisations do not have to present a new
project. The awards are designed to recognise
success and achievements for existing work.
- * organisations decide how to spend the
money.

The deadline for applications is Friday 21
October 2005.

More info and guidelines at

www.kingsfund.org/GSKimpactawards

www.askncvo.org.uk

askNCVO, is an online best practice resource for the voluntary sector, providing a wealth of free advice on subjects from trusteeship to employment law.

www.communitynewswire.org

The Community Newswire, launched by the Home Office in 2004, is a free service run by the Media Trust and The Press Association, to help community and voluntary groups gain coverage in the media. Each day Community Newswire journalists will write a selection of your news releases into stories. These will then go straight into the heart of England's newsrooms by being delivered direct to the desk tops of journalists around the country.

www.grantsforindividuals.org.uk

Directory of Social Change's Grants for Individuals new website contains details of over 3,500 trusts operating both nationally and locally. Designed to be a reference guide on charitable funds for individuals in need for use by Citizens Advice bureaux, school/university welfare offices, other welfare organisations, libraries and other organisations providing funding advice. The guide is well laid out and you can search it by area, occupation, illness or religion. There is an annual subscription charge which depends upon what type of organisation you are.

www.ourpartnership.org.uk

is an NCVO project supported by the Home Office's Active Communities Unit. Ourpartnership is a website which promotes best practice for people who are working in partnerships between the voluntary and public sectors. Register with the site for a free regular newsletter and to join in the debates on the current discussions. The site has regular updated pages on news, features, guidance and events. You'll find documents and links to information which give guidance on best practice for partnership working between the voluntary and public sectors in a variety of contexts.

www.flickernow.org.uk

The flickerNOW website is an exciting new on-line film and media resource for Cornwall, with developing links into Plymouth and the south west.

flickerNOW lists the latest screenings and moving image events, from art-house and mainstream cinema, new films, live installations and local shorts to meetings, workshops and events.

flickerNOW aims to raise the profile and engagement with moving image in its widest sense. You can add your listings and news, discuss issues and get up-to-date moving image information. The site also provides advice on training, networking and funding opportunities in the South West.

Creative Partnerships, 21b Pydar St, Truro, Cornwall TR1 2AY

phone 01872 275187

www.ncvo-sfp.org.uk

The Sustainable Funding Project encourages and enables voluntary and community organisations to explore a full range of funding options. The SFP has a holistic approach, with a particular focus on income generation. The website introduces information and ideas whilst also signposting to where you can find out more.

For more information on the Healthy Living Network or ideas and contributions please contact:

Alex Ollivier or Suzy Hall at the
Healthy Living Initiative, The Kernow Building,
Wilson Way, Pool, Redruth TR15 3QE

Direct Line: 01209 216967 - Switchboard: 01209 313419

Email: alex.ollivier@centralpct.cornwall.nhs.uk - suzanne.hall@centralpct.cornwall.nhs.uk

Copy deadline for next issue Friday 2nd September 2005