

Funders – love ‘em or hate ‘em?

While speaking to a colleague of mine recently, we were chatting about the demands and foibles of funders. Now in the main, and I’m including us in this, funders will generally require a great deal of knowledge about you and your project, but in our defence this is to ensure that any funding is appropriately allocated. But have you ever come across a funder that has taken things just too far? I would love for you to share with us the most atrocious or absurd thing any funder has said or asked you for. And just how far did you go to keep your funder happy? We all have our price, after all!

I know you are extremely busy, but this is just for a bit of fun and might just cause a little light relief during those dark days of filling out funding applications. After all, it is always good to know that someone else is having a harder time than you! Let me know your experience and we will publish them in the next newsletter. Give me a call on 01209 313419 or email me on alex.ollivier@ciospct.cornwall.nhs.uk

World Blood Donor Day

14 Jun 2007

www.wbdd.org/



I wanted to bring your attention to World Blood Donor Day on the 14 June 2007. A day for blood services across the globe to collectively recognise and thank their donors for their support.

I have now been giving my blood (for free!) for the past ten years or so. I hate pain and am about the biggest wimp I know, but there is very little pain inflicted at all – honest (although clearly I make a great deal of fuss). But best of all they make you feel like a hero at all times – I give blood because I think I should and because it is a massive ego boost! I give blood: I feel fabulous; I think that’s a pretty good deal. It doesn’t matter what your reasons for giving are, just give if you can. Apparently my blood is very common (which I think they must have wrong – I’m still surprised it comes out red and not blue), but they can even use this as a way to make you feel special – because it’s common, more people need it, therefore they need more common blood type donors. And the National Blood Service never makes people feel bad for not giving, just heap lots of praise for those who do, and you still get your cup of tea and a biscuit. You can now make an appointment for blood donation which means no more hanging around. My last donation took no more than 40 minutes from start to finish. Call the National Blood Service on 0845 7 711 711 and good luck.

Alex Ollivier

Deadline for next newsletter 3 August 2007

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Healthy Living Network News is the Health Promotion Service Newsletter for those involved in community health development. Editor: Alex Ollivier, Tel: (01209) 313419. Queries to Healthy Living Network News, Health Promotion Service, The Kernow Building, Wilson Way, Pool, Redruth, Cornwall TR15 3QE. The opinions expressed in this newsletter are those of the contributors and may not necessarily reflect those of the Health Promotion Service. The editor reserves the right to refuse or edit articles submitted.

The Health Promotion Service provides services on behalf of Cornwall & Isles of Scilly Health Community



Useful Contacts

The following is a list of useful contacts who are available to provide funding advice, help and support to community and voluntary groups across the county.

Healthy Living Forum leads

Penwith:

Dilys Down 01736 330045

Kerrier:

Douglas Polman 01209 614909

Restormel:

Stella Jenkin 01637 893637

Carrick:

Trudy Swann 01872 264882

Caradon:

Liz Webb 01579 348844

North Cornwall:

Jessica Pytel 01208 265624

Isles of Scilly:

Joel Williams 01720 423680

Interlink contacts

Kerrier:

Douglas Polman 01209 614909

Penwith:

Beccy Trehair 01209 614900

Restormel and Carrick:

Alison Mitchelmore 01872 264166

Caradon and North Cornwall:

Lydia Bilson 01208 75799

District council contacts

Each district council has a community team who are in place to support community and voluntary groups within that district.

Penwith:

Kelly Russell 01736 336899

Kerrier:

Josyane Thatcher
01209 614061

Carrick:

Martin Searle 01872 224428

North Cornwall:

Jessica Pytel 01208 265624

Caradon:

Alison Gibson 01579 341030

Restormel:

01726 223618

The Echo Centre and South West Lakes Trust

We were highly delighted to attend the launch of "Echo" a new Wheelie boat at Siblyback Lake on the 1 May. A Wheelie boat is a specially designed boat which is able to take up to five wheelchairs and which allow easy access via a wide bow ramp, has unobstructed decks and is stable and virtually unsinkable.

As Caradon has a very active voluntary Healthy Living Forum, who perform the telephone appraisals for all the Small Grants applicants within their district, we felt it important that the volunteer appraiser for this particular grant, was also present at the launch.

So on a very hot sunny morning, Margaret Hall, (no relation but Margaret is the Chair of the Community Health Around Torpoint group 01752 812020) myself and many other interested parties, met at the lake to celebrate the occasion.

Many of the service users of the Echo Centre waited with baited breath for the maiden voyage, as the formalities took place, then after the champagne had been splashed all over the boat, the eager mariners boarded the boat and off they went around the lake!

It was a real honour to see the results of one of our Small Grants helping to provide so much independence, pleasure and excitement.

The Echo Centre is a purpose-built, multi-functional resource centre which offers a wide range of services and activities to people with physical disabilities living in the Caradon area. The centre's aim is to provide a quality service which promotes independence, social inclusion, empowerment and rehabilitation, and offers carers a break. Echo facilitates opportunities and experiences for people with disabilities, encouraging personal fulfilment, self-worth and reintegration into the community.

Contact the Echo centre for more details: 01579 347 836 or have a look at the website www.echocentre.co.uk



Q & A column



Lucy Kean

Coordinator for the Health Trainer Service in Cornwall and the South West Health Trainer Hub.

1 What makes you tick?

Clothes and shoes, especially Jimmy Choo shoes!

2 How did you get involved in your job?

Whilst in the RAF I dealt with lots of welfare issues which I really didn't expect! So when I left I went into care work in the acute and primary care trust. The work was rewarding but I had always enjoyed developing new ideas and working in various widespread locations so when this job came up it was the perfect opportunity.

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

Staying calm when it all goes wrong which it does!

4 What do you do to relax?

Running and scuba diving. One of my favourite things is to go abroad with a group of friends and spending my days diving, particularly in the Red Sea.

5 Which famous person would you like to be?

Jacques Cousteau.

6 What's your motto?

Keep smiling or scream, one normally works but if it doesn't laughing at the bad things does.

7 What makes you happy?

Watching the sea, its ability to be so powerful one day and serene the next is amazing. Spending time with family and friends doing fun things.

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

I love real life adventure books about people's achievements like climbing Mount Everest. John Miller paintings, particularly those of the Cornish coastline.

9 Who's your hero or heroine?

Ellen MacArthur and Jon Bon Jovi.

10 And why?

Ellen MacArthur has amazing strength and courage and achieves her dreams. As with Jon Bon Jovi that stems from my childhood! But he still does the job he loves and has a family, which he keeps away from the public eye.

11 What's your idea of a perfect world?

Not having to work, but still being able to enjoy life without worrying about the mortgage, but most of all being able to share that with my family and friends.

If you would like to contact Lucy she is available on 07811216386
lucy.kean@ciospct.cornwall.nhs.uk

Olympic lottery raid

A coalition of arts, sports and heritage organisations are campaigning together to press the Government to reconsider its Lottery raid to fund the increasing cost of the 2012 Olympics.

The Voluntary Arts Network, CCPR and Heritage Link, the main umbrella bodies for arts, sport and heritage groups, are working with the National Council for Voluntary Organisations (NCVO) to raise concerns that charities and community groups will lose out as a result of the diversion of Lottery funds announced by the Secretary of

State for Culture, Media and Sport in March.

The organisations have therefore written to key opposition spokespeople this week calling on them to support their campaign.

The diversion will mean that the Arts Council of England will lose £62 million over four years, the Heritage Lottery Fund (HLF) £90 million and Sport England £55 million. A recent parliamentary question demonstrates the importance of these Lottery funds to charities and community groups:

● The Heritage Lottery Fund estimates that in 2005-06, 55% of its Lottery awards were made to charities, voluntary organisations and community groups.

● Arts Council England estimates that it awarded approximately 60% of its 2005-06 budget to the voluntary and community sector.

● Sport England estimates that around 30% of its funding has gone to voluntary and community organisations over the lifetime of the Lottery.

This means that heritage charities stand to lose out on almost £50 million, arts charities over £37 million and sports charities over £16m, a total of over £100 million.

<http://www.ncvo-vol.uk/releases/>

Space Travel:

A truly inspirational story



The world's best-known scientist Prof Stephen Hawking, who recently celebrated his 65th birthday, is planning a space flight in 2009, and recently experienced a zero gravity flight in preparation.

The occasion of Prof Hawking's birthday has led Lord Rees, president of the Royal Society, to pay a fulsome tribute.

He said it was "astonishing and noteworthy" that Prof Hawking had reached such an age because he was diagnosed with motor neurone disease, MND, when 21 and given only a year or two to live.

In his tribute, Lord Rees writes: "Everything that has happened since then seems to him a bonus. And what a triumph his life has been so far.

His name will live in the annals of science; millions have had their cosmic horizons widened by his best-selling books; and his unique achievement against all the odds is an inspiration to even more."

He told the Daily Telegraph that he had offered his DNA to be used to

scan his genetic code for clues to the cause of the MND, in an initiative backed by the MND Association.

Prof Hawking, who is confined to a wheelchair, now has to rely on a muscle below his right eye to operate — via a switch on his glasses — his voice synthesiser.

"Motor neurone disease is as common as multiple sclerosis but it has received much less public attention and awareness," he said.

"This may be because it often kills its victims in two or three years from the first appearance of symptoms, so they aren't around to be noticed. I am one of a few long-term survivors, so I have a duty to call attention to this terrible disease and to press for research into its causes, so we can find ways of curing it, or at least preventing it in the future".

It will be one giant leap for the world's best-known physicist and a powerful signal of support and inspiration for other people with disabilities.

Small community organisations to get £80m

In the March 2007 Budget, the Chancellor announced a new £80 million fund to provide small grants to community groups to make a real difference in their neighbourhood.

The fund will be distributed over four years by local grant makers with the greatest knowledge of their areas and local community groups.

The fund responds to a need identified in the Government's third sector review, informed by consultation with hundreds of third sector organisations and the Local Community Sector Taskforce.

The details of the programme will be developed with the sector over the Spring as part of the final stage of the Third Sector Review.

Ed Miliband, Minister for the Third Sector, said:

□ Much of the life-changing work accomplished by the third sector takes place at a community level, through small organisations responding to unique combinations of local needs.

□ In recognition of the importance of their work, we are launching a fund to provide small but crucial injections of funding to ensure they can continue to tackle disadvantage in innovative ways. □



Health Promotion Service Small Grants Scheme 2007-08



Grants of up to £300* now available

The overall aim of the **Small Grants Scheme** is to stimulate and support local communities in actions, which will reduce health inequalities, improve quality of life and quality of opportunity for communities.

The **Small Grants Scheme** gives communities the opportunity to be able to try out something new that would not otherwise be available to them without the funding.

Priorities

- Support community health development through community involvement and participation
- Encourage participation in creative activities
- Support community involvement in active recreation and/or environmental projects.
- Encourage positive mental health and well being

Criteria

Project applying for any of the priorities must ensure that their project will:

- Promote health and well-being throughout the community
- Encourage wide access and community involvement
- Address health inequalities, isolation, disadvantage and broaden equality of opportunity
- Identify a real need for the project
- Consult with users and the community
- Be well planned and realistic
- Include planning for sustainability
- Be on a not-for-profit basis
- Not be a statutory provision
- Be additional to current provision
- Be monitored and evaluated

The grant is not to be used for any profit making enterprise or a statutory responsibility

Closing Date Deadlines: 6th July and 9th November 2007

For further information and an application form contact
Alex Ollivier at The Health Promotion Service,
The Kernow Building, Wilson Way, Pool, Redruth, Cornwall TR15 3QE.
Telephone 01209 313419
or visit our website at:- www.healthpromcornwall.org/index_HL_Grants.asp

*If you have a project based in Caradon please contact Liz Webb on 01579 348844
e-mail: lwebb@caradon.gov.uk. Grants up to £200. Deadline 29th June 2007

Together We Can Plan

Together We Can is the Government's action plan to get citizens and public bodies working together to make life better, led by Communities and Local Government's Civil Renewal Unit.

Together We Can Action Plan

Launched on 28 June 2005 Together We Can sets out the Government's commitment to empower citizens to work with public bodies to set and achieve common goals.

By having this shared plan of action it can ensure the key initiatives from all relevant Government departments are carried out so they make a real difference to people's lives. The plan helps us to join up initiatives across Government. It enables to share and review what we learn as the plan progresses, and provides a basis on which we can build partnerships outside government to take our policies forward.

Twelve Government departments are taking part in the Together We Can plan and it covers a wide range of areas. The plan is divided into four strands:

- Citizens and Democracy
- Health and Sustainability
- Regeneration and Cohesion
- Safety and Justice

Health and Well-being

Together we can improve our health and well-being

People with health problems, whether physical or mental and from all types of community, are especially vulnerable, but their recovery can be helped by a sense of empowerment – the sense that they are able to take control of their own lives.

For the public bodies responsible for health care the challenge is to empower local communities, as well as individuals, to deliver change for themselves

The Choosing Health White Paper shows that this can happen, with examples like the pilot Communities for Health and the 'healthy communities collaborative' technique which enable local people to identify their community's needs and then actually help to carry out the improvements

There is more that can be done, for example through Patient and Public Involvement Forums which can influence local health priorities, and doing more to involve people in deciding where to site new NHS buildings – decisions that can make a crucial difference to their ability to use the health services they need

For more on Together We Can please visit the Together We Can website at www.togetherwecan.info



Local Government Review –

Consultation on proposal for a unitary authority for Cornwall

Strong and Prosperous Communities - the White Paper on Local Government was published on 26 October 2006. Within the White Paper was an invitation to councils to make proposals for future unitary structures or to pioneer new two-tier models as pathfinders. Two proposals were submitted from Cornwall; one from Cornwall County Council and one joint proposal from Carrick, Caradon, Penwith and Kerrier District Councils.

On 27 March 2007 the Government announced the shortlist of 16 unitary proposals to go forward to local consultation. Cornwall County Council's unitary proposal is included in the short list. The County Council unitary bid proposal document can be found on www.cornwall.gov.uk (One Cornwall). For information, the joint bid from the four district councils can be found on www.carrick.gov.uk

The Department for Communities and Local Government is inviting views on the unitary proposal for Cornwall – "Proposals for future unitary structures: Stakeholder consultation". The consultation documentation can be found on www.communities.gov.uk while the consultation period is open until 22 June 2007.

EVENTS

Race for Life

4 Apr - 22 Jul 2007

Take part in Race for Life - the UK's biggest women-only fundraising event with 800,000 women coming together to raise money for Cancer Research UK. www.raceforlife.org/

Walk in the Woods

1 - 31 May 2007

Head for the trees this May and do yourself some good in an environmentally-friendly way. That's the theme of The Tree Council's Walk in the Woods festival which offers plenty of opportunities to enjoy trees – whether in woods, parks or leafy streets – and benefit your health.

www.treecouncil.org.uk,

National Share-a-Story Month

1 - 31 May 2007

Bedtime stories, fairy stories, any other story you can think of! Everyone loves a story! Throughout May the Federation of Children's Book Groups is celebrating the power of story. www.fcbg.org.uk

World Turtle Day

23 May 2007

Since many people have no idea about the dire state of most turtle populations, this Day was designated to bring attention to conservation issues and to highlight ways individuals can protect these reptiles. http://www.hsus.org/wildlife/a_closer_look_at_wildlife/turtles_and_tortoises/celebrate_world_turtle_day.html

Volunteers' Week

1 - 7 Jun 2007

Volunteers' Week - the UK's annual celebration of the work of volunteers with events held across the country to recognise, reward and recruit volunteers. www.volunteering.org.uk/

Wildlife Week

2 - 23 Jun 2007

The Wildlife Trusts are encouraging everyone to 'wade into Wildlife Week'

and discover a wealth of wonderful wildlife. Go wild about water voles and whales, dotty about dormice and dolphins, be batty about bluebells and bitterns or get really passionate about puffins and porpoises. www.cornwall-wildlifetrust.org.uk

Togs for Dogs Day

8 Jun 2007

Togs for Dogs Day - a unique chance for schools, clubs, groups, companies and organisations to learn more about people with a hearing loss who depend on their dogs, while donating £1 to wear non-uniform, dress-up or dress-down. Don't worry if you can't take part on Friday 8 June. You can hold a Togs for Dogs Day whenever you like - just let us know and we'll send you everything you need. www.hearingdogs.org.uk/

Carers Week

11 - 17 Jun 2007

The annual celebration of the contribution that the UK's six million carers make to their families, friends and communities. www.carersweek.org/

National Liftshare Day

14 Jun 2007

Promoting car-sharing, both nationally and locally, as a cost effective and environmentally friendly form of transport, which is available to everyone free of charge. www.liftshare.org/

Bike Week

16 - 24 Jun 2007

Bike Week - a nationwide 'celebration of cycling'. www.bikeweek.org.uk/

Mad Hatter's Week

18 - 24 Jun 2007

Wear your favourite or silliest hat and make a real difference to lives across the UK. www.debra.org.uk/madhatter/downloads.htm

Use Your Paths Week

23 Jun - 1 Jul 2007

The Ramblers' Association's major campaign week spotlights both the importance and value of Britain's intricate web of footpaths. www.ramblers.org.uk/walksfinder/

Children's Art Day 2007

28 Jun - 1 Jul 2007

Children's Art Day 2007 - a day of events to celebrate art in schools and galleries, museums, art centres and science and discovery centres, as well as in unusual places all over the country.

www.engage.org/projects/artworks_or_gs.aspx

Wrong Trousers Day

29 Jun 2007

Inspired by the Oscar-winning characters Wallace and Gromit, Wrong Trousers Day is all about paying £1 for the right to look wrong and wearing wrong trousers to help improve the quality of life for children in hospitals and hospices around the UK. www.wallaceandgromitfoundation.org/

Shades Day 2007

29 Jun 2007

Guide Dogs' annual fundraising and eye health awareness-raising initiative - helping to raise essential funds for research into the causes of, and potential cures for, sight loss. www.guidedogs.org.uk/shadesday/

Free Resources

Four sets of Sasco display boards these are six panel sets (floor standing)

**Two table top display boards
1 x 3 panel
1 x 2 panel**

For further information and to view please contact a member of the library and admin team at the Health Promotion Service on 01209 313218

Latest Small Grant Awards



Restormel Round 3

The Works: Dance and Theatre Cornwall Ltd.	Truro	Restormel		Community Dance Classes
Cornwall Young Carers Project	Camborne	Restormel	£250	WRAP IT UP!
Youth Works	Par	Restormel	£200	Basketball Project
Cymaz Music Project	Par	Restormel	£290	Basic/quick/cheap and easy healthy meals cooking & budgeting
Fourways Youth Centre	Par	Restormel	£200	Stuff to do on a Monday
Fourways Youth Centre	Par	Restormel	£200	The Climbing Experience

North Cornwall Round 3

Blisland Village Hall	Bodmin	North Cornwall	£120	Low Impact Aerobics
Stoke Climsland Local History Group	Callington	North Cornwall	£120	Recording Memories
Kit Hill Young Engineers	Callington	North Cornwall	£120	Engineering Projects
Cornwall Young Carers Project	Camborne	North Cornwall	£300	WRAP IT UP!
The Works: Dance and Theatre Cornwall Ltd	Truro	North Cornwall		Community Dance Classes
North Cornwall Activities Network	Launceston	North Cornwall	£300	Family Cooking Sessions
Dreadnought	Launceston	North Cornwall	£300	Healthy Eating
Bodmin Health Walks	Bodmin	North Cornwall	£149	Bodmin Health Walks
Stoke Climsland Scout Group	Callington	North Cornwall	£120	Expedition Equipment
St Teath Children's Centre	Bodmin	North Cornwall	£250	Healthy Lunches
Bude Canoe Club Course	Holsworthy	North Cornwall	£120	Kayak Beginners
Marhamchurch Village Hall	Marhamchurch	North Cornwall	£120	Getting Marhamchurch Fit!
1st Stratton Brownies	Nr Bude	North Cornwall	£110	Playchute Physical Activity

Look on the bright side of life !

The South East Cornwall Healthy Living Forum are hosting an event at Millenium House, Pensilva on 4 November to demonstrate how laughter and humour contribute hugely to our health and wellbeing.

Research shows that laughter keeps you fit, exercises your internal organs, reduces the risk of stroke and heart attack, and is used in hospitals to help patients recover more quickly after operations and long illnesses.

The day will demonstrate just how good you can feel by enjoying yourself – so although we want you to have a good time, it's really to emphasise the health benefits and the effects on your mental and physical wellbeing.

Come along and enjoy yourself – then take back what you learn to your community groups so lots of people feel the benefit.

Please get in touch with Liz (lwebb@caradon.gov.uk, tel. 01579 348844) or Derris (derris.Watson@btinternet) to attend

