

# SOCIAL RESPONSIBILITY DECEMBER 2020

## CONTACT OUR SOCIAL RESPONSIBILITY TEAM

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## SRO DIARY DATES

### JANUARY 2021

**4 Cornwall Independent Poverty  
Forum meeting, 2pm.**

## DISABILITY GRANTS

**Disability Grants** is a website set up by Julia Tyrrell, the mother of a disabled child.

The site, which is free to access, has plenty of useful resources, including details of grant schemes arranged under a variety of headings and cover everything from trikes and wheelchairs to home adaptations, medical equipment and specialist holidays.

You can also sign up for regular email alerts on grants for people with a disability via **Julia's website**.

## CHRISTMAS BEFRIENDERS NEEDED TO BRING CHEER

Volunteer Cornwall are looking for people who would be interested in becoming a Christmas Befriender.

Volunteer Cornwall is bringing together various provisions available over the Christmas period and is asking for information regarding Christmas initiatives, ideas or events that people can get involved in and people who feel they could spare time to become a Christmas Befriender.

You can get in touch with Volunteer Cornwall by calling 01872 266988, emailing [christmas@volunteercornwall.org.uk](mailto:christmas@volunteercornwall.org.uk) or more information is available on the website [www.volunteercornwall.org.uk/christmas](http://www.volunteercornwall.org.uk/christmas)

## SPOTLIGHT ON .....

# UK DISABILITY HISTORY MONTH

"I wish for a world that views disability, mental or physical, not as a hindrance but as unique attributes that can be seen as powerful assets if given the right opportunities"

*Oliver Sacks*

UK Disability History Month which runs until December 18 is focusing on Access and asking the questions 'How far have we come? How far have we to go?'

For disabled people, access is now a fundamental human right, as is gaining participation on an equal level with others, regardless of any impairments. Disabled people have struggled for many years to change society's lived physical and information environment.

Churches are not exempt from this and are required to provide 'reasonable adjustments'.

The Equality & Diversity Committee for the diocese can help churches by



carrying out an access audit. For more details please contact Revd Dom Whitting, chair of the committee via email at [domwhitting@hotmail.com](mailto:domwhitting@hotmail.com)

## GIVE THE GIFT OF HOPE THIS CHRISTMAS

With Christmas just days away, if you are one of those still looking for last minute gifts, look no further! The Cornish Christmas Giving Catalogue is stuffed full of ideas and you will also be doing your part for the local community.

The catalogue features 20 Cornish charitable organisations and Cornwall's food banks, all working to provide advice, assistance, support and much more, to people in the local community.



You choose the 'gift' and in return you will receive a certificate to pass on to your family member or friend. Gifts start from just a £1. Following the challenges of the pandemic many of our projects are desperately in need of additional funding for Covid-19 provision.

You can download the catalogue here: **Cornwall Independent Poverty Forum website** or from the **Diocese of Truro website**. Payment is accepted online, by BACS or by post.

FOLLOW US TO KEEP UP TO DATE...



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# SPOTLIGHT ON ..... SURVIVING WINTER CAMPAIGN

Cornwall Community Foundation is appealing to anyone who receives the Winter Fuel Payment but does not need some or all of it to donate to the Surviving Winter campaign. Donations are also welcome from those who do not receive the allowance but wish to support the campaign.

Winter is a very challenging time for many people. 1 in 7 households (36,000 homes) in Cornwall live in fuel poverty. Cornwall is in the top 10 of fuel poor areas in England. In some communities as many as 1 in 4 homes live in fuel poverty, including Penzance, Falmouth, Wadebridge, St Austell and some Clay Villages, Fowey, Lostwithiel and Launceston.

Last winter, the Surviving Winter fund awarded grants totalling £19,500, helping people suffering fuel poverty or severe hardship associated with their living conditions.

Tamas Haydu, CCF CEO, said: "Surviving Winter is a really direct way to support those who will struggle this winter. The money raised from the appeal will be awarded to carefully-assessed, grassroots Cornwall organisations who help individuals struggling in their communities."

**CLICK HERE** to donate online or, send a cheque, payable to The Cornwall Community Foundation, to Freepost CORNWALL COMMUNITY FOUNDATION.

## WINTER ENERGY TIPS

**CITIZENS ADVICE** have recently made a film with the Kernow King himself! You can view the video here: **Citizens Advice Energy Campaign** or visit the Citizens Advice Cornwall **website**.

**WINTER WELLBEING** This winter is the first winter with COVID-19 circulating, and it's essential we all do all we can to keep our communities safe and well to ensure the NHS is not overwhelmed. The Winter Wellbeing service (0800 954 1956) can help support actions to prevent harm, particularly to those most vulnerable.

**BIG ENERGY SAVING WEEK** Cornwall Rural Community Charity is helping those who will struggle to pay their energy bill this winter. Call CRCC on 01872 243535 for advice from one of CRCC's energy saving experts.

## TRACK AND TRACE FINANCIAL SUPPORT

If you are on a low income and have been asked to self-isolate through NHS Test and Trace, you may be able to claim a £500 payment.

Residents who are receiving certain benefits, are unable to work from home and are told to self-isolate by NHS Test and Trace, can now apply for a £500 government Test and Trace Support Payment. Applications can be backdated to September 28, 2020.

Anyone having difficulty applying online should call Cornwall Council on 0300 1234 121 (option 5).

Find out more about the scheme here:

<https://www.cornwall.gov.uk/advice-and-benefits/benefits/benefits-and-coronavirus/test-and-trace-support-payment-scheme/>

\*Please note: There are two options:

- the support payment
- and also a
- discretionary support payment (for those not receiving the qualifying benefits but still on a low income).

**A MENTAL HEALTH GUIDE TO COPING WITH LOCKDOWN IN THE WINTER** @BELIEVEPHQ

- LIGHTING**  
On dark mornings wake up gradually with increasing light. Try out a SAD light or lumie bodyclock
- STAY CONNECTED**  
Even though it might be difficult to see friends and family it is important that you stay connected to them on a regular basis
- HELP OTHERS**  
Whether it is helping around the house or supporting your brother or sister, helping others can help provide you with positive emotions
- LIMIT NEWS**  
Limit the amount of time you spend on social media and checking news
- COPING STRATEGIES**  
Identify some positive strategies you can engage in that help you to deal with stress, worry or anxiety
- CONNECT TO YOUR VALUES**  
Re connect with things that are important to you and try to engage with them on a regular basis
- TAKE TIME FOR YOURSELF**  
Plan time into your week where you can engage in activities that are relaxing. It is important to have time for yourself where you engage in some self care
- PLAN YOUR WEEK**  
Organise your week and plan in activities that provide you with a sense of pleasure and achievement
- STAY ACTIVE**  
Throughout the day try and be active. Take a break from your work and walk around. Regular exercise can also be great for reducing stress and boosting mood
- POSITIVE HABITS**  
Write down a list of 5-10 positive mental health habits you can engage with on a regular basis to maintain your mental fitness
- ASK FOR HELP**  
If you notice yourself struggling reach out to family, friends, your doctor or a local mental health charity for help

## WEBINARS AVAILABLE

We want to help your church as you seek to serve your community within this ever-changing world.

Since March, the Cinnamon Network has been recording regular webinars with experts who are helping churches address the many varied and changing needs of their communities. Those webinars and the accompanying notes are all available on the Cinnamon Trust [website](#). They offer practical insight, advice and resources that your church can put into action right now.

For more information email [team@cinnamonnetwork.co.uk](mailto:team@cinnamonnetwork.co.uk)

## THEOS REPORT

The THEOS report 'The Church and Social Cohesion', along with a couple of shorter, practically-focused guides based on the report findings are now available.



One of these booklets is aimed at churches looking to start or expand their engagement with social cohesion issues, and one is for policymakers and secular organisations looking to work more effectively with local churches.

Hard copies of all these publications can be ordered on the Theos website here: <https://www.theosthinktank.co.uk/research/2020/11/26/the-church-and-social-cohesion-connecting-communities-and-serving-people>



**Arthur Rank Centre**

CONFIDENT RURAL CHRISTIANS

## TOGETHER APART

The Arthur Rank Centre's resource hub, 'Together Apart: A rural response to coronavirus', continues to provide resources rural Christians can use in their homes and communities, and signposts to a host of advice and expertise around the practical issues that we are facing.

### Hidden Voices: Modern Slavery training for Cornish Churches February 2020.

The Clewer Initiative are partnering with New Street Church, Falmouth; Churches Together in Cornwall and Transformation Cornwall to deliver Hidden Voices: Modern Slavery in Cornwall training. Find out more [here](#).

Transformation Cornwall have redesigned their weekly grants list for food banks, grassroot organisations and faith based social action projects in Cornwall to make it clearer for readers. The list features a comprehensive section on hardship grants for individuals in need. The information is available [here](#).

Transformation Cornwall have redesigned their Weekly Update on

## TRANSFORMATION CORNWALL<sup>+</sup>

Strengthening Faith Based Social Action in Cornwall

Cornish Foodbanks to make it even clearer for people wanting to find out individual foodbank opening times, how to contact, how to donate, ways of working etc. The update always features a new section on Christmas planning for each of the foodbanks, so if you or your community would like to contribute to the great work of the foodbanks, the information is all in one place [here](#).

Transformation Cornwall have created a handy telephone signposting information list for people, Foodbanks and grassroot organisations in Cornwall. You can view it [here](#).

# WOULD YOU LIKE TO HELP REDUCE LONELINESS & ISOLATION?

Could you spare time to support someone in your community and help them feel more connected?

## Inclusion Matters

**is a project for people who are feeling lonely and isolated and need a little help to feel connected to their community**

We are looking for Wellbeing Volunteers to offer support, help individuals maintain independence, promote health and social interaction, help people to connect with their communities, make lifestyle changes and offer support after a hospital discharge.

**Full training will be provided.**

**Contact us for more information:**

☎ (01736)334686    @volunteering@cornwallrcc.org.uk

Inclusion Matters is a partnership between CRCC, Age UK, Disability Cornwall, Inclusion Cornwall and the Digital Inclusion team

## Inclusion Matters

Connecting Cornwall's Communities

FOLLOW US TO KEEP UP TO DATE...



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## FUNDING

### MEET THE FUNDERS: SEE THE SESSIONS AGAIN

If you would like to watch recordings of previous Meet the Funders workshops they can be found on the Transformation Cornwall website [here](#).

### GRANTS TO IMPROVE LIVES

The **Elmgrant Trust** awards small grants to voluntary and community organisations in the South West of England for projects that improve the lives of local people, particularly through education, the arts and social sciences. Grant awards can cover core running costs or project costs of small, established organisations.

Although the trust will fund across the South West, it favours projects in Devon and Cornwall. The trust will also provide grants for individuals. The average award was for £735. There is no specific requirement for matched funding, although the trust sometimes expects applicants to have sought and secured funding from other sources. Applications should be made in writing following the guidance on the [Trust's website](#).

The trust meets in February, June and October to review applications. Applications should be submitted by the end of December for the February meeting.

Contact details for the trust are:  
Mrs. A. Critchlow Horning  
T 01803 863 160  
E [info@elmgrant.org.uk](mailto:info@elmgrant.org.uk)

### DIGITAL HEALTH

The **Inclusivity Project** supports digital solutions for health and inclusion in the workplace. We provide grants of £1,000 - £2,000 to help local businesses (including charities) develop or try out new digital tools that support health and inclusion at work.

## FOCUS ON ENVIRONMENT FUNDING

There are funding opportunities available for environmental projects and initiatives.

Charitable Grants for Churches: See the national funding guide, with a section on environmental projects, [here](#).

The Rural Community Energy Fund has options for rural churches and schools. Click [here](#).

For solar projects and ideas, it is good to be aware of the Smart Export Guarantee Scheme, which has \*partly\* replaced the Feed in Tariff. Find out more [here](#).

Any church that has a parish office where they employ an administrator will be able to claim a grant to part pay to install an EV charger. Click [here](#) for details.

### ASDA FOUNDATION FEEDING COMMUNITIES GRANTS

Grants up to £1,000 for UK grassroots not-for-profit organisations to provide meals to people in need in the lead up to Christmas are available from the ASDA Foundation Feeding Communities Grant scheme.

The ASDA Foundation's Feeding Communities Grant scheme is a COVID-19 response fund designed to provide meals for those in need in the run-up to Christmas, including, families, individuals and meals at children's holiday clubs.

An ASDA Store Locator can be found at this [LINK](#).

To apply, eligible organisations should request an application form from the Community Champion at their local ASDA store.

Further information and guidance notes on completing the application form is available on the [ASDA Foundation website](#). The deadline for applications to be handed to ASDA store Community Champions is **Sunday, December 6, 2020**.

Contact details for the Foundation are  
T 0113 243 5435  
E [asdafoundation@asda.co.uk](mailto:asdafoundation@asda.co.uk)

### UP TO £5,000 AVAILABLE TO CHARITIES IN CORNWALL

The Patrick Trust is offering grants of between £1,000 and £5,000 to UK registered charities for general charitable purposes in Cornwall.

The trust's preferred areas to support are:

- Arts, culture and heritage.
- Children and young people. Disability.
- Education and training.

- Elderly and older people.
- Prevention or relief of poverty.

Applications may be made at any time in writing, addressed to:

The Patrick Trust, The Lakeside Centre  
180 Lifford Lane, Birmingham, B30 3NU.  
T 0121 486 3399  
E [thepatricktrust@aol.com](mailto:thepatricktrust@aol.com)

### COMIC RELIEF PROJECT DELIVERY GRANTS

The application deadline for the Comic Relief Project Delivery programme, which provides grants of up to £4,000 for small, locally based grassroots organisations in England is Monday, December 7 at 10am.

There are no matched funding requirements. Some core operational costs can be included in an application

where they are necessary to support a project. Grants must be spent within 12 months of the award.

Applicants should first complete the online [Eligibility Checklist](#). If eligible, applicants can progress to completing the application form.

T 0121 237 5800  
E [comicroelief@groundwork.org.uk](mailto:comicroelief@groundwork.org.uk)

## FUNDING

### FUNDS FOR CHARITIES SUPPORTING DISABILITY

Grants between £500 and £2,500 to UK registered charities for projects that benefit children and adults with a physical or mental disability are available from the Douglas Arter Foundation.

Small, one-off project grants of between £250 and £2,500 are available for UK registered charities for projects within the UK that benefit people with a physical or mental disability.

Applications may be made by letter and should concisely set out the following:

1. The clear objectives of the appeal.
  2. Details of funding already available, including details of self-help.
  3. A timetable for the project in questions, and
  4. A copy of the latest audited accounts.
- The Foundation meets every March, June, September and December to review requests for funding and normally informs applicants within 14 days. Contact details for the Foundation are: Miss B J Arter, Secretary, The Douglas Arter Foundation, Fern Villa, Melksham Road, Patterdown, Chippenham, Wiltshire, SN15 2NR. T 01249 448252

### SIMON REEVE VISITS CORNWALL FOOD BANKS

In case you didn't catch it, BBC 2 screened Simon Reeve Visits Cornwall and it included fantastic interviews with some amazing people and organisations in Cornwall including Don Gardner of the wonderful Transformation CPR. If you missed it, you can see it here: <https://www.bbc.co.uk/.../cornwall-with-simon-reeve...>

Don's interview starts at 21 minutes in.

## LOOKING FOR HELP: EXPLORE SPARK

A new website **Spark & Co**, has been set up to provide links and advice to help people from ethnic minorities. The website lists local organisations and also many national links. It's a great resource for information and signposting people to appropriate help.



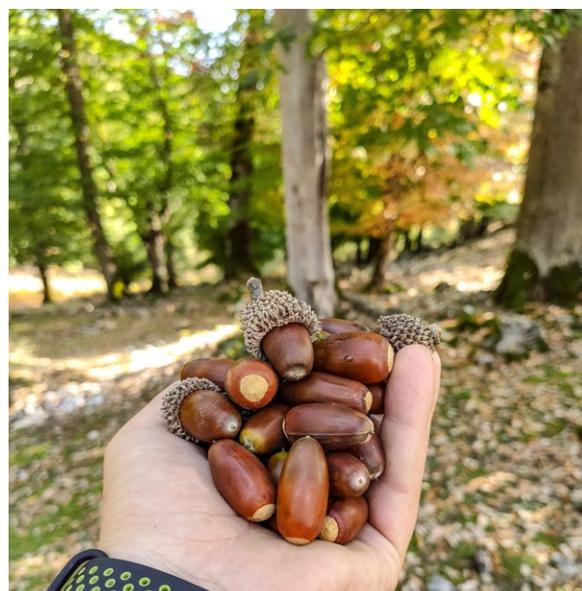
### HELP FOR EXTREMELY VULNERABLE RESIDENTS

Cornwall Council, NHS Kernow and Volunteer Cornwall are reassuring clinically extremely vulnerable residents that support is at

hand if they need help with food shopping, medical prescriptions and wellbeing support during the current lockdown. Find out more [here](#).

### FROM SMALL ACORNS GROW LARGE OAK TREES

If you want to encourage your staff/clients/members/entrepreneurs to do something good for their health/wellbeing and for nature during lockdown, get them out collecting tree seeds (acorns) and growing some strong saplings ready to plant in a year or so - it's really easy! Find out more [here](#).



### WHO DARES WORKS: HELP AVAILABLE

Who Dares Works is running a Zoom information session each Thursday 10am - 11am to enable potential project participants to find out more about the support and opportunities available. With a different theme weekly including a fast track to construction and care industries,

volunteering opportunities, financial and debt support, benefits and housing advice, wellbeing support, information on confidence building sessions and much more.

Potential referrals can register [here](#) to receive the Zoom code.