

# VOLUNTARY AND COMMUNITY NEWSLETTER



21 October 2022 Issue 13

## Warm Spaces

Some VCSE (Voluntary, Community and Social Enterprise) groups have been asking, "What does a warm space/bank look like?"

Very simply it is somewhere that offers:

- a warm place for people to drop in for a while, so they don't have to worry about putting the heating on at home
- tea and coffee, or even hot soup
- a warm welcome



Martin Lewis, Money Saving Expert, has just produced a [helpful guide](#) to help groups plan their warm space.

If your group or organisation is considering setting up a warm space, please get in touch with our Food Poverty Officer, [Helen Crouch](#), who can help support and signpost you.

## Supporting Volunteers

Many VCSE groups have been busy supporting their local community during these difficult times. But are you aware of any additional support that your own volunteers, staff or members might need at this time?

Energy and food bills - it's a sensitive subject and not one that's comfortable to raise. Why not share this newsletter with your membership and beyond, so that people can access information in their own way, in their own time?

## Running Costs

Everyone is looking to reduce their running costs at the moment. Here are three websites that can help you work out how to save energy and money.

[Citizens Advice](#) has created a useful calculator to help you understand:

**citizens advice**

- how much money your appliances cost to use
- which appliances are costing you the most money

[Confused.com](#) has produced a guide showing how much it costs to run appliances and how you can save energy.

[Sust-it.net](#) is an energy saving website that ranks electricals, appliances, computers and even cars. Products are ranked by their energy efficiency and running costs.



## Food Bank Referrals

Many families are struggling with rising costs right now. Did you know that referrals can be made through NWLDC's Customer Services team to get support for anyone who needs help?



Phone Customer Services on 01530 454545.

They will take some information and can:

- Make a referral to a local [food bank](#) for a parcel to be picked up
- Signpost to [financial support](#)
- Signpost on to additional services via [First Contact Plus](#)

## Healthy Start Scheme

Do you know someone who is more than 10 weeks pregnant or has a child under four? The Government's [Healthy Start scheme](#) could help them buy healthy foods or get free vitamins.

If eligible, they will be sent a Healthy Start card that can be used in some UK shops to buy:

- plain liquid cow's milk
- fresh, frozen and tinned fruit and vegetables
- fresh, dried and tinned pulses
- infant formula milk based on cows' milk



## Plenty 2 Cook

MRC Community Action is running a [Plenty 2 Cook Food Market](#) in an exciting initiative to bring the local community together.



The market runs on Wednesdays, Thursdays and Fridays from 9.00am - 1.00pm at MRC Community Action, 85 Belvoir Road, Coalville, LE67 3PH.

Fill your bag of fresh fruit and veg for just £1. A range of other fresh and frozen produce is available at low cost.

What's on:

- Live cooking demonstrations
- Budget friendly, affordable food
- Community café



## Local News



Probud Club of Ashby-de-la-Zouch and District  
Retired Professional and Businessmen's Club

Ashby Probud Club is a friendship club for retired professional and business men and we are looking for new members. We hold meetings with talks from speakers on interesting topics and we enjoy lunch together. We also hold social events and visit places of interest, which have included a car museum, Manchester Air Traffic Control and Bosworth Battlefield.

We meet at 11.00am on the first Monday of the month at the Beeches Restaurant, Burton Road, Ashby. To learn more contact [Peter Staveley](#).

### Voluntary Action LeicesterShire is

running [FREE online training sessions](#) on a



Helping people change their lives for the better

number of different topics.

- Recruiting and Managing Volunteers
- Virtual Youth Volunteering Event
- Recruiting Trustees
- Funding for Community Groups and Charities
- Understanding your Role as a Trustee
- Setting up and Reviewing your Structure

## Scam Energy Texts

The latest energy scam doing the rounds capitalises on the fact that the [Government's £400 energy grant](#) is being rolled out.

Text Message  
Today 21:55

GOV.UK: You are eligible for a discounted energy bill under the Energy Bills Support Scheme. You can apply here: <https://energy.support-rebate.com>

If you receive one of these fake texts, do not click on the link. Any grants will be automatically applied to people's accounts.

You can report fraud or cybercrime to Action Fraud using their [online reporting tool](#).



## Ready For Winter Events

### Ready4Winter?



Facing a cold winter? Worried about energy bills? Need some help?

Leicestershire County Council's Local Area Co-ordinators are organising information cafés to offer advice and support on: balancing your budget, keeping warm, practical help you can access, tips and tricks to help you get through this winter!

- [Pathways Café, Holy Trinity Church Kilwardby Street, Ashby](#)  
Thrs 3 November, 10.00am-12.00pm
- [Ashby Library, North Street, Ashby](#)  
Thrs 3 November, 2.30pm-4.30pm
- [Coalville Library, High Street, Coalville](#)  
Tues 1 November, 10.30am-2.00pm
- [Kegworth Library, High Street, Kegworth](#)  
Fri 4 & 18 November, 2 & 9 December, 2.00pm-4.00pm

See attached poster for contact information.



## Cook, Meet & Eat

Families, parents, carers, grandparents - Sign up for Go Learn's [FREE cooking course](#), which starts on Wed 26 October for six weeks.

Learn how to use a slow-cooker and receive one for free at the end of the course (\*must attend each week).

All recipes and food will be provided. No experience is required. To find out more email [Juliette Smart](#).

To book a place ring FREEphone number 0800 9880308, quoting course number 22SN110N.



## Funding

### NWL Community Grants

### COMMUNITY GROUPS GRANTS



Visit our [grants' page](#) to find out about the funding available or call Jessica Lloyd-Davies on 01530 454541.

Are you a community organisation, voluntary group or charity in North West Leicestershire? Do you have a project, event or initiative that needs funding? North West Leicestershire District Council has grant funds available.

Round 3 of this year's [SHIRE Community Grants](#) are now open for applications. Deadline for applications is 30 November. Small grants (max £3000) and large grants (max £10,000) are available for projects such as:

- Establishment of community-based warm banks/warm spaces
- Food banks and other food provision related services
- Provision of money, debt, welfare advice and associated services



### Multiply Grants programme

Does your group/organisation deliver projects and activities that help improve numeracy skills for adults aged over 19? Launching in November, this new grant from LCC can offer up to a maximum of £60,000 over three years.

North West Leicestershire VCSE groups are welcome to attend VAL's [Meet the Funders](#) event being held in Loughborough on Wed 9 November, 12.30-5.00pm. Eight funders are confirmed to attend.



## Experts Wanted

The Leicester, Leicestershire and Rutland (LLR) Suicide and Audit Prevention Group is setting up a [LRR Lived Experience Network](#). This will involve a group of people who have experience of suicide, whose roles will be called experts with experience, coming together to form a network. It is hoped that by including lived experience at all levels of suicide prevention activity, it will contribute to an improvement in the delivery of local services. Find out more [here](#).

