



Fight Flu this winter

FREE vaccination is offered to people aged 65 and over, as well as to those groups who are particularly at risk of infection and complications.

This includes: children aged 2 to 3; all primary school aged children via the schools programme; pregnant women; adults and children with certain underlying health conditions (especially heart and respiratory disease) and carers; people living in a residential or nursing home; frontline health and social care workers.

Find out more [here](#).

Source: West Sussex Wellbeing

Access to child and adolescent mental health services in 2019

The Education Policy Institute (EPI) has published its Annual Report on access to child and adolescent mental health services (CAMHS).

The study examines access to specialist services, waiting times for treatment, and provision for the most vulnerable children in England.

Find out more and download the report [here](#).

Source: NAVCA

Age Well in West Sussex

West Sussex County Council are running an Age Well campaign.

They want to make sure West Sussex is a great place to grow older – a place where growing old is celebrated and where everyone, irrespective of age, is able to make a contribution to their local community.

Their [website](#) has advice, events and tips for helping stay well, healthy and independent as you grow older and you can sign up for their Age Well newsletter too.

Source: West Sussex County Council

DrinkCoach online coaching

A service offered FREE to West Sussex residents who want to change their drinking habits.

The online service is available anywhere and at anytime : weekdays, evenings and weekends. All that's needed is a Skype connection.

Find out more about it and booking appointments [here](#).

Source: West Sussex Wellbeing



Come and enjoy a Cream Tea
with members of the
Crawley Forward Thinking Group
and **Crawley De Café at**

Crawley Football Club
Broadfield Stadium RH11 9RX

Thursday February 13th
from 2pm to 4.30pm

EVERYONE INVITED TO ATTEND

For further information contact
Alzheimer's Society Sussex Helpline on 01403 213017



Professionals' Breakfast

at Wykeham House Care Home

Last Thursday of each month
from 7.30–9.00am

You are invited to pop in on your way to work for a relaxed breakfast of home-made pastries and bacon sandwiches. You'll have a chance to meet our General Manager and her team, network with other local professionals and take a tour of our beautiful home.

Do you need someone to talk to?

Need support for family or friend?

Want to know what support is available for women in the local community?

Come and meet charities, groups and organisations, and learn what they can do to support you.

THURSDAY, FEBRUARY 13th @ 9:30 to 12:00

**BROADFIELD COMMUNITY CENTRE,
BROADFIELD BARTON
Broadfield,
Crawley,
West Sussex,
RH11 9BA**

FREE GOODY BAGS, FOOD TASTER SESSIONS, WELLBEING PACKAGES
The core focus of the Validating Voices campaign is to identify barriers and the social stigma connected to BME women accessing support services; particularly for those who are excluded for health, language, social or economic reasons.



01293 544953 or 07340 215678



voices@riverslpc.org.uk



@validatingV

The Charity Awards 2020

Entries for this year's Awards close on Friday 7th February.

Celebrating the very best in charity excellence, these can be a platform to showcase your work and impact.

Find out more and enter [here](#).

ST BARNABAS', WORTH ROAD, POUND HILL, RH10 7DY

CAKE AND SCRABBLE
OTHER GAMES AVAILABLE

TUESDAY 25 FEBRUARY 2-4PM

IN AID OF THE ST BARNABAS' REFURBISHMENT FUND



£3.50 TURN UP AND PLAY

People's Postcode Lottery grants

Deadline 4th February

Online application forms are currently available for Stage 1 of grants funded from the People's Postcode Lottery.

This is just a very short expression of interest which requires some basic details about your organisation, as well as a very short summary of the project you are proposing.

To check if you would be eligible and apply online, visit the Grants pages of their websites:

[Postcode Local Trust](#)

[People's Postcode Trust](#)

[Postcode Community Trust](#)

Source: People's Postcode Lottery

This Girl Can Community Fund

Deadline 25th February

Backed by funding from the National Lottery, local organisations and community groups can bid for grants from between £300 to up to £10,000.

This fund aims to support women aged 16+ to get active by supporting local projects that will contribute to overcoming the barriers some women face in getting active: from a lack of opportunities offered in their local area, to cost and availability of childcare.

Find out more [here](#).

Source: Active Sussex

Funding to Help Young People in Transition to Secondary School

Deadline 12pm (midday) Monday 24 February

A limited number of grants are available for projects in England to help young people support each other and improve wellbeing as they move from primary to secondary school.

The overall focus of the #iwill Fund is supporting social action that draws on young people's own lived experience in order to:

- Connect young people to social action opportunities that lead to genuine community impact.
- Empower them through the difference this makes for themselves and their peers.

This round focuses on peer-to-peer support to improve children's wellbeing during the period in which they move from primary to secondary school. This might typically begin any time during School Years 5 or 6 and continue into Years 7 to 8.

It is expected that eight grants of up to £35,000 each will be awarded in this round. Successful applicants may also be able to apply for continuation funding after one year.

The funding can be used for any costs related to carrying out the project.

Applications will be accepted from Multi-Academy Trusts, schools, charities, social enterprises, or other constituted voluntary or community organisations with a UK bank account in the organisation's name and at least two unconnected people on the board or management committee

Applications are welcomed from organisations working in partnership, including approaches which involve both voluntary and public sectors such as a collaboration between a school and community organisation.

A further round which focuses on peer-to-peer support for young people who have experienced bereavement is due to launch in February.

For further information please visit the website: www.coopfoundation.org.uk/

Grants for arts, health and wellbeing, and nature conservation

Deadline 29th February

The Chapman Charitable Trust aims to fund organisations which promote wellbeing, conserve the natural environment, and increase accessibility of the arts.

Grants are usually between £1k and £2k (although larger grants can be awarded in exceptional circumstances).

Find out more [here](#).

Source: MSVA

Weaver's Company Benevolent Fund

Deadline 31st March

Online applications for grants can now be made to the Benevolent Fund.

Grants of up to £15k are available to help young people at risk of criminal involvement to stay out of trouble and assist in the rehabilitation of offenders, particularly young offenders both in prison and after release.

Find out more [here](#).

Source: MSVA

TRAINING & WORKSHOPS



Understanding, Improving & Measuring well being

The What Works Centre for Wellbeing, supported by the National Lottery Community Fund, has announced free workshops at The Health Foundation, London, designed specifically for small to medium-sized charities.

Wednesday 5th February

Introductory workshop will cover wellbeing concepts and evidence, how to use evidence to improve your activities, and recommended measures for wellbeing evaluations.

Wednesday 26 February

Advanced workshop: Designing and preparing for evaluation. This is a more advanced workshop on wellbeing evaluations designed for medium-to-large charities and social enterprises who would like to conduct or commission a wellbeing evaluation.

For more information visit their [website](#).

Source: MSVA

Free Digital Introduction with Design Hop

We are delighted to be working with Voluntary Action Reigate & Banstead in partnership with the Centre for the Acceleration of Social Technology (CAST) to offer a free Design Hop workshop in the Sussex & Surrey area.



CAST
Driving social change
with digital technology

The free half-day workshop and follow-up support will help explore the role of digital in charitable services and is for any established charitable organisations with an annual income between £10k-£100m.

The workshop is being held on Thursday 19th March from 12.30 to 4.30 pm at Horley Baptist Church, RH6 8RG.

To find out more, visit the CAST website at wearecast.org.uk/for-nonprofits/design-hops/ and scroll down to the Surrey/Sussex event to Sign Up.