

ACT Gazette

Issue 19 Autumn / Winter 2014

ACT champions community & rural issues



ACTion
with communities
in cumbria

We're moving, but not far!

After 20 happy years at the Old Stables, Redhills, we're moving to new offices. As of 15th December our new address will be: Offices O-Q, Skirsgill Business Park, Penrith CA11 0FA

Recently our phone numbers changed as we moved to an online system. These new numbers will remain, and our email addresses are also unchanged. Please see back page for full details.

Due to the move, we have various items of office furniture available to community groups, see page 9 for more information.



Photo: ACT President, Vice-President, Trustees and Chief Executive at ACT's 2014 Annual General Meeting.

Annual Report

Following our AGM in September, our Annual Report for 2013-2014 is now available to read on our website here: www.cumbriaaction.org.uk/ResourcesPublications/ResearchOtherPublications

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Other News - Events, Funding Opportunities etc.

Save the Date:

Fresh Start

Tuesday 11th November 2014
7.00pm - 9.00pm
Border Gate Restaurant, Carleton, Carlisle

Community Buildings Event

Wednesday 11th February 2015
4.00pm - 8.30pm
Calderbridge Village Hall, near Gosforth

Contact Dani at ACT to book a place
Tel: 01228 817224
Email: info@cumbriaaction.org.uk

Cumbria Action for Health Network Conference

Wednesday 26th November 2014
Rhedged, Penrith

Contact Cumbria CVS to book a place
Tel: 01768 800350
www.cumbriacvs.org.uk



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Hi All,

Thank you to all who came to our AGM. It was a vibrant event held at the well designed Brigsteer Village Hall.

Discussion focused on the value of Village Halls for rural communities, both in Cumbria and nationally, and the immense commitment rural people make to managing these community owned assets. Have a look at our Annual Report on our website to see more about village Halls and the other issues ACT have worked on over the last year.



In the news there is frequent mention of **community ownership of assets**. In rural communities, the Village Hall, Village Green, and sometimes the Pub and Shop (services frequently considered as local assets) are owned by the community. This is clearly a testament to the skills, self sufficiency and energy of rural people. These skills are evident in our two case studies of Keswick Community Housing Trust and the Bootle Wellbank project. I hope they provide encouragement that community action can and does make a difference.

It's a **challenging time** to take community action, as services and jobs in the public sector are reduced, funds seem more difficult to find and help from support organisations is reducing. Yet the news is all about devolving services to local level, localising spend, and involving local people in local decisions. Sometimes this feels like rhetoric, but there are clear examples of local decision making being influential, such as the two recent ballots on having a town council for Penrith and Whitehaven. Elections to both new Councils take place in May 2015. We will be encouraging both these new Councils to plan for the future of their communities using processes such as Community Led Planning.

One resource to assist both Community Led Planning and Neighbourhood Planning is your **Parish Profile**, available on the ACT website. www.cumbriaaction.org.uk/ResourcesPublications/ParishProfiles.

Additional support has recently been announced from the Lottery for groups applying to the Reaching Communities fund.

This new **Building Capabilities funding** will be offered as an optional additional sum of money to build the applicant organisation's capacity and / or capabilities. Further details available online: www.biglotteryfund.org.uk/global-content/press-releases/england/151014_eng_rc_develop-skills-and-knowledge

I welcome this recognition from the Big Lottery that with a little additional support, many groups, who might otherwise struggle to deliver their ambitious ideas, can be successful. This could also be a way for groups to buy the support they need from ACT, and other support organisations.

The County Council Budget Consultation is now available online at: www.cumbria.gov.uk/budgetconsultation/proposals/allproposals.

I strongly encourage you to look and comment on the considerable changes proposed for services in Cumbria. Major reductions in spend are having to be implemented. It is important that all Cumbria residents, particularly rural people who make up over 50% of the population, get involved.

The Cumbria Rural Forum will be 'rural proofing' these proposals and ACT will issue our summary of the rural implications before Christmas.

ACT is Moving! We have been at the Old Stables for 20 years and I well remember the first day we visited before the renovations were done. Our lease on the building is finishing so we have found somewhere smaller and more suited to ACT as it is now. We will still have a meeting room so we look forward to welcoming many of you to our new offices in the 2015.

Finally, I know its early, but..

Merry Christmas and a Happy New Year from all at ACT



Remember if you support us - we can better support you! Sign up now!



KCHT Trustees on site, May 2013 (Photo: CRHT)

Case Study: Keswick Community Housing Trust

Local people in Keswick have formed the Keswick Community Housing Trust (KCHT) to provide affordable housing in an area where accommodation is expensive and difficult to find.

KCHT is a Community Land Trust, an organisation set up to look after property on behalf of the community in perpetuity.

Background

KCHT grew out of a series of five meetings organised by Churches Together in Cumbria in 2009, which focused on a different topic relevant to the local community.

The need for more affordable housing was a topic which was raised at each meeting and it was agreed to form a group which could consider the need for affordable housing in more depth.

Keswick is an area with high house prices, due to the demand for holiday homes, but relatively low wages causing particular challenges for many people trying to work and live in the area.

The Project

The housing group identified a potential building site which was owned by St Johns Church and which had been earmarked as an extension to the graveyard. Part of the site was made available to the group.

There were some delays as the group considered how to become a formal, constituted organisation. They obtained expert legal advice and registered as an Industrial and Provident Society with Charitable Status.

This structure would allow them to sell shares to members of the community as a way of raising funds.

The negotiations over the purchase of the site and the highways requirements were complicated, particularly as the building was close to a medical centre using the same access road. A change of approach by Cumbria County Council's Highway Department allowed the access challenges to be settled at the end of 2012.

Building started at the site, known as The Hopes, in early 2013. Eleven three-bedroom properties were built as a Housing Needs Survey for the area had identified a particular need for property of this size.

One of the properties was sold outright with a local occupancy requirement and another 5 were sold at a reduced price with the purchaser having a 50% share in the property and KCHT retaining the other 50%. The remaining properties were to let at an affordable rent. The properties are managed by KCHT.

Funding for the development of The Hopes came from the sale of the houses; a grant of £230,000 from the Homes and Communities Agency (the government agency which provides social housing investment); the sale of community shares to the value of £60,000; and a loan from the Cumberland Building Society.

The houses have been made as energy efficient, and cheap to run, as possible.

What has been achieved?

In November 2013 the building work was completed and KCHT allocated the properties based on the applicants' housing needs, financial and employment situation, and connections to Keswick.

Those that were allocated housing are grateful to have secure, affordable accommodation. However, another 30 people had applied for housing on The Hopes and were disappointed.

KCHT now has a successful track record, and the confidence, to go on and develop new projects, including a larger development of 20 houses and redevelopment of public toilets, owned by Allerdale Borough Council, into four one-bedroom flats.

(cont. on page 5)



KCHT Chair, Bill Bewley, with Keswick Mayor, Andrew Lysser at opening Dec 2013 (Photo: CRHT)

The Learning

Managing a complex building project required support and KCHT had help and advice from Cumbria Rural Housing Trust (CRHT) which included: attending meetings, shaping the business plan and budget, signposting KCHT to specialist legal and financial support, and liaison with the Homes and Communities Agency and mortgage lenders.

The group also had advice from Impact Housing Association.

Groups undertaking this type of work need to be confident that they know what their community needs and that a solution can be found.

KCHT has also learnt that there is usually a way around difficulties and disappointments. They have worked together as a team, and where there were issues to be debated they have made joint decisions and moved forward.

Contact Details

Keswick Community Housing Trust

For more information, contact Bill Bewley, KCHT Chair on Tel: 017687 74155,
Email: bellandwindy@yahoo.com
www.keswickcommunityhousingtrust.co.uk

Cumbria Rural Housing Trust

Supports the development of Community Land Trusts and affordable housing in rural Cumbria
Tel: 01768 210264, Web: www.crht.org.uk

National Community Land Trust Network

The national body for Community Land Trusts
Tel: 020 3764 1841
Web: www.communitylandtrusts.org.uk



Community Led Planning and Your Sustainable Community

Community Led Planning enables local people to plan for their future and develop an action plan to help achieve their shared ambitions. It provides an opportunity to consider all elements needed for a sustainable future.

In 2004 Sir John Egan was asked by Government to consider how communities could be more sustainable. He identified 8 characteristics for a sustainable community:

Services: Public, private and community and voluntary services that are accessible to all.

Environmental: Providing places for people to live in an environmentally friendly way.

Equity: Fair for everyone in our diverse world and for both today's and tomorrow's communities.

Economy: A thriving and vibrant local economy.

Housing & the Built Environment: High quality buildings.

Social & Cultural: Active, inclusive and safe with a strong local culture and other shared community activities.

Governance: Well run communities with effective and inclusive participation, representation and leadership.

Transport & Connectivity: Well connected communities with good transport services and communications linking people to jobs, health and other services.

ACT has produced new guidance to help Community Led Planning groups consider the range of social, economic and environmental matters that affect a community's sustainability. Read the guidance on our website here: www.cumbriaaction.org.uk/ResourcesPublications/GuidanceSheets



Wellbank proposed site plan

Case Study: Bootle Community Energy

Bootle is a Lakeland parish in Copeland, West Cumbria, with around 740 residents. The village of Bootle is situated equidistant between Whitehaven (25 miles north) and Barrow (25 miles south) with the A595 road running through it's centre.

Background

Bootle completed a Community Led Plan in 2010. The initial motivation behind the plan was when the village school, Captain Shaw's, was threatened with closure. The realisation that the community was in decline, both in terms of population and services, motivated community leaders. They recognised that they needed to build new houses, increase the population, create employment and breathe new life into Bootle for future generations.

Census data confirms that the off-gas community of 742 residents is blighted by Fuel Poverty. Village homes are reliant on electric heating or coal whilst the more rural properties depend on oil or bottled gas – costly options, both economically and environmentally.

Situated between the Western Lake District fells and the Cumbrian coastline, Bootle has a wealth of natural resources. These have become the focus for the renewed vision, 'Bootle2020'.

The Project

The top priority in the plan is Wellbank, developing a derelict 12.5 acre former Ministry of Defence site on the outskirts of Bootle, and transforming it into houses, a hotel and innovation hub.

Following a substantial amount of volunteer input, the Wellbank Project and renewable energy generation outlined in Bootle2020 has now attracted private investors and is recognised as a key priority by Britain's Energy Coast .

Bootle2020 aims to create a rural sustainable community and export more than 20% of the total energy demand by renewable, local sources.

What has been achieved?

Residents have created a Community Interest Company, with assistance from Cumbria Rural Housing Trust (CRHT), and have secured private funding from investors. Grant funding has been received from Britain's Energy Coast, and the Rural Community Energy Fund, supported by Rural Cumbria Connects.

The Bootle2020 team now employs **two full-time staff**, Trudy Harrison (originally a volunteer on the project) and Sophie Entwisle, working in partnership with the community.

Outline planning permission has been granted for a 12.5 acre mixed-use eco development. **Wellbank** will bring 46 homes, a hotel with spa and conference facilities and a business area to the previously derelict ex-MoD base.

The near completion of **Victory Gardens**, a local, affordable housing development in the village, which has embraced solar panels and Mechanical Ventilation and Heat Recovery.

Feasibility studies examining the potential for **anaerobic digestion and biomass district heating** have concluded with excellent potential for both. Further reports on the **hydro** potential are being developed.

On 21 June 2014, exactly 2020 days until the year 2020, **Millstones** conservation and renewable energy centre opened, making great use of a previously empty barn development next to the Byre Tearooms. Bizcat, a Swedish district energy consultancy is the latest business to take up residency at Millstones, joining Barden Energy, Innovus, Eco-environments, the World Owl Trust and the West Lakes Squirrel Initiative.

A recent **Energy Lunch** to discuss renewable energy options attracted 38 local farmers and included information about anaerobic digestion, biomass, solar, and short rotation coppice.

(cont. on page 6)

Bootle2020 has also been recognised by Manchester University which is basing a new post graduate planning module on the project.

The Learning

Patience, vision and a positive attitude are the attributes which programme manager Trudy Harrison recommends. Trudy also highlights the importance of working closely with residents whilst enabling the private sector to realise commercial viability.

The village seems to have struck the balance between public, private and community involvement, with projects aligned to local and national strategies. The Wellbank project team worked closely with Bootle Parish Council and all local authorities to ensure the development met community needs and strategic priorities.

With any project of this scale, be prepared for challenging questions and differing viewpoints. Its important to be positive and provide clear information at all stages to help minimise any confusion or lack of understanding. Identify your stakeholders and ensure there is clear ongoing communication both with those close to the project and the wider community.

The project is well timed, benefitting from opportunities created by Government's drive to empower local people, Britain's Energy Coast blueprint, and the Department of Energy and Climate Change's focus on community energy.

Advice and encouragement from organisations such as CRHT and ACT has also given the community the confidence to peruse a dream of becoming more sustainable and ensuring Bootle is a well serviced, vibrant village for future generations.

Contact Details

For more information about Bootle2020 and the Wellbank project please contact:
Trudy Harrison on Tel: 01229 718333,
Email: trudy@bootle2020.co.uk,
or visit: www.bootle2020.co.uk

For more information and support for community energy projects visit the Centre for Sustainable Energy website:
www.cse.org.uk/pages/information/community-groups



Cumbria Tourism

Community Tourism Membership 2014-15

Cumbria Tourism (CT) is a membership organisation and one way to influence their work is to join as a member. ACT became a member last year and has encouraged CT to have a Community Membership category.

We know that many communities want to manage and enhance the visitor experience to their area. ACT believes membership of CT will help communities to do this and increase income to their local businesses. The offer opens up the opportunity for groups, towns and villages to promote themselves on the destination website, in CT campaigns, and publications such as the Cumbria Holiday Guide and the Cumbria Food & Drink Guide

Benefits include:

- Refreshed content for the town/village/area on www.golakes.co.uk.
- Link from www.golakes.co.uk to the town/village/area website (providing that it is not an accommodation booking site).
- Access to CT meetings, specifically Cumbria Tourism Partnership and Commercial Member Meetings.
- Full range of CT communications including monthly updates, Viewpoint and Research Newsletters.
- Access to on-line advice available from www.cumbriatourism.org.
- Opportunities for advertising and marketing in CT publications (Top Attractions, Food and Drink Guide, Holiday Guide) at additional cost.
- One support visit per annum with marketing advice from relevant CT marketing/PR specialist.

CT Community Tourism membership for 2015 is £200+VAT. This membership is for groups promoting their local area. It is not a substitute for individual business membership and acceptance will be at the discretion of Cumbria Tourism. Please contact CT for more information and/or ACT to discuss any ideas. Visit: www.cumbriatourism.org/membership



Make sure you're not paying too much for your hall's water bill

Part of your water bill pays for taking away the rainwater that falls onto your premises, as well as public roads and pavements. This service is shown on your bill as 'surface water and highway drainage'.

As a non-household customer, the amount you pay for this service is directly related to the chargeable area of your premises that drains to the public sewer - often referred to as 'site area charging'.

Concessionary Scheme

Village Halls and Community Centres can register for a concessionary scheme to have their surface water and highway drainage charges capped at band 1, the lowest site area charge.

If you have not yet applied, simply complete and return the application form on the United Utilities website here: www.unitedutilities.com/concessionary-for-community-groups.

If you meet the eligibility criteria, your charges will be amended for the charging year in which the successful application is received (charges cannot be backdated).

Waste collection charges

Make sure your hall is registered under the correct code for waste collection.

You may have recently received a 'Duty of Care: Controlled Waste Transfer Note' to be completed for your hall. It is a legal requirement to sign and return the form, but have you checked that it has the correct SIC (Standard Industrial Classification) code?

Brough Memorial Hall recently saved money by amending their SIC code to the standard code for a charity: '88.99'.

For more information contact the Environment Agency on Tel: 03708 506 506 or Email: enquiries@environment-agency.gov.uk



Cumbria Social Enterprise Start Up Support Programme – SESUS

ACT is currently working with five Village Halls on this European funded programme assisting them to become incorporated. The SESUS programme provides support to social enterprise organisations who need assistance to incorporate, develop their business plans and grow their business. Village Halls are social enterprises (they make an income/trade) as well as registered charities.

ACRE's national advice on incorporation for Village Halls is detailed in Guidance sheet 39. It details three key scenarios when a hall should consider incorporation

1. If the scale of the operation is large and several employees are involved.
2. If major building works are planned.
3. If there is large amount of non charitable trading happening e.g. the village hall hires out part of it premises for a doctors Surgery, Post Office or private business.

If none of these apply to you, but you are still interested, then please ask for the Guidance Sheet, so you can explore this in more detail.

Many trustees consider incorporation in order to limit their personal liability. Incorporation does do this by providing the organisation with a corporate identity. However, protection for a management Committees is found more in following advice and good practise in running the hall, than in a legal status.

The SESUS programme provides an advisor who spends up to 12 hours supporting the organisation to plan for and make the changes required. Because the programme is funded with European money there are some eligibility criteria which need to be met.

Call ACT if you think this might be something that would help your Village Hall Committee and we can discuss the opportunities with you.

Please note this programme ends June 2015.



12M volunteer hours and over 38M cups of tea in England's Village Halls

England's 10,000 village halls rely on more than 12 million hours of volunteering each year to deliver their vital role at the heart of rural communities, a new ACRE (Action with Communities in Rural England) survey has revealed. In Cumbria, that's approximately 28,000 hours from volunteers running classes, events, and on hall management committees.

ACT's Lorraine Smyth, presented key findings from the nationwide survey to representatives from Community Buildings and Village Halls at our recent joint AGM and free Community Buildings training event:

- Hall volunteers make a total commitment worth almost £85m annually, at a notional rate of £7 an hour.
- The average age of a village hall committee member is 58 (ranging from 18 - 98 years)
- Each village hall hosts an average of nine life events, such as weddings, christening parties or wakes each year – a grand total of 90,000 gatherings.
- More than 15,000 events to celebrate the Queen's Diamond Jubilee were held at village halls in 2012.
- Village hall users and volunteers munch their way through a total of 47,500 packets of biscuits a week, washed down by 743,000 cups of tea. That's nearly 2.5 million packets of biscuits and 38.6 million cups of tea a year.
- An estimated £11m has been invested in work on village hall buildings in the past four years.
- The most popular uses for village halls are preschool and nursery groups; fitness / dance classes; clubs and groups for older people including luncheon clubs, the University of the Third Age; and organisations for young people.

ACT's free Community Buildings event, held at Helsington and Brigsteer Village Hall near Kendal, attracted volunteers from halls across the county and also provided information about how to encourage more people to get involved in running them.

ACT's Julia Wilson said "Village halls provide social activities, clubs, classes and essential services for every age group, helping to combat loneliness and build a sense of community spirit. It's vital that people step up and volunteer to help halls move with the times, just an hour a week can make a difference.

"It can be a great way to get to know people in your area, and to help keep your community vibrant. Anyone who wants to help run their village hall will no doubt be welcomed with open arms. You can get in touch with us to find out who to approach in your community."

Alison Lax from Cumbria Action for Sustainability (CAfS) gave information about energy options for halls; from better insulation, and more efficient heating systems, to renewable energy technologies. Alison emphasised that groups should always consider what scale of project they feel able to tackle when making plans, and that even simple, low cost solutions such as draught proofing can make the hall more comfortable and inviting for those using it.

Peter Tanfield and Richard Griffiths, from Helsington and Brigsteer Village Hall Committee welcomed everyone to the hall and spoke about their own experience of replacing what was an old Nissan Hut with an attractive, light, flexible, energy efficient hall, suitable for a wide range of activities.

The event ended with a final workshop about village hall governance issues and information about the potential for incorporation and limiting the liability for trustees.

If you're involved in running your hall and need advice, or would like to get involved, contact us (see back page) and come to our next free Community Buildings event.

Save The Date:

**Wednesday 11th February, 4pm - 8.30pm
Calderbridge Village Hall, near Gosforth**

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Aon, supporting the work of ACRE and the ACRE Network

We look after **the localheroes**

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ACT website - information and guidance for halls

www.cumbriaaction.org.uk/WhatWeDo/CommunityBuildings

Have you visited ACT's Community Buildings web page recently? Resources include:

- **Funding Guide** for Village Halls listing potential funders for a variety of hall projects.
- **Free publicity** for your hall via our Community Buildings Directory.
- ACT's **Community Buildings Service**.
- Full list of ACRE (Action with Communities in Rural England) **Village Hall Information Sheets**, available free of charge from ACT.
- **Community Exchanges Toolkit** - could your hall benefit from a regular community-run 'Exchange' / Community Cafe?
- **Guidance Sheets** and **Workbooks** covering a range of topics including '*Making the most of your Hall - Are you Charging Enough?*'
- **Case Studies** and **video interviews** with other Cumbrian halls covering: Exchanges; village hall camping barn; energy efficiency improvements and energy generation.
- **Aon Insurance Offer** - link to Aon website with current insurance offer details for halls.



Office furniture & equipment

ACT's office move means we have various items of **office furniture** available to buy. Prices range between £5 and £35, depending on the item and its condition.

We also have a **franking machine** and fully insulated **shed** (2.5m x 3m) available to charitable groups to buy at less than market price. Please contact Dani on Tel: 01228 817224 or Email: info@cumbriaaction.org.uk



- **Do you have an item for sale or to rent?**
- **Are you looking to buy / rent something for your hall?**

Contact ACT on Tel: 01768 840827 or Email: info@cumbriaaction.org.uk to advertise here in the ACT Gazette.

The State of Rural Cumbria

ACT launched a report in 2013, using census and other data, to show the 'State of Rural Cumbria' under the following headings:

- An ageing population
- Too few young people
- Disadvantage
- Health
- Rural living

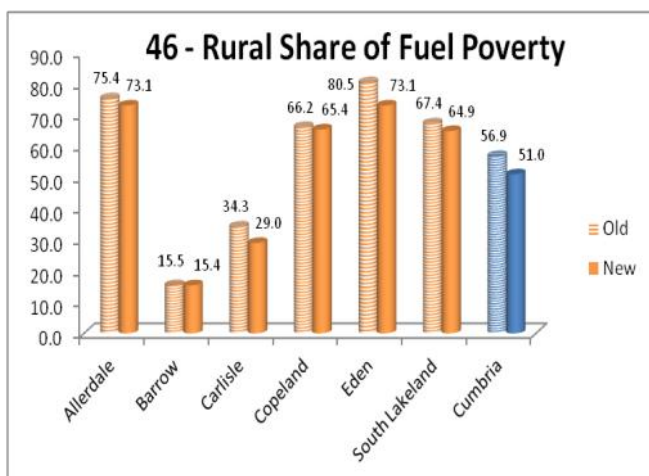
During 2014 we're focussing on one of these headings in each edition of the ACT Gazette. In this edition we're looking at: 'Rural living', covering the issues of: Fuel Poverty, Housing Affordability, and Working from Home.

Fuel Poverty

In July 2013 the Department for Energy and Climate Change issued amended data relating to fuel poverty in England. The New definition: *'A household is said to be in Fuel Poverty if they have required domestic fuel costs that are above the national median level and, if they were to spend that amount, they would be left with a residual income below the official poverty line'*

(This is called the Low Income High Cost or LIHC measure). Importantly, the LIHC measure gives consideration both to the cost of heating a home and to its occupants' ability to pay that cost, particularly focusing on those households that experience hardship as a result of their fuel costs.

The new definition provides a significantly different picture of this aspect of deprivation, compared with evidence generated using the previous definition of fuel poverty. Being off main gas, having hard to heat homes and low incomes are the main causes in rural Cumbria.

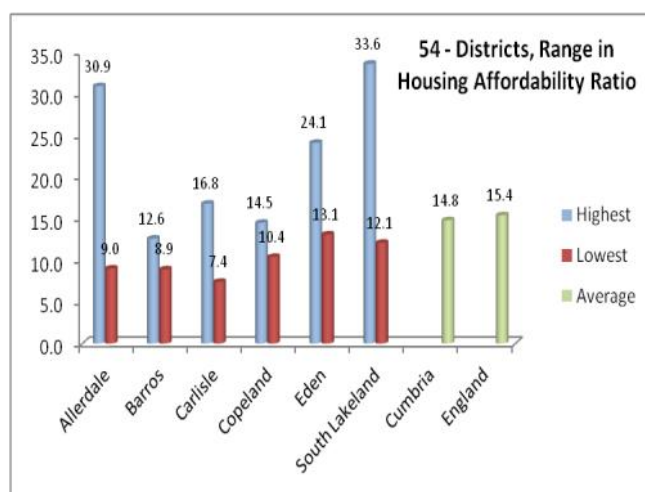


Housing Affordability

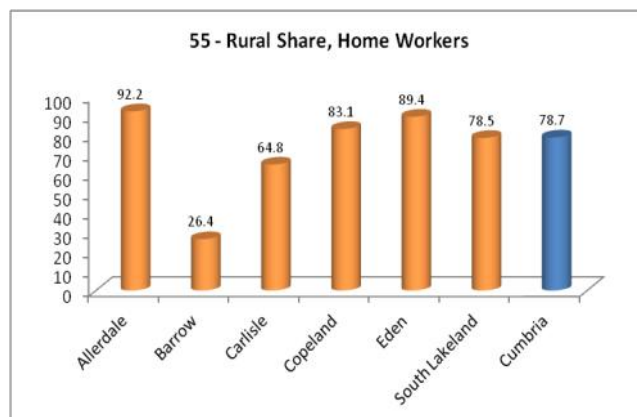
The data available shows that there are very wide variations in housing affordability across Cumbria. The Lake District, South Cumbria and the southern parts of the Eden Valley show relatively high affordability ratios, peaking in the central Lakes.

The most affordable housing is in Barrow and parts of Allerdale, Carlisle and Copeland. Chart 54 illustrates the range of affordability within each Cumbrian district, relative to the average rate of housing affordability for Cumbria and England.

This is a particular problem for first time buyers due to the inflation of local prices and can also effect private rental prices adversely.



Working from home



Home working is far more prevalent in rural than urban areas in Cumbria. If we also look at the numbers of people who are self employed, 13.9%, it is clear our rural communities are home to considerable business activity. This suggests a need for business support and improved internet speeds.

The State of Rural Cumbria (cont.)

Both the case study communities in this Gazette have taken on enormous tasks; the challenges of fuel poverty and housing affordability. Bootle (Copeland) is focussing on these issues through their 'Wellbank Project' (pg 5).

In Bootle 18.1% of the population experience Fuel Poverty against a national average of 10.9% and 6.2% have no central heating, compared with 2.75% nationally. Household incomes are £90 less than Cumbria and £183 less than England averages. However they are well served with a shop, pub, primary school and lots of local initiative.

It's unusual for a community to take on this scale of project and to secure this amount of private investment. The decommissioned MOD site also provides a resource. The project seeks to address a range of the challenges they face while involving the community, following the production of their Community Led Plan.

Keswick (Allerdale) faces considerable challenges with housing inaffordability that is twice the England average. Being in the 'honeypot' of the Lake District there are also issues with scarcity of accommodation, with only 469 social rented properties available for the 4,820 people. Keswick also has seasonal variation due to 26% local employment in the food and accommodation sector. Incomes in Keswick are £103 less than the national average and they also have the challenge of a higher health deprivation status, meaning more longer term and chronic conditions for just over 25% of the population. Their project shows the value of specialist support to assist with complex projects, and the need to understand the community's needs.

The State of Rural Cumbria Report and the **Parish Profiles** are produced to provide policy makers and communities with information to consider local issues in their community and decide how to address them. Communities often carry out these initiatives with minimum support. If these examples have encouraged you to consider the needs of people in your community please visit the ACT website to explore the detailed information in your Parish Profile, and for case studies



Time for a Fresh Start?

Fresh Start is an ACT project which has been encouraging women around the county to plan for the future and develop their ideas through a series of free evening events.

Using funding from the European Regional Development Fund, the events link those taking part into training available through the Cumbria Business Growth Hub if they're interested in taking any enterprising ideas forward after the session.

Designed to be fun and inspirational, and to help women identify their skills and values and set goals for the future, nine events have been held so far with feedback including:

"Has made me realise that age is not going to hold me back in learning new skills and putting them into practice"

"This is the first time I've defined 'what' my dream actually is. Thank you."

There's just one event left from the series at: **The Border Gate Restaurant at Carleton, near Carlisle, 7pm - 9pm on Tuesday 11th November.** To book a place contact Dani Hudson on Tel: 01768 869511, or Email: danihudson@cumbriaaction.org.uk

If you haven't been able to get to one of the events, ACT can also bring the session to you and your friends or social group; you would need to get at least eight women together and arrange a venue. If this isn't possible then we may be able to help one-to-one.

For more information visit the ACT website: www.cumbriaaction.org.uk/WhatWeDo/FreshStart or take a look at the Fresh Start Facebook page: www.facebook.com/cumbriafreshstart





Building Resilient Communities

100 people from communities across the county, emergency services, and other agencies gathered at a recent Community Resilience conference to discuss Community Emergency Planning.

The 'Building Resilience - Now and for the Future' event on 9th October included a Validation Exercise where existing Community Emergency Plans were put to the test. ACT also presented new 2 page guidance and a template plan, aimed at supporting smaller communities and Parish Meetings. Find all the guidance on our website here:

www.cumbriaaction.org.uk/WhatWeDo/CommunityEmergencyPlanning

A Community Emergency Plan helps people prepare for potential emergencies, organises neighbourly help during an incident, makes appropriate links to emergency services and local authorities, and assists with recovery after the event.

This isn't about doing the job of the emergency services. It's about supporting your community and those in it by making sensible preparations, using the skills and knowledge that the community has, to complement the work of the local emergency responders.

ACT has support available for community emergency planning in Eden and South Lakeland. If you're interested please contact Hellen Aitken on Tel: 01228 817592, Email: hellenaitken@cumbriaaction.org.uk

This project is part of Sustain Eden, a partnership programme funded by the Big Lottery's Communities Living Sustainably Fund, and managed by Cumbria Action for Sustainability (CAFS).



Cumbria Action for Health Network Conference

26 November 2014

9.30am - 3.30pm at Rheged, Penrith

Morning session:

Bringing together art, culture, health and care organisations to explore how art and culture can benefit our health and wellbeing.

Lucie Stephens (Head of Co-production, New Economics Foundation) will be attending to talk about the work they are undertaking to promote the role of art and culture within health and care. We'll also have presentations from local art and culture organisations working in health and care.

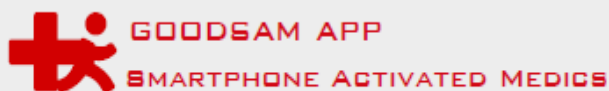
Afternoon session:

- The Cumbria Rural Health Network's Telemedicine project (Alison Marshall, Professor of Health Technology and Innovation, University of Cumbria)
- The recent Patient Transport Survey (Lorraine Smyth, Chief Executive, ACTion with Communities in Cumbria)
- The future of Adult Social Care and Public Health in Cumbria (Colin Cox, Director of Public Health, Cumbria County Council and Richard Parry, Corporate Director of Health and Care Services, Cumbria County Council).

Limited display space is available for third sector organisations working in art, culture, health and care, to share information about their work and projects.

To book and for more information visit: cumbriacvs.org.uk/training-and-events/categories/conferences-and-events/ or phone Tel: 01768 800350. You can find out more about the Cumbria Action for Health Network at cumbriacvs.org.uk/giving-you-a-voice/cumbria-action-for-health/





Would you know about an emergency round the corner?

The GoodSAM App is a tool to help the public get emergency assistance from the local community. In remote areas and even in inner cities, this can be quicker than statutory emergency services.

When someone has a medical emergency or a traumatic event that affects heart function or ability to breathe, seconds count. It's critical that they receive CPR and defibrillation in the first three to four minutes.

How it works:

Good SAM is a community of Good Samaritans with these life saving skills, happy to assist if they are the closest person to an emergency. Many are off duty doctors, nurses, paramedics and other members of the emergency services.

- 1) In a life threatening emergency open the Alerter App and press 'Call for Help' - this will dial the emergency services where you are.
- 2) At the same time it will send alerts to nearby registered first aiders who can open an airway, perform CPR and, if need be, use a defibrillator.

Download the 'Alerter App' today, or if you're a doctor, nurse, paramedic or registered first aider, you can register as a Good Samaritan by downloading the 'Responder App'.

For more information and links to download the app, go to: www.goodsamapp.org

GoodSAM Defibrillator

When GoodSAM qualified responders receive an alert it tells them where the alerter is located, and also where they can find the nearest defibrillator. However, data on defibrillator locations can often be inaccurate.

GoodSAM users can help by identifying public access defibrillators in the community, placing their location on a map, via the app or website, and adding access information with an image showing its location.



Free Community Messaging Service

Cumbria Community Messaging is a free service managed by Cumbria Neighbourhood Watch Association which enables you to stay up to date with the issues that matter to you in your community.

- Receive information about trading standards, crime, fire safety, emergency incidents, scam callers etc. direct to you via email, text or recorded phone message.
- Report information, for example regarding potential crime and anti-social behaviour.
- Respond to pleas for information e.g. scam callers, or sightings of a missing person.

Register for free and choose what information you would like to receive and how. Visit: www.cumbriacommunitymessaging.co.uk



Support for vulnerable customers

Electricity North West own, operate and maintain the electricity distribution network in the North West, providing energy to 5 million customers in the region.

Priority Services Register

Some customers have additional requirements due to being disabled, elderly or having a chronic illness. There may be times when you need extra support, for example when there is an unexpected power cut.

The Priority Services Register helps to keep track of more vulnerable customers, and provide priority treatment during such times of uncertainty.

For more information and to apply for the Priority Service Register visit: www.enwl.co.uk/our-services/electricity-priority-service-customer, Tel: 08001954141, or Email: enquiries@enwl.co.uk

Winter Warmth Fund

Every year an average of 300 people die in Cumbria due to the effects of the cold weather, a fatality rate higher than most other areas of the UK and the elderly are among the most at risk.

Cumbria Community Foundation have recently launched their fifth annual Winter Warmth Appeal to raise money for elderly people throughout Cumbria who struggle to afford to keep warm because of the increasing cost of fuel.

Last year the appeal raised £105,000 and more than 1,000 people benefited from the warm generosity of others. This year they hope to raise even more.

Would you like to donate to the fund?

Anyone can donate and many are people who receive the Winter Fuel payment but would rather give it to someone who needs it more. You could also take part in the Big Sleep to help raise money on 7th February 2015: www.cumbriafoundation.org/bigsleep

Do you know someone who may need support from the fund?

Grants are to help older people in Cumbria stay warm and healthy.

Applicants must be over 60 years of age, a Cumbrian resident, and receive:

- State pension and/or Pension Credit
- or
- Struggle to maintain a basic acceptable standard of living during the winter due to the cost of heating your home and the restrictions of cold weather

The normal grant is £125, or £250 in exceptional circumstances.

For more information about how to donate, or how to apply, contact: Cumbria Community Foundation on Tel: 01900 825760 or visit: www.cumbriafoundation.org/winter-warmth-fund

Independent Living Support in your Area

The British Red Cross Independent Living Team works locally to respond to the needs of individuals and the community, providing time-limited support to vulnerable people.

We provide time-limited support to vulnerable people to help them withstand and recover from a health or social care crisis.

We support individuals so they can live with dignity and as independently as possible in their place of residence.

What we can offer:

- Practical and social support following your discharge from hospital or if you need short-term support at home, as well as providing short-term relief for carers.
- A range of loan* equipment to assist with mobility and personal care for people living in their own homes.
- Door-to-door *transport for people who cannot get about easily, restoring their freedom and independence.
- Support to individuals and their communities after an emergency or during severe weather conditions.

*Charges do apply

For further information please contact:
Hilary Lane, Service Manager,
Telephone: 01228 552480
Email: Hlane@redcross.org.uk





Community Support in West Cumbria:

*Small grants administered by
Cumbria CVS*

Small grants of up to £500 are available to charities or community groups in West Cumbria providing services for:

- Adults over 65 or vulnerable adults under 65;
- People that require services or support to help them remain independent at home;
- Volunteer-led groups such as luncheon clubs, 'coffee and crack' groups, practical or social activities to reach more people within their communities through extending services, training current and recruiting new volunteers - helping to extend the reach of the service within a given community.

Exclusions:

- People with mental ill health; drug or alcohol problems; or those receiving medium or high level care packages.
- Domiciliary care services.
- Cleaning, shopping or transport services (apart from where a client is leaving hospital with no relatives to provide such support).
- A maximum of one grant application can be submitted per organisation per year.

Programme Criteria:

We will support projects and activities which:

- Aim to support an improvement in health and well-being in your community;
- Target people who are at a higher risk of poor health;
- Ensure that there is community participation;
- Can make a positive difference to the local community;
- Are based in Allerdale and / or Copeland;

For more information and an application form, please contact Bridget Johns at Cumbria CVS on Tel: 01768 800350 or Email:

bridgetj@cumbriacvs.org.uk

Next application deadlines:
19 November 2014
21 January 2015



What do we fund?

Applications for capital and revenue funding are eligible. Applicants must be able to demonstrate specific and measureable benefits for the local community against the Copeland Community Fund assessment criteria.

The Fund has six themes: Arts, Culture & Sport; Quality Open Spaces; Community Action; Training, Employment & Social Enterprise; Improvements to Built Environment; and Youth Activity.

Who can apply?

Community groups or organisations which are non-profit bodies, Parish Councils, and local authority partnership projects. Applicants must have a constitution and bank account and must be located within the Copeland Borough Council boundary, or have a significant benefit to the Copeland residents.

Due to the location of the Low Level Waste Repository site at Drigg, we can only support projects that are in the local authority district of Copeland, this does not include the constituency boundary.

Projects which have not secured, or applied for, match funding will not be eligible.

How much can you apply for?

Development Grants available up to £1,000 to help strengthen a Stage 2 application, and as third party funding for an application to WREN or CWMET.

Small / Medium Grants available from £3,000 to £50,000 (providing total project costs are less than £150,000) can cover up to 50% of the total project costs.

Large Grants available over £50,000 can cover up to 40% of the total project costs.

For more information and how to apply go to:
www.copelandcommunityfund.co.uk



Supporting Community Fundraising in Copeland



Eden Community Conference

“Shaping Eden’s Future”

Saturday 22 November

10am – 3pm

Melmerby Village Hall, CA10 1HE

What should your Council deliver for you and your community?

Eden District Council is developing its Council Plan for 2015-2019. The Plan directs everything the Council does. Come and have your say on the future priorities for the Council and for Eden’s communities.

This year’s conference, with speakers, stalls, and workshops, will look at the following:

- What will be the important issues for Eden over the next 4 – 5 years?
- What challenges is your community facing?
- What are the opportunities for improving the economy, environment, and social cohesion for your local parish or community?

This event is relevant to town and parish councils, community groups and business groups, but all are welcome

Booking is essential. To book your free place, please contact Dani Hudson at ACT for a booking form on: Tel: 01228 817224 or Email: danihudson@cumbriaaction.org.uk

Free refreshments including a buffet lunch will be provided.

For more information about the conference, please contact Deborah Garnett, Senior Communities Officer, Eden District Council on Tel: 01768 212268, or Email: deboraha.garnett@eden.gov.uk

golakestravel

Sustainable Transport Small Grants Fund

GoLakes Travel Small Grants Fund offers grants of up to £2500 to parish councils, community groups, businesses and organisations towards sustainable transport schemes in the south and central Lake District.

If you are looking at ways of improving transport, facilities, marketing and information for visitors in the southern Lake District we may be able to help.

Successful bids in the past include the Freerider Bus; Staveley Parish Council for improved visitor information; and The Lakes Line Community Rail Partnership for art panels at Windermere Station and flower planters at Windermere and Kendal stations.

For more details contact Emma Moody:
Email: emma.moody@lakedistrict.gov.uk or
visit: www.cumbriatourism.org/sustainable-tourism/GoLakesTravelGrants

Next deadline 10 Dec 2014



Young Roots

Apply for a grant of £10,000 - £50,000 to help young people aged 11 to 25 to explore their heritage, from green spaces, museums, and historic sites to language, local memories and youth culture.

Through Young Roots, we want to give young people the chance to plan and deliver their own heritage projects. They’re supported along the way by heritage and youth organisations working together. Projects celebrate the young people’s achievements and share what they’re learning with the wider community.

For more information and how to apply visit: www.hlf.org.uk/looking-funding/our-grant-programmes/young-roots



Development of a Cumbria Local Impact Fund

Local Enterprise Partnerships (LEPs) nationally have finalised their economic strategies for European Structural & Investment Funds (ESIFs) for 2014-20 and the Cumbria LEP have chosen to build the provision of a Local Impact Fund into their strategy.

Local Impact Funds aim to provide a locally-led solution... 'place based social investment funds'. The funds will direct investment to local social enterprises and charities to help increase jobs and growth, support social entrepreneurship and build a social economy.

They will deliver a joined up journey of support, from investment readiness advice and mentoring, help with developing business plans, provide loans and other investment products to help scale up, develop assets and grow, thereby contributing to sustainable economic growth and the attainment of positive social outcomes.

Although the funds will vary from place to place, they will share the common factors of:

- Combining wrap around business support with growth investment
- Connecting European, national and local supply with local demand for finance.
- Supporting local economic and public services strategies.

In order to ensure the Cumbria Local Impact Fund is able to offer finance and support that is appropriate to our local needs and enables organisations to achieve their goals, we encourage you to provide feedback to Social Investment Business (SIB) who are currently carrying out a Needs Analysis Survey:

www.surveymonkey.com/s/FFN2014NW

The results of the survey will help inform the design of Cumbria's Local Impact Fund. It takes about 15-20 minutes to complete and does ask for some financial information, so it would be helpful to have a copy of your latest accounts to hand when you start the survey.

Survey closes on 17th November 2014



Funded business support now available

Two days of consultancy support is available for existing Cumbrian social enterprises who are looking to growth and diversify their business.

The Social Enterprise Business Support Programme is being delivered as part of the Cumbria Rural Growth Network and although there are some eligibility criteria, a decision on eligibility will be provided quickly.

The types of support provided to previous recipients has been very varied, but has included advice on:

- Business and strategic planning
- Finance and funding
- Investment readiness, procurement/bidding for contracts
- Management and team leadership skills development
- Marketing and PR
- Governance and review of legal and management structures
- Updating and improving policies and procedures
- Partnership and outsourcing services
- Measuring social benefit

The Cumbria Social Enterprise Partnership is the support and networking organisation for Cumbrian based social enterprises, including community run enterprises and co-operatives and has delivered a successful Intermediate Business Support Programme for the past four years. This new support programme is jointly funded by DEFRA, The European Regional Development Fund and Cumbria County Council. Recipients of support under any previous programmes are eligible to apply to this new support programme.

For more information please email: enquiries@socialenterpriseincumbria.org

We want your news and views!

- Do you want to celebrate your community's success?
- Could your story be a useful case study to help others with similar projects?
- Would you like to advertise in the ACT Gazette?

If so, we would like to hear from you.

This newsletter, and previous editions can be downloaded from the ACT website:

www.cumbriaaction.org.uk

Barrow, Copeland, South Lakeland contact:

Julia Wilson - Development Manager

Tel: 01228 81 7593

Email: juliawilson@cumbriaaction.org.uk

Allerdale, Carlisle, Eden contact:

Hellen Aitken - Development Officer

Tel: 01228 817592

Email: hellenaitken@cumbriaaction.org.uk

If you would like to speak to Lorraine Smyth, ACT Chief Executive, or have an urgent enquiry please contact ACT reception on:

Tel: 01228 81 7224

Email: info@cumbriaaction.org.uk

ACTion with communities in cumbria champions community and rural issues



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ACTion with Communities in Cumbria, The Old Stables, Redhills, Penrith, Cumbria CA11 0DT
T: 01228 817224 | www.cumbriaaction.org.uk | info@cumbriaaction.org.uk | Follow us @ACTCumbria
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