



voluntaryactioncamden
supporting local action by local people

VAC Weekly Newsletter

21st September 2018

[News](#) | [Funding](#) | [VAC Events](#) | [Other Events](#) | [Jobs & Volunteers](#) | [Offers & Resources](#)

Highlights

Camden Community Centres Disability Access Report; Book a Venue in Chalk Farm; Green Spaces Funding Event; Community Mental Health Hub Consultation; Mental Health Day; 10 Years of Green Gym; St Pancras Hospital Development; Osteopathy Partnerships; Youth Action Showcase; Funding Network Event; Magic Grants + training, events, funding opportunities, jobs, volunteering, trustees and more

Feature

Camden Community Centres Disability Access Report

Volunteers from Camden Disability Action (CDA) visited 28 community centres in the borough to find out how accessible they are to people with a disability.

Healthwatch Camden undertook the project because Camden Council's strategy for disabled and older



people says it will “use community resources first” when developing solutions to peoples’ support needs. So how realistic would it be for someone with a disability to use the local community centres?

The overall picture is good, however there is plenty of room for improvement. The Camden Community Centres Consortium (C4) and Camden Council accept the report. Some of the recommendations can be quickly and cheaply implemented, but others have longer term and cost implications.

You can read the [full report here](#).



Need a Venue near Chalk Farm?

VAC now has 3 new rooms for hiring out for Events/Training, etc. at our new base in the Charlie Ratchford Centre in Chalk Farm.

The Dining Room can hold up to 60 people, this can be useful for any large social events, AGMs, conferences, etc.

The Buffet Room can hold up to 20 people comfortably for training/workshops

The Lounge is a open area for anything that is not confidential and can hold up to 20 people

Rates and full details on the [VAC website](#).

Meet the Funders

Tuesday 25 September 3pm–5pm

Parliament Hill Staff Yard, NW5

Calling all Voluntary and Charity Organisations. You are invited to Meet the Funders. £8,000 - £15,000 is available for projects that help people enjoy green spaces and the natural environment.

More information visit: <https://bit.ly/2OwA25g>

Email: jack.joslin@cityoflondon.gov.uk

Community Mental Health Hubs - VCS Consultation Event

As part of its St Pancras Transformation programme, currently at public consultation stage, Camden and Islington NHS Foundation Trust wants to improve its community services by developing mental health hubs in the community. These aim to consolidate services that are currently provided across 30 sites, and collaborate with community partners to provide service users and local communities with more holistic care and proactive approaches to staying well. We are interested in talking with voluntary sector organisations across Camden and Islington to see how we can best deliver this vision and therefore invite you to a meeting on 5th October (9.30-11.00) at St Pancras Hospital (Room 4, 1st Floor, West Wing).

If you would like to attend, please email Edward.cox@candi.nhs.uk to confirm.

Get Ready for World Mental Health Day on 10th October

It's World Mental Health Day on 10th October and Camden and Islington Public Health are supporting the Time to Change #asktwice campaign. The [Time to Change toolkit](#) has access to downloadable materials, this pack offers suggested text for a staff email, website and social media.

There are a lot of free psychological support that you can signpost to, such as [Improving Access to Psychological Therapies](#), [Mind](#) resources and [Time to Change](#) materials.

Your organisation may also be interested in our free [mental health training](#).

10 Years of Camden Green Gym

Camden Green Gym are celebrating ten productive and enjoyable years, and would like to invite you to join us to celebrated at the Waterlow Park kitchen garden on Tuesday 16th October. View the [October programme here](#). Please rsvp by 5th October to gg-Camden@tev.org.u

St Pancras Hospital Redevelopment

Camden and Islington Clinical Commissioning Groups are consulting on the proposed site redevelopment of Camden and Islington NHS Foundation Trust's St Pancras Hospital site. The public consultation will seek views on proposals to move inpatient beds from St Pancras Hospital to a new site at the Whittington Hospital and create two new mental health community hubs in Islington and Camden. The consultation end 12th October.

The last open public event is on Wednesday 26th September, 6pm to 8pm, St Pancras Hospital, Conference room, 4 St Pancras Way, NW1. Just turn up.

Osteopathy Partnerships

The British College of Osteopathic Medicine on Finchley Road, NW3 has a large training clinic providing over 14,000 osteopathic treatment sessions per year. Free treatment for pregnant women, the over 65s on pension credit, and for the under 16s in our specialist children's clinic. Students, the over 65s and those receiving certain benefits are eligible for concessionary rate of £13/session. Please get in touch if you would like to partner your Community Centre or venue. Further details at <https://www.bcom.ac.uk/clinic/>

Camden Youth Action Showcase

Thursday 25th October 11 - 2pm, London Irish Centre, Camden Sq, NW1
Showcasing work from Peer Education projects, Peer Mentoring programme and Camden Champions. The event is organised by young people.

The theme of the event is Health and Wellbeing. The topics explored this year are related to subjects they care about such as stress, relationships, mental health, substance misuse, rights and equality, peer support and crime. There will be a free food served and a chance to network. Book at [Eventbrite](#).

Camden Disability Action

Catch up with the [latest news](#) from Camden Disability Action.

National



The Council's Funding Bulletin has been replaced by [Camden 4 Community](#)

See the [Funding pages](#) on VAC's website for all the latest information.

The Funding Network and Camden Giving

Live Crowdfunding event for local charity projects. Camden Giving are working with The Funding Network to host the inaugural funding network meeting with four local change-making organisations, 4 October, 7.00 - 9.30 at the Francis Crick Institute, 1 Midland Road, NW1. Info and tickets at [Camden Giving](#).

Magic Little Grants

Over 400 grants of £500 available for local charities and community groups delivering sports and physical activities

Info and applications at localgiving.org

London Community Energy Fund

This Mayor of London fund is for exploring finance mechanisms and feasibility for community energy projects, including solar.

Deadline 2nd November. If you are interested [please get in touch](#) today to arrange a call or meeting to discuss the bid.

Taking Action on the Social Determinants of Health

A grant programme for UK Public Health Network organisations to work with partners from outside of public health to take action on the social determinants

This grant programme funds partnership projects between UK Public Health Network organisations and partners from outside of the public health community. [Full details here.](#)

Sporting Capital

Sporting Capital invests in organisations that make a difference through sport.

The £3m Sporting Capital Fund provides loan funding of between £50,000 and £150,000.

The loan funding will be used to help organisations develop new projects, operations and revenue streams. The goal is to help develop more sustainable community sports organisations.

Call or email to discuss your needs

Email: enquiries@sportingcapital.org.uk or call 0203 637 8232

The HS2 Camden Fund

The Camden Fund aims to strengthen the sense of place and alleviate the disruption of the development of HS2 Ltd. on local people by achieving one or more of the following aims:

1. A Happier and Healthier Camden
2. A Better Connected Camden
3. A Stronger Voluntary and Community Sector

We aim to inform applicants of the result of their application within 16 weeks.

Applicants can submit applications at any point between midnight on the

15th May 2018 and midnight on the 14th May 2020. Full details at [Camden](#)

[Giving](#).



Healthy Minds Programme with Mind in Camden

The latest [Healthy Minds community programme](#) is now available. A range of activities are available from VAC, Mary Ward, Mind in Camden, BWA, Good Gym, the Round House and more. Find out [what's on and how to book](#).

Healthy Minds: Monday Coffee Morning

Join us for a Coffee/Tea and support us to find activities/exercise classes you would like to do in the centre

Monday 24th September 2018 10:30am – 12:30pm

Highgate Newtown Community Centre, 25 Bertram Street, London N19 5DQ

Call Mandira on 020 7284 6550 or Lorraine on 0207 272 7201 for more info.

Basic Risk Assessment training

Wednesday, 26th September 10:00 am - 1:00 pm

Do you want to know how to carry out a risk assessment? Do you have responsibility for managing health & safety? This 3-hour basic risk assessment training could be what you are looking for. The course is ideal for: People with health and safety responsibilities in voluntary sector organisations Staff and volunteers of community groups Recent arrivals and migrant workers who want to know the basics of risk assessment including how should risk assessments be carried out. Book on the [VAC training calendar](#).

More details on the VAC website: <http://vac.org.uk/events/>



'Creating a Stronger Voluntary & Community Sector'

Thursday, November 15, 5:30 PM 7:00 PM

Camden Giving has funding available through the HS2 Camden Fund for creating a 'Stronger Voluntary and Community Sector'. We will share some tips and ideas about applications you could consider applying to us for under this strand so that you can begin to plan your project proposal.

This free workshop is aimed at not-for-profits with an income of less than £500k, whose projects/activities benefit Camden communities.

Click [here](#) to book a place or email danielle@camdengiving.org.uk.

Mighty Oaks Confidence Building Course

5, 10, 18, 19 & 26 October

At West Euston Partnership, 29-31 Hampstead Road, London NW1 3JA

Our qualified coach will help you gain a more positive mindset and take action to achieve your goals. Feedback on our previous courses has been excellent.

For more information, you can also watch this short video:

<https://vimeo.com/288222025> To book, contact David Hermanstein on 020 7388 7932/07908845154 or david.hermanstein@camden.gov.uk

Holborn Community Fun Palace

7th October 10.30am - 4pm, Conway Hall, Red Lion Square, WC1R 4RL
Create a piece of art, take part in a science experiment, or find out more about the history of the local area, the Fun Palace is a day to come along and try something new, whether you're 4 or 94! There's something for everyone.

More information [here](#): or email hazel.east@holborncommunity.co.uk

Training Link has places on a free Level 1 ESOL course.

The course is on Thursday mornings 10am to 1pm at 54-56 Phoenix Road NW1 1ES. Applicants should have completed Entry 3 ESOL. Apply via www.traininglink.org.uk or email: admin@traininglink.org.uk More information: phone 020-7383-5405

Musculoskeletal health & wellbeing in Camden

An opportunity to meet the Camden MSK management team and our partners.

Wed 17 October 11am to 2.30pm at Charlie Ratchford Centre, Belmont Street

Jonathan Hearsey – what is Camden MSK and how do we help the people of Camden?

Lorraine Patel – what happens once a GP refers you?

Cristina Serrao – do you want to get involved with shaping the service?

Information stalls and Q&A session with local organisations including

Connect, Camden Carers, iCope, IESO Digital Health, Women In Health, Age UK, VAC.

Register with Cristina Serrao, MSK Patient Director cristina.serrao@nhs.net

Camden Carers' Voice Forum

Thursday 20 September 2018 at Charlie Ratchford Centre, Belmont Street
10.30am – 12.30pm (Light lunch from 12.30pm)

Safeguarding and the caring role With James Reilly – Independent Chair
Camden Adult Safeguarding Board

Carer views - relocation of Mental Health Services With Anna Wright - Policy
Lead and Deputy Director HealthWatch Camden

Philippa on 020 7697 1336 philippar@centre404.org.uk

Castlehaven Community Association Public Meeting: Keep Our Community Spaces Safe

On the 26th of September at 6.30pm, we host a public meeting on tackling ASB in Castlehaven Community Parks and surrounding streets. This is your opportunity to question local councillors and police on how they are helping protect your local community. For more info [click here](#).

Free Wellness Gardening Sessions at Castlehaven

The Horticulture Hub, Corner of Hartland & Hawley Roads, Camden Town,
London, NW1

We host Wellness Gardening sessions on Tuesdays from 1PM. Next week you can learn how to make your own herb garden, including medicinal herbs. Click [here](#) for more information on next Tuesday's session, or contact Nichola on 020 7692 2241

Camden Community Festivals

For a full list of Community Festivals happening in Camden this year, visit the [Camden Community Festivals page on the VAC website](#).

Reimagining Our Churches: Conservation to Co-operation

Tuesday 9th October. To bring together key people in the church, heritage sector, and those working in community economic development.

- Can church assets be a significant part of local wealth building approaches?
- Can a strategic funding mix of crowdfunding, community shares, and grants enable communities and funders to invest?
- What is the role of co-operative and community businesses in this sector and can this facilitate more conservation and care for church buildings?
- Beyond charity: Can churches become enablers? What are the cultural challenges and opportunities?

The conference will be held at St Ethelburga's Centre for Peace and Reconciliation, EC2. Full details on the [Stir to Action website](#).

October Volunteering Fair

Looking to recruit volunteers in Camden or Islington?

Bookings are now open for the Volunteer Centre Camden [Supersized Volunteering Fair](#) on Wednesday 31st October, 12-2pm.

This fair is co-hosted with Volunteer Centre Islington and takes place in King's Cross at Voluntary Action Islington on Pentonville Road.

This is open to all voluntary organisations that have volunteering in Camden, Islington and their borders.



Cocoon Family Support seeks Trustees

Are you passionate about perinatal mental health? Cocoon Family Support is currently recruiting new trustee's to help us continue our vital work supporting families across London.

Cocoon provides support for families across London who are suffering with perinatal mental health issues and difficult emotions pre and postnatally. We do this by offering weekly peer support groups, creative therapy courses, mindfulness sessions, outings and activities. We have recently secured two NHS contracts – one with NHS England(London) and one with South East London STP to provide a lived experience voice and project.

We are now looking for Trustees to help us take the next step in our growth. We want people who are excited by our work, and who bring energy, commitment and networks to our Board. If you would like to join us in our journey please get in touch and we will provide you with our trustee application pack – info@cocoonfamilysupport.org

Castlehaven are Looking for a Senior Experienced Youth Worker

Castlehaven Community Association are looking for a full time Children and Young People Project Manager. You will need at least two years' experience as a senior youth worker or equivalent in a similar setting.

Please send your CV and cover letter to danielle@castlehaven.org.uk. The deadline is Monday 24th Sept 2018 at midnight, with interviews due to take place Thursday 27th Sept 2018 (Between 10am and 5pm).

For more info and a job description please [click here](#)

Solace Women's Aid seeks Volunteers

Refuge Support Volunteer

We are looking for an approachable volunteers with good interpersonal skills, self-motivated and able to carry out tasks unsupervised, flexible and interested in Domestic and Sexual Violence and its impact on women and

children. This is an extremely varied role, helping with the day to day running of the refuge and supporting women and children affected by Domestic and Sexual Violence.

Children & Families Assistant

Our generic Camden Refuge Services are recruiting new volunteers to support their team. The C & F volunteer assistant will be supporting the day to day running of the children's service. This may include: Supporting women to attend appointments, Draw up activity timetables, Running groups, Keeping records of all activities and Making contact with women via telephone. Experience of working with children and running groups for women/children is essential.

Sessional Group Volunteers: Holistic Therapeutic Support Service

Do you have a skill or talent that you would love to share with female survivors of domestic abuse? The content of our groups is flexible and range from creative skills, performance, writing, health & wellbeing. The ideal candidate must have the appropriate qualifications & training.

For further information and to apply please visit our [website](#)

Volunteers are needed in GP practices

Voluntary Action Camden (VAC) are training volunteers to become [Community Health Advocates](#) in local GP practices.

- Would you like to support people in your community to improve their health and their access to services that will help them to maintain good health and wellbeing?
- Do you want to develop experience and skills in the field of public health?
- Can you commit at least 2 hours per week?

VAC is offering free Royal Society of Public Health (RSPH) Level 1 training to those who want to volunteer to become Community Health Advocates.

After completing the training, VAC will support local teams of volunteers to act as links between community based services and GPs. In return for your commitment to the project for 2 hours a week we offer support, out of pocket

expenses and other professional development opportunities.

For more information, please contact Mandira Manandhar, Health Advocate Volunteer Co-ordinator (Mon, Tues and Thurs) 020 7284 6550/07930669417 or email: mmanandhar@vac.org.uk



Expressions of Interest Sought by Camden to run the Centre for Independent Living Café

Greenwood Place is currently under construction and is expected to be completed in October 2018, with services moving in during November 2018.

More information can be found [here](#)

For more information contact Christina.Smith2@camden.gov.uk

Have Your Say on Air Quality

Camden is seeking feedback from residents, schools and businesses in Camden on how to improve the air we breathe and would like to hear from you.

Read the full details and join the conversation by Sunday 30 September.

To take part [click here](#).

Do you have views on current bone & joint surgery, such as hip and knee replacements?

For information on the case for change and the opportunity to give feedback – [click here](#).

North London Partners in health and care (NLP) is launching a review of

adult elective orthopaedic care services (planned surgery of bones and joints) across north central London.

In the first phase of this review, the partnership is inviting responses to a draft case for change – a document which shares why the review is needed and early thoughts on how this kind of surgery might be organised in the future. This review will run through to Spring 2019 with this initial intensive engagement phase running until 19 October 2018

Want to Hire Meeting Rooms in Camden?

You can now access an easy to search database of community spaces for hire in Camden - [vcs rooms](#). Search by room type, capacity, ward, postcode etc.

Find on the [One Camden](#) website.

Ways to Get Involved

Join us on social media



[Facebook](#)



[Twitter](#)



[Website](#)

[Become a Member](#)

[Watch a short video about our work!](#)



Find out more about our work supporting the community and community groups with this short video.

Forwarded VAC newsletter by a colleague??

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