



Our Vision

A strong voluntary sector
working collectively
across Cumbria for the
greater good.

Carlisle Report

April- September 2021

1 Introduction

Cumbria CVS provides a range of direct projects across every district in Cumbria, supporting local voluntary organisations and providing representation of the sector across all districts/boroughs.

For the period April – September 2021 we have delivered the following through our North and wider team(s) to achieve our aim of **Increased Impact, Influence and Investment in and from Cumbria CVS and the Third Sector** but also to support the Carlisle City Council aims (Extract Carlisle City Council Plan 2020-24) to “support **business growth/skills development**, develop **sports, arts and cultural** facilities to support the health and wellbeing of our residents, improve the **quality of our local environment** and green spaces, address **current and future housing needs** and promote Carlisle’s **opportunities and potential**”.

2 Organisational Overview: Cumbria CVS

Our Vision is of: “A strong voluntary sector working collectively across Cumbria for the greater good”.

Our Mission is to ensure: “Increased Impact, Influence and Investment in and from Cumbria CVS and the Third Sector”.

Our strategic objectives are:

- Make Cumbria a better place to live and work – through positive “system change”
- Support our members to achieve their goals and manage change
- Identify and fill gaps in service provision around Cumbria (in partnership)
- Ensure our financial sustainability and the happiness of our team

Our values:

Leadership: Leading by example – encouraging creativity, innovation and best practice and being passionate about what we do

Excellence: Aiming for and promoting excellence in everything we do

Equity: Recognising, valuing and being accessible to the Cumbrian community in all its diversity

Integrity: Treating ourselves and others with respect and dignity, being honest, transparent and accountable to all our stakeholders

Voluntarism: Championing the principle of not-for-profit contributions to life in Cumbria

You can find out more about Cumbria CVS and our work [through this short video](#)

3 Summary Overview (1 April – 31 September 2021)

District Projects	Carlisle
Forces Link	Forward Step: A total of 43 sessions supporting 72 people (24 sessions in Carlisle; 19 Eden). Produced 2 newsletters circulated to 130+ organisations connected through Network; 2 veteran network meetings (with reps from 8-24 orgs)
Carlisle Town Fund	Board representation, Bid group, publicity and community delivery groups
Control Outbreak Management Fund	Local Carlisle Resilience Worker to support community resilience (new post)
Living with and beyond Cancer	34 referrals ; 26 ongoing support from team of 15 volunteers ; 6-8 attend weekly online exercise classes .
Countywide Projects/ Core Services	In/across Carlisle
Capacity Building: Governance, Funding, Business Planning, advice & information	162 groups supported across the county – 46 groups working across Carlisle district
Funding Fairs: Carlisle Funding Fair: 13 October 2021:	44 delegates from 33 organisations ; supported by 12 funders/funding organisations
Health and Care Funding: <ul style="list-style-type: none"> Supporting funding applications: £607k+secured in total across the county over last 18 months Monthly Friday Funding Forums Monthly Funding Updates/Sources 	£146,919 in total for North Groups including Carlisle in last 6 months (overall total for project £607k+ of which North: £375,781). £1: £6.13 financial return on investment Friday Funding Forums: 6 sessions; 126 Attendees 12 Focus on Funding Updates sent to 400+ contacts (189 in North) identifying 78 new sources of funding; 21 Funding Searches completed
Volunteering: supporting Volunteer Managers	118 organisations (including 9 Carlisle groups) received direct support in Volunteer Management. 374 Carlisle groups receive regular information, advice and support through County Volunteering Network
Volunteering: supporting recruitment of volunteers through promotion of opportunities through (online) recruitment sessions, talks and presentations; Volunteer Vacancies, website and social media.	Engaged with 171 individuals (volunteers) including 17 in the Carlisle through 20+ sessions . 2188 volunteers supported and available through Support Cumbria, Vbase and Do-It (438 Carlisle) 80 groups in Carlisle regularly contribute to and receive information on Voluntary Vacancies; 92 organisations/opportunities promoted - social media
Communications – CVS Ebulletin (12 pa)	Over 3,000 contacts including 541 groups in Carlisle
Training, Networks and Events	668 people from over 179 orgs attended sessions
Countywide health projects	£495k investment: Carlisle orgs/residents eligible
C-19 volunteer pathways	C-19 support co-ordination of local response groups
Community resilience; LRGs	Ongoing engagement, support and involvement in local (emergency) and countywide response groups
Advocacy – Third Sector Networks including A4H; MHPF and CTSN	Sessions on LGR; VCSFE Impacts Study; Changes to Health System; Investments in Health

Cumbria CVS Representation (including Carlisle)

Carlisle: Carlisle Town Fund Board; Carlisle Partnership Executive; Local Resilience Group/Forum; Carlisle Healthy City Group; Borderlands Community Development Workers Network.

County Level: Cumbria CEO Group; Cumbria Third Sector Networks; C-19 Strategic Recovery Group; Public Health Alliance; Community Resilience Group; Poverty Working Group; C-19 Health Protection Board; C-19 Strategic & Tactical Co-ordination Groups; Cumbria Funders Network; Cumbria Community Foundation Grants Panel; Mental Health Concordat; Cumbria Public Health Alliance/Outbreak Engagement Board.

4 Detailed Overview:

4a CAPACITY BUILDING

Cumbria CVS supported **162 groups** across the county including at least **46 groups** operating across Carlisle district through the provision of help, advice, support and information in areas including:

❖ **Governance** ❖ Running effective meetings ❖ Running a charity ❖ Recruiting and retaining committee members ❖ Trustee and management roles and responsibilities ❖ Effective meetings and minutes ❖ Governance in the voluntary sector:

The Love for Life Foundation, The Look Out, Community Centres Federation, Affordable Food Network

Countywide Trustee Network: This network will be chaired by Chair of Cumbria CVS, with the first meeting taking place on 9 November 2021. It will provide great opportunities for peer support, increased networking, sharing of learning and leadership across the wider sector. The aim is for the members of the network to play a key role in the development of the network to meet their needs. Currently, we have interest from 23 groups across the county including Carlisle.

❖ **Business Development** ❖

Denton Holme Community Garden, Rocket Theatre, Warwick Bridge Corn Mill

❖ **Funding** ❖ Writing successful applications ❖ What you need to know to get funding ❖ First steps in grant funding including: *Whistling Crew Productions; Dacre Hall,*

4b Volunteering

This countywide accredited service supports local organisations and individuals in relation to volunteering:

- Promotes and supports good practice for the effective recruitment, induction, support and retention of volunteers in local voluntary and community organisations – through 1:1s; training, events, and networks; resources
- Provides advice, support and information in relation to the development of volunteering across the sectors including Employers Supported Volunteering (ESV)
- Delivers training and networking opportunities for local third sector organisations
- Represents local voluntary organisations through representation on the Cumbria Third Sector Network (Volunteering Network).

- Supports the recruitment of volunteers to local organisations – with a focus during Volunteers’ week (1-7 June)
- Promotes Volunteering and volunteering opportunities through networks meetings, talks and presentations and social media.
- Provides support to individuals - including people with additional support needs – to improve knowledge of and access to volunteering opportunities.

❖ **Volunteer Management** ❖ Volunteering support and recruitment including: *Cornmill, Carlisle Youth Zone, Tullie House, Watchtree Nature Reserve, Carers Partnership*

❖ **Volunteer recruitment and placement:** Volunteering talks, presentations, (online) recruitment sessions and promotion through media including social media for organisations that operate in and across the district of Carlisle including *Cumbria Law centre, Citizens Advice; NCIC.*

4c TRAINING, EVENTS AND NETWORKS:

❖ Over **628** people representing around **179** organisations supported through a range of training, networks and events including the Mental Health Provider Forum, Action for Health, Volunteer Manager Network and NCVO Members Assembly.

We have regular re-attendance and excellent feedback surveys with majority scoring at 90%+.

❖ **Funding Fair**

Through this forum, local groups meet funders and other local agencies face to face to discuss projects and explore funding opportunities. From feedback from funders and local groups we know:

- Attendance has been high – despite ongoing concerns regarding covid/restrictions: **Carlisle Funding Fair: 13 October 2021: 44 delegates from 33 organisations; supported by 12 funders/funding organisations** and South Lakeland Funding Fair: 29 September 2021: 46 delegates from 38 organisations; supported by 11 funders/funding organisation.
- Funders are very pleased that these events have been re-established and have committed to attend all fairs during 2021/22:
“Very much looking forward to getting back to some face-to-face meetings which I think are so worthwhile for groups thinking of applying for funding”. Liz Payne, GrantScape
“So pleased to see these back. Our team are looking forward to them and will be attending as detailed below.” Helen Carter, Francis C Scott Trust
- Attendees really valued the opportunity to directly engage with funders and network with other local organisations.
- Numerous requests for further funding and other support from Cumbria CVS, along with a keen interest in CVS FREE membership supported by local and county council funding.

4d COMMUNICATIONS:

Through our communications, we:

- Interpret and provide essential sector specific information,
- share key consultations, essential funding updates and funding and volunteering opportunities;

- publicise training, networking and events;
 - supporting networking, engagement and the sharing of good practice and learning across all sectors;
 - support and encourage collaborative working, and partnership working and
 - promote the value of the third sector along with other local third sector activities, developments, and (staff and volunteer) vacancies.
- ❖ **CVS Ebulletin** is produced and circulated monthly to over 3,000 contacts (**541** in Carlisle).
 - ❖ **Cumbria Action for Health Network**: specific health and care sector information and opportunities circulated to a mailing list of **569** members.
 - ❖ **Mental Health Provider Forum**: keeps members abreast of sector/cross sector developments in Mental Health, the ICS, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW) with a mailing list of **409** members.
- ❖ **Regular Communications with funders:**
 - **Cumbria Funders Network**: regular attendance as a voice of the third sector and to exert influence on policy/funding developments and gather intelligence.
 - **National Lottery Community Fund**: Regular meetings with one of the main funders across Cumbria ensures we are aware of funding priorities and key funding opportunities.
 - **Grants Panels**: Through our District team, we provide representation on local grant panels across the county on behalf of the third sector.
 - **Grants Management**: administration of small grants pot (Eric Wright Charitable Trust) to support small, local grassroot groups.
 - **Funding Fairs and Funding Forums**: collaborative working to promote developments in funding including current/new opportunities; to increase knowledge of local groups in relation to funding/fundraising; to enhance engagement between funders and local communities and more.

5 CARLISLE SPECIFIC PROJECTS

5a Forces Link

Improving access to support services, for some of the 30,000 veterans based across Cumbria. Developing physical activity events (“Walking for Health” groups); improving connections, employment/transition support and mental health.

The Forward Step project provides a safe space for veterans to meet and take part in an accessible walking activity. The project has had referrals from British Legion, Military Museum and Health and Wellbeing Coordinators. It provides an informal space for peer support, as well as being able to access the health and wellbeing benefits of the outdoor spaces around Penrith and Carlisle.

“These walks I find very reassuring...even on a wet day like this I get outside the house and meet people, which means a lot. Otherwise, I would be stuck at home reading books I have read before”.

“When we walk alone the world around us is very dark which can make us feel isolated and lonely. The Forward Step walks gets us out together to see the light again so that we don’t have to walk alone in the darkness”.

5b Living with and Beyond Cancer

The service received 34 referrals, with 26 receiving regular calls or support from our team of 15 volunteers - in some cases, up to one year after their initial referral. Weekly (online) Exercise and Movement classes are regularly attended by 6/7 people helping them to regain some movement lost following treatment and increase feeling of wellbeing.

We have also worked closely with colleagues in the NHS and the Cancer Locality Team to establish a Cancer Patient Carer Group - the North Cumbria Cancer Collaborative - made up of 6 patient carer representatives, HealthWatch, Voluntary Sector with senior management support from the NHS and Facilitation support from the NHS. These are new partnerships between the organisations that meet health and care needs across an area, to coordinate services and to plan in a way that improves population health and reduces inequalities between different groups.

6 COUNTYWIDE PROJECTS

6a Health and Care Funding Project

Launched in January 2020, this two-year project has so far provided a huge amount of support for groups across the county and has recorded a **Financial Return on Investment of £6.13:£1**

- **Funding Advice, Support and Information and Training:** provided to local groups and organisations to support them with (sustainable) funding. This project has successfully supported a further **33** groups with a range of funding support, bringing the total to 54 groups including GRANTfinder searches helping groups in North Cumbria secure a further **£146,919** bringing the overall total for groups in North Cumbria to **£375,781**. Total since inception of project: **£607,423**
- **Focus on Funding Updates:** These are produced bi-monthly (min 20+per annum) and have provided local groups including over **154** groups in the North of the county (direct mailing list) with information on a further 78 different sources of funding over the last 6 months (248 sources in total), This update was rated good-excellent by 95% of respondents (to recent service survey).

“There is a bewildering range of possible grant providers. The regular updates from CVS help us to identify which are relevant and to stay on top of their deadlines. It is still down to us to make good submissions but the digest and other information makes it much easier to focus our efforts”. Trustee

- **Monthly Funding Forums (online) with funding briefings:** These are held on the first Friday of every month and cover various topics from diversifying income streams to sustainability, along with Meet the Funder events, specialist fundraising training and exploring partnership working and joint funding bids. The forum brings people together to connect, collaborate and learn from speakers, trainers and each other to increase their fundraising knowledge, skills, experience, confidence and success. Since April 2021, **6** (online) Friday Forums have been supported by local and national experts, attended by **126** attendees. To date, this project has run 14 forums which have been attended by over 440 attendees.

A recent survey highlighted that (of respondents): 97% were more aware of funding opportunities; 43% noted improved fundraising skills; 62% had successfully secured funding; 38% were planning on submitting collaborative bids.

7 REPRESENTATION OF THE VOICE OF THE THIRD SECTOR

Carlisle: Carlisle Town Fund Board; Carlisle Partnership Executive; Local Resilience Group/Forum; Carlisle Healthy City Group; Borderlands; Community Development Workers Network.

County Level: Cumbria CEO Group; Cumbria Third Sector Networks; C-19 Strategic Recovery Group; Public Health Alliance; Community Resilience Group; Poverty Working Group; C-19 Health Protection Board; C-19 Strategic & Tactical Co-ordination Groups; Cumbria Funders Network; CCF Grants Panel; Mental Health Concordat; Cumbria Public Health Alliance/Outbreak Engagement Board.

7a POSITIVE PARTNERSHIPS AND WORKING COLLABORATIVELY

Carlisle Partnership

Carlisle Towns Fund Board:

Long COVID clinic support – £55k Responded to request from Public Health to look at local Carlisle needs for supporting appropriate access to community groups for Long Covid Support. Result: working with Citizen’s Advice to provide information and guidance for people attending and/or awaiting Long COVID assessment clinic. The project will deliver support regarding work based issues and help to access benefits.

Local Cultural Education Partnership (LCEP)

Providing infrastructure and coordination for the development of the LCEP which is a partnership of community groups supporting children and young people to *develop* their creative potential and drive a more joined-up cultural education offer, share resources, and improve the visibility of cultural education across the Carlisle area.

Active Cumbria; Cumbria CVS has worked with Active Cumbria to support the delivery of four governance and volunteering support to third sector organisations – especially those with a sports related focus. This relationship has provided an opportunity for closer joint working with Active Cumbria with a focus on specialisms.

Hoarding Project: Development between Allerdale CCC Public Health Manager and Cumbria CVS is now developing into a North Hoarding project including Carlisle.

Physical Activity on Referral Partnership working with Health partners, and community settings to develop a partnership that better supports Health providers to refer/sign post to community settings for physical activity. Cumbria CVS has brought the partnership together and continues to look at the way forward to developing a better referral system/pathway.

Local Recovery Structures

Community Resilience Coordinator met with each of the 6 local community groups to ensure that the Cumbria Recovery Strategy and local recovery work are well aligned - and reported back to SRCG.

Cumbria Local Resilience Forum: Our Cumbria Resilience Coordinator chaired the Tactical Social Care Capacity Subgroup for the LRF.

Local Resilience Forums: CVS regularly updates the resilience forums on how local groups can access support through CVS as well as publicise training, networking and funding opportunities.

Involvement in the LRF has led to increasing our knowledge base on local emergency planning/resilience initiatives with regular updates and training from DWP, Environment Agency, Flood Agency and Public Health. It also provides an opportunity to meet pressing local needs in the area as a result of the response to the Coronavirus pandemic and two significant flood events. This attendance has improved and enhanced our working relationships across sectors.

Cumbria Third Sector Network (CTSN)

Organised a series of meetings from Cumbria Third Sector Network (both the Executive and the full Network) around Local Government Reform. involving all seven of the current councils including an event which resulted in a joint Cumbria CVS/CTSN response to the national consultation on LGR being submitted - attached.

Cumbria CVS has also remained engaged with all the councils following the announcement that there will be 2 Unitary Authorities formed, with a further event for TSN Executive members held on the 21 October, and further events being planned for the end of this year/beginning of next.

Discussions with local Districts and CCC Scrutiny to update them on local Community Resilience work so that they could build on it.

VCSFE Impacts Study 2

Working with CCF, ACT and other partners, we helped to identify the challenges facing local VCSFE organisations and presented the responses (100+) at the joint NCVO Members Assembly (7 July) and to Strategic Recovery Coordination Group - powerpoint and pdf of report attached and it is now being used to help address some of these issues through Community Resilience and Health related work.

Health

Offering a joined-up approach to developing investment into third sector through grant programmes administered through Cumbria Community Foundation (based on existing best practice models such as Winter Pressures Mental Health Funding 2020/21, Suicide & Self Harm 2019/20, mental health/wellbeing & bereavement support 2020/21, maternal mental health project 2021/23 etc).

Citizen's Advice Mental Health Workers –£125k (countywide) funding to support people new to worklessness and benefits following loss of work because of COVID, end of furlough etc using staff with specific mental health experience.

Places to Talk – £65k - Population Health Mental Wellbeing Partnership to develop a small grants programme for local organisations to provide places to talk about their experiences of COVID. The project will run for 12 months.

Community Resilience Funding: £250k supported the development of the proposal to fund Community Resilience Activity from the Contain Outbreak Management Fund (COMF) resulting in £250k for VCSFE organisations). Carlisle has been awarded over £25k to appoint a Community Resilience Coordinator to support the coordination of community resilience groups and activities.

All the C's group

Brings together key players from NHS and CCC with CVS & CCF who have a positive interest in third sector integration and partnership work. The group is used as a mechanism for tackling some difficult issues relating to third sector integration to promote the work of the sector with strategic and key players.

Third Sector Referral Coordinators:

A team of Third Sector Referral Co-ordinators (TSRC) are based in north ICC's and support referrals of recently discharged patients in need of additional help, advice, support services patients to third sector organisations, helping local communities. In the period until end August 2021, **206** patients were referred – over 50% to the Health and Care Telephone Support Service which provides structured telephone support. Of the 206 patients, **111 (c.85%)** receiving positive intervention and support from local third sector organisations.

North Team:

- Niall McNulty (District Manager, North)
- Victoria Peake (Health and care Funding Project Officer)
- Richie Hinson/Sessional worker (Forces Link)
- Judith Smale (Volunteering Manager)

- Clare Edwards (Health Partnership Manager)
- Dom Gordon (Senior TSRC)
- Jayne Povey (TSRC)
- Louise Giovannin (TSRC)

November 2021

APPENDIX 1

Summary Table – Cumbria CVS other activity across Cumbria (April – September 2021) with successes, investments and outcomes

Key for Appendix 1

KEY	Countywide	South	North

Services/Projects	Countywide	Barrow and South Lakes	Carlisle and Eden	Copeland and Allerdale	OUTCOMES
Other Local and Countywide Projects/Services delivered by Cumbria CVS	Countywide	Barrow and South Lakes	Carlisle and Eden	Copeland and Allerdale	OUTCOMES
Bedrock Basics This is a strand of the £5million Transforming West Cumbria programme. Provides support to local organisations in Allerdale and Copeland to innovate, improve governance, build resilience, leadership skills and enhance financial sustainability.					£300k investment over three years from Sellafield 69 organisations supported over last 6 months across West (Allerdale and Copeland).
Building Better Opportunities: Getting Cumbria to Work Barrow and South Lakes Supporting those furthest removed from the labour market towards job readiness					Improving the economic and social standing of 436 participants
People in the Lead Supports (small) local community groups with governance, planning and organisational policies to ensure greater (financial) sustainability.					Enhanced sustainability and compliance of 40+ groups per annum (36 since April 2021)
Inspiring Barrow/Kickstart Working across 6 primary and 15 secondary schools to support the transition to secondary school and to build confidence, resilience and self-esteem of children suffering economic and social deprivation					Improving confidence, self-esteem, communication, team building and resilience for over 750 children across years 5-8 annually.

<p>Eric Wright Charitable Trust: Grant Making to support local initiatives that aim to community improve facilities and reduce inequalities.</p>					<p>Investing £13k in local grass root groups in Barrow and South Lakes.</p>
<p>Ewanrigg Local Trust CCVS acts as the Accountable Body for the ten-year community engagement project with some capital investment.</p>					<p>National Lottery investment of £1m over 10 years.</p>
<p>Health Partnership Manager (North Cumbria only) An essential role to support the development of key links between health, care, statutory and voluntary sectors to increase capacity and collaboration.</p>					
<p>Third sector Representatives (north Cumbria only) Supporting Third Sector voluntary representatives across the 8 ICC's across north Cumbria. Third Sector Referral Co-ordinators (TSRC) based in north ICC's who support referral to third sector capacity, helping local communities.</p>					<p>16 third sector representatives supported representing the voice of the third sector across the 8 ICC's across north Cumbria; 4 TSRCs including cancer and physical health</p>
<p>NC Health Sector investment brokerage in local voluntary organisations Cumbria CVS has negotiated directly with public sector health/care organisations, developing project ideas, delivery options, funding opportunities and investment in third sector organisations.</p>					<p>£495k for projects including COMF; Long Covid Clinics and Places to Talk.</p>
<p>Health and Care support to discharged patients Structured telephone support to patients recently discharged and in need of additional help, advice, support services. Referral through to specialist vol orgs.</p>					<p>206 patients referred by TSRC's (up to 31 August 2021), with 111 (c.85%) receiving positive intervention and support from third sector orgs.</p>