



spotlight on funding

Self Help Nottingham offers a wide range of help to new and established groups and funding is an important part of that. Groups at the beginning of their journey may need help with rent for room hire and flyers to advertise their group and to attract new members. Initially people generally want to meet others in a similar situation and share experience. However, as the group grows, in both numbers and confidence, often the aims of the group grow as well. Maybe the group want to highlight and raise awareness of their shared condition. Maybe the group want to influence policy development, or possibly members just want to broaden the range of activities they do together. All of these activities require some sort of funding and what follows are articles by groups of their experiences of: -

- *Why they decided to go for funding*
- *How they experienced the process of applying for funding*
- *How receiving the grant affected their group and group activity*

I hope you find the articles interesting and if you feel inspired to have a go yourself, please don't hesitate to contact either Caroline or Susan at Self Help Nottingham.

INDIGO KIDS

We are a self help group for parents of children on the autistic spectrum. We began in November 2007 in a school meeting room in Hucknall. By November 2008 we had decided we needed to move into our own space as people only tended to associate the group with the school and we felt we were not reaching the people we knew were out there who would benefit from our support.

We contacted Self Help Nottingham who explained various types of funding that we could go for. We initially needed money to pay for rent for our own space and Self Help Nottingham gave us expert advice and guided us through the very painless process. And we were successful.

In April 2009 we had our launch day (see www.indigokids.org.uk for pictures) on World Autism Day, our funding money helped us to provide leaflets offering information and advice and refreshments for those attending. It also helped with the ongoing process of hiring out our own space.

We now have a much increased base of parents associated with Indigo Kids, we all share the same difficulties in life and enjoy the support we get from one another. At our regular meetings as we chat we have created a future vision of what our group could be like and what we could achieve. Hopefully more funding will make this possible. Because of the nature of associated issues with our children, it is not always convenient for us to hold our own fundraising activities at present. We know it can take up a lot of our time, something we feel is best spent with our children so the funding route for us is most beneficial route at present.

By helping us with the funding process Self Help Nottingham helped to give us a voice in the community and helped us to believe that we were being taken seriously. For that I thank them whole-heartedly. They helped to put us on the road to success; long may we stay there!

Sarah Seaton M.A., Chair, INDIGO KIDS

Nottingham & Nottinghamshire Fibromyalgia Self Help Group

Fibromyalgia is a long term condition that is "invisible" and that alone created a determination within the group to raise awareness of our cause. Our group awareness activities have grown immensely over the past 6 years to help fulfill our ambition to educate not only the patient and the general public but also the medical professional about this physically debilitating condition.

To aid our awareness objectives we desperately needed funding for group equipment, professional literature and training courses (project managing, business plans etc) to help us to achieve success. Group membership fees would not cover the necessary funds required and inevitably it came down to funding applications. We hold "Way Forward" meetings to

make our annual awareness plans and cost the projects to assess if they are not only financially viable but would achieve the desired positive outcome and appeal to the fund providers.

Over the years none of our aims and objectives would have been fulfilled without funding sources from outside of the group. The process of applying for grants has been a mixture of relative ease to the downright difficult. We have experienced both success and disappointments along the way; we viewed the disappointments as learning lessons to be taken on board for future applications. When I first began to apply for funding it was quite daunting but as with most volunteer roles of running a support group you learn as you go along and grow more confident as you progress, obviously this doesn't necessarily mean you will be awarded the grant!!

Successful grant applications have made it possible to achieve "the impossible" had we not had the funding. I have attended many training courses in order to take the cause forward and we have broadened our awareness horizons; all due to successful funding. The much needed laptop, projector and screen, the A3 disc printer, the computer set ups, the resource stands, the office copier, the comb-binding machine and some of the Primary Care events at the Birmingham NEC are down to the funding we successfully secured. The grants have changed the way our group projects itself by being able to produce our own fibromyalgia books and information in a professional manner and to how we look to expand on what we have already achieved.

The "Taking The Fear Out Of Funding" course presented by Self Help Nottingham is invaluable and provides the confidence boost any group needs in this economic time of grant providers "tightening" their belts. The tips given are of immense help and challenge the way you looked at funding issues and fears.

For our group funding improved and changed everything.

Christine Brown, Chair of the Nottingham & Nottinghamshire Fibromyalgia Self Help Group.

Sneinton & St Ann's Heart Support Group



In August 2008 my colleague Miriam Quinn and I talked about starting a heart support group for our patients in Sneinton and St Ann's. Our aim then and as it is now is to provide a monthly meeting offering talks, activities and friendship for our patients with heart disease. The most appropriate venue was the Bakersfield Community Centre, but we needed funding to cover the cost of renting the room and providing tea and coffee. We already knew about Self Help Nottingham as other team members had used their services in the past to obtain funding for similar projects.

The process of applying for funding started with a visit to Caroline Bell, then Groups Training and Development Manager, to outline our project. This was followed by form filling and phone calls neither of which was problematic. Self Help Nottingham provided support to us and guided us through the whole process, we were provided with help to find solutions to any small queries and issues as they arose. Self Help Nottingham also provided advice and information around producing flyers and posters.

Obtaining the grant has meant that we have been able to start the support group and provided a monthly meeting venue for our patients. Self Help Nottingham continues to support us by managing the funding and acting as treasurer by paying the rent for the meeting room from the money they hold for us. The whole process was made seamless because of the input of Caroline Bell and Self Help Nottingham.

Miriam and I hope that we can continue our association with Self Help Nottingham.

Lesley Moran

Hyson Green Women's Well-being Group



We are a women's group of mental health service users. All of the women in the group have been isolated by mental illness, some for years. We came together in 2000 under the umbrella of the Nottingham Primary Care Trust Mental Health Team.

Unfortunately, very suddenly, the PCT made a decision to withdraw their services. At the time we were very distraught. We all felt very fragile and vulnerable. It was a very rocky time.

The friendships we had developed within the group had become hugely important; it was this that drove us on, to overcome what seemed like insurmountable challenges, to preserve it.

It was suggested we could become a self help group, but it felt like it was a choice made for us, not a positive choice made by us. We didn't feel ready or able. There was already so much for us to think about. There was a lot of fear. We were certain we wanted to continue as a group, but didn't feel we had the skills needed to continue on our own. Our biggest expense, our biggest apprehension, was the rent.

Our first grant application threw up all sorts of worries. The grant itself was easy to apply for. However for some it felt like it reflected how we felt about ourselves. We didn't feel of any value. We certainly didn't feel anyone would value us enough to give us anything. Applying felt like we were saying 'Do you value us?'

As a group we were all initially hesitant about contributing any thoughts or opinions. By the end of the process we had all grown in confidence and much more willing to offer opinions, especially those who had taken on the official



trustee roles. No one could have been more surprised than us when our application was approved. One member still feels like maybe we didn't deserve it. But that just highlights that there is still work to be done around issues of self-esteem.

Our group means so much to us. For most it is time away from our particular problem. 'Our time'. We are friends and what binds us is that we have created a space where we experience real understanding. This is a place where we are not judged. We are accepted even when we can't speak, we know we can say as much or as little as is right for us on that day.

Getting the grants (We have now successfully applied for two) has relieved the huge pressure of wondering if we could continue. We know that for at least 2 years our rent is covered. It means a secure future for our group.

That means we can plan and try to expand. We now feel we are in a position to offer support to others in a similar position.

Anything else is cherry on the cheesecake.

How to apply for funding

Newark and Sherwood CVS have produced a useful and informative booklet: The step by step guide to applying for funding. A copy of this can be found on the web at:
www.cvsmoneyspinner.org

There is information on planning an application, preparation, completing an application form and what to cover if there isn't an application form.

There's also some useful telephone numbers for extra help, but these are for use by groups in the Newark and Sherwood area. If you need help, contact Caroline or Susan at Self Help Nottingham.

Broxtowe Borough Council Funds Self Help Nottingham



Members of staff and Trustees with Cllr Sue Wildey, Mayor of Broxtowe

In May members of Self Help Nottingham visited the Mayor of Broxtowe, Councillor Sue Wildey and were presented with a cheque for £600. The money will go towards the production of the Directory of Self Help Groups, Nottingham and District. Mary Stacey, Trustee and volunteer received the cheque on behalf of Self Help Nottingham.

Smoothie Bike Hire for your Summer fund raiser



Make fruit smoothies by pedal power, keep fit and have fun.

There are several organisations hiring smoothie bikes at varying prices. Put 'smoothie bike hire Nottingham' in google and check out the companies listed.

What makes a good funding application?

If we all knew what buttons to press to ensure that our funding applications are successful we'd all be doing it. There are, however, some right ways of making applications and some good advice out there to ensure that your bid doesn't fall at the first hurdle.

It's all about selling an idea to somebody who has the means to make it happen. It's about making a case, showing that there is a need and asking for the support. At the same time you will also be promoting your group/organisation. Try to keep the application short but still containing all the key ingredients. To do this it helps to keep the language simple.

Funders receive many applications and so you need to let them know about your group, what the purpose of the group is as well as giving information about the specific project that you are requesting funds for. You also need to say why the project is important. What is unique about it or what is special. It's perhaps a good idea to make a note of what your key selling points are and to discuss these with your members. This will help clarify your own ideas about what your group/project is about and enable you to communicate this better.

Use figures or statistics to support your case. A sentence suggesting that the need for a service has increased by 50% because research shows that has more clout than a statement saying that the problem has increased dramatically. The research for the figures can be your own or they can be taken from publications, other people's campaigns or from government statistics such as the national census.

The most important figures to include, will be a budget of the proposed project. This is a costing of the different items of expenditure and by doing this you will arrive at your final figure. How does this look? Does it come to more than you would have expected or does it look value for money? If it comes out more than expected, can the project be broken down into smaller elements and if so is it worth

approaching different funders/trusts for each bit?

Funders will always want to see a copy of your accounts. Send the most up-to-date copy you have and make sure that they don't give a misleading message. For example, if you appear to have a lot of money because you are saving for a major project, then add a note explaining this. If you've had support in kind, this won't appear in your accounts, but again make sure this is shown in the notes. Try to put yourself in the shoes of an outsider and see if you can identify areas that might get picked up by somebody looking at your project and in particular, your accounts. If you do identify anything that looks odd you are then well placed to counter balance that.

Do state what the outcomes of the proposed project will be. Funders will be interested to know what the results will be, how you will measure the outcomes and what will you do with that information. Will that go to make further improvements?

Before sending your application off, get somebody else to read it. Ask them to check that you have included all the essential ingredients. Does the budget match what you want to do? Are there any spellings that need correcting? Is the information arranged in a logical order? It might be a good idea to do a first draft of the application, discuss it with other members and then it's an easy task just to improve on what you've done.

Do get your application in on time. Plan ahead so that the whole process is completed and allows time to get it in the post well before the deadline.

If you are successful with your bid, firstly, don't forget to say thank you. Secondly, you must then do what you said you would do in the application. Some funders are happy that their money goes to the overall cost of the project, whereas others will want it spending on a precise part of the project.

Some funders will require some form of reporting back on how their money was spent. Make sure you collect and save the information that will be required at the end of the project to enable you to do that.

GOOD LUCK!



NEW BIKE GIVE-AWAY

Self Help Nottingham has a girls (3-5 yrs) brand new bike with stabilisers to give away. It must go to a group for children where the group owns play equipment and has the means of storage.

The bike is from In-Kind Direct, a charity providing goods to charitable organisations at low cost. They state that the bike is for the sole use of group members and must not be sold, raffled, given away or traded in any way. The location of the bike should be registered with Self Help Nottingham and be available for inspection if so required.

The bike will go to the first group to fulfill the above criteria. To register your interest phone Monica or email admin@selfhelp.org.uk

A pdf version of this or previous editions of the newsletter can be downloaded at:
www.selfhelp.org.uk/pub_news.html

Nottinghamshire Community Foundation

Why do we do what we do?

To ensure that there is funding for the future for the breadth and diversity of communities in our county. We are following an American principle which is to enable philanthropically minded people to make a difference on their doorstep by giving now to benefit communities right now but also forever more. To facilitate this we have an endowment, which is a permanent pot of money - a savings account for Nottinghamshire. People who want to make a difference can make a donation or invest their charitable giving by starting a "donor advised fund" and, like the One Nottingham Small Grants Scheme, Grassroots Grants Programme and other funds we administer, advise which areas they would like to impact and the people they would like to help.

Groups and people who see a need in their communities can apply for funding and receive a grant - it is not a loan but a leg up! Hundreds of groups make a huge impact each year and benefit thousands and thousands of people throughout the city and the county.

Funds available to groups through Nottinghamshire Community Foundation.

One Nottingham Small Grants Scheme

The One Nottingham Small Grants Scheme is part of the Government's strategy for regenerating the most deprived neighbourhoods. It provides small amounts of funding to help local people become involved in improving their communities. The Grants Scheme is available in all areas of the City of Nottingham but projects will particularly be welcomed which benefit the most deprived wards, which include the Super Output Areas which are in the poorest 5% nationally. Grants are available from £50 to a maximum of £10,000 and will be considered against ONE Nottingham's LAA Indicators and Outcomes as detailed on their website

www.onenottingham.org.uk

Nottinghamshire Community Foundation

Grants are usually up to £5,000 but for more strategic projects grants of up to £10,000 can be made.

Keepmoat Fund

The aim of the Keepmoat Fund is to support communities facing disadvantage and hardship by making small grants which can make a significant difference to community and voluntary groups in the Borough of Rushcliffe and the area of Clifton, Nottingham.

The fund is open to all community and voluntary groups working in the above areas. The criteria for this fund are broad and will cover most aspects of community activity. However the fund cannot be used to support galas, festivals or similar activities. There are other exclusions so please contact NCF for further details.

Grants will be allocated on a 'first come, first served' basis between £500 and £1,500 per group. The donor, Keepmoat plc, may wish to visit your project. This will be agreed with you in advance.

Grassroots Grants Programme

This fund supports a broad range of community and voluntary groups with a variety of different costs. As with all of the Foundation's funds, the overarching purpose of each grant we make is to enhance the quality of life for people living in Nottinghamshire and Nottingham communities and to tackle disadvantages and inequalities faced by people living in the county and city today.

As described above, the fund's aim is to support community life and tackle disadvantage. Please read the rest of the criteria carefully to see if your group will be able to apply to this funding stream.

The allocation for Quarters 1 and 2 have now been fully allocated under this grants programme for 2009/2010. Whilst we are still taking applications please note they won't be considered until Quarter 3 (October 2009). Please contact us to explore further options if your start date is pre-October 2009.

Groups can apply for a minimum of £250 and a maximum of £5,000.

Special Requirements

To apply your group must have a turnover (annual income) of below £30,000. Your group must also have been running for over 12 months. Grant to be spent within the financial year it was awarded.

Comic Relief

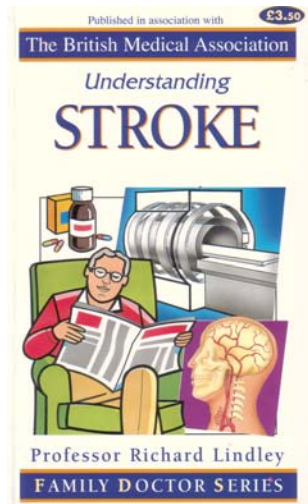
There are still many communities in the UK that suffer from economic and social deprivation and the current economic climate may make this situation worse. Projects should be run by people directly affected by the issues they are dealing with and priority will be given to small, locally based groups or organisations in areas of disadvantage that have a clear understanding of the needs of their community and are undertaking actions as a means of addressing these needs.



Grants shall be used to support work where there is clear evidence of a sustained beneficial impact on people's lives who are excluded or disadvantaged through low income, rural or social isolation, age, disabilities, race, sexuality or gender. Nottinghamshire Community Foundation (NCF) manages this programme across the whole of Nottingham City and the County of Nottinghamshire.

Groups can apply for a minimum of £1,000 up to £10,000.

For more information on the funds outlined above please contact Nottinghamshire Community Foundation on 01623 620 202 or visit the website for further details or to download an application form: <http://www.nottscf.org.uk>



The British Medical Association, Family Doctor Series

We have a few books from the Family Doctor Series to give away. If you would like any of the books for your group library please give Monica a ring and we'll pop the book in the post to you. Titles available are:

- Understanding Alcohol & Drinking problems
- Understanding Children's Behaviour
- Understanding Diabetes
- Understanding Parkinson's Disease
- Understanding Prostrate Disorders
- Understanding Stroke

Removal Service available from Community Link

From a single box to a whole house, Community Link has moved it to most parts of the country. They will also remove most household rubbish. The service is available to mental health service users by mental health service users.

A donation towards costs is required. For more information:
ring Simon on 07973 672444

Outings in Nottinghamshire by Bus

The Sherwood Forester runs Sundays and Bank Holidays from May to 27 September. The buses are an ideal way to explore Nottinghamshire, Crich and Matlock. Some run hourly or 2 hourly whilst other destinations



have 2 or 3 buses during the day. The attractions that can be visited using the Sherwood Forester include:

- The British Horological Institute at Upton
- Crich Tramway Museum
- Midland Railway, Butterley
- Newstead Abbey
- Sherwood Pines Forest Park
- Vicar Water Country Park
- Southwell Workhouse

Travelling by bus on a Day Ranger tickets gives the holder reduced entrance fee to some of the attractions. The Day Ranger ticket prices are from £10 for a family with up to 3 children, £6 for an individual and £3 for a child. Concessionary pass holders are able to travel free of charge.

Nottinghamshire County Council has produced a booklet entitled 'Visit Nottinghamshire by Bus Spring/Summer 2009' which gives further details including timetables. To obtain a copy go to Nottinghamshire County Council's website and download a copy at:

www.nottinghamshire.gov.uk

Alternatively we can email you a copy of the file in pdf format.



An invitation to take part in self help group research

Hello I'm Sarah Chaudhary, I'm a researcher at the University of Nottingham and over the last few months I've been conducting a study of self help groups.

My research is all about the lifecycles of self help groups, their organisation, the problems they can face and successes they achieve. I am also interested in the impact self help groups can have within the broader community.

I have been lucky enough to have spoken to a number of group members already and have learned a great deal from each of them. Every interview has brought a unique perspective on the experience of participating in or running a group.

I want to speak to members from as wide a range of groups as possible and so if you haven't taken part so far but would like to be involved in the research I would really like to hear from you.

The study would involve you being interviewed, either over the telephone, or here at Self Help Nottingham's offices.

I want to hear about your experiences:

- Of being a self help group member
- Of starting a self help group
- Of running a self help group

To find out more about the research you can contact me or Caroline as follows:

Sarah: 823 0882

or email:

sarah.chaudhary@nottingham.ac.uk

Caroline: 911 1662

or email: caroline@selfhelp.org.uk.

Alternatively, you can fill in and return the form enclosed with this newsletter and I will contact you.

looking forward to meeting you and hearing your views

Looking for a new Name!

Self Help Nottingham has been working in the whole of the County for some time and in the coming months will be extending into the West Midlands. So, the feeling now is that Nottingham in the title is becoming restrictive so we're looking for a new name.

We've experienced difficulties in arriving at a suitable name in the past, but nonetheless we're embarking on this new name search hopefully with your help. The name needs to be non-geographical and reflect our relationship with self help and mutual aid support groups. If you have any ideas please let us know. You can call the office or email us at admin@selfhelp.org.uk. There is a mystery prize for the person who suggests the name we finally choose!

Evening Meetings

Self Help Nottingham is considering staying open some evenings to allow groups to use the meeting rooms. Before we do this, however, we need to find out what interest there is.

If your group would like to hire meeting space at our offices in the city centre can you let us know along with times you'd like to meet; for example would 6pm-8pm be suitable or would you prefer to start later and finish later. Please let us know by emailing admin@selfhelp.org.uk.

Thank you



FREE LIGHT BULBS

Save £13* per year

with our electricity light bulb give away



We have received a supply of energy efficient light bulbs from Grass Roots who are working to deliver energy saving measures to the charity sector. We therefore have a pack of two light bulbs free to anyone in a self help group who fulfils the following criteria.

Who are the beneficiaries?

The beneficiaries need to be in receipt of any of the benefits or tax credits listed below:

- Council tax benefit
- Housing benefit
- Income support
- Income-based job seekers allowance
- Attendance allowance
- Disability living allowance
- War disablement pension which includes either a mobility supplement or constant attendance allowance
- Disablement pension which includes constant attendance allowance
- State pension credit
- Child tax credit where the relevant income is £15,592 or less
- Working tax credit where the relevant income is £15,592 or less

Plus Older people over 70, regardless of their welfare status

*(This is based on replacing two 60W traditional light bulbs used for an average of 4 hours per day and an electricity cost of 9.59p/kWh (inc VAT)).

If you would like a pack for yourself, or a supply to hand out at your group meetings, please ring Monica on 911 1662 to make arrangements for collection. Alternatively, you can just call in Monday to Friday 9am-5pm.



Help raise funds for Self Help Nottingham by shopping on-line at:

www.buy.at/selfhelpnottingham

All your favourite retailers



Ormiston House, 32-36 Pelham Street, Nottingham NG1 2EG

Tel: 0115 911 1661 for information enquiries 9.00am-1.00pm;

0115 911 1662 for admin & general enquiries

Fax: 0115 911 1660

Email: admin@selfhelp.org.uk or visit our website at www.selfhelp.org.uk

Opening hours: 9.00am-5.00pm Monday to Friday