

# **Community Funding News**

This is a smart document, if the text is blue then it links to another resource.

#### Kellogg's School Breakfast Club Fund Reopens for 2023

Kellogg's, in partnership with Forever Manchester, is offering grants of up to £1,000 to schools to help fund breakfast clubs across the UK and ensure that children who need it most receive a morning meal.

A limited number of grants are available with priority being given to schools that either: Have 35% and above of children eligible for pupil premium funding (for England) and eligible for free school meals (Northern Ireland, Scotland, and Wales); or

Are based in an area which is classified as falling in the 10% of most deprived areas according to the Index of Multiple Deprivation.

Only one grant per school in each academic year is available.

Applications can be submitted at any time

### Asda Foundation's Investing in Spaces and Places Grants Programme Opens

For a second year in a row, the Asda Foundation is offering large grants of up to £25,000 for local groups across the UK who are working to improve spaces in the heart of their local community.

Grants of between £10,000 and £25,000 are available to cover between 25% and 75% of the total project costs.

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# **Funding Shorts**

Are you a local business seeking a grant? There is specialist business support for you, contact <u>business@redcar-cleveland.gov.uk</u> or call: <b>01642 444366</b> .	Michael Tippett Musical Foundation Grants are available for the development of group music making in the UK, especially involving young people, with composing central to the project. Deadline: 30th September 2023
JAC Trust Grants are available for charities and other non-profit organisations to help forcibly displaced people and their host communities to respond to the climate crisis and promote environmental recovery and protection. Deadline: 8th February 2023	The Glaziers Trust Funding to churches and other public buildings to support the preservation or restoration of historic and important stained glass in the UK. Deadline: None
Alec Dickson Trust Grants are available to support volunteering projects in the UK, organised and run by young people (under 30 years). Deadline: 19th February 2023	Delamere Dairy Foundation Grants are available to charitable and community organisations in England, Scotland and Wales to support projects that deliver benefits for local communities . Deadline: 31st August 2023

Know someone who should be receiving this e-newsletter? Click to opt-in

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# **Funding News**

## Ofwat Launches £4m Water Discovery Challenge

Ofwat's new Water Discovery Challenge is a £4 million competition for innovations that can help solve the biggest challenges facing the water sector; today and in the future. The aim is to directly support organisations with innovative propositions and facilitate their engagement with water companies.

In particular, the funder is looking for innovations that have the potential to make a positive impact for water customers, society and the environment; and succeed, be sustainable and/or gain wide adoption across the water sector in England and Wales.

Successful applicants can win up to £500,000. Up to 20 finalists with the most promising entries will be awarded up to £50,000 to develop their innovation, with a range of expert support and access to mentoring from water companies. A maximum of ten winners will be awarded up to £450,000 to further grow their innovation, receiving additional support to further accelerate their progress.

Entries are invited from any sector and all types of organisations, domestic or international. This includes private limited companies, limited liability partnerships, incorporated charities and community interest companies.

The deadline for applications is 5 April 2023 (12:00 GMT).

### Asda Foundation's Investing in Spaces and Places Grants Programme

Funding for small, local groups across the UK to improve community spaces and places where local people can be together and thrive.

For a second year in a row, the Asda Foundation is offering large grants of up to £25,000 for local groups across the UK who are working to improve spaces in the heart of their local community.

In 2023, there is a total funding pot of  $\pm 500,000$ .

Grants of between £10,000 and £25,000 are available to cover between 25% and 75% of the total project costs for projects that address at least one of the following categories:

- Building repair (external or internal) for spaces and places which already exist but are in disrepair and therefore limit the usability, safety or level of expectations for other to use the space.
- Building development to enhance a space already in use.
- Outdoor development to develop outside space for the benefit of the community, particularly outdoor spaces which benefit everyone and can be accessed by large groups of people.

Projects need to align with at least one of the Foundation's aims:

- Create and/or develop safe and inclusive community spaces for groups to meet and bring people together.
- Create or improve spaces which can be used by a range groups on a regular basis.
- Support groups to deliver long-lasting projects focused on long-term community impact.

Groups must be in a position to begin work on their project before the end of 2023.

Applications are accepted from local not-for-profit organisations with an income of less than £250,000 and unrestricted reserves below £100,000. This includes registered charities, CICs, companies, unincorporated club or association, small community groups or government entities/public bodies.

Application forms can only be obtained from Asda Community Champions, who are based in local Asda superstores. Groups can use the store locator link on the Foundation website to get in touch with their local store and speak to their Community Champion about their project proposal. Applications cannot be made directly to the Asda Foundation.

Applications will be accepted from 6 February 2023 to 19 March 2023.



# **Funding News**

### Cost of Living Support Available for Youth Organisations across the UK

UK Youth, in partnership with Pears Foundation, is offering unrestricted multi-year grants for charitable and not-for-profit youth organisations across the UK with an annual turnover of less than £500,000 to help them cover rising prices and increased costs due to the cost-of-living crisis.

Through the Cost-of-Living Fund, a total of £4.5 million is available to provide multi-year grants of approximately 10% of the turnover of an organisation per year. For example, an organisation with a turnover of £250,000 can apply for up to £25,000 a year for three years. These are intended to help bring stability to youth organisations and to help mitigate the impact of the cost-of-living crisis, ensuring groups can cover bills, pay staff salaries, and continue to operate.

Successful applicants will receive three grant payments, each a year apart.

## Applications can be submitted at any time.

### TRANSforming Futures Fund Now Accepting Applications

National Lottery Community Fund is supporting the five-year TRANSforming Futures project to provide solutions to the issues in healthcare and justice for transgender people across England.

The focus of the Fund is communities-led, grassroots organisations that are led by and for trans people. Broader LGBTQ+ organisations undertaking trans-specific activity that is being run by trans people will also be considered.

Projects should seek to improve existing outcomes, make changes to current systems or pursue different kinds of systems altogether.

There are three areas in which grants will be made:

Healthcare.

Criminal Justice.

Under 18s (with a focus on health and justice).

There is a funding pot of £100,000, from which grants of up to £25,000 will be made.

The deadline to apply is 20 March 2023.

## **Biffa Award - Community Buildings**

Grants are available for not-for-profit organisations to provide and improve community buildings that are located within the vicinity of a Biffa operation in order to 'act as mechanisms' for community involvement.

#### You must live within 10 miles of an active Landfill site.

Biffa Polymers - Redcar (Operation)WES Building, Plastics Road, Wilton International, Redcar, Cleveland, For example TS10 is 1.35 miles distance away. You can search your postcode by clicking here

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# **Funding News**

## Co-op Foundation's Carbon Innovation Fund – New Focus for Round 2

The Co-op Foundation has published the guidance notes for the second round of its £3.5 million Carbon Innovation Fund.

The new round of funding will deliver against the sustainability element of the Co-op Foundation's youth-led vision and strategy by focusing on creating a more equitable and sustainable food and farming industry.

Grants of between £75,000 and £200,000 will be awarded to organisations working to reduce the UK's reliance on soy animal feed and/or synthetic fertilisers.

Examples include, but are not limited to:

Alternatives to soy-based animal or fish feed.

Alternatives to synthetic fertiliser, or ideas which would reduce their negative impacts.

On-farm trials of alternative feed or fertiliser which will measure success and impacts on measures such as yield, costs, biodiversity increases, nitrogen management, etc.

Thinking laterally to reduce reliance rather than create alternatives such as breeding new strains of crops, better nitrate management on farm, building multi-stakeholder networks to tackle issues together, agroecological cluster demonstration projects, etc.

Funding can be used on project costs, core costs/overheads and capital costs. Projects must start within six months of receiving the grant, but thereafter can be spent over any time period.

It is expected that roughly 10 organisations from across England, Scotland, Wales and Northern Ireland will be funded.

The Co-op Foundation is running a free webinar on 1 February (11:00 to 12:15) where it will share more information on the Fund and how to apply as well as providing an opportunity for groups to ask questions. Groups will need to reserve a spot on eventbrite.

Round Two will open for applications on 1 February 2023 (after the event concludes at midday) and close on 28 February 2023 (midday).

## Austin and Hope Pilkington Trusts Opens for First Round of the Year

Registered and exempt charities in the UK can now apply for a grant of £1,000 to help tackle social disadvantage and support vulnerable individuals.

The Trust operates a three-year rotation system, with different fields of interests being funded each year. During this round, the focus is on rehabilitation of prisoners, ex-prisoners and those at risk of offending. Organisations must have an operating income of between £100,000 and £1 million to be eligible to apply. The funders recognise that Black Lives Matter has highlighted discrimination faced by the Global Majority. Across each grant round, applicants will be asked to detail how their project addresses these issues.**The deadline to apply is 28 February 2023.** 

## Netflix Opens Documentary Talent Fund for 2023

Netflix is once again providing the Documentary Talent Fund to identify and support emerging documentary filmmakers from the UK and Ireland. With funding and professional support, five filmmakers and their teams will gain the experience of working to turn their short documentary ideas into completed films. The brief for these fully funded short documentaries is "On the theme of Connection". The prize is to make a film with a budget of £30,000 (equivalent in Euros for Ireland based participants). Within each film's budget, teams must ensure that filmmakers and everyone involved in the production are fairly paid. In their finished form, each documentary must be 8-12 minutes long. **The deadline for applications is 16 February 2023 (13:00 GMT).** 

REDCARICLEVELAND

# **Funding News**

## Holiday Activities & Food (HAF) Programme South Tees 2023 Application Process Guidance

This guidance is for HAF Clubs aimed at working with children and young people of primary and secondary school age.

## Introduction

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We have now had over 2 years of the HAF programme being delivered locally. The success of the programme has been due to the great partnerships that have developed with providers, the hard work of those delivering the programme and the sharing of lessons learned.

We will continue to allocate the funding equally between primary age provision and secondary age provision, and within this we have allocated funding specifically for SEND provision for both age groups. Please carefully consider your focus when applying.

A grants panel will consider all fully completed applications that are submitted. Mapping of provision, in line with local needs, will support the grants panel when considering applications.

## **Background**

The funding for this programme comes from the Department for Education (DfE) and was given to Local Authorities to ensure free holiday provision, including a nutritious meal, available to all school children eligible for benefit related free school meals. More details on the national HAF programme are available at <u>Holiday activities and food programme 2023 - GOV.UK (www.gov.uk)</u>

Over 2023 we are looking for organisations to help deliver this programme at the Easter, Summer, and Christmas holiday

periods; you don't need to have delivered in a previous programme to apply for this funding.

## The Model

Proposals must provide an offer whereby an eligible child can access HAF provision:

- Easter Minimum of 4 hours per day x 4 days during the Easter Holiday period.
- Summer Minimum of 4 hours per day x 16 days during the Summer Holiday period.
- Christmas Minimum of 4 hours per day x 4 days during the Christmas Holiday period.

We want to ensure that there is a wide offer, full of variety and opportunity, available to our children and young people.

Therefore, we are welcoming applications from providers to apply for funding to deliver HAF programmes for all or one / two of the named delivery periods, that offer a model / provision that contributes to the overall programme. A minimum of 2 hours per day x 1 day during the named school holiday periods is the least that can be considered. This could be provided by a group of organisations or independently – collaborations are welcomed.

Holiday periods for schools can differ, therefore we encourage providers to consider this when developing their offer and application.

Providers are welcome to bid for funding for multiple HAF Clubs. For example, in the past some providers have delivered two HAF Clubs a day (e.g., morning and afternoon) – in this instance, these should be for different cohorts of children. If in doubt, please email us to discuss.

## Programme information

Information on when the school holiday periods can be found at:

Middlesbrough Council term dates (for maintained schools): https://tinyurl.com/2s4mccjw

Redcar & Cleveland Borough Council term dates (for maintained schools): <u>https://tinyurl.com/mpzfhtyb</u> For noting, some schools and academies may vary their dates. Any activity you provide must happen during this period.

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## **National Lottery Heritage Fund**



have two Engagement manager vacancies available in our team, the full time Engagement Manager post needs to be Northeast based and the part time one can be located anywhere in the North. We are looking for people who like to talk to people about heritage and culture, who know the basics of good project planning and are willing to help groups put together an application that would achieve our funding outcomes. See the links: Full time (Newcastle based)

Engagement Manager | The National Heritage Memorial Fund iRecruit PortalName (ciphr-irecruit.com) Part Time (across the North)

Engagement Manager (Part Time) | The National Heritage Memorial Fund iRecruit PortalName (ciphrirecruit.com)

They're both on our jobs pages, here's the link to all our current vacancies:

Vacancies | The National Heritage Memorial Fund iRecruit PortalName (ciphr-irecruit.com)

The range for the role is £23,695 to £27,815 (R2) and of course pro rata for the part time post.

For questions: jodi.larder@heritagefund.org.uk and also we have an open afternoon Thursday 9th February to chat to anyone who is interested.

#### JOB VACANCY ADVERT

Footprints in the Community are pleased to be recruiting for the posts of:

#### **Office Administrator**

20 hours per week

To provide a high level of flexible support to the Footprints in the Community Office and to support the Footprints Team in the delivery of a range of projects, each helping to reduce poverty and isolation in the Redcar and Cleveland Area.

The successful candidate must be confident to undertake general administrative tasks including dealing with correspondence, telephone enquiries, taking minutes, emails and inputting data

NICVA Scale 3 Point 1 £20,043 per annum pro rata

For a job description, person specification and an application form please email admin@footprintsinthecommunity.co.uk or telephone 01642 484842

Closing date for applications is Sunday 19th February

Interviews - week commencing Monday 27th February

Stepping out into the Community with Compassion to meet Local Need





#### **Finance Officer**

30 hours per week

To provide a high level of flexible support to the Footprints in the Community Office and to support the Footprints Team in the delivery of a range of projects, each helping to reduce poverty and isolation in the Redcar and Cleveland Area.

The successful candidate must be confident in ensuring the smooth and timely running of Footprints in the Community finances on a day to day basis.

NICVA Scale 6 point 19 – £25,927 per annum pro rata

For a job description, person specification and an application form please email admin@footprintsinthecommunity.co.uk or telephone 01642 484842

Closing date for applications is Sunday 19th February

Interviews - week commencing Monday 27th February

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BOROUGH COULCY

# **Neighbourhood Action Partnerships**

## How to have your say in your community...

Most wards throughout Redcar & Cleveland host regular Neighbourhood Action Partnerships. Neighbourhood Action Partnerships are to:

 $\Rightarrow$  enhance community engagement,

this is the

- $\Rightarrow$  influence in local decision-making and,
- $\Rightarrow$  promote more effective partnership working at the neighbourhood level.

The Neighbourhood Action Partnership areas correspond with ward boundaries. Here are the latest meetings: (contact Community Development Officer's listed for more details)

Ward	Date	Start	Community Development Officer	Location (Google Maps Link)
Loftus	8 Feb 2023	2pm	Jo Mead	Loftus Town Hall
Dormanstown	9 Feb 2023	6pm	Nichola Laverick	ТВС
West Dyke and Zetland	23 Feb 2023	TBC	Nicole Taylor	Laburnum Road Library, Redcar
Lockwood	6 Mar 2023	6.30pm	Claire Bognar	Margrove Park Village Hall
Normanby	6 Mar 2023	6pm	Roy Morris	Methodist Church, Normanby
South Bank Moving Forward	8 Mar 2023	6-8pm	Chloe Lewis	ТВС
Dormanstown	9 Mar 2023	1pm	Nichola Laverick	ТВС
Brotton	9 Mar 2023	6pm	<u>Jo Mead</u>	Brotton Methodist Centre
Skelton West and East	15 Mar 2023	6pm	Jo Mead	Boosbeck Village Hall
Saltburn (SNAP)	22 Mar 2023	6pm	Tracee Hall Young	Saltburn Community & Art Assoc
West Dyke and Zetland	30 Mar 2023	ТВС	Nicole Taylor	Laburnum Road Library, Redcar
Loftus	5 April 2023	10am	Jo Mead	Liverton Village Hall
Joint Belmont, Guisborough & Hutton	6 April 2023	6pm	Claire Bognar	Sunnyfield House, Guisborough
South Bank Moving Forward	12 April 2023	1-3pm	Chloe Lewis	<u>Golden Boy Green</u>
Dormanstown	13 April 2023	6pm	Nichola Laverick	ТВС
Saltburn (SNAP)	17 May 2023	6pm	Tracee Hall Young	Saltburn Community & Art Assoc
Lockwood—AGM	31 May 2023	6.30pm	<u>Claire Bognar</u>	Lingdale Youth Centre
Joint Belmont, Guisborough & Hutton - AGM	1 Jun 2023	6pm	<u>Claire Bognar</u>	Sunnyfield House, Guisborough



# Whippet Up Weekly Update



#### Update 219 - week starting January 30<sup>th</sup> 2023 Whippet Up wellbeing and creativity sessions

Our two Middlesbrough groups are creating some amazing artwork linked to the venues they meet in. The Dorman Museum group is creating an Egyptian Sarcophagus that will become part of their current Ancient Egyptians: secrets of the afterlife exhibition. The group meeting at the International Centre have created the first of a series of giant wall-hangings that will decorate this community-based centre. Anyone is welcome to come along to either session and join the fun! The sessions at the International Centre are supported by Borderlands creative growth programme, the sessions at the Dorman Museum are supported by Creative Health. They are both 6-month pilot projects that we are still developing, so we welcome any referrals into these groups, details of when they meet below.



Amazing artwork created at our Middlesbrough groups that link to each venue.

Please support and encourage people to join the Whippet Up sessions, they are great for anyone who wants a creative wellbeing boost:

#### Redcar & Cleveland Sessions

Every Monday - Mighty Mondays Art, Creativity and Wellbeing 11am to 3pm at Kirkleatham Museum, Bellamy Pavilion, bring a sandwich and stay with us over lunch time.

Every other Tuesday - Art and Wellbeing with RCBC Day Care services 10.00am for people with extra support needs

Every Tuesday - Boosbeck Creativity and Wellbeing 12noon to 3pm at Boosbeck Village Hall session includes free communal lunch!

Every Thursday - Wellbeing and Creativity at Saltburn Community Hall - 1pm to 4pm

Every Friday - Guisborough Wellbeing and Creativity - in Guisborough Library - 10am to 12

Middlesbrough Sessions

Every Wednesday - Art and Wellbeing at the International Centre, Abingdon Road 1.30pm to 4pm

Every Thursday - Art and Wellbeing at the Dorman Museum all welcome from 10am to 12.30

Find us on Facebook email us at <u>info@whippetup.org.uk</u> Website Find us on Twitter facebook.com/whippetupCIC ring or txt Jane on 07771 873057 www.whippetup.org.uk @whippetup4



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# **Cost of living Support**

# Food Support

Redcar Area Foodbanks

You will need a referral to secure a foodbank voucher and access a food bank. Referrals can be provided by Citizens Advice. GPs and Social Care professionals can also support you with a referral.

To get a referral and access a foodbank voucher, you can call 0800 144 8848 / 01642 030000 to speak to Citizens Redcar and Cleveland (Monday – Friday, 9am – 5pm). Visit: <u>redcararea.foodbank.org.uk</u> You can find a map of local foodbanks on our website: <u>www.redcar-cleveland.gov.uk/cost-ofliving-support/food-banks</u>, or alternatively call 01642 774774 for more info.

In Saltburn we have the <u>Saltburn Solidarity Food-</u> <u>bank</u> - no referral necessary, see facebook page for opening hours.

Also the <u>Teesside Socialist Clothing Bank</u> - free clothes for anyone in need - no referral necessary and the <u>Library of Things Saltburn</u> low cost borrowing of DIY and Leisure items.

# Affordable Groceries

A number of organisations provide low cost groceries in Redcar and Cleveland. Community Grocery Redcar, Redcar Baptist Church, Park Avenue, Redcar, TS10 3LJ Tel: 01642 925511 or visit

### communitygrocery.org.uk/redcar

Hope for East Cleveland Community Grocery Hope Church East Cleveland, High Street, Loftus, TS13 4HW.

Contact: hope4eastcleveland@gmail.com In Harmony Food Revolution 145 High Street, Redcar, TS10 3DQ Visit: www.inharmonyfoodrevolution.com

# Home and Energy

The Tees Valley Warm Homes Fund If your home has never had a central heating system before, you may be eligible for a free central heating installation from the Tees Valley Warm Homes Fund. Tel: 01642 526100

## Home Upgrade Grant

Some funding available to improve energy efficiency in private/rented homes, subject to the eligibility criteria. Permission will also be required from your landlord if you are in private rented accommodation. Tel: 01642 771289 Visit: www.redcar-cleveland.gov.uk/housing/

home-upgrade-grant

Cleveland Fire Brigade – Stay Safe and Warm In an emergency, they can offer a free home assessment and borrow equipment such as heaters and thermal blankets. Advice can be offered for managing fuel bills. Tel: 01429 874063

Middlesbrough Environment City Providing affordable warmth and similar advice to residents, following direct approaches or referrals from agencies including RCBC. Tel: 01642 579820





# **Cost of living Support**

# **Benefits and Financial Advice**

R&C Welfare Rights

Welfare Benefit advice, including benefit eligibility checks and support with benefit

applications. Visit <u>www.redcar-cleveland.gov.uk/benefits-and-supportwelfare-benefits</u> or more information or contact us on 01642 771166.

Redcar and Cleveland Money Advice Provided by the Council and partners and

aiming to ensure you have access to financial information, advice and support covering:

- Benefit Entitlement and Disputes
- Affordable Housing
- Accessing Community Banking
- Improving Digital Skills
- Accessing Community Banking
- Planning for Retirement
- Budgeting Support
- Help with Utilities

To register, visit: https://redcar-cleveland-selfachieveservice.com or call 01642 771166

#### **Other Useful Contacts**

R&C Citizens Advice Bureau Confidential advice online, over the phone and in person for free.

Tel: 0800 144 8848 or visit citizensadvicedrc.org.uk

StepChange Debt Charity

A free, flexible debt advice charity.

Tel: 0800 138 1111 or visit www.stepchange.org

South Tees Community Bank

Offering services to those in financial distress who may be turned away from a traditional bank.

Tel: 0191 2767 963. www.southteescommunitybank.org.uk

Visit: Email: admin@moneywise.org.uk

South Bank Credit Union

Tel: 01642 463700



# **Cost of living Support**

# **National Support**

### **Energy Helpline**

Price comparison advice service that ensures energy switching is swift, simple and hassle free. Tel: 0800 074 0745 (Monday to Friday - 9am to 8pm, Saturday and Sunday - 9am to 5pm)

#### **National Energy Action**

Working to ensure everyone in England, Wales and Northern Ireland is warm and safe at home. Tel: 0800 304 7159 (Monday to Friday – 10am to 12noon)

### Simple Energy Advice

Impartial and independent advice surrounding energy bills and services. Tel: 0800 444 202 (Monday to Friday – 8am to 8pm, Saturday and Sunday - 9am to 5pm)

### Age UK Advice Line

Information that is up-to-date and reliable, aimed at and accessible to older people and their families. Tel: 0800 678 1620 (Every day - 8am to 7pm)

### **Citizens Advice Consumer Helpline**

Independent advice on how to reduce energy costs and keep a warm home. Tel: 0808 223 1133

(Monday to Friday - 9am to 5pm)

### **Debt Advice Foundation**

Charity offering free, confidential support and advice to anyone worried about loans, credit and debt. Tel: 0800 043 40 50 Helpline is open Monday to Friday 8am to 6pm.

#### National Debt Line

Charity for debt, budgeting, financial advice and information over the phone or online. Tel: 0808 808 4000 or visit <u>www.nationaldebtline.org</u> for more info.

#### Northumbrian Water

If you are on a low income, they may be able to reduce your bill by up to 50%. To find out more, contact 0345 733 5566 or visit <u>www.nwl.co.uk/supportplus</u>

# Warm Spaces

This winter, many people are worried about the cost of heating their homes. To support residents, the Council, local businesses and organisations have opened up spaces for you to keep warm - with some including offers such as:

- Free Hot Drinks
- A range of Free Activities
- Family specific spaces with free toys and books

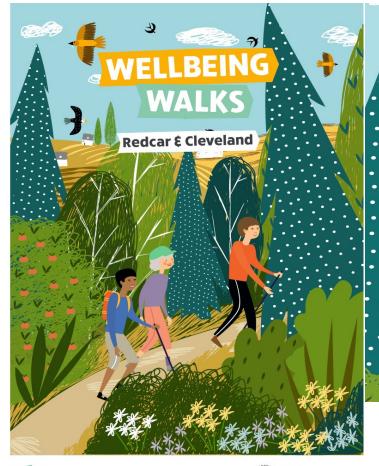
To find more info, you can visit our website which has a map of all the listed warm spaces, details about what they can offer, and contact details:

www.redcar-cleveland.gov.uk/cost-of-living-support/warm-spaces

or alternatively call 01642 774774 for more info. We are updating this list with new warm spaces often, so keep checking!

**Tuesday 7th February 2023** 

# Wellbeing Walks



#### RAMBLERS

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this is Redcar & Cleveland

## Redcar Women's Walk & Talk (Every Wednesday)

Start time: 10:30am

Start Locations: The Palace Hub, 28—29 Esplanade, Redcar, TS10 3AE

Walk Level: 2/3

Length of walks may vary depending on capacity of leaders. A slower paced walk with a possible stop at local café. Please bring money for refreshments. A chance to meet new people and enjoy great coastal views.



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#### How long do the walks last?

Redcar and Cleveland Wellbeing Walks have a three tier grading sustem.

Level 1 - approx 30 mins

Level 2 - approx 60 mins Level 3 - up to 90 mins

Walks do vary on the speed of the group and the location of the walk. Walks start on time so we advise you to arrive a little earlier than the advertised start time.

#### Are the walks guided?

All of our walks are run by trained and experienced Walk Leaders who are very friendly and knowledgeable.

#### Is there a cost?

All walks are FREE of charge; however, you may want to bring a few pennies along as some walks do finish close to local cafés.

#### How do I sign up?

Simply turn up! We have no booking system, all we ask is you arrive slightly earlier than advertised and be suitably clothed for the walk.

**Do I need to be super fit to attend?** No, the idea of all our Wellbeing Walks is to have fun, meet new people and improve the health and wellbeing of everyone taking part.

#### What should I wear?

Comfortable and weather appropriate clothing. Walks will take place in most conditions so please dress suitably. Some walks do take on multiple terrains so sensible footwear with good grip is also advised.

# Normanby (Every Thursday)

Start time: 11:00am

Start Locations: Poverina Inn Car Park, Normanby, TS6 OLD.

Walk Level: 2/3 (60-90 minute walks)

Contact: Sue (07713908904).

A mixture of walks to suit all needs. Walk duration may vary depending on capacity of leaders.

Away day walks take place on the last Thursday of each Month. Away day Walks will <u>NOT</u> start from Poverina Pub. Please Enquire for more info regarding all away day walks.



# @RCwellbeingwalks

https://beta.ramblers.org.uk/gowalking/wellbeing-walks-groups/ ramblers-wellbeing-walks-redcarcleveland



**Tuesday 7th February 2023** 

# Wellbeing Walks

## Loftus Long Walk (Every Friday)

**Start time:** 1:15pm (please arrive 5–10 minutes early)

Start Location: Outside Loftus Town Hall, TS13 4HG

Walk Duration: 1 hour 30 minutes (approx.)

Walk Level: 3 (Varied terrain on walk)

Walks include varied terrain, covering a variety of Loftus landscape. Bring shoes you don't mind getting muddy. A lovely afternoon walk.

Loftus Short Walk (Friday Afternoon)

\*subject to demand Walk Info: A flat walk starting at Loftus leisure centre. Each walk is done at a steady pace.

Strat Location: Loftus Leisure Centre

Walk Duration: 30 minutes (approx.)

Walk Level: 1 (mainly flat/accessible terrain)

\* This walk is subject to demand. To book your place on this walk or make further enquiries, please contact Health Improvement Team on 07813352117.

## Marske (Every Monday)

**Start time:** 10.30am (please arrive 5—10 minutes early)

Start Location: Town Square, High Street (The Wynd), TS11 7LD
Walk Duration: 60 - 90 minutes (approx.)
Walk Level: 2/3 (Varied terrain on walk)

Walks include varied terrain, covering both paths, fields and beach. Bring shoes you don't mind getting muddy.





# Guisborough Long & Leisurely Walks (Tuesday)

#### Start time: 10:30am Walk Level: 60 - 90 minutes

#### February

- Tuesday 14th: Guisborough Rugby Club, Belmangate, TS14 7BB
- Tuesday 21st: Lidl Car Park, Enfield Chase, TS14 7LG
- Tuesday 28th: Hutton Village Road (road side parking available )

#### March

- Tuesday 7th:: Guisborough Rugby Club, Belmangate, TS14 7BB
- Tuesday 14th: Lidl Car Park, Enfield Chase, TS14 7LG
- Tuesday 21st: Guisborough Forest Visitors Centre, TS14 8HD (£2 'cash' parking charge)
- Tuesday 28th: Guisborough Rugby Club, Belmangate, TS14 7BB

Walks include varied terrain, covering both paths and fields. Bring shoes you don't mind getting muddy.

This e-newsletter is built and distributed by the Community Development Team

**Tuesday 7th February 2023** 

REDCARICLEVELAND



# Wellbeing Walks

Redcar (Tuesdays) February - March Start time: 10:30am (please arrive 5-10 minutes early) Faster paced walk = 60 minutes Leisurely paced walk = 30—60 minutes	Redcar (Thursdays) February - March Start time: 10:30am (please arrive 5-10 minutes early) Walk Level: 2 (60 minutes approx.) February			
February• Tuesday 14th: Turners Mill Car Park, TS10 2RA• Tuesday 21st: Foxrush Farm Community Woodland, Car Park• Tuesday 28th: Racecourse Horse Box Car Park (next to Tesco) March• Tuesday 7th: Kirkleatham Museum Car Park, TS10 5NW• Tuesday 14th: Redcar Primary Care Hospital, TS10 4NW• Tuesday 21st:: Tuned In (Outside main building entrance, TS10 5BJ)• Tuesday 28th: Stray Café, Coast Road, TS10 3AXSeries of flat walks across Redcar. Done at a steady pace. Walks will start from different locations (see above).	<ul> <li>Thursday 9th: Redcar Primary Care Hospital, TS10 4NW</li> <li>Thursday 16th: Tuned In (Outside main building entrance, TS10 5BJ)</li> <li>Thursday 23rd: Stray Café, Coast Road, TS10 3AX March</li> <li>Thursday 2nd: Locke Park Car Park, TS10 1PB</li> <li>Thursday 9th: Turners Mill Car Park, TS10 2RA</li> <li>Thursday 16th: Foxrush Farm Community Woodland, Car Park</li> <li>Thursday 23rd: Racecourse Horse Box Car Park (next to Tesco)</li> <li>Thursday 30th: Kirkleatham Museum Car Park, TS10 5NW</li> </ul>			
Saltburn (Every Wednesday) Start time: 10:30am (please arrive 5 -10 minutes early) Start Location: Saltburn Station Square (Courtyard behind Signals Café) Walk Level: 2 & 3. Medium and long walks. Duration of 60 - 90 minutes.	steady pace. Walks will start from different locations (see above). Skelton (Every Thursday) Start time: 10:30am (please arrive 5 -10 minutes early) Start Locations: Hillside Practice, Windermere Drive, Skel- ton, TS12 2TG Walk Level 3: 90 minutes (approx.) - Varied terrain on walk.			
This group offers a medium and long walk each week. Plenty of choice to suit how far you'd like to go. (No dogs allowed on this walk). Please bring shoes you don't mind getting muddy.	Walks include varied terrain, covering both paths and fields. Bring shoes you don't mind getting muddy.			
Brotton (Monday) Start time: 10:00am Walk Level: 90 minutes (Varied terrain on walk) February • Monday 13th: Marshall Drive Playing Fields Car Park (Away Day, Runswick Bay) • Monday 20th: Hunley Golf Course , Hotel Car Park, Ings Ln, Brotton, TS12 2FT • Monday 27th: East Cleveland Hospital (side) Car Park , Alford Rd, Brotton, TS12 2FF March • Monday 6th: Marshall Drive Playing Fields Car Park, TS12 2RE (Park Run site) • Monday 13th: Hunley Golf Course , Hotel Car Park, Ings Ln, Brotton, TS12 2FT • Monday 20th: East Cleveland Hospital (side) Car Park , Alford Rd, Brotton, TS12 2FF • Monday 20th: East Cleveland Hospital (side) Car Park , Alford Rd, Brotton, TS12 2FF • Monday 20th: East Cleveland Hospital (side) Car Park , Alford Rd, Brotton, TS12 2FF • Monday 27th: Marshall Drive Playing Fields Car Park, TS12 2RE (Park Run site) Walks include varied terrain, covering both paths and fields. Bring shoes you don't mind getting muddy. All walk are done at a 'strolling' pace with rest stops.				

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**Tuesday 7th Febuary 2023** 

# **Community Notices**

# **Free Funding Search Engine**

All subscribers to the Community Funding News have direct and free access to a Funding Search Engine.

This is powered by Grantfinder that provides all the notices appearing in the weekly Community Funding News; but this tool gives you an opportunity to get ahead of the game and register so you are provided updates on the funding you are looking for

Registration will give you immediate, free and unrestricted access to Grantfinder's comprehensive database of funding opportunities and business advice services. You can browse or search for funding, generate reports, access news items in full and set up alerts to receive updates regarding suitable funding opportunities.

# **Free Bike Maintenance Beginner Course** at Tees Valley Arts

1st and 3rd Thursday of every month, 1pm-3pm Palace Hub, 28 - 29 Esplanade, Redcar TS10 3AE



Open to all. To book your free place, email: redcaractivetravel@sustrans.org.uk

The course will cover:

- Safety checking all components
- **Puncture Repairs** 
  - Cleaning and general care for Adjusting brakes and gears your bike

TEES VALLEY MAYOR



NEW course starting JANUARY





REFLTRUS FIT BORO

Days the Sessions will be delivered Wednesday MALE CLASS 5:30pm – 7:00pm Skelton Civic Hall Friday MALE CLASS 1:15pm – 2:30pm Loftus Liesure Centre

Come together with Boro fans like you and reach your goal of a healthier lifestyle.

> Join the 1000s of football fans who've already lost weight with FIT FANS. Get your FREE place on our next 12 week course at efltrust.com/FITFANS

For more details contact: Gary.walton@mfcfoundation.co.uk

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