

# INSIDE MANSFIELD

The official newsletter of MansfieldCVS 

April issue

CCCP National  
Symposium 2024



Young volunteers  
raise fund for  
Butterfly



Funding news  
and insights



# INSIDE COMMUNITIES



## MCVS attend National Health Symposium

MCVS colleagues Kirsty Armstrong-Booth and Lesley Watkins attended a CCCP National Symposium in Buckinghamshire, on the theme of Tackling Health Inequalities on 29 February – 1st March.

Dr Nick Hicks, a Mentor for the Complete Care Community Programme, invited Kirsty and Lesley to the event after hearing about all the fantastic work they have been doing in the community, particularly on the Bellamy Estate in Mansfield

65 sites across the UK were involved in this work and were invited to the event.

offering a chance to network meet providers, listen to keynote speakers from various health areas, hear what other sites had been doing, take part in discussion panels with prominent figures in each area (NHS, Universities, Private Health care providers, industry professionals), share best practise and gain an insight into NHS systems, funding, processes and delivery.

## Young volunteers raise fund for Butterfly End of Life Care Project



Su Hallam, our Volunteer Development and Engagement Officer has been working in partnership with Vision West Notts to support the Level 2 Health and Social Care students.



They planned and held a fantastic charity Easter Fayre at the college on 20 March 2024 and raised an amazing £415.69 with all funds raised going to the Butterfly End Of Life Care project.

If you would like to find out more about volunteering, contact **Su:**  
[shallam@mansfieldcvs.org](mailto:shallam@mansfieldcvs.org)



## Activities at Trowell Court

- **Coffee morning** - ran by the Bellamy Tenants and Residents Association. Every Wednesday 9am - 12noon
- **Stiffly Come Dancing** - The first Tuesday of every month
- **Bingo** - once a month, Saturdays, ran by Friends of Bellamy
- **ATTFE courses** - every Wednesday afternoon at 1pm

Trowell Ct, Mansfield NG18 4NT

## Easter fun at Kingsway!



The lunch club members had lots of fun and laughs at the special Easter lunch event at Kingsway Hall.

They took part in bingo, an Easter bonnet competition and raffle before tucking into a lovely two course lunch.

Everyone was given an Easter egg and treats to take home.

If you know somebody that would like to join the lunch club on Thursdays, contact Sylvia Wyatt on **07793 744596**.



## Upcoming Course from Somewhat Anxious: An online mental health first-aid course

Delivered online over four evenings, Mental Health First Aid will help you develop the skills to begin conversations about mental health, raise awareness and reduce stigma and discrimination.

Taking place on June the 11th, 17th, 18th, 6pm til 8pm

For more information and to RSVP visit the [site here](#)



## A LOOK BACK

Remembering **Ethel Wainwright**, the first Lady Mayor of Mansfield in 1929

Are you looking for job vacancies near you?

visit our vacancy page page:  
<https://www.mansfieldcvs.org/jobs/>



# INSIDE COMMUNITIES

## Fifth Sense

Significant numbers of people in the UK are affected by a smell and taste disorder that impacts their physical and mental health, wellbeing, and safety. Sensory impairments are more common in people with learning disabilities than in the general population. Some types of cancer and treatments can cause smell and taste disorders. Potentially 1 in 4 people over the age of 65 have a smell and/or taste disorder and Covid 19 means that up to 1 million people in the UK may still have an impaired sense of smell.



Fifth Sense is a charity set up in 2012 with the sole aim of transforming the lives of those affected by smell and taste disorders. Fifth Sense provides information and direct support to individuals and families affected by these conditions and works to improve knowledge and understanding amongst professionals through education and training.

Fifth Sense is offering free information sessions to help individuals and organisations better understand the impact that smell and taste disorders can have on people's health, wellbeing and safety to ensure that people affected by these hidden, under-recognised sensory impairments are given the support they need.



If you would like to discuss the support Fifth Sense can offer you and your teams please contact Helen Rhodes at [helen.rhodes@fifthsense.org.uk](mailto:helen.rhodes@fifthsense.org.uk)

[www.fifthsense.org.uk](http://www.fifthsense.org.uk)



**Are you pregnant or have children under the age of 4?**

You could get **£221\*** per year with the NHS Healthy Start scheme

Check if you're eligible and apply online at: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)   @NHSHealthyStart

\*Based on £4.25 per week eligibility



**Are you looking for fun local events near you?**

visit our events page:  
[www.mansfieldcvs.org/events](http://www.mansfieldcvs.org/events)



## New sessions for people living with joint and muscle pain coming to Mansfield leisure centres

A series of exercise classes and support sessions for people living with joint pain and other Musculoskeletal (MSK) conditions, including the award-winning Good Boost Aqua Move, are arriving at two Mansfield leisure centres in April.

MSK conditions, includes things like arthritis, knee, lower back and hip pain. According to a GP survey carried out in 2020, it affects over 20% of the population of Mid-Nottinghamshire. The national average is 18.5%, which makes MSK conditions a focus in this region.

Carolyn Hallam, Health and Wellbeing Manager for More Leisure Community Trust said:

**“There are many thousands of local people living with joint pain, which is why we have decided to introduce these new classes and a social group chat session to support them.**

**Good Boost Aqua Move, which uses award-winning rehab exercise technology, will take place at Rebecca Adlington Leisure Centre on Mondays at 12 noon, and Water Meadows Leisure Complex on Wednesdays at 1pm and Fridays at 9am.**

**We will also be running an NHS Escape Pain courses at Water Meadows which will form part of our Healthy Life exercise referral scheme. This is a 6-week course for people with lower back pain or hip and knee pain.**

**Finally, we will be offering an Arthritis Social Group every Wednesday, also at Water Meadows. This is a free session for anyone living with arthritis or joint pain. No booking is needed. Just come along every Wednesday at 2pm for this one-hour friendly get-together.”**

Mansfield District Councils' Portfolio Holder for Environment and Leisure, Councillor Andy Burgin, said: “It is fantastic news that More Leisure have taken the initiative to launch these exercise and support sessions for our residents.

**“By providing tailored support, our leisure centres are not just promoting physical well-being but also fostering a sense of community and empowerment among those living with joint pain. Thank you to More Leisure for addressing a crucial health concern in the district, and I look forward to seeing the groups grow.”**

For the Good Boost aqua sessions, call reception to book: Rebecca Adlington Leisure Centre **0345 000 0230**, Water Meadows **0345 000 0232**. For enquires about Escape Pain, please contact **[Carolyn.hallam@serco.com](mailto:Carolyn.hallam@serco.com)** or **07718 194 711**.

These new sessions are run in conjunction with Good Boost, ESCAPE-pain, and Arthritis Action – they begin week commencing 15th April.



# INSIDE FUNDING & TRAINING

## Proud to Pitch In 2024

Green King IPA are giving back to grassroots and community sports clubs across the United Kingdom. To support sports focussed projects that positively impact their club and/or the local community, and would tangibly benefit from funding.



The fund is particularly focussed on sports projects that have a long term impact. Examples of projects that have previously received funding include:

- Renovations of a club's facilities making them more inclusive and accessible.
- Coaching qualifications and referee courses.
- New equipment.

The fund is open to applications all year and grants will be distributed regularly. To be eligible for funding, projects must be located in the United Kingdom and project beneficiaries must be aged 18 or over. To find out more, please click the link below.

[Apply here!](#)

## Empowering neurodiverse talent: Technology support for ADHD and dyslexia



**April 10th at 11am ET / 4pm EST**

In this webinar, you'll hear from two leading inclusion experts. They will discuss the value neurodivergent thinking brings to the workplace and how to support and empower employees with ADHD and dyslexia using Texthelp's inclusive technology, Read&Write.

For more information, and to book: [click here](#)



## The Morrisons Foundation

The Morrisons Foundation supports registered charities making a positive difference in local communities across England, Scotland, and Wales. Grants are available for up to £10,000 for capital spend or direct project delivery.

The Morrisons Foundation prioritises applications from small charities, those with an income of less than £1m, but applications from larger charities are welcome.

Before submitting an application, please read our Grant Funding Policy in full. If you are still unsure whether your application is what we're looking for, please get in touch.

[Apply here!](#)

If you have any events, information or good news stories we would love to share them!

Contact Max: [mburrows@mansfieldcvs.org](mailto:mburrows@mansfieldcvs.org) with your information and we will try our best to include in future editions of Inside Mansfield

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