

E-Bulletin 3rd Edition November 2025

Welcome to the latest edition of our E -Bulletin

If you would like to promote an activity/event or information, please send it through to cdwrugby@warwickshire.gov.uk
Please let us know at any time if you no longer wish to receive these updates.

Pages 2 Events, Activities, and Information
Page 34 Consultations and Surveys
Page 37 Training
Page 37 Jobs and Volunteering
Page 39 Funding
Page 43 Useful Contacts



HAF (holiday activities and food) programme listings go live on Monday 24 November

Now is the perfect time to look ahead to the Christmas holidays and think about your food and activity plans.

You will find the full list of providers on www.warwickshire.gov.uk/haf as soon as they are live.

Please note, the majority of activities for this Winter HAF programme will take place between 20-23rd December, with a limited amount of providers running outside of these dates.

Remember, you will need your HAF code in order to book.

View the HAF webpages for more details

https://searchout.warwickshire.gov.uk/holidays-activities-food-haf



Proud Counselling

Proud Counselling is Warwickshire Pride's LGBT+ counselling service. It is run by LGBT+ counsellors for LGBT+ people.

Proud Counselling is a donations-based service, so you can pay what you're able to afford for the sessions you attend. This makes Proud Counselling an accessible service for LGBT+ people, with there being no lengthy waiting times either. We know that many LGBT+ people struggle with their mental health and that it's often difficult to find a counsellor that is LGBT+ affirmative. All of our counsellors are fully qualified, insured, belong to a professional membership body, and have undertaken specific LGBT+ training. All of our counsellors are also LGBT+ themselves and undertake regular clinical supervision to ensure their work is of a high standard and they have all the support they need. You can be assured that you will receive a professional, friendly and understanding service.

We don't currently have a limit on the number of sessions that you can have. Counselling is organic and our ethos is being client led. This means that we trust you to know when you've had enough counselling or whether you need more sessions. We will be guided by you.

Learn more

https://warwickshirepride.co.uk/counselling







Wednesday 10th December 3:00 – 5:00 pm Rugby Methodist Church

Enjoy a festive afternoon of tea, treats, and good company.

Free to attend, but places must be booked by 26 th Nov.



C To book, please call 07831 847142

We're writing from <u>St Martin-in-the-Fields Charity</u>, where we work to end homelessness by providing funding, supporting frontline workers, and advocating for change.

As part of this, we offer the <u>Vicar's Relief Fund</u> (VRF), which awards fast emergency grants of up to £500 to help people who are experiencing homelessness or at risk of becoming homeless. These crisis grants can be used to remove immediate barriers such as rent in advance, deposits, ID, and removal costs. If all the required information is provided, we aim to process and pay grants within 5 working days.

We would like to invite you to join a Zoom meeting where we can discuss our grant offer and answer any questions you might have:

Date/time: Tuesday 09 December 14:00 - 15:30

Meeting link: https://us04web.zoom.us/j/75035588195?pwd=hQ6VbJwght3uTc3oXLBYLL0G6M7rZr.1

Meeting ID: 750 3558 8195

Passcode: 2AeYtm

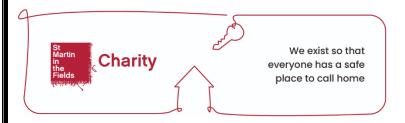
You can register a work for an account today using your direct work email address and once approved, you can start an application via our <u>Application Portal</u>. (Instructions on how to register, request an account and apply for grants are included in our <u>Help Page</u> and <u>FAQ's</u>).

Full details of the above are set out in our <u>Terms & Conditions</u> and <u>Grant Making Policy</u>, which includes our eligibility criteria. Please read these documents carefully before registering for an account or applying for a grant.

Please also feel free to tell other local charities about the VRF if it could help support people they are working with to access accommodation.

We hope you can join us.

The VRF Team
St Martin-in-the-Fields Charity
5 St Martin's Place, London, WC2N 4JH



Child Friendly Warwickshire's Christmas gift appeal is open

Let's create a Child Friendly Christmas

Warwickshire residents and businesses who want to help children and young people have a happy Christmas are invited to donate presents via a countywide gift appeal.

Members of the public, local businesses and Warwickshire County Council staff have shown their generosity over the years by donating to the annual gift collection which provides a little burst of joy to families in need and care experienced youngsters on Christmas day.

This year Christmas gifts can be dropped into:

- Market Hall Museum, Warwick, by Saturday 29 November
- Eliot Park Innovation Centre,
 Nuneaton, by Monday 1 December
- Kenilworth Library and Information Centre, by Monday 1 December

For large joint or corporate donations please do get in touch with childfriendly@warwickshire.gov.uk so the team can support with making arrangements.

Gifts must be new, unwrapped, and suitable for ages 0-18. Anyone stuck for ideas may want to consider the following options:

- 0-3 years old: Soft toys, dolls, teddy bears, puzzles, bath toys
- 3-5 years: Dolls and action figures, cars, tractors, lorries, story books, DVDs and CDs, arts and crafts, puzzles
- 5-9 years old: Board games, age related toys and dolls/action figures, arts and crafts, CDs & family friendly DVDs, books, puzzles, hair accessories, wordsearch, clothing
- 9-12 years old: Games and toys, arts and crafts, DVDs, books, clothing, hair accessories, gloves, scarves, hats, puzzles
- 13-18 (& up to 25 for Care Leavers) years old: Gift vouchers, books, make-up, perfume, aftershave, toiletries (please try to ensure non-allergic ingredients if possible), clothing and hair accessories.

Child Friendly Warwickshire's Christmas gift appeal is open - Warwickshire County Council





Health Exchange Christmas Bonanza



Join us to start December and the Christmas celebrations for a cuppa and a catch up

CHRISTMAS EVENT WITH STALLS CRAFTS

THERAPY DOGS' PROFESSIONAL SERVICES AND MUCH MORE

Wednesday 3rd December 10am-12pm Thornfield indoor bowls Bruce Williams Way Rugby Cv22 5LL



WASTE THAT CAN'T BE RECYCLED

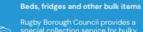
Your black refuse bin is only for other materials that **cannot** be recycled, e.g. they are not accepted in the blue lid or green waste bin.

YES PLEASE

- Nappies and pads
- Cat litter (double bag)
- Dog waste (double bag)
- Polystyrene
- Foil pouches
- Sanitary towels
- Empty toothpaste tubes

NO THANKS

- Building waste/rubble
- Electrical items
- Batteries



Rugby Borough Council provides a special collection service for bulky items such as beds, mattresses, fridges

OTHER WAYS TO RECYCLE

It is still possible to recycle many types of waste that are not accepted in your blue bin. Many shops, schools and community centres have collection points for items such as batteries, vapes, textiles, electricals, etc.

NEVER MISS ANOTHER BIN COLLECTION

To allow us to collect your bins without delay, please keep to these guidelines On collection day bins must be presented by

- Place your bin on the road outside your house
 Your bin must not be too heavy and must be
- able to close properly
 We do not accept side waste (left next to your
- We do not accept contaminated bins







REDUCE, REPAIR & REUSE

Reducing the waste we put in our bins is a great way to help the environment and save money. We can take simple steps to avoid single-use products, such as buying re-fillable products, or choosing products with less packaging.

Reuse take good condition items to a **charity shop** or use a home collection such as **Anglo** Doorstep Collections. Try the Olio app for unwanted food. For furniture and larger items,

Repair there are many repair businesses in Rugby. Why not see if you can repair yourself using www.ifixit.com, or visit Rugby Repair Cafe?



RUGBY RECYCLES

Rugby Borough Council has a duty to make sure we have a clean and healthy environment, but we can't do it without your help. The materials in your bin are a precious resource; throwing them away means they can never be used again, and damages our environment.

By Reducing, Reusing and Recycling our waste, we can make a huge difference!

IT'S EASY AS 1-2-3!







Black bin X

Items that can't





BLUE LID BIN - DRY RECYCLING

























NO THANKS

X Household waste

X Electrical items X Children's toys Batteries and vapes

Nappies Garden waste

Polystyrene Textiles, shoes & clothes

GREEN LID BIN -GARDEN & FOOD WASTE

























NO THANKS

X Sacks or plastic bags

💢 soils & turf

X Nappies

X Brick & rubble





Stay safe at home with electrical fire safety tips

Electrical fires can happen at any time and as winter approaches many people may be using more electrical appliances at home, such as, heaters, electric blankets or fairy lights.

To help keep electric blankets safe Warwickshire Fire and Rescue Service is offering free electric blanket testing sessions at local fire stations throughout November.

To help keep electric blankets safe WFRS is offering free electric blanket testing sessions at local fire stations throughout November. Sessions will be running from 9am-4pm on the following dates:

- Wednesday 19 November Leamington Fire Station
- Thursday 20 November Stratford Upon Avon Fire Station
- Friday 21 November Nuneaton Fire Station

To book an appointment, please call 02476 314376.

<u>Learn more</u>

https://www.warwickshire.gov.uk/news/article/7177/stay-safe-at-home-with-electrical-fire-safety-tips



November's edition of Warwickshire SEND is out now!

The November edition of the Warwickshire SEND newsletter includes all the latest news and information on special educational needs and disabilities (SEND) in Warwickshire, including:

- Next steps for Year 6 and Year 11 pupils with an EHCP
- Have your say! Home to School Transport consultation
- Christmas SEND events and activities in and around Warwickshire
- Help shape a new eLearning resource for parents and carers
- SEND Conference sparks action and inclusion
- Latest updates and support from Warwickshire SENDIAS
- STOMP programme drive to stop overmedication in learning disability and autism services

Read the newsletter here https://mailchi.mp/warwickshire/send-november25-8831057?e=7a95476d4b

Warwickshire SEND - November 2025

Rugby Children and Young People Network

Healthwatch Warwickshire is pleased to invite you to the upcoming Rugby Children and Young People Network event, taking place just before the Christmas break.

Do you work with children and young people aged **14–19** (or younger) in Rugby? Are you involved in supporting their **mental health**, **physical health**, **or overall wellbeing**?

If so, this event is for you.

Hosted by **Healthwatch Warwickshire**, this event will provide the chance to:

- Share information about your service
- Hear from other local organisations
- Network and explore opportunities for collaboration

Key Speakers

- Healthwatch Warwickshire presenting findings from our recent vaping survey with young people
- Barnardos
- Coventry, Warwickshire and Worcestershire Mind

Event Details

Date: Wednesday 17th December

Time: 10:00am – 12:30pm

Venue: Overslade Community Centre, 68 Buchanan Road, Rugby, CV22 6AZ (parking

available on site or on the streets around the centre)

How to Book

Scan the QR code below or **click here** to reserve your place.

Please share this invitation with colleagues or organisations in Rugby who work with children and young people.

If you have any questions, feel free to email me.



Rogue Roofers on the Rise and other scam warnings

Scam and rogue trader warnings and advice

Rugby Residents - Beware of Bogus Council Phone Callers

Rugby residents have reported receiving bogus phone calls from unscrupulous traders pretending to be calling on behalf of the 'council' and offering to insulate their lofts under a fake grant scheme. These traders can be quite aggressive and turn up on residents' doorsteps, even if they are told not to. They usually want to use spray foam insulation, irrespective of its suitability, and charge thousands of pounds! The same traders then return months or years later (sometimes under the guise of a new business), claiming that the foam has been fitted incorrectly and charge even more money to remove it. It's a win-win for the rogue traders. Never buy goods or services from cold callers, either on the phone or at the door. If you are thinking of having your loft insulated, read our guide before you start.

Do You Have Solar Panels?

Warwickshire residents have recently reported receiving unexpected phone calls from unscrupulous traders wanting to carry out a 'survey' of their solar panels or claiming they need to 'update' their records. The traders may falsely claim they originally installed the solar panels or are linked to the company that did. However, in reality these bogus callers are simply seeking to sign residents up to costly and often unnecessary 'maintenance' plans or may wish to supply them with replacement parts for their panels that are not needed.

Don't be Left Out of Pocket Buying or Selling a Used Car!

Two types of car scam have recently been reported to Trading Standards, one targeted at buyers and the other at sellers.

Buyer Beware: Fraudsters are copying genuine car advertisements before posting them on social media. When car buyers show an interest, the fraudster asks the buyer to pay a 'holding deposit' before disappearing with the money.

Seller Beware: Private sellers of cars are being approached by fraudsters who agree to the purchase. The fraudster then offers to pay using an international bank transfer. The fraudster shows the seller a banking app which appears to show the payment is pending and then suggest it could take up to 30 mins. Sellers are allowing the fraudsters to leave with the vehicle, after which the buyer cancels the payment.

Rogue Roofers on the Rise and other scam warnings - Warwickshire County Council

https://www.warwickshire.gov.uk/news/article/7218/rogue-roofers-on-the-rise-and-other-scamwarnings

We are pleased to announce that www.pelvicfloorandmore.co.uk is now live.



This website has been created by Coventry and Warwickshire's Perinatal Pelvic Health Service. It is aimed at women and birthing people who are pregnant or have given birth in the last 12 months. It contains translatable patient facing information on pelvic health during and after pregnancy, including pelvic health problems, pelvic floor exercises, perineal tears and more. We are asking you to **routinely** share this website with all women and birthing people you meet.

We are currently piloting new pathways within our service.

• An **online information class** 'Pelvic health in pregnancy' for women and birthing people who are pregnant and want to find out more information on how to care for their pelvic health. This can be accessed via the attached poster, or via the website <u>I am pregnant</u>:: Coventry and Warwickshire's Perinatal Pelvic Health

Preventative pelvic health physiotherapy for those at high risk of developing pelvic health problems. Women and birthing people can now **self-assess** their risk of

developing pelvic health problems via the website <u>Self assessment</u>:: <u>Coventry and Warwickshire's</u> <u>Perinatal Pelvic Health</u>. Those with a high score will be advised to ask their GP or midwife to refer them to pelvic health physiotherapy

Referral pathways into pelvic health physiotherapy remain the same. Women and birthing people can be referred by their GP, midwife or other healthcare professional. We **do not** have self-referral.

Please feel free to share this correspondence and attachments with any colleagues who may find it helpful.



Support for men to prioritise their mental health and wellbeing

To mark International Men's Day and Men's Mental Health Awareness Month, Coventry and Warwickshire Integrated Care System (ICS) is encouraging men to reflect on their mental health and wellbeing.

Mental health and wellbeing is a subject that many men avoid talking about. Whether that's due to stigma, societal expectations or a lack of understanding of what support is available, the result is far too many men suffering in silence.

Read more

https://www.warwickshire.gov.uk/news/article/7211/coventry-and-warwickshire-ics-encourage-men-to-prioritise-their-mental-health-and-wellbeing



Cost of Living support for LGBT+ community

If you are currently struggling and in need of a food parcel, or warm pack, <u>Warwickshire Pride</u> is here to support you.

With everyday costs rising, Warwickshire Pride know that some people are struggling to afford to buy food or heat their homes adequately. They don't want anyone to go hungry or be cold over winter.

If you are in need of a food parcel or warm pack, please use the form below to tell them of your need. Everything you put on the form will be treated in the strictest confidence and only viewed by selected volunteers involved with this work. They won't do any checks or ask for evidence. If you need help, just ask for it.

Learn more

https://warwickshirepride.co.uk/cost-of-living-support

Kings Award for Voluntary Service (KAVS) 2026 open for nominations

Nominations for the 2026 Awards opened on 1st September, and will close on Monday, 1st December 2025. KAVS awards are intended for groups that are led by volunteers and provide a benefit for local communities. Groups need to be nominated by a member of the public with a good knowledge of the group's work (such as a beneficiary or long-term supporter). Learn more.

https://kavs.dcms.gov.uk/





Saturday 06
December Small Business
Saturday
Shop local,
support Rugby
town

Support local this December and come along to

shop Small Business Saturday in our town centre. Browse unique, family-run shops, discover hidden gems and stay on the lookout for special offers. #SmallBusinessSaturday is the perfect opportunity to support small businesses and find one-of-a-kind gifts before Christmas.

Saturday 13 December - Lantern Procession 2025 A glowing celebration of light and creativity

Our Lantern Procession returns, brightening the town centre with a stunning display of handcrafted lanterns and sparkling light. Get involved in lantern making and ioin the parade as we wind through the streets of Rugby town centre in celebration of the festive season.



Rugby Christmas Artisan Market

Come join us at Caldecott Park and Evreux Way for a festive day



of shopping and fun at the Rugby Christmas Artisan Market! Discover unique handmade gifts, delicious treats, and beautiful crafts from local artisans.

Whether you're looking for a special present or just want to soak up the holiday spirit, this event is perfect for all ages. Don't miss out on this opportunity to support small businesses and enjoy the magic of Christmas in Rugby!



Eventbrite: https://www.eventbrite.com/.../rugby-eco-hubs-first-year...

RUGBY EVENING

CHRISTMAS MARKETS

20 NOVEMBER - 11 DECEMBER

LOCAL MAKERS, ARTISTS, BAKERS & CREATIVES



EVERY THURSDAY 3-8PM OLD MARKET PLACE, RAILWAY TERRACE, MARKET PLACE







Courses available: December 2025

The Academy offers a wide range of **courses and workshops** designed to **empower your mental health** and **wellbeing**, provided by a number of partner organisations working together.

Courses are delivered **face to face** and **online** via Zoom. All Academy courses and workshops are completely **FREE OF CHARGE** and open to anyone **over the age of 18 living in Coventry and Warwickshire** who wants to better manage or understand their mental health and wellbeing.

Courses available: Online via Zoom

Wellbeing in Pregnancy (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Monday 1st December, 9:30am to 10:30am

Wellbeing after Birth (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Monday 1st December, 11am to 12pm

Rest & Relaxation (by Coventry, Warwickshire & Worcestershire Mind) – 1 session – Monday 1st December, 1pm to 2:30pm

Mental Health & the Male Brain (by Coventry, Warwickshire & Worcestershire Mind) – 1 session – Tuesday 2nd December, 10am to 11:30am

Introduction to Depression (by Coventry, Warwickshire & Worcestershire Mind) – 1 session – Tuesday 2nd December, 11am to 12:30pm

Trauma Awareness (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Wednesday 3rd December, 10am to 2pm

An Introduction to Personality and Complex Trauma (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Wednesday 3rd December, 12:30pm to 4pm

Understanding Self-harm (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Thursday 4th December, 10am to 12:30pm

Positive Thinking (by Coventry, Warwickshire & Worcestershire Mind) – 1 session – Thursday 4th December, 1:30pm to 3pm

Living with a Long-term Condition (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Friday 5^{th} December, 10am to 12:30pm

Understanding Psychosis (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Monday 8th December, 1:30pm to 4pm

Self-compassion (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Monday 8th December, 6pm to 8pm (evening session)

Coping with Change (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Wednesday 10th December, 10am to 12:30pm

Worry Management (by Coventry, Warwickshire & Worcestershire Mind) – 1 session – Wednesday 10th December, 10:30am to 12pm

Routines – How they are formed and why they are important (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Thursday 11th December, 10am to 12pm

Returning to Work after Maternity Leave (by Coventry & Warwickshire Partnership Trust) – 1 session – Thursday 11th December, 10am to 12pm

Healthy Mind Skills (by Coventry, Warwickshire & Worcestershire Mind) – 1 session – Thursday 11th December, 1:30pm to 3pm



To book visit: https://www.recoveryandwellbeing.co.uk/





Courses available: December 2025

Courses available: Online via Zoom

Finding Purpose & Direction (by Coventry, Warwickshire & Worcestershire Mind) – 1 session – starting Monday 15th December, 1pm to 2:30pm

Sleep (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Monday 15th December, 3pm to 5pm

Stress Awareness (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Tuesday 16th December, 10am to 12pm

Understanding Bipolar Disorder (by Coventry & Warwickshire Partnership NHS Trust) – 1 session Thursday 18th December, 10am to 12pm

A Life Worth Living (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Thursday 18th December, 12:30pm to 3pm

Coping with Christmas (by Coventry, Warwickshire & Worcestershire Mind) – 1 session – Thursday 18th December, 1:30pm to 3:30pm



A Life Worth Living

This is a course that looks at the positives in recovery and how connection and meaning can help us thrive. We look at how to motivate ourselves towards finding connection and why hope is important in our journey.

This course will be for anyone wanting to make steps to move forward and make changes in their lives.



Coping with Christmas

This course offers a safe, supportive space to explore the emotional challenges many people face during the festive season. It acknowledges that Christmas isn't always joyful - and can bring feelings of stress, loneliness, grief, or pressure. Together, we'll explore why this time of year can be so difficult, and learn practical strategies to support our mental health and emotional wellbeing.

Participants will reflect on personal experiences of the festive season, challenge unrealistic expectations, and discover ways to set boundaries, manage stress, and create a version of Christmas that feels more manageable, or meaningful, for them.

Positive Thinking

The aim of this workshop is to increase our understanding of what positive/negative thinking is, the impact of negative thinking and how positive thinking can help in our daily lives.

To book visit: https://www.recoveryandwellbeing.co.uk/

Recycle Your Real Christmas Tree and Support Two Local Charities

The Myton Hospices, in partnership with Pass The Smile, is set to host its annual Charity Christmas Tree Collection over the weekend of Friday 9th, Saturday 10th and Sunday 11th January 2026. Following the festive season, volunteers will be out collecting and recycling real Christmas trees across Coventry and Warwickshire.

Every tree collected is responsibly recycled, helping to reduce waste and protect the environment, whilst also raising vital funds to support patients and families across Myton's hospices and within the wider community. Donations additionally contribute to funding research into childhood cancer.

Since 2019, the initiative has collected 14,190 Christmas trees, raising an impressive £211,507. This year, the hospice aims to collect and recycle 4,000 real Christmas trees, expanding its coverage to all CV postcodes. Each tree will be recycled into compost or biomass, offering a convenient, eco-friendly way to dispose of Christmas trees while giving back to local causes.

Clare Cropp, Marketing Campaigns and Product Development Manager at The Myton Hospices, commented:

"The support we receive for our Christmas Tree Collection is truly amazing. Every tree collected not only helps the environment but also makes a real difference to the lives of patients and families in our hospices and to children across the UK. This year, we want to build on that incredible support so even more people can benefit from the work of The Myton Hospices and Pass The Smile."

This Myton Hospices is a charity, not the NHS, and relies heavily on community support to continue their work. This year, it will cost £15.3 million to provide services free of charge to patients and families. With only 17% of funding coming from the NHS, the hospice must raise £12.7 million – more than £1 million every month. Supporting the Charity Christmas Tree Collection and making a donation helps ensure the hospice can continue its services across Coventry and Warwickshire, as well as help Pass The Smile fund vital research into childhood cancer.

To book a Christmas tree collection or to make a donation, visit

just-helping.org.uk/register-tree





Wed 17th Dec 10am-12.30pm Overslade Community Centre, Buchanan Road, Rugby, CV22 6AZ

Rugby's Health and Wellbeing Event -Children and Young people

To book a place please scan the QR code or click the link in the email



For more information contact Vina Fatania 01926 422 823

vina@healthwatchwarwickshire.co.uk
Visit our website: www.healthwatchwarwickshire.co.uk











Free Health Checks For Veterans



and veteran's spouses, partners and carers

Veterans in Warwickshire are entitled to access free health checks, giving you peace of mind and pointing you in the right direction for any medical needs.

These health checks include checks for:

- Blood pressure
- RM
- · Cholesterol and Blood Sugar
- · Mental health support

Depending on the results, you may be referred to your GP or the VCP if required for further examination.





The Living Well webpages offer free resources to help reduce loneliness and improve wellbeing. The site includes practical advice, links to support services, and tips for building social connections.

Loneliness can affect anyone at any stage of life, so see the festive season as the perfect time to reconnect—whether in person, via video calls, social media, or community forums. For those less confident with technology, WCC's Adult Learning service offers beginner-friendly IT courses to help

residents stay in touch online.

https://www.warwickshire.gov.uk/news/article/7219/stay-connected-and-reduce-loneliness-with-the-living-well-webpages



https://www.rugbyfirst.org/rugby-fire-and-ice-event-30-november-2025

Sunday 30 November - Fire and Ice

<u>A magical festive trail in Rugby town centre</u>

New for 2025, Rugby's Fire & Ice event will mark the beginning of the festive season with a spectacular display, carving wall, and lots of seasonal cheer. Start your Christmas celebrations and bring the whole family for a truly magical moment.

Saturday 06 December - Small Business Saturday Shop local, support Rugby town



Support local this
December and come along
to shop Small Business
Saturday in our town centre.
Browse unique, family-run
shops, discover hidden
gems and stay on the
lookout for special offers.
#SmallBusinessSaturday is
the perfect opportunity to
support small businesses

and find one-of-a-kind gifts before Christmas.

Saturday 13 December - Lantern Procession 2025 A glowing celebration of light and creativity

Our Lantern Procession returns, brightening the town centre with a stunning display of handcrafted lanterns and sparkling light. Get involved in lantern making and ioin the parade as we wind through the streets of Rugby town centre in celebration of the festive season.

13-14 December - Christmas Land Train Festive adventure and fun for the family

Offering a magical journey through the town's lights and decorations, the Christmas Land Train is a free, festive train ride for all ages. Hop on from the top of High Street and Sheep Street for a fun experience and to explore Rugby's sparkling streets – the Santa Express is boarding.

For further information please go to:

https://www.rugbyfirst.org/events-calendar

Warwickshire County Council offers alternatives to Black Friday shopping

Statistics show that nearly 40% of people do not need the things they buy, 23% never use them and 10% saying that they have not opened items bought last year on Black Friday!



Warwickshire County Council is encouraging residents to try something different this Black Friday (28 November).

As the statistics from Starling Bank above show, Black Friday, known as the biggest shopping day of the year, can sometimes mean consumers are pressured into wasteful spending habits. As a result, there is now even an international initiative called Buy Nothing Day, which encourages people to stop spending money over the 24 hours of Black Friday.

For further information please go to:

https://www.warwickshire.gov.uk/news/article/7217/warwickshire-county-council-offers-alternatives-to-black-friday-shopping



5k Your Way helps you to move more. We're here for anyone living with and beyond cancer, their families and friends, and those working in cancer services. We're passionate about community, friendship and fun.

DIFFERENCE

We meet up at designated parkruns on the last Saturday of every month. You can walk, jog or run. Try 1k, 2k or 5k. Volunteer, cheer or come for coffee and a chat afterwards. **Do it YOUR way.**

Time: 8:40 meet for 9:00am start. Last Saturday of every month.

Where: Whinfield Recreation Ground, Clifton Road, Rugby,

Warwickshire, CV21 3SD

Meeting point: By the yellow barrier at the entrance to Whinfield

Recreation Ground. What 3 Words location: ///solar.noon.verge

Contact: rugbygroup@5kyourway.org

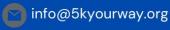
Register here: www.moveagainstcancer.org/5kyw-registration/

5K YOUR WAY IS PROVIDED BY











@move-charity



@moveagainstcancercharity



Consultations and Surveys





Help Shape Better Engagement Across Coventry and Warwickshire

We're inviting engagement champions from across Coventry and Warwickshire to share what's working when it comes to involving people and communities - especially those whose voices are less often heard.

We'd love to hear from anyone who is currently, or has previously been, involved in leading community engagement. You don't need to be an "engagement professional" - if you've helped organise involvement projects, supported outreach, or created opportunities for people to have their voices heard, your insights are valuable.

As part of the **CONCORD** study, we're gathering examples of great engagement happening across our local networks and organisations. Your experience will help shape a new framework for how we involve people and communities across the system - ensuring community voices genuinely influence how health and care services are designed and delivered.

We're especially keen to hear what's helped you to:

- · Build trust and connect with seldom-heard groups
- Include communities often left out of conversations
- Create meaningful dialogue that leads to lasting change

How you can get involved

- Take part in a 60-90 minute online interview at a time that suits you
- Join an in-person workshop at the University of Warwick Conference Centre

Your time and travel will be compensated. Participation is voluntary, and you can withdraw at any time

Get involved

Sign up here or contact Rosie Oswick at Rosie.J.Oswick@wbs.ac.uk.

Page 1 of 1

Rugby Borough Council (RBC): Coton Park Survey

Closing date: Tuesday, 9th December 2025

Warwickshire & Solihull Community And Voluntary Action (CAVA) are conducting a survey on behalf of Rugby Borough Council (RBC) and would love to hear about peoples experience living in Coton Park and also get views on what additional community facilities could look like. Your feedback will help RBC understand what is working well and where more support may be needed. We would appreciate the support with completion of this this short anonymous survey here. If you have any queries, please email us via: rugbyinfo@wcava.org.uk

Warwickshire County Council (WCC): Help shape the future of adult social care – join the 'Experience Exchange' event

WCC is launching a new series of Experience Exchange events, designed to bring together colleagues working in adult social care and residents with lived experience of using these services. These online sessions aim to spark open, honest conversations that help improve how social care is delivered across the county.

The first event takes place on Thursday, 13th November 2025, 12.00pm–1.30pm and will focus on the adult social care assessment process.

Residents with experience of assessment in adult social care now or in the past often referred to as Experts by Experience will share personal stories, both live and pre-recorded, followed by group discussion and reflection.

This is a valuable opportunity for colleagues to hear directly from those receiving support, understand their perspectives, and help improve the adult social care assessment process. All colleagues working in adult social care are encouraged to attend and take part in this important dialogue.

Book your FREE place here.

Warwickshire County Council is inviting parents, carers, and residents to take part in a series of consultation events on proposed changes to the Home to School Transport Policy. The events will give residents the chance to learn more about the proposals, ask questions, and share their views directly.

Proposed Changes Include:

- Updating the policy to align with latest statutory guidance to reflect recent changes in 2024 from the Department for Education to ensure compliance and best practice.
- Amend non-statutory duties to ensure that non-statutory transport support is clarified and made more consistent across the county.
- Introduce a countywide approach for consistency by streamlining the assessment process, ensuring our assessment methods align with other processes and services within Warwickshire County Council.
- Update walking route assessments to follow national safety standards and be consistent with our approach to walking routes.

A series of consultation events will give residents the chance to learn more about the proposals, ask questions, and share their views directly. We're hosting events both in person and online to make it easy for everyone to take part. All sessions need to be booked. Upcoming sessions include:

- Tuesday 18 November 2025 Drop in event at Coleshill Library 1.30pm to 5.30pm.
- Thursday 20 November 2025 Online (Microsoft Teams) 9am to 10am Post 16 focus.
- Tuesday 25 November 2025 Online (Microsoft Teams) 4pm to 5pm.
- Thursday 27 November 2025 Online (Microsoft Teams) 6pm to 7pm.
- Wednesday 3 December 2025 Online (Microsoft Teams) 9am to 10am SEND focus.
- Wednesday 10 December 2025 Online (Microsoft Teams) 6pm to 7pm Post 16 focus.
- Monday 15 December 2025 Drop in event at Rugby Library 10am to 1pm
- Wednesday 17 December 2025 Online (Microsoft Teams) 9am to 10am.

Have Your Say Join Warwickshire's Home to School Transport

Consultation Events! - Warwickshire County Council

https://www.warwickshire.gov.uk/news/article/7199/have-your-say-join-warwickshire-s-home-to-school-transport-consultation-events-

Training

Act on Energy FREE Energy Advice Training

Act on Energy are again offering FREE training session for Frontline Workers across Warwickshire and wider West Midlands.

As we enter the colder winter months this valuable training will really help staff and teams on the frontline, not only understand bills and energy pricing but also to guide and signpost customers to the most appropriate support available.

Act on Energy will be covering key issues including:

- What is Fuel Poverty and its impact
- Understanding the Energy Crisis and where we are now with pricing and billing
- What help is available
- Longer term solutions.

If you are interested in understanding more about energy advice and what schemes are available this winter, the please sign up here.

Jobs and Volunteering

Grapevine (Coventry and Warwickshire): Youth Project Worker

Closing date: 9.00am on Monday, 8th December 2025

Grapevine (Coventry and Warwickshire) are looking for a full-time youth project worker to transform the lives of 35 young people with learning disabilities and autism, helping them build brighter futures using creativity, advocacy and relationship building. You will support young people facing some of life's toughest challenges to articulate their needs, rebuild social connections and re-enter education. Learn more.

<u>Coventry and Warwickshire Partnership Trust (CWPT): Peer Support Worker (Community Setting)</u>

Closing date: Sunday, 14th December 2025

This role is for someone with lived experience of receiving support from an Early Intervention for Psychosis service, who feels comfortable using their experiences, to show empathy and understanding to help others and to inspire hope and recovery. Read more.

The David Riddell Memorial CIO: Grants for Suicide Awareness & Prevention Projects

Application deadline: Applications are accepted on a rolling basis and, if successful, are typically funded within three months

Grants are available for smaller/medium sized Not for Profits delivering suicide awareness and prevention programmes. Preference is given to smaller organisations with an annual income of less than £1 million. Funding can be used for both project delivery and core costs, including full cost recovery. While the charity has a particular interest in supporting those working in the financial services sector and associated industries, applications are welcomed from all sectors.

Learn more.

Warwickshire County Council (WCC): Prevent Officer

Closing date: Midnight on Thursday, 27th November 2025
Warwickshire County Council are looking for an experienced and motivated individual to join Warwickshire's Community Safety Team as its new Prevent Officer. This is a unique opportunity to build on a well-established, high-performing area of work-rated "Exceeded Expectations" for two consecutive years. You'll lead on delivering the Government's Prevent Strategy and Action Plan across Warwickshire, working closely with communities, partners, and Government to help shape the future of Prevent activity in the county. Find out more.

Read Easy Mid Warwickshire provides free, confidential, 1-2-1 reading coaching for adults and are planning to expand their coverage to include the town of Rugby. In order to achieve this, they are looking for someone who is local to the Rugby area, enthusiastic, a good listener and able to spot a strong volunteer when they see one.

If you would like to find out more about this exciting volunteering opportunity, please contact Vicky Fletcher on 07939 289221 or email: mwleader@readeasy.org.uk



Hill Street Youth and Community Centre, Hill St, Rugby, CV21 2NB

01788 574258

If you'd like any further support with funding or group development, please contact CAVA's Funding & Group Development Officer for

Rugby Borough, Lou Beddoe at lou.beddoe@wcava.org.uk.

If you'd like any support recruiting volunteers, please contact CAVA's Volunteer Coordinator for Rugby Borough, Amy Muzyka at amy.muzyka@wcava.org.uk.

Funding

<u>St Martin-in-the-Fields Charity Homelessness Support: Funding Available for rent in advance, deposits, ID and removal cost</u>

Application deadline: Open to applications

The St Martin-in-the-Fields Charity works to end homelessness by providing funding, supporting frontline workers, and advocating for change. As part of this, they offer the <u>Vicar's Relief Fund (VRF)</u>, which awards fast emergency grants of up to £500 to help people who are experiencing homelessness or at risk of becoming homeless. These crisis grants can be used to remove immediate barriers such as rent in advance, deposits, ID, and removal costs. If all the required information is provided, they aim to process and pay grants within 5 working days.

Heart of England Community Foundation (HoECF) - Available Grants

To view the full range of funding programmes that are currently available from the HoECF, visit: www.heartofenglandcf.co.uk

Garfield Weston Foundation & Pilotlight: Weston Charity Awards

Application deadline: Deadline to apply: Friday, 9th January 2026 at 5.00pm Applications for the Weston Charity Awards are officially open! Garfield Weston Foundation, in partnership with Pilotlight, is offering registered charities across Wales and the North and Midlands of England working in the fields of youth, welfare, environment, and community, funding and support worth over £22,000 as part of the Weston Charity Awards.

The Awards offer a package of support intended to deliver long-term benefit to the charity, including a fully funded year of support from Pilotlight and an unrestricted cash contribution of £6,500. Read more.

Creative Sustainability CIC: The Boring Fund - Applications now open!

Application deadline to apply: Midnight on Sunday, 30th November 2025 Applications are now open for The Boring Fund, which offers £200 grants to help small charities, CICs and voluntary groups cover those boring but essential costs that keep them running - like insurance, web hosting, admin time or accountancy.

The fund is designed to make things simple, fair and accessible, removing red tape and paperwork. The application takes just five minutes, and there are no reporting requirements. Find out more.

The Kristina Martin Charitable Trust Grants

Application deadline: Friday, 12th December 2025

Grants are available for UK-registered charities whose work supports people with mental health issues and addresses issues such as, but not exclusively, suicide, online bullying, grief, and fostering hope and resilience.

In this funding round, the Kristina Martin Charitable Trust has made £400,000 available, split across the following themes:

Breaking the link between homelessness and poor mental health

Reduction in the effects of social media on mental health

Reduction of Social Isolation

Improving mental health outcomes for children and young people.

A total of £100,000 is available for projects in each funding theme. The Trustees aim to provide grants on an unrestricted basis where possible. **Learn more**.

Petplan Charitable Trust - Welfare Grants

Application deadline: Friday, 12th December 2025

The <u>Petplan Charitable Trust's Welfare Grants</u> programme has reopened to applications from UK registered charities for initiatives that promote and improve the health and welfare of dogs, cats, horses, and rabbits across the United Kingdom. Please note that the Trust's other funding programmes for (1) Pump/Pilot grants, and (2) Initial Scientific Grants remain closed to applications at this time.

Charis-Let's talk energy fund.

The Let's Talk Energy Fund provides free energy-efficient appliances and advice to households who are struggling to pay their energy bills.

It's an Ofgem approved scheme, that we operate thanks to financial contributions from UK energy suppliers.

Old cookers, fridges, freezers and washing machines are costly to run and expensive to replace. So, subject to available funding, the Let's Talk Energy Fund makes up to two free appliances available to eligible households, helping to stretch their household budgets a little further.

To be eligible, applicants must:

- Be in receipt of means tested benefits or have a gross annual household income below £20,328.
- Not already have the type of appliance they're applying for, or, have an existing appliance that's more than 8 years old or broken.

If you are supporting any households that you think may qualify for the support, please let them know.

People can apply themselves – a professional referral isn't needed. If they need help to apply, they can ask a friend, family member, or a support organization.

More information about the scheme is available at charisgrants.com/partners/charisglets-talk-energy-fund/.

<u>England and Wales Cricket Board (ECB) County Grants Fund</u> provides financial aid to affiliated cricket clubs to improve facilities, create more playing opportunities for women, girls, and people with disabilities, and to help with climate change

mitigation. Grants of up to £10,000 are available, and clubs are encouraged to apply for projects that align with ECB programs like All Stars and Dynamos. The application process is online, and clubs should liaise with their local County Cricket Board (CCB) before applying. https://www.ecb.co.uk/play/club-support/club-funding/county-grant-fund

British Gas Energy Trust Accepting Applications to Help Customers Clear Energy Debt

The British Gas Energy Trust, an independent charity funded by British Gas, was set up to support individuals and families who are struggling to pay their bills, regardless of energy provider.

The Trust currently offers two funds to British Gas customers living in England, Scotland, or Wales:

Individuals and Families Fund

British Gas Energy Support Fund

Both are intended to tackle fuel poverty by clearing the energy debts of struggling households and respond to the ongoing cost-of-living crisis.

It should be noted that the Trust does not award cash payments, rather it will credit the householder's energy account:

Individual and Families Fund will cover arrears of between:

Pre-payment customers must owe between £50 - £1,700 in energy debt.

Credit account customers must owe between £250 - £1,700 outstanding in debt.

British Gas Energy Support Fund will cover arrears of between £250 and £2,000.

Pre-payment customers must owe between £50 and £2,000 in energy debt.

Credit account customers must owe between £250 and £2,000 outstanding in debt.

Applicants must have received money advice/guidance within the last six month.

British Gas Energy Trust is interested in funding applications where the applicant can show a sustainable position moving forward.

Please note the Trust may close the application portal with little or no notice once the funds have been expended.

Applications are currently taking four to six weeks to be processed.

https://britishgasenergytrust.org.uk/grants-available/

<u>Cash4Clubs</u> - Community sport organisations could get a grant to support adults to get active thanks to Cash4Clubs. Sported is teaming up with Flutter UKI to deliver another round of Cash4Clubs, a small grants programme specifically aimed at supporting community organisations who deliver sport and physical activity for over 18s only. Through the programme, grants of £2,000 are available to help adults stay or get active. The funding is unrestricted, so the clubs decide how best to spend it. Whether that's for facilities, equipment, coaching qualifications, activity programmes or something else, how they use the grant to make an impact on the lives in their community is up to them.

Share the link below with community sport organisations delivering to over 18s only in your area. The application window is open from Monday 8 September to Monday 8 December 2025. https://sported.org.uk/cash4clubs/

Cash4Clubs is funded by Flutter UK & Ireland, part of Flutter Entertainment, the global sports betting, gaming, and entertainment provider. For this reason, groups must only support adult members (18+) to be eligible for funding. Organisations cannot apply if they have junior members or run any junior activities.

Serious Violence Prevention Social Prescribing Fund - The Safer Warwickshire Partnership has allocated funds to support those at risk of involvement in serious violence. Applications are invited from agencies supporting relevant individuals and will be considered by a panel of professionals. The panel will aim to inform you of a decision within 3 weeks of submission of an application. Please submit applications before the deadline of Friday 27th February 2026. The panel is keen to assess each application on its merits and therefore has not applied a strict funding threshold per funding application, however, it is expected that most applications would be for sums in the hundreds, not thousands of pounds.

The purpose of this fund is:

- Supporting people impacted by serious violence, to divert them away from involvement or minimise the risks and harms associated.
- This could include people within the criminal justice system who are at risk as victims, perpetrators or both, or individuals linked with other services and are on the periphery of criminal justice system involvement.
- The fund is intended to offer a flexible approach to remove barriers that otherwise may prevent them from desisting from serious violence or being safe from harm.
- For example, this might include facilitating travel to job interviews or support services, or the pro-social use of time.
- Priority will be given to support that is not provided or is not easily provided by statutory services.
- Applications are welcome from agencies supporting individuals.

Examples of successful applications have included:

- The purchase of a pushbike so a young person supported by Youth Justice can get to and from work.
- The purchase of some carpet so a man on probation could make his flat feel more homely, meaning he spends more time there.
- Paying for someone on probation to undertake a HVG course and driving test, improving his employment prospects.
- Providing mentoring opportunities.
- Providing memberships at sports clubs for young people.

The application form can be downloaded via, SVP Social Prescribing Application Form 25-26 MASTER (1).docx

https://warwickshiregovuk-

my.sharepoint.com/:w:/g/personal/chrisflorance_warwickshire_gov_uk/ETkTvy2gOmpPhvjI-Dw1Et4BD77UPS1QmEUd-0N_taUS_g?rtime=I4F027r23Ug

Useful Contacts



Useful Contact Information



Family Information Service

Providing information, advice and one-to-one support for families with children & young people aged 0-25. New Free Tel: 0800 408 1558 Tel: 01926 742274

Email: fis@warwickshire.gov.uk www.warwickshire.gov.uk/fis

Children and Families Front Door

For concerns about a child's wellbeing Tel: 01926 414144

Family Support Help Line

Monday to Friday: 9.00am to 4.00pm Tel: 01926 412412 www.warwickshire.gov.uk/childrenan dfamilies

Breastfeeding Support Drop-in Group for Babies and Toddlers

Wednesdays: 10:00am to 11:30am Claremont Children & Family Centre

swg-tr.breastfeedingnorth@nhs.net Tel: 01926 626529

Midwives

Maternity advice, The Owen Building, St. Cross Hospital Tel: 01788 663184

Adult and Community Learning

https://warwickshire.gov.uk/acl Tel: 01926 736392

Speech and Language

Therapy Preschool Team

Tel: 01788 555107

Warwickshire Health Visiting Drop in Clinic

Tuesdays: 1:30pm to 3:00pm Claremont Children & Family Centre

Phone number and TEXT Chat Service

Advice & support for parents of pre-school children of Warwickshire Text: 07520 615293 OR Tel: 01788 551212

Citizens Advice Bureau Tel: 0808 250 5715

Interested in volunteering? please contact rena.langan@barnardo

.org.uk



Hill Street Youth and Community Centre, Hill St, Rugby, CV21 2NB

If you'd like any further support with funding or group development, please contact CAVA's Funding & Group Development Officer for Rugby Borough, Lou Beddoe at lou.beddoe@wcava.org.uk.



If you'd like any support recruiting volunteers, please contact CAVA's Volunteer Coordinator for Rugby Borough, Amy Muzyka at amy.muzyka@wcava.org.uk.

Phone: 01788 574258

DO YOU NEED HELP?

CITIZENS ADVICE gives free, independent, and confidential advice with issues about benefits, employment, money, debt, divorce/separation, housing, consumer problems and much more...

COME ALONG TO ONE OF OUR DROP-IN SESSIONS:

Mondays, 9:00 - 13:00

Wednesdays, 9:30 - 12:30

Boughton Leigh Children and Brownsover Community Centre Family Centre Wetherell Way CV21 1LT Rugby

Bow Fell Brownsover CV21 1JF Rugby



Warwickshire Pride



https://warwickshirepride.co.uk/

Email: info@warwickshirepride.co.uk

Phone: 07580 532 659

80 Spinney Hill. Warwick, Warwickshire. CV34 5SP

Dementia Connect

dementiaconnect@alzheimers.org.uk

Call: 0333 150 3456 If you are affected by dementia, worried about a diagnosis or a carer, trained staff are ready to give you the support you need.

Opening hours: Mon to Weds: 9am – 8pm, Thurs and Fri: 9am – 5pm, Sat and Sun: 10am – 4pm



Rugby Wellbeing Hub - Coventry &

Warwickshire Mind – Service Information:

Providing low level one to one support and signposting for people struggling with mental health

and emotional wellbeing, face to face one to one/small group options available late in 2020.

Contact us on 02477 712288 or wbw@cwmind.or.uk

Warwickshire Safe Haven - Coventry and Warwickshire Mind

Providing out of hours mental health support 6-11pm every evening by phone/text/email in first instance although face to face support is now available by appointment.

Contact us on 02477 714554 or 07970 042270 or safehaven@cwmind.org.uk

Community Adult Autism Support Service - Coventry and Warwickshire Mind

Providing peer support, one to one sessions and group training sessions for adults and their carers living with autism. Contact us on 02477 714545 or caass@cwmind.org.uk

EQuIP, Equality and Inclusion Partnership

EQuIP provides support, advice, and training. EQuIP's aim is to eliminate discrimination in all its forms. Address: Room 127, Morgan Conference Suite, Warwickshire College, Technology Dr, Rugby CV21 1AR

Website: https://www.equipequality.org.uk/

Main Number: Please ring 0330 135 6606 and wait to be connected to the EQuIP office Enquiries Number: 07377 431997

Community Engagement: 07799 947860 and 07879 497516 advice@equipequality.org.uk

Children and Family Support -The Family Information Service - Contact Warwickshire's Family Information Service for advice and guidance on a wide range of subjects.

Phone: 01926 742274 Email: fis@warwickshire.gov.uk

Available Monday to Friday, 9am to 5pm.

<u>Family Support</u> - Contact a Family Support Worker for advice and guidance on parenting and all aspects of family life.

Support can be offered through telephone calls, video calls, text messages or email to suit your needs.

Phone: 01926 412412 - Available Monday to Friday 9am to 4pm. All enquiries will be responded to during this time.

To contact your local district or borough family support team via email please visit:

<u>www.warwickshire.gov.uk/familysupport</u> - for more information.

For more information and advice for families including parenting courses, workshops.

and other support services go to: www.warwickshire.gov.uk/childrenandfamilies

Act On Energy

AOE encourages energy conservation by providing and impartial advice to householders and small businesses in Warwickshire, Worcestershire, Birmingham, Coventry, Solihull and surrounding local areas.



For additional information, visit HERE

Or call the Free Advice Line on 0800 988 2881



RoSA - Rape and Sexual Abuse Support Services

We provide support for children and adult survivors of rape, sexual abuse, sexual exploitation, and sexual violence across Warwickshire, with a base in Rugby.

To find out more or make a referral for yourself or someone else, please click on the link to our website https://rosasupport.org/

or write to: ROSA, PO Box 151, Rugby, CV21 3WR.

call: 01788 551150.

or email: support@rosasupport.org for free and confidential support

To see how we use your personal data and what your information rights are, please read our
overall <u>customer privacy notice at</u> which includes the contact details if you have a complaint
about your information rights. For general enquiries, contact Warwickshire County Council customer services on 01926 410410.
You have received this email bulletin as you are currently signed up to the Rugby communities Community Information Update mailing list. If you would like to be removed from this mailing list, please email cdwrugby@warwickshire.gov.uk
Please also remember that we are sharing this information as a service to the community, it does not necessarily mean that the services or events advertised in this email are endorsed by Warwickshire County Council.