



Rugby Communities

E-Bulletin

1st Edition December 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.*

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The new **Warwickshire Child and Family Wellbeing** service will be **launching on Monday 1st December.**

“The service had previously been delivered as two separate contracts - a Health Visiting service for 0–5-year-olds, and a School Nursing service for 5–19-year-olds (up to 25 for young people with special educational needs and disabilities). Following a competitive procurement process, it will be delivered from 1 December as one streamlined provision by the HCRG Care Group.

HCRG Care Group will be delivering the service under the name of Warwickshire Child and Family Wellbeing. Their approach will ensure a continuation of care from birth through to adulthood, to meet the evolving needs of local families across the county and support Warwickshire’s children and young people to have the best start in life.

Families can access support from Warwickshire Child and Family Wellbeing by contacting one of the following options:

- Phone 0300 247 0072 (Monday-Friday 9am-5pm)
- ChatHealth Text Advice Service (0-5 only): 07520 615 293
- Email wcfw.contact@hcr'gcaregroup.com
- Visit the website, www.warkschildandfamily.co.uk, which will be live from 1 December”

The range of services provided include, Health Visiting, Infant Feeding Team, School Nursing. Many existing staff are moving to the new provider.

A poster can be downloaded via, [Warks Child and Family Wellbeing Contact Details Poster.pdf](#)

<https://www.warwickshire.gov.uk/news/article/7223/warwickshire-s-integrated-public-health-nursing-service-warwickshire-child-and-family-wellbeing-to-come-into-effect-from-1-december>



Health protection and immunisations

As we age, our immune system weakens.

1. To avoid infections, get plenty of rest, sleep well, keep warm, and drink plenty of water.
2. Be alert to signs of infection.

<https://www.warwickshire.gov.uk/falls-prevention/alert-signs-infection/1>

Older people Caring for a vulnerable or older person this winter?

Here are some tips to help them stay well through the colder months.

For more information go to: <http://warwickshire.gov.uk/keepwarm>



Winter wellbeing overview

As the cold weather continues, now could be a great time to explore our winter wellness webpages. You'll find a wealth of advice and information, from support with food and household bills to mental health and wellbeing resources.



Take a look here: <https://www.warwickshire.gov.uk/winterwellness>

Wood burners

Wood-burning stoves and open fires are a great way to stay warm and cosy, but what you burn really matters.

Please remember:

- Always use seasoned wood and check it with a moisture meter - dry wood should have 20% moisture or less.



- Avoid house coal and choose approved solid fuels for cleaner, more efficient burning.
- Never burn treated wood or household waste, as they release harmful toxins into your home.
- Keep your stove maintained and have your chimney swept regularly for a safe, healthy winter.

For more information, please visit https://uk-air.defra.gov.uk/assets/documents/reports/cat09/1901291307_Ready_to_Burn_Web.pdf

Fire and Rescue - Safe and well checks.

During periods of cold weather, we may be reaching for the heaters or using our fires to warm us up.

Stay warm safely, if you or someone you know would benefit from a free Safe and Well check from Warwickshire Fire and Rescue Service, then get in touch to book it, today -

<https://www.warwickshire.gov.uk/fire-safety-home-1/apply-safe-well-visit>

Safe and Well checks are a great way to get fire safety advice and make sure your home is equipped with the right alarms and escape routes.



Looking out for each other is what makes a great community, and these checks can be a real help, especially for those who may be more vulnerable.



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 1 st December, 9:30am to 10:30am
Wellbeing after Birth (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Monday 1 st December, 11am to 12pm
Rest & Relaxation (by Coventry, Warwickshire & Worcestershire Mind) – 1 session – Monday 1 st December, 1pm to 2:30pm
Mental Health & the Male Brain (by Coventry, Warwickshire & Worcestershire Mind) – 1 session – Tuesday 2 nd December, 10am to 11:30am
Introduction to Depression (by Coventry, Warwickshire & Worcestershire Mind) – 1 session – Tuesday 2 nd December, 11am to 12:30pm
Trauma Awareness (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Wednesday 3 rd December, 10am to 2pm
An Introduction to Personality and Complex Trauma (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Wednesday 3 rd December, 12:30pm to 4pm
Understanding Self-harm (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Thursday 4 th December, 10am to 12:30pm
Positive Thinking (by Coventry, Warwickshire & Worcestershire Mind) – 1 session – Thursday 4 th 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 8 th December, 1:30pm to 4pm
Self-compassion (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Monday 8 th December, 6pm to 8pm (evening session)
Coping with Change (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Wednesday 10 th December, 10am to 12:30pm
Worry Management (by Coventry, Warwickshire & Worcestershire Mind) – 1 session – Wednesday 10 th December, 10:30am to 12pm
Routines – How they are formed and why they are important (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Thursday 11 th December, 10am to 12pm
Returning to Work after Maternity Leave (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Thursday 11 th December, 10am to 12pm
Healthy Mind Skills (by Coventry, Warwickshire & Worcestershire Mind) – 1 session – Thursday 11 th 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 15 th December, 1pm to 2:30pm
Sleep (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Monday 15 th December, 3pm to 5pm
Stress Awareness (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Tuesday 16 th December, 10am to 12pm
Understanding Bipolar Disorder (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Thursday 18 th December, 10am to 12pm
A Life Worth Living (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Thursday 18 th December, 12:30pm to 3pm
Coping with Christmas (by Coventry, Warwickshire & Worcestershire Mind) – 1 session – Thursday 18 th 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/>



Festive News From Citysave Credit Union



Your Employee Benefit Partner

This Christmas, we're delighted to bring you some cheer and savings with our newly **reduced Payroll Loan Rates** just in time for the holidays!

NEW LOWER LOAN RATES

Payroll Loans

now start from

7.9% APR to 19.6% APR

(Equivalent to 0.6% per month at
the lowest rate!)

Credit is subject to status and affordability checks.

Why Choose a Citysave Payroll Loan?

- No setup fees
- No penalty charges
- Fast and simple application
- Affordable repayments direct from payroll (easy to manage)
- Fixed rate for the full loan term

Take advantage of one of the UK's most competitive payroll loan ranges this festive season

APPLY TODAY

Visit our website: citysave.org.uk

Citysave Credit Union Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority.

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



Shine a Light Cancer Centre Festive Singing Sessions



Four sessions around the piano at Shine A Light in the run up to Christmas - an opportunity to have a dabble at singing in a welcoming & festive community group, make friends & have fun.

Following the last session there will be an opportunity to take part in an informal open performance in the entrance of Shine A Light to showcase the efforts of the choir whilst raising some funds for Shine A Light!

Sessions will be led by Anna Perry, Community Music Therapist MMT (NRs)

There is a £5 per person cost which covers all sessions to be paid on the first session you attend.

Dates and Times of Sessions:

Friday November 28th 2.15-3pm

Friday December 5th 2.15-3pm

Friday December 12th 10.15- 11am

Friday December 19th 2.15-3pm

Friday December 19th - Informal Open Performance from 3.20-4pm
wearing optional Christmas jumpers & hats 🎅

All sessions at Shine A Light, 1 Manning Walk, Rugby Central Shopping Centre, Rugby, CV21 2JT



Shine a Light Cancer Centre December Activities



Join us on any Saturday in December, for a fun packed craft session.
No booking necessary. All materials provided.



Sat
Nov
29th

Build Your Own Snowman

10 AM - 12 PM or 1PM - 3PM

Come and join us in the centre to build your very own snowman.

COST: £2 each.



Sat
Dec
6th

Create a Christmas Character

10 AM - 12 PM or 1PM - 3PM

Make your favourite Christmas Characters from a range of craft materials and toilet Rolls.

COST: £2 each.



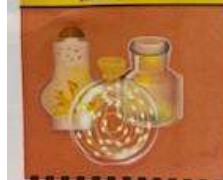
Sat
Dec
13th

Julia Donaldson Themed Crafts.

10 AM - 12 PM or 1PM - 3PM

For fans of the Gruffalo and Stickman! Join us to make some crafts of your favourite characters.

COST: £2.50 each.



Sat
Dec
20th

Shine a Light Christmas Bottles

10 AM - 12 PM or 1PM - 3PM

Light the way for Santa by making and decorating your own light up bottles.

COST: £4 each.

Free family swims at participating Everyone Active leisure centres for recipients of the FIS newsletter

We have some exciting news for all our Family Information Service newsletter subscribers!

Be sure to check your inbox on Tuesday 6 January for our FIS newsletter, which will include an exclusive discount code for FREE swim sessions at Everyone Active leisure centres throughout Warwickshire.

[Read more](#)

<https://www.warwickshire.gov.uk/news/article/7240/warwickshire-families-to-benefit-from-active-partnership>



WCAVA has partnered with flick to give voluntary groups a great deal on online training needs. With over 150 fully-accredited courses, from health & safety, to safeguarding and soft skills, flick is the perfect solution to training needs – all at an exceptionally low price of just £10 ex vat per person per annum!

For more information and to take advantage of this offer, get in touch with sales@flicklearning.com with the name of your charity and the number of people requiring training.

are you a volunteer or charity in warwickshire?



WARWICKSHIRE & SOLIHULL

CAVA

COMMUNITY & VOLUNTARY ACTION



Need a hot meal?

Frevktchn provides hot food as well as support with benefits and housing applications. All who need food and support are welcome.



Please join us at The Eco Hub, 43 Clifton Rd, Rugby CV21 3QE
(Top of Bath Street)
Every Saturday 3pm - 5pm

🎄 Look out for Rugby Yarn Bombers **Christmas Tree**



Trail...Trail Sheets can be collected from **Wild & Free health shop** on Bank Street. The Yarn Bombers' amazing creations will be found on real potted Christmas trees in shops and businesses around the town

centre. These trees have been supplied by Wild & Free as part of their **sustainable Christmas Tree service**, where you can **hire** a real, potted tree for Christmas!

Contact Wild & Free for more info on [01788 570400](tel:01788570400). 🎄



Ageing Well Southam: New Arts & Crafts workshops for over 60s

Warwickshire-based company Arts Uplift is delighted to announce continued funding for Ageing Well, a dementia-friendly creative programme for people aged 60+ designed to promote health and wellbeing.

Starting in December 2025, these weekly workshops are a chance to try out a variety of enjoyable arts and craft activities, led by experienced artists in a sociable and supportive environment. These will include collage, working with clay, badge making, as well festive activities such as wreath making and bauble painting, with plenty of time for tea and a chat.

"The atmosphere was lovely, and we were made to feel welcome. Jess was a good teacher and everybody was friendly. We liked meeting people that were going through the same journey." Previous participant

Day: Mondays Time: 14.00 pm – 15.30 pm

Place: The Graham Adams Centre, St James Road, Southam CV47 0LY

Cost: There is a 'pay what you can' charge

Jenny Davis Executive Director of Arts Uplift says: "There is so much evidence to show that the arts are important in helping people - including those with dementia - to live happy and fulfilled lives.

These accessible workshops are a chance to learn new skills or reignite old ones, free your imagination, keep your mind active and spend time with others in a friendly environment."

Funded by Grineaux Accountants, William A Cadbury Charitable Trust and Heart of England Community Foundation.

Is it for you? Suitable for anyone over 60 as well as people living with Dementia, Parkinson's, or other disabilities. Carers are welcome. No previous arts or crafts experience is necessary – come and try something new! Booking is essential as places are limited.

Please contact: www.artsuplift.co.uk/ageing-well/

Email: info@artsuplift.co.uk

or Call: Jenny on 01926 504212



RUGBY CHRISTMAS CRACKER

Hope where it counts

Further information Please visit: www.artsuplift.co.uk/ageing-well

Crackerteria is back! The Rugby Christmas Cracker Café has returned to the former Boots shop in Rugby Central, 27th Nov - 24th Dec.

Now in its 34th year, this pop-up Café brings together young people in Rugby each Christmas to help people in the developing world. It will be open from 10am - 2pm, Mon - Fri and 10am - 5pm on Sat. Book your evening meals now to avoid disappointment!

Tools With A Mission will also be selling second hand tools and there will be artwork by Joe Douse to purchase.

Find out more at:

[https://www.facebook.com/rugbychristmascracker?_cft__\[0\]=AZUmfRamAgTisFcKJcNSl08gWTHUCLbmK95qaNPkOOyNqgoGvj6UG95VhtB2FWSJkv9nXSPHfIOSfwVHGrAgh6habSdaVrwtU2RbMwoy5lHSrqWk12rB0o5lqAlf8JpMiVBl8m4PjJ-edj5XglTtqSDpRoZUL_mubYntXdXpwu1Pjz8WRJJK4-D4mXeL8MoUuk&_tn_=-UC%2CP-R](https://www.facebook.com/rugbychristmascracker?_cft__[0]=AZUmfRamAgTisFcKJcNSl08gWTHUCLbmK95qaNPkOOyNqgoGvj6UG95VhtB2FWSJkv9nXSPHfIOSfwVHGrAgh6habSdaVrwtU2RbMwoy5lHSrqWk12rB0o5lqAlf8JpMiVBl8m4PjJ-edj5XglTtqSDpRoZUL_mubYntXdXpwu1Pjz8WRJJK4-D4mXeL8MoUuk&_tn_=-UC%2CP-R)

Community Opportunity: Auckland Hall - Expressions of Interest Now Open (Solihull)

Solihull Council is inviting local community organisations to express interest in taking on the management of Auckland Hall and its surrounding 1.76 acres of open space in Kingshurst. The modern facility includes a main hall, meeting rooms, office space, kitchen, and secure outdoor area.

Registered charities, CICs, CIOs, not-for-profits, voluntary groups, and inclusive faith-based organisations are encouraged to apply. EOI deadline: Thursday, 11th December 2025, with shortlisted groups submitting business plans in January 2026. Leases of 3–20 years are available, with the potential for reduced rent depending on social value. [Find out more.](#)

Warwickshire County Council is looking for more people to join its Voice of Warwickshire residents' panel

Warwickshire County Council is encouraging residents aged 18 and over to join its [Voice of Warwickshire](#) online panel.

The Voice of Warwickshire is a group of local people who play a vital role in helping the county council understand the views, needs and priorities of those who live in Warwickshire.

To join the panel, individuals must be 18 and live in Warwickshire. Those interested can register at www.warwickshire.gov.uk or by calling 01926 410410.

London Hearts - Defibrillator Scheme

London Hearts is offering discounted defibrillator packages, including internal and external options from £660 exc. VAT. The scheme is being run on a first come first served basis and there is currently no limit to the number of units you can request. [Find out more.](#)

Healthwatch Warwickshire: Rugby's Health and Wellbeing Event -

Children and Young People

Wednesday, 17th December 2025, 10.00am-12.30pm, Overslade Community Centre, 68 Buchanan Road, Rugby CV22 6AZ (parking available on site or on the streets around the centre)

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

To register your FREE place, please click **here**. Or for more information contact Vina Fatania on 01926 422 823 or email:

vina@healthwatchwarwickshire.co.uk

Freedom Programme

The aim of [Home-Start South Warwickshire](https://www.homestartsouthwarwickshire.org.uk/)'s Freedom Programme course is to empower women to make informed choices about healthy relationships and to identify 'red flag' behaviours. The course highlights eight common character traits of an abuser and contrasts these with the traits of a respectful partner. It allows space to discuss personal experiences in a confidential group with other women who have had similar lived experiences. They also discuss life after abuse and signpost to various support organisations.



Learn more

<https://www.homestartsouthwarwickshire.org.uk/freedom>

Keeping the magic in Christmas for disabled children

[Contact](#) has asked parents in their community to share what really helps them keep things magical while reducing stress. Their top tips range from pacing presents, to keeping routines steady, to choosing low-pressure ways to celebrate that suit your child's needs.



Find out more

<https://www.facebook.com/contactfamilies/posts/pfbid02qgeg2bUa8DqpybBvJq7QLXnvcUpSGLVaukGTPbHXGHfuBFuRzTFpPc3FqfXsoyunl>

Consultations and Survey

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

Training

NEW Training Offer for Local Voluntary, Community, Faith, and Social Enterprise (VCFSE) Organisations

A new partnership bringing affordable accredited training to local organisations.

Are you a volunteer, charity, social enterprise or not-for-profit delivering in the Warwickshire or Solihull area? We have partnered with [flick learning Ltd](#) to give you a great deal on all your online training needs.



Gain 12 months' access to over 150 fully-accredited courses, from health & safety, to safeguarding and soft skills. Flick is the perfect solution to your training needs - all at an exceptionally low price of just £10.00 (excl. VAT) per person!

For more information and to take advantage of this offer, get in touch with sales@flicklearning.com with the name of your charity and the number of people you wish to train.

FREE DBS Workshops for the West Midlands VCSE Sector

Becky Haines, the new [DBS Outreach Adviser](#) for the West Midlands, is offering free online workshops in early 2026 to help voluntary, community and social enterprise organisations strengthen their understanding of DBS processes and safeguarding responsibilities. Sessions will be delivered via MS Teams and cover eligibility for checks, barring and referral duties, and the DBS Update Service.

Upcoming Dates:

- [DBS Checks – Understanding Eligibility: Tuesday, 20th January 2026, 10.00am–12.00pm](#)
- [DBS Barring & Legal Duty to Refer: Tuesday, 3rd February 2026, 10.00am–12.00pm](#)
- [DBS Update Service: 3rd March 2026, 10.00am–11.00am](#)

For DBS-related enquiries or accessibility requests, please contact: rebecca.haines@db.s.gov.uk

Action Tutoring: FREE 30-Minute Info Sessions – Become a Volunteer Tutor

Tuesday, 13th January 2026, 4.30pm–5.30pm, online

Interested in volunteering as a maths or English tutor? Action Tutoring is hosting a free 30-minute online information session to give you a taste of what it's like to volunteer before applying.

Hear from a staff member, ask questions, and learn how you can make a real difference for children facing disadvantage. No prior tutoring or teaching experience is needed - Action Tutoring provide training, resources, and support.

Book your place via Eventbrite: [Action Tutoring Events](#)

Warwickshire
Adult & Community Learning

Volunteer with ACL!

Are you interested in volunteering with Warwickshire Adult & Community Learning?

Have you spare time to help our learners reach their potential?

Or you want to gain experience of assisting and supporting learners in our classes for adults?



VOLUNTEER

We have courses in Nuneaton, Rugby and Leamington Spa.
You choose how much time you can commit!

Come along to our Volunteer Coffee Morning:
Thursday 18th December 2025 10am-12 at Hill St
Youth & Community Centre, Rugby, CV21 2NB

Enquire, apply and sign up!

For further information email:

volunteeracl@warwickshire.gov.uk

**Please note a DBS and relevant checks are completed for
successful applicants*

Visit our website: www.warwickshire.gov.uk/acl

Call: 01926 736392 Email: volunteeracl@warwickshire.co.uk



Warwickshire
County Council

Jobs and Volunteering

We're looking for you!

CAFE VOLUNTEER



We are looking for someone with a Level 2 Food Hygiene certificate or the willingness to complete one.

The volunteer will help serve drinks, food and take payments from our in-house kitchen.

If you would like to enquire about this volunteer position please contact kirsty.denyer@rugbyecohub.org

[HTTPS://RUGBYECOHUB.ORG/](https://rugbyecohub.org/)

APPLY NOW!



WARWICKSHIRE & SOLIHULL

CAVA



COMMUNITY & VOLUNTARY ACTION

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

Arnold Clark Community Fund – Cost-of-Living Support

The Arnold Clark Community Fund is offering financial support to UK-based charities and community groups addressing the rising cost-of-living crisis. Funding is available to organisations within 50 miles of an Arnold Clark branch that work directly with those most affected, including foodbanks, accommodation providers, and poverty relief groups. Applications are welcomed from registered charities, community groups, social enterprises, and CICs, with priority for smaller local organisations supporting vulnerable people. Funding cannot be used for private gain, religious or political activities, wages, debt, or loan repayments.

Interested groups can apply online, submitting one application per organisation every six months.

Full eligibility criteria and application details are available via the [Arnold Clark Community Fund website](#).

7stars Foundation - Funding for Vulnerable Young People

Application deadline: Sunday, 1st February 2026 (March 2026 review)

The 7stars Foundation provides grants to support young people (under 18) in the UK facing abuse, addiction, homelessness, or caring responsibilities. Funding streams include Project Grants (up to £5,000), Shine Bright and Child Poverty Grants (up to £30,000 per year for two years), Social Impact Grants, and Individual Grants (up to £500).

Eligible organisations must work with young people and, for most funding streams, have a turnover under £1.5 million. Funding can support innovative projects, long-term initiatives, or provide direct assistance to young people through safeguarding professionals.

Full guidance and applications are available on the [7stars Foundation website](#).

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](#).

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](#).

UK Fundraising: Grant for Good to support ambitious fundraising challenges

Application deadline: Saturday, 31st January 2026

Fundraising platform “Give as you Live” has launched a new round of small grants to support “ambitious fundraising challenges”.

The scheme will distribute a total of £2,500 to individuals and teams who are undertaking ambitious fundraising challenges.

Grant for Good is open not to charities but exclusively to individual fundraisers and fundraising teams “looking to go the extra mile for their chosen charity”. Successful applicants will receive funding to help cover the costs of taking on bold, creative, or physically demanding fundraising activities. [Find out more](#).

National Deaf Children’s Society (NDCS) Community Grants Programme

Application deadline: Rolling deadline

The National Deaf Children’s Society community grant is an initiative offering between £1,000 to £10,000 to UK groups supporting deaf children and their families.

The programme aims to build strong, connected communities where families of deaf children

can share experiences, find support, and grow together especially during those crucial early years when parents are discovering what works best for their child.

For this funding round, the focus is on projects that support deaf children in the early years (aged 0–5). This could include direct work with children and families or projects that also involve older deaf children, young people, families or professionals.

The first step in the application process is completing an [eligibility check](#). NDCS will then send you a link to the application form if you are eligible to apply.

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

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 [Vicar's Relief Fund \(VRF\)](#), 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, 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

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 months.
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/>

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?rttime=l4F027r23Ug

Useful Contacts





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
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	Family Support Help Line Monday to Friday: 9.00am to 4.00pm Tel: 01926 412412 www.warwickshire.gov.uk/childrenandfamilies
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	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
	Citizens Advice Bureau Tel: 0808 250 5715
	Interested in volunteering? please contact serena.langan@barnardos.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
Family Centre
Wetherell Way
CV21 1LT
Rugby**

**Brownsover Community Centre
Bow Fell
Brownsover
CV21 1JF
Rugby**



**citizens
advice**

**Bedworth, Rugby
& Nuneaton**

Warwickshire Pride



<https://warwickshirepride.co.uk/>

Email: info@warwickshirepride.co.uk

Phone: [07580 532 659](tel:07580532659)

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.org.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

EQulP, Equality and Inclusion Partnership

EQulP provides support, advice, and training. EQulP'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 EQulP office

Enquiries Number: 07377 431997

Community Engagement: [07799 947860](tel:07799947860) and [07879 497516](tel:07879497516) 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.

Family Support - 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:

www.warwickshire.gov.uk/familysupport - 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.



free

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 [customer privacy notice at](#) 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.