



Find out what we have achieved so far, our plans for the future and how you can get involved

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Exciting funding opportunities for organisations/groups that are looking to deliver in Eastern Sheppey

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Big Local Competition!
Complete the questionnaire for a chance to win some Morrison's vouchers

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Our new three year plan

Our plan for the next three years can be broken into the following priorities:

- Economy and Employment
- Environment
- Health and Wellbeing
- Community



For further

information about any projects please visit our website:

www.BigLocalEasternSheppey.com



Big Local Eastern Sheppey

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The Plan!

We are pleased to announce that after much consultation our new plan has been agreed by Local Trust. Click the link below to read through the comments and exciting new projects we have planned. If you have any questions please do not hesitate to contact our Project Co-Ordinator Sean Leacock.



2018 AGM Video



Our story and who we are...

Big Local Eastern Sheppey (BLES) is one of 150 areas nationally that has been given one million pounds to improve the area for the benefit of its residents. This money is to make a massive and lasting positive difference to our community. Big Local brings together all the local talent, ambitions, skills and energy individuals, groups and organisations who want to make their area an even better place to live!



BLES has been established since August 2014 and each year we have been consulting with local residents about what we can do with the one million pounds for Eastern Sheppey.



During our consultation process in 2018, it became clear that our original vision was not understood by many residents and did not resonate with people locally. The Partnership decided to revise the vision at their plan review day in July 2018. The new vision is meant to be clearer and is based on what local residents said during the consultation:



“Eastern Sheppey by 2026 will be clean, safe, attractive and welcoming; known for its natural beauty and history, where residents and visitors alike feel included and residents are happy and proud to call it home”

Our plan

Throughout our consultation we managed to reach a large proportion of the community and even targeted particular groups of people to ensure that everyone's voices were heard. All of the community suggestions were put into a survey and was available for all local residents to have their input. The list of successful projects can be found below with their budget: (please note this is a 3.5 year plan)

Economy & Employment	
Project	Total
Community Chest	£35,000
Partnership with Oasis Academy (Scoping)	£5,000
Benefits, debt and Job advice	£17,500
Training Sessions	£8,750
	£66,250
Environment	
Project	Total
Scoping/ feasibility re parks, Community Land Trust etc	£10,000
Continue and expand the Transport Project	£35,000
Environmental Community Chest (ECC)	£10,000
Environmental Project identified by ECC	£20,000
	£75,000
Health & Wellbeing	
Project	Total
Partnership with Porchlight	£60,000
Talk Therapy	£7,000
Community Hub	£17,500
Healthy Eating Project	£8,750
Information Booklet	£3,500
	£96,750
Community	
Project	Total
Holiday Play Scheme	£35,000
Activity Club	£31,500
Duke Of Edinburgh	£7,000
Support Local Schools	£3,500
Early Years Development	£7,000
Befriending Project	£13,750
Activities and Events	£17,500
	£115,250

Community Chest

So far over £40,000 has been awarded to local groups! Could you be next?

The Big Local Eastern Sheppey Partnership invites applications from local clubs, constituted groups, charities and social enterprises for grants up to £500 to hold events, activities or purchase items to benefit people in Eastchurch, Leysdown & Warden Big Local Areas.

We've made the process even easier as well! The application form has now been simplified and we've removed the 'Round System' so you can apply all year round! If you're interested in receiving an application form then contact our Community Chest Officer Sandy Hammock at Sandy@BigLocalEasternSheppey.com



Big Local Activity Club £1



Every Wednesday at Warden Village
Hall 6:30 - 8:30pm / 11-16yrs
term time only - registration required
07870645342



Community Chest



Do you have an idea for a local community project? Would you like some help to fund it?

If your project matches the criteria below please get in touch.

- ⇒ Expanding existing activities that enhance the quality of residents' lives in the Big Local Eastern Sheppey area
- ⇒ New projects or activities that will increase residents' skills and confidence or make the area better including one-off pilots to test new or innovative ideas
- ⇒ Small capital items, e.g: equipment that will be available to and of use to residents' on a continuing basis.



The fund is open for bids all year, subject to terms and conditions.

The maximum grant for any one project is £500



Big Local Eastern Sheppey is funded through Big Lottery Fund

Contact Sandy Hammock, Community Chest Officer for more information: Sandy@BigLocalEasternSheppey.com or 01795 880627

Environmental Community Chest

One of our new and exciting projects is our Environmental Community Chest programme that is designed specifically to target environmental improvements. We believe that looking after our neighbourhoods can have a real impact on the quality of life of the people who live there. This environmental fund is therefore dedicated to improving the local environment, whether that means turning a piece of wasteland into a garden or organising a litter picking day on the beach. We look to fund projects that improve the physical environment in a way that also benefits the wider community. We offer grants of up to £2,000. Organisations may only apply once per calendar year for this grant. All projects must deliver a real benefit to the environment. Priority will be given to projects that also include one or more of the following:

- Improve the local environment in Eastern Sheppey
- Involvement of the local community
- Delivers a sustainable and measurable difference
- Supports people in need

For more information about this grant, including our full guidance notes please contact our Community Chest Officer, Sandy Hammock on 01795 880627 or



17th May
14th June
12th July
23rd Aug
20th Sept
18th Oct

Rural Coffee Caravan

Fridays
10:30-12:30

Information
on board

"come in
for a chat..."

Eastchurch,
Dicksons Field

FREE TRANSPORT AVAILABLE FOR RESIDENTS OF EASTERN SHEPPEY

Big Local Eastern Sheppey together with Swale CVS' transport scheme are offering free transport to local GP and dentist appointments, shopping trips and social clubs for people who don't have their own transport or are unable to access public transport.

Do you live in Warden,
Leysdown or
Eastchurch?

Do you find it difficult to
attend medical
appointments?



Do you find it difficult
getting to your local
supermarket?

Are you over 60?

For more information please contact Zoe on
01795 473828

New mental health help for Eastern Sheppey residents

One in four islanders will struggle with mental health this year.

Two charitable organisations are aiming to get more support in place for those who are going through a difficult time.

[Porchlight](#) and [Big Local Eastern Sheppey](#) will be offering free mental health & wellbeing training and awareness-raising sessions for individuals, local groups and organisations, starting in the spring.

"A quarter of people on Sheppey will struggle with their mental health but despite this, many people incorrectly believe it won't affect them or anyone they know," explains Porchlight's Chris Thomas.

"We're committed to shining a light on mental health issues so more people can get the support they need. The more we talk about how they're feeling, the easier it is to make sure they receive support and understanding."

More details about the scheme will be coming soon.
Learn more about Porchlight: porchlight.org.uk

Other mental health help

People who are struggling with their mental health can also get support via [Live Well Kent](#) - a network of charities and community across the county (including Porchlight).

When people contact Live Well Kent, they can access a wide range of support. Because poor mental health can have a knock-on effect in other areas of your life, Live Well Kent provides help with everything from health and housing to benefits and employment.

Live Well Kent helpline: **0800 567 76 99**



Porchlight
Changing attitudes • Changing lives



Big Local Eastern Sheppey Calendar

Do you sometimes wonder what's happening in Eastern Sheppey? Have you checked out our calendar on our website? www.BigLocalEasternSheppey.com and then click on our more section and scroll down to the events button.

We try to keep it updated as much as possible!

If you have something that you would like to have added to our calendar, please contact Sandy on 01795 880627.



Here's the first thing to add to your calendar!

Partnership

The Partnership is made up completely of volunteers that live in Eastern Sheppey. Each month we meet on the second Monday at the 5th Sheppey Scout Hut, Dicksons Walk (behind the dentist surgery). If you are interested in becoming a Partnership member then you must attend three consecutive meetings, sign the code of conduct and memorandum of understanding. Our next meetings are:

March 11th at the 5th Sheppey Scout Hut

April 8th at the 5th Sheppey Scout Hut

May 13th at the 5th Sheppey Scout Hut



The Geese Project

SUPPORTING YOUR WELL-BEING

Talking Therapy

Helping you find peaceful solutions with support of caring therapists

This service is funded by Big Local Eastern Sheppey. If you live in Eastchurch, Leysdown or Warden and feel you could benefit from our service telephone: The Geese project on 07398638423 or email thegeeseproject@gmail.com

Free transport is also available for those living in Eastern Sheppey contact Sean at Sean@BigLocalEasternSheppey.com or telephone 07870645342

Talking Therapy

Talking Therapy is used for people experiencing difficulties and emotional issues and need support in exploring their thoughts and feelings.

CBT (Cognitive Behaviour Therapy)

CBT focuses on examining the relationship between thoughts, behaviours and emotions and is proved to provide effective and permanent change.

Mindfulness

The mind wanders through all kinds of thoughts. Mostly these thoughts are about the past or the future. Paying attention in the present moment can help us gain more control over our problems.

CALL FREE ON **0800 328 0006**

or 01274 760839 may be cheaper from a mobile

Weighed down by **debt?**

Free debt counselling in your community
from an award winning charity

If you are feeling weighed down by debt, then we can help. You may think your situation is impossible, but there is hope. Our friendly team will give you a listening ear in the privacy of your own home and provide a practical solution to your debts.



“From the moment CAP got involved, everything changed. We were given a budget which meant I could suddenly do all the things that a parent is meant to do for their child”
-Sarah, Bracknell

“I had six jobs, but all I was doing was paying off the interest on my debt. When I called CAP, the burden just lifted - I knew I was going to get the support I needed.”

-Maxine, Birmingham

“They are serious, highly professional, deeply committed and, above all, they will treat you as a human being of infinite value, who just needs some help to find your own way forward.”
-Justin Welby, Archbishop of Canterbury

christians
against
poverty

CAP

In Partnership with:



Big Local Eastern Sheppey

If you have any questions or would like further information about CAP and its work please do not hesitate to contact me.
Stan Wiseman - CAP Swale Community Links Coordinator.
stanwiseman@capuk.org

Swale VCS Training



Swale VCS Training provide training courses to the community in Swale.

Thanks to funding from Big Local Eastern Sheppey we are now able to provide free training specifically for residents of Eastchurch, Warden and Leysdown.

Maybe you are unemployed and would like skills training to assist you to find work?

Perhaps you need advice on how to update your CV or complete application forms?



Would you benefit from joining an open course such as First Aid or Food Safety?

Something more relaxing — flower arranging or basic computer skills?




Do you run a club or group and would like a speaker to attend or to run a workshop?

Whatever your training needs are, if you live in Eastern Sheppey we would like to hear from you. Please feel free to contact us to discuss your requirements.

Pop in to Central House, Central Avenue, Sittingbourne. ME10 4NU

Telephone: 01795 473828, email: training@swalecvs.co.uk

 @scvstraining

 www.facebook.com/svcstraining



Lonely? Isolated?

Want to chat?

Would you like a volunteer befriender to telephone or visit you in your home once a week for a friendly chat?

Are you:

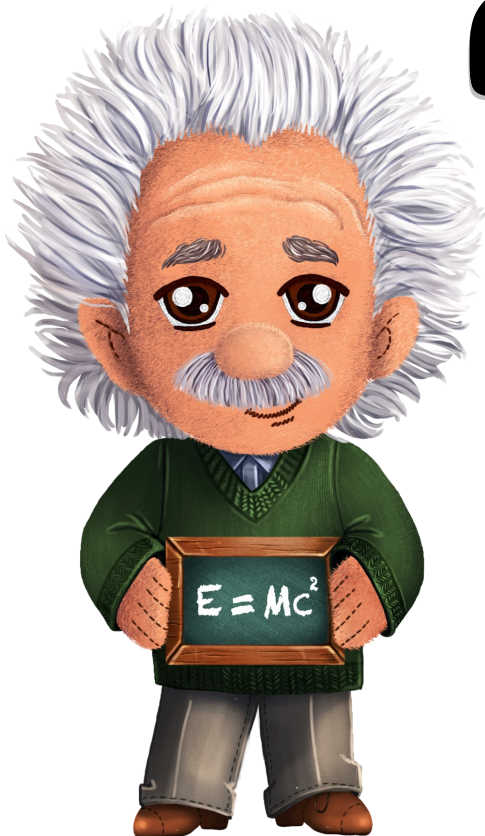
- Aged 60 or over
- Resident of Eastern Sheppey (Leysdown, Eastchurch, Warden Bay)
- Have little or no social contact



**For more information or to make a referral
please contact**

Louise on 01795 473828

QUIZ NIGHTS!



After much success at our previous quiz nights we are pleased to announce that we will be hosting them again!

- Bring a team or join a table
- ✓ At Warden Village Hall
- ✓ £2 per person
- ✓ Prizes to be won!
- ✓ 7pm START
- ✓

Wednesday 10th April, 29th May, 24th July

To book your team or for more event information contact us on
01795 880627 or 07870645342 or Sean@BigLocalEasternSheppey.com

Big Local Competition

For the chance to win £40 Morrison vouchers, answer the following questions. All the answers can be found in this newsletter. Good luck!!!

- Q1) When does the Partnership meet each month? Answer.....
- Q2) Over how much has been awarded through Community Chest? Answer.....
- Q3) Who do you contact if you want to book a free shopping trip? Answer.....

Post back to: Big Local Eastern Sheppey, Central House, Central Avenue, Sittingbourne ME10 4NU or email it to Sean@BigLocalEasternSheppey.com

Your Name.....

Address.....

Telephone number.....

Your submission will be drawn randomly at our Partnership meeting in April and you will be contacted shortly after

If you would like any further information about anything in this issue then please visit our website www.BigLocalEasternSheppey.com if you need to speak to someone then give our Project Co-ordinator Sean Leacock on 07870645342 or 01795 880627

If you would like to pay us a visit then we can be found at the:
5th Sheppey Scout Hut, Dicksons walk, Eastchurch, ME12 4DF



Easter Play Scheme

The Easter Scheme is back for all children living in Eastern Sheppey. 8th/9th at the St Clement site with 11th/12th April at the All Saints site at the Eastchurch Primary School. 10:30-2:30pm, £3 a day, 5-11yrs. **Children must be registered before attending.** Register today or get more information with Sean at Sean@BigLocalEasternSheppey.com