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NOTE: All blue underlined text is a link to a relevant website

Your News & Events

Get in shape with HealthTec.

Health Tec are running a Fitness boot camp for 6 evenings over 2 weeks, you will receive a full personal fitness plan and nutrition consultation.

To find out more contact Joe Authbert at:

joe.authbert@healthtecsw.org.uk

Also contact Joe reference their 3 day First aid at work course which is running on the 13th, 17th & 20th of Jan

Happy New Year from Sustainable Routes

Happy New Year to everyone, we hope you all enjoyed the festive period.

Sustainable Routes is now in it's 6th month of service and entering a new year of increasing change.

Challenges will face all of us in the year ahead and we want to be available to the entire sector in Plymouth to support your plans for the new year and help overcome the difficulties of an uncertain 2011.

As always take the time to talk to us about your aims, concerns and needs for the year ahead.

We will continue to keep you informed of opportunities for organisations across Plymouth.

If you have not spoken to us and are not sure who we are and what we can do, then please contact us and we will be happy to come and introduce ourselves and offer our support.

New Training Events: Business & Funding Planning

Training

Knowledge
useful abilities.
backbone of co
quired for a tr
today

We are running our half day training sessions on **Business Planning** and **Funding Bid** training in February. It's a great opportunity to pick up tips & network with others.

Business planning - 17th Feb 9:30am - 12:30pm

Funding bid writing - 24th Feb 9:30am - 12:30pm

If you would like to know more or book a place on the training please contact us on:

Telephone: 01752 856726

E-mail: businesssupport@routeways.org.uk

Funding: Department of Health Financial Assistance Fund

See below details of potential funding from the Department of Health, also see link for further information:

*'The Department of Health has just announced that its 'Financial Assistance Fund' is now open to applications. This emergency fund is offering support to **voluntary and community sector organisations** who deliver or support **health and social care** and are experiencing financial difficulties that threaten their ability to continue their activities.*

The available funding is very limited and, to be successful, you will need to demonstrate clearly the impact that this funding will have on the organisation's ability to continue activities and other associated benefits.'

See the following link for further information: www.plymouthtsc.org.uk

IDT Training & Education

Are offering a 2 day

Effective Supervision Skills

A practical, process-focused 2-day course which builds confidence, incorporates existing skills, and provides a flexible structure for managing supervision meetings

13th - 14th February - to find out more e-mail: mail@idttraining.com

Planning for a new year

1/ Review your plans made for 2010, what were your main achievements, what aims did you achieve & what do you need to improve on?

2/ Update your business plan for 2011. What are your aims, how are you going to develop your ideas? Review your cash flow forecast to understand the funding required.

3/ Look forward to 2012. Try and plan for the future and understand what needs to be considered for long term sustainability.

4/ Develop a marketing strategy. Has your client base changed & can you adapt the way you reach your clients? Consider social media, can Facebook & Twitter help you keep in touch.

Funding: The Jubilee People's Millions

See below information on the Jubilee People's Millions:

The Big Lottery Fund and ITV, with the approval of Buckingham Palace, will be helping to mark the Queen's Diamond Jubilee in 2012. We're looking for new projects that will improve local places and the lives of people in your community.

In June 2011 ITV regional news will feature two great project ideas in each region each night for three nights, competing for viewers' phone votes. At stake is up to £60,000 from the Big Lottery Fund.

To have a chance of winning you'll need to inspire local people to get involved with your project. It'll also need to capture the public's imagination and persuade them to vote for you.

We have £3.6 million to give out. We expect to make four awards in each ITV region.

For more information click on the following link: www.peoplesmillions.org.uk

Very useful Links

- **How do you market yourself** - The following Link was commissioned in September 2009 and looks at the way voluntary, community and charities market themselves - [Marketing](#)
- **The Big Society Network** - Find out more about the **Big Society**, do you fully understand what it is all about and can your organisation get involved? - see the following link for more information: thebigsociety.co.uk

Networking: Institute of Fundraising Plymouth group

The Institute of Fundraising Plymouth Group is starting again this month and is open to everyone to come & discuss the potential of planned fundraising.

The meeting will take place on: **Thursday 20th Jan 12-1pm** at Routeways Centre - 41 -43 Chapel Street, Plymouth PL1 4DU

To book a place e-mail Claire on: cbower@routeways.org.uk

**Funder Finder**

If you and your organisation would like to utilise the Funder finder search tool, then please do not hesitate to arrange a meeting with the Sustainable Routes team. (See contact details below)

About you

Your news & events; we are using this section as an opportunity to promote your organisation. Please talk to us about your organisation: What events are you running, share your success stories, tell us about your facilities and your feedback on anything relevant to the sector.



Contacting the Sustainable Routes team:

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