

# HALL TALK

A NEWSLETTER FROM RCAN



## JANUARY EDITORIAL

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Having entered a third lockdown it's hard to think it's a Happy New Year but rather 12 new chapters to navigate. The New Year does bring with it, resolutions and campaigns that promote a plethora of motivational movements, whether it be Veganuary, Dry January or rather the aptly named, Love your Liver month! These well-meaning motivations are a good distraction in a month that is commonly overshadowed for many, by the dark days of winter. We should not overlook the impact that the pandemic has had on everyone's mental health but particularly ourselves. If you make one resolution this year, make it to be more kind, to yourself, as well as to others. It is a difficult time for so many of us and it's ok to give yourself the time and attention you need to get through these next few months as best you can.

With wellbeing at the forefront of our minds, this issue will be focusing on Rural Mental Health and what we can do to help those within our communities who are suffering in silence. We will be backing the Samaritans Brew Monday campaign and helping spread awareness of this invisible illness. It's more important than ever that we stay connected, even if we have to keep a physical distance.

For those who are embracing health related new year's resolutions, we encourage you to look back at our previous issue and embrace shopping local for your fruit and veg where you can and support your rural retailers. Many more local retailers are mobilising to provide home deliveries and/or safe ways to collect your goods, make sure you look out for initiatives happening in your community. For those of you looking to get fit, it's 'walk your dog' month. What better way to get everyone out and about by reminding your communities of the country code and getting them walking and mapping your local footpaths as part of the Sloways campaign.

Finally we are delighted to be supporting ACRE's Village Hall week. Now in its 4th year, the week will focus on the Rural charities celebrating 100 years of village halls, recognising the contribution England's 10,000+ halls have made to rural communities since the 1920s. RCAN is celebrating with its 'Show us Your Doors Campaign', do send us your photos of your village halls and thank you to those of you who have already. We look forward to sharing these during Village Hall Week.

The importance of community organising in 2021 is more tangible than ever. Community comes first and real change comes from the bottom up, something we have known and encouraged since our inception nearly 100 years ago, but a global pandemic is helping galvanise this more strongly than ever. I am quietly optimistic that this cultural trauma has been a catalyst for positive change. We the people, can make a difference, as Mahatma Gandhi said 'be the change you want to see in the world' even if what he really said was "We but mirror the world. All the tendencies present in the outer world are to be found in the world of our body. If we could change ourselves, the tendencies in the world would also change. As a man changes his own nature, so does the attitude of the world change towards him. This is the divine mystery supreme. A wonderful thing it is and the source of our happiness. We need not wait to see what others do." Well you get the idea, and on that peak of positivity I wish you all a Happy, Healthy and enlightened 2021.

Alex Raynor, Director, RCAN



# Brief news roundup

## Big Garden Bird Watch

The RSPB's Big Garden Bird Watch takes place from the 29 – 31st January. Get your community involved by encouraging them to sign up to this annual campaign. Participants just have to spend an hour counting the birds they see in their garden or from their balcony, then log and report what they see. It really is that simple!



This is something the whole family can enjoy and with the majority of our children home learning once again, what better way to keep them entertained in an educational way for half an hour across a day.



For more information and to register visit [here](#).

## Don't Lose your Way

Back the Ramblers Association's, 'Don't lose your way campaign' and discover the 49,000 miles of paths they have discovered that could be lost. With lockdown restrictions in place, there has never been a better reason to rediscover the footpaths on your doorstep.

For more information and to donate to the campaign visit [here](#).



## Slow Ways - Connecting communities on foot

Slow Ways is a project to create a network of walking routes that connect all of Great Britain's towns and cities as well as thousands of villages. Using existing footpaths, people will be able to use the Slow Ways routes to walk between neighbouring settlements or combine routes for long distance journeys. The Slow Ways initiative is keen to collaborate with Councils, local government and Protected Areas to help make Slow Ways a success.



During lockdown 700 volunteers from across the country collaborated to produce a first draft of the Slow Ways network, creating a stunning Slow Ways map in the process. This incredible effort has led to the creation of 7,500 routes that collectively stretch for over 110,000km.

All of the routes information will be free to browse, search, view, share, download and enjoy. The map is due to launch later this year. In the mean time you can learn more about the project and how you can get involved and support this excellent initiative by visiting [here](#).

## Back the Samaritans Brew Monday Campaign

Traditionally the third Monday in January is known as 'Blue Monday' claiming to be the most depressing day of the year. Well the Samaritans have hijacked this with their very own Brew Monday which will kick off on Monday 18 January. They will be turning this day on its head and into something positive by encouraging people to get together over a warming virtual cuppa.



Reach out to a friend, family member or colleague for a virtual cuppa and a chat. It doesn't have to be a Monday or a cup of tea, just taking time to really listen to another person could help them work through what's on their mind.

Now more than ever, sharing a cuppa is more than a drink – it's about reaching out, checking in and staying connected.

For more information on how your community can get involved in the campaign visit [here](#).

# Rural Mental Health

## Be kind to your mind



According to the Mental Health Charity; Mind, One in four people will experience a mental health problem of some kind each year in England and it will come as no surprise that since the news of the pandemic surfaced at the back end of 2019, that millions of people across the country have felt overwhelmed with feelings of anxiety.

For too long mental health has been a taboo subject, Mental Health is an 'invisible illness' made more invisible by living in a rural/remote area sometimes with lower overall accessibility to key services So, what can we do in our communities to help recognise and support the mental health and wellbeing of the people living in our town's villages and outposts?

One thing we can all agree on; is that the pandemic has been a real leveller. We are all having a shared experience and although each of our experiences are different our concerns are often the same. The best way we can relate to our communities is by being honest and informed.

We are all in this together, we are all scared, and we have all been touched by what has been a tough year and yes we can connect to support each other to share our fears and concerns. Communities can help by signposting parishioners to professional regional and national support networks and by helping them directly in a holistic capacity with empathy and understanding.

From a community organising perspective we need to make sure that we are conveying not only the professional support available but also ensuring from a social prescribing point of view that people are also made aware of what peer support groups can be accessed locally. Despite government restrictions and a national lockdown, government guidance does state that 'support groups' are one of the specific purposes that village halls may open their premises for. Lockdown has also encouraged communities to get more creative in the way they connect and we shall touch on this later.

Below are a list of suggestions that your community might consider to encourage community engagement. Although mental health illnesses drastically restrict our connections with the outside world, a small gesture of a telephone call or a card through the door can make a huge difference. We have signposted to a list of local organisations who can offer support to those suffering. To start though here are a few indicators to help you and individuals recognise if you, a friend, neighbour or family member may be struggling. Remember it's okay not to be okay.

## Recognising the signs and symptoms of Depression

### How you might feel

- down, upset or tearful
- restless, agitated or irritable
- guilty, worthless and down on yourself
  - empty and numb
- isolated and unable to relate to other people
- finding no pleasure in life or things you usually enjoy
  - a sense of unreality
- no self-confidence or self-esteem
  - hopeless and despairing
  - suicidal
- avoiding social events and activities you usually enjoy

### How you might behave

- difficulty speaking, thinking clearly or making decisions
  - losing interest in sex/ intimacy
- difficulty remembering or concentrating on things
- using more tobacco, alcohol or other drugs than usual
  - difficulty sleeping, or sleeping too much
  - feeling tired all the time
  - Self-harming or suicidal behaviour
- no appetite and losing weight, or eating too much and gaining weight
- physical aches and pains with no obvious physical cause
  - moving very slowly, or being restless and agitated

# Get support from a mental health charity

Here is a useful link to an A-Z list on the NHS website of National mental health charities, organisations and support groups that can offer expert advice. This list references support covering the following areas; Anxiety, depression, panic attacks, OCD, support for young people, physical and mental abuse, alcohol misuse, drug misuse, suicide, Alzheimer's, bereavement, victims of crime, eating disorders, gambling, learning disability, parenting, and relationships.

We cannot underestimate the impact that the pandemic has had on people who already suffer from an invisible illness. Be informed, signpost and share. Access the link [here](#).

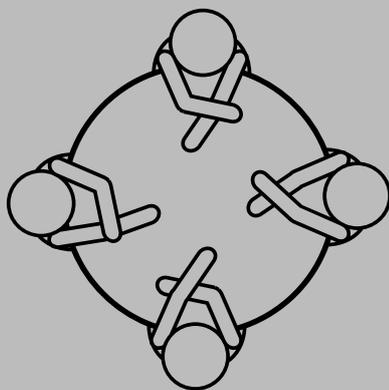


## Local Mental Health Teams

Local Mental Health Teams provide mental health services for people aged 18 to 65 years across Nottingham City, Nottinghamshire County and Bassetlaw. There are eleven Local Mental Health Teams, each of which includes the following specialist staff: Mental Health Nurses, Occupational Therapists, Psychologists, Psychiatrists, Community Support Workers, Peer Support Workers and Employment Specialists.

The Local Mental Health Teams can be contacted Monday to Friday 9.00am to 5.00pm.

The contacts for each team are [here](#). I have included Nottingham City contacts for signposting friends and relatives who may live in these areas:



### Ashfield Local Mental Health Team

Millfields Centre, Millbrook Mental Health Unit, Mansfield Road, Sutton in Ashfield, NG17 4JT Tel: 0115 956 0858

### Bassetlaw Local Mental Health Team

Mental Health Department, Bassetlaw Hospital, Kilton Hill, Worksop, Notts, S81 0BD Tel: 01909 572001

### Broxtowe & Hucknall Local Mental Health Team

The Hope Centre, Dovecote House, 38 Wollaton Road, Beeston, Nottingham, NG9 2NR Tel: 0115 854 1271

### City Central Local Mental Health Team

Highbury Hospital, Laurel Suite, Highbury Vale, Bulwell, Nottingham, NG6 9DR Tel: 0115 956 0841

### City East Local Mental Health Team

Stonebridge Centre, Cardiff Street, Carlton Road, Nottingham, NG3 2FH Tel: 0115 876 0153

### City North Local Mental Health Team

Marlow House, Waterford Street, Old Basford, Nottingham, NG6 0DH Tel: 0115 955 5360

### City South Local Mental Health Team

Stonebridge Centre, Cardiff Street, Carlton Road, Nottingham, NG3 2FH Tel: 0115 844 0525

### Gedling Local Mental Health Team

Manor Road, Carlton, Nottingham, NG4 3AY Tel: 0115 952 4098

### Mansfield Local Mental Health Team

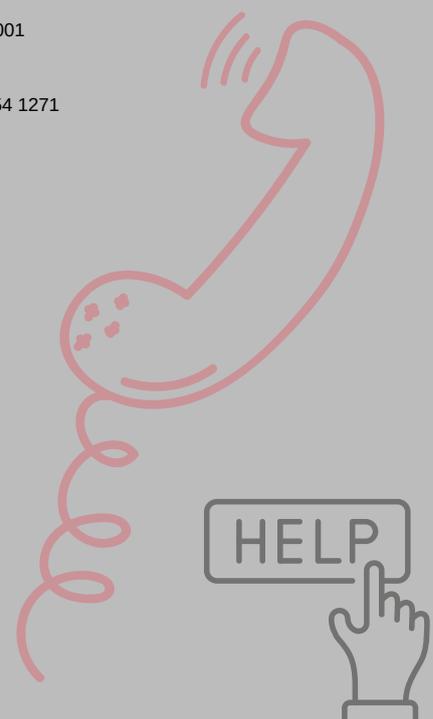
Millfields Centre, Millbrook Mental Health Unit, Mansfield Road, Sutton in Ashfield, NG17 4JT Tel: 0115 956 0858

### Newark & Sherwood Local Mental Health Team

65 Northgate, Newark, Nottinghamshire, NG24 1HD Tel: 0115 854 2216

### Rushcliffe Local Mental Health Team

93 Musters Road, West Bridgford, Nottingham, NG2 7PG Tel: 0115 945 5990



## Self Help UK

Self Help UK is the leading specialist organisation in promoting, supporting and encouraging Self Help Groups, both locally in Nottinghamshire and nationwide

Self Help groups enable people to take better control of their circumstances or conditions, gain strength and support from others, and improve their self-care.

Just type in your district in their search facility and a list of self help groups will come up for your area. You can access the link [here](#).



## County Mental Health Support Directory Ask Lion

Here is a very useful link to a directory giving access to Mental Health Support which gives details of Nottingham/Nottinghamshire (including Bassetlaw) helplines and web support. It is divided into condition specific sections. Please note these directories are available as downloads from the same site so you can print and distribute if necessary. It was updated in October 2020. Click [here](#) to view.



## Every Mind matters

If someone isn't ready to reach out, Every Mind Matters has put together some tips on looking after our mental health during the coronavirus outbreak, suggesting we should:



The Every Mind Matters website has some great tips and information on staying well, so if you're struggling, or you know someone who is, please visit it for advice. Link [here](#).



# Supporting Rough Sleepers

Whether you live or work in the county, the likelihood is that someone asking for money will approach you at some point. It's a sad reality at any stage of the year, but at a time where many of us are staying warm inside and the weather is reaching dangerously cold levels, there's an even deeper level of pathos.



While for many of us, the natural human instinct is to offer money or food, Framework's Street Outreach Service Manager suggests a more long-term way of helping, recommending that people seek professional help for rough sleepers rather than try and assist them themselves, i.e. not give them money or sleeping bags etc. Framework want to make sure that rough sleepers are getting the support they need in terms of addressing their accommodation, health and wellbeing needs. Framework's Street Outreach teams actively engage with rough sleepers in the area, and assess the long-term needs of them as individuals.

Framework, like many homeless charities, are keen to inspire more long-term thinking when it comes to helping those in need. Street Outreach Service Manager, Ronnie Tucker commented "We want to try and encourage them to get into recovery and treatment. Rather than giving them money directly, we encourage you to contact the Street Outreach Team, it then allows us to step in and help them meaningfully engage in the services they need."

This isn't a moral judgement at all, giving money directly to beggars can perpetuate a downward spiral that, unless there is a real alternative presented to them, will just keep going downwards. The situation also raises problems with misleading members of the public who do choose to give money. Not everyone that begs is a rough sleeper.

The message isn't 'just walk on by' or 'people are begging under false pretences all the time'. The message is; If you think someone needs help, then point that person toward where help is best provided. If someone needs something, whether its money, food, shelter or practical help, there is somewhere they can go, where those needs can be met.

If you see a rough sleeper anywhere call 0800 0665356 (option 2 for the County).



For resources and more information on Framework and the work they do visit [here](#).



**Call**  
**0800 0665356**

OPTION 2 FOR  
COUNTY

A white rounded rectangular box with a purple border. At the top is a purple icon of a telephone handset inside a circle. Below the icon, the text "Call" is in a bold, sans-serif font, followed by the phone number "0800 0665356" in a larger, bold, sans-serif font. At the bottom, the text "OPTION 2 FOR COUNTY" is written in a smaller, all-caps, sans-serif font.

# Helping your community connect

According to a report published by the Local Government Association ([Link here](#)) on how culture and leisure services responded to Covid-19. 'Throughout the pandemic, inequalities have become more starkly visible between those who have access to support networks, space, IT tools, equipment and skills, and those who don't. While the phrase 'we are all in this together' has often been used, it is clear that it has not been the same experience for everyone.' It has fallen to communities to identify these inequalities and step up to the mark.

Lockdown has restricted the activities we might ordinarily do in our communities but there is nothing like a bit of a restriction to help us think outside the box and get creative.

Individually we know that getting outside is undeniably the best antidote for our wellbeing, whether it be a Walk in the countryside, becoming a wildlife or environmental volunteer, gardening, helping nature watch schemes logging birds, insects and butterflies, making nature inspired crafts or just exploring our country lanes on a bicycle, there are a plethora of activities we can explore. What if you can't step outside your door and are digitally disadvantaged, what can we do to support these members of our community to give them their wellbeing boost too?

Community organisers across the country have already inspired us with their creativity from community art trails, online coffee and catchup sessions to a virtual village hall running regular activities. Here is a run down of some lockdown community activities to seek inspiration from:



## Available funding



Funding is available for ideas like these and others you may have like this, through the the Local Connections Fund. A new £4 million fund to help charities and community groups in England that are working to reduce loneliness by helping them build connections across their communities.

The Department for Digital, Culture, Media & Sport (DCMS) and The National Lottery Community Fund are investing £2 million each. For more information visit their site [here](#).



## Coronavirus Community Support Hub

Finally if you are looking for befriending services, social wellbeing and physical wellbeing services being run in your area. Here is a link to [The Nottinghamshire Coronavirus Community Support Hub](#) which brings together the many local volunteer groups offering help with those who are staying at home because of Coronavirus. This excellent resource was a case study in the above mentioned report.

# Rural charities celebrate 100 years of village halls



Village Halls Week 2021 will recognise the contribution England's 10,000+ halls have made to rural communities since the 1920s

The campaign week - now in its 4th year – is set to take place 25 to 29 January and will feature online events, videos, podcasts, and blogs showcasing the history of village halls and the benefits they have derived for rural communities over the years.

The initiative is being led nationally by Action with Communities in Rural England (ACRE) and echoed by the 38 county-based rural development charities which make up the ACRE Network.

Deborah Clarke, ACRE's Rural Evidence and Village Halls Manager said, "The past year has been one of the most challenging periods for village halls on record. Many closed due the government's coronavirus restrictions, yet the volunteers who manage these buildings applied for emergency funding and put in place Covid Secure measures so they could carry on providing a safe space for their community when it was most needed. Village Halls Week 2021 is in many ways, a celebration of the fact these halls are true survivors!"

Managed by volunteers, England's 10,000+ village and community halls support a diverse range of community activities from exercise classes to coffee mornings and are routinely hired out for private parties and weddings. Some host community shops and post offices.

In a **survey** undertaken by ACRE last year, it was found that 60% of village halls provide the only meeting space in the local community. An estimated 50,000 individuals too are reliant on the use of village halls to make a living.

Phillip Vincent, Public Affairs and Communications Manager said, "The current national lockdown means we are having to doing things differently for Village Halls Week 2021. This will be an online affair but there's still good opportunity for village halls to get involved and join us in celebrating all the work they do. We've published a programme that invites people to join online events, share stories on social media and sign a 'doomsday book' which will be a record of village halls in their centenary year."

The campaign is being generously sponsored by Utility Aid, Norris and Fisher and Allied Westminster and is also featuring contributions from the Centre for Sustainable Energy (CSE) and the National Rural Touring Forum (NRTF).

Information about Village Halls Week 2021, including a programme is available from ACRE's [website](#).



# Show us your doors campaign

**RCAN** is celebrating Village Hall's week by encouraging Village Hall committees across Nottinghamshire to join it's 'Show us Your Doors Campaign'. We are asking all members to share pictures of your community halls and tell us why you are proud to be their custodians. Thank you to Derek Sayer for this great picture of the Village Hall in Maplebeck the new sustainable hall opened in 2015. Thanks also to Jane Schober Chair of Rempstone Village Hall Committee who sent us a photo of their Village Hall. We know there are hundreds more halls across the county so do get snapping and sharing. We would love to catalogue them all.



Maplebeck Village Hall



Rempstone Village Hall

This kind of information is also really helpful for villages looking to improve or replace facilities so they can see what works elsewhere. We have been pleased to be able to put different communities in touch with each other so that they can share knowledge. Especially communities looking at new builds as their facilities are no longer fit for purpose. Do let us know if you are happy to share your village hall knowledge about your experiences.

We hope you can celebrate village hall week, even if it's just in a small way. Sharing historical photos of past community events at your village hall on social media can be a great way of enthusing locals and encouraging them to come up with ideas for future community events, when the doors are open. Having something to look forward to is a real boost and making plans now for a later day is a great way of generating a bit of a buzz in your towns and villages. It's also a great catalyst for community discourse on a multi generational level. I love listening to the stories from the older members of our community who have lived in the village all their lives. Perhaps now is a good time to listen to these stories and look at reinstating some of the activities that used to happen in your communities that were a success. If social media isn't your thing why not create a window display in your hall so members of the public can have a look on their daily walk.

ACRE has organised a programme of events to mark Village Hall week so if you have the time, do take a look. There are some interesting talks including a discussion about different activities and events hosted by village halls and how they combat loneliness and support the local economy. This will include a spotlight on rural touring activities as promoted by the National Rural Touring Forum. Details of the full programme can be found [here](#).

Lastly thank you for all you do as custodians of these irreplaceable facilities. They are the beating hearts of our communities and wouldn't be that without the army of volunteers and supporters that breathe life into them. May 2021 see our halls recognised as the community havens they should be. If we can support your hall in anyway do get in touch and keep up the good work!





**RCAN** is calling on  
**Nottinghamshire's**  
**Community Buildings to**

# Show us your doors...

**RCAN** is on a mission to collate photographs of every community building in Nottinghamshire. Whether their doors are open or shut these buildings are the beating heart of our communities. So get snapping and share your photos on social media using the hashtag **#showusyourdoors** and don't forget to tag us on Instagram **@RCANotts**



ACRE (Action with Communities in Rural England) is the national body for 38 rural community councils who work to support village halls and community buildings. For more information, visit the ACRE website [here](#). There are over 40 Village Hall Information Sheets available with tailored information and advice for Community Buildings as well as Model Documents to assist with your constitutional structures.

## Village Hall Information Sheets – £10

1. Planning fees for village halls [January 2016]
2. Parish council help for village halls [February 2015]
3. Providing services in village halls [January 2018]
4. Data protection for village halls and community buildings [January 2018]
5. Village halls, children and young people [August 2017]
6. Village halls and registration for VAT [January 2014]
7. Village hall insurance cover [June 2017]
8. Storage in village halls [May 2014]
9. Entertainment in village halls (January 2016)
10. Alcohol in village halls and addendum (under review)
11. The Charities Act 2011 (Sept 2013)
12. Village halls and car parks (Sept 2013)
13. (Number not in use)
14. Asbestos (May 2015)
15. Health & safety legislation and village halls (December 2017)
16. (Number not in use)
17. Trustees – roles and responsibilities [June 2016]
18. Village halls and VAT on building work and other purchases (Nov 2017)
19. Marketing your village hall [Jan 2016]
20. Health and hygiene in village halls [under review]
21. Overnight accommodation in village halls [Jan 2011]
22. Managing employees and volunteers [December 2015] & addendum
23. Planning an extension refurbishment or new build village hall [Feb 2016]
24. Village halls, rates, waste and water [May 2015]
25. Making your village hall accessible [under review]
26. Coping with VAT on fuel and power supplies [Feb 2011]
27. Village halls and social clubs [under review]
28. Creating a business plan [Dec 2010]
29. Bingo in village halls [Jan 2011]
30. Village hall heating [Nov 2013]
31. Village hall flooring [Jan 2011]
32. Recruiting and retaining volunteers [Jan 2016]
33. Gaming and lotteries [Feb 2011]
34. Sale of goods in village halls [Feb 2011]
35. Trustee liability and trustee indemnity insurance [Sept 2013]
36. Village halls run by parish councils as sole trustee [Feb 2015]
37. Fire safety in village halls [April 2015]
38. Short guide to security in your village hall [May 2017]
39. Village halls and incorporation (Sept 2013)
40. Village halls, governing documents and title deeds (April 2016)
41. Accounting and village halls [May 2017]
42. Equality in village halls [under review]

## ACRE Model Documents - £35

- Articles of Association for a village hall
- Preliminary Declaration of Trust
- Occupational Licence
- Lease of land and trust deed – Charity Commission approved
- Transfer of freehold land and trust deed – Charity Commission approved
- Model Hiring Agreement (2016)
- Charitable Incorporated Organisation (CIO) Constitution for a village hall (Charity Commission approved, 2016)
- Charitable Incorporated Organisation (CIO) Constitution and Lease for a village hall (Charity Commission approved, 2016)



# NEW NUMBER

0115 6975800



**RCAN's number has changed  
Please update your records**