

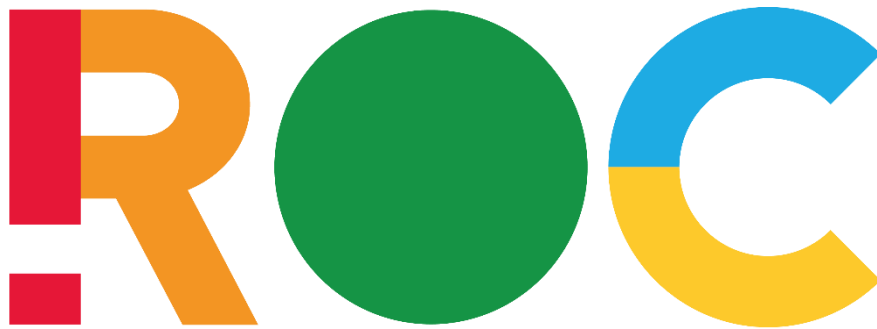
conversation

Rugby

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The FUSE, Warburton Lane, Manchester, M31 4BU

www.roc.uk.com



THE COMMUNITY ENGAGEMENT CHARITY

Redeeming Our Communities is a national community engagement charity founded in 2004 with over 220 projects across the UK. ROC's main aim is to bring about community transformation by creating strategic partnerships between statutory agencies, volunteer groups, churches and faith groups. These partnerships form new volunteer-led projects that address a variety of social needs.

This partnership approach has seen huge improvements to community wellbeing including support for families, the alleviation of loneliness and isolation many elderly people face, crime and anti-social behaviour reduction and improved opportunities and fresh hope for young people.

ROC brings together churches, community groups, the police, the fire service, local authorities and voluntary agencies to encourage them to work together in positive partnerships for practical 'on the ground' change. As a result, statutory agencies have improved access to the support of community groups, and thousands of volunteers are enabled to better serve the needs of their community.

In 2018 Redeeming Our Communities was awarded The Queen's Award for Voluntary Service.



Foreword

by Debra Green OBE

We were delighted that 265 people registered for the online ROC Conversation in Rugby on May 19th.

Guests included Tim Cox, the Lord Lieutenant, Lady Min Willoughby De Broke, the High Sheriff, the Police and Crime Commissioner Philip Seccombe, Mannie Ketley Executive Director, from Rugby Borough Council, Deputy Chief Constable Debbie Tedds, Chief Insp Karl Faulkner, Sgt Sally Bunyard-Spiers from Warwickshire Police.

We also interviewed folks from local projects including Street Pastors, YFC and two young people, Jess and Ella.

Over 70 people expressed an interest in joining the local multiagency Action Group.

A WhatsApp group was formed for who want to join the Action Group and turn the Conversation into practical on the ground change. Click on the link below or paste into your browser <https://chat.whatsapp.com/Bh12DoamdJK3SM7ZtDDAxS>
WhatsApp Action Group

We are grateful to Sara Rattenbury and the Revive network of churches for hosting the event and all the preparation work.

Debra Green OBE, Founder
Redeeming Our Communities

[WhatsApp Action Group](https://chat.whatsapp.com/Bh12DoamdJK3SM7ZtDDAxS)

Twitter @rocrugby

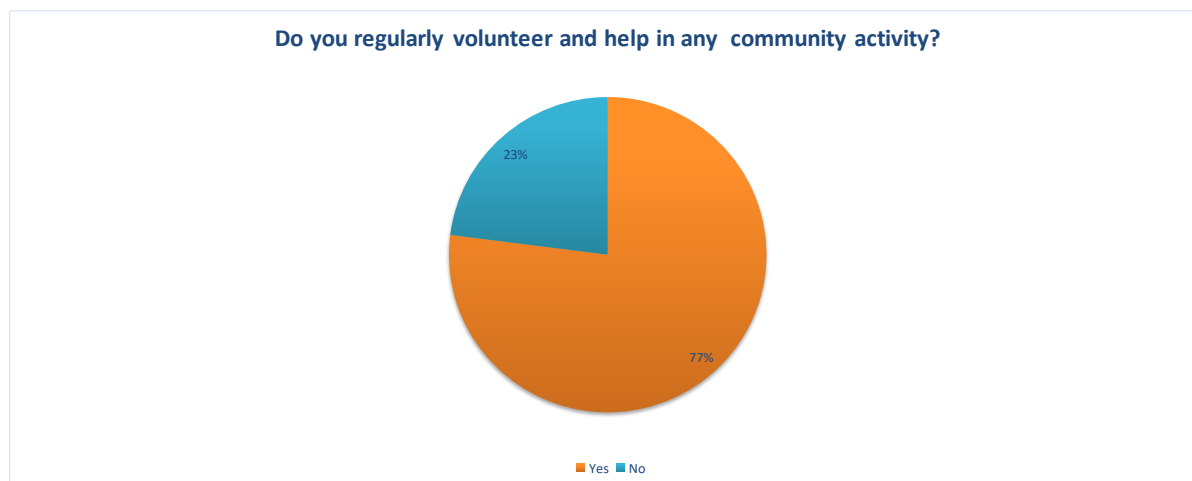


CELEBRATING THE GOOD



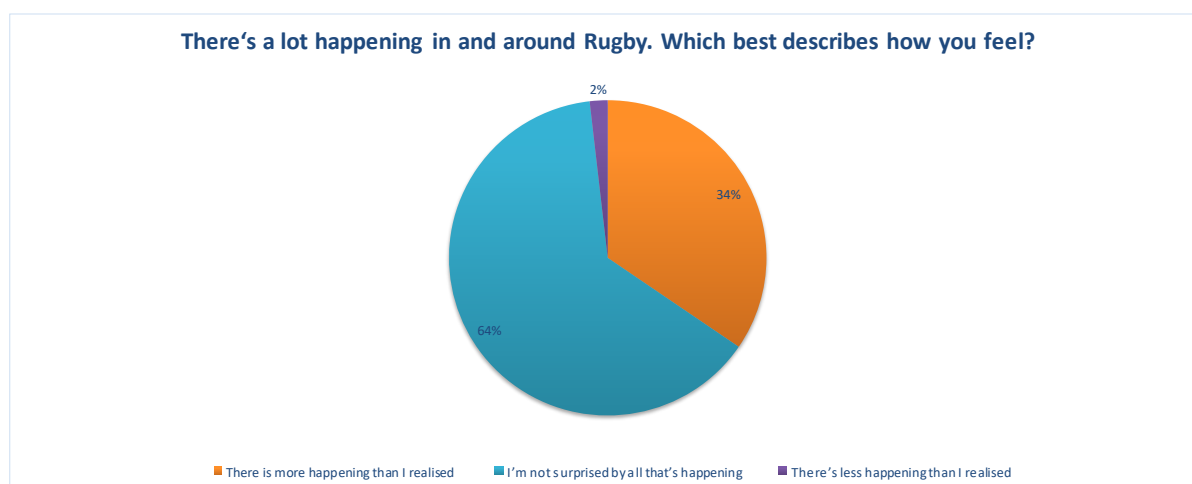
Celebrate the Good

A key element of the ROC Conversation is that we don't just focus on needs. We appreciate the value of recognising and celebrating the good things already taking place in the community and, just as importantly, we take time out to thank and encourage the relevant people in attendance for the often great and undervalued work they do. In our poll, an amazing majority (77%) of guests at the ROC Conversation said they regularly volunteer in the community. Thank you!



It was encouraging to see how much is already happening in Rugby and surrounding areas. The entries in the 'Chat' detailed a wide variety of projects, clubs and regular events. We know there are many others serving the community that are not detailed below. We're also aware that there are lists of 'who is doing what' but there is a need to share that information more widely. Sharing what is already happening in the area is crucial and a key area of work as we move the talk into action.

In our poll (combined Afternoon & Evening), 64% of participants were not surprised at all that was happening, whilst 34% were surprised. Only 2% thought there was less happening than they expected.



Lots to celebrate ..

From Dawn - Rugby Street Pastors: Rugby Street Pastors rugby@streetpastors.org.uk
From Margaret Simmons St John the Baptist Hillmorton: Baby & Toddler group, Tuesday mornings, St John the Baptist church. Margaret Simmons
From Joyce Woodings Benn Partnership Centre: New walking group post Covid at Benn Partnership Centre
From Carl Brown - BEC Church: Youth Clubs
From Ruth RMCC: Youth Café Mondays
From Ruth RMCC: Youth Theatre Thursdays
From Ruth RMCC: Youth Group (FaithBased) Fridays Young People ages 10 - 18
From Iain the Bruce, Rugby Youth For Christ: Rugby Youth for Christ schoolwork, Mentoring, PSE, RE. lessons and assemblies
From Cathy Hemsley, St. George's Church: Rugby Writer's groups, variable times, any local writers, contact Cathy Hemsley
From Diana Mansell-Hope4/Rugby Foodbank: Hope4 working with homeless people Foodbank for those in food poverty
From Alan Hulme St Oswald's Church: What - Parent Toddler Group. Where - St Oswald's. When - currently occasionally outside, normally Wed morning
From Ewen Robertson: What - Footsteps Toddlers' group + general outreach of the church - New Life Church Rugby
From Eleanor - South Rugby News: - Hyperlocal online community news, sharing all the good things going on in South Rugby (Bilton, Cawston, Dunchurch, Thurlaston etc etc), as well as reporting on local democracy. - Contact: https://www.southrugbynews.co.uk / editor@southrugbynews.co.uk
From Mark Mansell - Futures Unlocked: Community chaplains working with people leaving prison - Futures unlocked
From Jonathan: youth club St Marks
From Mick Daulman RBC: Boys and Girls Brigades. Once a week during term time. Young people aged 5 to 19 years. Contact Rugby Baptist Church Website.
From Bob Reeve Rugby Street Pastors: Rugby Street Pastors have been patrolling in the Town Centre on Friday & Saturday Nights since pubs have reopened
From AlisChi: Ladies Running Club (part of R&N) throughout the week
From Dawn - Rugby Street Pastors: Christian Bookshop including prayer and healing cafe
From Ruth RMCC: Air Training Corps
From David & Janette Clarke - Prison Fellowship: Delivering lunches & shopping for volunteer centre.
From Ewen Robertson: When - Footsteps weekly
From Anne Deas Dementia Adviser: What - dementia support to anyone affected by dementia in Warwickshire - ask us anything, we will support, advise, help in any way that we can.
From Margaret Simmons St John the Baptist Hillmorton: Hillmorton & East Rugby Together (HEaRT) support group offering volunteers to help residents

From Jonathan: chaplain at hospital uhcw
From Yvonne Richardson Rugby Community Wellbeing Hu : Hi the rugby hub has been doing green walks and welfare visits for people with a learning disability Rugby community Wellbeing hub
From Tim Cockell St Mark's Bilton: Support for local hostel, carer and toddlers at St Mark's also youth club, Bilton Charities, Mens' Group
From Karon Newton (BEC Church): Mosaic coffee shop for community in Bilton (BEC Church)
From sheela: Employment support group, IT drop in for older folk, and community gardens at three sites all in New Bilton.
From Carl Brown - BEC Church: Children's work Children@becchurch.org.uk
From Angela-St Peter & St John's Church: St Peter & St Johns Church: Knit & Natter (tues), Mother & Toddlers (wed), Home groups (prayer), Weekly veg beds group, weekly services,
From Sandra Cole BIG Sing SOUL: We provide FREE online music resources for schools, nurseries, baby and toddler groups, care homes any vulnerable groups accessible for the whole community
From Nic Volunteer Co-ordinator: Full week of activities at Rugby Borough Children & Family Centres from Baby Massage. Wellbeing walks, outdoor stay and plays and much more.
From Sara Rattenbury - Rugby Christian Life Centre: SEND Support group - parents with a child with special needs 2nd Wednesday morning of the month @ Rugby CLC. contact sara@rugbyclc.com for more info
From Val Burgon St Oswalds: over50s group once a week speakers outings chat food st oswalds val burgon contact
From Mike Folly ProjectR: Project R organised by rugby Dunsmore Rotary Club., Networking for local businesses , local charities and performing artists. Every first Tuesday on Zoom 6.50 for 7pm, contact me, mikefolly@btinternet.com
From Jacqueline.Anywar: Community Social Prescribing Health Exchange https://www.healthexchange.org.uk/services/social-prescribing/social-prescribing-coventry-rugby-and-north-warwickshire/
From Martin and Fay Williams BEC: Gift of Years
From Ewen Robertson: Who - Footsteps helpers from within the church
From Adi - Hope 4: Hope 4 - support to those who find themselves homeless. M-F 1000-1400hrs. Contact manager@hope4.org.uk
From jonathan: Mens fellowship St Marks
From Nic Volunteer Co-ordinator: Like us on Facebook: https://www.facebook.com/rugbychildrenscentres/ Search and Apply Online to Volunteer volunteer.barnardos.org.uk
From Carl Brown - BEC Church: Mosaic Coffee shop
From Tim Cockell St Mark's Bilton: Afternoon tea for the elderly
From Nicky Walker resident/SEN parent/Make Lunch: What: Make Lunch - meal and activities for families in receipt of free school meals at Oakfield School during school holidays (deliveries during COVID). When: usually on Tues and Thurs in school holidays. Contact: M2O church
From Fred and Rachel: bec toddler group, food bank, senior group men's breakfast
From Alan Hulme St Oswald's Church: What: Senior Citizen Drop in. Where? St Oswald's Church. When? normally Tuesday morning. Currently informal phone calls, connecting and doorstep visiting.
From Ewen Robertson: Contact - New Life Church Rugby

From Ruth RMCC: Baby Play Dates @ RMCC
From David & Janette Clarke - Prison Fellowship: Supporting prisoners indirectly
From Carolyn: Brownsover community association. at the moment the community hall is being used for Covid vaccinations. Normally we will have many activities for the residents of Brownsover and the surrounding community including a job club and youth activities.
From Jonathan Skelton - Rugby Elim: Young @ Heart - monthly luncheon club for older people , youth clubs, counselling service, toddler group at Elim Rugby
From Ewen Robertson: What - soon community cafe
From Sue Maguire Rotary: Rugby Rotary Club meets on the 1st and 3rd Friday lunchtime at St Andrews Rugby Club to plan and organise fundraising events, service events etc. We support Rugby Blind Club, help with reading in local schools, the dementia support programme run by Rugby Art gallery and Library and more
From Tim Cockell St Mark's Bilton: Partnering with CAP
From Jo Froggett Rugby CLC: SEN parent support coffee morning contact jonandjofroggett@rugbyclc.com
From Colin Carter: Weekly Luncheon Club
From Anne Deas Dementia Adviser: alzheimers.org.uk 0333 150 3456 - Dementia Connect - call and get connected to support locally.
From Margaret Simmons St John the Baptist Hillmorton: Coffee mornings, last Saturday every month, Rogers Hall, Hillmorton
From David & Janette Clarke - Prison Fellowship: Calling lonely housebound folk
From David Spademan: We have not been able to have volunteers come into the prison but they have been praying for us - thank you
From Carl Brown - BEC Church: Monday Club (Seniors)
From Paul Rogers: Monday Club for Seniors
From Ewen Robertson: When - community cafe New Life Church Hub when it opens soon
From Diana Mansell-Hope4/Rugby Foodbank: Citizens advice working with foodbank clients
From AlisChi: Rugby & Northampton Athletics club
From Sara Rattenbury - Rugby Christian Life Centre: 3CS (Coffee, Chat and craft) for socially isolated 2nd and 4th Saturday 2-4pm @rugbyclc contact sara@rugbyclc.com to book in
From Jonathan: gift of years
From Joyce Woodings Benn Partnership Centre: Baby groups at St Andrews Church
From Ewen Robertson: Who - New Life Church Rugby plus contact
From Jonathan: compassionate communities
From Ruth RMCC: 1 to 1 support for teenagers on a bespoke Basis based out of Rugby Methodist Church rmccyouthpastor@gmail.com
From Pauline Kimber: Prayer Chain opportunities
From Adi - Hope 4: Rugby Foodbank - supporting those in food poverty. Food collection M-W-F 1230hrs-1500hrs. Contact: info@rugby.foodbank.org.uk
From Alan Hulme St Oswald's Church: What? Make Lunch. Helping fill the holiday hunger gap. When? School holidays. Where: Run out of St Oswald's church. Usually in Oakfield school in holidays, currently operating by deliveries.

From Sue Balcombe - RoSA: RoSA are looking (not yet created!!) to provide Managing Anxiety and Stress support to carers and those supported with understanding and managing anxiety and developing coping strategies. Contact Sue Balcombe, 07990 564124 / sue.balcombe@rosasupport.org
From AlisChi: Rugby Night Shelter
From Carl Brown - BEC Church: Schools work in Bilton School
From Anne Deas Dementia Adviser: You can volunteer for Alzheimer's Society, you could be a Companion caller for someone feeling isolated. Great for a chat and a connection!
From Nicky Walker resident/SEN parent/Make Lunch: Coffee morning for parents/carers of children with SEN. 2nd Weds in term time 9.30-11am at CLC church. Contact Nicky Walker nickywalker@hotmail.co.uk or CLC church
From Graham and Elaine Baptist church: lunch club at rugby baptist
From Pauline Kimber: support groups via Rotary where theres need
From Carl Brown - BEC Church: Deaf Group at BEC Church
From Chris & Ruth - Rugby YFC: What: Schools work & mentoring and youth clubs throughout the academic year with students & teachers across the wider Rugby community Who: Rugby Youth for Christ Contact: ruth@rugby.yfc.co.uk
From Graham and Elaine Baptist church: Friday coffee morning, Rugby Baptist church
From Helen Parkes: Cats Protection Rugby offer assistance to those who require help with the cats and kittens throughout the region. This can be via providing help with the cost of neutering via our voucher scheme, offering advice regarding behaviour, lost/found and also assisting with the rehoming of cats and kittens via our network of fosterers.
From Pauline Kimber: collecting sanitary wear to help women
From Sue Balcombe - RoSA: RoSA provide support to survivors of rape or sexual abuse. We support men, women and children across Warwickshire - please spread awareness :) rosasupport.org
From Jenny French: My contact details if anyone needs information or wants to have a chat about what services we offer to the people of Rugby, please email me jenny.french@relatecoventry.org Thank you
From John McCrae HMP Onley: School talks - motivational, inspirational, careers, social mobility & crime & punishment
From Nic Volunteer Co-ordinator: We have a Clothes Bank at Claremont Children & Family Centre which includes children's clothes and maternity clothes, bedding, towels etc. We are open on a Monday morning 9:30 to 11:30am. For more info contact rugbychildren&familycentre@barnardos.org.uk
From David Fleming, Rugby Baptist Church: at Rugby Baptist we have Regent Tots toddlers, Youth Groups, Brigades, coffee mornings, craft groups, Luncheon club, groups for more mature people, meal ministry, I'm sure I have missed some things. Some of these activities are just waking up after Lockdown. david@rugbybaptist.org.uk
From David Fleming, Rugby Baptist Church: Rugby green Christian group.
From Angela-St Peter & St John's Church: We are a Silver award winning eco church. We have various projects going on including veg beds, wildlife areas, recycling projects etc We are part of the Green Christians Group and Transition Town
From Angela Maxwell: Gift of years - chaplains and volunteers in care homes
From Georgina Newton Hope4: Ditto, Hope4 and foodbank!
From Dawn - Rugby Street Pastors: Rugby Street Pastors, patrol during the night time economy on Friday and Saturday nights rugby@streetpastors.org.uk

From Sara Rattenbury - Rugby Christian Life Centre: Rugby CLC FoodAid - Fruit and Veg hampers for disadvantaged households - referral basis contact sara@rugbyclc.com
From Wendy Coleman: St. Andrew's Rugby Children and family team - Babees support café starting Monday 7th 10.30am
From Juany: Working with BAME communities, and helping with sign posting people to get access to the COVID VAccine
From James & Natalya Miles: Air Cadets - meet every Monday and Wednesday except bank holidays - for age 12 up (yr 8)
From Angela Maxwell : Lionhearts - mums and pre-school - Sally wiles
From Phoebe Hilton WCAVA: Hi Everyone! Phoebe here from CAVA in Rugby - Supporting VCSE organisations across Rugby Borough with funding support, group development and volunteering to help them do their best work with the community! My email is phoebe@wcava.org.uk
From Phil Clucas - Hope4: Hope4 working with homeless & badly housed as well as running Rugby Foodbank. ICT @ Hope4.org.uk
From Nickie Manolescue - The Terrace Church: Prison fellowship - restorative justice course
From Mark Mansell - Futures Unlocked: Futures Unlocked, working with people as they come out of prison to help them get reintroduced into the community
From Georgina Newton Hope4: Pilates classes - mum and baby massage groups
From Diana Hope4&Foodbank: Winter night shelter - when/if covid allowed
From Sal Bunyard-Spiers: I'm aware of several WI groups in Rugby
From Kirsten : Girlguiding including Rainbows, Brownies, Guides, Rangers - for girls and young women - all over Rugby on different evenings - Rugby Division Commissioner is Bev Suffell
From Jackie Harborne: Make Lunch is a voluntary organisation providing meals and activities in the school holidays to free school meal families , working through M2O church
From ROWusu: The Hub at Rugby Methodist Church Centre - Café and Timebuilders
From Margaret/RugbyBaptistChurch: work with the Syrian families at the Benn Partnership Centre
From Corinne Really Awesome Coffee: rugby deaf club
From Annette Collier: Warwickshire young carers. working with young people who help to carer for a parent, sibling or family member
From Dawn - Rugby Street Pastors: Christian Bookshop
From Simon & Steph Bowers, Residents / Rugby Elim: When able to run ... Rugby Elim youth groups, parent & toddler group, older people ('Young at Heart')
From Lindsay Pelloquin: The Gift of Years Rugby working in residential Care homes. Chaplaincy. Spiritual care of older people.
From Miriam: Rugby Community Hub Cafe hosting support groups. Rugby Community Hub also runs a Timebuilders scheme.
From Sara Rattenbury - Rugby Christian Life Centre: 3Cs (coffee chat and craft) groups 2nd and 4th Saturday of month afternoon for socially isolated contact sara@rugbyclc.com
From Robert Saunders: Greater Things (Rugby) - looking forward to supporting people with our weekly drop on prayer centre , (re-opening) an open door available in the town centre running Wednesday afternoons at the Christian bookshop (7 Castle Street)
From Georgina Newton Hope4: Ruby runners
From Philip Seccombe: Rugby Community Safety Partnership.....bringing together many agencies to make Rugby a safer place to live and work in.
From RStreet: air cadets

From Alisdair Rusk: Community Gardens/Edible Garden projects
From Kirsten: Parkrun and junior parkrun
From Victoria Andrew: Express Arts - combatting social isolation at the Benn Partnership, happening on line currently, watch the RAGM website or FB page for details
From Corinne Really Awesome Coffee: step it up running group
From ROWusu: Night Shelter at RMCC
From Carole Solway St. George's Church: Mum's and toddlers group, tea and chat, providing space for brownies, choir, preschool group etc at St. George's
From Kate Clements: Christians against Poverty- CAP. Money courses and debt counselling,
From James & Natalya Miles: Fish United - run food events to raise money
From Simon & Steph Bowers, Residents / Rugby Elim: Hillmorton & Rugby East community group (Covid support and beyond)
From Alisdair Rusk: Guides and Brownies
From Paul Rogers BEC: BEC Church: Monday Club (Seniors), youth clubs/drop in/schools work, children's clubs, deaf club, mother and toddlers, Mosaic (community coffee shop)
From ROWusu: Working with Young People at RMCC
From Nickie Manolescue - The Terrace Church: conversation group for people where English is not first language
From Alex (Transition Town Rugby): Transition Town Rugby holds monthly meetings as well as various different groups focussing on different aspects of fighting climate change.
From Sara Rattenbury - Rugby Christian Life Centre: Step2Step support - wide ranging support for families and individuals born out of Covid response but still going strong! contact sara@rugbyclc.com
From Georgina Newton Hope4: Hillmorton Friendship Bench and support group
From David Fleming, Rugby Baptist Church: Rugby Baptist church: Lots of activities for children and youth, lunch clubs and meetings for older people. A meal ministry for those who are sick or under pressure, Craft club, Coffee morning, boys and girls brigade, All these activities waking up after Lockdown.
From Mark & Erica: Monday Club for seniors in Bilton, fortnightly on Monday afternoons.
From James & Natalya Miles: Rugby Autism Network
From Fiona Meacham: Run local Girls Brigade group on a Monday and links to Boys Brigade at Rugby Baptist church
From Kate Clements: transition town rugby, lots of eco projects, repair cafe etc.
From Georgina Newton Hope4: Weighwatchers!
From Simon & Steph Bowers, Residents / Rugby Elim: Crescent Badminton Club - Thursday evenings
From Corinne Really Awesome Coffee: Rock Choir
From Miriam: Rugby Methodist Church Centre - youth pastor supporting young people with a specific focus on mental well being. Parent and baby support group
From Victoria Andrew: activities for preschoolers, at Rugby Art Gallery and Museum, not currently happening due to restrictions but will start again asap
From Mark & Erica: Bilton Evangelical Church parents and toddlers, weekly
From Philip Seccombe: I am proud to support youth clubs - Bradby and Hill Street

From Robert Saunders: Greater Things (Rugby) - hope to reignite interest in Former St Matthew's Church building for Community use
From Kim EQuIP: I am a volunteer counsellor at RoSA
From Sara Rattenbury - Rugby Christian Life Centre: SEND support group for parents and carers of children with Special Educational Needs and Disabilities contact Rugby CLC for more details
From Andy Brown: Hi Andy Brown, resident, member of RMCC, work for OasisUK in community development in Birmingham.
From Fem : RCCG World Changers Young People's Church - Drop in sessions for Mental discussions & sign posting, Activities for young people, Prison fellowship.
From Miriam: Newbold Chapel & Making Connexions - with Elmer the camper van - supporting lonely and isolated in Newbold. Encouraging community engagement
From Miriam: Rugby Methodist Church Centre - youth cafe runs on a Monday after school
From Sara Rattenbury - Rugby Christian Life Centre: Rugby CLC run Youth180 on a Friday evening in New Bilton normally but not running at moment due to restrictions around Covid

From Carol Kavanagh : Warwickshire CAVA has nominations open for this year's Rugby Volunteering Celebrations - please do nominate your group or any individual who has gone over and above during the last year - www.wcava.org.uk where there is a simple nomination form to complete.

Warwickshire Community and Voluntary Action would like you to [use this form](#) to nominate an individual or group of volunteers who have made an outstanding contribution during the pandemic. The deadline for nominations is by **9am on Monday 7th June 2021.**

We've captured what was shared during the Conversation, but we know there will be plenty more happening in Rugby that's not shown above. You can find some more of these local organisations through Warwickshire Community Directory [VCConnect Online Directory - Home Page \(vcconnectsystem.org.uk\)](http://vcconnectsystem.org.uk). If your organisation is not listed in the Directory, we strongly encourage you to get in touch with them or [sign up on-line](#). A directory of local services is a brilliant community resource – one of the things we always recommend in communities that don't have such a facility. Let's support what's already working well and avoid 're-inventing the wheel'.

You may have identified a 'need' or a 'gap' in local provision. We'd encourage you to check the directory – you may find there is already an existing group working to meet the need / fill the gap. One of the things we often find is that people who are busy volunteering in the community don't always have the extra time to promote what they are doing – they may be there on the ground working away, but sometimes you have to search for them.



Meet the Need – the Wishing Line

During ROC Conversations we're often informed of needs by groups. Needs that can so often be met by other groups and people within the community. We also meet groups and people who are willing to offer their services for their community.

The 'Wishing Line' of needs and services being offered at the ROC Conversation Rugby are listed below. As you can see there are some specific needs requested – if you can help meet these needs get in touch with the ROC Team and we'll connect you together. There is also an incredible amount of support and help being offered.

Need (Afternoon / Evening)	Offer
From Adi - Hope 4 : Rugby Foodbank are looking for new warehouse facilities	From Eleanor - South Rugby News: We can help tell your story to residents in South Rugby and raise awareness of events and issues
From Diana Mansell-Hope4/Rugby Foodbank : Rugby foodbank will need a new premises in due course - 10,000sqft town centre ish ground floor - 07748188221	From Raj : - am looking to see what pro bono legal advice I could help give or arrange to those in need in Rugby
From Charlotte Temple: Compassionate Communities are looking for befriender volunteers	From David Fleming, Rugby Baptist Church: I have commercial size Popcorn and candy floss machines I can lend for things like fetes. david@rugbybaptist.org.uk
From Eleanor - South Rugby News: Funding for staff costs :)	From Jacqueline Anywar: Community Social Prescribing
From Ruth RMCC : accessible counselling for Young People rmccyouthpastor@gmail.com	From Carl Brown - BEC Church: We have a place for people throughout the generations. We have a venue for people to hire
From Nicky Walker resident/SEN parent/Make Lunch: accessible activities for families of children with SEN in school holidays	From Sue Maguire Rotary: Rugby Rotary Club can provide help with fundraising and volunteers to help in many situations. Our motto is Service Above Self and we mean it! sue.maguire@gmail.com
From Anne Deas Dementia Adviser: - a free space where my colleagues and I can meet up occasionally for team meetings. Somewhere with a bit of parking, a loo and a kettle.	From Nic Volunteer Co-ordinator: We have some great quality Community Playthings equipment - solid wooden shelving for Early Years Nicola.sharpe@barnardos.org.uk
From Gemma Reamsbottom: We need help to help some students with anger management such as kick boxing clubs etc - Gemma at Harris School	From David Fleming, Rugby Baptist Church: Rugby Baptist church has rooms near the centre of town for hire at reasonable rates.

From Luke Hartnack: Luke Hartnack - Psyche and Soul - I need to develop a network of localised stewards of land who are committed to support our new exciting and creative fundraising platform.	From Mike Folly ProjectR: Project R supports local businesses and charities, and performing artists providing opportunities to expand networks and awareness. Join us on Tuesday evening once a month, its free so join us by messaging mikefolly@btinternet.com
From Sue Balcombe - RoSA: RoSA need rented or FOC (private counselling rooms) in Rugby, Nuneaton, Warwick, Stratford and Leamington.	From Brian Coleman /ROC/ Resident: village hall Thurlaston
From Nicky Walker resident/SEN parent/Make Lunch: Rugby gymnastics club needs funding for their new gym building	From Diana Mansell-Hope4/Rugby Foodbank : Hope Centre could accommodate those needing meeting space in the evenings post covid
From Carl Brown - BEC Church: We need some funding. We also need some contact to see what needs to be done within the community (do up gardens) we have loads of young people willing to serve the community	From Luke Hartnack: We are offering the opportunity for local charities to run collaborative fundraising campaigns to help fund projects they are passionate about. luke@psycheandsoul.org
From Jo Froggett Rugby CLC: parking in New Bilton. Our car park has been built on during lockdown.	From Bob Reeve Rugby Street Pastors: WCAVA provide funding application training/advice
From Lee Davies: HMP Rye Hill needs life skills coach/ Practical skills advisor	From Ruth RMCC: mentoring, companionship for any young people, rmccyouthpastor@gmail.com
From John Hemmings: Rugby Comm. Hub RMCCYELLOW	From Min Willoughby de Broke: I can attend an event/fundraiser if you think the PR can help your project
From Adi - Hope 4: Hope4 - ongoing funding for ongoing service provision	From Charlotte Temple: Compassionate Communities offers Bereavement and Grief support 1:1 and in groups contact charlotte.temple@uhcw.nhs.uk
From Pauline Kimber: volunteers to clean up Rugby free the town from 'plastic soup' (single use plastic) litter picking,	From Sandra Cole BIG Sing SOUL: we can give all vulnerable groups FREE online music resources to get the whole community singing positive uplifting lyrics
From Charlotte Temple: Compassionate Communities want to work with 16-25s on Story Circles	From Mick Daulman RBC/Brigades: Christian Leaders for Brigades. Contact Rugby Baptist Church Website
From Nicky Walker resident/SEN parent/Make Lunch: venue for hosting larger number of free school meals families and volunteers to support Make Lunch	From John Hemmings: Rugby Community Hub. RMCC. Support with activities for those with Isolation and Well Being issues. Timebuilders scheme to support those in the community. John Hemmings 07721 597107.
From Sue Balcombe - RoSA: RoSA are an independent charity and always need funding :) Contact Sue: 07990 564124 / sue.balcombe@rosasupport.org	From Carolyn: Brownsover Community Hall is available once NHS England have complete their vaccine programme. contact, bovercommunity.org.uk

From Gemma Reamsbottom: We need support for students suffering with anxiety/self harm.	From Su Jung Suk: Play Therapy (child/adult) children counselling From Sue Balcombe – RoSA: RoSA offers counselling to men, women and children who are survivors of rape or sexual abuse. We also offer an ISVA service providing practical support to help clients report rape/SA and go through the court process.
From Sandra Cole BIG Sing SOUL: sewing volunteer to make instruments for music like puppets, small plastic balls like in ball pit, free venue in rugby to run tiny sing music session, Funding to take music to vulnerable groups for Free	From Abi McCartney, Place Marketing Officer, RBC: For those seeking funding help and advice you can find info on the Warwickshire county council website https://www.wcava.org.uk/funding
From Jonathan Skelton - Rugby Elim: A new building to facilitate our growing congregation and how we want to serve our community	From Luke Hartnack: Anybody interested in starting a CSA, please contact me! luke@psycheandsoul.org
From Jacqueline Anywar: Community social Prescribing needs to be connected with community support groups so that clients can be supported and more involved in their community.	From Sarah Antill - WCC/Resident: Re. funding opps - look out for details next week about the launch of this year's Warwickshire County Council Councillor grant fund - grants for voluntary and community groups. Details will be on WCC website and social media channels
From Paul Rogers: - Larger building for community oriented church - youth, children, seniors, deaf, etc etc	From Sue Balcombe - RoSA: Warwickshire cc are offering FOC online training for getting back out there after COVID - helping people reacclimatise to socialising. Next one in June
From Nicky Walker resident/SEN parent/Make Lunch: local education authority to work effectively with parents of SEN children to effectively communicate and support these children	From David Fleming, Rugby Baptist Church: Green: I own a popcorn and a candy floss machine which I am happy to lend to groups who need it (for a fete, for example.) David Fleming david@rugbybaptist.org.uk
From Jo Froggett Rugby CLC: If social distancing remains a thing after June - a building for the church to meet in for around 50 people	From Georgina Newton Hope4: Hope 4 has indoor space available at weekends manager@hope4.org.uk
From Dawn - Rugby Street Pastors: a town based community hub to house the foodbank and a safe space to provide services to the community during the day and overnight	From Diana Hope4&Foodbank: Hope Centre will be able to offer meeting space once through Covid for groups
From John Hemmings: Rugby Community Hub. RMCC. 3 Café Volunteers / Dish Washer. John Hemmings 07721 597107.	From David Fleming, Rugby Baptist Church: hey - Baptists do food and fun. What can I say?
From Raj: site or building to bring eco-village-type suppliers together to sell or distribute to people, and for workshops etc.	From Andy Brown: raised 1.2 million in 6 years

From Nicky Walker resident/SEN parent/Make Lunch: CAMHS - increased staff resources and more stable workforce current wait for autism assessment 3-4years.	From Corinne Really Awesome Coffee: I have a mobile barista coffee van that I can bring to any venues or events to support you with refreshments.
From Anne Deas Dementia Adviser: a free space where my colleagues and I can meet up occasionally for team meetings. Somewhere with a bit of parking, a loo and a kettle. Anne Deas Alzheimer's Society - 07944 794 982	From Phoebe Hilton WCAVA: We are the local infrastructure organisation and provide free support with any funding needs, if you need support with your policies/governance and with volunteering! Phoebe@wcava.org.uk
From Raj: site or building to bring eco-village-type suppliers together to sell or distribute to people, and for workshops etc. - 07799 700 713	From James & Natalya Miles: I can offer help filling in forms - I've done applications for EHCP assessment, DLA and PIP
From jonathan: is there a police volunteer who would come to a youth group to talk about racial justice.	From Raj - Hope 4 Rugby / Foodbank: keen to connect with and try to help anyone who needs help with arranging pro bono legal advice for those in need
From Gemma Reamsbottom: Would police be willing to come and talk to students in schools regarding knife crime and everything mentioned by Sally?	From David Fleming, Rugby Baptist Church: Rugby Baptist Church is a town centre church with lots of rooms which can be rented at reasonable rates.
From Luke Hartnack: Anybody wanting to support our new fundraising platform please contact us and check our website! www.psycheandsoul.org	From Lindsay Pelloquin: Need help with fundraising. The Gift of Years Rugby 078429938427. Can offer expertise in supporting people with dementia.
From Carol Kavanagh: Warwickshire CAVA has nominations open for this year's Rugby Volunteering Celebrations - please do nominate your group or any individual who has gone over and above during the last year - www.wcava.org.uk where there is a simple nomination form to complete.	From Raj - Hope 4 Rugby / Foodbank: keen to connect with and try to help anyone who needs help with arranging pro bono legal advice for those in need Raj 07799 700 713
From Raj - Hope 4 Rugby / Foodbank: looking for someone analytical and who enjoys solving problems who would like to use those skills to help a local charity - Raj 07799 700 713	From Morola Hayden: We have a building and can offer space to be rented at a reasonable rate- RCCG Harvest
From Wendy Coleman:- Soft play equipment for community family garden events (Wendy 07860 590562)	From Juany: OFFER: Translation from Spanish to English and Portuguese to English ; Help to organise an event ; good organiser
From James & Natalya Miles: Air Cadets volunteers! 07912 359746	From Femi: Rccg World Changers - We have space that can be used, we can volunteer,
From Angela Maxwell: Gift of Years, rugby needs stable funding stream and more volunteers to extend service to more homes	From RStreet: Dunelm would love an good cause outlet for customer donated homewares
From Morola Hayden: CAP Job Club, Legal advice drop in centre, Community music	From Kim EQuIP: kim@equipequality.org.uk Free case work if you have experienced discrimination or hate incidents

drop ins' - RCCG Harvest Fellowship - Need Volunteers
From Wendy Coleman: Sorry (yellow - Soft play) St.Andrew's Church
From Juany: We need fundraising, we need an immigration lawyer, we need someone who commutes from Warwick to Rugby
From Philip Seccombe: We are always looking for volunteers. At the moment vacancies as a Custody Visitor or Adults to mentor offenders in the Criminal Justice system
From jackieharborne: volunteers please for this summer holiday!
From Alex (Transition Town Rugby): What we need - people who care about the climate emergency to come forward! rugbytransitiontown @gmail.com
From Victoria Andrew: we regularly use volunteers, and we put opportunities up on our Volunteer Maker site, accessed via our website, ragm.co.uk. We also need contacts within different communities.
From Georgina Newton Hope4: Hope4 needs a strategic thinker to help serve on their board of directors chair@hope4.org.uk
From Annette Collier: Young carers need volunteers and help with fund raising 07827 837476
From Femi: Rccg World Changers - we need funding.
From Kirsten: Girlguiding needs volunteers!
From Diana Hope4&Foodbank: Hope4 needs trained mental health workers to work with clients
From Kate Clements: land to plant a community orchard. Kate.e.clements@gmail.com
From James & Natalya Miles: Mosaic cafe needs adult volunteers

From Viv: Benn Partnership Centre in Rugby has rooms to hire out to the community at reasonable prices. Viv- Centre Manager.
From Alex (Transition Town Rugby): What we can offer - if you want to do something about climate change but feel helpless, we offer a way to put our efforts together
From Mannie Ketley Rugby BC: Rugby Borough Council is here to listen and understand how best we can support you for example, signposting advice, identifying funding opportunities etc.
From Victoria Andrew: once we are clear of the pandemic, we might be able to offer meeting spaces or shared activity
From Janine Adams: experienced prison officer who can talk to young people about my experiences and the environment. Also have a son who with behavioural problems who can speak to and support parents with child with ADHD. email janine1281@gmail.com

Working smarter – not harder!

We're all busy and most organisations would welcome some extra volunteers – if only they had the time to recruit them.

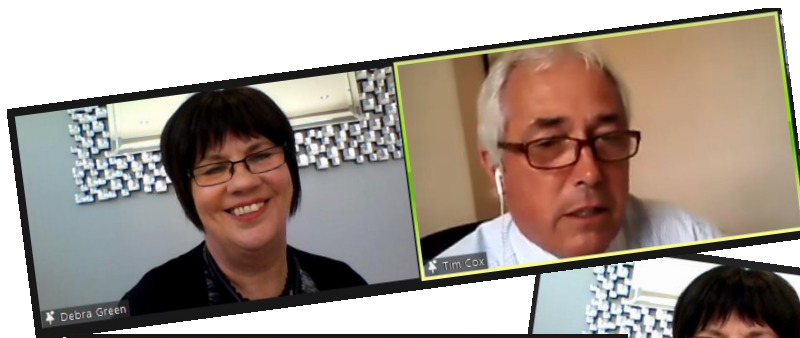
Organisations like Warwickshire CAVA (Community And Voluntary Action) www.wcava.org.uk can help.

If you are serving the community of Rugby, then there are others who are also willing and waiting to help you.

As the 'Wishing Line' shows, there are plenty of resources and skills being offered (and some even seem to meet needs that have been shared!). By supporting one another we can make it easier to make a real difference.

At ROC we encourage partnership working – because we've seen the difference it can make in local communities.

From your Viewpoint



"We've got some fantastic community groups within Rugby that have really pulled together and they help lots of people and I think that's fantastic"

Lord Lieutenant Tim Cox



Dawn Thurkettle & Bob Reeve
Street Pastors

"..we all agree with the incredible support that is given by the voluntary sector."

High Sheriff Lady Willoughby de Broke



Mannie Ketley
Executive Director, Rugby Borough Council



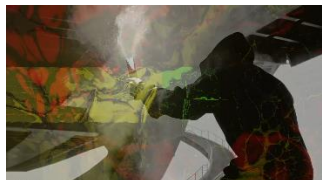
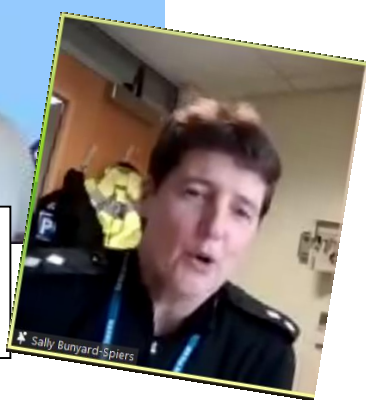
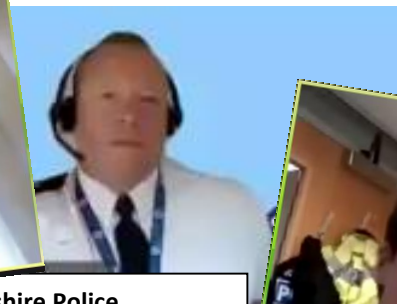
Warwickshire Police and Crime Commissioner Philip Seccombe

Jessica & Ella
Resident volunteers

Ian Bruce
Rugby YFC



Warwickshire Police
Deputy Chief Constable Debbie Tedds
Chief Inspector Karl Faulkner
Inspector Sally Bunyard-Spiers



No More Knives by Josh Green – spoken word video can be [downloaded here](#)



BREAK-OUT ROOM FEEDBACK



Break-Out Room Feedback

This exercise is at the core of every ROC Conversation. It presents an opportunity for guests to share their thoughts about the needs of the community and explore together the potential solutions to meeting these needs as well as discover the potential resources and skills available to support solutions.

All breakout rooms worked through identical questions and all guests were invited to complete an individual online feedback question.

Two questions were considered in each breakout group:



What are the current gaps/needs in Rugby?



What are the possible solutions or projects that may help meet these needs?

Community Issues

Community engagement

Isolation

Young People

Mental Health

Communication

Town Centre

SEN Support

Homelessness

Poverty

Prisoners

Evening Venues

Family Breakdown

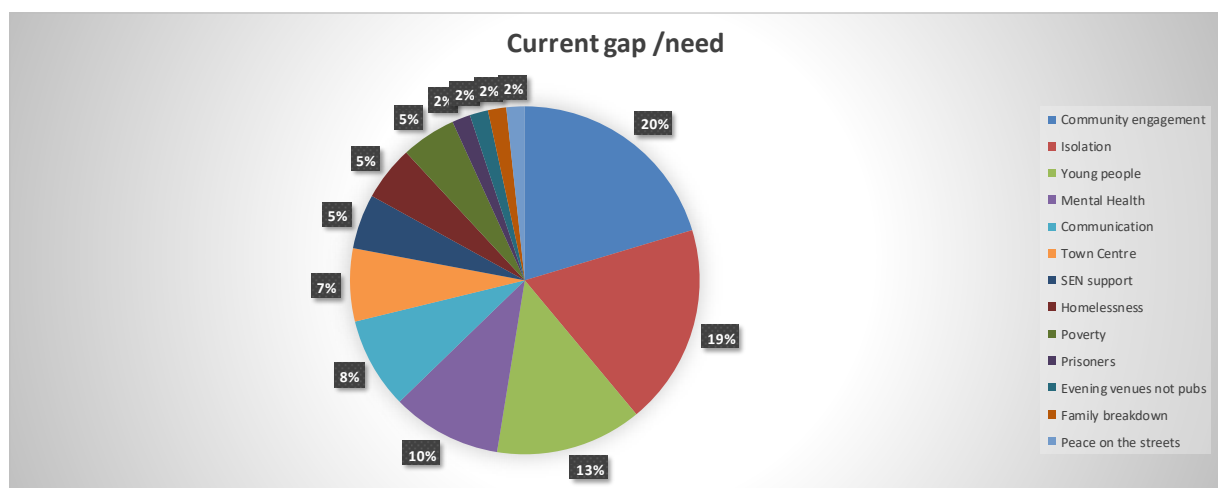
Peace on the Streets

This section highlights the discussion taking place in the break-out rooms at the afternoon and evening sessions of the ROC Conversation Rugby

At both the afternoon and evening sessions, each group discussed the same question at the same time. Hosts were present in each break-out room to encourage discussion and ensure that everyone had the opportunity to participate. 10 Minutes were allowed for the group to identify 'issues' and 15 minutes for them to suggest 'solutions', the time limits being deliberately short and discussions focused.

The issues raised, along with potential solutions, were recorded to inform the feedback.

Around 59 issues were raised and we've combined those that seem to fit together (although many issues are related and could be in more than one category). It's subjective – but it gives a flavour of what was discussed.



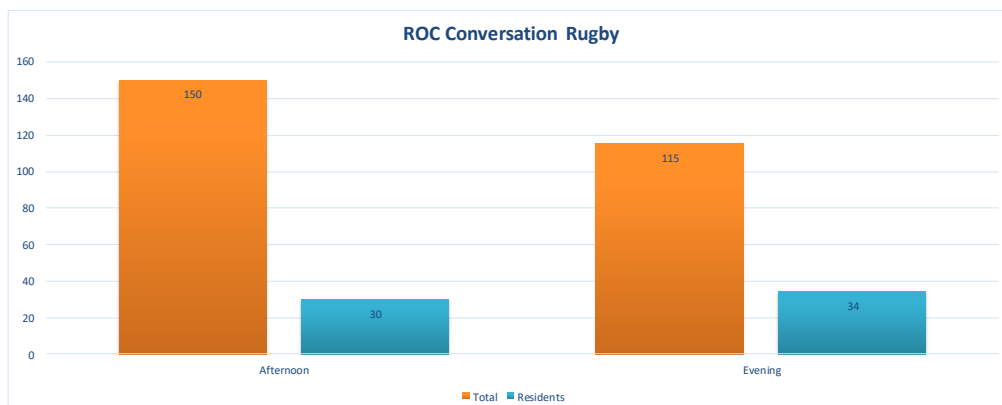
Who says these are the issues?

The people who attended the ROC Conversation.

During the event we thanked those who work for the statutory authorities for all their efforts. These people are not always appreciated but they know the community well and work hard to make Rugby the best place it can be.

The people involved in all the 3rd sector / voluntary organisations who really help bring 'community' into Rugby. An incredible 77% of people present said they regularly volunteer! Without the considerable number of hours they give, the community would be a much poorer place to be. Just look at 'Celebrate the Good' to see the wide range of local community groups.

Local residents (who may also work or volunteer in Rugby) are key to making the community what it is. ROC recognises (as do most statutory and voluntary organisations) that change in a community only comes about through partnership with residents and change is rarely successful if 'imposed' on a community. If you live in Rugby then it is your community – and this is your opportunity to play a big part in its future.



Although far from statistically perfect, the graph shows the number of people who booked into the Conversation (180 Afternoon and 149 Evening) who indicated they were 'Residents' rather than those who indicated they were representing a statutory or voluntary organisation. Although we know many 'Representatives' may well also be 'Residents', the crude statistics give us some indication of the engagement of local residents (20% afternoon and 29.5% evening). That's a great indicator of potential future engagement.

The discussions across the break-out rooms highlighted that issues are all very much inter-connected. There is an element of subjectivity in the discussions and the issues raised and potential solutions should be seen as the start of future work by the Action Group rather than a result in their own right. These issues should be viewed against other work carried out and reported locally, as well as against crime data (see www.police.uk).

Afternoon Conversation

Breakout Room 1

Current gap/need

We have a homeless day centre/winter shelter/Foodbank in Rugby but we need to understand and deal with the basic causes of need.

Potential solutions.

Education in schools, one-stop-shop (Community Hub) building for these cases. We also have CAP team that could help.

Current gap/need

In the Brownsover area of Rugby there exists a community association but people don't use it effectively. How to get people involved? It is an area of mixed needs ...private housing, housing association properties etc., employment/unemployment.

Potential solutions

Look to similar estates/communities to see what has worked well there, also what experience ROC have had.

A Rugby Borough Councillor brought this up so there is a link into the council to tackle this.

Potential solutions searching for current gaps/needs

This is a solution looking for a problem. Stanfield community garden, neighbourhood farm. A young man, Luke who is keen to get involved a great ambassador for the facility.

Another solution to a problem, officers from Rye Hill prisoner, they would like to offer "the services of the people in their care" making things etc. Worth following up via the chaplaincy Dave Spademan etc.

Rotary having difficulty engaging with people, however they have lots of people who want to get involved.

Current gap/need

Mental health is seen as a huge problem. How are we as a community going to address those who have anxieties driven by the pandemic right across the spectrum to Alzheimer's.

Potential solution

For the elder encourage/ extend the 'Gift of Years' Revive initiative to support people in Homes and in their own homes by buddy systems, linking with young school children etc. For younger ages offering links into established activities...sports, arts, music etc.

Current gap/need

Community disparities in Rugby. We need to understand this further before solutions can be found.

Heartfelt feeling of racial diversity issues in the town. Also the speaker felt there was considerable hidden abuse going on.

Potential solution

Need to seek out the agencies dealing with domestic violence and provide support where needed, research needed.

Warwickshire CAVA Carol Kavanaugh organises volunteers. She is organising a celebration of volunteers in June. We need to develop this link to fill the yawning gap that exists in many of our projects for volunteers.

Current gap/need

Town Centre condition. It is 'run down' doesn't encourage people.

Potential Solution

I have been 'working' with RBC on the long-time-coming regeneration programme which is currently out for consultation. I have recommended to Revive that they get someone on the consultation panel I have also made the same recommendation to Rugby InterFaith Forum. Both seem to be short on passionate champions to fulfill the role. I have recommended to RBC that they create a Charity Store Emporium for all charities go under one roof so less volunteers would be needed to manage such an enterprise.

Breakout Room 2**Current gap/need**

Lots of things happening across Rugby but difficult to know what's happening where.

Impacts of COVID have affected prisoners who haven't been receiving the care they need.

Potential Solution

A directory for all groups so the community is aware of what's on offer which will also help to prevent duplication.

Current gap/need

Crime and punishment talks in school haven't been happening which will have a negative impact in the months and years ahead.

Potential Solution

Re-establish links in prisons and other groups. Identify more volunteers and reinstate mentoring programmes and chaplains. Ask ex-offenders to mentor and utilise their wealth of personal experience.

Schools are now opening up to re-start talks by uniformed services about crime and punishment.

Current gap/need

Lots of stereotyping and barriers that need to be broken down and trust regained across all ages and sectors. Particularly prevalent amongst those who are hard to reach and won't come forward for help.

Potential Solution

Establish open forums to ask "why people feel unable to come forward" and "why people turn to crime".

Current gap/need

Lost focus on community cohesion, no community glue to bring people together. More of an attitude of "every man for himself".

Potential Solution

Set up groups to chat about community cohesion, inviting police and other agencies at the appropriate time. Invite OPCC to talk about community safety.

Current gap/need

Lack of funding for the homeless, any one of us are only one bad decision away from these situations.

Potential Solution

Canvas new builds to have a proportion of affordable housing.

Current gap/need

There's a number of socially isolated and disadvantaged groups.

Potential Solution

"The big sing" – a community choir is looking to establish more groups across Rugby. Currently piloting new projects for those who can't afford to join a choir.

Current gap/need

No spaces where young people can just be that's not a pub or an organised group.

Breakout Room 3**Current gap/need**

Gaps of knowing how to engage with young people (comes to drugs and knife crime) – Ekene Amakom.

Current gap/need

Nic Sharpe Volunteer Coordinator - shared that roles for gardening had gaps
Volunteer Coordinator – looking to better represent community – support diversity.

Current gap/need

People are suffering from anxiety.

Potential Solution

Anxiety being addressed in people in the market area by Street pastors - concerns for anxiety – their tagline is 'caring, listening and helping' – Street Pastors are keen to signpost people and to be a listening ear.

Current gap/need

Lonely and Isolated people (older people) how to engage.

Potential Solution

Maybe a neighbour creating in style service.

Current gap/need

Sue from RoSA is suggesting that more work needs to be done to better inform and engage with the community.

Potential Solution

There was a suggestion that a community day/ fair so the public can engage with the services and communities in their areas.

Current gap/need

Mental training available to all for supporting people.

Potential Solution

Many groups do have training but request that there would be training open to all
Anne Deas said she had heard of 3 websites to help support young people with their mental health and wellbeing.

www.dearlife.org.uk www.wellbeing4life.co.uk www.cwrise.com

Current gap/need

Debbie Tedds - How do we ensure that members of the public feel safe – wanting to get community intelligence.

Potential Solution

Suggested they maybe connect with Street Pastors as they are collecting community views.

Current gap/need

Grooming is very high.

Potential Solution

Needs to be fearless and step into communities where this is happening – needs more education.

Breakout Room 4

Key Point: Much of the discussion revolved around issues raised as lockdown is eased.

Current gap/need

Social isolation – forced upon people and the most vulnerable groups have become fearful about venturing out and gathering together again. How do community centres persuade people to gather again? How can all this be communicated? New parents and older people were two groups mentioned specifically.

Potential Solution

Social Enterprise – businesses are willing to work with community groups to support social enterprise as we come back together again. (Alison)

Current gap/need

Mental Health issues through the generations – acute mental health issues such as self-harm, increased anxiety. Year 6 into Year 7 students mentioned specifically as it was suggested that they have been robbed of a key developmental stage. 18-25 year olds were also mentioned - there is a need for listening services.

Potential Solution

Compassionate Rugby initiative – social prescribing. Health officials willing to work with others to support those with health issues in particular (Charlotte Temple).

Current gap/need

SEN/Chronic Health conditions support - these have changed or disappeared. Support groups may not be in place any more. Those with learning disabilities have enjoyed one to one support through the year – how to encourage them to meet/learn in groups again is a struggle (even though this happened before). It would seem too that the right support can be offered for those who have the money to pay for it. Palliative patients are needed to be supported too.

Potential Solution

Support groups for parents with SEN children.

Current gap/need

Volunteers - difficult to mobilise in the same way due to changes through lockdown. It seems there are less volunteers than there used to be. Then, those who want to volunteer don't know where support is needed.

Potential Solution

Database/Forum/Chat group that lists all the community resources availability in the city. A directory of information is needed so people will know where to go. (It was mentioned that the local authority have begun a project similar to this). Perhaps this could also highlight volunteer needs?

Current gap/need

Funding – shortage of funding for ongoing projects.

Potential Solution

Project R (Mike Folly) – charitable groups can show case their cause through this project to draw attention to volunteer needs.

Current gap/need

Food Poverty – national and local issue. This has moved to deliveries only and doesn't address social isolation concerns.

Potential Solution

A *Food Strategy* is required across the town to avoid duplication and to effectively meet needs as we emerge from lockdown.

Breakout Room 5

Current gap/need

Create community, and own their communities. Encourage relationships
Help people reengage with Communities, and social isolation and loneliness –
deepened during Covid.

Potential Solution

Actively considering weekly community café in Rogers Hall (advice on benefits, job applications, chat, meet) – could do with some more volunteers, but will reach out to HERT group – in early stages.

New Life church will be opening community café – still need some finances –
toddlers group, senior citizens lunch, English language, youth spot.
Youth spot – games café might be good in town.

Current gap/need

Centre of Rugby needs regeneration, closed shops – needs people in authority to take responsibility.

Potential Solution

Don't leave windows bare – put pictures up (make look like in use)

Convince landlords to let organisations use buildings for short term activities.

'how many barbers do we need' ... is it unbalanced – need some imagination in what is there.

We have to use it, and encourage people to use it! (needs money and council tax)

Make it feel safe, particularly at night.

Bring back farmers market (on Saturday).

Get a pride in Rugby – parks department are great, can we get buildings doing as good a job?

Current gap/need

Hope 4 needs funding (want 4000 people to donate £4 a month).

"Gift of years" needs funds and volunteers.

YFC – funding.

Better premises for food bank.

Potential Solution

Costs £200k for Hope4 – needs more people giving a little. Share good things on social media so ideas get to the population.

Rotary will be asking H4 to come and talk.

Current gap/need

Older people – covid has got people out of the habit of meeting, need to get people back to clubs and meetings.

Buses cancelled, so transport difficult for older people.

Potential Solution

Suggested minibuses. 'back and forth' organise outings.

Dial-a-ride.

Current gap/need

Peace on the streets (maybe street pastors go out in daytime).

Potential Solution

Street pastors come across situations – each is different, just appeal to individuals better nature.

Are the panic buttons still there? Maybe more of those. (Street pastors have panic buttons).

Current gap/need

Youth clubs.

Young (mid-teens) with nowhere to go – need more provision – 'please can we just have a shelter with some benches'.

Space for youth provision.

Need key people for YFC to tap in to for issues that are beyond the volunteers capabilities.

Potential Solution**Current gap/need**

Litter picking.

Current gap/need

Climate crisis – what should we be doing as a town.

Potential Solution

EV charging points in town centre (may also attract people there)

Promote Rugby unwrapped.

Litter pick by 'end plastic soup' Different groups do these - is there any coordination?

Rotary are collecting aluminium cans to help build helipads – leave at scout hut behind United reform church.

Need much more coordinated cycling provision – link up cycle tracks.

Evening Conversation

Breakout Room 1

Current gap/need

Overarching issue was that of communication through confidence and trust! Being able to connect with communities and cultures.

Police and others raised this. (The Police were overjoyed at having such a large receptive audience today).

This must be a national issue and someone will have best practice to follow.

As raised at the post meeting review the way one generation 'sees the world' and how another generation reacts can be quite different, again someone will have researched this I am sure.

Current gap/need

Gaps exist around dealing with the special needs of children and young adults. Some parents are having to fund treatment/help/education.

Potential solution

Needs raising with the authorities. In addition it was suggested that a buddy system be started whereby individuals could spend an hour a week with the vulnerable folk to give them some respite or encouragement. Could also alleviate the pressures of drug taking.

Current gap/need

Making contact with the community is a problem for the authorities.

Potential Solution

Street Pastors are to run a clinic in the shopping area soon to encourage contact with the public. Presumably this could link in with the Police.

Current gap/need

Loneliness of elderly people. Associated mental issues.

Potential Solution

Gift of Years , Revive project is hoping to get back into Care Homes soon, They need more volunteers and definitely more funding.
BEC Monday Club? Befriending Club ..needs funding.

Breakout Room 2**Current gap/need**

Available spaces and groups for the LGBTQ young people.

Potential Solution

Warwick pride would be able to help with where the local groups are. A directory would also be of benefit here, Warwickshire Council have a directory which was developed over the pandemic, check if this could be developed further?

Current gap/need

There are many empty shops and the town centre needs lots of regeneration, particularly with many new housing estates built.

Potential Solution**Current gap/need**

Food poverty and food inequality

Potential Solution

Food strategy needed to address food poverty and food inequality

Current gap/need

Somewhere to go in the evenings other than a pub. Many coffee shops but none of them are open in the evening.

Potential Solution

No solution given for lack of places to go in the evenings.

Extend the introductory low rate lease price for a longer period. Currently new tenants pay a lower price initially and then this rises astronomically. Pressure the council to help with this need.

Current gap/need

Lack of activities for children with special needs in the holidays.

Potential Solution

More partnering needed and a more co-ordinated and joined up strategy that will mean less duplication and fill gaps.

St Andrews Church have just received funding for a care farm for children in the community with special needs.

Current gap/need

More mental health provision needed as we emerge from lockdown.

Potential Solution

Mental Health is over-subscribed and under-funded, more counselling would be good.

Current gap/need

There is a Rugby forum that meets bi-monthly for connected communities (often themed or positioned geographically) but it doesn't include residents.

Potential Solution

Email to connect with Rugby Forum cdwrugby@warwickshire.gov.uk for regular Rugby updates.

Current gap/need

More provision needed for the elderly and isolated.

Potential Solution

GP Surgeries are joining with council to signpost the elderly post lockdown.

Breakout Room 3**Current gap/need**

Family breakdown, a societal issue – seeing more of it since lockdown.

Potential Solution

Role models for young people.

Knowing their identity and feeling accepted.

Youth ROC Conversation.

We need to ask young people about the issues they experiencing.

We need to understand what is driving the behaviour of young people.

Opportunity for their voices to be heard – for young people to know they matter and can shape the community/borough that they live.

Need to ask young people what is it that they want.

Need to listen to young people – hear their stories and find out the root/source to their problems (likely in family life)

Current gap/need

Mental health especially amongst young people – drugs, increase in anxiety and self-harm. Little support/provision available (though two new practitioners specifically for under 25s recently employed.)

Potential Solution

Family support needed

Current gap/need

Rugby is a diverse community – many Eastern Europeans working in factories and living in bed-sits, feeling isolated and in need of support services.

Potential Solution

Need for influential role models.

Rugby is a diverse borough within Warwickshire – we need different people of influence from BAME communities.

Positive role models that different people can relate to.

Current gap/need

Council have seen the vast inequalities over past 15 months – unmasked during the pandemic. Need to work together, to understand the causes and improve for future generations.

Potential Solution

Opportunity for their voices to be heard – for young people to know they matter and can shape the community/borough that they live.

Need to ask young people what is it that they want.

Need to listen to young people – hear their stories and find out the root/source to their problems (likely in family life)

Current gap/need

Pandemic highlighted issue of isolation.

Older people isolated pre-Covid, lockdown has greatly impacted their mental health.

Widows – a stark feeling of loneliness.

Potential Solution

Coming out of lockdown will be a slow recovery amongst all ages – need to build confidence being outside home, mixing with others (even those who were very active in their communities pre-Covid). Professionals working from home also need to build confidence.

This will be an issue for our communities in months ahead.

Current gap/need

Gang culture in Rugby – not violent, more about status and identity.
If young people don't have an identity, they go to where they will find it – in gangs.
Starts with low level crime e.g. graffiti and moves to serious offences.
Linked with deprivation.
Escalating (but not in a pandemic way) - need to recognise this gang culture.
Education and engagement key.

Potential Solution

Mentoring programmes.
Old fashioned youth clubs.
There are afterschool drop-ins already happening – need to know youth provision in area.
Go back to asking young people what do they want?
Make relevant – caring place for young people.
Offer a variety programme – cost effective and accessible (transport).
Activities for the whole family e.g. Frisbee golf and sports activities that are again cost effective and accessible.

Breakout Room 4**Current gap/need**

Loneliness & Mental health (were discussed in relation to a possible community garden/allotment by Kate Clements).

Potential Solution

Making land available and getting people together.

Current gap/need

Building confidence and enabling organisations to connect with new volunteers.

Potential Solution

More visits to the youth clubs by Police for building relationship (suggested by Annette Collier).

Current gap/need

Young carers – the struggle of everyday tasks (gardening, shopping, ironing) together with education.

Potential Solution

CAP Money Advice and other related projects (suggested by Kate Clements).

Current gap/need

Rugby, one of the worst for finding out what's going on, needs a directory of clubs, societies, groups etc.

Potential Solution

Directory as suggested above.

Current gap/need

Significant fewer number of youth clubs in Rugby

Potential Solution**Current gap/need**

Building confidence for people to get out into the community following covid-19 and anything that might help that.

Potential Solution**Offer:**

Philip Seccombe offered grant opportunities for those working to address crime

Breakout Room 5

This evening's discussion was lively and we were blessed to have Ella and Jess in our breakout room.

Current gap/need

Jess and Ella highlighted the lack of education and discussion around gangs and grooming. They felt there was a negative view of the police and young people will not engage with them. Ella and Jess felt that there is a need for engagement but meeting the young people where their at i.e. in the parks/youth clubs to build trust and confidence in discussions with authorities to ask questions/discuss worries/reporting incidents. Partnership, Communication and strength in numbers was highlighted several times and the need for problem solving to reduce crime and risk to the community.

It was felt that we needed to understand our communities, issues and standing in the gap for those who don't feel they have a voice or are unable to report/communicate with the police or statutory organisations.

Youth forums, where police can be engaged with younger people with guidance and communicating both ways.

Potential Solution

Volunteer posts for younger people, a youth PCC was mentioned with youth engagement at a higher level to be a voice and for the people making decisions to be accountable to the concerns of the younger generation.

Ella and Jess felt engagement needed to be where they are and to be more accessible to all.

Creating a safe space for the youth, a youth friendly non-alcoholic pub designed by the youth with a quieter or noisier space, prayer walls, somewhere to chat, notice boards, education, signposting.

Current gap/need

Our group felt communication was poor between all organisations using the example of food poverty and CAB working together to address some of the causes of food poverty. This was also discussed with CAP, often the underlying issues of an individual or family manifests itself in debt.

Potential Solution

Community APP – My Neighbour? Developing micro communities

Bringing Streets Together, Big Lunch Projects – eating and meeting together in your street with your neighbours. This could be simplified by the borough council working alongside the police to make road closures simple and efficient for residents.

Current gap/need

We had 2 NHS workers, they felt many people are socially isolated especially those who are older or computer illiterate. Many elderly patients are being seen for stress related illnesses and a revolving door of appointments and referrals, for some medical help is their only form of interaction and for someone to listen to them.

Solutions/Projects

A secular space to reduce anxieties and to give people confidence to step over the threshold into a building/space to seek help/support.

Town centre regeneration, using empty spaces to house voluntary organisations.

Reigniting community groups/lunch clubs/befriending projects/support groups for all ages. Safer stronger communities working together, communication is vital.

Breakout Room Summary

There were a huge number of issues raised in these breakout rooms and some very good solutions offered.

This summary identifies a relatively small number of priorities which are both important to guests at the ROC Conversation and are issues where we feel the Action Group may realistically be able to make a positive practical contribution.

We recognise a considerable amount of work is already being undertaken in many of these areas and we would encourage supporting and building on the existing work. We don't want to waste time and energy re-inventing the wheel.

Here at ROC, we say '**if it's not partnership it's not ROC**' – because we know the value of working together with others. Even with the wide range of existing community work, there will inevitably still be perceived gaps. We also know that you can offer people opportunities, activities and support, but not everyone will choose to engage with you - you work with those that will (not every organisation invited to the ROC Conversation chose to attend).

The Action Group exists to turn the Conversation into practical action and bring about change in your community. We've said it before, but make no apology for repeating it, the Action Group is not a committee!

It's not a constituted, democratic, vote taking, discussion group either!

It's simply a group of local people who are prepared to volunteer some of their time to make a difference to their community.

Recommendations on possible action to tackle these needs are provided based on the experience ROC has gained across the UK and how other communities have tackled similar issues.

We don't suggest trying to solve every issue raised, instead, **ROC would RECOMMEND the Action Group initially focus on** three areas, which combine 42 of the 59 areas (71%) identified.

- **Community engagement & Communication**
- **Isolation & Mental Health**
- **Young People**

Community engagement & Communication

Looking in a little more detail at the components of 'Community Engagement' it appears that the most common themes are:

- Attracting more volunteers for existing activities.
- Engaging residents in existing activities.
- Acknowledging there are isolated and 'hard to reach' communities within the wider community.

Communication – probably the single most important factor for successful working in Community.

During the COVID Lockdown, we've seen something ROC has been working to achieve for over 17 years!

- ✓ We've seen neighbours supporting one another – even if they didn't talk to each other pre-COVID.
- ✓ We've seen organisations meeting the needs of their neighbours – regardless of who they are or if they 'belong' to their 'club'.
- ✓ We've seen communities 'pulling together' in ways that haven't been seen for decades.
- ✓ We've seen what we can achieve – together.

It's exciting! And it's exhausting for those doing the volunteering.

There is no doubt that more people are now volunteering than previously. It's also clear that new volunteers are favouring the activities that provide support to others in need – collecting prescriptions; shopping etc.

It would be great to see the community spirit and support continue in the years ahead but we're already hearing of 'burn out' amongst volunteers.

As lockdown restrictions ease it remains to be seen if the new support structures are retained or if the resumption of other activities reduces the pool of volunteers.

In the 'new normal' that we face, there will be those who have recently become volunteers who will be keen to continue to contribute – but they **need to know** what the opportunities are if we are to engage them.

We've referred to CAVA and Warwickshire Community Directory already and we urge every organisation to work with them.

We would also encourage you to take a look at your own organisation and see what volunteering opportunities exist. If you were considering being a volunteer, what would you want to know?

Who are we ...

What we do ...

We need volunteers to ...

Any special skills / experience required ...

Time to give each week ...

The difference will you be making as a volunteer ...

To find out more, contact ...

Volunteering is essential for local organisations to continue their community work – it's also a way for isolated people to engage in their community. We've found it's a lot easier to get someone out of the house and involved in an activity if they feel they are contributing, rather than just being a recipient of the support.

From Victoria Andrew: We regularly use volunteers, and we put opportunities up on our Volunteer Maker site, accessed via our website, www.ragm.co.uk (Rugby Art Gallery & Museum). We also need contacts within different communities.

Volunteers want to be involved and serve. Look after them when they come along! Wouldn't it be encouraging if you were to hold an occasional 'volunteer appreciation night' where your team could get together for a social event.

Enthusiastic volunteers encourage others in the community to get involved - a great way of engaging local residents.

Like potential volunteers, local residents need to know 'what's on' if they are to get involved. Crucially, they need to have it made as easy to 'join in' as possible. You are far more likely to encourage someone to come along if you meet them (transport them if required) and walk in with them, than if you just tell them 'when' and 'where'

A cautionary tale!

One lady well used to serving the public from behind a post office counter was persuaded to join a community group. Along she went and enjoyed the evening until she dared to venture behind the counter to help serve the refreshments. After being abruptly directed out of the kitchen she left and didn't engage in any community activity for the next 5 years.

it takes place. This is especially true for those who are socially isolated and for those in need of transport. It's also true that people are unlikely to come along unless they know it's happening.

youth activities and couldn't find what was happening, is sadly not unusual and nor is it confined to activities for young people.

The experience of one person who moved into the area and was looking for

There's a reason why advertising and promotion are big businesses!

Sharing 'what's on' need not cost a fortune.

From Eleanor - South Rugby News: We can help tell your story to residents in South Rugby and raise awareness of events and issues

A common theme at all ROC Conversations is '**Communication**'. It was so encouraging to see how much is already taking place in the Community and there were comments made during the ROC Conversation indicating people discovered existing facilities they were not aware of.

It makes sense that you know what's already happening before inadvertently 're-inventing the wheel'. There are a number of 'what's on' internet pages (including www.therugbytown.co.uk/events/full www.thebestof.co.uk/local/rugby/events/ www.wherewecanwego.com/whats-on/rugby but despite all of these facilities, it's pretty clear that a fair proportion of people are still not aware of what's happening at the most local level.

We recommend the Action Group properly map all the existing community activities. Ask the questions: Who is doing What, When and Where? In addition, ask what help

they need to continue and expand the work they are doing. Collate the results and you've a really solid foundation of what is happening, what help is required and where the gaps exist. Once you know what is happening, it's time to start communicating with the whole community.

1 How do you communicate to the whole community? - in a whole range of different ways! Ideas included **producing a directory** (print and online for use by statutory and voluntary groups) or support an existing one (eg CAVA). If you include in the directory any assets which could be shared (from buildings to projectors to sports equipment) it would enable a quick start up for new groups. Of course, getting all the information into the directory is only the start – it needs continually updating, if it is to be useful. We find the best way to ensure the directory remains fresh and relevant is if those running the events are also responsible for updating their own entries (rather than a central editor being responsible). We have two suggestions based on what other

communities across the UK have done to improve their communication. A local Facebook page can be invaluable in encouraging local community activity. Establish a local community Facebook page through which funding opportunities, resources, training opportunities, activities and community events can be shared. In addition to being a powerful tool to help boost community networking and communication, the Facebook page can also be utilised as a 'volunteer matching' facility whereby volunteers can offer their expertise and connect with existing projects or available facilities.

The example post above is about a community development project in Marple. The network was set up as a result of a ROC Conversation and now connects nearly 2500 community members and volunteers.



2 We're really excited that, as a result of another ROC Conversation, and thanks to the support of Jaki Bent (CEO & Founder of 'If Everyone Cares'), ROC are exploring a new way of working in partnership to put every one of your community projects on the map – live and easily accessible online in one place. Our aim is to effectively produce an online version of our 'Celebrate the Good' mapping exercise, so if you are involved in running a community activity in Rugby click www.adoddle.org and be amongst the first to add your details for free.



A specific issue raised was improving collaboration, between voluntary groups, statutory bodies and also between churches.

We believe the Action Group can be a very effective forum for coordinating activity with the statutory agencies, simply by those agencies being actively engaged in the Action Group.

Consider activities for older people, all of which help reduce loneliness and isolation. We often find that several programmes happen on the same day, but on other days there is nothing available. With a little goodwill and a partnership approach, activities could be coordinated to ensure that community needs are met, with no additional effort from the volunteers who run the events. The same applies to youth activities, parents and toddlers, in fact, any community activity!

Wouldn't it be better to provide a comprehensive spread of activities across the week rather than make people choose between your event and another?

A more comprehensive programme of community activity can be provided (at no extra effort) when activities are coordinated and not seen to be competing. ROC firmly believes in a partnership approach - because we've seen the benefits time and time again. This is particularly relevant where both statutory agencies and voluntary groups work with the same people.

We know of churches who run Parents and Toddler groups where you can also get your baby weighed and obtain professional advice, simply because the statutory agencies were invited to attend. The professionals find they get to see more mums and babies and in a relaxed environment (no appointments or queues), simply by moving their clinic to where the clients are.

ROC RECOMMEND the Action Group help produce local flyers (and an on-line version) showing 'what's on', 'how to get involved' and details of any 'volunteers required'.

Then comes the next challenge – getting the flyer into the hands of those who need it. Door to door drops (each take your own street); drop them in at Doctors, Dentists, Chemists and ask them to share with those who attend. Ask the Police and Fire Service to carry a stock and share them as they visit people in their homes (ask the police how much time they spend responding to calls where people really just want to chat to someone). Drop some in at the Library, Citizens advice, local shops (local shops are

often happy to sponsor the printing). There are so many possibilities – and so many people to invite.

ROC are a charity and we know first-hand the challenges of financing worthwhile projects. We know there are not unlimited pots of money available and we strongly encourage partnerships rather than competition for limited resources. Once the mapping exercise is underway, we think the Action Group will discover opportunities to enhance community provision by encouraging existing groups to coordinate their work. This could save money (sharing premises for joint activities has cost benefits) and could also attract additional funding (grant makers want to see value for their money and partnerships are attractive).

Working in partnership allows groups to share their expertise and also benefit from the expertise, resources and experience of others. Our task is easier – and **the community we are all serving, benefits.**

Isolation & Mental Health

As several discussion groups identified, the COVID lockdown has had a major detrimental impact on both social isolation and mental health – issues which will take our communities a long time to recover from.

Even before lockdown, issues around mental health were stretching the professional resources available. As 'mental health issues' become a topic that people are prepared to discuss instead of a taboo subject, demand is likely to increase and finite services will increasingly struggle to cope.

We know that prior to the pandemic, loneliness affected mainly those in later life. Yet all ages have reported feeling lonely. In the UK, *'8.5million people said their wellbeing is being directly affected by loneliness, anxiety & stress in the present crisis. Loneliness levels higher in people with low household income, people living with children, and those living in urban areas'*.

Social isolation is something we strongly feel can be addressed through harnessing **the power of community.**

If every person knew they could approach a neighbour to assist them to do the simple things – make a Doctor's appointment; access information online; find out what was already happening in the community; just have someone to talk to – we could make a real difference where it counts.

One of the easiest ways of reducing isolation (and helping prevent serious and organised crime) is getting to know those who live closest to us - our neighbours. During the past months, many of us have got to know our neighbours a little better. So how do we take it to another level?

Perhaps the easiest solution is for everyone to take responsibility to get to know and look out for their neighbours. The good news is that social isolation and loneliness - can easily be easily resolved by you.

How do we do this? There are many different ways – and we're sure you can think of some yourselves (if you're struggling have you can get inspiration from 'Community Action – 101 good ideas' at the end of this report), but look at this example to see how easy it can be...

Let us share the story of Karien from Whitstable who attended the Canterbury ROC Conversation in 2018:

Weekly Street Coffee

"It was started as an initiative to create community in our street. I delivered 50 leaflets to 50 houses in my road and invited everyone for a coffee at my house for the very next Wednesday and all Wednesdays thereafter. It was made clear that it was not for anything, not for charity, no money was going to be charged, purely to connect the neighbours in the road.

That first week 12 people came. It became clear over time that most people assumed it was for women only, so on subsequent leaflets (I did a leaflet drop every week in the beginning) I made it clear this was for men as well as women. There was one man who consistently came and through him all the other men (from those who are couples) slowly joined in too.

We now have 30 people, as many men as women, and the whole thing has been running for 3 years. It has been incredibly well received, people have not stopped praising me for having started this - even though we are well into our 3rd year now!

We now host in turn, and never miss a Wednesday. It has grown into a vibrant community, which has so many benefits. Neighbours now know one another, so disputes about parking, garden boundaries, trees etc. are much easier to deal with as relationships have been established. (In fact, none have arisen so far)

If anyone needs a long ladder, it's guaranteed someone in the street will have one. If someone is looking for a gardener, a roofer, a garage builder or whatever, people have contacts and happily share them. Outside of the Wednesday morning coffees (from 10-12 where people are welcome to come for just 5mins or the whole 2 hours), we now run a year's social programme too, where people's passions are being utilised.

A few examples of what happens in our social calendar: a Street-Coffee January (post-Christmas), Sunday lunch at a nearby restaurant where all 30 people attend, a Safari Supper (organised by a retired head mistress), Art and craft classes (organised by the different members), such as pottery, glass making, mosaic, Quiz-nights, Car treasure hunts, Beach cleans, and we have incorporated our postie who knows everyone on the road too, and he organised an Astronomy evening! It has been and continues to be a roaring success, where birthdays are celebrated, bring and share lunches are held in gardens and generally everyone is looking out for everyone.

I would heartily recommend doing something similar wherever you live... two questions to ask yourself before starting: am I prepared to be in this for the long run? And, am I prepared to keep putting in ALL of the work (in case nobody else helps!)?

Of course it doesn't have to be a weekly thing, and frankly I am astonished that people seem to want to meet so often. You can do it once a month or once a term. I feel particularly lucky to live in this road where there are so many like-minded and wonderful people. Not everyone comes of course, but over the course of time almost everyone has been in touch over one thing or another, and it has really brought the road together. I hope we carry on for many more years!"

We've shared this story and challenged our ROC Action Groups to give this a go. Wherever people have initiated similar initiatives, great things have happened. (We recently went back to Karien for an update, and they are all still meeting regularly and more of the neighbours have joined in).

The ROC Glenburn Action Group in East Belfast took this to a new level and set aside a week as 'Meet the Neighbours week' encouraging members to give it a go. Over that week 97 people (that we know of – could be more!) attended a 'Meet the Neighbours Week' event in homes, church halls and even in a business park.

ROC RECOMMEND (When it safe to do so) **the Action Group dedicate a week as 'Meet the Neighbours' encouraging residents, churches, business, groups and schools to invite their neighbours for a cuppa.**

You can make a big difference through a simple invitation.

If the **Action Group make the reduction of loneliness and social isolation amongst all ages, a priority in their work** it will be a massive help in connecting people at street level – and the first step on the journey to resolve some of the other issues raised.

In other communities, we know of:

Churches who run Parents and Toddler groups where you can also get baby weighed and obtain professional advice, simply because the statutory agencies were invited to attend. The professionals find they get to see more mums and babies, in a relaxed environment (no appointments or queues) simply by moving their clinic to where the clients are.

One ROC Action Group is piloting a series of CONNECT Events. Each virtual or in person event focuses on a key community issue such as mental health. They bring together a range of local mental health support providers to meet others from the local community - agencies, community and youth workers, teachers, volunteers and parents. The 'provider' will spend 10 minutes in a break-out room or at a table (if an in-person event is possible) sharing about their work and services provided as well as answering questions from the 8-10 guests. The provider then moves onto a different room/table to share with another group of guests. The CONNECT Events aim to highlight the wide range of available resources and services in the area.

ROC RECOMMEND the Action Group organise a CONNECT event where service providers (statutory and voluntary) are invited to promote greater understanding and coordination of available services.

COVID restrictions have severely limited the option for community groups to meet in the ways they have traditionally been used to doing. At the same time, many have begun meeting local needs in new ways. Those individuals who didn't know their neighbours' names are now more likely to be found delivering their shopping for them. As we emerge from lockdown, new opportunities present themselves and we encourage everyone to build on the street level work that has been so vital over the last 12 months.

The need to 'belong' is strong and there are an incredible number of activities and groups in the Rugby community that would welcome people. Unfortunately, some of

the people who would most benefit from joining in these activities are the very people who are hardest to reach and encourage to get involved.

The biggest challenge in engaging those who are socially isolated is **identifying who those people are**. The next challenge is to invite them to and engage them in community activity (recognising that not everyone wants to engage in community activity!). So how do we 'find' these people? GP's are now encouraged to undertake Social Prescribing and may be willing to provide isolated patients with information on voluntary support networks and local activities.

Whilst social media is increasingly used by many older people, those who are most isolated appear least likely to access information by these means. Many other statutory agencies (e.g. The Fire and Rescue Service, the Police) would welcome the opportunity to put isolated people in touch with you and your activity. If these professionals have an awareness of what's on locally, they can make these potential guests aware.

So where do we 'signpost' these people to especially when groups are limited in meeting? Community connections are important – knowing what activities and support services are currently provided and who has space for new members. Before organising new activities or programmes, it is essential to ascertain current provision in the area. It makes sense that you know what's already happening before inadvertently 're-inventing the wheel'.

Warwickshire Community Directory [VCConnect Online Directory - Home Page](http://vcconnectsystem.org.uk) (vcconnectsystem.org.uk) already exists and we strongly encourage the Action Group (and individuals engaged in voluntary groups) to engage with CAVA and ensure activities are listed in the directory.

Co-ordinating activity is important. Consider activities for older people - all of which help reduce loneliness and isolation. We often find that several programmes happen on the same day, but on other days there is nothing available. With a little goodwill and a partnership approach, **activities could be coordinated to ensure that community needs are met**, with no additional effort from the volunteers who run the events. The same applies to youth activities, parents and toddlers, in fact, any community activity! Wouldn't it be better to provide a comprehensive spread of activities across the week rather than make people choose between your event and another?

A more comprehensive programme of community activity can be provided (at no extra effort) when activities are coordinated and not seen to be competing. This is particularly relevant where both statutory agencies and voluntary groups work with the same people.

ROC RECOMMEND the Action Group work with Warwickshire CAVA (Community And Voluntary Action) to promote existing organisations and opportunities one local community at a time and identify where coordinating activities could benefit the community.

Loneliness is a huge problem (with many related issues) but can easily be reduced – **one person at a time**. Although there are existing befriending activities, there are also still lonely people out there, so there are opportunities for diverse approaches.

Have you got an hour to spare each week?

A great idea (all the way from Australia) is to start a social group meeting in the shopping centres. If you already go to the shops, there is no additional transport requirement if the social group meets in the shopping centre (and retail centres are likely to be favourably disposed to anything that 'brings people in' at this time).

'**Linking Lives UK**' offers the opportunity to be part of the solution by becoming a befriender (<https://linkinglives.uk/>). Support, advice and the resources required to set up a project in your community can be provided by Linking Lives.

ROC Care offers a trained befriender volunteer once a week to visit or phone a person who has been identified as socially isolated/lonely by a referral agency. The aim of the befriending scheme is to improve the health and wellbeing of the client. Regular social contact and friendly conversation provides clients with a connection to the outside world, as well as access to services and support within the community. Loneliness is a huge problem (with many related issues) but can easily be reduced – **one person at a time**.

We've focused on social isolation as that is negatively impacting mental health. We've acknowledged the way professional services are being stretched – but is there more that we can do? How do I help someone who comes to our voluntary activity that has mental health issues?

One discussion group touched on 'Mental Health first aid training', acknowledging some voluntary groups had people trained in this area, but that more could be done to provide training to others and share training opportunities.

We RECOMMEND the Action Group research the extent of mental health first aid trained volunteers, consult with professionals and organise training for volunteers.

Raising awareness of the issues and **being a community that accepts and supports those with mental health issues** (thereby reducing the stigma) is a first step which everyone can be involved in. A practical and easy way to begin this process is for all existing community groups to make information available during their activities, signposting people to existing services. Perhaps the Action Group could take the initiative in speaking with Mind www.mind.org.uk (and others), obtaining the leaflets / information, and preparing and distributing the information to local community groups?

Young People

Do you want to know what young people in your community are thinking? There was a very pertinent comment in one group suggesting we need to recognise that different generations view the same community in totally different ways.

It was great to hear from two young people, Jess and Ella and there was considerable discussion about how best to discover the views of the young people of Rugby. All this

information will be passed onto the Action Group to assist them in taking things forward.

You could also ask to be notified when the report from 'The Big Ask' is ready (The Big Ask is a survey that's just finished, run by the Children's Commissioner for England). Click [here](#) to request your copy of the results.

'Communication and Coordination' were themes which flowed throughout all break-out rooms in both sessions of the ROC Conversation. Knowing 'what' is happening, 'who' is organising it and the possibility of people coordinating their efforts, really does seem to be the key to making an even greater impact in the local community. This is particularly important where the statutory agencies are no longer able to deliver some of the services the community has come to expect.

A lot of the discussion brought out the need to listen to the young people themselves.

Look back at the 'Celebrate the Good' activities we identified and you'll find a lot of youth activities listed and this was also referred to in the discussions. There are however a few things we perhaps need to think about in considering younger people in our community.

- What is happening is not necessarily what all young people want (anyone brave enough to ask the group standing on the street what they want?).
- The facilities they desire may be available but not in 'their' local area – young people can be very territorial. (We've met young people standing across the road from a facility they wanted to use but wouldn't go in when another group of young people were using it).
- Many young people want to meet together in a group in a safe place on the street (where there is light and shelter – often a bus shelter – so often situated near to homes). Breakout Group – *Young (mid-teens) with nowhere to go – need more provision – 'please can we just have a shelter with some benches'*. When any group (of any age) gets together, the conversation and noise levels increase. Any group of young people can seem intimidating to older folks. The police are often called to groups of young people who are doing nothing wrong – you can imagine how well that goes down with the young people and the officers!

Based on 'The Celebrate the Good' exercise and our experience of communities, there are a lot of youth activities already being run by voluntary groups and churches in and around Rugby. **ROC RECOMMEND the Action Group research 'what' is happening, 'when' and 'where', and 'who' is running it and produce an on-line youth directory accessible to all.** Don't forget to include schools and their after school activities! This information will help **create a picture of existing youth activities** – but before distributing the information, pause!

Ask yourselves these questions:

- Is youth provision evenly spread across the community or are there gaps in certain areas?

- Is the youth provision available to all – or is it intended for a selective group (e.g. those who attend the school / church)?
- Ask your local police: Is there an issue of youth anti-social behaviour on the street at particular times? How many local youth groups / activities are open at this time?
- Are there youth groups taking place at the same time as each other and are there any days of the week that there is no local youth provision?

Many would like to see more investment in youth facilities and more employed youth workers. But let's face the reality of today and **look at what we can actually do** to improve the current situation. We're also aware that many youth groups have existed for many years and carry on week by week at the same time, same day, same place. The volunteers become used to faithfully serving at this time. But is it the time when the youth group is most needed?

It's also possible that the activities available are not those that young people wish to see – for example, skateboarding seems to be very popular currently. **ROC RECOMMEND the Action Group initiate the organisation of some conversations or school surveys with young people and encourage the young people themselves to actively participate in running these activities.**

The only reliable way to find out is to **ask young people!** If we really want to provide more youth activities, then we need to be speaking to the young people themselves, not just about 'what they want' but 'what are they prepared to do to achieve what they want' (young people tend to appreciate something far more if they have worked to get it).

A word of caution! Ask any group (and young people are no exception) and they will easily provide a 'wish list' of facilities they would like. Unfortunately, a lot of the requests will be prohibitively expensive and impractical. Expect to be challenged: "What's the point of asking us if you can't provide it?"; "Why raise expectations you cannot satisfy?" We suggest you **keep it real and set some boundaries** – "We've got a room we can use 5 nights a week as a drop-in. What facilities would you want to see inside it?" - that's far more deliverable.

We'd also suggest that whatever you are prepared to offer the young people, it engages them in contributing to the development of the club / activity. Cleaning, painting, fund-raising, set-up / refreshment teams on a rota basis – whatever opportunities you can create, for the young people to take some ownership and responsibility for providing their own facilities. We find that '*giving it to them on a plate*' doesn't generate the same respect for premises as when they have cleaned and painted it themselves. Young people are very capable and resourceful, so give some guidance and encouragement and help them to provide for themselves.

Whatever else is suggested, a 'drop-in' of some form will usually be on the list. This is a safe, dry, warm place where teenagers can hangout and meet up. Ideally, this would be with some free refreshments provided; add some background music and a selection from: pool table, table tennis, large screen video games, table activities, and before you know it you have a **ROC Café**. All that is missing is the adult volunteers who love young people, are prepared to work at building a long term relationship and listen to them as they develop the confidence to share with you. Encourage

parents to get involved, we have seen first-hand the impact of a ROC Café when local mums get involved and volunteer. (For more information on ROC Café go to <https://roc.uk.com/roc-cafe>). If Police, Fire and Ambulance staff make a regular habit of dropping in (better still, provide some input e.g. first aid training), it can build positive relationships with the young people and lead to demand reduction!

Schools play an important role in community life. They not only provide an education to our children and young people, but also give support and help to the whole family. Like youth workers, teachers and school staff are influential in a young person's life. Too often they are unappreciated for the work they do, going above and beyond for their pupils. Some Action Groups deliver signed 'thank you' letters to local Primary and post-Primary schools. (template available from the ROC Team). One ROC Action Group leader went a step further. Before half-term break, he sent a 'Biscuit Barrel' filled with biscuits and chocolates to the five primary schools in his area for the school staff to show they were thinking of them and appreciated all they were doing. The teachers were so grateful for this thoughtful and kind gesture.

At a ROC Conversation last year, a former College Principal shared his '**Top 10 things that young people need**' – it was based on a lifetime of teaching and we found it so inspiring, we've shared it in every ROC Conversation report since. Nigel said that young people need...

1. Role Models
2. Guidance
3. Mental Health Support
4. Help to develop resilience & cope with failure
5. Hope
6. Relationships
7. Boundaries
8. The joy of giving to others
9. Self-esteem
10. To be Loved

Ultimately, young people need adults, their parents, family members, teachers, youth leaders, sports coaches and music instructors, to provide them with these ten things. **It is our responsibility.** These things don't cost any money. But they will cost us our time as we invest in our young people and give them all that they need now and for the future.

One Breakout Group reported on the ..

Need for influential role models.

Rugby is a diverse borough within Warwickshire – we need different people of influence from BAME communities.

Positive role models that different people can relate to.

We don't want to lose this comment! Could you become a mentor to a young person? [ROC COMMUNITY MENTORING | ROC](#)

ROC RECOMMEND the Action Group work to encourage and promote consistent safe welcoming local youth activities across Rugby.

Summary of Recommendations

All of these recommendations are subject to COVID restrictions permitting these activities

ROC would **RECOMMEND** the Action Group initially focus on:

Community engagement & Communication

We **RECOMMEND** the Action Group properly map all the existing community activities. Ask the questions: Who is doing What, When and Where?

ROC **RECOMMEND** the Action Group help produce local flyers (and an on-line version) showing 'what's on', 'how to get involved' and details of any 'volunteers required'.

Isolation & Mental Health

ROC **RECOMMEND** (When it safe to do so,) the Action Group dedicate a week as 'Meet the Neighbours' encouraging residents, churches, business, groups and schools to invite their neighbours for a cuppa.

ROC **RECOMMEND** the Action Group organise a CONNECT event where service providers (statutory and voluntary) are invited to promote greater understanding and coordination of available services.

ROC **RECOMMEND** the Action Group work with Warwickshire CAVA (Community And Voluntary Action) to promote existing organisations and opportunities one local community at a time and identify where coordinating activities could benefit the community.

We **RECOMMEND** the Action Group research the extent of mental health first aid trained volunteers, consult with professionals and organise training for volunteers.

Young People

ROC **RECOMMEND** the Action Group research 'what' is happening, 'when' and 'where', and 'who' is running it and produce an on-line youth directory accessible to all.

ROC **RECOMMEND** the Action Group initiate the organisation of some conversations or school surveys with young people and encourage the young people themselves to actively participate in running these activities.

ROC **RECOMMEND** the Action Group work to encourage and promote consistent safe welcoming local youth activities across Rugby

Just as the themed discussions were wide ranging in the subjects they raised, so too the recommended solutions can have impacts beyond the theme they are listed under. Together, the recommendations provide a comprehensive opportunity for the Action Group to make a realistic and significant impact in the local community.



NEXT STEPS



What next?

Moving the talk into action is key. You may be one of the 70 people who said they would like to be involved in the Action Group – and the ROC Team will contact you soon to invite you to the first Action Group meeting which will place via Zoom.

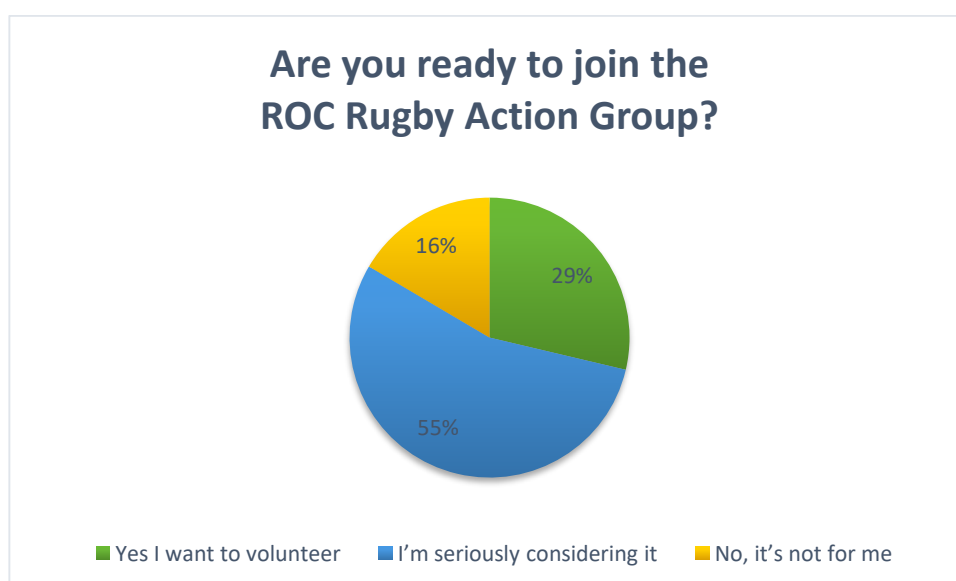
We believe the most significant impact can be achieved if the Action Group make the reduction of loneliness and social isolation amongst all ages, a priority in their work

The Action Group will not be able to tackle all community issues, but we'd encourage them to focus on implementing the **RECOMMENDATIONS**.

We have made recommendations based on what we see working in communities across the UK and we are confident you can make a difference in these areas.

We think one of the most important aspects of the Action Group work is Communication and Coordination. It's so often overlooked when people are busy volunteering.

Remember – the Action Group is not a committee, or a talk shop, it has no standing authority and is simply a group of local people coming together to make a real practical difference in their community.



Action Group

It's vital to keep the momentum going following a ROC Conversation and the first step in achieving this is through the formation of a local Action Group.

The Action Group plays a big part in helping turn conversations into actual results by continuing to connect a willing network of people passionate about transforming their community.

As we've already seen from the 'wishing line', there is a lot of need, but equally a lot of willing resources and skill sets within the community.

By working together, you can not only help meet that need – but also support and encourage each other, pool resources and share ideas.

If you have some free time and skills to offer the **ROC Rugby Action Group**, you are very welcome to join us. To help us get to know you a little better, we would like you to complete a 'pen picture' about yourself. **[Click here](#)** – it'll only take a couple of minutes to complete.

All the raw data collected from both sessions will be passed over to the Action Group to help review the needs and potential solutions in further detail.

Thank you to all those people who have already expressed an interest in being part of the Action Group.

If you have a particular skill to offer, or represent a specific community group or agency and are interested in being part of the Action Group, but did not indicate this on the feedback form, then please don't hesitate to get in touch.



Join the WhatsApp Group. **[Click here](#)** or paste into your browser

<https://chat.whatsapp.com/Bh12DoamdJK3SM7ZtDDAxS>

Rugby

Rugby Action Group Pen Picture

Name	
Contact Telephone / email	
What are you passionate about in Rugby? – a particular people group in Rugby? a particular community/place in Rugby? a particular aspect of community life in Rugby?	
What skills/expertise/space do you have that you could offer to support others passionate about community transformation, either individually or through your agency, group or church?	
Are there other people/agencies/groups/churches you are connected to who might be able to help?	
What time do you have to offer?	
Any other information about yourself that you think might be useful? Other resources you may be able to offer?	
Which of these areas interests you most? (please tick one)	<ul style="list-style-type: none"> ▪ Community engagement & Communication ▪ Isolation & Mental Health ▪ Young People

Email to info@roc.uk.com

Community Action – 101 Great Ideas

We hope the ROC Conversation has inspired you to explore ways in which you could serve your community. To help, we've put this list together of 101 ideas in the hope that it will act as a catalyst to encourage people of goodwill to come together to work for safer, kinder communities.

As with any community work, we'd encourage you to start by finding out what's already happening in your area and seeing how you can support and complement existing good work.

YOUNG PEOPLE & FAMILIES

1. Battle of the bands
2. Run outdoor activities for youth in a local park over the summer
3. Toy exchange
4. Run a dad & kid's club
5. Hold a pre-school breakfast club
6. Organise an after-school homework club
7. Set up a mums and tots group
8. Host a parenting course
9. Set up training schemes for young people e.g. life skills, IT, CV writing
10. Offer practical help to lone parents
11. Collect baby equipment/toys to donate to new parents with limited resources
12. Hold an autism-friendly youth club with opportunity for 'carer coffee time'
13. Organise a free child tutor service
14. Set up an art class for children with special needs
15. Set up a detached youth team
16. Set up a help-out scheme for children and young adults with disabilities
17. Set up a volunteering competition for local young people

ELDERLY

18. Organise a tea dance for elderly members of the community
19. Coffee and cake morning for the elderly
20. Sing at a local nursing home
21. Read letters & newspapers to residents at a local nursing home
22. Make phone visits with the elderly
23. Nursing home nail & beauty bar
24. Deliver meals to elderly residents
25. Become a dementia-friendly community
26. Free transport service for those unable to drive
27. Support a hospital visiting team
28. Ironing service
29. Ask a local school to write letters for elderly residents
30. Offer computer servicing and assistance
31. Offer help with social media

ENVIRONMENTAL & NATURE

32. Clear up overgrown gardens
33. Clean up graffiti
34. Litter pick at your local park
35. Tree planting
36. Tidy up local allotments
37. Tidy up your local park
38. Paint local fences/gates
39. Clear up alleys or stairwells
40. Paint a mural
41. Set up a recycling unit
42. Set up a community vegetable garden
43. Clear up a fly-tipping location
44. Repair damage caused by vandalism
45. Start a 'friends of' for your local park
46. Offer transport and hands in moving large items to recycling centres

HOMELESSNESS & POVERTY

47. Hand out care packages to homeless people
48. Open a soup kitchen
49. Make sandwiches for a local homeless shelter
50. Deliver essential food parcels
51. Offer breakfast, shower and laundry for homeless people
52. Speak to your local foodbank and see how you can help
53. Run a CV writing workshop to help people return to work
54. Host a Christmas dinner for the homeless

COMMUNITY BUILDING

55. Organise a day of kindness e.g. help out in shops, busking, giving out flowers
56. Gather local community groups to exhibit at a community fair
57. Free car wash
58. Hold a summer festival – hog roast, bouncy castle, market stall, crafts and music
59. Host a marriage course
60. Set up a 'time-bank' where people can offer services in exchange for hours back
61. Host a community BBQ
62. Hold a street party
63. Put on a street theatre production
64. Open a community shop e.g. second hand children's clothes
65. Produce a community newsletter
66. Set up a community radio
67. Offer to collect groceries for those unable to in the community
68. Regular community quiz night
69. Set up a book-exchange

70. Knit & natter group
71. Arrange to meet in a coffee shop and get to know your neighbours
72. Create a welcome pack for new residents to the community
73. Set up a 'Random Acts of Kindness' group
74. Organise a community treasure hunt
75. Organise a 'thank you' event for local volunteers
76. Plan a community cultural awareness day
77. Organise a community choir
78. Create a community website or Facebook page
79. Start a neighbourhood crime watch program
80. Turn a local café into a community games room for an afternoon each week
81. Carry out a survey in your area to see where the need is
82. Create a short film about what's already going on in your community
83. Set up a temporary 'street café' offering free food
84. Provide hot drinks to morning commuters
85. Set up a free cinema club
86. Organise a local photography exhibition of your community
87. Organise a basic car maintenance workshop

HEALTH & WELLBEING

88. Arrange a weekly ramble
89. Offer a healthy eating course
90. Health awareness campaign in partnership with a local GP surgery
91. Set up a transportation service to a local doctor's surgery
92. Provide soft or hot drinks outside nightclubs
93. Organise basic reading & writing classes for adults
94. Provide work placement or internship opportunities

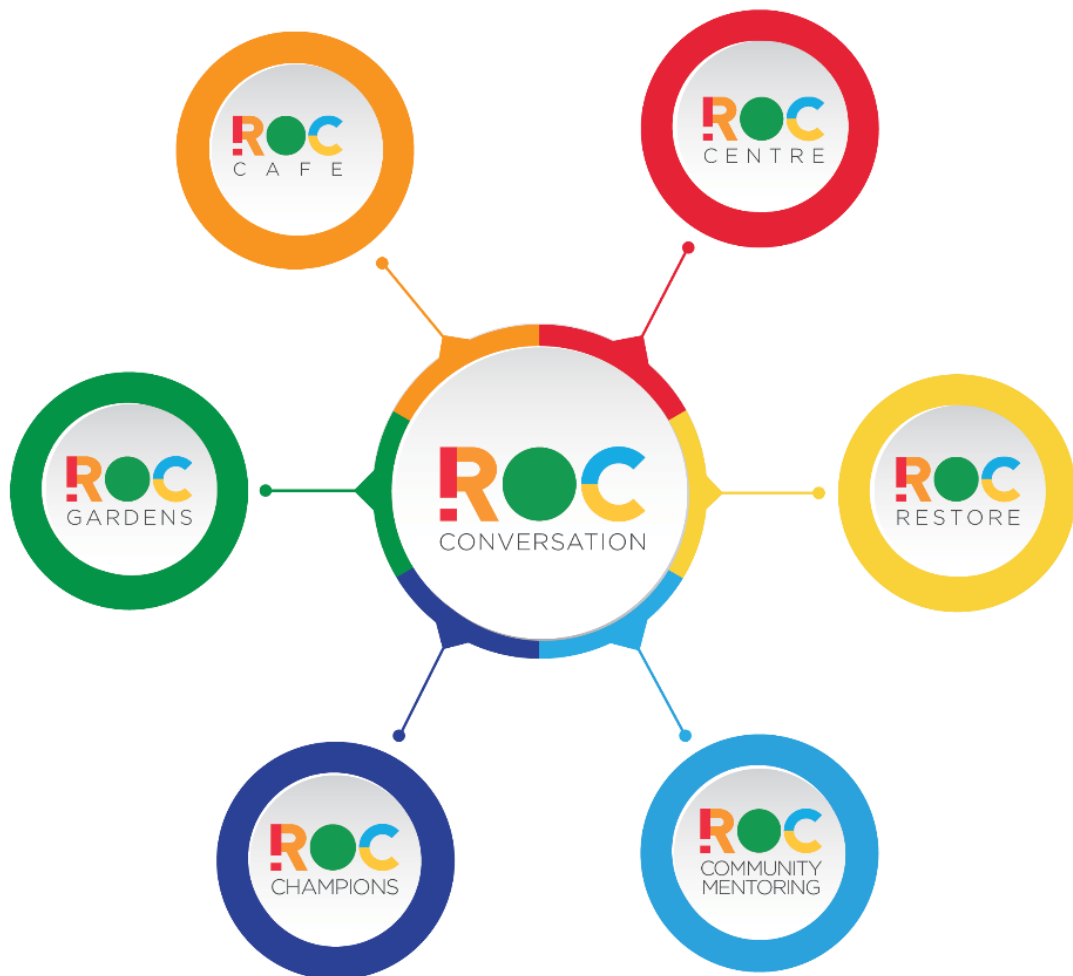
SEASONAL

95. Wrap Christmas presents in the local shopping centre
96. Set up a collection point for a Christmas toy appeal
97. Host an Easter egg hunt for local disadvantaged children
98. Adopt a family at Christmas and buy gifts & toys for them
99. Organise a bonfire party
100. Hold a community carol concert
101. Decorate a community Christmas tree

ROC Programme & Projects

We hope our list of 101 great ideas will inspire you to find small ways of making a big difference. However, once you've started small you'll be amazed how quickly you'll be encouraged to go even bigger.

Take a look at some of our programmes below and if you're interested in learning how a particular ROC project may be a fit for your community, please [contact us](#).



A ROC café is a safe, fun place where young people can come and build relationships with each other and receive support from positive adult role models. Regular activities generally include sports, drama, art, crafts and indoor games which help improve confidence and self-esteem.

A ROC Café is usually open one night a week as an after-school or evening club depending on when there is the greatest need, which is often at the weekend. It is run by local volunteers in partnership with local agencies such as the Police, Fire and Rescue Service and the local Council.



ROC Community Mentoring

ROC Community Mentoring, in partnership with COACH, is a scheme which enables and supports organisations in the delivery of a community strengthening programme. It aims to empower disadvantaged young people and families and build resilience in individuals through one-to-one mentoring.

ROC Tele-mentors is a newly established smaller version of ROC Community Mentoring providing ten sessions of mentoring support to families affected by the ongoing Covid-19 crisis.



ROC Restore

ROC Restore is a form of Restorative Justice (RJ) undertaken by volunteer community members. It is the process of bringing together parties involved in cases of low level crime and conflict into a facilitated meeting. In this meeting, trained volunteers use restorative approaches to agree on a course of action to repair the harm for those involved. ROC Restore's aim is to reduce conflict and re-offending and to make communities safer. ROC Restore was recently awarded the Restorative Service Quality Mark; this demonstrates that we're committed to providing a safe and effective project for the benefit of the community.



ROC Centre

A ROC Centre is a community hub which houses a number of projects under one roof. The Centre is locally owned and locally managed with the support of our experienced team at ROC HQ.



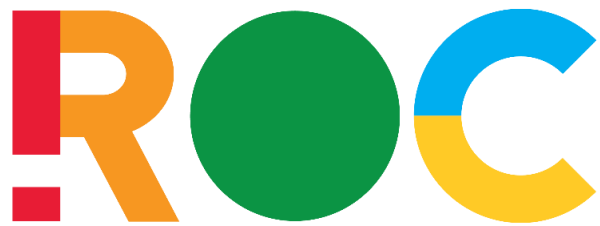
ROC Champions

ROC Champions is a term-time, age appropriate, socially relevant scheme aimed at those interested in setting up peer support in their school or youth group. It trains young people up to become peer mentors and is delivered through workshops over the course of a term.



ROC Gardens

ROC Gardens is an education and training opportunity for the unemployed to learn gardening skills. Practical training takes place transforming overgrown gardens, producing professional results where all proceeds go back into serving the communities. With a great track record of participants finding full time employment, everyone's a winner.



REDEEMING OUR
COMMUNITIES

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@weareroc



/wearerocuk

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