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## OVER £67,500 AWARDED TO INSPIRE PHYSICAL ACTIVITY IN AYLESBURY VALE

**The London Marathon Charitable Trust has awarded a total of £112,500 to inspire physical activity across South Northamptonshire and Aylesbury Vale, with more than half being distributed across the Buckinghamshire district.**

Facilitated and managed by Northamptonshire Community Foundation working in partnership with Heart of Bucks, Northamptonshire Sport, LEAP and other local partners, the fund awards grants to projects that deliver the greatest possible impact for children, young people and those who are less likely to be active.

**Mahuya Kanjilal, Community Development Advisor at Heart of Bucks, said:**

“The London Marathon Trust Fund was an excellent opportunity for us to work with Northamptonshire Community Foundation. Each Community Foundation across the UK works within their own geographical boundary so it was great to be able to share our knowledge and expertise on Aylesbury Vale and support groups from this area to access funding. Credit goes to the team at Northampton for their clear communication and support. We look forward

to working with them again in the future.”

Funding has been awarded to a range of projects, including exercise therapy for people with multiple sclerosis, tennis for people with disabilities, the development of a girls football team, gardening sessions for disadvantaged people and a sport street outreach programme to encourage young people to make healthy lifestyle choices.

**Victoria Miles, CEO of Northamptonshire Community Foundation, said:**

“Working in partnership with the London Marathon Charitable Trust to distribute their funds to much needed sports projects in South Northants and Aylesbury Vale has been truly successful and has once again demonstrated a Community Foundation’s ability to reach the communities it knows well and serves. We are delighted to be working with them on this grant funding programme.”

**Applications for the next round of funding for the London Marathon Charitable Trust Fund will re-open in 2020.**

# CHANGING OF THE GUARD!

*Heart of Bucks is pleased to welcome Henry Allmand as our new Chief Executive*

Following Peter Costello's departure to relocate to Scotland we were left with some big shoes to fill and knew how important it was to get the right person to take on the job of leading our organisation, in what is undoubtedly a challenging time for the third sector. We are therefore delighted that we can now announce the appointment of Henry Allmand as our new Chief Executive. We are very excited at the prospect of Henry joining us at the beginning of September and look forward to introducing him to many of you as he settles into the role. Meanwhile, you can read more about Henry and his varied community interests below.

*A message from Henry:*



I'm delighted to be joining the Heart of Bucks team and to have the opportunity to get involved in all the amazing work being done by the staff, trustees and of course all the organisations we provide funding and support for. I'm also looking forward to getting to know our generous donors, without whom, many outstanding projects and initiatives across the county would not be possible.

It's incredibly exciting to start my journey in the third sector in such a vibrant and engaging team. I'm pleased to have had the opportunity to meet all the staff and trustees during the recruitment process, and I was impressed with how passionate they were about their roles and responsibilities in making the community of Buckinghamshire the best possible place it can be.

First and foremost, a team of people who care about their community is somewhere I know I'll fit in well. As a long term resident of Bucks, having attended school locally and with many family and friends living here, I am enthusiastic about the local area and I want to play my part in ensuring all parts of our wider community continue to grow and develop in a positive and inclusive way.

Since leaving university, where I studied Criminology and subsequently Political Science, I've spent my career working in local government in Bucks. I have experience in delivering a diverse range of public services including welfare benefits, homelessness prevention, social housing development, waste & recycling, the built environment, community safety and commercial services. As a senior manager within local government, I thoroughly enjoyed my time working hard for the people of Buckinghamshire and I hope that my experiences in this sector and my local knowledge will be of use in my new position at the Heart of Bucks.

Away from work, I've previously been a trustee for a Bucks charity focused on providing support to elderly residents in the county and I currently volunteer as a mentor for pupils in local secondary schools. Both of these experiences have been rewarding and challenging in equal measure, so I have seen first hand the value that the third sector brings to the local area and the significant impact that my volunteer colleagues have had on very different demographics of society. I am also fortunate enough to be employed as a part-time Reservist in the British Army, which has given me a strong sense of appreciation for all our armed forces and I am particularly interested in how our veteran military personnel are supported in civilian life. While these roles are very different in many ways, they've each taught me personally a great deal about the value of getting involved in the local community and giving back time and energy to causes that matter.

There are many people across the county working tirelessly to ensure that we maintain a sense of community in these turbulent times. It's fair to say the aspect of my new role I'm perhaps most looking forward to is working alongside our donors, and developing partnerships with people and organisations across Buckinghamshire.

If you care deeply about your community, or just simply want to talk all things Buckinghamshire, then please do get in touch as I'd love to speak to you!

# IMPACT STORY: AYLESBURY VALE CHILD CONTACT CENTRE



**Project:** Contribution to Coordinator salary and running costs of the centre

**Grant:** £5,000

**Fund:** Comic Relief Local Communities

**Impact category:** Physical & mental health, wellbeing & safety

**District:** Aylesbury Vale

**Aylesbury Vale Child Contact Centre is place of safety where children who have lost contact with a parent, usually as a result of family breakdown, are able to see, play and try to develop a relationship with the non-resident parent.**

Often families are unable to resolve access arrangements themselves, because their relationship is so poor or violent, or a court may make a referral to a Contact Centre so that a parent who has had criminal or addiction issues in the past, can see their children in a safe place. The centre also provides resident parents with the reassurance that their child will be safe when being seen by the other parent.

This grant was primarily spent on supporting the Coordinator, who is pivotal to the running of the centre and ensures that families who live in crisis and unhappiness can reinstate relationships with their children.

**Veronica Corben, Chair of Trustees for the centre said:** "Without the Coordinator, the centre would not exist. The volunteers rely on her specialist experience and ability to work with damaged or fraught parents and unsettled children to try and put some love and laughter back into these families.

"By enabling children to develop relationships with both parents they are able to operate as a happier person, and are more likely to achieve in life and be fulfilled. We see children grow emotionally and become more stable mentally when they know and have a bond with the non-resident parent."

The Coordinator possesses the knowledge and skill to manage parents in crisis, liaise with courts and the probation service, and mediate between feuding parents and is the only paid member of staff at the centre. The rest of the workforce is made up of a team of dedicated volunteers who help to keep the running costs of the centre as low as possible.

The grant also partially contributed towards the centre's annual rent, enabling them to continue offering their free service to families in Aylesbury Vale.

"Thank you very much for enabling us to continue to provide this niche but desperately needed service for families in crisis." – Veronica Corben

# FUNDING OPPORTUNITIES

## *Kop Hill Climb fund*

Grants available: up to £5,000

Priorities:

- Projects that clearly illustrate social inclusion or wider need
- Projects which are new, or existing projects looking to expand their reach
- Particular priority will be given to Princes Risborough and surrounding areas

Please visit our website to view a map of the priority areas for this fund.

Closing dates:

Midday 2nd October (expression of interest)  
Midday 6th November (full application)

[Find out more and apply >>](#)

## *#iwill fund*

Grants available: £5,000

Priorities:

- Projects that seek to increase participation in youth social action for those who might not usually take part
- Youth social action projects aimed at children aged 10-14 years
- Projects which encourage young people to continue campaigning, fundraising and/or volunteering once the funding stops

Closing dates:

Midday 28th August (expression of interest)  
Midday 18th September (full application)

[Find out more and apply >>](#)

## BUCKS BIG SOCIETY BANK

**Heart of Bucks administers the Bucks Big Society Bank, awarding loans of between £1,000 and £25,000**

### **A loan may be suitable for your organisation if:**

- You're looking to purchase equipment to benefit immediately, and then raise funds
- You're planning a change of business model to improve long-term sustainability
- You require a bridging loan or cash flow financing to cover a short-term period where alternative funding will be forthcoming

Loans are interest-free and unsecured. An annual associate fee is payable to Heart of Bucks; this is calculated on the initial loan amount.

[Click here to find out more.](#)

# KIND DONATION FROM AUSTRALIAN MAN AFFECTED BY BUSH FIRE



**On 13th January 2013, a mega-fire tore through the Warrumbungles National Park in New South Wales, Australia.**

Fortunately no lives were lost in the fire. However, it scorched 56,000 hectares of land and 95% of the National Park. A total of 56 homes were also destroyed and 28 firefighters were injured in their attempts to control the fire.

John and Jan Shobbrook were living in one of the 56 homes which were destroyed. They lost their home, their lifestyle and every treasured item they had ever owned.

At the time of the fire, John was preparing to build a replica of the Mini Cooper in which Paddy Hopkirk won the 1964 Monte Carlo rally. Sadly, the partly prepared Mini Cooper was also destroyed.

A pair of rally seats were subsequently found in the UK, having not yet been shipped to Australia. John requested that half of the money obtained

from the seats should be donated to a charity of Paddy Hopkirk's choice.

In June we received that donation of £100 on behalf of John.

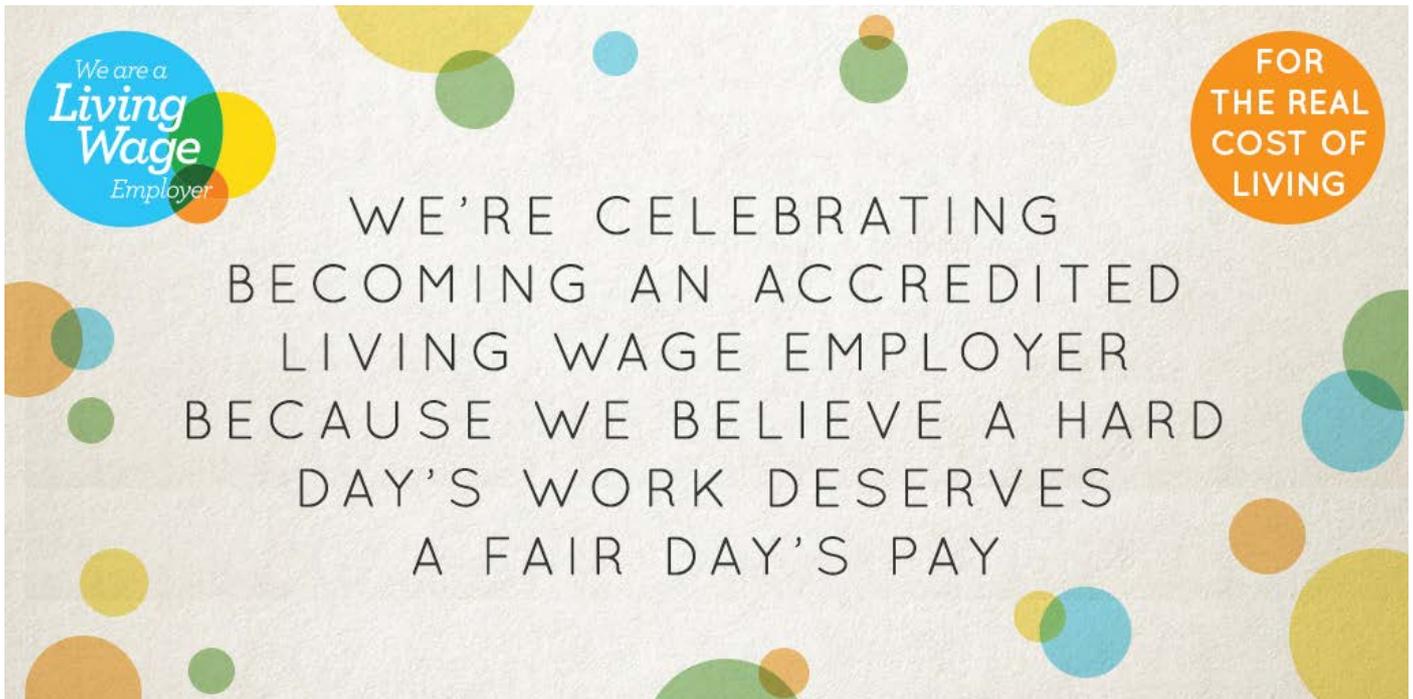
From all at Heart of Bucks, our heartfelt thanks go out to John for his kind donation which is as a result of this terrible disaster.

Paddy Hopkirk MBE is a patron of Kop Hill Climb, a festival that celebrates the history of motoring. The event includes lots of cars and bikes, plus great food, great music and great entertainment for the whole family. The funds raised at the event are then awarded in grants by Heart of Bucks in partnership with KHC.

To book your tickets for this year's event, taking place on 21 and 22 September, please visit the Kop Hill Climb website.

[www.kophillclimb.org.uk](http://www.kophillclimb.org.uk)

# HEART OF BUCKS CELEBRATES COMMITMENT TO REAL LIVING WAGE



**Heart of Bucks has become accredited as a Living Wage Employer. Our Living Wage commitment will see everyone working at Heart of Bucks receive a minimum hourly wage of £9.00. This rate is significantly higher than the government minimum for over 25s, which currently stands at £7.83 per hour.**

The South East is a region where 17% of all jobs pay less than the real Living Wage – this is equivalent to around 635,000 jobs.

The real Living Wage is the only rate calculated according to the costs of living. It provides a voluntary benchmark for employers that wish to ensure their staff earn a wage they can live on, not just the government minimum. Since 2011 the Living Wage movement has delivered a pay rise to over 160,000 people and put over £800m extra into the pockets of low paid workers.

**Carolyn Clarke, Operations Manager at Heart of Bucks said:**

“As a registered charity that works at the heart of our community we are aware of how challenging it can be for people working in the third sector.

In line with our mission statement, we aspire to make our community a better place to live, work, play and do business. We are proud to pay the real Living Wage and view it as a worthwhile investment in our staff team.”

**Tess Lanning, Director, Living Wage Foundation said:**

“We’re delighted that Heart of Bucks has joined the movement of over 4,700 responsible employers across the UK who voluntarily commit to go further than the government minimum to make sure all their staff earn enough to live on.

“They join thousands of small businesses, as well as household names such as IKEA, Heathrow Airport, Barclays, Chelsea and Everton Football Clubs and many more. These businesses recognise that paying the real Living Wage is the mark of a responsible employer and they, like Heart of Bucks, believe that a hard day’s work deserves a fair day’s pay.”

[Find out more about the Living Wage](#)

# SEEING IS BELIEVING: EMPOWERING WOMEN IN BUCKS



**On Tuesday 16th July a group of representatives from Heart of Bucks attended a 'Seeing is Believing' tour, visiting three fantastic organisations in the south of the county that are working to support women and families.**

The group included Julia Upton MBE, High Sheriff of Buckinghamshire, together with Heart of Bucks donors, staff and chairman, the Countess Howe DL.

The tour started with Women's Cultural Arena, an organisation established in 2016 that strives to bring together women from diverse cultures and different ethnic backgrounds for mutual recognition, support and celebration through events, artistic creativity, and education. We met with Arunthathi, their creative director and some of the group's members to learn about how they are bringing people together through art and their community allotment, as well as encouraging zero-waste through their community fridge.

Next we visited Meet & Mingle, a charity that aims to help to build self-esteem, confidence and networking within the community, as well as provide support for women living with cancer. The group focuses on providing healthy living

activities for women and when we arrived at the visit they were midway through an Indian-inspired Zumba class. From observing the amount of fun they were having and seeing the joy on their faces, it was obligatory that we joined in too! For just £10 a year, their members have access to a range of activities from fitness classes to art, in turn helping to reduce isolation, loneliness, depression, stress and long-term illnesses.

Our final stop was at Restore Hope, set in a beautiful location in Latimer the charity boasts 365 acres of land which they utilise in various ways, offering a wide range of life skill, personal development and educational courses that inspire, train and equip people with skills that enable them to flourish. After meeting a selection of mothers who shared their inspiring stories of growth and change with us, we learned about the hugely positive impact Restore Hope is having. It was evident from meeting various members of the staff team that they go above and beyond to help and are always listening and learning in order to meet the needs of their service users.

We were also pleased to be able to make use of the services provided by Chilterns Dial-a-ride to get around the county during the day.

# VISIT TO WINSLOW ACTIVITY CLUB



**On 12th July Mahuya Kanjilal, our Community Development Advisor, visited Winslow Activity Club at Southcourt Baptist Church in Aylesbury.**

“Winslow Activity Club meets every Friday from 9.30 to 12.30. They provide activities for adults with learning disabilities and their carers, many of them are wheelchair users. The day I visited the group were making ‘Gingerbread men’ facilitated by Heather and Jackie, the club’s trained therapists. Most of their members have severe to moderate learning disabilities. Some of them made well-decorated gingerbread, but for

a few it was hard work, however they persevered with the help of their carers.

“In addition to the planned activities, the club also has a sensory room where they offer massage to their clients. With soothing light and music, the sensory room creates a calming effect and many of them attend the club purely for this.

“The club offers essential social engagement opportunities for their members and provides a safe meeting place for people who wouldn’t go out otherwise. One of the long-standing members said he enjoys meeting the same people and another loves having coffee at the club.

“Having changed venue in 2018 due to the closure of the Winslow Centre for redevelopment, Jackie explained that Southcourt Baptist Church is a good venue for them as it is highly accessible for wheelchair users and members can roam around all the rooms and the church hall. Since they moved from their previous venue their numbers have increased slightly and all the old members have remained.”

## 16 PEOPLE IN BUCKS RECEIVE HONOURS

### The Queen's Birthday Honours List 2019

The Queen’s Birthday Honours List 2019, published on Saturday 8 June, recognises the outstanding achievements of people across the United Kingdom.

The list includes a number of people from Buckinghamshire including Heart of Bucks President, Sir Henry Aubrey-Fletcher and Graham Peart, former Chair and Trustee for Heart of Bucks and current committee member.

**Our congratulations go to all of the people who received an honour this year. To see the full list of honours in Bucks [please click here.](#)**

# WELCOME TO OUR NEW TRUSTEE: MARK BRADBURY

We are pleased to announce that Mark Bradbury has been appointed as a trustee following our June board meeting.

Mark has worked in high street banking all of his working life and for the last 20 years has lived and worked in Buckinghamshire. He is married with three daughters, who are all state educated in the High Wycombe area.

Mark has been fortunate enough to work with many local businesses and individuals and Heart of Bucks gives him an opportunity to give something back to the community.



## UPCOMING EVENTS

**05**  
August

### **Funding consultations: Wycombe**

Venue: Wycombe Museum, HP13 6PX

Details: 45 minutes slots available between 10am - 4pm

[Click here for more information](#)

**12**  
August

### **Funding workshop: #iwill fund**

Venue: Heart of Bucks offices, HP19 8FQ

Time: 3pm - 4pm

Details: Information and guidance for grant applicants

[Click here for more information](#)

**02**  
Sept

### **Funding consultations: Wycombe**

Venue: Wycombe Museum, HP13 6PX

Details: 45 minutes slots available between 10am - 4pm

[Click here for more information](#)

**17**  
Sept

### **Funding consultations: Chiltern & South Bucks**

Venue: Chiltern District Council offices, HP6 5AW

Details: 45 minutes slots available between 10am - 4pm

[Click here for more information](#)