



Living Well at Any Age – Sharing Best Practice 2019

Connect. Support. Inspire.

www.strongerkentcommunities.org.uk/events



A Stronger Kent Communities Conference: Living Well at Any Age—Sharing Best Practice

Join third sector colleagues from across Kent working in health, youth, age 50 plus and family projects to network, share best practice and gain practical tips and tools to strengthen and support your organisation and improve your practice.

Date	Thursday 5 September
Time	10.15–14.15
Venue	The Angel Centre , TN9 1SF

[Book Online Now](#)

[View the full conference programme](#)

Highlights

- [Our Panellists](#): Kent Charity of the Year Oasis Domestic Abuse Service, Rural Kent’s Coffee Caravan, Headstart Kent, Kent Arts and Wellbeing, The National Lottery Community Fund.
- [Seminars](#) providing practical tips and tools for your professional development on fundraising, governance, volunteering, digital, and more.
- [1-2-1 sessions](#) with Funding For All and Kent Community Foundation. 1-2-1 organisation ‘health check’ information with SKC Building Communities workers and SKC Employer Supported Volunteering advice.
- Zoned networking opportunities with your voluntary sector colleagues.

Who should attend?

This event is aimed at CEOs, staff, trustees, volunteers and supporters of charities, voluntary organisations, community groups and social enterprises across Kent linked to our conference themes of health, youth, age 50 plus and family.

Everything from tackling social isolation, improving life chances, independent living, improving health and wellbeing, combatting loneliness, supporting families, enabling people to reach their full potential, youth and age 50 plus projects, social clubs, referrals services, Over 50s forums, befriending and mentoring schemes, health charities and services, dementia and domestic abuse services, cancer, mental health and bereavement support groups & more.

[Book online now](#)

SKC Conference Programme

09:45	Registration Zoned networking and refreshments Book your 1-2-1 sessions
10:15	Introduction from SKC
10:20	<u>Morning Plenary – Sharing Best Practice</u> Top 5 tips for fundraising, volunteering, community engagement—turning obstacles into successes—from our speakers.
10:45	Seminar 1 – choose <u>one</u> from the group below (<u>See full programme HERE</u>)
	Fundraising: Demonstrating Impact – Showing Funders your Project Makes a Difference
	Volunteering: Best Practice in Volunteer Recruitment Retention and Management
	Digital: Harnessing the Power of Social Media (including photo and video)
	Wellbeing: Resilient You
11:50	Seminar 2 – choose <u>one</u> from the group below (<u>See full programme HERE</u>)
	Fundraising: Developing a Fundraising Strategy
	Governance: Diversifying your Trustee Board—Reducing the average age of your trustees from 57
	Marketing: Event Management and Working with Businesses
	Marketing: How to get your Stories in Print and Broadcast Media
12:50	Lunch Zoned networking, buffet and refreshments
13:30 - 14:15	<u>Afternoon Plenary – Sharing Best Practice</u> Facilitated best practice table discussions and answers to your burning questions from the panel and the floor (questions submitted throughout the day).
13:10 - 15:00	<u>1-2-1 advice sessions</u> with Funding For All fundraising mentors (20 minute sessions)
13:15 - 15:00	<u>1-2-1 sessions</u> on how to make SKC Employer Supported Volunteering work for your organisation; find out about getting a ‘health check’ for your organisation with SKC Building Communities workers (15 minute sessions)
13:15 - 14:15	<u>1-2-1 sessions</u> with funding expert from Kent Community Foundation (15 minute sessions)
14:15 - 15:00	Optional Networking

10:45 – 11:45 Seminars – choose one of the four below

[Book Online Now](#)

1. Volunteer Recruitment, Retention and Management

- Best practice tips on volunteer recruitment, retention and management
- Explore questions such as ‘what are some of the most common ways we go wrong with volunteering’ and ‘why don’t we have enough volunteers?’
- What does best practice look like and what can your organisation do to achieve it?
- SKC REVAMP training – what is it and why should your organisation sign up?
- Q&A

Alex Krutnik is chair of Stronger Kent Communities and CEO of Canterbury and Herne Bay Volunteer Centre. He runs the prestigious quality mark for volunteer involving organisations - Recognition of Excellent Volunteer and Management Practice (REVAMP).

<https://strongerkentcommunities.org.uk/>
[@strongerkent](#) [@strongerkentcomm](#)

2. Developing a Fundraising Strategy

Funding For All is a charity that exists to mentor small to medium charities, voluntary organisations and community groups across Kent and Medway in bid writing skills, funding strategy, business planning, tendering, legacies and developing budgets.

3. Harnessing the Power of Social Media

- The big picture: how can social media raise your organisations’ profile and attract media attention?
- Getting to grips with the basics - focussing on facebook and twitter
- 10 Tips on improving engagement and increasing likes, follows, shares and retweets on facebook and twitter
- Top 10 tips on what makes a good photo and video for social media and how to do it
- Q&A: bring your burning social media, video and photo questions with you.

Simon Dolby is Chief Executive at Inspire Schools/KM Charity Team, which delivers adrenaline events to help charities fundraise and supports initiatives to promote health and wellbeing, particularly with primary school children. It provides a wealth of expertise through training and collaborative events and hosts awards including Kent Literacy Award. It manages the Charity of the Year for the KM Group and is launching the inaugural Kent Volunteering awards in partnership with the Lord Lieutenant of Kent - deadline October 2019.

www.inspireschools.org.uk
www.kmcharityteam.co.uk [@InspireSchools1](#)

4. Resilient You

Resilience is the ability to protect ourselves in a healthy way... and get back up if life knocks us down. Strong resilience links to enhanced wellbeing, life satisfaction, self-esteem, happiness and confidence. In this seminar, we will look at three practical tools that you can use to manage stress and ‘get back in the driving seat’!

Joe Cheal is the Lead Imaginarian and Trainer at Imaginarium Learning & Development. He focusses his training, coaching and consultancy experience within businesses and has worked with a broad range of organisational cultures and sectors, helping thousands of people revolutionise the way they work with others. He is the author of ‘Solving Impossible Problems’, ‘Who Stole My Pie?’ and the co-author of ‘The Little Book of Resilience’, ‘The Little Book of Persuasion (Updated)’, ‘The Relationship Dance’ and ‘The Model Presenter.’

<http://imaginariumdev.com/>

11:50 – 12:50 Seminars – choose one of the four below

[Book Online Now](#)

1. Diversifying your Trustee Board

- The benefits of a diverse board—reducing the average age of trustees down from 57
- How to break down barriers within your organisation that limit it from seeing these benefits
- Best practice tips and tools on recruiting/training and mentoring young people to take on trustee roles
- SKC Fresh Perspectives training – what is it and why should your organisation sign up?

Sarwah Mhanna runs Stronger Kent Communities' Fresh Perspectives project, which works with trustee boards and recruits, trains and mentors young people to become trustees across Kent.

<https://strongerkentcommunities.org.uk>
[@strongerkent](#) [@strongerkentcomm](#)

2. Demonstrating Impact – Showing Funders your Project Makes a Difference

A charity that exists to mentor small to medium charities, voluntary organisations and community groups across Kent and Medway in bid writing skills, funding strategy, business planning, tendering, legacies and developing budgets.

<https://www.fundingforall.org.uk> [@fundingforall](#) www.facebook.com/fundingforall.org.uk

3. How to Get your Stories in Print and Broadcast Media

- How to write a press release
- Suitable content for a press release
- What interests the media? How to find an angle that grabs media attention
- The benefits of case studies and photos
- How to contact print/broadcast media
- Ways to share your stories on broadcast media
- Q&A

Libby Sutcliffe is a News Editor at BBC Radio Kent and has a background in print journalism.

BBC Radio Kent is the BBC Local Radio service for Kent and parts of southeast London. It broadcasts on FM on 96.7 (West Kent) 97.6 (Folkestone area) and 104.2 (East Kent) and DAB. It has a weekly audience of 179,000 listeners. Programming is produced and broadcast from its Tunbridge Wells studios.

<https://www.bbc.co.uk/radiokent>

4. Event Management and How to Work with Businesses

- How to plan an event
- Tips and tools / What to consider
- Managing the day
- Post-event tips
- 10 Top Tips for engaging and working with businesses

Emma Bowles is Senior Events Manager for Ellenor, which aims to lead and coordinate the best quality personalised care and support for all ages. Ellenor ensure that all families facing terminal illness get the right support in the best place possible, enabling them to make the most of the time they have.

Panellists

Deborah Cartwright, CEO, Oasis Domestic Abuse Service

Oasis Domestic Abuse Service won Kent Charity of the Year 2019 in the KM Charity Team awards. The service has been working to support people affected by domestic abuse for 25 years. It aims for a world free from abusive relationships and its mission is to develop innovative responses to domestic abuse that increase safety for victims, rebuild lives and create lasting change. This involves prevention, safety, building resilience, advocacy and empowerment.

www.oasisdaservice.org/ @OasisDAService
[@workingtoendviolenceandabuse](#)

Lauraine Griffiths, Project Manager, Headstart Kent

HeadStart Kent is part of Kent County Council's Early Help and Preventative Services. The programme is funded by [The Big Lottery Fund](#) and aims for Kent's young people and their families to have improved resilience, by developing their knowledge and lifelong skills to maximise their own and their peers' emotional health and wellbeing. HeadStart Kent works with schools, families and within communities and has been designed with young people at its heart.

www.headstartkent.org.uk/ @HeadstartKent

Kathy Budgen, Rural Community Development Officer, Rural Kent, Joint Project Manager, Coffee Caravan

The Coffee Caravan helps to tackle isolation and loneliness by providing a mobile pop-up cafe and information hub, free to communities and open to all. The Coffee Caravan is currently funded by Stronger Kent Communities, Engaging Kent CIC, the Government and the National Lottery and Intuiti Solutions LTD. Rural Kent offers support and advice to community organisations and believes nobody should be at a disadvantage simply because they live or work in a rural location.

www.ruralkent.org.uk @RuralKent

Ken Scott, Co-Founder, Kent Arts and Wellbeing

Kent Arts and Wellbeing (KAAW) promotes, designs and develops creative activities that deliver improved wellbeing for individuals and communities. It does this by creating opportunity, building the capacity to deliver arts-based activities and brokering activities between commissioners and artists.

Ken Scott chairs Maidstone Area Arts Partnership, an umbrella body representing around 50 arts organisations and Maidstone's Older People's Task and Finish Group, seeking to develop strategies for older people. He is a member of Maidstone's Health and Wellbeing Board, active in Building Dementia Friendly Maidstone and the Kent Dementia Action Alliance Cultural Arm. <https://kentartsandwellbeing.org.uk>
[@kentartsw](#)

Jane Haddock, Funding Manager, The National Lottery Community Fund

The National Lottery Community Fund funds projects and activities that transform communities, protect heritage, and enrich lives through arts, sports and culture. It believes communities come in all shapes and sizes, that people understand what's needed in their communities better than anyone, and listens, collaborates and funds, so that good things happen. In 2017/18 it awarded over £500 million, and 90% of its grants were under £10,000. The National Lottery Community Fund distributes over £600m a year to communities across the UK.

www.tnlcommunityfund.org.uk/ @TNLCommFund
[@TNLCommunityFund](#)

13:15—14:15

15-minute funding advice sessions

**Bruce Topham, Funds Manager,
Kent Community Foundation (KCF)**

KCF helps individuals, families, organisations, trusts and foundations establish and administer their own charitable funds to support the causes that mean the most to them in Kent and Medway. It has distributed over £34 million in grants, and provides financial support to hundreds of charities and deserving causes each year – particularly small, local charities, where a modest sum of money can make a significant impact. Its mission is to proactively create strong local communities by connecting those who want to help with those seeking help.

www.kentcf.org.uk @kentcommunity

13:10—15:00

20-minute funding advice sessions

**Claire Haffenden, Interim Development
Manager, Funding for All (plus one Funding
For All mentor)**

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<https://www.fundingforall.org.uk>

@fundingforall

www.facebook.com/fundingforall.org.uk

1-2-1 Sessions

Please book these sessions at the SKC Welcome desk on the day of the event.

Spaces are limited and filled on a first-come, first-served basis.

Please only book these limited sessions if you have a project you would like to dis-

13:15—15:00 15-minute sessions

**Wendy McGeachy, Employer Supported Volunteering,
Stronger Kent Communities**

Find out how Employer Supported Volunteering could help your organisation and what types of volunteer opportunities work best for businesses and employees.

Stronger Kent Communities (SKC) has a privileged position within Kent as Kent County Council's chosen voluntary organisation to provide support to the voluntary sector. SKC is a voluntary sector consortium made up of Action with Communities in Rural Kent, Ashford Volunteer Centre, Canterbury and Herne Bay Volunteer Centre, Kent Coast Volunteering, North West Kent Volunteer Centre, Swale CVS, West Kent Extra. Wendy McGeachy is also Community Development Manager at Imago.

13:15—15:00 15-minute sessions

**Eva Heywood, Building Communities Worker,
Stronger Kent Communities**

Find out about our newest project, which offers organisation health checks, and how it could help strengthen your organisation.

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<https://strongerkentcommunities.org.uk/>

Plenary Sessions

<p>10:20 – 10:40</p>	<p>What works to engage the public, the decision makers and the people your organisation is there to help? Top best practice examples looking at fundraising, community engagement and volunteering successes of our panel.</p>	<p>Deborah Cartwright, CEO, Oasis Domestic Abuse Service; Ken Scott, Co-Founder, Kent Arts and Wellbeing; Kathy Budgen, Rural Community Development Officer, Rural Kent, Joint Project Manager, Coffee Caravan; Lauraine Griffiths, Project Manager, Headstart Kent.</p>
<p>13:30—14:15</p>	<p>Facilitated best practice table discussion on challenges and successes with the panel answering your burning questions submitted throughout the day. Plus contributions from the floor.</p>	<p>The above panellists are joined by Jane Haddock, Funding Manager, The National Lottery Community Fund to answer your questions submitted throughout the day.</p>

Venue

[Angel Centre](#) is situated in the centre of Tonbridge on Angel Lane; Tonbridge Station is a 5/10 minute walk away.

PARKING PERMITS: Angel Centre can provide 3-6 hour permits (£4.70) 6 + hours (£5.90) for conference delegates. Take your reg number to Angel Centre reception to get your permit and pay (cash/card). You can park in the short stay carparks with this permit either side of the centre.

Normal **car parking** is pay and display. Closest **LONG STAY** is [Sovereign Way Mid](#) TN9 1RG 6hrs £4.70, 23 hours £5.90. Short stay car parks outside Angel Centre (maximum 4 hours) £1.20 for 1 hour.

