



Washington Area News - 15th February 2021

Active Sunderland School Holiday Club

Half-Term is finally here and whilst we may not be able to go to our usual activities and clubs, there are still plenty of opportunities to stay active during the holidays when you join our brand new Active Sunderland School Holiday Club.

Everything you need is here and over on our [Facebook](#) page, it's all free and most importantly it's all fun!

Staying home and staying local this half-term won't be boring with daily challenges for the whole family, delicious recipes and the return of our very popular park trails. To inspire you each day look out for daily Disney and superhero workouts on our [Facebook](#) page.

You can even track just how active you are by downloading our Step Up Sunderland app. Count your steps and let us know how many you have done by the end of the holidays. Find us on [Facebook](#) and [Twitter](#) for more ideas to keep the family active and healthy as well as upcoming events throughout the year.



SHOUT OUT TO ANY BUDDING YOUNG MUSICIANS, WRITERS, POETS OR PERFORMERS FROM SUNDERLAND!

Sunderland's Mercury Award nominated band Field Music and poet Paul Summers are looking for young people aged 13 – 19 years interested in developing their own music and lyrics for a performance at Arts Centre Washington in the Spring. All levels of experience welcome.

Sessions with the artists will run every Saturday 12 – 1pm starting Saturday 20th February over Zoom until the lifting of restrictions allow us to meet at Arts Centre Washington. Everyone is welcome and it is all FREE.

For more information visit
www.artscentrewashington.co.uk

Sunderland
City Council



**40 PROJECTS
ARTS CENTRES**

Here and Now: 40 new projects taking place in and around 40 arts centres as part of a national and local celebration of culture within communities.

Future
Arts
Centres



WWW.HERE-AND-NOW.ORG.UK



Sunderland Soft way city are running the North East's largest tech recruitment event, **Tech Talent 2021** returns this month. Now taking place online on **24 February**, the event will connect talent in tech with the latest opportunities in the region. Available roles will range from apprenticeships and entry level careers, to mid and senior level jobs. Some of the amazing exhibitors who have already signed up include tombola, Grid Smarter Cities, Atom Bank, DWP Digital and Baltic Training Services. Plus, Tech Talent's sponsor Avande will be recruiting for various positions at its Newcastle Technology Centre.

For more information about Tech Talent and to get your free delegate ticket, visit www.techtalentjobs.com

WINTER EYE HEALTH

The winter weather has arrived, and it's time to protect your eyes, especially as the pandemic may mean you are spending more time indoors. Here are some of the ways that winter can affect your eye health, and some tips for prevention.



WINTER SUN



Sunglasses aren't just for summer. Snow and ice are reflective, so the sun's rays can reach your eyes from below as well as above. The low sun in winter can be dazzling, so wear sunglasses on sunny winter days, particularly when driving.



If you wear glasses, ask about having anti-reflection coating on the lenses to reduce the effects of sun glare while driving.

DRY EYES

Central heating can make already dry eyes feel worse. There are some simple steps you can take to feel more comfortable:



LOWER THE TEMPERATURE IN ROOMS WHEN POSSIBLE.



OPEN WINDOWS, EVEN FOR A FEW MINUTES.



Use a humidifier, or have a bowl of water near the radiator to help humidify the air.

You can get moisturising eye drops or ointments over the counter from your optometrist or pharmacist if you need to.



WINTER LIGHTING

Many people will be working from home this winter, and lighting is very important. You will see better in bright light than in dim light, so you might find that you need to wear your glasses more when the lighting is poor. If you have problems seeing in low light, we recommend:



Sitting close to a window during the day if you need to see something clearly, like the text in a book or magazine.



HAVING GOOD LIGHTING CLOSE TO YOU AT HOME WHEN YOU NEED IT, INCLUDING A LIGHT SOURCE LIKE A DESK LIGHT.

Spending time outside. There is evidence that encouraging children to spend time outdoors could reduce the onset of myopia, so do try and make sure they have some time outside each day.



INCREASED SCREEN TIME

During the pandemic, you may have found that your screen time has increased as you stay indoors more. There is no evidence to suggest increased screen time damages your vision, however you may find it tiring to look at a monitor for long periods of time. To reduce eye strain, we suggest:



Positioning your monitor so it's roughly arm's length away from your eyes.



LOOKING AT SOMETHING 20 FT AWAY, FOR 20 SECONDS, EVERY 20 MINUTES.



MINIMISING ANY DISTRACTING REFLECTIONS IN YOUR SCREEN, E.G. WINDOWS.

Blinking regularly. Focusing on a screen may make you blink less, which may make your eyes dry and uncomfortable.



IF YOU STILL HAVE DIFFICULTY SEEING, BOOK AN APPOINTMENT WITH YOUR OPTOMETRIST.



THE COLLEGE OF OPTOMETRISTS

lookafteryoureyes.org



Are you 13 to 17 years of age and live, work or study in Sunderland?

Would you like to know more about Covid-19 and help share public health messages?

Sunderland City council have launched the Covid Champions initiative. The aim is to recruit local young people 13 to 17 years of age who live, work or study in Sunderland, to become Covid Champions supporting our work in responding to Covid-19.

Could you be a Sunderland Covid champion?

Life through Covid-19 has been difficult, with the situation often changing, and information to keep us safe frequently updated. As COVID-19 affects different aspects of our lives, knowing where to get the most up to date information is important. To protect our local communities, we need to get information out that is clear and understandable, to help people make informed choices and stay safe.

How can you help?

We are looking for local young people to sign up as Covid Champions and help share public health messages with as many people as possible. You don't need any special skills, you may be part of a small sports or activity club, youth or social group, or just have a wide circle of friends on social media, we need people with a willingness to get involved and support your local community.

We will work together with Covid Champions to ensure vital health messages are communicated in a way that reaches people across the City. We will provide important updates, key messages and materials for champions to share through their own networks. Work with you to understand what is working or needs to change to help reduce the spread of the virus and keep our communities safe. By having a network of Covid Champions with their own networks and channels we know we can reach more people.

Covid Champions will play a critical role in protecting family and friends by:

- ensuring they get the right information,
- combating myths around Covid-19 and,
- providing feedback on useful ways you have been able to help others.

What next?

We are asking for those who would like to get involved to register an interest and to find out more information, please email laura.cassidy@sunderland.gov.uk

Thank you for your time.

Laura Cassidy

Public Health Practitioner

Covid Champions Team

Tel: 07769685008

WEEE PROJECT: POSTER COMPETITION

In December, the **Waste Electrical and Electronic Equipment** repair and reuse project led by Dawn James and located at VEC coordinated a schools poster competition sponsored by Valpak/GAP.

Competition Task:

Design a message to feature on a collection vehicle and help to educate people about managing their batteries correctly and safely.

Prize £100 and see your design come to life

Congratulations to Isla Morrow and Eleanor Waiton from Harton Academy who created the winning designs below, which will be printed on a GAP Collection vehicle:



For any questions or ideas for collaboration please contact:
Anne.Malabar@groundwork.org.uk



CAMPGROUND VISITOR
AND EDUCATION CENTRE (VEC)

Virtual Easter Egg Hunt

"Discover your eggs..
Recover your waste"



WHY?

This initiative will help students to:

- Grow effective waste management knowledge and behaviour (reduce, reuse, recycle).
- Reduce volumes of waste going to energy from waste.
- Contribute to making the region more sustainable.
- Build effective citizenship and leadership skills.
- Have virtual fun!

To participate, fill out the entry form below and you will then receive the easy to follow activity presentation.

<http://bit.ly/39Cnpmh>

Open from 1st - 31st March 2021

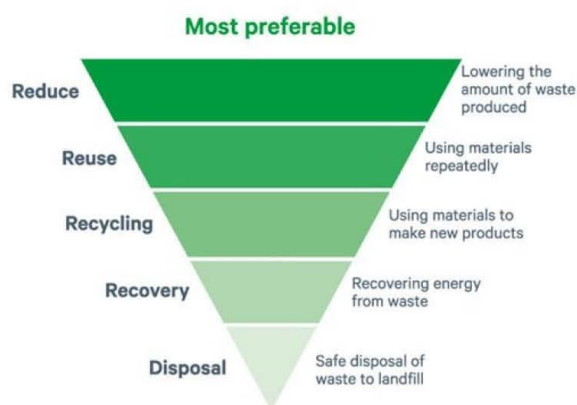
For more information contact:

Anne.Malabar@groundwork.org.uk

WHAT?

- Solve each clue in order and take the first letter of each answer.
- As you solve each clue you will be given a virtual Easter egg. You need to collect the Easter egg waste wrapping from each egg (some have more waste than others depending on how hard the clue is!)
- Find out more about your area
- Solve all the clues and end up in a location in our region
- Calculate how much waste you recycled and stopped from going to energy from waste

The Waste Hierarchy



Hello from everyone at the Donnison School & Living History North East

At the start of 2021, while we are all trying to keep safe and cope with many Covid-19 restrictions, we have put together a '**bumper**' newsletter for you to enjoy.

We start with some 'Fireside Reflections' from our regular contributor Jack Curtis, and articles from three new contributors to our 'Isolation Diaries' - June Laird, Angela Martin and Eileen Wade. These accounts of periods of isolation, give us some fascinating insights

into what it was like to be alone, away from family and friends, either because of hospitalisation or posting abroad. We hope you enjoy their very personal memories and reflections and many thanks to our contributors for also sharing their precious and delightful photographs with our readers.

There are also exciting new opportunities and resources for you to enjoy including...

'Seascapes' – Living History North East are delighted to be partners in the new Seascapes Project. This Heritage Coast Partnership with funding from the National Lottery Heritage Fund sets out to bring back to life the rich coastal and marine heritage that lies between the Tyne and Tees. Find out how you can get involved in the Seascapes project! We will be looking for volunteers to act as 'Intergenerational Ambassadors' and oral history interviewers and want to hear from anyone who has stories to tell about the fascinating coastal heritage of this region. The Newsletter includes full details on how you can take part and of course full training and support will be provided.

'Sunderland Heritage Trails' - today we are also launching the 'Sunderland Heritage Trails' web site, which has been developed by Living History North East. This Digitised Heritage Trail enables you to go onto a journey into the past of Old Sunderland and learn all about its places and its people from the comfort – and safety – of your own home. Find out how to access this new web site, take a look and give us your feedback! This is going to be a 'work in progress' with new images and sound scapes also planned in the near future.

Last but not least, we include a full **Events Programme** for the Donnison School for the first quarter 2021.

The Donnison School remains closed during the lockdown, but our project staff and volunteers have put together a fantastic programme of Recorded and Live Lectures, plus Fun Activities **ALL ONLINE** so that you can continue to learn about and get involved with the Donnison School and Living History, without the need to come into the building. Many thanks to everyone who is working hard to prepare for and deliver this programme of events and activities – see the Newsletter for full details and news about what else is coming soon...

Finally I would like to take this opportunity to thank all of our partners, locally and regionally and to extend a **Big Thank You** to the **National Heritage Lottery** who have provided the emergency funding needed to manage the Donnison School and Living History North East in these unprecedented times.

Take care and stay safe

With very best wishes

Dr Susan J Jones

Chair: Living History North East

[Please click this link to download the news letter.](#)

Crowdfund Sunderland Is Back!

2020 might not have been what we had hoped for, but if the pandemic has highlighted anything, it showed us the power of communities coming together to achieve amazing things in the face of adversity.

As we launch the new round of [Crowdfund Sunderland](#), we are looking forward to seeing projects that will bring people together this Summer! So do you have an idea for a community project in your local area? From community gardens and cycle hubs to workshops, art trails and murals – we want to hear from you!

You're invited to the launch of the Spring funding round to find out how you can pitch for funding from Sunderland City Council, Sunderland Clinical Commissioning Group and Public Health Sunderland to help crowdfund your project.

Please share this invitation with your network to help us to get the word out!

Click on the button below to secure your free place:

[25th February 11am - Launch Event Ticket](#)



FUNDING OPPORTUNITIES

Department for Digital, Culture, Media and Sport - A limited number of grants are available to not-for-profit organisations led by and for Black and minoritised women acting to end violence against women and girls in England.

Postcode Community Trust - Small one-off grants are available to small local charities and community groups for community projects in Great Britain that address themes set out by the funders.

Department for Business, Energy & Industrial Strategy - Businesses and other organisations in England, Wales and Northern Ireland can apply for a share of up to £40 million in grants to improve the energy efficiency of industrial processes, reducing energy bills and cutting carbon emissions.

Postcode Community Trust - Small one-off grants are available to small local charities and community groups for community projects in Great Britain that address themes set out by the funders.

Heart Research UK - Grants are available for not-for-profit organisations to support new, original and innovative projects that actively promote a healthy heart and help to prevent, or reduce, the risk of heart disease in local communities in the UK.

Swimathon Foundation - Grants to support small organisations working in the swimming and aquatic community in the UK so that they can continue to operate during the coronavirus/COVID-19 crisis.

NEPO OPPORTUNITIES – 15th February 2021

Access the opportunities via **Due-North** click on the advert title and follow the link:

[The Provision of Payment of Parking Charge by Mobile Phone](#)

29/01/2021 12:00 - 05/03/2021 12:00 – North Tyneside Council

[NEX19/74 Electrical Parts and Service for Maintenance of Bus Shelters and Minor Bus Stations](#)

29/01/2021 09:00 - 01/03/2021 12:00 – Nexus

[Tees Valley Wheels to Work Scheme](#)

29/01/2021 16:00 - 01/03/2021 12:00 – Stockton Borough Council

[Contract 77 - Suspended Ceilings and Partition Systems 2021 -2023](#)

01/02/2021 12:30 - 08/03/2021 12:00 – North Tyneside Council

[Contract 73 - Building Preservation including Damp Remedial Works 2021 -2023](#)

01/02/2021 13:30 - 08/03/2021 12:00 – North Tyneside Council

[Contract 74 - Brickwork and Repointing including Render 2021 -2023](#)

01/02/2021 15:00 - 08/03/2021 12:00 – North Tyneside Council

[Contract 75 - Wall and Floor Tiling 2021 -2023](#)

01/02/2021 16:00 - 08/03/2021 12:00 – North Tyneside Council

[NEPO222 - Aggregates, Concrete and Mortar \(P-007343 / C011899\)](#)

03/02/2021 08:00 - 10/03/2021 12:00 – Newcastle City Council

[Contract 71 - Metal Works and Fabrications including Repairs 2021 - 2024](#)

03/02/2021 10:30 - 10/03/2021 12:00 – North Tyneside Council

[Framework Agreement for Residential Care Accommodation for people with a Learning Disability and/ or Autism within the Borough of Stockton-on-Tees](#)

03/02/2021 12:00 - 05/03/2021 12:00 – Stockton Borough Council

[Provision of Public Health Services in Primary Care](#)

10/07/2017 15:43 - 01/04/2021 12:00 – Sunderland City Council

[NEX20/59B Cash Handling Services](#)

05/02/2021 08:30 - 05/03/2021 12:00 – Nexus

[ASC011/2020 Direct Payment Employment Support, Payroll & Managed Accounts Service](#)

07/01/2021 12:00 - 19/02/2021 12:00 – Middlesbrough Borough Council

[Provision of a Bereavement Services Cemetery Mapping System](#)

08/02/2021 10:00 - 01/03/2021 12:00 – Sunderland City Council

COVID-19 guidance for the charity sector

Keep up to date with the latest guidance to help you to continue to run your charity during the COVID-19 outbreak including links to funding and how to hold your AGMs and other meetings.

[**Click Here**](#)

You have received this newsletter as you are part of the Sunderland Washington Voluntary Community Sector. If you wish to unsubscribe please contact us at community.resilience@sunderland.gov.uk

[Unsubscribe](#)