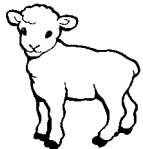
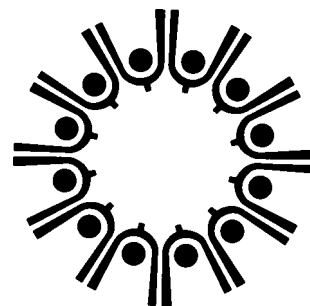


COUNCILS FOR VOLUNTARY SERVICE IN MID SUSSEX



SPRING 2010 NEWSLETTER



How can Your CVS help You?

Every now and then we think that it is helpful if we explain to our member groups about the services offered by the 2 Councils for Voluntary Service in Mid Sussex – East Grinstead CVS - EG CVS, and Mid Sussex (South) CVS - MS(S) CVS. Between us we cover the whole of Mid Sussex and we offer our assistance to all voluntary and community groups in the district. We have had some changes of staff over the last few months, so this is also a good time to remind you who to contact when you need our help. Our role is to support voluntary and community groups (sometimes referred to by the government as the third sector), and to be the “voice” of the sector.

So, what do we do?

- **Support to Local Groups**

It is probably easier to give you examples. In the past year we have helped organisations search for funding, set up a management committee, write a constitution, develop policies and financial procedures, find volunteers, and train staff and volunteers on a range of issues from time management, through trustee responsibilities, to managing volunteers. We are able to tackle any issues you throw at us - we certainly won't be able to deal with them all ourselves, but can always refer you on to a specialist.

- **Networking**

We know that it is very easy for groups to feel that they are working in isolation in the community – that people do not understand the work they do and do not appreciate the hours they put in as a volunteer, or the seemingly endless problems they face. Part of our role is to bring groups together in our networking meetings so that problems (and solutions) can be shared, useful contacts made, and sometimes fruitful partnerships established.

- **The Voice of the Voluntary and Community Sector**

Another big part of our job is to ensure that the views and needs of voluntary and community organisations are reported to statutory bodies such as local authorities and the NHS. We also keep you up-to-date through our Newsletter and e-bulletins about national and local government trends and new schemes.

- **Gaps in Services**

We are always keen to know if you think that there are gaps in services in our local areas – we can alert statutory bodies to this, or help to set up groups to meet those needs.

So who's who?

- **Chair and Trustee Board**

Like most voluntary and community organisations, the CVS have a Chair and Board of Trustees. The Chair of EG CVS is Elizabeth Peel, and the Chair of MS(S) CVS is John Griffiths.

- **Manager**

Each CVS has a Manager. In East Grinstead CVS it is Christine Hardisty, who has been in post just over 5 years. Mid Sussex (South) CVS has just said a sad goodbye to Janice Spence who had been Manager for over 10 years. However they are delighted to welcome Rebecca Hale, who comes to her role with lots of experience from the Business sector and a commitment to making a difference in her local community. The two CVS Managers work very closely together and share some responsibilities between them.

INDEX	CVS News & Projects	page 2	Funding	page 10
	Local Information	page 5	Publications & Websites	page 11
	General Information	page 7	Dates for your Diary	
	Training	page 9	Local Training Dates	

CVSs are financially assisted by West Sussex County Council, West Sussex PCT, Mid Sussex District Council, Burgess Hill Town Council, East Grinstead Town Council, Haywards Heath Town Council and The Big Lottery Fund.

- **Administrators**

Both CVSs also have Administrators – in East Grinstead CVS it is Jakki Jackson, and in Mid Sussex (South) CVS it is Sue Rabbett. They keep the two offices running, and will often be the person on the end of the phone when you ring us. Sue also manages the Community Room at Mid Sussex (South) CVS and can take bookings for it.

- **Volunteer Centres**

Volunteer Centres are located in both CVSs. Loral Bennett is the Coordinator at East Grinstead, and Jane Harding is based in the Burgess Hill office. Jane is assisted by Catherine Pardoe who is also responsible for publicity at MS(S) CVS.

Contact the Coordinators if you need to find volunteers, or need some assistance with managing volunteers.

- **Development Workers**

In Mid Sussex we have 2 EESI Development Workers (EESI stands for Effective, Efficient, Supported and Independent, which is what we want all our groups to be). Regina Choudhury and Helen Hall work with individual groups and also organise large events such as funding fairs. They are able to spend a bit more time with organisations and will often carry forward longer-term projects which the Managers don't have time to do!

- **Community Transport**

EG CVS also runs EGFLEET – community transport in the East Grinstead area. Alison Daniels is the Administrator, and Tony John is in charge of vehicle maintenance.

- **Last but not least – our Volunteers!**

We have a number of volunteers in each office, and EGFLEET also has many volunteer drivers. We can't name them all, and they do change from time to time. In East Grinstead we should point out that Valerie Marshall has been an office volunteer at EG CVS for over 11 years (longer than any of the staff) and many of the drivers have received a long-service award. In Mid Sussex (South), office volunteers Jan Osbourne and Helen Hecht have volunteered at the CVS for 18 years, and in the Volunteer Centre Brenda Anderson has been volunteering longer than the 2 current staff members have been in post.

So how do you get in touch with us?

Our contact details are on the back of the Newsletter. If you are not sure who to speak to, phone or email the office and we will be happy to help. Like most voluntary and community groups we run on a shoestring, and all our staff are part-time – bear with us if you phone when we are not there – leave a message and we will get back to you as soon as we can.

Help us to help you

We need you to keep us informed of the issues most important to you – of the problems (and successes) you have. We also need volunteers from our local groups on our CVS Trustee Boards. These Trustees are vital in helping the CVSs keep in touch with their local communities, and in ensuring our resources are applied in the most effective way.

NEWS FROM EAST GRINSTEAD CVS

NEWS FROM EAST GRINSTEAD CVS

This has been a very busy period for East Grinstead CVS and indeed for all the West Sussex CVSs. There have been a lot of issues which we have been tackling with our colleagues on a countywide basis – issues to do with personalisation, commissioning, health consultations, etc. and the CVSs have been looking at working together more to make better use of our resources.

EGFLEET

Many of you are aware that EGFLEET is looking for a partner to strengthen and expand the community transport service for East Grinstead and the surrounding areas. Discussions are

continuing with potential partners and we will let our passengers and colleagues know as soon as we finalise our course of action.

Publicising Community Activities

The new Library looks very good, but we have lost the wall space which all community groups used to publicise their activities. If you have any good ideas about a busy, well-used central location we could use to display details of local groups and promote their activities then please let us know. We would be happy to look into this for the whole community.

Volunteering

This has been a difficult period as we have not been able to carry out our outreach work in the Library while it has been closed. We hope to be able to resume this activity soon.

Loral has been working with East Grinstead Museum to organise a Volunteers' Day on 5th October. This will be an opportunity for volunteers to meet each other and for us to celebrate volunteering. The activities and format of the day are being finalised – more information in the next Newsletter, but please put this date in your diary now.

Could You Be a Trustee for EG CVS?

EG CVS provides support to local voluntary and community groups, and it is important that we have representatives from local organisations on our Trustee Board so that we understand the issues you consider important. Are you, or one of your colleagues prepared to help shape the work of the CVS and drive forward its business?

Lions May Fair

Don't forget the Lions May Fair on Monday 3rd May in East Grinstead High Street. There are always lots of charity stalls and plenty of activities, and all the money raised from the Fair goes back into the community. It's also a very enjoyable day out!

Talk of the town

Did you ever wish that you could remember some of the chats you had with your Grandma, parents or friends about their early life in school, during the war, or their gap year experience? Make sure that you have a record of these unique conversations, and contribute to the oral history of our local area. Talk of the town is a touring recording booth that allows you to record a conversation with someone you know. You take away a copy on disk and it's absolutely free if you allow a copy to be kept in the East Grinstead Museum for future generations. Share stories and memories with a neighbour. Find out how your parents met, about your neighbour's secret passion for bridge (or Eastenders)...and so much more.

This is a chance to share and keep the old family stories.

Once you have booked an appointment you will be given a leaflet on how to prepare for your interview and what to expect once you arrive. Contact Deborah Ellis on: 07906 509282 or go to: www.egplay.org.uk.

Humpty Dumpty Pre-School

The voting lists for What's on 4 2010 Awards have been announced and Humpty Dumpty Pre-School at St. John's Church Hall, Felbridge is among the nominees. The award programme, supported by Prima Baby & Pregnancy magazine celebrates the best activities across the UK, as nominated and voted for by parents. Humpty

Dumpty Pre-School is a nominee in the Most Outstanding Committee Led Pre-School category, meaning they have received a number of nominations from parents to go through to the voting stage. Humpty Dumpty Pre-School is open Mon, Wed, Thurs & Fri (9.15am – 12.15pm) during term time. Children welcome from age 2 upwards; FREE child care from age 3 upwards

Contact: Michelle Kelly, Registrar on: 01342 324484 or: 07546 263029, email: humptydumtypre@aol.co.uk.

Meridian FM is live!

Remember to tune in to our very own radio station. Meridian FM, the new community radio for East Grinstead and the surrounding villages, is now on the air permanently.

Meridian FM can advertise your group or club activities and spread the word of your achievements. You can make use of their Events Guide both on air and on-line, and put the word out that you need volunteers, and, you can even, in some cases, go into the studio to talk about it. Sue Hull says "We are all volunteers - why not volunteer with us? Whatever your skill, technical, office, IT, answering the phone, being nice to guests - share it with us? We look forward to you joining us." Contact Sue on: 01342 325825 (mornings) or: 07877 971721 or go to: sue@meridianfm.com.

Community Resource – East Grinstead Sports Club

East Grinstead Sports Club is a community multi-sports facility. We know it as a place to play Hockey and Cricket but it is also the home to over 2,000 members, ten sports, along with exceptional social and event facilities. Anyone can drop in and play Tennis, Table Tennis, or Badminton or try your hand at Basketball, Football, Netball, Squash, Archery, Volleyball and of course Hockey and Cricket. East Grinstead Sports Club is home to the National Indoor and Outdoor Men's Hockey Champions of England who represent the country in Europe. There is a large gym with exercise classes and a sauna - these don't require a long term membership contract. You may have taken your children to one of the many children's Holiday Courses or the excellent Junior Coaching sessions. You can enjoy drink and food from the bar, watch a wide range of sports on any of the big screens. or take a walk on any number of paths that meander through the 33 acres of Sussex countryside. The key to all activities is enjoyment, whether you are an amateur, a top sports person, or a casual

user. The site can host business events and social functions catering for up to 500 people. East Grinstead Sports Club is a charity and all profits feed back into further developing the facilities. With Sport England funding, it has become a London 2012 Pre-Games Training Camp. For further details please call: 01342 321210 or visit the website at: www.eastgrinsteadsportsclub.co.uk.

Bees at Standen

Thanks to a grant from the Co-operative Community Fund, once more there will be beehives in the newly restored kitchen garden and also in the orchard at Standen. Many people will know that honeybees have declined recently and the Co-op is encouraging more people to keep bees to try to halt this decline. East Grinstead's resident beekeeper, Neil Hart, will be training Standen volunteers to manage and care for the swarms and educate visitors about the important role bees play in the pollination of crops and flowers. Standen hopes to have the hives established by early summer and to have their first jars of Standen honey in the autumn. Friends of Standen Estate are always looking for new volunteers. Go to: www.fose.org.uk.

NEWS FROM MID SUSSEX (SOUTH) CVS

Goodbye and hello

At the end of March, Janice Spence 'left the building' for the last time. During over 10 years working as the MSSCVS manager, Janice's contribution to the voluntary and community sector has been huge. Her involvement has ranged from grassroots to representation at county level, witnessing much change along the way. Over the years she has recruited a competent and skilled board of trustees and a team of staff who will work hard to continue building on the strong foundations she has laid.

Although she will be much missed, her retirement is well-deserved and we wish her the very best for this new era in her life.

Janice's retirement also means that the MSSCVS is able to welcome Rebecca Hale on board. Rebecca's experience working in the private sector, matched with her commitment to making a difference in the local community, will mean the voluntary and community sector in this area will continue to be well supported and represented through the second decade of the 21st century and beyond.

Haywards Heath Town Council

There have been staff changes here too, with Steven Trice now in post as the Town Clerk following Carole Preston's retirement after 25 years working for the local Council.

Friendliness Award for Best Voluntary Organisation 2010

For the third year running the MSSCVS is running this award – to recognise the organisations who know how to treat their volunteers well!

Volunteers can nominate their chosen 'volunteer friendly' organisation and the trophy will be presented at the AGM this year. Forms can be collected from the CVS office or downloaded from the website:

www.midsussexsouthcvs.ik.com.

Eco Fair 2010

This all-day family event will be held on June 5th at Victoria Park and builds on the highly successful Eco Fair in Burgess Hill last year. The Mid Sussex District Council is interested in hearing from local groups who would like to have a stall and/or be involved by:

- Running activities or workshops
- Setting up competitions and quizzes
- Promoting your organisation
- Recruiting new members/volunteers to your environmental cause.

Local businesses and food producers offering sustainable products are also being invited to attend. For more information or to reserve a free pitch contact: 01444 477370 ecofair@midsussex.gov.uk.

FREE! U3A Arts and Crafts Festival

The U3A charity does valuable work in the community both in education and the social integration of retired persons. Their members excel in many diverse art forms and will be displaying their skills and achievements in the 2010 SURA – Performing Arts & Crafts Festival at Oakmeeds Community College, Burgess Hill on Saturday 31st July 2010 - 10.00am to 4.00pm. On show will be the beautiful varied and intriguing crafts by U3A members from across Sussex. The programme will include drama, music, creative writing, poetry, photography, storytelling, bell ringing, flower displays, needlework. For further information contact Nova (Events coordinator): 01903 787192 Email: novaabrookes@talktalk.net.

Wild About Mid Sussex

Preparations for this major event in November are already under way. This will celebrate the wonderful countryside in the district and offer

advice on how to appreciate, manage and enjoy it more. It's aimed at professionals, organisations, local groups and the general public in a combined event promoted by Green Circle Network and Mid Sussex District Council, with further support from WSCC and BHTC. Green Circle Network are inviting your local group to have a free stall on 6th November at The Martlets hall in Burgess Hill, to promote yourselves and your role. There will be an all day exhibition in the main hall with a host of activities going on for all ages with opportunities to learn about sustainable living and how we can all help meet the challenges of global warming and conserving our precious natural resources. For more information please contact Roy Ticehurst: 01444 236871 OR: royticehurst@talktalk.net.

Signposts

Signposts provides information, advice, support and activities for people with learning disabilities and their carers.

Their lovely new resource centre is now open so join them at the Old Post Office in Burgess Hill for a range of activities and courses, to meet others and have a cuppa tea.

Activities include a lunch club, internet skills, exercise classes, health clinic, current affairs, home and living skills.

The Centre is open Mondays and Fridays 10.00am - 3.45pm and, for young people with learning difficulties, on Saturdays 10.00am - 12.30pm.

Other groups can also hire some of the facilities for their own use so please contact: 01444 616232 OR: info@signpostsmidsussex.org.uk for more information.

New drugs misuse drop-in service for Haywards Heath

A FREE drop-in service that supports the parents, partners and relatives of people who misuse drugs and alcohol is to be opened at the United Reform Church, South Road, Haywards Heath.

The service will be available on the first Friday of each month between 1.00pm and 3.00pm, starting on Friday May 7TH. It will be backed up by a Helpline number: 0800 085 4450.

The service will be run by West Sussex Drugs and Alcohol Action Team's Family and Friends Network, which operates similar centres throughout the county.

Jane Brown, the Network's Co-coordinator, said: "The drop-in service will offer people affected by someone else's misuse of alcohol or drugs, both legal and illegal, a safe place where they can receive – in total confidence – free information and support".

LOCAL INFORMATION

East Grinstead CVS and Mid Sussex (South) CVS Joint Discussions

As you know, the two CVSs have a long history of working together. This Newsletter is a joint production and we run networking meetings and training sessions together. You may be aware that after years of this close cooperation we have started to explore the potential for forming one Council for Voluntary Service which would cover the whole of Mid Sussex. This CVS would retain an office in Burgess Hill and one in East Grinstead so that we can continue to work with and in our local communities. Both CVSs are committed to maintaining and strengthening the services we offer. The talks are proceeding slowly as we have many issues to consider. We will keep you updated on our progress.

Home from Hospital – Carers Scheme

The British Red Cross provides short-term care and support in the home for Mid Sussex residents being discharged from hospitals. It also seeks to give family carers a break. Trained volunteers help smooth the process of settling back into a normal routine by providing practical and emotional support, and by helping to rebuild the person's confidence. The service includes assistance with shopping, light housework and meal preparation, collecting prescriptions, companionship, and a chance to get out of the house. Caring volunteers, aged 18+ are needed throughout Mid Sussex. Full training and travel expenses will be given. Contact Julia Harris on 01444 473669 or JHarris@redcross.org.uk

Mid Sussex Diversity Forum

Mid Sussex Diversity Forum acts as a platform to provide advice and information to support the different communities in Mid Sussex and foster an appreciation of the rich diversity of cultures.

The Forum aims to promote communication, interaction, understanding and cohesion between all sectors of the community.

If you would like to find out more about Mid Sussex Diversity Forum, what it does and how you can get involved contact Regina Choudhury: email: regina.eesi@hotmail.com; tel : 07824 696608 or Jhoana Manalus email: tashalecks@yahoo.co.uk; tel: 07799 335107.

Handyman Scheme

The contact number for the Handyperson and Trades Register, run by Anchor Staying Put, has been changed to: 01444 476140. It is open Monday to Thursday 8.30am-4.30pm. Outside these hours you can leave a message and your

call will be returned.

West Sussex Mediation Service

This provides a free community and intergenerational mediation service across much of West Sussex using trained volunteers. They have recently produced a Special Edition Fundraising Newsletter, promoting the different fundraising tools currently used to boost their bank balance. It's full of interesting ways of generating income including recycling, online schemes and collection boxes. Visit their website at: www.wsms.org.uk.

Enable Me

Enable Me work in schools and the community in Sussex to increase disability awareness, promote social inclusion, challenge negative attitudes and increase active citizenship amongst children and young people. They have created a series of workshops linked to the national curriculum, which are delivered in schools by trained volunteers who live with a disability. They are now in the process of producing a new Disability Sports Programme, with the aim of delivering to schools on a long term basis.

In May, Enable Me's Patron Swasie Turner MBE is undertaking a 100 mile fundraising Wheelchair Push along the Hadrian's Wall route - raising the profile of Enable Me and disability access to the countryside. For more information about Enable Me contact: 01903 734400; www.enableme.org.uk for information about the wheelchair Push visit: www.swasieturner.org.

The Saturn Centre, Sexual Assault Referral Centre, Crawley Hospital

The Saturn Centre (SARC) at Crawley Hospital has been open since 2008 for police to bring in victims from across Sussex for forensic examination and support following a rape or sexual assault. The Saturn Centre is now able to accept self-referral cases for individuals who do not want to report the incident to the police but would like some help and support. Self-referral cases may contact the Saturn Centre on: 01293 600469 during office hours to speak with a Support Worker who will go through the support options available to them.

Cruse Bereavement Care – Mid Sussex, Crawley and Horsham

Cruse Bereavement provides support, counselling, advice and information to bereaved people, as well as support to children aged 5 – 18, Referrals can come from parents or guardians, or other support groups. Tel: 01293 531192. National Helpline: 0870 167 167.

Our NHS ambulance service is changing

South East Coast Ambulance Service NHS Trust (SECAMB) – will become an NHS Foundation Trust in 2010.

Foundation trusts are still NHS organisations, providing free care and treatment to patients. The main difference is that they are run locally, and are accountable to patients, local people and staff rather than to Government, by way of the 'membership' they establish. They'll be able to respond to people's needs much more immediately because they'll be working with them as members. They will also have more say over how and what they invest their money in - training, new ambulances, adopting the latest clinical technologies and techniques, etc. meaning public, patients and staff will get the ambulance service they want and need. SECAMB are looking for members. Membership doesn't need to take up your time – you can just receive their free quarterly newsletter, with details of the latest developments in life-saving treatments and technology, useful tips, interesting public health information – but it will also give you the chance to get more involved if you want to.

Go to: www.secamb.nhs.uk or join online at: www.nhs-membership.co.uk/seas. For membership forms contact Izzy Allen on: 01273 897840 or: ftmembership@secamb.nhs.uk.

The Jigsaw4u Short Story Competition for children and young people

Jigsaw4u is an international organisation based in East Grinstead which provides grief support for families where a child, parent or other significant person has died as a result of illness, accident, suicide or murder.

Michael Rosen, Children's Laureate 2007-2009, is heading a panel of judges in a short story competition organised by Jigsaw4u. The theme is "loss" which can be interpreted as the loss of a favourite toy, a favourite pet, the impact of divorce, the loss of a relative etc.

As well as featuring on their website, a book of winning entries will be published. All winners will receive a special certificate and three first prize winners will be invited on an all expenses paid overnight trip to London (accompanied by a parent or carer) to attend the prizewinning ceremony, followed by lunch with Michael Rosen himself.

Entry deadline Wednesday 30th June 2010.

You may either download the entry form or apply online: www.jigsaw4u.co.uk.

NHS West Sussex – the new name for your local PCT

West Sussex Primary Care Trust is now known as NHS West Sussex. The role of primary care trusts has changed and the term 'PCT' no longer adequately describes their work. NHS West Sussex will commission (plan, buy and check) health care that is high quality, and meets the needs of the people who live and work in the county. NHS West Sussex will also commission services to help people live healthily and stay well, but will no longer provide these services directly. As a buyer and manager of local health services, NHS West Sussex is responsible for the most of the NHS expenditure in West Sussex – more than £1 billion per year. It invests this budget with a range of providers which include hospitals, GPs and voluntary and community organisations and it also commissions services like flu immunisations, cancer screening and health visiting. The vision of NHS West Sussex is to achieve lifelong health and wellbeing for everyone in the county. Chief Executive John Wilderspin said: "Our new name NHS West Sussex enables members of the public and patients to clearly identify this organisation as being responsible for spending NHS money and improving health and wellbeing in West Sussex. It is increasingly our role to promote patient choice and ensure that a variety of organisations have the opportunity to provide NHS funded care. Our work involves much more than just 'primary care', it is about leading and co-coordinating the work of the NHS within West Sussex, and our new name reflects that."

NHS West Sussex wants to listen and learn from everyone who has a view on how NHS services should be and are being provided. You can find out more about NHS West Sussex, including the Customer Services Unit, the membership scheme and other ways about how you can get involved at: www.westsussex.nhs.uk.

GENERAL INFORMATION

National Care Service White Paper

You may well have contributed to the Big Care Debate which sought views of members of the public and other stakeholders. The most popular option in the Green paper emerged as the "Comprehensive" approach where people make a compulsory contribution and receive free care when they need it.

The recently published White Paper sets out a vision for the reform of care and support, and a staged process for establishing a National Care Service. It outlines 6 principles. The Service will:

- be universal, supporting all adults with care and support needs;
- be free, based on need, rather than ability to pay;
- work in partnership; ensure choice and control, treating everyone with respect and dignity, putting people in charge of their lives;
- support family, carers and community life; be accessible.

Download the White Paper, 'Building a National Care Service' from: www.dh.gov.uk. Go to Publications.

KnowHow NonProfit

KnowHow NonProfit presents 'In the Chair' – a series of governance podcasts exploring how nonprofit and charity chairs are helping their organisations and fellow board members deal with times of crisis and change. Listen at: <http://www.knowhownonprofit.org/leadership/governance/in-the-chair>.

KnowHow NonProfit is a fresh new website built solely for people working in not for profit organisations. Free and easy to use, it has practical information and resources covering all kinds of topics from finding funding to strategy planning. Use the forums to ask questions, discuss issues and share your own experience. There are also podcasts of events, a calendar of conferences and courses stretching across the UK and their own fortnightly nonprofit story 'Millcaster Tales.' The site is intended to be a friendly and useful space for a community of nonprofit people and organisations to share what they have learnt and to help others. Visit the site at: www.knowhownonprofit.org.

Constitutions for Small Organisations

Are you a small organisation with an income of less than £5,000 and don't want to spend time and energy drafting a lengthy constitution, but know you need some sort of governing document which makes your procedures and operations clear? The Charity Commission, and a number of voluntary and community organisations have launched a Small Charity Constitution. This is designed to provide a concise, practical framework for small charities which do not own land or employ staff and do not wish to register with the Charity Commission. It is only 700 words long and uses clear, direct language that is easy to understand. It is available in from the Charity Commission and various voluntary and community organisations including Community Matters. www.communitymatters.org.uk (Go to What's New – Small Charity Constitution launch).

Engaging and responding to your community: A brief guide to Local Involvement Networks

The Department of Health has produced a new guide to Local Involvement Networks (LINKs). LINKs exist in every local authority area of England to give people more influence over how their local health and social care services are planned and delivered. The guide is primarily for health and social care managers but is also relevant to all members of the community, including third sector organisations, in considering how engagement with your LINK might provide practical input into the commissioning, running and reviewing of local health and social care services. To view the full guide please go to: www.dh.gov.uk.

Free Hospital Parking

The Government is consulting on proposals to ease car parking charges for visitors to patients in hospital. Options include: giving inpatients free hospital car parking for their visitors, or only after a long stay, free parking for outpatients attending a series of appointments, or placing a cap on charges for priority outpatient groups attending regular appointments. Please go to: www.dh.gov.uk/Consultations/Liveconsultations/DH_1100557 for more information and a chance to comment.

New Trustee and Governance Information Centre

NCVO has launched its Trustee and Governance Information Centre, with material ranging from the role of trustees to changing governing documents and the responsibilities of a board/management committee. Visit: www.ncvo-vol.org.uk.

Mental Health Consultation

The impact of the present economic climate on people's mental health will be one of the factors to be considered in discussions on how to improve mental health services in West Sussex. NHS West Sussex and the other primary care trusts in Sussex are consulting local people to find out how they want to see services improved. Factors in the development of mental health services include the ageing population and a greater awareness and openness about mental illness. As a result, demands for mental health services are increasing and changing. This is an opportunity for us to have our say in how we want to receive treatment. Patients may wish to receive more of their treatment and care at home and in the community for example, rather than in hospital.

Doctors, nurses and other health professionals also believe that providing more and better

mental health services outside hospital will help people recover more quickly and stay healthier.

As a result, fewer mental health hospital beds will be needed in the future. The resources released could be used to provide other services such as new services for the growing number of older people with dementia and more local specialist services for people who would otherwise have a long way to travel for care and treatment. Meetings have been taking place and everyone is invited to give their views. Visit: www.westsussex.nhs.uk and go to Mental Health Services.

Stressline

Debt can be a cause of and a consequence of mental health problems, such as stress, anxiety and depression. An NHS Stressline was launched in December 2009. Callers receive practical information and advice from trained health advisors. If they are suffering from stress anxiety or depression, they are directed to a wider package of financial and mental health support. The Stressline number is 0300 123 2000 and is open daily from 8.00am - 10.00pm.

New Health Rights

The Government proposes to introduce a new right to access services within maximum waiting times. The first of these rights, expected to become law in April, would apply to waiting times for patients to start treatment for non-urgent conditions within 18 weeks of referral to a consultant and waiting times to see a cancer specialist within two weeks for urgent referrals of suspected cancer.

If the NHS are unable to meet these requirements they will have to take all reasonable steps to offer a range of alternative providers if this is not possible.

A new right to a NHS Health check every five years for people aged 40-74, and, if not offered a check, the right to see an alternative provider will also be introduced in April 2012. This is a prevention programme that assesses risk of heart disease, stroke, diabetes and kidney disease in people aged 40 to 74 with a view to helping them reduce their risk through lifestyle changes or clinical management.

Volunteering and the 2012 Olympics

As the 2012 Olympics Games draw ever closer, we hear increasingly about the important role which will be played by volunteers, not only during the 2012 Olympic Games, but also the legacy which will be left as a result of the Games providing opportunities for volunteers, Volunteer Centres and local communities as a result.

LOCOG(London Organising Committee for the Olympic Games) has formulated its programme for volunteering activities during the Games. This will involve 70,000 volunteers with 54,000 volunteers involved in the Olympics and 16,000 in the Paralympics.

The Young Leaders Programme will recruit a group of disadvantaged young people giving them a high- profile role during the Games.

Personal Best was initiated by the London Development Agency(LDA). It provides training and development to improve the social and personal skills of marginalised people.

25th Hour is a new initiative launched with the backing of Lord Coe and Olympics Minister, Tessa Jowell. The 25th Hour is a metaphor for the time we can invest in others. It signifies the time we can give to people and places that matter to us.

In addition to the Games-time volunteering activities, LOCOG has identified huge opportunities for volunteering within local communities as a result of Games-inspired volunteering – it is hoped that people will be motivated and encouraged to volunteer as a result of the goodwill and increased awareness generated by the 2012 Games. Go to: www.london2012.com/getinvolved.

The New Equality Bill

The Equality Bill will strengthen our equality law by a number of measures including putting a new Equality Duty on public bodies, using public procurement to improve equality, protecting carers from discrimination, strengthening protection from discrimination for disabled people.

The Bill is intended to make Britain a fairer place to live and work now and in the future. The Bill completed its Third Reading in the House of Lords on 23rd March. Amendments were made to clarify the steps a person might take to avoid the substantial disadvantage caused to disabled people by a physical feature, and to make clear that removing the prohibition on registering civil partnerships in religious premises will place no obligation on any faith or denomination to do so if it does not wish to. The Bill will now return to the House of Commons for consideration of Lords amendments on 6th April. Go to: www.equalities.gov.uk.

Speakup Self Advocacy

Speakup Self Advocacy have resources that people with learning disabilities, parents with learning disabilities and other vulnerable and

disadvantaged people can use to help them make choices. The resources have been funded through third sector grants. These resources are to help people lead more independent lives, gain more confidence when making decisions and, for those who want to work, give them a helping hand into the labour market. If you want more information about these resources, or would like some 'Works 4 Me' training to support people into jobs please contact: 0303 123 7013, email: team@speakup.org.uk, or go to: www.speakup.org.uk.

Payment by cheques

You may have heard in the news that cheques are to be phased out by 2018.

The use of cheques has declined by 40% in the past five years with on line banking and the use of debit cards being a preferred option for many.

However, many voluntary organisations, including CVSs, rely on a payment system that requires two signatures and some of the online alternatives do not offer that security. The body dealing with this change is the Payments Council who have published some information sheets on the proposed changes and are inviting comments. They are aware of the issues affecting organisations and are looking to consult and find ways to overcome these difficulties. For more information, their website is: www.paymentscouncil.org.uk.

NCB Support programme

The National Children's Bureau (NCB) has launched a support programme aimed at helping to develop the work of third sector organisations working with children and young people. The Voluntary Sector Support (VSS) programme hopes to provide a range of services to voluntary sector organisations, keep them informed on policy and practice, support them around commissioning and funding opportunities and offer access to services such as IT and event management.

Find details at <http://www.ncb.org.uk>.

TRAINING

Please note –the CVSs are looking for additional funding for our training courses. We do not yet know what we will be able to offer in the autumn. If there is a course you are interested in below, we suggest you book now!

More details in the NE CVS Training Brochure you received before Christmas or consult the CVS websites.

To enrol on the courses either telephone: 01273 234773 or email: bookings@workingtogetherproject.org.uk.

Creating a website using WordPress.com (Free)
Tue 20th Apr & 27th Apr (all day), Horsham.

Making posters and leaflets for effective marketing (Free)
Wed 28th Apr (all day), Burgess Hill.

Demonstrating your value to funders (Free)
Tue 4th May (all day), Horsham.

Introduction to bookkeeping using Excel (Free)
Wed 5th May & 12th May (morning),
East Grinstead.

Word Intermediate (Mail Merger) (Free)
Tue 18th May (morning), Horsham.

Reviewing your constitution (Free)
Fri 21st May (morning), Burgess Hill.

Cunning tips for Microsoft Office (Free)
Thu 27th May (morning), Burgess Hill.

Basic food hygiene certificate (£30)
Thu 10th June (all day), Burgess Hill.

Emergency first aid at work (£30)
Thu 17th June (all day), East Grinstead.

Press, publicity & promotion (Free)
Wed 30th June (all day), Burgess Hill.

PowerPoint for effective presentations (Free)
Tue 13th July (all day), Horsham.

Do you know about children's Internet usage?
(Free) - Tue 27th July (morning), Horsham.

Charity Fair 2010
The Charity Fair, organised by the Directory of Social Change, takes place on 21st and 22nd June at the Hilton Metropole, Edgware Road, London. As well as opportunities to browse the Resource Area which will have up to 25 different organisations exhibiting their latest products and services the Charity Fair runs 100 workshops and training sessions covering issues essential to running a voluntary or community organisation. These include sessions on legal topics, fundraising, HR, ICT, campaigning and managing volunteers.

Breaking Down the Barriers Conference
This event will give you the opportunity to hear accounts of life as experienced by someone who is in a minority, to challenge your own biases and stereotypes, explore assumptions, attitudes and behaviour, and look at how prejudice and discrimination manifests itself. The conference is called "Working Together – Making a Difference" and will be held on Wednesday 9th June at the Jury's Inn Hotel in Brighton. It will cost £95 for third sector organizations. Register at:
www.breakingdownbarriers.org.uk.

IDT Training and education
IDT offer training for people working in Voluntary, Statutory and Social Enterprise organisations. They are holding an Effective Supervision Skills course. This is a practical, process-focused 2-day course which builds confidence, incorporates existing skills, and provides a flexible structure for managing supervision meetings. Venue: Crawley CVS, Crawley, 6th & 7th May or Capital Business Centre, Croydon 2st1 & 22nd June. Go to:
www.idttraining.com/booking;
mail@idttraining.com or: 01803 299049.

FUNDING

Funding Searches
Both East Grinstead CVS and Mid Sussex (South) CVS can help you look for funding. We have access to a number of funding search packages and websites and can also give you tips and suggestions when you are preparing your bid, ensuring, for example, that you have the correct policies and procedures in place. We can also look over funding bids which you are ready to submit them – it is often useful to have an objective point of view. Contact your local CVS.

Looking for new sources of funding?
Funding Central is a website which provides access to more than 4,000 funding and finance opportunities, plus a wealth of tools and resources for all third sector organisations.
Funding Central is completely free to use and a comprehensive search portal enabling third sector organisations to explore the broadest range of grants, contracts and loan finance – from both the public and third sectors. It also contains other useful, relevant and topical information – from funding and finance news and events listings to information on charitable and statutory funding and contracting opportunities. It is managed by the National Council for Voluntary Organisations and is fully funded by the Office of the Third Sector.
Visit: www.fundingcentral.org.uk.

South East Region European Social Fund Community Grants
South East Region ESF Community Grants are part of the Learning and Skills Council and European Social Fund (ESF) programme, distributing £2,286,000 in small grants during 2008 - 2010. Grants of up to £12,000 are available to third sector organisations in the South East. Further grants will be distributed in two further rounds in 2010. Details of the fourth round, application forms, criteria and guidelines are now available: www.ruralsussex.org.

New Health and Social Care Volunteering Fund

A new Health and Social Care Volunteering Fund will open for applications in January 2010. The fund is open to third sector organisations which deliver health and social care. It aims to fund organisations which introduce innovation in volunteering practice, deliver in a new area, or engage new groups of volunteers. Funding for projects in the South-east is open from 19th April to 12th July. For more information on the fund please go to: www.volunteeringfund.com or call the Volunteering Fund Helpline on: 0845 172 8058.

Grassroots Grants

Grassroots Grants awards grants of up to £5000 every six weeks to small volunteer-led organisations for running costs, capital costs, training costs etc. Contact Mary or Florence at SCF on: 01273 409440 or visit the website at: www.sussexgiving.org.uk.

Grants for Burgess Hill from Sussex Community Foundation

Sussex Community Foundation has grants for community groups and charities in the Burgess Hill area.

The American Express Fund awards grants twice a year to charities in the Burgess Hill area which benefit the local community. Contact Mary or Florence at SCF on: 01273 409440 or visit the website at: www.sussexgiving.org.uk.

Comic Relief UK grant programme - Cycle 3 now open to applications

Comic Relief's UK Grant Programme aims to bring about positive and lasting change in the lives of poor and disadvantaged people in the UK by investing in work that addresses people's immediate needs as well as tackling the root causes of poverty and injustice.

Registered charities and voluntary organisations (including social enterprises and community interest companies) in the UK are invited to apply for grants of between £25,000 and £40,000. Grants are available to cover running or capital costs of organisations or projects under the following programmes under a number of programmes which include: mental health, domestic and sexual abuse, refugee and asylum seeking women, young people and alcohol, local communities. The deadline for this cycle is 14th May 2010. To apply: www.comicrelief.com.

Faiths in Action

Grants of up to £6,000 are available for faith, inter faith, voluntary and community sector groups and organisations working at a local level. So whether you'd like to start an inter faith youth

group, organise a street festival, or run an arts workshop to explore the different faiths in the community, this is a chance for funding. Faiths in Action is a £4 million grant programme aiming to create more opportunities for face-to-face dialogue and collaboration between different faiths within local communities. Applications are considered on a continuous basis until the total value of the fund has been awarded to successful groups. Visit the website:

<http://cdf.org.uk/web/guest/faiths-in-action> or call the funding telephone line at: 01223 406533.

The Community Development Foundation administers and evaluates Faiths in Action on behalf of Communities and Local Government.

CAF Bank

CAF Bank offers a range of financial solutions and banking services designed exclusively for charities and voluntary organisations. Services include: CAF Cash – an everyday current account, CAF Gold – a high interest deposit account, CAF Fixed Rate Selector Account – fixed interest rates on deposits for 3 months to 3 years. Contact: 08702 643 296 or www.cafonline.org/ncvo.

PUBLICATIONS & WEBSITES

Future Focus (NCVO)

Eight pocket guides to help small and medium sized voluntary and community organisations plan for future changes in their external environment. Each guide focuses on a different topic, providing an analysis of the likely changes in that area over the next few years. Topics covered include: funding, volunteering, using new technologies, changes in local democracy and demographics, and campaigning.

Special Offer: Buy all eight guides for £16.00 (£11.20 for NCVO members), or individually at £2.50 (£1.75 for members).

From Nightmare to Nirvana

What has ICT got to do with governance?

Why should trustees be interested in ICT? This guide is not to improve your technical understanding; but will help your trustees understand the role of ICT and the importance of strategic planning to reduce the cost and risk implications, and to make a difference to your organisational effectiveness and your impact on beneficiaries. Price: £25.00 (NCVO members £17.50), Author: Dr Simon Davey, ISBN: 978 07199 1759 2. For details go to: www.ncvo-vol.org.uk.

Free Community Websites

Action for All is an online community for individuals, community organisations, voluntary organisations, small businesses and public

bodies dedicated to supporting the needs of their local community. The Action for All web portal gives you all the tools you need to set up and control a dynamic, informative website with unlimited pages to promote your organisation. For more information please email: katie.reynolds@ccberks.org.uk.

Defending Local Grants

A leaflet, with updated list of resources you can use at local level which will help you to convince councillors, commissioning officers and procurement professionals that grants should continue to be used to fund local charities and community groups, is available at: www.navca.org.uk/defendinggrants or obtain free copies by emailing: resources@navca.org.uk.

The Good Trustee Guide

Introductory guide for a new board member or for existing trustees wanting to keep up to date with legal regulatory changes. Comprehensive information about a trustee's role and guidance on developing an effective trustee board. The 5th edition explains the implications of the legal changes arising from the Charities and Companies Act 2006, as well as essential guidance on the role of the board in relation to a range of issues. Go to: www.ncvo-vol.org.uk.

First steps in monitoring and evaluation

This booklet offers a practical easy to follow approach to evaluating your own project or organization. £8.65 + pp: www.ces-vol.org.uk or: 0845 458 9910.

Your project and its outcomes

A booklet for trustees, staff and volunteers who are involved in planning, monitoring and evaluating their project. The guide explains what outcomes are, how to identify them, and how to use the information. £9.85 +pp: www.ces-vol.org.uk or: 0845 458 9910.

Monitoring Ourselves

A straightforward guide to establishing successful monitoring systems. £7.50 +pp: www.ces-vol.org.uk or: 0845 458 9910.

Writing Better Fundraising Applications

Complete with worked examples, this book addresses common mistakes and how to avoid them. It includes online applications, examples, a section on outcome funding, case studies and top tips. £18.95 : www.dsc.org.uk or: 0845 077 7707.

The Charity Treasurer's Handbook

This covers the key principles for virtually all the main issues in charity accounting and finance. It contains helpful examples and is suitable for someone with little or no accounting experience. £14.95: www.dsc.org.uk or: 0845 077 7707.

Changes in the Way the Voluntary and Community Sector is Funded

There are two main issues which the CVSs on a countywide basis are talking to both local government and NHS West Sussex about – personalisation and the move from grants to commissioning.

Here is a brief look at both of these and some of the implications for the sector.

Personalisation – (Personal budgets)

Personalisation means thinking about services in a different way. Statutory bodies would no longer commission services or offer grants to voluntary groups to run day care facilities, lunch clubs, or approved leisure facilities, but will instead agree a level of funding with individual clients who will then be able to decide how to spend this money. These people may indeed continue to use their budget to attend a day care centre, but could instead decide to (for example) pay for private swimming lessons, because they feel that this will benefit them more. This will sound familiar to some of you as you may already be working with people who have individual budgets. Personalisation goes beyond that however. Government thinking suggests that eventually personalisation will extend beyond health and social care to education, housing, ways to work, leisure etc. In these straitened times it seems likely that all political parties will embrace the personalisation agenda as they will be looking to stretch their budgets and to get “best value”.

Questions

The voluntary and community sector has long argued for greater control for individuals when choosing services to meet their needs. However, there are many issues which need to be addressed. Here are some of the questions we've been asking:

- How can organisations plan ahead if they no longer receive a grant or contract and they do not know how many individuals will choose to use their personal budget to pay for their service? What safeguards will be in place to ensure that essential services will not be lost?
- How do we ensure that vulnerable people select services which benefit them most (blowing individual budgets on a holiday in the Caribbean may not be of lasting benefit, however appealing!)
- How can we ensure that individuals have access to enough information about their situation and the options available to them to make an informed choice?
- What monitoring arrangements will be in place to respond rapidly to changing individual needs – e.g. a deterioration in health, the loss of a carer?

Commissioning

Under a commissioning arrangement, statutory bodies no longer award grants, but commission services possibly through a competitive tender process and the awarding of a contract. A need is identified - this could be for tackling the isolation of elderly people in a rural area, for example, or for therapy for people with a particular disability. The local authority or NHS then asks local organisations to submit a bid to run a service to meet that need. By replacing grants with commissioning, funders hope to: discontinue schemes which no longer meet a need, avoid duplication, achieve economies of scale, and encourage partnership working. Commissioning, they believe, would ensure that funding is accurately targeted and would streamline services, discouraging a climate of funding organisations because “we have always funded them”

Questions

The voluntary and community sector is understandably nervous about a move from grants to commissioning. Here are some of the questions we've asked.

- What evidence is there that commissioning produces a better service than grants? Will there be room for grants and commissioned services?
- How do we ensure that organisations with local knowledge and expertise but with limited resources are able to compete with larger bodies in a competitive tender operation?
- What training can be offered to organisations to fit them for tendering?
- How can the sector be engaged in the pre-commissioning process to ensure that the commissioned services will meet the need? Local groups have grassroots knowledge and should help to design new services.
- Will there be funding for innovative, untested new ideas which would not meet commissioning or grant requirements?
- How can we ensure cooperation between organisations which may well be in competition with each other for funding?

The CVSs in West Sussex are working with NHS West Sussex, WSCC, and MSDC, and with regional bodies to address these issues. Please continue to let us know your thoughts, anxieties and experiences, so that we can feed them into the discussions.

EAST GRINSTEAD CVS

The Old Court House, College Lane,
East Grinstead, West Sussex RH19 3LS
Tel: 01342 328080 • Fax: 01342 324664
Email: christine@egcvs.co.uk - Registered Charity No. 1120520
Website: www.egcvs.org.uk

MANAGER: Christine Hardisty

Administrator: Jakki Jackson

Volunteering Information: Loral Bennett

EGFLEET: 01342 305275

Transport Assistant: Alison Daniels

MID SUSSEX (SOUTH) CVS

38 Church Road, Burgess Hill,
West Sussex RH15 9AE

Telephone : 01444 258102

Email: cvsms@copperstream.co.uk

Website: www.midsussexsouthcvs.ik.com

Registered Charity No. 1059204

MANAGER: Rebecca Hale

Volunteering Information: Jane Harding

Tel: 01444 870711

PR: Catherine Pardoe: 01444 258102/870711

cvspr_cvsms@copperstream.co.uk

Administrator: Sue Rabbett

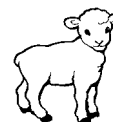
EESI Development Workers:

Helen Hall: 07920 425384
helen.eesi@hotmail.com

Regina Choudhury: 07824 696608
regina.eesi@hotmail.com

Contact the CVS Office for:

- more information on any of the above;
- if you would like to receive a large print version of the newsletter.



Please photocopy for your colleagues and pass on the information as widely as possible. This newsletter is available online through our websites: Mid Sussex (South) CVS www.midsussexsouthcvs.ik.com; East Grinstead CVS www.egcvs.org.uk.

Newsletter Contributions:

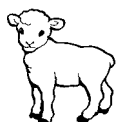
We welcome contributions of up to 100 words in any form. If you are able to, send them by email, either in the body of the email or as an attachment. If you send us news of your voluntary organisation, we will be very happy to include it.

Please check that we have your correct details and, if not, contact us so that we can amend the database. Thank you for your help in this matter.

- Be sure that we know your Group's email address so that we can keep you informed of any urgent information.

Note! *Deadline for the next issue is:* Summer - 17th June 2010

Visit our websites:



www.midsussexsouthcvs.ik.com and www.egcvs.org.uk