



## Councils for Voluntary Service in Mid Sussex

East Grinstead & Mid  
Sussex (South) CVS

Autumn 2011



### QUICK GUIDE TO LOTTERY FUNDING

For every £1 that the public spends on Lottery tickets, 28p goes to the Lottery good causes. It is difficult to summarise the lottery grants available – there are so many of them. The best thing is to go into [www.lotteryfunding.org.uk](http://www.lotteryfunding.org.uk) and complete the questionnaire which will then direct you to the programme most suitable

#### Arts Council England

This supports a range of artistic activities from theatre to music, literature to dance, photography to digital art, and carnival to crafts. You can apply for between £1,000 and £100,000 or up to £200,000 for a national activity. You can apply at any time. There are other Arts Council funding streams.

**The Sport England Small Grants Programme** You can apply for any sum from £300 to £10,000 but the total project cost cannot exceed £50,000. This scheme is for not-for-profit organisations to deliver new community projects to grow or sustain participation in sport or to support talent development. There are a number of other Sport England funding available for facilities and other projects.

#### Awards for All, England

This offers grants of between £300 and £10,000 for projects that improve communities, and the lives of people within them. It is for voluntary and community groups, schools and health organisations, parish and town councils. You can apply at any time and for up to £10,000 per year.

#### Reaching Communities

This makes community awards between £10,000 and £500,000 to fund for up to 5 years. It funds projects that help people and communities most in need. Projects can be new or existing, or be the core work of your organisation and should aim to give people better chances in life, build stronger communities, improve the environment or lead to healthier and more active people.

#### Catalyst Scheme

This is £100 million scheme to boost private giving to the cultural sector.

Catalyst is designed to enable arts and heritage organisations to diversify their income streams, and to increase their fundraising potential and help them to explore new approaches to securing private giving.

#### Your Heritage

This programme offers grants between £3,000 and £50,000 for projects that relate to heritage. The idea is to help people to learn about, look after and celebrate heritage in a fun and enjoyable way. Your Heritage is a rolling programme. There are a number of other Heritage Lottery Fund programmes.

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#### STOP PRESS!

#### Christmas Networking Lunch for Voluntary and Community Groups in Mid Sussex

Discover how local groups found funding, talk to other community groups informally over lunch. Tuesday 6<sup>th</sup> December, Ardingly. With guest speakers. More details on flyer.

**EAST GRINSTEAD  
CVS NEWS****EG CVS—Now in  
East Court Mansion**

We moved into our new EG CVS office in East Court Mansion in August, and having overcome problems with phones and computers, we are now happily established in what was the pantry (next to the big kitchen on the ground floor). Do come and see us – our offices are very cosy and we like visitors. You are welcome to drop in during our office opening hours – Monday – Friday 9.30am – 12.30pm. If you have mobility problems, or are in a wheelchair, please phone us first and we will meet you in the Main Hall – as the Mansion is such an old house we have stairs in unexpected places!

**Recycling in East  
Grinstead**

EG CVS is working with East Grinstead Town Council and Imberhorne School on 2 very exciting recycling projects. 2 greenhouses are being built from recycled drinks bottles and recycled wood (from Mid Sussex Wood Recycling Project). These projects are in the very early stages, but local children are already collecting bottles. We will keep you informed.

**EG CVS AGM and Our Big Local Society**

It was great to see so many of you at our AGM and Our Big Local Society Event. We had over 80 people there who appreciated the talks by our speakers – Kieran Stigant, Chief Executive, WSCC, who gave our keynote speech about Big Society, Dorothy Hatswell who spoke about EG Museum, and Stuart Scholes who spoke about EG Business Association. We are also very grateful to EG Mayor Cllr. John Saull, and MSDC Chairman, Cllr. Mandy Thomas-Atkin for opening and closing our AGM. Most of all, thank you all for coming and making this such a buzzy event – I certainly enjoyed the networking, and hope you did too. It made me realise that Big Society is definitely already present in our local communities.

**Diamond Jubilee Celebrations**

East Grinstead Town Council is planning a programme of events to celebrate the Queen's Diamond Jubilee on 2<sup>nd</sup> – 5<sup>th</sup> June 2012. We are keen that local voluntary and community groups gain from the publicity and crowds at these events. There will be a parade of floats on the Sunday – would your group like a walking or motorised float, or maybe you would like to dance, cycle or push wheelchairs? Contact Cllr. Dick Sweatman [d.sweatman@eastgrinstead.gov.uk](mailto:d.sweatman@eastgrinstead.gov.uk) if you would like to take part. What about a stand at the fair at East Court on the Sunday afternoon – a good opportunity to promote your group? Let Christine know [christine@egcvs.co.uk](mailto:christine@egcvs.co.uk) Finally, (for now) have you any photos or memorabilia from previous East Grinstead celebrations? Would you allow them to be copied for an exhibition? Contact Simon Kerr – [tourism@eastgrinstead.gov.uk](mailto:tourism@eastgrinstead.gov.uk) or 01342 410121. Put the dates in your diary now.

**Fundraising**

EG CVS, like the rest of the voluntary sector is looking at new ways of raising funds. Even modest sums can make a difference. Here are 2 ideas which we are adopting:

**1 easyfundraising** is a way to raise funds through online shopping. You register your organisation and then tell everyone you know. They shop online, accessing their favourite retailers through the easyfundraising website. Most of the big names such as Argos, Amazon, M&S work with the scheme. Your organisation will receive a percentage of the spend. Please support EG CVS and other local groups (they are all listed on the website, so there is no excuse!) by shopping through [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk) or set the scheme up for your own organisation.

**2 Cash4Coins** exchange foreign coins and notes for cash for your organisation. If you collect over 3 kg they will collect it for free. EG CVS is collecting foreign coins to boost our funds, so if you are not collecting for your organisation please pass your old, even obsolete English or foreign coins to us, so that we can convert them into services we can offer to you! [www.cash4coins.co.uk](http://www.cash4coins.co.uk)

Let us know of any other fundraising ideas we can share with other local charities.

**Local Teacher has busman's holiday in Pakistan**

Cris Payne of Sackville School, gave up her school holidays to inspect the primary schools run by the East Grinstead based charity Aqueduct in Lahore, Pakistan. Cris said "what I saw was children desperate to learn in poorly equipped schools. Most schools have no desks or chairs, and only a few have toilets. As the learning is by rote, it was like going back to Victorian times." This is the only education that is available to the poor, marginalised communities in which Aqueduct works.

Almost all of Aqueduct's 500 students come from illiterate families. Most students leave after one or two years of primary education, then they are sent out to work (boys) or help in the house (girls). Through the 3 year development plan that Cris is preparing, Aqueduct will improve the quality of the teaching and encourage individual students to stay on at school. A new scheme to sponsor the best students (£20 per month) to matriculate (equivalent to GCSE) and perhaps go on to further studies will provide younger students with role models to inspire them to aim high. Go to: [www.aqueduct.org.uk](http://www.aqueduct.org.uk) or email [info@aqueduct.org.uk](mailto:info@aqueduct.org.uk)



## Standen News

Standen has introduced guided walks led by the volunteers, around the garden when the property is open. The walks are free and visitors to Standen simply turn up. The Garden Guides give a brief introduction to Standen and the Beale family, the original occupants, and then take the visitors on a walk lasting about 50mins. around the lower part of the garden.

The volunteers at Standen are involved in the restoration of the garden and estate, under the leadership of the Head Gardener, James Masters, and visitors can find out about the history and original design of the garden, as well as the plans for the future.

The guides point out trees, bushes and flowers at Standen that originate from countries around the world. Mrs. Beale was a great plant collector and loved experimenting with new plants — something Standen continues to do. New volunteers are always needed, in the garden and estate. Go to [www.fose.org.uk](http://www.fose.org.uk)

### East Grinstead Macular Group

The East Grinstead Macular Group, affiliated to the Macular Disease Society, is a small self funding group of elderly people who suffer age related degenerative blindness.

The group has 30 members, organised by a small volunteer committee, with an average age of 90. The group meets once a month at the Glen Vue Centre, East Grinstead.

A lot of effort has been put in to raising money and they have an attractive programme for members, many of whom miss out on social contact due to their lack of sight. They attract regular interesting speakers to meetings, had a great birthday party and other social get-togethers. Their volunteer drivers do a good job transporting members from East Grinstead and the surrounding villages to meetings.

They hope to arrange outings for members next year and are investigating ways they can attract funding from local businesses and the community.

### EAST GRINSTEAD TOWN TWINNING ASSOCIATION

This has been an active year for Twinners. Links with twin towns continue to flourish. Members enjoyed a weekend of events in Bourg de Péage to mark fifty years of twinning between Mindelheim, Bourg de Péage and Verbania, and a delegation from the town was entertained at the annual Flower Festival in Verbania. A team from Imberhorne and Sackville schools did extremely well at the Youth in Europe event in Mindelheim.

Our local schools have

established highly successful international links, and there is a great deal of collaborative work with their counterparts in the twin towns. A Sixth Form student from East Grinstead will undertake a week's work experience in a primary school in Mindelheim in October.

The Twinners are planning two significant events - an international conference in East Grinstead in October, when local schools will have the chance to discuss ways of developing links

with the twin towns, and a week-long exhibition at Chequer Mead in December entitled "Europe on your Doorstep", bringing together local and twinned schools to demonstrate their achievements in the field of communications with other nations and to celebrate international links. The Twinners are also eagerly awaiting a visit from Mindelheim's magnificent Stadtkapelle (town band) next summer. We will keep you posted!

### Over 60s Link-Up Group

The Over 60s link-Up Group had a "Holiday at Home" Tues 16 – Wed 17 August 10.30am-3.30 pm at Jubilee Community Centre. The idea was to create a bit of a holiday feel for those who couldn't get away! There were games, activities – including a chance to have your nails done or make a holiday card, quizzes & seaside entertainment and also morning coffee, lunch and afternoon tea. 30 people came on the first day and 40 on the second and a great time was had by all. It was a great success and people asked for a repeat performance next year! We'll update you on future events!

### MULTIPLE SCLEROSIS SOCIETY, East Grinstead- Alternative Therapy

If you have MS and are interested in trying out Pilates, Reflexology, Hydrotherapy and Acupuncture do get in touch. These therapies are offered to people who have MS and live in the East Grinstead area. The cost of treatments is subsidised by the MS Society - East Grinstead Branch whilst funds remain. They are also looking to extend these services to counselling. The EG branch of the MS Society is keen to support local people affected by MS. In particular they are keen to help with the cost of special equipment or building adaptations.

Contact Murray on 01342 311941 or go to [ms.society@martinsfield.com](mailto:ms.society@martinsfield.com)



## Ashurst Wood Community Pre-School

This is a small, friendly setting, with close ties to the community and surrounding area. They are a non-profit-making, registered charity, governed by Ofsted and run by a committee of parents and staff. They invite parents, carers and volunteers to come and spend mornings with them and join in the fun.

They follow the Early Years Foundation Stage curriculum and their topic this term is "All About Me". They're busy learning names and finding out everybody's favourite games, toys, and snacks. Everyone loves the healthy snack bar! They are looking forward to learning about Autumn - scrunching in dry leaves, looking at pumpkins and counting conkers, as well as celebrating Diwali, the festival of light.

They are based at Ashurst Wood Primary School and accept children from the age of 2 ½. They have limited spaces for September 2012 and beyond. If you are keen for your child to join at age 2½, you should put their name down now! If you would like to volunteer or want more information telephone Steph on 07709 886 882 or go to [www.ashurstwoodpreschool.co.uk](http://www.ashurstwoodpreschool.co.uk)

## GRENESTEDE TALKING NEWS

GTN continues to flourish. They send weekly audio news from the local paper to some 70 listeners who are blind or partially-sighted. The local news is supplemented from other clubs by items of their activities which may be of interest to listeners; for example, the EG Blind Club, the Macular Society, the RNIB etc. If other clubs have information/

advice for listeners GTN are happy to look at brief inserts within the news for use in the recordings. GTN have two trainee computer operatives who will complete their training and join the present 4-man team recording the news on Friday evenings. They rely on word-of-mouth to spread the news of the valuable service they can provide to the

visually impaired. They give short talks to meetings of groups and are happy to consider other avenues for spreading the word. A recent article in the local newspaper by the Town Mayor, following his visit to GTN's AGM, was much appreciated and reminded readers of the availability of this free audio service.

## MID SUSSEX (South) CVS NEWS

### Age UK Cherry Tree Centre

Age UK Cherry Tree Centre in Burgess Hill, formerly Age Concern, has now changed its name to the Cherry Tree Centre following the take over by Age UK West Sussex last year. The Cherry Tree Activity Centre for the over 50s offers many activities including Tai Chi, bowls, skittles, Silver Singers Choir, yoga, card games and bingo etc. There are the services of a chiropodist, hairdresser,

hearing aid clinic and hand care. The range of activities will be extended to include day trips and a new film club showing the latest releases. They have a new line dancing class and computer classes for beginners. There is a new fully functional IT suite which has been re equipped and refurbished with a grant from Burgess Hill Town Council and funds raised by the local com-

munity.

Hot lunches are served daily (Mon-Fri), with a choice of menu. They also have a thriving Sunday Lunch Club, with a hot roast dinner and delicious pudding – due to its popularity you must book this in advance to avoid disappointment! Transport can be arranged at a very reasonable price, from door to door. A warm welcome is extended to new members. Phone 01444 236497.

### MS(S) CVS AGM

It was wonderful to welcome so many of you to our AGM at the lovely Age UK centre in Haywards Heath. I think that we were all inspired by the talk given by Vicky Chalmers and Gwen Durnford of Time 4 Children – and especially to hear how they got their Lottery funding (and the work they had to do to get it!) It was also great to be able to talk to so many people afterwards over drinks and nibbles – thanks to everyone for making this such an enjoyable event.



## TIME 4 CHILDREN

Time 4 Children does exactly what their name says.... they give Children Time.

Time to be listened to and time to be heard. They support vulnerable children in Sussex. With their support, children have 'Time' to work through their thoughts and feelings. Most children they support say no one really listens to them. It really is 'Listening' that makes a difference to a child's life. Go to [www.time4children.org.uk](http://www.time4children.org.uk)

## Midwives and Parents Support (MAPS) Funday

To mark 20 years of providing ongoing support to bereaved parents a Family Funday was held on 10th July at Clayton Rec. and Church Hall - and what a fantastic day it turned out to be, with good weather too! The attractions included a bouncy castle, face painting, raffle, giant board games, children's entertainer, free ice lollies and candy floss.

Of course there were sad times as parents reflected on the loss of their precious babies. Many wrote notes and attached them to balloons

which were released over the beautiful South Downs; others lit candles; some sat in silence - people 'just did their own thing'.

This was all made possible by so many caring people - not only MAPS Members but friends and acquaintances who so willingly offered their time.

Pam Parsons, MBE, Bereavement Counsellor said, "I found the whole experience very moving and profound and was so glad we marked our 20 years in such a positive

## Fairtrade Christmas Market - Martlets Hall Burgess Hill

Burgess Hill will be playing host to a Fairtrade Christmas market on Saturday 12th November in the Martlets Hall.

The market will run from 10.00am to 3.00pm and there will be around 20 stalls selling a wide range of Fairtrade and fairly traded gifts and goodies. Local Burgess Hill Off Licence, The Wine Stand, will be running a wine tasting stall where you will be able to sample a wide range of Fairtrade Wines and there will also be a chocolate kiosk, cosmetics, jewellery, accessories, clothing, Christmas cards and other gifts. Fairtrade Coffee, tea and cakes will be available all day.

## Local artists' work on permanent display

Burgess Hill Open Studios is to mount a permanent but changing display of work by local artists to be shown in the Burgess Hill Help Point. The Help Point is working to promote local talent as part of its tourism service and therefore has approached the Open Studios artists. People visiting the Help Point will be able to see, changing on a monthly basis, work by different people from the Open Studio group.

The project started in August 2011 and during November and December will feature Ali McNab and Clare Buckle respectively. All the work is for sale, and prices are very much at the 'affordable' level. Why not pop in when you are passing, and make this a regular visit as the artists change?

Contact Mike Wallace 01444 236501 [mikewallaceart@me.com](mailto:mikewallaceart@me.com)

## Have you visited The YEWS Community Centre in Haywards Heath?

The YEWS—the new Community Centre for Haywards Heath is going from strength to strength.

It still has some space available for voluntary or community groups that may be looking for somewhere to meet in central Haywards Heath on a permanent, short term or one-off basis at very competitive rates.

This is an ideal opportunity for local groups to meet in a central location, and alongside other community organisations. For more information please contact:

01444 412369 [www.theyewscentre.org.uk](http://www.theyewscentre.org.uk)

At **Windmills Opportunity Playgroup** have a very busy term ahead. They are particularly excited about their first ever Autumn Fair on **Saturday 19<sup>th</sup> November** at Sheddingdean Community Hall, Burgess Hill where there will be a range of stalls, activities, crafts and games for the whole family. The Autumn Fair is their first big fund raising event of the year and they will use the proceeds to buy fantastic new books for the children and make their book area more welcoming and exciting too. As always, Windmills continues to support all children from the local community by providing a stimulating and fun learning environment which aims to meet each child's individual needs. They have a dedicated and experienced staff team, and a fantastic band of hard working volunteers who continue to support Windmills so loyally - they are very valued members of the Windmills team.



## 4SIGHT RAMBLERS (Mid Sussex South)

4Sight Ramblers (Mid Sussex South) started in May 2011 and now has 31 volunteers and members. They meet every first Monday of the month at 10 am and enjoy a good lunch at a local pub or restaurant after the walk. They provide a guide or as much help as needed for members to cope with the terrain, and transport is available.

Walks are approximately four miles and so far have been from

the Jack & Jill Windmills to the Chattri war memorial; West Grinstead on the Downs Link to Southwater; a Balcombe circular; a Woolstonbury Hill circular and up on the Devils Dyke. In October they will walk around Stanmer Park.

The walk up Woolstonbury Hill attracted 18 members and volunteers and was in glorious sunshine. There was a great sense of achievement among members

in having mastered the climb and a somewhat steep descent. Three guide dogs romped around on the walk and enjoy the fresh air and freedom.

If you would like to join the Ramblers either as a volunteer or member please phone Anne Tomlinson on 01444 456026 or Jane Aston on 01444 870462

## THE STROKE ASSOCIATION Support Groups

The Communication Support Group of the Stroke Association meets fortnightly on Wednesday mornings at Queens Hall, Cuckfield. This group is for people who have aphasia (communication difficulties) as a result of a stroke. Activities are planned to enable interaction and encourage communication. Recent sessions have included a talk by a 21 year old stroke survivor, a visit from a PAT (Pets as Therapy) dog and discussions about childhood memories. In addition there is a Long Term Support Group run by volunteers which has activities, social events and a monthly music morning.

Contact Helen Simmonds, Communication Support Co-ordinator 01444 847421 or 077994 36014

[Helen.simmonds@stroke.org.uk](mailto:Helen.simmonds@stroke.org.uk)

Along side this group is a carers' group which meets monthly also in Queens Hall. It is for all carers of people who have had strokes whether in hospital, home or nursing home.

Contact Anne Jones, Family & Carer Support Co-ordinator 01444 847420 or 07957127404

[Anne.jones@stroke.org.uk](mailto:Anne.jones@stroke.org.uk)

## ASHENGROUND Community Centre

Ashenground is celebrating having paid off their Charity Bank loan 15 months early after some very successful fundraising events (an Auction of promises and a concert). The Centre is now financially self-supporting and bookings are almost at full capacity in the Main Hall. The halls are available for celebration/fundraising events on Friday and Saturday evenings, and Sunday afternoons. There is plenty of capacity in the Back Rooms for smaller group meetings. Rates are very

competitive and discounts are offered for regular bookings. Contact the Centre for more details. Support Ashenground Community Centre for free when you shop on-line.

<http://www.easyfundraising.org.uk/ashengroundcc>

Raise funds for them when you search the web using <http://ashengroundcc.easysearch.org.uk>

## LOCAL INFORMATION

### LOCAL GLOBAL 2012

The next Local Global Mid Sussex will be held on Saturday 9th June 2012

For 2012 Local Global Mid Sussex we would like to showcase memories of Mid Sussex communities spanning the Queen's upcoming Diamond Jubilee of 60 years. We want to explore people's experiences of coming to Mid Sussex for the first time, particularly those who have come from another country. If you would like to get involved or share your experiences please email [msdf2010@hotmail.co.uk](mailto:msdf2010@hotmail.co.uk)



## Christmas Networking Lunch

Mid Sussex Liaison Group would like to invite you to our Christmas Network Meeting and Lunch for Mid Sussex Voluntary and Community groups. This will take place on Tuesday 6<sup>th</sup> December from 9.45am – 1pm at Hapstead Hall, Ardingly. Come and hear how local voluntary groups have successfully applied for funding from different sources, learn about the new Mid Sussex Wellbeing Hub, and find out about West Sussex County Council (Health and Social Care) future commissioning arrangements. Talk to other voluntary and community groups over lunch – exchange ideas and make new contacts. See the flyer with this Newsletter.

## Introducing... 'The Mid Sussex Community Wellbeing Service'

The Mid Sussex Community Wellbeing Service offers people 1:1 support to focus on achieving personal goals and aspirations. They work closely with a large variety of services in the local area and offer individual support to help people access these.

Based within the heart of Hayward's Heath at The Yews' Community Centre, Boltro Road, a team of over ten people support individuals and run groups & activities across Mid Sussex. These include a women's group, a conservation group and a community café based in East Grinstead. They also work with Creative Expression's and Adult Education to provide Art for Wellbeing classes. Cookery Classes are available as well as a shared reading group and many social groups facilitated by volunteers and staff.

New groups for September include a social group at the Saltworkz Café in Hayward's Heath and a Young Person's group for 18-25 year olds. All groups aim to build confidence, self esteem and develop individuals' personal links within their communities. Community Link Workers can help people find out about individual activities in the local area and may be able to offer support to try these out.

Over the past 18 months the Wellbeing Service has worked with many community groups including, The Yew's Community Partnership, East Grinstead & District Association of Mental Health, West Sussex Adult Education service and many more. They recently attended Haywards Heath town day and are working with a new Time Bank in Burgess Hill. Contact 01444 416391

## West Sussex Community and Voluntary Sector Training Programme

In November we have:

Fire Safety for Community Organisations, Level 2 Food Safety in Catering Certificate, Developing a Donor Base of Individuals and Companies, Working with Outcomes based funding

**In December we have:**

Cunning tips for MS Excel, Awards for All – Big Lottery Briefing

**In January we have:**

Cunning Tips for MS Excel, Fire Safety for community organisations, Health and safety in the Workplace

**In February we have:**

Introduction to Budgeting & Bookkeeping, Fundraising for community groups, Level 2 Food Safety in Catering Certificate, Excel Intermediate Workshop

**In March we have:**

Emergency First aid at work, Supporting, Supervising & Motivating Volunteers, Creating a Website using WordPress

Go to [www.workingtogetherproject.org.uk](http://www.workingtogetherproject.org.uk) or ask your CVS.

## Child Safety

Do you have a concern about the safety or welfare of a child or children? You can now call a single countrywide telephone number (01403 229900) which is staffed between 9am and 5pm. A qualified social worker will deal with your enquiry, but this only applies to cases where they do not currently have a social worker. For urgent enquiries outside of these hours call 01903 694422. If you think a child is at immediate risk, always call 999 and ask for the police. Visit [www.westsussex.gov.uk](http://www.westsussex.gov.uk)

## Parkinson's UK

If you are affected by Parkinson's, contact your local Parkinson's UK information and support worker, Jonathan Smith. He can help with information about local services and benefits. For more information about Parkinson's emotional support for you and your family contact Jonathan

0844 225 3667



## The Mid Sussex Happy Breed Dog Rescue Society

The Mid Sussex Happy Breed Dog Rescue Society has just up-dated it's website. The wording has changed as well as the 'look' of the site. The website generates most of their calls as people can actually see the dogs which are up for rehoming and that helps of course – how can you refuse those pathetic little eyes pleading with you to take them home?

The Society has started discussing what they are going to do next year to celebrate

their 60th anniversary. They thought that it would be nice to have an open day to enable people to see what they have achieved over the years. They try to give the dogs, which come into the rescue, the best possible care until they can find their 'forever' home. Would the local group of dog-lovers, who founded 'Happy Breed', ever have dreamed that the rescue would survive for 60 years? At times present Society members

have wondered that – particularly, when funds ran out! Linda Thurlow remembers walking around the factory estate in Burgess Hill with a colleague, asking workers for donations to try to make ends meet.

It is tough to find enough reliable, voluntary helpers today and Linda says that this is where the Mid Sussex Council for Voluntary Service has helped the Society. Linda says that they are very grateful. Contact Mid Sussex Happy Breed Dog Rescue Society 01273 843897

[www.happybreed.co.uk](http://www.happybreed.co.uk)

## Healthy Walks in Mid Sussex

The Park Rangers Team runs a free programme of Healthy Walks across the District. The walks are designed to help you get fit, explore new areas of the beautiful Mid Sussex countryside and to help you get to know other like-minded people in a safe and supportive environment.

Contact the Park Rangers Team on 01444 477561

or email [rang-ers@midsex.gov.uk](mailto:angers@midsex.gov.uk)

## Action For Deafness

This is a charitable organisation offering a full range of services to Deaf and hard of hearing people in West Sussex. They provide hearing aid clinics with a team of dedicated volunteers.

Volunteers help to maintain hearing aids, and offer support and advice on hearing loss, change batteries and promote equipment from the Resource Centres. Products can also now be purchased on line at [www.actionfordeafness.org.uk](http://www.actionfordeafness.org.uk).

Most clinics are held on a monthly basis, however, the Steyning and East Grinstead clinics operate weekly to meet the high demand in those areas. Home visits can also be arranged for patients who are housebound. If you would like to volunteer or help raise funds, contact: [info@actionfordeafness.org.uk](mailto:info@actionfordeafness.org.uk) Tel/SMS 01444 415582, Text 01444 415593

[www.actionfordeafness.org.uk](http://www.actionfordeafness.org.uk) us. Full training and support are provided and out of pocket expenses are paid.

## ICIS Online has a make-over!

ICIS Online, the public Directory of Service has been re-vamped and re-organised. To make it easier to refine your search new categories of information have been created. Some categories have been combined, so that help in the home and services brought to the home are now all together in the 'Help at Home' section. The make-over has been done as a result of feedback ICIS have received from users—more pictures, more specific and less general information. Go to ICIS

Enquiry Line on **0800 859929**, email

[enquiries@icis-info4life.org.uk](mailto:enquiries@icis-info4life.org.uk) or go to [www.icis-info4life.org.uk](http://www.icis-info4life.org.uk)

## Funding opportunities for Healthy Workplace

The Active & Healthy Workplace Initiative is run by Active Sussex to promote fitness and wellbeing at work. The scheme provides employers with the advice and support they need to promote healthy options to their staff, as well as regular events and training opportunities. The scheme also distributes seed money to local businesses to develop

healthy living programmes in the workplace via a small grants scheme.

Introducing an Active & Healthy Workplace programme can drive down absenteeism and staff turnover, reducing costs of overtime, sick pay and temporary staff cover, as well as recruitment and re-training costs.

Whether you are looking to start

a new programme, refresh an existing programme or if you are just looking for more information about where to start and what is available locally get in touch for some free advice.

If your organisation is based in Sussex or has an office in Sussex you can call to arrange a meeting with the Active & Healthy Workplace Consultant, [Donna@active-solutions.co.uk](mailto:Donna@active-solutions.co.uk) or telephone 07545 045 4563.



### MIND Workshops

Mind in Brighton and Hove is running workshops in Mental Health Awareness and Coping with Stress in the Workplace.

Mental Health Awareness is for workers, volunteers or members of the public who are not mental health specialists, but whose work brings them into contact with people experiencing mental health issues.

Cost: £60 per person, 25<sup>th</sup> November 2011.

Coping With Stress in the Workplace

This workshop is for employees, managers or members of the public. Cost: £60 per person, 9<sup>th</sup> December 2011. Contact [info@mindcharity.co.uk](mailto:info@mindcharity.co.uk)

### MSDC Spotlight Grants - The Olympic Legacy

Mid Sussex District Council, as part of its Spotlight Programme, is offering grants to voluntary organisations working to improve the quality of life for Mid Sussex communities. The Spotlight Programme is intended to put Mid Sussex District Council in closer touch with diverse sectors of the community across Mid Sussex. Each year, the Council aims to “spotlight” particular parts of the community that may need additional help.

The theme for 2011/12 will be the “Olympic Legacy” and grants are

available to eligible organisations that have inspirational projects that aim to improve the quality of life through sport or physical activities and cultural events, which will create an Olympic legacy in their local community.

If your organisation is planning a one-off event, or need an item of equipment, which will lead to a lasting legacy, but lack the funding to do this and need some additional help – contact Mid Sussex District Council.

The maximum grant award will be £500 however; most grants are

likely to be in the region of £200-£300. The deadline to receive applications is Friday 25<sup>th</sup> November 2011, and grant applications will then be considered in January 2012. Applicants will need to demonstrate how their project will meet the Council’s priorities and as well as detailing how their project will create an Olympic legacy.

For an application form and guidance on the application process, go the Mid Sussex District Council’s website [www.midsussex.gov.uk](http://www.midsussex.gov.uk) or telephone 01444 477495

### Getting down to Business with social enterprise

#### WSSSEN Workshop series 2011-2012

As part of WSSSEN [West Sussex Social Enterprise Network] and West Sussex County Council’s commitment to support community, voluntary organisations and social enterprises in West Sussex, they would like to invite YOU to take part in forthcoming FREE workshops programme, aimed at helping your organisation to get started and to operate successfully as a social business.

Workshops are: *Find out about social enterprise*, to be held on 2nd February 2012, *Starting up a social enterprise – putting your ideas into action* on 9th February 2012, *Planning ahead - preparing a business plan and business case for your social enterprise* on 1st March 2012 *Financing your social enterprise* on 17th November 2011 and 21st March 2012.

To book a place or find out more information: contact Barbara Beaton [Barbara.beaton@bjbeaton.com](mailto:Barbara.beaton@bjbeaton.com) or phone 01424 893698.

### GENERAL INFORMATION

**DIGITAL SWITCHOVER** If you’re working with people aged 75 and over or eligible disabled please let them know that they can get help switching to digital TV. The switch to digital TV is coming in April or May, depending where you live. The Switchover Help Scheme helps people switch to digital by providing everything they need to keep watching their TV, including easy-to-use equipment, an approved installer to supply and install the equipment, and a 12 month aftercare service including a free helpline. This service costs £40 all-inclusive or is free to people who are eligible and on certain income-related benefits. Everyone who is entitled to help will receive an information pack from the Help Scheme. But it is possible to apply now by calling free on 0800 40 85 900.

**Make child's play of business waste** ScrapstoresUK is the national charity coordinating and promoting creative reuse of surplus clean industrial and business waste to over 80,000 community groups across the UK. Businesses can upload details of available resources and let the scrapstoresUK website do the matchmaking. Go to [www.scrapstoresuk.org](http://www.scrapstoresuk.org) to access or donate resources or to volunteer.



## NEXT STEP ADULT COMMUNITY SERVICE

Nextstep Adult Career Service is a free service, funded by the government, and far too few people use it, or know about it. Every person, aged 19+ is guaranteed at least one free advice and guidance session. It's up to the clients to decide what they want covered, be it job search, career or train-

ing advice, return to work – really anything. Nearly all clients are eligible for up to two follow-up sessions. Each session lasts 45 minutes and the client gets a typed action plan afterwards, summarising the advice given. These sessions are 1:1, so Nextstep act as personal coaches. However,

if an organisation is interested in providing a workshop for a group they can do this as well; this may be of interest to charities that want to provide volunteers with a 'perk' in exchange for their volunteering. Phone or text Valeria Coots on 07733 183 825 or e-mail [vcoots@btconnect.com](mailto:vcoots@btconnect.com)

## COMMUNITY ACTION AGAINST CRIME -Innovation fund

This fund supports creative new approaches of tackling crime, including effective partnerships to get everybody working together. It will encourage voluntary and community groups to work with their community safety partnership to tackle local crime problems, including collaborative initiatives to cut crime. Applications from grassroots community activists who are not traditional recipients of government grants are encouraged. It is funded by the Home Office and delivered by the Community Development Foundation (CDF). To find out more including eligibility and how to apply visit: <http://www.cdf.org.uk/web/guest/crime-innovation-fund>

## New Fund for Innovative Swimming Activities

The Kellogg's Swim Active Programme provides grants to help support not-for-profit organisations to run swim-based activities and projects. The objectives of the programme are to: enhance the motivation to swim, remove the barriers to swimming, and increase participa-

tion in swimming. Applicants must be from a non profit-making organisation. This includes swimming clubs, schools, pool operators, community organisations, and social enterprises. Projects can be revenue based, capital based or a mix of both. The Fund

has no minimum or maximum limit, although it is not an unlimited financial resource. It is preferred if organisations think about whether their application can include an element of partnership funding in cash or in kind. The closing date for applications is 1 December 2011.

## Poetry and Literature Awards

The Clore Poetry and Literature Awards is a £1m initiative aimed at funding poetry and literature initiatives for children and young people across the UK over a five year period (2011 - 2015). The overall objective of the Programme is to provide young people under the age of nineteen with the opportunity to experience poetry, literature, and creative writing both inside and outside of school, in compelling and exciting forms. Eligible applicants include: established community groups and not-for profit organisations, professional literature, poetry and creative writing organisations, and libraries, primary, middle, secondary, special schools, sixth form colleges, academies and Further Education colleges.

Other arts/cultural organisations (e.g. museums, galleries etc.) are eligible to apply but must provide a clear rationale for their proposed literature/poetry.

Grants range from £1,000 to £10,000. Submissions should be received by 30 March 2012.

Go to [www.cloreduffield.org.uk](http://www.cloreduffield.org.uk)

## UnLtd Sport Relief Awards

This provides cash awards of up to £500 (11-16 year olds) and between £500 and £5,000 (17-21 year olds) to run a community project that uses sport to bring communities together to resolve conflict and promote understanding. For example, with this money you could engage young people from different backgrounds by organising an indoor cricket mini-world cup. Go to [www.unltd.org.uk/sportreliefawards](http://www.unltd.org.uk/sportreliefawards) or [www.liveunltd.com](http://www.liveunltd.com).

## Get help with your press releases

Charity or community groups struggling to get press coverage can get help from Community Newswire run by the Media Trust.

The free-to-use [Community Newswire service](http://www.communitynewswire.org.uk) funded by BIG can help you get your stories into the national and regional media. Stories, press releases and photos are submitted online to Community Newswire, and the best are written up by dedicated Press Association journalists and distributed to thousands of newsrooms across the UK.

Caroline Diehl, Chief Executive of Media Trust, said: "Now, more than ever, charities and communities must engage with mainstream media, have the skills and resources to cut through the digital noise, to give voice to marginalised and disadvantaged people, and bear witness to both the needs and the solutions in Britain's hidden communities." To submit your story or find out more go to [www.mediatrust.org.uk](http://www.mediatrust.org.uk)



## SPORT MAKER

Next year, anyone can be a sporting hero. Whether it's planning the route, finding the pitch or encouraging people to take part – sport doesn't just happen, it needs people to make it happen. Become one of 40,000 Sport Makers and you'll not only get the skills, knowledge and opportunities you need to get more people playing

sport, you'll become part of the official London 2012 Olympic and Paralympic sports legacy. There are lots of reasons to become a Sport Maker. It is totally flexible. You choose which sports you want to be involved with and who you want to make sport happen for – friends, colleagues, neighbours or your local community.

It's extremely rewarding. You will meet other people interested in sport; find new ways of getting involved that suit you and gain access to resources that will help you organise your own activities. You will also develop new skills that could be useful in other areas of your life. To become a Sport Maker go to [www.sportmaker.co.uk](http://www.sportmaker.co.uk)

## Youth Volunteering Slumps

The number of young people claiming to have volunteered within the last 3 months dipped by a quarter - from 19% to 14% in May 2011, despite a steady rise previously. These are the findings from nfpSynergy's youth Engagement Monitor. The largest drop seems to be in the 17 – 19 age group and amongst males. nfpSynergy suggests that the drop may have been caused by a cut in investment in youth volunteering initiatives like v, and warns that the dip in youth volunteering could be made worse by cuts to youth services.

## CHARITIES & COMMUNITY GROUPS FACE CUTS

More than 2,000 charities and community groups are facing budget cuts as local authorities reduce their funding – or in some cases completely withdraw it – according to research published today by False Economy. The research, based on responses from local councils across England, shows that one year on from the launch of the Big Society, many charities and voluntary groups face deep funding cuts. The False Economy research shows that charities face net funding reductions of more than £110 million this year, though the final figure is likely to be far higher given that some large authorities have not yet finalised where the cuts will hit. Many groups have had their funding cancelled completely. The list of charities facing funding cuts includes 112 adult care charities, 142 elderly-related charities, 382 children's and young people-related charities, 151 disability-related charities. As well as the misery and distress they cause, such cuts will increase pressure on the NHS and other statutory bodies.

## CALL TO ACTION ON OBESITY

[The Department of Health has published a new strategy for tackling obesity.](#) Healthy Lives, Healthy People: A call to action on obesity in England. It says that overweight and obesity represent probably the most widespread threat to health and well-being in this country. Excess weight is a major risk factor for diseases such as type 2 diabetes, cancer and heart disease. Alongside the serious ill-health it provokes, it can reduce people's prospects in life, affecting individuals' ability to get and hold down work, their self-esteem and their underlying mental health. Excess weight costs the NHS more than £5bn each year. The Government is committed to giving a lead in our efforts to prevent and reduce excess weight. We need to encourage and support individuals to eat a healthy diet and become more physically active. We are all being asked to take responsibility for our own lifestyle choices. Go to [www.dh.gov.uk](http://www.dh.gov.uk)

## THE INNOVATION GIVING FUND

The Office for Civil Society has opened a £10m fund to support charities, companies and other organisations that are developing new ways to encourage charitable giving and volunteering.

The Innovation in Giving fund, a new strand of the Social Action Fund that was announced in the department's Giving White Paper in May, will give grants to individuals and groups that use technology to increase giving and volunteering. The fund will be managed by the [National Endowment for Science, Technology and the Arts](#).

Visit [www.nesta.org.uk](http://www.nesta.org.uk)



## Contact Details

### East Grinstead CVS

East Court Mansion, College Lane  
East Grinstead RH19 3LS

#### Office & Volunteer Centre

Christine Hardisty, Manager  
Jakki Jackson, Administrator  
& Community Development  
Loral Bennett, Volunteer Centre &  
Community Development

01342 328080  
christine@egcvs.org.uk

Registered Charity Number 1120520  
Company Number 6301593

### Mid Sussex (South) CVS

38 Church Road, Burgess Hill RH15 9AE

#### Office

Sue Rabbett  
01444 258102

#### Volunteer Centre

Sue Edgson & Catherine Pardoe  
01444 870711 vc@msscvs.org.uk

#### Community Development

Regina Choudhury  
01444 258102/mobile 07921 049 063  
Regina@msscvs.org.uk

Registered Charity Number 1136607  
Company Number 7228623

### Contact the CVS office

- For more information on any of the newsletter items
- To receive a large print version
- To update your group's details so we can keep you informed
- To provide feedback on our services
- To send in newsletter contributions

### Contact the Volunteer Centre

- If you're interested in volunteering
- If your organisation needs to recruit volunteers

### Contact Community Development

- For free support, individually tailored to your organisations needs
- For advice on funding, policies, training and more

## Diary Dates

### Christmas Networking Meeting for Voluntary and Community Groups in Mid Sussex

Tuesday 6<sup>th</sup> December, Ardingly

### Local Global Mid Sussex

Saturday 9<sup>th</sup> June 2012, Haywards Heath

### Diamond Jubilee Celebrations

Across Mid Sussex

Sat. 2<sup>nd</sup> June 2012 – Tues. 5<sup>th</sup> June 2012

Newsletter available  
online  
[www.msscvs.org.uk](http://www.msscvs.org.uk)  
[www.egcvs.org.uk](http://www.egcvs.org.uk)

### Newsletter contributions

We welcome contributions of up to 250 words, by email or post.

Please send in news of your group's activities, events you'd like us to publicise.....



**Deadline for  
next issue**

**16th January 2012**