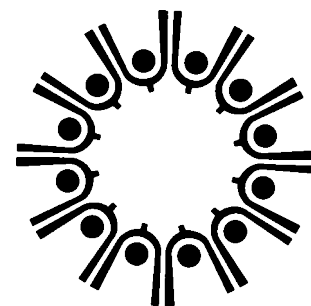


COUNCILS FOR VOLUNTARY SERVICE IN MID SUSSEX



SPRING 2011 NEWSLETTER



Focus on Volunteering Volunteering Nationally

A Few Facts About Volunteering (taken from National Citizenship Survey 2008/9)

26% of people in England participated in formal volunteering at least once a month. People who regularly participated in formal volunteering spent an average of 12.6 hours volunteering in the 4 weeks before the interview. 62% of regular volunteers say they start volunteering because they “want to improve things/help people”

What’s the economic value of volunteering?

There are a number of reports including the West Sussex report “Hands-up if you could lend a hand” which seek to attribute a monetary value to volunteering. They are all quite old now, but indicate that £1 invested in volunteering is worth between £4 and £8.

Some national volunteering initiatives

The Olympics springs to mind immediately, of course. Volunteers will be needed to act as tour guides during the Games, and 70,000 people will volunteer on the main site during the Games. To find out about volunteering opportunities visit the London 2012 website: www.london2012.com.

We are being encouraged to use the enthusiasm generated by the Games to create Games inspired volunteering opportunities locally - so we should all be thinking about existing volunteering opportunities that could be adapted to encompass Olympic and Paralympic values.

The National Citizen Service programme will provide voluntary work for school leavers during their summer holiday. In the meantime, however, ‘involved’ which works with 16 - 25year olds has had its funding cut. Go to: vorg.vinspired.com.

If you are not familiar with the ‘i-volunteer’ - the social action network, do have a look. It links volunteers and charities. Charities can post challenges they need help with and volunteers can browse opportunities on their phone or laptop. This site could be useful for your organisations, but volunteers and organisations should approach all contacts made through this site with caution - as with all social networking sites.

‘V’ have launched a new campaign which asks young people what role they want to play in society. The initiative, called Big Society’s Big Mouth is being conducted online and via local community action events. It will culminate with young people taking their proposals to government in April 2011.

The campaign is a response to new research (1,000+, 16-24 year olds) which found that only 25% of young people have heard of Big Society and that almost half (46%) of young people don’t trust the government to make the right cuts in spending.

Please do encourage young people you know to visit the site and get involved at: www.bigsocietysbigmouth.org.

Volunteering Locally

Volunteering in West Sussex

There are 8 Volunteer Centres in West Sussex, all bringing together local groups with local volunteers. The Volunteer Centres are based in Councils for Voluntary Service. In Mid Sussex we have 2 Volunteer Centres. One is based in Mid Sussex (South) CVS at Burgess Hill (with outreach work at Haywards Heath Town Council Office) run by Catherine Pardoe and Helen Hall. The other is located in East Grinstead CVS, (with outreach work in EG Library), and is run by Loral Bennett. Contact them if you are

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looking for volunteers, but please remember that we are all part-time and be patient if you can't get hold of us straight away.

Volunteering and Big Society – how do we make it work?

Big Society would not exist without volunteers and everyone is being encouraged to do more volunteering. Our challenge is to bring more people into volunteering. How, for example, do we support the following people to volunteer, and what could we offer them?

- Parents only available between 10.00am and 2.00pm Mon – Fri and not in school holidays (and who may prefer not to volunteer with children!)
- People with mental illness desperate to do something worthwhile with their time. Could your organisation support them?
- People with learning difficulties who want to feel valued members of society.
- People between jobs who may only be available for a short period of time. Could your organisation use their expertise and knowledge?
- School/college leavers wanting to build up their skills and do something useful.
- Working people who are only available in the evening or at weekends.
- People apprehensive about volunteering – could you offer them a friendly taster to get them started?

We all worry about the lack of volunteers. Maybe we need to start looking at the untapped pool of people listed here - people who are essentially willing to volunteer, but who need a bit of help to get them started.

Then, of course, there are those people who would never think about volunteering - people who possibly don't even consider themselves part of the community - they may work outside the local area and don't give a moment's thought to the place where they live. It doesn't occur to them that life would be more pleasant if they supported local events and helped develop local initiatives. How could you motivate them to work with your organisation? How do we get them to engage with our local communities?

Please get thinking. We need all these people if Big Society is to work in Mid Sussex

Mid Sussex (South) CVS and East Grinstead CVS are very sad to say goodbye to Jim Wilson, who has been working on the CVS Newsletters longer than any of the existing staff. Jim is used to slipped deadlines, new articles hastily added or taken out at the last minute as we struggle to get the Newsletter ready, and has cheerfully and professionally knocked it into shape and winged it back to us in a format fit to send out to our members. This is the end of an era for us, and preparing the Newsletter will never be quite as easy again.

A huge thank you from all the staff and Trustees at both CVSs as Jim "retires" from this important role.

NEWS FROM EAST GRINSTEAD CVS

East Grinstead CVS is moving!

East Grinstead CVS is moving into East Court Mansion shortly. Our premises in The Old Court House are too large, now that Bluebird Community Transport has taken over the EG FLEET operation. We are grateful to East Grinstead Town Council for their support over the years, and look forward to continuing to work with them when we are situated in the same building! The move will probably take place in June - but we will give you more details when the date is confirmed.

East Grinstead CVS Funding Surgeries

17th May (10.15am - 3.15pm) and 14th June (2.15pm - 7.15pm). Venues to be confirmed

EG CVS are able to offer one-to-one funding sessions for EG CVS member groups on these dates. If you need help with a tricky funding application, don't know where to look for funding for a particular activity or simply don't know how to start putting together a funding strategy, this is your opportunity to get funding help tailored to

your group's needs. We have slots for up to 6 groups on each day

EG CVS will be joined by Karl Parks, a Community Support Officer for 3VA, the Council for Voluntary Services serving Wealden, Lewes and Eastbourne. Karl has over seven years experience of supporting and advising a wide-range of voluntary and community organizations on all aspects of fundraising, governance and organizational development and has run a number of successful 1:1 surgeries aimed at raising awareness of current funding opportunities, providing practical tips for bids and the importance of good planning. Karl is looking forward to using his extensive funding knowledge to assist the sustainability and development of groups in the East Grinstead area.

For more details, or to book a place, please email Jakki Jackson: jakki@egcvs.co.uk or Loral Bennett: loral@egcvs.co.uk or phone us on 01342 328080.

East Grinstead Life Show

It was great to see so many of you at the East Grinstead Life Show on 2nd April - far more people than we expected. We had over 40 stands with information on diet, fitness, exercise, therapies (including Pets for Therapy), managing illness and pain, and services for the elderly, the young and families. The queues to see the GPs and nurses from Moatfield Surgery were constant- it was an ideal opportunity for people to discuss their health with professionals, without having to wait until they were ill!

The entertainment was astonishing - young children dancing, a choir, local student musicians, Indian music and sports demonstrations - and we had Meridian FM transmitting live from the hall - a real community event. Our thanks to all participants, organisers, and funders and to East Grinstead Social and Community Group for putting this event on.

EG CVS AGM

Volunteering will be the subject of our AGM this year. Let us know what you would like covered in this event. Please contact us if you would like to speak about your experience of volunteering, or of recruiting and working with volunteers. Perhaps you have special stories to tell of the work done by volunteers with your group, or of how your own volunteering has helped you. We'd also like to know how you see the role of the Volunteer Centre. In the meantime, put 7.00pm, 4th October, Meridian Hall in your diary for EG CVS AGM.

VOLUNTEERING NEWS FROM EAST GRINSTEAD

3 Cheers for Volunteers!

Our 3 Cheers for Volunteers exhibition, at the East Grinstead Museum, has just closed, after running for longer than anticipated. Feedback from visitors has been good, the most common observation being that people didn't realise how many different varied organisations are run and/or supported by volunteers in our local area. It has been really useful to raise the profile of volunteering in the East Grinstead area, and we hope that it will lead to more volunteers coming forward.

Advertising for volunteers

Don't forget to let us know about your volunteering needs - the weekly column in the local newspaper still proves to be very successful in attracting new people, as does the Do-it website.

There are still some vacancies for the monthly sponsored charity page in the EG Living magazine, which is delivered to thousands of households. Please let us know if you would like to use the page to publicise your group and advertise for volunteers.

Supporting Volunteers

The Supporting Volunteers event held at Billingshurst in February was very well attended, although not many East Grinstead area groups were represented. We hope that, if the event is repeated next year, it can be in the north of the county, so that more of you will be able to attend.

Networking and Big Society

Our next Mid Sussex Liaison Group networking meeting for all voluntary and community groups in Mid Sussex will be held on Friday 27th May at Hapstead Hall, Ardingly from 9.15am - 12.30pm with time for networking. The topic under discussion will be Big Society. We will have 2 speakers talking for and against the concept of Big Society, and then it will be your chance to give your views - and you can be as challenging and radical as you please, but please be constructive! How *do* we create Big Society in Mid Sussex? Please see the flyer with this newsletter.

Local Global Mid Sussex

Don't forget Local Global event which will be held at Clair Hall in Haywards Heath on Saturday 30th April. Celebrate diversity with groups from across Mid Sussex. See in *Local Information* section.

News from Friends of Standen Estate

Once again spring is here and Friends of Standen Estate are hard at work in the garden and woods preparing for Standen's busiest time of the year.

The traditional Sussex cart barn that volunteers constructed in Hollybush wood, is now complete and they are pleased to announce that the Hon. Nicholas Soames, our MP, is coming to officially open in it May.

The bees in the four hives survived the winter safely and the Friends are looking forward to a bumper harvest of honey this year. The volunteers who look after the hives are getting more and more confident under the guidance of a local professional beekeeper.

The kitchen garden group of volunteers are growing in number and Standen are hoping to increase the amount of vegetables produced for the restaurant at Standen, as well as for sale from the barrow in the kitchen garden.

Friends of Standen Estate have all sorts of exciting plans for the restoration of the gardens and wider estate and we encourage anyone who has not visited Standen recently to go along and see how the gardens are blossoming.

More volunteers are always needed; for more information go to: www.fose.org.uk.

East Grinstead Fire Station

As well as attending a multitude of emergency incidents the staff at East Grinstead Fire Station are heavily involved in various community based fire safety initiatives.

Local Firefighters are involved with carrying out of 'Home Fire Safety Checks'. This is a free service whereby residents in domestic properties can get fire safety advice within the home. Areas discussed during these visits include the fitting and testing of smoke alarms, bedtime fire safety routines and escape plans. Firefighters also give educational talks and presentations to local schools and other organisations. This can involve a visit by either individual Firefighters or a fully operational crew on a fire appliance. Road safety throughout the county is another key area that involves East Grinstead Firefighters. They support the 'Safe Drive Stay Alive' road show as well as working with partner agencies and giving talks in schools.

For more information phone East Grinstead Fire Station on: 01342 32147 or go to:
http://www.westsussex.gov.uk/living/emergencies/fire_and_rescue_service/home_safety.aspx

Free Fire Awareness Training for Home Visitors

This safety training is also offered by West Sussex Fire and Rescue Service specifically for individuals and organisations who visit other people in their own homes.

The training can be delivered, either at a fire station near you, or at a location of your choice. The aim is to raise awareness in home visitors and to enable them to spot a hazard and its potential to cause harm. Once a risk has been identified it would be a simple case of explaining the services available to the occupier and then informing West Sussex Fire & Rescue Service. WSF&RS will then approach the occupier to determine what safety measures are appropriate.

If you are interested in the Fire Awareness training for you, your staff or volunteers, please contact Dane Thomas on: 01342 321477 or email: Dane.Thomas@westsussex.gov.uk.

East Grinstead Museum

East Grinstead Museum is looking for volunteer stewards, especially at the weekends. It can be a very rewarding job for people interested in local history. Not only do you get the chance to explore the museum yourself, but many visitors who live or have lived in the area have stories and information to tell you.

No previous experience is necessary; you just have to enjoy meeting people.

Even if you cannot commit yourself to be on duty regularly, the Museum needs people to be on their reserve list to fill in at odd times. You will always work with someone else and be paired

with an experienced steward until you are confident.

The museum is available for hire outside its normal opening hours. The centrally situated, contemporary building is just behind the historic High Street. The Gallery can accommodate up to 80 for an informal reception. A small meeting room is also available. Please phone for prices and availability.

Phone on: 01342 302233 or email:
info@eastgrinsteadmuseum.org.uk.

Age Concern East Grinstead Need You

At Swan Mead, Age Concern have a very small dedicated team of volunteers.

To help things run smoothly, they desperately need more help. Do you think you would enjoy interacting with members, serving coffee, driving the mini bus, helping serve lunches or calling Bingo?

They are also looking for active Trustees and a Treasurer to join the committee.

If you think you would like to join their team, call them for a chat.

Age Concern run regular weekly activities such as art and exercise classes, line dancing and computer classes. They also have a programme of outings to places such as Wisley, Hastings and the Houses of Parliament. They run a Respite club on 2nd and 4th Saturdays of each month. For further details please contact Age Concern East Grinstead on: 01342 327046

East Grinstead May Fair

Don't forget the East Grinstead May Fair which will be held on May Day – Monday 2nd May in East Grinstead High Street. Support this regular Lions event which helps to raise money for local charities, and enjoy a good family day.

East Grinstead Blind and Partially Sighted Club

The Blind Club began life in 1969 as a place for people with sight loss to meet for coffee and handicrafts. Today it is a vibrant lunch Club affiliated to 4Sight (West Sussex Association for the Blind), meeting monthly at the Age Concern building in East Grinstead.

The aims of the Club are to offer friendship, conversation, advice and help in all aspects of living with sight loss.

In the winter months lunch is followed by guest speakers or live entertainment. In the summer there are visits in the local area for afternoon tea and an annual visit to the coast for lunch. Free transport is available for all events.

The Club welcomes new members with any form of sight loss. For more information call the Club Leader, David Shoosmith on: 01825 740 215 or email: g.shoosmith@tiscali.co.uk.

Cats Protection

Cats Protection is a national charity devoted to the care of cats and kittens. Its work involves rehoming cats and kittens, the promotion of neutering and advising and informing the public on cat care.

The Crawley, Reigate & District Branch is run by volunteers and has been active locally for over 30 years. It is almost entirely self-funding, dependent on the generosity of supporters and adopters to continue its work.

In 2010 the volunteers helped 856 cats and kittens. All their cats are checked by a vet, vaccinated, neutered, microchipped and treated for fleas and worms before rehoming. Volunteers help people as well as cats by giving advice, offering help with cat care, dealing with "problem cats" including strays, finding homes for unwanted cats and kittens, helping with the cost of neutering and encouraging young people to respect and care for cats.

If you would like to adopt a cat or need help with rehoming your cat; need help with neutering, or want someone to give a talk to a school or other group, please contact them:

enquiries@catsprotection.co.uk; phone: 0845

371 27 34. Homing enquiries:

homing@catsprotection.co.uk; phone: 01293 266155.

NEWS FROM MID SUSSEX (SOUTH) CVS MSS CVS

MS(S) CVS AGM

MS(S) CVS AGM will be held on Tuesday 11th October at Age UK West Sussex - The Redwood Activity Centre in Haywards Heath, start time 6.30pm.

Treasurer Required for MS(S) CVS

MS(S) CVS needs a new Treasurer as the current treasurer, John Matthews, expects to resign later this year. MS(S) CVS is grateful for his many years of service contributing to the work of the organisation. The committee is now looking for someone to take on this role so if you are interested please contact the Volunteer Centre: 01444 870711 or: vc@msscvs.org.uk.

Book MS(S) CVS Community Room

The MS(S) CVS Community/training room in Burgess Hill is an ideal venue for workshops, board meetings, training, interviewing, business and community network meetings.

There are discounted rates for MS(S) CVS member groups and the venue is generally available for bookings 7 days a week from 9.00am until 10.00pm.

It can accommodate up to 50 (15 in boardroom style seating); has full visual & audio presentation

equipment; wheelchair access and T-Loop; kitchen facilities; car parking and rail access.

Are you planning a Street Collection?

Five collection buckets with lids are now available for loan from the MS(S) CVS office. Display boards are also still available to loan. Contact: 01444 258102 or e-mail: info@msscvs.org.uk to arrange loan.

Consider a donation...

Like many of you, MS(S) CVS is working hard to maintain the level of service you have come to expect of us, in the face of funding cuts. Unlike many other Councils for Voluntary Service, we do not ask for an annual membership fee or charge for our services. This is because we wish to give every group access to our facilities whatever their size and situation.

Some of you have been able to make small donations in the past for which we have been extremely grateful. We would be even more grateful at the present time to receive any donations - however small - you may feel able to give. Even a pound or two will go a long way. We can guarantee that all donations received will be put towards the continued work of this CVS and its volunteering service.

So please, small change for big returns!

Networking and Big Society

Our next Mid Sussex Liaison Group networking meeting for all voluntary and community groups in Mid Sussex will be held on Friday 27th May at Hapstead Hall, Ardingly from 9.15am - 12.30pm with time for networking. The topic under discussion will be Big Society. We will have 2 speakers talking for and against the concept of Big Society, and then it will be your chance to give your views - and you can be as challenging and radical as you please, but please be constructive! How *do* we create Big Society in Mid Sussex? Please see the flyer with this newsletter.

Local Global Mid Sussex

Don't forget Local Global event which will be held at Clair Hall in Haywards Heath on Saturday 30th April. Celebrate diversity with groups from across Mid Sussex. See in *Local Information* section.

Great Poppy Party Weekend

Open Studios are working with the Royal British Legion "Great Poppy Party weekend" in 2011 as both celebrate longevity. 90 years for the Legion, 9 years for Open Studios. Come to Open Studios and spot the poppies. Sat 4th & Sun 5th June and also Sat 11th & Sun 12th June from 10.30am - 5.00pm. Leaflets with details of the venues can be picked up from the Burgess Hill Town Council Help Point, local libraries, local

press or at: www.art-in-burgess-hill.co.uk.
Information also from Sarah Wallace on: 01444 236501 or: sarahwallaceuk@yahoo.co.uk.

4Sight Events in Burgess Hill

4SIGHT Ramblers (Mid Sussex) are a new group for people with sight problems. The Group's first walk of 4 or 5 miles will be on 16th May 2011 at 10.00am from the Jack and Jill windmills. After the walk you will have a well earned rest and lunch at the Jack and Jill Pub. Guides available and guide dogs welcome.

The Action Resource Bus will be in Burgess Hill on Thursday 12th May in Church Walk. The resource bus will be open from 10.00am till 4.00pm. Come along and see some of the latest equipment and information which could be of help to you.

If you have any queries the Burgess Hill Resource Centre can be contacted on: 01444 248653.

Cruse in Burgess Hill

Cruse Friendship Groups provide opportunities for those who have received support from Cruse to continue to support each other and maintain contact with the Branch. A group now meets in Burgess Hill on 2nd & 4th Thursday of each month from 10.00am-12noon. Please contact: 01293 531191 for more information.

Grants for Community Groups in Burgess Hill

Burgess Hill Town Council are awarding grants for local community groups and voluntary organisations that benefit Burgess Hill residents. Grants will be awarded in two phases, in June and October. The deadlines for applications of up to £1,000 are 30th April and 31st August. The deadline for applications for grants of more than £1,000 is 30th September. Application forms and supporting information can be downloaded from the Town Council website: www.burgesshill.gov.uk or contact: 01444 238207 or email: Jennifer@burgesshill.gov.uk.

Haywards Heath Spring Festival

Haywards Heath Spring Festival 2011 will be held on Sunday 8th May 1.30-4.00pm on Muster Green. Come and visit the Town's vibrant voluntary sector stalls raising valuable funds and promoting awareness of their services while enjoying the excellent entertainment that will be provided by the local groups and organisations. An afternoon for all the family to enjoy!

Greater Haywards Heath's first Bike Ride

This will be on Sunday 17th April 2011. This event is for enthusiasts, families and charity teams - but most of all it's for fun and to raise funds for the local community. There will be three routes to choose from and if you'd rather not cycle then marshals are needed (contact: ruth@i-dms.co.uk) The organisers are hoping

many entrants will ride for charity; choose your own or one of the Bike Ride's nominated two charities - Help for Heroes and St. Peter & St. James, to whom all proceeds will be going. Alternatively, charities and clubs can enter their own teams. For more information contact: 01444 455694 or: www.hhdba.co.uk.

The event is being organised by Haywards Heath and District Business Association, in conjunction with Haywards Heath Town Council, Mid Sussex District Council and The Orchards Shopping Centre.

Burgess Hill Bike Ride

Burgess Hill Bike Ride is on Sunday 5th June, with three routes to choose from. This is the 19th year this event has been held and is jointly organised by local members of the Round Table and the Lions. Sponsorship money supports St Peter & St James Hospice and other local charities. For more information visit: www.burgesshillbikeride.co.uk.

Sussex Deaf Association is running a basic British Sign Language course at the Old Post Office Resource Centre in Burgess Hill. This six week course starts 4th May 2011 and costs £70 per person. For more information contact: 01273 671899 or 07958 655 115 or: training@sussexdeaf.com.

LOCAL INFORMATION

Local Global Mid Sussex

Local Global Mid Sussex returns following last year's hugely successful event. It will be held on Saturday 30th April 2.00pm-5.00pm at Clair Hall in Haywards Heath. All are invited to come along to this free event and celebrate the rich cultural diversity in Mid Sussex. There will be traditional dances and songs; food from around the world; entertainment for children; and an international wedding fashion show to coincide with the Royal Wedding. For more details please email: msdf2010@hotmail.co.uk.

Volunteer Centres Annual Satisfaction Survey

We are about to send out the survey forms to those of you to whom volunteers have been referred this year. Please do complete and return them: not only do we have to show this as part of the information required by our funders, but it's also a chance for you to give us feedback and suggestions for improvement.

Voluntary Sector Views in West Sussex

You will remember that we recently asked you to vote for voluntary sector representatives to sit on countywide forums. The results of these elections have been announced and can be viewed at: www.eesi.org.uk. Christine Hardisty is the northern West Sussex representative on the West Sussex Cooperative. Other West Sussex

forums include Health and Wellbeing, and Children's Trust. Statutory agencies (local councils), the business sector and voluntary and community sector representatives across the county make up these forums which tackle issues of importance to our communities. Given the role of the voluntary sector in the Big Society and the problems of decreasing funding we need to know in the CVSs about the things which concern you. We can then ensure that they are raised in the countywide forums.

Strictly Health and Wellbeing

This was a West Sussex CVS Network event held on 23rd March, with the aim of bringing voluntary and community groups together with GP and Public Health Commissioners. We were concerned about the changes to health provision and wanted to meet with the new health professionals who will be commissioning services from the sector. It was also our opportunity to discuss the Public Health white paper - Healthy Lives, Healthy People and contribute to the consultation - our response was very robust! I think that we all recognised that this was the start of a dialogue with commissioners, and that we will all have to work hard to ensure we have the same objectives. We are grateful to NAVCA (our umbrella organisation) for funding this event.

Sussex Horse Rescue Trust

This Sanctuary reopens on Sunday 24th April at 11.00am, with an Easter Gala Open Day.

This promises to be a great day out, with a farrier demonstration, parade of sponsored equines, pony rides, raffle with £250 cash first prize and 12 other prizes, stalls, barn shop and refreshments. There is also the chance to meet Ralph, Sussex's largest rabbit, and Molly their mascot cockatoo! The Sanctuary is then open every Sunday during the summer. For more information visit:

www.sussexhorserescuetrust.org.uk.

90 Years for 4Sight

4SIGHT celebrates its 90th year in 2011 supporting blind and partially sighted people, and they aim to raise £900,000 over the next two years to provide an effective outreach service in rural communities, improve and maintain their services in hospitals and resource centres and increase their membership. They will be creating new events to help achieve this, so keep an eye on their website for details.

reMEember (The Chronic Fatigue Society) ReMEember continue to help and Support ME/CFS patients in Sussex and nationally. They run Self Management Courses and arrange ongoing support after the course has finished. Social and fundraising events are also held.

A very interesting event is being organised on Saturday 14th May at 2.00pm, Chronic Fatigue Syndrome/ME/FM What It Is and What It is Not - A talk by Professor Kevin Davies (Honorary Consultant Physician and Rheumatologist) from the Brighton and Sussex Medical School at Sheldrake Suite, Martlets Hall, Burgess Hill RH15 9NN. Tickets £3 to include refreshments and entry is by ticket only. Please contact reMEember for more details and tickets and send a Stamped Addressed Envelope with your cheque.

reMEember

PO Box 1647, Hassocks BN6 9GQ

01273 831733; www.remembercfs.org.uk.

The Independent Living Association

The ILA has been awarded a new contract by West Sussex County Council to provide direct payments support. Direct payments are a way people can take control of the care money provided by the county council.

The ILA is a local charity with over 10 years experience helping people with direct payments. They explain the options available when applying and give extra support to people who choose to employ personal assistants. The information and advice service is open to everyone and is available Monday to Friday 8.00am until 6.00pm on: 08456 0123 99 or: iaa@ilawestsussex.org.

West Sussex County Council -

New arrangements for attaching apparatus such as signs, banners, flower baskets and festive lighting to street lights in West Sussex.

It is now necessary to have approval from both West Sussex County Council Highways and Tay Valley Lighting (West Sussex) Limited (TVL) to attach apparatus to street lights.

Each time you wish to attach a new piece of apparatus an 'Application for Consent' form must be completed and returned to SSE Contracting, this form and the agreement will be sent on request.

If you have any questions or queries relating to this matter please contact Steve Fidler (SSE Contracting) on: 01489 771 761 or email: steve.fidler@ssecontracting.com.

Mears Home Improvements Ltd - Formerly Anchor Staying Put

Anchor Trust has now transferred the Mid Sussex and Crawley Anchor Staying Put Agency to Mears, with effect from 1st March 2011. But they are still the same team, doing the same work, using the same contractors. So, why the transfer?

Anchor Staying Put helps older, disabled and other vulnerable groups stay living in their own homes through the provision of a home

adaptation, upgrading and repairs service, whereas the majority of Anchor Trust's work is in providing accommodation for older people. Mears on the other hand, maintains, repairs and upgrades the homes of hundreds of thousands of people in the UK.

Mears believes that it delivers its best services by actively involving and listening to its customers so they'll still be seeking your feedback to help them to gain a better understanding of what matters to you. So, a change in name but business as usual!

The Stroke Association

The Stroke Association run monthly carers' groups in Cuckfield and East Grinstead. These groups are very informal, and offer information, mutual support and friendship. The Cuckfield group is on a Wednesday morning at the Queens Hall and the one in East Grinstead is in the café at Chequer Mead on a Monday morning. They are for anyone who cares for someone who has had a stroke, whether they live at home, in a care home or are in hospital.

For further details and dates please phone Anne Jones 01444 457313 or email: Anne.jones@stroke.org.uk.

Action for Deafness are in for a busy few months with a range of new events and services going ahead most notably the launch of Deaf Awareness Training to help companies to improve their awareness and communication skills. If you would like to register your interest please go to: www.actionfordeafness.org.uk.

Team AFD (Five members of Action for Deafness staff) are hoping to smash their £5,000 fundraising target when they enter the Brighton Marathon on Sunday 10th April. You can help to raise money to exceed their target by sponsoring them at: www.justgiving.com/team-afd.

N.B. The two CVSs recognise that this event has already taken place however, we have checked out the donation website and at the time of going to press you are still able to donate should you wish to do so.

May will see the organisation in full swing as they put on a variety of events to mark Deaf Awareness Week (2nd - 6th May 2011). All the events, which will take place throughout West Sussex, will invite people from all over the county to understand some of the issues facing those with a hearing loss and some of the solutions that are available. A list of events and locations can be found on: www.actionfordeafness.org.uk.

Motor Neurone Disease (MND) Association

The West Sussex North branch of the MND Association is run by volunteers and supports

those diagnosed with MND and their families. MND is a fatal disease for which there is no cure. The disease causes weakness and wasting of muscles, leading to increasing loss of mobility in the limbs and difficulties with speech, swallowing and breathing.

This branch offers support to people living in Mid Sussex, Horsham, Crawley and the surrounding areas. They work hard to raise awareness of this devastating disease and to raise money to make the lives of those living with MND that little bit easier. For example in the past few months they have helped with the cost of adapting homes and cars, complementary therapy sessions, dog walking and ironing services, and wheelchairs.

They hold regular branch get-togethers where you can get advice and meet other people living with the illness. They have a small team of trained visitors who work one-to-one with people living with MND offering free and confidential emotional support and information about health and care services to help people to make informed choices. They need additional visitors to join the team. Contact Mrs. Chris Sheridan on: 01444 245486 or email: f.sheridan@sky.com.

They also need help with fundraising. Contact Carol Rieley on: 01444 482387 or email: carol.rieley@rieleyjc.plus.com.

GENERAL INFORMATION

A Gallop through Health Issues

Health and Social Care Bill 2011

The Health and Social Care Bill was introduced into Parliament on 19 January 2011. The Bill is a crucial part of the Government's vision to modernise the NHS so that it is built around patients, led by health professionals and focused on delivering world-class healthcare outcomes. The Bill takes forward the areas of Equity and Excellence: Liberating the NHS (July 2010) and the subsequent Government response Liberating the NHS: legislative framework and next steps. It also includes provision to strengthen public health services.

The Bill contains provisions including: strengthening commissioning of NHS services, increasing democratic accountability and public voice, liberating provision of NHS services, strengthening public health services, and reforming health and care arm's-length bodies. Proposals in the bill include abolishing primary care trusts and handing responsibility for commissioning health services to GPs. The Government says the NHS must modernise in order to keep up with the increasing demand on services, an ageing population and rising costs of new drugs and treatments

However, there has been criticism of the bill from doctors, unions and patient groups and the Deputy PM Nick Clegg has said that there would be a two-month "listening exercise" which could lead to "substantive" alterations. He added "There will be no privatisation of the NHS. "We say no to a US-style health care system where they check your credit card before they check your pulse." "There will be no selling off of the NHS to the highest bidder."

David Cameron has said the Government would "listen and make any necessary changes" to the proposed NHS reforms.

Health Consultations

The consultation on the public health white paper *Healthy Lives, Healthy People* closed on 31st March.

The government strategy *No health without mental health* was published on 2/2/11 (this is not a consultation).

Transparency in outcomes: a framework for quality in adult social care - the response to this consultation can be seen on Dept of Health website.

Other consultations and responses can also be seen at: www.dh.gov.uk.

Changes to CRB Checks

The Home Office has confirmed that the Vetting and Barring Scheme will be scaled back. The new proposals are outlined in the Freedoms Bill. Many voluntary and community groups were very apprehensive about the original scheme which would have required many more people who came into contact with children and vulnerable adults to register with the Independent Safeguarding Authority (ISA). Now, only those with regular intensive contact with children and vulnerable adults will be subject to criminal record checks.

Under the changes the onus will shift to employers to ensure that their staff are safe to work with children. Individuals will be able to see their CRB checks before employers. The bill is expected to become law by early 2012.

Local Authority Cuts

Communities Secretary Eric Pickles has said that he would take action against local authorities acting unreasonably towards the local voluntary and community sector.

The Chief Executives of NAVCA, NCVO and ACEVO have written to all local authority Chief Executives in England suggesting that they should not pass on disproportionate cuts to local and voluntary groups, that they should talk to voluntary and community groups at a very early stage about how services need to change, and

that they should give at least three months notice about the need to end or alter a grant or other support.

The letter also asks what action they have taken to ensure that the local voluntary and community sector can rely upon these reasonable expectations.

Please let us know in the CVSs of any cuts you are facing - we need to build up a picture of what is happening to the voluntary and community sector in Mid Sussex.

Volunteers' Week website is now live at: www.volunteersweek.org.uk.

The newly launched website is packed with inspiration and resources, information and advice.

Log on now to upload details of your events, post a thank you message to your volunteers and read about what our partners' volunteers have been up to. You can also get ideas and 'how to' guides for your events and activities.

Don't forget to download a Volunteers' Week logo.

Increase in Approved Mileage Rate

The 2011 Budget included an increase in the approved mileage rate and the extension of the passenger allowance to volunteers.

All drivers who use their vehicle for work or volunteering will now be able to claim 45p per mile for the first 10,000 miles, an increase from the current rate of 40p. In addition, an allowance of 5p per passenger per mile that is already available to business drivers will be extended to volunteers.

Decentralisation and Localism Bill

The Localism Bill has just gone through the committee stage in House of Commons. It promises to shift power from town halls to communities. Power and decision-making would be devolved to local level where possible. In particular:

- there would be a right to challenge the way local public services are delivered, with a view to taking them over and running them – voluntary and community groups together with town and parish councils would be able to challenge.
- Local authorities will be required to maintain a list of land of community value, which can be designated of community value if nominated by the community and agreed by the authority.

However, there would be nothing to prevent large "for profit" organisations from benefiting from the rights in the bill. A number of national voluntary organisations including NAVCA, the

CVS umbrella organisation, have set up the *Real Power for Communities* campaign to ensure that community rights in the bill are for local communities. Go to: www.rp4c.org.uk to find out more about the campaign.

Giving Green paper

The Paper, which was published at the end of last year, explores how everyone can play their part in building on and stimulating greater levels of giving and participation in the UK.

NCVO responded to the green paper, reiterating the importance of establishing a 'Better Asking' Campaign to improve the quality of fundraising, promote the work of voluntary and community organisations and develop innovative forms of 'asking' people to give their time and money to voluntary organisations. They also stressed that government policy needed to remain consistent and complementary, with giving seen as part of a wider solution for safeguarding the sector's funding for the future.

The response recommends that the government needs to address barriers to participation amongst currently underrepresented and excluded groups, including young people and people in lower socio-economic groups. To achieve this, the government should focus not just on removing these barriers, but also taking steps to positively build participation from all parts of the community. Go to: www.ncvo-vol.org.uk.

Giving World On-line

A national awareness campaign is being launched by the online charity Giving World Online which will benefit charities and community groups around the UK.

Now is the time for charities and community groups to register to be able to access those goods. As goods become available on the Giving World Online website, only those charities and community groups already registered will have immediate access.

Giving World Online is a charity set up to offer a simple solution for companies with surplus goods to dispose of. They register with Giving World Online and publicise their goods onto charities and community groups who can access the items free of charge to support the people they work with.

A television advert is due to be broadcast on Discovery Networks in April, targeted at engaging more businesses to support the work of UK charities and community groups helping people in need by donating unwanted goods and equipment through the website: www.givingworldonline.com. Giving World Online 92 Burleys Way, Leicester LE1 3BD.

Tax Burden on the rise

Charities pay between £2.7bn and £3.7bn a year in tax, according to research by the Charity Tax Group (CTG). The Charity Tax Map, published in February, found that charities were liable for 18 different taxes. This will rise to 19 when the community infrastructure levy is introduced next year. The research was based on the responses from 31 charities, and also incorporated 87 responses from an earlier survey about irrecoverable VAT. Find out more and view the map at: www.ctrq.org.uk/tax_map.

Big Society Awareness

The majority of young people have never heard of the Big Society, according to new research from youth volunteering charity v. Of 1,000 14-25 year old questioned, only 25% had heard of the Big Society.

The research was undertaken to back up v's Big Society Big Mouth campaign, which asks young people what role they would like to play in society. The initiative, which will be conducted on-line and via local community action events, will culminate with young people taking their proposals for change to government April 2011.

Join the discussion at: BigSocietysBigMouth.org.

TRAINING

CharityFAIR 2011, 27th and 28th June, Hotel Russell, Central London.

Organised by the Directory of Social Change. Train and network with 1,000 voluntary sector colleagues. High quality training from only £25!

Monday 27th covers topics within Board & Governance, Fundraising, Lobbying for Social Change, Essentials of People & Project Management, Managing Yourself & Staff, Charity Writing & Marketing and Legal Eyes.

Tuesday 28th covers topics within Human Resources, Fundraising, Financial Management, Essentials of People & project Management, Managing Yourself & Staff, Communication Skills, Managing Volunteers and Senior Executives. For further information please visit: www.charityfair.org.uk.

Training in West Sussex

We will let you have details shortly of the limited training programme which we are able to offer since funding ceased.

PUBLICATIONS AND WEBSITES

E-learning website KnowHow NonProfit launch 'How-to' guide micro-volunteering platform

The purpose of 'How-to' guides is for anyone interested in the voluntary sector to share their knowledge by writing a guide or to learn by guides contributed by others. The platform

provides a new free support tool for charities during a time when resources are stretched. Writers do not have to be experts; contributors should think of themselves as micro-volunteers giving their time and experience to share useful ideas to help others in the voluntary sector. This is the first of its kind in the voluntary sector and responds to the Government's Green Giving Paper calling for technology to enable micro-volunteering. There are already a number of guides including how to create podcasts, how to demonstrate impact and how to work with local media. Visit the 'How-to' guide platform at: <http://www.knowhownonprofit.org/how-to> and share your knowledge or discover best practice from across the voluntary sector.

Leading e-learning charity KnowHow NonProfit is funded by the Big Lottery Fund and aims to improve the efficiency of non profit organisations by increasing knowledge and skills of people working in the voluntary sector.

Publications from Directory of Social Change '365 Ways to Cut Costs'

Cost cutting is always important to charities but never more so than now.

Turn a difficult situation into an opportunity with this book which contains 365 ideas for cutting costs without strangling your income or decimating your human resource.

The Complete Fundraising Handbook

Contains new information on government funding, the National Lottery, the European Union and more. Illustrated with case studies throughout, the book provides a wealth of practical advice on every aspect of fundraising for charities.

Fundraising for a Community Project

How to Research grants and Secure Financing for Local Groups and Projects in the UK.

This book offers straightforward advice on what you need to consider before making a funding application.

Writing Better Fundraising Applications A Practical Guide

This updated edition brings to attention the developments in the application process and changes in what funders are looking for.

The Charity Treasurer's Handbook

This handbook covers the key principles charity accounting and finance.

Essential Volunteer Management

Contains expert advice on:

- Planning a volunteer programme
- Creating Motivating Volunteer roles

- Recruitment, screening and interviewing
- Supervising and retaining your volunteers
- Volunteer/staff relations

Difficult Customers – Speed Read

This book is designed to give practical tools and tools which are easy to understand and use.

For further information regarding any of these publications or for details of all other DSC publication please visit: www.dsc.org.uk.

Contract Finder is an online tool which will display every central government tender opportunity. For more information visit: www.cabinetoffice.gov.uk.

FUNDING

Launch of Improving Futures

Improving Futures is a £20 million Big Lottery programme that will provide funding for more effective and joined-up support to help families with multiple and complex problems. This support will be delivered by partnerships that bring together voluntary sector organisations and public services.

The programme will fund up to 20 partnerships across the UK, each receiving a grant of up to £900,000 to work with families with children aged five to ten years old.

Go to: www.biglotteryfund.org.uk.

Fidelity UK Foundation supports a range of charitable activities including arts and culture, health, education and community development. The types of projects funded are: capital improvement, information technology and organisational development. For more information, go to: www.fidelityukfoundation.org.

Awards for All are still offering 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. For more information visit: www.awardsforall.org.uk.

The Short Term Break Development Fund (STBDF), (Carers Grant, Adults), West Sussex County Council. The STBDF has been providing funding to enable carers to take a short break from their caring responsibilities since 2001. Applications are invited for a further round of funding for 2011-2013. The funding is to enable unpaid carers (usually family members or friends) to take a short break from their caring responsibilities. There is a maximum of £35,000 per annum per application and agreements will be for either one or two years. For more details contact 01243 642862 or: viv.edgar@westsussex.gov.uk.

DATES FOR YOUR DIARY

Greater Haywards Heath Bike Ride

Sunday 17th April, start at Broadway.

Sussex Horse Rescue Trust Open Day

Sunday 24th April, from 11.00am, Hempstead Farm, Uckfield.

Local Global Mid Sussex

Saturday 30th April, 2.00-5.00pm Clair Hall, Haywards Heath.

East Grinstead May Fair

Monday 2nd May - East Grinstead.

Haywards Heath Spring Festival

Sunday 8th May, Muster Green.

East Grinstead CVS Funding Surgery

Tuesday 17th May - East Grinstead.

Networking Meeting for Voluntary and Community Groups

Friday 27th May - Ardingly.

Burgess Hill Bike Ride

Sunday 5th June.

East Grinstead CVS office move

June 2011 - more details to follow!

East Grinstead CVS Funding Surgery

Tuesday 14th June 2011 - East Grinstead.

East Grinstead CVS AGM

Tuesday 4th October 2011 - East Grinstead.

Mid Sussex (South) CVS AGM

Tuesday 11th October 2011 - Haywards Heath.

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

Development Workers:

Loral Bennett; Jakki Jackson

MID SUSSEX (SOUTH) CVS

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

Telephone : 01444 258102

Email: info@msscvs.org.uk; Website: www.msscvs.org.uk

Registered Charity No. 1136607; Company No. 7228623

Office Manager: Sue Rabbett

Volunteering Information:

Contacts: Catherine Pardoe and Helen Hall

Tel: 01444 870711

Email: vc@msscvs.org.uk

Development Worker: Regina Choudhury

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.msscvs.org.uk; East Grinstead CVS www.egcvs.org.uk.

Newsletter Contributions:

We welcome contributions of up to 250 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: Autumn - 17th June 2011



Visit our websites:

www.msscvs.org.uk and www.egcvs.org.uk

