



Councils for Voluntary Service in Mid Sussex

Mid Sussex (South) & East Grinstead CVS

Summer 2011



Local Global Event
See page 10

Welcome to our new style newsletter! Change seems to be the most consistent thing in the voluntary sector at the moment and this newsletter format is no exception. Over the next few issues we will be trying different layouts to find the most user-friendly one. We would welcome your feedback so we can keep improving both the format and the content. Please feel free to copy this and distribute to your colleagues and volunteers.

County Partnerships - How to Get Your Voice Heard

Partnership has been a key word in the voluntary sector for some time; a number of our groups work together to deliver services, or share expertise. Many of you also contribute to local forums or work collaboratively with statutory partners to improve services and the lives of local people.

However, once we start talking about county partnerships the picture can seem more confused, and it is not always clear how we can contribute to the decision-making process, influence provision of services, and simply get our voice heard.

Representation is important so that the voice of the sector and the special relationships that we have with communities is heard and understood when priorities are being agreed and policy being made. One of the ways we can influence policy at county level is through the countywide partnerships boards.

Elections to Countywide

Partnerships This year, for the first time, we held elections to vote for voluntary sector representatives to attend countywide partnership boards on behalf of the sector. The process was difficult and was done in a hurry as we needed urgently to get voluntary sector people going to these meetings and putting the point of view of our local groups. We now have representatives on all the main countywide forums.

Environment and Climate Change Board has four thematic groups: low carbon and energy, green economy and skills, environmental quality, sustainable transport and infrastructure.

Children's Trust Board provides strategic direction for the delivery of children and young people's services in West Sussex.

Coast to Capital Local Enterprise Partnership replaces the Economic skills and Enterprise Board and supports enterprise and entrepreneurship. It plans to help local business grow and private and public sectors to work together to deliver better economic performance.

Health and Wellbeing Board will help to shape the future of the health service in West Sussex and influence key decisions about the future of health provision.

Strategic Community Safety Partnership aims to tackle crime and disorder, alcohol and substance misuse, and anti-social behaviour and to support victims of domestic and sexual violence and victims of hate incidents/crime and to reduce re-offending.

West Sussex Co-operative is the countywide strategic partnership and aims to achieve improvements to key services through changing the way that partners work together. It is focused on the

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achievement of specific strategic priorities, rather than many different targets and indicators. The current priority is making early interventions to tackle vulnerable families' complex needs early on, help keep families together and avoid the need for high cost services at a later date.

Have Your Say

We are setting up a system whereby the representatives will remind us about the forums before they attend meetings to give us an opportunity to raise issues. The reps will also write a brief report after the meeting. We are trying to establish a lively 2-way process between our reps and our voluntary and community groups working on the ground so that we can all help to shape policy and identify issues which need to be addressed on a countywide basis. In time, agendas and reports will be posted on the EESI website www.eesi.org.uk and on CVS websites together with details of how to contact the representatives. Until this system is up and running, please phone or email me 01342 328080 christine@egcv.co.uk if you have a query or wish to raise an issue.

STOP PRESS! The Volunteer Centre in Burgess Hill and Haywards Heath wishes Helen Hall all the best in her new post at The Yews Community Centre—read all about The Yews on page 3. A big welcome to Sue Edgson who is now working at the Volunteer Centre, bringing a lot of experience to the role.



Mid Sussex (South) CVS News



The Stroke Association Communication Support Service

This service is for stroke survivors who have aphasia, a communication difficulty. Aphasia can affect a person's ability to speak, understand, read or write. It also affects their understanding and use of numbers. Living with aphasia can make interaction with family and friends, shopping and use of the phone very difficult.

The service provides trained befrienders for people who need one to one support with communication at home. There is a fortnightly Communication Support Group in Cuckfield and a Long Term Support Group. These groups aim to rebuild confidence and self esteem in a safe, comfortable environment. If you would like to know more please contact the coordinator, Helen Simmonds 01444 248942 or helen.simmonds@stroke.org.uk

Trees for Hassocks

What do a businesswoman, artist, an educationalist and a personnel manager have in common? Well, these are the varied professional backgrounds of the team of people who make up the Trees for Hassocks Group, which has lobbied and arranged for the planting of almost a hundred trees across Hassocks and Keymer over the last four years.

There are numerous benefits for having tree-lined streets and tree-planting schemes including raising property prices, increasing neighbourly contact, improved air quality, shade, reduced asthma rates.

The Trees for Hassocks Group is very appreciative of everyone's support but it continually needs to raise money and so a Village Tree Fund has been set up so that donations can be made towards the ongoing costs of tree planting.

Donation boxes will shortly be available in shops and businesses in and around Hassocks.

If you would like to learn more about the work of the Trees for Hassocks Group, or wish to enquire about supporting tree planting in your area, please contact Penny Wadsworth on 01273 844100, Steve Richards on 01273 844757 or Judith Foot on 01273 846161.

BURGESS HILL TOWN COUNCIL GRANTS

Deadlines for voluntary organisations to apply: Minor Grants of up to £1,000 for either capital or revenue (running) costs is 31 August; Major Grants of £1,000+ for capital costs only is 30 September. Application forms and supporting information can be downloaded from the Town Council website www.burgesshill.gov.uk or for hard copies contact Jennifer O'Grady 01444 238207 jennifer@burgesshill.gov.uk

Kids 'n Klutter

This monthly mother and toddler club is for mums who had their babies when in the Haywards Heath LIFE House. LIFE is national charity, supporting vulnerable pregnant mothers and young families through difficult times, offering them the

help they need to turn their lives around. The mums and toddlers at Kids 'n Klutter have lunch at St Paul's RC Church, followed by a talk on a wide range of topics, such as making Christmas cards, songs for babies, the CAB, safety in the home and much more. The LIFE Mid Sussex Group also

holds a summer outing and a Christmas party for the club. We have just celebrated a 'first' when one of the earliest club members brought her granddaughter to meet everyone! We also raise funds through coffee mornings and Bring and Buy sales. If you'd like to know more about the club and the work of LIFE in Mid Sussex contact 01444 811519.



Overeaters Anonymous Meetings

are held on Monday evenings at Haywards Heath Town Hall at 7pm.

Haywards Heath & District U3A

...is celebrating its 20th Anniversary this year and welcomes new members. Currently there are approximately 750 members and more than 60 special interest and activity groups.



Our annual Enrolment Afternoon will take place on Thursday, 4th August 2011 at 2.30pm in Clair Hall. There will be representatives from U3A Groups to give details and information about their activities. Annual subscription remains at £12.00 p.a. and cheques would be greatly appreciated.

The new 2011/2012 programme will be available on the day and copies can also be obtained from Haywards Heath Library. Alternatively, membership applications forms can be downloaded online from www.haywardsheathu3a.org.uk or obtained from Sarah Tapp, Membership Secretary, 27 The Hollow, Haywards Heath RH16 2SX

Mid Sussex Liaison Group – Big Network Meeting

This event was held in Ardingly in May and attracted a very good audience to hear Duncan Barratt talk about the Big Society Unit at WSCC, and then listen to Diane Henderson from Age UK, West Sussex, and Matt Roberts from Bluebird Community Partnership debate the merits of Big Society for our local communities. We were very pleased to welcome a number of parish, town and district councillors. At the end we all understood a little better how we need to work together to ensure Big Society works in Mid Sussex. Many people believe, of course, that Big Society already exists in our local communities, and has done for some time!



The Yews – a new Community Centre for Haywards Heath

Located in Boltro Road, Haywards Heath, The Yews is a large Victorian house which has been extended and adapted from residential use to become a community centre. The centre is multi purpose offering a supportive friendly and accessible environment and is home to a number of voluntary and community organisations providing support services to local people. Originally managed by West Sussex County Council, The Yews has now been transferred to the local community to be run by The Yews (Haywards Heath) Community Partnership. This is a partnership made up from representatives from Sussex Oakleaf, the Friends of the

Yews, Mid Sussex South CVS, Haywards Heath Town Council, MSDC and WSCC. The centre will be managed by a group of appointed Directors who in turn will employ a centre coordinator and caretaker both on a part time basis.

The objective will be to maintain and expand upon community support to those groups and people living in Haywards Heath.

One of the group aims is to increase and improve the usage of the facilities and create a community café.

There is currently space available within the centre 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. For more information please contact 01444 412367 www.theyewscentre.org.uk

Mid Sussex Older People's Council

MSOPC has secured a grant from the Awards4All fund which will help develop the organisation over the coming year. Their next public meeting is at 2pm on 15 September 2011 at the Martlets with housing and care on the agenda. They will also be holding their usual fun-type Christmas meeting in December in the Haywards Heath or Lindfield area.

Thanks to grants from Burgess Hill and Haywards Heath Town Councils there is now a dedicated telephone line with a message answering service 01444 242760. Copies of the quarterly Newsletter can be requested from the secretary 01444 242760 ewillett1@aol.com www.msopc.org.uk

Burgess Hill Time Bank

Circles Network, a Burgess Hill charity that works to help everyone be included in the community, has launched a Time Bank which individuals, or voluntary and community organisations, can join. Angela Butcher, time broker for the Time Bank, said:

“A time bank is a way for people to share skills with others in their community and be rewarded for it – in time. For every hour of time you give providing a service to another member, you receive one time credit, which you can use to get a service you need.”

The Time Bank can exchange any sort of skill. For example, a member who drives took a TV to the tip for another member. Other exchanges have involved looking after pets, shopping and going on a day trip with someone. All exchanges are arranged through the time broker. Since its launch in April the Time Bank has attracted 40 members, and regular social get-togethers are held so members can meet each other. If you would like to know more, please contact Angela Butcher on 01444 236593 or email angela.butcher@circlesnetwork.org.uk

I hope you liked the East Grinstead **EG Life Show** Life Show in April. We had over 600 people at this event, talking to our 40 stallholders, getting a healthcheck from the Moatfield Surgery team, learning how to keep themselves fitter and manage health problems. The entertainment from dancers, choirs and fitness groups was great, and the free refreshments were good too. Put next year's EG Life Show in your diary now – Saturday 31 March 2012, Jubilee Community Centre, EG.

East Grinstead CVS Funding Days

Our funding days were well attended, and the organisations we helped gained valuable individual support in looking for funding, and completing funding applications – we expect there to be a number of successful funding bids from these days! We are sure that there are a lot more groups out there needing help with their funding searches so if you missed these days get in touch with Jakki or Loral at EG CVS on 01342 328080.

East Grinstead CVS News

East Grinstead CVS AGM and OUR BIG LOCAL SOCIETY

Tuesday 4th October, Meridian Hall
6.30pm – 9pm.

Our theme is *Local people in the voluntary, public and business sectors working together for our future in East Grinstead and the surrounding parishes.*

We have an excellent array of speakers including Kieran Stigant – Chief Executive, WSCC. Come and listen, give your views on how we can work better together, promote your group in our Market Place, talk to other local organisations, and maybe win £50 for your group. See the flyer with this newsletter.



Bluebird Community

Transport You will remember that EGFLEET used to be part of East Grinstead CVS. Bluebird took on the running of East Grinstead Community transport in October 2010.

Most of the EGFLEET volunteers have stayed on and have worked closely with Bluebird staff, to ensure that the service users have had minimal disruption and continue to enjoy the excellent service that they were used to. Some changes have been made to the way the operation runs and community transport in East Grinstead is now in a stronger position and is moving towards long term sustainability. Bluebird is looking to bring an additional vehicle into the

East Grinstead fleet and to assist Age Concern East Grinstead with their current transport, providing them and their members with extra days when they can book journeys into the day centre.

The additional vehicle will also mean that Bluebird will be able to assist more local groups with their transport needs. Bluebird also expects to launch a new Community Bus service for East Grinstead and the surrounding villages later this year to help those who have difficulty in accessing public transport to get in and out of town for shopping, social events, clubs and appointments.

If you would like to find out more about Bluebird's services in East Grinstead, both for individuals and groups, or you are interested in becoming a volunteer driver, call 01444 471919.

PERICLES

Pericles started by providing wholesome lunches and company to local elderly people. The organic fruit and vegetable gardens at Hoathly Hill, a housing association in West Hoathly, grew from this club.

Out of this grew all the services that Pericles now provides: two houses, a Community Centre and Organic Café, Craft workshops, woodland projects, a small therapy department and a professional inclusive community Theatre Company. Pericles has an active Parents and Friends Group and accommodates young European volunteers who are interested in social work or any of the particular crafts or disciplines taught at Pericles.

Pericles would love to involve local volunteers, is actively fund raising for a new production of the theatre company and is extending its crafts range.

The Sharpthorne Organic Café, is open Monday to Saturday, Sundays for breakfast, brunch and tea with Live Music on Saturdays and Sundays. Please ring the Pericles Office 01342 810133 or The Sharpthorne Organic Café 01342 811321 or go to www.pericles.org.uk

Award to East Grinstead Museum

Congratulations too, to East Grinstead Museum which is one of the winners of The Queen's Award for Voluntary Service, the MBE for groups of volunteers who work in their local community for the benefit of others.

This prestigious UK National Honour recognises outstanding voluntary contributions and sets the national benchmark for excellence in volunteering, with the work of those awarded being judged to be of the highest standard. East Grinstead Museum has received the Award for providing a community resource that engages and involves all sections of the community. The Museum aims to preserve the heritage of East Grinstead and the surrounding area, to provide full access to the collection and to use it as an educational resource with a vibrant programme of exhibitions, activities and events.

Mike Hollins, chair of trustees, of East Grinstead Museum said "The Museum is delighted and proud to have received the Queen's Award for Voluntary Service. East Grinstead Museum was created by volunteers in 1976 and is still run by volunteers. The Award is testament to the contribution of past and present volunteers and recognises the high standard about the Museum contact Sheila Fennings, Museum Manager 01342 302233 info@eastgrinsteadmuseum.org.uk

CARE in East Grinstead and Lingfield

CARE provides direct help to the community. Clients in the East Grinstead, Lingfield and Dormansland area can phone the duty officer for the day on a central number (Monday to Friday, 9.00 am – 5.00 pm) and ask for a driver to take them to a doctors' surgery, or help with shopping or gardening work (equipment is provided). Clients are asked for a voluntary contribution. Nearly all give generously.

Care needs volunteer drivers and duty officers in particular, but also gardeners and shoppers. Volunteers' expenses (e.g. mileage, phone calls) are reimbursed. Volunteers can specify when they are available and for which duties. Duty officers are based in their own homes. (Duty officers receive phone requests for help from clients and pass these requests on to other volunteers. Full training is provided.)

CRB checks are required, but these carried out free of charge. Contact Peter Burton, on 01342 322084 or at peterburton2010@hotmail.co.uk, or Ed Drury, on 01342 323865 or at edwardd@btinternet.com



50th Anniversary of Blond McIndoe

There was great excitement when HRH The Princess Royal joined 150 guests of the Blond McIndoe Research Foundation to celebrate 50 years of ground breaking research on 22nd March at the Meridian Hall in East Grinstead. Blond McIndoe Research

Foundation is an independent medical research centre specialising in innovative research into skin wound repair. The Foundation has achieved a great deal in medical

research since it began in 1961 from researching the first toe-to-hand transfer to replace a missing thumb to spray-on skin cells directly onto wounds.

As a Patron of Blond McIndoe, HRH Princess Royal support is a valuable endorsement for the work produced by the charity and her attendance at the 50th Anniversary celebrations was a great honour.

The Princess unveiled a spectacular painting, "Immortal Hero", donated to the foundation by David Shepherd CBE, before circulating and chatting to members of the

Guinea Pig Club, Sir Archibald McIndoe's family, Dame Vera Lynn DBE, trustees, patrons, staff and supporters.

A magnificent finale to the celebration, an impressive flypast display, was provided by Carolyn Grace who flew The Grace Spitfire. The plane was built in 1944 and saw 12 months of active service at the end of WWII.

The Princess watched the flypast from the terrace accompanied by Chief Executive Jacquie Pinney and Dennis Smith, the only Surviving WWII Spitfire Pilot amongst other guests.

Restoration of the Kitchen Garden at Standen

Friends of Standen Estate have been working on the Kitchen Garden. Originally it was over 4 acres in size, but when the National Trust inherited Standen they decided this could not be maintained and it was 'lost' for over 30 years.

In the last few years the volunteers, under the leadership of a National Trust gardener, have been working on the restoration of the Kitchen Garden. For a couple of years they have supplied produce to the Barn Restaurant at Standen, and also sold produce to visitors from the barrow in the garden. This year, for the first time, they are also supplying cut-flowers to the house.

From money raised from the sale of produce, FoSE were able to install an irrigation system earlier this year — very fortuitous when we think of the dry Spring we have had. Next year there are plans to restore much more of the gardens. FoSE are always looking for volunteers. Go to www.fose.org.uk

Eric Mackie

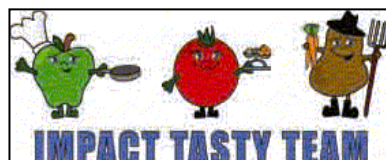
Congratulations to Eric Mackie to being awarded an MBE in the Queen's birthday honours list for services to the community. Eric was one of the founder members of the Access Group 15 years ago and has given many years of voluntary service to the community.

The Access Group works tirelessly to enable local people with disabilities or mobility problems to access all local services. One of their activities is a Visually Impaired Readers Group which meets at 10.30am on the last Tuesday of each month at East Grinstead Library. Contact Eric on 01342 322242.

Local Information

Sing for your supper...

or at least cycle for your smoothie.



The Impact Tasty Team Smoothie Bike is available to hire for school events, children's parties, group meetings etc. The energy needed for the liquidiser to work is generated by cycle power with other benefits thrown in for good measure, such as fun and fitness. For more information please contact Elisabeth 01444 457080.

West Sussex Wellbeing Initiatives Website

A reminder that the new-look website for West Sussex Wellbeing Initiatives (WSWI), the West Sussex arm of Mind in Brighton and Hove that runs wellbeing mental health services, can be found at the new address www.wswi.btck.co.uk



Adults' Services stakeholder information - changes to adults' social care

A bulletin is now available for West Sussex County Council explaining the recent the recent changes to WSCCs Adults' Services eligibility threshold and includes:

- ⇒ How it will affect people
- ⇒ How it will affect stakeholders
- ⇒ Alternative services to support people
- ⇒ Further information



Please visit the Adult Services section at www.westsussex.gov.uk or contact Jenny Burnett, Adults' Development Officer on 01243 777656 jenny.burnett@westsussex.gov.uk

Could you be a Friend 4SIGHT?

4SIGHT (West Sussex Association for the Blind) would like to set up local fundraising groups to help organise fundraising events such as fayres, quiz nights and raffles in their local areas. The money raised would help support blind and partially sighted people in West Sussex and help raise awareness of 4SIGHT in local communities.

Groups are generally formed around an area of willing volunteers i.e. a group of people all living in Burgess Hill could form Burgess Hill Friends 4SIGHT. Groups can vary in size depending on the amount of people that want to be involved and can take up as much or as little time as you choose.

Could you be a Friend 4SIGHT by setting up or joining a group in your area? 4SIGHT don't set any targets for their Friends 4SIGHT groups, there are no lengthy meetings or paperwork to fill out and you will be covered by 4SIGHT's insurance and supported by their Fundraiser, Lisa Foard. Forming a Friends 4SIGHT group couldn't be easier and can be a great way to meet new people and socialise.

If you are interested and would like to find out more information please call 01444 248653 or email burgesshill@4sightsussex.co.uk

PALS *We're here to help!*

Changes to the NHS Patient Advice & Liaison Service (PALS) and Complaints in Mid Sussex

PALS offers a confidential service for anyone who would like advice, information and help or who may have a concern about local health services. Most concerns can be dealt with quickly by discussing them with the health staff treating you or your relative. However, there are times when you need a bit of extra support or information. PALS needs to know whether local NHS services are being delivered effectively and meeting your needs. Please use PALS to make your views known and help us to improve services.

As a result of recent changes in the NHS nationally, the NHS West Sussex Customer Service Unit based in Worthing has been restructured. PALS staff are now working with the North West Sussex GP Commissioning Association (covering Crawley, Horsham and Mid Sussex) and the Coastal West Sussex Federation (covering Adur, Arun, Chancetonbury, Chichester, Regis and Worthing).

The PALS Officer for Mid Sussex is Sheila Brinton and she is based in Crawley Hospital. PALS can be contacted by:

Tel: 01293 600300 ext 3965

Text: 07827 309554

Email: palsnorth@westsussexpct.nhs.uk

The complaints team remains in Worthing and can be contacted at Complaints Department, NHS West Sussex, 1 The Causeway, Goring-by-Sea, Worthing BN12 6BT.

Youth services changes

Following a £2 million reduction in the Youth Service budget there has been a change in the way services are delivered to young people. In future, the Youth Service will provide targeted support for vulnerable young people, such as those not in education, employment or training, looked-after young people, young people with drug or alcohol problems, teenage parents and young offenders.

The universal youth clubs open to all young people will no longer be run by the Youth Service and this is where the Big Society can play a part. Could you give some of your time to work with young people and help keep the town's youth clubs running? CRB checks, training and support can be provided. For further information, please contact 01444 235560.

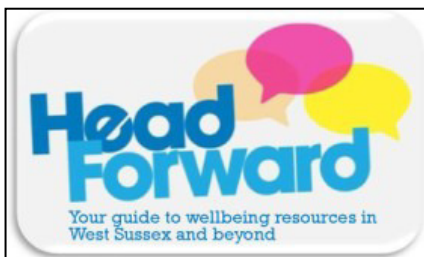


This charity was formed in 1998 to provide blind, deaf and physically disabled people with computer training and assistive technology where they need it most - in their own homes.

We are looking to establish partnerships with experienced organisations who are already supporting the learning disabled community and who can refer people who would like to improve their computer knowledge or take the first steps in basic computer training.

The UCanDoIT course usually consists of an initial assessment, 10 lessons and one follow up. Topics generally cover internet and email skills such as web searching, shopping and social networking. We hope that learners will gain the skills to use the computer to enhance their independence and to enjoy being part of a wider community.

If you would like to know more about UCanDoIT please contact 020 7730 7766 enquiries@ucandoit.org.uk or go to www.ucandoit.org.uk



For up-to-date information about Head Forward, a comprehensive mental health and wellbeing information gateway, go to www.head-forward.info

Healthy Foundations Survey running until 31st July

West Sussex County Council has launched a survey to ask people what help they need, want and expect when trying to maintain a healthy lifestyle.

Mid Sussex District Council, NHS West Sussex and West Sussex County Council are working together to establish a local Health and Wellbeing Hub to improve access to services and people's awareness and knowledge of health and wellbeing. The aim is to enable people to do what they can for themselves in order to stay healthy and active as well as providing the earliest possible support to those with health needs.

The hub will offer information, help and advice on all things that can affect our wellbeing. Whether people are searching for ways to quit smoking, become more active, eat a balanced diet or to find ways to improve their emotional and mental wellbeing.

To take part in the countywide survey, which will take about five minutes to complete, please go to www.westsussex.gov.uk/haveyoursay

Give the Thumbs Up to good customer service for people with learning disabilities



Speak Up is a Burgess Hill based self advocacy group run by and for people with learning disabilities. We have been concerned about the social exclusion that can occur when people with learning disabilities do not receive a good service from shops, banks, transport and leisure services. At a time when cuts are being made to support packages it's more important than ever that people with learning disabilities and other disabilities are able to use the universal services our communities. So the group is now proud to announce the launch of Mid Sussex Thumbs Up scheme, funded by West Sussex County Council and Mid Sussex Mencap.

Speak Up are asking businesses and services in Mid Sussex, including voluntary organisations, to join the scheme by:

- ⇒ Signing a pledge outlining 10 ways to offer good support to people with learning disabilities
- ⇒ Using the Thumbs Up training DVD and information pack to train their staff
- ⇒ Displaying a Thumbs Up sticker in your window so that people know where they can get excellent customer service

The training pack is free of charge to voluntary organisations. To sign up or find out more please contact 07776 072 603 or midsussexspeakup@googlemail.com www.signpostsmidsussex.org.uk

Safeguarding – help desk for adults at risk

New safeguarding and adult help desk numbers for Mid Sussex, Horsham and Crawley:
 Telephone: 01243 642555 (contact centre - ask for Northern Adult Helpdesk/Safeguarding)
 Fax: 01403 276460/01403 267064
 Email: adult.helpdesk.northern@westsussex.gov.uk
 All Safeguarding Alerts to use this number with immediate effect.



Don't Cut Us Out

Our West Sussex campaign group is seeking to over-turn recent County Council cuts which remove so-called 'Moderates' from eligibility to social care funding and support, and which will see three West Sussex day centres closed, with access to remaining Council day centres restricted.

We believe that these cuts not only will fail to save money in the long-term, and are extremely dangerous to the health and

wellbeing of disabled and frail elderly adults, but also that they threaten the survival of voluntary and community groups who rely on income from disabled users of their services to keep going.

I hope you have become aware of our campaign in recent months as we have had some high profile media coverage, as well as two very successful petitions. For more information about how you can be involved please visit

www.dontcutusout.org.uk

Chemotherapy Community Support Pilot



Age UK West Sussex is launching this brand new service to support residents of West Sussex, over the age of 70 years, who are commencing a course of chemotherapy treatment over a six month period.

The service provides support from committed volunteers who visit clients once or twice a week and can assist with light shopping, a little light housework, escorting clients to appointments and support with confidence building. The client can feel assured that someone they trust will visit to ensure that they are coping.

Our aim is to provide practical and emotional support to help reduce isolation during treatment, help maintain the client's independence and for the client to experience support during this difficult time. It is also likely to reduce unplanned hospital admissions and reduce the length of any hospital stay.

However, Age UK West Sussex cannot meet the demand for the service without volunteers. Essential training is given and ongoing support is provided to volunteers who are able to support this project. Out of pocket expenses are also reimbursed. If you are able to give an hour or so a week, and feel that you can help to improve chemotherapy completion rates, please contact Kelly Compton, Age UK West Sussex on 01903 731800 for more information.



Enable Me Project

We work in schools and in the community to raise disability awareness by providing a range of activities, workshops, disability sports and training modules that are delivered by a team of volunteers, the majority of whom are disabled. Our aims are to:

- ⇒ Raise disability awareness
- ⇒ Challenge and change negative attitudes
- ⇒ Provide training & volunteering opportunities for disabled people
- ⇒ Build partnerships

Schools:

If you're from a school and/or are involved in working with children and young people, please have a look at the Enable Me website to learn more about how we can help you to support your 'inclusion' work.

2012: If you're interested in running a Paralympic Sports Day at your school or organisation, then please contact us on 01903 734400.

Training:

As well as providing sports clubs, Enable Me also offers training for organisations and professionals that work with disabled children and young people and their families.

Volunteering:

Would you like to volunteer and be part of a team that's making a difference? If so, please email or telephone Ann, Nik or Sue for an informal chat. We have a variety of volunteer posts available.

01903 734400

office@enablemeproject.org.uk

www.enablemeproject.org.uk

Time 4 Children

We provide what so many children are desperately in need of - time to be listened to.

At Time 4 Children we understand that children can find it very hard to express their thoughts and feelings. Our commitment to supporting children who are experiencing emotional trauma, have behaviour difficulties or special needs, means we are able to make real long term differences to

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children.

Our support is provided in a safe and comfortable environment. Our trained practitioners use Reflective Listening skills and Non-Directive Play techniques to help enable children to express their thoughts and feelings calmly and positively and to feel good about who they are and what they can achieve.

We have just been awarded funding for five years from the National Lottery through the Big Lottery Fund. This means that we can now plan our next Volunteers Training Course to begin this coming September/October.

For more information please call Vicky Chalmers on 01444 413893
vickychalmers4c@sky.com



Family Support Work – New Patron

Family Support Work is pleased to announce Sussex born children’s author Giles Paley-Phillips as their new Patron. Giles was born in East Sussex and lives in Seaford. Initially he pursued a career in music when he first began to develop his skills as a writer with his first book *There’s a Lion in my Bathroom* receiving much critical acclaim likened to that of Spike Milligan. His new book, *The Fearsome Beastie* is being released by Maverick Books and is available from online retailer Amazon, Waterstones and all good bookshops.

Giles will be conducting *The Fearsome Beastie* Waterstones Book Tour - dates available over the next few months at Waterstones stores. More information available from the website www.familysupportwork.org.uk

Help to shape your new Local HealthWatch in West Sussex

As part of the Health and Social Care Bill currently making its way through Parliament, new consumer champions for users of health and social care services will be created. These will be known as Local HealthWatch and are expected to come into being from July 2012.

Local Councils have the responsibility to make sure their area has a Local HealthWatch organisation, which will take on the current functions of Local Involvement Networks (LINKs), but with a wider role to support individuals with information about local care services and to help them to make choices. From 2013 they will take on an even wider role, supporting people to have independent advocates to help them make an NHS complaint.

West Sussex County Council, NHS West Sussex and the West Sussex LINK would like to work with you to make sure Local HealthWatch in our area is as good as possible, builds on the best of what we do already and fully meets your needs.

Please visit <https://www.surveymonkey.com/s/HealthWatchWestSsx> to take part in a short survey, it should take no more than a five of minutes of your time.

The report will be available at www.makesachange.org.uk or by contacting the West Sussex LINK on 0300 111 0102.

Training

The West Sussex CVS Training Group are working on a new programme which will start during September 2011. The Programme will cover the whole of West Sussex and you will be able to attend any course of interest to you across the county. Fees for the courses are subsidised and both accredited and non-accredited courses are specifically aimed at the voluntary and community sector. Due to funding limitations we do not have the capacity to circulate a paper copy of the

Brighton and Central Sussex Group of Advanced Motorists

Driving you to safety

We are a charitable group who aim to improve driving standards and road safety in the Brighton and Central Sussex area. We work with our national partner The Institute of Advanced Motorists to help make roads safer in the local area.

We can help you to become the driver you want to be! Do you want to be a [safer driver?](#)

- ⇒ Have you been off the road for a while and lost your confidence?
- ⇒ Do you feel like a nervous driver?
- ⇒ Do you regularly have children in the car and would like to make sure you are safe?
- ⇒ Would you like to brush up your driving skills
- ⇒ Have you recently passed your driving test?
- ⇒ Have you had an accident?

If you answered “yes” to any of these questions we can help you to improve your driving. At the same time this will improve road safety in the area. Take the challenge of the Skill for Life Advanced Driving.

Find out more on our website and follow us on Twitter and/or Facebook. www.bacs-iam.org

programme to the membership and will therefore be arranging to forward it to you electronically towards the end of July. Should this give you a problem please contact your local CVS.



Money advice service

A free confidential, unbiased face-to-face financial guidance service that offers independent, sales and jargon-free information on all matters relating to personal finance.

The service is delivered by fully



trained staff providing information on a range of topics including personal budgeting, savings and investments, credit and borrowing, retirement planning, taxation and benefits.

For more information contact Fiona May 01903 731800 fiona.may@ageukwestsussex.org.uk

Equipment for community events

Mid Sussex District Council has purchased some equipment that local voluntary groups can borrow when holding community events, particularly events that require temporary road closures.

The following equipment is available:

- ⇒ 30 x 2m wide plastic barriers
- ⇒ 50 high visibility vests
- ⇒ 25 road cones
- ⇒ 6 Road Closed Ahead signs

The District Council should be notified at least two weeks in advance of any event. For further information, or to book the equipment, please contact 01444 477305.

Voice for Disability

are having a Dog Racing Evening to raise funds for the charity on 27 October 2011. You can support this event by buying a ticket, sponsoring a race or a dog, donating a raffle prize. For more information please contact 01903 244457 info@wsad.org.uk



Cultures from around the world are all in Mid Sussex

Nearly 500 people turned out for Local Global, a celebration of the diverse community groups in Mid Sussex staged by the Mid Sussex Diversity Forum.

The free event at Clair Hall in Haywards Heath featured music, dance, songs and tastes of the cultures that make up the Mid Sussex Community. The crowd saw performances by residents from the Philippines, Europe, South Africa, India and Kenya. Wedding clothes featured in the final act, following on from the

royal wedding interest, and a buffet was provided by local community groups.

Local Global was organised for the second year by Mid Sussex Diversity Forum with support from the district and county councils, the Council for Voluntary Service and local community groups.

Jhoana Manalus, chair of the forum, said 'We were overwhelmed by the number of people who supported Local Global, there was a real feeling that the community of Mid Sussex came together to celebrate our different cultures.' The forum is a platform for advice and information of different communities in Mid Sussex and to foster an appreciation of different cultures.

For more information contact msdf2010@hotmail.co.uk or Regina Choudhury Community Development Manager MS(S) CVS regina@msscvs.org.uk

Prevention Planning Group

Adults with learning difficulties will be able to access universal prevention services which are being set up and overseen by the Health and Wellbeing hubs.

A Prevention Planning Group which includes representation from customers, family carers and service providers, has been established by the Learning Difficulties Partnership Board.

This will oversee the development of wider ranging and effective prevention services for people with learning difficulties.

For more information contact Katie Glover 01903 839069

katie.glover@westsussex.gov.uk



General Information

Finding government contracts

The 'Contract Finder' website has been set up by the government to help charities and small businesses find, and tender for, all public sector contracts worth more than £10,000. Register on the site to receive emails on relevant opportunities

www.contractsfinder.businesslink.gov.uk

Free goods for charities



Charities and community groups can obtain a range of goods and equipment free of charge by registering with this charity. It has been set up to help companies wanting to dispose of surplus items - such as computers, household appliances, educational materials, clothing and stationery. Companies register with Giving World Online and publicise their goods to charities and community groups who can access the items. The service is provided free of charge to donors and charities or community groups, although the recipients have to pay transportation and postage costs. www.givingworldonline.com

Big Society Bank gets government go-ahead

Outline proposals for the development of a Big Society Bank have been agreed by the government. It will also need State Aid approval from the European Commission and Financial Services Authority authorisation before it can act as a wholesale investor for social investment. An interim Investment Committee to

make use of dormant bank account money is to be set up by the Big Lottery Fund, so that investments can begin this summer. The Bank has been welcomed by the Social Enterprise Coalition as a start, but argues that mainstream investment will still be needed if social enterprise is to have a noticeable effect. It also calls for social enterprise leaders to be involved in governance of the Bank.

Child Poverty Strategy

NAVCA has produced a briefing to help members understand the key areas of the Child Poverty Strategy and how local voluntary action can contribute to it. Members should ensure their local child poverty strategies address the key local issues and reflect the contribution that the local voluntary and community sector can make. www.navca.org.uk



distributed are not yet available, but the project's website will carry updates. The Big Lottery wants to create a public debate on how Lottery money should be used over the next ten years, so for your chance to get involved visit the website www.millenniumnow.org.uk

New information on role of GP Consortia

A document has recently been published by the Department of Health to help provide a clear and straightforward description of the key duties and powers of GP Consortia as set out in the recently published Health and Social Care Bill. 'The Functions Of GP Commissioning Consortia: A Working Document' sets out: the proposed key statutory duties of consortia (the 'must dos'); the proposed key statutory powers (the things consortia have the freedom to do, if they wish, to help meet these duties); and illustrative examples. The purpose of the document is to provide a helpful summary which GPs and emerging consortia can refer to and can be viewed at www.dh.gov.uk

Promoting mental health voluntary groups

The Mental Health Providers Forum recently launched a campaign which aims to demonstrate the contribution of voluntary and community groups supporting and delivering a broad range of mental health services. Lightbox will provide information to commissioners and GP Consortia to support them in meeting the needs of their local populations and commission services that make a difference.

To find out more about the campaign go to www.lightbox-mhpf.org.uk

Big Lottery seeks input on millennium now

The Big Lottery Fund has announced that £11 million will be made available to five UK projects which the public will help to choose. Details about how the fund will be



Sector cuts campaign launch

The trade union Unite has kicked off a campaign 'Unite for our Society' in response to the impact of cuts on the voluntary sector workforce. The campaign includes training via conference calls where workers can get advice on issues ranging from redundancies to the legal right to challenge council cuts to voluntary organisation funding. Read more at www.uniteforoursociety.org

3R Promise

The Volunteer Rights Inquiry, established by Volunteering England, is asking all volunteer-involving organisations to sign up to the 3R promise, which they are putting forward as a way to raise standards of volunteer management. The three Rs are based on: getting it Right from the beginning, ways to achieve Reconciliation if things go wrong, and accepting Responsibility. Visit.... www.volunteering.org.uk

Simplifying charity law into one Act

Consolidation of current charity law into one Act of Parliament has been announced, with the publication of a Charities Bill. The Bill brings together law from Recreational Charities Act 1958, Charities Act 1993 and Charities Act 2006, updating text and simplifying

the structure of the existing legislation but does not change policy. The exception to the consolidation is part 3 of the 2006 Act, which would make the Charity Commission the lead regulator of public charitable collections but has never been activated. Read the article at:

www.cabinetoffice.gov.uk/news/consolidation-charity-law

Budget 2011 News – Gift Aid

Gift Aid reforms include a pledge by the Chancellor for administration to be much easier by 2013, with the introduction of an online system. Gift Aid benefit limits will be increased from £500 to £2,500, subject to the existing 5% limit, from April 2011. New guidance will be published to help clarify what constitutes a benefit. From April 2013, the Government will introduce a new scheme to allow charities to claim Gift Aid on up to £5,000 of small donations without the need for Gift Aid declarations. For more information on the Budget report visit....

www.hm-treasury.gov.uk/2011budget_documents.htm

Funding

More funds for your charity

Ethictrade raises funds for charities through the provision of a free online shop - rewarding the charity partner with 20% of all pre-VAT sales made through your own e-store. Not only is your 'shop' free, Ethictrade also provides free marketing support, including dynamic e-mail templates and a full technical service. Every website is completely customised for your charity.

Ethictrade is committed to ensuring the products it sells have been ethically produced and fairly traded. Visitors to the website will have the opportunity to make additional donations and apply for Gift Aid, generating even more revenue for you. If you're interested in joining go to www.ethictrade.com or contact 01494 726352 russellsoden@ethictrade.com

Community Grants

Grants of £300-5,000 are available to not-for-profit local groups, provided they can prove the project benefits Affinity Sutton residents and that there is support/need for the project in the community. Typical projects that they look to provide a grant for include:

- ⇒ Engaging young people in positive activities
- ⇒ Supporting children and their families
- ⇒ Promoting the green agenda and estate regeneration
- ⇒ Promoting health and wellbeing
- ⇒ Promoting community safety
- ⇒ Encouraging community engagement and cohesion.

Promoting equality of opportunity and diversity. Visit www.affinitysutton.com/cf for guidance notes for applicants.

Hilton Foundation

makes grants to a wide range of charities and organisations working to advance children's health and education with a particular focus on disability, children in hospital, homelessness and life-limited children in hospices. Grants of up to £30,000 per year (for a maximum of two years) are available for projects the Foundation believes will effectively help the most disadvantaged young people.

The application pack and grant application procedure are available to download from www.hilton-foundation.org.uk

Deadlines: Tuesday 2 August 2011, Tuesday 18 October 2011

Just Text Giving

A new partnership between Vodafone and JustGiving has led to a free service being offered for charities of every size to collect donations of up to £10 by text.

JustTextGiving is available to groups even if they are not Vodafone customers. For more information, visit

www.justtextgiving.co.uk

or call JustGiving on 0800 052 1081



Tesco Charity Trust Community Awards Scheme

provides one-off donations of between £500 and £4,000 to local projects that support children and their education and welfare, elderly people and adults and children with disabilities. Applications should be made via the online application form at

www.tescocharitytrustcommunityawards-applications.co.uk

If you require any support with your application, please contact the helpline on 0845 612 3575. Deadline: Elderly people / adults and children with disabilities Monday 1st August 2011

Sport England's

funding programme, Protecting Playing Fields is part of the Places People Play Olympic legacy mass participation programme and is investing £10 million of National Lottery funding in community sports projects over three years from 2011-2014.

The programme will fund capital projects that create, develop and improve playing fields for sporting and community use and offer long term protection of the site for sport. Successful projects will be those where organisations can demonstrate



future management, maintenance and sporting use at the site along with the site being protected for 25 years or longer.

The programme is being delivered via five funding rounds with up to £2 million being awarded to projects in each round. Round 2 will open on 24 October 2011 and close on 12 December 2011. It is anticipated there will be two further rounds in 2012 and another in 2013.

www.sportengland.org

The Tudor Trust

has a particular interest in helping smaller, community-led organisations which work directly with people who are at the margins of society. The trust does not have specific funding programmes designed to advance a particular agenda as it believes the organisations it supports

are best placed to identify problems and develop solutions. The Tudor Trust makes grants on a rolling programme and there are no deadlines. For further information, visit

www.tudortrust.org.uk or telephone 020 7727 8522.

Useful NAVCA Resources Online

NAVCA have a lot of useful information on their website, including a 'Responding to Cuts' section. For organisations interested in bidding for public sector contracts (or are being forced to go down a competitive tender route) there is also information and case studies on the 'Local Commissioning and Procurement Unit' pages. www.navca.org.uk

Big Society Bank – glossary of terms

There has been a lot of debate around the Big Society Bank involving many new phrases. A glossary of terms has been developed to help NAVCA members' involvement in the database. Download a copy from <http://www.navca.org.uk/stratwork/bigociety>

Community planning for low carbon living

The Centre for Sustainable Energy has produced a suite of resources, including films, a resource pack and a website, to support communities and groups 'planning for low carbon living', mainly around energy use. Read the PlanLoCal document at www.planlocal.org.uk

Update! Model governing document from Charity Commission

The model government documents provided by the Charity Commission have been updated. The trustee benefit provisions have been reviewed and harmonised, including closely-connected persons, and are consistent with their Charitable Incorporated Organisation models. Read more at www.charitycommission.gov.uk

Resources

Risk Management for Small Charities and New Trustees

The Charity Commission has produced a web section on risk designed for small charities. Aimed at smaller or newer charities and new trustees, the three-page section covers ten questions for avoiding problems, simplified risk management, and signposting for further information, plus help on topics from charity law to health and safety. Read more at www.charitycommission.gov.uk



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Company Number 6301593

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 organisation's needs
- ⇒ For advice on funding, policies, training and more

Newsletter available online

www.msscvs.org.uk

www.egcvs.org.uk

Thanks to Alex Hall, volunteer, for newsletter design and layout

4SIGHT Sensory Day

Tuesday 26 July 2011, 10am to 3pm

Clair Hall, Haywards Heath RH16 3DN

4SIGHT Sensory Day is a special event providing equipment, information and advice to people with sight or hearing loss and their carers. For further information contact 01444 248653

Bluebird Community Partnership Charity Golf Day

Thursday 28 July 2011

This is Bluebird's major fundraiser of the year and there are still a few spaces available. For more information contact Matt Roberts at the Bluebird office 01444 417077

East Grinstead CVS AGM and OUR BIG LOCAL SOCIETY

Tuesday 4 October, 6.30pm – 9pm

Meridian Hall, East Grinstead

Mid Sussex (South) CVS AGM

Tuesday 11 October 2011, 6.15pm for 6.30 start

Age UK, Redwoods Activity Centre

Clair Hall, Haywards Heath RH16 3DN

Diary Dates

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
Autumn 2011 issue**

16th September 2011

