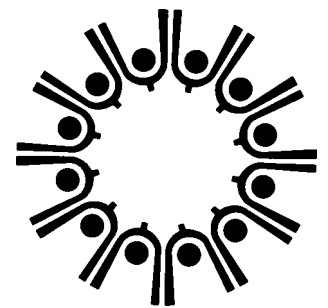


COUNCILS FOR VOLUNTARY SERVICE IN MID SUSSEX



AUTUMN 2010 NEWSLETTER



Liberating the NHS – *Consultation*

The Dept. of Health published its White Paper “Equity and Excellence – Liberating the NHS”, on 12th July this year, setting out Government plans for the long-term future of the NHS.

It sets out how the NHS will:

- Put patients at the heart of everything the NHS does
- Focus on continuously improving those things that matter to patients – the outcome of their health care
- Empower and liberate clinicians to innovate, with the freedom to focus on improving healthcare services.

The White Paper covers all aspects of the NHS and is very complex. However, it has been divided into slightly more comprehensible chunks for consultation. Initially there are 3 consultations which conclude on 11th October. We are grateful to RAISE for their summary of these consultation papers.

With such radical proposals for changes to the way health services are to be delivered there are clearly many questions which we may wish to ask, and many matters which will need to be resolved. We have concentrated here on the major issues which affect the voluntary and community sector, and have listed only a few of our concerns/comments after the summary of each paper. When we have completed our response to the papers we will let you have a copy.

1. Transparency in outcomes, a framework for the NHS

This seeks views on the creation of national outcomes which will provide an indication of the performance of the NHS. The outcomes will be based around key themes which include:

- Preventing people from dying prematurely
- Enhancing quality of life for people with long-term conditions
- Helping people to recover from episodes of ill-health or following injury
- Ensuring people have a positive experience of care
- Treating and caring for people safely, and protecting them from avoidable harm.

Questions/comments:

Are these the correct outcomes to measure the effectiveness of the local health service?

How will these outcomes be measured?

2. Liberating the NHS: Commissioning for Patients

Primary Care Trusts will be abolished and consortia comprising GPs and Local Authorities will commission health services on behalf of patients. Every GP practice will be a member of a consortium and will have freedom over budgets and resources. An NHS Commissioning Board will ensure transparency and fairness and could intervene if a consortium does not fulfil its duty.

Questions/comments:

How will piecemeal commissioning be prevented and what safeguards will be in place to ensure all patient needs are met including those of patients with individual and unusual health needs?

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What will be the powers of the NHS Commissioning Board to intervene where a consortium is unable to fulfil its duty?

How will local voluntary and community groups get onto the radar of commissioning consortia?

How will funding of voluntary and community groups be continued in the transition phase between PCTs being abolished and the setting up of GP consortia?

Consortia will be formed on a “bottom up” basis. Measures need to be in place to ensure that commissioning is also “bottom up” - i.e. consultation on needs take place at local level.

3. Liberating the NHS: Local democratic legitimacy in health

A new consumer champion – HealthWatch will become the voice of patients and communities. This will be created from the existing Local Involvement networks (LINKs), and will be given additional responsibilities to deal with complaints about NHS services, and to support individuals when exercising choice of their healthcare.

Statutory health and wellbeing boards at “upper tier” - i.e. county level are proposed to promote joint working, coordinated commissioning, and to undertake an overview and scrutiny role.

Questions/comments:

The creation of HealthWatch from LINKs is a concern. In some areas LINKs has been very successful; in others creating HealthWatch from a “beefed up” LINKs will not work. HealthWatch is the cornerstone of this part of the White Paper and will be required to take on many new and important roles. A means of ensuring a robust, effective HealthWatch and of monitoring its effectiveness needs to be established from the beginning.

How will Health and Wellbeing Boards be established, and how will effective representation of the VCS (and other local interested parties) be assured?

Local Health and Wellbeing Boards have an essential role to play in directing resources and assessing needs, especially at a time when localism is so important. How will these operate alongside an “upper tier” Health and Wellbeing Board?

The emphasis on partnership and “joined up” working is welcomed.

Go to: www.raisepolicy.org.uk/healthconsultation for useful summaries on the White Paper.

The complete White Paper and consultation documents together with an Executive Summary can be seen at: www.dh.gov.uk/enConsultations.

NEWS FROM EAST GRINSTEAD CVS

By the time you receive this Newsletter, we will have held our “3 Cheers for Volunteers” Day in East Grinstead Museum, and Bluebird Community Transport will have taken over the EGFLEET operation.

Bluebird Community Transport

Bluebird Community Partnership are based in Chailey, but now provide community transport throughout Mid Sussex. The EGFLEET vehicles will continue to be used in the East Grinstead area, our volunteer drivers are still transporting local people shopping and to appointments, and we hope our customers won't notice much difference. We are very pleased that it has been possible to hand over the running of EGFLEET in such a seamless way and look forward to the expansion of community transport in the local area. You will be able to contact Bluebird on the EGFLEET phone number for the time being: 01342 305275, or go straight to the Bluebird number: 01444 471919.

EG CVS AGM and Aspects of Funding

Congratulations to our raffle winners – East Grinstead Girl Guides who won £50 and the

Filippino-British Association of East Grinstead, and Grenestede Talking News, both of which won £25. We are very grateful to our local sponsors, Marco Ltd. and Felcourt Services Ltd. We had over 50 people at this event and enjoyed the funding talks by James Masters from Standen, Ana Fajardo and Barbara Beaton who spoke about Social Enterprise, and David Guthrie who gave us tips on using the Internet to find funding. Our Marketplace had an interesting mix of local organizations. In all – it was a buzzy event!

New Trustees for EG CVS

We are sorry to say goodbye to Anne Davies as an EG CVS Trustee and would like to thank her for her ideas and contribution to the CVS over the past years.

We are delighted to welcome 3 new Trustees to EG CVS – Alan Reuter, Elisabeth Woolley and Tony Mulcare. They bring with them knowledge and expertise from the voluntary and public sectors and we look forward to working with a renewed and strengthened Trustee Board.

High Street Shop for Local Community Groups

East Grinstead Community Partnership has secured use of a shop in the High Street for the use of local voluntary and community groups from 11th October till 11th December. Many thanks to Geoff Wickenden for generously letting us use his shop. We will work alongside the East Grinstead Play Box Office which will also be sited in the shop. We are inviting local groups to put up and man displays during this period. This is an excellent opportunity to advertise the work you do, to attract volunteers and to generally raise the profile of your group. During the lead up to Christmas there will be lots of shoppers in the High Street. Look at the flyer in the Newsletter and book your slot!

East Grinstead Play

Rehearsals have started and the production team have moved into their Design Workshop on Birches Industrial Estate. They need volunteers to make the set, costumes and props, so if you can knit, sew, use a hammer or screwdriver please get in touch. Volunteers are also needed to sell tickets in the High St. Box Office. Go to: www.egplay.org.uk or contact Sam Tyson-Banks on: 07714 249232. And don't forget to buy your tickets! The Play runs from 29th November to 11th December – you can't afford to miss this unique event in East Grinstead's history!

Hartfield Community Play

This very neatly follows on from the East Grinstead Play for all you community play junkies!

Hartfield residents are working towards a village community play in spring 2012. they are at the feasibility stage, researching storylines, seeking funding and working with school, church and local groups to provide ideas, organisation, archiving, music, drama, finance and admin skills.

Community plays unleash a wealth of positive experiences with volunteers working together at various stages of the process, building friendships, working in a team, learning new skills and using existing knowledge. This 18 month journey provides confidence, a sense of belonging and a deeper understanding of the community as a whole.

If you live in the Hartfield area and would like to know more visit: www.claquetheatre.com or contact Caroline Tully: 01892 770730, email: tully@chestnerhouse.co.uk.

Next meeting: Monday October 11th at 8.00pm in St Mary's Church, all welcome.

East Grinstead Life Show

The EG Life Show is an East Grinstead Community Partnership project. This will be held on 2nd April 2011 in the Jubilee Community Centre and will promote the health and wellbeing

of local residents. It will attract people from all age groups – young families, teenagers, working and retired people. A range of health tests (blood pressure, cholesterol, BMI etc.) will be offered and information on healthy eating, weight management and lifestyle choice will be available. There will be stands for a range of statutory and voluntary groups involved with health promotion, support and wellbeing. Continuous entertainment will take place on stage, professionally compered, but including local bands, choirs and sports groups. If your group would like to take part get in touch now with Christine in EG CVS. See the notice in the Newsletter.

Volunteering Exhibition

Don't forget the volunteering exhibition which will run from 19th January 2011 to 20th February in EG Museum. This follows our celebration of volunteers held on 5th October, and is an exciting exploration of the history of volunteering in East Grinstead area. If you have interesting stories to tell, or artefacts which can be used in the exhibition get in touch with Loral in EG CVS. And don't forget to come along to look at the exhibition!

Training

Do look at the Training section in this newsletter. Many courses are free, and some of them will give you vital information – for example the Safeguarding Training for organizations working particularly with young people.

Age Concern, East Grinstead

Age Concern salon is now up and running and they offer excellent hairdressing rates on Tuesday mornings. From the end of Oct there will also be a reflexologist and they hope to offer other therapies later.

ACEG currently run the following activities on different days - Exercise Classes, Knatty knitters, card bingo, Line dancing, bingo, beginners computer classes. Ballroom dancing will start in January. Courses are being organised for digital photography and mens cooking.

Don't forget the Race night on November 5th or the Xmas shopping trip to Bluewater on 6th December, the Xmas party on 17th December and a trip to the pantomime on 20th December.

Learn About Age Concern Services

Age Concern East Grinstead will be holding regular monthly surgeries on a Saturday at East Grinstead library to inform & promote their services. Their 1st surgery will be held on Saturday 23rd October 2010 @ 10.00am – 12 noon and will focus on their Dementia Service. The surgery will give people the opportunity to find out more about the service and the benefits a weekend break gives to carers. Telephone: 01342 327046 for further information

Chequer Mead Craft Fairs – Room for community groups!

Chequer Mead will again be running its Christmas Craft Market from 18-23rd December. As they did last year, they are keeping one stall spare in the market to be used by a different local charity free of charge each day to promote their work. The market is running during the pantomime with two sell out performances each day so this is a good way to get noticed! Contact Hannah.

Stalls for the one day craft event on Sat 4th December are now sold out but they are selling stands now for the May Day Craft Fair at Chequer Mead on Mon 2nd May 2011. Stands range from £18 to £34.

For more information or if you are interesting in promoting your charity at the Xmas Market, please email Hannah Kester at: info@chequermead.org.uk or call: 01342 325577.

Adventure Volunteering Opportunities

Adventure organizes residential adventure week for young people with disabilities and special needs throughout the school holidays. Based at Hindleap Warren, Wych Cross, they need both adult and young volunteers who attend these weeks on a residential basis helping the young people and participating in the events. Activities include archery, wall climbing, swimming, canoeing, crafts, live music and obstacle courses. Go to: www.adventure.org.uk or contact: 01342 828218.

NEWS FROM MID SUSSEX (SOUTH)

As we prepare for our AGM on the 11th October, we reflect on a year that has seen many changes; especially in these last few months. The Big Society is gathering momentum and as your local infrastructure organisation we look forward to playing a larger part in the Government's thinking.

Sadly, we will lose four of our trustees, who have decided to step down, and we wish to thank them sincerely for their long years of service. We would love to hear from anyone who would be interested in becoming a trustee. We value the wide skill set and talents that our existing trustees so kindly donate to us, and if you feel that you could spare some time we would love to hear from you!

Our Volunteer Centre Manager left the post recently and will be looking to recruit a replacement in the near future. The Volunteer Centre continues to operate with the valuable and committed support of existing and temporary staff.

After 6 months in post, I am gradually finding my feet and getting to know my community. If you would like me to attend one of your meetings I would like to hear from you!

We are looking to develop a new website, which is a very exciting project, and we will contact you shortly with our new address.

Congratulations to Anchor Staying Put!

They have won the Friendliness Award for Best Voluntary Organisation 2010. The trophy will be awarded at the MSSCVS AGM on 11th October at St Andrew's Community Centre, Burgess Hill.

The volunteer who nominated them said, "I nominated Anchor Staying Put for this award because, in all my years of volunteering, this is the first time I've been included as part of the team and this makes me feel very appreciated. Volunteering with Anchor Staying Put has become the high spot of my week!" Anchor Staying Put is committed to helping older and disabled people stay living healthy and independent lives in their own homes. This includes having work carried out by handypersons; adaptations to stairs and showers; information and advice on a wide range of issues; and general help such as cleaning and dog walking. Volunteers are a large part of the team and clearly feel they are recognised and valued as they contribute their time, energy and skills.

Anchor Staying Put is currently looking for people to help carry out small gardening jobs, so do get in touch with them if you're interested in being involved with this organisation. Please contact Anita Wright: 01444 415475.

Training

Don't forget to look at the Training section in this newsletter. Many courses are free, and some of them will give you vital information – for example the Safeguarding Training for organizations working particularly with young people.

Office to let in Burgess Hill

Available now to voluntary and local community groups and charities.

32 sq mtrs (approx), £5,065 + vat per annum inclusive of heat and power and a range of shared facilities. Convenient and accessible location. 2 or 3 organisations sharing the office would be considered.

For more information or if you are interested in the above office availability please contact: Graham Fairbairn or Judy Pointing at Burgess Hill Town Council 01444 238214 or 01444 238211.

FREE! Mid Sussex Healthy Walks

Join Sussex Oakleaf on Wednesdays 11.00am from Beechurst Car Park, Haywards Heath. Countryside walks 30 minutes and 1 hour (maximum 2.5 miles). No stiles.

For more information contact Mid Sussex District Council Park Rangers: 01444 477561 or Rangers@midsussex.gov.uk or Iain Cooper, Sussex Oakleaf Community Wellbeing Team: 01444 416391.

New Resource Centre

4 Sight's newest Resource Centre is coming soon to Burgess Hill! For more information please contact Treena: 07545 501 212 or treena.parsons@4sightsussex.co.uk.

West Sussex Association for Disabled People

Earlier this year the Hassocks local group received over £400 from Waitrose's Community Matters scheme (the green tokens) – a reminder that it's well worth being nominated to be a beneficiary of this scheme.

The Darby & Joan Club

This is now successfully running under the umbrella of Action for Deafness. Earlier this year members thought the Club would have to close but, thanks to input from the CVS Community Development Worker as part of the EESI project, they are now growing in numbers and expanding the age range to include members in their later 30s and older. The Club meets on the 1st Friday of the month, 11.00am-4.00pm at the Conservative Club in Burgess Hill. Activities include lunch, raffle, board and table games as well as a presentation with useful information and advice. A Christmas lunch is also planned at Jeremy's Restaurant in December. If you would like to join please contact Sue Benham: 01444 415582.

Parkinson's UK, Mid Sussex Branch has been chosen by Cllr Margaret Baker, Mayor of Haywards Heath, as her nominated charity for the year. A Buffet Dinner and Dance event, hosted by the Mayor at Clair Hall, will be held on 22nd October and tickets may still be available from Sue: 01444 483504 or Martin: 01444 831283. The next branch meeting is on Friday 15th October 2.30pm at Wivelsfield Green Village Hall where Lesley Thomson, author of 'a Kind of Vanishing' will be the guest speaker.

The Puzzle Café

The Puzzle Café, St Andrews Community Centre, Burgess Hill is open weekdays 9.30am -2.00pm. All are welcome to drop in for coffee, tea, yummy homemade cakes and scones; as well as tasty home cooked lunches at reasonable prices. Party and wedding functions are also catered for. Contact: 01444 253762 for more information about this high quality community facility.

Burgess Hill Christmas Gala

Burgess Hill Community Festival Committee is holding the town's annual Christmas Gala Day on Saturday 4th December from 10.00am. The day will be full of fun, festivities and entertainment with the possibility of an artificial ice rink at the Martlets car park from the Friday evening. Local community groups are being invited to participate and raise funds by selling toffee apples, hot chestnuts, mince pies, hot drinks etc. Local choirs are also invited to sing carols in the market square. If your group would like to have a stall or to take part in the Christmas Gala please apply by sending an s.a.e to: Burgess Hill Community Festival Committee, c/o 54 Dunstall Farm Road, Burgess Hill RH15 8BJ.

LOCAL INFORMATION

Calling all Voluntary and Community Groups in Mid Sussex!

General Networking Meeting

We haven't had a general networking meeting for local voluntary and community groups for some time.

Our next meeting will be on Friday 10th December from 10.30am – 12.30pm at the Hapstead Hall in Ardingly. It is open to all groups in Mid Sussex. You have the opportunity to book a slot to speak about your group for 5 minutes to the meeting – an excellent opportunity to make sure we all know what you do and how valuable your work is. See the flyer with this Newsletter, and put it in your diary.

Finding Funding Training Day - How to bring in the dosh!

This event will be held on Thursday, 11th November 2010, from 9.30am - 4.00pm at The Martlets, Burgess Hill (Sheldrake Suite and Griffin Room). It will follow the very successful formula of previous funding fairs and cover all aspects of searching for and applying for funding. See the flyer in this Newsletter.

Voluntary and Community Sector Forum will be held on Tuesday 2nd November 2010 10.00am to 3.30pm at Lodge Hill, Watersfield, RH20 1LZ (South of Pulborough on the A29). The event will include presentations on Compact and the Big Society, the implications of the NHS White Paper 'Liberating the NHS' and detail of the new GP Consortia commissioning model. There will also be information on the Western Sussex Hospitals NHS Trust consultation on Foundation Trust status and the event will include the VOLG AGM. To book your place, please email: nicola.staples@volg.org.uk or telephone: 01403 787940 and leave a message, with your name, organisation, email address/contact details and any access/dietary requirements.

Action for Deafness AGM

This is on 19th October at St Paul's RC Church, Haywards Heath at 7.30pm. Action for Deafness are also looking to recruit volunteers for a wide range of exciting roles including drop-in clinics, home visits, buddying, fundraising and Deaf awareness training. If you're interested please contact the Volunteer Centre for more information 01444 870711.

Faith Matters

Faith Matters in West Sussex: Community Development. This will take place on Wednesday 13th October in Meridian Hall, East Grinstead, and builds on the very successful event held in Worthing. Faith groups will explore the community work that they undertake and share ideas.

Stop Loan Sharks

More people than ever are facing debt problems and are turning to loan sharks who charge astronomical rates of interest and even threaten violence or blackmail if victims fall behind with payments. A loan shark is an unlicensed moneylender who charges very high rates of interest and who will harass anyone who can't repay a debt. WSCC is working with Trading Standards to crackdown on loan sharks. Go to: www.direct.gov.uk/stoploansharks or phone: 0300 555 2222 (local rate).

Remember that there are other organizations that vulnerable people can turn to for help – the Citizens Advice Bureau for help and advice on debt, and the local Credit Unions for saving and loans.

Citizens Advice Bureau

The Citizens Advice Bureaux in Mid Sussex merged with Horsham and Crawley last October to create Central Sussex CAB. In April this year, Central Sussex CAB, together with the other bureaux in West Sussex, won the Community Legal Advice Service contract to offer legal advice throughout the area. So do they still do all the things they used to do?

The answer is they do, and more. They are now able to offer specialist advice to legally aidable clients in the areas of debt, welfare benefits, family law, employment, and, with the help of Shelter, their partners in delivering the contract, housing and community care. They also have a housing solicitor, who can represent clients eligible for legal aid. But of course they still help everybody who comes through their doors, legally aidable or not, with their team of volunteer advisers.

The CAB also try to highlight injustices in society in order to influence and change policy. Central Sussex CAB have been running a campaign regarding tenancy deposits, as they discovered that many private tenants are still unclear that these deposits should be protected. Go to: www.citizensadvice.org.uk or ask your CVS for the nearest CAB.

How Will Cuts Affect Mid Sussex?

Many organizations expect cuts of anything from 20 – 40% over the next 4 years and there is likely to be a significant impact on how services can be provided in the District in the future.

The Mid Sussex Partnership (MSP) brings together a wide range of public, private and voluntary organizations that are all working to ensure the District remains a good place to live and work. The full extent of the cuts will not become clear until after the Government announces the results of its Spending Review in October, but work has already begun on how to plan for them.

The MSP will hold a conference in November, open to any group or organization with an interest in the wellbeing of the District, to look at the outcomes of the spending review and to discuss how the cuts may be implemented. The conference will be held on 15th November in Adastra Hall Hassocks, from 10.00am – 2.00pm. Come and give the view of your group. Email: communitystrategy@midsussex.gov.uk to register. For the work of the MSP go to: www.midsussex.gov.uk/msp. Speak to the CVS Managers about the involvement of the voluntary and community sector.

Could you Befriend a young Person?

Have you the time to spare to befriend and take out a young person currently caring for others in their family in West Sussex?

If you like young people you could make a big difference to their lives. This is a fantastic opportunity to help a young person aged from 8 to 21 years old to have a break from their caring role, to relax and have some fun. Spurgeons ask you to volunteer with us for at least a year, going out fortnightly (a max. 8 hours a month) with the young person to offer fun, friendship and support. Visits can include going for a hot chocolate and a chat in town or bowling or horse-riding.

In return, Spurgeons offer training, regular support and expenses. There is a formal application process which includes enhanced police checks, references and interviews. If you feel you could help support a young carer and become a befriender; please contact Penny Mitchell, Young Carers Befriending Project at Spurgeons. Phone: 01903 719515 or email: pmitchell@spurgeons.org.

Expert Patient Programme

A free self-management course for anybody living with any long-term condition.

There is a 6 week course in Haywards Heath every Thursday running from 21st October - 25th November 2010 (participants must attend the first session to take part on this course).

Time: 2.00pm – 4.30pm (includes a break and complimentary refreshments). Venue: Haywards Heath Town Hall, 40 Boltro Road, Haywards Heath, RH16 1BA

If you would like to know more about the programme, or would like to book a place on a course contact Karen Aylmore on: 01403 227000 ext 7632.

karen.aylmore@westsussexpct.nhs.uk.

Please pass on these details to colleagues, patients, friends and family.

Do you Need a Freelance Secretary?

Lesley Taylor is a very experienced Secretary/PA – a good all-rounder. She is offering her services as a Virtual Secretary/Office Administrator on a freelance ad-hoc basis at a reduced hourly rate of £10 for charitable voluntary and community organisations. Work can be sent via email, fax, or post or collected if local. Go to:

www.cravenhousesecretarialservices.co.uk.

Faith Matters in West Sussex: Community Development

The EESI Project, part of West Sussex Councils for Voluntary Service, together with other colleagues from the community and voluntary sector, will be holding a Community Development Seminar with the faith sector bringing together representatives from the faith, voluntary, community and statutory sectors from Mid Sussex, Crawley and Horsham to discuss community projects that have evolved from faith groups.

The event will be held at the Meridian Hall in East Grinstead on Wednesday 13th October 2010 10.00am-2.00pm. There will be a keynote address by Henry Smith MP for Crawley, a panel of statutory, voluntary and faith groups taking questions and a showcase of projects by the faith sector.

Speech to Text

Helen Hall, one of our EESI Development Workers, has had the privilege of working with a local Mid Sussex group for older deaf people. It has been an exciting project which has culminated in Action for Deafness taking on the running of the group, both with administration and practically. The group has subsequently been introduced to speech-to-text services. Speech-to-text is a system that enables deaf or deafened individuals to read the spoken word from either a laptop or a projector screen. A stenographer, or palantypist, uses a specially-designed machine – different from a normal keyboard – to record the events as they happen, and computer software then translates the symbols back into a contemporaneous English document, complete with speakers and punctuation. Emma White kindly provided this service at the recent EESI Project Showcase

event “Partnership in Action – ‘EESI’ Does It”. If you would like to find out more about these services or other communication support services available for Deaf and hard of hearing people please contact Action for Deafness - email: info@actionfordeafness.org.uk, telephone: 01444 415582 Textphone:01444 415593 Fax: 01444 415589.

An Event for Carers

You are invited to attend Taking Forward the Carers Strategy in North and Mid Sussex. Carers will be able to discuss a range of carers issues with representatives from West Sussex County Council, the NHS, local Councils etc. Issues such as better support from the NHS, emotional support, employment, short break, and personalisation. There will also be Information stands from a variety of health and social care providers.

The Mid Sussex event will take place on Fri. 12th Nov 2010 from 10.00 to 2.30pm at Clair Hall, Perrymount Rd, Haywards Heath. Refreshments and Buffet Lunch provided.

For more information phone: 01293 657040 or go to: www.carerssupport.org.uk.

Mental Health Carers Support Groups

East Grinstead Carers Support Group generally meets on the first Tuesday of every month at Springvale Community Mental Health Centre, Moat Road, East Grinstead from 7.00pm to 8.30pm. Various speakers are invited to talk about their work.

Haywards Heath Carers Support Group meets at Linwood Community Mental Health Centre, Butlers Green Road, Haywards Heath on the second Wednesday of every month from 7.00pm – 8.30pm.

Lottery grant helps Sussex mentoring scheme

Offenders often need support during their transition from custody to the community. Sussex Pathways Limited is able to help by providing a mentoring scheme thanks to a £142,895 Reaching Communities grant.

The mentoring scheme, piloted since 2009, offers support needed to help rebuild lives in terms of housing, personal finances, training, employment and health. For information visit: www.biglotterfund.org.uk.

Parkinson's UK

Parkinson's UK is the new name of the Parkinson's Disease Society. They bring people with Parkinson's, their carers and families together via networks of local groups, website (parkinsons.org.uk) and free confidential helpline. Specialist nurses, supporters and staff provide information and training on every aspect of Parkinson's.

For information on benefits, local services, etc. in West Sussex, please contact Jonathan Smith, Information and Support Worker, on: 0844 225 3667 or e-mail: jsmith@parkinsons.org.uk.

Concerned about Drinking or Drug Use?

The Families and Friends Network have set up a new drop-in Friends and Family Support Group in Haywards Heath. It is held on the 1st Friday of every month from 1.00pm to 3.00pm at the United Reform Church, South Road. This is in addition to drop-ins in Crawley and Horsham. Further information from the Families and Friends Network on: 01243 382628.

Time to Call in The Green Doctor

The Green Doctor is working with the Healthy Mid Sussex Partnership to address fuel poverty through the Warmer Winters Project.

If higher water, gas, or electricity bills are getting to be a problem for householders, Groundwork's team of Green Doctors can prescribe a cure.

The Green Doctor does home visits giving free and impartial energy advice, fits energy efficiency measures such as "smart" electricity meters, water-saving devices, "powerdown" standby multi-plugs, and advises on any other help available. The best part is that it is completely free! It sounds too good to be true, but there are no catches, and no sales person will call.

If you are working with anyone who you think would benefit from the scheme please contact Peter on: 07985194102 or email: peter.shoult@groundwork.org.uk. Peter is based at Mid Sussex District Council but is not employed by the Council.

Become a London 2012 Games Maker

If you are interested in volunteering during the lead up to London 2010 please visit: www.westsussexvolunteering.org.uk. This will link you to information with guidance and links on volunteering for the Games and also volunteering in West Sussex before, during and after the Games. Up to 70,000 volunteers are required.

GENERAL INFORMATION

Charity Bank – Preferential Rate!

Charity Bank is offering charities and community groups a preferential rate for new loans drawn before the 31st December 2010.

Charity Bank is a not-for profit bank that offers affordable finance to third sector organisations, including those that might not be able to borrow from commercial lenders.

For more details, or to see if loan finance is right for your organisation please contact Charity Bank's loan team on: 01732 774050 or visit www.charitybank.org/loans. For details of Charity Bank's savings accounts visit: www.charitybank.org/savings.

2011 Census: help tomorrow take shape

2011 Census is coming to a letterbox near you. On 27 March 2011 all residential households in the United Kingdom will be taking part in a census. Since 1801 a day has been chosen every ten years for this purpose (except in 1941 during the war). The census provides an excellent source of information about the population. This enables central and local government, health authorities and many other organisations to identify needs for housing, education, health and transport services for years to come.

Did you know that supermarkets use census statistics to work out the kind of foods they need to sell to and fire brigades and the police use census data to help communities, putting fire alarms and crime prevention measures in specific areas.

The census statistics also feed into the allocation of funding for local authorities and play a major part in identifying need for local services in communities, so it is crucial the population estimate is as accurate as possible. You will be able to complete the questionnaire online if you wish.

There is a wide range of help options available (such as language guidance booklets, large print format, Text Relay and census field staff on hand, as well as online help and telephone call centres).

Go to: www.census.gov.uk.

Do you Need Computers or Other Software?

Charity Technology Trust work with Microsoft, Symantic and Cisco to offer donated technology products through CTX (Charity Technology Exchange) to registered charities. There is a small administrative fee for registering, but charities will still make savings of between 92-96% on typical retail prices. Go to: www.ctxchange.org.uk.

Get Hold of Free Surplus Goods!

Giving World Online (GWO) is a scheme set up to help to community groups and charities access free surplus goods from businesses and organisations whilst at the same time helping reduce the amount of goods sent to landfill.

GWO's free service helps companies redirect their surplus goods to charities and groups that could make use of them for their beneficiaries.

Since GWO's soft launch in December 2008 more than half a million pounds worth of quality goods have been redirected from landfill to UK charities.

Any bona fide community group or charity can register to receive goods as well as publicising items that they need. Visit: www.givingworldonline.com.

Are you Receiving your Carer's Credit?

Carer's Credit was introduced in April. It is a National Insurance Credit which helps carers build up qualifying years for the basic State pension and additional State Pension. To qualify, you must care for one or more disabled people for at least 20 hours per week. The person you care for must receive Disability Living Allowance care component at the middle or highest rate or Attendance Allowance at any rate or Constant Attendance Allowance at any rate. Go to: www.direct.gov.uk/carerscredit or phone: 0845 6084321.

Charity Commission Consultation about Online Annual Returns

The Charity Commission wishes to move to online services and hopes to phase out some traditional hard copy methods of doing business.

Alternative arrangements for using these services will be put in place where legitimate accessibility issues arise.

The Consultation is open until 2.12.2010. the Commission needs to know how this will affect your organization – in particular if it will cause you difficulty. Look at: www.charitycommission.gov.uk/Aboutus. And go to 'About the Commission' and look for 'Consultations'.

Treasury Spending Review

NCVO (National Council for Voluntary Organisations) has made a submission to the Treasury Spending Review expressing concern that cuts in funding of the voluntary and community sector will have a disproportionate effect on people and communities, and in the long term, on the public purse. It asks that Government look at spending on the sector in all departments and ensure that the overall effect of changes are at least neutral.

NCVO supports moves to devolve power to local councils and local people and says that Government should remind local authorities of the need to work with the local voluntary and community sector to ensure that spending decisions take account of the impact on local communities, particularly the most marginalized. Voluntary and community organizations will need high quality support to maximize their contribution to building the Big Society, transforming public service delivery and enabling more effective citizen engagement. Go to: www.ncvo-vol.org.uk and type in 'Spending Review' into the search box.

Cutswatch.org.uk Launches

Cutswatch.org.uk has been set up to provide guidance and support to third sector

organisations through public spending cuts. The site aims to provide up-to-date news, case studies, guides and information on how to positively deal with spending cuts, along with links to useful events and services.

They want to hear how they can further support your organisation. What would you like added to cutswatch.org.uk? Send them your suggestions Email: carina.mckeown@acevo.org.uk Website: www.cutswatch.org.uk.

Equality Act 2010 - now in force!

This is now in force for England, Scotland and Wales. It pulls together nine big equality laws and about 100 smaller laws into one act.

Ladder4learning have prepared a useful briefing sheet which can be found at: www.ladder4learning.org.uk.

A series of summary guides have been produced which set out clearly what the new laws will mean for business, the public sector, the voluntary sector and the public, helping people understand their new responsibilities and rights. Visit: www.eren.org.uk.

Health Profiles

The Department of Health has produced a series of 2010 health profiles either regional, by county council or unitary authority or by borough/district council. They now include an updated indicator for homelessness. To access these visit: www.healthprofiles.info.

Open letter from the Cabinet Office to the voluntary, community and social enterprise sectors. 'Help Decide on Government Funding Cuts'

Significant savings need to be made across all areas of government services and the Cabinet Office is looking for ideas from the voluntary, community and social enterprise sectors on finding better ways to make savings and give examples of good practice. Ideas and comments can be emailed to:

sectorchallenge@cabinet-office.x.gsi.gov.uk or there is an open-space on the Cabinet Office website to post comments at: www.cabinetoffice.gov.uk.

Chief Executives' Discussion Forum

RAISE is trialling a discussion forum for chief executives of voluntary and community sector organisations. The forum is free and easy to register, and you can share your views or discuss issues with peers. For more details visit: www.raise-networks.org.uk.

TRAINING

The new CVS Training Brochure is out now. It is thinner than before as our funding has dried up, and it covers courses across the whole West Sussex. We have highlighted some of the more local courses below, but if you are prepared to travel, look at the brochure for a much wider choice of training. Contact your CVS if you haven't received your brochure.

Emergency First Aid at Work

Mon. 11th Oct, Burgess Hill - Free.

Using the Internet to support our work

Tues 12th Oct. Horsham - Free'

Project Planning and Management

Fri 15th & Tues 19th Oct. E. Grinstead – Free.

Introduction to Excel

Tues 19th Oct. Horsham – Free.

Lone Working

Wed 20th Oct. Horsham – Free.

Emergency First Aid at Work

Tues 9th Nov. Crawley – Free.

Powerpoint for Effective Presentations

Tues 9th Nov. Horsham – Free.

Finding Funding Day – Bringing in the Dosh

Thurs 11th Nov. Burgess Hill – Free.

Business Planning

Tues 16th Nov. Crawley – Free.

Introduction to Managing Staff

Thurs 18th and 25th Nov. Burgess Hill - £60.

The A-Z of Fundraising

Tues 23th Nov. Crawley – Free.

Recruiting Trustees

Tues 30th Nov. Horsham – Free.

Making Posters and Leaflets

Wed 1st Dec. E. Grinstead – Free.

Food Safety Certificate

Tues 7th Dec. Crawley - £30.

Health & Safety in the Workplace

Wed. 12th Jan Burgess Hill – Free.

Cunning Tips for MS Excel

Tues 25th Jan. Horsham – Free.

Cunning Tips for MS Word

Tues 8th Feb. Horsham – Free.

Supporting Volunteers Day

Tues 15th Feb. Billingshurst – Free.

Excel Intermediate Workshop

Tues 8th Mar. Horsham – Free.

Training in Safeguarding Young People

This vital training has been commissioned by the Mid Sussex Partnership as many small groups

working with young people have become concerned that they do not know how to recognize the signs of abuse and ill-treatment, and don't know where to go for help or to report these issues. This is essential training for anyone in a position of responsibility for young people. If your group works with any young people you cannot afford to miss this course! The courses run from 9.00am – 12.30pm:

October 16th Hassocks Beacon Centre,
October 29th, Scaynes Hill Millennium Village Centre,

November 10th Haywards Heath Town Hall,
November 27th The Jubilee Centre East Grinstead.

See flyer in this Newsletter for more information.

FUNDING

Funding Searches

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

Funding Pack

Our Funding pack has been revised. It includes hints and tips on funding bids as well as information about funders. Contact your CVS for this invaluable guide to funding.

Fundraising Fair–Thurs 11th Nov

Lots of workshops on all aspects of fundraising – including social media grants and bid writing. – London. www.fundraisingfair.org.uk or: 08450 777707.

Fundraise and help the Environment!

Collect unwanted jewellery from friends and colleagues or your members and turn it into money for your organization. All items are recycled and turned into money and it won't cost your organization to do it.
www.jewelleryrecycling.org or: 0800 633 5323.

Community Spaces

Community Spaces is a £57.5 million open grants programme that is managed by Groundwork UK's Open Grants Department. The programme helps community groups in England create or improve green, open spaces to enhance people's quality of life. Community Spaces is funded by the Big Lottery Fund. Grants start at £10,000. The final deadline is 7th January 2011. For more information, visit:
<http://www.community-spaces.org.uk>.

Heroes Return Award to an individual

A Second World War veteran from Haywards Heath has been awarded a grant towards travel costs for a commemorative visit to Sri Lanka in November of this year. Heroes Return 2 is open for applications until January (travel before the end of 2010). Grants between £150-£5,500 are available depending on the number of people taking part and the destination. They can also receive funding to take part in an official commemoration in the UK. Ring the application helpline on: 0845 0000 121 or email: general.enquiries@biglotteryfund.org.uk.

Big Lottery Fund – Youth in Focus

A new £30m fund from the Big Lottery Fund starting from 1st September 2010 will give funding towards projects in England that support vulnerable young people through difficult changes in their lives. Targeted groups will include young carers, young people leaving care, and young people leaving youth offenders' institutions. Very short deadline of 30th November 2010. Grants will be between £500k-£1m. If you would like any further information please call: 08454 102030 or email: youthinfocus@biglotteryfund.org.uk.

Cerebra Grants

Parents of disabled children can feel very alone and bewildered by all the services and information out there. Cerebra's Parent Support Department aims to help by offering information, support and various services that parents have said would help them. Their grant scheme offers direct and practical assistance to improve the quality of life of children and young people affected by neurological conditions. Cerebra grants are to help children who have disabilities because of a brain related condition or injury. The condition may be of a physical nature, a learning disability or both. Go to: www.cerebra.org.uk or: 01267 244216.

PUBLICATIONS & WEBSITES

Let's Connect with Faith Guide

This has been produced for Volunteer Centres and others who provide expertise on volunteering and who want to learn how to tailor their services and develop support for volunteering in a multi-faith society, www.improvingsupport.org.uk.

Social Enterprises Directory

The se² partnership has launched the South East Directory of Social Enterprises. To be included in the directory go to: www.se2partnership.co.uk.

The directory will be used by the private, public and voluntary and community groups for the

sourcing of suppliers of goods and services. In particular se² are looking for suppliers of meeting rooms for hire, event catering, PR agencies and market research companies (that are social enterprises), and suppliers of trade services, for example gardening.

Data Protection for Voluntary Organisations

Main requirements of Data Protection Act and Freedom of Information Act. www.dsc.org.uk or: 08450 777707.

Writing Better Fundraising Applications

This guide explains what funders are looking for and describes how you can present your case for funding with confidence. It includes: What makes a good application, common mistakes and how to avoid them, online applications, costing your project, examples and case studies. £18.95. www.dsc.org.uk.

New Support Resource for People Managing Volunteers

Volunteering England's new Volunteer Management Portal, recently launched, acts as a gateway to the world of volunteer management with links to over a thousand resources across England.

This means that - for the first time - information on support, training and development opportunities for people managing volunteers is available to view in one single place.

If you work with volunteers, or know someone who does, this invaluable new resource will help you locate a wide variety of training providers and consultants, support and development opportunities. Visit the portal at: www.volunteering.org.uk/vmportal.

This initiative is funded by the Office for Civil Society as part of Capacitybuilders' Volunteer Management Programme.

DATES FOR YOUR DIARY

Mid Sussex (South) CVS AGM

Monday 11th October.

Volunteering in East Grinstead Shop opens

Monday 11th October till Saturday 11th December, High St. East Grinstead.

Faith Matters Seminar

Wednesday 13th October 10.00am – 2.00pm
Meridian Hall, EG.

Safeguarding Training

Saturday 16th October 9.00 – 12.30pm

11 Hassocks Beacon Centre.

Safeguarding Training

Friday 29th October 9.00 – 12.30pm Scaynes Hill Millennium Village Centre.

Voluntary Sector Forum

Tuesday 2nd November Lodge Hill, Pulborough.

Safeguarding Training

Wednesday 10th November 9.00 – 12.30pm Haywards Heath Town Hall.

Finding Funding Training Day “Bringing in the Dosh”

Thursday 11th November 9.30 – 4.00pm, Martlets, Burgess Hill.

Taking Forward the Carers Strategy

Friday 12th November 10.00 – 2.30pm Clair Hall, Haywards Heath.

Mid Sussex Partnership Conference

15th November, 10.00– 2.00pm, Ad Astra Hall, Hassocks.

Safeguarding Training

Saturday 27th November 9.00 – 12.30pm Jubilee Centre, East Grinstead.

Christmas Networking Meeting

Friday 10th December 10.30 – 12.30 Hapstead Hall, Ardingly.

Volunteering Exhibition at EG Museum

From 19th January – EG Museum.

EAST GRINSTEAD CVS

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

MANAGER: Christine Hardisty

Administrator: Jakki Jackson

Volunteering Information: Loral Bennett

EGFLEET: Bluebird Community Partnership runs this service. Contact: 01444 471919.

MID SUSSEX (SOUTH) CVS

38 Church Road, Burgess Hill,
West Sussex RH15 9AE
Telephone : 01444 258102
Email: cvsms@copperstream.co.uk
Website: www.midsussexsouthcvs.ik.com
Registered Charity No. 1059204

MANAGER: Rebecca Hale

Volunteering Information: Contact

Tel: 01444 870711

PR: Catherine Pardoe: 01444 258102/870711

cvspr_cvsms@copperstream.co.uk

Administrator: Sue Rabbett

EESI Development Workers:

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

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

Contact the CVS Office for:

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

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

Newsletter Contributions:

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

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

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

Note! Deadline for the next issue is: Autumn - 17th December 2010

Visit our websites:

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

