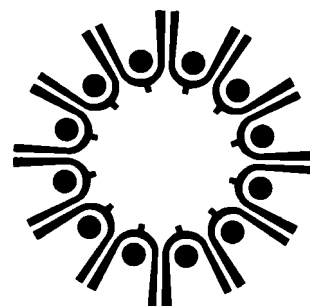


COUNCILS FOR VOLUNTARY SERVICE IN MID SUSSEX



AUTUMN 2009 NEWSLETTER



***Your Councils for Voluntary Service Working Together
Throughout Mid Sussex***

Volunteering in Mid Sussex

A Bit of History

Some of you will remember that over 2 years ago now, Mid Sussex Volunteering was forced to close due to lack of funding and for a short period there was no service for potential volunteers and for organisations looking for volunteers in Mid Sussex. Both Mid Sussex (South) CVS and East Grinstead CVS were horrified that this essential service to our local communities had been forced to close. The situation in other parts of West Sussex was not much better. Most Volunteer Centres were struggling to keep together a service with the prospect of little or no funding. Our statutory funders were also very concerned.

After a difficult period when we tried to hold the service together in each of the CVSs with volunteers and small pockets of funding, we finally reached an agreement on a countywide basis with West Sussex County Council, Mid Sussex District Council, and West Sussex Primary Care Trust, and now have assured funding for 5 years. In addition to this, our local town councils have also added money to the pot.

Where We Are Now

We now have Volunteer Centres based with every CVS in West Sussex, and also have a central “hub” which deals with common issues and helps us to ensure that we offer a consistently high service across the county.

In Mid Sussex we have been very lucky to have had Jenny Garrad in Mid Sussex (South) and Loral Bennett in East Grinstead CVS as our Volunteer Centre Coordinators. Both have dedicated far more hours than we had a right to expect. Sadly, Jenny has decided to move on after 12 years of developing and maintaining this service. We are very sorry to see her go but she leaves the Centre in good hands, with Jane Harding who has considerable experience of working in the voluntary sector.

There is a common theme to the volunteering opportunities we need to fill. We are always looking for Trustees, volunteer drivers, bookkeepers and Treasurers. However the range of volunteering opportunities is endless and includes counsellors, lunch club assistants, wood recycling workers (making solid wood rocking chairs), museum stewards, box office clerks and volunteers making boxes for squirrels! We have also had team projects – gardening and decorating for local charities and even 30 scouts cleaning the EGFLEET vehicles!

We have seen an increase in the number of people looking for volunteering opportunities. They include students no longer able to get holiday jobs, and graduates unable to find their first job. The economic climate brings more people into volunteering, but it also puts more pressure onto the services of the local voluntary and community sector.

The Future

There are constraints on what we do. Both Volunteer Centres are extremely busy and would like to be able to operate for more hours in order to extend the service, but funding and resources are stretched to the limit.

However, we have much to celebrate. The Volunteer Centre network is well established, we are about to launch our volunteering network website, we have a good working relationship with our funders and they are committed to our work. We are also taking steps towards accreditation with Volunteering England, and of course, we are delighted with the increasing number of volunteering opportunities which we fill!

If you have volunteering opportunities you would like to fill, contact Loral or Jane. Of course, if you feel that you would like to do some more volunteering they would also be very happy to hear from you.

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

NEWS FROM EAST GRINSTEAD CVS

East Grinstead CVS AGM

It was great to see so many of you at our AGM and very interesting to hear about the work of the CAB, East Grinstead and District Mental Health, and from one of our Development Workers, Helen Hall.

This has been a year of changes both to the CVS and to the whole of the voluntary and community sector. The last year has seen some welcome developments which include much closer working with our other CVS colleagues across West Sussex, and increasing desire by national and local government to consult with the voluntary sector. Our importance has increased in the public eye, but so has the workload and sadly the amount of legislation! Please continue to let us know the issues which you have to address and which we may be able to help with.

EGFLEET

Many local people rely on EGFLEET to transport them to appointments and shopping trips and on outings as they are unable to use public transport. The EGBUS and EGDART are familiar sights on our roads.

EGFLEET is part of East Grinstead CVS, and Trustees have decided that EGFLEET services would be strengthened by joining together with another organisation which works in the local community. Our aim is to retain and expand our local community transport by merging EGFLEET with another local group. Trustees are now in discussion with other local organisations. Watch this space for future developments!

Have Your Say on local Volunteering Issues

Do you have problems attracting or keeping volunteers? Or any issues or problems connected with volunteering? Or could you share some good ideas?

The East Grinstead Volunteering Promotion Group, convened by Loral Bennett, EG Volunteer Centre Co-ordinator, has been meeting for some time now, about every six weeks. It provides a forum for local organisations which use volunteers to talk about all things volunteering related.

The Group has had a consistent core membership, but we are now looking to expand its scope to include other interested organisations. The next meeting will be at 2.30pm on Thursday 29th October at Chequer Mead. If you would like to attend this meeting as a one-off, to consider continued membership of the group, or just to find out a bit more about it, please call Loral on: 01342 328080 or email: loral.vb@egcvs.co.uk. We would love to hear from you.

Sunny Corner Cafe

Sunny Corner Cafe offer all customers a warm welcome, good food, internet access, daily newspapers and information about local services and facilities. Go along and try their freshly-cooked meals and snacks - only £3.00 for a main course, £1.25 for desserts, all drinks only 60p! Vegetarian options always available and Take-Away service. They open Wednesdays and Fridays from 4.00 – 7.00pm at the Glen Vue Centre, Railway Approach, East Grinstead. Disabled access and High-Chairs available. They also offer voluntary work placements with full training provided (food hygiene qualifications). Tel: 07917 034 520 for further information.

Sunny Corner Cafe is a Sussex Oakleaf managed project in partnership with East Grinstead Mental Health Association and Glen Vue Centre (West Sussex County Council).

Family Support Work

FSW work with families to overcome difficult periods in their lives with positive, emotional and practical advice. Fully qualified social workers with many years experience working with children and families in a variety of settings are able to offer free and confidential support to parents or carers and their children (0-18 yrs) in and around the East Grinstead area. This includes anyone who has the responsibility for the care of children, whether they are married, single, separated, partners, divorced, bereaved or grandparents. They offer information on benefits, housing problems, health and education issues, advocacy and parenting issues. They can signpost to other agencies for legal and financial issues. FSW can also arrange for trained volunteers to work alongside families. The volunteers can offer help with driving to appointments, supporting a break for parents, providing a listening supportive ear, or help with household tasks, shopping, outings or trips. All volunteers are CRB checked!

Agencies that refer to them include: - Children's Services, Schools, GP Surgeries/Health Visitors, Housing Associations, Local Churches and Self referrals are always welcome! FSW also have fantastic facilities at Knowles Tooth Children's Centre, where short breaks can be arranged for families.

Contact Sarah on: 07747 481690 or write to her at Family Support Work, Church House, 211 New Church Road, Hove, E. Sussex, BN3 4ED, email: sarah@familysupportwork.org.uk.

New Look Trinity

I'm sure many of you went along to look at the new plans for Trinity Methodist Church which look very exciting for Trinity Church members, and for the community as a whole. Trinity are very keen to serve local people and provide

many services from a pre-school to youth groups to groups for older people and include outreach programmes. Trinity encourage non-church members to use their facilities. Their Welcome Café is open 6 days a week and is a great place to meet friends and hold informal get-togethers. They have a number of community meeting rooms which are hired by local groups and the new building will provide a state-of-the-art venue for music, dance, drama, meetings, and similar events. The design for the new building incorporates a range of environmentally friendly features, maximising the use of natural light and rainwater harvesting. Do go along and try out the Welcome Café, have a look at the existing facilities and activities and support the Trinity New Build project which will serve the community even better.

Hiring East Grinstead Museum

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

The Gallery and meeting room is available for hire, all day on Mondays and Tuesdays and after 4.30 pm on other days. Prices on application - preferential rates given to charitable and community organisations.

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

NEWS FROM MID SUSSEX (SOUTH) CVS

Jenny is Leaving!

You will be sad to learn that Jenny Garrad who has been with MS(S) Volunteer Centre since it started over 2 years ago, and who had been working with Mid Sussex Volunteering for many years before that, left on 30th September. It was a shock to discover that Jenny intended to leave us and we find it hard to imagine the Volunteer Centre without her. However, we do understand her wish to spend more time with her family and to undertake more leisurely pursuits. (However, judging from what she has been telling us, we don't think she is going to be any less busy!)

We are delighted, however, to welcome Jane Harding as our new Volunteer Centre Coordinator. Jane has been involved with the voluntary and community sector for some time and understands fully the demands placed on local organisations, and the importance of volunteers to their service. She has been working alongside Jenny for the last few weeks and is keen to carry on the work of matching volunteers to local opportunities.

Mid Sussex (South) CVS AGM

Mid Sussex (South) AGM will be held on Wednesday 21st October at 6.30pm at Adastra Hall, Keymer Road, Hassocks. This will be the second year of presentation of the FabVorg Award, and there will be 3 short talks from local groups. All member groups are invited to attend. Please contact Janice at the CVS office if you would like to come.

Age Concern Burgess Hill Sunday Lunch Club

From 10.00am to 2.30pm. Everybody over 18 years of age welcome. Price is £7.50 which includes teas, coffees and biscuits; 2 course roast lunch; and raffle ticket for very good prizes. Transport available for the over 55 years of age in Burgess Hill.

Come on – give it a try – book today!! Book by calling them on: 01 444 236 497 by the previous Friday (unable to accommodate people just walking in as they cook from fresh).

The Nursery Playgroup

On the 27th June 2009 a lunch marking the 40th Anniversary of The Nursery Playgroup was held in the Town Hall, Haywards Heath. Nearly 100 past and present members of staff, pupils, volunteers and committee members attended. The Mayor of Haywards Heath, Councillor Margaret Baker, cut the 'anniversary cake' and paid tribute to the successful role the group plays in supporting local children with additional needs.

Playgroup Chairman Robin Gaff said, 'We were delighted to welcome so many friends to our summer lunch. It gave us a wonderful opportunity to celebrate our achievements over the last 40 years, and to catch up with one another's news. Everyone involved with the group is dedicated to helping parents and carers give their children the best possible start to their learning and development, and we are looking forward to meeting whatever new challenges the next few years bring us.'

Because the group works on a one-to-one basis, its running costs are high: children need very expensive specialized equipment. The group is very grateful for the generous support which it receives from a large number of organisations, businesses and individuals in the community, and it wants go on improving the service it gives.

If you could volunteer contact Sandra on: 01444 412367. Contact Robin Gaff, Chairman, on: 01444 416569 or 07720 053413, email: ben-e-g@supanet.com or go to: www.thenurseryplaygroup.org.uk.

Recession Buster Day

Helping to make Haywards Heath more self sustainable.

Transition Town, Haywards Heath is running this event at Ashenground Community Centre 31st October 10.00am-5.00pm.

It will include, seed swaps, sewing, jam-making, handmade cards and gifts, eco motoring, community food groups, grow your own veg and much more.

Please contact Hugh: 01444 441247 or Ursula: 01444 451861
haywardsheathtransition@yahoo.co.uk.

LOCAL INFORMATION

“You’ve got a friend...all you’ve got to do is call!”

A new helpline service has been launched in Sussex to help vulnerable people should they become ill with swine flu.

Everyone is being urged to identify a number of family members, neighbours or friends who can become your Flu Friends and help you if you become unwell.

Flu Friends could collect antiviral medicines, food and other supplies for you if you get swine flu. However, not everyone will have someone they can ask to be their Flu Friend.

The helpline is available for anyone in Sussex who has become ill with flu-like symptoms, accessed the National Pandemic Flu Service or contacted their GP, and has been offered antiviral medication, but who is unable to find a Flu Friend who could collect the antivirals for them.

If anyone is without a Flu Friend, they should call the Sussex Flu Friends Helpline on: 0300 1001822.

The operator will then arrange for a British Red Cross volunteer to collect the antivirals and deliver them to your home.

Currently, the helpline will be available during working hours (9.00am-5.00pm). Out of hours there is a recorded message giving directions on how to contact the British Red Cross directly.

Celebrate Diversity in Mid Sussex

The Mid Sussex Diversity Forum – made up of many groups interested in promoting diversity in Mid Sussex are planning on event on March 6th 2010. This event has been called “Local Global”. There will be more details closer to the event, but please note it in your diary now.

Do You Have Volunteers in Your Organisation?

You should attend the one-day conference style event we are holding with our other CVS and EESI colleagues at Billingshurst Village Hall on Thurs. 25th February at Billingshurst Village Hall. This conference is free and is aimed at people who support volunteers in their role. More details later, but please put this in your diary now!

Information and Support for People with Parkinsons

If you or a member of your family has Parkinson’s, you may need one to one support to help deal with the condition. Your local

Information and Support Worker can provide up-to-date information and emotional support to you and your family, information about benefits and help with the application process, information about and links to your local services can be provided and a supporting voice given if you need to complain or are having problems getting your needs assessed Your local Support Worker can also provide links to other Parkinson’s Disease Society services, such as the helpline, website, information resources, and local branches and support groups. Please contact Jonathan Smith, Information and Support Worker-West Sussex at the Parkinson’s Disease Society: 0844 225 3667.

Are You Interested in the Health and Social Care Agenda?

A new network will keep you up to date on the latest news, developments, events and policy consultations for the sector and provide you with opportunities to share good practice and engage with other voluntary groups and commissioners across the region. RAISE (Regional Action and Involvement South East) would like to know about both the difficulties and the successes you have had in delivering health and social care services, engaging with commissioning bodies and developing healthcare partnerships in your region. They also want to hear what you think RAISE and the Voluntary and Community Sector (VCS) Health and Social Care Network can do to help you overcome barriers to working in health and social care and influence regional policy. To join the VCS Health Network or for more information, please call Rich Andrew on: 01483 885265.

Homeshare

A pioneering scheme called Homeshare, helps older people stay in their own homes while giving professionals a place to live, is growing throughout the country. A householder offers free accommodation to a professional in exchange for an agreed level of help. The help can involve a host of tasks from cooking and cleaning through to gardening and other housework. Homesharers come from a wide age range and a variety of backgrounds, the scheme means they are able to save some money because they are not paying rent while continuing their normal working life. It also allows both parties to make a new friend and provides both with a sense of security that living together brings. The Homeshare Coordinator interviews and carries out various checks before two parties are introduced to each other and then helps them to make the match arrangement. For more details ring Dawn Blake on: 01903 738904 or e-mail: *dawn.blake@westsussex.gov.uk.*

Why Should I be Active?

Having an active lifestyle is extremely beneficial to your health. It not only reduces your risk of

many diseases including heart disease, cancer and diabetes. It also promotes good mental health and well-being, assists in pain control and helps to control weight.

How much activity should I be doing?

30 minutes of moderate intensity exercise at least 5 times per week.

What does moderate intensity mean?

Any activity which makes you breathe slightly harder and feel slightly warmer than normal but still allows you to talk.

Some ideas on how to get active:

Start your day with an active and awake mind; take an active commute. Walk, cycle or run part or all of your journey. Use the stairs instead of the lift, sounds simple, but every little bit counts. Go for a walk during lunch. It'll help to wake you up and keep you active.

To wind down after a hectic day go for a swim, or take part in a class at one of the local leisure centres. Join a sports team and exercise while making new friends. Make a new group of friends and get active by volunteering. If you are using the bus, get off a stop earlier than you have to and walk the rest of the way. If you want more information take a look at: British Heart Foundation: www.bhf.org.uk, Walking for Health: www.whi.org.uk, Mid Sussex District Council <http://www.midsussex.gov.uk> - look for "Healthy Lifestyles"

Ways to Work – Support for People with Learning Difficulties and Autistic Spectrum Conditions

Southdown has been providing a Supported Employment service in West Sussex since 2002. Ways To Work provides support for people aged 16-65 with Learning Difficulties and Autistic Spectrum Conditions. They find more than 100 jobs each year for people with disabilities.

To join the service:

You must want to work towards finding a paid job and be an adult aged 16-65 living in West Sussex with a Learning Difficulty or a condition on the Autistic Spectrum. Your future goal must be to work independently.

They offer one to one support to find paid work, voluntary work or work experience, They give support with benefits when you start work and ongoing support when you are in work.

Homelessness in Mid Sussex

Signpost are a homelessness prevention service funded by Supporting People. They provide a range of assistance to anyone over the age of 16 in housing related need, including signposting to specialist advice agencies, advice and guidance over the phone, short-term practical support, and referral onto longer-term/specialist support services. Applicants can contact them direct or be referred by another agency.

From the end of September 2009 the current Mid Sussex drop-ins will come to an end; they have decided to look at more effective ways of reaching applicants and are interested in your feedback on how they can achieve this.

For example, you or another agency may be running a well known drop-in service in an area where your clients would benefit from a special Signpost surgery. On a pre-set date Signpost could come along to give out housing advice or assess applicants needing housing related support.

So please get in touch and let them know where their help is needed most. In the meantime, please can you remove any posters or database entries detailing the Mid Sussex drop-ins, and spread this message to any colleagues and agencies needing this information. If you would like to give them some feedback about their drop-in plans, find out more about the service or would like to make a referral please feel free to call the team on: 01403 751062, email: signpost.north@southdownhousing.org

GENERAL INFORMATION

Could Your Group Use a Laptop and Free Broadband?

Are you a community or charitable organisation that is looking to extend your work with a laptop and a year's free broadband?

If so, you could apply for a BT Community Connections award today. BT Community Connections is an award scheme which enables community and charitable organisations to get online and make use of information and communications technology (ICT).

Organisations, working in any field of community benefit, located throughout the UK or ROI can apply for a laptop and a year's free broadband connection. There are more than 1,000 award packages available to groups who can demonstrate how an award will benefit their work and the local community. By email: info@btcommunityconnections.com. By phone: 0845 257 6792.

New Resources For Third Sector Procurement

Futurebuilders England has expanded its website to help third sector organisations with commissioning.

Futurebuilders England, the largest social investor in the UK, has launched a resources section on its website to help third sector organisations become better skilled at winning and delivering contracts. The new section offers a platform for third sector organisations to discuss procurement opportunities via a blog and twitter. It also boasts a range of relevant articles, videos and audio resources to use, comment on and share. For more information visit: www.futurebuilders-england.org.uk.

Earned citizenship

The Home Office has announced a new consultation 'Earning the Right to Stay' and seeks the views of Voluntary/Community organisations. The Borders, Citizenship and Immigration Act, which was passed last month, introduces an 'activity condition' that allows immigrants who have been in the UK for five years to gain citizenship within one year, rather than three, if they can prove they have been an active citizen by volunteering. The act does not create a definition of volunteering or indicate how much activity would be required to get citizenship fast-tracked.

The Home Office has launched a consultation on 'earned citizenship', and is seeking views on: introducing a new points test for earned citizenship; delivering earned citizenship system in partnership with local authorities; supporting those who are on the path to citizenship to integrate into their new communities; and managing the impacts of migration on the developing world. Go to: www.ukba.homeoffice.gov.uk by 26th October to respond to the survey.

A New National Compact

A refreshed and revised national Compact is to be launched later this year during Compact Week (Monday 2nd to Sunday 8th November 2009). The Compact is the agreement between government and the voluntary and community sector to improve their relationship for mutual advantage and community gain.

Following last year's extensive discussion on the future of the Compact and agreement at the Compact Annual Meeting in December, work has now started to refresh the Compact.

A series of Refresh Panel meetings involving senior figures from across government and the third sector is taking place and this will help inform the process of refreshing the Compact. A 12 week public consultation is taking place until early October 2009.

New Equality Bill

The new Equality Bill now before Parliament marks a major step forward in our approach to securing a just and fair society. It introduces a number of measures to strengthen and simplify our equality law, including placing a new single Equality Duty on public bodies. The new Equality Duty builds on the success of the existing duties and for the first time extends to cover age, religion or belief, sexual orientation and gender reassignment. The Equality and Human Rights Commission has carried out a consultation and will now analyse the responses and then draw up draft regulations. Go to: www.equalityhumanrights.com.

Consultation on Government bill to Simplify Charity Legislation

The Office of the Third Sector is hoping to repeal obsolete provisions and correct minor

mistakes and inconsistencies in charity legislation. This bill will strive to make legislation simpler and more comprehensive by splitting up longer sections of text.

The Minister for the Third Sector, Angela Smith, said: "Through the implementation of the Charities Act of 2006, the Government has freed charities from unnecessary red tape and introduced fair rules that treat all charities equally. The views of those who work with charity law will help ensure that we develop the clearest and most user-friendly bill as possible."

A consultation takes place until December. Go to: www.cabinetoffice.gov.uk/third_sector.

People With Mental Health Conditions Get Extra Support to Stay In Work

The Minister of State for Employment and Welfare Reform has announced that thousands of people with mental health problems will get extra support managing their condition to remain in the workplace. A new network of dedicated mental health experts across Jobcentre Plus will work together with colleagues in the health system to coordinate support for people who have mental health conditions.

A consultation on Right to Control is taking place. This would give disabled people, including those with mental health problems, greater choice and control over how public money is spent to meet their individual needs and ambitions.

Further radical measures introduced by the Government include: a National Strategy for Mental Health and Employment, for publication in the autumn. The strategy will include expectations of employers, healthcare professionals, organisations and individuals in improving well-being in the workplace.

It is proposed to double the Access to Work fund, from £69m to £138m over the next five years - providing practical advice and financial support to disabled people and their employers to help them overcome work-related obstacles resulting from disability. For more information go to: <http://www.dwp.gov.uk/newsroom>.

Government Contracts "Unsustainable", Charities Warn

The Department for Work and Pensions established programmes to help people on incapacity and disability benefits to find work, but rising unemployment has left charities unable to meet their targets.

The Royal National Institute for the Deaf (RNID) has pulled out of eight New Deal for Disabled People programmes and three Pathway to Work programmes worth a combined £500,000, claiming the schemes were financially unsustainable.

Other charities, including Action for Blind People and the Royal National Institute for the Blind

have also been forced to end contracts. Employment Minister Jim Knight said: "Providers may have underestimated challenges and set high targets but we are working to improve performance".

"Many of the contracts run for three years and, due to start-up costs, providers would not be expected to make a profit immediately."

Local Strategic Partnership and Local Area Agreement resources

Following on from the Audit Commission's national study 'Working Better Together?', the Improvement Network has published two new products to help local public, private and third sector partners work better together: the 'LSP Improvement Tool' and the 'Delivery Chain Toolkit' which is designed to increase local partners' understanding of each others' roles and improve delivery of their local area agreements through delivery chain analysis workshops. Visit: www.bit.ly/impnet or www.navca.org.uk/ilpnews.

NCVO Launch European Network For Voluntary Organisations

A fifteen strong network of voluntary sector organisations from across Europe have joined forces with NCVO to create the European Network of National Associations (ENNA).

The ENNA project, spearheaded by NCVO and involving organisations from countries such as Austria, Cyprus, Estonia, Portugal and Scotland, will bring together voluntary and community bodies from throughout Europe in order to engage in discussion about the current economic climate. It is hoped the network will also serve to promote the sharing of best practice on capacity-building for the third sector, develop recession-beating tactics and resources and establish a European Charter, similar to the UK Compact.

Does Your Group Need More Talent?

The National Talent Bank has been created to tackle the recession and will 'share' talent between the private, public and third sector. It is intended to act as a liaison between companies forced to reduce their working hours, frontline volunteering opportunities and third sector organisations. For more information contact: www.nationaltalentbank.org.uk.

NCVO Warn Against Government Cuts In Public Services Spending

A report released by the National Council for Voluntary Organisations (NCVO) has warned that government cuts in public service delivery contracts could spell disaster for the voluntary and community sector throughout the UK.

The report, *The State and the Voluntary Sector - Recent trends in government funding and public service delivery* - details the significance of public service delivery by voluntary sector organisations on behalf of the government and estimates that sector income from these endeavours currently

totals £12 billion. It also reveals that up to 25,000 voluntary organisations in the UK depend on statutory sources and public service contracts for up to three-quarters of their income.

Worryingly, sector experts fear that voluntary and community organisations and the public service contracts aligned to them could be seen as an easy target for government cutbacks. This catastrophic blow could come despite the fact that many of the organisations which will be affected are currently delivering local front-line services in social care, employment and training, law and advocacy, education and housing and providing much-needed support to recession hit communities.

For further information go to: www.ncvo-vol.org.uk.

Are Front-line Charities in a Position to Bid for Public Service Contracts?

In an article for The Times, Kevin Curley, chief executive of NAVCA, questioned why public procurement favours big national charities and businesses over local charities that are considered, by the Government, to provide vital services to communities, stating: "Contracts are getting larger in the misguided belief that scaling up reduces costs, so they are suddenly beyond the reach of small charities. In Hull, this led to the Citizens Advice Bureau (CAB) losing its council funding to A4e, a private contractor, after 40 years."

He stressed the importance of local groups to communities, especially in the current economic downturn: "Local groups do more than just deliver services. They campaign to make neighbourhoods better. They give people the chance to participate in their communities through voluntary work. In harsh times they can help people to retain the skills they need to get a job."

It is procurement processes, according to Curley, that are to blame for the lack of contract awards to local groups: " (.....)There is now more focus on the contract and the tendering process than on the service itself. Large organisations employ specialist bid-writing teams. When Hull CAB lost out, its bid had been prepared by the bureau manager on top of the day job."

The solution to this argument is support from big organisations, collaboration between local organisations and training in bidding skills: "First, big organisations need to work with local groups rather than in competition (...) Second, we need to find new ways for local organisations to work together to win contracts. (...) "Third, we need to improve the bidding skills of charities and educate the people awarding contracts that big is not always best. The government is right to see local charities and community groups as vital to the health of local communities. We now need local councils to work with local charities so that

they can continue to provide the services people need." For further information go to: www.navca.org.uk.

CSV Make a Difference Day 31st October

CSV Make a Difference Day is the UK's largest day of volunteering. It takes place this year on 31st October, with activities running from the 24th October -7th November. You can be part of it. For more information please go to: <http://www.csv.org.uk/campaigns/make+a+difference+day/>.

2010 IMPACT Awards

Awards open to registered charities working in a health-related field that are at least three years old and have a total annual income of £10,000 and £1 million. The awards recognise and reward charities that are doing excellent work to improve people's health. For more information visit: www.kingsfund.org.uk.

Third Sector and Climate Change - questionnaire

This questionnaire is part of a project being run by Green Alliance (www.green-alliance.org.uk) in order to look at climate change activities across the Third Sector. The final report will act as a resource for the Third Sector, funders and other interested parties and will also inform the work of the Government's Third Sector Taskforce on Climate Change. To take part in the questionnaire please click go to: www.surveymonkey.com.

TRAINING

CVS Training Courses

The new CVS Training Consortium brochure is out covering the period October 09 to July 10. Many courses are free and the rest are at low cost. Please phone either CVS if you have not received your brochure.

Courses coming up soon:

- Word intermediate (mail merge)
- Basic food hygiene
- Working with young volunteers
- Lone Working
- Presentation Skills (2 days)
- Word intermediate (tables and forms)
- Project planning and management (2 days)
- Dealing with difficult people and situations
- Cunning tips for Microsoft office
- Staff supervision and appraisal
- Emergency first aid at work
- Media Trust.

Planning your PR activities (intermediate course)

17th March 2010, 10.00am-4.00pm, Fee: £50 (standard rate £120).

Venue: Southampton Voluntary Services

Develop a strategic approach to public relations. Learn how to focus your activities on the right media, make the most of your events, case studies and spokespeople and maximise coverage. Find out how to tailor your press

release and pitch to different outlets, from national press to local radio and niche publications. Gain knowledge of the intricate relationship between PR and other disciplines and start thinking about innovative ways to get your message across. Go to: www.mediatrust.org/training-events or call: Helena on 020 7217 3774, email: helenam@mediatrust.org.

Training in Dementia Care

Dementia and person centred care training workshops are available for people and organisations involved in dementia care and support.

Venue: MS(S)CVS, 38 Church Road, Burgess Hill, RH15 9AE.

Date: Thursday 26th November 2009. For further information or to be emailed a booking form email: alzheimers.centralsussex@btconnect.com.

Helpline: 24 Hour Answer Machine Helpline: 01293 519944. Offering Help, Advice, Information and a Listening Ear to carers, relatives, and people worried about their memory or diagnosed with dementia, former carers and professionals.

Operated by a leave your name and number system and an experienced operator will call you back. Appointments available.

NCVO/GMCVO Autumn Conference

13th November 2009 Manchester.

Setting the agenda: Looking to the election and beyond.

Help set the agenda and show Government what they should be doing to support our sector. Hear from Nick Hurd MP who will outline the Conservative Party vision for our sector. You will take away new ideas and inspiration from the in-depth workshops on topics such as electoral manifestos, strategies for the future, governance reviews and more. Visit: www.ncvo-vol.org.uk/autumnconf09 or call Matt on: 020 7520 3160.

FUNDING

Better Mid Sussex Fund

The BMS Partnership is a long term partnership agreement between Mid Sussex District Council (MSDC) and Thornfield Properties Plc (Thornfield) and is governed by the BMS Board. As part of this partnership, the Better Mid Sussex Fund (BMSF) was created to support community projects and initiatives within the district, and improve the physical environment. Thornfield will provide all of the funding.

Either download and print a Stage One grant application form from the MSDC website www.midsussex.gov.uk or collect an application form from Oaklands reception. For general queries about the BMS grant allocation process please contact Steven Trice, Community Leisure Officer on: 01444 477 499 or above address.

Grant Levels have not Dropped

The Charity Commission has announced that most trusts and foundations are maintaining grant-giving levels despite a drop in income.

Their Firm Foundations report shows Britain's trusts and foundations are continuing to award grants - despite a drop in income during the recession - by spending their endowments. The report surveyed 16 of the country's largest trusts and foundations, as well as three of the smaller ones.

Three of the respondents said they had seen a drop in income of more than 30 %, while a further ten had seen a decline of less than 10%. Only four had seen an increase in income.

Despite these decreases in revenue, only two trusts said they would reduce grant-giving in 2009 and three said they would increase it. Fourteen said it would remain the same.

Many of the surveyed groups said they would maintain their award-giving levels by spending their endowments and that under spending from the pre-recession years had allowed them to do so.

These trusts have recognised that the need for the work done by the charities they sponsor is even more important at the moment.

Community Cashback

A new pilot fund has been launched in England and Wales, which will give local people a direct say on how money will be spent to benefit their communities. The £4 million Community Cashback scheme will be funded by money and assets seized from wealthy criminal kingpins. The public will be able to choose which worthwhile community projects are funded by feeding in their views to a new dedicated website, neighbourhood policing meetings or through Citizens Panels. Until now, money recovered from criminals has been split between frontline services, such as the police and Government departments involved with the criminal justice system. This is the first time a portion of that money is being paid back into communities. Applications may be submitted at any time. Website: www.cashback.cjsonline.gov.uk.

Big Lottery Publishes Long-Term Strategy

The Big Lottery Fund has revealed its plans up to 2015 following the results of its biggest ever public consultation. Their funding will be grouped around three key themes: Community Learning and Creating Opportunity, Promoting Community Cohesion and Safety and Promoting Well-being. They will also place a strong emphasis on sustainable development, equalities and diversity.

BIG has published two documents in the aftermath of their major consultation held from November 2008 to February 2009, which saw 3,500 responses to an online survey.

"Big Thinking - our Strategic Framework to 2015" and "What You Told Us" have been released simultaneously to allow readers to see how the responses to the consultation informed the new strategy. "Big Thinking" underpins BIG's mission and vision to deliver real help to communities and people, and is based around three crucial UK-wide themes - community learning and creating opportunity, promoting community cohesion and safety, and promoting well-being. Future funding programmes will be structured on the new framework. "What You Told Us" is an analysis to the responses to the consultation both from online surveys and regional and national meetings. Go to: www.biglotteryfund.org.uk.

New Communitybuilders and Futurebuilders Website

Communitybuilders is a £70 million fund that offers loans, grants and business support to inclusive, multi-purpose, community-led organisations. To view the new Communitybuilders website please go to: www.communitybuildersfund.org.uk. A new futurebuilders website has also been launched. Go to: www.futurebuilders-england.org.uk.

Youth Music

Youth Music funds projects that provide structured, regular and progressive music-making activities. It has launched a new round of its Open Programme, providing grants of between £5,000 and £30,000 to organisations working with children and young people aged 0-18 years old (or up to 25 years old if you work with detained young people, or those with disabilities or special educational needs). Projects can last between six and 24 months. Next deadline is 10th November. www.youthmusic.org.uk.

Porticus UK

Porticus UK award grants of between £10,000 and £25,000 for registered charities that strengthen family relationships or enrich education. Whilst they are faith-based, Porticus welcomes applications from non faith-based organisations. www.porticusuk.com.

The VOLANT Charitable Trust

This Trust was set up by the author J K Rowling to support charitable causes. The Trust has two broad areas of funding:

- Research into the causes, treatment and possible cures of Multiple Sclerosis.

The Trust is currently committed to funding several long-term research projects of this type and is not considering further applications for funding in this area at the present time.

- Charities and projects, whether national or community-based, at home or abroad, that alleviate social deprivation, with a particular emphasis on women's and children's issues. Go to: www.volanttrust.com.

Reaching Communities Programme

The BIG Lottery Fund has announced that in response to the current economic crisis it is increasing the budget for its Reaching Communities programme by £20 million to £80 million. Reaching Communities provides grants of between £10,000 and £500,000 to support projects that help people and communities who are most in need, and can really make a difference. For more information please go to: www.biglotteryfund.org.uk/prog_reaching_communities.

Customer Donation Fund

Organisations that bank with the Co-operative Bank using their Community Directplus Bank Account, have the opportunity to apply for funding through the Bank's Customer Donation Fund. For every £100 increase in collective balance held in Community Directplus accounts, the Co-operative Bank will add 20p to the fund. Then, twice a year, in April and October, the Bank will judge customers' applications for project funding and distribute a minimum of £5,000 amongst those customers that are successful. For more information on the fund please click go to: www.co-operativebank.co.uk.

Changes at HBOS Foundation

Following the acquisition of HBOS by Lloyds TSB, a review of the new group's community investment is in progress. The grant-making activities of the HBOS Foundation will be replaced by the Lloyds TSB Foundations grants programmes. To apply for a grant, charities should visit the website for the region of the UK in which they are registered, where there are also details of the charities and projects previously supported. For further information please go to: www.hbosfoundation.org.

Funding Central

We mentioned Funding Central in our last Newsletter. This is a new website for the voluntary and community sector, run by NCVO. You can now sign up to a Newsletter or log in to get personalised funding updates, deadlines for funding applications, and funding events. If you are fairly new to fundraising you can do a guided search, or you can search for grants, loans and contracts. It also offers support and advice on funding issues. Go to: www.fundingcentral.org.uk.

PUBLICATIONS & WEBSITES

Audit and examination of company charities - New Q & A pack

This pack, prepared by the Charity Commission, answers the questions that are most frequently raised with them about audit exemption under the Companies Act, the audit or independent examination of company charities and the audit of group accounts prepared by company charities. For further information visit: www.charity-commission.gov.uk.

The economic downturn - 15 questions trustees need to ask

The Charity Commission aims to provide the best possible regulation of charities in order to increase their effectiveness and public trust and confidence in the work they do.

In light of the current recession, they have produced a practical tool, in the form of this checklist, for trustees to use. The checklist has been designed to be suitable for all charities to use. The 15 main questions will not all be relevant to every charity - it will depend on a charity's size and how it operates. The checklist reflects a good practice approach that charities should use when regularly reviewing the way they operate, and this approach becomes especially important during an economic downturn. For more information visit: www.charity-commission.gov.uk.

National Dementia Strategy

Following on from the launch publication of the National Dementia Strategy earlier this year, a refreshed dementia strategy implementation plan and a new web-based dementia information portal have recently been launched. To view more information on the strategy go to: www.dh.gov.uk.

Help and advice for living life well with a long term condition

The 'Your health your way' website sets out the support that patients and the public should expect from the NHS if they choose to self care. A new addition is a patient information leaflet 'Help and advice for living life well with a long term condition' which aims to raise the awareness of the self care support available to people living with long term conditions. www.dh.gov.uk/yourhealth/.

2007 - 2008 Citizenship Survey - Community Cohesion

This report provides an in-depth examination of community cohesion, attitudes towards the neighbourhood and the local area, belonging to the neighbourhood, fear of crime, social networks and peoples' interactions with people from different backgrounds. For the full article please go to: www.info4local.gov.uk/documents/publications.

Managing Volunteers NCVO Top Tips

Five key tips on managing volunteers during the recession, and a case study on IT volunteering charity, iT4Communities, which has seen a 200% increase in IT volunteers registering to use their skills to help charities this year. To view the tips go to: www.ncvo-vol.org.uk.

Public Benefit

The Charity Commission has published further materials to help charities understand the public benefit requirement, which was strengthened by the Charities Act 2006.

Go to: www.charitycommission.gov.uk.

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www.charitycommission.gov.uk/publicbenefit.

Trustees Guide to Fundraising

The Institute of Fundraising have released a guide for trustees. Giving an overview of many of the issues trustees need to be aware of with regards to gifts and donations, it also offers information about tax effective giving and the law that would be useful to anyone working in the voluntary sector. Go to:

www.institute-of-fundraising.org.uk/Resources.

Fed up with overbearing monitoring and reporting requirements?

The Office of the Third Sector have produced a short document setting out 'Principles of

Proportionate Monitoring and Reporting'. It is two pages long, written in Plain English and available to download at: www.cabinetoffice.gov.uk/media. It doesn't give binding requirements, but is a step in the right direction and should help to give some weight and clarity to the debate.

DATES FOR YOUR DIARY

Mid Sussex (South) CVS AGM

Wed. 21st October. 6.30pm, Hassocks.

Mid Sussex Liaison Group (Information on Barring and Vetting)

Wed. 9th December, Mid Sussex (South) CVS.

Supporting Volunteers Day

Thurs. 25th February, Billingshurst.

Local Global - Celebrating Diversity in Mid Sussex

6th March 2010.

Do You Work with Children or Vulnerable Adults?

Have you checked out the new Vetting and Barring Scheme?

We know that all voluntary and community groups which work with vulnerable adults or children are worried about the new Vetting and Barring Scheme.

We are hoping to offer some training/information sessions over the next 6 months. To start with we have a Mid Sussex Liaison Group meeting about safeguarding issues on 9th December in Burgess Hill. This session will cover basic awareness of safeguarding and knowledge of how to raise an alert & respond to situations of abuse. It is directed at all staff / volunteers etc working directly with vulnerable adults. Please put this date in your diary – we will give you more details later. In the meantime we have tried to draw together some of the most important points here.

We believe this information to be accurate, but it is not comprehensive. All groups working with vulnerable adults or children, must familiarise themselves with the regulations to be sure that they understand the implications for their organisations. Go to: www.isa.gov.org.uk.

On 12th October 2009, new measures were introduced to help prevent unsuitable people from undertaking paid or voluntary work with children or vulnerable adults. The scheme is being implemented by the Independent Safeguarding Authority (ISA)

Some of the main points are:

- From July 2010 employees and volunteers can register with the ISA
- From November 2010, all new employees and new volunteers must register with the ISA before they start work.
- From November 2010, employers will need to check the status of their potential employees or volunteers with the ISA.
- From November 2010 it will be illegal to take on new employees or new volunteers who are not ISA registered.
- By 2015 all employees and volunteers must be registered with the ISA
- A barred person may not be employed under any circumstances
- Employers will have a legal obligation to refer any relevant information concerning an employee or volunteer to the ISA
- CRB checks may still need to be carried out on new employees and volunteers if you need to be alerted to other offences that do not pose a risk to children and vulnerable adults - e.g. driving offences or theft.
- Employees will have to pay a one-off cost of £64 for registering
- Volunteers will be able to register free-of-charge

The ISA have produced some very good fact sheets – go to www.isa.gov.org.uk.

There is an online toolkit containing a selection of downloadable material available from this website. Please let either CVS know of any difficulties you encounter with this scheme – we may be able to help, and it is important that we can feed issues up to statutory and regulatory authorities.

EAST GRINSTEAD CVS

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

MANAGER: Christine Hardisty

Administrator: Jakki Jackson

Volunteering Information: Loral Bennett

EGFLEET: 01342 305275

Transport Assistants: Judy Hamilton,
Alison Daniels

MID SUSSEX (SOUTH) CVS

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

MANAGER: Janice Spence

Volunteering Information: Jane Harding

Tel: 01444 870711

PR: Catherine Pardoe: 01444 258102/870711

cvspr_cvsms@copperstream.co.uk

Administrator: Sue Rabbett

EESI Development Workers:

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

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

Contact the CVS Office for:

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

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

Newsletter Contributions:

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

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

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

Note! *Deadline for the next issue is:* Winter - 17th December 2009

Visit our websites:

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

