



January Newsletter 2016

You are welcome to forward the newsletter to others in your organisation. You may use extracts from the newsletter in your publications but please acknowledge Rushcliffe Community and Voluntary Service (RCVS).

Keep up to date with news and information about all of our services by visiting our website www.rushcliffecvs.org.uk. You can contact RCVS on **0115 969 9060**. Follow us on Twitter at [@rushcliffe](https://twitter.com/rushcliffe)

To read any pdf files you can download Adobe Acrobat reader for free from www.adobe.com/products/acrobat/readstep.html

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Rushcliffe Community and Voluntary Service (RCVS) News

RCVS is the new provider of Gedling Voluntary Transport Scheme

Following the announcement of the closure of Gedling Community and Voluntary Services (GCVS) on 16th October 2015, GCVS worked together with Nottinghamshire County Council to find an alternative provider for the service.

As a result, Rushcliffe CVS agreed to take on the scheme from 19th October, 2015. Rushcliffe CVS has a wealth of experience of running a similar scheme. New and established staff are now in place on both schemes:

- Gedling Voluntary Transport Scheme Co-ordinators: Nicky Mee and Mel Russell-Smith
- Rushcliffe Voluntary Transport Scheme Co-ordinators: Penny Spencer and Gill Marriott.

We are very pleased to be able to provide this much valued service in both Gedling and Rushcliffe. We are also grateful to the volunteer drivers who continue to generously give their time to enable our passengers to get out and about.

To see more about both schemes, see:

<http://rushcliffecvs.org.uk/projects-projects-72.html> and scroll down the page.

Rushcliffe Community and Voluntary Service has a vacancy at HMP Whatton Visitor Centre

Deputy Coordinator

Salary £9015 p.a.

17 hours per week - flexibility and willingness to work weekends and Bank Holidays essential.

A suitably experienced person is required to assist the Coordinator in managing and supporting the visitor centre service at Whatton Prison. The person appointed must be able to provide a welcoming and supportive environment for visitors and to build and maintain effective working arrangements with Prison Service colleagues.

This post is funded until March 31st 2017, and may be extended subject to future funding.

Confirmation of appointment will be subject to a satisfactory Prison and CRB security check.

Closing date for applications is 29th January 2016 at 12 noon. Interviews will be held Wednesday 17th February 2016.

Application packs are available from Rushcliffe CVS, Level 3a, Bridgford House, Pavilion Road, West Bridgford, Nottingham, NG2 5GJ. Tel 0115 9699060.

Email: admin@rushcliffecvs.org.uk

Application packs can also be downloaded see:

<http://rushcliffecvs.org.uk/about-us-about-us-83/vacancies-about-us-85.html>

Volunteering Matters

Did you know

...more than one billion people volunteer globally

See more facts and other research findings relating to volunteering at

<http://blogs.ncvo.org.uk/2015/12/22/10-things-ive-learnt-about-the-voluntary-sector-and-volunteering-in-2015/>

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Volunteering Opportunities

Below we have a selection of the latest volunteering opportunities. For information about these opportunities or any other aspect of volunteering, whether you are recruiting or want to be a volunteer please contact Helen Stanbridge, Rushcliffe Volunteer Centre Development Officer on **0115 969 9060** or email: hstanbridge@rushcliffecvs.org.uk.

You can also contact Helen about the **Volunteer Coordinator Network** - membership of this group is free and open to anyone who looks after volunteers in Rushcliffe (paid or unpaid). This is an opportunity for volunteer managers to come together in a friendly and supportive environment to share information, good practice and network.

Macmillan Cancer Support - help Macmillan to make a difference

Macmillan are looking for volunteers to help in the Macmillan Information & Support centre at Nottingham City Hospital. If you could spare 3 hours a week and would like more details, please get in touch.

Rushcliffe Children's Centres Volunteer Vacancies

Would you like to be part of a dynamic team, working with children and families in Rushcliffe? There are a number of volunteer vacancies across the district for parents/carers of children aged 0 – 5 years old who live in Rushcliffe. These include:

Playwork

Community Involvement

Family Feedback

Setting up groups and activities

Hours can be variable and are agreed during induction. Get in touch on the contact details above to find out more.

Other latest opportunities include volunteering for:

- British Red Cross - Emergency Support Volunteers
- HMP Whatton Visitor Centre Volunteers
- Nottinghamshire Youth Justice Service - Panel Members
- Lincs & Notts Air Ambulance Service has a variety of volunteering opportunities

Please click [here](#) for more information.

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Funding

Notts County Council Funding Opportunities

Arts Grant Aid now open for applications

Apply now for financial support from £2,000 up to £5,000 per year over the next two years to support arts projects across the county.

Applications are invited from:

- individual artists
- members of the community
- arts organisations
- community and voluntary groups.

Applications will be particularly welcomed from new projects, those that meet the needs of local people not currently being addressed and at locations or times when there is limited arts provision.

The closing date for applications is 9am on Monday 8 February 2016. Applicants will be notified of the outcome of their application in mid-May.

Grants will cover the period from 1 July 2016 to 30 June 2018.

<http://www.nottinghamshire.gov.uk/council-and-democracy/finance-and-budget/grant-aid/arts-grant-aid-2016-18>

Apply now for Summer Play Scheme financial support

Local groups thinking about running summer play schemes can now apply for funding. The Summer Play Scheme is a Grant Aid fund aimed at supporting the social and emotional development of Nottinghamshire children and young people through positive play experiences.

Applicants can apply for up to £1,000 per year, over two years, to deliver play scheme sessions during the 2016 and 2017 school summer holidays (i.e. up to a total of £2,000). Play schemes must be delivered during the Nottinghamshire school summer holidays, for the benefit of Nottinghamshire children and young people, aged 5 – 14 years old. Schemes also need to show how they:

- contribute to the delivery of the County Council's Strategic Plan priorities
- provide play opportunities that are safe, high quality and varied.
- meet the needs of minority, diverse and excluded groups
- involve communities
- have in place good governance including effective management, policies, procedures, and practice.

The closing date for applications is 9am on Monday February 22. Applicants will be notified of the outcome of their application in mid-May.

<http://www.nottinghamshire.gov.uk/council-and-democracy/finance-and-budget/grant-aid/summer-play-scheme-grant-aid>

Rushcliffe Borough Council Grants

Rushcliffe Borough Council can provide capital grants of up to £15,000 to groups and organisations. Applications are assessed twice a year. The closing date for the next assessment is 1 September. See: www.rushcliffe.gov.uk/grants/

Funding page on Rushcliffe CVS Website

Click [here](#) to visit the Rushcliffe CVS website for more information about funding specific to Rushcliffe and to find out how we can help you source the funding you need.

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Health

Winter Warmth initiatives in Nottinghamshire

The Healthy Housing service is available across south Nottinghamshire to provide information, advice and practical support to residents. Nottingham Energy Partnership have recently secured some additional boiler funding which you might want to take advantage of. Please contact Saphina or Jenalle 0115 947 2207 for more information.

Improving Health through Warmer Homes training - Free face-to-face training is available for frontline staff across Nottinghamshire from Nottingham Energy Partnership – please contact Jenalle 0115 947 2207 for further information.

The fire and rescue service can provide emergency oil filled radiators. The radiators can be requested through vulnerable.people@notts-fire.gov.uk

Keep Warm this winter leaflet – see:

<http://www.nottinghamshire.gov.uk/media/105888/winter-leaflet.pdf> - if you need any leaflets please contact Joanna Cooper – details below.

There are some Nottinghamshire Warm Homes Healthy People e-learning packages available. Again, contact Joanna Cooper for this:

Joanna Cooper, Better Care Fund Programme Manager (Nottinghamshire)
County Hall, West Bridgford, Nottingham NG2 7QP Tel: 0115 9773577.

Nottinghamshire Healthwatch Question of the Moment

Healthwatch Nottinghamshire is an independent organisation that helps people get the best from their local health and social care services.

Each month Healthwatch Nottinghamshire choose a relevant and timely topic to use as a focus for their engagement activities. They will be using a mixture of health and social care themes, and will aim for questions which apply to as many people as possible.

Question of the Moment January/February 2016: “How would you rate your last visit to the optician?” Further information at:

<http://rushcliffecvs.org.uk/projects-projects-72/health-projects-77/780-healthwatch-nottinghamshire-question-of-the-month.html>

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Do you want to make a difference to the healthcare of people with diabetes?

NHS Rushcliffe CCG Diabetes Forum is a group of patients and carers committed to improving all aspects of Diabetes care in Rushcliffe.

The Diabetes Forum is one of six patient forums within NHS Rushcliffe CCG which are chaired by Sue Knowles, Health Development Worker within Rushcliffe CVS.

What do we do? Members are given updates about various aspects and treatment of diabetes and are given the opportunity to get involved with various health events regarding diabetes. Some members attend regional and national groups and provide feedback and information. Some members were instrumental in the development of the local diabetes services in Rushcliffe. The forum also includes professionals working in the area of diabetes. It is open to patients of diabetes and carers of patients with diabetes.

The next meeting is on Tuesday 26 January 2016 2pm-3.30pm. Dr Simon Page will be speaking, the topic is Eyes and Retinopathy. Meetings are held at West Bridgford Library, Bridgford Road, West Bridgford Nottingham NG2 6AT.

To find out more contact Sue Knowles on 0115 969 9060 or Helen Limb 0115 8837880. Also see:

<http://www.rushcliffeccg.nhs.uk/news-events/227-15-january-2016-do-you-want-to-make-a-difference-to-the-healthcare-of-people-with-diabetes>

Diabetes Education Programme

The Juggle diabetes education programme is a group education service for anyone diagnosed with type 2 diabetes who does not take insulin – regardless of the length of time of diagnosis or level of diabetes control. Spaces are still available on some of the Juggle diabetes education programmes scheduled to start the week commencing 1st February. In the Rushcliffe area programmes are due to start at East Leake (St Mary's Church Hall) and at Cotgrave Health Centre.

For further information including self-referrals: contact Juggle Diabetes Education Service on 0300 300 0045. All programme availability is discussed on the telephone with participants, who then choose which venue they would prefer to attend, based on their availability and transport needs.

Unwind with Words

West Bridgford Library – every 3rd Monday of the month. Come and join us for a coffee at this free event for Rushcliffe residents aged 16 -116 years! Take time to relax and explore the joys of words through stories, poems and conversation.

The next dates coming up for 2016 are:

15th February

21st March

Tel. West Bridgford Library: 0115 981 6506

Please contact Sue Knowles RCVS Health Development Worker on 0115 969 9060 ext 132 or sknowles@rushcliffecvs.org.uk if you would like more information.

See more details and a poster advertising the event by scrolling down this web page:

<http://www.rushcliffecvs.org.uk/projects-projects-72/health-projects-77.html>

Health Events

NHS Rushcliffe Diabetes Patient Forum Meeting

Tuesday 26th January 2016

2.00 – 3.30pm West Bridgford Library Bridgford Road West Bridgford

NHS Rushcliffe Mental Health & Wellbeing Patient Forum

Tuesday 2nd February 2016 2-00 -4-00 pm

Easthorpe House 165 Loughborough Road Ruddington

To find out more about any of the above contact Sue Knowles RCVS Health Development Worker on 0115 969 9060 ext 132 or sknowles@rushcliffecvs.org.uk.

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News and Events

National Living Wage will be law

In April the Government's new National Living Wage will become law. If you're working and aged 25 or over and not in the first year of an apprenticeship, you'll be legally entitled to at least £7.20 per hour. That's an extra fifty pence per hour in your pocket. The Government is committed to increasing this every year.

If you're an employer, you'll need to make sure you're paying your staff correctly from 1st April 2016, as the National Living Wage will be enforced as strongly as the current National Minimum Wage. See: <http://www.acas.org.uk/index.aspx?articleid=5400>
(Source: Acas Newsletter 19.1.2016)

Devolution details published for first time as Government urged to 'seal the deal'

The "size of the prize" of Devolution for Derbyshire and Nottinghamshire has been set out publicly in detail for the first time, as the region's draft deal was published recently.

The deal document, which sets out the final negotiating position of the counties' Council and business leaders behind the bid, was sent to Chancellor George Osborne and Secretary of State for Communities and Local Government, Greg Clark, just before Christmas.

The deal sets out key benefits Devolution would deliver for the residents and businesses of Derbyshire and Nottinghamshire, including:

- 55,000 new private sector jobs
- 77,000 extra homes
- an Investment Fund over 30 years to provide infrastructure such as roads and bridges
- adult skills provision which better meets the needs of businesses

A copy of the Devolution Deal document is available to view online:

<http://www.d2n2lep.org/News/devolution-details-published-for-first-time-as-government-urged-to-seal-the-deal>

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Help Simplify the Gift Aid Small Donations Scheme and help charities get more money! ...in ten minutes...

The gift aid small donations scheme is a brilliant idea, sadly shackled by some unnecessarily complex and stringent rules. That could be set to change – with your help. The government is holding a call for evidence to see how the scheme rules could be simplified to improve uptake. This is a real opportunity to reform the scheme so that it benefits the real breadth of charities it was originally intended to. NCVO, CFG and IoF are conducting a survey to gather charities' views on how the scheme has worked so far. See: <http://bit.ly/1WmD21X> It takes ten minutes but needs to be done by 31st January 2016.

Biggest annual survey of charities and voluntary organisations

Take part in the biggest annual survey of charities and voluntary organisations. The survey, run by a coalition of charities, is gathering evidence about how charities are able to get their voice heard and the support they need.

By taking part you will be helping make sure that funders and decision makers know more about your needs. By being the biggest survey of charities and voluntary organisations this survey is a powerful way of getting your voice heard.

The survey can be completed in 15 minutes. Deadline 31 January 2016

See: <https://www.surveymonkey.com/r/charitysurvey15>

Nottinghamshire County Council Budget Consultation 2016/17

The financial challenge facing Nottinghamshire County Council is significant and some difficult decisions will be needed to help them balance the budget.

Over the next three years the Council is facing a budget shortfall of £62m. Put simply their income has fallen, whilst demand for their vital services that protect some of the most vulnerable has gone up.

They have already delivered some significant savings which makes the task even more difficult. The reality is that they will not be able to provide all of the services, or the same levels of service, that they have done in the past. You've got till 5th February 2016 to have your say. See all the information and contribute at:

<http://www.nottinghamshire.gov.uk/council-and-democracy/get-involved/budget-consultation-201617>

Charity Data Protection Failings lead to regulator action

If your organisation handles personal data it is worth looking at this article as a reminder about the importance of keeping data secure.

<http://voluntarynews.org.uk/news/2016/01/charity-data-protection-failings-lead-to-regulator-action/>

(Source: Vol Resource 688.)

The dog ate it?...

'No excuses for not filing accounts' says Charity Commission

Thanks to Community Accounting Plus for bringing our attention to a recent Charity Commission press release which notes that commission research found recently that 32 percent of accounts submitted were not of 'adequate quality' in the 12 months up to 31 March 2013 – based on a random sample. Excuses received by the commission include: "I don't have access to the internet" [sent via email].

Tips from the Commission include:

- do not wait until you approach the 10 month deadline; when you have the documents, submit them
- ensure you have a password to access the commission's online services or ensure that you know who within the charity has the password
- know that submission is the collective responsibility of the entire trustee body, not just the treasurer or secretary for example.

For the full press release go to:

Civil Society - 2016 Charity Awards Open to Nominations

The Charity Awards recognise and celebrate the inspirational work of UK charities and share best practice and learning across the sector. The Awards aim to recognise and celebrate the inspirational work of UK charities and share best practice and learning across the sector.

UK charities of any size are eligible to apply under a number of broad categories of activity, as follows:

- Advice, Support and Advocacy.
- Arts, Culture and Heritage.
- Children and Youth.
- Disability.
- Education and Training.
- Environment and Conservation.
- Grantmaking and Funding.
- Healthcare and Medical Research.
- International Aid and Development.
- Social Care and Welfare.

The entry may be a project that demonstrates outstanding innovation and best practice, or a managed improvement in the organisation which may help other charities overcome similar problems. The Leadership Trust Foundation is offering each category winner a complimentary place on either of two development courses: Leadership in Management and Leading with Impact.

The deadline for applications is 4 March 2016.

See: <http://www.charityawards.co.uk/enter-now/>

Behaviour Solution Workshops

This training will be on at Bingham Children's Centre Bingham. Parents must have a child under the age of 5 years old in their family to be able to book a place on the course. Based on the Incredible Years Webster Stratton theories, the sessions will cover the importance of one to one time/play, distracting & redirecting, boundaries & expectations, giving you the tools to manage behaviours and have a positive impact on your relationships.

It will be on Thursday evenings - a six week programme – dates are: 25th February 2016, 3rd March 2016, 10th March 2016, 17th March 2016, 24th March 2016 and 31st March 2016.

To book a place, or for more information, please call: 01949 863 840.

Rushcliffe East Children's Centre (Covering Bingham, Cotgrave, Radcliffe & surrounding villages) Eaton Place Bingham Nottingham NG13 8BE Email: Not-tr.RushcliffeCC@nhs.ne

Rushcliffe Ramblers Sunday Short Walks

Sunday, 31st January 2016 5.0 miles

Start times: 10:00am and repeated at 2.30pm

Circular Walk: Boots No.2, Meadows, Meadow, Tram, Canal & Bus

Please bring your bus pass/card if you have one.

Easy walking -- 2.5 hours

Meet: West Bridgford Library Car Park. Post code NG2 6AT

Walk away from library on good paths and towpath – but could be wet underfoot.

Bus back to library from station.

Please note that if the weather is poor, the walk can be shortened.

We will pause for a drink during the walk – please bring your own drink.

Walk Leader: Jeremy Pratt Home tel: 0115 981 0420 Mobile: 0775 145 8041

For all the walks planned up to July 2016 see:

<http://rushcliffecvs.org.uk/projects-projects-72/health-projects-77/588-rushcliffe-ramblers-sunday-short-walk-programme.html>

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Training and Resources

Training:

Free Training for Small Charities

The Foundation for Social Improvement(FSI) is delivering a free training event in Solihull on 3rd February and in Peterborough on 23rd March, offering small charities full day courses on key fundraising skills and governance topics. Sponsored by Blackbaud, and with support from the Cabinet Office, training courses include Fundraising Strategy, Trusts & Foundations as well as half day masterclasses in Major Donors and Corporate Partnerships. Places fill up fast, so book your free place today to access this fantastic training opportunity. Visit <http://www.thefsi.org/services/training/> for more information and bookings.

Resources:

Need professional help?

ProHelp is a resource of professional firms, formed to provide free (NB there is a brokerage charge to Business in the Community) professional services to voluntary and community enterprises. The professional firms undertake one-off projects, which could include feasibility studies, structural surveys, developing PR & marketing strategies and business plans, graphic design and re-branding, legal and accountancy advice and property valuations. Members of ProHelp approach the work in the same way as they would any other fee-paying customer. The only difference is that the community client is not charged by the firm for the work undertaken. Business mentors are individual volunteers with at least five years business management experience who wish to voluntarily share their knowledge and expertise with community enterprises and educational establishments to assist development, sustainability and focus direction. They offer their support in a variety of ways where a commercial perspective is needed, such as providing assistance

with strategic planning, project management, marketing and fundraising through mentoring and coaching.

There are eligibility criteria:

You must be a community organisation working as a not-for-profit for the social regeneration of your local area and should fit within the following criteria:

- Have realistic and viable plans for working successfully with the local community
- Have no funding available for the specific project and no paid advisors retained to do the work
- If part of a national organisation, your branch must be locally constituted, and prove that neither the expertise nor the funding for the work is available centrally
- Be generating an income to aid your organisations sustainability but one that does not exceed £250k
- Can demonstrate the benefit to the wider community of your activity and services.

If you are a community organisation working for the social regeneration of your local area and need some professional help or business expertise, contact: Ann Hilton at Business in the Community on 0115 924 7408 or ann.hilton@bitc.org.uk.
<http://www.bitc.org.uk/east-midlands/what-we-offer/prohelp>

Disability Discrimination Guide

The Disability Discrimination Guide has just been updated by ACAS -

Disability discrimination: key points for the workplace

Topics covered include:

- What is disability discrimination?
- Understanding what 'disability' means and 'impairment' means
- How disability discrimination can happen
- Making 'reasonable adjustments'
- Disability stereotypes
- Managing mental health at work

See: <http://www.acas.org.uk/media/pdf/4/j/Disability-discrimination-key-points-for-the-workplace.pdf>

New Financial Planning Tool

Community Accounting Plus have put a new planning tool on their website. This one is to do cash flow on a "project basis" – allowing you to see the effects of projects starting and ending at different times of the year. Like all their planning tools, it's free to download and use as you wish.

See: <http://www.caplus.org.uk/content/cash-flow-project-basis> to go to their website where you can download the template and see the other planning tools they've designed.

(Source: Community Accounting Plus update 19.1.2016)

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Regular information:

How Rushcliffe CVS can support your group

As well as providing you with regular news, we offer the following services to voluntary and community groups:

Group Support: Advice, guidance and support, setting up a group

Volunteers: Supporting volunteers, good practice in volunteer management, recruitment

Funding Advice, Training, Networking events, Information

Admin Services including photocopying, laminating, targeted email shots to organisations on our community database and Equipment Hire

Meeting Room in West Bridgford – accommodates up to 15 for £8/hour or £25/half day.

For more details of our services, visit our website page [here](#). Alternatively, call **0115 969 9060** or email admin@rushcliffecvs.org.uk

How Rushcliffe CVS can support individuals

[Voluntary Transport Scheme](#) – helping people get out and about

[First Contact Signposting Scheme](#) – finding out about services for the over 60s

[Rushcliffe Befriends](#) – reducing loneliness and isolation of older people

[Health Development Work](#) – helping people have their say on health services

[Whatton Visitor Centre](#) – improving the experience of visitors to Whatton prison

For more details, click on the individual project links or visit our website www.rushcliffecvs.org.uk or telephone 0115 969 9060.

Rushcliffe Volunteer Centre & Drop-in Sessions in West Bridgford

Are you an organisation looking for volunteers?

We can help you find volunteers by including your opportunity on our database which is linked to the national volunteering website Do-it. We can highlight your opportunity in our

newsletter, on our notice board in West Bridgford and on our website on the [volunteering webpage](#). Click on [Find Volunteers](#).

For potential volunteers

On the first Tuesday afternoon of each month, Rushcliffe Volunteer Centre holds a drop in session from 1 - 4pm at West Bridgford Library. Come along and have an informal chat and find out about local volunteering opportunities.

The Volunteer Centre holds a database of diverse volunteering opportunities – there's something for everyone. Find out more by visiting the [Be a Volunteer](#) page on our website. For any queries, please contact Helen Stanbridge, the Volunteer Development Co-ordinator on 0115 969 9060 Ext 122 or hstanbridge@rushcliffecvs.org.uk

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Please note: The information contained in this document is given in good faith and has been checked as far as possible. Rushcliffe CVS accepts no liability for any act, omission, loss or damage arising from any inaccuracies or incompleteness in such information. The information published in this newsletter does not necessarily reflect the views of RCVS. RCVS is committed to equality of opportunity in all that it does.

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Rushcliffe Community and Voluntary Service is a Registered Charity, No 1079880 and a Company Limited by Guarantee, No 3867757. RCVS is registered in England and Wales and is a member of NAVCA. We gratefully acknowledge financial assistance from Rushcliffe Borough Council and Nottinghamshire County Council.

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