



## March 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](http://www.rushcliffecvs.org.uk). You can contact RCVS on **0115 969 9060**.



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## Rushcliffe Community and Voluntary Service (RCVS) News

### **‘Your Future, Our Direction’ - Shaping Our Community**

Rushcliffe Community & Voluntary Service (RCVS) provides essential support services to the voluntary and community sector. We are developing plans to ensuring a strong and lasting future for the voluntary sector in Rushcliffe. We want to find out more about the voluntary and community-based organisations in Rushcliffe, the type of services provided and how RCVS can support your group. Your participation in our survey is very important. It will help us develop our plans, what services we provide and how we provide them in the future. To complete the survey go to:

<https://www.surveymonkey.co.uk/r/FKQMHRX>

Many thanks for your time.

Carolyn Perry  
Chief Executive

## Respect Rushcliffe



**Wednesday 20<sup>th</sup> April 2016 10.00 – 2.00pm at The Grange Hall, Radcliffe on Trent**

Rushcliffe Together invites you to “Respect Rushcliffe”, an event exploring diversity, breaking down barriers and the local response to providing support. A free lunch is included!

Presentations and workshops will focus on:

Gypsy and Travellers – Fact of Fiction?

The Changing Face of Welfare Reform.

This free event is open to any group or individual working or living in Rushcliffe Borough. To book a place please go to:

<http://www.eventbrite.com/e/rushcliffe-together-annual-event-respect-rushcliffe-tickets-23442295537>

## We need your feedback - website

Here at Rushcliffe CVS, we think it's time we take stock of our website. We value your opinion so we are asking you to take part in a very easy-to-answer survey which will take less than five minutes to complete. Your answers are essential to help us make the website work in the best way for YOU.

See our website at: [www.rushcliffecvs.org.uk](http://www.rushcliffecvs.org.uk)

If you have any queries, please contact Carole Green on 0115 969 9060 or [admin@rushcliffecvs.org.uk](mailto:admin@rushcliffecvs.org.uk) Many thanks.

To do the survey go to:

<https://www.surveymonkey.co.uk/r/DPM7NYV>

## Volunteer Recruitment Fair - update


The fair was organised by the Rushcliffe Volunteer Coordinator Network last month at the Young Persons Centre West Bridgford. 14 organisations attended including Age UK, Carers Trust East Midlands, Children's Centres, Leonard Cheshire Disability, Lincs & Notts Air Ambulance, Literacy Volunteers, Oxygen Therapy Centre, local hospices, 1st Meadow Covert Scout Group and more, together with Rushcliffe Volunteer Centre who facilitated the event. Approximately 35 potential volunteers came in to find out more about the different volunteer roles available. Most of them are expected to take up a role with one of the organisations in the very near future. West Bridgford Wire came along and took some photos of the event. See the photos with some more information about who was there at:

<http://westbridgfordwire.com/in-pictures-west-bridgford-volunteers-recruitment-fair/>

Thanks to all that came along and supported us on the day.

Don't worry if you missed it you can always find out about all aspects of volunteering from Helen Stanbridge, Volunteer Centre Development Officer on 0115 969 9060 or [hstanbridge@rushcliffecvs.org.uk](mailto:hstanbridge@rushcliffecvs.org.uk) .

## Volunteer Drivers Required – Rushcliffe and Gedling area



I love people  
and I love  
driving...

This winning combination has made one of our recent new volunteers for the Gedling Voluntary Transport Scheme, run from Rushcliffe CVS, perfect for the role. Do you know anyone in the Gedling or Rushcliffe area that fits this bill, with a bit of time on their hands?...please pass this information onto them.

Gedling Voluntary Transport Scheme and Rushcliffe Voluntary Transport Scheme are both looking for more voluntary drivers to take passengers to the doctors, to appointments, shopping, to social clubs and help them get out and about.

Volunteers use their own cars to take passengers out. Drivers need to have a car that is in good condition, MOT'd, insured and need to like helping people and talking to them. Drivers all have to undergo DBS (Disclosure and Barring Service) checks and provide 2 references. Passengers pay an annual registration fee and 45p/mile to cover the driver's costs. If you or anyone you know in the Gedling or Rushcliffe area is interested in becoming a volunteer driver, please get in touch or pass this information on.

You can also see and hear first hand from Sue, one of our super volunteers on our Facebook page. Sue is a volunteer driver and also helps out in the office too. Sue explains why she volunteers. Meet Sue at <http://on.fb.me/1U7fr7R>

If you would like to use the service or know someone who would, call the transport team on 0115 969 9060 to find out more.

To see more about both schemes, scroll down this page:

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

## Volunteering Matters

### Rushcliffe Volunteer Coordinator Network

The next meeting will be Wednesday 30th March 2016, 10-12pm. There will be a guest speaker from the Social Inclusion and Wellbeing Service.

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. Please contact Helen Stanbridge, Volunteer Centre Development Officer on 0115 969 9060 or [hstanbridge@rushcliffecvs.org.uk](mailto:hstanbridge@rushcliffecvs.org.uk) for further information.

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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](mailto:hstanbridge@rushcliffecvs.org.uk).

### **Forces in the Community Volunteer Roles**

Forces in the Community are a charity for veterans, partners, families and serving personnel. They give advice and support on employment, housing, mental health, social and welfare issues. They are currently looking for volunteers in the following roles: Trustee, Trustee with fundraising expertise, Trustee with marketing experience, Marketing & Social media volunteer, IT/Network administrator volunteer, Volunteer Fundraiser

### **The Carers Trust is looking for volunteers**

The roles include:

- Befriending and companionship
- Supporting carers groups/activities
- Helping others to access useful services

Training provided. For more details contact Lisa Deane, Volunteer Co-ordinator on 0115 9628920 or [lisadeane@carerstrustem.org](mailto:lisadeane@carerstrustem.org) You can also see their poster at

<http://bit.ly/1pULPOa>

See also: <https://www.carers.org/volunteer>

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**

### **EMAHSN announce funding to support regional PPI groups**

Community and voluntary groups that provide important platforms for patients to shape local health services could receive a funding boost from the East Midlands Academic Health Science Network(EMAHSN).

Following funding that was received by ten local Patient and Public Involvement (PPI) groups in 2015, EMAHSN have opened a new round of funding for a further ten groups which will total £1,500 per successful application. This is a vital contribution which can

contribute towards meeting running costs. The funding will support their fantastic work to promote innovations and the adoption and spread of best practice within patient, carer and public involvement in healthcare delivery and health research across the East Midlands.

EMAHSN launched the fund because it recognises that many voluntary groups find it difficult even to cover basic costs such as travel and members' out-of-pocket expenses. Many groups exist to make sure that experiences of patients and public are at the heart of future decisions about health services – something that is central to EMAHSN and that it wants to encourage and sustain.

Applications for the grants will be considered by the East Midlands PPI Senate, an independent expert group of patients and public with varied health service user experience. The senate supports health and social care organisations to embed patient engagement.

The deadline to apply for funding is **15 April 2016**.

For full details and to apply for a bursary award visit:

<http://emahsn.org.uk/public-involvement/patient-and-public-involvement-grants>

See also at: <http://bit.ly/1UlckYD>

### **The West Bridgford Rotary Club Community Fund**

This fund has been established to provide help and support to local community groups, schools and individuals. It is intended that any grant will help:

- Begin a new or develop an existing community organisation for the benefit of local people or the environment;
- Support the development of young people in local schools;
- Support the individual development of young people;
- Provide assistance for people with special needs.

The group, school or individual must be resident or based in West Bridgford, Edwalton, Gamston, Lady Bay or the Meadows. Get the full details at: <http://bit.ly/1XviZyb>

### **RTC Fund**

The aim of this fund is to support people in Nottinghamshire's rural areas, by making grants to community and voluntary groups and individuals serving senior citizens in their communities. This fund is available countywide excluding major urban areas. Grants of up to £500 are available towards any community activity such as the costs of starting a self-help group, buying a piece of equipment or starting a new activity.

**Closing Date:** 27/05/2016 See: <http://bit.ly/1VBE8qe>

(Source: Nottinghamshire Together 2.3.16)

### **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/](http://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

### The UK Stroke Assembly

The UK Stroke Assembly is for anyone affected by stroke to attend, regardless of whether they are part of a stroke club or support group. The main UK Stroke Assembly takes place on Monday 13 and Tuesday 14 June, at the East Midlands Conference Centre, Nottingham

For full details see:

<http://www.strokeassembly.org.uk/content/uk-stroke-assembly-events-2016>

### Healthwatch Question of the Moment

Question of the Moment for March and April 2016 asks “We want to know what you think about the NHS 111 Service”.

Healthwatch Nottinghamshire want to hear about YOUR experiences by answering a few simple questions! They want to gain the voices of as many people as possible so please share this with anyone you feel may be able to contribute.

### What Next?

Healthwatch will collate the responses to this Question of the Moment and their report will be taken to their Prioritisation Panel and published. They will share this with the people who provide the service and those who commission it so don't miss out on your chance to have your say on this important service. You can complete the survey here:

<https://www.snapsurveys.com/wh/s.asp?k=145675379656&s=county>

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### Listening Books – free memberships for audiobook library service

Listening Books is a national charity that provides a postal and online audiobook library service to children and adults who struggle to read or hold a book due to an illness, disability, mental health issue or learning difficulty. They have recently received funding to offer a number of **FREE individual memberships** to those people who would find the usual membership fees (ranging from £20 to £45 per year) a barrier to joining the service.

The service caters for individuals with a wide variety of print impairments including sight problems or physical disabilities that make it difficult to hold a book or turn its pages. The audiobooks are available across three easily accessible formats.

### How to register

If you would like to refer someone for a membership please phone on 020 7407 9417 or email ([jcord@listening-books.org.uk](mailto:jcord@listening-books.org.uk)) or to request some application forms to share at upcoming meetings, events or support sessions. Individuals can register by visiting the website and ticking the box to apply for a free place:

<https://www.listening-books.org.uk/join-us.aspx>

## **ChangePoint – Rushcliffe District Weight Management Services**

Everyone Health are the providers of the Obesity Prevention and Weight Management service funded by Nottinghamshire County Council, ChangePoint.

ChangePoint is a free, patient centred, high quality programme with a core focus on long-term sustainable lifestyle changes. The service combines group and 1:1 delivery encompassing physical activity and nutritional education.

Their expert, experienced and friendly team will support you for up to a year on your weight loss journey. Sessions run throughout Nottinghamshire (excluding the city) in a variety of community centres, leisure centres and GPs.

To find out more and check eligibility for the programme please call us on

03330 05 00 92 or email us at [changepointnotts@everyonehealth.co.uk](mailto:changepointnotts@everyonehealth.co.uk) See: <http://bit.ly/1UN5ivK>

## **Would you like to help shape services for adults with anxiety or depression?**

NHS Rushcliffe Commissioning Group are running a survey about this at the moment. You can give your views by filling out our online survey:

[www.surveymonkey.co.uk/r/services-for-mental-health](http://www.surveymonkey.co.uk/r/services-for-mental-health)

## **Womens Veteran Football**

There is now a Womens Veteran League (every other Tuesday 7-8pm) and a Womens Walking Football (every other Tuesday 6-7pm) – aimed at women aged over 35. They take place at the Forest Sport Zone, Nottingham. Teams, individuals and all abilities welcome. For further information go to: [www.city-of-football.uk](http://www.city-of-football.uk) email:

[femalefootballfives@hotmail.com](mailto:femalefootballfives@hotmail.com)

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## **News and Events**

### **Forthcoming campaigns:**

Bowel Cancer Awareness Month April 2016 <http://www.bowelcanceruk.org.uk/>

Male Cancer Awareness Week (Orchid) 11-24 April 2016 <http://www.orchid-cancer.org.uk/awareness-education>

Depression Awareness Week 18-24 April 2016 <http://www.depressionalliance.org/>

Allergy Awareness Week 25 April -1 May 2016 <https://www.allergyuk.org/>

### **Become A Safe Place**

A Safe Place is a place in the community where vulnerable people can get help if they are in distress. 9 out of 10 people with learning disabilities have experienced a hate incident



over the last year. This can affect their ability to access businesses and services in the community and lead a full life. The Safe Place Scheme provides Safe Places in the community where vulnerable people can go if they get into trouble. They may feel: unsafe, frightened, bullied, or have experienced name calling or violence.

How does the Safe Place Scheme work?

- Order your help pack for free
- Display your window sticker
- Help people with a learning disability to call the police if needed
- If you know a person with a learning disability please get in touch and they will get them a Safe Place Card to use the scheme.

See: <http://www.nottinghammencap.org.uk/What-We-Do/smile-stop-hate-crime.html>

Tel: 0115 9209524 or email: [sshc@n-mencap.org](mailto:sshc@n-mencap.org)

## **Lesbian & Gay Switchboard**

Nottinghamshire's Lesbian, Gay, Bisexual & Trans telephone Helpline

Following a number of consultations recently Nottingham and Nottinghamshire Lesbian and Gay Switchboard has decided to rebrand and change its name. The organisation has announced that it will be rebranded Notts LGBT+ Network from July 2016. This new name is reflective and inclusive of the community the organisation serves, and representative of the services it delivers.

Telephone: 0115 934 8485 or 01623 621515

Text 07624 809360 Monday - Friday 7pm - 9.15pm

Email : [nottinghamswitchboard@gmail.com](mailto:nottinghamswitchboard@gmail.com) Website: [www.nottslgs.org.uk](http://www.nottslgs.org.uk)

Face book at [www.facebook.com/NLGSUK](http://www.facebook.com/NLGSUK) & Twitter @[www.twitter.com/nottsLGS](http://www.twitter.com/nottsLGS)

(Source: Nottinghamshire Together 2.3.16)

## **Connect – new early intervention service**

If you are aware of anyone who is struggling to stay healthy and active or remain independent because of problems to do with age, disability, long term health conditions or bereavement, you can refer them to the Connect service. The service can help people find information about local services, activities and opportunities, working with people around money issues, housing problems, health management and other things. No assessment is needed for the service. Connect is being provided in Broxtowe, Gedling and Rushcliffe by Metropolitan. Tel. 0115 939 5406.

(Source: Nottinghamshire Together newsletter 2.3.16)

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## **Rushcliffe Ramblers Sunday Short Walks**

**Sunday, 3<sup>rd</sup> April 2016**

**About 5 miles**

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

## **CIRCULAR WALK: GREEN, GRACE, GAMSTON, LADY AND 'KING'**

**Easy walking -- 2.5 hours**

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

Green Line, Valley Road, border Gamston, a bit of Lady Bay and back to the library.

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 P**

**Home tel: 0115 981 0420**

**Mobile: 0775 145 8041**

For all the walks planned up to July 2016 see:

<http://bit.ly/1pUMeQu>

## **My Music Oasis Workshop**

Are you an unpaid carer for a friend or family member?

“My Music Oasis” is a fun and interactive workshop designed for people caring for others which recognises and celebrates the vital role that carers play in supporting others, often at a significant cost to themselves. It provides an opportunity to meet other carers and socialise whilst creating your own personalised playlist. Participants receive a “My Music Oasis” toolkit from musicworks to keep and use.

Music has been shown to ease physical discomfort and pain, ease emotional distress, promote spiritual awareness, aid relaxation, enhance relationships, improve quality of life, support life review and bring joy and positivity.

These are FREE to carers, all 1pm-4pm:

•Rushcliffe (East Leake) – 5th April 2016 East Leake Village Hall

•Nottingham North & East (Carlton) – 11th April 2016 Gedling Road Methodist Church, Carlton

For more venues and to book see:

<http://www.joco.gb.net/my-music-oasis-workshop/>

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## **National Autistic Society Nottinghamshire Branch launch - Free**

Autistic Nottingham and East Midlands are set to become a branch of the National Autistic Society, and are inviting you to join them to celebrate.

Autistic Nottingham and East Midlands began as a very small self help group and have have played an increasing role locally in enabling autistic people and in developing support, inclusive practice, local policy and education. Now, their hard work has resulted in becoming a local branch of a national charity. This is a fantastic chance to celebrate with a local organisation - make sure you RSVP!

Event date: **Thursday 7 April 2016 7.30pm - 9.30pm**

Location: The Ballroom, Council House, Market Square, Nottingham NG1 2DT.

Email: [Nas.Nottinghamshire@nas.org.uk](mailto:Nas.Nottinghamshire@nas.org.uk)

(Source: Nottinghamshire Together newsletter 2.3.16)

## **Alzheimer's Society Carers Information and Support Programme**

This is a series of workshops for people caring for a family member or friend with dementia. The workshops aim to provide carers with information and support and cover topics such as:

- What is dementia?
- How you can support and care for someone with dementia
- The support services that are available
- Planning for the future

The next series of workshops in Rushcliffe will start on Friday 8th April 2016 from 10.30am to 1pm and will then take place every Friday at the same time until 6<sup>th</sup> May inclusive. The venue will be West Bridgford Methodist Church, Musters Road, West Bridgford, Nottingham, NG2 7PQ.

Places are currently available. **Booking is essential.** Further details can be obtained by telephoning 07540 919 865 or by emailing [bassetlaw@alzheimers.org.uk](mailto:bassetlaw@alzheimers.org.uk)

## **Forces in the Community Events**

Forces in the Community are a charity for veterans, partners, families and serving personnel. They give advice and support on employment, housing, mental health, social and welfare issues. They have 2 events coming up:

Fishing Match – **Saturday 23 April 2016 10am-4pm**

Barker's Pond, Wyvern Avenue, Long Eaton, Nottingham NG10 1AE  
£10 each.

Charity Sponsored Abseil – **Sunday 22 May 2016.** Limited places. Minimum age 14.  
Jury's Inn, King Street, Derby DE1 3DB

For more information contact Tracey on 0115 9220320.

## **Radford Care Group Information Programmes For Carers Of People With Dementia**

Wednesday 4<sup>th</sup> May 2016 – Wednesday 15<sup>th</sup> June 2016  
3.30pm to 5.30pm

Tuesday 12<sup>th</sup> July 2016 – Tuesday 23<sup>rd</sup> August 2016  
6.30pm to 8.30pm

The free programme consists of seven, two hour weekly sessions, covering a different aspect of dementia at each session. The groups are facilitated by specialists in dementia group work and will consist of about 12 carers. Help with respite services and transport may be available. The carers are asked to contribute £2.50 per session towards refreshments. They are happy to take referrals from both Nottingham City and County.

The Information Programme has been very successful and proved to be of considerable value to carers who are often coping alone and in difficult circumstances.

See: <http://tinyurl.com/zo4dwfb>

To book a place, refer a carer or for further information about the Information Programme, please call

**Radford Care Group on 0115 9786133. Or visit [www.radfordcaregroup.org.uk](http://www.radfordcaregroup.org.uk)**

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## **Rushcliffe Learning Disabilities Forum Event**

Rushcliffe Learning Disabilities Forum members in partnership with Parkwood Leisure will be holding a sports event on Friday 20th May 2016 10.00am-4 00pm at Cotgrave Leisure Centre, Woodview, Cotgrave, Nottingham NG12 3PJ.

For more details please contact

Sue Knowles 0115 9699060 [sknowles@rushcliffecvs.org.uk](mailto:sknowles@rushcliffecvs.org.uk)

## **Help Wildlife With Your Unwanted CD`S/DVD`S And Records!**

Nottinghamshire Wildlife Trust(NWT) is looking to take your unwanted CD`s/DVD`s and vinyl records off your hands in order to convert them into cash to help in its work. So if you have any unwanted CD`s/DVD`s (or computer games) contact Valerie Holt on [v.holt1@ntlworld.com](mailto:v.holt1@ntlworld.com) or phone 0115 9822317. If you have some vinyl records cluttering up your cupboards contact Scott Gorman on [scottgorman1@btinternet.com](mailto:scottgorman1@btinternet.com). By supporting the work of Nottinghamshire Wildlife Trust you will be helping preserve our local wildlife heritage.

For more information about NWT go to <http://www.nottinghamshirewildlife.org/>. They will be selling the goods collected at their Ruddington Spring Fair on Sat 4th June (9.30 till 12) at St Peters Rooms, Ruddington (opposite the church), along with plants and cakes. Last years Spring Fair helped the organising committee donate £1400 to a project at Besthorpe Nature Reserve as well as support a major project at the local Wilwell and Wilford Claypits nature reserves. So please help if you can.

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## **Training and Resources**

### **Training:**

#### **Free Training for Small Charities**

The Foundation for Social Improvement(FSI) is delivering free training events 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 master classes 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.

#### **Your Health, Your Safety Course 2016**

Do you have a learning disability? Do you want to learn more about your health and staying safe where you live?

Ruth Harrison Primary Care Liaison Nurse will be running 5 x 1 and a half hour sessions at Cotgrave Leisure Centre, Woodview, NG12 3PJ.

The course starts on 15th April and finishes on 20th May.

To book your place on these sessions please contact 0115 8835049. At the link below you can click to see a poster with more details.

<http://bit.ly/1R7GAVg>

## **Courses from Imara**

A specialist service that supports children and young people after a disclosure of sexual abuse.

Imara are running this course in partnership with The Lucy Faithfull Foundation in West Bridgford.

Venue: 7 Musters Road, Nottingham, NG2 7PP

Cost: £90

Assessing non-abusing mothers and partners  
Wednesday 20 April 2016, 9.30am - 4.30pm

For full details download the leaflet and booking form here:

<http://tinyurl.com/zjoouq8>

Contact Sabina at Imara on [sabina.tajbhai@imara.org.uk](mailto:sabina.tajbhai@imara.org.uk)

[www.imara.org.uk](http://www.imara.org.uk)

## **Training on Mental Health and Suicide Prevention**

Nottinghamshire County Council has commissioned Kaleidoscope Plus to deliver a package of training courses on Mental Health and Suicide Prevention. The Kaleidoscope Plug Group have a range of campaigns planned across Nottinghamshire, including Mental Health awareness, Mental Health promotion, and Suicide Prevention. Their accredited training programmes are open to both community members and front-line workers. The Course programme can be found on the Kaleidoscope Plus website under the Nottinghamshire tab: <http://www.kaleidoscopeplus.org.uk/nottinghamshire>

## **Resources:**

### **NottsHelpYourself**

Nottinghamshire County Council aims to provide a wide range of information and advice to the residents of Nottinghamshire. In order to do this they have set up a website called NottsHelpYourself ([www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)). This website brings together directories from Adults, Families, Communities, Special Educational Needs and Disabilities and Health to enable residents of Nottinghamshire to have the facility to search for organisations, services, and groups all in one place. They are also working closely with colleagues in health, the district and borough councils and voluntary organisations.

Read more: <http://bit.ly/1R31DFc>

## **Charity law overview**

With the Charities (Protection and Social Investment) Act only now needing Royal Assent to become law, summaries of what the legislation will mean for the sector are beginning to appear. The Guardian has produced an overview:

The Charities Act: what you need to know:

<http://www.theguardian.com/voluntary-sector-network/2016/feb/03/the-charities-act-what-you-need-to-know>

(Source: VolResource 692)

## **Resources and tips on tackling fraud in charities**

The main learning points from the first national conference on charity fraud, held late 2015, have been compiled into a guide “for trustees and senior managers of charities in England and Wales as well as their professional advisors”.

<http://wp.me/p2X7HP-35h>

(Source: VolResource 694)

## **Short official guide on IT security**

Data protection regulator the Information Commissioner’s Office has updated and improved its practical guide to IT security, aimed at small organisations. The 20 page document has “10 practical ways to keep your IT systems safe and secure”, including updated advice about processing data in the cloud and ensuring mobile device security.

<http://wp.me/p2X7HP-333>

(Source: VolResource 693)

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## **Vacancies**

### **Notts County FC FITC - Macmillan CARE Programme Coordinator**

Closing date: 12 noon on Friday 1 April. Interviews will be held on Wednesday 13 April.

The salary for this role is £23,842 - £26,907 depending on qualifications, skills and abilities.

To apply please send a CV and cover letter to Emma Trent, Health Manager at [et@nottscountyfitc.org.uk](mailto:et@nottscountyfitc.org.uk) or send addressed to: Emma Trent, Health Manager, Portland Centre, Muskam Street, Nottingham, NG2 2HB.

Full information: <http://bit.ly/254iUXW>

(Source: Nottingham CVS)

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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](mailto: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](http://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](mailto: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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