



## November 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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## RCVS News

### Volunteer Centre Quality Accreditation success!

Rushcliffe Volunteer Centre is pleased to announce that it has been awarded the Volunteer Centre Quality Accreditation (VCQA) for a further 3 years.

This is a nationally recognized quality accreditation. We go through a rigorous assessment process every 3 years to demonstrate how we meet these quality standards.

Our assessor commented: "Rushcliffe Volunteer Centre presented a straight forward and comprehensive portfolio of evidence for VCQA. As a relatively small Volunteer Centre it provides a comprehensive service for organisations and volunteers based on a good understanding of volunteering issues and local needs"

### Report on our AGM

Rushcliffe CVS’s Annual General Meeting was held on Tuesday 18 October at The Grange, Radcliffe on Trent. We were joined by many of our members and supporters to hear reports on our activities over the last year and to elect the Honorary Officers for the coming year.

As part of the proceedings we enjoyed three inspiring presentations from representatives from organisations which embodied our theme of “Working Together – Altogether Better – improving the health and wellbeing of our communities”

- Firstly we heard from Jan Rock, a passenger of Rushcliffe Voluntary Transport Scheme who spoke passionately about what a difference the scheme has made to her life.
- Next was Sandra Morrey, from West Bridgford Rotary, who spoke about the Memory Lane Café, their links with the Friary and the funding they have for local groups
- Finally we heard from Kam Pentreath, chair of the Radcliffe on Trent Patient Participation Group, who outlined the work they do to involve patients in healthcare planning

## **A word from Richard McCallum, new Chair of RCVS**

At our AGM, Alan Harvey stepped down from his position as Chair and a new Chair was elected, Richard McCallum. Richard introduces himself and comments on the current landscape for RCVS in an article on our website - <http://tinyurl.com/jnwyurn>

## **New Respiratory Wellbeing Service**

Rushcliffe CVS is working with Nottingham North and East Clinical Commissioning Group to deliver a weekly community-based wellbeing service based in Arnold, for people with COPD and other severe respiratory conditions.

We extend a warm welcome to Rebecca Archibald who joins us two days a week to take this project forward.

Many people with severe respiratory disease find it hard to manage their condition and can become very isolated, and this can cause low mood, anxiety and exacerbation of their symptoms. The service aims to provide a mixture of peer support, gentle exercise, relaxation and social activities, alongside clinical support and signposting to services. We hope that once things are up and running, patients themselves will tell us what they enjoy and would find useful.

If you would like to find out more about this project, please contact Rebecca Archibald on 0115 969 9060 ext. 130 or email [respiratory@rushcliffecvs.org.uk](mailto:respiratory@rushcliffecvs.org.uk)

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## **Volunteering**

## Free Training from Voluntary Arts

Monday 28 November 2016 - 10.30am—3.30pm

Newark and Sherwood CVS, 67 Northgate, Newark NG24 1HD

- Volunteering in the Arts - Laraine Winning takes you through Voluntary Arts Toolkit - a practical guide of working with volunteers in an arts setting.
- BBC Media Skills improving your skills of dealing with the media; interview skills, press release, getting your story heard with BBC broadcaster Helen Jones

Ring or email Sarah Breen to book a place deadline of 23 Nov 2016. Please note, places are limited and will be allocated in order of application.

sarah@vaengland.org.uk 07818 031 632

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## Volunteer Opportunities

### Nottingham Mentoring Service – Young Person’s Mentor

Sova need volunteers to take part in the Nottingham Mentoring Service that work alongside Nottingham Family Intervention Project, to help children and teenagers between the ages of 8 and 18 deal with the challenges of being in Nottingham and socially isolated.

The mentoring meetings will take place weekly or fortnightly and can help them try to find positive activities to help increase self-esteem; these can include getting them in local sports/social clubs, talking to them about school whilst over a plate at Red Hot Buffet. Volunteers will have good communication and listening skills, and will also need to be well organised and able to work in a team.

For more information contact Cassandra by emailing [Cassandra.Flowerdew@sova.org.uk](mailto:Cassandra.Flowerdew@sova.org.uk) or telephone 07900 45 45 46

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## Funding

### Healthy Lives, Healthy Futures Fund – grants still available

Local groups and organisations are invited to put forward proposals for projects that will take creative approaches to improving health locally.

A maximum of £2,000 can be applied for per project (applications are limited to one project per organisation). Successful projects will promote health and well-being by identifying and

addressing inequalities in health or the factors that cause ill-health. Projects can cover a number of themes and deliver in one or more geographical areas within the Borough of Rushcliffe. We are particularly keen to support projects which target the areas of highest need.

For more information please go to: [www.rushcliffe.gov.uk/health/](http://www.rushcliffe.gov.uk/health/). If you have an idea for a new group or run an existing group that is looking to expand and you're not sure if the Healthy Lives, Healthy Futures Fund is right for you, then please contact John Kemp, email [jkemp@rushcliffe.gov.uk](mailto:jkemp@rushcliffe.gov.uk) or telephone: 0115 914 8233.

### **Aviva Community Fund – Voting Open**

Voting is now open for the Aviva Community Fund. Now is your chance to make a real difference to a community project close to your heart.

Aviva will be making grants ranging from £1,000 to £25,000 to the projects that clock up the most votes and capture the judges' attention.

Every vote counts, so make sure you cast yours by noon on 18 November 2016. Go to <http://tinyurl.com/jfxfb7o>. You can search for a particular project or by location or category to find projects that matter to you. You have to register, but then get 10 votes to support whichever projects you like.

### **Wren's Community Action Fund Re-Opens for England and Wales**

Grants of between £2,000 and £50,000 are available for projects that can demonstrate how they fall into Object D of the Landfill Communities Fund. Object D shows commitment to the protection of the environment, and the provision, maintenance or improvement of a public park or another public amenity. WREN's definition of an amenity is something that a community will have access to and be able to use for leisure or recreation purposes.

Examples of eligible projects include, but are not limited to:

- Replacement doors and windows for village halls and community centres.
- Provision of children's play equipment in open public spaces.
- Construction of footpaths and cycleways in public parks.
- The provision of all-weather play surfaces for MUGA multi use games areas.
- The provision of skate parks.
- Dipping platform and all weather paths at local nature reserves.

Although match funding is not a specified requirement, the Waste Recycling Group (as a condition of providing WREN with the Landfill Tax Credits) require project applicants to secure the help of eligible 'Third Parties' who will reimburse them with an amount equal to 10.75% of any grant committed.

Third Party funders cannot, however, gain any unique benefit from the project put forward for funding.

Applications will be accepted from the following types of organisations:

- Registered charities which operate a community facility.
- Churches or Parochial Church Councils.
- Parish or Town Councils or Management Committees or User Associations acting on behalf of Parish or Town Councils.
- Local Authorities.
- CASC Registered Sports Clubs.

Other organisations may still be able to apply for funding if they apply as a secondary applicant with a Parish Council, Local Authority or charity which has an involvement in their project site.

The deadline for applications is Wednesday 22 February 2017 (5pm)

Further details here: <http://www.wren.org.uk/apply/wren-grant-scheme>

## **Greggs Foundation Community Projects Fund**

The Greggs Foundation's Community Projects Fund provides grants of up to £2,000 to not-for-profit organisations in England, Scotland and Wales for projects or for providing equipment for people in need at the heart of local communities.

These include people who are:

- Disabled or suffering chronic illness.
- Living in poverty.
- Voluntary carers.
- Homeless.
- Isolated older people.
- Living with other demonstrable significant needs.

Eligible projects should improve resilience within a community of interest and can include sessional activities/respite support, equipment for sessional activities, trips and residential breaks. The Foundation is also interested in new approaches and innovative ideas as well as sustainable approaches to supporting the community of interest. Eligible projects should also be able to demonstrate that they have achieved at least one of the following Key Performance Targets for their beneficiaries:

- Decreased social isolation.
- Improved health and wellbeing.
- Improved resilience/coping mechanisms.
- Improved life skills.
- Improved opportunities.

The Local Community Projects Fund is administered by seven charity committees throughout Great Britain. The deadline for applications is 3 March 2017.

For more info go to: [www.greggsfoundation.org.uk/grants/local-community-projects-fund](http://www.greggsfoundation.org.uk/grants/local-community-projects-fund)

## **Western Power Distribution £50,000 Community Chest**

Western Power Distribution (WPD) has opened the fifth round of its Community Chest grant scheme which distributes awards of up to £1,000 to communities to reduce their energy through improvements to village halls and other community buildings.

The scheme, administered by CSE, is open to groups in WPD's area of operation, i.e. the Midlands, the South West and South Wales.

Funding will be awarded on a first-come-first-served basis to groups whose applications meet the terms of the scheme. The scheme will close on Wednesday 30 November 2016, or earlier if the £50,000 grant pot is exhausted sooner.

For more details, visit: <https://www.cse.org.uk/projects/view/1302>

## **New £40m Fund for Youth Social Action in England to Launch in November**

Advance Notice – look out for information from the Big Lottery Fund during the week of 21 November!

The #iwill fund is a new national independent fund supporting the charity Step Up to Serve's #iwill campaign of increasing by 50% the number of young people (10 to 20 year olds) participating in meaningful youth social action by 2020.

The funding priorities are currently being worked on, and the first of the priority areas will be released when the #iwill fund launches during #iwill week during the week of 21 November. Broadly the fund will support activities that create opportunities for 10-20 year-olds to take part in social action, in line with the ambitions of the #iwill campaign.

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## **Health**

### **Self Care Week 14-20 November 2016**

Self Care Week runs from 14-20 November this year and aims to raise awareness of the importance of looking after your own health and the health of families and communities.

This annual national campaign aims to empower people to self care as part of their everyday lives.

This can include healthy lifestyles choices around diet and exercise and making enough time for relaxation and activities you enjoy to improve mental health and wellbeing.

In the months leading up to Self Care week ,Principia – Rushcliffe’s local partnership of NHS, social care and the voluntary sector – has been out and about promoting self care through its local ONE YOU campaign.

The lifestyle choices you make between the ages of 40 and 60 have the greatest impact on how healthy you are after 60.

The ONE YOU online health quiz asks a series of questions about your current health, giving you a health score and advice on how you can improve your lifestyle.

Why not give it a go?

Go to [www.nhs.uk/oneyou](http://www.nhs.uk/oneyou)

Please look out for Self Care week displays in your GP practices and West Bridgford and Bingham Libraries.

### **Free Walk-in Hearing Aid Clinic in West Bridgford**

Do you wear Hearing Aids? The Ear Foundation runs a free walk-in hearing aid clinic for:

- New batteries
- New ear mould tubing
- Advice on equipment
- Advice on how to use and clean your hearing aids
- Information on hearing loss and all the services that can help you

The clinic is held at West Bridgford Baptist Church, Melton Road, West Bridgford, Nottingham, NG2 7NF on the 3rd Monday of the month from 10.00am - 11.00am.

The next clinics are on 21st November, 19th December. For information on this service please contact Laura Ainsworth, The Ear Foundation, 83 Sherwin Road, Lenton, Nottingham, NG7 2FB. Tel: 0115 942 1985, Fax: 0115 924 1985, or email - [laura@earfoundation.org.uk](mailto:laura@earfoundation.org.uk)  
Web: [www.earfoundation.org.uk](http://www.earfoundation.org.uk)

### **Alzheimers Society - Dementia Friendly Swimming Sessions**

- Clifton Leisure Centre Every weds 11.15am -12.15pm
- Ken Martin Leisure Centre Weds 3-4pm
- Harvey Hadden Sports Village Friday 2.30-4pm

Staff from Alzheimers Society are present at the sessions to meet and greet, address any queries and complete registration and there is a swimming coach in the pool to offer support, advice and guidance.



The sessions are also fully supported by leisure centre staff who have completed Dementia Awareness training and following assessment a number of improvements have been put in place to make the sessions more Dementia Friendly for example additional signage.

There's the opportunity to meet up and socialise 30 minutes before the sessions, with tea, coffee and beverages provided in the café/seating areas at the centres.

Normal swim prices apply for participants, carers will go free.

For more information please contact Kris Gregory on 0115 934 3800 or email [kris.gregory@alzheimers.org.uk](mailto:kris.gregory@alzheimers.org.uk)

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## News & Events

### Become a Personal Assistant – free information events

Find out more about becoming a personal assistant to help someone who needs care and support to live as independently as possible in their home and community. These free sessions have been organised by Rural Community Action Nottinghamshire in collaboration with the NHS and Notts County Council. No need to book, just turn up.

- Wednesday 11 January, 1-3 pm at Bingham Methodist Church
- Monday 23 January, 1-3 pm and West Bridgford Library

### Care Quality Commission – “State of Care” report

The annual ‘State of Care’ report on the quality of health and social care in England has now been published. Excerpt from the accompanying letter from CQC:

“This year’s report shows that, despite increasingly challenging circumstances, much good care is being delivered and encouraging levels of improvement are taking place.

We have seen services providing good and outstanding care and making improvements by collaborating outside traditional organisational boundaries - hospitals working with GPs; GPs working with social care and all services working with people who use services.

However, we are also seeing some deterioration in quality, and some services are struggling to improve.

We raise concerns that the sustainability of the adult social care market is approaching a tipping point. The fragility of the market is now beginning to impact both on the people who rely on these services and on the performance of NHS care. The combination of a growing and ageing population, more people with long-term conditions, and a challenging economic climate means greater demand on services and more problems for people in accessing care”

To view the summary and/or the full report visit [www.cqc.org.uk/content/state-of-care](http://www.cqc.org.uk/content/state-of-care)

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## Training and Resources

### The Kaleidoscope Plus Group Free Training for Front Line Workers

The Kaleidoscope Plus Group (KPG) is one of the leading health and wellbeing charities in the Midlands. They have been commissioned by Nottinghamshire County Council to introduce free training, awareness and wellbeing initiatives across Nottinghamshire.

One of the courses they run is a MHFA Lite course which is an accredited introductory three hour mental health awareness course. In Rushcliffe they will be holding a course on 23rd March 2017 from 10.00 – 13.00 in Ruddington.

For more information please contact Stevie Hall on 07766 421448 or by e-mail [Stevie.Hall@Kaleidoscopeplus.org.uk](mailto:Stevie.Hall@Kaleidoscopeplus.org.uk). Web: [www.kaleidoscopeplus.org.uk](http://www.kaleidoscopeplus.org.uk)

### Cerebral Palsy and Sport Awareness Workshop

The workshop, run by CP Sport, will provide knowledge and understanding of what Cerebral Palsy is, the opportunities within disability sport, and guidance and advice to those who lead sport and physical activity. This course will cost £30 and will be run on the following dates:

16th November, 22nd February, 17 May, 27th September: 6pm – 9pm

Venue: CP Sport Unit 21, Heathcoat Building, Science and Technology Park, University Boulevard, Nottingham, NG7 2QJ

For more information, please contact CP Sport on 0115 925 7027 or [info@cpsport.org](mailto:info@cpsport.org)

### Explore grant data with GrantNav

GrantNav is a free online service that allows you to search, explore and download UK grant data from funders publishing their data to the 360Giving Standard. GrantNav has been developed to make it easier to find out which organisations have funded which sectors or regions, making it easier to map out the resources that are available and how this may have changed over time. This will help visitors to quickly obtain an overview of other organisations working in the same areas. See <http://tinyurl.com/h5k2cq9>

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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

[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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