



January Newsletter 2017

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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**.



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RCVS News

Voluntary Sector Forum – Weds 1 March - Save the Date!

Rushcliffe CVS will be holding a Voluntary Sector Forum meeting on Wednesday 1 March 2017 10am – 2pm at Gresham Community Centre, West Bridgford. The event will be themed around health and self-care. Further information will be available in our next newsletter and via our website.

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Volunteer Opportunities

Independent School Appeal Panel Members

Nottingham City Council is inviting applications for new panel members to join independent school appeals panels in Nottingham. If you have an interest in education and feel able to offer some time on an occasional basis, the council would be most grateful to hear from you. By becoming a Panel Member you can get involved in deciding appeals regarding:

- A local authority's decision to refuse parent/s request for a particular school placement/s
- A school's decision to exclude a pupil from their school

Panels meet twice a month. If you would like to know more, please contact Cate Arculeo on 0115 8763769 or education.appeals@nottinghamcity.gov.uk

Read more: Independent School Appeal Panel Members

Volunteer Events Co-ordinator for Rushcliffe 50+ Forum

Rushcliffe 50+ Forum is looking to recruit an additional management committee member to support the Secretary in planning their four Open Forum meetings each year.

The format of the Open Forums is well established and the management committee discuss and agree the afternoon's programme. The events co-ordinator then invites speakers and information stall-holders by email, telephone or in person, indicating date, time, duration and equipment requirements etc.

Location of the Open Forums is St Luke's Church Hall on Leahurst Road, off Alford Road, West Bridgford.

This is a voluntary position and would suit anyone from a clerical, administrative or community/voluntary sector background.

Interested individuals should email the Chairperson, Paul Childs at paulsuechilds@hotmail.co.uk or phone him on 0115 989 2145. Alternatively contact Helen Stanbridge, Volunteer Co-ordinator at Rushcliffe CVS on 0115 969 9060 ext 122 or hstanbridge@rushcliffecvs.org.uk

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Funding

Sport England's Active Ageing Fund

Over the next four years, Sport England are going to triple the amount they invest in helping inactive people become active.

The programme is open to a wide range of organisations, including community and voluntary groups, charities, councils, public organisations and sports bodies – with funding amounts typically between £50,000 and £500,000 to be awarded in June 2017.

Key facts about the fund;

- Value of investment: £10 million
- Fund opens: 14 December 2016
- Anticipated size of bids: £50,000 – £500,000
- Length of project: Minimum of one year
- **Expression of interest deadline: Midday 13 February 2017**
- Awards made: June 2017

You do not need to have a fully-formed project at this stage and the first part of the process involves the submission of an expression of interest form, where Sport England will need to know a little about your organisation, your understanding of the audience you want to work with and your initial ideas on how you might tackle inactivity.

To find out more go to: <http://bit.ly/2iKAP3f>

Community Safety Fund 2017-2018

Welcome to the Nottinghamshire Police and Crime Commissioner's 2017/2018 Community Safety Fund. The Fund provides grants to third sector community based organisations to enable local delivery against the Police and Crime Plan.

Whilst final budget decisions have yet to be made, the Commissioner hopes to be able to provide grant funding at a similar level to previous year's which has been around £250,000.

The funding is available to support third sector organisations (i.e. organisations that are not for profit and non-government, for example registered charities and social enterprises) to assist the Commissioner to reduce crime and protect victims, witnesses and vulnerable people.

A hard copy of the application form and required attachments must be received no later than **midday on Tuesday 31st January 2017**. Applications which do not include a hard copy will not be assessed and applications received after the deadline will not be considered.

For more info please see: <http://www.nottinghamshire.pcc.police.uk/Our-Money/Grants-and-Funding/Community-Safety-Fund-2017-18.aspx>

Barchester Healthcare Foundation

Barchester Health Foundation is continuing its 2016 priority to combat loneliness and engage older or disabled people.

It is accepting applications from small community groups and small local groups helping adults aged over 18 with mental and physical disabilities, and older people aged over 65.

The Foundation's priority is continued from 2016: connecting or re-connecting people with others in their local community. Applications that combat loneliness and enable people to be active and engaged will receive the highest priority throughout the year.

Grants of between £100 and £5,000 are available to groups in England, Scotland and Wales. Applications can be submitted online at any time - <http://bit.ly/2iiVWsl>

Galaxy Hot Chocolate Fund 2016/17

The Galaxy Hot Chocolate Fund is now accepting applications for small, one-off awards of £300. We are seeking to award a total of seventy, £300 donations to help small community groups and people across UK and Ireland.

Five donations will be awarded each week, four by our panel of judges and one through the People's Choice award to the organisation with the most weekly votes.

Entries can be made at any time up until 11.59pm on 26 February 2017.

The link is: <https://www.galaxyhotchocolate.com/>

Rank Foundation Ltd - small grants

The Rank Foundation is a grant giving charitable trust, restricted to causes within the UK approved by the Charity Commission.

They are currently accepting applications for two programmes. These are focused on capital costs (building works and purchase of equipment), and a separate fund for short breaks for carers, and those who are disabled or living with a long term illness.

They can only accept applications from charities with an annual income of less than £500,000. This fund is focused on smaller charities that may not be covered by their larger programmes.

Groups need to have raised a third of your total costs before making an application.

Deadline: Applications can be submitted at any time. The Directors meet quarterly and applicants will be notified when their appeal is to be considered. Applications are currently being accepted for consideration.

Contact: Mrs Jan Carter, The Rank Foundation, 12 Warwick Square, London SW1V 2AA, tel 020 7834 7731, email contactus@rankfoundation.com.

Website: <http://www.rankfoundation.com/small-appeals/>

(Source Navca 8/12/16)

Scottish Power's Energy People Trust Announces 2017 Deadlines

The Scottish Power Energy People Trust is accepting applications from charitable organisations in England, Scotland and Wales that work to help people whose lives are affected by fuel poverty. Deadlines are (18 January), 24 May and 4 October 2017.

The Energy People Trust, with funding from ScottishPower and voluntary donations from independent supporters, provides grants to grassroots organisations that help people who are on low incomes, live in poor housing or suffer ill health. Charitable organisations can apply for grants of up to £50,000 to support projects or schemes covering the following:

- Energy efficiency measures - improving home energy efficiency through draught proofing, insulating and/or other practical measures.
- Income maximisation - providing funding to front line charities that carry out benefits advice to households missing out on financial help that they are entitled to through welfare benefits and tax credits.
- Fuel debt assistance - providing assistance, or funding the provision by other persons of assistance, to reduce or cancel debts for household electricity or gas supply, where such assistance is provided as part of a package of measures aimed at providing customers with long-term relief from fuel poverty.
- Any combination of the above.

A maximum of 30 fully completed applications will be presented to the Trustees at any one meeting and applications are considered on a first come, first served basis. Any eligible and complete applications not dealt with will be carried forward to the next meeting.

For more information: <http://www.energypeopletrust.com/content/default.asp?page=s4>

Screwfix Foundation

The Screwfix Foundation raises funds throughout the year to support causes that will change people's lives. They work with both national and local charities donating much needed funding to help all sorts of projects, from repairing buildings and improving facilities in deprived areas, to decorating the homes of people living with sickness or disability.

Applications can be submitted at any time. For more information please go to the website:

www.screwfix.com/jsp/landing.jsp?id=ScrewfixFoundation

(Source NCVS 12/1/17)

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Health

The Herbert Protocol introduced in Nottinghamshire

Nottinghamshire Police has adopted the Herbert Protocol – a system to help find people with dementia related illnesses should they go missing.

Families and carers are encouraged to complete a form stored at www.nottinghamshire.police.uk/advice/missing .

Once completed, print the form off and keep it somewhere which is safe and easily accessible. In the event that someone goes missing, the form can then easily be handed to the police. Give copies to family, friends and trusted neighbours - the police will only ask for the form if the person is reported missing. The Herbert Protocol initiative is named after George Herbert, a war veteran of the Normandy landings, who lived with dementia.

Notts County FC Football in the Community's Dementia and Mental Health Projects for Adults

NCFC FITC pride themselves on their ability to connect with and engage large numbers of people with a wide range of conditions, especially dementia and mental health. Their portfolio of projects is tried and tested, having a positive impact on people's lives. They're currently recruiting to their dementia and mental health projects, which take place on Wednesdays at Portland Centre near Trent Bridge and are FREE for all participants.

They are looking for referrals from professionals and self-referrals from members of the public. As many people know, group exercise has a positive impact on people's mental and physical health. Their activities include:

Women's mental health project (Right Mind) - takes place on Wednesday mornings from 10 till 11.30am and includes a wide range of physical activities to keep participants engaged, followed by a social element.

Men's mental health project (On the Ball) - takes place on Wednesday mornings from 11am till 1pm and is football-based.

Their dementia project (Sport 4 Thought) - takes place on Wednesday afternoons from 3 till 4.30pm and includes a wide range of physical activities to keep participants engaged, followed by a social element.

If you would like to find out more or you wish to refer someone, please contact Tim Hatton at Notts County FC Football in the Community on 0115 955 7215 or 07817 33 22 79 .

<http://nottscountyfitc.org.uk/projects/>

Information programme for carers of people with Dementia

Radford Care Group are holding a course from Saturday 4 February 2017 – Saturday 18 March 2017 from 10.30am – 12.30pm.

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.

To find out more or book, please contact Radford Care Group on 0115 9786133, or visit www.radfordcaregroup.org.uk .

Big Health Debate Patient Survey - prescribing over the Counter medications for minor ailments

The NHS in South Nottinghamshire has launched an engagement exercise to get people's views about medicine whether over the counter medicines should be prescribed for minor ailments.

Over the counter medicines are those that can be bought easily at shops, supermarkets and pharmacies. Currently, over the counter medicines are available on prescription for all conditions including minor (or self-limiting) ailments like colds, headaches or sore throats.

Across South Nottinghamshire, each year we spend over £880,000 on prescribing paracetamol and ibuprofen alone. We are proposing to limit prescribing of over the counter medicines for minor ailments and want to know what you think...

To take part in our patient engagement campaign:

- Online - <https://www.surveymonkey.com/r/OTC-meds>
- Or call: 0800 028 3693 (option 2) and fill in the questionnaire over the phone
- Email the Patient Experience Team for a questionnaire
pet@nottinghamnortheastccg.nhs.uk
- Look out for questionnaires at your GP Practice

This engagement exercise will take place until Friday 3 February 2017.

News & Events

NHS Rushcliffe CCG - Help shape the future of your health & care

Nottingham and Nottinghamshire's Sustainability & Transformation Plan (STP). You're invited to join us at a number of public events in early 2017 to:

- Hear about the draft plan to transform health and social care services over the next five years
- Raise questions and discuss the issues that affect or concern you
- Give feedback on the draft plan and help shape how this develops over the coming months to best reflect what's important to you.

The event for South Nottinghamshire is taking place on:

Tuesday 24 January 2017, 10am-12pm in the Robin Hood Suite at the City Ground (Nottingham Forest Football Club), Trent Bridge, Nottingham, NG2 5FJ.

To register your interest in attending the event, call Rosie Atkin on 0115 883 5159 or email Rosie.Atkin@nnotts.nhs.uk. Please let us know if you have any specific access requirements.

Further events are taking place in Newark, Mansfield and Nottingham City Centre. Please see our webpage for details - <http://www.rushcliffecvs.org.uk/projects-projects-72/health-projects-77/1019-nhs-rushcliffe-ccg-help-shape-the-future-of-your-health-care.html>

Holocaust Memorial Day Commemoration

Remembering all the groups targetted during the Nazi Regime along with Jewish people. Lesbian, Gay, Bisexual, Transgender, African/African heritage people, Jehovah's Witnesses, people with disabilities, people with mental health issues, Polish People, political activists/Trade Unionists, Roma/Romany Gypsies.

Join us to remember our groups and show solidarity to other groups. The event will include a candle being lit for each group in Greens Windmill Yard. Thursday, 26th January, 2017, 6-7pm to Greens Windmill Yard, Sneinton, Nottingham, NG2 4QB.

For more information contact NCBI Nottingham on 0791 347 6905, or email ncbinotts@ncbi.org.uk

Good Neighbours social afternoons

Good Neighbours is a community based, voluntary run, social outreach to the local community. It's a free afternoon on the first Wednesday of every month from 1:30 – 3:30pm for the over 50s' put on by The Rock Church in partnership with Rushcliffe CVS and the Carer's Trust. Join in with the activities planned or just come and have a cuppa and a chat.

- Wednesday Feb 1st – Memory Lane Game
- Wednesday Mar 1st – Chair based exercises – “Movement afternoon”
- Wednesday Apr 5th – Quiz
- Wednesday May 3rd – Music maker
- Wednesday June 7th - Bingo!
- Wednesday July 5th - Table top games

For further information please email kate@the-rock.org.uk or call the church on 07913 426051

Rushcliffe Ramblers Sunday Short Walks

The programme for 2017 has been released – the walks are all around 5 miles long and circular. Enjoy walks in a wide variety of locations including Lady Bay, Compton Acres, Ruddington Country Park, Edwalton and the City Centre. See the link for more information, or contact Jeremy on 0115 981 0420 or mobile: 0775 145 8041.

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

Charity Commission consultation

The Charity Commission has opened an online consultation on what information charities must submit in their annual return form. All registered charities with incomes over £10,000 have to submit an annual return to the Charity Commission, in order to make sure the information published on the public register of charities is up to date.

The consultation document suggests that fundamental information about a charity should be up to date all the time, and that charities will be asked to make amendments throughout the year and then confirm the information is still accurate when they file the annual return. It also considers more focused questions so that they reflect the Commission's regulatory risk priorities and are targeted at only the relevant charities.

This means that questions would be asked based on a charity's activities and not determined only by the level of income of the charity as previously. For example, a trigger question could be used to find out if charities have vulnerable beneficiaries. Those charities

which do will be asked further questions on safeguarding but other charities will not receive these questions.

For more information or to take part in the consultation, which closes on 9 March 2017, go to the website: <https://www.gov.uk/government/consultations/annual-return-for-2017-information-collected-from-charities>

(Source NCVS 12/1/17)

South Notts Homelessness Strategy Consultation

There is still time to take part in the South Notts Homelessness Strategy Consultation covering Rushcliffe, Broxtowe and Gedling. This is the second joint homelessness review for the three Boroughs; the last joint homelessness strategy was published in 2013.

Broadly, it is proposed that the Strategy is based on principles which will necessitate a continued effective multi-agency approach to homelessness.

This consultation, which runs to 6 February 2017, provides an opportunity for stakeholders to input into the South Nottinghamshire Homelessness Strategy which will be published in Spring 2017.

If you would like to take part in this consultation please go to <https://www.surveymonkey.co.uk/r/NottsHomelessnessStrategy>

Alternatively you can download the consultation documents by visiting the Borough Council's website <http://www.rushcliffe.gov.uk/housing/findingaplacetolive/homelessness/>

Care Quality Commission Consultation

The Care Quality Commission (CQC) is the independent regulator of all health and social care services in England. Its role is to register, monitor and inspect services to make sure they provide safe, effective, compassionate, high quality care. In December a formal consultation was launched on the next phase of regulation.

The consultation document, 'Our next phase of regulation: A more targeted, responsive and collaborative approach', follows the strategy for 2016 to 2021, published in May 2016, which sets out an ambitious vision for a more targeted, responsive and collaborative approach to regulation, so that more people get high-quality care.

Please see: www.cqc.org.uk/nextphase for more information and to take part in the consultation. The consultation closes on 14th February 2017.

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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

[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

[Respiratory Wellbeing Group](#) – a social and support group for those with COPD in the Arnold area

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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