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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

Volunteers Week 2017 - You Make the Difference

This year Rushcliffe Volunteer Centre plans to celebrate the contribution made by volunteers across the borough of Rushcliffe.

We need your help in the following ways:

- Please click on the link below to complete a short survey about your volunteers in the Rushcliffe area, so we can highlight the number of volunteers and the hours contributed by them and the difference it makes to our communities.

<https://www.surveymonkey.co.uk/r/6DKK3X5>

- Please can you send us a story about one or more of your volunteers (that volunteers in the Rushcliffe area) that we can feature. If possible, please attach any photos that will bring the story alive.

Please get in touch by contacting our Helen Stanbridge in our Volunteer Centre – tel0115 9699060 or email hstanbridge@rushcliffecvs.org.uk .

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Volunteering

Volunteers Week 2017 – Resources

NCVO can provide all the information, guidance and resources you need to start planning and make your Volunteers' Week a success.

They have prepared a digital resource pack full of ideas and tips for making the most of the week, which will be available shortly.

For more information and to register go to: <http://volunteersweek.org/>

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Volunteer Opportunities

Whatton Prison Visitor Centre

Rushcliffe CVS manages and runs the Visitors Centre at HMP Whatton on behalf of the Prison Service. The centre is designed to provide a welcoming place for friends and families of prisoners to spend time and relax before and after their visit. The centre provides a safe, pleasant environment where all visitors are treated with dignity and respect, provided with the facilities they need and offered information, support and the opportunity to discuss in confidence any difficulties they may face.

The volunteer role is to provide a meet and greet service, complete the booking in process and provide support and assistance to visitors. Volunteers must enjoy meeting people, be non-judgemental, sensitive, caring and discreet.

It is envisaged that volunteers are available on a rota basis, to help out at the busiest time of day which is currently between 12.30pm - 2.30pm. The Centre is open Thursday to Monday.

For further information about the Visitor Centre telephone 01949 803564.

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

Take A Breather respiratory group in Arnold – volunteer needed

Take A Breather is the name for the RCVS-run respiratory support service in Arnold for people with moderate to severe Chronic Obstructive Pulmonary Disorder (COPD). The service takes the form of a weekly group incorporating social, health and wellbeing activities and clinical input from health colleagues. The group meets in Arnold on Tuesday afternoons.

We are looking for volunteers who can help us with this group by:

- Meeting and greeting participants
- Providing support and encouragement to participants to maximise ensure their enjoyment of the sessions
- Assisting with refreshments and other practical tasks

Volunteers will:

- Have a genuine interest in the wellbeing of people with a long term health condition.
- Be able to provide encouragement and support in a sensitive and non-judgemental manner, with people from a variety of backgrounds.
- Be able to attend on a regular basis, preferably at least once or twice a month.

For more information please contact Rebecca Archibald on 0115 969 9060 or email respiratory@rushcliffecvs.org.uk

Carers Federation Young Carers Transitions Project

Young Carers can find themselves ill-equipped for the transition to adulthood. They may lack knowledge and social skills to address the challenges of adult life. The Transitions Project offers young carers aged 15-18 life-skills programmes to equip them with the skills and confidence they need to take this important step toward their future.

Young Carers Transition Mentors will build a supportive and empowering relationship with a young carer approaching transition to adulthood. Mentors will help their mentee to identify individual goals and issues that may impact the mentee's opportunities as they reach adulthood. These may be around confidence and self-esteem, education and employment, housing, managing finances, positive relationships, personal safety, health and well-being, communication skills, decision making etc.

Mentors will work with mentees over a period of time, supporting their mentee to develop an action plan to work toward reaching goals and developing resources to overcome issues and problems.

If you are interested in volunteering for this, please contact Naomi Sykes on:

Tel: 0115 9629 335, Mobile: 07841 067 098, Email: n.sykes@carersfederation.co.uk

Temporary Drivers' Mate for Air Ambulance Service

Can you lend a hand regularly one or two days a week, to help lift and move donated furniture?

The Lincs & Notts Air Ambulance service are in need of a volunteer to travel with their Charity Technician to pick up and drop off items at homes and at their shops across Nottinghamshire. If you can spare a regular day, it would help a great deal.

Applicants should be fit and healthy, and strong enough to assist with lifting pieces of furniture. You should also be:

- punctual
- organised
- fit & strong
- friendly and approachable

This opportunity will be based at their Nottingham Office in Colwick. If you are interested in this opportunity please contact Oliver Larkin on o.larkin@ambucopter.org.uk or Helen Stanbridge Rushcliffe Volunteer Centre on 0115 969 9060 or hstanbridge@rushcliffecvs.org.uk

You can find out more about the charity on their website at <http://www.ambucopter.org.uk/>

Volunteering for Home-Start Nottingham

Are you a parent with 2-3 hours a week to spare and would like to help another family with young children?

Why not train to be a volunteer for Home-Start Nottingham?

Home-Start is the UK's leading family support organisation. This is achieved by a unique, confidential service, parent to parent home-visiting.

Visit www.home-startnottingham.org.uk for more information.

Please phone 0115 962 4262 or email info@home-startnottingham.org.uk to book a place.

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Funding

Greggs Foundation - Environmental Grants – Round 2

Greggs have opened the second of two application rounds to applications from not-for-profit organisations and schools in Great Britain for their Environmental Grants

Priority will be given to projects which include one or more of the following:

- Improving the local environment.
- Insuring involvement of local communities.
- Delivering a sustainable and measurable difference.
- Supporting people in need.

The funding can be used to cover the purchase of equipment, sessional salary costs, purchase of trees/plants, small capital projects and learning activities.

The Greggs Foundation is also interested in new approaches and innovative ideas as well as sustainable approaches to supporting local environments.

Not-for-profit organisations with a turnover of £300,000 or less as well as schools in England, Scotland and Wales can apply. Organisations that are based near Greggs shops will be given priority.

The deadline for Round 2 applications is 24 June 2017.

The link is: <https://www.greggsfoundation.org.uk/environmental-grant>

BBC Children in Need Small Grants Programme

BBC Children in Need is currently accepting applications from charities and not-for-profit organisations in the UK, the Isle of Man and the Channel Islands that support children and young people who are 18 years and younger.

Small grants of up to £10,000 are available per year for up to three years (£30,000 total request) to not-for-profit organisations in the UK, the Isle of Man and the

Priority will be given to projects where a relatively small amount of money can make a big difference for children and young people.

The 2017 deadlines for applications are 1 June, 1 September, and 1 December 2017.

The link is: <https://tinyurl.com/goou5um>

The NEA/British Gas Energy Impact Awards are open

NEA and British Gas have now launched this year's Energy Impact Award scheme with a first prize of £10,000, and two runner-up prizes of £5,000 and £2,500 recognising and rewarding innovation and best practice.

The Energy Impact Award Scheme will recognise innovation and best practice amongst agencies running projects that focus on energy and tackling fuel poverty by benefiting vulnerable people in the local area. This could be, for example, projects that make links between health and fuel poverty, distributed and renewable energy projects, projects improving the lives of those living in fuel poverty, or other innovative initiatives in England, Scotland and Wales (please note that the award scheme is not operating in Northern Ireland).

The scheme is open to community groups, charities, and other third sector organisations. Local authorities, health agencies, and other public and statutory organisations are also eligible to apply and we are specifically looking for applications which demonstrate partnership working. Agencies from both England, Scotland and Wales are welcome to apply.

The three successful winners will also receive one full place each at the NEA Annual Conference in Nottingham in September 2017 including travel and accommodation (worth £650) as well as the opportunity to showcase their project at the conference to around 300

delegates. If any of the winners are in Scotland and would prefer to go to Energy Action Scotland's Annual Conference instead that can be arranged.

The scheme will close on Friday 19 May 2017; shortlisting and judging will take place in June 2017 and winners will be informed thereafter.

To apply, visit the NEA website - <http://www.nea.org.uk/award-schemes/energy-impact-awards> and download the application form. If you have any additional questions please contact Nina Svedberg-Dunlavy or call 0191 269 2935.

Sport England - Helping the Active Stay Active When Life Changes

Sport England has announced a new pot of funding which will be used to support people to stay active. Helping the Active Stay Active When Life Changes will make grants to organisations for projects that enable people who are currently active to stay active during and after a big life change.

Organisations don't have to be sport-related to apply for funding - any organisation that comes into contact with people at a transitional stage in their lives can apply.

The fund will consider grants for up to 4 years, and Sport England envisages grants to be in the range of £50,000 - £500,000. Deadline: 22 May.

For more info: <https://www.sportengland.org/funding/helping-the-active-stay-active-when-life-changes/>

Comic Relief Community Cash Fund

Once again Nottinghamshire Community Foundation are distributing a £50,000 Comic Relief Community Cash fund to communities across Nottinghamshire.

Comic Relief Community Cash grants of £500-£1,000 are available to small organisations in Nottinghamshire that are doing great work to help local people living tough lives.

Who is eligible to apply for a Comic Relief Community Cash grant?

- constituted voluntary and community groups
- charities
- social enterprises
- co-operatives
- community interest companies

Groups which have been established for less than 12 months, are eligible to apply.

Groups eligible to apply for Comic relief Community Cash grants need to:

- be working in a disadvantaged or deprived area
- be a small local group with an income of less than £100,000 run by local people
- have limited access to other sources of income
- clearly define the need you are addressing
- clearly demonstrate the benefit of your activities to disadvantaged people
- illustrate how you aim to deliver social outcomes
- provide clear evidence that the services provided are inclusive to all
- provide clear evidence that the activities provided will target people who would ordinarily struggle to access those opportunities

Deadline: 5 May 2017

For more information go to the website - <http://www.nottscf.org.uk/grants/comic-relief-community-cash-2017/>

Lloyds Bank Foundation for England and Wales new funding opens 22 May

The Lloyds Bank Foundation invests in charities supporting people to break out of disadvantage at critical points in their lives, and promote practical approaches to lasting change.

To apply you need to be registered as a Charity or a CIO and have income between £25,000 and £1 million in your previous accounts. You must have less than 12 months running costs in reserves.

The grants can support both core and project costs. Support can be provided through our two grants programmes Invest and Enable, along with an optional support programme for successful applicants. These new programmes demonstrate the Foundation's ongoing commitment to support charities that have the greatest impact upon improving the lives of disadvantaged people and their communities.

ENABLE – A smaller and shorter grants programme for organisations that have identified clear development needs or wish to pilot new work (Grants up to a total of £15k over two years); rolling programme – apply anytime

INVEST – A flexible, long term core funding programme for organisations delivering clear, targeted outcomes for disadvantaged people (Grants up to £25k per annum and up to six years); programme opens for applications 22 May – 16 June

ENHANCE –provides an option of tailored in-kind support to strengthen and develop charities. If you are successful in applying for an Invest or Enable grant, we will work with you to identify whether support under the Enhance programme is right for you.

Further information at www.lloydsbankfoundation.org.uk

For an informal discussion contact Gary Beharrell: Email: gbeharrell@lloydsbankfoundation.org.uk Tel: 07734 973060

Launch of Youth Social Action Fund

The aim of this grant is to raise the level and quality of youth social action. Social action involves activities such as campaigning, fundraising and volunteering, all of which enable participants to make a positive difference to their communities. Social action develops the skills and knowledge of young people that employers look for. The definition of young people is between 10 and 20, and up to 25 for disabled young people.

Grants will fund projects to create a positive social impact and improve community safety such as micro-volunteering activities where young people decide what they want to do.

We want to fund enjoyable projects that build and share skills, demonstrate positive impact on the wider community to include improving social cohesion and crime prevention.

For more information visit the Nottinghamshire Community Foundation website - <http://www.nottscf.org.uk/grants/youth-social-action-fund/>

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Health

Jump Avenue at Keyworth, April 2017

Introducing 'Jump Avenue' fun healthy lifestyle sessions for children!

'Jump Avenue' is a free 10 week interactive and engaging healthy lifestyle programme packed full of fun and learning for children and their parents / carers in a supportive, welcoming and friendly environment.

Our experienced and friendly team offer weekly 'Jump Avenue' sessions, which include understanding how to eat a healthy balanced diet in a fun and interactive way, together with parents / carers and lots of activity and games for your children. Sessions include chopping and tasting, quick and easy understanding of healthy options and much more.

Venue: Keyworth Primary School, Nottingham Road, Keyworth NG12 5FB

Start date: Tuesdays, 25th April 2017, Time: 16:30 - 17:30

Children must be aged between 5-11 years old and meet certain eligibility criteria.

To secure a place 'Jump Avenue' please contact us. A member of our team will be happy to help you

Tel: 03330 050 092

Email changepointnotts@everyonehealth.co.uk

Alternatively, please speak to your school who can refer your child onto the 'Jump Avenue' programme on your behalf.

Rushcliffe Move and Mingle Walks

Rushcliffe's programme of free, friendly, health walks are a great way to meet new people and socialise while walking to benefit your health.

Rushcliffe Move and Mingle walks are led by Walking for Health trained leaders and you can walk at your own pace. To see more information and where the walks are in Rushcliffe please go to the web page here.

Just come along to one of our walks, or for more information contact Simon on 07976 631194 or Duncan 07969 330846.

Radford Care Group – Information for carers of people with dementia

Radford Care Group are holding a course from Wednesday 26th April 2017 – Wednesday 7th June 2017 from 3.30 pm – 5.30 pm.

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.

Referrals are welcome 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.

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

Beatfeet – Free drumming workshop for people with learning disabilities

Friday 12 May 2017, 10.45 – 12noon

Venue: Cotgrave Leisure Centre, Woodview, Cotgrave, NG12 3PJ

For more information, call Cotgrave Leisure Centre on 0115 989 2916.

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News & Events

Chat Mats

Have you ever walked into a coffee shop and thought about striking up a conversation with the person at the next table?

Chat Mats from Coffee Companions provide a solution. They are double sided - a green side with 'Say Hello' on it and a red side saying 'Not Today'. They are available in a square disposable format or in a laminated round reusable format and we are happy for individuals to print their own. Whatever the format, Chat Mats are for anyone, anywhere at any time and much easier than mind reading!

- For many isolated older people their weekly, or daily, trip to the supermarket and a chat with the checkout operator may be their only social contact – could this be extended to be a chat in the café with other customers?
- A trip to the garden centre may seem pointless if you are housebound in a small flat – a neighbour offering a trip out with a drink in the café and the chance to meet others on a sunny day is worthwhile.
- Sitting in an airport lounge while your flight is delayed is tedious – sharing experience of other holiday locations with fellow passengers might inspire the next trip.
- We have even been told of people using their Chat Mats on their desks at work so that other staff know whether it is a good time to ask advice on a challenge or not.

Chat Mats help people to create contacts to start building healthier communities and using a Chat Mat to control your social contact has endless unexpected benefits and can be a lot of fun! Some locations may also choose to offer a Companions Hour to encourage new customers to come along and make new friends.

Whatever your personal or professional circumstances, be part of the social change that starts a conversation. Who knows where it might lead?

Disposable Chat mats can be downloaded from the website, or laminated versions are available to buy for a small charge. For more information see the website <https://www.coffeecompanions.co.uk/>

Frazzled Cafe at Marks & Spencer Nottingham

Marks and Spencer has joined forces with number one bestselling author, comedian and leading mental health awareness campaigner Ruby Wax to launch Frazzled Cafe in M&S stores, including the Nottingham City Centre store.

M&S Cafés will host fortnightly ‘talk-in’ sessions where people who are feeling ‘frazzled’ can meet to talk and share their personal stories in a safe, anonymous and non-judgmental environment.

Taking place in M&S Cafés after hours and led by trained volunteer facilitators, Frazzled Cafe meetings are designed not just for the one-in-four Britons who will suffer a mental illness at some point, but for the four-in-four who are feeling frazzled and overwhelmed by the stresses of modern life.

For more information and to sign up visit www.frazzledcafe.org

Green spaces – which is your favourite?

Rushcliffe Borough Council want to hear from you about which green spaces you enjoy spending time in. You can now vote for your favourite site in the borough.

Please visit the council's webpage, <http://www.rushcliffe.gov.uk/environmentandwaste/countryside/greenspaces>, where you will find a list of all the green spaces within Rushcliffe.

Performers wanted for community play

Rushcliffe Borough Council are looking for people to take part in a specially commissioned community theatre project that will take place this summer to celebrate the reopening of Bridgford Hall in West Bridgford following a £2million Heritage Lottery Fund renovation.

The production will involve up a cast of over 200 people from the local area performing on Sunday 25 June in Bridgford Park. There will be three plays in total.

One is being performed by West Bridgford Dramatic Society and another by pupils from Lady Bay Primary School - and the idea is that the third will be performed by a ‘scratch’ group of anyone that fancies ‘having a go.’

The Council has employed a professional theatre director/producer, Julian Hanby, who will work with the performers that sign up. The group will present a Reduced Shakespeare Company-style romp through the history of everything that has ever happened in West Bridgford, and will also be part of a finale event that will involve performing with other community members in a musical finale.

The event will take place outdoors and will go ahead whatever the weather. There's no age limit for participation, but under 16s will need to be accompanied during the rehearsals. Previous plays by the producer have involved casts from 9 to 90. Rehearsals for the play will take place on Tuesday evenings, from Tuesday 9 May onwards.

For more information please contact Julian Hanby direct on 0115 911 6971.

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Training and Resources

Small charities face 'hurricane of change', says report

Small charities face a "hurricane of change" in the economic, political and technological environment they operate in, and government and funders must change the way they operate to help, according to a report from Lloyds bank Foundation

Read the full report at <https://tinyurl.com/kwn2umu>

ICO & General Data Protection Regulation

The Information Commissioner has produced a useful publication about Preparing for the General Data Protection Regulation (GDPR) giving 12 steps to take now to get ready. Read the publication here: <https://tinyurl.com/i492h8x>

Charity stats

The Charity Commission has published its latest register statistics: there are 167,000 charities in England and Wales on their register, with record income of £72.3bn. Also at a high is the proportion of income going to £1m+ charities: £45.5bn, or 63%. See website for more - <https://tinyurl.com/mvmzv2y>

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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

[Take A Breather Respiratory 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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