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## RCVS News

### Volunteers Week!

Don't forget – Volunteers Week this year is 1<sup>st</sup> – 7<sup>th</sup> June. Go to the National Volunteers Week website – [www.volunteersweek.org](http://www.volunteersweek.org) for ideas for how you can thank your volunteers.

Rushcliffe Volunteer Centre will have a display at West Bridgford Library and at Rushcliffe Arena featuring some wonderful volunteers from local organisations – we've asked them to tell us in their own words why they volunteer and why it means so much to them.

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## Volunteering

### Volunteer Web Administrator – Rushcliffe CVS

An exciting opportunity has arisen to help promote our services to voluntary and community groups and to those people who need our help and support. The role will suit someone who is looking to use their skills by helping to develop, update and maintain our website and online presence. We are looking for a skilled volunteer to update our website

with new information and images. You will be a key member of the RCVS team and will contribute to updates, refreshes and the general design of our website.

Specific tasks:

- Updating of content online using our existing content management system
- Checking existing content and sourcing new content for our website
- Creating newsletters
- Maintenance of our online systems
- Researching and developing solutions for our existing and future needs

Skills and Experience

- Experience of using Joomla content management system
- Experience of writing good quality copy / excellent communication skills
- Knowledge of web accessibility requirements
- Focused approach to delivering consistent results
- Motivated, ability to work unsupervised for periods of time

**Hours:** to be agreed, possibility of working remotely

Interested? To find out more please contact our Office Manager, Carole Green tel. 0115 969 9060 or [cgreen@rushcliffecvs.org.uk](mailto:cgreen@rushcliffecvs.org.uk)

## **Cook urgently required for Tollerton Lunch Club**

Cook required one day a fortnight to provide simple lunch for small, friendly Lunch Club, working with team of volunteers.

Our cook is hanging up her oven gloves after 3.5 years and we need to find a replacement to join our small, friendly team of volunteers. Tollerton Lunch Club is now 25 yrs old and meets every second Thursday (except in August) at Tollerton Methodist Church (although the club is not affiliated to the village). Club members are older people from the village – average age 84 and we currently have 20 regular members.

A small team of volunteers supports the cook to provide a 3 course meal with tea/coffee – sample menu Watercress Soup, Cottage pie with vegs, Lemon Tart and cream. Food is a mix of home cooked e.g. soup/cottage pie and bought in e.g. lemon tart. Why not come along one Thursday and see what we do? A Food Hygiene Certificate or willingness to acquire one (can be done on line).

Please contact Linda Swann on 0115 937 6278 or email: [linswann1@hotmail.co.uk](mailto:linswann1@hotmail.co.uk) or alternatively Helen Stanbridge at the Volunteer Centre on 0115 969 9060 ext 122 or [hstanbridge@rushcliffecvs.org.uk](mailto:hstanbridge@rushcliffecvs.org.uk) .

## **Flexible Volunteering**

Micro-volunteering is one way to create opportunities for the time-poor and on 15 April we celebrated the annual international micro-volunteering day. For more information see:

<http://www.microvolunteeringday.com/>

Demand for this kind of bite-sized, low-commitment volunteering is on the rise. For more information on how to harness micro-volunteering for your organisation, check out NCVO's free guide, Giving a Little Time – see <https://tinyurl.com/ku3b9mw>

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## **Volunteer Opportunities**

### **NYAS – National Youth Advocacy Service**

We are wishing to recruit some Independent Visitors. As an Independent Visitor you would be matched with a child or young person, who is within the care system. You would visit the child or young person once a month and take part in a fun activity together, of the child or young person's choosing. You would become a befriender, but also ensure that the child or young person is safeguarded.

Expenses are paid and there are lots of opportunities to gain experience and knowledge of the Social Care sector. There is also a sound training programme included.

Skills and qualifications needed:

- Caring nature
- Good listener
- Approachable
- Understanding of professional boundaries
- Fun!

If you are interested in this exciting opportunity please call Rachel Hicking on 07435967408 or email at [rachel.hicking@nyas.net](mailto:rachel.hicking@nyas.net) .

### **Treetops Hospice Care - Nottingham Magistrates Court Coffee Bar**

Treetops Hospice Care is looking for volunteers to help serve customers at its coffee bar in Nottingham Magistrates' Court.

You will be taking customer orders, making light refreshments, and helping to keep the bar running smoothly. Volunteering offers the chance to make life-long friends whilst doing something rewarding and worthwhile for a local charity.

You will be helping to raise money to provide nursing care and emotional support for adults with illnesses such as cancer, motor neurone disease and multiple sclerosis.

Contact coffee bar manager Sharon on 0115 955 8238.

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## **Funding**

### **Dulux Let's Colour**

With the aim of colouring 1 million people's lives by 2020, Dulux is using its colour authority to try and brighten up grey spaces and local lives throughout the UK through the Let's Colour Project.

Through the programme paint is donated to projects which can make the biggest impact through colour and this year the focus will be on four categories: Schools & Nurseries, Charities, Community Centres and Sports Clubs.

To find out more visit <http://www.letscolour.co.uk>

### **Old Possums Practical Trust**

Old Possum's Practical Trust makes a number of grants each year to further the aims of the Trust: to increase knowledge and appreciation of any matters of historic, artistic, architectural, aesthetic, literary, musical or theatrical interest.

Grants are more likely to be given for projects that involve:

- children or young people
- disabled or disadvantaged people
- communities

and which fall within historic, artistic, architectural, aesthetic, literary, musical or theatrical criteria and which enhance the lives of others, rather than the well-being of the applicants themselves.

The trustees of Old Possum's Practical Trust make grants each year in line with the aims of the trust, the size of which usually fall within the range of £500 - £5,000.

Application is via the online application only. It is important that applicants first read the guidance notes on the website. Applications can be submitted at any time.

Contact: Old Possum's Practical Trust, PO Box 5701, Milton Keynes, MK9 2WZ

E-mail: [generalenquiry@old-possums-practical-trust.org.uk](mailto:generalenquiry@old-possums-practical-trust.org.uk)

Website: <http://www.old-possums-practical-trust.org.uk>

## **Skipton Building Society Grassroots Giving**

Skipton Building Society's Grassroots Giving 2017 community funding scheme launched on Tuesday 2 May – and this year there is a total fund of £82,000 to help small groups and organisations make a difference in their neighbourhood.

In 2016, hundreds of community groups, clubs and organisations from across the UK applied to Grassroots Giving last year and a staggering 38,000 votes were cast online and in Skipton's branches by the public.

Grassroots Giving 2017 will donate grants of £500 to smaller, community minded organisations across the UK to make a big difference to their neighbourhoods and communities. Not open to registered charities.

**Deadline for applications is 31 July 2017.**

To apply for Grassroots Giving funding, visit <https://www.skiptongrg.co.uk/>

## **Lloyds Bank Foundation for England and Wales new Invest round**

**Invest large grant programme opens 22 May - 16 June 2017**

Enable smaller grants can be applied for at any time

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 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.

Further information at [www.lloydsbankfoundation.org.uk](http://www.lloydsbankfoundation.org.uk)

For an informal discussion contact Gary Beharrell

Email: [gbeharrell@lloydsbankfoundation.org.uk](mailto:gbeharrell@lloydsbankfoundation.org.uk)

Tel: 07734 973060

## Greggs Foundation

The Greggs Foundation's Environmental Grants scheme has opened the second of two application rounds to applications from not-for-profit organisations and schools in Great Britain.

The Environmental Grant fund is dedicated to improving the local environment - whether that means turning a piece of wasteland into a garden or organising litter picking days on the beach. We look to fund projects that improve the physical environment in a way that also benefits the wider community.

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

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## Health

### Free 12 Week Healthy Lifestyle Programme

Players and staff from Nottingham Rugby Club together with Everyone Health are delivering this free course for anyone in Rushcliffe who wants to learn more about nutrition and physical activity.

Starts Monday 15 May 18.00 – 19.30 at Nottingham Rugby Club, the Bay, 1 Holme Road, Lady Bay, West Bridgford, Nottingham NG2 5AA

To book a place, please contact Mitchell Harper at Everyone Health by telephone on 07802 718594 or by email to [mitchellharper@everyonehealth.co.uk](mailto:mitchellharper@everyonehealth.co.uk).

## **Reactiv8 Project – for those with a newly acquired disability**

Reactiv8 is a partnership programme delivered by Parkwood Leisure, Nottinghamshire County Council and Rushcliffe Borough Council.

The Reactiv8 project is a new sport and physical activity programme for people aged 16+ with a newly acquired disability. Participants referred onto the programme are able to access weekly multi sports and gym sessions at a reduced rate for a period of 10 weeks with support from an appropriately qualified activity leader. All sessions will cost £4 per session.

The Reactiv8 Project is now available in Rushcliffe at:

- Cotgrave Leisure Centre - 0115 989 2916
- Rushcliffe Arena - 0115 981 4027
- Keyworth Leisure Centre - 0115 937 5582
- Bingham Leisure Centre - 01949 838 628

Sport and physical activity can provide a number of physical and social benefits to participants including:

- Improved fitness levels
- Helps to manage weight
- Builds muscle strength
- Reduces stress and depression
- Improves confidence and self esteem
- Opportunity to socialise and meet other people
- Find out about other local opportunities that may be beneficial to you

Referrals can be made through self-referral or from a medical professional e.g. GP, physiotherapist. Referral forms can be downloaded from:

<http://www.sportnottinghamshire.co.uk/disabilitysport/finding-the-right-sport-for-you/reactiv8-project/>

## **Statement re: Closure of the Disabilities Living Centre**

“Over the past year the Board of Trustees of the DLC has reviewed the funding pressures on our Organisation and the scope and sustainability on all areas of its service delivery.



At a Special General Meeting held on Monday 27th March 2017 the DLC's Board of Trustees met to consider the future of the Charity. It was with much sadness that it was unanimously agreed that the Charity would close due to the lack of long term sustainable funding.

The Charity will formally close on Monday the 31st July 2017.

We are justifiably proud of the achievements and reputation of the DLC over the past 30 years and of the dedication and professionalism of staff and volunteers over this period. We understand that the loss of this service will bring sadness to individual service users and those professional groups that have used the service and facilities as well as the staff and volunteers.

We would like to thank you for your support over the years and at this difficult time."

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## News & Events

### Feeling the Squeeze: State of the Sector in Nottingham City report 2015-2016

Our fellow CVS over the river has published its latest 'State of the Sector' report. It reports on a survey asking VCS groups within the city a series of questions examining their experiences across a two year period – 2015 and 2016 – and their expectations for the year ahead.

It is now available to download as a summary report via their website:

<http://www.nottinghamcvcs.co.uk/files/Feeling-the-squeeze-NCVS-summary-report-final.pdf>

## Carers Roadshows

Planning is underway for the Carers' Federation Carers Events season. Come along and find out about local carers services and support.

We have more information on our website - <http://www.rushcliffecvs.org.uk/projects-projects-72/health-projects-77/1081-carers-roadshow-2017---free-events.html>

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## Training and Resources

## **Inspire - FREE Short Courses Across Nottinghamshire**

Inspire has launched its summer range of free short courses with lots of new subjects, times and venues. All sessions are free until the end of July 2017.

Have you ever wanted to learn a new craft or improve your skills? Our range of short courses are taking place at local venues all over Nottinghamshire and are designed to be fun, relaxed and friendly. You could boost your confidence, try out something new, and improve your employment prospects all at the same time.

- Get creative with Flower Arranging, Crochet or Creative Writing
- Boost your well-being with Assertiveness, Mindfulness or Confidence Building
- Step into work with First Aid, Manual Handling or Health & Social Care

There's over 100 courses to choose from, with new classes being added all the time, so there is something to suit everyone.

Drop into your library for more information or visit the website:

<https://www.inspireculture.org.uk/skills-learning/community-learning/>

## **FREE Training - Armed Forces Mental Health First Aid**

This course is open to anyone that comes into contact with the Armed Forces Community in Nottinghamshire, whether that be serving personnel, reservists, cadet associations, veterans or their families.

It covers a wide range of issues, including suicide and depression, psychosis, anxiety and post-traumatic stress disorder. In each section delegates will learn how to:

- Spot the early signs of mental health issue and feel confident in providing help
- Provide help on a first aid basis
- Help prevent someone from hurting themselves or others
- Stop a mental health issue from getting worse and aid faster recovery
- Guide someone towards the right professional support
- Reduce the stigma surrounding mental health issues

The topics have been specifically tailored to the Armed Forces Community and its culture.

The AFMHFA training is being provided free of charge by the County Council. PLEASE NOTE that delegates that book a place but do not attend will be charged the full rate of £375 per delegate per day.

The dates and venues for set for the two day consecutive courses are:

- 31 May & 1 June - Holme Pierrepont, NG12 2LU
- 7 & 8 June - Attenborough Nature Centre, NG9 6DY
- 27 & 28 June - Ye Olde Bell Hotel, Barnby Moor, DN22 8QS

To book your place on the courses, use the following weblink:

Eventbrite: <http://armedforcesMHFA.eventbrite.com/>

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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

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

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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