



## March Newsletter 2015

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 CVS.

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 Rushcliffe CVS on **0115 969 9060**.

Follow us on Twitter at [@rushcliffe](https://twitter.com/rushcliffe)

To read any pdf files you can download Adobe Acrobat reader for free from [www.adobe.com/products/acrobat/readstep.html](http://www.adobe.com/products/acrobat/readstep.html)

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## Rushcliffe CVS News

### New Job Vacancy

#### Rushcliffe Befriends Project Co-ordinator

28 hours per week £22,443 - per annum, (pro rata)

This post is for a fixed term until 30<sup>th</sup> June 2016 but may be extended subject to funding.

A suitably experienced person is required to develop, maintain and coordinate our befriending project aimed at helping older people become less isolated and become more active in their community through a volunteer befriending programme. The post will involve the recruitment, training and support of volunteers, assessment of scheme users in their own homes and developing partnerships with a range of organisations.

The person appointed will have experience of working within voluntary or statutory organisations that serve the needs of older people. In addition they will have experience of, and be committed to, good practice in volunteer management. Excellent communication skills and strong organisational abilities are essential.



The post will be based in our West Bridgford office and extensive travel is a requirement of the post. Confirmation of appointment will be subject to a satisfactory Enhanced Disclosure and Barring Service check.

Closing date for applications is **4pm Tuesday 7<sup>th</sup> April 2015** and interviews will be held on **Tuesday 28<sup>th</sup> April 2015**

Application packs are available from: Rushcliffe Community & Voluntary Service, Level 3a, Bridgford House, Pavilion Road, West Bridgford, Nottingham NG2 5GJ  
Tel. 0115 969 9060 or email: [admin@rushcliffecvs.org.uk](mailto:admin@rushcliffecvs.org.uk). Alternatively, more information and an application pack can be downloaded from our website [here](#)

*Rushcliffe Befriends is funded by The National Lottery through The Big Lottery Fund.*

## **Rushcliffe CVS 50+ User Group**

The Rushcliffe CVS 50 + User Group was established in October 2011 to assist Rushcliffe CVS in identifying and prioritising the support needs of older people in Rushcliffe and facilitating user involvement in the design and delivery of current and future projects. We would like to broaden the membership so are keen to hear from people who have an interest in older people's issues to assist us in shaping our services and projects in the future.

Members should be 50 or over and live in Rushcliffe. We meet every few months and travel expenses are paid. We may be able to assist with transport as necessary. If you are interested in finding out more, please have a chat with Jess Molineaux on 0115 969 9060 extension 128 or e-mail [jmolineaux@rushcliffecvs.org.uk](mailto:jmolineaux@rushcliffecvs.org.uk)

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## **Volunteering & Opportunities**

### **DBS checks and volunteers from overseas**

The DBS (Disclosure and Barring Service) checking process for UK residents works (reasonably) well, but what happens if your volunteer is from an overseas country? The Wales Council for Voluntary Action has produced a very good guidance document (as well as other guidance relating to volunteers). See: <http://tinyurl.com/nh7fokq>

Source: CA Plus

### **New Opportunities released**

Our latest opportunities include volunteering for:

- Befriender/day centre
- Running events
- Advisors
- Drivers
- Charity shops

Please click [here](#) for more information.

**For any information about volunteering** whether you are recruiting or want to be a volunteer please click [here](#) or contact Helen Stanbridge, Rushcliffe Volunteer Centre Development Officer on **0115 969 9060** or email: [hstanbridge@rushcliffecvs.org.uk](mailto:hstanbridge@rushcliffecvs.org.uk)

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## Funding

### Focus on Funding website

This is a really useful website with a wealth of information about funding sources, events and training. Visit the website to find out more at <http://www.focusonfunding.org.uk/>

### 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

### Unwind with Words

**Monday 23<sup>rd</sup> March 2015, 10.30 – 12.00**

**West Bridgford Library, Bridgford Road, West Bridgford NG2 6AT**

Come and join us for a coffee at this free event for Rushcliffe residents aged 16 -116 years! Take time to relax and explore the joys of words through stories, poems and conversation. Other events are to be held at the same time on Mondays 20<sup>th</sup> April, 18<sup>th</sup> May and 22<sup>nd</sup> June. You can view a poster [here](#).

Please contact Sue Knowles RCVS Health Development Worker on 0115 969 9060 ext 132 or [sknowles@rushcliffecvs.org.uk](mailto:sknowles@rushcliffecvs.org.uk) if you would like more information.

### Coffee with Healthwatch and friends - listening to patients and representing their views

**Saturday 12 April 2015, 9.30 - 12.30**

**West Bridgford Library, Bridgford Road, West Bridgford, NG2 6AT**

Healthwatch is the new independent organisation that helps people speak up about health and social care. Come along and chat over a free tea or coffee and cake. Healthwatch will be taking people's experiences, signing people up to the mail list, recruiting volunteers and promoting Healthwatch.

There will be other events around Nottinghamshire. To see more about these and find out more about Healthwatch, you can download a pdf file [here](#) Alternatively, contact Sue Knowles on 0115 969 9060 ext 132 or [sknowles@rushcliffecvs.org.uk](mailto:sknowles@rushcliffecvs.org.uk)

## Macmillan Cancer Support for groups

### Thinking of starting a cancer support self-help or support group?

Macmillan can support or help develop your group in many ways including grants and training. The Macmillan Involvement Co-ordinator for the East Midlands and South Yorkshire is Ian Margerison. You can contact him on 07834 191 201 or by email on [imargerison@macmillan.org.uk](mailto:imargerison@macmillan.org.uk)

For more information about what the Service can do please visit their web page by clicking on [How Macmillan can help – Cancer support groups.](#)

### Could you spot the signs of stroke?

The Stroke Association has launched a new campaign to raise awareness of the FAST test, encourage more people to become FAST aware and highlight the importance of treating stroke and [mini-stroke](#) symptoms as a medical emergency and calling 999.

They want as many people as possible across the UK to know how to spot the signs of stroke or mini-stroke, and what action to take to ensure that patients arrive at a specialist stroke unit as quickly as possible. The Stroke FAST Forward webpage can be found [here](#)

The **FAST** test is:

- **F**acial weakness
- **A**rm weakness
- **S**peech problems
- **T**ime to call 999

Now you know the FAST signs, pass it on by:

- Emailing this information to your friends and family
- If you are on Facebook, [share this post](#)
- If you are on Twitter, [retweet this](#)

### Dates for your diary – Health weeks for 2015

How about tying an event you're planning into one of the following themed weeks?

11-17 May	Mental Health Awareness Week
18-24 May	Dementia Week
1-7 June	Volunteers Week
8-14 June	Carers Week
14-20 June	Diabetes Week
15-21 June	Learning Disability Week
1 October	Older Peoples Day
10 October	World Mental Health Day

If you need any support or advice please contact us on 0115 969 9060 or e-mail [admin@rushcliffecvs.org.uk](mailto:admin@rushcliffecvs.org.uk)

## **NHS Rushcliffe CCG Patient Forums**

Sue Knowles, the Rushcliffe CVS Health Development Worker works with NHS Rushcliffe Clinical Commissioning Group, patients and voluntary and community groups to help improve health services in Rushcliffe.

She is involved in the NHS Rushcliffe CCG Health Network and chairs a number of patient forums including the Diabetes and Cancer forums, 50+ Health subgroup and the Mental Health & Wellbeing partnership. There are also forums for Carers and those with Learning Disabilities. If you would like to know about the forums, please contact Sue on [sknowles@rushcliffecvs.org.uk](mailto:sknowles@rushcliffecvs.org.uk) or on 0115 969 9060 Ext 132.

To see details of the forums arranged so far for 2015, please visit our webpage [here](#)

## **Rushcliffe Stroke Survivors Group**

The group meets on the second Wednesday of the month from 2pm – 4pm, usually at St Paul's Church, Boundary Road, Wilford Hill, West Bridgford, NG2 7DB.

To see the dates arranged so far, click [here](#) to take you to the Health Forums page and scroll down to Rushcliffe Stroke Survivors Group

For more information please contact Sue Knowles, Rushcliffe CVS Health Worker on 0115 969 9060 or email [sknowles@rushcliffecvs.org.uk](mailto:sknowles@rushcliffecvs.org.uk)

## **Rushcliffe Ramblers Sunday Short Walks**

### **Spring programme**

The Rushcliffe Ramblers have a programme of popular health walks until May 2015. This is a series of interesting short walks around West Bridgford with some further afield. You can download their programme by clicking [here](#).

For more information please call the Walk Leader on 0115 981 0420 or 0775 145 8041

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## **News and Events**

### **Self Help Roadshow in Rushcliffe**

Self Help Connect, previously Self Help Nottingham, is launching a county roadshow to get out and about to engage with groups across Nottinghamshire. They will also be spreading the word of self help groups and self care to those who may not yet be involved.

They will be in West Bridgford Library on Bridgford Road on the **19<sup>th</sup> March** from 1 - 4pm.

If you have struggled to find the right group for you, then they can offer support, resources and guidance on starting new groups. There will also be a free taster of their Social Media Surgery – so if you have any questions or queries that you would like support with, go along and ask at their informal 1-2-1 surgery!

For more details, visit [www.selfhelp.org.uk](http://www.selfhelp.org.uk) or call: 0115 911 1662

## **Job Vacancy for Rushcliffe Advice Network (RAN)**

RAN is currently recruiting for a Consultant Adviser. The link for all information and application details is:

<http://nottinghamcab.org.uk.websitebuilder.prositehosting.co.uk/vacancies>.

The closing date for this vacancy is 23<sup>rd</sup> March.

Alternatively, contact Claire McCurdy, Project Co-ordinator RAN on 0115 982 7252.

## **Woollen Woods Project at Rushcliffe Country Park**

Voluntary Arts England have organised a national project 'Woollen Woods' in which they are inviting all crafters, knitters, crocheters to create items for an installation, which runs during Voluntary Arts Week, 15 - 24 May 2015

There are only five installations in Britain and one will be hosted by Rushcliffe Country Park in partnership with the Framework Knitters museum. The theme chosen is 'The Birds and the Trees'. To register and find out more details please see this link:

<http://voluntaryartsweek.org/nottinghamshire-woollen-woods/>

During the installation, it is hoped to offer visitors to the park an opportunity to join a drop-in workshop to work with an artist on knitting and crocheting skills, hopefully to make items for the installation. Volunteers and staff from the Framework Knitters museum will also be demonstrating their Griswold Machines and inviting people to add to the longest knitted Swans neck!

You can find out more about the project on <http://voluntaryartsweek.org/woollen-woods/> or contact Sarah Breen at Nottinghamshire County Council on 07818 031 632 or [sarah@vaengland.org.uk](mailto:sarah@vaengland.org.uk)

## **The Disabilities Living Centre (DLC) Loan Library and event**

The DLC have a loan library of simple electronic aids where you can borrow equipment for two weeks to see if they work for you. You have to pay a temporary deposit and the return postage to send it back to us, but otherwise the library is free to use!

They will be holding an event on **Wednesday 18<sup>th</sup> March 2015 at 10.30 am** where you can speak to a Loan Library representative who will be available to answer questions. For example of equipment available, click on the categories below for more details.

### **[Memory prompts](#)**

Contains gadgets that can remind you of things you need to do

### **[Sight and hearing](#)**

Lists a range of magnifiers and devices that can give verbal feedback

### **[Safety alarms and pagers](#)**

Alarms and sensors for where the user and the carer live together

### **[Staying in touch](#)**

Telephones with big buttons and picture buttons

For more information about DLC visit [www.dlcnotts.co.uk](http://www.dlcnotts.co.uk) or call 0115 985 5780

## Help Notts Wildlife Trust help our wildlife at Ruddington Spring Fair

South Notts Local Group are organising their annual Spring Fair to raise funds to support the work of Nottinghamshire Wildlife Trust. Last year's event raised a record £1,200 and this year's Fair will be on **Saturday 23rd May at St Peters Rooms, Ruddington** (10 - 12). If you are able to help in any of the following areas they would be delighted to hear from you.

- Provide plants for sale - contact Gordon Dyne (015 8784842 or [gordon.dyne@gmail.com](mailto:gordon.dyne@gmail.com) )
- Bake some cakes - contact Margie Richards (0115 9376320 or [marjeff637@btinternet.com](mailto:marjeff637@btinternet.com))
- DVD`s and CD`s - contact Valerie Holt (0115 9822317 or [v.holt1@ntlworld.com](mailto:v.holt1@ntlworld.com) )
- Vinyl records - contact Scott Gorman (07828059658 or [scottgorman1@btinternet.com](mailto:scottgorman1@btinternet.com) )

All donations gratefully received.

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## Resources and Training

### Inclusive Access and Design for All - Training Opportunity

Wednesday 1 April & Thursday 2 April 2015, 10:00am to 4:00pm

APTCOO, Unit 15, Botany Park, Botany Avenue, Mansfield, NG18 5NF

Disability Nottinghamshire has teamed up with 'About Access' to provide a 2-day access audit training course which will unpick the essentials you need to know about designing, creating and managing inclusive and accessible environments for all.

- Learn how to undertake an access audit (theory and practical)
- Legislation behind the design and build of facilities
- Equality Act 2010, Building Regulations and disability awareness
- Examples of good and poor practice, and how to make improvements

**Cost:** £100 for individuals, £125 for voluntary, community or charity organisations and £150 for private or statutory organisations. If you have any questions or would like to book a place, please contact Leah or Claire at Disability Nottinghamshire on **01623 658 060** or [Leah@disabilitynottinghamshire.org.uk](mailto:Leah@disabilitynottinghamshire.org.uk)

### Training from Nottingham CVS for March and April

- **How to chair and manage meetings**  
Wednesday, 18th March 2015, 10am – 1pm
- **How to take minutes**  
Wednesday, 25th March 2015, 10am – 1pm
- **Using research to strengthen funding applications and develop services**  
Thursday 26th March 2015, 9:30am – 1:00pm



Run by The University of Nottingham, this free workshop will greatly assist anyone responsible for raising funds, improving a service, extending the reach of service provision and/or campaigning about an issue. Free brunch provided!

- **Trustee Training (for New or Recently Appointed Trustees)**  
**Tuesday 14 April 2015, 9.45am - 1.00pm**  
For full details click [here](#):
- **Is Your Governance Fit for Purpose?**  
**Thursday 16 April 2015, 9.45am - 1.00pm**  
For full details click [here](#):

The venue for all courses is **Nottingham CVS 7 Mansfield Road, Nottingham, NG1 3FB**. The cost (apart from the Using Research course) is £25 for voluntary sector groups and £50 for private/public sector organisations.

To book, contact: [training@nottinghamcvs.co.uk](mailto:training@nottinghamcvs.co.uk) or 0115 934 8400

## **Introduction to Paediatric First Aid session**

**Friday 27th March 2015, 1.30 - 2.30pm:**

**Ruddington Young People's Centre, Church Drive, Nottingham NG12 5FF**

This session is provided by the charity 'Save a Baby's Life' and is free. It will cover the basics of Paediatric First Aid such as CPR and choking and is open to families from the West Bridgford and Ruddington area. Please call Abbey and Lady Bay Children's Centre on 0115 9694480 to book your place. The Centre cannot provide childcare but there will be a small baby area available.

## **DBS Checking Services**

- You can search for an 'umbrella body' to complete checks on your behalf at <https://www.gov.uk/find-dbs-umbrella-body> .
- Nottinghamshire County Council also offers a DBS checking service. For groups in receipt of grant-aid funding, the service is free; for groups not in receipt of grant aid, there is a £10 administration fee. If any organisation wishes to use the NCC DBS service, please email [dbs@nottscc.gov.uk](mailto:dbs@nottscc.gov.uk)

## **Need help or advice in managing your finances or HR?**

**CA Plus** is a registered charity which can help other voluntary and community organisations manage themselves well. Their key areas of support to groups are:

- Financial Training (managing your finances)
- Preparation and Independent Examination of Accounts
- Book-keeping
- Employment & HR advice
- Payroll (for both Voluntary Sector & Private Companies)

To find out more, visit their website at <http://www.caplus.org.uk>

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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

[Community Outreach Advisor](#) – one-to-one advice and info for the over 50s

[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**

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)

### **Rushcliffe Volunteer Centre Drop-in Sessions in West Bridgford**

We are holding drop-in sessions where you can have an informal chat and find out about local volunteering opportunities at **West Bridgford Library** on the first Tuesday afternoon of each month from 1 - 4pm.

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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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