



## July 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)

This month's newsletter has some details of some great outdoor events - (did you know there are over 20 nature reserves in the Rushcliffe area?). Also we've got details of a recent survey on Volunteering - apparently it can make you feel happy, do wonders for your CV and even for your lovelife....

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



### **Coffee and Chat - and influence local services**

Come and join us for free coffee and cake and a chat about local services. You are welcome at any of these following events organised by Rushcliffe CVS, NHS Rushcliffe CCG and Healthwatch Nottinghamshire. Pop in and have your say on local health and social care. Find out how we are working together to help your community and how you can get involved. Share your experiences with us on:

#### **Tuesday 22nd September**

10.30-12.30 Poppy and Pint Pub Lady Bay Nottingham NG2 5DX

#### **Wednesday 25th November**

2.00-4.00 Bradmore Garden Centre Pendock Lane, Bradmore NG11 6PQ

For further information contact: 0115 9635 179 or see:

[www.healthwatchnottinghamshire.co.uk](http://www.healthwatchnottinghamshire.co.uk)

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## Volunteering & Opportunities



### **VOLUNTEERS' WEEK**

... follow up...

### **Motivation and barriers in volunteering**

The Do-it Trust, the people behind the online volunteering database, has published the results of its survey run for Volunteers' Week 2015. Two thirds of the over 4,000 (online) respondents volunteered so as to 'give back' to the community. A lack of time was the top reason for what stopped them volunteering, but the lack of a response from the target organisation was also quoted by a fifth of people. Jamie Ward-Smith, Chief Executive of Do-it Trust said "That lack of time is still the biggest barrier to volunteering shows a real need for more flexible, short term volunteering, including micro opportunities."

Read on below for some local one off volunteering opportunities from Nottinghamshire Hospice.

See the following link for more information about the Do-it Trust survey:

[voluntarynews.org.uk/news/2015/07/motivation-and-barriers-in-volunteering/](http://voluntarynews.org.uk/news/2015/07/motivation-and-barriers-in-volunteering/)

(Source: VolResource Newsletter No. 666)

### **"One off" Volunteering Opportunities from Nottinghamshire Hospice**

#### **Duck Race—Riverside festival**

Saturday 1st and Sunday 2nd August, Volunteers needed for shifts in two hour slots between 10am-5pm Venue: Victoria Embankment. Volunteers are needed to support for a couple of hours to sell tickets on the stall to raise as much money as possible for the hospice.

#### **Community Cycle Cinema**

Friday 25th September. Slots between 3.30pm-8.30pm Venue: Mapperley Sports Village, Ransom Drive. Volunteers are needed to support at this event with a cycle powered showing of The Lion King. Cyclists are being sponsored with some of the money going to Nottinghamshire Hospice. Roles include ticket collecting, staffing a stand, giving out blankets to people enjoying the movie and helping with booking in cyclists.

#### **Ikano Robin Hood Marathon**

Sunday 27th September. Volunteers needed all day in various time slots Venue: Victoria Embankment Recreation Ground. Volunteers needed as route marshals, finish line assistants and water station team members. The hospice is receiving sponsorship from the organisers. Volunteers are needed to support all day, time slots are flexible.


For further information on any of the above opportunities, contact Stacey Shillingford, Volunteer Services Development Manager, Nottinghamshire Hospice  
Tel: 0115 9101008 or 0779 2574739.

## Other Volunteering Opportunities

Our latest opportunities include volunteering for:

- Befriender/day centre
- Running events
- Advisors
- Voluntary Transport Scheme
- Charity shops

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



Volunteers do not necessarily have the time; they just have the **heart**.

*Quote from Elizabeth Andrew.*

**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

### **£20m Local Sustainability Fund – very close deadline**

The Cabinet Office has launched this fund. It will provide targeted support for organisations with a strong track record of delivering services which are experiencing current challenges, but which, with targeted support, could secure a strong future.

Applications have to be completed using the VCSE Diagnostic Tool which can be found <http://vcseidiagnostic.org.uk/>. **This closes on 26 July 2015.** Details of the Fund can be found <http://vcseidiagnostic.org.uk/sites/default/files/LSF%20leaflet.pdf>

### **Big Lottery Fund's Help Through Crisis Fund Launches for England**

Despite improvements to the UK economy, the Joseph Rowntree Foundation has found that 13 million people across the UK continue to experience poverty. Findings also show that there has been a rise in the number of people that have reached an emergency in relation to a lack of basic needs such as food, shelter, fuel and basic health and/or social care.

The Big Lottery Fund has established the new £30 million Help Through Crisis programme to fund projects that draw on the strengths and personal experience of people facing hardship crisis so that they can overcome immediate difficulties and be ready for opportunities and challenges ahead.

Voluntary and community unincorporated charitable associations, registered charities, community benefit societies registered as industrial and provident societies, community

interest companies, and social enterprises in England are invited to apply for grants of between £300,000 and £500,000 for projects that will last five years.

**The deadline for Stage One applications is 26 August 2015 (midday).**

[Read more: Big Lottery Fund's Help Through Crisis Fund Launches for England](#)

## **Rushcliffe Borough Council Grants**

Rushcliffe Borough Council can provide capital grants of up to £15,000 to groups and organisations. Applications are assessed twice a year. The closing date for Autumn assessment is **1st September 2015**. See: [www.rushcliffe.gov.uk/grants/](http://www.rushcliffe.gov.uk/grants/)

## **Focus on Funding website**

This is a really useful website with a wealth of information about funding sources, events and training aimed at Nottingham and Nottinghamshire groups. Unfortunately the last Focus on Funding ebulletin has now been sent as the project, which was funded from July 2014 - June 2015, by Nottinghamshire County Council Grant Aid has now ended. The website will remain live until the 1st of October so you can still access any information and documents. Visit the website to find out more at: [www.focusonfunding.org.uk/](http://www.focusonfunding.org.uk/)

There is a national funding website provided by The National Council for Voluntary Organisations (NCVO) see: [www.fundingcentral.org.uk /](http://www.fundingcentral.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**

### **Support for health charities**

This year's GSK IMPACT Awards are now open, to recognise and reward charities that are doing excellent work to improve people's health. The awards are open to registered charities that are at least three years old, working in a health-related field in the UK, with a total annual income between £25,000 and £2 million. Winners get a package of funding, training and publicity. No need to present a new project. Deadline 25 September 2015.

See: <http://voluntarynews.org.uk/news/2015/07/support-for-health-charities/> (Source: VolResource Newsletter 667).

### **Are you interested in supporting people affected by cancer?**

Cancer support groups gives people the chance to talk to others who can understand what people are going through. Support groups bring people together to offer mutual support. Macmillan Cancer Support can help with advice, training, resources and start up grants to help develop groups.

If you are interested in setting up a self help and support group or would like more information then please contact your local Macmillan Involvement Coordinator who will be able to help with this.

Contact: Danielle Mellows [dmellows@macmillan.org.uk](mailto:dmellows@macmillan.org.uk) 07834 191250.

## **New Support Service for People with Dementia**

A new support service for people with dementia and their carers is about to open in Keyworth. Called **Rosemary's Cafe** after the beautiful herb associated with memory, it will meet once a month at the Parochial Hall on the corner of Elm Avenue and Selby Lane, on the morning of each second Tuesday. The first meeting is on **Tuesday 8th September** from 10.30am to 12 noon.

This will take the same form as memory cafes which already thrive across Nottinghamshire. It is a place where people with dementia and their carers can be sure of a warm welcome without any stigma. Refreshments will be served for a small charge, and we will have visiting speakers on topics relevant to living well with dementia, and enjoyable activities.

The project is organised by Diana Jones and Hilary Wellington. Diana is well known in Keyworth and has a very warm and caring personality. She is a Dementia Friend, committed to helping to make communities better places for people with dementia and their carers. Hilary has over 30 years' experience of supporting people with dementia and their carers. She is a Dementia Champion and is a member of Dementia Care Matters and of the National Association of Activity Providers.

Further information - contact Hilary on 07776 284238.

## **Rushcliffe Stroke Survivors Group**

**Second Wednesday of each month**

**2pm - 4pm** St Paul's Church, Boundary Road, West Bridgford, NG2 7DB

(bottom of the hill, at junction with Loughborough Road (A60))

**Wednesday 12<sup>th</sup> August 2015** No meeting.

**Wednesday 9<sup>th</sup> September 2015** The Lounge. St Paul's Church. Violinist Milli Galgut demonstrating music from the Hebrides and favourite songs from Scotland.

For more information relating to this group, please contact: Sue Knowles at Rushcliffe Community & Voluntary Service Tel. 0115 969 9060.

## **Rushcliffe Ramblers Sunday Short Walks for August and September**

For full details and other dates, go to our website [here](#) where you can download a programme.

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## News and Events

### Rushcliffe Housing Consultation

**Rushcliffe Borough Council will be consulting on the Rushcliffe Housing Delivery Plan 2016-2021** The Rushcliffe Housing Strategy was published in 2009 to cover a period up to 2016. The document sets out the key challenges and opportunities relating to housing over the period and identifies priority issues upon which to focus resources.

There have been many changes over the past six years which affect housing services at a local level. These changes impact on local people and change the housing market, the demand for different types of properties and the number of new homes being built, including affordable homes.

The Housing Strategy is currently being reviewed and updated to take these issues into account. The updated document will form a concise Housing Delivery Plan which will identify key priorities in which we will focus work with partners over the next 5 years.

The consultation provides an opportunity for stakeholders to influence the themes and priorities that should be included in the Plan and to identify the opportunities for further collaborative working to deliver positive change.

A link to the response document is available at <https://www.surveymonkey.com/r/RushcliffeHousingDeliveryPlan>  
The closing date for responses will be 14th September 2015.

### Pensions and Auto-enrolment

If you haven't sorted out your auto-enrolment by now, you will need to do it soon. CA Plus have produced a short guidance note on Pensions and auto-enrolment. It is quite complex, and unfortunately, **it is not something you can ignore if you pay any workers**. Follow this link to download the guide:

<http://www.caplus.org.uk/content/auto-enrolment-pensions-pension-reform>

### The Guardian Charity Awards 2015

You could be one of five charities that wins this year's Guardian Charity awards. It's free, easy and doesn't take long to submit your entry. Simply register or sign in to the Guardian which takes a few seconds, then complete a short form. If you are a registered charity with turnover of less than £1.5m, read on.

Smaller charities tend to be overshadowed by the big players of the voluntary sector. Yet in terms of innovation, flexibility and reach into communities, it's very often the case that small is beautiful.

The Guardian Charity Awards seek to redress that. For 23 years, they have showcased excellence among small and medium-sized charities and given a much-needed boost to organisations struggling to get the profile and funding they need to move forward. Their entry criteria mean that the big names cannot exert their usual dominance.

The awards offer a priceless leg-up to organisations that are delivering practical solutions to present-day problems, never more important than at a time of continuing austerity in our public services. Deadline 5<sup>th</sup> August. To find out more see: [www.theguardian.com/voluntary-sector-network/series/charity-awards-2015](http://www.theguardian.com/voluntary-sector-network/series/charity-awards-2015)



## Scam Awareness Week

July is Scam Awareness Week - Citizens Advice are running a campaign to raise awareness of the dangers of postal, telephone or e-mail scams. More information and free downloadable resources can be found at:

[https://www.citizensadvice.org.uk/about-us/campaigns/current\\_campaigns/scams-awareness-month/scams-awareness-month/](https://www.citizensadvice.org.uk/about-us/campaigns/current_campaigns/scams-awareness-month/scams-awareness-month/)

## Budget updates

There are a couple of briefings looking at the recent budget from the voluntary sector point of view:

From the National Council of Voluntary Organisations see:

<http://blogs.ncvo.org.uk/2015/07/08/a-budget-full-of-implications-for-the-voluntary-sector/>

The Charity Finance Group has also produced:

<http://www.cfg.org.uk/Policy/latest-policy-updates.aspx#budgetbriefing>

## Disabilities Living Centre (DLC) Free Events

**DLC Open Information Days** Next date: Thursday 6<sup>th</sup> August 2015.

Your chance to pop into the DLC, no appointment necessary and talk to a member of the DLC team. Try a range of disability equipment in the Centre, browse extensive literature, get advice and information from one of their equipment advisors.

Venue: Disabilities Living Centre, Middleton Court, Glaisdale Parkway, Bilborough Nottingham NG8 4GP

Contact the DLC on Tel: 0115 985 5780 or Email: [info@dlcnotts.co.uk](mailto:info@dlcnotts.co.uk) or visit [www.dlcnotts.co.uk](http://www.dlcnotts.co.uk)

## Dementia Awareness Day

**Monday 27th July 2015 from 10.00 am till 2.00 pm**

**Julian Cahn Pavilion, West Park West Bridgford, NG2 7HR**

Enjoy a healthy Indian meal

For further information contact:

Madan Kaura Email: [mkaura@outlook.com](mailto:mkaura@outlook.com) Tel. 0115 945 2150, 0744 390 4981

or Sue Knowles Email: [sknowles@rushcliffecvs.org.uk](mailto:sknowles@rushcliffecvs.org.uk) Tel. 0115 969 9060.

## Calling all carers!

Free Event! Prize Draw, shopping vouchers to win.

- Find out about local carer services and support, rights and benefits
- Talk to carers, service providers and service planners
- Meet carers and share experiences, air your views, browse the market place

**Dates and venues:** Tuesday 28th July - Kings Mill Hospital, NG17 4JL; Saturday 1st August - Arnold Methodist Church, NG5 7EL; Tuesday 4th August Stapleford Care Centre, NG9 8DB; Friday 7th August Newark Market Place, NG24 1EA.

This is a series of events held in local communities designed, prepared and produced by carers, for carers. All events are open 9am—1pm. Refreshments available.



## Notts Wildlife Trust Run Childrens Wildlife Days



Image courtesy of  
Detanan at  
FreeDigitalPhotos.net

During the summer holidays there are some great opportunities for children (and adults!) to be in touch with wildlife. Notts Wildlife Trust are running Nature Discovery Days at Skylarks Nature Reserve on Tues 4th, Thurs 6th & Fri 7th Aug (10.30am-12.30pm) on Adbolton Lane, just past Holme Pierrepont Country Park. You can go sweep netting in the meadow, tree beating in the woods, make a wild bookmark and become an animal detective! No charge, but places limited so book early. For more information contact Andrew Shaw [ashaw@noswt.co.uk](mailto:ashaw@noswt.co.uk) Tel.0115 958 8242.

In addition they are also running a Childrens Day on two of their local nature reserves on Wednesday 12th August with Education Officer Lyn Victor. So in the morning between 10 and 12 there will be bug hunts at Wilwell Farm Cutting nature reserve (of the road between Ruddington and Wilford on the left just before the ring road), plus guided walks with reserve warden at 10.15 and 11.15 plus our nature table. In the afternoon Lyn will be running pond dipping sessions between 2 and 4 at the nearby Wilford Claypits nature reserve (behind the Apple Tree pub on Compton Acres, West Bridgford) and there will be guided walks around the site with the reserve warden at 2.15 and 3.15 and again we will have the nature table on site.

Although billed as a Children's Day folk of any age are welcome. More details with maps etc can be found on [www.southnottswildlife.org.uk](http://www.southnottswildlife.org.uk) The website is well worth a look - for example you can find out more info about over 20 nature reserves in the Rushcliffe area.

## Rushcliffe Ramblers Sunday Short Walks for August and September

- Sunday, 2nd August 2015 - 5 miles Start times: 10.20 am ... no afternoon walk in August. Meet at Rushcliffe Country Park
- Sunday, 6th September 2015 - about 5 miles. Start times: 10:00am and 2.30pm Meet at West Bridgford library.

For full details and other dates, go to our website [here](#) where you can download a programme.

You can also contact the Walk Leader, Jeremy P on 0115 981 0420 / 0775 145 8041

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## Training and Resources

### Training:

#### Age UK Training

Age UK run a selection of training courses - ones coming up shortly include Data Protection (Wed 5 August) and Lone Working and Personal Safety (Mon 21st September). They also run specialist bespoke dementia focused courses. For full information see: <http://www.ageuk.org.uk/notts/our-services/training-services/>

## **Motivating Healthy Behaviour training**

This training from Nottinghamshire Healthcare NHS Trust is designed for all frontline workers within the public domain. It aims to equip you with the confidence, knowledge & basic motivational interviewing skills needed for an effective discussion with adults around challenging behaviours such as smoking, poor diet, increased alcohol use, and physical inactivity.

- Motivating Healthy Behaviour training can be held in the workplace upon request (minimum 8, maximum 18 staff)
- Length of training –3.5hrs
- No Charge for staff providing services within Nottinghamshire County
- Certificate provided for your portfolio

**2015 Training dates:** September 29th – Ashfield Health Village; November 24th – Duncan Macmillan House All dates – 9.15am till 1pm

For more information, to book your free place or arrange training in the workplace email: the course tutor: [rachel.prosser@nottshc.nhs.uk](mailto:rachel.prosser@nottshc.nhs.uk) Tel: 07814 286 185.

## **Resources:**

### **ACAS Guides**

Workplace experts Acas has produced a number of useful items recently. Topics covered: time off for antenatal appointments, basic law on staff pay, calculating holiday pay. For guidance on antenatal leave, holiday pay and pay basics see:

[voluntarynews.org.uk/news/2015/07/guidance-on-antenatal-leave-holiday-pay-and-pay-basics/](http://voluntarynews.org.uk/news/2015/07/guidance-on-antenatal-leave-holiday-pay-and-pay-basics/)

(Source: VolResource Newsletter No. 666)

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## **Disabilities Living Centre Outreach Sessions Available**

The Disabilities Living Centre would like to hold free outreach sessions for the local community such as the elderly, people with disabilities, carers and professionals. The sessions would be no longer than 1 hour approximately and we would bring along some equipment for people to look and test such as bathing, small aids, mobility aids and gardening. We will be selling radar keys which access all the disabled toilets around England.

The reason we are holding these free outreach sessions is to target the hard to reach, people who are isolated, people who may have barriers with the English language, people who may be limited in traveling outside of their community and also people feel more at ease and comfortable in talking to us about personal issues within their own community and we would advise in purchasing the right equipment for individuals.

We are hoping to make the session a regular weekly or monthly session with your group, coming each week with different disability aids for the clients to test and advice on the best suited equipment for the individuals.

To find out more call Loretta Seymour on 0115 9855780.

### **New online access for company data**

A new service from Companies House will allow all public digital data held on the UK register of companies to be accessed without charge. This will naturally include information on charities which are also registered companies (other than CIOs). See the trial version by following the link from here:

< <http://voluntarynews.org.uk/news/2015/06/new-online-access-for-company-data/>>

(Editor's note: A quick search of two local charities showed this "beta" version appears to be working well).

### **Short leaflets from Disclosure and Barring Service**

The Disclosure and Barring Service has a number of new short leaflets, available in pdf and hard copy. These include: Disclosure application process for volunteers, DBS checks: case studies, DBS barring: making a referral.

[voluntarynews.org.uk/news/2015/07/short-leaflets-from-disclosure-and-barring-service/](http://voluntarynews.org.uk/news/2015/07/short-leaflets-from-disclosure-and-barring-service/)

(Source: VolResource 667).

### **Improving charity web content**

New on the Technology Trust website, the managing director of a charity website company gives his top tips for how to make a difference to the effectiveness of web content. Called '[5 easy-to-action ways to improve your charity website](#)', some headings may seem a little scary, but the title is reasonably accurate. (Source: VolResource 667).

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## **Jobs**

### **Job Adverts from One East Midlands**

Below are a selection of jobs advertised on One East Midlands website. To see the full information and more jobs go to: <http://www.oneeastmidlands.org.uk/jobs>

**Part-time Female Outreach Post for Next Step (Against Domestic Abuse)** – closing date 31/7/15

Next Step (Against Domestic Abuse) are recruiting a part-time Female Outreach Post – South Derbyshire. Salary: £15,444 per annum (pro rata). Working hours 18.5 hours per week. Fixed term contract to 31st March 2016 (extendable subject to funding).

**Project Officer (Suicide Awareness Training Project) - Rural Action Derbyshire** – closing date 31/7/15

This is an opportunity to work with a well established voluntary and community sector project in Derbyshire which helps raise awareness of suicide and its impact. Salary - £22,221 pro rata, 15 hours per week. Contract initially to March 2017 with a possibility for extension.

**Project Officer (Suicide Awareness Training Project) - Rural Action Derbyshire** – closing date 31/7/15

This is an opportunity to work with a well established voluntary and community sector project which helps raise awareness of suicide and its impact. Salary £22,221 pro rata, 15 hours per week. Contract initially to March 2017 with a possibility for extension.

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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

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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**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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West Bridgford  
Nottingham NG2 5GJ  
0115 969 9060

Email: [admin@rushcliffecvs.org.uk](mailto:admin@rushcliffecvs.org.uk)

Website: [www.rushcliffecvs.org.uk](http://www.rushcliffecvs.org.uk)

*Rushcliffe Community and Voluntary Service is a Registered Charity, No 1079880 and a Company Limited by Guarantee, No 3867757. RCVS is registered in England and Wales and is a member of NAVCA. We gratefully acknowledge financial assistance from Rushcliffe Borough Council and Nottinghamshire County Council.*

Editor: Melanie Russell-Smith Rushcliffe CVS

**Free  
Prize Draw**  
Win a £100  
Shopping  
vouchers!

# Calling all carers!

## Free Event!

**Find out about local carer services and support**

**Find out about rights and benefits**

**Talk to carers, service providers and service planners**

**Meet carers and share experiences**

**Air your views**

**Browse the market place**

### **What's the difference?**

This is a series of events held in local communities designed, prepared and produced by carers, for carers

### **Are you a carer?**

If you are looking after someone and caring for their needs, you are a carer

### **Why bother?**

Because many people don't know that there are support groups, campaign groups and communities of interest aiming to help carers in Nottinghamshire

### **Are you being supported to be a carer?**

Come along and find out

**Come along to a carers' roadshow near you.....**

**All events are open 9am—1pm. Refreshments available**

**Carers' Roadshows are**

**supported by** Tuesday 28th July Kings Mill Hospital, NG17 4JL Saturday 1st August Arnold

Methodist Church, NG5 7EL Tuesday 4th August Stapleford Care Centre, NG9 8DB Friday 7th August

Newark Market Place, NG24 1EA