



## June Newsletter 2016

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 Community and Voluntary Service (RCVS).

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 RCVS on **0115 969 9060**.



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## RCVS News

### Rushcliffe CVS needs Trustees

Rushcliffe Community & Voluntary Service (RCVS) is looking for enthusiastic volunteers with an interest in the community to serve on its Board of Trustees. The trustee role is

interesting, demanding and valuable with members helping to develop the organisation, its services and ensuring its continuity.

RCVS already has a strong trustee group who carry out effective governance. However, there are some areas where more expertise is required, for example, in marketing and communications, HR, business planning and commissioning services. Trustees can come from any sector or background, for example business, voluntary, education or public sectors.

Anyone interested should contact Carolyn Perry, Chief Executive on 0115 969 9060 or email [cperry@rushcliffecvs.org.uk](mailto:cperry@rushcliffecvs.org.uk)

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## Volunteering

### Volunteers' Week: The Big Celebration 1<sup>st</sup> – 12<sup>th</sup> June 2016

Over 21 million people volunteer in the UK at least once a year and this contributes an estimated £23.9bn to the UK economy. We believe such a big contribution is worth a big celebration!

The end of Volunteers' Week will also coincide with the Patron's Lunch on 12 June, a celebration of Her Majesty the Queen's lifetime of service to more than 600 charities and organisations to which The Queen acts as a Patron, on the occasion of her 90th birthday.

Rushcliffe Volunteer Centre & the Volunteer Coordinator Network are holding an event:

#### LET'S CELEBRATE VOLUNTEERING

Saturday 4<sup>th</sup> June 2015 10.30—1.30pm, on The Croquet Lawn, Central Avenue, West Bridgford, Nottingham NG2 6AY.

For more information please email Helen Stanbridge at [volunteer@rushcliffecvs.org.uk](mailto:volunteer@rushcliffecvs.org.uk) or telephone 0115 9699060 Ext 122.

Come along and help us celebrate and find out about volunteering and more...

Free Strawberries & Cream!

Free Cake!

Free Raffle!

## **West Bridgford Save the Children needs your help**

Save the Children needs volunteers to help run its charity shop on Gordon Rd. No previous experience is needed, as a full induction is given to all new volunteers. We just ask that you are able to commit a few hours each week and that you are willing to be flexible in occasionally covering absences.

Every shop volunteer is given the opportunity to try out all aspects of running the shop both in the back room and on the shop floor. Our shop is run entirely by volunteers; unlike most other charity shops, we have no paid managers.

Please call in to the shop at 24 Gordon Rd to collect an application form, or telephone the shop leader, Jill Carrol, on 0115 9810480 for further information.

There is also a fund raising Branch in West Bridgford that works throughout the year to raise much-needed funds for Save the Children. We do this through street and store collections and events such as fashion shows, music evenings, an annual pub quiz and coffee mornings. There is also a ladies' lunch club that meets in Ruddington.

We are always happy to welcome new supporters, either on an ad hoc basis to help with specific events, or as a member of the organising committee.

For further information on the above, please email Jane Piggott, Community Coordinator on [je.piggott@btinternet.com](mailto:je.piggott@btinternet.com) or telephone 07790 295266.

## **Volunteer Independent Custody Visitor**

If your friend or relative was taken into police custody wouldn't you want to know they were being treated with respect and dignity?

Independent Custody Visitors are local community members who check on the welfare of people in police custody, by visiting police stations unannounced.

The role of the Independent Custody Visitor is purely voluntary but reimbursement for out of pocket expenses will be provided.

More information and application packs are available through the [PCC website](#) or by contacting Jackie Nash on [jackie.nash@nottinghamshire.pnn.police.uk](mailto:jackie.nash@nottinghamshire.pnn.police.uk).

*Source: NCVS Bulletin 27/5/16*

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## Funding

### Nottinghamshire Together – funding portal

If you looking for funding for your Charity, Community Group or project, why not visit Nottinghamshire Together's funding portal and register to see what opportunities are available and how to apply for them.

It will only take a couple of minutes to register and there are lots of options available on both a national and local level.

Register today: <http://bit.ly/24KnR7p>

### Trent to Trenches - Community events to commemorate The Great War

Round 5 of Nottinghamshire County Council's Community Commemoration Fund is now underway.

Historical societies, parish councils, schools, uniformed groups such as cadets, scouts and guides, youth clubs, church groups and art societies can claim up to £300 to help them commemorate the Great War in their local area.

Activities eligible for funding are:

- Theatre productions
- Educational visits to a UK based exhibition, museum or memorial
- Film shows/concerts
- Re-enactments
- Local art exhibitions
- War memorial research and restoration
- Talks and demonstrations
- Poetry competitions

All applications must be supported by the group's County Councillor. Previously successful bids have included the Mansfield Woodhouse Community Development Group, Sutton Youth Radio Station, Nottinghamshire Heritage Forum and Gunthorpe Riverside Trust.

For more information, please visit the County Council's website -

<http://tinyurl.com/gkoa8wl>

### The Royal Voluntary Service Sheds Grant Fund

**The Royal Voluntary Service** have launched a **Sheds Grant Fund** – aimed at recently new and just forming Sheds to support local communities to create their own community spaces to craft, grow and build. Sheds are community workshop spaces where people can come

together to take part in practical skills and activities. They are designed and run by their members and provide opportunities for people to share tools, resources and skills in order to create, learn and develop social networks.

Grants of between £250 and £1,000 are available from the Sheds Grant Fund– with applicants encouraged to apply for some of the tools and equipment they need for their activities or ongoing costs such as help with their rent or insurance. All applications need to come from constituted community groups and must be submitted by the deadline of Sunday 3rd July to be considered.

Further details are available from RVS - <http://tinyurl.com/hfg2dgk>

*Source: Age Friendly Nottingham 4/5/16*

### **Money Saving Expert - Innovation Round Now Open!**

For one grant round only, we are going to remove the upper limit of £5,000 and will consider applications between £2,000 and £15,000.

We are seeking only applications that are innovative, testing out ideas that are genuinely new; that as far as possible do not overlap with projects funded by other funders. We will only consider applications that deliver financial capability - this means improving people's ability to manage their financial situation and developing their financial skills and knowledge.

Projects are likely to be completed in one year, however applications for up to three years will be considered. All previous applicants and existing grant holders are eligible to apply for this unique grant round.

For more information, see [www.msecharity.com/Innovation-round](http://www.msecharity.com/Innovation-round) Deadline is 5pm on Friday 10th June 2016.

*Source: Enable 20/5/16*

### **Skipton Building Society**

Skipton Building Society offers the Grassroots Giving scheme to support the development of local grassroots groups from across the UK. Organisations should show a real commitment to their local community and enhance the lives of the neighbourhoods they are running within. Groups should have an annual net profit of less than £10,000. Grants of £500 are available for projects that are able to demonstrate a lasting impact, that can show they will be helping to build a legacy for the community. Deadline for entries is 29 July 2016 – this is followed by a shortlisting process before a public vote.

For more information, visit [www.skiptongrg.co.uk/apply-for-funding](http://www.skiptongrg.co.uk/apply-for-funding)

Source – NAVCA 12/5/16

## **Lloyds Bank Foundation for England and Wales - Enable Programme Open**

Short term grants are available to strengthen charities and CIOs in England and Wales which work with people experiencing multiple disadvantage at one of the critical points in their life.

Applicants must have identified specific organisational development, have a clear plan of activities and an idea of what they hope to achieve. They must also meet one or more of the following outcomes:

Applications may now be submitted at any time. For more information and how to apply follow the link below.

<http://www.lloydsbankfoundation.org.uk/our-programmes/enable>

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## **Health**

For more health news, please see the health page on our website here -

<http://www.rushcliffecvs.org.uk/projects-projects-72/health-projects-77.html>

## **New Rushcliffe Hard of Hearing Group**

A new Rushcliffe Hard of Hearing Group is starting up in West Bridgford. Enjoy social events, outings, speakers, raffle, and information. The first meeting will be held on:

Wednesday 22nd June 2016, 10.45am – 12.15pm. And then every 4th Wednesday of the month. Venue: Trent Bridge Inn, Radcliffe Road, West Bridgford NG2 6AA (Limited Parking available)

For more information including public transport and car parking, please contact: Jennifer Letts on 01159 814077 / [jenniferletts@live.co.uk](mailto:jenniferletts@live.co.uk) or Sue Knowles Rushcliffe CVS 0115 969 9060 ex132 or [sknowles@rushcliffecvs.org.uk](mailto:sknowles@rushcliffecvs.org.uk)

## **Walking Football at Cotgrave Leisure Centre**

Cotgrave Leisure Centre have teamed up with Nottinghamshire FA to offer Walking Football Sessions. Walking Football is designed to help people keep an active lifestyle despite their age, as well as getting those back playing football who had to stop due to injuries.

As the name suggests, Walking Football is non-contact and anyone that sprints, runs or jogs while the ball is in play will be penalised with a free-kick awarded to the other team. The game is played on a pitch 20/40 yards in length and 15/30 yards in width with a size 4 Futsal, with the game restarted via a kick, roll or throw-in.

Sessions are on Mondays 1:00 - 2:00 pm and Wednesdays 5:30pm - 6:30pm, at Cotgrave Leisure Centre, Woodview, Cotgrave, NG12 3PJ. First session is free!

For more information on the session or to find out about what else is on offer at the centre contact reception on 0115 989 2916 or email [cotgrave@Parkwood-CommunityLeisure.co.uk](mailto:cotgrave@Parkwood-CommunityLeisure.co.uk)

## **It's Carers Week – have your say!**

Carers Week (6-12 June) is an annual awareness campaign to celebrate the vital contribution made by the 6.5 million people in the UK who care, unpaid, for a disabled, ill or older family member or friend

The number of people in their 80s or older who are relied on as carers has rocketed in the last seven years, according to a charity. Age UK says one in seven of the "oldest old" - an estimated 417,000 people in all - now provides some sort of unpaid care to family or friends.

The charity Carers UK called for extra investment in social care services and the NHS to meeting the increasing demand.

The Department of Health is consulting on how it can improve support for carers. People have until 30 June 2016 to submit their views at [www.consultations.dh.gov.uk/carers/how-can-we-improve-support-for-carers](http://www.consultations.dh.gov.uk/carers/how-can-we-improve-support-for-carers)

## **Carers Week Information Event**

Come along to this event being held by the Carers Federation.

Wednesday 8 June 2016, 10.30am – 2.30pm

Venue: Carers Federation, Christopher Cargill House, 21 – 23 Pelham Road, Nottingham NG5 1AP

Information stands include:

- Carers Federation Services
- Telecare – Independent Living Equipment
- Actons Solicitors – Power of Attorney
- NCHA – Respite at Home Service
- Radford Care Centre



There will also be complimentary therapies, a free health check as well as a light lunch  
For more information, phone 0115 962 9310.

### **Support for Carers of Veterans**

As part of a wider area of work looking at support for carers due to the implementation of the Care Act, Notts CC is looking at support for carers of veterans. Dan Godley, Commissioning Officer, will be leading this work until the end of 2016.

Dan will be working closely with key stakeholders and voluntary sector organisations (including Notts CCG's and Carers Hub). He is tasked to identify what issues and barriers which prevent carers of ex-forces veterans coming forward to access information and support from both the Council and local NHS. This will inform the Council what the issues and barriers are, so that carers of ex-forces veterans are able to gain better access to existing information or services, or identify any gaps and make recommendations for potential new support services for this group of carers.

Dan is happy to support any specific carer groups or speak to individual carers who are willing to provide feedback about their issues and experiences. Dan can be contacted via e-mail: [dan.godley@nottsgov.uk](mailto:dan.godley@nottsgov.uk) or 0115 977 4596.

*Source – Nottinghamshire Together 23/5/16*

### **Have your say on what support matters to older people affected by cancer**

Are you 65 or above and affected by cancer? If so, then Macmillan Cancer Support would like to invite you to fill out a survey to help us better understand the support needs of older people affected by cancer.

We know that older people's experience of cancer care can be poorer across the UK. But there isn't enough rich evidence being gathered to understand the impact on older people.

Your involvement will help shape the work with Macmillan's National Expert Reference Group which aims to improve practice in treating and supporting older people with cancer.

We would be grateful if you could complete the survey below and share the link with anyone you know who is 65 and above, affected by cancer and who might be interested in giving their views.

Link to the survey: <https://www.surveymonkey.co.uk/r/OPTFORCE2016>

A paper version or printable version of the survey can also be requested by contacting Fatimah Vali at [Fvali@macmillan.org.uk](mailto:Fvali@macmillan.org.uk)

## **Nottinghamshire Mental Health, Suicide Prevention and Training Awareness Programme – Kaleidoscope Plus**

The Kaleidoscope Plus Group have a range of campaigns planned across Nottinghamshire, funded by Nottinghamshire County Council, including Mental Health awareness, Mental Health promotion, and Suicide Prevention. Our accredited training programmes are open to both community members and front-line workers.

Programme of activities:

1. Community members – will build mental resilience and raise awareness of the causes, signs and support for mental health problems for people living in Nottinghamshire.
2. Front line training ensures the work force is equipped recognise signs of mental ill health, support adults, and intervene early.

For more information please go to [www.kaleidoscopeplus.org.uk/nottinghamshire](http://www.kaleidoscopeplus.org.uk/nottinghamshire)

## **Healthwatch Question of the Moment**

Healthwatch Nottinghamshire is an independent organisation that helps people get the best from their local health and social care services.

Each month Healthwatch Nottinghamshire choose a relevant and timely topic to use as a focus for their engagement activities. They will be using a mixture of health and social care themes, and will aim for questions which apply to as many people as possible.

Question of the Moment May/June 2016: “Can you share your views and experiences of mental health crisis care?”

If you, or someone you know, can tell us how they think services should be (if they ever needed them), or have experience of mental health crisis care in Nottinghamshire please take a few minutes to fill out our survey using the link below:

<https://www.snapsurveys.com/wh/s.asp?k=146158927035&s=emailsig>

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## News & Events

### Community Project needed!

Nottinghamshire Fire and Rescue Service runs the Prince's Trust Team Programme which is a 12 week personal development course for 16-25 year olds who are not in employment, education or training.

As part of the course, team members are given the opportunity to take part in a 2 week community project. The team take part in fundraising activities to pay for whichever project they select. The type of projects we are looking for are decorating and gardening projects at places where it will benefit members of the community ie, youth / community centres, parks, residential homes etc. The community project is due to take place during the daytime on Mondays to Fridays between 20th June – 1st July.

For more information contact Tracey Avery on 07967 690741

### Radcliffe Café - a new coffee and cake session for older people

A second café in Rushcliffe is teaming up with Nottinghamshire County Council to offer sessions for older people to reduce loneliness.

No. 29 on Station Terrace in Radcliffe-on-Trent plans to run the session every Wednesday.

The Council is aiming to work with other coffee shops across the county to set up similar sessions to offer older people a new way of meeting up with people of their own age to reduce social isolation.

### 4Uth Award 2016

The Nottinghamshire Outstanding Achievement 4Uth Award, now in its seventh year, aims to recognise young people who've achieved a great deal and pushed their personal boundaries, whatever they are. It is a county council initiative to celebrate the achievements of young people across the county.

To find out more or nominate a young person please complete the online 4Uth award nomination form at <http://www.nottinghamshire.gov.uk/education/youth-services/4uth-award>. The closing date for nominations is Friday 10 June 2016.

## **SureStart Information Drop-ins**

Support for parents of young children is available through drop-ins as follows:

Bingham: Wednesday - 1pm — 4pm @ Bingham Children's Centre, Eton Place, Bingham

Cotgrave: Monday - 2pm—5pm @ Cotgrave Library

Private appointments also available. For more information contact Geraldine O'Neill on 01949 863840

## **Surestart Family Learning**

3-week interactive course – learn about low cost practical play ideas for at home and to encourage bonding.

Mondays, 1-3pm, West Bridgford Young Peoples Centre

20th June, 27th June, 4th July,

Crèche places are available but limited. A crèche induction will run on Monday 13th June at 1pm

Booking is required. To book ring Abbey and Lady Bay CC: 0115 969 4480 or

Bingham and Cotgrave CC: 01949 863 840

## **VCSE report on improving health, wellbeing and care**

The VCSE (Voluntary, Community and Social Enterprise) Review has published its final report looking at the role of the VCSE sector in improving health, wellbeing and care outcomes and how it can be best supported.

The review was launched in November 2014 by the Department of Health (DH), Public Health England (PHE) and NHS England. The report also makes clear that we all benefit if local statutory services and charities work together and highlights the important role of local voluntary sector infrastructure. This report provides good evidence that VCS organisations can use when talking to local health partners. To read the report see:

<http://tinyurl.com/jm96qwh>

Source: NAVCA 26/5/16

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## Training and Resources

### New Online Qualifications in Volunteer Management

Voluntary Action Sheffield is pleased to announce the launch of their new distance learning opportunities in Volunteer Management. Now - wherever and whenever - Volunteer Managers and Co-ordinators can get the credit by gaining a nationally recognised qualification. Available nationwide, they are the only organisation in the country offering CERTA accredited Level 3 Award, Level 4 Award, and Level 4 Certificate online learning courses in Volunteer Management. Improve the efficiency and effectiveness of your volunteer programme, and service delivery, by developing and building on knowledge, skills and expertise required to support volunteers.

For more information about these unique learning opportunities, visit the [website](#).

### LawWorks – free legal advice to small voluntary sector groups

The LawWorks Not-For-Profits Programme provides free legal advice and support to small not-for profit organisations who give valuable support to communities across England and Wales.

Last year over 140 cases for not-for-profit organisations were placed with volunteer lawyers through LawWorks and we are keen to make even more charities, community groups and social enterprises aware of the free legal help available.

How it works - Where a not-for-profit organisation needs help with a one-off legal issue, LawWorks matches the organisation with a volunteer lawyer from its network of member law firms and in-house legal teams who can advise on that matter.

Examples of discrete matters volunteers can help with include:

- Drafting a contract
- Reviewing a lease
- Updating a constitution/articles
- Clarifying rights in a commercial dispute.

Volunteers can advise on property, commercial/contract, tax, IP, insurance, insolvency, data protection, defamation, and company law.

For more information on how to apply, go to [www.lawworks.org.uk/legal-advice-not-profits](http://www.lawworks.org.uk/legal-advice-not-profits)

## D2N2 Growth Hub

The D2N2 Growth Hub aims to help businesses prosper from services in Derby, Derbyshire, Nottingham and Nottinghamshire. There is something for every business, the website is packed with a wealth of information including national and regional business support.

Contact them on their website, by telephone or email if you want to find out more about:

- Starting a business
- Growing your business
- Access to finance
- Employment and Skills
- International Markets
- Or anything else that you need to grow your business.

Contact: [www.d2n2growthhub.co.uk](http://www.d2n2growthhub.co.uk) | 0333 006 9178 | [info@d2n2growthhub.co.uk](mailto:info@d2n2growthhub.co.uk)

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## Vacancies

### Vacancies at Equation

Equation is a Nottinghamshire-based, award-winning and innovative charity dedicated to preventing and responding to domestic abuse and is looking to recruit to the following vacancies:

Training Coordinator - 30 hours per week

Do you have a thorough understanding of domestic violence and the sector, are a strong facilitator and excel at establishing effective working relationships? The successful candidate will be responsible for developing our work improving professional responses to domestic abuse through coordinating a high quality training, seminar and conference provision. Joining the charity during an exciting period of growth, you will be able to play a role in shaping the future direction of the training provision offered.

Salary: Scale 6 – SO1 NJC Spinal Pt 26-31 £22,667 - £26,804 (pro rata)

Closes: 12.00 midday, Friday 17<sup>th</sup> June 2016

Full information and application details are available at: [equation.org.uk/training-coordinator-job](http://equation.org.uk/training-coordinator-job)

### Volunteer Trustee Treasurer

This is a great opportunity for a qualified accountant with drive, creativity and initiative who is looking to expand their experience and make a positive and meaningful impact.

We are looking for a knowledgeable, enthusiastic and supportive Treasurer to have oversight of all aspects of Equation's financial management and, working closely with all members of the Management Committee to safeguard the organisation's finances. You will be joining the charity during an exciting period of expansion and change and will have a key role in shaping the future direction of the organisation.

Salary: Voluntary; Term: Initially one year

Closes: 12.00 Midday, Friday June 30th 2016. Full information and application details are available at: <http://www.equation.org.uk/volunteer/>

Location of both posts: Equation offices, Nottingham and other suitable locations

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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

[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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