



July 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. You can contact RCVS on **0115 969 9060**.



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RCVS News

Rushcliffe Games – “It’s been a lovely day”

Rushcliffe CVS facilitates the Rushcliffe CCG Learning Disabilities (LD) Patient Forum and as early as 2013, members were asking about sporting facilities and opportunities and how to keep healthy.

Fast forward three years, and as a result of links made between Rushcliffe CVS, the LD Forum, and various organisations, including Parkwood Leisure, Coach House Supported Living, the Carers Hub and staff from Nottinghamshire Healthcare Trust, the inaugural Rushcliffe Games took place at Rushcliffe Leisure Centre on 20 May, with funding from Disability Sport.

It was hugely successful – 40 people attended, including 8 carers – and we had some wonderful feedback. Activities included sports coaching (rugby, football, swimming), craft activities, pamper sessions for carers and various information stalls. All participants enjoyed a free lunch and were given badges and certificates, many have said they’ll consider taking up a new sport and others have come forward with new ideas for the next event.

As a result of the success of the event, the aim is to make this an annual event. Furthermore, funding is being sought to build on the success by putting on regular sports coaching sessions at Cotgrave Leisure Centre.

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Volunteering

Volunteering and state benefits - Information from Rushcliffe Volunteer Centre

People are allowed to volunteer while claiming state benefits, including means-tested benefits such as jobseeker’s allowance (JSA), incapacity benefit, income support, and employment and support allowance (ESA).

The volunteering you do must comply with the government’s definition of volunteering

The definition states that volunteering is ‘when you choose to give your time and energy to benefit other people without being paid for it’.

You can volunteer with any kind of organisation including charities, voluntary organisation or community groups, public-sector organisations, eg the NHS, police and other public services, social enterprises, or local businesses.

It doesn't count as volunteering if you are helping out a family member, given money other than being paid out-of-pocket expenses, or under contract to do the work (this does not include any 'volunteer agreement' you may have).

Does volunteering count as taking 'reasonable action' to find a job? Yes, it can count towards up to 50% of the time you are expected to be looking for a job. (This will not apply to you if you are in the no requirements, work-focussed interview or work preparation category.)

This means that:

- if you are required to spend 35 hours a week looking for a full-time job, half of this time (17.5 hours) can be spent volunteering
- if you only volunteer five hours a week, then you will be required to spend 30 hours looking for work
- if you are looking for part-time work, eg 16 hours a week, you can volunteer for up to eight hours and spend the rest of the time looking for work.

This doesn't cover every situation and you may have questions about your individual circumstances. If you're unsure about where you stand in relation to the rules, you can contact your local Volunteer Centre, or you should speak to your job coach or benefits adviser. Your local Citizen's Advice Bureau may also be able to help.

Source: NCVO, April 2016

Volunteers Week Celebration Event 2016

Volunteers' Week is a national celebration of volunteering which takes place from 1 – 7 June of each year. This year it ran for 12 days and ended on the 12 June to coincide with the Patron's Lunch, 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.

Councillor George Davidson, The Mayor of Rushcliffe opened our 'Let's Celebrate Volunteering' event on 4 June on The Croquet Lawn in West Bridgford. There were eleven voluntary groups and organisations represented, as well as our own Volunteer Centre and projects. It was well attended with a number of people expected to become volunteers.

We would like to thank everyone who helped with organising the event and for helping out on the day. Additionally we would like to pass on our thanks to the following local businesses who also helped make the event a success: Cafe Nero, Marks and Spencers, Wheatcroft Garden Centre, The Co-op, The Fitness Space West Bridgford and Morrisons.

West Bridgford Wire took photographs on the day and their article can be found here: <http://westbridgfordwire.com/pictures-mayor-rushcliffe-west-bridgford-volunteers-celebration/>

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Volunteer Opportunities

For further information on any of the roles featured below or for more information on volunteering, please contact Helen Stanbridge on 0115 969 9060 or email hstanbridge@rushcliffecvs.org.uk.

Gedling Voluntary Transport Scheme

Rushcliffe CVS needs someone to help run the Gedling Voluntary Transport Scheme on a Wednesday and a Friday morning from 9am until 12.30am starting in July. One of our vital volunteers is leaving to set up a new home in Somerset and we need someone special and dedicated to replace her in the office. Volunteers can get involved in all aspects of running the scheme from helping to plan journeys for elderly and disabled passengers, updating databases, answering the phone, marketing and promoting the service to checking drivers' details and expenses.

Contact the Elderly

If you would like to change the lives of lonely, older people and have access to a car why not join Contact the Elderly as a volunteer driver? This involves picking up 1-2 older people from their home one Sunday afternoon a month and taking them to a host family for an afternoon get-together. Although most members are frail they are able to walk to your car only assisted by a steadying arm. You are not required to do any lifting. Drivers of two and four door cars are welcome.

Rushcliffe Play Forum:

Creative heroes are required to supervise and encourage children and young people to participate in craft and play activities at Lark in the Park, a free event to celebrate National Play Day. Volunteers will be required to ensure activity areas are kept topped up and areas are clean and safe. Volunteers are required on Wednesday 3rd August 9.30 -4.30pm.

Guide Dogs for The Blind Association:

Do you want to make a difference in your community? My Guide is a service which involves matching a volunteer with a blind or visually impaired person and forming a partnership. My Guide Volunteers are supported by a coordinator who will facilitate the beginning and ending of partnerships, conduct regular reviews with service user and their matched volunteer and suggest other organisations to refer service users when appropriate. Volunteers also act as ambassadors for Guide Dogs by promoting its services and demonstrating the Guide Dogs family values. This role is flexible dependent on volunteer availability and local needs, approximately 1 day per week.

For further information on any of the roles featured above or for more information on volunteering, please contact Helen Stanbridge on 0115 969 9060 or email hstanbridge@rushcliffecvs.org.uk.

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Funding

Celebrate England – new small grants from the Big Lottery Fund

The Big Lottery Fund has just launched a new programme offering grants of between £300 and £10,000 for groups to hold one off events or activities which celebrate their local communities.

You could celebrate something from your community's history or a local hero. Or maybe it could a chance to bring people together to get to know their neighbours better.

Celebrate opened for applications on 6 July 2016. There is a total pot of £3.875m for projects in England. Applications will be assessed and awarded on a first come, first served basis. The programme will close to new application when all the money has been awarded.

You can apply if you are a:

- voluntary or community organisation with a constitution and bank account
- school
- statutory body.

Applications are particularly welcomed from groups who have not applied to us before. You will also need to show that your project is open to everyone in your local community. Higher priority will be given to applications from:

- projects which demonstrate communities coming together to celebrate and share their diverse cultures
- projects which actively bring different generations together.

For more information see the Celebrate England webpage -

www.biglotteryfund.org.uk/global-content/programmes/england/celebratefund

Meet the Funder - Big Lottery Fund

Are you seeking funding for a project or activity? The Big Lottery Fund will be at Nottingham Voluntary Action Centre on Thursday 28 July 2016 to give advice about funding opportunities, and you have the opportunity to talk directly to a representative from the funder about your application.

The event has been organised by Nottingham CVS, Rushcliffe CVS and Self Help UK. In order to ensure this session is as productive as possible, it is designed for groups that are well on their way to making an application. In order for us to prioritise these groups, we would like you to complete this survey: [Meet the Funder survey](#).

The deadline for submitting the survey is Monday 11 July. After that date we will be in touch to discuss your project and book you in for a 30 minute appointment.

For more information, please contact training@nottinghamcvs.co.uk or telephone 0115 934 8400.

Will Charitable Trust Open to Applications (UK)

The Will Charitable Trust is currently accepting applications from charities seeking funding for the care of and services for people suffering from cancer in the UK. Grants vary in amount, but generally fall within the range of £5,000 to £20,000. The deadline for applications is 31 August 2016.

For more information and how to apply follow the link below.

<http://www.willcharitabletrust.org.uk/grantpolicy.htm>

(source Nottinghamshire Together 4/7/16)

HLF Welcomes UK Applications for First World War Heritage Projects

The Heritage Lottery Fund (HLF) reminds not-for-profit organisations in the UK that it has funding to support community projects in the UK which explore, conserve and share the heritage of the First World War.

There are no deadlines. Applications may be submitted at any time until 2019 for more information follow the link below: <https://www.hlf.org.uk/looking-funding/our-grant-programmes/first-world-war-then-and-now>

(Source: Nottinghamshire Together 4/7/16)

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>

Arts Council England – Grants for the Arts

A rolling grant programme for individuals, art organisations and other people who use the arts in their work. They will make grants of between £1000 and 10,000 to fund:

Audio-visual, broadcast and transmission, buildings and infrastructure, capacity building, commissioning, digital creation, diversity and equality, education and learning, exhibition, festival, organisational development, original work, participation, performance, production, professional development, publishing, research and development, sector development, talent development, touring.

For more information see: www.artscouncil.org.uk/funding/grants-arts

Notts County Council – Sports Fund – now open

The Sports Fund aims to help local clubs to encourage more people to get involved in sport and recruit and develop new and existing coaches and volunteers. Another strand of the fund supports talented individuals.

Grants of up to £2,000 over two years for Club Development projects to help increase the number of people taking part, recruit and develop more volunteers, and contribute to recognised qualifications for coaches.

Applications are particularly welcomed for projects that focus on one or more of the following priority groups:

- residents living in an area of deprivation
- children and young people
- people with a disability

- older people
- women and girls

The closing date for applications is 5pm on Monday 1 August 2016. Go to <http://tinyurl.com/iy2gnfn>

Smart Energy GB launches new fund

The Smart Energy GB in Communities Fund is seeking applications from not-for-profit organisations who can help engage people and communities across Britain with information about how to get and use smart meters. Organisations are required to be working with those who may face barriers to getting a smart meter and who might need help to get the most out of it.

Grants of up to £10,000 are available for community projects that must be completed by 31 December 2016. For more information, go to: <http://tinyurl.com/ix34gj6> and click on “Small Grants”.

Source: Age Action Alliance 20/6/16

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Health

One You – take a free health quiz!

Without knowing it, by the time we reach our 40s and 50s many of us will have dramatically increased our chances of becoming ill later in life. Whether we are eating the wrong things, drinking more than we should, continuing to smoke despite everything we know, or just not being active enough, all of these small things can add up to an unhealthy you.

Making better choices today can have a huge influence on our health, and could prevent diseases such as type 2 diabetes, cancer and heart disease, and reduce our risk of suffering a stroke or living with dementia, disability and frailty in later life. But it's not easy in our busy lives – tempting treats in easy reach, bigger portions for everything we eat and technology that allows us to shop, stay in touch and be entertained without ever having to leave the sofa. Modern life is ganging up on us.

The good news is we can fight back. Rushcliffe Clinical Commissioning Group is promoting the **One You** campaign to help you get back to a healthier you, supporting you to make simple changes towards a longer and happier life. **One You** provides tools, support and encouragement every step of the way, to help improve your health right away. You are not alone – **One You** can help you make small changes yourself, or with friends and family.

Take the free **One You** health quiz to see how you score and start the fight back to a healthier you.

Read more and take the quiz at <https://www.nhs.uk/oneyou>

11th Year RACA Health Awareness Day

Monday 1st August, 10.00am – 2.00pm

Julian Cahn Pavilion, West Park, Loughborough Road, West Bridgford NG2 7JE

RACA (Rushcliffe Asian Community Association) are holding their popular event again this summer. Their theme this year is 'Help Someone - Become a Donor' with a focus on bone marrow, blood and organs. The Anthony Nolan organisation which specialises in blood cancer donation will be represented.

Other information stands include our own Rushcliffe CVS, Nottinghamshire NHS Blood and Transplant, Rushcliffe Clinical Commissioning Group, Yes I Donate organ donation and Donor Connect. On the healthy theme there will be an exercise session too as well as an Indian Meal.

Free entry and Parking. For further information, please contact Madan Kaura on mkaura@outlook.com or phone 0115 945 2150 or 0744 390 4981. Alternatively contact Sue Knowles the Rushcliffe CVS health worker on sknowles@rushcliffecvs.org.uk or 0115 969 9060.

Support sessions for carers of people with dementia

Tuesday evenings 6.30pm–8.30pm

12th July – 23rd August 2016

This free programme consists of seven, two hour weekly sessions, covering a different aspect of dementia at each session. The groups are facilitated by specialists in dementia group work and will consist of about 12 carers. Help with respite services and transport may be available. The carers are asked to contribute £2.50 per session towards refreshments.

The Information Programme has been very successful and proved to be of considerable value to carers who are often coping alone and in difficult circumstances.

The sessions will be held at Radford Care Group, Prospect Street Radford Nottingham NG7 5QE. Free parking is available

For further enquiries or to book a place please call 0115 978 6133, or visit

www.radfordcaregroup.org.uk

FREE Information Sessions for Carers

The Carers Hub are running 2-hour sessions on:

- Infection Control
- Managing Medicines

Sessions are planned across the county – see www.carerstrustem.org/training-for-carers for details.

In Rushcliffe, the session takes place on Wednesday 20 July between 10.30 and 12.30 at Cotgrave Futures Community Centre, Candleby Lane, Cotgrave, NG12 3JG.

Places are limited, so must be booked in advance – to book or for more information please call Nottinghamshire Carers Hub on 0115 824 8824.

Your Cancer Data, Your Say – survey from Macmillan

Macmillan Cancer Support and Cancer Research UK have created a survey for people affected by cancer in England.

This survey is designed to explore people's views about cancer data and how best to inform patients about it, and all of the opinions shared will help us to shape the government's healthcare data review. We're keen to hear from as many people affected by cancer as possible, especially men and less heard-from groups.

The link to the survey is here: <https://www.surveymonkey.co.uk/r/cancer-registration>

This survey should take around 30 minutes to complete.

Canoeing Course (free) for young adults with mental health difficulties

The Open Door Project has gained some funding put on a 10 week Canoeing Course at Colwick Adventure Centre, for Young Adults (18-25yrs) with Mental Health Difficulties. This is open to all individuals in Nottingham and Nottinghamshire. The aim is to continue as a group following the end of the course on a monthly/fortnightly basis (for which there will be a £4/session charge. There will be the opportunity to gain British Canoeing & other national governing body awards & qualifications if you choose.

If you work with anyone that you think may benefit from this please contact charles.lindon@nottinghamcity.gov.uk or ring 0115 8761155 / 07939986279.

Babble – online resource for young carers

<http://www.babble.carers.org>

Babble is an online community for young carers from the Carers Trust, funded by a grant from the Queens Trust. It's a space for friendship, support, advice and fun. This month: Ask the expert about looking after yourself, plus a new recipe app for young carers and details of the new live chat times.

Experts by Experience

Get involved in checking services, and make a difference! Do you have experience of using a health service or a social care service? Do you have experience of caring for a relative who uses any of these?

a-2-e (Advocacy 2 Engagement) are working with Choice Support to recruit and train Experts by Experience to be held on a register of casual workers. There is no payment for being on the register and no guarantee of regular work but work done is paid work.

Experts by Experience have recent experience of services and are recruited to join Care Quality Commission Inspection teams, helping people who use services to have their say.

The Care Quality Commission (CQC) is the independent regulator of Health and Social Care in England. It inspects health and social care services.

If you are interested please contact Julie Thorpe, a-2-e, tel 01623 821 534 or 0777 342 4939. For more info see www.a-2-e.org

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News & Events

National Scams Week

The National Scams Team have produced a selection of posters and flyers to raise awareness of scams amongst the general public, and suggest ways to keep vulnerable friends and relatives safe.

If you would like to display this information in a public place, electronic copies are available via Jessica Molineaux at Rushcliffe CVS – telephone 0115 969 9060 or email

jmolineaux@rushcliffecvs.org.uk

The Friary Opens New Depot

The Friary has branched out and opened a new Donations Sorting Depot at Ludlow Hill Road in West Bridgford as well as keeping their main site at Musters Road where they deliver practical, health and support services to homeless and vulnerable people.

Previously all donations were received at the Centre, creating a dilemma for staff who wanted to show gratitude to the public for bringing in the items but at the same time were trying to give attention to the people we are trying to help. Thankfully there is now a clear distinction between the two sites as the Friary now has a separate depot to receive, sort and store donated items from the public.

The opening of the new depot is part of a strategic plan to continue to make best use of all donated items. With adequate, dedicated sorting space at these new premises, the Friary staff with the help of volunteers will be able to categorise all donated goods for re-distribution.

The new depot is now up and running and ready to receive donated goods on Tuesdays and Thursdays 10am–3 pm. They hope to be able to extend these hours once more volunteers have been recruited and trained.

Details - Unit 6c, Ludlow Hill Road, West Bridgford, NG2 6HF. Telephone: 0115 998 1764

Lark in the Park 2016 including Carers Roadshow

Lark in the Park is one of Nottinghamshire's biggest family play day events. It is a mammoth fun-filled day which features a whole host of child friendly attractions such as arts and craft workshops, have-a-go sports activities plus shows, walkabout entertainers and stage shows. Admission is free but there is a charge for fairground rides and inflatables.

The 27th Lark in the Park takes place on Wednesday 3 August 10am - 4pm at Bridgford Park, West Bridgford. The theme is Heroes. Get dressed up as your favourite hero and join in the fun!

Also at this event will be the Carers Roadshow, organised by Nottinghamshire Carers Hub – there'll be information and advice for carers on a wide range of issues.

Rushcliffe's Weekend of Sport

Another four years have come around and this summer sees the biggest sporting event on the planet take place in Rio de Janeiro. This is being marked across Rushcliffe by inviting sports clubs and organisations to celebrate and get more people active over two weekends - 13/14 August and 10/11 September. Taster events, family fun days, barbeques, inclusive activities, organised matches or tournaments are ways in which people can get involved with Rushcliffe's celebration of the Olympic and Paralympic Games.

Sports clubs that sign up to be part of the programme and organise an event on one of these weekends will receive a promotional pack which includes bunting, water bottles, hand flags, poster and flyer templates. Events will be publicised on the Rushcliffe Borough Council website (www.rushcliffe.gov.uk/tryitloveitdoit) for people to find out what is

happening locally and those promoting and taking part in the events are encouraged to use the hashtag #tryitloveitdoit.

If your sports club or organisation would like to be part of the programme, please contact Amy Carter on 0115 9148279 or email sportsdevelopment@rushcliffe.gov.uk.

CEO Sleepout – 13 October 2016

Join other chief executives and senior level management within Nottinghamshire at Notts County, the world's oldest football league club, for a night under the stars. Raise money to support local disadvantaged adults and children as well as two nominated local homeless causes, Emmanuel House, and the Friary. The event has been organised by and support the local community projects of Football in the Community and Trent Bridge Community Trust. For more information or to register e-mail info@ceosleepout.com.

Rushcliffe Sports Awards 2016 – Nominations Open!

The Rushcliffe Sports Awards Ceremony is an integral part of the sporting calendar in Rushcliffe and is a great opportunity to celebrate the achievements of the Borough's sports people. The Sports Awards aim to mark the achievements, dedication and determination of our athletes and the invaluable contribution of our voluntary coaches, officials and administrators.

The awards are organised in partnership with the Rushcliffe School Sports Partnership and the 2016 awards will take place on Wednesday 23 November at The Becket School.

Nominations are now open – please visit www.rushcliffe.gov.uk/sportsawards for categories and their criteria and a link to the nomination form.

West Bridgford Library Work Club

Due to low take-up West Bridgford Library Work Club has been reduced from 2 weekly to monthly.

- Learn how to use a new range of software covering all aspects of employability
- Improve your IT skills
- Share job hunting experiences and swap ideas

Job seekers can access support outside of West Bridgford work club via the use of 220soft Universal Skills software, which is available free of charge to all library members on PC's, lap tops, tablets, personal devices etc. This is extremely informative, full of useful advice and guidance, and very easy to navigate. All work club sessions are now focusing on this software.

Forthcoming dates - 18th July, 15th August, 12th Sept (this date is to be confirmed), 2pm – 4pm at West Bridgford Library.

For more information please contact Denise Stephenson, tel 07775 588756 or e-mail denise.stephenson@nottsc.gov.uk

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Training and Resources

Tools for Managing Risk in Charities

Charity audit and consulting firm Sayer Vincent has written a new guide for Charity Finance Group: 'Rethinking Risk - Beyond the tick box'. This takes existing management tools, actions and reports to help the board to see how and where risk is already being managed.

Please go to <https://wp.me/p2X7HP-3ln>

Source: Volresource No 709

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

Save a Baby's Life – Introduction to Paediatric First Aid

FREE 1-hour session for parents/carers and parents to be, living in Rushcliffe. The session is provided by the charity The Royal Life Saving Society.

Wednesday 13 July – 11am at Bingham Library or

Wednesday 13 July – 6.30pm at Bingham Children's Centre

To book a place or for more information, please contact Bingham Children's Centre on 01949 863840

Mental Health First Aid Training

Two-day course, available to all, organised by Forces in the Community.

Mental Health First Aid is an educational course which teaches people how to identify, understand and help a person who may be developing a mental health issue. In the same way as we learn physical first aid, Mental Health First Aid teaches you how to recognise those crucial warning signs of mental ill health, provide help on a first aid basis and effectively guide someone towards the right support services.

As a result of funding received, Forces in the Community is able to offer this course at a significantly reduced rate compared to other training agencies. The cost is £20 which covers the price of the manuals provided to delegates.

The 2-day courses are held at The Haven Centre, Wadsworth Road, Stapleford NG9 8BD as follows:

14th and 15th July 2016 9:30am – 4.30pm

12th and 13th September 2016 9:30am – 4.30pm

20th and 21st October 2016 9:30am – 4.30pm

24th and 25th November 2016 9:30am – 4.30pm

This course is open to everyone, not just ex-service personnel.

To make a booking please contact Forces in the Community on 01159 220320 or email support@forces.org.uk. In-house training may also be available for staff groups.

For more details regarding the charity, please click this link www.forces.org.uk

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Vacancies

Nottingham CVS – Communications and Marketing Officer

NCVS is at the heart of Nottingham's voluntary sector, and prides itself on keeping the voluntary sector connected to issues affecting it. We are looking for a skilled and experienced individual to drive our marketing strategy and deliver creative communications for and about the voluntary sector in Nottingham.

The role involves:

- Providing editorial, strategic, creative and operational communications and marketing support across all of NCVS's work
- Ensuring our communications are both influential and informative for the full range of our stakeholders
- Raising awareness of NCVS, our services and our impact
- Communicating and promoting the work of Nottingham's voluntary sector and the value of volunteering.

Hours: 22.2 hours per week

Salary: £14,474 (actual salary) per annum on a scale point basis + 5% pension contribution

Closing date: 9am, Wednesday 13 July 2016

Interview date: Wednesday 20 July 2016

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Regular Information

How Rushcliffe CVS can support your group

As well as providing you with regular news, we offer the following services to voluntary and community groups:

Group Support: Advice, guidance and support, setting up a group

Volunteers: Supporting volunteers, good practice in volunteer management, recruitment

Funding Advice, Training, Networking events, Information

Admin Services including photocopying, laminating, targeted email shots to organisations on our community database and Equipment Hire

Meeting Room in West Bridgford – accommodates up to 15 for £8/hour or £25/half day.

For more details of our services, visit our website page [here](#). Alternatively, call **0115 969 9060** or email admin@rushcliffecvs.org.uk

How Rushcliffe CVS can support individuals

[Voluntary Transport Scheme](#) – helping people get out and about

[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 or telephone 0115 969 9060.

Rushcliffe Volunteer Centre & Drop-in Sessions in West Bridgford

Are you an organisation looking for volunteers?

We can help you find volunteers by including your opportunity on our database which is linked to the national volunteering website Do-it. We can highlight your opportunity in our newsletter, on our notice board in West Bridgford and on our website on the [volunteering webpage](#). Click on [Find Volunteers](#).

For potential volunteers

On the first Tuesday afternoon of each month, Rushcliffe Volunteer Centre holds a drop in session from 1 - 4pm at West Bridgford Library. Come along and have an informal chat and find out about local volunteering opportunities.

The Volunteer Centre holds a database of diverse volunteering opportunities – there's something for everyone. Find out more by visiting the [Be a Volunteer](#) page on our website. For any queries, please contact Helen Stanbridge, the Volunteer Development Co-ordinator on 0115 969 9060 Ext 122 or hstanbridge@rushcliffecvs.org.uk

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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.

Rushcliffe Community and Voluntary Service
Level 3a, Bridgford House
Pavilion Road
West Bridgford
Nottingham NG2 5GJ
0115 969 9060

Email: admin@rushcliffecvs.org.uk

Website: www.rushcliffecvs.org.uk



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Editor: Jess Molineaux, Rushcliffe CVS