



September 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 CVS Annual General Meeting

Our AGM will take place on Tuesday 18 October 2016. Our theme for this year is “Working Together – Altogether Better – improving the health and wellbeing of our communities” Further information will be sent out separately.

Rushcliffe Befriends Goes from Strength to Strength

Rushcliffe CVS is delighted to have secured 3 years funding to continue and extend the Rushcliffe Befriends scheme, supporting Rushcliffe residents who are over 50 and experiencing social isolation.

Our volunteer befrienders can help someone become involved with a local group, or can provide company by visiting at home or by going out, perhaps for a walk or a coffee.

“Everyone enjoys a natter with a friendly person who isn’t judgemental or critical and who can offer a listening ear and conversation. In some cases it is a lifeline to those who are the most isolated” says Louise, one of our befrienders.

We need more volunteers so we can help more people. To volunteer, all you need is to be aged 50+, live in Rushcliffe, have a few hours a week to spare and want to help local older people. Volunteers receive training, support and expenses. It’s a great way to meet interesting people, make a difference and have fun!

For information about volunteering or receiving this service, please contact us on 0115 9699060 or email befriends@rushcliffecvs.org.uk

Rushcliffe Befriends is supported by The National Lottery through the Big Lottery Fund.

RCVS Volunteer coordinator network

Membership of this group is free and open to anyone who looks after volunteers in Rushcliffe (paid or unpaid). This is an opportunity for volunteer managers to come together in a friendly and supportive environment to share information, good practice and network. The group meets on a regular basis and we have recently set up a Google group so that we can network online between meetings.

Please contact Helen Stanbridge, Volunteer Centre Development Officer on 0115 969 9060 or hstanbridge@rushcliffecvs.org.uk for further information.

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Volunteering

New resources on Good Practice in Volunteering

By definition good practice is a standard way of doing something that has been proven to achieve the best results. But why should we adhere to good practice in volunteer management?

It is important to get things right from the start. Following good practice demonstrates a commitment to involving volunteers in the work we do and ensures we are consistent in our approach to all volunteers. Good practice helps us maintain high standards, deliver a high quality volunteering experience and can enhance our reputation.

If you would like support in how you involve volunteers, our experienced volunteering team is here to help. We can offer free, confidential advice and support.

We have updated the good practice section of our website. Here you will find a comprehensive guide covering many topics such as recruitment, expenses, DBS and training. Go to: <http://www.rushcliffecvs.org.uk/volunteers-volunteers-79/find-volunteers-volunteers-81.html>

You will also find sample documents and templates that may be downloaded and used within your organisations. More documents will be added on an ongoing basis.

Please contact Helen Stanbridge, our Volunteer Centre Officer on 0115 969 9060 or email volunteer@rushcliffecvs.org.uk

NCVO Blog

Follow the latest volunteering news and information from National Council for Voluntary Organisations (NCVO) in their blog:

<http://blogs.ncvo.org.uk/tag/volunteering/>

Valuing volunteers in prison: a review of volunteer involvement in prisons

Clinks is an organisation that supports voluntary organisations who work with offenders and their families. They have recently produced a report 'Valuing volunteers in prison' which outlines the enormous impact volunteers have on the lives and rehabilitation chances of offenders.

Rushcliffe CVS has a particular interest in the Clinks report as we run the visitor centre at HMP Whatton. You can find out more about the centre on our website –

www.rushcliffecvs.org.uk

The report is available at <http://tinyurl.com/hdg48m3>

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Volunteer Opportunities

Volunteering Opportunities in care homes, hospital and the community

Do you have good listening skills? Are you approachable, friendly and able to talk to people?

Age UK have a variety of different volunteering opportunities in Nottingham City, Rushcliffe, Gedling & Broxtowe. Roles could include:

Care Homes - Talking to residents about any worries, Befriending, Being involved in activities with residents

Hospital/Community - Supporting people going home from Hospital

Full training will be provided to volunteers, together with ongoing support. For more information, please contact Maria on 0115 841 4489 or email on

maria.blundellcox@ageuknotts.org.uk

Volunteer Events Co-ordinator for Rushcliffe 50+ Forum

Rushcliffe 50+ Forum is looking to recruit an additional management committee member to support the Secretary in planning their four Open Forum meetings each year.

The format of the Open Forums is well established and the management committee discuss and agree the afternoon's programme. The events co-ordinator then invites speakers and information stall-holders by email, telephone or in person, indicating date, time, duration and equipment requirements etc.

Location of the Open Forums is St Luke's Church Hall on Leahurst Road, off Alford Road, West Bridgford.

This is a voluntary position and would suit anyone from a clerical, administrative or community/voluntary sector background.

Interested individuals should email the Chairperson, Paul Childs at paulsuechilds@hotmail.co.uk or phone him on 0115 989 2145. Alternatively contact Helen Stanbridge, Volunteer Co-ordinator at Rushcliffe CVS on 0115 969 9060 ext 122 or hstanbridge@rushcliffecvs.org.uk

Maggie's Culture Crawl – Stewards Needed!

Friday 16th September 2016

The Culture Crawl is a nine mile night-hike through Nottingham visiting various cultural, artistic and historical sites throughout the city, who open up their doors for us past closing hours to give participants an interactive, fun and interesting event.

We are currently recruiting for volunteers to be stewards along the route (helping point people in the right direction, cheering walkers along and handing out water etc) between the hours of 6pm and 12pm. Please contact Maggie's at nottingham@maggiescentres.org

SilverLine – Telephone Befriending

Did you know? In the UK, more than 1 million people aged over 65 say they often or always feels lonely. We have 1,000 older people waiting for a Silver Line Friend. They have chosen to be called Silver Liners.

By volunteering as a Telephone Friend for The Silver Line, we match you to a Silver Liner that you call once a week.

This is a volunteer role that you can do from home or from work. All you need is access to a telephone and the internet. We ask for a commitment of up to a year where possible and the ability to make your call on the same day and time each week. Friendship calls can be made between 8am and 8pm Monday - Sunday.

The Silver Line pays for the cost of all friendship calls and for safety reasons we also record the calls.

In the time it takes to read the paper, watch the news or take a trip to the shop, you can volunteer with The Silver Line. A regular 30-minute call from a friend really can change the life of a lonely person.

For further details please contact Helen Stanbridge or visit <http://www.do-it.org>

HomeStart Nottingham

Are you a parent with 2-3 hours a week to spare and would like to help another family with young children? Why not train to be a volunteer for Home-Start Nottingham

Home-Start is the UK's leading family support organisation. This is achieved by a unique, confidential service, parent to parent home-visiting.

Visit www.home-startnottingham.org.uk for more information and come to one of our assessment days on either the 6th or 13th September. Please phone 0115 962 4262 or email info@home-startnottingham.org.uk to find out more.

Robin Hood Marathon

Notts County Football Club's registered charity, Football in the Community have partnered with IKANO Robin Hood Marathon organiser Sweatshop for this year's event.

Football in the Community have 16 runners in this year's races and are appealing for a team of willing volunteers to help support the team and the wider race on race day which takes place on Sunday 25th September.

Any volunteers who wish to support Football in The Community for this event or to find out more information please call Neil Kelly on 0115 955 7215 or email:

nk@nottscountyfitc.org.uk

Breast Cancer Now

Asda's Tickled Pink campaign uniquely supports the work of the UK's two largest breast cancer charities: Breast Cancer Care and Breast Cancer Now. To celebrate the 20th Anniversary of Tickled Pink, there will be a national bucket collection in 388 Asda stores.

The collection will take place on Saturday 1 and Sunday 2 October and the hunt is on for volunteers for join in with the birthday fun at their local store.

How to apply: If you are able to spare a few hours on Saturday 1st or Sunday 2nd October please complete the short online application form. www.breastcancernow.org/asda-tickled-pink-national-collection-weekend

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Funding

GSK IMPACT Awards 2017 Invite UK Entries

The annual GlaxoSmithKline (GSK) IMPACT Awards are open and accepting applications until 21 September 2016.

Now in their 20th year, this annual competition offers cash prizes to registered charities that work in the fields of health and social care. The awards are designed to recognise and reward small to medium sized charities that are doing excellent work to improve people's health in the UK. They are funded by GlaxoSmithKline and managed in partnership with The Kings Fund.

For more information: <http://www.kingsfund.org.uk/projects/gsk-impact-awards>

Celebrate! is launched by the Big Lottery Fund

Six out of ten people surveyed* say they cannot remember ever coming together to celebrate with their community. The Big Lottery Fund wants to help change this with their Celebrate! programme.

They are offering grants of between £300 and £10,000 for groups to hold one off events or activities which celebrate their local community. 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. They have a total of £3.875m for projects in England.

*YouGov poll on behalf of the Big Lottery Fund with 2,109 respondents, June 2016

There are no deadlines, but it is on a first come first served basis and the programme will close when the budget has been allocated.

For more information go to: <http://tinyurl.com/hoho73n> or contact the Big Advice Line on 0345 4 102030.

East Midlands Airport Community Fund (England - East Midlands)

Not-for-profit organisations located in areas affected by the operations of East Midlands Airport may apply for grant assistance of up to £2000 through this scheme, to undertake initiatives that have a lasting community benefit. The area of benefit includes Ruddington, Keyworth, Gotham, East Leake and parts of West Bridgford.

<http://www.eastmidlandsairport.com/community/supporting-the-local-community/charitable-giving/>

Celebrating participation in healthcare community grants

Has your community group done some amazing patient, service user or carer engagement work that's improved healthcare services?

NHS England will be awarding grants of up to £1,000 to a number of projects that showcase good practice around patient and citizen participation in healthcare.

In your application you will need to tell us a bit about how you have been working with patients and citizens and, and how you plan to use the grant to share and showcase your work in a creative way.

The grants can only be awarded to a voluntary organisation. Please make sure that you read the guidance before you apply and that you can meet the criteria set out. Deadline 21 September 2016. For more information and to apply please go to <http://tinyurl.com/h4mnmjx>

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Health

NHS One You Campaign

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.

One You is here 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 our free One You health quiz to see how you score and start the fight back to a healthier you.

Download posters, take the quiz and find out more at <https://www.nhs.uk/oneyou>

Unwind with Words at West Bridgford Library

Come and join us for a coffee at this free event for Rushcliffe residents aged 16 -116 years!

Take time to relax and explore the joys of words through stories, poems and conversation. Meetings are the 3rd Monday of the month from 10.30 - 12.00.

The next event will be held on Monday 19th September 2016 and the theme will be "Bring a book you've enjoyed".

Contact West Bridgford Library: 0115 981 6506, or contact Sue Knowles RCVS Health Development Worker on 0115 969 9060 ext 132 or sknowles@rushcliffecvs.org.uk if you would like more information.

Unwind your Mind event

To celebrate Mental Health Awareness Week, a free event is being held in West Bridgford Library on Saturday 8 October 2016.

Sit back and enjoy the relaxing benefits of stories, poems and conversation at a special Unwind With Words session with Sheelagh Gallagher. Booking advised on 0115 981 6506.

Or just pop in to the library anytime between 10.30am & 12.30pm to browse information stalls and take part in a community craft activity.

Jump Avenue – is coming to Edwalton School

Introducing 'Jump Avenue' fun healthy lifestyle sessions for children! 'Jump Avenue' is a free 10 week interactive and engaging healthy lifestyle programme packed full of fun and learning for children who are overweight and their parents / carers in a supportive, welcoming and friendly environment.

Our experienced and friendly team offer weekly 'Jump Avenue' sessions, which include understanding how to eat a healthy balanced diet in a fun and interactive way, together with parents / carers and lots of activity and games for your children. Sessions include chopping and tasting, quick and easy understanding of healthy options and much more.

Venue: Edwalton Primary School, Wellin Lane, Edwalton, NG12 4AS

Start date: 20/09/2016, 3.30pm – 4.45pm

Your child must be aged between 5-11 years and meet certain eligibility criteria. To secure a place please contact Mitchell Harper on 07802718594 or e-mail mitchellharper@everyonehealth.co.uk. Or please speak to your school who can refer your child onto the 'Jump Avenue' programme on your behalf.

Community Learning - Wellbeing Courses at Middle Street, Beeston

Talking Memories Course – For Carers and People Living with Dementia - The course is a five week course starting on Monday September 5th in the afternoon with the aim to encourage carers to use reminiscence and object handling, and also to encourage uptake of the free memory lane kit loans offered in the Nottinghamshire County libraries. The course also suitable for people who have been recently diagnosed with dementia.

Watercolours for Wellbeing – For people over 55 living with mental health problems. The course is a five week creative course which provides learners with the confidence and skills to use Watercolour painting as a means of enjoyment and expression. Learners will explore a variety of techniques and will work towards making an art work to be displayed at our end of year exhibition in July 2017.

All course fees are exempt to individuals on means tested benefits, for non- exempt participants there is a course fee of £29 for the full five weeks. For more information please call Karyn Stavert, Programme Director of Creative Paths on 07722 783 467 or go to www.creativepaths.org.uk

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My diabetes, my care: Community diabetes care review

The Care Quality Commission has published a report following a review of people's experiences of diabetes care across England and the support they are given to self-manage their condition. The report considers how well care services work together to deliver high-quality diabetes care. It also makes a number of recommendations for how health and social care commissioners, providers and professionals should work together to improve diabetes care and prevention.

For the full report and a summary guide for patients go to:

<http://www.cqc.org.uk/content/my-diabetes-my-care-community-diabetes-care-review>

News & Events

Recognising Rushcliffe Awards 2016

Rushcliffe Borough Council has teamed up with the Nottingham Post again this year to run the Recognising Rushcliffe Awards. Rushcliffe residents are being urged to nominate their unsung and unseen heroes in their communities.

The awards will recognise people in seven categories, including Supporting the Local Economy and Young Achiever. The awards ceremony will take place at The Becket School in West Bridgford on Wednesday 16 November.

To nominate someone for an award, you can nominate online at www.nottinghampost.com/rushcliffeawards or call the Nottingham Post events team on 0115 905 1913 for a nomination form. Nominations close on Monday 10 October.

For full details of the categories, please go to the Rushcliffe Borough website page – www.rushcliffe.gov.uk/communityawards

Rushcliffe Sports Awards 2016

The Rushcliffe Sports Awards are an integral part of the sporting calendar in Rushcliffe and provide a great opportunity to celebrate the achievements of the Borough's sports people. The aim of the Sports Awards is 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 this year they will take place on Wednesday 23 November at The Becket School.

Nominations are now open – for more information and to nominate someone please go to www.rushcliffe.gov.uk/leisure/sportsclubsandcentres/sport/sportsawards

The Queen's Award for Voluntary Service

The Queen's Award for Voluntary Service is the highest award given to local volunteer groups across the UK. This annual award recognises and rewards excellence in voluntary activities carried out by groups in the community.

Nominations for this annual award which recognises and rewards excellence in voluntary activities carried out by groups in communities across the UK will be accepted until 16 September 2016.

There is more information on our website at <http://www.rushcliffecvs.org.uk/home/latest-news-and-events/975-the-queen-s-award-for-voluntary-service---september-deadline.html>

NHS Rushcliffe Clinical Commissioning Group - Annual General Meeting

The Annual General Meeting will take place on Wednesday 21 September 6pm to 7pm. Refreshments available from 5pm at Rushcliffe Council Chamber, Rushcliffe Civic Centre, Pavilion Road, West Bridgford NG2 5FE

Open to all Rushcliffe residents. Please email mail@rushcliffeccg.nhs.uk to confirm attendance

Shout Up – Notts County Council Residents' Survey

Now's the time to have your say on Nottinghamshire County Council by completing the residents' survey. The survey takes just minutes to complete and will help us to best serve you and your family.

These are challenging financial times and we're working hard to deliver services to help those most in need. To help us plan and budget for the future, tell us how we're doing and about what's most important to you.

By completing the survey there's also a chance to win a family ticket for the pantomime Peter Pan at Mansfield Theatre on 2 December at 7pm. The prize will be drawn after the survey closes on 3 October 2016

The survey is now open, so have your say today. Go to <http://tinyurl.com/ho3osbw>

Nottinghamshire Youth Commission

Young people across Nottingham are being sought to join the Nottinghamshire Youth Commission on Police and Crime – an exciting initiative in partnership with the Police and Crime Commissioner, Paddy Tipping.

The Nottinghamshire Youth Commission allows young people to support, challenge and inform the work of the Police & Crime Commissioner and Nottinghamshire. The Youth Commission will explore urgent issues affecting young people in Nottinghamshire, such as reducing offending and re-offending, improving the relationship with the police, and anti-social behaviour.

The Youth Commission is aimed at young people aged 14-25 years who want to make a difference to their community. We're looking for a diverse group of young people from

different backgrounds and life experiences to take part, including those who have direct experience of the criminal justice system.

For more info and to apply please go to <http://www.nottinghamshire.pcc.police.uk/Get-Involved/Youth-Commission/Youth-Commission-2016-2017.aspx> The deadline for application forms is: Friday 23rd September 2016.

Voluntary Voices

VCSE Personal Health Budget Support Network meeting – 28 September 2016

This is a NHS England Voluntary and Community Sector (VCSE) Learning and Support Network event. The aim of this network is to help VCSE organisations to understand their role in the delivery of personal health budgets, including promotion, signposting, person centred planning, administrative support, direct service delivery and partnership working with their local CCG.

This network is aimed at:

- Voluntary sector organisations practising the values underpinning personalisation, peer support and working with people with lived experience
- Organisations seeking to offer support to people who are interested in or eligible to receive a PHB (Personal Health Budget)

For more information see our web page - <http://www.rushcliffecvs.org.uk/home/latest-news-and-events/972-voluntary-voices.html>

Rushcliffe Play Forum – now opening on a Saturday!

Rushcliffe Play Forum is opening its doors on the first Saturday in the month between 11am and 3pm.

Go and have a look – The Bungalow, Keyworth Primary School, Nottingham Road, Keyworth.
Tel 0115 9374589

Alzheimers Society - Memory Walk at Clumber Park

Saturday 1 October – Sponsored 3km or 9km walk

Memory Walk is a series of sponsored walks beginning in September for all the family – last year 50,000 people took part and together raised an amazing £3.9 million towards vital research into a cure.

Every year in the UK, over 225,000 people develop dementia. That's much-loved husbands, wives, grandparents and friends who urgently need support, treatment and ultimately a cure.

The local event is in Clumber Park but there are many more venues

Check here <https://www.memorywalk.org.uk/find-a-walk/clumber-park/>

Click Homeshare

Nottingham's first Homeshare scheme supports older people to stay independent in their own home and as well as offering affordable accommodation for younger people.

Click Homeshare matches older people needing support and companionship in the home with a younger Click Homeshare in need of affordable accommodation. It is a practical way to tackle the key concerns of loneliness, supporting older people to live independently in their own home and affordable accommodation for younger people. It is a model which works all over the world and is now available in Nottingham/shire.

More details about the project can be found at www.clickhomeshare.com or please contact Megan McFarlane at homeshare@clicknottingham.com or on 07467 324544.

Rushcliffe Ramblers – Short Walks Programme

Sunday, 4th September 2016

Sunday, 2nd October 2016

Sunday, 30th October 2016

Sunday, 27th November 2016

Walks usually around 5 miles, 2.5 hours.

For more information contact the Walk Leader: Jeremy P Home tel: 0115 981 0420 Mobile: 0775 145 8041.

National Day for Older People – Silver Sunday – 2 October 2016

Silver Sunday is a national day for older people which was launched in 2012. Last year over 570 free events and activities took place on or around Silver Sunday across the UK with over 3,000 people taking part. All events were organised by local organisations, businesses and community groups who donated their time and resources to make it a memorable day for all those involved.

Events or activities provides an opportunity for older people to try something new, meet new people and have an uplifting day. It's also an opportunity for you to highlight the services or opportunities that are available all year round.

Are you doing something for Silver Sunday or would you like to find out more – visit www.silversunday.org.uk

Rushcliffe Photographic Society's Annual Exhibition of Photography

Tuesday 6th to Wednesday 28th September – West Bridgford Library – Free entry

A display of photographs from the Rushcliffe Photographic Society

Free Rushcliffe Indoor Bowls Information Evening

Tuesday 6 September - 5.00pm – 6.30pm

Rushcliffe Borough Council, Civic Centre, Pavilion Road, West Bridgford, NG2 5FE

Come and find out more about the new 6 lane indoor bowls facility and what opportunities there are to play at Rushcliffe Arena on Rugby Road in West Bridgford when it re-opens in January. With Rushcliffe Indoor Bowls Club based on site, there will be plenty of opportunities to play, whether its casual bowls, leagues or tournaments, there is something for you.

To sign up to come along, visit <https://www.eventbrite.co.uk/e/rushcliffe-indoor-bowls-information-evening-tickets-26824414546>

Carers Information Session

An open evening for carers, potential carers and those who support carers, to highlight some of the help that is available, with speakers from a number of local agencies.

4th October, 7:45 pm, St Paul's Church Boundary Road, West Bridgford NG2 7DB.

All welcome. Refreshments provided. Please confirm attendance if possible by email:

ruthr@stpauls-boundaryroad.org.uk or leave a message for Ruth Robinson via Church Office
Tel: 0115 945 2019.

There will be speakers from Age UK, the Nottingham Carers' Hub and a local Care company and lots of signposting information will be available.

Pathways Carer Support Service

Pathways Carer Support Service is a specialist social care service that supports unpaid Carers who are looking after someone within the last twelve months of life, any diagnosis.

The service supports any Carer, who is caring for someone near the end of their life, by offering practical, social and emotional care and support. The service is fully funded by Nottinghamshire County Council, so there are no costs or charges incurred by the Carer for receiving support and respite breaks.

Pathways Carer Support Service will accept referrals from any Health or Social Care Professional or Carer. Contact the Nottinghamshire Carers Hub:

Telephone: 0115 824 8824 Email: hub@carerstrustem.org

For more information go to: <http://www.carerstrustem.org/carer-services-end-of-life>

Sport 4 Thought sessions for people with dementia

Notts County Football in the Community are running free physical activity sessions for people with dementia.

Sessions running every Wednesday for men and women offering sport, exercise, and social activities in a non-clinical environment.

Please contact Ian Richardson on 0115 9055 896 or ir@nottscountyfitc.org.uk for Men's sessions, and Emma Trent on 0115 9055 896 of et@nottsfic.org.uk for Women's sessions

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Training and Resources

Emergency First Aid from Sport Nottinghamshire

Wednesday 14th September, 6pm – 9pm

Rushcliffe Borough Council, Rushcliffe Civic Centre, Pavilion Road, West Bridgford, NG2 5FE

This 3 hour first aid workshop will look at skills that would help you to deal with an emergency situation related to sporting environments. A mixture of practical and theory will help develop these skills and provide confidence in dealing with emergency situations

£25 per person. For more information and to book please go to

<http://nottingham.sportsuite.co.uk/events/2016/09/emergency-first-aid8>

Alternatively contact Amy Carter, Sports Development Officer at Rushcliffe Borough Council on 0115 9148279 or acarter@rushcliffe.gov.uk

Changepoint

Nottinghamshire Obesity Prevention and Weight Management and Obesity Service has launched its Be Active, Eat Well: Be Healthy programme of community wide campaigns, events and services. This will include FREE behaviour change training to frontline staff.

This 3-hour training can help staff to identify and raise the issue of unhealthy or risky healthy behaviour and, direct individuals towards further practical support.

For more information contact Changepoint – tel 03330 05 0092 or email changepointnotts@everyonehealth.co.uk

Kaleidoscope Plus

The Kaleidoscope Plus Group (KPG) is one of the leading health and wellbeing charities in the Midlands. They have been commissioned by Nottinghamshire County Council to introduce free training, awareness and wellbeing initiatives across Nottinghamshire.

- FREE Stress Management course with your team
- FREE accredited Mental Health First Aid lite courses
- FREE Mental Health and Wellbeing Self Care Workshop for your service users and front line staff

For further details on any of our initiatives please contact Kaleidoscope Plus on: 07766 421448 or stevie.hall@kaleidoscopeplus.org.uk . www.kaleidoscopeplus.org.uk

Community RePaint

Community RePaint Nottinghamshire, run by Veolia (Nottinghamshire County Council's waste contractors) at Warsop, Newark, Beeston and Calverton Recycling Centres provides free reusable paint to community groups and schools.

Groups and schools can arrange an appointment online to collect paint at any time via the Nottinghamshire County Council website here: <http://tinyurl.com/gne787x>

Prince's Trust Team programme

The next team starts on Monday 19th September 2016 and runs for 12 weeks.

The programme is for unemployed young people between the ages of 16 and 25. The programme is free of charge and we can even pay for public transport costs. Benefits will not be affected.

Young people will work on skills which are useful for the workplace, including team building, problem solving, leadership skills, communication skills, and organisation skills. We also support young people to build their confidence and self-esteem, and to overcome any problems which they may face. They will gain a qualification along with certificates in manual handling, basic first aid and basic food hygiene awareness.

- Contact Marie Naylor on 07967 690 706 or email marie.naylor@notts-fire.gov.uk
- Go to the Open Day on Wednesday 14th September at Highfields Fire Station, Hassocks Lane, Beeston, Notts, NG9 2GQ, anytime between 10am and 3pm.
- More on our website: www.notts-fire.gov.uk/team

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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.

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