



October 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”

For more information please go to www.rushcliffecvs.org.uk or email admin@rushcliffecvs.org.uk

First Contact Signposting Scheme

Rushcliffe CVS has coordinated the First Contact Signposting Scheme across Rushcliffe Broxtowe and Gedling since its very beginnings in 2006. Sadly Nottinghamshire County

Council has made a decision to close the scheme and it ceased operation on 30 September 2016.

We have been asked to direct people to the following alternative sources of information and support:

- Metropolitan Connect – offers practical advice, referrals to services and short term support. For more information see <https://www.metropolitan.org.uk/support-services/connect/>, phone 0115 939 5406 or email connect@metropolitan.org.uk
- Notts Help Yourself – www.nottshelpyourself.org.uk
- Nottinghamshire County Council customer service centre - 0300 500 80 80

Rushcliffe CVS would like to say a big thank you to all the individuals and agencies we have worked with over the years on First Contact.

We are very sad to be saying goodbye to our First Contact Assistant Coordinator Karl Stirland who is moving on at the end of October. He has also been doing a brilliant job supporting our admin and transport teams – we thank him for all his hard work and wish him every success.

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Volunteering

Resources on Good Practice in Volunteering

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 recently 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>

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Volunteer Opportunities

Rushcliffe Befriends – come and join us!

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 969 9060 or email befriends@rushcliffecvs.org.uk

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

Literacy Volunteers

Literacy Volunteers are looking for people to help in primary schools in the Clifton area and other Nottingham City Schools. Literacy Volunteers work with children in schools and early years settings to develop an interest and love for reading. We help to break down barriers and open doors for life-long achievement. Volunteers can make all the difference in a child’s life. Volunteers chat with the children, read fun books together and play word games to help build their vocabulary and confidence with words and spelling.

If you can give just half a day a week’s regular commitment for at least 1 school year then please contact them.

Volunteers complete 9 hours of training which covers all aspects to help work in the school. Training is coming up in October 2016.

If you would like more details visit the website at www.literacyvolunteers.org.uk or telephone 0115 876 5474 or email contact@literacyvolunteers.org.uk

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Funding

Aviva Community Fund Re-Opens

– register by Tuesday 11 October 2016!

The Aviva Community Fund offers grant funding to voluntary and community organisations for projects that will make a real difference to local communities.

Applications will be accepted from not-for-profit organisations or groups working for the good of their community and which have been in existence for at least six months.

To be eligible, projects must make a positive difference to people's lives and address at least one of the following categories:

- Health, disability and wellbeing.
- Supporting the younger generation.
- Supporting the older generation.
- Sport in the community (new in 2016).
- Environment in association with the Mirror (new in 2016).
- Community support.

The Community Fund operates like a competition, and all projects will be put forward to a public vote. Applicants are, therefore, encouraged to widely promote their projects and gather as much support from their local community as possible.

Projects can be entered under four levels of funding:

- Up to £1,000, £5,000, £10,000 or £25,000

For more information see the Aviva website: <https://community-fund.aviva.co.uk/>

The deadline for project submissions is Tuesday 11 October 2016. The public will be able to vote for their favourite projects from Friday 21 October to Friday 18 November 2016.

The “Celebrate” programme – last call for applications!

Celebrate was launched in July this year by the Big Lottery Fund to give communities a chance to come together to hold an event or activity.

Due to its overwhelming popularity an extra £4.1 million of funding is being allocated, bringing the total to £7.695 million, allowing even more communities to come together to celebrate.

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.

The programme has run on a first come first served basis and funding is now running out – the deadline for applications is Friday 21 October at noon.

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

Health

Unwind your Mind event – this weekend!

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.

Unwind with Words

Take time to relax and explore the joy of words through stories, poems and conversation.

10:30 am -12:00 noon on the 3rd Monday of every month

West Bridgford Library – it's free, no booking required, just drop by. For more information call: 0115 9816506

Our next sessions are:

- Monday 17 October
- Monday 21 November
- Monday 19 December

Smokefree Life Nottinghamshire

Smokefree Life Nottinghamshire is a new service that launched on 1 April 2016. Run by Solutions 4 Health, it provides services to help prevent people from taking up smoking, protect people from the dangers of second-hand smoke and support people to quit.

The Smokefreelife Nottinghamshire service replaces the New Leaf service and is free to anyone living in Nottinghamshire or registered with a Nottinghamshire GP. For more information, please visit: www.smokefreelifenottinghamshire.co.uk

Support to quit smoking - we all know smoking is bad for you, your family and your friends. There are lots of reasons to stop smoking as well as plenty of support to quit.

Telephone: 0115 772 2515 or 0800 246 5343

Text: quit to 66777, email: info@smokefreelifenottinghamshire.co.uk.

Some GPs and pharmacies also offer support. To find a stop smoking clinic please visit the website

Stoptober

Stoptober is the 28-day stop smoking challenge that encourages and supports smokers towards quitting for good. We invite you to come along and sign up with Smokefreelife Nottinghamshire and see how we can support you in your quit attempt!

Saturday 15th October 10am till 4pm at Asda Supermarket, Loughborough Road, West Bridgford.

For more information about our Stop Smoking Service in Rushcliffe please contact Rachel Prosser, Regional Coordinator for Rushcliffe, Newark & Sherwood, tel mobile: 07766 212 028 or email Rachel.prosser@solutions4health.co.uk

Information for Dementia Carers

Radford Care Group runs a free programme which consists of seven weekly sessions, covering a different aspect of dementia at each session.

The groups are facilitated by specialists in dementia group work. Help with respite services and transport may be available. The carers are asked to contribute £2.50 per session towards refreshments. The group are happy to take referrals from both Nottingham City and County.

The next programme will run from 3rd November to 15th December, 10.30 - 12.30 at Castle Cavendish Works, Dorking Road, Nottingham NG7 5PN.

To book a place, refer a carer or for further information about the Information Programme, please call Radford Care Group on 0115 978 6133 or visit www.radfordcaregroup.org.uk

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News & Events

Recognising Rushcliffe Awards 2016 – deadline Monday 10 October!

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

Big Draw 'Speed of Light' Workshop

Part of The STEAM Powered Big Draw Festival

West Bridgford Library - Sat 29 Oct 10am to 1pm

Catch a FREE drop-in Big Draw 'Speed of Light' workshop and have a go with conductive drawing materials.

The STEAM Powered Big Draw Festival is for anyone who loves to draw, as well as for those who think they can't! Bringing together science, technology, engineering, art and maths, STEAM recalls our industrial past and the fusion of creative innovation, enterprise and the arts.

Explore technology with creativity. Have a go with conductive drawing materials and work with an artist to create beautiful illuminated drawings, add an electric circuit and turn art into science. Become part of a touring library exhibition and have fun drawing!

For more information please contact West Bridgford Library on 0115 981 6506.

Voluntary Arts

Voluntary Arts works to promote and increase active participation in cultural activities across the UK and Republic of Ireland. Over half the UK adult population is involved in the voluntary arts and crafts (cultural activity that people undertake for self-improvement, social networking and leisure, but not primarily for payment). Those activities are wide-ranging and include music, dance, crafts, drama, literature, visual arts, festivals and much more. We work with policy makers, funders and politicians to improve the environment for everyone participating in the arts, and we provide information and training to the many thousands of groups and individuals who participate in the voluntary arts sector.

Sarah Breen is the Midlands Development Officer based here in Nottinghamshire. If you are interested to find out more about Voluntary Arts, receive their newsletter, or get involved in Voluntary Arts events, please contact Sarah on 07818031632 or by email at sarah@vaengland.org.uk

Winter Warmth and Energy Switching Workshop for groups

Greater Nottingham Healthy Housing Service (GNHHS) is an established referral service commissioned by Public Health within Nottingham and Nottinghamshire to tackle fuel poverty by linking vulnerable households to agencies that offer FREE grants for energy efficiency, home maintenance and home safety so that they may achieve affordable warmth.

Their aim is to improve the quality of life of vulnerable people aged over 60 and families with children by reducing cold-related illnesses through the delivery of practical, home energy improvements.

They can deliver FREE Winter Warmth and Energy Switching Workshops for voluntary groups to check that members are not paying more than they need to for their energy bills, and also provide information about energy saving grants and tips.

The workshop would take the form of a short presentation lasting approximately 40 minutes with additional time to look at people's bills and see if they are able to make savings and answer any of their questions. Tenants and homeowners that have switched their energy tariff as a result have made considerable savings with the average amount being £212.00. To arrange a date, or to gain further information please contact Jenalle Anderson on 0115 9853009 or visit <http://tinyurl.com/ztv3bt2>

OurMarketplace

OurMarketplace is a new trading website for unwanted second hand items but with a difference: with every transaction they invite both the buyer and the seller to make a donation to their local community organisation, charity or cause.

OurMarketplace charity then claims Gift Aid on those donations (an extra 25p in every £1 donated) which goes in full, directly to the community group, school, club or non-profit making organisation of choice. It's a very simple way for people to sell the stuff they no longer need, make some money and at the same time help a cause close to home.

There is no charge for organisations to register or to use the site, just a 5% fee on each transaction which is half that of eBay. This is a new initiative and there are, as yet, no community groups listed that are local to Rushcliffe – an ideal opportunity to get in there first!

For more information visit: <https://www.ourmarketplace.co.uk>

Shopping for people aged 50+

Do you want to win a £10 shopping voucher? Are you aged 50 or over?
Would you like to participate in some non-commercial research on the meaning and value of food shopping to older people being undertaken by a lecturer at Nottingham Trent University?

Please go to our website to find out more – <http://tinyurl.com/h7xp9cl>

Shale Wealth Fund Consultation

On 8th August 2016 the Government launched a consultation seeking views on the delivery method and priorities of the Shale Wealth Fund. This includes the potential option for payments to be made directly to households affected by shale gas developments. The consultation seeks to explore the following key issues:

- what the Government's priorities should be for the Shale Wealth Fund
- the allocation of funding from the Shale Wealth Fund to different stakeholder groups
- the extent to which the industry community benefits scheme and the Shale Wealth Fund should be aligned
- potential delivery models for the Shale Wealth Fund – to ensure that households and communities benefit
- how funds are spent and how any process should be administered

The Government is keen for the document to be shared with local communities that could be potentially affected by shale gas development. The deadline for the consultation is 26 October 2016. If you would like to take part please go to the government website:

<https://www.gov.uk/government/consultations/shale-wealth-fund>

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Training and Resources

Resources for Small Charities

Community Accounting Plus (CA Plus) has been working with Charity Finance Group (CFG) on the development of a broad programme of support for small charities across the UK.

For more information, go to <http://tinyurl.com/jpf3wdg>

ACAS E-bulletin

ACAS's latest e-bulletin contains useful information on the changes to the minimum wage, information and guidance about the new Living Wage introduced for working people aged 25 and over in April 2016, and a range of guidance and practical tools to help employers get pay issues right.

The E-bulletin can be accessed here - <http://tinyurl.com/jblwerv>

Skills Plan Bid Writing Workshop

18th October 2016 - Newark

Bid writing workshops are tailored to organisations who prefer to keep bid writing in-house and need some practical advice and guidance.

A well written proposal is critical to succeeding in bidding for funding, these workshops have been developed to improve delegated bid writing skills.

Training is suitable for anyone at any level and will enable delegates to produce well written, structured and focussed bids.

The workshop runs from 10:00 until 16:30 and is being held at the Everyday Champions Centre in Newark. There is a discounted price for Voluntary Sector organisations of £90 (full price £110) per delegate, this includes lunch and refreshments.

Skills Plan workshops are informal, interactive and practical, offering support and advice tailored to delegates needs to ensure you get the most out of your day. For further information or to book a place contact skillsplanuk@gmail.com , or visit www.skillsplan.co.uk .

Free Consultancy

If your organisation needs support with anything from research to marketing to analysis of information then The University of Nottingham's Consultancy Challenge may be just what you need. Small groups of students are available to work with organisations over a five week period in February and March 2017.

What's needed from you is a brief of what you would like the students to do and attendance at two meetings at the start and end of the project.

The result for you will be a presentation and report that might support you with funding bids, campaigning or more effective business processes.

University of Nottingham students are skilled at carrying out research, reasoning and analysis of information along with an ability to apply techniques for 'thinking outside of the box'. To express an interest in taking part in the Nottingham Consultancy Challenge, please contact Jacqui.storey@nottingham.ac.uk

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Vacancies

Age UK Volunteering Administrator

Age UK has a vacancy for an Administrator to assist the Volunteering Manager, for 7 hours a week (over 1 or 2 days, preferably a Monday morning and Thursday afternoon, and able to cover school holidays) with a range of administration tasks including, but not limited to; answering emails, recording and logging information on Charitylog (a CRM database), requesting references, filing and answering the telephone.

The successful candidate will have excellent inter-personal skills, sound self-organisation and diary management skills with the ability to meet tight deadlines. Good word processing and database skills are required (experience of MS Office essential).

- Hours: 7 hours per week
- Salary: £3,248 per annum
- Scale: AUNN points 16-19 (£17,169 - £18,560 per annum FTE)
- Based: Bradbury House
- Tenure: fixed term for 6 months

For full details and to download an application pack, please visit our website at: www.ageuk.org.uk/notts. Alternatively, please contact our Human Resources department for an application pack by email recruitment@ageuknotts.org.uk or telephone 0115 8599265

Closing date: 12 noon on Friday 14th October 2016

Interviews: Monday 31st October 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

[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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Editor: Jess Molineaux, Rushcliffe CVS

