



December 2016 Newsletter



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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Table of Contents

RCVS News	2
Season's Greetings from RCVS – Christmas Closure	3
Rushcliffe Community Awards – Our Voluntary Transport Scheme a Winner!!	3
New Community Noticeboard	3
Volunteering	3

Questions about volunteering? – read our guides	3
Volunteer Opportunities.....	4
Radcliffe on Trent Singalong Group - keyboard player	4
Catalyst Church, Upper Saxondale – toddler group.....	4
Funding	4
Healthy Lives, Healthy Futures Fund – grants still available.....	4
Wren’s Community Action Fund Re-Opens for England and Wales	4
Weston Charity Awards	5
Co-op Local Community Fund – deadline 16/12/16.....	6
Spirit of Women Changemakers Grants Programme Launches for UK.....	6
Health.....	7
Nottingham and Nottinghamshire Sustainability and Transformation Plan	7
Notts County FC Football in the Community's Projects for Adults	8
Alzheimers Society - Dementia Friendly Swimming Sessions	8
Rushcliffe Ramblers Sunday Short Walks Programme for 2017	9
News & Events.....	9
Good Neighbours.....	9
Cotgrave Advice Centre – new address	10
Helping rough sleepers in Nottingham.....	10
Appeal for Bridgford Hall memories and stories	11
Become a Personal Assistant – free information events.....	11
South Notts Homelessness Strategy Consultation	12
Local Charities Day – 16 December 2016	12
Training and Resources	13
Exploring the Impact of Pornography on Young People training	13
Managing Mental Health and Work – Guide for employers	13
Vacancies.....	13
Vacancies at Notts County FC Football in the Community	13
Regular Information.....	14
How Rushcliffe CVS can support your group.....	14
How Rushcliffe CVS can support individuals	14
Rushcliffe Volunteer Centre & Drop-in Sessions in West Bridgford.....	15

RCVS News

Season's Greetings from RCVS – Christmas Closure

We would like to wish our members and supporters a very enjoyable Christmas and a peaceful and productive New Year.

Please note that the RCVS office will close at 12.30pm on Friday 23 December 2016 and will reopen on Tuesday 3 January 2017.

Rushcliffe Community Awards – Our Voluntary Transport Scheme a Winner!!

We're really pleased to announce that Rushcliffe Voluntary Transport Scheme won the 'Good Deeds' award at the Rushcliffe Community Awards ceremony in November.

The award reflects the hard work and dedication of staff and volunteers who provide a first class service to vulnerable people in Rushcliffe often going 'that extra mile' to ensure that our passengers feel safe, secure and, in lots of cases, providing the additional support that many of our passengers need to complete their journeys.

Congratulations and thank you to our drivers, office volunteers and staff! We'd also like to congratulate all the other award winners and nominees - for a full report (including pictures of our coordinator Penny and some of our drivers) please go to: <http://tinyurl.com/zw3l9nt>.

New Community Noticeboard

RCVS has a new noticeboard in central West Bridgford where local groups can publicise their latest volunteering opportunities. For further information please contact Helen - hstanbridge@rushcliffecvs.org.uk or telephone 0115 969 9060.

We would like to thank Councillor Barrie Cooper for supporting local volunteers and community groups through his generous donation towards the purchase of the noticeboard.

[Back to contents page](#)

Volunteering

Questions about volunteering? – read our guides

Volunteers make a huge contribution to local communities and to the people and places they help. At the same time, volunteers gain skills and confidence, get valuable work experience, meet new

people.

Want to find out more about the ins and outs of volunteering? Have a look at our Volunteers' Handbook, and for more specific guidance, look at our guide on Volunteering and benefits. Both these guides are available via our website – <http://www.rushcliffecvs.org.uk/volunteers-volunteers-79/be-a-volunteer-volunteers-91.html>

[Back to contents page](#)

Volunteer Opportunities

Radcliffe on Tent Singalong Group - keyboard player

Come and meet and play keyboard for 12 ladies to sing and decide on the songs and then take the music home to record or tape or CD. You need to be able to play keyboard to a good standard.

Catalyst Church, Upper Saxondale – toddler group

Little Fishes is an established mother and toddler group (newborn to school age), looking for volunteers to help with the running of the group. Washing up, making drinks, tidying, singing and engaging with children and families. No qualifications needed but an interest in child development.

For information about any of these opportunities, or to enquire about other opportunities, please get in touch with Helen Stanbridge, tel 0115 969 9060 or email: volunteer@rushcliffecvs.org.uk

[Back to contents page](#)

Funding

Healthy Lives, Healthy Futures Fund – grants still available

There is still time for local groups and organisations to put forward proposals for this fund from Rushcliffe Health Partnership – please see the page on our website here - <http://www.rushcliffecvs.org.uk/services-our-services-64/funding-our-services-67/912-rushcliffe-health-partnership-launches-healthy-lives,-healthy-futures-fund.html>

Wren's Community Action Fund Re-Opens for England and Wales

Grants of between £2,000 and £50,000 are available for projects that can demonstrate how they fall into Object D of the Landfill Communities Fund. Object D shows commitment to the protection of the environment, and the provision, maintenance or improvement of a public park or another public

amenity. WREN's definition of an amenity is something that a community will have access to and be able to use for leisure or recreation purposes.

Examples of eligible projects include, but are not limited to:

- Replacement doors and windows for village halls and community centres.
- Provision of children's play equipment in open public spaces.
- Construction of footpaths and cycleways in public parks.
- The provision of all-weather play surfaces for MUGA multi use games areas.
- The provision of skate parks.
- Dipping platform and all weather paths at local nature reserves.

Although match funding is not a specified requirement, the Waste Recycling Group (as a condition of providing WREN with the Landfill Tax Credits) require project applicants to secure the help of eligible 'Third Parties' who will reimburse them with an amount equal to 10.75% of any grant committed. Third Party funders cannot, however, gain any unique benefit from the project put forward for funding.

Applications will be accepted from the following types of organisations:

- Registered charities which operate a community facility.
- Churches or Parochial Church Councils.
- Parish or Town Councils or Management Committees or User Associations acting on behalf of Parish or Town Councils.
- Local Authorities.
- CASC Registered Sports Clubs.

Other organisations may still be able to apply for funding if they apply as a secondary applicant with a Parish Council, Local Authority or charity which has an involvement in their project site.

The deadline for applications is Wednesday 22 February 2017 (5pm)

Further details here: <http://www.wren.org.uk/apply/wren-grant-scheme>

Weston Charity Awards

This is the fourth year the Weston Awards have been run and once again they have been expanded to help more charities. The Awards provide unrestricted core funding alongside free capacity building support.

The Weston Charity Awards celebrate and support excellent charities working in the fields of Youth, Welfare and Community. This year, the awards will support 18 charities across the North East, North West, Yorkshire and the Midlands.

Weston Award winners will receive £6,500 unrestricted grant funding alongside business mentoring support from capacity building charity Pilotlight. The purpose of the award is to support ambitious charities personally and financially so they can achieve their goals.

For more information or to apply for the Weston Charity Awards 2017, please visit www.westoncharityawards.org or call us on 020 7283 7022. Applications open on Monday 5 December 2016 and close on Friday 13 January 2017.

Co-op Local Community Fund – deadline 16/12/16

If you have a new Co-op store card, every time you shop at Co-op, 1% of what you spend on own brand products and services goes to the Co-op Local Community Fund. Co-op members have helped to raise over £1 million, shared among more than 4,000 local causes.

This money, along with the money raised from carrier bag sales, is used to support local projects that benefit the community close to where you live. If you're a member you can choose the local cause you want your own 1% to go to.

If you would like to apply for your project to benefit from this Local Community Fund, you can apply through the website: http://www.coop.co.uk/membership/local-community-fund/?utm_source=vanity&utm_medium=direct&utm_campaign=redirect

The deadline for applications is 16 December 2016.

Small, locally based voluntary and community groups including registered charities, small charities registered with the HMRC for tax, CASCs, churches that are 'excepted' charities, scout and guide groups can apply for grants to support projects which benefit the local communities around Co-op food stores and funeral homes.

To be eligible, the main activities of a project must:

- Take place in the UK or Isle of Man
- Not finish before October 2017
- Meet the Co-operatives values of self-help, self-responsibility, democracy, equality, equity and solidarity.

Spirit of Women Changemakers Grants Programme Launches for UK

The Spirit of 2012 and the Fawcett Society have created a new fund to support projects that mark and celebrate the centenary of women winning the right to vote in 2018.

Registered charities, community interest companies and social enterprises in the UK can apply. Grants of between £5,000 and £15,000 are available to fund new activity in the UK that improves the wellbeing of women and girls who are subjected to harmful gender norms and stereotypes.

Projects should offer creative, cultural, sporting or volunteering responses to at least one of the following two key impact goals:

- Improve women's body confidence and challenging objectification in all areas of life, including in personal relationships.
- Challenge traditional gendered caring roles and the undervaluing of care.

Projects must be completed by the end of March 2018 and meet each of the following requirements:

- The activity will contribute to social cohesion, bringing diverse groups together to engage in their communities.
- All projects must undertake to improve (and measure through agreed indicators) participants' wellbeing.
- All projects must challenge perceptions of disability. This can be through the project activity itself or through ensuring inclusion of disabled people alongside non-disabled people in the project activity.
- Activities must also have a celebratory aspect in the run up to the 2018 centenary.

The project does not have to be for women only. The funders are open to projects that work with people regardless of gender identity, and they are also open to projects that work with people of a specific gender identity on a case by case basis, depending on the justification. Groups must be able to say how the project will benefit women overall.

There is a three-stage application process. The deadline for Expressions of Interest is 22 December 2016, but note that stage 1 has to then be submitted by 23 December.

The link is: <http://www.fawcettsociety.org.uk/campaigns/changemakers-small-grants-programme/>

(Source – NCVS bulletin 2/12/16)

[Back to contents page](#)

Health

Nottingham and Nottinghamshire Sustainability and Transformation Plan

The organisations that commission and provide health and social care services across Nottingham City and Nottinghamshire County have today published their joint five year Sustainability and Transformation Plan (STP).

Local NHS providers, clinical commissioning groups (CCGs), councils, and other health and care services have formed the Nottingham and Nottinghamshire STP footprint - one of 44 in England - to collectively plan how local services will work to improve the quality of care, their population's health and manage finances across the system.

Go to <http://www.stpnotts.org.uk/> to access a summary guide, executive summary or to view the full document.

Notts County FC Football in the Community's Projects for Adults

NCFC FITC pride themselves on their ability to connect with and engage large numbers of people with a wide range of conditions, especially dementia and mental health. Their portfolio of projects is tried and tested, having a positive impact on people's lives. They're currently recruiting to their dementia and mental health projects, which take place on Wednesdays at Portland Centre near Trent Bridge and are FREE for all participants.

They are constantly looking for referrals from professionals and self-referrals from members of the public. As many people know, group exercise has a positive impact on people's mental and physical health. Their activities include:

Women's mental health project (Right Mind) - takes place on Wednesday mornings from 10 till 11.30am and includes a wide range of physical activities to keep participants engaged, followed by a social element.

Men's mental health project (On the Ball) - takes place on Wednesday mornings from 11am till 1pm and is football-based.

A dementia project (Sport 4 Thought) - takes place on Wednesday afternoons from 3 till 4.30pm and includes a wide range of physical activities to keep participants engaged, followed by a social element.

If you would like to go along to one of their activities or you wish to refer someone, please contact Tim Hatton at Notts County FC Football in the Community on 0115 955 7215 or 07817 33 22 79

www.nottscountyfitc.org.uk

Alzheimers Society - Dementia Friendly Swimming Sessions

- Clifton Leisure Centre Every weds 11.15am -12.15pm
- Ken Martin Leisure Centre Weds 3-4pm
- Harvey Hadden Sports Village Friday 2.30-4pm

Staff from Alzheimers Society are present at the sessions to meet and greet, address any queries and complete registration and there is a swimming coach in the pool to offer support, advice and guidance.

The sessions are also fully supported by leisure centre staff who have completed Dementia Awareness training and following assessment a number of improvements have been put in place to make the sessions more Dementia Friendly for example additional signage.

There's the opportunity to meet up and socialise 30 minutes before the sessions, with tea, coffee and beverages provided in the café/seating areas at the centres.

Normal swim prices apply for participants, but carers will go free.

For more information please contact Kris Gregory on 0115 934 3800 or email kris.gregory@alzheimers.org.uk

Rushcliffe Ramblers Sunday Short Walks Programme for 2017

Rushcliffe Ramblers have sent us their short walks programme for January to July 2017 – you can access this via our website at

<http://www.rushcliffecvs.org.uk/projects-projects-72/health-projects-77/588-rushcliffe-ramblers-sunday-short-walk-programme.html>

Please note that if the weather is poor, the walks can be shortened. We will pause for a drink during the walks – please bring your own drink.

For more information, please contact the Walk Leader, Jeremy on 0115 981 0420 or 0775 145 8041.

[Back to contents page](#)

News & Events

Good Neighbours

Good Neighbours started meeting a few months ago. It is open to everyone in Rushcliffe, aged 50 years and over.

Come and join them at their free New Year's Party on Wednesday 4th January 2017 (1.30pm to 3.30pm). Refreshments available.

Good Neighbours provides an opportunity for people who may be feeling lonely or isolated to get out more, join in some free activities, meet new people, and make friends. It is hoped that agencies, relatives and friends of anyone in this position will let them know about the Good Neighbours meetings.

As well as the New Year's Party, Good Neighbours also meets up on the first Wednesday of each month (at the same times).

The venue is Edwalton Rock Church (previously known as Edwalton Community Church), 13-15 Wellin Lane, Edwalton, Nottingham NG12 4AS (on the No. 6 bus route). They can be contacted on 0791 342 6051.

Cotgrave Advice Centre – new address

The Cotgrave Advice Centre moved premises on Monday 7 November 2016. The Centre is now based at All Saints' Church on Plumtree Road, Cotgrave NG12 3HT.

The telephone number and email address remain the same: 0115 989 3294 (answerphone), Cotgraveadvicecentre@gmail.com, the website is: www.cotgraveadvicecentre.org.uk

The Centre's times of operation remain the same: Mondays 5-7pm, Tuesdays and Thursdays 9-12 noon.

Helping rough sleepers in Nottingham

During Winter, Nottingham implements a Cold Weather Plan which gives additional help from November to April, regardless of the actual temperature or weather conditions during that period, including the No Second Night Out policy.

The No Second Night Out policy means enough beds are available to ensure no-one sleeping rough has to face a second night on the streets. An extra £100,000 from the City Council is providing an additional 32 beds on top of the 20 already available as part of the Winter Shelter managed by Emmanuel House in partnership with city churches and other agencies.

Please help those in need by giving money directly to homeless charities like [Framework](#), [Emmanuel House](#) or [local food banks](#).

Emmanuel House has just launched its Gift of Hope campaign. Emmanuel House receives no statutory funding and is entirely dependent on donations and good will to provide a range of support and essential survival services to support people to reconnect and resettle permanently within the community. Donations can be made quickly and securely online at <https://localgiving.org/Giftofhope>

Linkbus Network

Did you know that the Linkbus Network offers you friendly, accessible buses that link you to local shopping centres, health care facilities, etc . The following are just some of the services on offer:

- Centrelink - your free electric City Centre service is every 10 minutes from Broadmarsh Bus Station to the Market Square, Theatre Royal and Victoria Bus Station. No need to struggle with shopping, just hop on and off as you need.
- Shoplink offers you access to the larger supermarkets running once or twice a week. You can get to know fellow regular passengers whilst doing your weekly shopping.
- Locallink - these bright green buses serve the estates and villages of Nottingham offering a regular daily service connecting you to your local centres and shops.
- Medilink - your free electric bus service, every 10 mins Monday to Friday connecting Queens Drive Park and Ride, Queens Medical Centre, Wilkinson Street Park and Ride and the City Hospital.

For more information go to www.nottinghamcity.gov.uk/linkbus , email public.transport@nottinghamcity.gov.uk or call (0115) 876 1306.

Appeal for Bridgford Hall memories and stories

As Bridgford Hall undergoes a £2.3 million refurbishment, Rushcliffe Borough Council is asking local people to share their memories about the hall.

Once refurbishment works are complete in April 2017, the ground floor of Bridgford Hall will once again offer a wedding and registration service, whilst the first and second floors will be converted in to an aparthotel. The improvements have been made possible thanks to the Heritage Lottery Enterprise Fund, which supports schemes that create new commercial uses for historic buildings.

If you have a story to tell about the hall, they want to hear from you. Contributions will help to bring the history of the building alive and some will be used as the basis of a specially commissioned play to be performed in Bridgford Park in June 2017, as well as at an exhibition at West Bridgford Library.

We're particularly keen to gather an archive of photos of weddings at the Hall to be used in a giant mural display - email your images to arts@rushcliffe.gov.uk. For more information about the project, call 0115 914 8517.

Become a Personal Assistant – free information events

Find out more about becoming a personal assistant to help someone who needs care and support to live as independently as possible in their home and community. These free

sessions have been organised by Rural Community Action Nottinghamshire in collaboration with the NHS and Notts County Council. No need to book, just turn up.

- Wednesday 11 January, 1-3 pm at Bingham Methodist Church
- Monday 23 January, 1-3 pm at West Bridgford Library

South Notts Homelessness Strategy Consultation

The three Boroughs of Broxtowe, Gedling and Rushcliffe have strategic responsibility for meeting our legislative requirements under the Homelessness Act 2002. Section 1(4) of the Homelessness Act 2002 requires Local Authorities to publish a new homelessness strategy within a period of 5 years beginning with the day on which their last homelessness strategy was published. This is the second joint homelessness review for the three Boroughs; the last joint homelessness strategy was published in 2013.

Broadly, it is proposed that the Strategy is based on the following principles which will necessitate a continued effective multi-agency approach to homelessness. As such, your input into the strategy is crucial.

- Minimising demand
- Reducing the extent of crisis presentations
- Delivering effective services at the point of contact
- Providing appropriate accommodation options
- Moving people away from homelessness

This consultation, which runs to 6 February 2017, provides an opportunity for stakeholders to input into the South Nottinghamshire Homelessness Strategy which will be published in Spring 2017.

If you would like to take part in this consultation please go to <https://www.surveymonkey.co.uk/r/NottsHomelessnessStrategy> .

Alternatively you can download the consultation documents by visiting the Borough Council's website <http://www.rushcliffe.gov.uk/housing/findingaplacetolive/homelessness/>

Local Charities Day – 16 December 2016

Rob Wilson, the Minister for Civil Society, announced that Friday 16 December will be a day to celebrate the work of small, local charities and community groups.

In a government press release, he said “On Local Charities Day, I want us all to shout from the rooftops about small, local charities: their energy, commitment, expertise and the benefits they bring to their communities.”

Start planning now to get the best publicity for your charity. Digital activity will be based around the #LocalCharitiesDay hashtag. Download further information and a resource toolkit from: <http://dcmsblog.uk/wp-content/uploads/2016/11/LocalCharitiesDay2016.pdf>

(Source – NCVS bulletin 28/11/16)

[Back to contents page](#)

Training and Resources

Exploring the Impact of Pornography on Young People training

Imara is a specialist service that supports children, young people and their families following a disclosure of child sexual abuse. In partnership with Tender, a charity that promotes healthy relationships based on equality and respect they are holding a one-day interactive workshop for Professionals:

Thursday 19th January 2017 – 9:45am -4.30pm

Price: £100 per person

For more information please contact Imara through their website www.imara.org.uk or to book: [Book Online Here!](#)

Managing Mental Health and Work – Guide for employers

Tips on managing mental health at work. Workplace relations experts Acas have published research which “reveals top tips ... to better manage mental health at work”. The Acas news release includes a summary of six key recommendations that employers can adopt.

<https://wp.me/p2X7HP-3zP>

[Back to contents page](#)

Vacancies

Vacancies at Notts County FC Football in the Community

Events and Partnerships Executive

An exciting opportunity is available for a candidate with proven fundraising and sales experience combined with an interest in sports and community work to join Notts County FC Football in the Community’s (FITC) award-winning scheme.

<http://nottscountyfitc.org.uk/job-vacancy-events-partnerships-executive/>

National Citizenship Service – Project Officers

We recruiting to two other Project Officer positions in our NCS (National Citizen Service) team. They will be involved with the pre-programme engagement and on-programme support of the National Citizen Service.

<http://nottscountyfitc.org.uk/ncs-vacancies/ncs-project-officer/>

The deadline for all roles is Monday 12th December at 5pm.

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

[Back to contents page](#)

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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