



February 2017 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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RCVS News

Event – “Self-care – acknowledging the Voluntary Sector contribution”

You are invited to the forthcoming Rushcliffe Voluntary Sector Forum event

Date: Wednesday 1 March 2017 Time: 10.00am – 1.00pm

Venue: Gresham Sports Pavilion, Gresham Park Road (off Wilford Lane), West Bridgford, NG2 7YF

For more information and to book your place please go to <http://www.rushcliffecvs.org.uk/home/latest-news-and-events/1033-rushcliffe-voluntary-sector-forum.html>

Vote for our Transport Scheme!

We are always looking for ways to expand our service. We have applied for funding from the Galaxy hot chocolate fund to help us recruit and train more volunteers and market our service more widely. We need your votes please so we can get this funding. Thanks in anticipation.

More details and to vote visit <http://bit.ly/2kRkVqO>

For more information about the Transport scheme please visit the webpage <http://www.rushcliffecvs.org.uk/projects-projects-72/transport-projects-75.html>

Our thanks to Rushcliffe School

We'd like to say a big THANK YOU to the Design and Technology department at Rushcliffe School whose staff and pupils have recently provided our Respiratory group in Arnold with some excellently made wooden games.

The group, which meets weekly in Arnold, is for people who suffer with moderate to severe COPD (Chronic Obstructive Pulmonary Disease) and aims to tackle isolation, increase activity levels and help people find ways to manage their condition. See article below for further information.

Mr Dunning, Miss Lacy and their talented pupils were immensely helpful, and we have recently taken delivery of a Roll-a-Ball game, a Hoop-la/Quoits style game and a box to house the weighted beanbags the sewing bee have also made.

Thank you to all those who have helped with the project – your efforts are not only appreciated but will have a positive outcome on others who you may never meet.

For more information on our Respiratory Service, please contact Rebecca Archibald on 0115 969 9060 or email respiratory@rushcliffecvs.org.uk

Take A Breather – new name for our respiratory group

Our respiratory group has now got a name – Take A Breather – and we're keen to get the word out about this innovative project for patients across Gedling and Hucknall to support people living with COPD and other severe respiratory disease.

The service takes the form of a weekly group which will provide a mix of social activities and healthcare support in a community setting to reduce social isolation, increase people's confidence in managing their condition, and improve health and wellbeing. The group is a collaboration between Rushcliffe CVS and Nottingham North and East Clinical Commissioning Group (which covers much of Gedling Borough Council area, Hucknall, and surrounding areas).

The group meets on Tuesday afternoons between 1pm and 4pm at the Beacon, Birchfield Road, Arnold. The group will provide a chance to share experiences with others whilst chatting over a cuppa. There will also be a variety of activities such as games, crafts, guest speakers, gentle movement and relaxation. Healthcare professionals will be attending most meetings to provide information, advice and support on managing symptoms.

Severe respiratory diseases can be very isolating and debilitating, and this group will encourage people to meet others with similar experiences, try new activities in a supportive environment and learn more about how to live well with their condition.

To find out more, enquire about transport, and to book your place please contact the group coordinator Rebecca Archibald on 0115 969 9060 or email respiratory@rushcliffecvs.org.uk

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Volunteering

14 reasons to love volunteering in 2017

February is the month of Valentine's Day and love. Here are 14 reasons to love volunteering. <http://www.rushcliffecvs.org.uk/39-home/home-page-only/1035-14-reasons-to-love-volunteering-in-2017.html>

NCVO's Etherington urges national debate on volunteering

Sir Stuart Etherington, chief executive of NCVO, has called for a national debate on the role of volunteering in public services.

In a letter sent to NCVO members, Etherington says he expects 2017 to be a "bumpy ride", with lower economic growth, higher inflation and the "all-consuming task of Brexit".

But most of the letter is devoted to considering the role of volunteers in the sector and in public services.

See full letter here - http://www.thirdsector.co.uk/ncvos-etherington-urges-national-debate-volunteering/volunteering/article/1420996?utm_source=LINX+454+-+19+January&utm_campaign=LINX454&utm_medium=email

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Volunteer Opportunities

Respiratory Group Volunteer

Rushcliffe CVS is looking for people to help with our new respiratory group.

The role will be to support the project worker with the day to day running of the weekly sessions.

- To meet and greet participants
- To provide support and encouragement to participants to maximise ensure their enjoyment of the sessions
- To assist with refreshments and other practical tasks

We're looking for people who:

- Have genuine interest in the wellbeing of people with a long term health condition
- Are able to provide encouragement and support in a sensitive and non-judgemental manner, with people from a variety of backgrounds.
- Have good listening and communication skills
- Are able to use own initiative

The group meets every Tuesday afternoon at the Beacon, Birchfield Road, Arnold. NG5 8BY. We are looking for volunteers who can attend on a regular basis, preferably at least once or twice a month.

For more information please contact Rebecca Archibald on 0115 969 9060 or email respiratory@rushcliffecvs.org.uk .

Volunteer for The Clough Taylor People's Run 26 Feb

The Clough Taylor People's Run is a 5k and 10k run in memory of Brian Clough and Peter Taylor, and in support of charities nominated by their families (Action for Pulmonary Fibrosis, Muscular Dystrophy UK and Street Child United). Previously, those charities have sourced the volunteers for the event but this year they have struggled.

The Clough Taylor People's Run takes place at Holme Pierrepont on Sunday 26th February and they are seeking volunteers to help with:

- Registering runners (issuing numbers and T-shirts)
- Marshalling the route
- Helping at the water station (handing out drinks to those who want them at halfway)
- Helping in the finish area (handing out medals and goody bags)

If you are interested in volunteering for this event, please contact Jim Cowan, Event Director:

Tel: 0333 011 5090, Mobile: 07802 817 796, Email: jimc@peoplesevents.co.uk
www.peoplesevents.co.uk

Super Kitchen Club Assistant - Bingham

Volunteer required to assist with general kitchen duties during the preparation, and service, of the Super Kitchen social eating meal club at Chestnut Avenue Community Centre, Bingham.

Metropolitan are looking for help with The Chestnut Avenue Super Kitchen which will be providing low cost meals once a week to the local community.

Previous catering experience would be ideal, and a customer friendly approach is a must. Training and qualifications will be made available for those wanting to take part. The project is based on an older persons scheme, so a willingness to work with the elderly is required, although the lunch club is open to all.

For more information, contact Tom Forster on 0203 535 3349, or 07738714071, email - Thomas.forster@metropolitan.org.uk

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Funding

Football Foundation's Grow the Game

The Foundation's Grow the Game scheme provides grants for the creation of new football teams and coaching qualifications throughout England.

Grow the Game aims to increase participation in football by helping clubs to provide opportunities for new players, or by training volunteers to support new players and teams.

The following types of team are eligible for a grant in 2017:

- Male teams from the under-14 age bracket and above.
- Female teams from the under-7 age bracket and above.
- Disability teams.

For more information about who can apply see the website below. Organisations can receive a £1,500 grant per team created over two or three years with the funding being reduced in the second or third year of the project. The funding can be used towards a combination of essential costs associated with providing new football activity, including: facility hire, hire of FA qualified coaches, referees fees, CRB checks, affiliation fees, league entry, first aid kits, promotion and publicity, FA coaching courses, additional courses

The deadline for applications is **29 March 2017**.

The link is <http://www.footballfoundation.org.uk/funding-schemes/grow-the-game/>

ACT Foundation

ACT provides grants to individuals and other charities, principally in the UK, with the aim of enhancing the quality of life for people in need, (specifically the mentally and physically disabled).

Grants generally fall into the following areas:

- Building - funding modifications to homes, schools, hospices etc.
- Equipment - provision of specialised wheelchairs, other mobility aids and equipment including medical equipment to assist independent living.
- Financial assistance - towards the cost of short-term respite breaks at a registered respite centre.

Projects that intend to be a platform for continuing services will be expected to demonstrate sustainability. ACT would be concerned to be a sole funder of projects that require ongoing support. Check website below for exclusions.

Decisions on grants of up to £50,000 are normally made within one month of receiving your application. Decisions on grants over £50,000 can take up to three months.

If the application is for an emergency a faster timescale can be requested and ACT will do their best to assist.

Application Form: Apply in writing following the guidelines on the website- only postal applications will be accepted.

Deadline: Applications can be submitted at any time

Contact: The Grants Manager, 61, Thames Street, Windsor, SL4 1QW

Email: info@theactfoundation.co.uk

Tel: 01753 753900 Website: www.theactfoundation.co.uk

Austin and Hope Pilkington Trust Programme 2017

The Austin and Hope Pilkington Trust has announced its funding themes for 2017 and is inviting charities in the UK to apply for a grant.

Registered Charities can apply for funding which directly supports the theme selected by the Trustees for that year. The funding is intended to support organisations undertaking projects in a variety of fields and works on a three-year rotation system, with different fields of interests being funded each year.

The rounds for 2017 are as follows:

- Round 1: The Elderly. The application period is 1 - 28 February. Grants of £1,000 will be available for charities with an operational income of minimum £50,000 and maximum £1 million.
- Round 2: Music and the Arts. The application period is 1 - 31 April. Grants of £5,000 will be available for charities with operational income of minimum £1 million.
- Round 3: Music and the Arts. The application period is 1 - 31 July. Grants of £1,000 will be available to charities with an operational income of minimum £50,000 and maximum £1 million.
- Round 4: The Elderly. The application period is 1 September to 31 October. Grants of £5,000 will be available to charities with operational income of minimum £1 million.

Charities can only apply for one round per calendar year. The Trust requests that applications are submitted as early as possible before the deadline so that the Trust has plenty of time to request any additional information if required.

The deadline for applications to the first round is **28 February 2017**.

The link is: <https://austin-hope-pilkington.org.uk/>

ChurchCare

ChurchCare is the Church of England's national resource, adding value from the centre to support over 16,000 parish churches and 42 cathedrals. They support all those in parishes, dioceses and cathedrals caring for their buildings today and for the enjoyment of future generations. ChurchCare is the comprehensive source of information for everyone managing a church building.

Grants are available for Anglican churches across England. Further information and online application forms can be accessed online at the ChurchCare website - <http://www.churchcare.co.uk/>

The Transform Foundation

The Transform Foundation is pleased to announce the launch of the 2017 funding round of its Charity Website Grant Programme, which will be providing £18,000 grants to charities to fund the redevelopment of their website.

The 2017 funding round follows the successful pilot funding round in 2016 which funded the development of websites that have already gone on to raise hundreds of thousands of pounds online for the successful applicants.

The grant is principally aimed at charities with annual incomes between £500k and £30m, although smaller charities with ambitious plans for digital can also apply. Larger charities will also be considered for specific project or fundraising sites.

Any type of non-profit organisation may apply, with successful applicants in the past including causes as diverse as community development, physical illness, education, theatre, mental health, hospices, national heritage, volunteering, family, children & youth, addiction, homelessness, international aid, and arts.

To apply for the grant or find out more details on it, visit the Transform Foundation website at: www.transformfoundation.org.uk

Armed Forces Day Funding

Up to £10,000 funding is available to help event organisers put together a day of celebration for their local Armed Forces community – including current personnel, Reserves, veterans, cadets and families.

Armed Forces Day takes place on Saturday 24 June with a major national event to be held in the city of Liverpool. Celebrations will be held across the country, giving the public a chance to say “Thank You” to the Armed Forces for their contribution to the nation.

To find out more about funding criteria and the application process, register your event or contact the Ministry of Defence Armed Forces Day team by email at armedforcesday-events@mod.uk or by telephone on 020 7807 0970. The website, www.armedforcesday.org.uk, also contains a range of ideas to help you get the most out of your local event. **Applications close on 2 March 2017.**

BBC Children in Need Grants Programmes

BBC Children in Need is currently accepting applications from charities and not-for-profit organisations in the UK, the Isle of Man and the Channel Islands that support children and young people who are 18 years and younger, who are experiencing disadvantage through:

- Illness, distress, abuse or neglect.
- Any kind of disability.
- Behavioural or psychological difficulties.
- Living in poverty or situations of deprivation.

Small Grants of up to £10,000 are available per year for up to three years (£30,000 total request)

Deadlines: 1 March, 1 June, 1 September, and 1 December 2017

Main Grants of over £10,000 per year for up to three years.

Deadlines: 1 June, 13 September 2017

The BBC Children in Need grants webpage has full details -

<http://www.bbc.co.uk/programmes/articles/1N4ddmFHns8VPKjyp3PMYwn/apply-for-a-grant>

First World War: then and now – HLF Funding

Explore the heritage of the First World War with Heritage Lottery Fund grants of £3,000–£10,000. This programme has a short application form, and is suitable for everyone, including first-time applicants.

The First World War affected millions across the globe and shaped the world we live in. The Centenary is a chance to understand the war better, uncover its stories and explore what it means to us today.

Everyone should have the chance to discover more about the war and mark the Centenary. That's why we are providing this special grant programme for community projects. You can apply at any time up to 2019. We also provide grants of more than £10,000 for First World War projects through Our Heritage, Young Roots and Heritage Grants.

<https://www.hlf.org.uk/looking-funding/our-grant-programmes/first-world-war-then-and-now>

Health

Self-Care Forum factsheets

The Self-Care Forum is a national organisation which aims to help people look after themselves. It has a wealth of resources to help health teams, such as GP practices promote self-care amongst their patients. They have put together a series of fact sheets on common ailments like sore throat, eczema, fever in children, back pain.

They provide patients with information around:

- Useful facts
- What patients can expect to happen (the natural history)
- What people can do to help themselves – now and in the future
- When to seek medical help (the ‘red flags’)
- Where to find out more

To view / download the factsheets go to <http://www.selfcareforum.org/fact-sheets/>

Health and Wellbeing Workshops for carers

These workshops, running from 10.30am – 3.30 pm will focus on:

- Your Caring Role
- Your Healthy Lifestyle
- Your Wellbeing

Bingham Library – Tuesday 28 March

The Workshops are being run by the Carers Hub in conjunction with NCC and Inspire Library Service. They take place in libraries across Nottinghamshire – please contact the Nottinghamshire Carers Hub for more information – 0115 824 8824 or email hub@carerstrustem.org

Cotgrave Carers Support Group

Come and meet other carers and access information, support and training at the Cotgrave Carers Support Group

Where: Cotgrave Futures, 12 Candleby Lane, Cotgrave, NG12 3JG

When: Tuesday, 21st February 2017, 10.30 am—12.30 pm

For more information please contact Nottinghamshire Carers Hub on tel 0115 824 8824 or email hub@carerstrustem.org

Talking Memories five-week course

Do you have a diagnosis of dementia or are you caring for someone living with dementia?

Make new friends and gain confidence and skills in using reminiscence activities. Strengthen your relationships and to provide increased wellbeing to you and to the people you care for.

This five week course, coordinated by Inspire Libraries service, uses objects, artefacts and photographs from the 'Memory Lane' collection & Creative Paths Reminiscence collection to stimulate activity, recall and conversation.

Bingham Library - June 8th - July 6th 10.00 -12.00. Courses are being run across Nottinghamshire. To find out more and to book please call Karyn on 07722 783467

Free to those on means tested benefit, otherwise £29.00 course fee (grants available to support the cost of carer fees and respite if needed).

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News & Events

Age Friendly Nottingham Bulletin - February 2017

Nottingham City Council's Age Friendly Nottingham has a wealth of information about events, activities and services across the city.

<https://content.govdelivery.com/accounts/UKNCC/bulletins/1848a0d>

Veterans Information Network Nottinghamshire Conference

When: 2 March 2017 - 09:30am – 13:05pm

Where: Wincanton PLC, B&Q Distribution Centre, Old Manton Wood Colliery Site, Retford Rd, Worksop, Nottinghamshire, S80 2QA

This timely conference provides an invaluable opportunity for local authorities, armed forces champions, health sector, housing sector and key stakeholders to gain an insight into the Nottinghamshire vision for the armed forces community and how local forces charities and organisations are leading the way to support the resettlement and transition of all veterans and their families. The conference will also allow delegates to share community covenant best practice and examine how local understanding amongst the public of issues affecting personnel and veterans, and their families, can be enhanced.

Gain an insight into the national vision for the armed forces community and the current issues affecting personnel and veterans in Nottinghamshire.

For more information contact Neil Bettison – neil.bettison@nottsc.gov.uk or tel 0115 977 2051

To book a place go to: <https://honouringthecovenant.eventbrite.co.uk>

Better Broadband for Notts e-bulletin

See - <https://content.govdelivery.com/accounts/UKNOTTSCC/bulletins/1817f97>

Latest figures show that 70,000 homes and businesses are now able to get superfast fibre broadband in Nottinghamshire.

The milestone was reached with the installation of a new cabinet in Cotgrave, delivering high speed broadband to the Manvers Business Park and Hollygate Industrial Park.

The new cabinet is helping around 40 homes and businesses in the village get access to superfast fibre broadband for the first time.

The Better Broadband for Nottinghamshire (BBfN) partnership between Nottinghamshire County Council and BT has now helped to bring superfast broadband to 96% of premises across the county of Nottinghamshire.

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Training and Resources

Enable

Enable is the Voluntary and Community Sector Learning and Skills Consortium serving the East Midlands

Are you thinking of putting on a course for your local community but don't really know where to start? Enable is here to help! We help Third Sector organisations, such as

yourselves to do just that. We will support you in navigating all areas of course delivery from funding assistance to quality assurance.

If this is something you are interested in please contact us! Just email rebecca@enable.uk.net or phone 0115 7100 200. <http://www.enable.uk.net/>

Free Energy Saving Advice

Why not ask RCAN to come and visit your community group or event, so that everyone can save and make savings? There is no charge for this service, and it doesn't take long to find out how to make changes to keep more money in your own pocket!

- Receive impartial advice and support on suitable tariffs and the cheapest way to pay bills.
- Learn how to take control of your tariff and supplier and get the best deal to suit you and your needs.
- Hear about schemes offered by the Government and energy suppliers that could help with your energy costs.

Please contact RCAN on (01623) 727600 or Paul Peacock on Ppeacock@rcan.org.uk to find out more.

Free LGBT awareness training

Nottinghamshire Hate Crime Steering Group (with the support of Paddy Tipping, the Police and Crime Commissioner) has financed several training sessions on LGBT (lesbian, gay, bisexual and transgender) awareness in the context of hate crime against LGBT people.

The training sequence is as follows:

1. Getting the words right: what they mean; which words to avoid - language is important.
2. The frequency of hate crime against LGBT people; who is affected by it; what are the consequences. Discrimination & hate crime in a wider context - the Allport Scale.
3. Homophobia & transphobia – a 5 minute DVD
4. Causes of homophobia. The myths and stereotypes which have affected LGBT people. The negative laws and the positive laws. The LGBT community's historic mistrust of the police and the "authorities".
5. Contentious issues e.g. "The Bible says it's wrong"
6. What is "coming out" and why is it a big issue?
7. Listening to recordings of people talking about their coming out experiences.
8. Why don't people report homophobic/biphobic/transphobic crimes?

9. What can be done to encourage reporting – including making your service more LGBT friendly
10. Details of local and national support services

The training normally lasts between 2 and 3 hours and is available to any organisation which can provide a venue and gather a reasonable (8 or more) people to attend.

To access the training, e-mail Notts LGBT+ Network at info@nottslgbt.com

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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

[Respiratory Wellbeing Group](#) – a social and support group for those with COPD in the Arnold area

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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