



# Newsletter September 2017

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Keep up to date with news and information about all of our services by visiting our website [www.rushcliffecvs.org.uk](http://www.rushcliffecvs.org.uk). You can contact RCVS on **0115 969 9060**.



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## RCVS News

### Rushcliffe CVS AGM – save the date!

The Rushcliffe CVS Annual General Meeting will take place on Tuesday 21 November – further details will be published nearer the time.

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## Volunteering

## Do you have a role in Nottingham's volunteering heritage?

It's 40 years since the Nottingham Volunteer Bureau was first set up (nowadays known as the Volunteer Centre at Nottingham CVS). Over the past four decades, thousands of people have volunteered to make a huge change to the life of our city.

Back in May, Nottingham CVS celebrated the milestone with news of a £7,900 Heritage Lottery Fund (HLF) Sharing Heritage grant, made possible thanks to National Lottery players.

Now they want your help to capture the stories and life experiences of people who have volunteered over that time. You are invited to be part of an exciting new project that will bring together a team to:

- Be trained to use the Nottinghamshire County Archives.
- Research the history of the Volunteer Centre over 40 years in the County Archive and in the NCVS archive.
- Identify, meet and record experiences and stories of volunteering and its impact.
- Interview former and current volunteers using written, audio and video records.
- Produce Case Studies highlighting these stories.
- Produce a display highlighting these stories

You do not need any experience of research or interviews as you will receive training and support.

You will need to be able to be part of a team, to be methodical and focussed, have a reasonable standard of spoken and written English, and have an interest in history and in Nottingham's recent past.

If you can't join the research team, but have a story to tell about your experiences of volunteering in Nottingham during the last 40 years, don't hesitate to get in touch. You can also highlight the project using the hashtag #your40story.

Contact Dave Thomas at Nottingham Volunteer Centre to get involved:  
[volunteercentre@nottinghamcvs.co.uk](mailto:volunteercentre@nottinghamcvs.co.uk) .

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## Volunteer Opportunities

### Rushcliffe CVS – Webmaster

Here at Rushcliffe CVS we are looking for a skilled volunteer to help develop and maintain our website. This will involve updating our website with new information and images. If

you are interested please phone us to discuss specific tasks and required skills. Hours would be flexible and possible to work from home – start as soon as possible.

Contact Helen Stanbridge, 0115 969 9060 or email [volunteer@rushcliffecvs.org.uk](mailto:volunteer@rushcliffecvs.org.uk)

### **Ready4Work club volunteers**

Work clubs provide a place to meet for people looking for work and offer them support and help. Ready4Work needs volunteers in their clubs held in Cotgrave on Wednesday afternoons and Bingham on Thursday afternoons.

Duties include meeting and greeting, CV support and job search support. Basic computer literacy is important.

Contact Helen Stanbridge, 0115 969 9060 or email [volunteer@rushcliffecvs.org.uk](mailto:volunteer@rushcliffecvs.org.uk)

### **Ikano Robin Hood Marathon – Race Makers**

Volunteers are needed to fulfil various roles to support this event on 24th September.

If you want to be part of a brilliant day on September 24th please visit the Race Makers webpage at:

[www.robinhoodhalfmarathon.co.uk/get-involved/volunteer-race-makers.htm](http://www.robinhoodhalfmarathon.co.uk/get-involved/volunteer-race-makers.htm)

### **Circles of Support and Accountability volunteers**

The primary aim of Circles of Support and Accountability (CoSA) is to prevent further sexual abuse, working with the objective of 'no more victims'. CoSA is a simple, successful community concept by which a group of 3-5 specially recruited and trained volunteers form a Circle around an individual who has committed a sexual offence (known as the Core Member) living in or due to be released into the community. A Circle offers social, emotional and practical support to the Core Member as well as requiring them to take responsibility (be accountable) for their ongoing risk management. The concept seeks to balance both community protection from victimisation and the reintegration of individuals who are often socially isolated and marginalised. The Circle works in close partnership with the statutory agencies and is managed by a trained professional known as the Circle Coordinator.

The Safer Living Foundation are currently running a number of different models of CoSA and there are Circle Volunteer opportunities available for all models. Applicants must be at least 18 years of age, must be able to maintain firm boundaries and be emotionally mature.

- Prison-based CoSA – working with an adult offender at HMP Whatton for up to 3 months prior to their release and then continuing to support them once released into the community for up to 18 months.
- Community-based CoSA – working with an adult offender who has already been released from custody and is currently residing in either Nottinghamshire or Derbyshire. The Circle will run for approximately 12 months.
- Young People’s CoSA – working with a young person who has problematic sexual behaviour. Volunteers will be expected to work creatively with these young people to build on their strengths, interests and hobbies. The Circle will run for between 12-18 months.

To find out more contact Angela Braithwaite, Circles of Support and Accountability Coordinator, Safer Living Foundation, HMP Whatton. Tel 01949 803207 email: [angela.braithwaite2@hmps.gsi.gov.uk](mailto:angela.braithwaite2@hmps.gsi.gov.uk)

## Healthy Volunteers required for study

Are the metabolic effects of physical in activity more pronounced in younger than older healthy volunteers? The University of Nottingham is looking for younger (20-40) and older (60-75) healthy volunteers to reduce their step count to less than 1500 steps per day for 2 weeks.

Volunteers will need to undergo short tests over the course of 10 study visits. An inconvenience allowance will be paid. If interested contact Lee Creedon – [mbxlc2@nottingham.ac.uk](mailto:mbxlc2@nottingham.ac.uk)

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## Funding

### Curiosity – BBC Children in Need & the Wellcome Trust

Curiosity is a new £2.5m partnership between BBC Children in Need and the Wellcome Trust which will use the power of exciting and engaging science activities to create change for children and young people experiencing disadvantage in the UK. They are inviting applications for grants of up to £10,000 to fund projects that engage children and young people in science based activities. **Deadline 22 September**

<http://www.bbc.co.uk/programmes/articles/5XVRLVfFH69tKhN2K5jkKqj/curiosity>

## Royal British Legion's External Grants Programme

Funding is available for charitable organisations in England, Wales and Northern Ireland that are running or planning charitable activities in support of the Armed Forces community.

The Royal British Legion offers grants of up to £50,000, though smaller applications are encouraged, for specialised projects or services for serving and/or ex-Service personnel and/or their families that are not already being provided by the Legion and that are in line with the Legion's funding priorities.

To be eligible, applicants must be based in England, Wales, or Northern Ireland and be working on a project that will directly benefit ex-Service personnel and/or their families.

Service Delivery projects must address at least one of the following themes:

- Employment and training
- Support for families
- Homelessness and outreach
- Supporting the elderly

The typical grant award is not likely to exceed £50,000. The Legion is not inviting applications for multi-year funding at this time. Applications will only be considered for 'one off' payments however continuation funding may be applied for in following years.

Closing date: 10 November 2017 for Service Delivery applications. For more information visit the website: <http://www.britishlegion.org.uk/get-support/finance/grants/external-grants/>

## East Midlands Airport Community Fund

**Next round of applications closes on 1 November 2017.**

The East Midlands Airport Community Fund was established in April 2002 and since then over £920,000 has been awarded to over 1180 projects, to bring lasting benefit to the communities around the airport (the area includes a large part of Rushcliffe).

The Fund is currently supported by an annual donation of £50,000 from the airport and through the fines imposed when aircraft exceed our strict noise limits. The Community Fund awards grants to support eligible projects that have a long-lasting community, social or environmental benefit and can award a maximum of £2,000 per application.

In order for an application to be successful it must meet at least one of the following objectives:

- To bring the community closer together through facilities for sport, recreation and other leisure time activities.
- Supporting young people to prepare for the world of work and make work an inspiring choice.
- Offer environmental improvement and/or heritage conservation.
- Improve awareness of environmental issues through environmental education.
- Encourage and/or protect wildlife.

Click for more information <http://bit.ly/2txPVyK>

### **Greggs Foundation's Local Community Projects Fund - Round 3**

The Greggs Foundation's Community Projects Fund provides grants of up to £2,000 to not-for-profit organisations across Great Britain for projects or for equipment for people in need at the heart of local communities. The deadline for applications is 29 September 2017.

The Link is:

<https://www.greggsfoundation.org.uk/grants/local-community-projects-fund>

### **Sport England Tackling Inactivity and Economic Disadvantage**

Sport England have announced an additional pot of £3million for projects which tackle inactivity. This funding is about more than getting people active. At the heart of it is using sport and physical activity to improve lives and communities.

Sport and physical activity can be extremely powerful in supporting positive social change for communities and individuals, and we want potential partners to tell us how they'll do this. That could mean using sport or activity to improve someone's mental wellbeing, help drive down crime rates in an area, or reduce social isolation.

- £2 million will support larger projects from £25,000 up to a maximum of £500,000. This will be to fund projects aimed at inactive people who are in employment. They will be ordinary people and families who sometimes, or often, struggle to make ends meet. They can find it hard to build physical activity into their lives, or feel being active isn't for them.
- £1 million will support projects between £25,000 and £100,000. This will focus on projects aimed at inactive people who are far less likely to have a steady income, or any income at all, and face more extreme disadvantage. They may also be facing other challenges, such as being at risk of offending or dealing with substance misuse.
- We know that, sometimes, small amounts of money, especially for smaller local groups, can make a big difference, so five per cent of the total fund (£150,000) will be used to

fund smaller awards between £1,000 and £10,000. This can be used to support either of the two groups of people described above.

**Deadline for expressions of interest for larger awards and applications for small awards: 6 November 2017.**

Website: <https://www.sportengland.org/funding/tackling-inactivity-and-economic-disadvantage/>

## **£200,000 for UK social enterprises - Santander Changemaker**

Changemaker is a fund to help social enterprises, small charities and community groups to deliver projects in the UK that create innovative solutions to improve communities. Santander has £200,000 to support Changemakers who use crowdfunding to make great ideas happen.

For more information see

[http://www.crowdfunder.co.uk/funds/changemaker?utm\\_source=LINX+483+-++10+August+2017&utm\\_campaign=LINX483&utm\\_medium=email](http://www.crowdfunder.co.uk/funds/changemaker?utm_source=LINX+483+-++10+August+2017&utm_campaign=LINX483&utm_medium=email)

The Changemaker Fund has been created to support projects that help disadvantaged people to have confidence in the future by building skills and knowledge or innovative ideas that help communities prosper.

If you have a project which is crowdfunded, the Changemaker Fund will provide the final 50% to help you reach your target.

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## **News & Events**

### **Nottinghamshire Health and Wellbeing Strategy – Have your Say**

The Health and Wellbeing Strategy 2014 – 2017 for Nottinghamshire is due for refresh.

There is a consultation about the second Joint Health and Wellbeing Strategy for Nottinghamshire running between 7 September and 29 October 2017. If you would like to contribute via an online survey please visit the consultation page or to complete a paper copy, download the consultation form. See the consultation page -

<http://www.nottinghamshire.gov.uk/care/health-and-wellbeing/health-and-wellbeing-board/health-and-wellbeing-strategy>



During the consultation there are a number of events across the county which everyone is welcome to attend. The event in Rushcliffe is as follows:

25 September 10-12pm Council Chamber, Rushcliffe Borough Council, Rushcliffe Arena, Rugby Road, West Bridgford

You can book a place by contacting Julia Thornborough [julia.thornborough@nottscc.gov.uk](mailto:julia.thornborough@nottscc.gov.uk)

We would like as many people as possible to respond to the consultation. If you are a member of a group or organisation that might have a view we would be grateful if you could add it to as an agenda item to any meetings you attend during the consultation period.

### **Rushcliffe Community Awards 2017**

The annual Rushcliffe Community Awards are due to take place on the 15th November in the Becket School and have again teamed up with Nottingham Post to celebrate the work of groups, individuals and businesses across the borough.

The categories are as follows:

- Enabling the community award
- Best food and drink establishment award
- Supporting young people award
- Supporting the local economy award
- Rushcliffe Hero award
- Young Achiever award
- Good Neighbour award

We are keen to ensure a good range of nominations – please go to the link on the Nottingham Post website to nominate someone in your community -

<http://www.nottinghampost.com/news/local-news/rushcliffe-residents-urged-nominate-community-351442>

### **The 2017 Rushcliffe Sports Awards**

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

The awards are organised in partnership with the Rushcliffe School Sports Partnership and the 2017 awards will take place on Wednesday 22 November at The Becket School.

For further details and full details of each categories, please visit [www.rushcliffe.gov.uk/sportsawards](http://www.rushcliffe.gov.uk/sportsawards) .

## South Notts Local Group – Winter Talks Programme

Talks take place on Thursdays at 7.30pm in Room 5, West Bridgford Methodist Church, (junction of Patrick Road and Musters Road), West Bridgford, NG2 7PQ. Admission includes tea & biscuit. Adults: £3; children: free. For further detail go to [http://www.southnottswildlife.org.uk/content/?page\\_id=234](http://www.southnottswildlife.org.uk/content/?page_id=234)

- 5th Oct - Wildflowers and Waterways by Mary Matts.
- 2nd Nov - A Fungal Foray with Di Mears' -
- 7th Dec - Giants of the Forest – Redwoods of California with Mike Davey
- 4th Jan – Bees by Andrew Barber Chair of Nottinghamshire Beekeepers Association)
- 1st Feb - Bird Ringing in Nottinghamshire by Andy Lowe.
- 1st Mar – Butterflies of Malaysia by Bill Bacon.
- 19th Apr - South Notts Local Group AGM

## Reduce unwanted post - information from Trading Standards

The Household Enquiry Form (Voter Registration Form) will be dropping through letterboxes between now and November.

There are 2 versions of the Electoral Role – one version you have to be on by law to vote, the second “the Open Register” is optional. Companies can legally buy the names/addresses on the Open Register to market their goods / services to people.

People can opt to come off the Open Register and this can help reduce the amount of unwanted post. There will be instructions on the form explaining how to come off the register (each district council is different).

Work with scams victims shows that many people are not aware that they have this option. Although not a miracle cure, it can help reduce the risk of being exposed to scams.

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## Health

## Rushcliffe CCG Annual General Meeting

Rushcliffe Clinical Commissioning Group is holding its annual meeting in the Clumber Meeting Room at Easthorpe House, Ruddington, NG11 6LQ on Wednesday 20 September 2017 at 5pm.

The meeting is an opportunity to come together as stakeholders, partners and local people to understand more about the CCG, hear about the CCG's key achievements in 2016-17, healthcare plans for the future and to take part in active discussions.

- 5pm Arrival and Networking
- 5.30pm Welcome and Introductions
- Presentation of Annual Reports and Accounts
- Our Achievements
- Planning for the Future
- Your Questions
- 7pm Close

For more information or to confirm attendance please email [ruccg.enquiries@nhs.net](mailto:ruccg.enquiries@nhs.net) or contact NHS Rushcliffe CCG on 0115 8837880.

## Jump Avenue - FREE Healthy Lifestyle Programme

Interactive and engaging healthy lifestyle programme packed full of fun and learning for families with Children aged 5 -11

Starting Wednesday 20th September 2017, 4.00pm – 5.00pm

Candleby Lane School, Cotgrave, NG12 3JG

Call Dennis Charles 07701376800 or e-mail [dennischarles@everyonehealth.co.uk](mailto:dennischarles@everyonehealth.co.uk) for more information or to book a place

- Interactive, fun workshops with a Nutritionist & Physical Activity Specialist
- Siblings Welcome
- Bring a Friend
- Free Bag, Water Bottle & Wristband

## Are you a Rushcliffe carer?

Will you share your experiences of caring for a loved one and your role as a Carer?

There are literally thousands of unpaid carers in Nottinghamshire, all doing an essential job of looking after someone with a long term condition. It's not easy being a carer but there are a variety of local services available to support you in your role and to help you look after

your own health and wellbeing. Unfortunately many carers go unrecognised and do not realise that help is available.

Here in Rushcliffe, every GP surgery has a named Carer Champion you can talk to and a regular drop-in service provided by the Carers Federation. Nottinghamshire County Council offers a Carer's Assessment, which may provide access to a small personal budget, a carer's break and a carer's emergency card. A range of free services are available from the Nottinghamshire Carers Hub, provided by Carers Trust East Midlands, including carer support groups and free gym membership.

Rushcliffe Community Voluntary Service can provide information on what local support is available from voluntary groups and we also facilitate the Rushcliffe Clinical Commissioning Group Carers Patient Forum to enable local carers to hear about and influence local services. To find out more telephone Sue Knowles on 0115 9699060.

Whether or not you have accessed any of those services, we're keen to hear from you. We want to know how we can better identify carers in the first place and provide services that meet your needs.

- If you can spare ten minutes to fill out a survey, please visit this link <http://bit.ly/2s8pC4N>
- Alternatively if you'd prefer to talk to someone in person, please call Mike Peverill from Age UK on 07872 839603 or email [mike.peverill@ageuknotts.org.uk](mailto:mike.peverill@ageuknotts.org.uk).

This is part of a Carers Support project being delivered by Age UK Nottingham & Nottinghamshire that has been commissioned by the local NHS (Rushcliffe Clinical Commissioning Group).

## **FREE Health and Wellbeing Workshops for Carers**

This workshop will explore the caring role, how to maintain a healthy lifestyle and maximise your own wellbeing.

Rushcliffe - West Bridgford Library – Thursday 23 November 2017 10.30am – 3.30pm. Lunch and refreshments will be provided. For information about other sessions around the county and other workshops available for carers, please contact the Carers Hub on 0115 8248824 or email [hub@carerstrustem.org](mailto:hub@carerstrustem.org).

## **Healthwatch Nottingham and Nottinghamshire – Question of the Month**

Healthwatch wants to know what you think about technology enabled care.

Leaders in health and care in our city and county have put together a plan which they believe can make the biggest impact on improving services and improving the health and wellbeing of the people.

One of the main areas for the plan is to increase the use of technology enabled care. What are your views on how technology may be used to assist the care for you or a loved one? Complete this quick survey: <https://www.snapsurveys.com/wh/s.asp?k=150514800242>

## **Diabetes Education Self-Management for Ongoing and Newly-Diagnosed (DESMOND)**

DESMOND is a structured education programme for individuals with Type 2 Diabetes. It covers 6 hours of structured education delivered over one full day or two half days. The sessions accommodate up to 10 participants with newly diagnosed or established diabetes who may wish to bring someone along to the session. The DESMOND delivery is interactive and non-didactic and individuals are not only provided with content information but are assisted to reflect on the current management of their diabetes and look towards setting realistic goals through the use of action planning. The course is run in venues across Rushcliffe.

If you would like to attend a DESMOND course please speak to your Nurse or Doctor about a referral or self-refer via either of the following methods. Telephone - 01623 785182 or email [not-tr.desmondnotts@nhs.net](mailto:not-tr.desmondnotts@nhs.net)

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## **Training and Resources**

### **Community Accounting Plus - Free Financial Management Training**

Most people who join a group, either as a volunteer or a paid worker, do so because of a commitment they have to the aims of that group. People don't join a group because they like accounting, or managing staff. But of course, as soon as a group starts to get organised - maybe receiving some grants and donations and employing paid staff - it needs good and effective management.

CAPlus is offering free financial management training to organisations in Nottinghamshire.

Venue: Rushcliffe Community and Voluntary Service, Level 3a, Bridgford House, Pavilion Road, West Bridgford, Nottingham, NG2 5GJ.

Date/Time: Tuesday 26th September 2017, 10am-12pm

To book a place on the above course then please contact Anna Horsley by telephone on 0115 947 8949 or email [ahorsley@caplus.org.uk](mailto:ahorsley@caplus.org.uk) .

CA Plus is dedicated to supporting charities, community and voluntary groups. Apart from training we also deliver a range of services including accounts, payroll, bookkeeping and consultancy work. Please get in contact on the details above if you would like further information or visit our website [www.caplus.org.uk](http://www.caplus.org.uk) or follow us on Twitter @CAPlusNotts

## Charity Commission launches new annual return service

The Charity Commission has launched part of its new digital service for charities completing their 2017 annual return. It is the latest development in the regulator's digital transformation programme. Digital services to enable charities to change their name or update their governing document are also expected to launch in the next couple of months.

The full service should be available when charities come to fill out their 2018 annual return. Charities will then be asked to confirm that some information is still accurate, rather than be required to re-enter it. Further consultation on this is expected in the autumn.

The Charity Commission's guidance on preparing an annual return has been updated. Read the latest guidance here - <https://www.gov.uk/guidance/prepare-a-charity-annual-return>

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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](mailto: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

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

For more details, click on the individual project links or visit our website [www.rushcliffecvs.org.uk](http://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](mailto: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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