



Voluntary action for a just and inclusive Charnwood

Charnwood

Newsletter of Charnwood CVS

July & August 2006



From left: Hiron Miah, Mela Chairman; Varsha Parmar, Secretary; Cath Walker, committee member; and competition winners. Photo: Debbie Jones

Mark Your Calendars - the Mela is Coming to Southfields Park on 3rd September!

Cath Walker

Come along to the 2006 Mela - a vibrant community festival which celebrates cultural diversity and harmony.

A new Mela committee has been formed and preparations are well underway for the event, which is taking place on Southfields Park, Loughborough on Sunday 3 September, 12 noon-6pm.

A competition to design a logo was held and 47 children from Cobden School took part. Two winning entries were chosen and their designs, based on the Mela's

theme "People in Harmony", will be used on all the publicity.

On the day there will be local community acts and personalities, including dancers, bands and performers, lots of interesting stalls and exhibitions, children's rides, a mini-world cup football match, and food from around the world.

If you would like to join the Mela committee, help out on the day or perform at the Mela, please contact Hiron Miah or Varsha Parmar on 01509 261651 crec@btconnect.com

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Calling All Representatives

Neil Lambert, Chief Executive

Planning, commissioning and delivering public services

We would like you to contact us if you play a role as a representative from the community to a statutory agency.

Are you involved in a process where you give your views to people who plan public services?

Most of us have been asked our opinions by someone at sometime; we've probably all had the chance to respond to a consultation. Did we bother? Did we think it would make any difference?

More and more, voluntary and community organisations (VCOs) are being asked to send someone to a meeting where public services are being discussed. Some people are experienced representatives and good advocates for a particular cause or need. Some people are well known for speaking up about how things could and should be better.

As a whole Voluntary and Community Sector, VCS, we are also having more opportunities to provide our views in the decision-making processes of public bodies. In Charnwood, the CVS represents the interests of the VCS to the statutory sector. So we are able to provide information, advice and guidance to people who wish to get involved in planning and commissioning public services, and monitoring their delivery.

The Sector Liaison Forum will next meet on Wednesday 6th September at 2pm at JSH and is a special opportunity for VCS representatives to come together and share their experiences. Do you have a sense of achievement? Have you made a difference? Are there good things about how you are listened to? Are you well enough supported in your role? What would help you to feel you're doing a better job?

Also, if you would like to be a representative, please come along to the meeting and find out more. New vacancies come along quite often.

Charnwood CVS has a template for recording representative roles and also charts the ways in which the VCS is involved in influencing public services. Again, if you have a contribution to make, or would like to find out more, please get in touch.

Cath Walker, Marketing & Information Officer, 01509-631784, is your first point of contact at CVS if you want to find out more, or to request a template to record your role.

As part of the CVS Capacity Building Strategy we are seeking to provide information about the ways in which you can be an active citizen. As well as volunteering in traditional roles, and new ways of volunteering, there are ever increasing opportunities for people to get involved in active citizenship, in their local neighbourhoods, for the community where they live, or a community of interest.

In the Wolds and Syston we are currently looking to set up a Local Development Group as part of research into Social Capital, and finding ways of improving our sense of community. Hastings Community Association in Loughborough are already actively engaged, so if you would like to find out more, please contact Vicci Barrett, Capacity Builder, on 01509-631787.

Empowering Communities

Susan Newcombe

Empowering people to have greater influence and voice over local decision making and the delivery of services is the aim behind a new survey.

Charnwood CVS is working with the Strategic Partnership and Leicestershire Together to run a questionnaire measuring Social Capital in Loughborough's Hastings Ward.

Social Capital is described as where a community looks out for each other, puts time back into it, looks outwards to other similar organisations and campaigns to be heard.

The results of the survey will contribute towards a delivery plan to enable communities and those working with them to decide for themselves the appropriate interventions needed to strengthen their

community.

Capacity Builder at Charnwood Council for Voluntary Services (CVS) Vicci Barrett said Hastings Ward is one of 20 chosen across Leicestershire.

“Locally trained interviewers from the voluntary and community sectors may call at the door of those living in Hastings Ward during July to ask people to fill in a questionnaire about their opinions of living there,” said Vicci Barrett.

“Please help by answering. It will take about 20-30 minutes but check the volunteer’s badge first,” added Vicci.

Those questioned may be re-interviewed in three years time.

The results will be looked at first by faith groups, community and voluntary groups, school governing bodies and parish councils. It is hoped they will help to build stronger more cohesive and inclusive communities with increasing local participation and governance.

What’s New on the CVS Electronic Information Front

Cath Walker

Over the last financial year the CVS website www.charnwoodcvs.org.uk front page had a record number of 12,505 ‘hits’.

More and more people are now using the website, with the highest visits to Jobs page 2336; Services 2083; John Storer House 1913; Volunteering 1852 and Contact Us 1546. News 1345. and About Us 1338, pages follow closely.

The CVS Information Strategy is primarily electronically based and the website is a key tool in promoting John Storer House, the Volunteer Centre and the CVS’ services and projects.

The CVS website continues to develop as Cath Walker, Marketing & Information Officer, is working with Leicestershire Rural Partnership and web designers, Cuttlefish in bringing information to you in the most accessible manner. The site is now a Triple A Standard, the highest accessibility rating. And we strive to make the site’s content as accessible and useful as possible to our users. Future marketing plans include

holding a website users focus group to inform us of how we are doing and how best to develop the promotion of the CVS services for the benefit of Charnwood’s community groups, voluntary organisations and volunteers and CVS project users.

Exciting new developments to the website include a news database which means that articles can be uploaded at any time, appearing firstly on the front page and then being archived accordingly.

More photographs have been added and main pages re-designed. A new events page and compliments, comments, complaints form have also been added, which enables people to feedback electronically.

We would be very interested to hear your comments, suggestions and views about the site. Please contact Cath Walker on 01509 631784.

Community Development Forum



Sex Project, speaking at the Community Development Forum

A recent Community Development Forum heard from a range of speakers on the theme Health: Tracey Palmer, Teenage Pregnancy Strategy Implementation Worker; Alison Reeve, Leicestershire Community Safer Sex Project; Celia Fisher, Leicestershire AIDS Support Service; Meeta Madhani, Public Health Development Specialist for Charnwood & North West Leicestershire PCT and Sallianne Thomas, Health & Social Care Link Worker for Charnwood & North West Leicestershire. For details about the Forum, please contact Vicci on 01509 631787.



From left: Molly, Volunteer; Pam, Deputy Manager, Kerrie, Manager. Photo: Cath Walker

The New Volunteer Centre Manager Introduces Herself Kerrie Fletcher

Less than a week into post I don't have much to say yet, but I wanted to introduce myself as the newly appointed Volunteering Service Manager following Maggie Cherry's move from the area. Initially I will just be covering the Loughborough area, but I look forward to working closely with colleagues in Shepshed and Syston as the proposed merger progresses, and also with Louise Hall who will take up the new post of Volunteering Broker for Loughborough.

For the last 10 years I have been manager of a Volunteer Centre in Cambridgeshire, moving back to the Midlands recently to be closer to family. Since last October I have also worked part-time for the network of Volunteer Centres in Leicester Shire on a project to build closer links and ways of working between Volunteer Centres in the county. However I'm very new to Loughborough! For this reason I'm very grateful to Pam Cox for postponing her retirement to make sure that I have a thorough hand-over.

I look forward to meeting and working with you all over the weeks and months to come. Please do get in touch! I can be contacted on 01509 631770 or kerrie.fletcher@charnwoodcvs.org.uk

Message In A Bottle - Emergency Information Scheme

Robin Duke

Loughborough Lions Club whose motto is "We Serve" is launching a scheme that brings real benefits to the community, **Message in a Bottle**. It is a low tech, simple to use, emergency information scheme that has the potential to save lives. It is endorsed by the emergency services, is a comfort to user, family and friends and is free. Loughborough Lions Club will cover the cost.

The Lions Message In a Bottle scheme is a simple idea designed to encourage people to keep their personal and medical details on a standard form and in a common location - the Fridge.

Whilst it is focused on the more vulnerable people in our community, anyone can have an accident at home, so this scheme can benefit anyone, including you. To use the scheme: complete the details on the form. Put it into the bottle supplied and place in the door compartment of your fridge. The Emergency Services will know to look for it in the event of being called to your home. They will be alerted by the use of the two special Green Emergency/Green Cross stickers. One should be stuck on the fridge door The other sticker is placed on the **inside** of the front door.

All Emergency Services are aware of the Lions Message in a Bottle scheme, and will, in an emergency, locate the bottle, use and then pass on the information to medical personnel.

Loughborough Lions will be distributing Message in a Bottle, from September 11th 2006.

If you would like to know more, please contact Robin Duke, Message In A Bottle Co-ordinator, 01509 568631 or robinduke@hotmail.com. I would be delighted to make a short presentation to your organisation and answer any questions that you may have.

New Publication: The Story of the Dispensary and Hospital in Loughborough, 1819-2003

Ian Keil

The Story of the Dispensary and Hospital in Loughborough, 1819-2003 has been published by Loughborough Archaeological and Historical Society on behalf of the Charnwood and North West Leicestershire Primary Care Trust. This new book is a well-illustrated account of its services to the town and the surrounding area between 1819 and 2003.

The authors have ranged widely for information. Appeals for help enabled them to draw upon reminiscences of patients, nurses, doctors, and other medical staff, administrative and support staff. The two full pages of acknowledgements reveals the generous assistance received for the project.

This book shows how attitudes towards to the 'poor sick' in the early days were very different from treatment received by all patients by the start of the twenty-first century. One outstanding achievement was the continuous voluntary funding of dispensary and hospital. This only ended in 1948 when the National Health Service took over. Unlike some large hospitals the Loughborough Hospital was solvent.

Local people remained active in raising money for the needs of the hospital that were not met from public funds. The role of

the League of Friends and the Hospital Broadcasting Service receive their due as dedicated supporters of necessary services. After years of argument the Hospital in Baxter Gate finally closed in March 2003. At last, funds allowed the completion of the new Loughborough Hospital on Hospital Way.

The six authors (John Brownlow, Ian Keil, Teresa Keil, George Lowe, Janet Slatter and Don Wix), members of the Loughborough Archaeological and Historical Society, gave their services free so that the hospital in Baxter Gate has a fitting permanent memorial. The charitable fund of the Primary Care Trust paid the costs of making the book. It is hoped that its outlay will be recouped by sales of the book.

The book costs £9.70p and is obtainable from The Book Company, Ottakar's Bookshop, and WRVS shop and Loughborough Hospital.

Copies may be obtained by post, at an additional charge of £3.25, from Hospital Book, 177 Forest Road, Loughborough, LE11 3HS.

Cheques should be for £12.95 and be payable to 'Melton, Rutland and Harborough Charitable Fund 11001'.

Training in Mental Health for Everyone

Stan Cramer

Never before have we heard of "Revolution" in meetings of the Charnwood Mental Health Forum but this is the word that our speaker, Joy Mather used at our June meeting. She was using it to describe the way views on mental health have changed over recent years. It used to be thought that all knowledge about mental health resided with qualified medical and social service staff but now it is accepted that communities and the general public can develop confidence and appreciate the importance of mental

health issues as they affect their own families and work places.

Training courses are in the process of being set up of varying length from two hours to longer courses offering nationally recognised qualifications. More information is available from the Forum on 01509 233475. The next meeting of the Forum is on Monday September 4th 2.00 p.m. at John Storer House and everyone is welcome to come along and learn more about the changes taking place locally in mental health.

Age Concern – Call for Volunteers – Care Home Advocacy Project

Phillipa Stanbridge

The Care Home Advocacy Project, CHAP, supports and empowers older people, who are in long-term care, either residential or nursing, in the county of Leicestershire. CHAP, originally established in Hinckley and Bosworth is now operating county-wide. Local placements are available for volunteers in Charnwood.

The aim of the project is to provide the more vulnerable or isolated residents with an advocate, who can support, or speak up on the resident's behalf. Advocacy is about empowering the individual so that they can live their life as full as possible. The Advocacy Project takes referrals from many sources: care-home staff, social workers, friends, families and residents themselves. Below are some examples of issues that we deal with:

- access to services
- finances e.g. helping someone to open a bank account
- family issues
- supporting a resident through a difficult period e.g. decision to move home's
- applying for funding e.g. motorised wheelchair, etc.

Volunteers will have an induction period and training before taking up any case work. On-going support and supervision is provided by the co-ordinator. Out-of-pocket expenses are paid. We are looking for people who have or would like to develop:

- skills and knowledge
- good communication skills
- friendly and approachable manner
- flexibility
- empathy and patience
- trust and integrity.

A commitment of four hours per-week is desirable.

For further information, please contact Phillipa Stanbridge on 01455 847666

Searching for Grants Just Got Easier

Oliver Savage

The Leicestershire Funding Toolkit is now live on www.fundingtoolkit.org.

The toolkit is a one-stop website which provides FREE funding information and advice to Leicestershire's voluntary and community organisations. It has been developed to help improve the ability of voluntary and community sector organisations to successfully bid for funding.

A key feature of the toolkit is a searchable database of over 4000 funding sources including the government, lottery, local government, trusts and charitable givers. The website allows you to access application forms, confirm whether your application is eligible, browse guidance notes, along with the requirements of potential funders.

The website also includes a 5 step guide to making successful applications including help with preparing and writing applications.

Links are also provided to key documents that you may need to refer to in your application such as local and regional strategies. There is a news section highlighting application deadlines, new funding schemes and, we hope, your own success stories.

We know that having the information you need is not the whole story so we will be including a list of Funding Advisors that you can call upon for help with answering questions on application forms and a range of other support.

The toolkit is provided through Leicestershire Together with the support of Leicestershire County Council. Considerable advice and guidance on the development of the website has also been provided by the voluntary and community sector. In the future we hope to increase the level of practical support that you will be able to access to help you secure the money you want and need.

Until that happens, log on and explore how it can help you and keep coming back to see how you can get further help.

Funding and Resources

The Cranfield Trust

The Cranfield Trust is a National Charity providing free consultancy to small and medium sized charities across the UK in a variety of management areas.

Tel 01794 830 338

www.cranfieldtrust.org

Foyle Foundation

The Foyle Foundation is an independent grant-making trust that distributes grants to UK charities whose core work is in the areas of learning, the arts and health.

Tel 020 7430 9119

www.foylefoundation.org.uk

DEFRA Rural Enterprise Scheme

This scheme is part of the England Rural Development Programme (ERDP) and provides assistance for projects that aim to develop more sustainable, diversified and enterprising rural economies and communities.

www.defra.gov.uk/erdp/schemes/res

Faithworks Awards 2006

Faithworks is offering three awards of £5,000 each plus consultancy support to Christian motivated community projects that are demonstrating innovation and excellence. The deadline for applications is 28 July.

Tel 020 7450 9052

www.faithworks.info/awards

Abbey National Trust

Funding will be given in three main areas to support disadvantaged people; education and training, local regeneration projects which encourage cross community partnerships, and financial advice which helps them manage their money. Larger sums are available for projects in areas they have a Community Partnership Group.

www.abbeynational.com

Only Connect

Only Connect is a bursary scheme which enables voluntary and community organisations to explore their ideas for generating income by trading goods and services in a fun and practical way.

www.ncvo-vol.org.uk/sfp/?id=2105

A Guide to Volunteering While on Benefits

The guidance includes the statement that lunch expenses are not a legitimate expense to be reimbursed to benefit claimants.

www.dwp.gov.uk/publications/volunteering

The Suzy Lamplugh Trust

The Suzy Lamplugh Trust, the UK's Personal Safety Charity, will be running a specific personal safety conference for Charities and Voluntary organisations on 7th December 2006 in London. For further details, please call

Tel 020 7091 0014

www.suzylamplugh.org/conferences/forthcoming.shtml

Multikulti Website

The Multikulti website aims to support citizenship through the delivery of culturally appropriate and accurately translated information in the following areas: welfare law - debt, employment, health, housing, immigration and welfare benefits.

www.multikulti.org.uk

Funder Finder and Funding Resources at Charnwood CVS

Are you looking for funding for your group/organisation? The CVS has a number of funding resources that you can use: Funder Finder - a computer programme that asks questions about your group or project and comes up with a list of potential grant sources or Trustfunding.org.uk which is a website that the CVS subscribes to which can search for funding. There are also other more local sources of funding available. Come and have a chat to Cath Walker about your funding needs. Contact details below.

CVS e-Alert

Would you be interested in receiving information from time to time by email about funding opportunities, resources and learning and voluntary sector events? If so please contact Cath Walker on

Tel 01509 631784

cath.walker@charnwoodcvs.org.uk

Network Meeting Dates & Events

Charnwood CVS

John Storer House
Wards End
Loughborough
Leicestershire LE11 3HA

Tel 01509 631750

Fax 01509 631751

www.charnwoodcvs.org.uk
enquiries@charnwoodcvs.org.uk

Charnwood is published bi-monthly, and copies are distributed to community groups, voluntary, statutory and business sector organisations, volunteers and funding bodies.

Flyers & leaflets

Members £35

Non-members £75

Business Sector £100

Copy deadlines

September & October 2006 issue:

10 August

Charnwood CVS welcomes articles, letters and news, but reserves the right to edit or omit. Please send your articles to Cath Walker on **01509 631784** or cath.walker@charnwoodcvs.org.uk

Disclaimer The views expressed by contributors in Charnwood are not necessarily those of Charnwood CVS.

Format If you would like Charnwood in an alternative format, please contact Cath Walker at the CVS. See also CVS website, news section.

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It is advisable that you check these dates

July

6 Loughborough Carers' Support Group
1.30pm-3.30pm. JSH.
Contact 01509 631783.

18 Shepshed Carers' Support Group
2pm-4pm. Charnwood Road Community Centre. Contact 01509 631783.

August

No Carers Support Group meetings in Loughbrough and Shepshed.

September

2 Syston Community Carnival
10.am-4pm Syston Park. Contact 0116 260 7888

3 Charnwood Mela
Cultural festival
12 noon-6pm.
Southfields Park,
Southfield Road,
Loughborough.

4 Charnwood Mental Health Forum
2pm. JSH. Contact 01509 233475.

6 Sector Liaison Forum
2pm. JSH. Contact 01509 631784.

7 Loughborough Carers Support Group
1.30pm-3.30pm. JSH.
Contact 01509 631783.

Contact 01509 261651

14 Development Workers Forum
10am-12.30, followed by lunch and networking. Contact Vicci Barrett on 01509 631787.

19 Shepshed Carers' Support Group
2pm-4pm. Charnwood Road Community Centre. Contact 01509 631783.

MELA

Sunday

3 September

12 noon - 6pm
Southfields Park
Loughborough

WELL-BEING GROUP

supports people back into education aimed at people who experience mental/emotional difficulties, stress and isolation

**Would you like to Learn new skills?
Fell more confident?
Meet others and share ideas?**

We meet at Rawlins, Quorn

Some of the activities include:

Gardening and design
Basic skills
Art and crafts
Relaxation

We aim to provide a service that meets your needs.

Contact Liz or Julie at Rawlins on 01509 622827