



Voluntary action for a just and inclusive Charnwood

# Charnwood

Newsletter of Charnwood CVS

March & April 2005



Andy Reed MP and Neil Lambert

## Prime Minister Thanks Volunteers in Charnwood

### Neil Lambert

At a recent reception at 10 Downing Street, Tony Blair thanked a cross section of active citizens from across the UK for their contribution to civic society. He recognised the sustained effort made by many people to improve the lives of the less fortunate.

Neil Lambert, Chief Executive of Charnwood CVS, was in attendance, accompanied by Andy Reed MP. Several members of the cabinet were also present and socialised with community representatives.

In his speech, the Prime Minister paid tribute to the people whose efforts go unrecognised, often for many years. He mentioned individuals who are carers

for their family, youth workers and sports club organisers, as well as those in high public office. He also shared his frustration that, although the Government wants to make more changes more quickly, some things are taking longer to take effect at local level. He asked us to believe his assurances that politicians in Westminster and volunteers in Charnwood are all working for the same ends, this being public benefit. In reflecting on his visit to London, Neil felt honoured to shake hands with Tony Blair in Downing Street, and appreciated being able to tour the Houses of Parliament and find out about the work of an MP.

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# Network Meeting Dates and Events

## Network Meeting Dates

It is advisable to confirm these dates.

### March

#### 3 Carers' Support Group

Trip to Ulverscroft Manor. 10am-3pm. Contact Carers Project on 01509 631783.

#### 9 Charnwood Disability Forum

7pm. John Storer House. Contact June Tyrrell on 0116 230 2218.

#### 15 Shepshed Carers' Group

Cake Decoration. 2pm-4pm. Charnwood Road Community Centre, Shepshed. Contact Carers Project on 01509 631783.

#### 15 Charnwood Carers' Forum

7-9pm, John Storer House. Contact Carers Project on 01509 631783.

#### 16 Charnwood Mental Health Forum

Taster Complementary Therapies Session. 7pm, John Storer House. Tickets £5 from Elf Foods Shop, Market Street, Loughborough. Contact 01509 233475.

#### 16 Fundraising for Community Groups and Voluntary Organisations Learning and Skills Event

Contact Vicci Barrett on 01509 631787.

### April

#### 1 First Aid for Appointed Persons Learning and Skills Event

Contact Vicci Barrett on 01509 631787.

#### 7 Charnwood Carers' Support Group

Bygone Quiz. 1.30-3.30pm. Contact Carers Project on 01509 631783.

#### 16 Charnwood Mental Health Forum

Women's Well-being Workshop. 10am-1pm. St Peter's Community Centre. Tickets £5, places limited. Contact 01509 233475.

#### 19 Shepshed Carers' Group

Tales from the Preserving Pot. 2-4pm. Charnwood Road Community Centre, Shepshed. Contact Carers Project on 01509 631783.

#### 22 Manual Handling and Lifting in the Work Place Learning and Skills Event

Contact Vicci Barrett on 01509 631787.

#### 28 Foundation in Food Hygiene Learning and Skills Event

Contact Vicci Barrett on 01509 631787.

### May

#### 5 Charnwood Carers' Support Group

Healthy Living. 1.30-3.30pm. John Storer House. Contact Carers Project on 01509 631783.

#### 19 Charnwood Mental Health Forum

Talk: Surviving Depression 7.30pm, John Storer House. All welcome. Contact 01509 233475.

### Complete Wasters Community-based recycling group waste management, and the production of refurbished computers

New location  
6 Cossington Road,  
Sibley, Leics. LE12 7RS  
For opening hours  
telephone 01509 815181  
[www.completewasters.co.uk](http://www.completewasters.co.uk)

### University of Leicester Foundation Degree in Managing Voluntary and Community Organisations Information Event

14 April 12.00-2pm

Vaughan College,  
Leicester

For information telephone  
0116 252 5908  
There are some bursaries  
available

## Volunteer Co-ordinators' Forum

### Maggie Cherry

The first Forum of the year was well attended. About 20 people from local volunteer-involving organisations came together to enjoy a varied programme. The subjects covered were the Compact, Breaking the Barriers Service and Leicestershire Cares.

John Warren from Lutterworth Volunteer Centre gave a presentation about the Compact. The Leicestershire County Compact has been quoted nationally as an example of good practice. The Compact is a framework for voluntary organisations to work in partnership with statutory organisations. The aim is to improve understanding and communication and bring greater consistency to the relationship between partners. It includes a mediation process to resolve any disputes that may occur between partners. Nationally, there have also been compacts written around certain areas, such as funding and volunteering. John encouraged all local organisations to think seriously about signing up to either district or county compacts (or both). For further information about compacts, please contact Charnwood CVS.

Fiona Sturdy and Carol Mason spoke about the work of the Breaking the Barriers Team, run by Leicestershire County Council. They aim to improve opportunities for people with disabilities who would like to volunteer, move closer to employment, enter employment for the first time, re-enter employment or remain in employment. The service encourages people to think of volunteering as one way of gaining some valuable work experience and building up confidence. They will offer individuals some



Katherine Dennison from Leicestershire Cares speaking at the Volunteer Co-ordinators' Forum, held in January.  
Photo: Cath Walker

support as they start their work or volunteering.

Katherine Dennison from Leicestershire Cares gave an overview of their work and priorities. Leicestershire Cares is an initiative of Business in the Community and encourages employees to get involved in volunteering. Occasionally, local firms wish to get involved in a 'team challenge' and offer a team to work over a day or two for a local voluntary organisation or community group. If any group has an idea for a team challenge, please contact Katherine on 0116 222 4017.

Leicestershire Cares also runs ProHelp where firms such as solicitors, surveyors and architects offer their professional services for no payment for one-off or short-term projects. Groups who need help can again apply via Katherine for further information.

We hope to hold another Volunteer Co-ordinators' meeting in May; if anyone has any topics they would like us to include in the programme, please let us know on 01509 631772 or email [maggie.cherry@charnwoodcvs.org.uk](mailto:maggie.cherry@charnwoodcvs.org.uk)

### **SOL Network (Supporting Opportunities in Learning)**

**Vicci Barrett**

Since the Project was set up in March 2004, more community groups and voluntary organisations are requesting learning and skills events tailored to their needs.

The Development Worker, Vicci Barrett, continues to assess learning and skills needs of volunteers, staff and trustees of community groups and voluntary organisations. Ten free-of-charge training events were held from September to December, involving 26 organisations. These sessions enabled 89 learners to take part in a wide variety of events held in various locations across the Borough.

The new Spring/Summer Programme has been devised and the following events, free of charge to voluntary and community sector groups, will run, over the next few months: Challenging Behaviour; Assertiveness Skills; Roles & Responsibilities of Management Committees; Fundraising; Diversity & Equal Opportunities; Disciplinary and Grievance Procedures; Supporting, Motivating and Retaining Volunteers; Emergency First Aid for Appointed Persons; Emergency First Aid for People Working with Children; Manual Lifting and Handling in the Workplace.

Community groups and voluntary organisations are encouraged to send participants along to these events. Please contact Vicci on 01509 631787 or [vicci.barrett@charnwoodcvs.org.uk](mailto:vicci.barrett@charnwoodcvs.org.uk)

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### **Outreach Advice Service for Learning & Work**

**Deborah Knoke**

Advice sessions – Learning and Work have now been set up in Syston and at Loughborough Jobcentre Plus, in addition to the service provided at John Storer House.

Currently, members of the community who are 20 years and over can access the service at the following venues:

Charnwood CVS, John Storer House, Wards End, Loughborough. Every Wednesday morning 9am–1pm, and by appointment at other times.

Syston Library, Upper Church Street, Syston. Thursday mornings 10am–12 noon.

Loughborough Jobcentre Plus, Lemyngton Street, Loughborough. (By appointment only through Jobcentre Plus). Thursday afternoons 1.30am–5pm.

The free advice sessions can assist with :

- finding local courses and training
- development of new skills and abilities
- gaining confidence
- advice on retraining, CV and interview skills.

Deborah is keen to speak to community groups and organisations regarding the service, and would also like to hear from community centre co-ordinators in rural areas of the Borough to discuss expanding the outreach service.

To book an appointment for personal advice, or if you would like Deborah to talk to your community group or organisation, please telephone 01509 631786.

#### **Learning & Work CV & Interview Skills Free Workshop**

The Group Room, John Storer House  
Wards End, Loughborough

**Wednesday 16 March  
10.30-11.30am**

Are you ...

- Job hunting or want a career change?
  - Does your CV need updating?
- Would you like to feel more confident at interviews?

To book your attendance, please contact Deborah Knoke on 01509 631786  
Session notes will be provided

## Transport Project's Minibus Appeal Now Reaches £18,000

June Helmore

It will be a year in March 2005 since the Transport Project launched its appeal to raise funds to replace our two existing accessible minibuses.

We are looking to replace one minibus at a cost of £40,000 and, eventually, the second for a further £40,000.

The new buses will reduce maintenance costs, and, therefore, help us to keep our services as affordable as possible, and help generate the income we require.

We are able to provide this service by using paid, as well as volunteer, drivers. It is often said of our drivers that they do far more than just drive the buses, providing help and support to all our passengers who rely on them week in, week out; and it is often said by our passengers that they "don't know what they would do without them".

We have received approximately £18,000, so far, towards our target; and our thanks goes to our ever-generous passengers and various community groups for their donations.



Dot and Carol, fundraisers for the minibus appeal  
Photo: June Helmore

Every month, Dot and Carol run a Bric-A-Brac stall at John Storer House and they have raised £605.32 to date; the next one to be held will be on Thursday 17 March 2005.

If you would like to make a contribution to our appeal fund, either by contributing to our Bric-A-Brac stall or by making a donation (cheque made payable to Charnwood CVS Minibus Appeal), please see June or Denise in the Transport Office, or telephone 01509 631761.

## The Gardening Project

Bobby Smith

Thanks to extra funding from Social Services, the Project will operate five days a week from the beginning of April. The funding will enable us to offer 24 new volunteer-places to adults with learning disabilities and help more local residents with their gardens.

The Project has a record number of volunteers with support needs attending. We are currently at capacity on Tuesdays and Thursdays, with only two places left on Wednesdays. We would like to welcome our latest recruits, Nicky, Sharon, Sujit, Adam and Paul.

In preparation for spring, the beds on the allotment have been cleared and double-dug with manure. The rotten sides around the raised beds have been renewed, thanks to a donation of planks from William Davis.

The water-butts purchased last summer are being resited and the guttering repaired on the shed; anything or anyone who doesn't move fast enough is being painted with wood preservative! We hope that new climbers planted on the trellis will give us a lovely show of colour this summer.

This year will see the 10th Anniversary of the Charnwood Garden Project and we aim to make it our best ever. We want to improve our plant production in particular, and we have invited all of our watering volunteers to an informal get-together to discuss how best to organise our weekend and holiday cover to minimise plant loss. Anyone interested in joining the rota would be most welcome - many hands make for fewer days on the rota! Please get in touch through the Volunteer Centre on 01509 631770.

### **New Look for CVS Website**

**[www.charnwoodcvs.org.uk](http://www.charnwoodcvs.org.uk)**

Charnwood CVS has a new look to its website, thanks to the CRISP Project - a County-wide ICT project involving CVS in Leicestershire and Rutland.

Cath Walker, who edits the site, said: "The new website has an attractive format and is much more user friendly. It is of great benefit to the CVS, particularly by reaching people who are involved in community activity in Charnwood".

Cath would like to hear your views and comments about the site, in particular what you find useful and how it can be improved. Please contact Cath on 01509 631784 or email [cath.walker@charnwoodcvs.org.uk](mailto:cath.walker@charnwoodcvs.org.uk)

### **New Publications at the CVS Library**

The CVS Library is undergoing a major overhaul, and a number of new publications have been ordered - all of which can be borrowed by community groups and voluntary organisations:

Charitable Status

Data Protection For Voluntary Organisations

Effective Fundraising

Fundraisers Guide to the Law

Writing Better Fundraising Applications

The Charity Trustees' Handbook

The Good Trustee Guide

The Minute Takers Handbook

The Charity Treasurer's Handbook

Just About Managing

Practical Guide To Financial Management For Charities

The Health And Safety Handbook

The Voluntary Sector Legal Handbook

Voluntary But Not Amateur: a guide to the law for voluntary and community groups.

If you would like to borrow any of these books on behalf of your group or voluntary organisation, please contact Cath Walker on 01509 631784.

### **Year of the Volunteer 2005**

**Can you help us?**

**Loughborough Volunteer Centre want to celebrate the contribution young people make as volunteers**

Do you know a young person who has made a difference by their volunteering? We would like to hear about an individual or group of young people who would be happy for their story to be told for publicity purposes.

We recognise the diversity of opportunities in volunteering and want to reflect this and let everyone know about the benefits of being a volunteer

If you have, or know of, a story to tell about volunteering please tell us, either call in, Monday-Thursday 9am-4pm, Friday 9am-1pm or telephone 01509 631770.

**A little encouragement goes a long way**

### **Leicestershire & Rutland Rural Stress Support Team**

is looking for new people to join its team of home-based volunteers who offer support and information to people in need of help.

All volunteers receive a comprehensive training before undertaking home visits.

For further details, please contact Heather Roythorne on 0116 266 8573

### **Funding**

#### **YHA Diversion Partnership Fund**

YHA's Diversion Partnership Fund operates to promote social inclusion by enabling groups of youngsters considered at risk of offending to participate in residential trips organised by agencies involved in youth crime reduction. It pays for part of the cost of the YHA accommodation and meals for such a trip.

**YHA**

**Tel 0870 770 6117**

**Email [groupreservations@yha.org.uk](mailto:groupreservations@yha.org.uk)**

**[www.yha.org.uk](http://www.yha.org.uk)**

**Funding continued on page 7**

### **Henry Smith Charity**

The Henry Smith Charity gives grants between £500 and £10,000 for projects related to community care. Applications can be submitted at any time of year.

***www.henrysmithcharity.org.uk***

### **Global Fund for Women**

The Global Fund for Women supports women's groups that advance the human rights of women and girls. They support groups that demonstrate a clear commitment to women's equality and female human rights; show concern about the way women are viewed and view themselves in society; are governed and directed by women; consist of a group of women working together (requests are not accepted from individuals).

***www.globalfundforwomen.org***

### **Big Lottery Fund Young People's Fund**

The Big Lottery Fund wants to give young people the money to carry out projects that will make a lasting difference to communities. The BLF Young People's Fund wants young people aged 11 to 18 (or up to 25 if you come from a disadvantaged sector of society) to come up with their own ideas and be involved from start to finish.

They will be giving out three types of grant:

- for voluntary and community organisations to run local projects with and for young people
- for voluntary organisations to fund projects of national significance
- or individual young people (or small groups of young people) to help them make a difference in their communities.

#### ***Big Lottery Fund***

***Tel 0845 410 2030***

***Email general.enquiries@***

***biglotteryfund.org.uk***

***www.biglotteryfund.org.uk***

### **BT Community Website Builder**

The BT Community Website Builder allows registered UK charities, non-profit making organisations and volunteer-led groups or

organisations to build and maintain their own website free of charge. All you need is a computer, an internet connection and a web browser. This scheme is operated by BT Volunteering and IK Software Limited.

To qualify for use of the free service your organisation must be from the UK, providing a clear benefit to the local community, and be one of the following: registered charity, non-profit making organisation, volunteer-led group /organisation.

***Email: support@ik.com***

***Website: www.communitykit.co.uk***

### **Powergen GreenPlan Fund**

The GreenPlan Fund supports renewable energy generation projects in the community. Local community groups and not-for-profit organisations can apply. Joint proposals (e.g. with local authorities) will be considered, although the community organisation or group must lead the applications.

Projects must:

- result in the creation of renewable energy
- show new (or an expansion of) capacity in renewable energy
- have a positive impact on the local community
- have a measurable positive impact on the environment.

Funding must be used for the purchase and implementation of capital equipment and associated costs. Funding will not be granted for promotions, education or general awareness-raising, nor will it be granted solely for feasibility studies. Applications are invited for funding up to £25,000.

***The GreenPlan Fund Committee***

***Powergen***

***Wyvern House***

***Phoenix Park***

***Colliers Way***

***Nottingham NG8 6AT***

***Tel 0870 4191521***

***Email Rose.heaven@pgen.com***

***www.powergen.co.uk***

Funding source: NACVS Circulation

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End, Loughborough,  
Leicestershire LE11 3HA

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Fax 01509 631751

[www.charnwoodcvs.org.uk](http://www.charnwoodcvs.org.uk)  
[enquiries@charnwoodcvs.org.uk](mailto: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

### Copy deadlines

May & June 2005 issue:  
11 April

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

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

**Large Print** If you would like a large print version of Charnwood, please contact Cath Walker at the CVS. See also on Website.

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Foundation Registered Charity No.  
521460

## CareOnLine Offers New Service to Charnwood Carers Project

### Karen Robinson

CareOnLine, who are part of Leicestershire County Council Social Services and are also supported by the Leicester Shire Partnership, have kindly offered us a 'touch-screen computer', plus other easy-access equipment, such as a 'Big Keys' keyboard and rollerball mouse.

CareOnLine have developed an easy-to-use website, specifically designed to provide information for disabled people, older people and carers, from one single place on the internet. The information covers social services, health, housing, home shopping and services in your local community.

The Charnwood Carers Project will be holding access sessions for carers on Tuesday mornings, 10.00a.m. till 12.30p.m. from 22nd February 2005 onwards.

It does not matter if the carer has never used a computer before, as we will be available to help them find the information they need. Once carers feel more confident, they can book to use the computer, unassisted, at other times throughout the week. Carers can also use the computer's other functions,

for example typing letters; however, a small charge will be made for any printing. It may be advisable for carer's to book, to avoid waiting.

For more information and bookings, please call 01509 631783.

### New Respite Care Arrangements Public Consultation

A new service is being proposed to offer improved respite care services.

Primary Care Trusts are set to team up with Social Services to offer a joint respite care service. A public open meeting is being held to talk to people about the proposal.

### Open Meeting

**Tuesday 5 April at 2pm  
Centre for Deaf People,  
Welford Road, Leicester**

Respite care gives carers who provide many hours of care on a regular basis a break from their caring role.

The consultation document is available online at [www.ldicn.org.uk](http://www.ldicn.org.uk) or ring 01664 855 017. Views must be submitted by 24 April.