

# Arun & Chichester VOICE

CVS-Arunwide and Voluntary and Community Action Chichester District • July 2011

## Arun and Chichester move to strengthened relationship

**C**VS Arunwide and Voluntary and Community Action Chichester & District have been meeting to consider how we may work together to ensure an effective, sustainable service to our respective communities. At meetings in early April, both boards separately agreed to actively discuss potential merger as from 2012. This will be subject to the outcome of consultation with our members and the agreement of both boards.

We will be looking creatively at how we may best structure ourselves to support voluntary and community activities across the Arun and Chichester Districts. A key factor in these discussions will be ensuring a continued physical presence in both districts.

This year we will be collaborating closer than before, sharing staff and developing joint policies and procedures. We will also be creating a joint e-mail bulletin to go out to members across Chichester and Arun. As our members we want to hear your views about the potential merger and will be dedicating time at each of our AGMs to listen to your views. Although both our Boards of Trustees are drawn from representatives from our member organisations we also want to invite a further member organisation onto the

“A key factor in these discussions will be ensuring a continued physical presence in both districts”.

collaboration working group, if you are interested please get in touch with either Kate or Hilary. Finally we are aware that other organisations are considering greater collaboration and possibly merger, we have been using NCVO's guidance and would be happy to share our experience with any organisation going through the same process.

*Hilary Spencer and Kate Scales*

### Introducing Julie Budge, Senior Fundraiser

I have worked in the voluntary and community sector for many years; Victim Support, Citizens Advice Bureau, Portsmouth Community 1st & 4SIGHT to name a few and had much contact with hundreds of small/medium organisations as a Fundraising Officer, Manager, Trainer and consultant to the sector since 1998.

I have enjoyed some considerable funding success - including the largest a whopping £825,000 and many smaller ones that are equally satisfying. Fundraising in today's environment is highly competitive, complex and challenging and it is great to be part of exciting innovative project that will train new fundraisers whilst helping small organisations / community groups have a better chance of securing funds not just for now but in the longer term.

• e-mail: [julie.budge@vcacd.org.uk](mailto:julie.budge@vcacd.org.uk)

### Action for Deafness

Action for Deafness is a local charity offering a full range of services to deaf and hard of hearing people from their Resources Centres in West Sussex. It was founded in 1994 by deaf people for deaf people, and provides advice, support, information and services to enable deaf, deafened, hard of hearing and deafblind people to lead independent lives. These services are being continually developed and strengthened.

More specifically, the services they offer are Advocacy and Advice, Audiology, Employment Advice, Equipment, Hearing Aid Clinics, Home Visits, Private Audiology Service, Training and a Youth Service.

They also offer a wide range of products, including telecom equipment, alerting and listening devices.

The organisation is core funded by West Sussex County Council and works in partnership with many other local and national organisations. These include NHS West Sussex, with which it has a contract to provide audiology services for the over 50's in West Sussex. For further information, they can be contacted at the following addresses:-

5a Hazlegrove Road, Haywards Heath, RH16 3PH or

55-57 Rowlands Road, Worthing, BN11 3JN.

E-mail : [info@actionfordeafness.org.uk](mailto:info@actionfordeafness.org.uk)

Website: [www.actionfordeafness.org.uk](http://www.actionfordeafness.org.uk)

Tel: 01 444 415 582 or 01 903 217 341



# Council for Voluntary Service Arunwide latest news

Hilary Spencer, Chief Executive, CVS-Arunwide



## CVS Core Team

We're really pleased to welcome Maureen back, although her hours are reduced to 14 /week from the 4th April, it makes a real difference both to our workload and more

importantly office morale to have her with us. Sharon and I were very busy with the county wide Strictly Health Event and the VCS County elections causing us individually significant additional work. The loss of the 'Future Jobs Fund' posts have impacted on a 'presence' within the offices and we are hoping to develop a better system involving VCACD and Bill Goostrey at Dove Lodge, to ensure we managed calls better. However making time to do this has been challenging.

Sharon has revamped and re-launched our website which is receiving very positive comment, it is becoming increasingly an essential means of communication for us. I am also pleased to say that the Arun Venues database has now been posted as a resource.

I successfully bid to Arun LSP for 2 small funding pots to create a publicity/marketing pack for small VCS groups which can be offered through CVS or available direct from our website and a pack to encourage people, particularly from the Business world to consider becoming trustees. These will be developed by Jenny Holmes and Victoria Sturdy respectively who will be consulting with VCS groups and existing and potential Trustees in their development. They should be ready by the end of October.

It has been noticeable that all our partners have less staff able to deal with the same workload and it is particularly impacting on partnership working, setting meetings or working groups is now even more time consuming than usual and the attendance and

thus ability to 'do the work' is affected.

## Expanding Communities Team

Both Marta and Vanessa left the ECP team at the end of March, fortunately both had secured new jobs. The project now employs Iryna, Edita and Klaudia (maternity cover for Katrina) on 18 hours /week and Crawley Borough Council are paying to employ Agnieszka for 18 hours per week initially for a further 6 months. The team is working to new job descriptions and a new work plan. I am finalizing a full report on the last 2 years work which will be published on the web site (and will be available hard copy) from July.

## Health Trainers

Sadly, this Project will end in early September 2011 – so we are going through the redundancy process with the team. Vicki Reynolds and Michelle Cowell have found alternative work and we are waiting with interest to see whether opportunities will emerge from the Arun Wellbeing & Health Partnership. The team will continue to take referrals until mid July and then concentrate on sign posting and providing information as the project winds down. We have received a lot of support from clients and services with whom the team has engaged and know that they will be badly missed by the community and by CVS itself.

## Building Stronger Partnerships – (previously the Compact Implementation/N17 Group)

Work with this partnership is developing- particularly in establishing links and a better understanding of the Communities and Big Society Unit (BSU) at WSCC. We are hopeful that a county wide meeting between Community Development workers across the county and the BSU team will also help us to work together effectively. Further information available from CVS-Arunwide.

## Southern Area Disability Sports Group

Sporting activities for young people with disabilities. Works in partnership with Adur and Worthing District Councils, Inspire Leisure, County Sports Partnership, Seagulls Specials and global tennis.

Activities include athletics, wheelchair football, boccia, new age curling, swimming, cricket, dance and tennis. Low level support is available to people with any disability but everyone is advised to attend with an appropriate carer. There is a disability co-ordinator. Equipment can be supplied.

Activities are arranged in the area between Shoreham, Littlehampton and Steyning.

- Angmering School, Station Road, Angmering BN164HH. Tel:01903 778328
- E-mail: [agroves@angmeringschool.co.uk](mailto:agroves@angmeringschool.co.uk)

## WSSSEN: The West Sussex Social Enterprise Network

If you are running a social enterprise, would like to set up one, or would just like to know more about social enterprise, then WSSSEN can help you! You can find out about what support is available, the latest news and identify useful contacts to aid

your enterprise. Web: [www.wssen.org.uk](http://www.wssen.org.uk).

Also available is an online directory of Social Enterprises: [www.wssen.org.uk/business\\_directory\\_list](http://www.wssen.org.uk/business_directory_list)

If you would like your organisation to be listed in the social enterprise directory please e-mail [Jonathan.lamb@westsussex.gov.uk](mailto:Jonathan.lamb@westsussex.gov.uk) with the following information:

- Paragraph detailing your organisation - Description what it does, its achievements, aims
- Organisation Logo
- Address
- E-mail and telephone number

# Voluntary and Community Action Chichester District latest news



Kate Scales, Chief Executive, VCACD



Voluntary and Community Action  
Chichester District

## The Fundraising Hub is launched

Welcome to Julie Budge our senior fundraiser, she joined VCACD at the start of May to take on the role of managing the new Fundraising Hub. She is busy finding our first ten small organisations to support and recruiting volunteers onto the fundraising training programme run in partnership with the University of Chichester.

Mind are the first charity to come on board purchasing part of Julie's time to support their work and Julie is already supporting them to put in place a new fundraising strategy for the organisation helping them to continue the excellent work that they do. See the article on page four of this newsletter for more information about the hub.

## Who's who in VCACD

We have had a slight shuffle due to our closer working with CVS Arunwide and this seemed an excellent opportunity to introduce our full team:

- Kate Scales - Chief Executive, 37 hours, [kate.scales@vcacd.org.uk](mailto:kate.scales@vcacd.org.uk)
- Carol Grove - Administrator, 20 hours, [carol.grove@vcacd.org.uk](mailto:carol.grove@vcacd.org.uk)
- Claire Dower - Assistant Admin, 15 hours CVS-A - 22 hours VCACD, [claire.dower@vcacd.org.uk](mailto:claire.dower@vcacd.org.uk)
- Carol Allen - Volunteer Centre Co-ordinator 27 hours, [carol.allen@vcacd.org.uk](mailto:carol.allen@vcacd.org.uk)
- Derek Hedicker - IT Manager and Older Voice Project Co-ordinator, 4 hours IT and 7.5 hours Older Voice, [derek.hedicker@vcacd.org.uk](mailto:derek.hedicker@vcacd.org.uk)
- Julie Budge - Senior Fundraiser 37 hours, [julie.budge@vcacd.org.uk](mailto:julie.budge@vcacd.org.uk)
- Victoria Sturdy - Development Worker, 7.5 hours VCACD – 7.5 hours CVS-A,

[support@vcacd.org.uk](mailto:support@vcacd.org.uk)

• Maureen Pasterfield - Finance Officer, 7 hours VCACD – 14 hours CVS-A, [maureen.pasterfield@vcacd.org.uk](mailto:maureen.pasterfield@vcacd.org.uk)

• Sharon Westcott - Administrative Manager, 15 hours VCACD / 22 hours CVS-A, [admin@cvs-arunwide.org.uk](mailto:admin@cvs-arunwide.org.uk)

## Corporate Social Responsibility Project

Working with the CVS network across West Sussex, VCACD is leading a project to develop a web based tool to encourage employees and students to take up bite-sized volunteering opportunities and share their skills and experience with the voluntary and community sector.

Bite-size volunteering is being defined as anything up to two weeks work (but not necessarily in one go) and we anticipate

the opportunities to include things like designing a website, helping develop a business plan, supporting a fundraising event, training about marketing your organisation.

The website tool will allow voluntary organisations to post their opportunity and students and businesses to match their skills. We will also use the website to advertise team building opportunities, good practice examples of corporate social responsibility and establish stronger links to student placement schemes.

We hope that through bite-sized volunteering longer term relationships will be built between the businesses and local organisations.

We will tell you more as this project develops.

## Alzheimer's Society – Leading the Fight Against Dementia

**Tim Wilkins, Service User Involvement Officer – West Sussex**

**I have been appointed by the Society as the Service User Involvement Officer for people living with dementia in West Sussex.** Last year the Department of Health published the National Dementia Strategy for England and Wales. This strategy aims to ensure that significant developments are made to dementia services across three key areas:

- Improved awareness
- Earlier diagnosis
- Intervention and a higher quality of care.

In West Sussex the Primary Care Trust (PCT) established a Joint Implementation Group (JIG) to consider how to best implement this strategy. The JIG considers that people living with dementia must be consulted to ensure that their experiences and views help shape the future of dementia services across the county. My role is to act as a conduit between people living with dementia and the Joint Implementation Group.

People with dementia need to be at the forefront of strategy implementation and have an active voice in the planning and development of local services. Your views, opinions and experiences, good and bad, and what services you would like to see that could have the potential to meet your needs in the future.

The Joint Implementation Group meets every three months and I will endeavour to keep you informed about plans and future developments discussed at those meetings.

Alzheimer's Society, Ground Floor, Barclays House, 51 Bishopric, Horsham, West Sussex, RH12 1QJ. Tel: 01403 750485. Mobile: 07801 136212

- E-mail: [tim.wilkins@alzheimers.org.uk](mailto:tim.wilkins@alzheimers.org.uk)

## Voice for Disability: 'More Clubs Wanted'

More clubs and friendship groups are needed in West Sussex for disabled and older people. The Voice for Disability Survey highlights the need to overcome social isolation.

Voice for Disability has a fund to help start up new social groups. We do not, however, have the resources to run social groups from our Head Office. We are therefore asking disabled and able bodied people to consider forming a social group in their own area. Once a group of like-minded people have come together we can help with finding a venue, recruiting more volunteers and members.

So if you would like to start up a Voice for Disability group in your area please contact Roland or Donna on 01 903 244 457. Tracie Anderson of the Littlehampton Group says "When we wanted to re-launch the group, the Voice for Disability Head Office was great in contacting the local membership. They have also been very supportive in getting us insurance. Any members who would like to join our vibrant group can contact me on 01 903 739 093".

## Head Forward

Mental health and wellbeing website for people in West Sussex. Provides a way of accessing information and resources, with an emphasis on positive ways to move forward from mental distress and encourage wellbeing. Includes links to local services, summaries and resources on mental health conditions, information about difficult life issues, therapies and treatments and sources of support for carers.

• Tel: 01403 750165, e-mail: [steve.byhurst@mindcharity.co.uk](mailto:steve.byhurst@mindcharity.co.uk), [www.head-forward.info](http://www.head-forward.info)

## Reach Out

Reach Out is a new website for disabled young people, their families and the community of West Sussex. The website was commissioned by WSCC Aiming High project and has been put together by ICIS. The goal was to create an engaging and accessible information portal. The website contains a comprehensive information directory, calendar of local events, communication tools and more. To view it for yourself, go to [www.reachoutwestsussex.org.uk](http://www.reachoutwestsussex.org.uk).

# Join the Fundraising Hub!

**The purpose of the Fundraising Hub is to help raise the funds of Voluntary & Community groups in the Chichester District area. The background behind the project: Funding streams are becoming scarcer as government funding is being severely cut and many small and medium voluntary & community organisations are struggling to raise funds.**

Fundraising advice and support as part of our role has increased and we know organisations need to be supported to be less dependent on statutory funding by diversifying their funding streams and building the capacity of their organisation to fund raise.

The NEW Fundraising Hub is managed by a Senior Fundraiser and will operate using a team of trained supervised volunteers who will support fundraising and bid writing for voluntary and community organisations. By providing support, advice, information and hands on help completing grant applications, the Hub aims to increase the funds for smaller groups who tend to want support for smaller amounts of money.

Larger organisations will be able to 'buy' the time of the Senior Fundraiser rather than struggling to find funds to employ their own or pay consultancy fees.

So; are you good at investigating, multi-tasking, being creative or ideas?

We need YOU. We need 10 volunteers who are happy to have some training, and gain experience in fundraising. The role would involve actual bid writing and developing fundraising strategies and systems within individual organizations.

SO; do you need help with funding?

We need 10 small organisations that need our help with fundraising. You will only pay the volunteers expenses but you do need to be based in the Chichester District area.

### Questions & Answers.

#### What would I be doing as a volunteer for the hub?

With training, support & supervision you would be helping to advise & support small organisations to raise funds or secure resources which will include writing small funding bids for them. As part of your training you will be allocated an organisation (not your own if you presently work or volunteer within the sector) to support and be based in our Chichester office, North St.

#### What skills or experience do I need to have?

You need only to have good written & communication skills and a willingness to learn and develop your skills in this specialist area. Good IT skills would be an advantage.

#### What will I learn?

The training you will receive will help you develop an understanding of planning process needed for bid writing, acquire an understanding of communicating an organisation's work, develop strategies for making an effective 'ask', acquire skills in presenting ideas and develop a knowledge of funding sources. Essentially this is good grounding if you wish to develop your CV in respect of Fundraising, get into work, change career or simply enjoy giving a valuable contribution to the local community.

#### How much time would I need to give to the hub?

As we are providing you with a FREE 'Introduction to Fundraising' course in partnership with the University of Chichester (four one day workshops) and ongoing training we would ask that you commit to approx 1 day per week for at least 1 year.

• Julie Budge, Senior Fundraiser, Fundraising Hub. 01243 782 393 / [julie.budge@vcacd.org.uk](mailto:julie.budge@vcacd.org.uk)

## Protecting Playing Fields

Sport England's new funding programme, Protecting Playing Fields (PPF) is part of the Places People Play Olympic legacy mass participation programme and is investing £10 million of National Lottery funding in community sports projects over three years from 2011-2014

Playing fields are one of the most important resources for sport in England. Indeed, there are over 59,200 playing pitches at 29,236 sites in England and over half of these grass pitches (33,200 or 56 %) are marked out for football. The programme is being delivered via five funding rounds with up to £2 million being awarded to projects in each round.

Round 2 will open on 24 Oct 2011 and close on 12 Dec 2011.

# West Sussex Carers Support Service - Mental Health Carers Support

**What do we mean by carer? Carers are relatives, partners, friends or neighbours of any age and unpaid.**

1.5 million people are caring for a relative or friends with a mental illness, i.e. Schizophrenia, bipolar, personality disorder, severe depression or anxiety; 25% of total caring population (1 in every 40 people) is a mental health carer regular and substantial care is defined as 35hrs+ per week. Mental health carers spend on average 60 hours per week on caring tasks.

## Help is available

There are eight Mental Health Carers Support Workers across West Sussex, based in Chichester, Crawley and Worthing. They support unpaid carers of people of working age (18-65 years) who have a mental health problem. The carer may be any age and may be in full or part-time employment. The Support Workers can offer:

- Information and signposting
- One-to-one casework
- Practical and emotional support/ listening ear/counselling service/ telephone support

- Access to Carers' Assessments
- Carers' peer support groups
- Respite funding (limited) for short breaks, courses, leisure activities, etc
- Carers' training courses and events/information sessions
- An opportunity to contribute to development/planning of national and local mental health services

The Mental Health Carers Support Workers help empower carers to improve their own quality of life and help them in their caring role. This, in turn, will benefit the patient.

- For more details contact Sandra Bignell, Senior Mental Health Carers Support Worker, tel: 01903 528690 or e-mail: sandrabignell@carerswsx.org.uk

"1.5 million people are caring for a relative or friends with a mental illness"

## Neighbourhood Statistics

As a Census Collector this year, I was interested by the rich variety of households I encountered; leading me to think about my neighbourhood in a new way.

What is it like in your neighbourhood? Apart from being curious about how your community compares with other parts of England, you may need factual evidence to accompany funding applications.

The Office for National Statistics has a useful website where statistics and information for a particular area can be gleaned simply by entering a postcode.

First enter this address into your usual search engine, e.g. Google, Firefox: [www.neighbourhood.statistics.gov.uk/dissemination](http://www.neighbourhood.statistics.gov.uk/dissemination)

On the right hand side of the Neighbourhood Summary page is a box where you enter your full post code and press search.

A comprehensive overview and a map of the search area is then produced with easy to interpret graphics and statistical information.

Tabs provide further detailed information on people, work, education, business, housing crime and environment compared against the average for England.

All 32,482 neighbourhoods in England have been ranked on housing, income, education, employment, access to housing, health, crime and living environment, together with a 'Total Deprivation' ranking. The most deprived neighbourhood in England has a rank of 1. The further to the right a marker is for a particular topic, the more deprived your area.

- Victoria Sturdy, Development Worker, VCACD and CVS-Arunwide

## The 225K St Paul's Challenge

St Paul's Church have kindly offered to go in partnership with Stonepillow & go on a 225k walk from Chichester to Canterbury in aid to raise £3000 which they will split with Stonepillow. This mammoth Journey will commence on Sunday 20th August & take up to Nine days, averaging about 14 miles a day. The team hope to raise funds to help make improvements at St Paul's church & to contribute to the work of Stonepillow.

[www.justgiving.com/Stonepillow225kSTPAULSChallenge](http://www.justgiving.com/Stonepillow225kSTPAULSChallenge)

## The Chichester Challenge

Stonepillow's head office, friends & family have clubbed together to participate in this years Chichester Challenge taking place on Sunday 10th July. They will be walking 15k on a magnificent course through the Goodwood Estate and along South Downs Way. They hope to raise £1000 to help contribute to the ongoing support & help for homeless & vulnerable people in the area.

[www.justgiving.com/ChichesterchallengeHeadoffice](http://www.justgiving.com/ChichesterchallengeHeadoffice)

## Giving World Online

A national awareness campaign is being launched by the online charity Giving World Online over the next few weeks which will benefit charities and community groups around the UK.

Giving World Online is a charity set up to offer a simple solution for companies with surplus goods to dispose of. They register with Giving World Online and publicise their goods onto charities and community groups who can access the items free of charge to support the people they work with.

Efforts are being focused on engaging more businesses to use Giving World Online to directly help community groups in their locality access surplus stock. Television giant Discovery Networks UK are sponsoring a television advert to get the message out.

Now is the time for charities and community groups to register to be able to access those goods. As goods become available on the website, only those charities and community groups already registered will have immediate access.

[www.givingworldonline.com](http://www.givingworldonline.com)

## Needed: Participants for Research Project on Charities

We are a team of researchers at the School of Social Sciences of the University of Southampton and are seeking to recruit people engaged with charities to take part in an online experiment.

The involves performing a simple data entry task online so you need access to a computer and the Internet in order to participate. No prior experience is needed. Compensation includes £20 fixed-fee. Moreover, you will receive additional compensation depending on the amount of bibliographical records you enter.

The task is organized in four sessions. Each session will last approximately for an hour, which you can perform at the time of your own choosing within seven days, starting on a date we will communicate after you express your interest. You will be able to perform only one session per day, between 8am and 10pm.

- If you are interested and would like to be contacted please reply to [bibentry@soton.ac.uk](mailto:bibentry@soton.ac.uk). In your e-mail please indicate whether you work for a charity, either as an employee or as a volunteer, or donate to a charity.

## Bigger Care

Provides companionship and support to help people remain in their own homes. Services include light housekeeping and errands, shopping and escorting to appointments, meal preparation and laundry, dog walking, feeding pets and light gardening. Service cover the East Preston and Littlehampton areas.

- Tel: 01903 787780 or e-mail: [biggercare@hotmail.co.uk](mailto:biggercare@hotmail.co.uk)

## Arun Youth Aqua Centre

Aims to help and educate young people through water-based activities, so developing their physical and mental capacities. Offers some help initially to people with physical, visual, hearing and communication difficulties, and support and guidance to people with learning difficulties on a short term basis for canoeing and sailing. Extra support is available for people with learning difficulties. The centre supplies buoyancy aids and offers theory sessions.

- Tel: 01903 714753 or e-mail: [ayac@bigfoot.com](mailto:ayac@bigfoot.com). Visit [www.ayac.co.uk](http://www.ayac.co.uk)

# Government publishes long awaited White Paper on Giving

**The White Paper announces a range of measures designed to encourage the giving of both time and money and includes:**

- Social Action Fund and Challenge Prizes around volunteering
- Giving Summit in late autumn 2011
- £30m for a Local Infrastructure Fund in order to encourage more effective support for frontline civil society organisations
- A year-long national payroll giving campaign.

The White Paper also states that there will be a consultation on the Inheritance Tax proposals announced in the Budget before the summer.

Speaking at the launch, David Cameron said the White Paper 'sets out how we are going to encourage a stronger culture of giving in Britain with more people giving more money and more time to good causes around us'.

Sir Stuart Etherington, Chief Executive of the National Council for Voluntary Organisations (NCVO), said:

'The giving of time and money is an important expression of our values and beliefs as a society. This paper draws together a wealth of intelligence on what can be done to stimulate greater levels of giving and participation in the UK.

It is encouraging that the government has considered a range of innovative and varied approaches to remove barriers to the giving of time and money and targeting underrepresented groups. The Government's ideas around leading by example - encouraging Ministers and Civil Servants to volunteer and opening up the government estate and websites - are also very positive.

'We are pleased to see that our Funding Commission's recommendations for an infrastructure fund have been taken on board. Local support organisations play an essential role in developing the skills, capacity and knowledge of frontline organisations, so this fund will help them to adapt and modernise to best cater for

"Despite the difficult financial climate more than half of the population still give to charity every month"

their needs. Establishing a central online resource bank will also make it easier for frontline organisations to access useful information and resources.

'The proposal to prioritise impact reporting is also very promising; this echoes our Funding Commission's first recommendation and will be key to building a sustainable voluntary sector.

Despite the difficult financial climate more than half of the population still give to charity every month - this shows the high levels of public trust and confidence that charities enjoy and represents a good base to build on. We look forward to working in partnership with the Government and the sector to take this activity forward as we work towards the Giving Summit in the Autumn, and hope that it will help to bring about a culture shift in giving and social action.

- The Prime Minister's full speech on the Big Society, including his thoughts on the Giving White Paper, is available at [www.number10.gov.uk/news/speeches-and-transcripts/2011/05/speech-on-the-big-society-64052](http://www.number10.gov.uk/news/speeches-and-transcripts/2011/05/speech-on-the-big-society-64052)

## Comic Relief - Sussex

The Comic Relief grant scheme is provided by Comic Relief and administered in East Sussex, West Sussex, Brighton and Hove by the Sussex Community Foundation. Funding is aimed at supporting local projects that will directly benefit people who are excluded or disadvantaged through low income, rural or social isolation, age, disabilities, race, sexuality or gender. It should support work in small geographical areas. Phone: 01273 409440 or e-mail: [info@sussexgiving.org.uk](mailto:info@sussexgiving.org.uk)

Visit: [www.sussexgiving.org.uk/apply-for-funding/fundview.php?id=24](http://www.sussexgiving.org.uk/apply-for-funding/fundview.php?id=24)

# Keeping It Local: The Decentralisation and Localism Bill

**‘Localism’ is the new buzzword emerging from many reports written by the Coalition Government. In December the Decentralisation and Localism Bill was published and is primarily designed to shift the emphasis of power from central to local government and to communities. It essentially provides the legislative framework for the ‘Big Society’.**

The Bill was introduced in December 2010 and is now going through Parliament with an expectation that it will be approved towards the end of the year.

The stated aims of the Bill include:

- Empowering communities to take action and responsibility for their local area
- Diversifying the supply of public services
- Strengthening accountability to local people for service delivery
- Opening up government to public scrutiny.

The Government documentation summarises six essential actions that are enshrined in the Bill:

1. Empower communities to do things their way – by creating rights for citizens to get involved and get things done.
2. Increase the local control of public finance – by ensuring that more decisions can be taken locally.
3. Diversify the supply of public services – especially where these are seen to be failing locally or are not meeting local needs.
4. Open up government to public scrutiny – releasing and sharing information about budgets and expenditure.
5. Strengthen accountability to local people – by giving power to change services and actions through the ballot box.
6. Lift the burden of bureaucracy – reduce unnecessary red tape.

*So what does all this mean in terms of specific proposals?*

## **New powers to local authorities**

The Bill provides for local authorities to have more control and say over shaping their local area. It introduces a Power of General Competence for local authorities, including town and parish councils. This means that eligible local authorities will be able to do anything that is in the interests of local people as long as it is legal.

## **Community right to challenge**

The Bill will allow communities, defined

as parish or town council, voluntary or community body or a body of persons or a trust which is established for charitable purposes, to submit an ‘expression of interest’ to the relevant authority to provide or assist in providing a service. If a service is failing or seen to be failing there is a formal process by which the community can challenge the local authority and submit a proposal to run it themselves. This is primarily designed to diversify the supply of public services.

## **Assets of community value and community ‘right to buy’**

This will require the local authority to maintain a list of assets in their area which have community value and which could include post offices, village shops and local pubs, even if they are owned privately. Communities will be able to nominate local assets which they believe should be included in such a list. If an owner of one of these assets wishes to sell, a community interest group will have a set amount of time within which they can put together a written request to be treated as a potential bidder. The asset will not be able to be sold until a set amount of time has passed.

## **Neighbourhood plans**

Local people will have the new right to shape the development of the communities in which they live by producing a Neighbourhood Plan, giving them far more ability to determine the shape of the places in which people live.

## **Local referendums**

The Bill introduces a new power to initiate a referendum. A local authority must hold a referendum if they receive a petition to do so which is signed by 5% of electors in that local area. The power is not absolute: the local authority will determine whether the matter is relevant to the local area and assess whether the petition is vexatious or abusive before it goes ahead. Communities will also be able to vote on local development issues. The aim is that communities and neighbourhoods are able to come together to decide where new developments should be built and what green spaces or areas should be protected. If proposals, including those

put forward by local groups, receive 50% of support in a referendum then they will be able to be built without the need for planning permission, provided that they meet certain safeguards.

## **Decentralisation**

The powers under this part of the Bill will scrap several instruments of ‘top down’ control. These include:

- Regional Strategies in favour of local plans
- The Standards Board Regime while allowing councils to devise their own regime to govern propriety and behaviour
- The ‘predetermination’ rule. Councillors will be able to act on local issues.

The Department of Communities and Local Government (DCLG) is also pioneering civil servants to act as ‘bureaucracy busters’ for community projects, providing local people with the back up they need to unblock obstacles and achieve goals.

## **Increased local control of finances**

Council Tax referendums will give local residents the power to veto excessive increases by requiring local authorities to hold a referendum when proposals rise above a certain threshold. With regard to the Community Infrastructure Levy, local authorities will be required to allocate a proportion of levy revenues back to the neighbourhood from which it was raised.

This is to be pioneered by 16 areas and available elsewhere from 2013.

## **Open government to public scrutiny**

There is a requirement for local authorities to produce an annual statement setting out their policy on the remuneration of their chief officers and opening up public finances to more public scrutiny.

## **Strengthen accountability to local people**

Includes measures to provide for directly elected mayors in 12 cities subject to local referendums. Complemented by plans to introduce police and crime commissioners. Service users should be able to vote to choose new providers if existing services are failing or not meeting local needs.

## Sporting Matters

### Olympic Torchbearers

The 2012 London Olympic Games Torch will be carried through our area next year between 15th and 16th July and throughout its journey, 8000 torchbearers are needed to carry the flame.

Do you know someone truly inspirational? This is your chance to give them their moment to shine. You have until 29 June 2011 to nominate them to be a London 2012 Olympic Torchbearer please see full details of how to nominate someone or fulfil your own burning ambition at:

[www.london2012.com/olympic-torch-relay](http://www.london2012.com/olympic-torch-relay)

### Queen Elizabeth II Fields

Protecting an outdoor recreational space as a Queen Elizabeth II Fields provides a great opportunity not only to protect these vital spaces for future generations but also to access funds to improve them. 2012 marks Her Majesty The Queen's Diamond Jubilee and SITA Trust want to ensure that it is celebrated in fitting style.

The Queen Elizabeth II Fields Challenge is a fantastic new campaign to protect 2,012 outdoor recreational spaces in communities all across the country as a permanent living legacy of this great event. SITA Trust has joined forces with HRH The Duke of Cambridge and the Fields in Trust to support this challenge.

Once an area has been designated a Queen Elizabeth II Field an application can be made to SITA Trust's £1 million fund for improvements to the recreation area.

[www.sitatrust.org.uk/](http://www.sitatrust.org.uk/)

### Protecting Playing Fields

Playing fields provide the valuable space required to maintain and enhance opportunities for people to participate in both formal team sports and other more informal activities. Along with sporting benefits, good quality accessible playing fields can also contribute to healthy and active communities and secure wider reaching benefits.

Sport England is investing £10 million of National Lottery funding in community sports projects over three years from 2011-2014. The programme is being delivered via five funding rounds with up to £2 million being awarded to projects in each round.

Dates for the first two rounds are:

- Round 1 has been under way since 25 May 2011 and continues until 6 July 2011
- Round 2 will open on 24 October 2011 and close on 12 December 2011

See [www.sportengland.org](http://www.sportengland.org)

- Victoria Sturdy, Development Worker, VCACD and CVS-Arunwide

## Challenging Behaviour Foundation

**Challenging behaviour: a guide for family carers on getting the right support** The Challenging Behaviour Foundation is delighted to announce that three new 'At a glance' guides aimed at family carers supporting people whose behaviour is described as challenging are now available. There are separate guides for adults, teenagers and children.

The guides have been developed in collaboration with the Social Care Institute for Excellence (SCIE). The guides help family carers to:

- Understand what good support and services look like
- Work in partnership with staff who are involved with the family
- Find information on what to do and who to contact if the family's needs are not being met

To download the guides visit:

[www.scie.org.uk/publications](http://www.scie.org.uk/publications) or [www.challengingbehaviour.org.uk](http://www.challengingbehaviour.org.uk)

'False Economy', the summer issue of 'Challenge' (newsletter of the Challenging Behaviour Foundation) is

"This issue looks at how Government cuts are likely to impact on people with severe learning disabilities"

now available. This issue looks at how Government cuts are likely to impact on people with severe learning disabilities and behaviour described as challenging and their families.

Regular articles include 'Your Questions', 'What Parents Say' and an editorial by Vivien Cooper, Chair of Trustees and Founder of the Challenging Behaviour Foundation. 'Challenge', the newsletter of the Challenging Behaviour Foundation, is produced three times a year and is available free of charge by e-mailing: [info@theCBF.org.uk](mailto:info@theCBF.org.uk) or downloading from [www.challengingbehaviour.org.uk](http://www.challengingbehaviour.org.uk)

- Call us on 01634 838739

## Making Positive Changes

**Offers clinical Hypnotherapy and Psychotherapy and EFT (Emotional Freedom Technique) Therapist. Metaphysical Practitioner and Counsellor.**

The emotional freedom technique can be applied to problems like addictions, smoking, phobias, anxiety, panic attacks, fears, depression, weight problems, eating disorders, low self-esteem, postnatal stress, lack or loss of self-esteem or confidence, acne, psoriasis and much more. Consultations can be given over the telephone as well as at the its venue. Can provide help to people with physical and learning difficulties (as well as mental and substance misuse problems).

- Contact: 33 Westingway, Bognor Regis PO21 2XX, Tel: 01243 841498, Mob; 07747 865982 E-mail: [christine@makingpositivechanges.co.uk](mailto:christine@makingpositivechanges.co.uk)

[www.makingpositivechanges.co.uk](http://www.makingpositivechanges.co.uk)

## Arun Dolphins Swimming Club

Swimming club for people with physical, sensory or learning disabilities. Meets at Littlehampton Swimming Centre in Sea Road; support and guidance is available to people with disabilities on a short-term basis. Helpers available both in and out of the pool.

- Contact us by telephone on 01903 726531 or e-mail: [adajy512@aol.com](mailto:adajy512@aol.com)

# Time Bank Volunteering comes to Arun area

## New 'Time Banks' arrive in both Littlehampton and Bognor Regis. Interested? Find out more...

Time Banking is a new and exciting way for people to come together in their communities and interest groups and share their talents in a mutually beneficial way. Time Bank members help others, receive support themselves, meet new people and help communities become better places to live. Time Banking is built on the principle that for every hour a person contributes they receive the equivalent in time credits. 1 hour = 1 time credit

### How can time credits be used?

A Time Bank member can exchange their time credits when they need something done - e.g. they might want to get a gate fixed, attend a yoga class or get someone to collect their doctor's prescription. They can also choose to donate time credits to someone else or to a community organisation.

### Who keeps track of the members time?

Every Time Bank has a 'time broker'. The time broker is the person who keeps a record of everyone's contributions. The time broker manages the practicalities such as putting people in touch with each other, obtaining references for the Time Bank members, organising insurance and where necessary, obtaining Disclosures (police checks) for members working with vulnerable groups.

### Who can join the Littlehampton and Bognor Time Banks?

Anyone over the age of 18. Ability, lack of finance, or limited mobility are not barriers to participating in the Time Banks. Every member of the community has something they can offer and something they would like help with and there are many ways in which you can get involved.

Currently, they are unable to sign up individual members under the age of 18, but hope to be able to do so in time. In the meantime, they welcome group membership for existing and developing youth projects in the Littlehampton and Bognor Regis communities.

### Time Banking Core Values

All Time Banking initiatives are based on common principles which run through their everyday operations. These are the core values of Time Banking.

**People are Assets** - The real wealth of any society is its people. Every individual has something of value to contribute to the well being of their local community, be it their experience, their practical

support, their empathy, their contacts, their skills or their time.

**Redefining Work** - Activities such as bringing up children, caring for people who are marginalised, keeping communities safe, fighting injustice and making democracy work have to be recognised, rewarded and counted as real work.

**Reciprocity** - We need each other. Giving and receiving are basic building blocks of positive social relationships and healthy communities.

**Building Social Capital** - Belonging to a mutually supportive and secure social network brings more meaning to our lives and new opportunities to rebuild our trust in one another.

In summary:

- All Time Bank members have a contribution to make and are valued equally regardless of the skills and talents they bring.
- All Time Bank members list the skills and/or services they can offer and those which they may need help with.
- Everyone is interviewed by the time broker and provides references.
- Every hour a volunteer contributes earns the 'giver' one time credit.
- Time Bank members receive the help and support they need by exchanging their time credits.
- The time broker matches the 'giver' and 'receiver'.

"Time Bank members help others, receive support themselves, meet new people and help communities become better places to live"

- Time Bank members can donate their time credits to other members of the Time Bank.
- All activities maintain a set standard of care, including insurance, health and safety, a code of ethics and where appropriate fulfil the necessary requirements of the Disclosure (police checks) process. Time Banking connects people with their communities. It enables people to help others, receive support themselves, meet new people, build trust and helps communities become better places to live.

The Time Banks are supported by Arun Volunteer Centre and Council for Voluntary Service

#### **Littlehampton Time Bank**

Tel: 01903 731223

E-mail: [littlehampton.tb@cvs-arunwide.org.uk](mailto:littlehampton.tb@cvs-arunwide.org.uk)

#### **Bognor Regis Time Bank**

Tel: 01243 864220

E-mail: [bognorregis.tb@cvs-arunwide.org.uk](mailto:bognorregis.tb@cvs-arunwide.org.uk)

More information available at [www.cvs-arunwide.org.uk/projects](http://www.cvs-arunwide.org.uk/projects)

## Arun Sports Association for the Disabled

The Arun Sports Association for the disabled offers a variety of sports for people with disabilities, including archery, pistol shooting, darts, table tennis, snooker, boccia, new age curling, and short mat bowls.

Supports people with learning, physical, visual, communication and hearing impairments from the age of 9. Meet at The Arena, Bognor Regis Community College, Westloats Lane, Bognor Regis. Provides indoor bowls at Arun Indoor Bowling Club, Nyewood Lane, Bognor Regis on Fridays and outdoor bowls is played at Arundel on alternate Wednesday from May to September.

- Please contact us on 01243 583868

## West Sussex Mediation Service

West Sussex Mediation Service is an independent registered charity formed in 2000 to help individuals and groups of people in the community to resolve their conflicts through mediation. They also work with families at conflict through their 'Time to Talk' programme (Intergenerational Mediation).

The service relies heavily on volunteers. All the mediators used by the charity are volunteers, who have been trained in conflict resolution. The training course is accredited through the Open College Network and a process of personal accreditation is also encouraged and supported.

Training courses are held at week-ends and total 40 hours. Much of the learning process involves role playing in mock mediation sessions.

Whilst having the words 'West Sussex' in their title, the charity has only recently started providing a service in Chichester District. The development will require the recruitment of new mediators to service the increasing number of referrals within the Chichester locality. It is hoped that 12 new volunteers will be trained up in the near future (dates to be fixed).

The service would love to hear from existing mediators or individuals willing to undergo free training in return for a commitment to undertake a few hours a week on mediation in the community. The work is very rewarding and can change lives. A variety of causes of conflict are addressed, including noise nuisance, antisocial behaviour, parking problems, boundary disputes, etc.

If you are a good listener, non judgemental, able to be impartial and maintain confidentiality and a good communicator in general, you might be the person for the job. Ongoing training and support is provided. Volunteers are subject to CRB checks.

• For more information about the charity, please call Nick on 01403 257800 or e-mail: [info@wsms.org.uk](mailto:info@wsms.org.uk).



## Enable Me Project: Raising Disability Awareness

Since 2005, the Enable Me Project has worked in schools and in the community to raise disability awareness. We do this by providing a range of assemblies, workshops, disability sports and other interactive activities that are delivered by a team of trained volunteers, the majority of whom are disabled. Firmly rooted in the community and working in partnership with other organisations across West Sussex and the South East region of England, Enable Me aims to:

- Increase disability awareness and promote social inclusion
- Challenge and change negative attitudes towards disability
- Provide training & volunteering opportunities for disabled people
- Build partnerships

### Schools

If you are from a school, a teacher or involved in working with children and young people, please have a look at the Enable Me website to learn more about how we can help you with your inclusion work, with raising awareness in your school and supporting the work you do in a variety of National Curriculum subjects.

### Disability Sports

As a result of being funded through the 'Aiming High for Disabled Children' transformation programme in West Sussex, Enable Me now runs inclusive after school and holiday sports clubs for disabled children and young people and their siblings/friends, aged 5-19. The clubs are led by a team of disabled sports coaches and offer up to 8 different disability sports, including wheelchair basketball, football and hockey, boccia, new age kurling, cricket and tennis. Clubs are running in Crawley, Horsham, Littlehampton and Worthing areas at present; please check our website for more details.

### Sports Bus

Thanks to Aiming High, the brand new Enable Me 'Sports bus' is fully kitted out with a whole range of specialised sports equipment that means we can deliver sports sessions tailored to meet local needs anywhere in the county!

### Training

As well as providing sports clubs, Enable Me also offers training for organisations and professionals that work with disabled children, young people and their families.

### Volunteering

One of our aims is to provide volunteering and training opportunities for disabled people and we know from feedback from our team of volunteers that they really enjoy working as part of a team that's making a difference! If you would like to be

"our team of volunteers that they really enjoy working as part of a team that's making a difference"

a volunteer for Enable Me, please e-mail our office or telephone Ann Stimpson for an informal chat. We run a 6-week volunteer training course for disabled and able-bodied volunteers, prior to starting work for us. We have a variety of volunteer posts available - disabled sports coaches, disabled speakers for schools or workplaces, trustees (particularly a treasurer), administrators, fundraisers and able-bodied assistants.

• Contact Nik Demetriades or Ann Stimpson on 01903 734400 or E-mail: [office@enablemeproject.org.uk](mailto:office@enablemeproject.org.uk) Find out more about Enable Me's work here: [www.enablemeproject.org.uk](http://www.enablemeproject.org.uk)

## Selsey Timebank Co-ordinator wins Best Volunteer Award

Action in Rural Sussex volunteer Sarah Empson has been awarded Best Volunteer in the Chichester Observer's Community Awards in recognition of her work with the Selsey Time Bank. Supported by AirS worker Joanna Harper, Sarah has worked tirelessly to make this scheme a success.

Over the past six months, the Time Bank has gone from strength to strength and is now working with many very different groups in the Town. Membership now includes Manhood Community College who are soon to run computer sessions for older members and Lapwing Residential Home where members enjoy playing games with the residents or having a friendly chat over a cup of tea.

# Volunteering in the Chichester District ●●●●●

## Carol Allen, Chichester and District Volunteer Centre

### Help With A Run or Run For Help!

Volunteers like to do all sorts of things. Do you always enjoy watching The Marathon or others doing the sporting bit? Well, now you can, whilst volunteering. The new Chichester Triathlon and Aquathon are back, looking for entries and volunteers to help behind the scenes. This type of event always needs volunteers to watch out for people, assist and help manage spectators. Meanwhile, the Cancer Support Runs are off, (first one in London with the celebs) then around the country.

Last year I helped at Hampton Court Palace as a volunteer and it was something to remember – a beautiful setting, crowds of enthusiastic people (often running on behalf of a family member), friendly staff and organizers, packed lunch provided and it raised funds. Afterwards, you could spend the day at your leisure enjoying the grounds, having a picnic, going round the maze – suitable for one person to participate or a whole family. So, next time someone says I'm doing a run for charity think about how you can help on the day...

**Have you had children or grandchildren?** - If so, you have that experience and could help out for an hour or two a week with somebody else going through parenthood. **Homestart**, the Charity that supports families and their children, recruits volunteers to help maintain the family unit, befriending, assisting or helping with a task so that people can focus on, manage and resolve their own problems, without a family break-up. Sometimes it takes just "an extra pair of hands" or an expert ear to identify the way forward but parents can learn from volunteers ways of doing things and try methods together. Some

work, a few do not but at least an approach has been tried. And, assisted parents have become volunteers themselves...

**Managing people or volunteers is an important role** and one that can be used if you wanted to try something new – becoming a school governor, running a village hall, being accepted as a Councillor, working in the Courts – there are many scenarios where component parts of an experience or quality can give you the tools needed to get decisions made and jobs done. Whether it be good communication, listening, supervision, decision making, understanding, being supportive – all these skills are transferable. Reflect on links with family and friends and you will find you use these components. If you like the idea of volunteering with people, then try one of these opportunities.

**People who are often overlooked are the elderly or the unwell.** They will be one of the largest sectors of communities in years to come and will need input and support. As volunteers we have many groups involved in their welfare in the community such as **4sight** (vision impairment) which seeks to encourage independence by volunteer support with befriending, assistance,

specialist shopping merchandise, setting up radios and computers. Things we take for granted are turning on the machinery but if it isn't set up to specific stations when you cannot see properly it is a big issue. Volunteers (and I was one) can complete these tasks simply and it feels very rewarding knowing someone can continue to take control and responsibility for gaining information, interacting with others, appreciate learning or listen to music!

**Some local care homes are being very imaginative** in their developments for residents – one using "dressing-up", another has an allotment, singing for fun and allowing organizations to use their group areas so that the community comes into the home. Volunteers are used to add these extras to the services of the establishments and it creates more activity, more involvement, more feeling that something is happening – rather than people are stuck somewhere and can't do anything any more. One of my **Alzheimer's** volunteers always helped with the post, sticking on labels and stamps as he used to do in his office. What activity do you think you might like to activate? Let me know..

Carol Allen, Coordinator, Chichester and District Volunteer Centre, 60a North Street, Chichester, PO19 1NB, Telephone 01243 532765 or e-mail [Volcentre@vcacd.org.uk](mailto:Volcentre@vcacd.org.uk)

*(continued from page 12)*

**Volunteer Befriender - Sussex Oakleaf, Daubeney House, Bognor Regis** - Daubeney House requires volunteers to befriend residents and assist in everyday activities such as cookery sessions, fundraising and trips out of the house. All volunteers must be CRB checked and comfortable working on a one to one basis with residents. Minimum age is 21.

**National Centre for Young People with Epilepsy** - The National Centre for Young People with Epilepsy (NCYPE) is a national charity providing specialist services and support for children and young people with epilepsy and other neurological conditions. These include Aspergers, autism and a wide range of learning difficulties from moderate to profound and multiple. We hope to fill the following local vacancies:

**Become a Friend of NCYPE** - Become a Friend of NCYPE. We are looking for committed, enthusiastic and sociable people to become 'Friends of NCYPE' in their local community. This could be organising the occasional tea party or perhaps a fundraising event such as a 'race night'.

**Local Event Organiser** - As a Local Event Organiser you will enjoy

organising fundraising events in your local community. It will require a few hours a month but you choose when and where.

**Volunteer Collecting Box Coordinator** - As Collecting Box Coordinator you will play an important role in your local community but we only ask you to give a few hours of your time per month and you choose when and where, so you are completely in control. You will be our local Collecting Box Representative, ensuring we maximise our fundraising opportunities by placing collecting boxes with local businesses, pubs, community venues, etc within your chosen area Regularly emptying (probably every 3 months), counting and banking the funds collected in the boxes. Keeping accurate records of where and with whom the collecting boxes are located and a history of amounts raised.

**Volunteer Speaker** - You will be: Actively researching groups and opportunities for speaking about NCYPE, booking and giving talks to a variety of audiences and age groups, accepting cheques on behalf of NCYPE and thanking appropriately, encouraging people to raise money to support young people with epilepsy, promoting the work of the NCYPE wherever possible.

# Arun Volunteer Centre

Coordinator: Derek Moore MBE Bognor Regis Office: tel 01243 864220 Littlehampton Office: tel 01903 731223

## Littlehampton vacancies

**Time Bank Members – Littlehampton Time Bank** – The Littlehampton Time Bank was officially launched during Volunteers Week which took place from 1st to 7th June. In order for it to be a success we need to recruit Time Members now. Time Banking is a new and exciting way for people to come together in their communities and share their talents in a mutually beneficial way. Time Bank members help others, receive support themselves, meet new people and help communities become better places to live. Time Banking is built on the principle that for every hour a person contributes they receive the equivalent in time credits, 1 hour = 1 time credit. A Time Bank member can exchange their time credits when they need something done e.g. they might want to get a gate fixed, attend a yoga class or get someone to collect their doctor's prescription. They can also choose to donate time credits to someone else or to a community organisation. Members must be over the age of 18.

**'That Helping Hand' Volunteer – Age UK** – Volunteers will be helping older people in the Rustington area with a range of tasks. These tasks will involve helping with paperwork, form filling, letter writing, helping to set up various equipment such as, Mobile phone, TV, DVD, computer, helping to put things in lofts, garages and sheds, changing batteries in various equipment and alarms etc. There may be additional tasks depending on each person's needs and ability. No specific skills or qualifications required. Induction training is provided.

**Chemotherapy Support Group Volunteer – Age UK** – Caring volunteers needed to offer support to older people in West Sussex who are undergoing chemotherapy treatment. Tasks that are required of volunteers will be to visit clients homes, escort to appointments, help with correspondence, a little light housework and simple food preparation, offer information and advice through Age UK West Sussex. The outcomes of this scheme is to reduce social isolation, reduce hospital admissions and for clients to feel supported to remain independent. No specific skills or qualifications required. Induction training is provided.

**Fun and Breaks Volunteer - Fun and Breaks (FAB) (Chichester and Arun)** – Disabled children, their parents carers and siblings often need a break. We still need to recruit volunteer in the Littlehampton area. Fun and Breaks volunteers are matched with a disabled child and their family to give them a short break of two hours a week or four hours a fortnight. No qualifications are needed as we will train and support you, so anyone who wants to make a difference may volunteer but must be over 18.

**Shop and Ticket Office Staff – Amberley Museum & Heritage Centre** - Volunteers to assist in the Museum's recently refurbished gift shop and ticket office. Selling admittance tickets and merchandise to visitors. Experience in shop sales and use of tills would be an advantage, but training will be given as required.

Team Member/General Assistant - Littlehampton Shopmobility - Team member and General assistant required to help with all aspects of the charity. Team member to help with the hire & sale of mobility equipment, advise on disability aids, provide advice to enquiries on disability and to carry out some office administration. General assistant to look after scooters, wheelchairs and other equipment. Days are flexible but volunteers work for a minimum three hour session. No experience needed as full training will be given. Good team skills and a pleasant manner plus a good sense of humour. IT and Admin skills would be a bonus.

**Bring & Buy Shop Assistant – DIZZY Rustington** - We assist Diabetics both supportively and financially, promote awareness of Diabetes in the locality and to improve the lives of Diabetes sufferers. We need volunteers to assist the store manager in dealing with the general public via retail sales and cash transactions. Sorting donated stock, hanging, steaming and placing ready for sale on the shop floor. We work three and a half hour shifts morning or afternoon Monday to Saturday.

## Bognor Regis Vacancies

**Time Bank Members – Bognor Regis Time Bank** – The Bognor Regis Time Bank was officially launched during the Volunteers Week celebrations which took place on the 6th June in the Regis Centre. In order for it to be a success we need to recruit Time Members now. Time Banking is a new and exciting way for people to come together in their communities and share their talents in a mutually beneficial way. Time Bank members help others, receive support themselves, meet new people and help communities become better places to live. Time Banking is built on the principle that for every hour a person contributes they receive the equivalent in time credits, 1 hour = 1 time credit. A Time Bank member can exchange their time credits when they need something done e.g. they might want to get a gate fixed, attend a yoga class or get someone to collect their doctor's prescription. They can also choose to donate time credits to someone else or to a community organisation. Members must be over the age of 18.

**Family Support Buddy – The Stroke Association** - Volunteers are needed to buddy stroke sufferers by regular visiting in Bognor Regis. We are looking for people who are sympathetic, reliable and have good listening skills. Some experience of stroke illness in the family would be useful but not essential. Age limits 21 to 80.

**4 Sight Representative – 4Sight Action for the Blind** - We are looking for people to help with the following: Giving talks and presentations, attending events, promoting our service, providing awareness, improving links with local communities. Must be a good public speaker and be confident, minimum age 18.

*(continued on page 11)*

### CVS-Arunwide Littlehampton office

Dove Lodge,  
49 Beach Road  
Littlehampton  
BN17 5JG  
Telephone: 01903 726228  
www.cvs-arunwide.org.uk

### CVS-Arunwide Bognor Regis office

Town Hall  
Clarence Road  
Bognor Regis  
PO21 1LD  
Telephone: 01243 840305  
E-mail: chief.exec@cvs-arunwide.org.uk

### Voluntary and Community Action Chichester District

60a North Street, Chichester  
PO19 1NB  
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