

# Arun & Chichester VOICE

CVS-Arunwide and Voluntary and Community Action Chichester District • January 2012

## Introducing... Voluntary Action Arun and Chichester (VAAC)

A new era beckons for the voluntary and community sector in the Arun and Chichester districts with the joining together of our services.

**O**n 24th November 2011, Council for Voluntary Service Arunwide (CVSA) and Voluntary and Community Action Chichester District (VCACD) held Special General Meetings to agree the merger of the two organisations from the 1st April 2012. Members of both organisations voted unanimously to merge the two organisations and to name the new organisation *Voluntary Action Arun and Chichester (VAAC)*.

VAAC will have its administrative office in Bognor Regis, with a project office in Bersted Green and satellite offices/meeting places across the two Districts including Chichester, Littlehampton, Selsey, Midhurst and Petworth. The top priority of staff and trustees when looking at the merger has been to ensure that our services continue to be delivered locally to you, our members. We will still have two volunteer centres and will ensure that we provide outreach services to you across the two districts.

Thank you to all of our members for their input into the merger process, filling in questionnaires,



Looking to the future, L-R: Hilary Spencer (Chief Executive, CVSA), Joyce Adams (Chair, CVSA), Kate Scales (Chief Officer, VCACD) and Tony Sneller (Chair, VCACD) pictured at the meeting

attending the AGM and SGMs and commenting on our proposals. We will be working on our business plan over the next few months,

taking on board the comments received at the AGMs on your support priorities. We look forward to working with you as VAAC.

Handwritten signature of Kate Scales in blue ink.

Kate Scales (Chief Officer, VCACD)

Handwritten signature of Hilary Spencer in blue ink.

Hilary Spencer (Chief Executive, CVSA)



# Council for Voluntary Service Arunwide latest news

Hilary Spencer, Chief Executive, CVS-Arunwide



## CVS Core Team

After some initial teething problems the joint Arun and Chichester e-bulletins are being sent weekly on Monday morning. The shared database is up to date in terms of our members but still needs some updating in respect of the Voice mailing list; if we contact you on this your help would be much appreciated.

## CVS Activities

The 'eesi project' website has now been converted as a 'portal' for the West Sussex CVS network and includes access to the County VCS elected representatives. It also features BSP activities.

The Countywide Community Development and Big Society Unit and the Building Stronger Partnerships group event took place in Horsham on the 22nd June and was followed up through Building Stronger Partnerships in October. We are continuing to work proactively to improve and develop the VCS working relationship with the new team

The most recent Building Stronger Partnerships meeting agreed to establish two task and finish groups to review and revise the election process for VCS representatives to County Partnerships, which was established last year, and to review the work done so far on refreshing the West Sussex Compact. I am setting up these meetings and will attend one. At this meeting Victoria Westhorp from the Cabinet Office made us aware of the Community First funding available for River ward in Littlehampton and held by the Community Development Foundation (CDF). I have liaised with ADC and Littlehampton TC on this and hope we can play a part in accessing these funds for the community. CVS's are identified on the CDF website as a possible 'panel partner' for these funds.

In my role as Chair of the Arun and Chichester Community Cohesion group I have been leading some work with Arun colleagues to bring together VCS groups working with Rough Sleepers. The intention is to look at working practice and try to move towards encouraging/supporting resettlement rather than supporting rough sleeping through the provision of bedding etc. The initial meeting went well and will be followed up in November to work through some practical proposals to help address this issue.

I am also working with Arun and Chichester colleagues on exploring mapping and addressing issues in relation to the Gypsy and Traveller communities in both Districts as there is evidence of significant health inequalities amongst other

problems. I have offered CVS support to Friends Families and Travellers in finding funding to employ a specialist worker to focus on the Arun and Chichester localities

Worthing CVS led on the completion of the Lottery Transforming Local Infrastructure fund bid for West Sussex. The bid has three priorities: to establish a Countywide infrastructure website and database, to establish a shared business plan between organisations delivering infrastructure services in West Sussex and to establish the need for and form of a regular Fora for the VCS, Statutory and Business sector partners to meet. The result of the bid will be known in January.

## B Heard

Eileen Rogers has made considerable progress in achieving one of the main outcomes for the Littlehampton part of her work in getting together the nucleus of a residents group. The volunteers are already taking up training opportunities and making plans for the estate. In October Eileen's role changed with only 10 hours of her work committed to Bersted Green Learning Centre and 27 to Highfield in Littlehampton. We will shift her focus in Bognor to concentrate on raising the profile of the facility.

## Expanding Communities Team

We are continuing to struggle to find funding for the Expanding Communities Project next year. We have been turned down by Esme Fairbairn, and although Lloyds TSB are still interested, due to overwhelming demand they have closed their November grant round and asked us to go back to them in February. We have submitted a bid to the Tudor Trust but are fast running out of other options. It is very unlikely that the project will receive and statutory funding in 2012/12. The reinstatement of the 1-1 sessions in Bognor has received a large response and we anticipate an increase in work supporting Stonepillow with rough sleepers in the next few weeks.

## Arun Volunteer Centre

To assist with the annual review Derek is producing a similar report on AVC similar to that we put together last year. It was helpful in dealing with the questions we were asked and to use with a wider audience to promote and celebrate the work of the Centre. Derek has noticed a reduction in opportunities available. Groups are reporting that they no longer have the capacity – staff to recruit and support volunteers appropriately and so are reducing recruitment. At the same time an increased proportion of volunteers coming forward have additional support needs – as their personal support services are reduced through cuts or reviews, volunteering is identified as a good means of offering meaningful day time activity.

However the complex needs of these volunteers in a 'shrinking' volunteer market place offers a real challenge. In the past the Volunteer Centre would have worked with support staff to mentor and place these volunteers but this option is now rarely available.

# Volunteer and Community Action Chichester District latest news



Kate Scales, Chief Officer, VCACD



Voluntary and Community Action  
Chichester District

## AGM

Thank you to all who turned out to our AGM. This year we had about 70 attendees from 44 different organisations; it was really great to see so many of our members at the same time.

The AGM this year was an important opportunity for us to discuss, in greater detail, our plans to merge with CVS-Arunwide. The feedback we received about the merger was, on the whole, very positive. The greatest concern was over the loss of the Chichester office, and whilst we will have to leave our North Street premises, we will ensure there is somewhere in Chichester where local organisations can meet with us. We are currently talking to Chichester District Council and some other potential hosts about available space.

## Transforming Local Infrastructure

The infrastructure organisations, similar to ourselves, across West Sussex had the opportunity to bid for

some Government funding to support us working collaboratively. Worthing CVS did a brilliant job in leading the bid and we are now awaiting the outcome.

## Chichester In Partnership - Local Strategic Partnership

This year *Chichester in Partnership* has decided to look at particular topics which are linked to local priorities. The last meeting focused on employment and skills and worklessness. There are now two working groups looking into these pieces of work and one outcome is to be an event focusing on apprenticeships and other schemes to support people into work. We will circulate more information as it becomes available.

Chichester in Partnership has also launched an online forum for partners. The forum is a new tool for partners in the Chichester area to share information. This forum will only be open to organisations that are members of Chichester in Partnership.

To find out more visit their website [www.chichesterinpartnership.org.uk](http://www.chichesterinpartnership.org.uk) if you are not already a member you may wish to become one and find out more about the work of the LSP.

## Christmas Fayre

The second Charity Christmas Fayre was

held on the 3rd December. A full report together with pictures appears on page 6 of the issue of the *Arun and Chichester Voice*.

## New Trustee

We are pleased to welcome Paul Livesey to our Trustee Board, Paul lives locally in Chichester, has worked in industry, had roles as a school governor and is also a Trustee for the Aldingbourne Trust.

## Seasons Greeting

Wishing everyone a wonderful Christmas and a prosperous New Year from all at VCACD.

“whilst we will have to leave our North Street premises, we will ensure there is somewhere in Chichester where local organisations can meet with us”



Midhurst Camera Club displaying its members work at their annual show (with a little help courtesy of VCACD!)

## Midhurst Camera Club...a love of photography

The successful and lively group was founded in 1977 and is for people who love taking traditional and digital photographs. Members learn from each other, professionals and beginners alike, and there are regular evenings with inspirational guest speakers covering a variety of topics. Technical workshops are held that are practical and allow members to learn hands-on. Digital imaging workshops teach practical skills using computer editing software such as Photoshop.

For all who would like their work judged independently there are plenty of competitions to enter and an Annual Show. Do visit their website at [www.midhurstcameraclub.co.uk](http://www.midhurstcameraclub.co.uk) to see their accomplishments and find out more.

*Voluntary Community Action Chichester District was able to lend Midhurst Camera Club two sets of display boards for the Summer Show. If your organisation needs to borrow them for any event, free of charge, please contact us at 01243 528615.*

## Exciting new changes come to Arun Wellbeing

**Arun Wellbeing is now part of the West Sussex Prevention and Wellbeing Programme. This means that in addition to providing a signposting and information service, we also have two new wellbeing advisers joining us.**

Residents of Arun can book an appointment to see an adviser on a one-to-one basis. They are here to help people who want to make changes that can have a positive effect on their health and prevent cardiovascular disease. For instance, changing what they eat, losing weight, giving up smoking, exercising more, reducing how much alcohol they drink.

The advisers use motivational interviewing techniques to support individuals to make their own choices about lifestyle change if necessary, and are also able to offer help with techniques to improve emotional wellbeing.

*It would be great if you can pass this information on to anyone who may be interested.*

Wellbeing advisers are also available to give talks to groups of people on general wellbeing and to explain the service.

We now also have drop-ins, run from The Civic Centre, Littlehampton every Wednesday from 1-5pm and from the Wellbeing Annexe (situated next to Bognor Regis Town Hall) every Monday from 1-6pm and every Tuesday from 8-1pm.

Also, within The Annexe, we have:

- fortnightly health checks with medically trained Health Advisers (by appointment)
- monthly carers support service information drop-in
- a hot desk facility that you are welcome to use (sorry no PC or internet connection)
- an interview room available for use (must be booked in advance)

Our phone number is still the same (01903 737862) and we are continually building our database of local information and knowledge for signposting and advice.

Our website is still running ([www.arun.gov.uk/wellbeing](http://www.arun.gov.uk/wellbeing)) and in the new year this will gradually transfer to a new website (not yet live but we'll let you know the new address when it does).

Please give us a call if you would like any more information: Arun Wellbeing Team, The Civic Centre, Maltravers Road, Littlehampton, BN17 5LF 01903 737865 E-mail: [vicki.reynolds@arun.gov.uk](mailto:vicki.reynolds@arun.gov.uk)

- Visit the wellbeing site at [www.arun.gov.uk/wellbeing](http://www.arun.gov.uk/wellbeing) or phone 01903 737862

## A Big Thank You to Our Fantastic Knitters!

Voluntary and Community Action Chichester District would like to say a huge thank you to the knitters who kindly donated a wonderful variety of knitting for our Charity Christmas Fayre. We had everything from nativity sets, dolls, blankets, teddy bears, Christmas tree decorations and even mermaids! All were beautifully & skilfully knitted by hand which made them so special. We very much enjoyed looking at all of the wonderful knitting as it came in to our office and we are so grateful for such an amazing response and for everyone's generosity. We are sure all the knitting has gone to a lovely home and will be treasured for a life time.



### UnLtd Sport Relief Awards

Provides cash awards of up to £500 (11-16 year olds) and between £500 and £5,000 (17-21 year olds) to run a community project that uses sport to bring communities together to resolve conflict and promote understanding.

For example, with this money you could engage young people from different backgrounds by organising an indoor cricket mini-world cup.

Live UnLtd is a youth initiative coordinated by UnLtd, a support organisation and the world's largest network of social entrepreneurs.

- For more information visit the website [www.unltd.org.uk/sportreliefawards](http://www.unltd.org.uk/sportreliefawards) or [www.liveunltd.com](http://www.liveunltd.com)

### Investment Matters - New Guidance

New online guidance on the issue of

Charities and Investment Matters has been published by the Charity Commission that replaces previous advice on investments and describes legal duties and principles that apply to charity investments and the risks that trustees must address.

It offers a clear framework for decision making, but emphasises that it is up to trustees to decide on the most appropriate overall investment strategy for their charity.

- To find out more, visit the website at [www.charitycommission.gov.uk/RSS/News/pr\\_cc14.aspx](http://www.charitycommission.gov.uk/RSS/News/pr_cc14.aspx)

# Latest news from the Fundraising Hub with Julie Budge

We are up and running as we have 12 volunteers who have signed up as our first Fundraising Hub team of volunteers who are receiving an accredited 'Introductory to Fundraising' University Course, and commit to one day per week in the hub, linked with one of the following organisations who have also signed up:

- Snak Shak (Youth project Selsey)
- Unity Arts
- Selsey and District Carers
- Selsey Timebank
- Transition Chichester
- Lymphodema Support
- SAGE counselling
- Headway
- Manhood Wildlife & Heritage group
- St Anne's (Midhurst Partnership)

- Purple Bus (TBC)

We have held a 'meet 'n greet' session so that each organisation/volunteer has met each other, and in most cases have jointly written an action plan for funding. So far, two funding bids have already been submitted on behalf of one of the organisations. One training day and two University days have been attended by the volunteers. All volunteers received their induction session by end September and are now coming into the hub one day

per week. Work on bids eagerly begins; we will keep you updated so watch this space...

## Paid Funding Work

As part of my paid funding role Chichester Area Mind (CAM) has purchased 10hrs a week to undertake funding bid work and Youth Outset Action have purchased one day per week for six months.

- Please do contact us if you would like to 'buy' some of my time to write applications / funding strategy on behalf of your organisation. Tele: 01243 782393 or email me: julie.budge@vcacd.org.uk.

## Tips for successful fundraising applications...

As the Fundraising Hub builds up, the volunteers and partner organisations would agree that 'preparation' is key – remember applications need to come from the heart of the organisation/your ethos and your reason for being.

SO, here's what the volunteers have learned so far.....

### PREPARATION IS THE KEY!

#### **Be realistic**

The best projects have a direct, measurable impact which can be considered a success. The most important things are that you are addressing a proven need and that your aims and objectives are clear and realistic. A project that is achievable, useful and focussed will show funders that it has been well-planned and organised.

#### **Stay focused**

Make sure you maintain sight of your project plan and your original aims, as this will increase your chances of success. Be sure you and your colleagues remain clear about your goals, especially:

Why is your project important? And, how will you specifically use the money to achieve your aims?

Designate someone to co-ordinate the project and ensure that everyone knows who this is. Make sure you and your colleagues are clear about who is co-ordinating the project and the funding applications; if certain tasks need to be delegated, be certain this is done before the planning process gets underway, as this could slow things down and waste time.

#### **Benefits**

Remember that funders are more interested in who will benefit from your project than the needs of your group or organisation. Demonstrating these benefits is vital, and can be done in a variety of ways, the best being:

*Statistics* – use surveys, census, council records or any statistics in your area to help prove your project is needed. Statistics greatly help funding claims when presented properly with a good application.

*Be specific* – avoid vague statements and be as specific as

possible about why your project is needed at this time.

*Explain* – use plain language to explain who will directly benefit and how from your project.

#### **In the end...**

- *Do as you're told* – be sure to follow the instructions carefully and give them exactly what they want. If the form states that you should only type within the boxes or that they don't want faxed copies, do what they ask!
- *Assume nothing* – assume that the funder has no prior knowledge of your group, organisation or local area. What may be obvious to you may not be obvious to the person assessing your application.
- *Get it read* – get someone not associated with the project to read the application or letter when it's finished. This will give you a good idea of how it reads.
- *Type* – do not hand write your applications, even if the rules allow it and you think your hand writing is very neat. It will always look more professional when typed neatly.
- *Don't rush* – a successful funding application takes time and effort. Don't rush it. Make sure everything is exactly how you want it to be. If some of your answers look weak, or you need more statistical information, take the time to get it right as this will maximise your chance of success and save time in the long run.
- *Documents* – send all supporting documentation required (if asked). Funding applications can be immediately rejected if supporting documents are missing or incomplete. If sending a copy of your annual accounts or your constitution make sure they are signed and dated. Most funders will ask for your most recent bank statement, and this must be the original. Always make sure to affix correct postage if you are posting the application.

“Why is your project important? And, how will you specifically use the money to achieve your aims?”

# VCACD's second Charity Christmas Fayre

A total of 14 organisations took part in our Charity Christmas Fayre this year selling, cards, knitted toys, edible goodies, picture frames, plants and clothes. The event was held in the Assembly Rooms, North Street, Chichester on Saturday 3rd December and we were delighted that the weather was kind to us (last year we had heavy snow and many groups were unable to get into Chichester).

We engaged a Southampton firm called Low Ryders Advertising to help us promote the event using a billboard bicycle, was very eye-catching and as they say on their website – carbon free (except the cyclist has to breathe!).



The organisations taking part were: Chichester Area Mind, Selsey & District Carers Support Group, Disability Awareness UK, Gambia Upcountry Development Charity, Aldingbourne Trust/Support Workers Direct, Aldingbourne Trust Acorn, Parkinsons UK, Frame of Mind, 4SIGHT, Carers Support Service, Regis, Chichester & Rural, Children on the Edge, St Wilfrid's Hospice, Winston's Wish and Medical Detection Dogs. There was a very festive atmosphere and visitors were especially delighted to find that they could have a hot drink and a mince pie for only 50p!



Claire Akehurst of Medical Detection Dogs said: "We made just over £100 which is fantastic and to me, most importantly, met lots of very nice people (especially the lovely ladies doing the teas!)"

We are in the process of finding out how much each group raised from the sale of goods on their stall and raffle tickets before the event, but most groups seem



to have raised between £100 and £200, with Frame of Mind from Bognor Regis bringing in an amazing £480!

*Kate and her team would like to thank all who took part for making it such a fun occasion and also thank the Lions Club of Chichester for their generosity in sponsoring the event.*

## Funding available from from Sussex Community Foundation

Sussex Community Foundation awards grants to community and voluntary groups whose work benefits people in Brighton and Hove and East and West Sussex.

They are particularly interested in supporting smaller community based groups where a small grant can make a significant difference.

The Foundation manages a range of funds on behalf of various donors which each have their own priorities and criteria.

The majority of grants are in the region of £1,000 to £5,000.

### Who can apply?

Applicants must be not-for-profit organisations and working for the benefit of the people in Sussex. You need not be a charity but you will need to have your own bank account and able to provide a signed copy of your constitution and accounts, a copy of a recent bank statement, estimates for proposed purchases (if applicable) and copies of relevant policies (Child Protection,

Vulnerable Adults, Health and Safety etc). Please see their website: [www.sussexgiving.org.uk/apply-for-funding/](http://www.sussexgiving.org.uk/apply-for-funding/)

- The Foundation can be contacted on 01273 409 440.

## Stop Press: Maltravers Community Orchard planting in Littlehampton

As this issue of the Voice goes to press, a new community project is literally taking root in Littlehampton, the towns first Community Orchard on the field at the rear of Maltravers Leisure Park. Twenty seven fruit trees are being planted on the field including Sussex varieties of apple, pear, plum, quince, medlar, mulberry and fig.

The volunteer based project is being led by Deric Antangelo and Helen Wilson with backing from Worthing and Arun Mind, Arun Wellbeing, Arun District Council and Brighton Permaculture Trust. The hope is that the orchard will become a hub for the local community to meet, garden and harvest fruit while learning about healthy food and ways of increasing biodiversity. A launch event is planned for the spring, so watch this space!

- E-mail at [maltraverscommunityorchard@hotmail.com](mailto:maltraverscommunityorchard@hotmail.com)



## The Big Sleep out- A success

On Saturday 29th October 2011 over 100 people slept out under the stars and in the rain at Chichester Cathedral to raise funds and awareness for Stonepillow. We had a great mix of sleepers this year such as local schools; councilors & the city centre manager Kim Long taking part to support the work of Stonepillow.

It was a really positive day, everybody who came along enjoyed themselves, we hope it helps raise awareness of Stonepillow and encourages more to get involved.. On behalf of Stonepillow staff, trustees and CEO Sylvie Johnston we would like to thank all sleepers & volunteers who were involved in the Big Sleep Out 2011. We are most appreciative of your support; the day was a great example of different groups and individuals coming together for one purpose.

As it is only through the kindness and generosity of our volunteers & supporters that we are able to continue the work to provide help to those who have become homeless and disadvantaged.

## Christmas 2011 Presents for clients , Shoe boxes (Men/women)

We would like to give our clients Christmas presents this year. We would be particularly grateful for donations of mens and womens socks, underwear, roll-on deodorant, face wipes, tooth brushes, toothpaste, old books, and playing cards. In regards to helping with Christmas food we would be grateful for mince pies, Christmas puddings and savoury

items, such as nuts & crisps. Please drop donations off at our main office: St Joseph's, Hunston Road, Chichester, PO20 1NP. Tel: 01243 537934

## Graffham Crumblethon – making Apple Crumbles for Stonepillow projects

Graffham parishioners added a new dimension to their harvest celebrations this year with "CRUMBLETHON". In a year with a bumper crop of apples, most of which would otherwise go to waste, the village has converted some of its apple mountain to more than 40 apple crumbles for St Joseph's Night Refuge for the homeless at Hunston.

One group in Graffham who were particularly keen to make crumbles were the Brownies. The local pack love dancing round the village hall singing the Brownie song "*We're Brownie Guides, We're Brownie Guides, We're here to lend a hand*", and Brown Owl, Harriet Rowntree said "It is fantastic to have an opportunity where Brownies can really do something practical to help other people locally". The Brownies were visited by Dawn Ingram from Stonepillow and learned a little about the reasons people become homeless and the help they receive from the charity. Brownies made five crumbles and next year Mrs Rowntree plans to make even more with the pack.

Stonepillow are happy for other parishes to do something similar with other ideas such as lasagnes, tarts or any other meal that can be frozen and stored away.

- For more details on fundraising and organising your own fundraiser in aid of Stonepillow please e-mail [dingram@stonepillow.org.uk](mailto:dingram@stonepillow.org.uk)

## Harvest Festival

A huge thank you to all of the Schools, Colleges and Churches that have supported Stonepillow with their Harvest Festival donations

Harvest Festival is a vital time for us at Stonepillow; we are reliant on the generosity of local Schools and Churches who support us by donating their Harvest Festival collections. Each year Stonepillow provides over a 100,000 cups of tea and over 30,000 hot meals throughout its services, most of which are cooked by volunteers from ingredients donated by our community and supporters.

Dawn Ingram, Community Fundraiser says "Every year we do our best to promote and collect as many Harvest Festival donations as possible. We can use any non-perishable foods for St Joseph's in Chichester, our emergency night shelter. We try to collect enough donations to provide us with basic provisions for a whole year. These donations are very important to us and any donation you may be able to organise on our behalf is really valued and appreciated "We are more than happy to visit your School, Church or Business personally to say thank you and explain how the donations are used.

- If you would like a member of our team to come and give a talk, please call us on 01243 537934.

## The Esmée Fairbairn Foundation

"The Esmée Fairbairn Foundation aims to improve the quality of life throughout the UK. We do this by funding the charitable activities of organisations that have the ideas and ability to achieve change for the better.

We like to consider work which others may find hard to fund, perhaps because it breaks new ground, appears too risky, requires core funding, or needs a more unusual form of financial help such as a loan. We also take initiatives ourselves where new thinking is required or where we believe there are important unexplored opportunities.

We aim to commit £30 million annually towards a wide range of work. Our primary interests are in the arts, education and learning, the environment and enabling disadvantaged people to participate fully in society. Within

these four areas of interest the foundation will prioritise work that:

- Addresses a significant gap in provision
- Develops or strengthens good practice
- Challenges convention or takes a risk in order to address a difficult issue
- Tests out new ideas or practices
- Takes an enterprising approach to achieving its aims
- Sets out to influence policy or change behaviour more widely.

If you would like to find out more about the type of work we fund (including case studies of organisations that we have worked with), what we don't fund and information on applying for a grant, please visit the website at [www.esmeefairbairn.org.uk](http://www.esmeefairbairn.org.uk)"

# Lacking funding? Interested in recycling? Need a sustainable income? Eco-Friendships can help

Jenny Rayner, founder of Eco-Friendships explains how they can help local charities

**Eco-Friendships, a registered not-for-profit organisation, can provide you with sustainable funding. We continually look out for community-based projects to support with our unique fundraising scheme. If you own or know of a small space where one of our textile banks could be placed, then Eco-Friendships could help.**

Our operation is very simple: a bank gets sited in an agreed place and in support of a chosen cause, community project or charity. All donations of clothing and shoes get collected on a weekly basis and then a percentage of the wholesale value gets paid to the benefiting cause. In addition, the textile bank is adorned with personalised stickers displaying your cause. We provide you with personalised posters and leaflets advertising the textile bank. As long as you can provide a small piece of land (no bigger than 1.5m square) on which to place the textile bank, then you will receive regular donations

Eco-Friendships have over 90 banks

across much of Southern England supporting a wide range of community-based projects and charities. The banks have been received with much interest from the local people and donations of clothes and shoes have been considerable. This has meant that many local charities have obtained significant amounts of funding.

As well charities on the Isle of Wight, we have also helped the Rose Road Association, a charity helping young, disabled people, Julia's House, a children's hospice, and Mencap, in association with the Co-operative. Furthermore, much of the funds we have raised have gone to

local community centres and projects,

Our textile banks encourage people to recycle, preventing unwanted clothing from becoming landfill. In addition to that, it provides local people with much needed jobs: every nine tonnes collected per week creates a new job! All of this activity in local communities has earned Eco-Friendships the Social Enterprise Mark, the mark of integrity.

Over the next few years, Eco-Friendships aims to help many more projects. This means that we desperately need your help. Just remember, Your Community, Your Donation, Your Benefit!

• Information from [www.eco-friendships.com](http://www.eco-friendships.com), [info@eco-friendships.com](mailto:info@eco-friendships.com), call 0800 0845 097 or Twitter: @EcoFriendships

## New Highfields Residents Group...Flying High!

**The New Highfields Residents Group, was formed as part of the B Heard project. It was launched on 11th August, by Alan Gammon, Mayor of Littlehampton, at the community flat in Chilgrove House, Clun Road.**

Julie O'Hara, the group's chairperson writes: "the New Highfields Residents Group has been formed to support and bring together, the community for the benefit of the community.

Our aim is to involve as many people as we can to help improve the estate and surrounding areas of Wick.

- To become a fully independent group and organise fundraising events, to raise much needed funds to allow the group to improve and support existing services/resources and implement new services/resources. for the greater good of the community as a whole.
- To help provide a safe environment for the whole community, with involvement from the community and external services/resources.
- To be aware of the overall ethnic mix of our community.
- To find ways of offering help and support for the most vulnerable, needy and those just needing a guiding hand.
- To ensure our children's aspirations are supported, by accessing new or little used community resources, thus encouraging respect for others, themselves and the community.

The group hosted a carol concert on 12th December at Chilgrove House and some children from White Meadows Primary School came to sing carols for the local residents.

On Saturday 17th December, 10am-12noon then 1-3pm, Santa was at Chilgrove House to meet the local children (and

adults.) Santa had a present for the children and there will be free refreshments.

The group have many plans. Early next year they will be starting a Parent and Toddler group, a coffee morning for older people, a football club, a zumba class, graffiti workshops and also a gardening project. They will be holding a Food Tasting Event, an opportunity to try some traditional foods from many different countries. This event will be run with the Expanding Communities Group.

- The New Highfields Residents Group committee would like as many residents as possible to be involved, by helping with activities and events. They would also like to hear about your ideas for making improvements in the local area. Please look on facebook or contact Eileen Rogers, BHeard Community Worker, on 07926 807816 for more information".



**West Sussex County Council (WSCC) has commissioned the Council for Voluntary Service (CVS) network in West Sussex to develop a website to support voluntary and community groups and social enterprises to find volunteers in the business and student community.**

West Sussex County Council Deputy Leader Lionel Barnard, who has responsibility for enterprise, said: “The County Council recognises the value of promoting volunteering and of supporting both host organisations and volunteers to find opportunities suitable for them. The new ‘Skillshare West Sussex’ website will help encourage more volunteering opportunities and volunteers to come forward.”

The site has been designed, developed and hosted by a Chichester company ‘Access by Design’ ([www.access-bydesign.com](http://www.access-bydesign.com)).

The Skillshare site focuses on short term volunteering opportunities of between one day and two weeks’ duration. Social enterprises, voluntary organisations and community groups will use the site to advertise their volunteering opportunities and these can be matched against the skills and availability of registered organisations and individuals.

Kate Scales, Chief Executive of Voluntary and Community Action Chichester District, who manages the website said, “Voluntary and community groups across West Sussex rely on the support of volunteers but we appreciate not everyone has the time to commit to long term volunteering placements. This scheme aims to attract a new audience to volunteering and to support local companies with employee volunteering schemes to find placements for their staff. And as the slogan says...giving a little means a lot”.

This scheme has been designed to run alongside the service provided by the Volunteer Centres, but whereas the Volunteer Centres focus on longer term placements, this website will focus on short term opportunities. The site also enables organisations to showcase their volunteering achievements and publish examples of their Corporate Social Responsibility policies.

Local firm Nature’s Way Foods Ltd was the first company to sign up to this new initiative. Their 500 employees are all given

one day a year to volunteer in their local community. Nicky Upton, Community Partnership Advisor commented “The Skill Share website is the perfect exchange platform between local community groups and businesses. Employees have the opportunity to use and share their skills in projects outside the work place, benefiting from team building experience and meeting new people, whilst at the same time giving something back to their local community.”

So, if one of the following describes you, then why not visit the site at [www.skillshare-westsussex.org.uk](http://www.skillshare-westsussex.org.uk)

- You work for a business with a volunteering program or corporate social responsibility policy
- You’re an adult and interested in volunteer work within your community
- You’re a West Sussex voluntary organization, a community group or a social enterprise with vacancies
- You’re a student aged 18 or over



*The photo depicts volunteers from Natures Way Foods Ltd supporting Seal Primary School rebuild their Garden Club vegetable patch, a vital element in the school’s drive for Eco-School status.*

## Big Society Survey

A recent survey of 500 charities, conducted by the Directory of Social Change, suggests that only 5% of organisations think more people are volunteering as a result of the Government’s Big Society idea.

It asked ‘Do you think more people are volunteering as a result of Big Society?’. 5% said yes, and 95% said no. Many comments left by respondents also displayed significant cynicism over the Big Society idea in general.

DSC’s Research Project Manager Tom

Traynor, who analysed the results, said: “If boosting volunteering is a key part of the Big Society idea, the survey response suggests the Government has its work cut out to make that case to people in the voluntary sector.”

## Work Aid

Work aids supports and encourages people with learning disabilities to develop confidence, self-esteem and independence by providing training and opportunities for both paid and voluntary work. We provide courses on road safety and travel independence, health and safety, food

hygiene, rights and responsibilities at work, job searching and communication skills. We also support individuals into supported employment.

• Aldingbourne Country Centre, Blackmill Lane, Norton, Chichester PO18 0JP

• The Salvation Army, Canada Grove, Bognor Regis PO21 1DN

Tel: 01243 546035, Mobile: 07508 038639

E-mail: [workaid@aldingbournetrust.co.uk](mailto:workaid@aldingbournetrust.co.uk)

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

## The Learning Curve

The Learning Curve is a not-for-profit organisation, focused on workforce and organisational development within the voluntary and community sector.

Our website provides information & advice covering: the Voluntary Sector; Learning Curve activities; a range of courses and learning programmes plus learning related news and resources for all our partners and learners.

We have established a reputation as a centre of excellence in supporting the learning and development requirements of individuals and organisations with programmes and services tailored to their need, supporting individual and organisational development and widening access to learning for all communities.

The Learning Curve offers you its wealth of experience in delivering high quality training within Swindon, Wiltshire and across the whole of the South West and South East regions.

The Learning Curve has matrix accreditation for information and advice provision. We can provide you with information about:

- Training courses
- Workforce and other forms of learning and development
- Career progression and pathways
- Qualifications and accreditation
- Funding
- Volunteering
- Sources of further help and support

Its funders include Skills Funding Agency, Young Peoples Learning Agency, European Social Fund and the Big Lottery

- Visit The Learning Curve website at [www.learningcurve.org.uk](http://www.learningcurve.org.uk)

## Signs4Life - deaf awareness initiative

Introductory workshops in deaf awareness are being set up for the voluntary and community sector to communicate and engage with deaf and hard of hearing colleagues, service users and clients.

The initiative will help identify barriers that deaf people face and explore their culture and community, but also encourage inclusion of all people with sensory, physical or learning disabilities in the Chichester area.

- E-mail: [info@2ignsforlife.org.uk](mailto:info@2ignsforlife.org.uk)

## Third Sector Knowledge Portal: extensive information resource now available



The Portal is a new destination site for research and information on the voluntary, community and social enterprise sectors.

It is a free to use online library and web catalogue with a unique third sector indexing thesaurus, developed in partnership with the British Library to help meet the sector's knowledge sharing needs. Bringing together a wide range of specialist information in a free, easy to use website, it will give convenient access to key research into areas such as commissioning, social and economic impact, equality, political analysis, social enterprise and more.

The Portal will seek to build a dynamic and topical collection of relevance to anyone working in, for, or with the third sector throughout the UK, and beyond.

### What's in the Portal?

The Portal aims to include works exploring every aspect of the sector. Content will be drawn from a broad range of sources, including:

- TSRC's own library of research and analysis;
- specialist reports and research produced within the sector nationally, locally and internationally;
- government publications and consultations;
- abstracts for books and journal articles;
- guidance and training materials.

Wherever possible the Portal will provide fully downloadable content in PDF or other standard formats, hosted on our own secure server.

It will also guide users to additional content in the British Library's collections, articles in respected online journals, and useful

documents from other online sources.

### Frequently asked questions:

#### “Who is it for?”

Anyone can use the Portal. The core target audiences are third sector practitioners, policy makers, and academic researchers studying the sector.

#### “Is it free?”

It's completely free to search the catalogue, and most content is available to download without charge. External sites such as academic journals may require paid subscriptions to download articles, and there is an administration charge if ordering printed copies from the British Library's Document Supply Centre.

#### “Are print-only works in the catalogue?”

Yes, books and other off-line items are included in the Portal's index. Direct links to their British Library catalogue entries can be used to contact the Document Supply Centre, or to arrange reference collection viewings and interlibrary loans.

- For more information contact: Peter Lambert (Knowledge Portal Manager), Third Sector Research Centre, e-mail [p.lambert@tsrc.ac.uk](mailto:p.lambert@tsrc.ac.uk) or call 0121 414 3012. Follow @3rdsectorportal on twitter or visit the site at [www.tsrc.ac.uk](http://www.tsrc.ac.uk)

“The Portal will seek to build a dynamic and topical collection of relevance to anyone working in, for, or with the third sector”

## Motor insurers pledge not to charge volunteer drivers extra premiums

Fifty-four insurance brands have signed up to the commitment to not charge extra premiums to volunteers who use their cars to help their local communities. Volunteers currently have to tell insurers about their volunteer driving because some companies do not accept it as 'social driving' and charge more. The commitment will apply to private car insurance policies for policyholders' own vehicles. A full list of the insurance companies who have signed up to the pledge can be found at: [www.abi.org.uk/Information/Consumers/General/Volunteer\\_Driving\\_.aspx](http://www.abi.org.uk/Information/Consumers/General/Volunteer_Driving_.aspx)

# Volunteering in the Chichester District ●●●●●

## Carol Allen, Chichester and District Volunteer Centre

The autumn is always a busy time for Volunteer Centres because people are thinking about doing something with themselves outside their home, to fill a break or volunteer for Christmas opportunities.

*Various vacancies exist in the areas of I.T, conservation and befriending:*

**Website updater and publicist** – Person wanted to update The Older Voice Web forum, promote the website and encourage older people to use it. There is an opportunity to write training course materials too if this is of interest. Some knowledge of editing would be useful, a flair for writing promotional material and an understanding of some of the barriers to older people accessing new technology would be helpful. Based in Chichester.

**Conservation Volunteer** – Person(s) wanted to join a team to get involved in their local area carrying out practical conservation tasks on Wednesdays at various sites. No previous experience required. Learn new skills. Sites vary from Stedham and Iping to Graffham, Chapel or Weavers Commons. Trial period.

**Snak Shack helper** – A young people's centre based on Manhood Peninsula requires volunteers to engage with attendees. A casual informal environment where volunteers maintain structure, encourage and support where needed. Kitchen on the premises, food is sold. No organised activities; a place of safety to meet with friends. Volunteers required for fortnightly duties, various tasks and interests. Based in Selsey area.

**Child Contact Centre Volunteers** – This central, neutral, welcoming place run by volunteers alternate Saturday mornings needs assistance. Volunteers work once every four weeks and on arrival help set out toys for the families attending before being

briefed on issues of particular interest. Most volunteers stay in the main hall with the families present and may be asked to sign parents in and out of the centre at either doorway.

There is an expectation to attend two training sessions per year. Recruits need to be able to relate to children and maintain a calm demeanour even when dealing with anxious parents. Previous experience particularly useful. Volunteers are expected to be able to move from room to room and be able to carry a baby safely. CRB checks taken. Based in Chichester.

**Home Visiting Volunteers** – This service is aimed at people over 50 years who are socially isolated and would appreciate mental stimulation or activity. The service provides 1 – 11 two hour visits to a customer in their own home weekly. Enabling social contact and confidence building. Qualifications not needed, induction training provided and ongoing support. Experience useful. A patient, friendly manner and good communication skills needed. Listening and understanding essential. Based in Chichester District.

**Independent Visitors** – The role of independent volunteers is to befriend, advise and assist the young person with whom they are matched to promote their welfare. Rewarding work for both the young person and volunteer, developing social and personal contacts. Successful volunteers can gain work experience. Volunteers will be asked to commit to a few hours per fortnight minimum. An ability to relate to children essential and focus on their needs. Volunteers must be reliable and resilient, willing and caring. CRB check and references needed.

• If interested, please contact Carol Allen, Coordinator, Chichester and District Volunteer Centre, 60a North Street, Chichester, PO19 1NB, Tel. 01243 532765 or email carol.allen@vcacd.org.uk

### At Your Bidding: free new tendering guide for trustees now available from NACVA

A new publication 'At Your Bidding' has been launched by NAVCA (National Association for Voluntary and Community Action) and the Local Government Group for Trustees' Week. *At Your Bidding* is a free guide for charity trustees on commissioning and tendering for public services. At a time of significant change within the public sector, the guide aims to:

- Provide some context about the commissioning of public services so that trustees can understand the potential implications and impact of commissioning at a strategic level on their charity.
- Outline the issues to consider and the decisions that trustees have to make regarding bidding for service contracts.
- Describe the steps that trustees need to take to make sure their organisation is 'tender and contract ready'.
- Draw attention to key areas for risk assessment and risk management.
- Signpost to other useful publications, resources and sources of information and advice.

This publication is not a detailed technical manual on 'how to tender'. The focus is squarely on the key issues that individuals need to be aware of in fulfilling their duties as charity trustees.

Vist [www.navca.org.uk/publications/atyourbidding](http://www.navca.org.uk/publications/atyourbidding) to download the guide

### Adult and Community Learning Service - Bognor Regis

The Arena Skills Centre offers vocational skills training for both 14-19 year olds from ten schools in the area and for adults taking part in courses organised by Adult Education and Chichester College. The project comprises a construction workshop and eight classrooms, and hosts training in construction trades, care, leisure and sport, tourism and adult Skills for Life. The majority completing courses at The Arena Skills Centre will be able to progress to further vocational skills courses.

• Adult and Community Learning Service, Westloats Lane, Bognor Regis PO21 5LH. Tel: 01243 872020, General Enquiries: 08456 010161, e-mail: [bognorregis.acl@westsussex.gov.uk](mailto:bognorregis.acl@westsussex.gov.uk)  
[www.westsussex.gov.uk/learning/adult\\_and\\_community\\_learning.aspx](http://www.westsussex.gov.uk/learning/adult_and_community_learning.aspx)

# Arun Volunteer Centre

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

## Littlehampton vacancies

**Ground Maintenance volunteer - Littlehampton Sports Field Trust** - To assist the Groundsman with routine maintenance duties such as weeding, divotting, pruning, trimming and weed treatment. Maintenance takes place on the mornings of Monday to Friday; minimum commitment would be at least one morning. Full support and any training required will be given.

**Independent Age** - Independent Age is a unique, long-established and growing charity for thousands of older people across the UK and the Republic of Ireland. We offer a 'helping hand from a trusted friend', tackling older people's financial need and loneliness by offering information, advice and friendship. We have the following opportunities on offer:

**Organising Volunteer** - Required to identify and encourage local people to come on board as volunteers by providing advice, support and guidance and to increase people's knowledge of Independent Age. You will arrange local volunteer team meetings to engender team spirit and cooperation keep in regular contact with your area manager and provide a quarterly report. Encourage and support volunteer events organisers in running local community fundraising events. Own transport is desirable plus access to a telephone and a computer. Expenses paid.

**Volunteer Visitor** - Involves anything from dropping in on an older person for a coffee and chat, checking that someone is alright or arranging a trip to the local shops. Some of those we help need more support others less so. As a volunteer visitor you'll be matched with an older person living near you and you can fit your visits around your other commitments and responsibilities. Visiting can be a source of satisfaction, enjoyment and fun - for the volunteer as well as the person being visited. Many of the older people we support have life experiences and histories that can fascinate and enthrall. An hour or two can fly by. We never ask more than you can give, you can fit your volunteering around the rest of your life but you'll see the results first hand - in welcoming smiles, laughter and gratitude.

**Befrienders** - Volunteers are needed to visit elderly and lonely in their homes or their nursing homes and keep in touch on a regular basis. Volunteers will be allocated 3 - 5 Independent Ages beneficiaries in their own area. Times to suit - a few hours per month.

**CCHF All About Kids** - CCHF All About Kids exists to give disadvantaged children aged 7-11 years, a range of residential activity and respite breaks. We improve the quality of children's lives and help them to recognise their potential in a safe and happy environment. We would like to recruit some Activity Volunteers:

**Activity Volunteer** - We offer a residential volunteering experience at one of several centres across the country. Our volunteers help with excursions and activities such as beach trips, outward bound challenges, bike rides, cooking, treasure hunts, swimming and arts

and crafts. Our children are aged 7-11. Must be confident, flexible and inspirational, work as part of a team and be able to commit to at last one week or two weekends a year.

## Bognor Regis vacancies

**Trustees - Citizens Advice Bureau** - Arun and Chichester Citizens Advice Bureau are looking to appoint some new Trustees to work with the existing Trustee Board. Every CAB is a registered charity, and has its own board of trustees. Some trustee roles require specific skills but we welcome people of all ages, backgrounds and experience to work with and support our Trustee Board. Some roles include, Planning and overall strategic direction of the bureau, Human Resources, Finance and Policy and procedures. Main Board meets by-monthly and Sub Group Boards meet at other times.

**Gateway Assessor - Citizens Advice Bureau** - Looking for volunteers to carry out initial diagnostic interviews when clients first come to the Advice Centre. Depending upon how the client is assessed, information will be given out over the phone or they may be referred for a full appointment. There is training for one and a half days per week for about six weeks. The training is quite intense but very rewarding. When the volunteer has completed the training, they will be able to start interviewing and assessing clients, full support from the Supervisor is always provided. Once trained, the volunteer is expected to commit to at least one day per week. Volunteers must be able to work collaboratively. They must provide a service that is based on sensitivity and respect for clients; maintain confidentiality about clients and their contact with the bureau.

The **Chichester & Bognor Regis Branch of Parkinson's UK**: We have the following opportunities to fill:

**Treasurer** - We are a friendly, small but enthusiastic group of volunteers who keep the work of the Branch running smoothly and are dedicated to supporting people living with Parkinson's. We have need of a volunteer to manage our finances within the Charity guidelines when our current Treasurer retires. Training is available and there is excellent support from our National Staff.

**Fundraising Administrator** - Fundraising is essential to support our work with people with Parkinson's and we have organised all our fundraising events for 2012, but we have need of a volunteer to join our small friendly team to help with the administration of the programme. Training will be available.

**General Volunteer** - We're a small friendly team running events and activities for people living with Parkinson's, and we are seeking volunteers to help us both at our social meetings at Chichester and Bognor Regis, and in our general planning of the work in the Branch. Our social meetings are very friendly and relaxed and new people are always made welcome. Meetings are held 3rd Monday each month in Chichester and 1st Tuesday in Bognor Regis.

### 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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Fax 01243 528615  
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www.vcacd.org.uk

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