

Arun Health Trainers Project reaches the end of the road

Jenny Holmes, Health Trainer administrator, reports on the work of the popular project

Three years after the project started, the Arun Health Trainer service closed at the end of August 2011 having seen 430 clients and helped many more people to make healthy lifestyle changes through the outreach/promotional work.

Clients

In Bognor Regis the team (Paul, Claire, Michelle and Vicki) have seen 210 clients and in Littlehampton (Steve, Tessa and Sylvia) 220 clients. These have mostly been made up of local residents making self-referrals but with referrals also coming from GPs, nurses, the Mental Health team, NHS Health Check team, and even the Chronic Pain Service at Bognor hospital.

In terms of people making and maintaining healthy changes to their lives, the team were largely successful with a survey in the final year showing that 90% of respondents not only made changes to their lives, but were able to

sustain the changes even after their Health Trainer sessions finished. This is such an important aspect of the service, because those small changes, if maintained over the long-term, can make a huge difference to people's health and wellbeing.

Towards the end of the project, the Health Trainers also began to work with the Sussex and Surrey probation service, a partnership that proved very effective and worthwhile. This short extract from a case study of one of the offender-clients showed how effective the partnership was:

'Although there have been physical improvements, for example I no longer

wake up with tummy ache following a kebab or curry the night before, I've been more impressed with the effect it's had on my mental wellbeing. I feel like now maybe I can actually get better after being 6 years on the sick; I am so much more motivated. I really liked the appointments as she didn't tell me



Michelle Cowell at Bounce Back event

what to do; she gave me information and didn't push anything. We talked about what I might like to eat or what I wouldn't.

Before I didn't realise I wanted to get better, but I'm fed up of being depressed and unhappy and I now feel inspired to carry on exercising and I don't want to go back to my old way of eating. I have even seen the doctor and talked to him about how to come off my long-term medication for anxiety and depression. My parents have really noticed a difference in me too – the weight I have lost, how well I look and how I am up and about and doing things so much more.'

Promotion

A major part of the work of the Health Trainer team, particularly at the start of the project, has been promoting the service in order to get clients through

(Continued on page 5)



Michelle Cowell and Paul Ayling pictured with Stavros Flatley



Council for Voluntary Service Arunwide latest news

Hilary Spencer, Chief Executive, CVS-Arunwide



CVS Core Team

It has been challenging to manage office and phone cover with the change in Sharon's working and staff holidays but we have managed overall to keep on top of the workload. The changes to the offices, with the Expanding Communities Team moving into Room 11 at Dove and the partial close down of the office at Bersted Green Learning Centre have been put into action and a local removal company have been invaluable (and very reasonable). They will perform the final clearance of room 10 at Dove – but we will give groups a week to take any furniture or equipment from the room in the week before this. A separate e-mail will be sent round with the details.

We have had to change our Mobile phone arrangements and therefore any staff usually contacted by mobile will have a new numbers: Eileen Rogers (Bheard) 07926807816 and Victoria Sturdy (Development Worker) 07592755512. Other team members are using their personal mobiles but will need to be reached through the offices.

CVS Activities

The Countywide Community Development & Big Society unit & the Building Stronger Partnerships (BSP) group event took place in Horsham on the 22nd June. Sharon and I dealt with the administration and follow up from the event, which was well attended and received with over 90 people there. Further follow up will go through Building Stronger Partnerships, which has extended its membership as a result of this meeting.

The 'eesi project' website (www.eesi.org.uk) 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 Lottery *Transforming Local Infrastructure* fund was announced in July with a very short time scale to register an interest and form partnerships to allow us to be eligible to bid. I offered to deal with e-mail communications to establish an initial meeting of those registered and take forward a working group to develop the bid. I am continuing to manage communications but am not sitting on the working group – although CVSA is signed up as partner to the emerging bid.

WSSCC are in the initial stages of pre commissioning for the new Health Watch schemes – the latest evolution of Patient Link. The CVS network has been encouraged to consider tendering and I have offered to do some initial work on this with colleagues.

B Heard

Eileen 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 will change 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 and the Management Group may well go forward in partnership with Bognor CAN in delivering some community events.

Expanding Communities Team

The removal of the 1-1 sessions delivered by the team as agreed by the Project Board has led to considerable problems arising particularly for the Bognor Office of CAB. The Board have now agreed to reinstate weekly 1-1's in Bognor and the team is in negotiation with the manager to ensure they operate in the most effective way for both the community and CAB itself.

Salvia funding have identified 2 further potential funders for the project. We have submitted an outline bid to support 2 x 18 hour posts for 3 years focusing on 1-1 support and work with the communities to Esmé Fairbairn and will be visited by Lloyds TSB to discuss more support in November.

Health Trainers

Sharon and I have both been involved in closing down the HT project, both in terms of offices and supporting staff. We have been able to use our contacts to help members of the team prepare for interviews and the 3 who do not currently have alternative jobs. We will miss the team and the project hugely but wish them the best for the future and hope to stay in touch.

Arun Volunteer Centre

Derek and I have prepared for the AVC review by producing a similar report to that we put together last year. It was helpful in dealing with the questions we are likely to be asked and to use with a wider audience to promote and celebrate the work of the Centre. We will circulate the report to the Board when it has been completed and post it to the website. As he has been reviewing volunteer placements with organisations, 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



Process of a Merger

We are continuing merger discussions with CVS Arunwide and will be having discussions with our members as part of both organisations' AGMs. The process of deciding on whether or not to merge has been a learning curve for me and we have learnt a lot from CVS Arunwide from the time they merged operations in Bognor and Littlehampton. We are happy to share our learning with any others thinking about going through a similar process and found NCVO's guidance on the subject very helpful.

AGM

We have a date for our AGM, it will be held on the 17th October between 11.30 and 2.00pm and will include a networking lunch and a presentation and discussion on the future of VCACD. This will be your opportunity to hear more about the proposals for merger with Voluntary & Community Action Chichester District, to ask any questions you might have and to tell us what services you most value and how we might best provide them to meet your needs.

To book a place please contact our office on 01243 528615 or e-mail admin@vcacd.org.uk



Older Voice Project

The Older Voice is a project of Voluntary and Community Action Chichester District which aims to give older people in Chichester District a voice using new technology. The project has two parts, the first part looks to establish three computer clubs a year, for three years. We have already set up a club in

The process of deciding on whether or not to merge has been a learning curve for me and we have learnt a lot from CVS Arunwide

Selsey and Chichester and a new one was launched in Midhurst in September. We would be grateful if organisations could refer people to us who you think might benefit from the clubs. The Carers Support Service and Selsey Carers have both referred members to our first two clubs and we would like the clubs to support people who are isolated whether through their caring role, a disability or income.

The second part of the project is to promote The Older Voice forum. This forum provides people with the opportunity to tell us about your experiences, and your thoughts on a number of issues. www.theoldervoice.org

Our project co-ordinator, Derek Hedicker, is also available to come and talk to local groups and demonstrate how the forum works. The talk will take up to 1 hour and will enable your members to learn how to access the forum, set up new topics and

even learn how to produce a short video to highlight a topic of interest.

If you would like to find out more, or book a talk, please contact our office on 01243 528615 or e-mail derek.hedicker@vcacd.org.uk.

This project is funded by Lloyds TSB Foundation.

Website and E-mail Bulletin

We are now putting more information on our website, so do use it as a place to find information and resources.

- The "Have Your Say" page will feature consultations and talk about representation. The "News Bulletins" page will contain your news and items we feature in the e-mail bulletin.
- The "Funding" page will contain information about new grants and funding streams.
- The "Volunteer" page has our volunteer registration pack and organisation registration pack for telling us about opportunities you would like us to advertise.
- The "Resources" page has links to useful templates.

We are also planning to move to joint e-mail bulletins with CVS Arunwide, these will be sent weekly to all of our members.

- If you want to sign up to the e-mail bulletin then contact us at admin@vcacd.org.uk and we will sign you up.

reMEMber - The Chronic Fatigue Society

reMEMber is a West Sussex - based charity for people who suffer from M.E. (Chronic Fatigue Syndrome). We provide help to patients and carers locally and also campaign at national level.

We hold fund-raising and social events, produce a lively, informative magazine and run self-management courses to help people who have M.E. and similar conditions cope with the difficulties of everyday living. Well over 450 people have attended these courses, and most say that not only can they now manage their lives better – they actually feel better. reMEMber will be holding a course at Dove Lodge, 49 Beach Road, Littlehampton starting on Friday 11th November at 10.30 am. One morning a week for six weeks run by people who understand. Adults (including carers) and young people aged 14 upwards are welcome. The fee for the whole course is £30.

- For further information about the course, reMEMber or M.E. generally contact Janice Kent on 01273 831733, e-mail me_cfs@hotmail.com, or www.remembercfs.org.uk

Benefits of using Social Media for your Organisation

The most common social media websites are Facebook, Twitter, YouTube and LinkedIn. VCACD have currently set up a Twitter and Facebook site. The impact and benefits of these sites has already been very noticeable. For organisations thinking about setting up a social media website, the many benefits are listed below:

Facebook and Twitter

- **Affordable/cost effective:** by advertising using social media it saves a lot of money. Other ways of advertising such as posters, flyers, leaflets, articles in the newspaper all involve expensive costs, such as printing and distribution. Advertising through social media is free and it is advertised more widely. You can advertise events on both Facebook and Twitter, the added bonus to creating an event on Facebook, is that it also sends out a reminder about the event to people so they don't forget.
- **Share Information with like minded people:** people/other organisations can follow you on Twitter and Facebook who share an interest in your organisation
Facebook and Twitter are a great way of engaging and interacting with others; by showing an interest in them, they will generally show an interest in you and your organisation. The sites allow people to ask questions/post comments on your wall and allow you to reply in turn, this interaction generates and allows a better customer service and builds relationships with people.
- **Networking:** Facebook and Twitter offers more opportunity to meet potential contacts, customers, other similar/different organisations, than you could do in person. VCACD have found lots of local charity organisations through Twitter and Facebook that they didn't initially know of such as the Plunkett Foundation, Crisis Crumble, Chi Rock Choir, Save the Bees and many more.
- **Showing Support:** you can help show support for other organisations by helping to promote their event/news to your followers so it spreads the word more widely, VCACD have showed support by "retweeting" other charity organisations events to our followers, in return we have gained support back for our advertised events.
- **Raise Awareness:** You can raise awareness about information you think is useful & important to be shared, this could be about new funding grants – this can be done by tweeting about it then attaching a URL link that others can click on to read the information.

- **Improving online visibility:** Having Social Media sites makes your organisation have more of a presence on the web and therefore improving publicity for your organisation. You can advertise your organisations website on the social networking sites too. More and more people/organisations/charities etc are starting to use social networking sites, so it is especially important to keep up to date with the current trend and ensure you allow people to access information about your organisation from all areas making it broader and more widely accessible.
- **Automatic updates:** Facebook and Twitter automatically send fans/followers updates when your organisations sites have put a new status/event. This is particularly useful when an event has to be changed or cancelled as people are made aware without you having to contact each individual to let them know.

You tube

Is a social networking site that is useful for organisations that want to promote something through a video. YouTube allow anyone to watch a video and comment on it. VCACD watched a particularly effective video from StonePillow, promoting and making people aware of what they do.

Linked in

Is a social media website for individuals to promote themselves as a business professional by creating a profile about themselves. You can use LinkedIn to communicate with business associates, post messages, join groups and job hunt (by adding your CV). Its main objective is for you to build up your network so you have more chance of connecting with other like minded business people.

If you would like to follow VCACD on Twitter or Facebook, you can find our *follow* or *become a fan* buttons on our website homepage - www.vcacd.org.uk

Going on a Social Media training course is very helpful. Claire Dower from VCACD attended a Social Media Training Course day, and learnt how to set up a Facebook, Twitter and LinkedIn page. It gave many helpful tips on what you should do, how to manage the sites, the type of information which may be useful to put on in relation to your organisation, and gave general knowledge on what the language of Social Media is for example "tweeting" and what "#hashtags" are and how to use them. The tutors gave many examples of their own pages and also taught each individual that was on the course the type of way they can promote their organisations to get the most desired outcomes.

ICIS Online make-over!

ICIS Online, the public Directory of Services on the ICIS website, has been revamped and re-organised. Gone are the 'questions', and in their place are pictures to illustrate each topic area. To make it easier to refine your search there are new categories of information. For example, instead of searching 'Social activities' and being faced with a very long list, you can now search for some

specific types of social activity. Some categories have been combined, so that help in the home and services brought to the home are now all together in the 'Help at home' section.

This make-over has been done as a result of feedback received from users who wanted more pictures and information to be more specific. ICIS is always monitoring and reviewing its information resources and welcome all feedback.

You will also see that one of the Directory 'pictures' reminds you that ICIS has a lot more information on other services supporting health, wellbeing, independence and other life issues, both locally and nationally. Examples of some of the other information that we can provide can be seen in the 'More about' boxes within each of the sections.

- Visit the directory at www.icis-info4life.org.uk/ICISonline

Health Trainers

(continued from page 1) the doors and encourage people to lead healthier lives. This has been done by taking part in many community events across the district, giving talks and presentations to groups ranging from GPs to new mums and local young people, flier-drops, press-releases and drop-in sessions at local venues.

Some of the events we have attended include:

- Flex on the Beach Fitness Trail Launch
- The Business Interchange Business Fair
- Volunteers Week events
- Bognor Regis and Littlehampton Town Shows
- World Mental Health Day events
- Various open days and health and wellbeing events across the district.



Sylvia May advising on healthy cooking

was delivered. They were also interactive and enabled the team to share photos, case studies and tips and information on healthy lifestyles. A regular newsletter was also created and was distributed to places around the locality such as libraries, doctors' surgeries and community centres.

Working within the Community

As well as working with individual clients we have also been

involved in various projects in the community promoting healthy lifestyles.

A number of the Health Trainers completed a course to become Cookery leaders and, working with the Arun



Paul Ayling at a health check promotion

Wellbeing Team, put on a number of Cook and Eat courses across the district. These courses have been aimed at various different groups such as young people, parents and families and adults with learning difficulties and mental health issues, and enabled people to become more informed about healthy eating and learn how to put this knowledge into practice through their cooking.

We were also asked to provide workshops for the Prince's Trust 'Team' Courses, to help young people to make better choices when planning and preparing their food. The workshops initially focused on the importance of breakfast, healthy alternatives to their favourite unhealthy meals and suggestions of more ways to eat fruit and vegetables. However, this partnership worked so well that by the end of the project we were running weekly cook and eat sessions with the young people to encourage them to have healthier diets.

Another project that we were able to work closely with was the NHS Health Check Service, which was offering free Health Checks to members of the public at the Arun Ideas Shop in Littlehampton. We were able to support the team during these sessions, and were also on hand to offer information and support to those people who were interested in making changes to their lifestyles in order to improve their health.

The Health Trainers have really enjoyed their time working with the residents of Arun District, and we have been thrilled with the changes that people have been able to make with their support. We hope that people will maintain their new healthier lifestyles and will continue to feel the many benefits to both their physical and mental wellbeing.

West Sussex Training Programme

The West Sussex CVS Training Group specialises in training for anyone involved in running a community group or voluntary organisation, to help you to develop your group or organisation, and support you to develop in your role. Courses are open to volunteers, paid workers and management committee members from community groups, voluntary organisations and social enterprises, as well as other people who are active in or support their community. The programme of courses for 2011/12 is now available.

To download more copies of this programme visit your local CVS website www.cvs-arunwide.org.uk or www.worthingcvs.org.uk

• Working Together Project, Brighton Junction, 1A Isetta Square, 35 New England Street, Brighton, BN1 4GQ

Tel: 01273 810248 E-mail: bookings@workingtogetherproject.org.uk

Website: www.workingtogetherproject.org.uk

Suzy Lamplugh Trust

Produces resources for all, from the very young to the very old, in order to help people to live safer lives and avoid violence and aggression. Leaflets available covering a wide range of personal safety issues aimed at both children and adults as well as some online games. A new classroom multimedia resource - 'Teach Safety' - is available for all primary age groups. Provides personal safety training to all community and workplace groups.

• Enquiry Line: 020 7091 0014

E-mail: info@suzylamplugh.org www.suzylamplugh.org

Fundraising Hub Update & tips!

In the last VOICE we told you about the new Fundraising Hub – the purpose of which is to help raise the funds of voluntary and community groups in the Chichester District area. Using a team of volunteers we will provide ‘hands on help’ writing grant applications. Small organisation’s (income under £30K) could sign up for a year – only paying the volunteer expenses! In addition larger groups can ‘buy’ my time as the Senior Fundraiser.

The Fundraising Hub is up and running, with 10 volunteers signed up and linked to 8 organisations, so we still need 2 more organisations with an income of less than £50K. We are now working on funding bids for the organisations involved.

For more information contact me: Julie Budge, – Senior Fundraiser on 01243 782393 or e-mail me on : Julie.budge@vcacd.org.uk

Out and About West Sussex

A new group has just formed that helps people improve their confidence, self esteem and sense of wellbeing through sports, physical activities and small group holidays. The latest programme of activities includes walks, badminton, petanque and canal trips. A fun way to meet others and make new friends.

• For further details contact Jackie at outandabout@e-mail.com

“Out & About is about improving mental & physical wellbeing through sports, physical activities, social days out...making new friends and having FUN!” says Jackie Barlow Chair of Out and About seen here with her with her puppy Alfie.



Quick Tips for successful bid writing....

Tip 1 – bring your charities story to life...

Every good application has to ‘make the case’ or ‘build a story’ so that potential funders and donors can think, feel and act (with money!).

Recently at the Institute of Fundraisers conference I learnt that to build such a story we could think about what we do and sell it in this way:

1. Choose a hero (point of view)
2. Identify the challenge or conflict (antagonist, plot kick off)
3. Show growth, journeys, learning (plot development)
4. Include the donor in resolution (call to action)

There are 7 types of ‘hero’ when telling the story this way....

- Victims
- Learners
- Artists
- Investors - i.e. Research charities
- Saviours – i.e. RNI
- Moral leaders – founders, leaders, activists
- Donors

Let’s use an example to show how this works; learners – and an organisation that provides training to young people:

1. The Hero – independent, determined, young people
2. The Challenge: leaving home, learning, getting a degree, growing up, gaining independence.
3. Growth: they learn life skills that will last a lifetime
4. The Resolution: give for tomorrow, watch us grow

This method helps build the story - making a case for funding must feel like an investment that is consistent with funders values and interests. The picture it paints needs to be both rational and

emotional. The emotional speaks to the heart, they can tell the story of a person whose life has changed, and the rational side illustrates how the ‘gift’ becomes an investment in the future. Ultimately it should evoke positive feelings, based on the strengths of what you do not your needs.

Tip 2 – get the buzzword - ‘Well-being’

This word is not new but recently more facts, figures and useful info for bid writing is available.

Well-being can be defined as people’s experience of their quality of life. This can be broken down into two personal dimensions: people’s satisfaction with their lives; and their sense of personal development; plus a social context dimension: people’s social well-being, such as belonging to their communities, a positive attitude towards others, feeling that they are contributing to society and engaging in what could be called ‘pro-social behaviour’.

There is much more detail on this fabulous website: www.proveandimprove.org/new/meaim/individuals.php

Well-being is one of most important aspect of our lives, as individuals and as societies. But despite unprecedented economic prosperity in the last 35 years we do not necessarily feel better individually or as communities.

Data shows that whilst economic output in the UK has nearly doubled since 1973, levels of happiness have remained flat. Beyond a certain level of income and material stability, more money has a negligible and even negative impact on the quality of our lives.

The *Centre for Well-being* at the New Economics Foundation seeks to understand measure and influence well-being. Mental Well-being Impact Assessment (MWIA) enables people and organisations to assess and improve a policy, programme, service or project to ensure it has a maximum equitable impact on people’s mental well-being.

This can be freely downloaded at : www.neweconomics.org/publications/a-toolkit-for-well-being



Stonepillow News and Events

Stonepillow's Big Sleep Out 2011

We are busy preparing for Our Big Sleep Out on Saturday 29th October at the Chichester Cathedral. This is a community event that reflects local residents, churches and businesses working together to help the homeless and vulnerable.

We are in urgent need of the following items to help make the event a success, can you please donate any of the following items:

- Cup a soups
- Sugar
- Biscuits
- Hot Chocolate
- Serviettes
- Paper plates

Our sponsored sleepers will be extremely grateful for a hot drink on a cold long night!

If you would like to donate some of the above, volunteer on the day or participate in the Sleep Out, please contact Emma on 01243 537934 or e-mail: adminassistant@stonepillow.org.uk

Chichester Community Careline

Local authority service providing a small portable alarm pendant, for a 24 hour, 365 day link service for short or long-term needs. Used by people who live alone, have just come out of hospital, have special needs, are physically disabled or frail and at risk of falling, or are vulnerable through domestic violence, age or illness.

The alarm service is accessed through

Stonepillow Needs List:

Food for St. Joseph's Night Shelter, Young People Project, The Sands Project, The Old Glassworks Day Centre & Move on Accommodation

We would be particularly grateful for donations of the following items:

Urgently Needed Food Items:

Rice, Tinned Meat, Biscuits, Cereal, Sugar, Spaghetti, Fruit Squash, Tinned Spaghetti, Tuna, Ravioli, Tinned Tomatoes, Tinned Sweetcorn, Tinned Carrots/Potatoes, Chickpeas, Kidney Beans, Tinned Mixed Veg, Toilet Roll

Urgently Needed Personal Care Items:

Spray Deodorant Razors Sanitary Towels/Tampons, Shampoo

Food Items Needed:

Ground Black Pepper, Fruit Squash, Pilchards, Tinned Salmon, Angel Delight, Tinned Curry, Tinned Fruit, Tinned Custard, Trifle Sponges, Tinned Chilli

Cheddar Cheese, Gravy Granules, Salt, Peanut Butter, Evaporated Milk, Cake, Borlotti Beans, Cannellini Beans, Tinned Rice Pudding, Marmite, Tinned Ham

We need clothing as well (male and female)

- Please call us on 01243 537934 or e-mail admin@stonepillow.org.uk to let us know when you would like to deliver your donation to St Joseph's, Hunston Road, Chichester, PO20 1NP between 9-5pm, Monday to Friday

Thank you

a normal telephone line to Chichester Careline where professionally-trained officers are on duty. Telecare equipment includes detectors for falls, movement, smoke, carbon monoxide, flood, natural gas, bogus caller button, pull cord (not suitable for bathrooms). Demonstrations are available on request.

- Florence Road, Chichester, PO19 7QU. Tel.enquiries: 01243 778688, e-mail: communitycareline@chichester.gov.uk. Website: www.chichester.gov.uk/communitycareline

SUBWAY Heart Research UK

Healthy Heart Grants of up to £10,000 are available for new, original and innovation projects that actively promote Heart Health and help to prevent, or reduce, the risk of heart disease in specific groups or communities.

Community or voluntary organisations, registered charities or other not for profit organisations may apply. The funding round for the Meridian TV region is Thursday 1st September to Monday 31st October.

- Further details and the application documents are available to download from the website: www.heartresearch.org.uk/grants/subwayhhg.

Destination: Volunteering

A new website has gone live entitled "What's your Destination?". Charities that can offer volunteering placements to young people will be listed on the site, that forms part of the government's strategy for tackling youth unemployment.

The volunteering section of the site, which is still under construction, will provide a list of links to the websites of charities that work with young volunteers.

- To view it for yourself, please visit www.whatsyourdestination.co.uk

Peel 2 Save Card

The Peel to Save Card Scheme was recently launched in Littlehampton at the New Millennium Chamber at the Manor House.

The idea of the peel to save card is that charities and good causes in Littlehampton can raise funds for charity by selling the card and getting a percentage of the proceeds. The card contains offers and discounts up to £300 from 27 local business partners in the community thus encouraging more residents to use the shops in town.

The business partners Mark and Amanda Beauchamp are looking to work with local good causes so if you are a school, club, group, church or doing a sponsored event or charity and you would like to use Peel to save funds then get in touch

- For more information on Peel2Save, Contact Mark/Amanda Beauchamp and the team on 01903 718400 or see Facebook at www.facebook.com/peel2savelittlehampton

Local Enterprise Partnerships and local communities

NAVCA Policy Officer Robert Beard looks at the case for voluntary and community sector inclusion

How can we guarantee the inclusion of marginalised groups, so often left out of the decision making processes that affect their lives?

The short answer is, we can't guarantee it any longer, because we no longer have a statutory place at the decision-making table. Statutory guidance for local strategic partnerships (LSPs) required them to include sector representation at both executive and thematic levels, but Local Enterprise Partnerships (LEPs) are under no such requirement.

Consequently, the sector finds itself back in the 'bad old days', having once again to argue the case for our inclusion as those who facilitate voice and representation for marginalised and excluded people.

Compelling reasons for inclusion

There are compelling social and political reasons for including marginalised groups or their representatives at every stage of decision making processes; It is impossible to accurately identify a local area's needs without involving those who are generally recognised as having, or likely to have, particular needs. It is similarly impossible to prioritise an area's needs properly without their input.

The inclusion of as wide a diversity of local people as possible is one of the measures of successful decision making, and a pre-requisite for the fairness which the government has set at the heart of its vision for the Big Society. Consequently, inclusion is central to delivering Big Society outcomes.

But NAVCA members' experience is that LEPs are likely to be at least interested, if not more so, in the business case for inclusion; It leads to significant reductions in the cost of welfare benefits and public service delivery; it enhances the development of pathways into work for those who have not been in employment because of disability or discrimination; and access to paid employment brings people out of dependency and into the market place.

Criteria

Speaking about the first round of bids to the Regional Growth Fund (RGF), on Tuesday 17 May, Lord Heseltine said, "Those successful bids were ones which showed an ability to deliver a large number of sustainable jobs in the right area; many of those unsuccessful ones failed to deliver compelling evidence of that deliverability."

Writing in the Lancashire Evening Post, he said, "The criteria (for the second round of bidding) are the same as before. We want quality bids that meet the objectives of the fund. They need to demonstrate how they will create and safeguard jobs in areas with a reliance on employment in the public sector."

This kind of thinking is not new. In the early 1990s, when Stansted Airport's main terminal was built, the rail link was planned to run through Tottenham Hale, one of the most deprived areas in the London Borough of Haringey.

Successful negotiations, with Haringey Council acting as broker

between the local community and the airport, led to the offer of employment to Tottenham residents, on the basis that the jobs would be easily accessible thanks to the direct rail link. The employers went on to improve access still further by providing employees with railcards.

London 2012 legacy

Contrast that with what's happening with the London Olympics. According to a London Assembly inquiry into the 2012 legacy, "So far, only a minority of the jobs have gone to local people, and the number of apprenticeships offered on the Olympic Park is dismal. It is still unclear whether local people will get their fair share of the new housing compared with affluent incomers. More ambitious targets must be set and enforced."

The point is that large scale capital investment in infrastructure and facilities does not lead directly to employment for local people, especially those most in need of jobs, unless specific measures are put in place. We cannot over emphasise the opportunities LEPs now have for regenerating not only an area's physical infrastructure but also the lives of the people who live there.

"NAVCA members' experience is that LEPs are likely to be at least interested, if not more so, in the business case for inclusion"

So we urge LEPs to work with their local voluntary and community sector, to identify excluded groups who are disproportionately disadvantaged in the current economic climate, and to develop ways of helping to narrow the socio-economic gap between the better off and the worse off in our society.

Progressive LEPs will use equality impact assessments to inform strategic decision making.

Although these are not legally required of private sector organisations acting in their own capacity, their use will help statutory partners to fulfil their obligations under the public sector equality duty and greatly enhance public perception of LEPs and their work.

Note:

In September 2010 Greg Clark wrote a letter to a NAVCA member supporting the involvement of the voluntary and community sector in LEPs. To see a copy of this letter go to (or enter Local Enterprise Partnership in the search).

www.navca.org.uk/news/view-article/navca-members-reverse-local-enterprise-partnership-decision

• Please contact: Robert Beard, by telephone on 0114 289 3984, or e-mail: Robert.beard@navca.org.uk, website: www.navca.org.uk

V-Lines - News from our development worker

Sir Paul Getty Trust

The trustees of the Sir Paul Getty have now decided to wind down the Trust over a period of between five and ten years. This means that they will be increasing the level of annual spend and will be looking for opportunities to award a number of more substantial grants that will have an enduring impact.

They are currently inviting applications from registered charities in the following areas:

- Reducing Reoffending: projects aiming to improve the lot of people in prison and smooth the transition for those leaving prison, maximising their chances of successful resettlement
- Improving Prospects: projects providing meaningful occupation for young people aged 14-19 to improve their employability and diminish the risk of social exclusion; work to improve the treatment of refugees and asylum seekers
- Repairing Communities: projects led from within the community with the aim of integrating different social and ethnic groups in pursuit of worthwhile goals
- Repairing Lives: projects making a lasting impact on the lives of people with substance misuse problems; projects helping people who are homeless or at risk of homelessness
- Preserving Heritage: conserving or restoring buildings and landscapes which are of national value and accessible to the public; saving from export art and manuscripts of national importance; developing conservation skills, especially among disadvantaged groups
- Sustaining the Arts: nurturing and developing artistic endeavour of the highest quality

For more information, see www.jpgettytrust.org.uk

Introducing Victoria Sturdy: Development Worker

Victoria has taken up the post of Development Worker with VCACD and CVS-Arunwide. Last year she was part of the EESI team, working with the CVSs in Worthing and Adur. Originally from West Sussex, Victoria has returned to her roots after a career in the Thames Valley in Adult Learning.

She linked local charities and voluntary groups supporting people experiencing mental health difficulties into training and employment opportunities. 'I particularly enjoy seeing how people can flourish through learning new skills, and rediscovering those that have been dormant for a while.' Victoria is married to Michael and their two daughters now live and work in London.

Victoria now provides support for voluntary groups, clubs and charities in Arun and Chichester Districts with advice on:

Advice is available on:

- Funding
- Structure
- Strategic planning
- Developing your organisation
- Meeting statutory requirements

Also:

- General advice and guidance on how to make your group more effective
- Detailed funding search for your group's specific needs

To contact Victoria, please e-mail her on support@vcacd.org.uk or telephone 01243 528615 (Chichester) or 01243 840305 (Bognor Regis, Arun District).



The Aldingbourne Trust

The Trust aims to provide a range of services to people aged 18+ with learning disabilities, including: Aldingbourne Country Centre - training and development in social enterprises, including catering, retail, furniture restoration, wood recycling, horticulture, Open Farm and community projects.

The Acorn - training in horticulture, retail, Community Projects such as Adopt a Station and catering. Creative Arts Studio - training in art and craft skills. Outreach team - provides flexible support to people living independently with facility for 24 hour on-call support. WORKAID - outreach support in preparing for work, communication, social, key skills etc. Powerful Trainers (with learning disabilities) - trains staff and people in schools, workplaces and professionals on disability issues. Supported living schemes - a range of accommodation including some with 24hr on-site support.

• Contact: Blackmill Lane, Norton Chichester PO18 0JP Tel: 01243 544607 Tel or Fax: 01243 544807, e-mail: centraloffice@aldingbournetrust.co.uk www.aldingbournetrust.co.uk

VCACD Charity Christmas Fayre

After the success of last year's Charity Christmas Fayre, VCACD will be hosting another one again this year. The Fayre will be held at a slightly earlier date, on Saturday 3 December 2011 at the Chichester City Council's Assembly Rooms.

We hope to support local voluntary and community groups in any way we can during these challenging economic times, so this event will give local charity organisations a chance to raise both funds and the profile of their organisation.

This year we are pleased to say we have the capacity for more charity organisations to have a stall, a total of 21 tables are available this year. We hope to have a Father Christmas Town Crier outside to drum up excitement about the fayre and get more people to go inside to visit the stalls. We will have stalls with games, selling goods, raffle tickets & on our stall we will be selling knitted children's toys. Refreshments will also be available.

The Fayre will start at 10 am – 4 pm. We hope to see you there!

Enable Me - 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. Enable Me is firmly rooted in the community and working in partnership with other organisations across West Sussex and the South East region of England,

The aims of the project are:

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

West Coast Tornadoes

Wheelchair basketball for children and adults play Friday 7.15 to 9.15pm. £3 per session. Littlehampton Academy School, Hill Rd, Littlehampton. Also monthly session at Angmering School.

- E-mail: carlscott07@google-mail.com
- website: westcoasttornadoes.webs.com

WELCOME to our new members

The following members have recently joined VCACD and CVSA:

- Midhurst Methodist Church
- Pallant House Gallery
- Sussex Pathways
- Unity Arts Trust
- Out and About West Sussex

Arun Lifeline

Arun Lifeline Telecare service for people in the Arun District who have just come out of hospital, have special needs, are physically disabled or frail and at risk of falling, or who are vulnerable through domestic violence, age or illness. There is a range of alarm and monitoring equipment available to suit individual needs. Both short and long-term needs are catered for. The service is accessed through a normal telephone line to a Control Centre where professionally-trained officers are on duty. A KeySafe is also available. Demonstrations available on request.

Arun District Council Bognor Regis Town Hall Clarence Road Bognor Regis PO21 1LD. Tel: 01903 737970

- E-mail: mandy.pitchford@arun.gov.uk
- or e-mail: arun.lifeline@arun.gov.uk

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 and 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 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 Find out more about Enable Me's work here: www.enablemeproject.org.uk

Age UK West Sussex offers a free Money Advice Service

A new, face-to-face *Money Advice Service* is helping people across West Sussex make the most of their money by providing free and unbiased financial advice.

Age UK West Sussex is responsible for delivering the face-to-face element of the Money Advice Service on behalf of Action for Employment in West Sussex, and has an Adviser ready to help people get more out of life by helping them save more, manage their bills better, and be more savvy when choosing financial products and services. At times of change, the ability to manage money effectively can allow people to focus on other challenges - such as moving house, being out of work or planning for retirement. The Money Advice Service complements all other areas of advice and guidance provided by Age UK West Sussex, and means that by helping people take proactive steps to manage their money better, they can live better too.

- For further information or to book an appointment please contact the Age UK West Sussex office on 01903 731800 or e-mail john.pitman@ageukwestsussex.org.uk.

As well as the Age UK West Sussex face-to-face part of the Money Advice Service, people can also get personalised advice online at www.moneyadvice.org.uk and over the phone on 0300 500 5000.



Volunteering in the Chichester District ●●●●●

Andrew Reddin, Chichester and District Volunteer Centre

It's been another exciting month at the Volunteer Centre in Chichester where we've been working on developing a new website to help charities and community groups find volunteers in the business and student community.

It's called Skillshare West Sussex and once launched it will allow volunteers to register their availability and skills, and charities and community groups to advertise their vacancies of between one day and two weeks. Users will then be able to match their skills up with existing vacancies.

If you work for a business with a volunteering program or corporate social responsibility policy, or a West Sussex charity or community group with vacancies, or are a student aged 18 or over and would like to find out more or if you would like to volunteer to help support the site after it's launched, call Kate Scales at Voluntary and Community Action Chichester District (01243) 528615.

The website is scheduled to go live in October so watch this space!

Volunteering opportunities this month include:

Bognor Regis Samaritans are looking for both listening and non-listening volunteers. Listening volunteers would receive full training to help people dealing with issues such as: domestic violence, homelessness, health problems and drugs. Non-listening volunteers are also needed for IT support, fundraising, publicity, management and many others. If you are interested in volunteering for the Samaritans give them a call on (01243) 826333.

Stonepillow is a charity based in Chichester that offer shelter, information and support to homeless people. They currently have a range of vacancies for volunteers, including activities volunteers, bucket collectors, event facilitators, night patroller and trustee. For further details call Emma Kierans on (01243) 537934 or e-mail adminassistant@stonepillow.org.uk (see page 7)

The Cat and Rabbit Rescue Centre in Sidlesham has rescued over 10 000 animals since it was founded in 1986

and is looking for general maintenance volunteers to help with DIY, cleaning and administration. Full training for all roles will be given and some can be carried out from your home. To find out more call Emma Nicholl on 02392 377806 or e-mail admin@ccrc.co.uk.

St Wilfrid's Hospice in Chichester opened in 1987 and has provided free care to over 10,000 people and their families. It is not part of the NHS and relies entirely on charitable donations to keep going. Current volunteering opportunities include: drivers, office and reception support, patient care and gardeners. If you would like to find out more contact Emma Clark on (01243) 755815.

Tupenny Barn in Southbourne is a 2 acre certified organic smallholding and

“Skillshare West Sussex will allow volunteers to register their availability and skills”

education centre. It grows vegetables, fruit, flowers and herbs for sale to the local community and runs an outdoor classroom for schools. They have vacancies for gardeners and people with marketing experience or legal skills to help take the organisation forward. For details contact Maggie Haynes on 07977 536684 or e-mail maggie@tupennybarn.com.

Bognor Regis volunteer vacancies continued

10.30 am to 4.30 pm, 1st to 26th August, delivered by instructors but help is needed to support the participants and instructors. Full or part time support would be welcome.

Cook & Eat Project Supporters - We are looking for volunteers who are interested in food preparation, nutrition and enjoy working with adults of all ages to assist in our cook & eat project where adults with poor cooking and nutrition ability learn new skills. The project runs on Mondays from 11.30 am to 3 pm and on Tuesdays for people over 50 years of age 11.30 am to 3 pm. Opportunities for further training in cook & eat training, nutrition, food hygiene and first aid will be available in the autumn.

Event Development & Management - We are looking for people who have knowledge of organising and delivering events for the promotion of our projects, activities and fundraising. The applicant should have experience in this field. Further training may be available. Full or part time support would be welcome in negotiation with the post holder. Future opportunities e.g. training for personal development may be possible with Bognor CAN.

Publicity Development/Public Relations - We are looking for volunteers who are skilled in the development of publicity information, newsletters and promotion to assist in the development of the work of Bognor CAN. Times of work full or part time would be in negotiation with the volunteer post holder. Full or part time support would be welcome. The applicant should have experience in this field. Further training may be available. Future opportunities e.g. training for personal development may be possible.

Carpenter/Joiner/Restorer - Stonepillow - Our Restore Project has just opened new premises in Chichester, we restore donated items of furniture and sell on to raise funds for Stonepillow and provide discounted furniture to people on low incomes. We need a skilled carpenter/joiner/restorer, may be someone who has retired and would like to put their skills to good use in restoring chests of drawers, wardrobes, tables, chairs and many more items. (see page 7)

Trustee - Stonepillow - Stonepillow is the leading homelessness organisation working in the Chichester and Arun areas of West Sussex. Following a review of its governance Stonepillow is seeking additional volunteer Trustees to join its Board of Trustees. Ideally we are seeking new Trustees with the following expertise: Fundraising - Legal Professional Knowledge. The Main Board of the charity meets quarterly in Chichester and sub-committees also meet to look at detailed operational issues. To learn more about the work of Stonepillow please view www.stonepillow.org.uk. If you are interested in finding out more about the role, or Stonepillow itself, we would be pleased to provide you with further information,

Chaperone's for Social Outings - Leonard Cheshire Disability - Companion needed to spend time with people living in the community who would like to go out on social outings, spend time having a chat and discussions. Travel expenses will be paid. You will have the full support of your volunteer coordinator, who you will have direct contact with.

Arun Volunteer Centre

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

Littlehampton vacancies

Project Worker - Stonepillow - The Young Persons Service provides support and accommodation to young asylum seekers and indigenous young people in three houses in Littlehampton. We need volunteers to accompany young people to appointments and to provide cover for the office when required. A full induction will be provided. Minimum age 18. Basic office skills, car driver, good communication skills and enthusiasm.

Walk Leader - Inspire Leisure - Volunteers required to become Walk Leaders for our Healthy Walks in Arun Programme and to support our walkers to receive the physical and social benefits of walking. Walks last between 45 to 60 minutes, commitment could be as little as 1 hour per week/month. Due to the success of our walking programme we would like to set up two new walks within Arun and will need some new volunteers.

Volunteer Sessions Worker - Arun Sunshine Group - We still need to recruit some more Sessions Workers to start as soon as possible. We provide a regular break for carers by providing a safe and friendly befriending service and social programme for adults (min age 18) with a learning difficulty in their care. The Group aims to counter isolation, provide friendship, company and stimulation whilst aiming to improve communication and social skills. Activities include Board games, Jigsaws, Arts & Crafts, Computer Games and trips out to local Pubs etc. As a volunteer Sessions Worker you will help to run this very worthwhile project under the supervision of the Project Leader. If you have the time, the enthusiasm and the commitment to help keep this project running we would love to hear from you. No special skills are required; you just need to be loving, caring and enthusiastic. Group sessions are for 3 hours every 2 weeks on a Sunday from 2pm to 5pm.

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.

Project Worker - Stonepillow - The Young Persons Service provides support and accommodation to young asylum seekers and indigenous young people in three houses in Littlehampton. We need volunteers to accompany young people to appointments and to provide cover for the office when required. A full induction will be provided. Minimum age 18. Basic office skills, car driver, good communication skills and enthusiasm.

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Volunteer Sessions Worker - Arun Sunshine Group - We still need to recruit some more Sessions Workers to start during September 2011. We provide a regular break for carers by providing a safe and friendly befriending service and social programme for adults (min age 18) with a learning difficulty in their care. The Group aims to counter isolation, provide friendship, company and stimulation whilst aiming to improve communication and social skills. Activities include Board games, Jigsaws, Arts & Crafts, Computer Games and trips out to local Pubs etc. As a volunteer Sessions Worker you will help to run this very worthwhile project under the supervision of the Project Leader. If you have the time, the enthusiasm and the commitment to help keep this project running we would love to hear from you. No special skills are required; you just need to be loving, caring and enthusiastic. Group sessions are for 3 hours every 2 weeks on a Sunday from 2pm to 5pm.

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Driver/Helpers - WRVS (Meals on Wheels) - We are still desperate for some more drivers/helpers for our meals on Wheels service at WRVS in Rustington and Worthing - in particular Worthing. Anyone wanting to join our happy band of super volunteers and help their own community who can spare a little of their time would be made welcome and enjoy in house training and lots of fun. We also pay a generous 45p per mile for a petrol allowance from home to kitchen and back home again.

Bognor Regis vacancies

Samaritans Listening Volunteer - Samaritans - The Samaritans offer a free, confidential 24 hour telephone service for anyone who is suicidal, lonely or despairing. We required listeners to listen to anyone who is lonely, unhappy or suicidal. Time is flexible but a commitment of 18 hrs per month is required, with one overnight session of 6hrs. Need to be a good listener, non-judgemental, caring and open-minded.

Bognor CAN - Community Action Network - Bognor CAN is an exciting, vibrant fast moving organisation, providing services for all ages from the deprived communities of Bognor Regis. Volunteers will be subject to a CRB check carried out and funded by Bognor CAN. We have the following vacancies on offer:

Children / Young Persons Summer Activity Scheme Volunteer - We are urgently looking for enthusiastic people, any age over 18, to assist in the delivery of activities of children and young people aged 8 years upwards. The activities include arts, crafts, dance, sport and cooking. The activities will be run each day Monday to Friday from

(Continued on page 11)

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**Voluntary and Community Action
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