


CVS News



PRESTON
COUNCIL
FOR
VOLUNTARY
SERVICE

SPRING 2009

WORKING WITH YOU FOR YOU!

Units 23/27, Guild Hall Arcade, Lancaster Road, Preston PR1 1HR
Tel: 01772 251108 Fax: 01772 251170
Email: pcvs@voluntarysectorpreston.freeserve.co.uk

Welcome to the Spring edition of CVS News which contains lots of up to date information on local and national news, funding and training opportunities.

CVS ANNUAL GENERAL MEETING

The 75th Anniversary AGM will be held on Tuesday 9th June in Committee Room A/B, Preston Town hall commencing at 2pm. The Trustees and Staff of CVS will be pleased to welcome representatives of membership organisations and representatives from agencies we work alongside to this meeting. Please contact the office if you wish to attend so we can cater for numbers.

VOLUNTEERS' WEEK

Volunteers' Week (1-7 June) is the UK's annual celebration of the work volunteers do. During the Week events are held across the country to recognise, reward and recruit volunteers. Volunteers' Week plays a huge part in raising the profile of the UK's 22 million volunteers and encourages others to get involved.

Visit www.volunteersweek.org.uk for a range of tools and resources to help you celebrate Volunteers' Week and the contribution that your volunteers have made. We invite you to join in Preston CVS's celebration event which will take place after our AGM on 9th June. See page 2 and the flyer enclosed for details.

DIRECTORY OF LOCAL VOLUNTARY AND COMMUNITY GROUPS WORKING IN PRESTON

The 2009 edition is now with the printers and a complimentary copy will be circulated to members as soon as delivery is taken. Additional copies will be changed at £6.00.

In order that we can keep our database as up to date as possible if your entry details have changed, or do so in the future, please complete the amendment form found at the back of the directory and return it to us so we can make the necessary changes to the database and inform members through the newsletter. If you know of a group that is not in the Directory and you think they should be let us know and we can contact them.

CVS PAYROLL SERVICE

Preston CVS provides Voluntary and Community Groups with a professional, cost effective payroll service that, in addition to processing salaries, is committed to the development of good practice in employment. Payroll is a complex area and many organisations find it easier to use a payroll service. The information CVS uses is updated on a regular basis in line with legislation and budget changes. The CVS Payroll Service can: calculate PAYE for your

CONTENTS

| | Page/s |
|------------|---------------|
| CVS News | 1 - 2 |
| Local News | 3 |
| News | 4 - 7 |
| Profiles | 8 - 14 |
| Funding | 15 - 22 |
| Training | 23 |
| Your CVS | 24 |

ENCLOSURES

- ? NHS Central Lancashire Community Engagement newsletter
- ? NHS Central Lancashire Target Wellbeing Preston projects
- ? Central Lancashire ME/CFS Support Group
- ? Central Lancashire Health Trainer Service
- ? Preston Community Network newsletter
- ? Preston City Council - Citizen Zone
- ? Preston City Council - Sports Directory
- ? Preston CVS - Celebrating Volunteering
- ? Preston Caribbean Carnival - leaflet

Continued.....

employees; produce monthly payslips detailing all payments and deductions; produce monthly schedules for your files; produce monthly remittance figures for the Inland Revenue; produce complete P14s and P60s for each employee at the end of the year; complete the P35 Annual return on your behalf and give advice and assistance on any issues relating to paying employees. If you would like to discuss what the Payroll Service can offer your organisation contact Joan at CVS.

RESOURCES

A quick reminder that CVS has a variety of resources available. Photocopying and typing service, meeting room, access to the FunderFinder computer program and our library which has books covering topics from fundraising to project planning. We also have equipment available for loan, including a mobile ramp, flip charts, overhead projector, collecting tins, tombola barrel and loop system.

Finally, articles for this Newsletter are welcomed, please note the next copy deadline is 3rd July 2009.

Joan Burrows
Chief Officer

CELEBRATING VOLUNTEERS DAY

Preston Council for Voluntary Service

Your invitation to

'Celebrating Volunteers Event'

to take place after the CVS AGM, 2pm at Preston Town Hall
Tuesday 9th June followed by buffet refreshments

Each year, the first week in June has now traditionally become the time to acknowledge and celebrate the work that volunteers do throughout the year.

Across the country, events are held to mark volunteers and to recognise the importance of volunteering and to say thank you to millions of volunteers who will give up their time freely to support voluntary and community work.

In Preston this year, we are holding a celebratory event on the 9th June to say thank you to all of our volunteers locally. It's open to all organisations who work with volunteers to come along, with as many of their volunteers as can make it.

So, if your organisation works with volunteers then come and join the celebrations! Bookings can be made by returning the registration form enclosed with this newsletter to Preston CVS, Units 23/27, Guild Hall Arcade, Lancaster Road, Preston PR1 1HR. Mark it for the attention of John Freeman, Information and Support Officer or tel: 01772 251108, fax: 01772 251170, or email pcvs@voluntarysectorpreston.freeserve.co.uk

Volunteers' Week is all about the three R's:
Recognise, Reward and Recruit.

During Volunteers' Week there is a burst of activity as events take place across the country to increase awareness of the UK's volunteers. Volunteer managers from large or small, private, public and voluntary groups organise events to publicly thank their volunteers and highlight their contribution to local groups and the wider community, while individuals are encouraged to use the Week to find out more about volunteering.

Now in its 25th year, Volunteers' Week is the major event in the UK's volunteering calendar that provides a high-profile platform for volunteer-involving groups to recognise the UK's 22 million volunteers.

Recognise and Reward

If you are a group or organisation that involves volunteers, showing your volunteers how much you value them needn't cost an arm and a leg... Here's some ideas that you can try;

1. Certificates - A simple and effective way of saying thanks, you can stage a formal ceremony or present certificates at a party.
2. Recognise their contribution by implementing their ideas.
3. Organise a social outing for volunteers and staff, so that you can get to know one another better.
4. Make them feel that they belong in your organisation. Arrange a date and time when volunteers can bring friends or relatives to visit.
5. Meet them on a regular basis, just to say 'thank you' over a cup of coffee.
6. Nominate your volunteers (as a group) for a £500 Award to put towards your work, at the Volunteers' Week Award Ceremony - deadline Friday 8th May 2009.

MEETING/CONFERENCE/ROOM HIRE

At Howick House, Penwortham, Galloway's Society for the Blind have various sizes of rooms available to hire with good car parking. Recent bookings have included a charity's AGM, a trustees meeting, training courses, alternative therapy groups, 'away days', seminars and church groups etc. We can also sometimes accommodate evening and weekend bookings. Room hire fees are kept as low as possible and users have the satisfaction that the income is used within the voluntary sector. For further information please contact Carol or Linda on 01772 744148.

PRESTON INFORMATION PACK

A Preston Information Pack has been produced through the Preston Strategic Partnership (PSP), People and Communities Thematic Working Group, to provide new and existing citizens of Preston with important facts and information about every aspect of living and working in Preston.

The Pack provides information from gaining employment, to looking for housing and finding schools for children - as well as information about the leisure and cultural opportunities Preston has to offer. It also provides contact details of organisations where people can get expert advice on their own situation.

Chair of the Preston Strategic Partnership Board, Councillor Ken Hudson said, "On behalf of the citizens of Preston, I would like to reach out and welcome new people to the city and through this guide, provide them with a good start in life here. Preston's economy is growing and we welcome new people who can bring fresh talent and ideas to the city, and hope they settle and prosper here in Preston and contribute to our shared future".

The PSP is committed to the reduction of all forms of discrimination and prejudice. Through the PSP People & Communities Thematic Working Group important work is being done to promote mutual understanding between communities and actively develop a community where equality and diversity is positively valued and celebrated.

For more information about the information pack, or to make comment on its content please contact; Lesley Pritchard, Equality and Diversity Officer, Community Engagement, Preston City Council.
Tel: 01772 906670 Email: l.pritchard@preston.gov.uk

PLEASE NOTE THE AMENDMENT TO THE FUNDING: USER GUIDE FOURTH EDITION: JANUARY 2009.

Page 28 The Thomas Parkinson Trust

New contact details

Apply to: Ashley Marshall
Marsden Rawsthorpe Solicitors
Faraday Court
Faraday Drive
Fulwood
Preston PR2 9NB

Telephone 01772 799600

HELP FOR CHARITIES IN HARD TIMES

Top tips for surviving the credit crunch

During this economic crisis there is one message which comes through loud and clear - charities need the confidence of those who support them. Although not an exhaustive list, these practical pointers are aimed at assisting charities in surviving the current economic downturn.

Governance, governance, governance

Poor management and governance means an organisation is less well equipped to react and adapt to change. Take some time to make sure you have a clear strategy, good governance and people with the right skills for the right jobs.

Trusting trustees

The quality of and relationship with trustees is critical. A well-functioning and appropriately skilled board means you can take decisive action to protect the charity's essential activities and position it to react positively to the upturn when it comes. An ethos of openness in the boardroom ensures all the key issues are understood - but it should be balanced by clarity and consistency outside the boardroom.

Be prepared

Think ahead. Scenario planning is essential as you want to be in a position to act decisively if things worsen. But don't underestimate the time it takes to agree potentially unpalatable decisions.

Share and share alike

Knowledge management, multi-skilling and flexibility of 'manpower' can ensure that you have the right skills at the right time. Share knowledge across the organisation.

Make sure that you are using your resources as efficiently as possible and that staff can absorb the roles of others if necessary, either to reduce costs or to release resources for other activities. Recognise the value of your people and manage their talent - keep your staff in the picture and you are more likely to keep them on board.

Lean on me

Review your relationships with your funders and review your major grant givers. Understand where your money is coming from, when and for what. Perhaps funding can be brought forward or alternative sources of funding accessed. Don't be afraid to stop doing activities which are not sustainable.

Cash is king

Manage your cash flow - be aware of your needs and manage the funds accordingly. Don't spend money before you have it. Protect your liquidity and adopt a 'hands on' approach to cash management.

Help is at hand

Seek expert advice as soon as you think you might need it - that way disaster can often be averted. Don't rule out mergers or collaborative working to address financial difficulties.

Peter Gotham of Gotham Erskine, Chair of the Charity and Voluntary Sector Group, and Ian Oakley-Smith, Director at PWC and committee member of the Charity and Voluntary Sector Group, are both insolvency practitioners, specialising in charities. Peter and Ian can provide CVSG members with initial free advice. T +44 (0)1908 248 186, E creditcrunch.charitysig@icaew.com.

The Charity Commission's 'Governance Framework', 'Hallmarks of an effective charity', 'CC34 Collaborative work and mergers', 'CC12 Managing Financial Difficulties and insolvency in charities' and 'CC8 internal Financial Controls' are available on www.charitycommission.gov.uk.

The Code of good governance is available on www.ncvo-vol.org/governanceandleadership

Produced by the Charity and Voluntary Sector Specialist Interest Group of The Institute of Chartered Accountants in England and Wales www.icaew.com/charity

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If in any doubt, you are always advised to seek expert advice. This document is published without responsibility on the part of the publisher or authors for any loss occasioned by any person acting or refraining from action as a result of any view expressed herein.

PARKINSON'S DISEASE SOCIETY

The Parkinson's Disease Society, which celebrates its 40th anniversary in 2009, is the leading UK charity for Parkinson's disease and the leading source of non-commercial funding for research into Parkinson's in the United Kingdom.

The Society campaigns for a better quality of life for people with Parkinson's wherever they live, providing expert information through the National Helpline on 0808 800 0303 (calls are free). The Helpline is a confidential service staffed by registered nurses and advisors, who offer advice, information and support to anyone affected by Parkinson's.

In addition, the Society has a team of Information and Support Workers working throughout the North West area, providing one-to-one support for people with Parkinson's, their families and carers. If you require support or assistance, you can reach your local Information and Support Worker for the Central Lancashire area on 0844 225 3739.

Local branches of the Parkinson's Disease society meet monthly and have programmes of social events running throughout the year. New members are always welcome and if you are interested in coming along, please call 0844 225 3654 (Chorley and Ormskirk) or 0844 225 3655 (Preston) for more details.

AN INDEPENDENT LIVING EXHIBITION WITH A DIFFERENCE

"Absolutely inspirational" was the expression used by one visitor to last year's Northwest Disability Awareness Day (DAD). Many of the record number of exhibitors and 22,000 visitors travelled from across the Northwest and UK.

DAD 2009 will be supported by a week of complimentary events leading up to the exhibition on Sunday 12th July. The events will be held in a tented village located in the picturesque setting of Walton Hall Gardens situated off the A56 in Warrington Cheshire.

Eighteen years of experience goes into producing an event that boasts something for everyone, with over 300 exhibition stands promoting independent living, with areas dedicated to Arts, Sports and family entertainments.

DAD covers all disabilities, ages, carers and families, and if you work in the field of health, social care or disability there will be plenty to interest you.

DAD offers a free and accessible park & ride service, free admission and programme.

For more information visit www.disabilityawarenessday.org.uk or telephone Warrington Disability Partnership on 01925 240064.

LAUNCH OF THE FIRST NORTH WEST LGB & T STRATEGY

Paul Martin, Chief Executive of The Lesbian and Gay Foundation is launching the first North West Lesbian, Gay, Bisexual and Transgender (LGB&T) Strategy. The launch will be held in central Manchester on Friday 6th February. Confirmed speakers include Tim Wainwright, Director English Regions, EHRC; Evelyn Asante-Mensah of the North West Regional Development Agency; Councillor Paul Fairweather of Manchester City Council; and Christine Burns, Chair of the North West Equality and Diversity Group.

In recognition of the importance of this strategy for organisations, companies, groups and individuals across the North West of England, this event will bring together prominent figures from regional and sub regional organisations that recognise the importance of ensuring that they are providing varied services for a diverse population.

The Lesbian and Gay Foundation (LGF) are proud to announce the launch of the North West's first Strategy for lesbian, gay, bisexual and trans (LGB&T) people. The strategy is a comprehensive document that highlights the cycle of inequality which prevents LGB&T individuals and groups from escaping the disadvantaged marginalised position they very often find themselves in. It identifies the intervention points where real and effective change needs to be made to break this cycle. These are, Developing an evidence base, Increasing the knowledge and engagement of policy and decision makers, Increasing the capacity of LGB&T voluntary and community organisations. Realistic recommendations are made in the strategy that can be adopted by statutory and public bodies, private companies and support organisations to improve knowledge around and capacity of LGB&T people across the North West.

For further information on the launch, please feel free to contact Siân Payne at sian.payne@lgf.org.uk or on 0161 235 8035.

News...

ALL THE LATEST NEWS FROM
YOUR CVS – HOT OFF THE PRESS

CHANGES TO THE CHARITIES ACT 1993 - AS AMENDED BY THE CHARITIES ACT 2006

The government has made a set of changes that aims to make life easier for trustees, modernises the definition of charity and provides new safeguards to uphold public trust in the charitable sector.

What is a charity:-

- * New list of 13 charitable purposes
- * All existing charitable purposes preserved
- * Flexibility to develop new purposes in the future
- * No presumption of Public Benefit - groups now need to prove they act for the public benefit where previously it was presumed. Charities need to be very clear about they benefit the public.

Registration of Charities:-

- * Threshold for registration has increased from £1,000 to £5,000 income
- * Voluntary registrations where income is below £5,000 (unlikely before 2009)
- * Excepted Charities; registrations where income above £100,000, previously churches didn't need to register now they do.

Audit, Accounts and Annual Return:-

- * Most charities with an income over £500,000 have to have their accounts professionally audited. (Unless income is over £100,000 and assets exceed £2.8m) unless governing document requires it.
- * Trustees of every registered charity with an income over £10,000 must submit an annual return, annual report and annual accounts to the commission.
- * Charities with an income of under £10,000 must prepare accounts and make them available on request but don't have to send them automatically like before.
- * If a charity's income is above £10,000 its accounts require independent examination.

Paying Trustees:- The act retains the central principle that trusteeship is unpaid, however trustees may be paid for non-trustees work in some circumstances and the other trustees need only agree; you no longer require permission from the Charity Commission.

Please check out the Charity Commission's website or call Charity Commission direct on 0845 3000 218 or enquiries@charitycommission.gov.uk

IN KIND DIRECT

Join In Kind Direct and save money!

In Kind Direct, one of The Prince's Charities, can save your charity money.

We receive donated surplus stock from household name companies for redistribution to voluntary organisations. It is free to join our network. All charity partners pay is a handling charge for our service on each pack - including delivery - saving you money and time. The goods can be used either to help run your charity or to give to beneficiaries.

We can help any size of organisation, big or small, whatever cause your organisation serves. Your organisation does not need to be a registered charity to receive goods; other not-for-profit groups are also eligible. However, there are some exceptions: we are unable to help schools (except for special schools), hospitals, mutual benefit societies, and bodies set up solely for the promotion of religion.

Goods are ordered through an easy-to-use online catalogue. This is updated with new products weekly, and an email alerts you to new items. Any queries you have are answered by our charity partnership team.

There is a large range of goods available including: toilet paper, cleaning supplies, toys, toiletries, printer cartridges, office supplies, clothing, household appliances and much more.

To start saving money - please visit www.inkinddirect.org

Profiles...

YOUR CHANCE TO LET PEOPLE KNOW WHAT YOU DO AND
HOW TO CONTACT YOU. SHOUT ABOUT YOURSELVES

Can you hear as well as you used to?

Contact us for support with:

Fitting and maintaining your hearing aid

Advice and demonstration of amplified telephones, loop systems, etc

For more information ring Vincent Borg on 01772 732313

Bridging the Gap is a Project of

CARITAS CARE

218 Tulketh Road, PRESTON PR2 1ES

Company No: 1596400

Charity No: 326021

Are you hard of hearing?

Are you deaf?

Do you have difficulty understanding what people say?

Do you avoid conversation in case You can't hear?

Lipreading can help you.

Come along and join a new lipreading class. The class will be small (10 to 12) and informal, And you will meet other people who share a similar problem.

My name is Julia Barnes.

My classes are to be held at:- Catholic Caring Services, 218, Tulketh Road, Ashton, Preston. Mondays 2pm-4pm. Starting January 12th 2009.

For further information contact me.

Julia Barnes on 01772 866031/juliabarnes963@yahoo.co.uk

Profiles...

YOUR CHANCE TO LET PEOPLE KNOW WHAT YOU DO AND
HOW TO CONTACT YOU. SHOUT ABOUT YOURSELVES

Lancashire Deaf Services

Lancashire Deaf Services (LDS), a subsidiary of East Lancashire Deaf Society (ELDS) now delivers community throughout services throughout the whole of Lancashire. LDS aims to empower deaf people through advocacy and support by providing businesses with deaf awareness training. The introduction of this service has proved a valuable boost to deaf communities in Lancashire.

ELDS recently organised a weekend conference for families of deaf children which proved to be a massive success. Speakers from various disciplines were invited to give presentations on various topics pertinent to parents of deaf children, examples of these are:

- Deaf children's language
- Deaf identity
- Deaf history

in addition to this there were various activities for the children to attend during the day and entertainment provided in the evening such as signed songs and a magician.

This proved a valuable experience for those attending and is just one of the many important projects that ELDS have organised.

LDS have now set up a regular deaf forum in Preston during which deaf individuals are provided with information on local services and can ask questions about such services. This event aims to bridge the information gap for deaf people by providing information in their own language. For more information on the Deaf Forum please contact Kevin Bradley at the Preston office.

Lancashire Deaf Service provides support on deaf issues to the whole of Lancashire; for more information please contact one of the offices below.

| <u>Preston</u> | <u>Blackpool</u> | <u>Burnley</u> | <u>Lancaster</u> |
|---|---|--|--|
| 10 Theatre Street Preston Lancashire PR1 8BQ | 8 Heaton Street Blackburn Lancashire BB2 2EF | 28a Keirby Walk Burnley Lancashire BB11 2DE | 6 Kings Arcade Kings Street Lancaster LA1 1LE |
| Tel: 01772 250 117 Fax: 01772 828 537 | Tel: 01254 844 550 Fax: 01254 844 551 | Tel: 01282 839 180 Fax: 01282 456 060 | Tel: 01524 388 298 |

Working together to make Preston a better place!

Preston Strategic Partnership & Preston City Council want to understand the views of Preston's residents better to ensure the same priorities for the people of Preston.

Preston Strategic Partnership is a group of organisations from the Public Sector, Voluntary & Community Sector and Private Sector. These sectors work together to tackle issues in Preston such as jobs, health, crime and education.

To help with this, the Preston Strategic Partnership and Preston City Council would like to set up a panel of 1,200 Preston residents who are willing to give their views. NWA Research, an independent research agency had been appointed to set up and run this panel on their behalf.

Being a member of the panel should not take up very much time. Three or four short questionnaires a year will be sent to you and you will be invited to some events, if you wish to attend. Any opinions through this panel will be treated with confidentiality and will be used to help the Council and its partners make decisions about what it does.

If you would like further information about this please contact NWA Research on free phone 0800 316 3630.

WHAT IS PSOAR??!

PSOAR (Progressive Sistas of African Roots) – pronounced 'soar' with a silent P!! – is a newly established community based women's group covering the Northwest. The group is run by Black women and is focussed on the progression of Black women and their families throughout the region. We aim to run a number of projects which will support the advancement of black women and their families. The group aims to draw on existing skills and use these skills to support each other to secure a better position for ourselves and our families in areas such as: education, sport, employment and family life.

Although **PSOAR** is an organisation of black women, we recognise that the black family is now very diverse, and as such we aim to be inclusive of all sections of the community. We will be happy to work in partnership with any organisations and individuals in the wider society.

Is it for me?

If you have any ideas you would like to put forward and would like to make a contribution to **PSOAR** please read on.

The core values of **PSOAR** are based on:

- ? Self Respect
- ? Hard Work
- ? Discipline
- ? Education
- ? Aspiration
- ? Self Worth
- ? Reciprocity
- ? Commitment to the family
- ? Love
- ? Humour

PSOAR is in its infancy, so this is a good opportunity for you to come along and join us. You might just want to see what we are doing or you may have some ideas you would like to put forward. All contributions are welcome!

I don't have the time to contribute to projects but can I still join in with the social activities?

Yes that's fine! **PSOAR** also provides social spaces for networking opportunities that are open to members and non members alike including family and friends husbands and partners. So far we have enjoyed a Christmas meal last year, an outing to the comedy Jam in Manchester and the ever popular Soul night at King Georges hall Blackburn. (These are just some of the examples of what has taken place so far). In organising social events we aim to overcome some of the isolation that can be faced by many Black women living in the Northwest.

Again any suggestions here would be more than welcome!

*If you would like join **PSOAR**, come along to one of our monthly meetings or just get some information, please contact our secretary **Christine** on :07761525204 or email: comulcahy11@ntworld.com*

Are you a Humanist?

Humanism is quite simply a philosophy that believes in human effort and ingenuity rather than a predominantly religious outlook based, as it must be, on divine intervention.

Humanists think that this life and this world is all we have and that, like everything else that exists in the natural world, we too are the product of natural processes.

For our understanding of the universe, our search for meaning and our judgments of right and wrong we must rely on our own observation and reasoning.

There are no supernatural powers or sacred texts to guide us, so we have to think for ourselves; make our own rules and take responsibility for our own lives & actions and for the world we live in. We would assert that ethical decisions should be based on reason, experience and compassion.

Everyone has a right to seek happiness and to avoid pain, and the best way to achieve this is to help other people to do the same.

Humanists insist we can live meaningful, decent and moral lives without superstitious or religious beliefs, and that there can be no divine revelation.

For support, wisdom and guidance we must look to one another.

Humanists believe the soundest moral assessments are those based on rational humanist principles.

For this reason we strive to ensure a non-religious viewpoint is presented wherever moral or ethical matters are taught or discussed.

Might you be a humanist? Would you be interested in getting to know like-minded people? The Lancashire Secular Humanists group meets every third Wednesday of the month, at Great Eccleston Village Centre. We have regular guest speakers and discussions on a wide variety of topics. If you are interested, or just curious, why not visit our website www.lancashiresecularhumanists.co.uk or email ian@ianzere.demon.uk to find out more. Our meetings and discussions are open are always open to all: we welcome new members and new ideas.....

Health Trainers

The health trainers have been out and about in the community promoting the new service since October 2008.

They work with individuals 18 yrs of age and over who want to improve their health. They support people to have a better control of their own health. Personal session help individuals establish what they want to achieve, and a health trainer will work with them to achieve this.

Health trainers help individuals with health plans and setting achievable goals that are then built upon. They are not health experts and are not there to tell people what you should or should not be doing. They are simply here to build individual's motivation and provide the support and encouragement many need when making lifestyle changes. They also provide information of other services/activities and will signpost individuals to moiré expert services if and when required.

Making simple changes can have such a positive impact on your health so if you are interested in seeing a health trainer contact Angela Dutton on 01772 511692 or email healthtrainer@preston.gov.uk

Disability

Listen Include Build

Introducing Disability LIB to Lancashire and Cumbria

Disability LIB is the first capacity building alliance led by disabled people and had been set up to tackle the crisis facing disabled people's organisations (DPSs). Disability LIB as Preston Disc and will be working with, supporting and/or developing DPSs in Lancashire and Cumbria.

Disability LIB is an alliance of organisations consisting of Preston Disc, Alliance for Inclusive Education, Disability Awareness in Action, Equalities National Council, People First, The United Kingdom Disabled People's Council and Scope. Apart from Scope all the organisations in the alliance are run and led by disabled people.

Disability LIB is already working with a number of organisations in Lancashire.

What is a DPO?

A DPO is an organisation that has a membership and managing board with a majority of disabled people, and whose objectives are the rights of equality of disabled people.

Many DPOs - which are run and led by disabled people - are being forced to close down, or are barely surviving because of the substantial barriers they face, including obtaining funding and attracting suitably experienced disabled people to take on key leadership roles.

What is capacity building?

Capacity building is a type of assistance or support that is provided to organisations in order to help them improve their effectiveness and boost performance.

We can provide a wide range of support via or website, team of dedicated capacity building staff and specialist capacity building organisations including:

Toolkits, guides and other information in a range of accessible formats

Advice from our team of Capacity Building Officers, who are all disabled people, with experience of working in the disabled voluntary and community sector

Signposting to other organisation or sources of support

Coaching for staff or trustees to help you go from good to excellent

Training on a wide range of subjects from working with the media influencing your MP

Workshops on topics such as human rights, inclusion, fundraising writing business plans and marketing your services

Peer to peer support - putting you in touch with other organisations in your area or across the world who can share experiences and good practice

Specialist support in the area of human rights, young disabled people, disabled people from BME communities and people with learning difficulties

If your organisation is a disabled people's organisation and or is working being a disabled people's organisation and is interested in receiving support or information about Disability LIB please register on www.disabilitylib.org.uk or contact the Capacity Building team at Preston Disc on 01772 558863 or e mail judithstephenson@fsmail.net.

ICAS – SUPPORTING YOUR VOICE IN THE NHS

ICAS stands for the Independent Complaints Advocacy Service. We are hosted by the Carers Federation.

We can help if you feel you have not had the service you expect from the NHS and want to make a complaint. Our service is independent of the NHS, confidential and free.

ICAS can support you with your complaint by helping you write letters, attend meetings with you, help you explore your options and answer questions to help you make decisions.

Talk to us in confidence on 0845 120 3735 (calls charged at local rate).

RURAL LANCASHIRE DEVELOPMENT FUND

What is the rural Lancashire development fund?

This is a scheme by Lancashire County Council's economic development department, Lancashire County Development Limited, supporting individuals, businesses and community groups in rural areas of the County. Support is available for capital and revenue activity through a combination of non-repayable grant and an unsecured loan to be repaid at 2% above Bank of England base rate.

We can provide assistance to projects to:

- ? Develop vocational skills in the agriculture and forestry sectors
- ? Improve the processing and marketing of products in the agriculture and forestry sectors
- ? Work in partnership to develop new products in the agriculture and forestry sectors
- ? Support the restructuring of farm businesses through development of diversified activities
- ? Start up new businesses and help develop existing small businesses
- ? Attract visitors through new or enhanced tourism activities
- ? Improve access to basic services e.g. development of community buildings and community enterprises

Am I eligible for support?

Successful projects will achieve one or more of the scheme's targets:

- ? Job creation and safeguarding of existing jobs
- ? Creation of new rural businesses
- ? Support to enable existing small businesses to grow
- ? A better skilled workforce through finance for training activity
- ? The development of tourism facilities and attractions
- ? New and renovated buildings for employment purposes
- ? Increased business productivity and profitability

How much can I apply for?

There is no specific upper limit to how much funding may be applied for.

For applications of less than £10,000:-

finance will comprise of an equal split between grant and loan and can provide up to 100% of the total project costs.

For applications in excess of £10,000:-

finance will comprise of a combined grant and loan, with up to a maximum of £25,000 available as grant. The actual split will be decided on a case by case basis as part of the final process and up to 75% of the total project costs can be provided.

How long until a decision is reached?

This will depend on the size and complexity of the project but a decision on applications will typically take up to 10 weeks from the initial enquiry to a final decision on funding being made.

Who can apply?

Any individual, group or organisation in the private or community/voluntary sectors in the rural administrative areas of Lancashire County Council looking to deliver projects that will be located in and benefiting rural Lancashire.

How do I apply?

In the first instance all that is required in the completion of a single page from outlining your project proposal. This can either be downloaded from the website or available on request through the Rural Development Team.

If this initial proposal is approved to proceed, the next step will be to complete a full application form and business plan. Assistance is available on request through our specialist advisors at Moore & Smalley who will help you to develop your business idea free of charge.

Sport England – new strategy – end of current programme

Sport England is the government agency responsible for developing a world-class community sports system. Their radical new strategy is designed to get more people playing and enjoying sport and to help those with talent get to the very top.

They do not want you to waste valuable time and resources submitting applications that they may not be able to support, so please click here - to find out which region you should contact for the most up to date information on your chances of success. Please be ready to give details of your proposed project including what you are intending to do and how much it is likely to cost.

For all other queries, please contact their main information line on 08458 508 508

Website: <http://www.sportengland.org>

HMRC and Gift Aid – Tax relief for charities

Gift Aid is an easy way to help your charity or CASC maximise the value of its donations, as you can reclaim tax from HM Revenue & Customs (HMRC) on its 'gross' equivalent – its value before tax was deducted at the basic rate. To help you with Gift Aid HMRC has produced a Gift Aid Tool Kit which can be downloaded from Website: <http://www.hmrc.gov.uk/charities/giftaidtoolkit.pdf> or sent to you if you contact them Tel: 08453 020203.

Full information is on Website: http://www.hmrc.gov.uk/charities/gift_aid/basics.htm

New Online Gift Aid Mentoring Forum to Benefit Small Charities

The Institute of Fundraising has today launched its new Gift Aid mentoring forum, www.giftaidhelp.org. Aimed at small organisations, charities, clubs and individuals who fundraise for charities, users can access the forum to ask specific questions about Gift Aid, or network with others in order to get new ideas on how to maximise Gift Aid income.

Websites: www.giftaidhelp.org <http://www.institute-of-fundraising.org.uk/>

Groundswell Small Grant Award Scheme

Groundswell's Grant Award Scheme offers grants of up to £700 to homeless people to set up their own projects. They welcome applications from anyone with experience of homelessness, i.e. rough sleepers, Travellers, squatters, refugees and asylum seekers, residents of hostels and B&Bs etc.; Anyone without a secure tenancy. **Applications are considered four times a year. The next deadlines are: 15th July; 15th October.**

Website: http://www.groundswell.org.uk/grants_home.html

COMMUNITY HELP FROM WILKINSONS

As a family-owned high street store, Wilkinsons strive to be Your Good Neighbour, to work with and support our local community, taking advantage of their growing team numbers and stores to help make a difference to lives nationally. To do this, every year they give 1% of their profits back to the community, giving to causes and organisations that their customers are passionate about. Apart from national sponsorship (currently RSPCA) they want to lend a helping hand to local community initiatives, groups and individuals that are in the community of their customers and stores. By donating products and vouchers they hope to get good causes with big hearts on their way.

For further information consult your local store or log on to their website:

www.corporate.wilkinssonplus.com/corp/wilkinson

HOME OFFICE COMMUNITY FUND ENGLAND AND WALES

The aim of the Fund is to support smaller voluntary and community organisations who can demonstrate successful approaches to tackling the issues of guns, gangs or knives among young people, and those particularly at risk of involvement in serious violence.

Building on the cross-government strategy, all projects need to be able to demonstrate that they meet at least one of the following programme themes:

- 1) reduce knife crime among young people;
- 2) reduce gun crime and gang-related violence among young people;
- 3) combat and change the negative influence of delinquent peer groups;
- 4) prevent young people from initially becoming involved in gun, knife and gang-related crime;
- 5) break the cycle of re-offending among young people.

The priority target group is young people aged 25 years or younger. There is no minimum age for beneficiaries.

Grants of up to £10,000 are available per organisation, per annum over three years.

Eligible Activities:

- ? **Mentoring, outreach or education work** with young people involved in, or at risk of becoming involved in, gun / knife crime or gang activity.
- ? **Support schemes** for siblings, families and parents of young people involved in, or at risk of involvement in, gang or knife violence.

Organisations eligible to apply for funding are:

- ? registered charities;
- ? social enterprises;
- ? unincorporated associations / community groups;
- ? companies limited by guarantee (with charitable aims).

The link to guidelines can be found at www.grantsadmin.co.uk/homeoffice_communityfund/

For further information please contact:

Grants Administration

Home Office - Community Fund

2nd Floor, 154 Great Charles Street

Queensway, Birmingham B3 3HN

Tel: 0845 603 1869

Email: info@grantsadmin.co.uk

Website: www.homeoffice.gov.uk

(the application form is available to download from this website)

LEGAL ADVICE ABOUT FUNDRAISING

The Institute of Fundraising has re-issued four of its codes of fundraising practice to bring them in line with changes in legislation. The following have been updated by the institute's legal review team:

The codes of practice Data Protection; The Management of Static Collection Boxes; Telephone Fundraising; Raffles and Lotteries.

Details are available on the Institute's website at: www.institute-of-fundraising.org.uk

Click on 'Best Practice' then 'The Codes' then 'Codes of Fundraising Practice' and finally click on 'Codes Directory' where you will find an alphabetical list which includes the four codes mentioned above.

GRANTS FOR GROWTH II

Lancashire Grants for Growth will award Grants of up to £6,000 to Voluntary Community and Faith Sector Organisation in Lancashire. The Grant is aimed at helping remove the barriers that people face when moving closer towards employment and training.

Priority will be given to those applications that deliver innovative and creative intervention to help address worklessness and engage with individuals from the priority groups.

Target groups are:

- ? those with disabilities and health conditions, including mental health
- ? lone parents - including young parents / teenage parents
- ? people from minority ethnic groups
- ? women
- ? people aged 50 years and over
- ? young people 16+ who are most removed to engage in vocational activity
- ? adults who are most vulnerable, including ex-offenders, the homeless and substance misusers.

Projects must be delivered in the Lancashire Districts and all beneficiaries must reside in the County Council area of Lancashire.

Application packs can be obtained from:

The Grants for Growth II Team

Tel: 01772 536600

Email: lcdl.grants@lancashire.gov.uk

or contact Project Manager, Collette Taylor at:

Email: colette.taylor@lancashire.gov.uk

or download an application pack from website:

www.lancashire.gov.uk/grants_for_growth2

HEART RESEARCH UK HEALTHY HEART GRANTS

Heart Research UK Healthy Heart Grants support innovative projects designed to promote heart health and to prevent or reduce the risks of heart disease in specific groups or communities. They have funded over £280,000 worth of grants around the UK and focus on innovative, original projects based around heart health.

Grants of up to £10,000 are available to community groups, voluntary organisations and researchers who spread the healthy heart message. Government / local authority funded institutions are not support.

However, community and voluntary groups aided by public money may apply.

Applications are only accepted during July and August for grants awarded in November 2009.

Guidelines and application form can be downloaded from their website:

www.heartresearch.org.uk/healthy_heart_grants.htm

if you need further help please contact:

The Lifestyle Officer, Heart Research UK

Suite 12D, Joseph's Well, Leeds LS3 1AB

Email: lifestyle@heartresearch.org.uk

£42.5 MILLION TO HELP VOLUNTEERS, CHARITIES AND SOCIAL ENTERPRISES!

The Government has pledged £42.5 million to help volunteers, charities and social enterprises deliver extra real help to those that need it most, during the global economic downturn.

The action plan for the third sector sets out a targeted package of support that includes measures to help hundreds of voluntary organisations, charities, and social enterprises step up advice, support and volunteering in the areas that need it most across the country.

The plan, which has been designed together with third sector leaders over the last three months, builds on the wide range of measures the Government has put in place to support people through the economic downturn, and on the Government's long term commitment to voluntary organisations and social enterprises.

The Government has doubled government help to charities, voluntary groups and social enterprises from £5.5 billion to over £11 billion. That means these vital groups face the downturn with unprecedented strength.

✍ Up to £10 million investment in volunteer brokerage scheme for unemployed people will create over 40,000 opportunities for people to learn new skills and give back to communities through volunteering.

✍ A £15.5 million Community Resilience Fund will provide grant funding to small and medium providers in our most deprived communities. This is in addition to the £130 million already committed to the Grassroots Grants programme meaning more small grants to more community groups.

✍ A £16.5 million modernisation fund to help with the cost of mergers, partnerships and moves to more efficient sharing of back office functions for at least 3,000 third sector organisations.

✍ A £0.5 million investment in the School for Social Entrepreneurs to double the number of people it trains to become social entrepreneurs, particularly those working in deprived communities.

✍ A national campaign to raise awareness of the Government's commitment to pay all invoices within 10 days, which will improve cash flow for small organisations.

Websites: www.cabinetoffice.gov.uk/third_sector/news/news_stories/090209_real_help.aspx and www.cabinetoffice.gov.uk/third_sector/real_help_for_communities.aspx

ILLEGAL MONEY LENDING

Tony Denny is a Financial Inclusion Partnership Officer working for the Illegal Money Lending team, Trading Standards Northwest. The team work across the northwest, raising awareness of the issue of 'Loan Sharking' and they are keen to meet with and present to any organisations or groups that this would be relevant to. Phone: 07500882931 or E-mail: tony.denny@birmingham.gov.uk

BIG - Reaching Communities - England

Reaching Communities has proven to be a very popular and highly competitive programme. One of BIG's most popular programmes, Reaching Communities has awarded to date close to £218 million to improve the lives of people in need across England. Currently one in five projects are successful.

The BIG Advice Line will be able to answer any questions you want to ask prior to submitting an Outline Proposal form. Please note that the OPF team will only be able to help you once you have submitted an Outline Proposal form.

Alternatively you can download the pack and guidance notes from Website:

http://www.biglotteryfund.org.uk/prog_reaching_communities

Nominet Foundation

Nominet have recently set up the Nominet Foundation is a charitable organisation that will fund education, research and development initiatives in the Internet industry.

Nominet has made an initial donation of £5 million to the Foundation for the first year of operations.

The Nominet Foundation has a board of six trustees, responsible for oversight of the Foundation and deciding how to distribute the funds.

The Nominet Foundation will be accepting applications for funding from early 2009.

More information about the application process will appear on Website:

<http://www.nominetfoundation.org.uk/>

RSWT – Local Food

Grants from £2,000 up to £500,000 are available for not-for-profit groups and organisations in England delivering such projects as growing, processing, marketing and distributing local food; composting and raising awareness of the benefits of such activities.

For the Small and Main grants there are no deadlines, it is a rolling programme, although all funded projects must be completed by March 2014.

Initial enquiries regarding funding should be directed to the Changing Spaces Advice Line Tel: 0845 3 671 671 Email: localfood@rswt.org Website:

<http://www.localfoodgrants.org/index.php/grants>

The Community Website Builder

The Community Website Builder allows registered UK charities, non-profit making organisations and volunteer led groups or organisations to build and maintain their own website free of charge.

In under 5 minutes, you can have a professional looking, easy to edit website up and running.

With no special software, skills or knowledge required, it's easy, quick and fun to set up and

maintain your own web presence. The Community Website Builder Service is provided by BT and Recipero for use by UK charities, non-profit making organisation and volunteer led groups only.

Website: www.communitykit.co.uk

BBC Children in Need changes

From now on all applications will only be accepted exclusively online.

Children in Need give grants for projects delivered by organisations working with disadvantaged children and young people, who must be 18 years and under, living in the UK, the Isle of Man or the Channel Islands.

Disadvantages experienced by children and young people include:

- ✍ illness
- ✍ distress
- ✍ abuse or neglect
- ✍ any kind of disability
- ✍ behavioural or psychological difficulties
- ✍ living in poverty or situations of deprivation.

The application should focus on the children your project will work with and the difficulties that your project will make for them. You should clearly be able to demonstrate how your project will change the lives of the children involved for the better. Where possible it should take into account their views and involve them in decisions that affect them.

You can contact Children in Need by email: pudsey@bbc.co.uk or Helpdesk Monday to Friday 9am - 5pm Tel: **020 8576 7788**. New application deadline dates are **15 July and 15 October 2009**. Full guidance and application forms are available on their website: www.bbc.co.uk/pudsey/grants/apply.shtml

Duchy of Lancaster Benevolent Fund

The Fund is a registered charity established with The Queen's consent to benefit a wide range of causes throughout the County Palatine - in effect the counties of Lancashire, Greater Manchester and Merseyside.

In Lancashire the Fund is administered from the Lieutenancy Officer at County Hall, Preston to which all **applications should be made by letter**.

The Fund's current practice in Lancashire is to make one-off grants to help with specific needs of individuals, organisations and voluntary groups throughout the community, for purposes for which statutory funding is not available. For example, grants to groups and organisations may be made for the provision of equipment, or refurbishment of premises, but not normally given to support running costs, nor will repeat grants be given to the same organisation for several years. Normally, grants are of modest amounts, typically £100 - £500. For more information contact **Ian Johnston, Lieutenancy Officer, County Hall, Preston. PR1 8XJ. Tel 01772 533364**.

Chelsea Building Society Charitable Foundation

They make donations between £250 and £5,000 to a variety of charitable causes aiming to relieve suffering and disadvantage and to benefit local communities like yours.

The Trustees meet twice each year to approve grants for charities which relate to the Chelsea Building Society core business in the communities in which it operates. As a general rule the Foundation makes grants in the following proportions from the funds available at each meeting.

- ✍ Housing/Homelessness and Debt Management - 50%;
- ✍ The Elderly - 12.5%;
- ✍ The Disabled - 12.5%;
- ✍ Mental Health/Learning Difficulties - 12.5%;
- ✍ Children/Young People - 12.5%.

Full details for applications are on Website: www.thechelsea-charity-foundation.co.uk/

LANCASHIRE COUNTY DEVELOPMENT LIMITED - Learning Skills Council (*These grants are different to the Grants for Growth grants*)

LCDL have been awarded the tender to deliver the LSC Co-financing Programme - Lancashire Community Grants. The grants are available to appropriate Third Sector organisations to mobilise disadvantaged or excluded unemployed and inactive people to facilitate their progress towards employment. The grants will support a range of activities aimed at assisting the disadvantaged or excluded to move closer towards the labour market, by improving their access to mainstream European Social Fund and domestic employment and skills provision. Activities will support participants from the following target groups:

- ✍ unemployed and inactive people aged 16 years and over who are from the hardest to reach communities - and within this overarching target group, participation of the following groups are to be prioritised:
 - ? lone parents
 - ? people aged 50 and over
 - ? people from minority groups
 - ? people with disabilities and health conditions, including mental health

The grants will support a wide range of activities, including:

- ✍ initial help with basic skills
- ✍ taster work experience, including voluntary work
- ✍ training advice and counselling
- ✍ job search assistance, including the provision of equipment and other assistance necessary to secure employment
- ✍ confidence building
- ✍ first contact engagement activities

Lancashire Community Grants Programme will award grants of up to £12,000 to small Third Sector organisations between March 2009 and December 2010.

The total programme for Lancashire is £442,327 and will cover the whole of Lancashire, including the unitary authorities. For more information please contact:

Collette Taylor - Tel: 01772 536600

Email: colette.taylor@lancashire.gov.uk or lcdl.grants@lancashire.gov.uk

Tesco Charity Trust Community Awards Scheme

The Tesco Charity Trust Community Awards Scheme provides one-off donations of between £1,000 and £4,000 to local projects that support children and their education and welfare, elderly people and adults and children with disabilities.

GRANTS FOR CHILDREN'S EDUCATION AND CHILDREN'S WELFARE

Applications should be made by 30th June for decisions by the end of September.

GRANTS FOR ELDERLY PEOPLE AND ADULTS AND CHILDREN WITH DISABILITIES

Applications should be made between 1st August & 30th September for decisions by end of December.

Please note charities can only make one application each year.

If you require any support whilst completing your application please contact the helpline or visit the website to download a copy of the criteria or view the application form.

Website: www.tescopl.com/tescocharitytrust

PROVIDE TRAINING?
LET US KNOW...

Training...

PRESTON COUNCIL FOR VOLUNTARY SERVICE

TRAINING PROGRAMME 2009

| | |
|---|--|
| <u>CHILD PROTECTION</u> | <u>Tuesday 19th May 2009</u> <u>10:00am to 4:00pm</u> |
| Facilitated by: Paul Sanford | |
| <u>FIRST AID</u> | <u>Thursday 11th June & Thursday 18th June 2009</u> <u>6:30pm to 9:30pm</u> |
| Facilitated by: Peter Beesley | |
| <u>GYPSY, ROMA AND TRAVELLER WORKSHOP</u> | <u>Thursday 2nd July 2009</u> <u>9:30am to 4:30pm</u> |
| Facilitated by: Seb Smith | |
| <u>VULNERABLE ADULTS</u> | <u>Wednesday 9th September 2009</u> <u>9:30am to 4:30pm</u> |
| Facilitated by: Peter Beesley | |
| <u>CHILD PROTECTION</u> | <u>Tuesday 10th November 2009</u> <u>10:00am to 4:00pm</u> |
| Facilitated by: Paul Sanford | |

To reserve a place on any of the courses please contact Joan, John or Lynn on 01772 251108.

SHADOWS & RAINBOWS

presents courses, seminars and support which
are individually designed for your needs.

Do you find you have time on your hands?

Do you want to gain team working skills?

Are you passionate to make a positive difference to the lives of people in your community?

Do you want to gain skills in art/dance/creative writing/drama healing?

Do you want to train others and gain skills in training others?

Do you want to gain management experience in a management team?

If you said yes to any of the above, please contact Shadows and Rainbows Partnerships, who are now recruiting for their management and volunteer teams. Shadows and Rainbows Partnerships are a community and voluntary sector organisation, working to enrich the lives of the community its serves through art, dance, creative writing, drama, and other complimentary medicine.

TEL: 07951 882282

Email: ShadowsandRainbo@aol.com

The Preston CVS is an independent local agency whose aim is to promote effective community service and activity. It helps to bring together voluntary, charitable and community groups and provides a link between the voluntary and statutory sectors. The Preston CVS consists of representatives of member organisations, both voluntary and statutory. It elects an Executive Committee from the membership to implement its policies.

What can we do for you...?

We support *your* local voluntary groups

We help *you* work together

We have the resources *you* need – books, display material, meeting rooms (with wheelchair access), typing/photocopying and more

We provide the advice and help *you* need – constitutions, committees, Charity law, recruitment, employment, funding, fundraising, equal opportunities and much more

We run the training courses *you* need – Charity law, accounting and contracting are only a few

We produce a regular newsletter to keep *you* informed

We help *your* groups start up and develop

We represent *you* in forums and meetings on issues of mutual concern

We run two carers projects, one for young carers and one addressing the needs of all home-based carers

We produce a directory of local voluntary groups

INFORMATION SHARING

As part of Preston Council for Voluntary Service's commitment to supporting information sharing across Preston's Voluntary, Public and Private Sector's we invite **YOU** to provide copy for future editions of PCVS News.

Your CVS News

Through the 'CVS News' you can let the Voluntary and Community sector throughout Preston know what your organisation is doing. You can have your group 'Profiled', advertise your training and job vacancies and appeal for volunteers. You'll find all the latest funding news in the 'Funding...' section and you can keep up with all the Local and National developments. But we want more for you. We want you to contribute. We want you to share your experiences, your knowledge and your skills with your fellow voluntary sector workers. Check out the range of features in this issue and if you feel you can share similar information then please contact us as soon as possible.

To contribute to 'CVS News' please:

If possible send all submissions by email to pcvs@voluntarysectorpreston.freeserve.co.uk

1. Please send a hard (paper) copy of your submission with your work in case the email fails

Profiles should be no more than 250 words, Features no more than 800.

Ensure all names are spelt correctly and the contact details are up to date.

The editor's decision will be final. We regret we cannot return items

Copy deadline for next issues:

Summer - 3/07/09

Autumn - 2/10/09

Winter - 4/12/09

The views expressed in this newsletter should not be taken as those of the Preston CVS or NAVCA. Every care is taken to provide accurate information but the Preston CVS and its members can not be held responsible for any error, omission or general foul-up. Spelling errors are regrettable but they happen