


# CVS News



PRESTON  
COUNCIL  
FOR  
VOLUNTARY  
SERVICE

**AUTUMN 2009**

***WORKING WITH YOU ..... FOR YOU!***

Units 23/27, Guild Hall Arcade, Lancaster Road, Preston PR1 1HR  
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Welcome to this edition of CVS News which contains lots of up to date information on local and national news, funding, training and volunteering opportunities.

## **CVS AFFILIATED MEMBERSHIP**

Have you renewed your 2009/10 membership? Don't miss out on being part of the Council for Voluntary Service movement here in Preston. Membership means you can be nominated to our Executive Committee and have your say on how our organisation is managed and provides its services. You will also receive our mailings, details of events, directory, newsletter etc. The fee for the year remains at £10.00. If you have lost your renewal form, not sure if you have renewed membership or not contact Joan or Lynn in the office.

## **TRAINING**

Preston CVS provides regular training events accessible by members and non members. The programme for 2010 is well underway. Details to date are on page 20.

## **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. What the CVS Payroll Service can provide for your organisation: calculate PAYE for your 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 and collecting tins.

Finally, articles for this Newsletter are welcomed, please note the copy deadline is 17<sup>th</sup> December 2009.

**Joan Burrows**  
Chief Officer

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## **ENCLOSURES**

- ◆ Directory of Voluntary and Community Organisations Working in Preston

# Local News...

WHAT, WHO, WHY & WHEN –  
PRESTON'S VOLUNTARY SCENE!

## SALVATION ARMY APPEAL

The Salvation Army in Preston strives to help people who are roofless or destitute. This includes offering free meals, showers, clothing and bedding through our drop in for homeless people.

Throughout the year there is a large demand for Food Parcels which are only available on referral from a recognised agency such as Social Services or a supported housing project. These are given both to homeless individuals and to families in crisis.

For details of our referral procedures and guidelines please see our web page at <http://sapreston.synthasite.com/helping-homeless-people.php>

**During the autumn we are grateful to receive many donations of food from churches, schools and other groups which are collected at Harvest celebrations.**

Therefore we are sending out this appeal to churches and the community asking for immediate donations of non perishable foods; (especially items that require a minimum of preparation and cooking).

- Canned food including, meat, fish, vegetables, soups, fruit, desserts etc.
- Dried staple foods such as rice and pasta.
- Instant dried meals such as savoury rice and pasta, even "pot noodles".
- Biscuits, cereal bars, dried fruits and nutritious snacks
- Small packs of tea bags and instant coffee, sugar and dried milk or coffee mate

If you feel you can help us this way, please deliver your gifts to our centre in Harrington Street between 9am and 4pm on weekdays or after our worship service on Sunday (about 12.30 or 1pm).  
With grateful thanks

Greg Smith  
Community Co-ordinator  
The Salvation Army Preston  
Harrington Street  
Preston PR1 7BN  
Tel No (01772) 555425

## GET READY FOR DIGITAL TV

As you may be aware, the traditional television signal in the North West of England is switching over to digital. This will occur in two stages, starting with BBC2 on the **4 November 2009**, with the remaining channels changing over on the **2 December 2009**.

As a consequence of this, Age Concern Central Lancashire are working in conjunction with other Age Concern's in Lancashire, and Digital Outreach, to offer advice and information to community groups and members of the public on the implications of the switchover. We are all aware that this can be a confusing time for people and we aim to offer advice on the switchover in a clear simple and impartial manner.

If you feel that we could be of benefit to your community group then please contact Age Concern Central Lancashire on 01772 552850.

## GOODWILL AT CHRISTMAS

An anonymous benefactor has offered to provide up to 100 Christmas Dinners for people in need living in Preston. If you know anyone who would welcome a dinner please contact Joan or Lynn in the CVS office, 01772 251108, in the first instance.

Miles of Smiles is a local charity established early 2008. Based in Leyland we organise special treats - or 'smiles' - for youngsters who need and deserve a smile in their life.

### Who can be nominated?

Youngsters between six and sixteen who are struggling with any kind of a problem - they could be a young carer or struggling with a problem or difficult situation at home or school. It could be they have a sister or brother who is ill and they feel that their needs take second place. They may have achieved something against the odds. Is mum or dad or teacher are really proud of them?

The requests for a 'smile' are modest - a new hairstyle or an afternoon shopping. We've organised new outfits, family meals and days out, makeovers, prom dresses, framed family photographs, trips in a limo, tickets to a show. We've even helped a young man become a mascot for a local football team and a young lady sing on a stage during a pantomime! Whatever it is, if it's possible (and not too expensive) then we will have a go at organising it. Whatever we do we try to help these youngsters smile, give them something to look forward to and remind them that some DOES care.

If you would like to know more about Miles of Smiles - think you could help in any way or if you know of a child who needs a smile, please contact Karen Rainford on 07801 446099 or [k.rain@tiscali.co.uk](mailto:k.rain@tiscali.co.uk).

## **FIBROMYALGIA**

The Preston and district branch of the Fibromyalgia Association UK has recently been formed to provide support and information to sufferers of this condition. Sufferers can meet others with the condition on 30<sup>th</sup> October between 1.00 and 5.00 at the Minerva Centre which is part of the Preston North End stadium. From 13<sup>th</sup> November the venue will be the conference suite of Preston CVS in the Guild Hall Arcade, Lancaster Road, Preston. Meetings are held on a fortnightly basis.

For more information please contact Margaret on 0845 5482312.

## Third Sector Lancashire

*supporting Organisations,  
supporting Communities.*

### September 2009 Update

The new name and a plan has been agreed to take the VCFS's consortium into the next stage of its development. The new Chair of **Third Sector Lancashire**, Sir Bill Taylor, welcomed the opportunity to meet with over 40 VCF organisation representatives at the Planning Day for the consortium held on 9 September. The day was full of lively debate and the agreement of governance arrangements, establishing a level of engagement model; defining Network Groups and who would represent the consortium at Executive level were all discussed.

The Third Sector of Lancashire, including Blackburn with Darwen and Blackpool, has been very busy over the past few months. As accountable body, Lancashire Education Business Partnership (LEBP), have facilitated and provided a secretariat role to support the consortium, that is funded through Capacity Builders, as the consortium progresses into this new and exciting phase.

Lesley Doyle, Business Development Director for LEBP said "Third Sector Lancashire exists to provide a forum for all VCF organisations within Lancashire, to come together, exchange information and good practice and promote partnership working to build a stronger sector for the benefit of all People across Lancashire".

The overarching aim is to:

- Develop and support an environment which enables the third sector to thrive, growing in its contribution to Lancashire's society, economy and environment.
- The consortium also acts as the 'single gateway' for all sectors looking to the VCFS for support, involvement and commissioning of services in Lancashire, creating flexibility and supporting opportunities across the sector to meet the challenges of changing environments and needs.

Sir Bill set out the vision for the future and invited partners to the launch of Third Sector Lancashire which took place on the 6<sup>th</sup> October, at The Pines Hotel, Clayton le Woods near Chorley.

The celebrations began at 12.30 and there was opportunity to network, view the brand new web site and find out what are the benefits of being part of the consortium. If you would like to become involved in Third Sector Lancashire please contact [tracy.gardiner@lebp.co.uk](mailto:tracy.gardiner@lebp.co.uk) or telephone 01254 584000.

Alternatively, if you would like to be kept informed the new web site has the facility for organisations to register their interest in the consortium allowing them access to funding updates, bulletins about issues concerning the sector and for frontline organisations to engage and drive the strategic delivery.

For further details about Third Sector Lancashire Consortium and to sign up, please visit: [www.lancashireconsortium.org.uk](http://www.lancashireconsortium.org.uk).

## EPILEPSY ACTION

Join us at our Regional Conference, 'Epilepsy and Lifestyle' to be held at Lancashire FA Headquarters, The County Ground, Thurston Road, Leyland, Lancashire PR25 2LF on Saturday 31 October 2009.

Due to the generosity of our sponsors we are able to offer the following ticket prices which include refreshments, a light lunch, a delegate pack and access to free information materials:

**Full price: £17;**  
**Membership rate: £10;**  
**Concessionary rate: £8;**  
**Membership concessionary rate: £6.50.**

This conference is part of a series of one-day conferences in England, Wales and Northern Ireland that Epilepsy Action holds every year. These are primarily aimed at people with epilepsy, their families and anyone else with an interest in epilepsy.

The keynote speaker will be Consultant Neurologist Dr Tahir Majeed who will be talking on the treatment and diagnosis of epilepsy. There will also be presentations by Nicole Crosby-McKenna Development Officer for Women Epilepsy Action and Julie Roach Epilepsy Specialist Nurse and other eminent speakers around epilepsy and related issues with an opportunity to ask questions and speak to Epilepsy Action staff and volunteers. The message from these conferences is clear: Epilepsy Action wants a society where people feel free to talk about their epilepsy, where diagnosis is clear and treatment effective.

For further information or to book a place, please contact Lynne Procter, Regional Services Officer on 0113 210 8800.

## BRAIN TRAINING

**Can puzzling over crosswords and Sudoku or playing brain training games make you more "Brain Fit". Could brain training be the basis of a preventative treatment against dementia?**

Brain Test Britain is your chance to get involved in exciting new research that could make a real difference to the lives of people with dementia. The Alzheimer's Society is teaming up with BBC and scientists at King's College London to conduct this clinical trial into the benefits of Brain Training. We need thousands of people over 60 to sign up and get involved.

**For further information**

**Visit [alzheimers.org.uk/braintraining](http://alzheimers.org.uk/braintraining) or call 0800 044 044**

## **VETTING AND BARRING SCHEME**

**The official guidance in relation to the introduction of the initial phase of the Vetting & Barring Scheme (VBS) is available at <http://www.isa-gov.org>.**

**The three key changes from 12 October 2009 for employers and employers and employees (including managers of, and volunteers in, unpaid work) are:**

Employers: you must not knowingly employ in regulated activity, or use as a volunteer, a barred person.

Employers: if you dismiss or cease using a person in regulated activity (or in controlled activity) because you think they harmed or pose a risk of harm to children or vulnerable adults, you must refer this case to the ISA (see ISA referrals guidance, below).

Employees: if you yourself are barred from regulated activity, you must not work, or seek to work, in regulated activity from which you were barred.

**Guidance documents about the new duty from 12 October for employers and others to make referrals to the Independent Safeguarding Authority (ISA), and about the ISA Decision Making Process, are available on the ISA website:**

New duty to make referrals ([www.isa-gov.org.uk/Default.aspx?page=397](http://www.isa-gov.org.uk/Default.aspx?page=397))

ISA decision making process ([www.isa-gov.org.uk/Default.aspx?page=382](http://www.isa-gov.org.uk/Default.aspx?page=382))

**The guidance covering the first aspects of the scheme will be followed by guidance on other changes which will take place later. Three key changes which do not happen until later are:**

July 2010 - new entrants to work with vulnerable groups can register with the ISA.

November 2010 - new entrants must register with the ISA before starting work.

April 2011 - existing workers can start to ISA-register.

April 2011 - existing workers can start to ISA-register.

## **FREE BOOKS**

Songs for Christies, United Press have 1,000 new books to give away. They can be collected by arrangement from their Burnley Centre Office on St James Street for any groups to use as they will. They are a mixture of poetry books, so aren't very sellable, but would make good tombola prizes.

If you are interested please contact Peter Quin on Telephone: 07792 840820  
Please do not contact Preston CVS as we are just circulating the evidence.

## INTRODUCING PERSONNEL CHECKS

Established in 2004, Personal Checks is an approved Umbrella Body for the Criminal Records Bureau.

We offer a fast, friendly and professional service; guiding easily through the complex world of CRB Checks.

Based from our East Lancashire Offices, we provide our tailored service across the UK to both individuals and organisations. We welcome any enquiries and can provide expert advice on all areas of the CRB Check process.

The team at Personnel Checks is headed up by Sharon Skinner who has worked within our group of companies for over 10 years. Sharon says “we are passionate about delivering excellent customer service at all times and our reward is the positive feedback that we receive from our customers”.

We have the capability to process high volume checks on behalf of major public and private sector organisations as well as providing “one off” checks for an individual.

Depending on your personal preference, our service can be accessed and completed online at our e-check site - [www.personnelchecks.co.uk](http://www.personnelchecks.co.uk) or we can provide the service via traditional application forms. We are constantly improving our turn-around times for CRB Checks with our current average completion time being 9 days.

### Why use Personnel Checks?

- ⦿ Dedicated support staff with specialist knowledge who are always willing to help
- ⦿ Fast CRB Check turn-around times - Checks completed in days as opposed to weeks
- ⦿ No registration fee, set up fee or minimum application requirement
- ⦿ Capability to process high volume checks or just one off requirements
- ⦿ Online application process or traditional application forms - your choice
- ⦿ Competitive prices with further discounts available for volume business.

### What CRB checks are available?

- ⦿ **Basic CRB** - will show any unspent convictions, the Disclosure certificate is sent directly to the applicant. Anyone can apply for a Basic check.
- ⦿ **Standard CRB** - this shows all cautions, warnings, reprimands and convictions (these will include spent convictions as well as unspent), 2 copies of the Disclosure certificates are issued - one is sent to the applicant and the other to the Company. These can only be taken out via a Company.
- ⦿ **Enhanced CRB** - this shows all cautions, warnings, reprimands and convictions as well as any additional information held by your local police. Again 2 copies are issued, this is the highest level of check and would apply to people who work with children/vulnerable adults.

<b>Volunteer</b>	<b>£10.00</b>
<b>Standard</b>	<b>£54.05</b>
<b>Enhanced</b>	<b>£59.85</b>
<b>Basic</b>	<b>£42.50</b>

The above rates are all inclusive of VAT

Contact: **Sharon Skinner**  
Tel: **01254 355688**  
email: [crb@personnelchecks.co.uk](mailto:crb@personnelchecks.co.uk)  
web: [www.personnelchecks.co.uk](http://www.personnelchecks.co.uk)

## **Africa Community Action**

ACA is an association that helps asylum seekers and refugees to integrate properly into British society. Those we help are in extremely difficult circumstances. We also provide moral and emotional support within an acceptable setting while allowing the community living side by side to respect and accept the culture of each other.

For more information please contact us at our new address:

10 Strawberry Bank,  
Blackburn, BB2 6AA

tel:01254 699965 • email: support@a-c-a.org.uk

## **Workers' Educational Association North West (WEA NW)**

The WEA NW are putting on a new course that gets behind the scenes of the Pitman Painters play and is for anyone who ever wondered how a play is chosen, how a playwright comes up with ideas or what happens in the rehearsal room. Learners will get the opportunity to meet theatre professionals to gain insight into the process of theatre making, as well as watching the play! Further information about the course can be found at: [www.nw.wea.org.uk/tiki-read\\_article.php?articleId=26](http://www.nw.wea.org.uk/tiki-read_article.php?articleId=26).

The WEA NW also put on a variety of courses in the Lancashire area and the course brochure can be downloaded from: [www.nw.wea.org.uk/tiki-index.php?page=course%20brochures](http://www.nw.wea.org.uk/tiki-index.php?page=course%20brochures).

## **The Personalisation Agenda - Social Care and Individual Budgets**

Tuesday 10th November 2009, 12.30pm-3.00pm  
Council Chamber, Civil Centre, Breck Road, Poulton-le-Fylde, Lancashire FY6 7PU

Commissioners and providers alike will want to understand the implications of the proposed changes when planning services. How should those in the statutory, community and voluntary sectors respond to this radical change in practice?

What changes lie ahead for your service? How will the Community and Voluntary Sector be affected? Who will commission what, from whom, for whom? How must you prepare for this change?

This event will feature a presentation about the Personalisation Agenda including individual budgets, from Lancashire County Council's Adult and Community Services Commissioners, led by Dawn Butterfield.

For more information or to reserve a place, please email June Hopwood or call 01253 887646.

## **National Minimum Wage**

From Thursday 1<sup>st</sup> October 2009, the minimum wage increases to £5.80 (from £5.73) per hour for workers aged 22 years and older, £4.83 (from £4.77) for 18 to 21 year olds, and £3.57 (from £3.53) for 16 and 17 year olds who are above school leaving age and are not apprentices.

The government has also promised to extend the adult minimum wage rate to 21-year-olds from October 2010.

The confidential National Minimum Wage helpline number is 0845 6000 678.

## the big care debate

The Government recently published the long-awaited Green Paper on long-term funding for social care. This proposed to establish a National Care Service in which anyone who meets a new England-wide eligibility threshold will be entitled to some state funding for their personal care.

However, as life expectancy rises, and care costs become even higher, public funding will not be sufficient to cover the costs of social care in the future. Therefore, the Department of Health proposed to use money currently spent on Attendance Allowance, which is paid to all older people with care needs, to help fund the new service. Specifically, the Department of Health suggests that the state should fund a minimum of a quarter to a third of the care costs of people in need, with more state funding available for people who are less wealthy.

It also puts forward three possible models for how individuals would contribute to their care costs:

- A **partnership model** in which the state would cover a proportion of the care costs (a quarter to a third) and individuals pay for the rest:
- An **insurance model** in which the state would still pay for a proportion of the costs and invite people to pay into an open or a state-backed insurance scheme which would meet the remaining costs:
- A **comprehensive model** in which (in addition to the basic state contribution) everyone who reached retirement age pays a set amount into a state insurance scheme, regardless of whether they go on to need care.

All three proposals are thought to ensure the Government's vision to make the National Care Service fair, simple and easy to understand, affordable, universal and flexible to allow people to live their lives in the way they want to. They would end the current situation in which some people are required to spend upwards of £200,000 on long-term care, and ensure everyone the same level of support independent of where they live.

The National Care Service as suggested in the Green Paper would not meet the costs of accommodation (as opposed to care) in care homes; although people of low means would continue to have these costs met.

See overleaf to find out how to join the Debate in Lancashire. To find out more about the National Big Care Debate, please go to <http://careandsupport.direct.gov.uk/>

## **Join the Big Care Debate in Lancashire**

If you would like to have your say on which of these models you think is best and whether you think the level of state funding should be determined locally or by *Central Government*, please join the **Big Care Debate**.

There are different ways for Lancashire citizens to get involved in this debate:

- Have your say by emailing us at [bigcaredebate@lancashire.gov.uk](mailto:bigcaredebate@lancashire.gov.uk)
- Have your say by completing an online questionnaire, available on the county council's website at [www.lancashire.gov.uk/bigcaredebate](http://www.lancashire.gov.uk/bigcaredebate)

## **What is the Lancashire LINK?**

The Lancashire Local Involvement Network (LINK) is a network of individuals, groups and organisations who want to make Health and Social Care services better. It's a new way to let local people - as groups or as individuals - have their say about Health and Social Care services, and then use their feedback to make positive changes.

We do this by organising events, going out to meet with community groups and individuals, sharing information about local health and social care through our monthly newsletter and by providing opportunities for you to give your views, including on the Big Care Debate.

If you are interested in getting involved please contact the LINK Support Team by phoning 01772 431195, emailing us at [lancashirelink@blackhealthagency.org.uk](mailto:lancashirelink@blackhealthagency.org.uk) or visiting our website at [www.lancashirelink.org.uk](http://www.lancashirelink.org.uk).

# Profiles...

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

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# Profiles...

# News...

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

## ABOUT THE NATIONAL FLU SERVICE:

- The National Pandemic Flu Service People can be accessed via website [www.direct.gov.uk/pandemicflu](http://www.direct.gov.uk/pandemicflu), freephone 0800 1 513 100 or textphone 0800 1 513 200.
- People who have swine flu symptoms are given a unique access number and told where their nearest antiviral collection point is. They should then ask a flu friend - a friend or relative who doesn't have swine flu - to go and pick up their antivirals.
- The flu friend must show their own ID as well as that of the patient. The authorisation number and ID information will be checked to ensure it matches the information provided when the assessment of symptoms was completed.
- Anyone who suspects they have swine flu is advised not to go to their GP or A&E unless:
  - they have a serious underlying illness;
  - they are pregnant;
  - they have a sick child under one year old;
  - their condition suddenly gets much worse; or
  - if their condition is still getting worse after seven days (five for a child).
- It is important to stress that most flu-like illnesses are not swine flu and that many people will be catching the normal coughs, colds and summer viruses that circulate every year. People should deal with them as they would normally and only contact the National Pandemic Flu Service or their GP if they have a high temperature and definite flu symptoms.

### About Tamiflu:

Tamiflu is not a vaccine and will not prevent swine flu. It will only decrease the length of time a person is ill. People will only receive antivirals once and, to prevent duplication, when they are issued the details of both patient and flu friend are recorded.

### Swine flu symptoms:

As swine flu spreads, it is important to be able to recognise its symptoms. People who have two of the following symptoms and a temperature of 38 °C and above or feels hot may have swine flu.

The typical symptoms are:

- sudden onset of fever (a high body temperature of 38 °C/100.4F or above), and
- sudden cough.

Other symptoms may include:

- headache,
- tiredness,
- chills,
- aching muscles,
- limb or joint pain,
- diarrhoea or stomach upset,
- sore throat,
- runny nose,
- sneezing,
- loss of appetite.

## Swine flu: antivirals issued to people with suspected swine flu 18 September 2009 date to 24 September 2009

This week's figures collated by the National Pandemic Flu Service are:

<i>Preston:</i>	<i>232</i>
<i>Chorley:</i>	<i>128</i>
<i>Ormskirk:</i>	<i>78</i>
<i>Out of hours services:</i>	<i>24</i>
<i>Total:</i>	<i>462</i>

*\* These figures show the amount of antivirals issues from each of the distribution centres open to the public in central Lancashire. It does not show the number of 'cases' of swine flu.*

The way statistics about swine flu are collected and analysed has changed since the National Pandemic Flu service was launched,

As patients are now being diagnosed on clinical grounds instead of laboratory confirmation of swabs, it is no longer possible to provide the number of confirmed cases.

Without testing everyone we do not know how many flu-like illnesses reported are swine flu cases and how many are caused by other viruses.

Dr Shelagh Garnett, NHS Central Lancashire deputy director of public health, said: "it is important to understand that this figure does not represent the number of people in the area with swine flu.

"It represents the number of antivirals being collected may also reflect the number of visitors to the area. This includes holiday makers and flu friends who collect antivirals from their most convenient antiviral collection point, which may be outside the area they live in.

"For the majority of people swine flu is a mild to moderate illness that can be treated without antiviral medication and instead treated with the usual seasonal flu measures such as taking paracetamol or ibuprofen, resting and drinking plenty of fluids.

"There are some simple steps that everyone can take to help prevent the spread of swine flu. Always use a tissue to catch your sneezes and coughs, throw away used tissues where germs can linger and wash your hands afterwards.

"It's important to maintain good basic hygiene as well, for example washing hands frequently with soap and water will reduce the spread of viruses."

The telephone for the national flu information line is 0800 1513 513. Further information is available on the NHS Choices website [www.nhs.uk](http://www.nhs.uk); local updates can be found on [www.centrallancashire.nhs.uk](http://www.centrallancashire.nhs.uk).

DON'T FORGET – BOOK A FUNDERFINDER SESSION TO LOOK FOR MUCH NEEDED FUNDS FOR YOUR GROUP CONTACT PRESTON CVS ON 01772 251108

# Funding...

## ATTENTION ALL VOLUNTARY SECTOR WORKERS

Have fun developing your skills. Friendly, inexpensive jargon-free books on group work, teamwork, communication, and committee work.

*Working as a team takes a little practice!*

- ⊙ **I never asked for your help** £7.50 - an essential guide to working with people who are forced to receive public services
- ⊙ **Developing teamwork** £8.50 - how to make your team life more satisfying
- ⊙ **Once upon a team exercises** £37.50 - a whole DIY teamwork course (photocopiable)
- ⊙ **So, you're on a committee now** £8.50 - essential committee work skills in light-hearted style
- ⊙ **Communicating with the public** £8.50 - all front line workers should have this
- ⊙ **Once upon a group** £8.50 - our original bestseller for all groups
- ⊙ **Once upon a group exercises** £30.00 - a whole DIY group work course (photocopiable)

For details, ordering and sample pages go to our website at [www.4mpublications.co.uk](http://www.4mpublications.co.uk) or email us on [four.m.publications@btinternet.com](mailto:four.m.publications@btinternet.com) Tel: **01636 812883** (answer-phone messages always picked up).

## HBOS - Community Action Programme replaced

Following the acquisition of HBOS plc by Lloyds TSB plc on 19<sup>th</sup> January 2009, resulting in Lloyds Banking Group, a review of the new group's community investment is in progress.

As one of the changes made as a result of this review, the grant-making activities of the HBOS Foundation will be replaced by the Lloyds TSB Foundations grants programmes. This ensures a simple approach, with one point of contact for charities wishing to make a grant application. Please note that your organisation will need to meet the programme criteria of the relevant Lloyds TSB Foundation.

There are four Lloyds TSB Foundations covering England and Wales, Scotland, Northern Ireland and the Channel Islands.

To apply for a grant, charities should visit the website for the region of the UK in which they are registered, where there are also details of the charities and projects previously supported.

[www.hbosfoundation.org/index-community.htm](http://www.hbosfoundation.org/index-community.htm) or [www.lloydstsbfoundations.org.uk](http://www.lloydstsbfoundations.org.uk)

## WAKEHAM TRUST - SMALL GRANTS

They provide grants to help people rebuild their communities. They are particularly interested in neighbourhood projects, community arts projects, projects involving community service by young people, or projects set up by those who are socially excluded.

They also support innovative projects to promote excellence in teaching (at any level, from primary schools to universities), though they never support individuals.

They aim to refresh the parts that other funding sources can't reach! Especially new ideas and unpopular causes. They don't appeal to the public for funds so they can take risks. They are mostly run by volunteers, so they can afford to make very small grants, without their funds being eaten up by administration costs.

They favour small projects - often, but not always, start-ups. They try to break the vicious circle whereby you have to be established to get funding from major charities.

The Trust does not favour any particular areas of activity. The best way to understand the kinds of projects they support is to look at the 'Who we support' and 'What We've Done' pages on their website.

You can apply for a grant either by writing them a letter or by filling in the online form. If you have a choice, they prefer online applications. Please visit their website for more information. [www.wakehamtrust.org](http://www.wakehamtrust.org)

# Funding...

DON'T FORGET – BOOK A FUNDERFINDER SESSION TO LOOK FOR MUCH NEEDED FUNDS FOR YOUR GROUP. CONTACT PRESTON CVS ON 01772 251108

## INDEPENDENT LIVING FUNDS

Disabled people who are between 16 and 64 years old who are currently receiving the highest rate care component of Disability Living Allowance, or Constant Attendance Allowance, can apply for an award from the Independent Living Funds (ILF). A person must apply before their 65th birthday. The ILF provides regular direct payments to enable a person to employ personal and domestic care assistance. They do not provide emergency loans or payments for equipment, etc.

You can get an application form from the website, call or email the ILF for one, or get one from your local authority's social work department.

The ILF can provide an award of up to £455 per week towards the cost of care that enables the applicant to live at home. Money can be used to pay the wages of privately employed personal assistants or the cost of a care agency.

The ILF cannot help with any items of disability equipment or household adaptations. It cannot be used to pay for care provided by a close relative or partner living in the same household.

Independent Living Funds, PO Box 7525, Nottingham. NG2 4ZT. Tel: **0845 601 8815** Email [funds@ilf.org.uk](mailto:funds@ilf.org.uk) visit [www.ilf.org.uk](http://www.ilf.org.uk)

## CHRONICLE CINDERELLA FUND

Children who are disadvantaged, aged under 18 and live in Lancashire (pre-1974 boundaries, including Manchester and Liverpool) can apply for a grant.

To apply contact the Clerk to the Trustees by telephone to get an application form. Applications should be referred by schools, child guidance clinics or other welfare agencies or voluntary bodies. Applications are considered quarterly, usually in January, April, July and October. No response is made without a stamped addressed envelope.

Grants range from £50 to £300 to enable single-parent families to have a holiday. Grants are given to individual children to allow them to go on group holidays and to children and mothers for family holidays on referral agencies. Clerk to the Trustees, Chronicle Cinderella Fund. Community Futures, 15 Victoria Road, Fulwood. PR2 8PS. Tel: **01772 718 710**. Email [ccl@communityfutures.org.uk](mailto:ccl@communityfutures.org.uk) [www.communityfutures.org.uk](http://www.communityfutures.org.uk)

## BRITISH GAS ENERGY TRUST

Domestic customers of British Gas or Scottish Gas can apply for a grant to the Trust. People who are not account holders but live in a home which is supplied by British Gas or Scottish Gas, for example lodgers who pay gas and electricity as part of their rent, can also apply for a grant.

Application forms can be downloaded from the website or you can call to request one by post. Proof of income and of being a British Gas or Scottish Gas customer must be provided. Successful applicants can reapply after two years. Unsuccessful applicants can reapply after six months.

It can help cover arrears of domestic gas or electricity charges and other domestic bills and costs.

The Trust does not provide loans or give help with bills that have already been paid or items that have already been bought. It cannot help pay off criminal offence fines, over payment of benefits, business debts, catalogue debts, credit cards, personal loans or any other forms of non-secured lending.

British Gas Energy Trust, PO Box 42, Peterborough. PE3 8XH. Tel: **01733 421 060** or visit [www.britishgasenergytrust.org.uk](http://www.britishgasenergytrust.org.uk)

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## Funding...

### CHURCH AND COMMUNITY FUND (CHURCH OF ENGLAND)

Does your parish have a project involving greater outreach into the community for which it is seeking support?

The Fund helps with imaginative and innovative projects of all kinds that bring the community into the church and church into the community.

The maximum grants are £15,000 and applicants are welcome to request any amount within this limit. However, the CCF has limited resources and regrettably they are rarely able to offer the full amount requested and are never able to support all applications, however deserving.

Grants are awarded on a 'one-off' basis or, for revenue projects, the total awarded may be phased over a number of years (usually three). The Fund does support ecumenical projects where the Anglican Church plays a significant role.

CCF Meeting Dates 2009 Quarter 4 - Wednesday 9th December. The Committee will not be able to consider any applications which arrive incomplete or after a deadline. Full guidance notes and application details are on their website below.

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

### ARTHUR RANK CENTRE - COMPUTERS FOR RURAL PEOPLE

Arthur Rank Centre - Computers For Rural People is a collaborative unit supported by the National Churches, the Royal Agricultural Society of England and the Rank Foundation serving the rural community and its churches.

If you live in a rural area, whether on a farm miles from anywhere, or even in a country town, you have to spend time travelling about to get things done or find things out. That is in addition to commuting of course.

Email and Internet provide enormous opportunities when you can't just pop round the corner to the shop or library etc. yet computers are usually expensive, and few people want to buy one "just to see if it might be useful".

So if you think a computer might be useful, but can't afford several hundred pounds just to try, they may be able to help you. At a really low price they can provide a computer of your own, pre-loaded with Microsoft software, and delivered to your door with 3 months warranty, to get you started. *A fully functioning computer costs as little as £99.*

**Community Projects** - If you need more than one computer; E.g. for a Drop-in centre, School etc. the prices are even lower!

How to order

Contact them at: - Computers for Rural People, The Arthur Rank Centre, Stoneleigh Park, Warwickshire. CV8 2LZ.

Tel: 02476 853066

Tel: [info@arthurrankcentre.org.uk](mailto:info@arthurrankcentre.org.uk)

The Arthur Rank Centre has made an arrangement with the global charity Oasis, to supply re-furbished computers.

We ask that you make a voluntary donation of £12 minimum to The Arthur Rank Centre to cover our costs and support our charitable activities.

Website: [www.arthurrankcentre.org.uk/projects/computers\\_for\\_rural\\_people/index.html](http://www.arthurrankcentre.org.uk/projects/computers_for_rural_people/index.html)

## PRESTON COUNCIL FOR VOLUNTARY SERVICE

### TRAINING PROGRAMME 2010

<u><i>GYPSY, ROMA AND TRAVELLER WORKSHOP</i></u>	<u>February 2010</u> <u>9:30am to 4:30pm</u> To be confirmed
<u><i>EQUALITY AND DIVERSITY</i></u>	<u>February 2010</u> <u>9:30am to 4:30pm</u> To be confirmed
<u><i>FIRST AID</i></u>	<u>Thursday 18<sup>th</sup> March 2010</u> <u>10:00am to 4:00pm</u> Facilitated by: Peter Beesley
<u><i>MINUTE TAKING SKILLS</i></u>	<u>Friday 30<sup>th</sup> April 2010</u> <u>10:00am to 4:00pm</u> Facilitated by: Lee Comer
<u><i>CHILD PROTECTION</i></u>	<u>Thursday 20<sup>th</sup> May 2010</u> <u>10:00am to 4:00pm</u> Facilitated by: Paul Sanford
<u><i>FEMALE FIRST AID</i></u>	<u>Thursday 17<sup>th</sup> June 2010</u> <u>10:00am to 4:00pm</u> Facilitated by: Peter Beesley
<u><i>VULNERABLE ADULTS</i></u>	<u>Tuesday 13<sup>th</sup> July 2010</u> <u>9:30am to 4:30pm</u> Facilitated by: Peter Beesley
<u><i>AUDIO/VISUAL PRESENTATION SKILLS</i></u>	<u>Tuesday 14<sup>th</sup> September 2010</u> <u>10:00am to 4:00pm</u> Facilitated by: Peter Beesley
<u><i>MINUTE TAKING SKILLS</i></u>	<u>Friday 15<sup>th</sup> October 2010</u> <u>10:00am to 4:00pm</u> Facilitated by: Lee Comer
<u><i>CHILD PROTECTION</i></u>	<u>Thursday 18<sup>th</sup> November 2010</u> <u>10:00am to 4:00pm</u> Facilitated by: Paul Sanford
<u><i>SEXUAL ORIENTATION</i></u>	<u>December 2010</u> <u>10:00am to 4:00pm</u> To be confirmed

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

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

**News...**

# News...

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

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

**News...**

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 from 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](mailto:pcvs@voluntarysectorpreston.freeserve.co.uk)  
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:

Winter - 4/12/09  
Spring - 2/04/10  
Summer - 2/07/10  
Autumn - 1/10/10

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