

# CVS News

PRESTON  
COUNCIL  
FOR  
VOLUNTARY  
SERVICE



**WINTER 2009/2010**

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

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To all Readers of CVS News  
Season's Greetings  
from the  
Executive Committee  
and the Staff  
of  
Preston Council for Voluntary Service



Welcome to the Winter edition of CVS News which contains lots of up to date information on local and national news, funding, training and volunteering opportunities. I am sure that you will find the content interesting and informative. Whilst we will always research many different sources of information for the Newsletter we are keen to receive input from members and readers. Please note the next copy deadline is 2<sup>nd</sup> April 2010.

## HELP DIRECT

There has recently been a change to the telephone aspect of the Help Direct Service. From 15<sup>th</sup> December 2009 the whole of Lancashire will be using one unique number for Help Direct enquiries instead of our 0303 333 1030, you will be able to reach us on **0303 333 1111**. The new number has the ability to automatically identify which areas a service user is calling from through area codes and geographic locations and direct the user to their local Help Direct Office. The existing 0303 333 1030 telephone number will still be in operation while we are in this transition phase and anyone contacting the service on this number will still receive the same high standard of service.

**THE NEW NUMBER FOR HELP DIRECT IS 0303 333 1111**

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## ENCLOSURES

- ◆ NHS Central Lancashire - Your Guild to Local Health Services
- ◆ NHS Central Lancashire - Your handy guide to winter health
- ◆ NHS Central Lancashire - Posters "Visit Your Pharmacy" and "Feeling Under The Weather"
- ◆ Help Direct Small Sparks Grant Scheme guidelines and application pack
- ◆ Preston Employment Partnership/Preston CVS Leaflet
- ◆ Preston Training Programme 2010
- ◆ NHS Central Lancashire Community Engagement Newsletter
- ◆ North West Voice Workshop - booking form

Continued.....

## FUNDING USER GUIDE

The latest edition of this guide produced by the CVS will be available early in the new year. The guide has been produced to be used as a quick reference for voluntary and community groups in Preston who are looking for funding for new projects or to enable them to maintain the level of their services. This fourth edition has been updated and includes more web-sites.

The guide is divided into three sections: funding specific to Preston, funding available throughout Lancashire and the North West and funding available throughout the UK. It gives information on sources of funding, approximate amounts and what you can get it for, but perhaps most importantly, it gives details about whom to contact to get the most up-to-date information on the funding, and advice on applying for it.

All member organisations of the CVS will automatically receive a copy. Please contact John Freeman on 251108 or email [john.freeman@cvspreston.org](mailto:john.freeman@cvspreston.org) for further information.

## MOVING ON LANCASHIRE

**Moving On** are dedicated to providing practical help and support to adults who have been unemployed and on long term benefits. They provide co-ordinated carer pathways that will prepare people to move on, to take part in education, training, voluntary work or employment.

Moving On is delivered in local community centres where clients feel comfortable and secure, enabling people to make lifestyle changes and improve their well-being by increasing confidence and willingness to participate in activities, focusing on long term lifestyle changes, not quick fixes.

Referral to the service is made through social workers or community mental health teams.

For more information about projects in Preston and Skelmersdale, please contact **Moving On**:-  
Tel: **01695 726644** Mobile: 07879 036196 Email: [info@movingonlancashire.co.uk](mailto:info@movingonlancashire.co.uk)

## Sign Communications North West

### British Sign Language

### Interpretation Service

To book a British Sign Language Interpreter/Note taker/Lop reader or enquire about charges please contact Carol or Emma on:

**Contact No:** 01254 844552  
**Email:** [signcommunications@elds.org.uk](mailto:signcommunications@elds.org.uk)  
**Fax:** 01254 844551

## NHS CENTRAL LANCASHIRE BOARD MEETINGS

First meeting of the new year will be held on:-

**Thursday 28<sup>th</sup> January 2010 - 10am**

**Venue to be confirmed in the New Year**

Call Jill Truby, Secretary to the Board on 01772 644406

Members of the public may attend meetings to observe proceedings. Board Meeting papers are available on the website: [www.centrallancashire.nhs.uk](http://www.centrallancashire.nhs.uk) or by calling **01772 644400**.

**Please confirm meeting arrangements before you travel to the meeting.**

PROVIDE TRAINING?  
LET US KNOW...

# CVS Training...

## PRESTON COUNCIL FOR VOLUNTARY SERVICE

### TRAINING PROGRAMME 2010

<u>FUNDRAISING STRATEGY</u>	<u>Tuesday 9<sup>th</sup> February 2010</u> <u>10:00am to 1:00pm</u>
Facilitated by: Paul Sanford	
<u>FIRST AID</u>	<u>Thursday 18<sup>th</sup> March 2010</u> <u>9:30am to 4:00pm</u>
Facilitated by: Peter Beesley	
<u>DEVELOPING A SAFEGUARDING VULNERABLE ADULTS POLICY</u>	<u>Wednesday 31<sup>st</sup> March 2010</u> <u>1:00pm to 4:00pm</u>
Facilitated by: Paul Sanford	
<u>MINUTE TAKING SKILLS</u>	<u>Friday 30<sup>th</sup> April 2010</u> <u>10:00am to 4:00pm</u>
Facilitated by: Lee Comer	
<u>CHILD PROTECTION</u>	<u>Thursday 20<sup>th</sup> May 2010</u> <u>10:00am to 4:00pm</u>
Facilitated by: Paul Sanford	
<u>FIRST AID - FEMALE ONLY</u>	<u>Thursday 17<sup>th</sup> June 2010</u> <u>9:30am to 4:00pm</u>
Facilitated by: Lollytrad Limited (Female Tutor)	
<u>VULNERABLE ADULTS</u>	<u>Tuesday 13<sup>th</sup> July 2010</u> <u>9:30am to 4:30pm</u>
Facilitated by: Peter Beesley	
<u>EQUALITY AND DIVERSITY TRAINING</u>	<u>Tuesday 24<sup>th</sup> August 2010</u> <u>10:00am to 1:00pm</u>
Facilitated by: Paul Sanford	
<u>AUDIO/VISUAL PRESENTATION SKILLS</u>	<u>Tuesday 14<sup>th</sup> September 2010</u> <u>9:30am to 4:00pm</u>
Facilitated by: Peter Beesley	
<u>MINUTE TAKING SKILLS</u>	<u>Friday 15<sup>th</sup> October 2010</u> <u>10:00am to 4:00pm</u>
Facilitated by: Lee Comer	
<u>CHILD PROTECTION</u>	<u>Thursday 18<sup>th</sup> November 2010</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.

## SWINE FLU

“NHS Central Lancashire and Preston CVS are working in partnership to provide regular information updates on the Swine Flu situation as it develops in West Lancashire alongside the latest advice and guidance available from the NHS. This we hope will ensure that there is clear, factual and up-to-date information available directly to our members from the NHS at a time when there appears to be an increasing amount of conflicting information in circulation. All medical information, advice and guidance are supplied directly from the NHS, without interpretation by the Preston CVS.

It would be really useful if members would comment on enquiries if they find this service useful, together with any other ideas on how vital health information can be cascaded into our community by telephoning our office on 01772 251108.

Joan Burrows  
Chief Officer  
Preston CVS

## **HEARTSTART** British Heart Foundation

**Would you know what to do in the event of a medical emergency? When to call an Ambulance? What to do in the meantime?**

**Come along to a FREE course to find out. Just TWO hours to learn how to save a life. Attend ONE session only at a Central Rossendale Venue on**

**Saturday 9<sup>th</sup> January 2010 or Saturday 6<sup>th</sup> February 2010 or Saturday 6<sup>th</sup> March 2010**

**10am - 12noon**

**All ages can do this course  
You're never too young (or old) to learn  
Places are limited for further information or to reserve yours**

**e mail [rossheartstart@googlemail.com](mailto:rossheartstart@googlemail.com)  
or telephone 01706 878799 or 07786 151 021**

## **BRIDGING THE GAP**

*SUPPORTING & ENABLING PEOPLE WITH HEARING LOSS*

**PRESTON:**

**\*NEW WEEKLY DROP IN HEARING CLINIC AT  
218 TULKETH ROAD, ASHTON, PRESTON, PR1 1ES  
STARTS MONDAY 11<sup>TH</sup> JANUARY 2010  
BETWEEN 10 A.M. TO 12.30 P.M.**

FOR FURTHER INFORMATION ABOUT  
Bridging the Gap project, please telephone  
Vincent Borg, Bridging the Gap Project Worker, Tel 01772 561323.

## MILES OF SMILES

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 and dad or teacher are really proud of them?

The requests for a 'smile' are modest - a new hair style 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.

Do you know of a child who needs a smile? Or would you like to know more about the charity? Please contact Karen Rainford on 07801 446099 or [k.rain@tiscali.co.uk](mailto:k.rain@tiscali.co.uk) or look at the web site [www.milesofsmiles Lancashire.com](http://www.milesofsmiles Lancashire.com).

### LANCASHIRE COUNTY COUNCIL INVITES VOLUNTARY GROUPS TO APPLY FOR GRANTS

Voluntary, community and faith sectors are being invited to bid for grants of up to £15,000 to test out new initiatives to support carers in Lancashire.

To qualify for a grant, organisations that work with local carers will have to:

- ① have a constitution, set of rules, or articles of association in place
- ② have a group bank account (all payments are made by electronic transfer)
- ③ be 'not for profit'.

Decisions on applications will be made by a representative group of the Lancashire Multi-Agency Carers Strategy Group.

As well as having a constitution, bank account and being a 'not for profit' organisation, groups will have to demonstrate that their proposed activity or project will have long-lasting and direct benefits, for carers in the district or districts in which they are applying.

To find out about how to apply for a grant, and for more information on the criteria, groups can contact Joanne Miller from Lancashire County Council's Carers' Team either by:

**Tel: 07775 221258 or by**

**Email: [Joanne.miller@lancashire.gov.uk](mailto:Joanne.miller@lancashire.gov.uk)**

Completed application forms should be returned to:

**The Carers' Team**

**Room 226, East Cliff County Offices  
Preston PR1 3EA**

The deadline for applications is:  
**Sunday 28th February 2010**

## **CITIZENZONE HELP US TO HELP YOU - FOR FREE!**

Are you a Community group, Voluntary Sector Agency or Charity working within the Preston area?

Do you want to let everyone know who you are and what you do?

Did you know that the CitizenZone is celebrating a year in service to the people of Preston, and has been successfully used for a wide variety of community projects, and by a wide range of groups already (see overleaf)?

And did you know this vehicle, with state of the art equipment, is **FREE** to use for Community groups, Voluntary sector agencies and Charities?

So, if you want to promote your group, make people aware of what you do, or just simply get a message across - help us to help you!

Contact us to find out more or discuss any ideas that you may have

**Contact :** Stephen Bennett, Citizenzone Co-ordinator,  
Tel: 07764 366 196  
e-mail: [s.bennett@preston.gov.uk](mailto:s.bennett@preston.gov.uk)

### **What facilities does CitizenZone offer?**

#### **Facilities include:**

- Six desktop computers with high-speed wireless internet access
- Six laptop computers which can also be connected to the wireless network
- Plasma screen with DVD/CD presentation equipment
- Air conditioning and heating
- A meeting area with a table and chairs
- Seating capacity for up to 12 people
- Standing capacity for up to 22 people
- Chair lift providing access for disabled people
- Scrolling LED message display units
- Advertisement A-board

### **Examples of groups, organisations, charities and departments that have used the CitizenZone:**

- Addaction (Preston)
- Age Concern / Help the Aged - (older persons day)
- Alzheimer's society
- BlueHealthcare - Men's Health checks
- Central Lancs Primary Care Trust - Well Working, Stop Smoking etc
- Drugline Lancashire
- Friends of Haslam Park
- Help Direct - Launch
- HMRC - Tax Credits
- Planning dept. (Winckley Square, Flag Market & Tithebarn consultations)
- PCT - Flu Immunisation
- Preston DISC / Preston Carers
- RNID - Typetalk Deaf Awareness
- UCLAN
- U3A - University of the 3<sup>rd</sup> Age

### **LAMPLIGHT VERSION 3 HAS JUST BEEN LAUNCHED!!**

... “Lamplight has transformed the ease and accuracy with which we can track the progression of young people...”

Francis Cooper, City YMCA, London

Transform your day and spend more time with the people who are important to you with the new and improved web-based case management and monitoring database system from Lamplight.

The system has been designed specifically for the community and voluntary sector. It is fully customisable so it can be tailored to meet your unique monitoring and reporting needs. The system provides you with the functions you need to manage your cases, monitoring, and administrative tasks. You can also add evaluations, communications and/or staff management modules if you need them to make your system work even harder for you. Best of all Lamplight costs **from just £15 per month!**

If you want to find out more visit our website at [www.lamplightdb.co.uk](http://www.lamplightdb.co.uk) or call us on 020 7558 8793.

### **SUZY LAMPLUGH TRUST - [www.suzylamplugh.org](http://www.suzylamplugh.org)**

The Suzy Lamplugh Trust is the only UK charity entirely devoted to providing everyone in society with the practical support and the personal safety guidance they need to reduce their fear of crime and develop skills and strategies for avoiding violence and aggression.

Their website features nationally recognised experts in their field of personal safety, lots of good resources and ideas for lone workers etc.

### **INVOLVING VOLUNTEERS - THE BENEFITS OF BEING INCLUSIVE**

**Inclusive volunteering is easy to achieve if everyone in your organisation is committed to inclusion.**

Inclusive volunteering is part of the wider issue of equal opportunities and diversity within an organisation. Ideally, organisations should approach inclusive volunteering as part of an organisation-wide diversity strategy. The traditional pool of volunteers is likely to change as the age demographic changes.

You can look at it in two ways:- either there will be a higher number of older people looking to fill their time, or (if the pensions crisis continues) there will be fewer people retiring earlier and therefore fewer people with time to volunteer.

By ensuring that your project is inclusive, you are automatically increasing your pool of potential volunteers. A more diverse group of volunteers will:

- ☆ Offer a wide range of skills, experiences and perspectives.
- ☆ Increase the sustainability of your project.
- ☆ Reflect your community and provide more opportunity to build partnerships within it.
- ☆ Broaden your client groups' understanding of diversity issues.
- ☆ Bring new ideas and a 'breath of fresh air' to your organisation.

***(This article has been taken from the “Time to get Equal” toolkit by SCOPE)***

The Volunteer Service at Preston CVS has been contacted by over 750 prospective volunteers this year.

Make sure your opportunities are listed with, and regularly updated, with John Freeman and his team, by telephoning him on 01772 251108 or, if you prefer, you can e-mail him at:

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

## ASYLUM SEEKERS AND VOLUNTEERS

**This article is intended to help organisations to involve refugees and asylum seeker volunteers. Many refugees and asylum seekers are keen to volunteer and highly motivated to get involved in a good volunteering opportunity. Some want to gain experience of working in the UK so they can get a job, others want to improve their English, and many want to do something useful with their time by using the skills they have to help people.**

In general the people wanting to volunteer have had a high skill level and work experience in their home country. However, there are a number of barriers that prevent these skilled people from working and so they are keen to use their skills to volunteer and get experience in the UK. Many people speak more than one language and might be able to provide help interpreting.

### **Legal Position: Asylum Seekers and Refugees can volunteer.**

The Home Office clarified the fact that asylum seekers can volunteer. There are no restrictions on the number of hours an asylum seeker can volunteer, whereas a refugee who is on normal state benefits is under the same restrictions as a British citizen. People on benefits can volunteer and there are no restrictions on the number of hours that people volunteer but they must be available for and actively seeking paid work.

There is often confusion as to whether asylum seekers can volunteer because they will receive papers informing them that: 'You must not enter paid or unpaid employment' and therefore the restriction does not apply to asylum seeker volunteers.

The key statements from the Home Officer letter are: "We are keen to see asylum seekers and recognised refugees take an active interest in the welfare of their own communities and the local community be undertaking voluntary activity while they are in the UK. But it must be borne in mind that, in the case of asylum seekers, they may not be given the right to remain here. They should therefore not be led to believe that voluntary activity is regarded as a step towards refugee status being granted".

The following guidance may be of help when organisations consider offers of voluntary activity from asylum seekers.

- Care should be taken to ensure that the activity being undertaken by an asylum seeker is genuinely voluntary and amounts neither to employment nor to job substitution.
- We would not expect asylum seekers to be out of pocket as a result of volunteering. Reimbursement should be made for meal or travel costs actually incurred, not as a flat-rate allowance.

### **CRB Checks**

Asylum seekers and Refugees can get CRB checks. See below for more information or go to: <http://www.vas.org.uk/volunteer-centre/refugee-asylum-project>

Difficulties that asylum seekers and refugees face getting CRB checks.

Asylum seekers have to hand over their identity documents to the Home Office when they apply for asylum and are given an ID card in return. This means that they do not have a passport and it can be difficult for asylum seekers to get enough documents to satisfy the CRB.

## **How to do CRB checks for asylum seekers without the above documents?**

There is a way of processing CRB checks for people without sufficient documents and so asylum seekers and refugees will be able to apply for volunteering roles that have often been unavailable to them. The CRB have approved a pro-forma letter that can be used with any volunteer who does not have a passport or the required documents. Unfortunately the process requires volunteers to go to the police station to get their fingerprints taken. It does mean that a CRB check is possible although it will take longer than a normal CRB check to process. Contact Kate Lee at the Volunteer Centre ([kate.lee@volcentre.bwdcvs.org.uk](mailto:kate.lee@volcentre.bwdcvs.org.uk))

for;

- a list of documents that asylum seekers and refugees may have and that the CRB will accept.
- a copy of an approved pro forma letter
- an approved example letter of a person that does not have full addresses for the last 5 years.
- a more detailed good practice advice paper on involving asylum seekers and refugees as volunteers.

## **Do you need to CRB check your volunteers?**

Not all organisations will need to screen volunteers.

The need to screen will depend entirely on what the volunteer is doing and the client group that they are working with. Except for organisations who fall under the remit of the National Care Standards Act, the only legal obligation that organisations have to screen their volunteers is the 'duty of care' that they have towards the people they work with. Duty of care requires that you do everything 'reasonable' within your power to protect others from harm.

Organisations need to look carefully at their client group and volunteer roles to decide whether screening is necessary, and a risk assessment needs to be done to decide whether clients are at risk if volunteers are not screened.

Under the Rehabilitation of Offenders Act, ex-offenders normally have the right not to reveal spent (old) convictions. However, where work involves contact with 'vulnerable' people, organisations can require applicants to declare spent convictions too.

How to avoid the CRB becoming a barrier to volunteers.

CRB checks can take over 2 months to process and are likely to take longer if it is necessary to go through the 'finger print request' system. This time delay between applying to volunteer and actually being able to start is a significant barrier for many people and sometimes leads to organisations losing volunteers. Where volunteer roles require unsupervised work with children or vulnerable adults, there is nothing that can be done to avoid this problem.

However, it is often possible to be flexible and develop ways for volunteers to start doing something before the CRB check is processed. Here are some examples from organisations we have worked with:

- Allow the volunteer to start volunteering where they will be closely supervised by a paid member of staff.
- Wait for references to be returned and then allow the volunteer to start.
- Allow the volunteer to do tasks that don't involve working with vulnerable people, for example; office tasks until the CRB check arrives.

If it is possible to do this it will remove a barrier to volunteering and enable people to start volunteering with you quickly.

For further information about the CRB contact: 0870 90 90 811 or [www.crb.gov.uk](http://www.crb.gov.uk).

## Grassroots Grants for Preston

### Grassroots Grants....

Are you a small group or organisation working in the community, and looking for funding for your project? Grassroots Grants could be just what you need!

To be eligible your group must be

- Non profit making
- Third Sector Voluntary or Community Group
- Living and operating in Lancashire for at least twelve months

### Who is eligible to apply?

- Your group must have a total annual income of less than £30,000
- Groups must be volunteer led, clearly connected with, and meeting the needs of the local community
- Your Group must be governed by a document that includes the groups name, purpose, objectives, dissolution clause and details of trustees and committee members.

For further details and application assistance contact John Freeman or Joan Burrows at Preston CVS Telephone 01772 251108

### Grassroots Grants....

Groups may apply for grants of £250-£5,000. One or more applications may be submitted, however the maximum grant funding permitted per group is £5,000 over the life of the programme.

All funding must be spent by 31st March 2011.

## Help Direct Small Sparks

Small Sparks is a small amount of funding which can be used to kick start, inject life or enhance community based services or activity which can show a clear positive difference to adults within their community.

It is a local fund offered by Help Direct and funded by Lancashire County Council.

Help Direct is an information, signposting, access to advice and referral service open to all adults in Lancashire to help them stay independent and improve their wellbeing.

Small Sparks will provide funding from £50 to £500 for activities and services that will support local people and communities.

There is a straight forward application process handled by Preston CVS.

For more information or for an application pack contact Joan Burrows or John Freeman on 01772 251108.

## LANCASHIRE COUNTY COUNCIL GRANTS UP FOR GRABS

Lancashire County Council is providing more than £200,000 to fund community activities across the county.

The authority is opening up its latest round of bids for Local Gateway Grants on Monday 23 November and local community and voluntary groups are being encouraged to apply for funding.

Amounts typically handed out range from £1,000 to £5,000 although there is a lower limit of £1,000 and no upper limit.

In the past, Local Gateway Grants have been used to fund everything from a multi-racial playbus scheme in Burnley, to a junior football club in Skelmersdale.

Local Gateway Grants are provided by the county council through the county's 12 Lancashire Local committees.

County Councillor Albert Atkinson, deputy leader, said: "Local Gateway Grants are a superb way to fund your voluntary or community project.

"The scheme's been going for 3 years (please add) and dozens of groups have funded activities from multi racial groups through to youth activities.

"The great thing about gateway grants is that they have to fit in with priorities identified by the county council and its partners so they will really benefit residents in each area.

"Community groups interested in applying for a Local Gateway Grant have until 12 February to apply and we're expecting a lot of interest, so don't miss out - make sure you apply today."

To apply for a Local Gateway Grant, call Janet Walker on 01772 530818 or email [janetwalker@lancashire.gov.uk](mailto:janetwalker@lancashire.gov.uk).

## BLUESTREAK ARTS LIMITED

As part of Bluestreak Arts' Chrysalis Project we have over 70 hours of arts workshops for older adults (55+) groups. These workshops include plaster, clay, mosaic and pottery decoration and can be delivered at the group's venues. We are seeking groups of older adults who meet already and who may be interested in receiving these free workshops. We are also looking at possibly constructing groups should there be lone people not currently accessing a regular group and for this we are looking for supported venues from partners.

If you feel you may be able to help us access any of these then please feel free to email Graham Easterlow, Creative Director, Bluestreak Arts back as soon as you can on [www.bluestreakarts.net](http://www.bluestreakarts.net) and to pass this email on!! or contact Graham on 01772 655455. Thanks!

## COMMUNITY FOUNDATION NETWORK - COMIC RELIEF

Community Foundation Network have been invited by Comic Relief to distribute some of the funds raised through Red Nose Day and Sport Relief through our network of local community foundations. Community foundations across the UK are inviting applications for grants up to £10,000 from a fund of over £5 million that they are distributing on behalf of Comic Relief, using money raised from Red Nose Day and Sport Relief - up to 31 March 2011.

Comic Relief grants of up to £10,000 support community groups who are using a range of activities, including sport, to:

- Increase access to sport and exercise for people who face social exclusion and isolation;
- Help people who are experiencing difficulties in their lives to regain their confidence and self esteem;
- Build skills of local people;
- Increase community cohesion;
- Respond to local economic needs

Groups need to:

- Be working in a disadvantaged or deprived area
- Be small, locally based groups or organisations who have a clear understanding of the needs of their community
- Have limited access to other sources of income

The kinds of groups that can apply are:

- Community groups
- Resident associations
- Community centres
- Social enterprises / Community Interest Companies
- Credit Unions

They will not give grants to:

- Individuals
- Statutory organisations, including schools
- Fund trips abroad
- Fund buses, mini buses or other community transport schemes (other than transport costs forming part of a project)
- Fund building costs, including access adaptations to buildings.

A list of participating Community Foundations is on website below. For more information please contact your local Community Foundation. Details of all local Community Foundations which can be found on Website: [http://www.communityfoundations.org.uk/finding.uk.community\\_foundations](http://www.communityfoundations.org.uk/finding.uk.community_foundations)

If you have problems contacting them contact Rebecca Wood at Community Foundation Network. Telephone 020 7713 9326 Email: [office@communityfoundations.org.uk](mailto:office@communityfoundations.org.uk)  
Website: [http://www.communityfoundations.org.uk/looking\\_for\\_a\\_grant\\_/comicroelief/](http://www.communityfoundations.org.uk/looking_for_a_grant_/comicroelief/)

## CASH 4 CLUBS

Cash 4 Clubs is a sports grants scheme which provides funding to support grassroots UK sports clubs. Cash 4 Clubs give clubs a chance to win grants ranging from £250 to £1,000, whether it be to improve facilities, purchase a new equipment, gain coaching qualifications, or generally invest in the sustainability of their club.

The Cash 4 Clubs scheme is funded by Betfair and is supported by SportsAid. Betfair and SportsAid have worked in partnership for a number of years and both organisations understand the importance of community sport in promoting an active lifestyle and stimulating local pride.

Betfair's vision is to be a champion of regional and community sport, with Cash 4 Clubs fitting in as part of its much broader community investment programme. Betfair is committed to giving money to charities and supporting sports developing both in this country and overseas. Clubs can apply for a Cash 4 Clubs Sports Grant by filling out the online application form at any time, available at website below.

There are 3 tiers of grants at £250, £500 and £1,000 which are awarded on a discretionary basis. Any sports club can apply as long as they are registered with their sport's National Governing Body or local authority. Funding can be requested for anything that will add to the sustainability and effectiveness of the sports club.

Grants are awarded on a quarterly basis after selection by our committee. The judges include representatives from Betfair, SportsAid, and other independent and sports committee members.

Application forms are available on their website.

Contact Email: [cash4clubs@betfair.com](mailto:cash4clubs@betfair.com) Website: <http://www.cash4clubs.com>

## 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 £680,000 worth of grants around the UK and focus on innovative, original projects that are based around heart health.

Grants of up to £10,000 are available to community groups and voluntary organisations who are spreading the healthy heart message.

Government or local authority funded institutions are not supported, however, community and voluntary groups aided by public money may apply.

***Applications are only accepted during January and February*** for the May round of grants ***and July and August*** for grants awarded in November, **each year.**

Contact the lifestyle team on **0113 297 6206** or visit their website for more information at [www.heartresearch.org.uk/healthy\\_heart\\_grants.htm](http://www.heartresearch.org.uk/healthy_heart_grants.htm) or email [lifestyle@heartresearch.org.uk](mailto:lifestyle@heartresearch.org.uk)

## NOEL BUXTON TRUST

The Noel Buxton Trust makes grants to charities active in the following three spheres of activity:

- The welfare of children in disadvantaged families and children in care. This will normally cover families with children of primary school age and younger, although work with children in care will be considered up to the age at which they leave care.
- Penal reform, the welfare of prisoners and their families, rehabilitation of prisoners and work with young people at risk of offending.

The Trust welcomes applications from registered charities. Exceptionally the Trust will consider appeals from charitable organisations that are not or not yet registered (but see exclusions list on websites below).

The Trust is a small one and seldom makes grants of more than £4,000, often considerably less.

Apply by letter, setting out the reasons why a grant is being requested. Applications should include the applicants' charity registration number and the name of the organisation to which cheques should be made payable if different from that at the head of the appeal letter.

Please include with your application: Budget for current and following year; Details of funding already received, promised or applied for from other sources; Latest annual report / accounts in the shortest available form.

Contact The Secretary, The Noel Buxton Trust, P O Box 393, Farnham Surrey GU9 8WZ

Website: <http://www.noelbuxtontrust.org.uk>

## THE YAP CHARITABLE TRUST

The Yapp Charitable Trust makes grants to small registered charities to sustain their existing work with:

- elderly people
- children and young people aged 5 - 25
- people with disabilities or mental health problems
- people trying to overcome life-limiting problems of a social, rather than medical, origin - such as addiction, relationship difficulties, abuse, or a history of offending

They also make grants to sustain small registered charities' existing work in the fields of education and learning (with a particular interest in people who are educationally disadvantaged, whether adults or children).

They are not able to fund work which does not come into one of the above categories.

They give grants for running costs and salaries for up to three years. Grants are normally for a maximum of £3,000 per year.

Most of their grants are for more than one year because they give priority to ongoing needs.

Like most other funders they have many more applications than they can fund. They find they are able to give a grant to only about 1 in 8 of the applications they receive. This year they expect to give £300,000 in about 50 grants.

Please use their eligibility checker online before applying. Further help and their application form is on Website: <http://www.yappcharitabletrust.org.uk>. And if you are not sure whether to apply to the Yap Charitable Trust or you are having trouble with part of the application form please contact the Administrator, Margaret Thompson, who will be happy to advise. Email: [info@yappcharitabletrust.org.uk](mailto:info@yappcharitabletrust.org.uk). Tel: 01484 683403.

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

## Funding...

### **BARING STRENGTHENING THE VOLUNTARY SECTOR – INDEPENDENCE PROGRAMME 2009 AND 2010**

The Foundation did not invite applications to the STVS - independence programme in 2009. They anticipate inviting applications for what will be the last year of the STVS - independence programme in 2010. More details will be posted on their web-site at the beginning of 2010.

The Baring Foundation, 60 London Wall, London EC2M 5TQ Tel: 020 7767 1348 Fax: 020 7767 7121

Email: [baring.foundation@uk.ing.com](mailto:baring.foundation@uk.ing.com) Website: <http://www.baringfoundation.org.uk>

### **THEBIGGIVE.ORG.UK**

The Big Give website is designed to help donors of all sizes find and support charitable causes in their field of interest. The Big Give is free to all users, and any registered UK charity may register and post their projects on the site. Most recently, The Big Give launched an online donation service, through which charities can receive online donations without paying monthly fees or set up costs.

Website: <http://www.thebiggive.org.uk>

### **ENERGY SAVING TRUST**

The Energy Saving Trust runs the Café (Community action for Energy) programme. CAfE is a network of people who share a common interest in community energy projects and ideas. Membership of the network is free and by joining you can keep up to date with news on community-based energy initiatives, as well as hearing about funding opportunities, training sessions and other news from the network.

To access the café funding database please see the Website: <http://www.energysavingtrust.org.uk/cafe/Community-Action-for-Energy/Funding-Advice>

### **SPORT ENGLAND - NEW PROGRAMME FOR RURAL COMMUNITIES**

Sport England today unveiled a £10 million the first in a series of themed funding rounds and it will open for business on 1 April 2009. The minimum grant available will be £10,000, but in order to maximise the positive effect on sport in rural areas, Sport England is explicitly encouraging high value, high impact projects.

A detailed application prospectus for the Rural Communities Themed Round is available on Sport England's website. Sport England Website: <http://www.sportengland.org>

### **BIG - REACHING COMMUNITIES**

Reaching Communities funds projects that help people and communities who are most in need, and can really make a difference.

They want to encourage the following changes to communities: people having better chances in life, including being able to get better access to training and development to improve their life skills; strong communities, with more active citizens, working together to tackle their problems; improved rural and urban environments, which communities are better able to access and enjoy; healthier and more active people and communities.

You should note the high levels of interest in this programme and consider whether your project would be better suited to another Big Lottery Fund programme. Website: [http://www.biglotteryfund.org.uk/prog\\_reaching\\_communities](http://www.biglotteryfund.org.uk/prog_reaching_communities)

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 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](mailto: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:

**Spring - 2/04/10**  
**Summer - 2/07/10**  
**Autumn - 1/10/10**  
**Winter - 17/12/10**

The views expressed in this newsletter should not be taken as those of the Preston CVS or the NACVS. 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



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# Funding...

## **MissionFish - eBay for Charity**

MissionFish aims to help charities get the most out of online commerce. They want to make it possible for any charity to benefit from any gift from any donor.

To achieve that vision they're trying to make it easier to give as a part of daily life online, and working to change the way people think about philanthropy.

In all their work, they aim to be:

- Trusted by our partners and users,
- Responsive with excellent customer service,
- Ambitious on behalf of the charities they help, and
- Cutting edge, helping charities to embrace new technology.

- An individual supported by a UK charity

If any doubt about your eligibility or project, please contact the Foundation Administrator for advice.

It is strongly recommended that you read the notes to help you complete the application form.

Stephen D Cox, Foundation Administrator, Peter Cruddas Foundation, 66 Prescott Street, London E1 8HG Tel: 0203 003 8360 Fax: 0203 003 8580 Email: [s.cox@pcfoundation.org.uk](mailto:s.cox@pcfoundation.org.uk). Download Guidelines and Application form from Website: <http://www.thepetercruddasfoundation.org>

# CHRISTMAS - A BRIEF and why we send cards ... fascinating

## *Father Christmas*

RED robes, white beard, waist-slapping jollity and booming ho-ho-hos. He's been around for ever, hasn't he?

Well, actually only since 1935, when Haddon Sundblom, a Madison Avenue advertising man, created Santa Claus for a Coca-Cola campaign.

In previous lives he was thinner and paler, a character based on a 4th Century Asian bishop called Nicholas, who became the patron saint of children in most of Europe.

It was in Holland, where they called him Sinterklaas, that he earned his reputation for giving stuff away. A small pair of wooden shoes would be left by the fireplace and he would fill them with sweets. No question of trying to fit in a fashionable bodkin, let alone a Nintendo Wii.

Different countries still have their own variations on the theme, but that fat bloke in a red suit has pushed them all to the cultural margins.

What about Rudolph the red-nosed reindeer? Debt-ridden shopworker Robert Mays invented him in 1947 as the hero of a bestselling book that made him a fortune. The song, written by an adman and a professional composer, came two years later. Who says Christmas isn't magical?

## *Mince pies*

STRICTLY speaking, it's illegal to eat them on December 25, so watch out.

Feasting at Christmas was banned by Oliver Cromwell in 1647 as "lewd behaviour" and that particular law has never been repealed.

Mincemeat at first meant what it said. There were bits of shredded meat among the dried fruits and spices.

The first recipes were probably brought back from the Middle East by the Crusaders.

But it was the Victorians who realised the connection might taste better with the meaty bits left out.

## *Tinsel*

THE first mass-produced Christmas decoration, it was made in Europe in the 1600s from sheets of silver alloy hammered until they were paper-thin and cut into strips.

The idea was to reflect the light from candles and fireplaces. Problem - after a few Christmases, the silver turned black. A cheaper, throwaway tinsel made from aluminium-based paper swept the festive market in the 1950s. Problem - it went up like a flash when it caught fire.

Now we have a modern tinsel made from PVC that won't discolour and won't burn. Problem - it's toxic and can't be recycled. Over to you, Greenpeace.

## *Crackers*

THE mastermind behind the Christmas cracker was a London sweetshop owner called Tom Smith. In 1847, after spotting French bonbons wrapped in paper with a twist at each end, he started selling similar sweets with a "love motto" inside.

They were so popular as a Christmas novelty that Tom made them bigger and included a trinket. But the real flash of inspiration came when he poked the fire and a log exploded with a sharp CRACK! That gave him the idea for a package that went off with a bang.

He launched his "Bangs of Expectation" with top-of-the-range gifts such as jewellery, ivory carvings, perfume and miniature dolls. By 1900 he was selling 13 million a year.

But we can't blame Tom for the corny jokes and paper hats. They came later.



# HISTORY - who invented Santa

## facts behind festive traditions

### *The tree*

SO who DID suggest cutting down a huge piece of shrubbery, dragging it into the house, covering it with lights, then sticking a model fairy on top? Then leaving it there until it drops needles all over the floor.

Blame a German. The Romans had hung up the odd bit of green branch, but it was evangelist Martin Luther from Saxony who first decorated a whole fir tree.

That was in 1510. The idea finally spread to Britain during Queen Victoria's reign when her German-born husband Prince Albert had one sent over to remind him of his own childhood Christmases.

A drawing of the Royals and the children standing around their perfect tree appeared in the Illustrated London News in 1846 - and next year there was a rush to copy them.

Artificial trees were invented in the 1930s, by the Addis Company, who turned them out using spare machines in their, er, toilet-brush factory.

### *Cards*

NOT surprisingly, the custom of sending Christmas cards didn't start until there was a postal service to deliver them.

The first were sent in 1843 by Sir Henry Cole, boss of the Victoria and Albert Museum. He was far too busy to write letters so had an artist design 1,000 cards, illustrated with a festive family scene on the front and printed with the greeting, "A Merry Christmas and a Happy New Year to You".

Horrified at being caught out, all his friends sent him one back the next year.

In 1880 cards had become so popular that the public were warned for the first time to post early for Christmas. A few of them might still be at the bottom of a mailsack somewhere...

### *The pudding*

A CLOSE relative of the mince pie. And just as challenging to the waistline.

It first appeared on the table in the 14th Century when it was more like a porridge made of beef and mutton, with currants, prunes, raisins and spices stirred in, plus a liberal lashing of wine, thickened with breadcrumbs and egg.

In the 1700s, minus the meat, it became a fruity end to the Christmas meal. And in the 1830s Eliza Acton - the Delia of her day - included a Christmas pudding recipe in her cookbook.

For a humble pud, it's shrouded in superstition. You're supposed to stir it in an east to west direction, representing the journey of the Three Wise Men.

A silver coin hidden inside brings good luck to whoever finds it. Unless, of course, he swallows it.

### *Turkey*

GOOSE was the popular choice for Christmas dinners for generations. Middle-class families with lots of relatives might go for a boar's head, while the seriously rich showed off with a swan.

The turkey didn't arrive until the 1600s, when merchants brought it back from America and marketed it as an exciting new festive taste - if you stuffed it with sage and onions and laced it with cranberries, that is. And ignored its natural dryness.

It really took off with the Victorians after Charles Dickens had Scrooge ordering a turkey in A Christmas Carol.

Nowadays a turkey isn't just for Christmas. It's for sandwiches well past Twelfth Night. Followed by curries if you're not careful.

### *Mistletoe*

KISSING under the mistletoe really took off a couple of centuries ago, but the plant's racy reputation dates back much further than that.

In 300BC, the ancient Druids cut sprigs of the climber from the trunks of oak trees with a golden knife. They believed it had sexual powers and, boiled with the blood of a pair of sacrificial white bulls, that there wasn't a finer aphrodisiac.

Its reputation lived on. By the 18th Century mistletoe balls, trimmed with ribbons, hung in the best hallways, where demure young ladies could start waiting underneath, lips puckered.

The magic wears off, though. After each kiss, the gentleman should pull off a berry until there are none left, after which the rest of it should be ceremonially burned, otherwise it's 12 months of bad luck and celibacy.



Central Lancashire

## **The Friends of Dorothy** **Senior Lesbian Gay Bisexual & Transgender Befriending and Support Service**

**Helping to make a difference to the lives and well being of senior members of the Lesbian, Gay, Bisexual and Transgender Community**

**The aims of the service are:**

- **To provide a befriending service for senior members of the lesbian, gay, bisexual and transgender community to enable continued enjoyment of interests and hobbies**
- **To encourage and maintain independence**
- **To provide emotional support and companionship, building trust and relationships**
- **To reduce social isolation and retain links with the local community**
- **To provide information and guidance to both service users and carers**

**Who can receive this service?**

**Senior members of the lesbian, gay, bisexual and transgender community who feel they would benefit from a befriending / support service sensitive to their specific needs and social expectations.**

**Who will provide help and support:**

**The Friends of Dorothy at Age Concern Preston & South Ribble has trained support staff who understand many of the specific needs of senior members of the lesbian, gay, bisexual and transgender community.**

**They are complimented by a team of volunteers with specific skills and experience to allow them to spend quality time with each person on a regular basis.**

**How much does the service cost?**

**The service is provided free of charge.**

**How long is the service provided for?**

**The service is available for as long as the individual wishes to take advantage of it.**

**What happens next?**

**After contacting the service, the person will be visited by a member of the Friends of Dorothy Team to discuss how the service can meet their individual needs.**

## **TIMEBANK**

TimeBank is the UK's national volunteering charity raising awareness of volunteering and inspiring people to give their time to make a difference in their local communities. [www.timebank.org.uk](http://www.timebank.org.uk). We do that by matching people that register with us by postcode to their local Time Partner. Time Partners are part of a national network of over 400 organisations, primarily Volunteer Centres, who advise and place these potential volunteers. Since 2000 TimeBank has attracted almost 300,000 people into the world of volunteering.

### **The way it works:**

Once someone registers an interest in volunteering through our website or by calling our helpline they are given the contact details for their local Time Partner. At the same time the local Time Partner is also sent the details of the potential volunteer, or TimeGiver, so that they can get in touch and match the individual with a volunteering opportunity that suits their needs and the needs of the local community. The matching system is all done by postcode allocation.

As well as sending the contact details of the local Time Partner to the Time Giver, we also send them a welcome letter and a Time Guide booklet which is full of hints and tips about volunteering. We also keep in touch with the Time Givers through regular emails and newsletters and encourage them to let us know how their volunteering experience is going.

### **We need your help!**

Recently we found that we do not have any time partner in your area. And there are some volunteers registering with us from **PR2** and **PR2** postcodes. This has highlighted a gap in our Time Partner network and we found you via Do-It web site search box. Now, we would like to invite you to be our local Time Partner in your area. If you are interested we can add you to our database along with all of the postcodes which you cover.

If you would like to email or call to discuss please get in contact.

Shukhratjon Rizaev, TimePartner support, [www.timebank.org.uk](http://www.timebank.org.uk), tel: 020 7785 6365