


CVS News



PRESTON
COUNCIL
FOR
VOLUNTARY
SERVICE

SPRING 2010

WORKING WITH YOU FOR YOU!

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

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

CVS ANNUAL GENERAL MEETING

The 76th Anniversary AGM will be held on Tuesday 8th June in Committee Room A/B, Preston Town Hall commencing at 2pm. The Trustees and Staff of CVS will be pleased to welcome representatives of membership organisations and representatives from agencies we work alongside to this meeting. Please contact the office if you wish to attend so we can cater for numbers.

VOLUNTEERS' WEEK

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

Visit www.volunteersweek.org.uk for a range of tools and resources to help you celebrate Volunteers' Week and the contribution that your volunteers have made. We invite you to join in Preston CVS's celebration event which will take place after our AGM on 8th June. See page 2.

DIRECTORY OF LOCAL VOLUNTARY AND COMMUNITY GROUPS WORKING IN PRESTON

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

FUNDING USER GUIDE

The 2010 edition is now available. A complimentary copy is enclosed with this Newsletter.

THIRD SECTOR LANCASHIRE WELCOMES A NEW CHAIR

The Reverend Canon Michael Wedgeworth has agreed to take up the challenge of leading the consortium into the next phase of its development. Canon Wedgeworth said he is looking forward to building upon the good work that Sir Bill Taylor has done in forming the foundation of the consortium. Michael is known to many through his sterling work at Blackburn Cathedral and in the Further Education sector. He has a great deal of hands-on experience of building trust and strategic collaboration as evidenced by his previously having been the Chair of Blackburn College and

CONTENTS

	Page/s
CVS News	1 - 2
Profiles	3 - 7
Training	8
Funding	9 - 11
Your CVS	12

ENCLOSURES

- ◆ Help Direct - Small Sparks Application Pack
- ◆ Preston CVS - Details of First Aid training
- ◆ North West Tenants and Residents Assembly
- ◆ North West Community Activists Network
- ◆ Safeguarding Adults leaflets
- ◆ Funding User Guide
- ◆ Preston CVS AGM invitation and nomination pack

Continued.....

Leader of Hyndburn Council. Fundamental to the continued development of TSL, Pam Smith joins the team as the first full time member of staff. Pam holds the reins of TSL and brings a wealth of experience and enthusiasm to the fold having joined TSL from the Charity Commission. Prior to that she was head of the Advice Service at Liverpool University Guild. Pam can be contacted on 01254 584000. Third Sector Lancashire exists to represent the Voluntary Community & Faith sectors in Lancashire, Blackburn with Darwen & Blackpool.

RESOURCES

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

Finally, articles for this Newsletter are welcomed, please note the next copy deadline is 2nd July 2010.

Joan Burrows
Chief Officer

CELEBRATING VOLUNTEERS DAY

Preston Council for Voluntary Service

Your invitation to

'Celebrating Volunteers Event'

to take place after the CVS AGM, 2pm at Preston Town Hall
Tuesday 8th June followed by buffet refreshments

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

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

In Preston this year, we are holding a celebratory event on the 8th June to say thank you to all of our volunteers locally. It's open to all organisations who work with volunteers to come along, with as many of their volunteers as can make it.

So, if your organisation works with volunteers then come and join the celebrations! Bookings can be made by contacting John Freeman for a registration form at Preston CVS, Units 23/27, Guild Hall Arcade, Lancaster Road, Preston PR1 1HR or tel: 01772 251108, fax: 01772 251170, or email pcvs@voluntarysectorpreston.freeserve.co.uk

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

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

Now in its 26th year, Volunteers' Week is the major event in the UK's volunteering calendar that provides a high-profile platform for volunteer-involving groups to recognise the UK's 22 million volunteers.

Recognise and Reward

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

1. Certificates - A simple and effective way of saying thanks, you can stage a formal ceremony or present certificates at a party.
2. Recognise their contribution by implementing their ideas.
3. Organise a social outing for volunteers and staff, so that you can get to know one another better.
4. Make them feel that they belong in your organisation. Arrange a date and time when volunteers can bring friends or relatives to visit.
5. Meet them on a regular basis, just to say 'thank you' over a cup of coffee.
6. Nominate your volunteers (as a group) for a £500 Award to put towards your work, at the Volunteers' Week Award Ceremony - deadline Tuesday 8th June 2010.

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

Profiles...

Profiles...

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

Lady Heroin

So now little man, you've grown tired of grass,
Amphetamine, Acid, Downers and Hash.
Let me introduce you to Lady Heroin.....
Well honey, before you start tooting with me,
Just let me inform you on how it will be,
For I will seduce you and make you my slave,
I've sent much stronger men that you to their grave.

You think you could never become a disgrace,
And end up addicted to my poppy seed waste,
You'll need lots of money, just like you've been told,
Cos' darling I'm much more expensive than gold.
So you'll start to inhale me one afternoon,
Take me in your arm, the begging of doom,
And once I have entered deep down in your vein,
Your life will never again be the same.

I'm expensive and dangerous and like to live fast,
The feeling I give you will never last,
You swindle your Mother just for a 'buck',
You turn into something vile and corrupt,
You'll rob and steal for my narcotic charms,
And you'll only find peace when I'm there in your arms.

When you realise the monster that you have grown,
You'll solemnly swear to leave me alone,
You may think that you've got that mystical knack,
Well honey just try and get me off your back.
The vomits, the cramps, your gut tied in knots,
You're trembling nerves, screaming for those much needed shots,
The hot sweats, the cold chill, the withdrawal pains,
Can only be cured by my little brown grains.

There's no turning back, there's no need to look,
For deep down inside you know you're still hooked,
You've given your conscience, your morals, your heart,
YOU'RE MINE NOW FOREVER 'TILL DEATH US DO PART.

Anon

MESSAGE IN A BOTTLE

What is the cost?

It's FREE

All costs are paid for by Local Lions who have received generous donations from the public and businesses.

How does it work?

The information is kept in a bottle.

The bottle is kept in the fridge, where the emergency services will expect to find it in the event of being called to your home.

They will know you have a bottle by two labels. One is fixed on the inside of the front door or the main entrance to your home and the other to the door of your fridge.

What is Message in a Bottle?

The Lions Message in a Bottle is a simple idea that encourages people to keep their basic personal and medical details in a common place where they can easily be found in an emergency.

Where can I get a bottle?

Health Centres, Doctors' Surgeries, Chemists who should have supplies. Preston CVS also has a limited supply.

If you have difficulty, please contact Your Local Lions Club, telephone 0121 441 4544 for details of your nearest club or email to mdhq@lions.org.uk.

Medic Alert / SOS Talisman

If you wear any of these alert products you should continue to do so. The Message in a Bottle is not intended to replace these items.

The Lions can supply details of Medic Alert bracelets that will assist the emergency services when you are away from your home.

What information is needed?

The information is very basic but you may like to ask a relative, neighbour or carer to help you.

The details required are:

- Your full name and brief physical description
- Your Doctor's name, Surgery address and telephone number
- A brief description of any medical conditions you are suffering from
- Allergies and Allergic Reaction to Medication
- Location of your medication in your home
- The names, addresses and phone number of two people who may be contacted in any emergency
- Details of any pets that may be on the premises

We also advise that you keep your repeat prescription list with your medication, this is of great help to paramedics.

Please help the emergency services help you

A few minutes delay in finding your home in an emergency could make the difference between life and death. Give the emergency services a fighting chance. Make sure they can find your home quickly by displaying the house number or name or both.

Ensure the house number or name are:

near the road as possible

easy to see, clear and easy to read

can be seen from the road by day or night

If you call for help look out for their arrival

A person waving is much easier to see than a house number.

Message in a Bottle Scheme is supported by the following services:

Ambulance Service

Police

Fire & Rescue Services

Emergency Doctors

Message in a Bottle is a potentially life-saving scheme. It is a simple idea that encourages people to keep their basic personal and medical details in a common place where they can easily be found in an emergency.

The Big Zip

Sunday 10th October 2010

Preston North End Zipwire Challenge

A chance to travel 150 metres across the pitch from 26 metres high.

Zip over this famous ground and make a difference to people with cancer. This is a thrilling challenge for any adrenaline junkie and the ideal way to raise money for MARIE CURIE CANCER CARE.

Visit: www.mariecurie.org.uk/events.

PRESTON COUNCIL FOR VOLUNTARY SERVICE TRAINING PROGRAMME 2010

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

A charge of £30.00 per person per course

Level 1 Safeguarding Children Course

Tuesday 23rd March & Monday 10th May 2010, 9.00am-4.30pm
Preston North End FC, Sir Tom Finney Way, Deepdale, Preston PR1 6RU

A two-day course aimed at staff / managers from the voluntary sector in Lancashire. It will be particularly helpful for people who do not have their own level 1 safeguarding courses, or who might want to review their policies with regard to safeguarding.

To make a booking please request a booking form from the LSCB Training Unit by calling (01772) 491531 or faxing (01772) 200768. The closing date for bookings is Tuesday 23rd February.

HARDSHIP FUND

The Hardship Fund is providing grants between £50,000 and £250,000 to support third sector organisations in England delivering front-line services to the most vulnerable and disadvantaged people in society that have been affected by the recession.

Grants are available to organisations with an income of at least £200,000 that are in financial hardship which is impacting on their ability to deliver services in the following areas:

- Health and Social Care
- Housing Support
- Education and Training
- Information, Advice and Guidance

Grants need to be spent by September 2010.

Applications will be assessed in the date and time order that they are received until there are sufficient relevant applications up to the value of the Fund.

www.hardshipfund_cdf.org.uk

YOUNG CARERS GRANT PROGRAMME 2010

The Princess Royal Trust for Carers has been contracted by Comic Relief to deliver a three year, £1.5 million grant programme aimed at supporting projects for young carers in the UK.

The programme will target funding at the following:

- The most isolated and vulnerable young carers.
- Young carers from potentially excluded communities.
- Young carers experiencing a significant negative impact (emotional and/or physical) as a direct result of their caring role.

The maximum grant is £72,000 over three years from July 2010.

Applications are accepted from any third sector or not-for-profit organisation that wishes to help young carers.

The deadline for applications is Friday 5th March 2010, 5.00pm.

www.princessroyaltrust.org.uk

UnLtd RISE Programme

The Refugee Initiative for Social Entrepreneurs (RISE) aims to unleash and encourage the potential of refugees as social entrepreneurs in England.

RISE offers grants of between £500 and £5,000 as well as dedicated project management support to set up projects in England that will encourage community cohesion and make communities happier, healthier and safer places.

Applicants must be:

- a refugee with proof of status;
- living in England;
- over the age of 16, and
- applying as an individual or as part of an informal group.

The deadline for applications is Sunday 21st March 2010.

www.unltd.org.uk

Hilden Charitable Fund

The Hilden Charitable Fund awards grants to projects, both in the UK and in developing countries, with the aim of addressing disadvantage, particularly in support of causes less likely to attract public funding.

The Fund's current funding priorities in the UK are as follows:

- Homelessness.
- Asylum seekers and refugees.
- Community based initiatives for disadvantaged young people.
- Penal affairs.

Applications are invited from registered charities and other charitable organisations in the UK, although preference is given to charities with an income of less than £200,000 per year.

The deadline for applications is 26 March 2010.

www.hildencharitablefund.org.uk

Volant Charitable Trust

The Volant Charitable Trust aims to support registered charities whose purpose is to alleviate poverty and social deprivation, with a particular emphasis on children's and women's issues.

Although no minimum or maximum amount is specified in the guidelines, the Trustees are prepared to support a charity by way of regular annual payments. Such payments are expected to cover project associated costs and will only, in exceptional circumstances, exceed three years.

The deadline for consideration at the September 2010 meeting is 30 July 2010.

www.volanttrust.com

Low Carbon Buildings Programme Phase 2 - Extended

The extended programme will continue to provide grant funding to charitable organisations, community groups and the public sector.

Organisations may apply for grants of up to 50% of the cost of installing approved low or zero carbon technologies up to a maximum of £200,000 (though maximum grant levels may depend on the nature of the organisation).

For more information, see the official website www.lowcarbonbuildingsphase2.org.uk

Wakeham Trust

Groups of individuals as well as small community and voluntary groups within the UK that want to improve their communities can apply for funding through the Wakeham Trust.

The Trust are particularly interested in supporting neighbourhood projects, community arts projects, projects involving community service by young people, or projects set up by those who are socially excluded. The Trust also support innovative projects to promote excellence in teaching (at any level, from primary schools to universities), though they never support individuals.

The Trust normally give grants to projects where an initial £75 to £750 can make a real difference to getting the project up and running. To be eligible, applicants need to be registered charities or have access to a registered charity that will be willing to accept funds on their behalf.

Applications can be made at any time.

For more information, see the website www.wakehamtrust.org

Prince's Trust / RBS - Community Cash Awards

Young people are being given the chance to claim a share of £1 million to help tackle the dangers of drugs, crime and play a positive role in their community.

The Royal Bank of Scotland Community Cash Awards will see £1 million of grants being distributed by youth charity The Prince's Trust to young people who want to run community projects in some of Britain's poorest areas. The Awards, worth £250 to £5,000, are available to disadvantaged 14 to 25-year olds who want to transform their area and learn practical skills. Projects could range from improving local youth facilities to sex education workshops in schools.

Projects must:

- be run and managed by people between the ages of 14 and 25.
- clearly benefit the local community
- benefit the people running the project
- be a new or developing project

Applications can be made at any time. For more information, see the website www.princes-trust.org.uk.

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
 1. Please send a hard (paper) copy of your submission with your work in case the email fails.
- ▶ Profiles should be no more than 250 words, Features no more than 800.
- ▶ Ensure all names are spelt correctly and the contact details are up to date.
- ▶ The editor's decision will be final. We regret we cannot return items.

Copy deadline for next issues:

Summer - 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