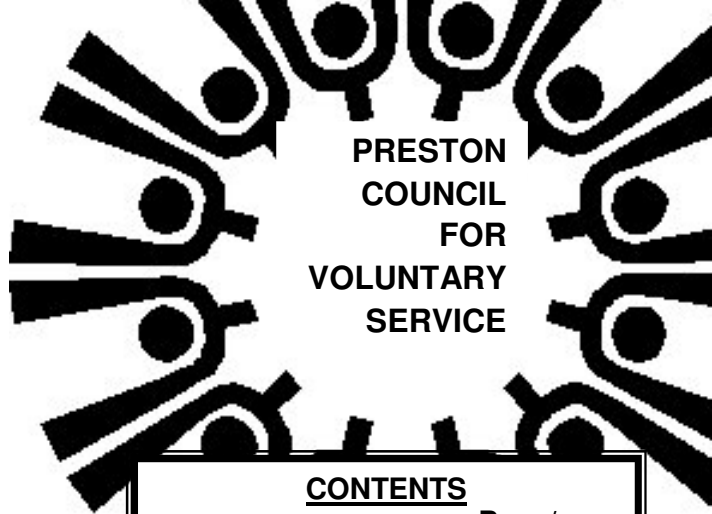


CVS News

PRESTON
COUNCIL
FOR
VOLUNTARY
SERVICE



SPRING 2010 EXTRA

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 and the flyer enclosed for details.

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ENCLOSURES

- ◆ Grant Application Forms - Tackling Health Inequalities and ACORN
- ◆ Preston CVS - Training Programme 2010
- ◆ Preston CVS - Celebrating Volunteers Event
- ◆ NHS Central Lancashire - March to June Newsletter
- ◆ Preston Musical Comedy Society - flyer promoting Music Hall Magic and Side By Side by Sondheim
- ◆ Safeguarding adults who may be at risk - booklet
- ◆ Preston CVS - Speed Volunteering Event

Interesting Facts About Volunteering;

- Volunteering is good for you. 63% of 25-34 year olds and 62% of over 65's say volunteering helps them feel less stressed, while 71% of volunteers who offer their professional skills and experience say volunteering helps combat depression. Nearly half of all volunteers say volunteering has improved their physical health and fitness.
2004, ICM Research findings commissioned for CSV (Community Service Volunteers) and Barclays
- Volunteering helps you lead a healthier life. Twenty-two percent of 18-24 year olds say volunteering helps them cut down on alcohol and 30% say volunteering helps them smoke less.
2004, ICM Research findings commissioned for CSV (Community Service Volunteers) and Barclays
- Levels of volunteering relate to levels of happiness. Research published in 2004 indicated that people living in areas with a high level of civic participation were happier with their lives.
2004, Economic and Social Research Council's Democracy and Participation Research Programme
- One survey found that volunteering was the second greatest source of individual joy, behind dancing.
Argyle M (1996), The Social Psychology of Leisure, published by Penguin
- Annually volunteering is worth over £48 billion in England and Wales. This is the equivalent contribution to the economy made by people involved in their local community based on the national average wage.
Figures from 2005, Home Office Citizenship Survey used in Manifesto for change, report from the Commission on Future of Volunteering, p10)

Volunteers' Week 1-7 June 2010

Volunteers' Week is a national celebration of volunteers and volunteering which takes place from 1- 7 June of each year. It plays a huge part in raising the profile of England's 22 million volunteers while encouraging others to get involved. The Week provides a chance for all organisations large or small, private, public and voluntary to say thank you to their volunteers. They can also gain publicity and recruit some new volunteers! It provides a chance for anyone interested in volunteering to find out more about volunteering in your community. Everyone is invited to join this national celebration of volunteering, it's up to you to decide exactly how you join in. The events for Volunteers Week in the city are being planned and organised by a range of organisations and groups from the voluntary and community sector and the public sector, working in partnership together.

If you are a group or organisation, tell us about your Volunteers' Week 2010 event and find out what others are doing. **Please email office@pcvs@voluntarysectorpreston.freemove.co.uk or telephone Lynn or Emma on 01772 251108.**

Ideas for recognising and rewarding your volunteers

- ◆ Volunteer Recruitment - making the most of Volunteers' Week
- ◆ Volunteers' Week Award Ceremony
- ◆ Speed Volunteering
- ◆ Volunteers' Week events in your neighbourhood
- ◆ Interesting facts about volunteering
- ◆ Writing press release

Logo Volunteers' Week at www.volunteersweek.org.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. *Free Volunteers' Week certificates available from Volunteer Centre –*
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 £200 Award to put towards your work, at the Volunteers' Week CVS Celebrating Volunteers Event (see page 3 for details).

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 again holding a celebratory event to say thank you to all of our volunteers locally, with the presentation of Volunteers Week certificates by the Mayor Elect, Cllr Albert Richardson to participating organisations.

This year we have decided to integrate the celebration event with the CVS Annual General Meeting. Invitations to the AGM went out separately in March but we would ask that you indicate if your organisation wishes to be involved in the celebrating volunteers aspect of the meeting by responding as indicated below. It's open to all organisations who work with volunteers to come along, with as many of their volunteers as can make it.

As in previous years we would welcome contributions from individual volunteers who are prepared to say a few words on the day about their own experiences of volunteering. If you have any volunteers prepared to be involved in this way please contact John Freeman at the CVS on 01772 251108.

This year the CVS are offering an additional opportunity for organisations to recognise the work of their volunteers in a practical way. An award of £200 will be made to the organisation judged to have made the best case for their volunteers' work to have special recognition.

Groups should make their submission to John Freeman by Friday 21st May. A panel from the CVS will select the winner from the submissions received and the award will be made at the Celebrating Volunteers Day on the 8th June.

PRESTON COUNCIL FOR VOLUNTARY SERVICE

Speed Volunteering Event

Tuesday 1st June 2010

1pm to 3pm

Preston Guild Hall

In Speed Volunteering :

If you are interested in Volunteering, you get to find out about 15 wide ranging volunteering opportunities in one event and quickly get involved as a volunteer with your favourite opportunity.

If you are a group or organisation wishing to recruit volunteers for your organisation you get to meet 15 potential volunteers and 'sell' your opportunity to them. In the Speed Volunteering Event, organisations and potential volunteers find out about each other in a speedy chat. Each volunteer speaks to each organisation for 5mins and indicates on a score sheet those they want to meet and discuss volunteering with further. The Preston CVS Volunteer Service after the event, matches volunteers with organisations and arranges further meetings.

As there will be limited space, volunteers, organisations or groups wishing to participate need to book in advance with the Volunteer Centre by 21st May.

Contact: Lynn, John, Emma or Joan at Preston CVS telephone 01772 251108 or email pcvs@voluntarysectorpreston.freeserve.co.uk or complete the form.

Profiles...

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

I want to introduce myself as the new Consortium Development Co-ordinator for Third Sector Lancashire. I took up my new role on 18th January after being with the Charity Commission for the last 18 months specifically working with Faith groups in the Lancashire area. I previously worked in Liverpool University Students Union where I established and managed the Student Advice Service. I have always been involved in the voluntary sector one way or another over the years either as a volunteer, trustee or trainer. For the past 3 years I have been a trustee of a large charity in Liverpool. I am committed to the sector and very much welcome the challenge of my new role in Lancashire.

For those of you who are not very familiar with the role of Third Sector Lancashire Consortium: our Aim is to enable third sector organisations to exchange information, share good practice, seize opportunities, be fairly represented and promote collaboration.

They way we will do this is via the Executive Board, which is made up of the leads of each of the 9 Participating Network Group (PNGs) that represent the sectoring of the areas of Arts & Culture, Economy, Learning and Skills, People & Community, Children & Young People, Health & Wellbeing, Rural, Community Safety, Older People and Sustainability. There are also formal sub groups for Communications, Policy and Resource and Diversity. Please see our website for the specific purpose and aims of each group. www.thirdsectorlancashire.org.uk

To ensure we keep the whole of the Third Sector informed and up to date with current issues, we are encouraging all groups to register their organisations on our website.

Through introducing partnership arrangements we have already been successful in our funding applications, bringing a million pounds into Lancashire in the last 6 months, with a bid for the same amount still to be decided.

We intend to increase the membership of the PNGs and bring about greater participation in TSL and are particularly looking for people to take on the lead role on the Health & Wellbeing and Community Safety PNGs. We also have vacancies on the sub groups for Communication and Policy and Resource. If you are an infrastructure organisation, supporting local organisations and feel you could act as the voice of your network either as a PNG lead or member of a PNG, please call or email me. I will be very happy to meet with you and answer any of your questions.

I look forward to hearing from you.

Pam Smith

Mob: 07534175470

Email: pam.smith@thirdsectorlancashire.org.uk

Please Help - 2010 Galloway's Walk Across Morecambe Bay Walk - 5th and 6th June 2010

The walk is our largest and most popular event and we are grateful to the many people who decide to support our Charity each year. **Cedric Robinson MBE**, the Queens Guide will again lead us and we hope you could consider joining our band of walkers with family, friends, work colleagues or work, or making a donation to our 2010 appeals.

Our major appeal this year sees us changing the way we produce our talking newspapers and magazines. After 30 years of recording on tape we are able to transfer to making recordings on memory sticks. We can only do this with your help, as the scale of this task is daunting. Galloway's makes over 3,200 recordings each week across 34 titles for 2,200 listeners, that's over 160,000 tapes each year.

The whole project, including the installation of new equipment in the studio will cost around **£75,000**. Just to provide each listener with a player and two memory sticks will cost £30, or £66,000 in total.

Our service which is free of charge, has been a victim of its own success as with the support of over 200 volunteers, it has grown into one of the largest in the UK. Your help is vital to keep the service running and equip it for the future and the next generation of listeners.

£15 buys 5 postal pouches

£30 buys equipment for one listener

£100 buys 30 USB memory sticks

£420 buys recording software for one studio

Can you Help?

Are you family, friends or work colleagues able to come with us and raise funds.

Could you help publicise the walk and encourage work colleagues, family and friends to help.

**Places for the walks are limited & can be booked by email :
kevin.lonergan@galloways.org.uk stating the day you'd like to walk, number of walkers and address details. Details for the walk can be found at
<http://www.galloways.org.uk/fundraising/funtab05.html>**

Kevin Lonergan, Sight Advice Centre Manager, Galloway's Society for the Blind, Howick Park Avenue, Preston, PR1 0LS, 01772 649 664

Direct line - **01772 753702**, Reception - **01772 744148**, Website - **galloways.org.uk**, Charity number - **526088**

GUILD TAKE OFF CALL FOR PROJECTS

Information for Voluntary and Community Sector Organisations in Preston

Preston City Council has ring-fenced a budget from The Guild Fund to commission projects under the banner of **Guild Take Off** to:

- Premiere and take place in Preston, with a major element taking place in 2012;
- Build on local strengths through partnerships with identified Preston based artists and / or communities;
- Reflect the diversity of Preston's population;
- Attract new and diverse audiences from Preston and the region;
- Attract visitors from outside the region;
- Support the development of new national and international relationships;
- Demonstrate a development of the artist's / organisation's work through new contexts, collaborations etc;
- Attract national and international media attention;
- Provide leverage through other income, e.g. other public or private sector support, box office etc (we don't expect to fully fund projects)

And if possible:

- Increase participation and potentially employment
- Increase skills and capacity
- Provide opportunities for volunteering.

A call for projects will be circulated at the end of February and we are seeking proposals from:

- Local, regional and national cultural agencies;
- Venues and organisations based in the North West;
- Individual artists (ideally we would expect you to have a working relationship with a producer to realise the project).

Community Involvement

All creative projects delivered as part of Guild Take Off Programme will need to have some positive impact on the people and communities of the city. Organisations and artists answering the 'call for projects' will have to provide evidence and examples of how the communities and people of Preston will be involved in partnering their proposal.

What we will do next

A Steering Group from cultural and other organisations based in Preston have been identified

GUILD TAKE OFF CALL FOR PROJECTS (cont)

to oversee the Guild Take Off programme. Together we will undertake the shortlisting and final selection of the context of this strand of the Preston Guild programme of events. The group will meet to consider the ideas that have been submitted and agree the provisional programme.

At this stage, similar projects may be grouped together or, if a number of smaller proposals are received, they may be clustered to form a larger event or festival. Partnerships may be proposed at this stage too. This will of course only be done in consultation with all the people and organisations that have submitted project ideas and with voluntary and community sector groups that have registered an interest in being involved.

The Guild Take Off Advisory Group is:

Chair	-	Stella Hall - Festival Director, Preston Guild 2012
Vice Chair	-	Graham Easterlow , Bluestreak Arts
Phil Walsh	-	Head of Guild Community Programme, Preston Guild 2012
Samantha Blackburn	-	Cultural Development Manager, Preston Guild 2012
Tim Joel	-	Festival and Events Officer, Preston Guild 2012
Jon Joughin	-	UCLan
Chris Davis	-	Alison
Ben Hunt	-	Prescap
Charles Quick	-	In Certain Places
Neil Harris	-	Lancashire County Council
Ruth Heritage	-	They Eat Culture
Mike Cracknell	-	Preston Arts Association

The programme is funded by: **Preston City Council**

Registration of Interest forms can be obtained from Tim Joel (details below) and should be returned to:

Tim Joel
Guild Take Off Co-ordinator
The Guild Hall
Lancaster Road
Preston
PR1 1HT

Email: t.joel@preston.gov.uk
Tel: 01772 903660

Results of NHS Central Lancashire staff survey revealed

Staff at NHS Central Lancashire are happier in their jobs than this time last year but there is still room for improvement, according to a new survey.

The NHS Staff survey results, published by the Healthcare Commission, provide information on how staff feel about working in the NHS and what they experience in their day-to-day working lives.

NHS Central Lancashire has seen improved results across several areas.

There was also a feeling that the primary care trust takes effective action regarding violence or harassment of staff and that incident reporting procedures are effective.

Janet Whitworth, NHS Central Lancashire acting director of human resources, said: "The hard work and commitment of our staff has always been pivotal to the high standard of care we provide and for delivering the continuous improvements which patients rightly expect.

"The survey highlights that there are mixed feelings among our staff and while we are pleased that the results have improved year-on-year, there are some areas that need to be improved.

"We are committed to continually improving the working conditions, facilities and environment for our staff and believe that the best possible patient care can only be delivered by a skilled workforce where staff are happy in their work."

The only area where staff experience had deteriorated was the number of staff suffering work-related injury, with a reported increase of 3%.

- For details of the full report, visit the Healthcare Commission website at www.healthcarecommission.org.uk/
- View the NHS Constitution at www.dh.gov.uk

How NHS Central Lancashire staff related the primary care trust:

Better than 2008

- Work pressure felt by staff
- NHS Central Lancashire's commitment to work-life balance
- Working extra hours
- Had an appraisal
- Had a well-structured appraisal
- Had an appraisal with a personal development plan
- Support from immediate managers
- Witnessing potentially harmful errors, near misses or incidents
- Fairness and effectiveness of incident reporting procedures
- Perceptions of effective action from employer towards violence and harassment
- Impact of health and wellbeing on ability to perform work or daily activities
- Agreeing that they understand their role and where it fits in
- Staff job satisfaction
- Staff intention to leave jobs
- Having equality and diversity training

Same as 2008

- Feeling satisfied with the quality of work and patient care they are able to deliver
- Feeling valued by their work colleagues
- Agreeing that they have an interesting job
- Quality of job design
- Working in a well structured team environment
- Using flexible working options
- Feeling there are good opportunities to develop their potential at work
- Receiving job-relevant training, learning or development
- Receiving health and safety training
- Hand washing materials are always available
- Reporting errors, near misses or incidents witnessed
- Experiencing physical violence from patients / relatives
- Experiencing physical violence from staff
- Experiencing harassment, bullying or abuse from patients / relatives
- Experiencing harassment, bullying or abuse from staff
- Able to contribute towards improvements at work
- Believing trust provides equal opportunities for career progression or promotion
- Experiencing discrimination at work
- Suffering work-related stress

Worse than 2008

- Suffering work-related injury

For more information, please contact the Communications Department on 01772 678067.

If you are a patient and have a non-media query please call Customer Care on 0800 032 24 24.

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 Ian Ferguson on 01772 251108.

Vetting and Barring and the Independent safeguarding Authority (ISA) Update

Following public debates in the summer of last year, the Chair of the ISA, Sir Roger Singleton has reviewed some of the boundaries of the scheme resulting in further exceptions where individuals such as parents giving friend's children a lift to school do not have to register. Dates for rolling out the programme have also changed.

Who does it apply to?

The new scheme will apply to both paid workers and volunteers working with Children and Vulnerable Adults if what they are doing is defined as a "Regulated Activity".

Register

The new scheme also creates a register, which most people working with vulnerable groups will need to be on. When a person applies to be registered their suitability will be checked via the Criminal Records Bureau. Once on the register, the individual will be subject to repeat checks at intervals, and employers can be informed if someone is removed from the register. If a person is deemed unsuitable to work with children or vulnerable adults they will be put on one of two 'barred' lists, replacing the three held currently.

What is a Regulated Activities?

Activities need to be:

- a) **of a specified nature:** e.g. teaching, training, care, supervision, advice, treatment or transport or,
- b) **in a specified place:** school, adult care home, hospital
- c) **and, need to be "frequently, intensively ad/or overnight"**

What are the exemptions made after Roger Singleton's Report?

- A volunteer who organises a club activity (e.g. bridge), and regularly provides transport to another to another club for players, some of whom are elderly. The volunteer is not **exclusively** transporting people specifically because they have particular needs because of their age, so the Scheme does not apply to the volunteer.
 - Personal arrangements made between parents and friends to take children to school, a club etc.
 - For volunteers or workers working in "Specified Settings" such as schools can be exempt if they work infrequently in lots of different settings. For example a poet who delivers workshops in many schools but may only visit each school once.
 - 16-18 year olds doing work placements arranged by their school/college.
- a) **of a specified nature:** e.g. teaching, training, care, supervision, advice, treatment or transport or,
 - b) **in a specified place:** school, adult care home, hospital
 - c) **and, need to be "frequently, intensively ad/or overnight"**

Updated Timetable

October 2009

Duty on employers to refer relevant information to the ISA (broadly

Vetting and Barring and the Independent safeguarding Authority (ISA) Update (continued)

where there is concern that an individual has harmed or risked harm to a child or vulnerable adult) so that individuals can be considered for inclusion on one or both of the barring lists.

July 2010 Individuals or those starting to work in a Regulated Activity can apply for ISA registration and a CRB check (including an ISA check) on one new application form. But registration will not be mandatory until 1st November.

April 2011 to July 2015 Those who currently work children or vulnerable adults and who stay in their current role will need to register.

What is the definition of a vulnerable adult?

For Voluntary, Faith and Community organisation, the ISA identifies these as people receiving a service or participating in an activity specifically targeted at people with age-related needs, disabilities or prescribed physical or mental health conditions or expectant or nursing mothers living in residential care (age-related needs includes needs associated with frailty, illness, disability or mental capacity).

Do Charity Trustees of Organisations working with Children or Vulnerable Adults have to register?

Charity Trustees will not be required to register with the ISA unless they are Trustees of a Children's Charity, where registration will be mandatory. In all other cases, Trustees will only be required to register if they are actually engaged in a regulated activity (for example a volunteer helping out in day-to-day activities who is also a Trustee).

How to register with the Vetting and Barring Scheme

It's the same process as the current system of getting a Criminal Records Bureau (CRB) check but with a slightly amended form. It is advisable to request registration for both Children and Vulnerable adults to save additional costs at a later stage. You'll be able to apply for an enhanced CRB check at the same time for no extra cost.

Those who currently use Signposts for their CRB check will still be able to register via Signposts.

Relationship to Criminal Records Bureau (CRB) checks

It should be noted that the new scheme does not replace the existing CRB scheme; you may still need to carry out CRB checks on eligible workers. You should also ensure, as with the current CRB system, that other risk assessments and safeguards (such as checking references) are in place - being on the ISA register may not be enough of a safeguard on its own to recruit someone.

Cost

Registration with the ISA costs £64 per individual and is free for volunteers.

Regional Contact

Pauline Ruth, Safe Network Regional Development Manager, will be working in the region one day a week to support groups (particularly groups who do not traditionally access information and/or services) to source further information and training on safeguarding, including the new scheme. Pauline, who is very keen to find these seldom heard groups, can be contacted on: ruth9x@tinyonline.co.uk.

Green Communities

Green Communities is a programme from the Energy Saving Trust that aims to support, facilitate and promote community based energy projects.

You can apply for up to £200 covering a range of activities. It is, however, only available to organisations with an annual income of less than £75,000 per year, where no other sources of suitable funding are available.

It funds:

- **Travel:** up to £200 is available to attend a Green Communities training course or fund a visit to another Green Communities member project.
- **Equipment:** as part of a larger project they may be able to reimburse up to £200 towards the cost of relevant equipment, such as banner stands or basic IT equipment.
- **Events & Resources:** they may be able to provide up to £200 towards the organisation of a community energy event. This could cover the cost of refreshments, displays and/or materials for the project, as well as room hire if necessary.
- **Other:** they may also be able to cover other costs associated with getting a community energy project off the ground, including initial feasibility work or marketing.

To apply, download the application form from the [website](#) or ring the Green Communities Team on 0844 848 0077.

Cash 4 Clubs

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

There are no deadlines for submitting grant applications. Clubs are welcome to apply at any time and they will be considered at the next committee panel meeting. 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.

Application forms are available on their website www.cash-4-clubs.com.

Gift Aid

From 1st April, Gift Aid has to be recovered within four years from the end of the accounting period (or for charitable trusts, within four years from the end of the tax year) to which it applies, rather than six years as it has been.

Any organisations with unrecovered Gift Aid donations from 2004/05 and 2005/06 should reclaim it as soon as possible.

For more information, see the website www.hmrc.gov.uk/charities/gift_aid/reclaim.htm.

Comic Relief UK Grant Programme

Comic Relief's UK Grant Programme aims to bring about positive and lasting change in the lives of poor and disadvantaged people in the UK by investing in work that addressed people's immediate needs as well as tackling the root causes of poverty and injustice.

Registered charities and voluntary organisations (including social enterprises and community interest companies) in the UK are invited to apply for grants of between £25,000 and £40,000.

Grants are available to cover running or capital costs of organisations or projects under the following programmes:

- Mental Health.
- Domestic and Sexual Abuse.
- Refugee and Asylum Seeking Women.
- Sexually Exploited and Trafficked Young People.
- Young People and Alcohol.
- Young People with Mental Health Problems.
- Local communities.

The next deadline for applications is Friday 14th May 2010.

For more information, see the website www.comicrelief.com/apply_for_a_grant/uk

2010/2011 Grant-Aid Support for Voluntary, Community and Faith Sector Organisations and Sports and Leisure Organisations

Preston City Council is involving applications for grant-aid from Voluntary, Community and Faith Sector Organisations towards appropriate projects and activities. **Applications will be considered for sums up to £10,000 for one year only.**

Your proposal needs to contribute directly to **at least one** of the **Council's Corporate Priorities**. For further details please refer to the Council's website www.preston.gov.uk - Preston City Council Corporate Plan 2008-11.

Also, Leisure and Community Organisations which provide sporting, arts and other recreational activities in accordance with the Council's Physical Activity and Sports Strategy and Cultural Strategy are invited to submit an application for grant support from the Council.

There are three main types of funding arrangements:

- **Strategic funding** - provided for organisations that can make specific contributions to meeting the Council's Corporate Priorities
- **Development funding** - 'one off' grants to help new groups, networks and new projects to get off the ground
- **Project funding** - where the applicant wishes to develop a project which falls within the Council's Priorities

Close of applications is 4.30 pm on Friday 4th June, 2010

For an application pack please contact Janet Bradley on 01772 903429 or e-mail ja.bradley@preston.gov.uk or visit the Preston City Council website www.preston.gov.uk for an electronic copy.

For further information on grants please contact Ayub Bapu on 01772 903429 or e-mail a.bapu@preston.gov.uk with an annual turnover of less than £100,000.

Tackling Health Inequalities Grant Acorn Small Grant Scheme

NHS Central Lancashire is working with Preston Council for Voluntary Service to promote two grant schemes aimed at supporting the PCT's strategy for reducing health inequalities, encouraging community engagement and enhancing / improving partnership working with the voluntary community and faith sector. The two grants on offer in Preston for 2010/11 are:

Scheme 1: Tackling Health Inequalities

Preston as a Spearhead local authority has significant health inequalities. Health inequalities exist because of inequalities in society; this is evidenced by gender, deprivation, ethnicity and access to services. The challenge is to reduce these inequalities and the issues that impact on health through collaborative and partnership working, on improving access to services, health, literacy and supporting healthier lifestyle choices. The major health inequalities are associated with the occurrence of cancer, heart disease, infant mortality, sexual health, tobacco, alcohol, self harm, mental health and health issues arising from lack of community cohesion.

Grant applications for up to £2,500 are invited from voluntary and community groups in Preston for projects that seek to tackle health inequalities associated with any of the above.

Scheme 2: Acorn Small Grants Scheme

The Acorn small grants scheme in Preston is aimed at supporting or promoting community cohesion and health initiatives. For example, the grant could be used to support carnivals, sports events, arts and literacy events, village field-days or running community workshops / local campaigns around health issues.

Grant applications of up to £1,000 are invited.

Timescales: Applications by 31 May 2010; Outcomes notifications by 30 June 2010.

Application Forms: For more information about the above grants contact:

Ian Ferguson, Preston CVS, **Tel:** 01772 251108, **Email:** ian.ferguson@voluntarysectorpreston.freereserve.co.uk.

Nationwide Foundation

The Nationwide Foundation is a registered charity, set up and funded by the Nationwide Building Society. The Foundation makes grants to registered charities across the UK, within criteria defined by the Board of Trustees.

The Nationwide Foundation has expanded its Small Grants Programme criteria for charities working with older people. Small grants can now be applied for by charities working for the benefit of all older people to improve their housing needs or address financial exclusion.

Grants of up to £5,000 are available to registered charities with incomes of under £500,000. The Nationwide Foundation's Small Grants are also available to charities which work with survivors of domestic abuse, focusing their funding on finance and housing issues.

The application process is very simple and they pride themselves on processing grants quickly.

Charities wishing to apply for funding from The Nationwide Foundation should visit the website www.nationwidefoundation.org.uk.

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

Profiles...

THE QUEENS AWARD FOR VOLUNTARY SERVICE

If you know of a volunteer organisation that is carrying out exemplary work in your community nominate them for the Queen's Award for Voluntary Service.

**More details are available on
www.queensawardvoluntary.gov.uk**

Volunteers Wanted...

NEED VOLUNTEERS?
LET US KNOW...

Rainbow House

DIRECTORS/TRUSTEES REQUIRED

Would you like to get involved with a growing children's charity?

You can:

- MAKE A DIFFERENCE.
- HAVE YOUR SAY
- BE REGULARLY UPDATED WITH OUR DAY TO DAY RUNNING
- BE PART OF AN ENTHUSIASTIC TEAM

The Legacy Rainbow House specialises in providing services for children with brain injuries, disabilities and life limiting conditions.

We are currently creating and implementing new innovative services to meet the needs of children, young people and other families, through rehabilitation, therapy, education and recreation, built on a philosophy known as Conductive Education.

If you have skills or contacts that could benefit our charity please get in touch. We are seeking advisors in the areas of business management, finance, health & medicine, human resources, education, sport, law, marketing and more. Directors meet four times a year.

For information contact Tracy on 10704 823276 or email t.daglish@thelegacy-rainbowhouse-com or visit our website, www.thelegacy-rainbowhouse

SHADOWS & RAINBOWS

Do you find you have time on your hands?

Do you want to gain team working skills?

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

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

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

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

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

TEL: 07951 882282

Email: ShadowsandRainbo@aol.com

PROVIDE TRAINING?
LET US KNOW...

Training...

PRESTON COUNCIL FOR VOLUNTARY SERVICE TRAINING PROGRAMME 2010

<u>CHILD PROTECTION</u>	<u>Thursday 20th May 2010</u> <u>10:00am to 4:00pm</u>
Facilitated by: Paul Sanford	
<u>HEALTH AND SAFETY FOR VOLUNTEERS</u>	<u>Thursday 10th June 2010</u> <u>9:30pm to 12:15pm</u>
Facilitated by: Rosemary Baker	
<u>PRINCIPLES OF RISK ASSESSMENT</u>	<u>Thursday 10th June 2010</u> <u>12:35am to 3:30pm</u>
Facilitated by: Rosemary Baker	
<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>DISABILITY DISCRIMINATION ACT</u>	<u>Wednesday 28th July 2010</u> <u>9:30am to 12:15pm</u>
Facilitated by: Rosemary Baker	
<u>DISABILITY HATE CRIME</u>	<u>Wednesday 28th July 2010</u> <u>12:45pm to 3:30pm</u>
Facilitated by: Rosemary Baker	
<u>EQUALITY & 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>EQUAL OPPORTUNITIES</u>	<u>Wednesday 29th September 2010</u> <u>9:30am to 12:15pm</u>
Facilitated by: Rosemary Baker	
<u>DISABILITY AWARENESS</u>	<u>Wednesday 29th September 2010</u> <u>12:45pm to 3:30pm</u>
Facilitated by: Rosemary Baker	
<u>MINUTE-TAKING SKILLS</u>	<u>Friday 15th October 2010</u> <u>10:00pm to 4:00pm</u>
Facilitated by: Lee Comer	
<u>ROLES AND RESPONSIBILITIES OF COMMITTEES</u>	<u>Thursday 21st October 2010</u> <u>9:30am to 12:15pm</u>
Facilitated by: Rosemary Baker	
<u>SCHEMING, CRAFTY, AGGRESSIVE, MALICIOUS (SCAM) EVERYONE LOSE OUT</u>	<u>Thursday 21st October 2010</u> <u>12:45pm to 3:30pm</u>
Facilitated by: Rosemary Baker	
<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.

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 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