



POOLE CVS NEWS



Winter 2011



Inside this issue

A smiling face greeted me when I opened the Daily Echo on 31 December and saw that Audrey Beall from the East Dorset and New Forest Branch of Motor Neurone Disease Association had been awarded an MBE in the New Year's Honours. Well done, Audrey. What a super start to 2012.

You may not have received an MBE but I hope the contents of this newsletter will make you feel happy.

Knowing you had funding for at least the next five years would no doubt put a smile on your face. So, if you need some advice, look at our Funding pages (11-14). See also pages 7 and 26 for two additional funding opportunities.

How about applying for the 2012 Charity Awards which are featured on page 21? Wouldn't winning an award boost your organisation's profile and give you plenty of publicity?

If getting things for free makes you smile then go to page 11 for the opportunity to claim free trees in celebration of the Queen's Diamond Jubilee.

If, on the other hand, you'd like to make other people happy, perhaps you could supply one of the needs mentioned on page 21?

Finally don't forget to look at all our usual pages and above we all wish you a very successful 2012.

Best wishes

Monique

The Ed

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POOLE CVS—*Helping those who help others*

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Poole CVS is a charitable company limited by guarantee, charity no. 1128227, company no. 6805489. It has a board of trustees elected by its members, who are voluntary and community sector organisations working in Poole. For further information about Poole CVS' governance, please contact Christopher Beale 01202 682046.

LATEST NEWS

In November we welcomed Christina Squire, the new joint Events and Business Manager for Bournemouth and Poole CVS' who replaces Ruth Shearn. As Christina's job title suggests she will be organising our forum meetings and conferences as well collating the e-alerts you receive and supporting the voluntary sector representatives. A big thank you to Ruth for all her work with us. It was a new post when Ruth first joined us and she helped establish it and make it a success. Also a big thank you to Monique Munroe, our Newsletter Editor, who covered the work in-between Ruth leaving and Christina's appointment.

DON'T FORGET WE HAVE EQUIPMENT TO LEND YOU

The following equipment is available: Flipchart, OHP, TV/video, LCD projector, Laptop, Camcorder, A3 laminator, Projector screen and base, Long reach stapler and display boards. To make a booking call Gill on 01202 675100 or email: gill.harris@poolecv.org.uk

Poole CVS helps hundreds of groups and through them, thousands of people.

Could you help Poole CVS by leaving something in your will?

COPY DEADLINES

Spring	17 February	Summer	18 May
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ANIMALS/WILDLIFE

DORSET WILDLIFE TRUST—GREAT DORSET SEAFOOD CAMPAIGN

Dorset Wildlife Trust is currently running a campaign to encourage a healthy and productive marine environment and would like you to sign up to support it. Go to <http://www.dorsetwildlifetrust.org.uk/greatdorsetseafood.html> and see how you can claim the Great Dorset Seafood Brochure and support the campaign.

CARING CANINES HELPING CHILDREN TO BE DOGWISE

Dogwise is a dog safety awareness training session for 5-12 year olds using role play to demonstrate correct behaviour around dogs (known and unknown). Specially selected, temperament tested, assessed and insured dogs participate. *Charlie's Storybook* is a similar session for the under 5's. See their website for further information www.caringk9s.webeden.co.uk

PDSA GOLD MEDAL FOR BRAVE ANIMALS

Do you know of an animal which deserves the PDSA Gold Medal? The Medal is the highest honour for outstanding animal bravery and exceptional dedication in civilian life. It is open to any animal involved in saving human or animal life when its own life is in jeopardy, or to any animal killed or seriously injured while carrying out official duties in the face of armed and violent opposition. For more information see: <http://www.pdsa.org.uk/about-us/animal-bravery-awards/pdsa-gold-medal>

ART

VOLUNTARY ARTS WEEK - 12 TO 20 MAY 2012

Voluntary Arts, the development agency for voluntary arts and crafts activity, will be running Voluntary Arts Week with the aim of showcasing and celebrating the achievements of amateur arts organisations. Thousands of drama groups, orchestras, choirs, knitting circles, dance troupes, painting groups and more meet up each week to enjoy themselves and bring their local communities together. Voluntary Arts Week is all about showing the rest of the nation what you can do!

If you need any ideas then here are a few:

- put on a special show
- hold a celebratory exhibition
- invite people to an open rehearsal
- run a taster session
- take your art or craft form out into the public domain (such as a shopping centre)
- or simply badge an event you've already planned with 'Voluntary Arts Week'.

For more information see www.voluntaryartsweek.org

JANUARY'S GRAND TEA DANCE

Poole Arts Development invites you to join them for a Grand Tea Dance at Lighthouse, Poole's Centre for the Arts. This fourth annual event takes place on 26 January from 2-5pm, and will feature a 7-piece band playing everything from waltzes to tango, jive and jazz.

Tickets cost £8.50 (Access to Leisure cardholders £6.50) and are available in advance from Lighthouse on 0844 406 8666. Ticket price includes tea and cake.

Tea dances are organised by Poole Arts Development, in association with Lighthouse, Poole's Centre for the Arts and Bournemouth Symphony Orchestra's Education and Community Department.

BME

DORSET REC ADVOCACY PROJECT

Following the departure of Chris Hammond to take up a new role, the Advocacy Project casework will now be handled by Adnan Chaudry (Chief Officer) and other trained officers. Once the project expires, Dorset REC will be implementing their exit strategy and will be training a network of volunteers who will help and support victims of racial discrimination.

COMMEMORATION OF HOLOCAUST MEMORIAL DAY 29 JANUARY 2012

The commemoration of Holocaust Memorial Day takes place on Sunday 29 January at 2.00pm at Multifaith Chaplaincy, Bournemouth University, Talbot House, Fern Barrow, Poole BH12 5BB. As well as an act of commemoration, there will be a presentation from a student who has recently taken part in the 'Lessons from Auschwitz' project, readings appropriate to the theme 'Speak Up, Speak Out' and the opportunity of signing the pledge to challenge the language of hatred and commit to using words which reflect respect for the dignity of those around you.

TRAINING BURSARY

Charities Evaluations Services (CES) has been awarded a grant from Lankelly Chase to offer a bursary scheme for non-London organisations that fall into one of the following categories:

- Lesbian Gay Bisexual Transgender/ Refugee Community Organisation/ Asylum/ Black Asian and Minority Ethnic/ (dis)ability/ women/ marginalised or hard to reach groups that fall in the small or medium pricing category
- Any other organisation that is not in a London borough that falls in the small pricing category (where it is an organisation and not a consultant or sole trader).

The bursary can be used to attend either a one-day or two-day CES training course.

The offer is slightly different depending on whether you book a one or two-day course. The bursary is limited to one course per organisation and terms and conditions apply when booking.

For more information visit <http://tinyurl.com/cca6oks>.

CHILDREN AND YOUNG PEOPLE

POOLE ANTI BULLYING GOOD PRACTICE CONFERENCE— TUESDAY 17 JANUARY

Bullying is a high priority to our young people. They want bullying to stop.

This FREE conference will launch the Poole Anti-Bullying Strategy, endorsed by Councillors. The Strategy will support schools and other agencies with their Behaviour Management and Anti-Bullying policies, in line with Department of Education guidance and Ofsted requirements. After a brief introduction to the strategy and new data collection system, there will be workshops to share good practice in anti-bullying work.

Duration and venue

Three hours plus refreshments on either the morning session 9am for 9.30am start until 12.30pm or for the afternoon 1pm for 1.30pm start until 4.30pm. Springdale First School, Springdale Road, Broadstone, BH18 9BW

Target Audience

All organisations working with children and young people should have their own anti-bullying policy, procedures and practices in line with this strategy. Workshops may be of particular interest to schools and other professionals working directly with children and young people.

To register your interest go to Poole Workforce Development CPD Online. For any further queries contact julie.murphy@poole.gov.uk

CHILDREN AND YOUNG PEOPLE

THE FUTURE OF POOLE'S CHILDREN'S CENTRES - 11 JANUARY 2012

(9.30am to 1.30 pm)

Would you like to see a more active role for the voluntary sector in delivering services for children and young people in Poole?

On 22 November voluntary and statutory sector colleagues, and parents met to discuss the different ways Poole's children's centres could be managed and developed in the future. The workshop was a success and we now want to expand on this by running another workshop on 11 January 2012 to specifically look at:-

- how voluntary organisations could collaborate to manage children's centres and other services
- what support voluntary organisations would need to enable them to do this

We would urge you to attend as this initiative could have an important impact on the local voluntary sector, children and young people, and their parents/carers. To book please contact: Elizabeth Jordan on 01202 261989 or email: e.jordan@poole.gov.uk.

SHOWING IMPACT OF WORK WITH YOUNG PEOPLE

New Philanthropy Capital's online Well-being Measure is designed to help you show the difference your organisation is making to the lives of young people aged 11 to 16. Introduction piece and short video at <http://preview.tinyurl.com/3d4b2lp> or go to the dedicated website at <http://www.well-beingmeasure.com>

FREE CAKES FOR KIDS

This voluntary organisation was set up to offer a birthday cake to under-privileged children. Currently there isn't a local group in the Poole area but if you know of anyone who likes baking and would love the challenge of producing a cake on the theme requested by a local child, then maybe this is something your organisation would like to help set up. Details are on their website: www.freecakesforkids.org.uk Let us know if you do so we can publicise it in the newsletter.

TEDS TOY SALES

Teds Toy Sales are run by two local women Dana Elsworth and Liz Wells who recycle outgrown toys and then sell them with the proceeds going to local schools, playgroups and charities such as Julia's House. So far they have raised over £1,000 in this way. If you have any of the following in good condition, they'd love to hear from you: clothing, wooden toys, fun games, baby toys, nursery items, prams/buggies, garden toys or ride on toys. Their contact details are: 01425 489519/07795 109559, info@tedstoysales.co.uk or see www.tedstoysales.co.uk

HEADWAY DORSET—CYCLING SAFELY PRESENTATIONS

Representatives from Headway Dorset visit schools and organisations working with children to highlight to children the importance of wearing a cycle helmet every time they ride their bicycles. As well as showing how important it is to wear the correct size helmet the audience also receives a real life story from a brain injured client.

If you would like Headway to come to your organisation to give a presentation or would like to purchase a copy of their DVD which reinforces what they say in the talks, please call 01202 606560 or email office@headwaydorset.org.uk

FREE DOLL FOR CHILDREN WITH HEART CONDITIONS

The Children's Heart Foundation can provide, free of charge, a male or female doll to a child with a heart condition which helps to explain the idea of operations and scars to them if they need surgery. Applications have to be signed by a healthcare professional. Application forms are available from http://www.childrens-heart-fed.org.uk/how_we_help/mollys_dolly

CHILDREN AND YOUNG PEOPLE

PRINCE'S FOUNDATION FOR CHILDREN & THE ARTS – START PROGRAMME—deadline - 1 February 2012

The Prince's Foundation for Children & the Arts is inviting UK arts organisations to apply to be involved in its Start programme.

Start is a grant giving programme that introduces children to a local cultural venue to experience the very best of the arts. Through Start, pupils begin to develop a lasting relationship with that venue and art form. Children & the Arts is actively seeking passionate and committed partner organisations to work with it to develop and deliver Start for pupils from primary and secondary schools in their local area. It is looking to recruit six to ten new partners for the 2012/13 academic year.

Its aim, and that of its partners, is that pupils will develop the confidence and enthusiasm to continue their engagement with their local cultural venue beyond the life of the project.

If you think you might be a future Start partner, then please read the Application Guidelines at <http://tinyurl.com/6pmafq8> to see if you are eligible, and for further information on how to apply. For more information visit www.childrenandarts.org.uk/start.

DEED HAS MOVED

Development Education in Dorset (DEED) moved last December. Their new address is: St. Aldhelm's Academy, Herbert Avenue, Poole BH12 4HS. The telephone number 01202 739422, website www.deed.org.uk and email address info@deed.org.uk remain the same.

NEW GUIDE OUT TO COMMUNICATING WITH YOUNG PEOPLE

The Children's Workforce Development Council has produced 'Communication and engagement with children and young people: An employers pocket guide'. It is intended to be a starting point rather than comprehensive. It should equally apply to developing skills of volunteers as well as paid staff.

<http://www.cwdcouncil.org.uk/employers/communication-and-engagement>

THE CULTURAL LEARNING ALLIANCE

The Cultural Learning Alliance is working to ensure that all children and young people have meaningful access to culture in this difficult economic climate.

Visit this site for news and highlights, policy and practice as well as publications like ImagineNation: The Case for Cultural Learning. Packed full of evidence including statistics and quotes to back up any arguments to colleagues, funders and policy makers across the learning and cultural worlds.

Follow this link to find out more <http://www.culturallearningalliance.org.uk/index.aspx>

ALL BABIES COUNT CAMPAIGN

The NSPCC has launched its '[All babies count](#)' campaign to highlight the vulnerability of babies and to call for better and earlier support for new parents.

http://www.nspcc.org.uk/news-and-views/our-news/child-protection-news/11-11-10-all-babies-count/all-babies-count_wda85690.html

Also just to say it is worth checking out this new site for all things to do with the Foundation Years for professionals working with children and families. <http://www.foundationyears.org.uk/>

EMERGENCY ESSENTIALS PROGRAMME

BBC Children in Need has announced their Emergency Essentials Programme which is being administered by Buttle UK (www.buttleuk.org). The money is to be used to supply essential items for struggling families living in extreme deprivation in the UK.

CHILDREN AND YOUNG PEOPLE

LOOK! FUNDING



MOTHERCARE GROUP FOUNDATION

The Mothercare Group Foundation (<http://www.mothercareplc.com/charity>) accepts grant applications throughout the year from registered charities. The scheme supports projects in the following areas: ensuring the good health and well-being of expecting mothers, new mothers and their children, special needs of babies and premature babies, parenting initiatives for family well-being.

THE NATIONAL FAMILY LEARNING NETWORK

The National Family Learning Network (NFLN) <http://www.familylearningnetwork.com/> has free downloadable resources, news updates, job vacancies, events and the latest funding opportunities. Registration is free and takes less than a minute.

Finally, also see page 3 (Animals for Dogwise project)

COMMENT

You may remember that after the local elections last May, we asked for comments on how local councillors can best support local voluntary organisations. We put a similar question to the leaders of the three main political parties in Poole. Here is the reply from Poole People First. *"Poole People is committed to supporting voluntary and community organisations in Poole. We believe that the Council and voluntary and community organisations need to work much closer together to improve the quality of life of Poole's residents. Council officers need to gain a better understanding of the constraints that such organisations are under and we believe that an officer role should be created with the specific role of achieving this by improving communication and responsiveness, and pushing joint initiatives. However, we also feel that voluntary and community organisations need to move forward too, particularly by merging/working together where objectives are shared in order to increase efficiencies, and by developing more social enterprise models capable of delivering sustainable community services in Poole. We see Poole CVS as a central element in this process."*

In future issues of Poole CVS News we aim to print the comments of the two other main parties in Poole, the Conservatives and Liberal Democrats.

COMMUNITY

WILKINSON

Wilkinson's sponsor 30 people who have either a special talent, are an inspiration to others or help in their local community.

If you know of someone who fits the above criteria you need to pop into your local store and collect an application form. Then post to Wilkinson's, JK House, Roebuck Way, Manton Wood, Worksop, Nottinghamshire, S80 3YY where it will eventually be considered by the Charity Committee. Only completed Local Stars application forms will be considered.

EXPLORING COMMUNITY RESILIENCE

A network of community activists, professionals and policy makers, supported by Carnegie UK Trust, has created a handbook which tells stories about how communities lived through a range of life-changing events, such as the Cumbrian floods. "Exploring Community Resilience is about inspiring communities across the UK and Ireland and beyond to plan for their futures." Additionally the Fiery Spirits 'community of practice' website at <http://fieryspirits.com> aims to pool knowledge. The handbook is available in pdf (9.79 MB) from <http://www.carnegieuktrust.org.uk/publications/2011/exploring-community-resilience>

COMPLEX FAMILIES

Working with families with multiple problems – a key priority for Poole

The Poole Partnership which represents the key agencies and sectors working in Poole has identified three key priorities it would like to collectively address over the coming years:-

- ◆ families with multiple problems
- ◆ domestic violence
- ◆ the Bourne Estate

In the newsletter we will be profiling each one of these priorities, explaining why they are important and what action is being taken. Poole CVS with other partners is stressing the importance of involving the voluntary sector in tackling these priorities, and your thoughts would be welcome on this.

Families with multiple problems, as the term suggests, are families who are experiencing a range of problems including parents not being in work and who have mental health/addiction needs, with the latter also applying at times to the children. There could also be domestic violence occurring. Nationally it is estimated that there are 120,000 families who fall into this category; here in Poole it is estimated that there are between 220 and 260 families.

However, not all will be in contact with social services. One role voluntary organisations could have is in ensuring that families, or children they are working with, are linked up to all the support they require. A specific challenge we have in Poole is that we are an affluent town and it is hard to attract additional government funding to address these issues and also to identify the families. If we are to make an impact, all sectors will need to contribute their resources, networks and expertise.

The families have been a concern to successive governments, partly because of the cost of either supporting them or dealing with some of the issues linked to them e.g. criminality. Families can cost between £250,000 and £730,000 per year. More than the cost, though, is the recognition that many of the parents do not want to be in this situation and also that we cannot turn our backs on the children involved. A key priority is breaking the “generational effect” where the children themselves grow up to have families which in turn experience considerable problems.

Social services and its partners have had some success through earlier interventions, pre-employment support to adult family members and at times by using levers such as potential eviction from the family home. Work sometimes will focus on one family member; because if they can change, it can act as a catalyst to the others. Through this work Poole is seeing less antisocial behaviour, better school attendance and academic/vocational achievement and less substance misuse amongst the families supported.

Specific support will be delivered by the council through the Family Intervention project, plus a specific worker on this for the Bourne Estate area, and a Working Families Everywhere project. This latter project entails providing intensive support to family members to get them into work. Even though this may not necessarily provide the family with more money (and poverty is becoming an increasing problem) the routine and benefits of work have a positive impact on the family as a whole.

I consider that the voluntary sector could have a greater role to play in supporting the families. There are already some organisations that are either contracted to do so, or provide their own resources, but I think we can expand on this. For example, what sort of volunteering opportunities are we offering? Could they be a stepping stone to work? If we are working with adults and/or children are we aware of their needs/ experiences and, if required to do so, are we confident about whom we should be referring them on to? Poole CVS will be working with statutory and voluntary sector colleagues to identify opportunities for the entire sector to engage in this field of work. This is a challenge for all of us; successfully supporting even four to five families could have a significant impact on local budgets, the welfare and future of the parents and their children and the community as a whole.

Christopher Beale

CRIMINAL JUSTICE

THE POLICE AND CRIME COMMISSIONERS

A big change for policing in 2012 will be the introduction of Police and Crime Commissioners (PCCs), part of the Government's Police Reform and Social Responsibility Act. PCCs will replace the local police authorities and they will be elected, with PCC elections taking place every four years. The first Police and Crime Commissioner for Dorset will be elected on 15 November 2012. The PCC will be responsible for setting the annual policing budget and the proportion of local council tax spent on policing. They will also identify and engage with communities to represent their views in setting local policing priorities and chief constables will be accountable to PCCs. In turn PCCs will be scrutinised by Police and Crime Panels, which will be formed by a minimum of ten representatives from the local authorities in force areas. To plan and oversee the implementation of the changes, a Transition Board has been formed which is jointly chaired by the Chief Executive of the Police Authority and the Deputy Chief Constable.

Voluntary organisations need to be prepared for the arrival of PCCs and the establishment of the Police and Crime Panels. Poole CVS is particularly interested in working with voluntary sector colleagues in influencing the setting of the PCC's local community safety priorities, and to access any service delivery/partnership opportunities that arise in the new commissioning landscape. We will be reporting more about local developments in future newsletters and also at the Criminal Justice Voluntary Sector Forum we organise with Bournemouth CVS and Dorset Community Action. (Source: letter from DPA Chair and DP Chief Constable to Stakeholders, 14 December 2011).

CVS AT 50

2011 saw Poole CVS celebrate its 50th anniversary. There is a reference on the Charity Commission website of the organisation being first registered in 1961, but it is not until 1963 that our records start. It was in 1963 that local voluntary organisations, council and NHS Officers and Councillors met to discuss the following question, "the problem was how to bring home to the public the duties involved in social welfare work, how to co-ordinate the work of voluntary organisations, how to ensure that there is a voluntary organisation working efficiently in conjunction with the statutory partners and to see that there are sufficient voluntary organisations to deal with these matters". We still face these challenges; they encompass many of our current aims here at Poole CVS.

In 1964 the Poole Association of Voluntary Welfare Organisations was launched, many of the original members e.g. the CAB, Inskip, and the Dorset Blind Association we still work with today. By the late 1960's we were receiving an annual grant from the Council of £50, worth £700 in today's money, even though we get a lot more than that now; in fact £68,500.

Despite their good work the Poole Association of Voluntary Welfare Organisations closed down in 1974 (possibly due to local government re-organisation) and it was not until the early 1980's that it was re-established, eventually becoming the organisation we know now in 1999. One thing which struck me when putting together a brief history of the CVS for our AGM is how little we had in our archives, and the need for more personal accounts from people who were making decisions at the time. I think we can learn a lot from our history and our predecessors' experiences. As a result we are doing more to sort out our archives and catch up with previous trustees for their stories. We are very fortunate that we have a volunteer, Tricia Creamer helping us with this, but I would urge readers to try and do the same for their organisations. You can learn a lot and give your colleagues and service users a sense of belonging through a well researched history.

Christopher Beale

DISABILITIES

BROADSTONE ACCESS GROUP

For those who have not heard of Broadstone Access Group, we are an organisation of people, some with disabilities others who are able-bodied, who care about the local community of Poole. We concentrate on improving the lives of people with disabilities, their families and carers, so that they may be active members of an all inclusive society.

We hold meetings every two months and have speakers on up-to-date and relevant subjects such as: benefits, the future of the NHS, Direct Payments and Personal Budgets, local transportation, changes to Social Services and NHS provisions, heating grants, and many more. We discuss important matters but have time for a cup of tea and chat amongst ourselves. We are a very friendly lot! Members are also eligible to join the swimming club.

We campaign for dropped kerbs, more Blue Badge parking, access to leisure and improving shop entrances. We aim to increase understanding of all disability and health matters, promote education for the public and improve provision of services.

Broadstone Access Group offers one-to-one support, as experience has shown us that people and their loved ones are sometimes in need of help and someone to talk to and don't know where to turn. We have been approached by people with disabilities, distraught and needing information on accessing care and services. They now feel more comfortable with the knowledge that they can talk to others who have been in their situation and can offer guidance and comfort.

Meeting dates for 2012 (2pm – 4pm) are 20 January, 16 March, 18 May, 20 July, 21 September and 16 November. Meetings are held at Broadstone Methodist Church, Lower Blandford Road, Broadstone BH18 8DP (in the Bradbury Room. Entrance is via Church Car Park on Macaulay Road).

For further information see our website: www.broadstoneaccessgroup.org or email us: broadstoneaccessgroup@hotmail.co.uk

CARING CANINES LAUNCH SIGNWISE in APRIL 2012

From April, if you wish to book a presentation from Caring Canines for your group, you will have the opportunity of asking for a qualified and experienced British Sign Language interpreter to be present. With their help, slides and hand-outs it will ensure that anyone in your group with hearing loss will be able to fully enjoy and participate in the delivery of the programmes. The presentation is free but there will be a fee for the interpreter's time.

In addition to their presentation about the work of Caring Canines they also run child safety programmes—*Be Dogwise* and *Charlie's Storybook*.

For further information call 01202 579744 or email: caringcannines@btinternet.com

ENVIRONMENT

BRITAIN'S BIGGEST CLIMATE CHANGE CAMPAIGN - 12 TO 18 MARCH 2012

Climate Week is a national campaign which aims to inspire us to take action on climate change. During Climate Week in 2011 over 3,000 events were attended by half a million people across the UK. It has the backing of people like the Prime Minister, Sir Paul McCartney, the NHS and National Trust. If you'd like to get involved this year see the website: www.climateweek.com, email info@climateweek.com or call 020 3397 2601.

The National Council for Voluntary Organisations is running a project to map the likely impact of climate change on vulnerable people. See <http://www.ncvo-vol.org.uk/networking-discussions/blogs/83/11/10/24/climate-change-older-londoners-launch-workshop> for details of the first workshop held in London.

ENVIRONMENT

DON'T BIN PLASTIC FILM—RECYCLE THEM

Good news! Asda, The Co-operative Group, Morrisons, Sainsbury's, Tesco and Waitrose now take the following which can be deposited in their plastic bag recycling bins:

- ◆ Plastic wrapped bakery goods
- ◆ Breakfast cereal liners
- ◆ Toilet and kitchen roll plastic wrap
- ◆ Plastic fruit and veg bags
- ◆ Plastic multipack shrink wrap (those around multipacks of cans)
- ◆ Plastic freezer and carrier bags

(source: Poole News)

FREEBIES—it's great to get something for nothing

FREE TREES TO CELEBRATE THE QUEEN'S DIAMOND JUBILEE

The Woodland Trust is offering communities a free pack of trees which will be delivered in February, March or November this year. The packs are available in two sizes – either 105 trees or 420 trees - and are themed to help you choose the best mix for your local area. To apply go to:

<http://www.woodlandtrust.org.uk/en/jubilee-woods/get-involved/Pages/community-tree-packs.aspx>

LOOKING FOR SOMEWHERE TO PUT YOUR PUBLICITY?

Upton Library is taking bookings for 2012 from charities and local organisations for their display cabinet in the entrance hall of the library. It's FREE! Contact Lisa, Rachel or Victoria on 01202 623744.

FUNDING

FREE FUNDING ADVICE

Lyn Pullen and Roland Robinson offer **FREE funding advice** to groups working in Poole and Bournemouth, including helping you find funders and checking your draft bids. Please contact us on lyn.pullen@poolecvs.org.uk or roland.robinson@poolecvs.org.uk

FUNDRAISING SERVICE

We are trialling a service which will enable us to write funding applications, i.e. not just advise you - we will actually do the work for you. This does not mean we are stopping our free advice service: our rule-of-thumb is that advice is free, but if we do the work for you, we charge at £35 an hour + VAT.

Eligible groups are those who work within Poole or Bournemouth. (continued on page 12)

Subject	Free service	Charged-for service
Getting your "project" bid-ready	We will advise you whether we think you are bid-ready, and how to achieve this if you are not.	We will work with you to achieve bid-readiness.
How to search for sources of funding	Free advice.	
Researching funding sources	Quick search, giving you some suggestions, which you need to weed out.	In-depth research, giving you options as precisely suited to your needs as we can.
Writing applications (letters or forms)	We will advise you on how to do it, and comment on as many drafts of any one application as you wish.	We will meet with you to gain the necessary information and then write the bid in conjunction with you: i.e. we will do the work, but you supply the knowledge.

FUNDING

If you are interested, please e-mail Lyn or Roland and we will send you some more information. This includes our checklist which we use to judge bid-readiness (which you are welcome to even if you do not wish to use our charged-for service). If you prefer to talk to us, ring the office on 01202 682046. Both Lyn and Roland are part-time and Lyn often works from home, so they may not be immediately available. They will however, phone you back as soon as they can.

BOROUGH OF POOLE GRANTS

The Borough of Poole will shortly be announcing a small grants programme for 2012/13. As soon as the details are finalised we will be promoting the programme through our e-alerts, newsletters and forum meetings, so please watch out for this. We do know that they will want to see that you have tried to get the money from somewhere else, before turning to them, so we suggest you contact Lyn or Roland to discuss whether you can do this now, so you have been through this process (and maybe got money) before the funding programme opens. We see the primary alternative as Awards for All, and there is a lot of scope for applications to this small Lottery fund, which gives up to £10,000. Only 23 organisations in Poole and Bournemouth have received Awards for All grants since January 2011, and there could be lots more: it's a big pot and easy to apply to. We know the need of many groups is for salaries, and that this fund will not cover them, but there are often other things you could apply for, freeing up money from other sources to go to salaries.

FUNDERFINDER CEASED

The funding database "Funderfinder" has ceased operation. For information on what other databases exist: free and charged, please contact Lyn or Roland for our factsheet.

HOW TO DESCRIBE YOUR MONEY WHEN YOU MAKE A FUNDING BID

We find there is some confusion in this area, so to spell it out:

Income is all the money you have coming in. Some funders will limit their grants to groups of a certain size, based on income or turnover. This does not take into account the fact that you are probably spending all the money you get – regrettably, if, say, you have an income of £30,000 a year, this is what they will judge your eligibility on: the fact that you are running services which eat all this income up is not relevant.

Charitable registration Just in passing, as we are talking about income, do remember you must register as a charity if you have an income of over £5,000 a year. If you do not do so, you may not be found out, but you will not benefit from the tax advantages of being a charity, and if the Inland Revenue catches up with you, you could be in trouble: they may class you as a business and would be within their rights to demand back tax. We can advise you on the process to register.

Restricted income This is money you have in the bank, which has been given to you for a specific purpose (e.g. you have received a grant to do x). You are not allowed to spend this on anything other than x, and funders will usually discount it when they are looking at how much money you have got.

Designated income is money your trustees have decided to put to one side for a certain purpose. Most funders will not take this into consideration, as the decision to spend it on something else could be made at any time. To mitigate the problem of funders seeing your designated income as freely available (when it might not be in your minds) you can put together a short Reserves Policy, stating why you are holding this particular level of money in the bank.

FINDING OUT ABOUT GOVERNMENT FUNDING

Poole CVS is now subscribing to www.governmentfunding.org.uk and you are welcome to come in and use this database at our offices (by appointment). It includes funding information from 16 central government departments, 32 independent grant administrators, European sources, regional sources and from over 150 Local Authorities, including Bournemouth and Poole. Lottery programmes are included.

FUNDING

A search combining the terms “South West”, “people needing support” and “grants” brought up 22 grants and one contract (?) but they include programmes which are closed, so the real figure was five. Generally, browsing around the site, there seem to be few grants available from the government itself: many of the grant schemes listed are Lottery programmes. Some loans and contracts are also included, but not many.

J. PAUL GETTY JNR CHARITABLE TRUST WINDING UP

In accordance with its founder’s wishes, this big trust will be spending all its money over the next five years. The Charity Commission website shows this trust’s investments as being worth over £45 million, so they have quite a lot to give away. Their website states that they will probably close to applications within the next two years. Their areas of interest are:

Social Welfare

- ◆ Reducing Reoffending
- ◆ Improving prospects
- ◆ Repairing communities
- ◆ Repairing lives

Arts and Heritage

- ◆ Preserving heritage
- ◆ Sustaining the arts

For full details see www.jpgettytrust.org.uk

FINDING OUT ABOUT CORPORATE FUNDING

Poole CVS have the 2011/12 edition of the book “The Guide to UK Company Giving” available for use in their office.

This has one section listing the top 100 givers to charity and community causes, then another section listing the remaining companies in less detail. Included in the top 100 is Lush, based in Poole High Street, who are listed as giving £836,000 to charity in 2009 and as giving mainly to the environment, animal protection and human rights.

Where companies have set up trusts to administer their charitable giving, the book gives information about them and a brief idea of what they offer.

The information will unfortunately date very quickly (the website is better, but a lot more expensive) but it does give a starting point to find out what sorts of causes specific national businesses are interested in, and whether they have a linked trust or foundation.

Some big companies, or their trusts, are not open to applications; you can understand that, from their point of view, sifting through thousands of applications is very time consuming, and more of their charitable money gets to good causes if they avoid this approach and pre-decide who they will give to via such schemes as Charity of the Year.

TRUE COLOURS TRUST

This trust is one of the Sainsbury family of trusts, which normally don’t give much to unsolicited applications, but this one does. The aim of the True Colours Trust (www.truecolourstrust.org.uk) is to make a difference to the lives of children with special needs and their families. They have a “small grants scheme” which is open to application at any time, and provides grants of up to £10,000, usually for one-off purposes to help smaller organisations develop and deliver programmes for children, their siblings and families. They are particularly keen to support:

- Hydrotherapy pools
- Multi-sensory rooms
- Mini buses (this is very unusual)
- Young carers projects
- Sibling projects
- Bereavement support

FUNDING

VARIETY CLUB

As we mentioned minibuses on page 13 you might also like to be aware of the Variety Club (Children's Charity) grants. They will help with practical items to support disabled children (including those with issues such as Aspergers), for example special wheelchairs. The information about the minibuses, which they call "Sunshine Coaches" is on their website www.varietyclub.org.uk The introduction says:

"The coaches are presented to organisations that support sick, disabled or disadvantaged children up to 19 years old. Each coach represents a team fundraising effort between the school or organisation, the Variety Club and our corporate and individual sponsors".

DATA ON CHARITY GIVING

UK Giving 2011, last year's version of the most in-depth and long-running study of charitable giving habits, was commissioned by the Charities Aid Foundation and NCVO. The total of donations remains flat despite an increase in the number of donors. See: <https://www.cafonline.org/publications/2011-publications/uk-giving-2011.aspx>

GOVERNANCE

(also see Training—page 27 and Mental Health-page 20 re: the murder of a lone worker)

DOES YOUR ORGANISATION NEED A HEALTH CHECK?

Are you sure your group has got all it needs in place to run effectively, efficiently and even legally?

The CVSs can help! We have recently developed an Organisational Health Check which will highlight aspects that your organisation needs to work on. It checks your understanding and what process you have in place to support various subjects such as the organisation's purpose, committee procedures, finance, policies, funding etc.

The initial session will take up to half a day with an adviser and consists of 13 sections with questions. The tangible outcome will be an action plan that you can work through and use with your committee to improve your organisation. The CVS will be on hand to help you through this process by giving you advice and support to improve.

If you would like to book in a health check meeting please contact Sam for Poole; 01202 682046, sam.wilcox@poolecvs.org.uk or Steve for Bournemouth; 01202 466130, steve.place@bournemouthcvs.org.uk

GETTING CLEARER ON NEXT MOVES FOR CHARITY ACCOUNTING

The latest update from accountants Sayer Vincent explains how current proposals on changes in accounting standards will impact charity accounting, <http://www.sayervincent.co.uk/updates> It says that it is likely that a revised charity SORP (accounting standard) will be issued for consultation in 2012 and for implementation in 2014.

LEGAL SERVICES FOR SMALL CHARITIES

The Legal Services Consumer Panel has published a report on legal services for small charities. One of the most striking findings is that **half** of small charities have limited or no understanding of laws applying to them and take a reactive approach to dealing with legal issues. (http://www.legalservicesconsumerpanel.org.uk/news/documents/mediarelease_smallcharitiesresearch_20111206.pdf)

GOVERNANCE

PROMOTING ETHICAL INVESTMENT IN CHARITIES

Produced as part of National Ethical Investment Week, 'Action Guide for Charities' from UK Sustainable Investment and Finance and the Charity Finance Directors' Group offers advice on adopting an ethical investment policy and publicising it to stakeholders. <http://preview.tinyurl.com/6qww9lr>. The guide builds on 'Socially Responsible Investment: A practical introduction for charity trustees' published in 2010, available at <http://www.charitysri.org/homearea/publications.html>

PREPARING FOR WINTER EMPLOYMENT ISSUES

Employment advisory body ACAS has a reminder for employers on making sure they are prepared for workplace issues that crop up over the winter months, such as adverse weather and holiday entitlements. <http://www.acas.org.uk/index.aspx?articleid=3554> Please also see page 16 for further winter issues.

UPDATED HSE INFORMATION AROUND NEW AND EXPECTANT MOTHERS

The Health and Safety Executive has updated its information for employers (and employees) on new and expectant mothers. What are your responsibilities and what must you do to comply with the law? <http://www.hse.gov.uk/mothers/index.htm>

HEALTH

Lindley Owen, Public Health Consultant, NHS Bournemouth and Poole will now be contributing regular articles for the newsletter on issues of importance for the health of the community.

Why does winter kill more people in Poole than in Oslo?

Scientists at the 'Health Observatory' in Bristol made this startling discovery, which prompts the question why? It appears that communities can protect themselves better against predictable threats.

Scandinavian winters are always harsh, whereas snow in Dorset is rare, irregular and soon gone. Yet it only takes the thinnest layer of ice to turn your normally safe doorstep into a lethal trap. On the first day of snow in 2008, Poole Hospital treated more patients with fractured hips than in a normal month.

One of the less publicised aspects of overall global warming, is an increase in severe weather events. In 2011 we have had record high temperatures in April and October. It makes sense to 'expect the unexpected' in the winter, too. Fuel price rises hit those on low incomes hard, but they also make insulation an even better buy. While central heating was cheap, we gradually lost the habit of insulating our bodies while indoors.

National and local government have joined forces to provide advice and support, including top tips for surviving bad weather. See www.direct.gov.uk/getreadyforwinter and www.bournemouthandpoole.nhs.uk

Lindley Owen, Public Health Consultant

A HEALTHY FUTURE FOR BOURNEMOUTH AND POOLE -THE ANNUAL CHECK UP! WEDNESDAY 25 JANUARY

This joint conference organised by Bournemouth CVS, Poole CVS and NHS Bournemouth and Poole takes place on 25 January from 2pm-5pm at the Heathlands Hotel, Grove Road, Bournemouth BH1 3AY. Speakers will be Dr Adrian Dawson Director of Public Health, NHS Bournemouth and Poole Dr Ros Maycock and John McBride, Chief Executive, Borough of Poole. To book your place, or for further information, please email christina.squire@bournemouthcvs.org.uk

HEALTH

BEING WARM WELL AND SAFE THIS WINTER

Poole CVS is currently working with NHS Bournemouth and Poole and other statutory and voluntary sector partners in looking at how we can best support older people and other vulnerable adults through the winter months. As Lindley describes in his article on page 15, winter brings all sorts of challenges to older people and society as a whole. Poole CVS considers that the voluntary sector could play a greater role in raising awareness around these issues and helping people make the most of the resources they have. For a range of guidance and information to help people during this winter please go to; <http://www.bp.nhs.uk/WS-Pan-Dorset/Downloads/NHS-BP/Your%20health/4pp%20newsletter-low%20res.pdf> where you'll find information such as; keeping homes warm; flu jabs; advice on diets and avoiding falls. If you want hard copies of this publication or thermometers to distribute please contact us here at Poole CVS. We also want to alert you to the following related projects:-

1) Continuity planning

Last year all organisations were affected by the snow. To mitigate the impact of winter conditions, Sam Wilcox our Organisational Development Adviser has produced a fact sheet on continuity planning for voluntary sector organisations. We have already emailed a copy out, please contact Sam if you would like a hard copy.

2) Surviving Winter Fund

Grants are available from the Dorset Community Foundation for the provision of cold weather related services and support to elderly people in Dorset. They will consider applications for express funding - based on priority and need.

The number and value of grant awards will be determined by the success of the *Surviving Winter Appeal*. They will give priority to organisations that are able to provide immediate services and support to elderly people affected by fuel poverty and social isolation.

The Surviving Winter Appeal was launched by the Foundation to raise awareness of the combined effects of fuel poverty and social isolation, and how this puts many self-reliant older people at risk, particularly if they turn down their heating to save money, and become trapped indoors due to bad weather and icy road conditions. The Foundation is appealing to older people who do not require their winter fuel allowance to donate it to the appeal as well as asking the whole community for donations. For further details please go to <http://www.dorsetcommunityfoundation.org/how-to-donate/surviving-winter-appeal/> Contact details for the Foundation are: philanthropy@dorsetcf.org 01202 292255.

3) Winter watchers

Every year, we see a number of people be admitted to hospital over the winter months because they are not warm enough, not eating enough and, in icy weather, going out and slipping on ungritted pavements. Many of these people are living in areas which have active communities through the work of the council, volunteers, the police and faith groups or simply have informal networks of people who are committed to supporting and developing their community.

Over the winter months these groups could support older and vulnerable people to prevent them from needing to go into hospital. Their intervention and support at a community level would be more effective due to better local knowledge, better understanding of the issues and the trust of the community.

This winter many organisations in Bournemouth, Poole and Dorset are working together to offer extra support in the community to help people keep warm, keep well and keep safe. This could include doing shopping, gritting pavements in icy weather or even the occasional phone call or visit to check that people are OK. Identifying these people is often best done at a local community level and conversations and support can be offered in a spirit of good neighbourliness rather than official intervention.

Many of you will know who the elderly and vulnerable are in your community and where they live. You may well be supporting them already through the work that you do. Could you be a winter watcher this year to offer this extra support to people in your community? If this is something that you think you would like to get involved with, then email Liz Kite at the PCT to register your interest.

HEALTH

SHAPING HEALTHWATCH

If you are interested in how Local HealthWatch is provided for Bournemouth, Dorset and Poole please see: <http://www.bournemouth2026.org.uk/shapinghealthwatch/> If you have any feedback on this report please send any responses by **31 January** to shapinghealthwatch@bournemouth.gov.uk

NEW OUTDOOR GYMS FOR POOLE

Thanks to a £65,000 grant from NHS Bournemouth and Poole the Borough of Poole, will be creating outdoor gyms at Hamworthy Park, Turlin Moor Recreation Ground and Sherborn Crescent, Canford Heath. If you'd like to see what is being proposed go to: leisureprojects.net/fitness.htm Work is planned to start early in 2012.

POOLE FIBRO POD (POOLE AND DISTRICT FIBROMYALGIA SUPPORT GROUP)

Poole Fibro Pod (Poole and District Fibromyalgia Support Group) is part of Poole Disabled Club. They meet at Parkstone Christian Centre (URC), Commercial Road, Ashley Cross, Lower Parkstone (next to Poole day Centre) every two weeks between 7.30pm and 9.30pm. Meetings cost £2.50 and this includes refreshments and usually a speaker or entertainment. They do not dwell on their illness but anyone who wishes to talk about a personal issue can do so in private. For further information contact Sally Speck on 01202 241994.

THE EXPERT PATIENTS PROGRAMME

The Expert Patients Programme CIC Online is a **FREE** internet-based self-management course for people who live with any long-term health condition(s) and may be particularly useful for those whose health conditions may prevent them from accessing a community course.

New sessions will start each week with participants logging-on two to three times per week for a total of two hours. The course last for six weeks and participants can access the course at anytime and anywhere there is internet access.

Topics that the course covers include:

- Managing tiredness and pain
- Coping with feelings of depression
- Relaxation techniques and exercise
- Healthy eating
- Action planning and problem solving techniques
- Communication skills with healthcare professionals, friends, family and colleagues

For more details about the course please telephone our **FREEPHONE** number **0800 988 5520**.

HERE TO HELP

SOURCE

Source is a website for local people to access information, advice and guidance across Bournemouth, Dorset and Poole and is particularly useful for people with social care needs. See <http://www.sourcedirectory.org.uk/kb5/dorset/asch/home.page> There are several headings such as money, working, things to do, housing and care homes and what's on. For anyone without the internet there are dedicated phone lines. The Poole number is 01202 633902.

BUY WITH CONFIDENCE

Want to avoid hiring cowboys to carry out work at your office or home? Then take a look at www.buywithconfidence.gov.uk All the businesses on the website have been vetted and approved by Trading Standards.

HERE TO HELP

BOOKS ON WHEELS—FREE HOME DELIVERY SERVICE RUN BY WRVS IN POOLE

For anyone who loves reading but is unable to get to the library there's a free service run by the WRVS. Volunteers call on participants every three weeks with new books and takeaway the read ones. If you would like to access this service please contact the Home Library Service Manager on 01202 262472.

ADVERTISING YOUR PAID WORK (FOR FREE)

First you can advertise your jobs on the Poole and Bournemouth CVS' websites (<http://www.poolecv.org.uk/vacancies.asp>) or <http://www.bournemouthcv.org.uk/Job%20Vacancies.asp>

Then there is **Voluntary News** (news for voluntary and community organisations). Add your jobs to their website (it's FREE) or if you're looking for paid work sign up to the news feeds. See: <http://voluntarynews.org.uk/news/jobs>

CHARITIES USE OF THE INTERNET—CURRENT ACTIVITIES AND FUTURE OPPORTUNITIES

This booklet is available from the Nominet Trust website (<http://www.nominettrust.org.uk/sites/default/files/NT%20SoA%203%20-%20Charities%20use%20of%20the%20internet.pdf>) which reveals how the internet could be the making or breaking of charities. It shows how charities can begin to develop new practices that use internet-based technologies and sets out a number of examples of successful approaches.

BE PART OF URBAN FORUM'S COMMUNITY SECTOR TALES

Urban Forum has started a project to record your **community sector tales**. They want you to point them to your online content, whether photos or video, drawings or presentations. Tell them where they are on the web (website, Flickr, YouTube) and they'll do the rest. They want to show the brighter side of your great work and put it all in one place. <http://www.urbanforum.org.uk/vcs-tales/community-sector-tales>

HOUSING

ETHICAL PROPERTY FOUNDATION GOING NATIONWIDE

The Ethical Property Foundation (a charity providing free advice on property issues to not-for-profit organisations), is expanding its services to cover the whole of England from January 2012. See: <http://www.ethicalproperty.org.uk/>

IT

Google

Do you use Google as your search engine, then like Lyn Pullen you may find the new Google Instant annoying, If so you may like to follow Lyn's lead and instead of using www.google.co.uk you use www.google.co.uk/webhp?complete=0 and it works like it used to!

LETTER

REQUEST FROM TWIGS

Dee from Twigs, (the gardening project for Retired Senior Volunteer Programme) would love to hear about your plant ancestry stories to use in their newsletter. As an example Dee herself has a Christmas Cactus which was originally owned by her great grandmother in 1952 and has been passed down through the family. If you have a similar story please let Dee know by email: rsvpdorseteast@virginmedia.com

MEET THE MANAGER

Richard Erven from Body Positive

Body Positive aims to support and empower people living with and affected by HIV in Dorset and surrounding areas.

How long have you been the Manager for Body Positive?

Three years.

What changes have you seen since you first started?

A continuing increase in the number of registered service users with significant growth in the number of female service users.

During recent years the virus has become far more common amongst the heterosexual community and amongst young people (16 to 24 year olds).

Funding for a charity supporting people living with HIV is always going to be hard to come by and that situation has only worsened over recent years. There is so much competition for people's charitable giving and frankly HIV is not "sexy" and does not easily attract support. Obviously significantly reduced central funding this year has merely exacerbated the situation.

What are the best parts of your job?

We are frequently able to support people with real needs and vulnerabilities. Any time this happens we all get a great feeling of being part of something really worthwhile. In truth, there are not many weeks when I come to the weekend without a sense of having achieved something positive during the preceding days. It is not always anything major but often quite small things that make the work here truly satisfying.

I have also been encouraged by the number of organisations who have helped us in many different ways, during the last three years. Frequently this is simply a matter of asking for help and of making people aware of the facts, rather than the myths, around HIV. It is very easy to sit back and complain that no one wants to help, but people don't tend to come along and ask if we need anything, they just need to know that we need help.

And the worst?

The hardest part of the job recently has certainly been around funding issues. Whilst we have managed to garner support from several sources we are still substantially down on our required levels of income. As a consequence we have been obliged to close on Fridays and now only support our service users between Monday and Thursday each week.

It is still hard to appreciate how a significant reduction in our funding could possibly be justified, but that is the world we live in and we have to make the best of it.

The other major issue is the continuing evidence of stigma. Many of our service users suffer extremes of abuse and discrimination when it becomes known within their communities that they are HIV Positive. Most of this stigma arises as a result of ignorance and I do find that once it has been possible to inform people their attitude frequently changes and often softens quite considerably.

What do you feel are the top 2 challenges for your organisation in the next 5 years?

Raising Awareness of HIV and thereby educating the general public about the facts and the real issues faced by people who are living with HIV. They should be supported not victimised. It is also very important that as much is done to increase testing for HIV in particular and STIs in general. The Health Protection Agency estimate that 25% of people in UK who are HIV Positive do not know that they are. This means they are not receiving treatment themselves but it also means they could be passing on the virus, quite unwittingly.

Finally tell us about an outstanding memory you will always have about your work at Body Positive

There are so many to choose from. Actually too many to choose from that I would prefer not to pick any single one.

MENTAL HEALTH

MURDER OF A LONE WORKER

The following is relevant to any organisation with lone workers but in this case it relates to those in the mental health field. The following extract is from a letter from the Newcastle- upon-Tyne Coroner. A young support worker was killed while visiting a client with a history of violence. The organisation she worked for was prosecuted for failing to keep their employee safe. The letter gives a list of recommendations for organisations working in a similar field, particularly those lone working.

http://www.ncvo-vol.org.uk/sites/default/files/document/Coroners_Letter.pdf

See the Suzy Lamplugh website for further advice on lone working <http://www.suzylamplugh.org/lone-worker/directory/>

MENTAL HEALTH SERVICES

The NHS is currently developing its strategies for the development of mental health services across Dorset. The five year joint commissioning strategy for mental health has been agreed by all partners, and work is now progressing to implement this strategy. Initial work is considering older people's mental health services and urgent care services in West Dorset. Information about the projects is available at <http://www.bp.nhs.uk/getinvolved/mental-health.htm>

Engaging stakeholders

In delivering the actions required to implement the strategy, we are committed to engaging with users, carers, representatives and other stakeholders to ensure that the services commissioned are patient centred. There are three key areas of work over the coming months. These are:

- Older people's mental health
- Mental health access and wellbeing
- Urgent care services for West Dorset.

Detailed engagement plans are being developed for each of these areas and the involvement of users will be key. Anyone interested in being involved in the engagement process should email mental.health@bp-pct.nhs.uk

HOW TO... PROMOTE MENTAL WELLBEING

This website (<http://www.idea.gov.uk/idk/core/page.do?pagelId=30058907>)

has been designed for people and agencies wanting to actively promote and improve the mental wellbeing of their community. It is not intended to be a comprehensive mental wellbeing resource, which would need to encompass population level and socio-economic policy, instead it focuses on community level activity.

KING'S FUND, MENTAL HEALTH CONFERENCE PRESENTATIONS NOW AVAILABLE

Presentations from mental health experts, at the King's Fund's conference last year exploring the role of mental health services in improving care for long-term conditions are available. They include an update on the IAPT (Improving Access to Psychological Therapies) programme and insights into the value of psychiatric liaison services. http://www.kingsfund.org.uk/events/past_events_catch_up/the_role_of_mental.html

PAPERS AVAILABLE FROM OFFENDER MENTAL HEALTH CONFERENCE

The national Community Safety and Mental Health conference event was designed to improve the knowledge of community safety practitioners on mental health issues, and help demonstrate how mental health issues can inform strategic planning. See http://www.local.gov.uk/c/document_library/get_file?uuid=b9681359

ART AND DEPRESSION

The Depression Alliance is asking for people with depression to send in a poem, piece of artwork or an extract from a short story about depression that you'd like to share with a wider audience. Please contact info@depressionalliance.org

NEEDS/OFFERS—your chance to ask for things you need (sorry this doesn't include volunteers) or have something to offer others

NEEDS FOR...

CONCERN WITH HEARING

Like Poole Heart Support Group below, Concern with Hearing would like to receive British and Worldwide used stamps. Please contact Pat and Sam Gardener on 01202 385622 or email: concernwithhearing-dorset@hotmail.co.uk

MARGARET GREEN ANIMAL RESCUE

Can you supply this organisation with dog biscuits or treats? If so please contact Debbie Eddie on 07738 011071 or alternatively they can be left at Pets at Home, 5 Wessex Gate Retail Park, Broadstone Way, Poole BH15 3TE.

POOLE FOOD BANK

Tinned meat, meatballs, mince, hotdogs, tinned vegetables, beans, tinned/dried fruit, soups, stews, cereal, tinned tuna, salmon, tinned potatoes, instant mash, UHT/powdered/evaporated milk, instant coffee, tea bags, sugar, rice, pasta, long-life fruit juice, squash, jam, honey, tinned/packet puddings, custard, biscuits, snacks, sauces, pickles, spreads, spices.

Toiletries: toilet rolls, toothpaste, shampoo, cleaning products

Call the Poole Foodbank 01202 669566 or take them to Longfleet United Reformed Church in Wimborne Road Tuesday to Thursday (9.30am to 2pm) and Friday (9.30am to mid-day).

POOLE HEART SUPPORT GROUP

The Group are always pleased to receive postcards and used postage stamps. Contact George O'Leary 01202 743978 or email: George@poolehsg.org.uk

ROUTES TO ROOTS

Blankets, sleeping bags, jumpers, hats, gloves, scarves and toiletries are always needed for homeless people. Call 01202 667880 if you can help.

ST MICHAEL'S CHURCH, HAMWORTHY

Revd Pam Goddard is looking for the following to use at Messy Church events. If you can help with any please call 01202 674878. Ribbon (like the ones sewn into the shoulders of women's tops), clean and straightened sweet wrappers and pieces of coloured foil, transparent boxes with lids that contain liquid detergent capsules for washing machines, beads, sequins, glitter, pretty or interesting items (to be stuck onto card), odd balls of wool or anything else you have which you feel could be of interest.

TEDS TOY SALES

TEDS are always looking for pre-loved toys and gently used children and baby items to sell to raise money for local schools, playgroups and charities. Contact: 01425 489519/07795 109559 or email: info@tedstysales.co.uk

NOTICEBOARD

FOR SALE

Limelights, the Club for Young People has a roof rack with ladder for sale from their old Ford Transit Mini Bus (1990's) now sold on. Price: £50 Dimensions: 3m x 1.5m. **Contact:** Alison or Colin

a.packer@poole.gov.uk / c.phillimore@poole.gov.uk 01202 672318. Buyer collects. Limelights, Learoyd Road, Canford Heath, Poole BH12 8PJ.

2012 CHARITY AWARDS—deadline 9 March

Sponsored by CAF, The Charity Awards are now open for nominations. The deadline for entries is **Friday 9 March 2012** and the awards will be presented on 14 June 2012 at the Grosvenor House Hotel, London. To find out more and to enter go to <http://www.civilsociety.co.uk/charityawards>

OLDER PEOPLE

OLDER PEOPLE'S MENTAL HEALTH SERVICES DISCUSSION EVENT— 13 JANUARY

NHS Bournemouth and Poole and NHS Dorset are re-commissioning older people's mental health services. They are looking at the need to re-shape existing community mental health teams for older people and the inpatient/hospital-based services into a new model of service delivery incorporating:

- a memory assessment and early diagnosis service
- an intensive dementia community support service
- age-appropriate urgent and inpatient care
- specialist support for the wider provision of care for older people with mental impairment by primary care, community care teams and care homes.

They would like to invite interested voluntary sector groups to attend one of two engagement events in January to give feedback about current services, issues for them to consider with regard to the future shape of services and to provide an opportunity for further discussion.

The Poole event is on **Friday 13 January from 12pm** (for approximately two hours) at Canford House, Poole. Please email mental.health@bp-pct.nhs.uk to book a place.

NEW PROJECT—CONNECTING TO HEALTH AND WELL-BEING

Connect to Creativity is a new multi-agency and cross unit initiative, spearheaded by the Borough of Poole's Arts Development Unit in partnership with local care provider charity, Pramacare. Candice Johnson-Cole, Connect to Creativity Project Manager says "The initiative will bring all the health, well-being and creative talent we have at our disposal - together - in one accessible place, with a collective aim to benefit Social Services clients, private individuals and associated organisations.

I have experienced first-hand the benefit that creative activities can have in enhancing the well-being and care of individuals in a variety of care settings.

I will be arranging introductory meetings with Connect to Creativity stakeholders. However, please do not hesitate to contact me if you need to speak to me before I get to you. I am greatly looking forward to working with you all."

Contact Candice (working days Tuesday, Wednesday and Thursday) on 01202 262605 or Mobile: 07716989013.

PROJECT PURPLE—OUTINGS FOR OLDER PEOPLE IN POOLE

Age UK Bournemouth's Project Purple is now offering an outings service to Poole people aged 55+. The outings are weekly and include pub lunch trips and excursions in and around Dorset. Door to door transport is included for which charges apply. Contact Sarah Carroll on 01202 530530 or email: sarah.carroll@ageukbournemouth.org.uk

POOLE GRANDPARENTS SUPPORT GROUP

This Group has been running since 2008 and was set up to provide advice and support for grandparents who are raising their grandchildren and for those who have little or no contact with their grandchildren but would like to. They meet every six weeks at Rossmore Children's Centre between 7 and 8.30pm. For details of the meetings for 2012 please email: grandparentliaison@talktalk.net

LUNCH 'N MEET WEDNESDAYS AT ST GABRIEL'S HALL, HAMWORTHY

A two-course lunch and coffee is available to older people living in Hamworthy and Turlin Moor for £3 once a fortnight. Numbers are limited to 28 and places need to be booked. Contact Steve or Lin on 568246.

OUR SUPPORT FOR YOU

The Transforming Local Infrastructure Fund and a survey of the local voluntary sector

A big thank you to all our readers who responded to questionnaires we and our partners; Bournemouth CVS and Dorset REC emailed out to you in October. We needed your feedback for an application we were drafting for the Transforming Local Infrastructure Fund which has its outcomes:-

- Frontline civil society (voluntary) organisations can access a wider range of high quality support, networking and volunteering brokerage opportunities and value them more highly.
- There is stronger local leadership for civil society organisations which contributes to better partnerships with local businesses and the local statutory sector.
- Infrastructure organisations, including volunteering infrastructure, are transformed so that they are more efficient, effective and are able to learn and grow with less dependence on state funding.

We will hear the result of our application in February 2012. If we are successful we will tell you in detail what we intend to do. It will be heavily influenced by your responses, which we have collated below. Initially we asked the following questions and received 81 responses.

Which of the following sources of outside support does your organisation use? Please tick all that apply.	
Consultants	27%
Partner Organisations	49%
Bournemouth and Poole CVS	90%
A national support organisation	33%
Other	15%
How do you rate the sources of outside support? Please tick all that apply.	Rating Average
Consultants	3.16
Partner Organisations	3.24
Bournemouth and Poole CVS	3.76
A national support organisation	3.00
Other	3.18
Do you have support needs which are not currently being met? Please tick all that apply.	
HR support	17%
Fundraising support	38%
Recruiting Trustees	30%
Recruiting volunteers	42%
Collaborative working	18%
Developing trading activity; charging for services	28%
Support with commissioning and tenders	17%
Engaging with businesses	28%
Leadership training	13%
Marketing	27%
Engaging with the statutory sector	13%

OUR SUPPORT FOR YOU

Would your organisation be prepared to pay for these additional support services? Please tick all that apply.	
HR support	25%
Fundraising support	35%
Recruiting Trustees	2%
Recruiting volunteers	17%
Collaborative working	4%
Developing trading activity; charging for services	29%
Support with commissioning and tenders	8%
Engaging with businesses	10%
Leadership training	13%
Marketing	25%
Engaging with the statutory sector	2%
Would you like Bournemouth and Poole CVS to provide additional charged-for support services to meet these needs?	
Yes	41%
No	59%

Thank you for the positive responses about our support. Interestingly when you compare the support needs you consider are not being met and whether you would be prepared to pay for them, the responses differ. For example recruiting volunteers is the key need at 42% but only 17% of respondents would pay for this. The reason why we are interested in exploring charging is because of the outcome above relating to how support organisations like CVS and Volunteer Centres should grow with less dependence on state funding. Traditionally we have been funded by a mix of state and charitable funding. The former source of funding is now under considerable pressure and we must look at other income streams.

In finalising our application we then wanted to make sure that we were working along the right lines, so we sent out the following questions with 69 responses.

Would it help your organisation if Bournemouth and Poole CVS's, and Dorset REC, collaborated in delivering joint services?	
Yes, definitely	52%
Yes, partially	36%
No	12%
Would it help your organisation if Bournemouth and Poole CVS's, and Dorset REC, invested more time in gaining support for you from the business sector?	
Yes, definitely	54%
Yes, partially	36%
No	10%
Would it help your organisation if Bournemouth and Poole CVS's, and Dorset REC, developed more services to support you with your trading activity and other ways of finding new sources of income?	
Yes, definitely	52%
Yes, partially	25%

OUR SUPPORT FOR YOU

No	23%
Would it help your organisation if Bournemouth and Poole CVS's, and Dorset REC, sustained their organisational development and funding advice services with a mix of free support and charged-for services?	
Yes, definitely	46%
Yes, partially	35%
No	19%
Would it help your organisation if Bournemouth and Poole CVS's, and Dorset REC, sustained their Volunteer Centres to assist you to recruit the volunteers you need?	
Yes, definitely	55%
Yes, partially	30%
No	15%

Concerning question 2 we will be making a further announcement in January 2012 about how Bournemouth and Poole CVS will be tackling this. I would like to stress that we will need to consult a lot more with the voluntary sector and local partners about some of the proposed activity before we take any definite action.

Christopher Beale

QUALITY ASSURANCE— Should your organisation be improving its quality?

Q: Quality Assurance what is it?

A: Assessing and improving quality means being clear about what users and other stakeholders need from your organisation and making sure that your organisation is meeting those needs in the best way. Key areas to consider are;

- Leadership
- Policies, plans and strategies
- Staff and volunteers
- Resources, partnerships and information
- Ways of working
- The results of an organisation's work
- Managing finances and fundraising

Assessing and improving quality is essentially about learning what an organisation is doing well and what it needs to improve, and using this information to do it better.

Q: Why bother improving the quality of your organisation?

A: Because you want to provide the best service for your users and stakeholders. Also a key issue for funders is the quality of the work they are being asked to support. Good quality assurance can help organisations to demonstrate this.

Demonstrating quality shows that the organisation:

- is meeting the needs and demands of its users and that the users are satisfied.
- is providing users and funders with efficient, consistent services.
- is making a real difference.
- can work effectively with limited resources or short term project funding.
- meets regulators' requirements.

QUALITY ASSURANCE

Q: What tools can our organisation use to help us?

A: It depends on the size of your organisation and how much commitment and resources you want to give to the process. There can be different costs involved such as; the purchase of a standard which your organisation can use as a tool for guidance and/or accreditation, staff and/or volunteer time and even to pay for a consultant to support the process.

Q: What can Poole CVS do to support your organisation in considering quality?

A: We understand that diving straight into a structured quality assurance scheme can be a little daunting. So in consultation with Bournemouth CVS we have jointly developed an Organisational Health Check (see page 14) which will highlight aspects that your organisation needs to work on. It checks your understanding and what process you have in place to support various subjects such as the organisations purpose, committee procedures, finance, policies, funding etc.

The initial session will take up to half a day to work through with an adviser and consists of 13 sections with questions. The tangible outcome will be an action plan that you can work through and use with your committee/trustees to improve your organisation. The CVS will be on hand to help you through this process by giving you advice and support to improve. This service is free.

If you would like a chat about quality or to book in a health check meeting please contact Sam for Poole; 01202 682046, sam.wilcox@poolecvs.org.uk or Steve for Bournemouth; 01202 466130, steve.place@bournemouthcvs.org.uk

SPORT

Sport England has published new participation figures (http://www.sportengland.org/media_centre/press_releases/sports_participation_figures.aspx) which show a continuing strong performance by sports such as running, table tennis and boxing, but decreasing participation in other major sports such as swimming and tennis.



APPLICATIONS FOR BOROUGH OF POOLE GRANT AID – 2012/2013 CLOSING DATE: 27 January

The Borough is inviting applications for activities which support the Council's objectives for the promotion of sports and active healthy lifestyles. These include:

- Making more people, more active, more often
- Tackling inequalities, in particular inequalities related to finance or health
- Providing localised activities for younger or older people in targeted areas
- Creating a sustainable legacy from the 2012 Olympics.

They are particularly keen to support projects working with:

- Residents of Poole Town, Alderney and Hamworthy West (to address the specific health inequalities in these areas)
- Young people aged 5 – 19 years and older people aged 50+
- Disadvantaged groups, in particular groups for disabled people.

The total grant fund available (subject to final approval) for 2012/2013 is expected to be £10,000. Grant applications of £500 - £1000 will be considered. Contact Ross Jones, Gemma Wilton or Lynda Adby on 01202 261306 or email: recreation.development@poole.gov.uk for further information.

TRAINING

EMPLOYMENT POLICIES AND PROCEDURES FOR SMALL ORGANISATIONS—FRIDAY 20 JANUARY 2012

Tutors – Sue Bristow and Judy Herring from Poole Citizens Advice Bureau

9:30am to 12:30pm (Registration/refreshments from 9:15).

Oakdale Community Partnership Centre, Wimborne Road, Oakdale, Poole, BH15 3DL

This course is for voluntary/community groups and charities working in Bournemouth or Poole. It is aimed at committee members/trustees and managers with personnel responsibilities, who want to improve their knowledge and develop sound Employment Policies and Procedure. Cost £10 per person from voluntary organisations. For a registration form email: Jacquie.salazar@bournemouthcvs.org.uk or call 01202 466130.

PROPOSED MEDIATION TRAINING IN BOURNEMOUTH

ACAS are planning to run a **Certificate in Internal Workplace Mediation (CIWM)** training event in Bournemouth in 2012 and are seeking expressions of interest. Please email: nlangford@acas.org.uk

Other ACAS training coming up in Bournemouth's Best Western Connaught Hotel (see <https://obs.acas.org.uk>)

18 January-Managing discipline and grievance Every manager needs to know how to handle disciplinary procedures and manage staff grievances correctly. Understand the Code of Practice and avoid the common mistakes that cost employers at Tribunal . 9.30am to 1pm.

13 March-Managing absence How to assess and manage short and long term staff absences whilst avoiding claims of discrimination. 9.30am to 1pm.

21 March-Employment law update If you find that you get left behind by the changing face of employment law then this event is for you. In this session we review recent legislation changes and the most important Tribunal cases and preview upcoming changes and their implications. 9.30am to 1pm.

SAFEGUARDING ADULTS AWARENESS TRAINING—BOROUGH OF POOLE ADULT SOCIAL CARE

Are you a group of volunteers, or do you know of any volunteers who are supporting adults who maybe at risk from harm or abuse?

We would like to offer you a 2 ½ hour **free** awareness raising session on how to recognise and what to do if you suspect that a vulnerable adult is being harmed or abused.

To arrange a session for a group of volunteers please contact Theresa Divall on 01202 262361

theresa.divall@poole.gov.uk

FREE TRAINING FOR:

People that work with 16-25 year olds

- Basic Counselling Skills
- Working with Domestic Violence Abuse – Level 1
- Working with Domestic Violence Abuse – Level 2
- Helping Others Cope With Anxiety and Panic
- Working with Anger Issues
- Working with People Suffering Grief and Loss
- Addictions and the 'Power of Games in Recovery'

AND

for young people themselves (aged 16-25)

- Self Esteem and Confidence Building
- Anger Awareness
- Positive Communication Skills
- Coping with Anxiety

For further details contact Quay Steps 01202 463603 or e-mail: quaysteps@raglan.org

TRAINING

MOVING & HANDLING TRAINING - BOROUGH OF POOLE ADULT SOCIAL CARE

Are you a group of volunteers or do you know of any volunteers who support adults who need support with walking, getting in and out of chairs/cars? Do you help in loading wheelchairs in and out of the boot of your car?

We would like to offer you a 3 hour **free** practical training session on how to take care of your back by using safe moving and handling practices.

To arrange a session for a group of volunteers please contact Markéta Vymětalová 01202 633412
m.vymetalova@poole.gov.uk

SAFEGUARDING ADULTS AWARENESS TRAINING - BOROUGH OF POOLE ADULT SOCIAL CARE

Are you a staff member in the voluntary sector or a volunteer supporting adults who maybe at risk of harm or abuse?

We would like to offer you 1 days **free** training on Safeguarding Adults at Risk.

Aim

To ensure staff/volunteers are aware of their role and responsibilities within the Multi-Agency Safeguarding Adults Policy & Procedures.

Outcome

- To raise awareness of legislation, policies, procedures and reports
- To understand how to recognise/respond and report abuse
- To understand your role as a professional worker/volunteer.

Dates: 24 January, 29 February and 27 March 2012

If you would like further information, or to book a place on the above course (you will need to complete a nomination form) please contact Lucy Muscatt 01202 261004 or l.muscatt@poole.gov.uk

EQUALITIES AND HUMAN RIGHTS—BOROUGH OF POOLE ADULT SOCIAL CARE

Are you a staff member (working in the voluntary sector) or a volunteer supporting adults in the community? We would like to offer you 1 days **free** training on Equalities and Human Rights.

Aim

To increase understanding and confidence of adults social care staff in relation to equality and human rights issues.

Outcome

By the end of the session participants will be able to :

- Understand and explain the terms equality, diversity, human rights and dignity.
- Understand and explain the difference between prejudice, stereotypes and discrimination.
- Understand the changes in equality legislation and how they apply to adult social care.
- Examine how an individual's dignity and respect can be affected by the way they are treated through provision of adult care services.
- Consider the implication of the changing demographics of Poole.
- Explore the concepts of equality, human rights and dignity in a range of social care situations.

Dates: 26 January and 22 February 2012.

If you would like further information, or to book a place on the above course (you will need to complete a nomination form) please contact Janis Greenfield 01202 261013 or j.greenfield@poole.gov.uk

TRANSPORT

We asked John McVey, Passenger Transport and Accessibility Manager at the Borough of Poole to tell us about Poole Community Transport.....

What is Poole Community Transport?

It is a door-to-door service for people without access to a car and who would have difficulty using ordinary public transport due to problems with their mobility (including wheelchair users). Members can travel on the Dial-a-Bus into Poole to do their shopping or with a voluntary driver to visit friends or family or to an appointment (except hospital).

Who runs it?

Transportation Services at the Borough of Poole operate the booking service and provide the fully accessible buses for Dial-a-Bus. Volunteer drivers provide the car scheme using their own cars or the wheelchair accessible car operated by the Council.

How does it work? For instance can anyone access it?

The Dial-a-Bus service operates on Mondays to Saturdays and takes people in the middle part of the day to the Dolphin Shopping Centre, Poole Shopmobility or Sainsbury's. The Voluntary Driver car service is for essential appointments such as Doctors, Dentists and social activities like Luncheon Clubs. The Community Transport Service is not available for hospital appointments at present.

The Community Transport Service is available to Poole residents. Anyone interested in using the service should call 01202 634249. They will receive a visit at home from the Council's Community Transport and Travel Co-ordinator who will assess their needs and explain what the service can offer. Poole Dial-a-Bus is also available to Upton residents on a Thursday. Upton residents should in the first instance contact Purbeck District Council on 01929 557357 or email BenefitsOffice@purbeck-dc.gov.uk.

How long does the process take from enquiry to travelling?

It normally takes no more than 10 days from initial enquiry to first journey.

What's the cost?

Dial-a-Bus has a flat fare of £2 per journey (£4 return). Journeys with a voluntary driver are £4 for up to five miles and £1 per mile thereafter (return journey minimum £8). There is an annual membership fee of £5.

Any members that would qualify for a Bus Pass can, as an alternative, receive £85 per year in concessionary vouchers. Vouchers may be used to pay for the annual membership fee as well as individual journeys.

Dial-a-Bus fares are paid on the bus. Passengers travelling with voluntary drivers will be invoiced at the end of the month they travelled.

Who is the contact person and what's their contact details?

In the first instance Poole residents should telephone the Council's Customer Services during normal working hours on 01202 634249. Upton residents should ring 01929 557357.

What are the opening hours?

Bookings can be made Monday – Friday 9.30am to 12.30pm but the office is open for enquiries until 4.00pm.

YOUR NEWS

ROUTES TO ROOTS

I am delighted to share with you the very good news that the Trustees of Routes to Roots have recently appointed Gabi Sanger Stevens to be our first General Manager. Gabi will take responsibility for the running of all our day-to-day activities as well as developing new initiatives and raising the funds to implement them.

STEVEN JAMES COUNSELLING

We were delighted by the generous funding of a local trust - the Valentine Trust which has enabled us to employ a part-time administrator.

CARING CANINES

Caring Canines have an 'Elvis' fundraising event on Friday 16 March at AFC Dean Court, Kings Park, Bournemouth. Tickets are £25 per person. To book call 01202 579744 or email: caringcannines@btinternet.com

DORSET BLIND ASSOCIATION

On Wednesday 26 October, the Mayor of Bournemouth performed the official opening of our new social club at the Church of the Annunciation Hall, Charminster Road, Bournemouth. The Club runs on the second and fourth Wednesday of every month from 2-4pm. For further information email Judy judy@dorsetblind.org.uk

TWIGS GARDENING CLUB

The next meeting of the Club takes place on 28 January at 10.30am at the home of one of the members. If you would like to join the Club please contact Dee email: rsvpdorseteast@virginmedia.com