



# Developing Communities



South Downs  
Council for Voluntary Service

## Project News

Spring 2008

This is the newsletter for the Developing Communities Project, which aims to support individuals in Lewes District to have a voice by providing training, support and a platform to empower community involvement

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# You have the power!

You have the power to make a difference, to create change and do what you want to do. Sometimes it takes a little support to

have the confidence to act on it or a booster to help us channel our energy into something that is important to us.

That's why the Developing Communities Project is pleased to announce upcoming training for individuals of Lewes District to develop skills and knowledge to further enable people in having more say on issues that affect their lives.

Training sessions taking place between April and June include 'You have the power!', 'Improving confidence' and 'Making things happen' with more to come in the summer.

Many people experience more barriers than others, which makes it even harder to lead the life they wish to lead and to get issues heard. Could this help you or someone you know make a difference? More details on the training and how to book a place on page 7.

### Other training coming soon...

- ♦ Workshop on using comedy and improvisation helping you to achieve your goals, details will be emailed soon or contact us for more information.

Large print version available on request.

For an electronic version, please ask to join our e-mail list.

issue

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We welcome you to  
**contact us**

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**Email** [developingcommunities@southdownscvs.org.uk](mailto:developingcommunities@southdownscvs.org.uk)  
**Address** South Downs Council for Voluntary Service  
 66 High Street, Lewes, East Sussex BN7 1XG

# Developing Communities Project Update

**By Pam Mitchell,  
Developing Communities Manager**

**Email** [pam.mitchell@southdownscvs.org.uk](mailto:pam.mitchell@southdownscvs.org.uk)

Thank you once again for reading the Developing Communities newsletter and for all your support and help in our What Drives You Wild? campaign. We are now about halfway through the project and I have so much to report, both in terms of what has happened since the last newsletter and what is on the horizon. It is very exciting, but is making my head spin in terms of booking venues, sending out information and remembering to do the all-important evaluations! Here is a quick round-up of what has been happening in the project since the last newsletter:

## **Empowerment training**

We ran our second empowerment training course with brain injury survivors in consultation with Headway Hurstwood Park, facilitated by Sarah Playforth from ESDA. Service users were really enthusiastic about this training. As one participant said “participants from this course are now looking to start a Service User Forum”. They have since held their first meeting. We can offer similar training to other ‘client groups’. If you, or the people you work with, have an interest in this, please contact us. We are particularly interested in running training for groups or individuals who would like to develop the skills to contribute to or lead changes in their local communities or have issues around areas such as ethnicity or disability where they would like to see change.

## **Trustee away day**

We held an away day for trustees from the Peacehaven and Saltdean House Project and Volunteer Bureau, facilitated by Graham Allen. This was a starting point to identify a way forward for both the trustee board and the project’s many volunteers.

## **Lewes District Charity Trustee Network**

The first meeting in January was attended by seven trustees/those wanting to become a trustee who put together some ideas for training at future meetings. At the second meeting in March, we did some training around finding and recruiting new trustees. The next meeting’s focus will be on legalities for trustees, to be facilitated by a Brighton solicitor.

## **Access Guide**

We hosted a visit by the three Access Groups in Lewes District to their counterpart in East Grinstead. Our Access Groups are hoping to produce an Access Guide and the EG group had some ideas from their own work in this area.

## **Upcoming training and events**

A young gypsy and traveller event taking place (invited audience - see page 4 for details) and a comedy workshop for personal and professional development will be taking place in April 2008 as well as the life skills training in boosting confidence (see pages 1 and 7).

## **More information?**

We can offer to do presentations to your group, forum, network or organisation around the work of the Developing Communities Project. Just contact us.



wild?



wild?



wild?

This section provides an opportunity for individuals in Lewes District to have their say about issues affecting their lives. If you would like to comment further, please contact us.

**What drives me wild is...**all they see is a white stick.

**What drives me wild is...**there are [DDA] laws but nobody uses them.

**What drives me wild is...**can't get help from Open University. Need help starting. OU won't help so stuck.

**What drives me wild is...**that there are no affordable venues for young people to meet in, within Lewes.

**What drives me wild is...**I want us to be accepted. I want us to be part of society. I don't want money. I just want to be able to live a normal life. I had a note on my caravan door to say they ought to put us back in concentration camps. I've been a resident in [an East Sussex District] for 30 years. Surely I'm entitled to some security. I'm not out to cause any problems. I just want to work hard and prove I can be part of the community.

East Sussex Traveller.

**What drives me wild is...**People not understanding the way somebody with a disability can relate with members of the public (Acquired Brain Injury). Benefits getting muddled. ABI survivor.

**What drives me wild is...**Parking for disabled people in general; hard to find out what help you are entitled to in regard to benefit etc. 'OT' and social workers etc; more help needed for family members to help deal with trauma and stress. Simon, ABI survivor

**Get your voice heard!**

## How to tell us

### what drives you wild

You can tell us what drives you wild in a number of ways:

#### By email

developingcommunities@southdownscvs.org.uk

#### By completing a WDYW? postcard

available from the Developing Communities Project team

#### By the website

[www.whatdrivesyouwild.co.uk](http://www.whatdrivesyouwild.co.uk)

where you can download a WDYW? Response Form available online.

#### And now you can Blog it!

Post your comments online via the website!

**What drives me wild is...**Wasting resources by sending out 5 cards like this per mailing. They can be recycled, but waste of card and printing and postage...and funds!

Anon.

Response: This campaign has already enabled 114 people to tell us by postcard issues of their concern in society. So far, 3 focus groups have also been undertaken by acquired brain injury survivors themselves. The issues raised are fed back to policymakers as well as shaping topics in public discussions, all of which are achieving the overall remit of the Developing Communities Project—enabling people to have a say on issues that affect their lives. Please also note that postage is only paid if a postcard is actually posted, which has been an effective way of increasing accessibility for those on low incomes.

# Community Involvement Network

Forum for local groups and individuals to share information and encourage involvement in communities

## **Cultural awareness training by young travellers to professionals working with young people**

This event is specifically for those working with young people in Lewes District, places are limited but feedback from the event will be made available after the event which is being held on Tuesday 15 April 2008.

The event will include showing a film created by young people exploring their culture, identity and experiences within the educational system as well as a discussion followed by a question and answer session. There will also be a free DVD available 'The Beginner's Guide to Gypsy & Traveller Young People'.

The training has been developed through Friends, Families & Travellers and the event will be delivered in partnership with the Developing Communities Project, in support of the Community Cohesion government initiative.

Please contact the Developing Communities Project team if you would like to receive feedback on the event.

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## **Free training in employment skills**

Furniture Now! is offering free training in Employment Skills to those who are long-term unemployed or from under-represented groups within the community. Courses run at Furniture Now! Lewes (assistance with travel costs is available) and will provide help with job search techniques; awareness of opportunities available in employment, training or education; and develop individuals' confidence, motivation and communication skills.

Next start dates are:

11 April and 6 June and will run for 6 weeks on Fridays. Apply now by visiting the website [www.furniturenow.org.uk](http://www.furniturenow.org.uk) or by contacting Sue Rennie on **01273 479525**.

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## **Red Horse Business Networking**

is a network set up to support people with mental health issues who are or wish to be self-employed. The group meets every 3-4 weeks. Members exchange ideas and share training opportunities for people thinking about moving into self-employment and also discuss employment issues and what would better enable people with mental health issues to be employed.

This is a really interesting forum for people interested in mental health and employment. Please contact Vicky on **01273 478019** or email [red.horse@btinternet.com](mailto:red.horse@btinternet.com) or contact the Developing Communities Project team.

## **Are you a lone parent? Do you feel isolated? Would you like to make new friends?**

Do you know any lone parent families in Lewes District which might like to be part of a **Gingerbread Friendship Group**?

The Developing Communities Project is setting up a new group and would like to hear from lone parents looking to meet other lone parents. Once the group is set up, it will hold regular meetings, outings, etc.

If you are interested in finding out more, please contact us.

## **What makes you glad, sad or hopping mad about community life?**

Take a look at the creative and visual feedback from the East Sussex Learning Disability Partnership Board Reference Group on feelings about community life by visiting [www.whatdrivesyouwild.co.uk](http://www.whatdrivesyouwild.co.uk)

The East Sussex Learning Disability Partnership Board Reference Group 'Your Voice, Your Ideas' is made up of people with learning disabilities who are representatives on the Partnership Board. The Partnership Board is a meeting where lots of people come together every 8 weeks to plan how to make services better for people with learning disabilities living in East Sussex. The Partnership Board tries to make sure people with learning disabilities and their carers have a say in planning and developing services and policies.

The reference group represents the views of people with learning disabilities. The group wants to help make the voice of people with learning disabilities stronger and help people with learning disabilities be heard.

If you are interested in linking in with the Partnership Board please email [laura.waters@eastsussex.gov.uk](mailto:laura.waters@eastsussex.gov.uk)  
To receive feedback on the Reference Group, fill in your details on the reply slip available through [www.yourvoicesES.org](http://www.yourvoicesES.org) to join their database. Your views can also be shared and represented by the Reference Group.

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## **Deaf or hard of hearing? Living in Lewes?**

Why not come along to the Lewes Hard of Hearing Group and take the opportunity to meet other people in an easy-to-communicate atmosphere?

The group meets once a month and is run by

the East Sussex Hearing Resource Centre. Different speakers attend each month and you will also learn useful tips on how to communicate with deaf or hard of hearing people so your friends and family might want to come along too.

The meetings are held at in Lewes between 10.30am and 12 noon. Meetings will be held on Monday 21 April. Monday 19 May and Monday 16 June 2008.

For further information and to attend the meeting, please contact:

David Rowan, East Sussex Hearing Resource Centre, 8 St Leonard's Road, Eastbourne BN21 3UH.  
Tel. 01323 722505 (voice, text, fax)  
Email [david@eshrc.org.uk](mailto:david@eshrc.org.uk)  
[www.eshrc.org.uk](http://www.eshrc.org.uk)

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## **Community interpreting service for mental health**

Sussex Partnership NHS Trust and Sussex Interpreting Services (SIS) have just signed a new contract to work in partnership to increase access to mental health services regardless of people's background or culture.

Community interpreting in a mental health setting involves needing to know how health and local government works, and about mental health issues and local services and options. The role of the community interpreter is described as 'enabling professional and client, with very different backgrounds and perceptions and in an unequal relationship of power and knowledge, to communicate to their mutual satisfaction'.

Trust staff can book SIS interpreters for Sussex Partnership clients for its services from April 2008.

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## Crimestoppers

People often think that Crimestoppers in Sussex is part of the police. In fact it is a registered charity, and the only charity that as core business, collects intelligence about active criminals, the whereabouts of stolen property, drugs and guns.

Crimestoppers work in partnership with the police and other enforcement agencies with one aim in mind; to support and create safer communities. Empowering members of the community is key, and provides a safe alternative to those with information other than appearing in court or making police statements.

Crimestoppers, can be contacted on 0800 555 111 (all calls are totally anonymous).

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## Lewes District Charity Trustee Network

The next Charity Trustee Network will take place on Thursday 5 June 2008, 12-3pm. Training and discussion for this meeting will be centred around legal responsibilities of being a trustee. Meetings are open to new members, those who are already a trustee as well as those who are thinking of becoming a trustee within Lewes District.

Lunch is provided and so places must be booked in advance for the purposes of organising catering and ensuring an appropriate venue. If you would like to book a place or for more information, please contact the Developing Communities project team, see front page for contact details.

A booking form is also available for download via <http://www.southdownscvs.org.uk/developing-communities.php> . You can also access the minutes from previous meetings through the above link.

## Accessible venues across Lewes District!

If you know of any venues that are available for hire with the following criteria, the Developing Communities Project team would love to hear from you:

- ◆ **Good disabled access (including accessible toilet facilities)**
- ◆ **Car parking, particularly disabled/easy access car parking**
- ◆ **Close to public transport**
- ◆ **Within Lewes District, including Lewes town**

We receive numerous enquiries from other organisations and community groups and are always on the lookout for accessible venues for meetings, training and events.

Please contact Pam or Janice on 07768976809 (voice/text) or email [developingcommunities@southdownscvs.org.uk](mailto:developingcommunities@southdownscvs.org.uk)

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## Accessibility of information

The Developing Communities Project team aims to make our work as accessible as possible so that the highest number of people can benefit from the opportunities available and greater awareness of issues can be achieved. To this end, we would welcome your comments, whether it is to express your liking of the newsletter or to suggest some improvements...all will be appreciated!

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### Disclaimer

Notices of publications, events and services do not carry any endorsement by this organization and the information contained in this document does not necessarily represent the views of the editor, the Developing Communities Project or any member of South Downs CVS staff.

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## That Word. Empower.

Taken from Dave Hingsburger  
Blogspot Thu February 8, 2007

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Empower. Grrr. There are some words which just p\*\*\* you off. I hate this word.

“We empower our clients.”

First - they don't belong to you - so drop the 'our'.

Second - no one empowers anyone else.

It's trick word, it allows me to oppress you for years and then when I get tired from holding you down and decide to let you up on your knees I can sound like I'm munificent because I'm releasing the grip a bit.

Empower is only a word an oppressor can use.

Taking courses in counselling and looking at the dynamics of power, one thing was made quite clear to me, my job is not, ever, to empower anyone. I am not God—I can't gift power. My job is to help people discover the power they've had all along, and then help them learn to use it.

Power comes from taking breath.

We do not give people with disability a voice.

They've always had it. Choosing to listen is a choice that the powerful make. But the voice is not our gift, God did that.

We do not give people with disabilities rights.

They've always had them. Choosing to respect those rights is a choice that the powerful make. But rights are not our gift, citizenship did that.

We do not give people with disabilities power.

They've always had it. Choosing to allow power to be used is a choice that the powerful make. But power is not our gift, life did that.

Why do we always want to see ourselves as liberators, when the liberation needed is from the liberators.

Empower. Try it on for size yourself. Imagine your boss says, “I empowered you to succeed” or your spouse says, “I'm proud that I empowered you to make dinner”. Don't you feel like putting your fist through the computer screen. Arrrgh.

Empower. Nails on a chalkboard.

Empower. Always said with self-conscious self-satisfaction.

Empower. It's a word about me—not about you.

Empower. Never enough to challenge us, but enough to require a gratitude, a 'thank you'.

Empower. I really, really, really hate that word.

# Training

## This training is presented by the Developing Communities Project

The Developing Communities Project is proud to announce the following **Life Skills Training** sessions for individuals living in Lewes District.

### Tuesday 8 April You Have The Power!

This course is to enable people to have the courage to go for whatever it is they want, to build people's belief in themselves and that they have far more personal power than they realise in every area of their life.

### Tuesday 6 May Improving Confidence

This course will look at building people's trust in and valuing of themselves, and what gets in the way and how to overcome it, leaving with something to work on for the future.

### Tuesday 10 June Making Things Happen

This course is about saying goodbye to procrastination, being proactive and overcoming barriers to meeting challenges/ getting things done, etc. We will aim to look at specific goals and how to achieve them.

The training will be held in Lewes, is free and the project will cover the cost of travelling expenses and any other access needs.

Training is facilitated by Rosetta Lenton who has been working on areas of personal growth with wide-ranging groups for over 20 years.

**To apply** for a place on one of these courses, please download an application form from <http://www.southdownscvs.org.uk/developing-communities.php> or email [developingcommunities@southdownscvs.org.uk](mailto:developingcommunities@southdownscvs.org.uk) or contact 01273 483832 (voice) or 07768976809 (voice/text).

# Training and Events

For individuals to develop their skills and increase access to community involvement

**Check our Life Skills Training on page 7!**

## Training in Employment Skills

By Furniture Now! To run for 6 weeks on Fridays. (See page 4)

**To apply or for further information:**

**Contact** Sue Rennie

**Tel** 01273 479525

or visit the **website** [www.furniturenow.org.uk](http://www.furniturenow.org.uk)

**Next start dates:**

**11 April and**

**6 June**

**Lewes**

**Free**

## New beginnings course for ex-carers

An 8 week course for ex-carers who are recently bereaved or whose 'cared for' person has gone into long term care.

**To book a place:**

**Contact** Linda Turner at Care for the Carers

**Tel** 01323 745776

**Starts 24 April**

**Peacehaven**

**Free**

## Hastings Helpdesk Service launch

Service aimed at helping community and voluntary organisations develop their work through research.

**To book a place:**

**Tel** 01273 643004

**Email** [m.tarling@brighton.ac.uk](mailto:m.tarling@brighton.ac.uk)

**Thu 29 May**

**5pm - 7pm**

**University Centre**

**Hastings**

**Free but places**

**are limited**

## Charity Trustee

### Network for

### Lewes District

Meeting focus: Legalities of being a charity trustee.

Also opportunity for knowledge exchange and airing of issues.

**To book a place:**

**Tel** 01273 483832 or **Email**

[developingcommunities@southdownscvs.org.uk](mailto:developingcommunities@southdownscvs.org.uk)

**Thu 5 June**

**12 noon - 3pm**

**Lewes**

**Free but must**

**book in advance**

## East Sussex Hearing Resource

### Centre Bus

Mobile information and advice for people who are deaf, deaf/blind and hard of hearing.

**For further information:**

**Tel** 01323 722505 (voice/text/fax) or

**Email** [teresa@eshrc.org.uk](mailto:teresa@eshrc.org.uk)

**Thu 5 June**

**10.30am-3.30pm**

**Mobile bus**

**visiting Glynde**

## project team contact details

### Pam Mitchell

Developing Communities Manager

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**Mobile** 07768976809 (voice/text)

### Janice Mitchelson

Project Support Worker

**Email**

[developingcommunities@southdownscvs.org.uk](mailto:developingcommunities@southdownscvs.org.uk)

**Tel** 01273 483832

## Next issue copy deadline:

**Wednesday 4 June 2008**

If you have anything you would like to be included in the next issue of the newsletter, whether it is your own experience of being active in the community, increasing awareness of issues of disadvantaged groups, or to let us know of relevant training opportunities, we would love to hear from you. **Copy is preferred to be received in electronic format and to be sent to:**

[developingcommunities@southdownscvs.org.uk](mailto:developingcommunities@southdownscvs.org.uk)

A maximum of 200 words per article is requested where possible, unless for a specific case study.