



South Downs View

NEWSLETTER OF THE SOUTHDOWNS CVS

Supporting community initiatives across the Lewes District

Welcome to 3VA Voluntary and community groups in Eastbourne, Lewes District and Wealden can look forward to an even better level of support for their groups in future.

Following a period of consultation and careful planning, Eastbourne Association of Voluntary Services (EAVS) and South Downs CVS (SDCVS) have successfully converged to create one organisation, 3VA, with the aim of offering a more consistent service across the area.

The new organisation became a legal entity on 01 November and has three local identities (Voluntary Action Eastbourne, Voluntary Action Lewes District and Voluntary Action Wealden), ensuring that the new organisation continues to provide local support to voluntary and community groups in the 3 areas.

Becky Shaw, Director of Policy and Communications at East Sussex County Council, attended the recent AGMs of both EAVS and SDCVS where the convergence was ratified,



Launch of 3VA. Richard Moore (Chair 3VA) Becky Shaw (Director of Policy and Communications, ESCC) Cllr. Bill Tidy, Alan Wenham (Vice Chair 3VA)

and gave a formal welcome to 3VA.

"We, the County Council, believe that the voluntary and community sector that you have here today..... have an absolutely vital contribution to make in improving the lives of people in East Sussex. We know that 3VA has a vital role to play and we know that you will do it well."

Becky and Councillor Bob Tidy then presented 3VA with a watering can and seeds, signifying the 'tools' they would need to grow and prosper.

Please look out for the formal launch event where staff will introduce the new service to stakeholders, members and the public. In the meantime, if any

groups or individuals would like to discuss how 3VA can help their organisation, they can contact their local office at eastbourneinfo@3va.org.uk telephone 01323 639373, lewesinfo@3va.org.uk telephone 01273 483832 or wealdeninfo@3va.org.uk telephone 01825 765136.

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Big Event 2010: Facing the Future – Get support for your organisation or group

Effective Volunteer Management

Seasons Greetings and a Healthy New Year to all our readers

2 Outreach

Rural Transport Issues for Lewes District

John Webber, Chair of Lewes Town Partnership has organised a meeting for organisations concerned with rural transport issues at Lewes District Council, Southover House, Lewes on Tuesday 19 January, 10.30 to 12.30am.

If your organisation would like to attend, add items to the agenda or find out more, please email john1.webber@virgin.net

The Eastside Challenge – A Zero Waste Place for Newhaven

Lewes District Council is encouraging local residents, businesses and visitors to improve the appearance of the Eastside of Newhaven. Their aim is to bring people together to reduce waste. Co-ordinator, Jan Marshall is organising regular drop



3VA Lewes Office Staff:

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Information & Training Officer:
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Policy & Development Officer:
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Funding & Development Officer:
Jackie Blackwell

Finance Officer/Human Resources Officer:
Sue Newton

Office Manager: Sandra Blaber
Office Assistant: Theresa Gandy
Office Cleaner: Moyra Huxtable

Speakup: Miriam Miklaszewska

Volunteer Centre Manager Rosey Eggar

Volunteers: John Cooper, Ina Ferguson
Brenda Noakes, Nicky Macadam,
Joyce Hancock, Kim Lanning

3VA Lewes District Core Funders:

East Sussex County Council
Lewes District Council
East Sussex Downs & Weald PCT
AVAILABLE IN LARGE PRINT
Also available on our website:
www.southdownscvs.org.uk

in sessions, meetings and participatory events and is planning to set up a Friends of Eastside group.

To find out more come to The Engineer pub on Clifton Road, Monday afternoons between 3:30pm and 6:00pm or contact Jan on 07966 645 087, Email: jan.marshall@lewes.gov.uk

Seaford Community

Partnership has set up a Seaford Theme Group to lead on enhancing the seafront in the town. Members of the group include local tree wardens, Town Councillors, Friends of Tidemills, the Exchange Project, a town planner and architect, and the Chamber of Commerce.

The group are initially focussing on low cost enhancements and will maximise the use of volunteers. The group is planning to do this in stages, starting with a public consultation on the improvements they would like to see; to seek reactions to a Seaford Design Vision; and to recruit volunteers to help with some of the implementation.

For more information please contact Chair, Keith Blackburn. Email: keithblackburn@live.co.uk

Lewes Town Partnership Update

Following a successful AGM at the end of October, Lewes Town Partnership has agreed its annual activity programme to include a bigger and better **Coping with Cutbacks** event at the Corn Exchange in Lewes on **Saturday 15th May 2010**. Building on the success of the event held in March this year, this one will include top tips, practical workshops, discussions and stalls on saving money and saving energy. Open to all in the Lewes District - mark this date in your diaries.

Alongside this, early in 2010 the Partnership will start work on Stride and Ride, a safer route to school campaigning project with Priory School, Living Streets, Cycle Lewes and Lewes District Council.

To join Lewes Town Partnership or for more information contact jackie.blackwell@3va.org.uk or call 01273 483832.

One to One Funding Advice

Guidance, help and advice given to voluntary & community groups in the Lewes District. We aim to help you identify a range of funding sources and give feedback on funding applications.

Supported for 12 hours a week by the Big Lottery, the funding advisor can come and visit your group or you can make an appointment to visit at our offices in Lewes.

Please contact Jackie Blackwell on 01273 483832. jackie.blackwell@3va.org.uk



LOTTERY FUNDED

Comic Relief UK Grants Programmes 2009/12

There are currently eight UK programmes: refugee & asylum seeking women; domestic & sexual abuse; sexually exploited & trafficked young people; young people & alcohol; mental health; young people with mental health problems; sport for change and local communities. Programmes for older people and young carers will open later this year. Go to http://www.comicrelief.com/apply_for_a_grant/uk

Awards for All

BIG Lottery have made some changes to Awards for All. Now the application form doesn't ask for a referee, so it's even easier to apply for a small Lottery grant. For more information, go to: <http://www.awardsforall.org.uk/england/index.html> or contact enquiries@biglotteryfund.org.uk.

Helpful tips

For helpful tips on common mistakes to avoid when filling out an Awards for All Application go to: www.southdownscvs.org.uk/funding/looking-for-funds.php

Age Concern Small Grants

Age Concern England offers small grants towards new or expanding services or activities that directly benefit older people. Decisions are made monthly. For an application form, call their Grants Helpline on 0208 765 7738 or visit www.ageconcern.org.uk

Concertina

Concertina makes grants to charitable bodies which provide musical entertainment and related activities for the elderly. They are keen to support smaller organisations which might otherwise find it difficult to gain funding. For application form and criteria please go to the website: www.concertinamusic.org.uk. The trustees review applications 31 January, 30 April, 30 June and

31 October. Please submit your application in good time so the administrator can ensure there are no omissions and that it is suitable before submission. For more information contact: Sally Dyson, email: info@concertinamusic.org.uk 20 Kent House, Aylesford Street, London SW1V 3QB. Tel: 020 7976 5785.

Funding Central

The National Council of Voluntary Organisations (NCVO) & The Office for the Third Sector (OTS) launched this free website for comprehensive information about national, local and regional government funding, national, local or regional charitable funding, and EU funding. It provides access to thousands of funding and finance opportunities, plus a wealth of tools and resources supporting third sector organisations to develop sustainable income strategies appropriate to their needs. The site provides a comprehensive list of funding opportunities (grants, grant in aid and contracts) available from government and government non-departmental bodies and agencies, local and regional government, charitable organisations and foundations, and the EU. <http://www.fundingcentral.org.uk>

Trusthouse Charitable Foundation

Organisations with an annual income of less than £300,000 can apply for small grants which are available to charitable and not-for-profit organisations that address health and disability, community support, and arts, education and heritage. For details visit: www.trusthousecharitablefoundation.org.uk

Sports Programme Funding

Charities supporting sporting activities or projects which provide opportunities for people who are disabled or otherwise disadvantaged to fulfil their potential and to develop other personal and

life skills can apply for funding through the Peter Harrison Foundation "Opportunities through Sports" programme. For more information please go to: <http://www.peterharrisonfoundation.org/programme.htm>

vcashpoint

vcashpoint is giving away £1 million to 16-25 year olds in England with good ideas. If you've got an idea for a volunteering project to improve your community, you could get your hands on a grant to make your idea a reality. Interested in bringing your ideas to life, learning new skills and transforming your community? The next 2 rounds of vcashpoint are now open for application! Make sure you read the guidance notes to check your eligibility before applying. Deadlines for application are:

Round 7

12 noon, Monday 25 Jan 2010

Round 8

12 noon, Monday 10 May 2010

To apply and for guidelines and criteria please visit the website: www.vinspired.com/vcashpoint If you need help please contact the help desk tel: 0800 089 9000 vcashpointinquiries@bss.org

Green Grants Machine

Green Grants Machine is a comprehensive source of information on grants, loans and awards available to help your business go green and save on energy bills. Their free directory contains information on over £1.2 billion of funds available. Why not run a search now to find out what money you could be eligible for? Registration is FREE and gives you full access to all the features of the website including information on over 350 funding schemes and their weekly green funding e-newsletter. Please visit: www.greengrantsmachine.co.uk

4 Training & Conferences

3VA Lewes Training Opportunities

Taking Time to Manage Your Time

With Nicola McCrudden
Wednesday 20 January 2010,
9.30am – 12.30pm at 3VA, 66 a
High Street, Lewes, BN7 1XG.

Introduction to Public Relations

With Daniel Bettridge - Green Rocket, an ethical PR company and member of the Business Community Partnership.
Wednesday 10 February 2010,
9.30am – 12.30pm, Yarrow Room, Town Hall, High Street, Lewes, East Sussex, BN7 2QS.

Race Equality

with Naima Nouidjem and Tim Stephens
Wednesday 24 February 2010,
9.30am - 4.30pm, Yarrow Room, Town Hall, High Street, Lewes, East Sussex, BN7 2QS.

This one-day equality course is for practitioners and managers, and will:

- increase your understanding of the legal framework of Race Equality and impact of racism
- increase your ability to deal with BME individuals & families through better understanding of how cultural heritage affects individuals
- cover techniques to challenge racist behaviours in a safe and empowering manner
- explore usage of self to fulfill Race Equality duties & promote equality of opportunities
- cover basic techniques to identify and address Race Equality gaps within your own employment and service provision

Cost: £35 - £60 depending on status.

Emergency First Aid at Work

with Nicola McCrudden
Thursday 18 March 2010, 9.30 – 4.30pm at St James, 11 Blatchington Rd, Seaford, BN25 2AB (light lunch included).

For full details of all the above training please go to:
www.southdownscvs.org.uk/information-and-training/training.php

First Aid

The Health and Safety Executive have updated their guidance on training of first aiders in the workplace, to take account of the changes which became effective from 1 October 2009. From that date appointed first aiders must either have a certificate of competence in either first aid at work (FAW) or emergency first aid at work (EFAW)

“First aid at work. The Health and Safety (First-Aid) Regulations 1981. Approved Code of Practice and guidance” (October 2009) can be viewed at: <http://www.hse.gov.uk/pubns/l74.pdf>

(please see details of Emergency First Aid at Work training provided by 3VA above)

ON THE WEB

www.knowhownonprofit.org
KnowHow NonProfit is a new website to help community non profit people and organisations with any aspect of their work. Completely free and easy to use, it is packed with practical information and resources covering topics as diverse as managing volunteers, commissioning and procurement and setting up a charity shop. There are discussion forums for

problem solving and sharing knowledge to help others. The site is being built by the KnowHow Team at the Centre for Charity Effectiveness at Cass Business School and is funded by the Big Lottery Fund. It launched at the end of April.

www.direct.gov.uk/pensions

People looking online for information on retirement and later life can now find everything they need on Directgov, in a new area about pensions and retirement planning. Information about disability and Attendance Allowance is already available on Directgov, along with all other government information and services. Retirement information relating to businesses will move to www.businesslink.gov.uk

www.trusteefinder.org.uk

This website is from the Charity Trustee Networks (CTN) for organisations needing new trustees or those wanting to become a trustee. Search for trustee vacancies in the UK or add your own vacancy for free on the CTN's website: www.trusteenet.org.uk

Local Grants Forum - Defending Local Grants

The Local Grants Forum is a partnership of national organisations. They campaign to protect grants for local third sector organisations and community groups. They have produced some resources you can use at local level which will help you to convince councillors, commissioning officers and procurement professionals that grants should continue to be used to fund local organisations and groups. Download from <http://www.navca.org.uk/NR/rdonlyres/0C1A3369-C77C-4E77-8A27-8C23AD0BC37E/0/Defendinglocalgrantsrevised.pdf>

CHANGE Guide – How to Make Information Accessible

CHANGE, the national equal rights organisation led by disabled people, has developed a free guide – How to Make Information Accessible: a Guide to producing easy read documents. For more information on the guide please go to: www.changepeople.co.uk/productDetails.php?id=2010

Keep on the road for longer

This Dept of Health leaflet, produced in partnership with Age UK, gives details of current entitlements and services that people aged 50 and over may be able to access, and when. It covers sight, hearing, foot care, falls, vaccinations and various screening services. Go to: www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_104783

365 Ways to Cut Costs by **Alex Blyth** £16.95 ISBN 9781906294366 1st edition September 2009

This is a new book from DSC. Cost cutting is always important to charities but never more so than now. Turn a difficult situation into an opportunity with this book which contains 365 ideas for cutting costs without strangling your income or decimating your human resource. They cover a wide range of subjects from salaries to tax, and from the Internet to public relations. Some are big ideas and long term projects others you can implement today. Using the ideas in this book you could transform your organisation and potentially save your charity thousands of pounds leaving it well placed to survive the recession.

Buy online at: www.dsc.org.uk/Publications/Finance/@54043?dm_i=6S7,1SKR,N8AWR,5QN3,1

Updated Legal Support Handbook for the Voluntary Sector

Written by the team of leading charity lawyers at Russell-Cooke Solicitors and Sandy Adirondack, The Russell-Cooke Voluntary Sector Legal Handbook is an essential guide to the law as it applies to charities, community groups and other voluntary organisations. The comprehensively revised third edition not only reflects legal changes that are in force, but also future changes that will or might take place. Please go to www.dsc.org.uk/Publications/Law/@15924?dm_i=6S7,1SKR,N8DK7,5QN3,1

TOPICAL TIPS

Company Law Changes from 1st October 2009

As publicised in the previous South Downs View from 1st October a number of company law changes will impact on charitable companies, trading subsidiaries owned by charities and community interest companies. This includes forms from Companies House, new filing requirements and changes around company constitutions. Bates Wells and Braithwaite solicitors have produced a summary of changes. View the summary at: <http://www.bwblp.com/Updates/Detail.aspx?UpdateID=243&Location=1&ID=0>

Incorporating an existing charity as a company

Following the release of the revised model Memorandum and Articles of Association for charitable companies, the

Charity Commission has produced a Questions and Answers pack on 'Incorporating an existing charity as a company'. Please visit: <http://www.charitycommission.gov.uk/supportingcharities/incqanda.asp>

Charity Commission's new model constitution for charities with under £5000 income

A new, simplified constitution for very small charities has been launched by the Charity Commission in partnership with umbrella bodies across the sector. The new constitution is designed to provide a concise, practical framework for charities with an income of under £5,000. It uses clear, direct language that is easy to understand, is only 700 words long and covers all the requirements for a very small

charity which does not own land or employ staff. Charities with an income of less than £5,000 do not need to register with the Commission, but are still subject to charity law. If the income of the charity grows larger than £5,000, the charity will need to register with the Commission and will need a more comprehensive governing document. This constitution is a useful addition to the range of other model constitutions produced by the Commission and other organisations.

Download the constitution here: www.smallcharities.org.uk/fileadmin/user/john/Small_Charities_Constitution.doc
Find out more information on the Charity Commission's website:
www.charitycommission.gov.uk/registration/smallcharity.asp

Compact

For the second year running the East Sussex Compact, has been awarded a Compact Excellence Award at this year's Compact Awards. Organised by the Commission for the Compact in partnership with Compact Voice and the Office of the Third Sector the award was presented by Simon Blake, Chair of Compact Voice, at a ceremony at the Dali Universe in London on Tuesday 3 November 2009 attended by 100 guests and Sir Bert Massie CBE, Commissioner for the Compact.

Celebrating excellent partnership working, the Compact Awards showcase the Compact, the long-standing agreement that sets out shared commitments and guidelines for partnership working between government and the third sector at a local, regional and national level.

Sir Bert Massie CBE, Commissioner for the Compact, said:

"I would like to congratulate the East Sussex Compact for being awarded a Compact Excellence Award. All our winners and finalists show that Compact principles improve the quality of partnership working, focusing on delivering the best services and providing maximum benefit, as well as promoting the building of long-term, sustainable relationships built on trust and commitment."

East Sussex was singled out for its work, including:

- implementing the Compact at a local level;
- integrating the Compact into local strategies and into local policy, planning and regeneration processes;
- reviewing the progress of the Compact; and
- carrying out an excellent campaign to promote the use of the Compact.

The judging panel also highlighted the annual training events in East Sussex for both public and third sector staff, and the production of the Code of Practice Checklists aimed at assisting organisations in developing policies and activities that are compliant with the principles of good partnership working.

For more about the East Sussex Compact, contact Paul Rideout, Voluntary and Community Services Co-ordinator email: Paul.rideout@eastsussex.gov.uk, telephone 01273 482911 or go to the website at: www.eastsussex.gov.uk/community/partnerships/downloadcompact.htm. Your local Compact Champion at 3VA Lewes Office is Seema Kapila (Policy and Development Officer seema.kapila@3VA.org.uk

"Putting Service Users in Control" Conference

On 17 November 2009 the "Putting Service Users in Control" conference was held in Uckfield. It provided opportunities for disabled people, carers and the organisations who represent them to explore new opportunities to change the way services are provided to disabled people and their carers.

The day comprised of a number of speakers and workshop sessions on topics connected with the development of user-led organisations and the personalisation agenda, which result in disabled people having more control over the services they receive.

Reg McLaughlin, CEO of East Sussex Disability Association (ESDA), chaired the conference. The keynote speaker was Tim Cooper, Director of the Office for Disability Issues, who spoke about the government's "Improving Life Chances" strategy and the personalisation agenda. Other speakers were: Nick Danagher (Equality 2025), Mike Adams (Essex Coalition of Disabled People) and Vicky Smith (East Sussex County Council's Putting People First programme).

Workshop sessions comprised of discussions on the benefits and support needs of organisations in terms of being user-led, the benefits and support needs of disabled people receiving services from user-led organisations, the opportunities and challenges for disabled people receiving personalised services through Putting People First, and what providing personalised services means for service providers.

Theresa Hodge, ESDA

New Guide to Procurement Law

A new guide to procurement law has been published by NAVCA and NCVO to help Voluntary/Community Organisations to understand the laws around public sector contracting. 'Pathways through the Maze – a Guide to Procurement Law' is free to download from the NCVO and NAVCA websites. The guide is written specifically for people working for local charities, voluntary organisations, community groups or social enterprises. Please go to: <http://www.ncvo-vol.org.uk/pathways> (a copy of this guide is available in the 3VA Lewes Office library).

Fit For Nothing...?

Lewes Comnet is organising this interactive wellbeing event on **17th February 2010** from **10am – 2pm** at the **Meridian Centre** in Peacehaven. Fit For Nothing...? is a free event looking at different low cost and free ways of keeping mind, body and spirit as fit and well as possible. Aimed at all ages, the event will include healthy eating on a budget workshops, relaxation workshops, dance and movement workshops. The main hall will become a lively marketplace of stalls around five particular themes: Being Healthy; Being Active; Being Curious; Learning Something New & Being Helpful.

Put the date in your new 2010 diaries, it is free, fully accessible and open to all in the District.

If your organisation would like to have a stall or to find out more please get in touch with Jackie Blackwell on 01273 483832 email jackie.blackwell@3va.org.uk

Keep Warm Keep Well Campaign

This national campaign, which runs until March 2010, aims to reduce cold-related illnesses and deaths during winter, and social care and health professionals are being urged to promote it in their local area. It targets those particularly at risk of fuel poverty, including older people, people on disability benefits and their carers, and low income families.

The campaign provides information on the health benefits of keeping warm in winter, advice on home heating and energy efficiency,

and details of the benefits and grants available. For more information go to: http://www.dh.gov.uk/en/SocialCare/Deliveringadultsocialcare/Olderpeople/DH_4076849

Care Quality Commission Registration

All health and adult social care providers, who provide regulated activities, will be required by law to register with the Care Quality Commission from April 2010. To do so, providers must show they are meeting new essential standards of quality and safety across all of the regulated activities they provide. More details can be found at: <http://www.cqc.org.uk/guidanceforprofessionals/registration/anewregistrationsystem.cfm>



SpeakUp
Countywide Forum

Miriam Miklaszewska, speakup@3va.org.uk 01273 483832

“Big Event 2010: Facing the Future – Get Support for your organisation or group” 20 January 2010. This year we are organising an Annual Conference and Advice Fair. The fair will offer information, face to face contact with people including funding advisors and a chance to book further one to one sessions and training. This event is free and open to all organisations based in East Sussex. We are also inviting a number of public sector partners from the local and county agencies. Read more details on the enclosed flyer.

SpeakUp Forum has been very busy for the last few months supporting organisations across East Sussex. We have organised, together with South Downs CVS (now 3VA Lewes), **“Compact-why use it?”** a workshop for groups and public sector partners in Lewes District.

We also supported **‘Putting Service Users in Control’** conference for the disability sector (see page 6). If you missed the session but would like to know more about Compact, contact your local Compact champion Seema Kapila or Miriam Miklaszewska at 3VA Lewes (formerly South Downs CVS) office.

SpeakUp Forum continues to support BME (Black Minority Ethnic) organisations through the **Together As One – TAO** project.

Coming up is a workshop, **“Adults and Older People in BME community in East Sussex”**. It’s an open meeting for BME organisations and community leaders who support or work with Adults and Elderly. Speakers include Adult Social Care Services and Age Concern East Sussex. There will be an opportunity for discussion and direct questions about how existing and planned services can answer the needs of the BME Adults and Elderly.

The workshop takes place on 13 January 2010 in Eastbourne from 3pm to 6.30pm. Contact Miriam to book a place or submit questions to the speakers by emailing: speakup@3va.org.uk, telephone 01273 483832, www.askcasper.org.uk/speakup/BME

Lewes Area News

Platform is the news column from members and partners. If you have any relevant information that you would like to bring to our attention contact Julia on 01273 483832 or email info@southdownscvs.org.uk

Lewes District Seniors' Forum (LDSF) is one of seven Seniors' Forums that represent older people in East Sussex. It is non-political, non-sectarian, non-racial and non-profit making. Membership is free. There are over 300 members. All Forum officers and committee members are volunteers.

The Forum voices the interests, concerns and problems of older people to the local district authorities and organ- isations. Through membership of the East Sussex Seniors' Association (ESSA), the Forum takes these to the County authority and County organisations, and with the support of the other forums throughout the country, they take them to national authorities

and organisations. LDSF covers the Lewes urban and rural areas. Since the Forum began committee members and the membership have campaigned for fairer pensions; against post office and hospital closures; successfully petitioned Lewes District Council for the reinstatement of the 9.00am start on buses for concessionary fares to bring the are in line with others in East Sussex and other local issues. Committee members attend the Lewes Farmers' Market every first Saturday of each month and meet directly with the public to gain new members and answer any specific questions about older people's issues. You can contact them by email at dgreameglen@aol.com. Or write to LDSF, PO Box 147, Lewes, BN7 9EA. To keep uptodate with news and events by going to www.lewesdistrictseniors.org.uk

Forum Chairman

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David Glen, 07947 422897
secretary@lewesdistrictseniors.org.uk

New handyperson grant for older people

Do you need help with small jobs around your home? Do you find it difficult to pay for this help? Are you aged 65 or over? If you have answered yes to all three questions and you are an East Sussex resident Supporting People at East Sussex County Council can offer grants of up to £200 to help older people with the cost of small jobs around the home. If you would like further details or would like to apply for a grant please go to the website. Contact Supporting People, East Sussex County Council, Sackville House, Brooks Close, Lewes, BN6 2FZ, 01273 482805, email: supportingpeople@eastsussex.gov.uk www.eastsussex.gov.uk/

[socialcare/adults/careservices/helpathome/equipment/handypersongrant.htm](#)

Creating a VOSOP!

There is no Voluntary Organisations for Older People VOSOP network currently in Lewes district and Wealden. Age Concern and other partners would like to test out the interest for this. Please come along to 3VA Lewes office, 66 High Street, Lewes, Wednesday 3 Feb. 2010 at 11.00. This network could include all groups and forums interested in older people issues such as the future of the Phoenix and the Uckfield day services. More information will be circulated soon.

YOUR TOWN YOUR SAY

Lewes Forum

1st Tuesday bi-monthly. For venue and time contact 3VA Lewes: 01273 483832

Lewes district Seniors' Forum

Please visit the website for Forum details: www.lewesdistrictseniors.org.uk

Newhaven Forum

2nd Tuesday bi-monthly. Contact Penny Shimmin (NCDA) tel: 01273 612539 or fax: 01273 612821

Peacehaven Forum

3rd Friday each month, 12.30-2pm, Peacehaven Library, Meridian Centre, Peacehaven. Contact Heather Maskell, (Sec), email: town_forum@btinternet.com

Platform



South Downs View
The newsletter of 3VA Lewes
(previously South Downs CVS)
Editor: Julia Fowler

Notices of publications, events and services do not necessarily carry an endorsement by the editor or 3VA, nor do they represent 3VA's own views

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Nº 4637252

Member of the National Association
for Voluntary & Community Action
(NAVCA)

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DIARY

December

15 ESCC Cabinet Meeting 10.30am
County Hall **21** December, 10.30 - 12am,
Lewes Hard of Hearing Group at Age
Concern, House of Friendship, 208 High
Street, Lewes

January 2010

13 Workshop for organisations working
with or supporting BME Adults and Older
People in East Sussex, 3 - 6pm. Contact
Miriam 01273 483832 **20** Big Event for all
groups in East Sussex, Congress Suite,
Congress Theatre, Eastbourne (Miriam
01273 483832) **26** ESCC Cabinet Meet-
ing 10.30am County Hall **28** East Sussex
Downs & Weald PCT board meeting 1pm
(for venue call 01424 735641)

Next issue copy date:
Thursday
18 February 2010