



South Downs View

NEWSLETTER OF THE SOUTHDOWNS CVS

Supporting community initiatives across the Lewes District

State of the sector in Lewes district?

Alongside our annual mailout to members to renew their membership with SDCVS and check that the entries in the Local Directory are correct we are also asking some additional questions about the size of your group or organisation, how many volunteers you have, including your trustee boards, your income and staffing. You may wonder why this is needed.

Increasingly groups tell us they are feeling under stress. Homecall (see page 8) has joined the Lewes District volunteer centres (see front page SDV Spring 2008) as an organisation that has to close its business down due to a lack of resources. Other local groups are joining together across the county to reduce costs or deliver their services more consistently. At the same time the Government has put in place a new National Indicator (NI 7) to promote "An Environment for a Thriving Third Sector" and (NI 6) on numbers "Participating in Regular Volunteering". SDCVS, as your local infrastructure

organisation, wants to help understand where the sector is currently and what forces might impact on it in the future, hence the questions. We hope that you are able to help us collect this important data.

In Hastings a similar survey was carried out in 2002 and again recently; the information gleaned can be viewed at http://www.hastingsvoluntaryaction.org/state_of_the_sector_2008.pdf



**SDCVS volunteers
John, Theresa and Brenda**

Some good news

Some aspects of volunteering support in Lewes have been preserved after the closure of the two centres in March. Rosey Eggar, the Volunteer Centre Manager, now works from SDCVS and will, with the help of her loyal volunteers Joyce and Lucie, be able to maintain the local database of vacancies at www.do-it.org, produce a current vacancies newsletter and posters, and provide a drop-in facility of sorts. Currently people

interested in volunteering can make appointments or drop-in to SDCVS in Lewes, but arrangements will be made to increase this visibility by working with partners in the district to provide outreach desks.

Thanks to a generous grant, from the Esmee Fairbairn Foundation, Rosey will be supported in an additional piece of work specifically helping to recruit people new to volunteering as trustees. As we all know the Voluntary Sector is so called as its trustee boards are totally voluntary and require help and support at times to build their capacity. Contact Rosey at SDCVS 01273 483832, e-mail: volunteer@southdownscvs.org.uk for more information. There is also now a thriving Charity Trustee Network run by the Developing Communities Project (see page 7).

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Enclosures

IDT Training & Education
SpeakUp Forum flyer

2 Local Area Partnerships

Local Strategic Partnerships (LSP) bring together representatives from the public, private, community and voluntary sector in a local authority area. The key objective of the LSP is to improve the quality of life in that area. Because a LSP is locally based, the community are well placed to influence its decision-making, giving them the opportunity to have their say on what services should be provided to meet their needs.



Photos from local voices, local choices website

A Performance Park in Chatsworth Park? By Jackie Blackwell

In Telscombe the REGEN Partnership has been doing extensive groundwork on the plans for developing a Performance Park for the town. REGEN were approached by young people who have set up their own Parkour group (Team Agility) and were looking for somewhere safe to perform this exciting sport.

Team Agility stemmed from workshops REGEN organised as part of RandomFREEfest, 2005. Whilst Parkour will be a key part of the overall park project, the main aim is to create a flexible play space for people of all ages, using material that is environmentally friendly, sympathetic and complimentary to the park environment. The Performance Park is an exciting & ambitious project, and Liz Lee, of REGEN is leading on it, liaising with Team Agility, the community and Architects, Duncan Baker Brown and working with me to look for funding sources and potential partners in the project. REGEN need to assess public opinion regarding the location and scope before it goes back to Telscombe Town Councillors for their decisions and will be holding a public visioning event at the Civic Centre on 4 July 2008. To find out more about Parkour see www.team-agility.net

This event aims to promote awareness about different activities of organisations that work with young people, and to provide an opportunity for representatives of various organisations to network and make links with each other. Members of Priory School Council will have full participation in the planning of this event from the outset and will decide which organisations should be represented. The school council will find creative and engaging ways to consult with young people about activities they would like in the town, and of course will ask students to evaluate the event itself. For more information, please contact Val Biggs on 01273 483832' e: comnet@southdownscvs.org.uk

Linking air quality to local history: the "Lost Parish" project focusses on Station Street in Lewes Lewes Town Partnership are working with the Air Quality Action Team to hold a public information session on 13 September in the Subud Centre, on Station Street. This will tie in with No Car Day highlighting the fact that the street fails many air quality standards due to car emissions. The event will feature stories and memories of the shops and businesses in this historic part of the town, that used to be the Parish of St Mary in the Market. Contact Debby Matthews 483228 or e-mail thelostparish@yahoo.co.uk if you would like to get involved.



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SDCVS 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

LEWES TOWN PARTNERSHIP Voice of Young People

As a result of two very successful youth events already held at Ringmer Community College and Chailey School (November 2007 and March 2008 respectively), Lewes Town Partnership are working with Rural Voices Rural Choices, Priory School and Priory School Council to hold a youth awareness event at the Priory in November 2008.

Do you know anybody aged 11-16 who wants to make a difference in the area where they live?

UnLtd Sport Relief have grants of up to £500 to give to individuals or small groups who come up with an idea to bring people together through sport or recreation. Examples of possible projects can be found on their website. Applicants will need to have a project advisor who assists them with the application process and supports them with their project; this could be a teacher, youth worker parent etc. UnLtd also provide support to successful applicants and offer opportunities such as training and networking events.

UnLtd are currently focusing their attention on trying to encourage 11-16 year olds to apply to the scheme as they have had a shortfall of applications in this age group.

If you know anybody that you think fits this bill then please tell them about the Awards. They are happy to provide pre-application support if wanted and to answer any questions that you may have. For further information and application form go to: www.unltd.org.uk/sportreliefawards, email: sportreliefawards@unltd.org.uk or phone the application hotline on 0845 3670770.

The Boost Initiative

The Boost Initiative aims to release funds tied up in small inactive and dormant charitable trusts. There are various reasons why charitable trusts become inactive, for example the administrative and legal requirements have become too onerous for the trustees or the original objects are now out of date. Boost provides an alternative route by linking trustees with their local

Community Foundation to discuss how these assets may continue to be used to benefit the local community. There are a number of options available.

For example if the assets are above a certain level they can be used to set up a ring fenced 'Named Fund' within the Community Foundation which is then used to deliver grants to the local community. The Foundation handles all the grant-making side as well as the financial and legal responsibilities. Trustees can still be very much involved in decisions on grant making and seeing the direct impact of grants awarded.

Boost is a partnership project led by the Community Foundation for Merseyside working with the Charity Commission and local Community Foundations. There is more information about the Boost Initiative on the website at: <http://www.sussexgiving.org.uk/about-us/contentview.php?id=106>

Contact: Janet Ormerod, Fund Development, Sussex Community Foundation, 210 High Street, LEWES, BN7 2NS. Phone: 01273 403980, fax: 01273 403921, email: janet.ormerod@sussexgiving.org.uk

Royal Society of Wildlife Trusts (RSWT) – Local Food

Local Food, a new £50 million grants programme funded by the Big Lottery Fund, is now open for applications. The programme is managed by the Royal Society of Wildlife Trusts (RSWT) and is aimed at making locally grown food accessible and affordable to local communities. Grants from £2,000 up to £500,000 will be awarded to not-for-profit groups and organisations in England to deliver projects such as growing, processing, marketing and distributing local food, composting and raising awareness of the benefit of such activities.

There are three levels of funding available through Local Food.

Applications for Small Grants (£2,000 to £10,000) and Main Grants (£10,001 to £300,000) can be made at any time. Applications for Beacon Grants of £300,001 to £500,000 first stage applications must be submitted before the end of June 2008 and full applications by the end of November 2008. Contact the Advice Line on 0845 3 671 671, email: localfood@rswt.org, www.localfoodgrants.org/index.php/home

Sussex Community Foundation – Resource Action Fund

Veolia Environmental Services is re-launching its Resource Action Fund through the Sussex Community Foundation to help people tackle waste in the area. Sussex Community Foundation has been created by local people and makes it easy for companies and individuals to give to local communities. The Foundation provides expert advice and services to make sure that local charitable funds get where they are really needed.

The Veolia South Downs Resource Action Fund has been set up by Veolia to help fund projects which aim to encourage the reduction, reuse or recycling of waste. The fund will support both practical activities and educational projects to inform local people how they can play their part in saving natural resources. Any not-for-profit organisation can apply for funding to support projects, including schools, community and voluntary groups.

To apply for funding, groups can download an application at www.sussexgiving.org.uk or request a form by calling Sussex Sussex Community Foundation on 01273 403980.

4 Training & Conferences

South Downs CVS Training Opportunities

The current training programme has come to an end and the 2008/09 training programme is now being developed. If you would like to discuss your training requirements contact Julia on 01273 483832, email: info@southdownscvs.org.uk

Empowering the Voluntary Sector

National Association for Voluntary & Community Action (NAVCA) is to deliver an "Empowering the Voluntary Sector" workshop in conjunction with South Downs CVS. The Empowering the Voluntary Sector project brings together the Public Law Project (PLP) to support the voluntary and community sector to understand the principles and framework of public law. A national programme of one-day workshops on the principles of public law has been taking place and feedback from people attending has been very positive - over 98% rate the training highly.

NAVCA in conjunction with South Downs CVS are holding a **workshop on 11 November** at Uckfield Civic Centre, Uckfield. Further details and booking form can be found on the website at: www.southdownscvs.org.uk/information-and-training/training.php **Attendance will be limited to 15 participants, so early booking is advisable.**

Outcomes

More and more funders are now asking for evidence of outcomes. Can you demonstrate to funders that you are making a difference to your community? South Downs CVS is running a half-

day Outcomes Training course for voluntary organisations from 9.30 – 12.30 pm on Wednesday 1 October 2008 at 66 High Street, Lewes, East Sussex.

Charities Evaluation Services qualified Outcomes Champion, Sue Pellow, will cover the benefits of an outcomes focus and will clarify what outcomes are and how to measure and monitor them. You will be able to demonstrate more effectively to funders the difference the work of your organisation is making to your community over time. The course fee is £25 - £35 per person, depending on status, which is a fraction of the equivalent CES Outcomes training fee. Closing date for bookings is Wednesday 17 September 2008. For further information and to book a place please contact Julia Fowler on 01273 483832, email: info@southdownscvs.org.uk

The Charities Evaluation Service (CES) is a registered charity, which was established with support from the Home Office to help strengthen the voluntary sector. CES has successfully recruited Outcomes Champions to offer Outcomes training courses to voluntary and community organisations throughout the UK.

OTHER TRAINING IN THE DISTRICT

Working with Volunteers with Extra Support Needs

This one-day workshop will help organisations to understand diversity issues and the benefits of working with volunteers who may have additional support needs, including those recovering from drug and

alcohol dependency, people with criminal convictions and mental disabilities. It explores different types of support needs; developing flexible role descriptions and the legal issues that surround this area.

To be held on Wednesday 9 July 2008 in the Annexe, EAVS, 8 Saffrons Road, Eastbourne, BN21 1DG, from 9.30 am - 3 pm. Cost £45 for members of voluntary or community. Price on application to others. For further details please contact Sue Duffell, phone 01323 639373.

ON THE WEB

www.familyandparenting.org

The Family and Parenting Institute is a catalyst for change. They work to make the voices of families heard by policy makers.

<http://www.acas.org.uk>

ACAS has re-launched its website with new features for HR professionals, employers and employees.

guidestar.org.uk

GuideStar UK, the place to look for comprehensive information about every charity - from the largest national charity to the thousands of small charities that are active in every community.

www.cdse.org.uk

Community Development South East is a network for all those who adopt a community development approach in their work. The website is now complete with a new Community Development and Empowerment Blog.

www.mediatrust.org/training-events/

Media Trust covers all aspects of media and communications training for charity and voluntary organisations across the UK.

How Acas can help: new guide

The new Acas guide *Health, work and wellbeing* was launched during Mental Health Action Week in March 2008. Mental ill health in the workplace can be caused by all sorts of issues that can result in stress, anxiety, depression and ultimately absences from work on short or long-term sick leave. *Health, work and wellbeing* aims to help employers and employees understand the connection between mental and physical wellbeing and work life. The guide focuses on three key areas:

- The relationship between line managers and employees
- The importance of getting employees' involved in decision-making
- Job design, flexible working and the use of occupational health

There are useful sample policies for managing alcohol and drug problems and checklists. Copies of the new guide can be obtained from Acas publications by calling 08702 42 90 90 or order online at www.acas.org.uk

A Guide to Local Trusts in the South of England 2006/07

This Directory of Social Change (DSC) publication has fully updated details of more than 949 trusts that concentrate their grantmaking in the South of England, giving a total of around £77 million a year. 5th Edition, ISBN 978 1 903991 66 4 £29.95. (A copy is available in the South Downs CVS library).

The Health & Safety Handbook for voluntary & community organisations

This step-by-step guide to health

and safety is specially written for the voluntary sector. The new edition has been fully revised and updated to take account of recent legislation.

By working their way through the book, completing the checklists as they go, readers can compile their own complete health and safety policy, covering volunteers as well as staff.

ISBN 978 1 903991 01 5, A4 96 page(s) 2nd edition, £16.95.

Contact details for both the above publications are: DSC Publications, 24 Stephenson Way, London NW1 2DP, telephone 018450 777707, fax 020 7391 4804, email: publications@dsc.org.uk or visit www.dsc.org.uk/publications

TOPICAL TIPS

Sun Safety for all
Before you head for the beach, the park or even your back garden, take a few minutes to think about sun safety. This advice applies to everyone regardless of age or ethnicity.

Avoid needless exposure to the sun.

Protect your eyes by wearing UV blocking sunglasses.

Select shaded areas for outdoor activities.

Clothing such as a broad brimmed hat, long-sleeved shirt, and long trousers can protect your skin.

If you can't cover up, use a sunscreen containing a Sun Protection Factor (SPF) of at least 15, verify it has both UVA and UVB protection, re-apply every two hours and after sweating or swimming.

Some medication can make skin more sensitive to UV rays, consult your doctor if you have any questions.

Don't let infants or children play or sleep in the sun in a playpen, buggy, etc.

Get children used to wearing sunscreen lotion, paying particular attention to the most exposed parts - the lips, face, neck, shoulders, back, knees and tops of feet.

Avoid dehydration by drinking plenty of water

People can use both sunscreen and insect repellents when they are outdoors to protect their health. Follow the instructions on the package for proper applications of each product. Apply the sunscreen first, followed by the insect repellent.

Air Quality and Health

Air pollution comes from both local sources (e.g. vehicles, industry, wood smoke) and far away sources, carried over hundreds of miles. Did you know... children inhale more pollution per kilogram of body weight than adults; you can't always see or smell air pollution which is harmful to your health.

Air pollution is a year round problem, but in the summertime there are additional factors that can increase air pollution problems. Some pollution results from chemical reactions that require sunlight. Pollutants can build up in stagnant or slow moving air masses that combine local air pollution with what has already been added by upwind sources. Heat and smog can provide a double attack on the vulnerable.

Each individual reacts differently to air pollution. Children, the elderly and those with heart or lung disease are most sensitive to the adverse health effects of air pollution. People participating in sports or strenuous work outdoors may have difficulty breathing when air pollution levels are high. You can better protect yourself and those under your care by understanding how air pollution can affect your health.

Air quality index and archive data can be found at the following websites: <http://www.airquality.co.uk> and <http://www.metoffice.gov.uk/environment/airquality/index.html>

The move forward: the Supporting People partnership need your views

Exciting plans to improve housing-related support services will help hundreds more vulnerable people to live independently at home. The county, borough and district councils and the local health and probation services are inviting everyone to find out more about the plans, and give their views. Come along to the event covering areas: Eastbourne, Lewes and Wealden: 11 July 2008 : 9.30am to 1pm, East Sussex National Golf Course, Club House, (A22) Little Horsted, Uckfield, TN22 5ES. Please book your place by telephoning the Supporting People team on 01273 482805 or email: supportingpeople@eastsussex.gov.uk (complimentary tea, coffee and pastries will be available).

Social Care – consultation

With the prospect of a potential £6bn funding gap in social care in 20 years if nothing is done, a six month consultation is underway, asking how to create a social care system that: promotes independence, choice and control; ensures everyone can receive high quality care, and that government support is targeted at those most in need; is affordable for government individuals and families in the long term. The Government wants to hear what you have to say about how they can improve, provide and pay for care and support in the future. You can contribute to the debate through a new website: www.careandsupport.direct.gov.uk (where you can also register for news updates). A green Paper on care and support is now expected in 2009. *The case for change – Why England needs a new care and support system* was published to coincide with the launch of the national debate, and can be accessed at the same website address.

ESCC VCS Consultation Report

The East Sussex County Council VCS Consultation Report results and revised Statement of Intent on Working with the Voluntary and Community Sector can be accessed on their website at: <http://eastsussex.gov.uk/yourcouncil/consultation/2007/voluntarysector/default.htm>

Audio Compact

The East Sussex Compact is now available on either Audio Cassette or CD. The transcription from text to audio was made after a request from a local organisation who wanted to make sure that their trustees and staff were able to develop their understanding of the working principles of the Compact. If you or your organisation would like an audio copy of the Compact please contact Paul Rideout, paul.rideout@eastsussex.gov.uk

The new Pension, Disability and Carers Service

In April 2008 the Pension Service and Disability and Carers Service joined together to form a new agency, to be known as the Pension, Disability and Carers Service. It will have a single Chief Executive and leadership team but, for the time being continue to operate as two brands. Although this is a significant administrative change, it should not make any difference to the way the customers interact with them in the short term. As the two agencies are brought together they will continue to update customers and their representatives, and provide more details as they become available. www.dwp.gov.uk

Information about ESDA Welfare Rights Service

Part of the work East Sussex Disability Association (ESDA) do is benefits advice and appeal representation. For the coming year their benefits appeals and tribunal work is being supported by East Sussex County Council. This service offers comprehensive advice across all benefits and tax credits. They also advise carers and family members of a disabled person. This is important because their benefit entitlement can have an impact of the amount of benefit a disabled person can receive. This advice service encourages people to enquire about their benefits. Often people just simply do not know what they are entitled to and miss out. For example the government estimates that approximately half of those who could get Disabled Living Allowance (DLA) or Attendance Allowance don't claim it. Recent statistics show that nearly a third of older people still don't claim the Pension Credit they would qualify for if they applied for it. The benefits system is notoriously complicated and even the Department of Works and Pensions (DWP) can get it wrong! For example this can be the DWP making a decision that someone doesn't qualify for benefit even though they meet the qualifying criteria. It could also mean someone being told they've been paid too much money and have to pay it back. Most benefit decisions come with a right of appeal and ESDA can help people challenge poor decisions, gather information to support their claim, represent at tribunals, and help beyond that if the tribunal goes wrong. For further information contact: ESDA Benefits Advice, (Tuesdays and Thursdays 10am-1pm and 2pm-4pm). 01323 514530.

Community Physical Activity Day - Lewes Leisure Centre Sunday 13 July 2008

Lewes District Community Network in partnership with Wave Leisure are going to hold an introductory physical activity day aimed at the whole community, with the purpose to improve:

- 1) the health & physical well-being of people and
- 2) access to sport and exercise, thus making a difference to the quality of life of people.

There will be taster sessions in different sports, including disability sports, for example: Goalball, Boccia, Aerobics, Swimming, Netball, Basketball, New Age

Kurling, Wheelchair Basketball, Tag Rugby, Trampolining, Football, Extend Classes, Armchair Exercises, Athletics, Belly Dancing and many more.

Some organisations will be holding displays and promoting awareness around nutrition, healthy eating and physical well-being such as cookery demonstrations, health walks and cycle trips. The bicycle blender (which makes fruit and fruit juice smoothie drinks) will be on display, emphasising the fact that eating healthy foods can be fun.

All of this will give people the opportunity to learn new skills in different kinds of sports and cooking healthier food. If enough interest is generated at the event, Wave Leisure will promote more

follow up disability sports/other sports sessions on a weekly basis. This event has been funded by Awards for All and the East Sussex Downs & Weald PCT. With the exception of accredited activities (which are bookable in advance) activities are free, so do come along and take part.

It is aimed at all sections of the community, i.e children, young people, disabled people, older people, and therefore fully inclusive and will improve community cohesion among local people in Lewes District.

For more information, or if you want to take part or have a display, please contact Val Biggs on 01273 483832 or email: comnet@southdownscvs.org.uk

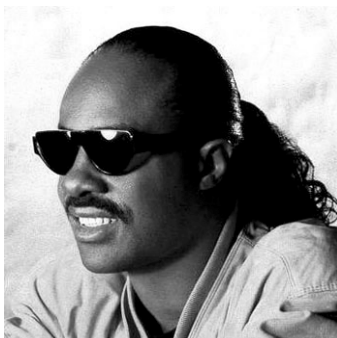
Developing Communities Project: Do you want to change the world?

Developing
Communities
Project



Please see our project newsletter or contact us for more information about our work:

"We all have ability. The difference is how we use it."
Stevie Wonder



- The Lewes District Charity Trustee Network (CTN) and training for trustees.
- Empowerment training courses.
- Life Skills training days.
- Awaydays for local organisations.
- A Lewes District group for lone parent families.
- Work on Access guide and Access leaflet.
- Funding for gypsy and traveller groups.
- Our DVD about community involvement.
- Training with Young Travellers.
- Question Time events.
- Comedy/theatre workshops.
- Support for local groups.

developingcommunities@southdownscvs.org.uk

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

Sussex Resilience Emergency Volunteer Scheme

For many years there has been a strong and regular liaison between the local authorities, emergency services, voluntary and faith organisations, with the aim of utilising their valued skills and energies in responding to disasters. This has previously been carried out through a forum known as the Sussex Volunteer

Emergency Committee but there is now a new scheme being developed. What is proposed is that the services voluntary and faith organisations can provide in a disaster are separated into categories:

- Practical Helpers**
- Personal Helpers**
- Administrative Support**
- Immediate Emotional Support**
- Bereavement Support**
- Family Support**

(N.B. It is recognised that there is a degree of overlap between the categories.)

The required levels of knowledge, training etc. for each will be identified, using existing training programmes wherever possible. Volunteers will be sought, through their parent organisations, for one or more of the categories, and when they have achieved the required level of preparation for their chosen categories they will be recognised as ready for major incident response. This system will require a degree of centralised coordination and an associated training programme for those required areas that the voluntary/faith organisations themselves cannot or do not provide, but should eventually result in a pool of trained and willing volunteers.

What is sought at this time is an indication from voluntary/faith organisations across Sussex, whose core business includes the skills indicated, and who have the capacity and willingness to deliver them, to indicate their support in principle. Interested organisations, or those wanting further information are asked to contact the project leader, Alan Smith (Head of Emergency Planning for East Sussex County Council) on 01323-747087, or email: alan.smith@eastsussex.gov.uk, by no later than 18 July 2008.

Homecall

The Homecall service (home visiting schemes for the visually

impaired) will be ending on 30 September they have been unable to attract sufficient money to continue. If in the meanwhile further substantial funding does become available they will revise their plans. They would like to express their sincere and grateful thanks to everyone who has given their professional expertise or financial support to keep them operating over these past few difficult years. The Homecall trustees have made this decision only when all other possible avenues had been explored and as you will appreciate, they are all absolutely devastated that the award-winning service will be lost.

YOUR TOWN YOUR SAY

Lewes Forum

1st Tuesday bi-monthly 12.15-2pm. For venue contact SDCVS: 01273 483832

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

Village Elders Forum

For date and venue contact Kathy Fordham, Action in Rural Sussex on 01273 405880

Platform



South Downs View

The newsletter of South Downs CVS

Editor: Julia Fowler

Notices of publications, events and services do not necessarily carry an endorsement by the editor or South Downs CVS, nor do they represent the CVS' own views

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

DIARY

July

1 Lewes Town Forum 8 ESCC Cabinet Meeting 10.30am County Hall 29 ESCC Cabinet Meeting 10.30am County Hall 31 East Sussex Downs & Weald PCT board meeting 10am (for venue call 01424 735641)

September

23 ESCC Cabinet Meeting 10.30am County Hall 25 East Sussex Downs & Weald PCT board meeting 10am (for venue call 01424 735641)

Next issue copy date:

Tuesday

2 September 2008