

3VA came into being on 1st November 2009. As the CVS for Wealden we exist to support our local community and voluntary sector.

Welcome to the Spring edition of Wealden News

As you can see from this issue, we've been hard at work to deliver funding advice, development support, training, policy work, community events and representation support across Wealden, often despite the weather!

We remain committed to delivering locally the services that groups need while we continue to develop our new organisation. In this issue, you will find: details of successful funding bids made by Wealden organisations; current funding and training opportunities; articles on health related topics; issues relevant for the Third



Alan Wenham (Vice Chair 3VA) and Adam Chugg (Chief Executive 3VA) at convergence consultation launch

Sector relating to the coming General Election; and a report on the recent annual conference and advice fair the "BIG EVENT: Facing the Future" which was hailed as 'excellent' and 'very vibrant'. Over the months ahead, we'll keep you posted with the development of 3VA. For example, the next stage of the East Sussex Volunteering Support Project that will be starting in April 2010.

As the new CEO of 3VA, I also wanted to pay tribute to the work and achievements of Debby Matthews, Director of SDCVS, who left us in January. Debby's commitment in promoting the voice and presence of the VCS

will be missed and we wish her well for the future.

I hope you enjoy this edition and also find the information useful. Best Wishes,
ADAM CHUGG,
 Chief Executive, 3VA.

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2 Outreach

A number of organisations based in and/or delivering services across Wealden have recently been successful in bidding for funds from a variety of sources.

Wealden Eastbourne and Lewes Mind Reaching Out to the Community (ROC) have been awarded £140,862 through the Big Lottery Reaching Communities Programme. This project will provide a volunteer and befriending service to a wide spectrum of groups who have experienced poor mental health, with the aim of promoting volunteering amongst those who are ready to support others with similar experiences and needs. Four Wealden organisations were successful in bidding to Awards for All: Forest Row Parish Council - £10,000 for building



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Core Funders:

East Sussex County Council
East Sussex Downs & Weald PCT
Wealden District Council
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refurbishment to create a dedicated space for young people.

Uckfield Town Council - £5,500 for a feasibility study into the best use of a community facility for young people

Nutley War Memorial Trust - £4,000 towards building improvements for community hall

One Village 2010 - £7,073 for a community festival in Forest Row

The Grassroots Fund made 7 awards to Wealden groups which ranged in size from £5,000 to Framfield & Blackboys Horticultural Society to purchase a marquee for events and a container for all-year-round storage, to £1,000 for Mayfield & Five Ashes Newsletter towards a new photocopier to help sustain the popular and valuable local community newsletter.

In addition:

April Club, Hartfield received £2,000 for older people with sensory and physical disabilities to participate in a holiday/respite project;

Forest Row Cricket Club £2,000 for a new mower;

The Lion House Social Club, Hailsham £2,000 to improve access and safety of a residential park community building;

Hellingly Archery Club £3,150 to purchase new equipment to encourage beginners and improve the skills of existing members;

Nutley Bowling Club £1,000 to improve outside access and

safety at the club pavilion. If you would like support with funding applications come along to a:

Wealden Community Support Outreach Event

3VA Community Support Officer's, Maureen Anstey and Karl Parks, in partnership with Michelle Eldridge, Community Grants Officer for Wealden District Council attracted an enthusiastic and appreciative range of local voluntary and community groups to the first outreach event in Mayfield on the 18th January. The events provide an ideal opportunity to engage with local groups through one-to-one advice sessions covering all aspects of funding and organisational development with the aim of helping groups to be more effective.

Maureen and Karl are putting together an outreach programme for 2010 that will focus on specific locations around Wealden. In addition, two funding fairs, which will feature representatives from funding bodies and practical workshops, have been scheduled for Polegate in April and Uckfield in October. Dates for the local outreach events have yet to be confirmed but the intended calendar is:

March – Crowborough

May – Heathfield

June – Wadhurst

July – Alfriston

September – Maresfield

November – Hartfield

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BBC Children in Need Small Grants Scheme

BBC Children in Need are inviting voluntary and community organisations working with disadvantaged children and young people 18 years and under to apply for grants of up to £10,000 through their small grants scheme. The next application deadlines are 15th April, 15th July and the 15th October 2010. For more information on the funding please go to: http://www.bbc.co.uk/pudsey/grants/general_grants.shtml

C Charitable Trust

This Trust aims to support third sector organisations undertaking projects for a wide range of charitable purposes including:

- Assisting people attempting to improve their lives
- Disability or people no longer able to help themselves
- Buildings or works of heritage value
- Animal welfare
- The environment
- Small or minority charities

Funding is not available for political purposes; projects with a commercial bias for a product or company; religious bias and individuals. Applications may be submitted at any time. Electronic applications are preferred, and should contain as much project information relating to the application as possible and full accounts for the most recent completed financial year. For further information, e-mail admin@ccharitabletrust.org or go to <http://ccharitabletrust.org/>

Arthur Rank Centre - Computers for Rural People

The Arthur Rank Centre is a collaborative unit supported by the National Churches, the Royal Agricultural Society of England and the Rank Foundation serving

the rural community and its churches. People or community groups living in rural areas can apply to get computers at very low cost. The foundation can provide a computer, pre-loaded with Microsoft software, and delivered with 3 months warranty. A fully functioning computer costs as little as £99. Contact: Computers for Rural People, The Arthur Rank Centre, Stoneleigh Park, Warwickshire, CV8 2LZ Tel: 02476 853066, email: info@arthurrankcentre.org.uk www.arthurrankcentre.org.uk/projects/computers_for_rural_people/index.html

Don't miss your chance for a Grassroots Grant

Are you part of a community group in East Sussex? Do you have a constitution? Is your turnover less than £30,000 a year? Could you do with a grant of up to £5000? Grassroots Grants will fund a wide range of projects and activities. For more information please contact Sussex Community Foundation on 01273 409440 email: info@sussexgiving.org.uk or visit www.sussexgiving.org.uk (closing dates: 16 April, 28 May, 2010).

May Gurney Fund

The May Gurney Fund is a £20,000 pot of money to support community based charities and organisations which help young people; the long-term unemployed and the difficult to employ get back into work through activities focused on: education, self help, health and well being and local environment issues.

The Fund is distributed annually and will target smaller charities that demonstrate genuine local community engagement and will make small grants up to a maximum of £5,000. Apply using the Sussex Community Foundation's general application form. For an application form, see www.sussexgiving.org.uk/home/index.php

John Ellerman Foundation

The John Ellerman Foundation annually awards around £5 million in grant funding to organisations working in the following areas of interest:

- Health and Disability
- Social Welfare
- Arts
- Conservation

Applications are invited from registered charities involved in delivering projects.

The Foundation is particularly interested in supporting small or medium-sized charities with an annual income of less than £25 million which:

- offer practical benefits rather than work mainly on policy and campaigning;
- involve and attract large numbers of volunteers;
- cooperate closely with other charities working in similar or related fields; or
- do innovative work.

Applications can be made at any time. For further information, see www.ellerman.org.uk/

New Health and Social Care Volunteering Fund

A new Health and Social Care Volunteering Fund opened for applications in January 2010. The fund is open to third sector organisations who deliver health and social care.

The first round will be for local projects, followed by a second round later in the year which will support a national scheme.

For more information on the fund please go to: <http://www.volunteeringfund.com/> or call the Volunteering Fund Helpline on 0845 172 8058

4 Training & Conferences

3VA Lewes Training Opportunities

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). Cost: £35 – £60 depending on status. Emergency First Aid at Work is a one-day course recognised by the Health and Safety Executive (HSE). The course is ideal for anyone who needs a workplace qualification or anyone who simply requires some basic first aid knowledge. This is the minimum qualification that will be recognised by the HSE in a work environment.

Managing People

with Sarah Morland

Wednesday 31 March 2010, 9.30am - 4.30pm, 3VA Lewes, 66 High Street, Lewes, East Sussex, BN7 1XG

This one-day course is for paid staff who directly line-manage others and would like to learn more about the skills and processes essential to effective management. Cost: £35 - £60 depending on status. Closing date: Wednesday 17 March 2010

3VA in partnership with involved are please to offer

Effective Volunteer Management – working with young volunteers

Thursday 15 April 2010, Yarrow Room at Lewes Town Hall, from 9.30 am to 4.30 pm. This workshop takes a practical look at involving young volunteers in your organisation. Although the content focuses upon young people and volunteering, many of the principles can be applied to managing volunteers of any age. Cost £10 per person to voluntary community groups.

Making Posters and Leaflets for Effective Marketing

with David Guthrie & Paul Bramwell, Thursday 24 June 2010, 9.30am - 4.00pm (lunch not included), Yarrow Room, Lewes Town Hall, High Street, Lewes.

This one-day course will help you to produce your marketing materials in-house, but will also help you know what to ask for if you out-source the work. Due to funding from Learning4Counties we are able to offer the course to members of voluntary community groups at £10 per person, £25 others. Closing date 10 June 2010.

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

Certificate in Community Volunteering

Furniture Now!'s Community Volunteering Qualification (CVQ) has been launched in conjunction with 3VA - Voluntary Action Eastbourne and Sussex Downs College. Now available to volunteers in Eastbourne, Lewes and surrounding districts, it marks the first time in this area that anything like this has been available. One of the most exciting aspects of the Volunteer Passport is that volunteers can learn and develop skills they didn't know they had.

For further details, please contact Leanne Cleaveley 01273 471101, email: vol.passport@furniturenow.org.uk

ON THE WEB

<http://www.parentchannel.tv/home>

Parentchannel.tv is a new re-

source for parents and is a new online service for parents and carers of children aged 5-19. It features a range of videos tackling questions on the subjects of wellbeing, learning and behaviour.

New youth websites

Two exciting new websites have been launched for children and young people.

www.connexions360.org.uk/ Connexions 360, for 11-19 year-olds, contains information on school and education, travel, health, money and careers as well as featuring a "What's On" search.

www.teenlifecheck.co.uk

The Department of Health (DH) has launched Teen LifeCheck, a website to help young people between the ages of 12-15 explore health and wellbeing issues.

www.disabledtravelguide.co.uk

This is a new website aiming to collect information and advice about access for disabled people travelling abroad in any part of the world. They are asking for contributions, information and reviews from anyone with experience or information to share.

[www.eastsussex.gov.uk/community/housing/supporting people/newsletters.htm](http://www.eastsussex.gov.uk/community/housing/supportingpeople/newsletters.htm)

For the latest edition of Supporting People Newsletter for East Sussex.

www.ladder4learning.org.uk/ PR

Ladder4learning have prepared a briefing sheet on Dealing with the Press and have added a resource section.

The Value of Volunteering

The Economic and Social Research Council has published *'The Value of Volunteering - helping to build an inclusive and cohesive society'*, which has contributions from academics, government, third sector organisations and volunteers. It can be viewed at: www.ladder4learning.org.uk/newsvol1

Engaging & Responding to your Community: A Brief Guide to Local Involvement Networks

The Department of Health has produced a new guide to Local Involvement Networks (LINKs). LINKs exist in every local authority area of England to give people more influence over how their local health and social care services are planned and delivered. The guide is primarily

for health and social care managers but is also relevant to all members of the community, including third sector organisations, in considering how engagement with your LINK might provide practical input into the commissioning, running and reviewing of local health and social care services. To view the full guide please go to: www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_111457

Legal and Good Practice Guide for Faith Charities

The Charity Commission has published a guide to help faith-based charities establish strong trustee bodies and good practice, launched for National Inter Faith Week. It brings

together aspects of the legal and good practice framework which are most likely to be of relevance to faith-based charities. *'Faith in Good Governance'* is at <http://www.charitycommission.gov.uk/tcc/faithgov.asp>

Charity Commission news item at: www.charitycommission.gov.uk/news/prfaith.asp

New Trustee and Governance Information Centre

NCVO has launched its Trustee and Governance Information Centre, with material ranging from the role of trustees to changing governing documents and the responsibilities of a board/management committee. Visit: www.ncvo-vol.org.uk/advice-support/trustee-governance

TOPICAL TIPS

Information Kiosks

Lewes District Crime Reduction Partnership has recently announced that Information kiosks across East Sussex have gone live. They enable members of the public to find who their local officer is via the force website. There is an icon on the main screen on the kiosk with the Sussex Police badge and the words "Neighbourhood Policing" which takes them into the website to search for local officers via the postcode search.

There are 7 kiosks across the District at the following locations:
Sainsbury's Stores, Newhaven
Peacehaven Library, The Drove - Peacehaven
Peacehaven Town Council
 Meridian Centre - Peacehaven
The Havens SureStart
 Meridian Way - Peacehaven
Seaford Library

Sutton Park Road – Seaford
Seaford Town Council
 Church Street - Seaford
Telscombe Town Council
 Civic Centre, Telscombe Cliffs

For more information about how the Partnership works and what it can do for you please visit www.lewesdistrictcrp.org

REMINDER - The law has changed

On 12 October 2009, new measures were introduced to help prevent unsuitable people undertaking paid or volunteer work with children or vulnerable adults. The Vetting and Barring Scheme (VBS) and the Independent Safeguarding Authority (ISA) has been set up to help implement the Scheme and make decisions about who should be barred from working with vulnerable people.

Those decisions are legally binding too. Failing to comply could result in both the employer and the employee or volunteer being prosecuted, or even going to prison.

From July 2010 all new employees, those moving jobs and volunteers who want to work with children or vulnerable adults can register with the ISA.

From November 2010, they must be ISA-registered. From then on it will be illegal to employ new people who are not ISA-registered.

For more information and an online toolkit containing a selection of downloadable material please go online to www.isa-gov.org.uk/toolkit or contact 0300 123 1111.

Election pledges Directory of Social Change (DSC) wants to see from political parties

The DSC who support over 20,000 voluntary sector organisations every year is calling for political parties to consider 5 election pledges that it believes will improve the relationship between charities and Government at little or no cost.

Pledges

1. **Play fair** Make the terms and conditions of grants and contracts available to applicants before they apply. Making terms more transparent will make them better, will save time and effort on both sides, and should enable fair and open negotiation.

2. **Simplify** Improve consultation by using existing guidance. The recommendations outlined in guidance drawn up by Involve (and funded by OTS) entitled *'Better Together: Improving consultation with the Third Sector'* provide all the guidance needed for a good consultation.

3. **Inform yourself** Capture and publicise raw data on statutory funding for the voluntary sector. Such information should form a core part of policymaking. By making it a requirement of all statutory funders to report basic awards data at the end of the grant award process in a consistent way would provide that information quickly and at minimal cost.

4. **Think local** Voluntary activity is local. Most relationships between the sector and government bodies are local. Providing funding through centralised arrangements may present seductive economies of scale, but it reduces the diversity and independence of organisations delivering services on the frontline.

5. **Stop the collateral damage** The Office of the Third Sector (OTS) needs to be more than a funder of the sector and an owner of commitments from the Third Sector Review; it needs sufficient power and capacity to effectively influence other departments where policy is causing confusion, damage and waste. A parliamentary committee, composed of MPs with real experience of the sector, could perform a useful role by scrutinising relevant legislation, regulation and policy for its impact. (Extracted from <http://www.dsc.org.uk/NewsandInformation>)

The Equality Bill

This is expected to come into force by October 2010. Community Action Hampshire has produced a briefing which gives a background and overview and discusses why it is important to diverse communities and the Third Sector. http://www.action.hants.org.uk/fileadmin/user_upload/Document_Library/BriefingPaperNo64TheEqualityBill.pdf

Bert Massie encourages charities to sign up to Compact

Sir Bert Massie, Commissioner for the Compact, wants third sector organisations to pledge publicly to follow Compact principles (www.thecompact.org.uk) and help to raise the profile of the agreement (go to www.thirdsector.co.uk/news/Article/981074/Charities-sign-Compact-says-Sir-Bert-Massie/).

Your local Compact Champions are Seema Kapila (3VA Lewes Office), Alison Maconochie (3VA Eastbourne Office) and Miriam Miklaszewska (3VA SpeakUp Forum) who all sit on the East Sussex Compact Steering Group.

Working with Local Councils on Green Issues

'Green Up! Five ways of working with your council on sustainability: a practical guide for community and voluntary groups' has been published by the Community Development Foundation. The "plain English" guide explains how community groups can use everything from Local Area Agreements to Sustainable Community Strategies to get their work supported: <http://www.cdf.org.uk/web/guest/publication?id=142955> (Rother Voluntary e-bulletin January 2010)

Has your organisation got all the voluntary sector policies, procedures and model documents it needs in place?

Ladder4learning holds a wide range of policies and model documents and links to other resources in its resource section. View the resource at: <http://www.ladder4learning.org.uk/policiesandmodeldocs>

Making Policy Count: Developing Performance Indicators for Health and Social Care Partnerships

This new paper, published by the Department of Health, updates on work underway to develop new performance indicators for adult social care, and health and care partnerships. It sets out its context, recent progress, and asks for stakeholder support through comments and offers to pilot work: http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_110999

Wealden Community Network (ComNet) provides representatives to sit on different partnership bodies or planning groups. It holds an annual review and runs events on health improvement related topics. It is supported by East Sussex Downs & Weald PCT

A Smokefree Future

The government has announced a new strategy that aims to halve the numbers of smokers, from 21% to 10% of the population by 2020.

The new strategy will concentrate on:

- Stopping the inflow of young people recruited as smokers by reducing tobacco affordability and restricting tobacco availability to young children.
- assisting every smoker to stop their dependence on tobacco by introducing a radical approach to quitting smoking and motivating smokers to quit.
- Protecting families and communities from tobacco related harm by promoting smoke free environments and identifying and targeting high smoking rates in vulnerable and disadvantaged and minority communities.
- Reducing smoking in pregnancy.

Fit as a Fiddle

Age Concern is looking to work in partnership with other organisations to develop new opportunities to engage people 50+ in meaningful opportunities to deliver healthier lifestyles. The programme aims with Lottery funding to develop new networks within the community which engage diverse and excluded groups of older people, and empower people to live active and fulfilling lives with the support of peers, carers, families and local communities.

For further information go to:

www.fitasafiddle.org.uk or contact (for Sussex and Kent):

Tory Lawrence (Healthy Lifestyle Co-ordinator):
tory.lawrence@acwestsussex.org tel: 07901 635033

Sarah Hale (Healthy Lifestyles Development Officer): sarah.hale@acwestsussex.org tel: 07979 886335



The recent annual conference and advice fair the “**BIG EVENT: Facing the Future**” was hailed as ‘excellent’ and ‘very vibrant’. Visitors on 20 January were able to network with over 100 participants representing 77 voluntary and community groups from across East Sussex as well as public sector partners.

The programme of talks included an address by Councillor Bob Tidy from East Sussex County Council. Life after recession was one of the hot topics of debate, while better representation and support for the county’s VCS was discussed by event organisers from SpeakUp Forum and the East Sussex ChangeUp consortium.

The advice fair on offer at the BIG EVENT was singled out as being especially worthwhile by attendees. There was advice on training and support available from Social Enterprise South East; free and low cost training for groups; details of how to improve partnership working between organisations and with the public sector; information from Volunteers Centres; qualifications in Community Volunteering (Volunteer Passport) and IT support and green advice.

Visitors were also given the opportunity to book additional one-to-one advice sessions with Funding Advisors from local Councils for Voluntary Services, this is still available to groups by contacting (for Lewes, Eastbourne and Wealden District) www.3va.org.uk.

For post event report and regular updates on the work of the VCS in East Sussex visit www.askcasper.org.uk/speakup or **contact Miriam.**

Wealden Area News

Encouraging Take Up of Benefits

Wealden District Council is trying to make sure people are aware of their entitlement to benefits. If you would like a 'Benefit Check', you can contact Jaki Hall, Benefits Service on 01323 443774.

She can also provide 'Benefits Awareness' training to groups of volunteers who would like to know more about how they can spot people who may be missing out.

East Sussex Healthy Homes

East Sussex Healthy Homes is a dynamic partnership programme working with local councils across East Sussex to help local residents stay warmer and healthier in their own homes.

This project aims to raise awareness of fuel poverty, the connection between a warmer home and better health, and provide energy efficiency

solutions and advice to fuel poor, vulnerable groups living in deprived areas within Eastbourne, Lewes, Hastings, Wealden and Rother.

Vulnerable groups, which can benefit are those over 60; long term ill, disabled, with families under 16 and on income related benefits. Grants are available to cover a range of energy efficiency options, including free loft and cavity wall insulation (subject to eligibility) and renewable energy measures.

In addition East Sussex Healthy Homes can offer support to professionals with free Fuel Poverty training (lasting 30 minutes suitable for team meetings) and attendance at events etc.

For further information on the scheme contact:

Sara Winnington 0798 370 7729
sara.winnington@ecsc.uk.com

Over 60's Information Day

Come along to St John's Church Hall Polegate on Tuesday 30 March 2010 for information and advice about enjoying later life!

This free partnership project event is supported by local services. For further information contact Wealden District Council on 01323 443302.

SCAMBUSTERS – scams are estimated to cost the UK public around £3.5 billion a year! Scambusters is a regional Trading Standards team representing 61 local Trading Standards departments that is aimed at targeting all sorts of rogue trading and scams.

The Scambusters team has 5 main priorities:

Deceptive targeting – often targeting the vulnerable

Doorstep Crime – like cowboy builders

High Pressure Sales – often for things you don't want

Home-working scams – like 'get rich quick' schemes

Cold calling – disregarding consumer rights

All work is intelligence led and the team operates under the National Intelligence Model and contacts with Police forces across the region have led to very constructive working relationships and partnerships.

If you want to report any incidents of rogue trading or scams, contact consumer direct 08454 04 05 06.

DIARY

April

27 ESCC Cabinet Meeting 10.30am
County Hall **28** Wealden District Council cabinet meeting

May

12 Wealden Local Strategic Partnership meeting
15 Coping with the Cutbacks, (free event), stalls and workshops 10 - 2pm, Corn Exchange, Town Hall, Lewes **15-21** Adult Learners' Week
18 ESCC full council meeting
19 Wealden District Council full council meeting **20** DSC Charity Law Conference, London **27** East Sussex Downs & Weald PCT board meeting 1pm (for venue call 01424 735641) **31 – 6** June National Family Week

**Next issue copy date:
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Wealden View

Produced for Wealden by

3VA Lewes & 3VA Eastbourne

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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