



Wealden View

Newsletter for the Community and Voluntary Sector in Wealden

Provided by the SDCVS/EAVS Wealden Support Partnership

Helping Wealden's Local Strategic Partnership (LSP) link into issues at the heart of the community

Community education, affordable housing, support for volunteering, information and communication technology (ICT) were the topics at the recent Wealden networking event at Uckfield. Wealden's Local Strategic Partnership officer attended to hear more about how these topics impact on community development in the villages and towns and join in the discussions.

The topics raised important debates in the workshops. Karen Crozier (Volunteer Connections) gave an upbeat talk about her work placing volunteers and helping them towards employment and her colleague, Pete Relf, talked about V-involved, a national youth volunteering scheme for 6-25 year olds. The workshop discussed: the lack of safe places to volunteer with animals; people's fear of joining a committee, especially if they are disabled; some difficulties with CRB checks and the perennial issues over adequate funding to support this infrastructure. Since the meeting colleagues have been shocked to hear that Karen's post has been made redundant and her valuable service has closed. **The next networking event will focus on this topic again as there is an urgent need for more support.**



Discussing adult learning at the Uckfield networking event April 2008



Volunteering workshop at the Uckfield networking event April 2008

Susan Churchill (ACRES Community Outreach Education) talked about her work linking adult learners in rural East Sussex into colleges. At the workshop, people discussed: training for people with hearing impairments and people speaking other languages e.g. Polish; computer training and belly dancing lessons!

In the IT workshop, people discussed the fear of computers amongst some older people and how this might be overcome; issues of affordability of computer equipment; the need to use IT skills frequently otherwise they can be lost and the lack of IT training suits in north Wealden.

For more information on affordable housing see page 2 and on the work of the Wealden LSP go to page 8.

A date for your diary

The next Wealden networking event is at Crowborough on

Wednesday 24 September, 1.30pm - 4 pm at All Saint's Church Hall, Chapel Green, Crowborough. One of the topics is likely to be training for community and voluntary groups around supporting volunteers. Future topics, partly inspired by feedback from the April event, may include: training around improving IT skills; inter-generational focus; young people and funding. If you have any good ideas for topics, please contact Valerie Biggs on 01273 483832 or email:

comnet@southdownscvs.org.uk

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Enclosures:

IDT Training & Education
SpeakUp Forum flyer

**World Mental Health Day event - Challenging the way we work
see page 7 for details.**

2 Outreach

Free Funding Surgery in Crowborough

Karl Parks, Wealden Community Support Officer, will be holding a funding surgery for local voluntary and community groups at Crowborough Town Council Offices on 22 July 2008 1.30 - 4.30pm. This is an ideal opportunity for groups to discuss funding needs and access up-to-date information on funds available to start up new community projects or develop and sustain existing ones. Twenty minute slots are available for groups throughout the afternoon and prior booking is essential.

For more information or to book a place contact: Karl Parks, Wealden Community Support Officer on 01825 765136 or e-mail: wealdencommunity@btconnect.com



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Core Funders:

East Sussex County Council
East Sussex Downs & Weald PCT
Wealden District Council

AVAILABLE IN LARGE PRINT

Under one Sun

A 'Paint Splash' fun day is planned for July and a multi-cultural music, dance and food festival is planned for September 2008 at Eridge Green, when local people from Eridge, Groombridge, Langton Green, Fordcombe, Frant, Bells Yew Green, Rotherfield, Tunbridge Wells and Crowborough are invited to take part in a range of multi-cultural themed activities and workshops.

The Community Funday Project started in Eridge Village Hall last October, when it was realised that there were no opportunities for children to participate in fun craft activities. At the most recent fun day children painted Easter eggs and made decorations. Please contact the Community Funday Project if you are interested in performing or participating in these events contact: cfp@eridgegreen.co.uk

Can you afford to live in rural Wealden?

Nationally, there is a chronic shortage of affordable housing in rural areas and despite the impact of the credit crunch on house prices, housing affordability in Sussex has continued to worsen.

In Wealden, average house prices soared above £300,000 at the end of 2007 (Land Registry). While house prices have cooled slightly in 2008 this is not affecting rural areas and housing on the open market is well out of reach for many low and middle income households. In addition, Wealden has a bias towards older age groups, to larger detached properties and has

only a small rented sector. What this means is that young people and families move away, putting pressure on local services (which may close) which in turn threatens the future sustainability of village communities. And, the ageing population, which may require more carers, will find that carers cannot afford to live close-by.

Tom Warder works with Parish Councils to identify potential sites for affordable housing and carry out housing needs surveys. Elsewhere, this has been a great success. Currently Tom is not funded to work in Wealden, however, he is available to talk to people and offer advice over the phone. Contact: Tom Warder, Senior Rural Housing Enabler, Action in rural Sussex Tel 01273 479008 or e-mail Tom.Warder@ruralsussex.org.uk

Please also see article at the top of page 6 about an event looking at housing-related support services.

New Crowborough Community Venue in Autumn 2010

Plans are underway for a new venue in Pine Grove, central Crowborough, close to shops and car parking. Once completed, it will provide a new facility for the town, comprising three meeting spaces (seating for 120; 60 and 20), stage, kitchen and cloakroom, with facilities for meetings and conferences. If anyone reading this article thinks they or their organisation would be interested in hiring this venue once it is open, please call Barbara Beaton (AirS) on 01424 775572 to discuss your future needs.

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 more effectively demonstrate 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](http://www.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. For contact details see end of next article.

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/aq/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.

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

World Mental Health Day - Challenging the way we work

An event to promote good practice when working with Mental Health Service Users

**Life unfolds before me,
Sometimes it scares me
Why is it so hard to be,
The Person inside me
Can a mind be set free,
Where can I find the key
I wish that I could see,
What others see in me**

POEM BY DEAN

Wealden District Community Network and partners will be holding an event on 10th October 2008 at Weald Hall, Uckfield Civic Centre, Uckfield. This event is aimed at representatives of voluntary, community and statutory organisations, looking at the sharing of good practice among service user/service user survivor groups and service providers, so that Mental Health needs of service users are met. It is also an event that will promote awareness around Mental Health issues and find ways to reduce the stigma that surrounds it.

There will be speakers from Sussex Partnership Trust, Care For the Carers, Service User Groups, CamHs and a poet to introduce the event. Workshops will include: Addressing the Stigma that surrounds Mental Health; Hearing Voices; Dual Diagnosis; Innovation and Advances in Mental Health Services; The Continuum of Mental Health Experience. There will be information

provider displays and other organisations promoting good Mental Health, such as blood pressure taking and arts therapy. We would like to hear from anyone who is interested in being involved or has any ideas or comments to make. **For more information please contact Valerie Biggs on 01273 483832 or email: comnet@southdownscvs.org.uk**

Home-Start comes to Wealden!

Home-Start South Downs, a local charity which provides support to families with very young children who are struggling to cope, has just won a three-year Big Lottery grant to expand its work into the rural Weald. "Our Home-Start scheme has supported hundred of families across Lewes District over the last 11 years", says Family Organiser Marion Lucken. "This grant from the Reaching Communities Fund gives us an opportunity to extend our support to rural families in Wealden."

Home-Start South Downs currently has 40 volunteers who each spend a few hours a week helping parents with children under five years old. The volunteers, all of whom must have parenting experience, visit parents at home and provide practical and emotional help. Home-Start clients may be: an exhausted mother with twins; a teenager lacking confidence with her new baby; a parent whose partner has left the family home or died; parents who are isolated and lonely or parents who just need a helping hand through a difficult patch.

"Our first task" continues Marion "will be to recruit volunteers from the Weald to attend our 10-week autumn preparation course. Anyone interested in learning more about volunteering with Home-Start should ring our office on 01273 612025 or email: homestartsouthdowns@btinternet.com."

Home-Start staff are also available to talk to local groups about the project. For further information, contact Betty Skolnick on the number above.

Wealden Area News

Wealden Local Strategic Partnership (LSP)

Ian Chisnell, (Churches Together in Sussex) who is also Chair of Wealden Local Strategic Partnership (LSP) spoke at the Uckfield networking event in April, introducing us to the LSP.

At their most recent meeting in Heathfield (14th May), Wealden LSP heard a presentation from the PCT on the HIMP and discussed topics such as the Local Development Framework, Golden Cross Post Office and how to engage more with parish and town councils.

The LSP has a small amount of money which it can allocate to projects proposed by LSP partners. For the voluntary sector your partners on the LSP are: Action in rural Sussex; Hailsham Trust; Churches Together in Sussex and Wealden Association of Local Councils.

South Downs CVS hopes to be able to send an observer to the next meeting and report back on their work in more detail.

Uckfield, Heathfield, Lewes & District Multiple Sclerosis

This Branch was formed 20 years ago to help meet the needs of people with MS, their families and carers and has a membership of 86, 52 with MS.

Monthly coffee mornings, information days and contact days with their MS nurse and physiotherapists help to make the feeling of isolation that little bit less.

Weekly physiotherapy sessions started at Uckfield in 2003, when Jenny Gearing obtained a Millennium Grant, and at Crowborough in 2006.

Sessions are held on a Wednesday between 5 & 6pm at Uckfield Community Hospital and at Crowborough War Memorial Hospital on a Thursday between 5 & 6pm. With the rooms and equipment provided by the East Sussex Downs & Weald PCT, the Branch covers the remaining costs.

This is not a cure but the benefit of gently exercise with a trained Physiotherapist, the Assistants and Volunteers help us all gain mobility, balance and confidence and the added bonus of the friendship of those with similar problems.

The programme has only been able to exist since 2004 due to the generosity of a great number

of people and organisations giving time and money for which the Branch and those using the service are very grateful.

Anyone reading this who has MS or knows someone with MS and would like to know more please contact Jenny on 01825 764292.

Age Well Project

If you would like an update on the Age Well Project East Sussex (creating new buildings to help care for older people) there is a new leaflet available.

Please contact Lorayne Ferguson or Paula Kirkland Telephone: 01892 663082 or 01273 738738, alternatively you can email: lorayne.ferguson@eastsussex.gov.uk or go to the website: www.eastsussex.gov.uk to download the leaflet.

DIARY

July

8 & 29 ESCC Cabinet Meeting
10.30am County Hall **15** Wealden LSP Meeting Hurstmonceaux Community Centre **31** East Sx Downs & Weald PCT board meeting 10am (for venue call 01424 735641)

August

12 Wealden District Community Network Steering Group 1.30pm
Workability Rural Uckfield

September

17 Wealden LSP meeting Heathfield Community Centre **23** ESCC Cabinet Meeting 10.30am County Hall **25** East Sx Downs & Weald PCT board meeting 10am (for venue call 01424 735641)

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Notices of publications, events and services do not necessarily carry an endorsement by SDCVS/EAVS, nor do they represent the CVS' views.

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