

RAYLEIGH, ROCHFORD AND DISTRICT ASSOCIATION FOR VOLUNTARY SERVICE (A Company Limited by Guarantee)

Autumn 2009

Issue 30

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COMMUNITY AND VOLUNTEER CENTRE

OPEN TO THE GENERAL PUBLIC:

9.30 am - 1.00 pm MONDAY - FRIDAY

132 High Street, Rayleigh

Essex , SS6 7BX

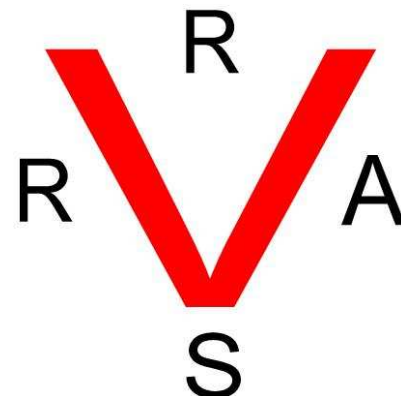
Tel: 01268 775255

E-mail: rravs@rravs.org.uk

Website: www.rravs.org.uk

CHRISTMAS OPENING TIMES

Our office will be closing for the Christmas period on Wednesday 23rd December and re-opening on Tuesday 29th, Wednesday 30th and Thursday 31st. Usual business hours will resume on Monday 4th January 2010.



Rayleigh, Rochford and District AVS is a Registered Charity and is affiliated to the National Association for Voluntary and Community Action (NAVCA).
Rayleigh, Rochford and District AVS is a member of Volunteering England.
Rayleigh, Rochford and District AVS works in partnership with the Essex Association of CVS and the Essex Association of Volunteer Centres.



COMMUNITY AND VOLUNTEER CENTRE

OPEN TO THE GENERAL PUBLIC:

9.30 am - 1.00 pm MONDAY - FRIDAY

Core Functions of RRAVS CVS

Rayleigh, Rochford and District Association for Voluntary Service (RRAVS) is an umbrella organisation representing the interests of all voluntary and charitable groups in the area. We are the link between the voluntary and statutory sectors and we monitor, support and advise on all aspects of community care. **We do this through our Core Services and Volunteer Centre by providing:-**

Information and Advice including support services, quarterly Newsletter, Directory of Voluntary and Community Organisations and a website.

Consultation and Representation through membership and consultation work. RRAVS represents the views and concerns of voluntary organisations to other agencies in combination with good organisation, accurate information exchange, identifying needs and effective presentation.

Practical Assistance through help with publicity, making funding bids and loan of equipment. We also organise an annual Awareness Open Day.

Service Development of appropriate services to cater for unmet needs, usually in association with other agencies and funded from a variety of sources.

Supporting Strategic Partnerships with the District Council, County Council, Primary Care Trust and other Community Services in order to co-ordinate activity, eradicate overlaps in services and enable effective joint working.

Core Functions of RRAVS Volunteer Centre

Brokerage: to match the individual volunteer to the most suitable opportunity; to hold information on a comprehensive range of opportunities; to offer potential volunteers the support, encouragement and information they need.

Marketing Volunteering: to promote interest in volunteering and community activity.

Good Practice Development: by promoting good practice in volunteer management in all volunteer involving organisations; to advise on training, workshops and opportunities for potential volunteers, managers and staff.

Developing Volunteering Opportunities: to work in close partnership with statutory, voluntary and private sector agencies as well as community groups to develop local volunteering opportunities; to advise RRAVS member organisations of different opportunities and methods to encourage volunteers.

Policy Response and Campaigning: to participate in campaigns on issues that affect volunteers or volunteering; to collaborate on joint issues affecting neighbouring Volunteer Centres.

Strategic Development of Volunteering: to be aware of strategic thinking and planning at a Regional level; to be a fully accredited member of Volunteering England.

CVS Board of Trustees

Chairman (*portfolio - overall RRAVS Management*) Ron Rowson

Vice Chairman/Treasurer (*portfolio - Finance & Budgets*)..... Ralph Phelps

Secretary
.. Dick Le Grice

Trustee (*portfolio - Personnel & Administration*) June Lumley

Trustee (*portfolio - Funding*) John Pullen

Trustee (*portfolio - Laptop Scheme, Property*) Tony Ashley

Trustee (*portfolio - Volunteering Services*) David Barnes

Trustee (*portfolio - Community Services*) Vacant

CVS Staff

Chief Officer
Jackie Brown

RRAVS Manager

RRAVS NEWS

As the thoughts and memories of summer fade and the dark nights and the festive season loom, RRAVS is preparing for the showcase event for voluntary and community groups in the district:

RRAVS

Community Awareness

Open Day

Mill Hall, Rayleigh

Saturday 28 November 2009

10.00am - 2.00pm

If you have not booked a place for your organisation please contact Amanda Harris for details as soon as possible on 01268 772796.

This year the Open Day is sponsored and delivered in partnership with Rochford Local Strategic Partnership. Representatives from the Police, Health, Essex County Council, Rochford District Council and voluntary sector organisations will work together to improve services in the district. They will provide a platform for the voluntary and community sector, to ensure they are involved at the planning stage and are able to maximise opportunities for funding to deliver services. This is even more important in these challenging times than in recent years.

We hope to raise the profile of volunteering and its benefits at this event. If your organisation needs volunteers please make sure you visit our stand to find out how we can help.

RRAVS Trustees have worked especially hard during the past seven months to develop the Young and Adult carers projects which they instigated, and have managed, for the past four years. It is now an independent charitable organisation called SCAFT (Supporting and Caring for Families Together). The good work delivered by this project will continue and its Trustees and staff aim to develop the service to ensure that as many carers as possible in our district can be supported appropriately. See page 12 for more information about this scheme.

Many of you have provided us with e-mail addresses, which is very helpful as we can send you up to the minute information and not wait until the next quarterly newsletter is published. If you wish to receive information on new funding opportunities, consultation and information events please ensure we have your e-mail address to keep you as up to date as possible.

I look forward to meeting you at the Open Day on 28 November 2009.

Jackie Brown

CHIEF OFFICER

ARE YOU LOCATED IN THE ROCHFORD AREA? LEARN MORE ABOUT RRAVS

If you are a community or voluntary group working in the Rochford District and are not a member of RRAVS - why not join?

RRAVS is an organisation set up to support community groups working in the Rochford District area of Essex. We provide advice on start-up and funding, training, and representation to statutory authorities through our community forums. We are also home to a Volunteer Centre in Rayleigh that helps match volunteers to the projects and organisations who need them.

You can find out more about membership (there is a yearly fee of £10 per organisation) and our services at our website: www.rravs@rravs.org.uk

RRAVS NEWS

Rayleigh, Rochford and District Association for Voluntary Service is proud to present its ...



Free
Entry

RRAVS COMMUNITY AWARENESS OPEN DAY

Saturday,

28th November

10.00 am - 2.00 pm

The Mill Arts & Events
Centre

Bellingham Lane

Rayleigh

Voluntary Organisations

Social and Community
Groups

Welfare and Disability Support
Groups

Youth Groups and Older Persons Organisations

Emergency Services and Statutory Organisations

Over 30
organisations
taking part



Working in Partnership with Rochford Local Strategic Partnership



CHRISTMAS CAROL SERVICE

HOLY TRINITY CHURCH, RAYLEIGH

SUNDAY, 6th DECEMBER 2009 AT 3.00 pm

Soloist: Iris Hosking

Holy Trinity Church Choir

Refreshments will be served in the Church Hall after the service



RRAVS NEWS

Hi everyone

It has been really good to meet with you over this past year and to learn about your volunteering opportunities. However, can I please remind you, if you haven't already done so, to complete the Volunteer Centre registration forms I left with you? This enables me to keep all information up to date when promoting your needs within the community and on the website. There has been an increase in the number of volunteers coming into the Volunteer Centre and it's really good to promote all opportunities that are active, and within the district. Please also remember to let me know if you have any specific requirements as I have a number of volunteers with specific skills. For example, I have recently met with a volunteer who has graphic art skills and would be willing to produce fliers/posters for your groups. Please contact me for more information.

Can I also remind you that the High Sheriffs' Award is available once again and looking for nominations from your volunteers? With £1,000 to be won, please let your volunteers know they can nominate you. The award is around good practice in volunteer management and I would be pleased to receive nominations from within the Rochford District. I am able to e-mail you a copy of the form or you can download one from the website. Don't forget, though, to promote this within your organisation. If you have supported your volunteers well I am sure they would like to see you rewarded for your efforts. The closing date is 1st December.

As usual, I look forward to hearing from you and to your continued success in volunteer recruitment and placement. Please get in touch if you would like me to visit, if you need support or if you would like a presentation on the work of RRAVS.

A little early, but I wish you all a very merry Christmas and a happy and prosperous new year.

With best wishes

Teresa Clark

Volunteer Co-ordinator

WANTED NEW TRUSTEES

RRAVS is always looking for additional Trustees to join its Board.

We currently have 7 Trustees who oversee the projects and services provided by RRAVS through a portfolio arrangement of the relevant activity. The current Trustees are listed inside the front cover of this Newsletter.

Trustee Board meetings are generally every two months, but individual Trustees have regular contact with staff within their own portfolio area of responsibility. They are authorised to take certain decisions without the need to wait until the next Trustees Board meeting.

If this is something that appeals to you please contact our Chairman, Ron Rowson, for an informal chat and more detailed information on the role of a Trustee.

Please write/e-mail to:

RRAVS, 132 High Street, Rayleigh, SS6 7BX

E-mail: rravs@rravs.org.uk

RRAVS NEWS

LAPTTOP Computer Training www.rravs.org.uk/lapttop

LAPTTOP continues into its 7th year helping people (mostly over 60 and living in the district) to learn about computers. The following are available :

Lifelong
Access to
PCs
Through
Training for
Older
People

- 9 week informal course
- Short 4 week taster courses at locations by arrangement
- Training for people in their homes
- Computer Club

Rochford Courses: Courses take place at the new Rochford Library. A course started in September 2009 and the next will start in January 2010. These courses continue to follow the same format which proves very popular with learners.

Rayleigh Courses: Courses take place at the Salvation Army Hall, and follow the same format as the Rochford Course. A course started in September 2009 and the next will start in January 2010.

Hullbridge Courses: A number of courses have taken place at the Hullbridge Centre. These are for members of the centre. More are anticipated for Autumn/Winter 09.

Conservative Club Course: A course is taking place at the Rayleigh club for its members.

Outreach courses: Taster Courses in Sheltered Accommodation are held when required. A course at Coachmans Court took place recently. If you know of somewhere that would like a taster course please let them know about the project. Phone 01268 775255 or 01268 772796 for further information.

Home visits: We continue to carry out home visits for those who are not able to travel to courses. We also carry out home visits when attending a course would not meet the learner's needs.

Rochford Computer Club: The club meets at the Rochford Parish Council Rooms, West Street, Rochford, on the first Thursday of each month between 2 - 4 pm. Everyone is welcome to come along.

The club session fee is now £2, which covers hire charges and volunteer expenses. This year we have a number of sessions on uses of the internet.

Volunteers: LAPTTOP requires volunteers. Phone 01268 775255 for further information.

Other activities: If you feel you know someone who would benefit from our Computer Training services would you please let them know about the project. Phone 01268 775255 for further information or visit our website.

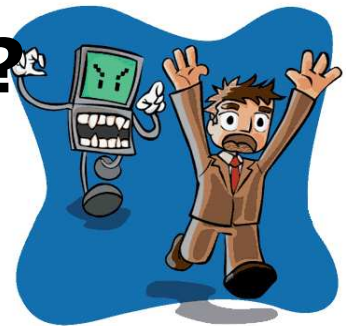
Ian Climpson

Lapttop Project Co-ordinator



Baffled by Computers?

Over 60?



LAPTTOP*

can help you with a Beginners
Computer Course, Home Visits and
a Computer Club

**Come along and
learn computing
skills in a relaxed
atmosphere**



- Visit that website seen on TV
- Send emails with photos attached to relatives
- Transfer photos from camera to computer and print them
- Learn about Internet shopping

*** LAPTTOP is a computer project for
over 60s run by RRAVS and volunteers.
Contact RRAVS on 01268 772796 for
details or e-mail: rravs@rravs.org.uk**

RRAVS NEWS



DO YOU NEED A HELPING HAND TO ENLIST NEW MEMBERS?

Has your organisation held an event that could have benefited from extra publicity? Would you like help to find volunteers?

If that is the case then let us know about your next event, or important news you would like to publicise. It can either go in our dates for your diary section, or we can commit a whole article to advertise it - **FREE OF CHARGE!** (*to members only*)

Drop us a line, e-mail us, (details on front cover) or give us a call to find out more and we will ensure your article is included in our next newsletter.

All RRAVS Newsletters are now published on-line. Please make sure that permission is given for us to include information and telephone numbers in articles.

THE DEADLINE FOR THE WINTER EDITION IS

FRIDAY 15th JANUARY 2010

DATES FOR YOUR DIARY

Wednesday 4th November 2009	Funding Clinic commences every Wednesday at 105a High Street, Rayleigh with Shelley Hall 9.30 am - 1.30 pm
Thursday 26th November 2009 4.15 pm	Rayleigh Town Council presents the Rayleigh Christmas Light Switch on.
Tuesday 17th November 2009 7.30 pm	Rayleigh Lions, Deaf Aware. Free training sessions (usual cost £150 per person). Will be held at W.I. Hall, Bellingham Lane, Rayleigh. Call 01702 230059 for further details.
Saturday 28th November 2009 10.00 am - 2.00 pm	RRAVS 7th Community Awareness Open Day. The Mill Arts and Events Centre, Bellingham Lane, Rayleigh.
Sunday 6th December 2009 3.00 pm	RRAVS Christmas Carol Service Holy Trinity Church, Rayleigh

FUNDING NEWS



NEW FUND TO INVEST IN ESSEX CHARITIES

A new Fund that will invest in the long term future of charities in Essex has been launched. The LAA Thriving Third Sector Endowed Fund has been set up with funding from the county's Local Area Agreement Partnership (LAA) to provide a stable source of funding for voluntary and community organisations in Essex.

Essex County Council is the first local authority in the country to secure a portion of the Government's Local Area Agreement (LAA) funding specifically to resource a healthy and thriving voluntary and community sector. The ground-breaking £2 million endowed LAA Thriving Third Sector Fund is being managed by Essex Community Foundation which is inviting proposals for funding from the first year's grants programme.

In the current economic climate, charities of all sizes are facing increased demand for their services, at a time when there is less money available to fund voluntary organisations to do their work. This Fund will invest in organisations that have a plan to overcome the barriers hindering their own development and will help them thrive.

Essex Community Foundation is working with a panel of executives from local charities and from Essex County Council to identify, and select, priorities for funding. Initially £100,000 will be available for distribution and multi-year funding may be considered for proposals demonstrating the greatest impact.

"This is an exciting opportunity for the voluntary and community sector to address the barriers and issues that prevent their development" says Caroline Taylor, Programmes Director at Essex Community Foundation. "Executives from local charities have set the criteria and will be deciding on the grant awards, so this is a real chance for the sector itself to drive forward its own change."

Essex Community Foundation is inviting proposals that set out new ways of working, such as partnerships and secondments, as well as developing skills in strategic thinking, negotiation, business development or marketing.

The deadline date for initial proposals to be submitted to the Foundation is 4 December. Guidelines can be found on the Foundation's website www.essexcommunityfoundation.org.uk or phone Caroline Taylor on 01245 356018.

HIGH SHERIFF INVITES APPLICATIONS

The High Sheriff of Essex, Rupert Gosling, is inviting local community groups, young people and volunteers to apply to the High Sheriffs' Awards Scheme for recognition and grants. There are two parts to the High Sheriffs' Awards Scheme:

- **Grants of up to £1,000 are available to voluntary and community groups that are working to make their local communities safer places to live and work.**
- **Recognition will be given to volunteers who have made an outstanding contribution in their local community, making it a safer place.**

The deadline date for applications is 1st December.

The High Sheriff said "It is a great honour to be the Queen's representative for Law and Order in the County". He added "There are so many people in Essex who are giving an enormous amount of time helping to keep Essex communities safe from crime. The Awards ceremony provides a great opportunity for their valuable contribution to be recognised".

Local grant-making trust, Essex Community Foundation, administers the High Sheriffs' Fund and the Awards Scheme, working with local Community Safety Officers and Volunteer Centres. An independent panel of judges, chaired by the High Sheriff and including past High Sheriffs, will agree the Awards which will be presented by the High Sheriff at a special event on 10 March 2010 at the Fennes Estate, Bocking.

The **deadline** date for completed applications to the High Sheriffs' Awards is **1 December**. Application forms and details about the criteria can be found on the Foundation's website www.essexcommunityfoundation.org.uk or if you would like to discuss an application, please contact the Foundation's grants team on 01245 356018 and they will be happy to help.

Application forms can also be obtained at the RRAVS Website: www.rravs.org.uk. If you do not have access to a computer, please contact us on 01268 772796 and we will arrange to send a form to you.

FUNDING NEWS

RECESSION SUPPORT

The Association of Chief Executives (ACEVO) has launched a new website www.recessionsupport.org.uk to offer all third sector organisations tools and guidance to support them during the economic downturn.

The site acts as a platform for organisations to share ideas, find support services and get the latest news on the recession. It also offers direction to other third sector bodies that provide services and advice on specific issue relating to the recession.

You can also download the *Economic Downturn - 15 questions trustees need to ask* from the Charity Commission website: www.charitycommission.gov.uk (under Guidance).

Fundraising **HealthCheck** is a free, simple, practical tool and there are no flashy graphics to detract from this. It was developed by the Institute of Fundraising and put together by a group of fundraising consultants, some of whom worked as fundraisers during the previous recession.

Charities that enter details of their income and expenditure on the site receive a customised report advising them on how to spend more effectively. As well as evaluating investments, the site also offers general advice on budgeting, such as whether an organisation is focusing too heavily on one income stream or missing out on on-line opportunities.

Visit: www.fundraisinghealthcheck.org for more details.

(Source: Thurrock CVS newsletter - Summer 2009)

Do you know a community or charitable organisation that is looking for IT equipment and wants to get online? If so, they can apply for a BT Community Connections award today.

BT Community Connections is an award scheme which enables community and charitable organisations to get online. Groups can apply for a laptop and a year's free broadband connection. Award packages will be given to groups who can demonstrate how an award will benefit their work and the local community.

Any organisation, working in any field of community benefit, located anywhere within the United Kingdom or the Republic of Ireland can apply. In the past voluntary projects, silver-surfers, conservation organisations, family support groups, sport teams and youth groups have been successful. To find out more and see case studies from past winners, simply visit www.btcommunityconnections.com.

The deadline for postal applications is 5 January 2010

GIFT AID

In the current climate, it's more important than ever that charities make sure they claim and maximise Gift Aid. To enable more charities to do so, HM Revenue & Customs (HMRC) have launched a CD-based Toolkit.

The Toolkit contains clear, basic guidance, templates, an interactive claim form and other materials to help charities and community amateur sports clubs (CASCs) get started with Gift Aid and use Gift in different fundraising situations.

Charities and CASCs can get the new Toolkit by calling HMRC Charities on:

0845 3020203

or e-mailing charities@hmrc.gov.uk

(source: Charity Commission News)

FUNDING NEWS

Drop-in Clinic for any of your Funding Issues

I am setting up a drop-in clinic starting on the 4th November 2009. Any RRAVS members are more than welcome to drop in and see me, Shelley Hall – Funding Officer at our new offices located at 105A High Street, Rayleigh (at rear of Stephens Florist). The sessions will be held weekly on a Wednesday from 9:30am to 1:30pm, no appointment is necessary. Once our Rayleigh office clinic is up and running, I will be looking to make weekly visits to Rochford, Hockley and Hullbridge - so watch out for further news.

GrantNet

This is a free funding search system that anyone can use and it is based on Rochford District Council's website at www.rochford.gov.uk. It is an easy system to use with a minimal amount of easy questions to answer about your own group. Grantnet is a very useful tool so have a go to see what funding there is out there for your group.

Voluntary Organisation Grants

Rochford District Council has a small annual budget for grants to assist voluntary organisations to assist in the delivery of their activities. Organisations need to show how they contribute to one or more of the council's corporate aims which are :-

- **Making a difference to our people**
- **Making a difference to our community**
- **Making a difference to our environment**
- **Making a difference to our local economy**

In addition, the council will give priority to the following groups :-

- **Older people**
- **Young people**
- **People with disabilities or those who are disadvantaged**

Deadline for applications is 31st December 2009. You can find further details at www.rochford.gov.uk or please contact Shelley at RRAVS on 01268 772796.

FUNDING NEWS

Essex Millennium Fund Invites Applications

Charities and voluntary organisations working in Essex are invited to apply for grants from the Essex Millennium Fund.

The objective of the fund is to improve the quality of life for local people now and for years to come and it supports work that is helping young people, carers, local communities and the environment.

Deadline for applications is 9th January 2010. For an application form or more information visit www.essexcommunityfoundation.org.uk or contact the grants team at ECF on 01268 346391.

Community Builders Fund

Improvements for your local area !!

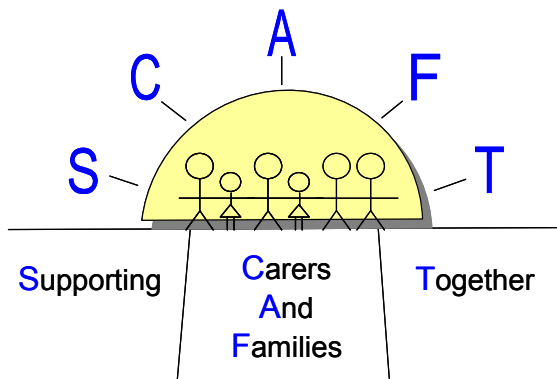
This fund provides loans, grants and mentoring support to help empower citizens and communities by strengthening community-led organisations across England through a mixture of financial and advisory support.

The fund is organised into the following three investment packages:

- A development package providing bespoke business support based on an initial needs assessment and leadership grants of £2,000 for staff development and training.
- A feasibility package offering further business support of up to five days and grants of up to £20,000 to use towards project development of a growth plan. Grants of up to £75,000 and 30 days of support will be available for larger projects.
- An investment package for organisations ready to develop, grow and expand their role within the community. Investment will consist primarily of loans between £50,000 and £2 million, offered at 5% for an initial three-year period of a ten year loan term.

Visit www.communitybuildersfund.org.uk for further information and to take an eligibility test to see whether your group can apply.

MEMBERS' NEWS



Supporting Carers and Families Together

From the 1st September RRAVS Carer Support in the Rochford District is under the new organisation in the name of Supporting Carers and Families Together.

Adult Carers

We currently run two support groups in the Rochford District – one in Rayleigh and one in Rochford. Both are facilitated by our Assistant Co-ordinator Michelle Panter. Carers are welcome to join either group and attend any activity. All trips out are open to both groups, and transport is provided by Wyvern Community Transport. Coming up soon is a trip to see Joseph, a Christmas lunch and, at the Rochford Group on Saturday 6th February 2010, we have a qualified trainer available who will demonstrate moving and handling techniques to carers. We can also provide one-to-one support, advice and information.

Rayleigh – We are currently working in partnership with Rayleigh Baptist Church to provide a support group in Rayleigh. This group has just celebrated its first birthday and is continuing to grow. It has enjoyed various trips out, for example a fish and chip lunch, a mystery coach tour, an afternoon at Blake House and everyone looked forward to seeing Joseph at the Cliffs Pavilion in October. We are also hoping to start providing activities during group sessions for those that want to try something new.

The group meets on the first Saturday of the month at 10.30am at the Baptist Church in Rayleigh. This is open to all carers.

Rochford – This is a new group which had its first meeting during Carers' Week. Again we are working in partnership with St Luke's Day Centre and Springboard. This may be a new group but they have not stood still. So far they have enjoyed an afternoon at Barleylands, hand and head massage, seated exercise, and art! If you prefer just to come for tea and a chat, that is fine. This group also meets on the first Saturday of the month at St Luke's Day Centre, Dalys Road, Rochford from 2.00pm. Again, this is open to all carers.

Young Carers

The two support groups in Rochford and Rayleigh are still growing with about 80 children attending on a regular basis. Over the summer they took part in drama, hair and beauty, and art. Starting next week the secondary groups will be taking part in an accredited art project. Six young carers enjoyed a break from caring by attending the Wet 'n' Wild week on Mersea Island and four families enjoyed the Family Festival also on Mersea. Both groups are open to Young Carers aged 8 to 18 who care for a parent or brother or sister with a physical, mental or learning disability, long term illness, drug/alcohol abuse or domestic violence.

We have received funding from the Children and Young People's Strategic Partnership to extend our one-to-one support in schools and also to start providing support for families of children with disabilities. Further information to follow.

For further information on any of the above please call 01268 741811 or e-mail us on info@scaft.org.uk

Marion Horsley

General Manager

MEMBERS' NEWS

RAYLEIGH, ROCHFORD & CASTLE POINT TALKING NEWSPAPERS for the BLIND

celebrated its 30th anniversary on 24th October 2009 with a special buffet lunch held at the Community Link Centre, St Luke's Place, Dalys Road, Rochford.

Many of their blind or partially sighted listeners attended, together with most of their volunteers and a host of local dignitaries. Champagne and cake was enjoyed by all! The Talking Newspaper movement was founded in the UK by Ronald Sturt, whose widow Felicity was among the guests. The Mayor of Castle Point, Cllr Cliff Brunt; the Chair of Essex County Council, Cllr Bonnie Hart; the Chairman of Rochford District Council, Cllr Tony Humphries; Mark Francois MP and the Chairman of the Talking News Federation, Mike Wood, were also there to show their support.

The Charity has around 200 listeners in the Rayleigh, Rochford & Castle Point areas.

Its volunteers provide a service of local news, information and articles from the Evening Echo and other papers. Four teams (two for each Borough) record every fortnight, producing hour long tapes or CDs. A fifth team looks after administration and posting the recordings, and a sixth team produces a magazine edition featuring longer articles.

These are sent, entirely **free of charge**, to anyone in these districts who is blind, partially sighted, or simply finds reading difficult. There is no need to be registered sight-impaired. The tapes or CDs arrive by post in padded wallets, every fortnight, with **FREEPOST** return labels.

The Charity can even provide tape or CD players on loan to those who do not have their own.

This Talking Newspaper manages to fund itself by doing commercial recordings for organisations such as Rochford District Council, Castle Point Borough Council, Southend Blind Welfare Organisation and others, although donations are also welcome. To donate, call 01702 541410

If you, or someone you know, would like to know what's going on locally, and can't manage to read the paper, or wish to know more about what we do, please telephone:

Janet Berry

Ann Willis

Chairman

OR

Secretary

01702 541410

01702 205169

Rayleigh Town

Council



Presents....

The Christmas Lights switch-on

Thursday 26th November 2009

4.15 pm

High Street, Rayleigh

**COME AND VISIT THE
RRAVS STAFF AT OUR
STALL!**



'Meals on Wheels' is a life saving service. Throughout Essex WRVS Drivers/Volunteers deliver a daily hot meal to hundreds of older people who are unable to cook for themselves. 'Meals on Wheels' does far more than just provide food, it also ensures that older people get a daily visit from a WRVS Driver/Volunteer who can call in and check they're OK.

With the impending flu pandemic WRVS wants to guarantee that this vital service continues should regular Drivers/Volunteers become ill. The charity is looking to recruit a stock of contingency volunteers who can be called on to keep 'Meals on Wheels' moving across Essex.

So if you've got a CRB check, would be happy to be called on to help in an emergency, and want to help ensure older people receive this service that they so rely on - we want to hear from you! Even if you haven't got a CRB check but still want to get involved, or if you know another organisation who may be able to offer support, please come forward, there will be ways you can help.

Please contact Jacqui.middleditch@wrvs.org.uk or leave a message on 01268 752856 and sign up today.



MEMBERS' NEWS

BRAINWAVE CHILDREN'S THERAPY CENTRE – WITHAM, ESSEX



Volunteer members needed for their 'FRIENDS OF BRAINWAVE' Group now being formed.

Brainwave Children's Therapy Centre is based in Witham, Essex and offers specialised therapy to children aged from 6 months – 12 years of age and who have had a brain injury, a birth trauma, a genetic or chromosome abnormality or developmental delay. The children attend a two-day Initial Assessment where therapists look at all aspects of their development; physical, sensory and cognitive. At the end of the Initial Assessment the therapists devise a 30 minute exercise therapy Programme to suit each child's individual needs. The parents/ carers are then shown how to implement the therapy Programme so that they can do this on a regular basis in the comfort of their own homes.

Regular contact is made with the families by the therapists, and the Regional Family Co-ordinator visits them to ensure that they have no problems with the therapy Programme and to see if there is anything she can do by way of advice and support.

Families return to the S.E. Centre on a six-monthly basis. Any equipment that is needed is supplied by Brainwave.

Brainwave Children's Charity is not government funded and has to look at ways of raising its own funding and subsequently is starting up a 'FRIENDS OF BRAINWAVE' group for their S.E. Centre and is looking for another couple of volunteer members to join the group.

'Friends of Brainwave' members will meet three or four times a year to look at

- ✦ Ways of raising awareness of the charity and the work they do.
- ✦ Helping to organise social events and attending these when possible.
- ✦ Encouraging groups, individuals and companies to raise funds for the charity to enable the S.E. Centre to continue the excellent work that they do.
- ✦ Promoting the '100 Club' – which is starting soon.

The 'Friends of Brainwave' group will be the responsibility of Gerry Gould – Community Manager. The first meeting took place on 21st October 2009. If anyone is interested please contact Gerry at the e-mail address or telephone number shown below.

Regular contact will be made with all members by Gerry Gould by phone and email to keep everyone updated about Brainwave.

Gerry said 'We have families attending our S.E. Centre from all over Essex as well as other local counties and I really would like a couple of active, enthusiastic members from different Boroughs. The other members are lovely people who are very friendly and supportive. I want this 'Friends of Brainwave' group to enjoy meeting up and to work together successfully'.

If anyone is interested and wants to know more about Brainwave or would like a visit to the S.E. Centre - please contact Gerry on 07725 956014 or 01268 561784

E-mail: gerrygould@brainwave.org.uk

Website: www.brainwave.org.uk

MEMBERS' NEWS



An independent CRB Umbrella organisation covering Essex and surrounding areas



Your organisation will need CRB checks if you have contact with children or vulnerable adults

Registered Charity - all proceeds go towards supporting Coalition of Disabled People

- PROCESSING WITHIN 24 HOURS
- FRIENDLY, FAST AND EFFICIENT
- 3 TIER CHECKING FOR MAXIMUM ACCURACY
- PERSONAL ACCOUNT MANAGER
- TOTALLY CONFIDENTIAL
- FULL GUIDANCE, ADVICE AND INFORMATION
- APPLICATION TRACKING
- AUTOMATIC RENEWAL REMINDERS



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STAFF - VOLUNTEERS - MEMBERS AGENCIES

A cost-effective service at a discounted rate from ONLY **£9.50* +VAT** per application plus CRB cost (currently £31/£36 each, Free of charge for Volunteers) *
conditions apply **Call 01245 392300**

RRAVS WELCOMES ITS NEW MEMBERS...

Belchamps Scout Centre

Cedar Hall PSFA

Essex & Southend Link

Essex Playing Fields Association

Rayleigh Grange U3A

Further information about these clubs, or how to become a RRAVS member can be obtained by contacting RRAVS.

RAYLEIGH GRANGE U3A



We meet on the first Wednesday of each month (not December) at 1.30 pm at Rayleigh Grange Community Centre, Little Wheatley Chase, Rayleigh.
New members welcome.

For further information, please call Ann Rawlinson on 01268 784554 or e-mail anrendo@btinternet.com



South East Essex

At-risk residents in South East Essex are urged to protect themselves against seasonal flu.

Residents who are most at risk of developing serious complications from seasonal flu are being urged by NHS South East Essex to take advantage of a free jab as winter approaches.

The call is timed to coincide with the Department of Health's annual seasonal flu immunisation campaign, which aims to raise awareness of the free seasonal flu vaccination for people in at-risk groups.

Seasonal flu should not be confused with swine flu, a vaccine for which will be available later this winter. Seasonal flu is responsible for the deaths of about 8,000 people a year - many of them elderly.

Those at risk include adults and children between six months and 65 years who suffer from heart or chest diseases, diabetes and several other conditions, along with everyone aged 65 and over. Typically, fewer than half those under 65 in at-risk groups take advantage of the free jab, leaving thousands vulnerable.

Those who got the seasonal flu vaccination last year will need a new seasonal flu jab this winter because the virus changes every year and the vaccine needs to match the latest version. The seasonal flu vaccine does not protect you against swine flu.

Talk to your local GP, nurse or pharmacist to find out more, or visit www.nhs.uk/flu

Swine flu vaccination programme

GPs will be writing to all patients in the 'at-risk' groups to offer them a swine flu vaccine.

Dr Andrea Atherton, Director of Public Health, NHS South East Essex said: "We do know that the infection is generally mild, although some people will experience more severe symptoms. The bottom line is that not getting vaccinated means you're taking a risk with your own health, and the health of others.

Even if you are eligible for the vaccine but think you have already had swine flu it is still important you get vaccinated as there are many flu viruses circulating and you may have had one of the seasonal flu viruses rather than the swine flu virus.

There have been some scare stories in the press so I'd like to reassure people that the swine flu vaccine is safe and that if you are eligible for the seasonal jab too, it is safe to have the swine flu vaccine at the same time as a seasonal flu jab.

Everyone can help reduce the spread of the swine flu virus by maintaining good hygiene and remembering to Catch it, Bin it, Kill it."

If you think that you may have swine flu, you should contact [National Pandemic Flu Service](http://www.nhs.uk/national-pandemic-flu-service) for assessment. Call 0800 1 513 100, or use the online service at: www.direct.gov.uk/pandemicflu.

The following 'at-risk' groups will be prioritised for the swine flu vaccine in the following order:

1. People aged over six months and under 65 years in current seasonal flu vaccine clinical at risk groups
2. All pregnant women
3. Household contacts of people with compromised immune systems e.g. people in regular close contact with patients on treatment for cancer
4. People aged 65 and over in the current seasonal flu vaccine clinical at-risk groups. This does not include otherwise healthy over 65s, since they appear to have some natural immunity to the virus.

A leaflet on "SWINE FLU VACCINATION: What you need to know" is available for more information on the NHS South East Essex PCT's website (www.see.nhs-uk under Swine Flu Information)

COMMUNITY NEWS

Legal Updates for Voluntary Organisations

Sandy Adirondack provides a free legal update website for voluntary organisations (www.sandy-a.co.uk/legal.htm) which covers charity law, company law, employment, Health & Safety, data protection and much more. There is also a free e-mail alert service when the website is updated. To subscribe to alerts, send name, organisation name, a postal address and phone number to legalupdate@sandy-a.co.uk. Below are some of the recent updates:

Health and Safety:

New or updated resources from various sources on supporting workers with mental ill health, stress at work, noise, display screen equipment (computers etc) and consulting employees about health and safety. www.sandy-a.co.uk/employment.htm#newh&s

New "learning outside the classroom" website with good practice guidance for school trips, youth group trips etc. www.sandy-a.co.uk/employment.htm#schooltrips or go direct to www.lotc.org.uk

Right to request flexible working is extended to parents of children under 17 (from 6 April). Note that much of the publicity said the extension would be for parents of children under 16, but the right to request is definitely until the day before the child's 17th birthday. www.sandy-a.co.uk/employment.htm#parentflexible

Employment and Volunteering

Updated or added to the legal update website for voluntary organisations.

Important: new code of practice for Criminal Records Bureau registered bodies and for organisations which use CRB disclosures - in effect from 6 April 2009. www.sandy-a.co.uk/employment.htm#criminalrecordchecks

Free NSPCC toolkit for voluntary and community organisations working with children and young people (also available in Bengali, Punjabi, Urdu and Welsh). www.sandy-a.co.uk/employment.htm#children-resources or go direct to <http://tinyuri.com/57574g>

Reimbursement of costs incurred in actual volunteering (e.g. Travel costs in doing the actual volunteering) has never entitled the volunteer to minimum wage but there was some concern that reimbursement of expenses incurred in order to volunteer (e.g. Travel costs to place of volunteering, childcare and other care costs) could lead to entitlement to minimum wage. From 13 January it was confirmed that reimbursement of costs in order to volunteer does not entitle a volunteer to minimum wage. www.sandy-a.co.uk/employment.htm#volscarecosts

The increase in maximum weekly pay for the purposes of calculating statutory redundancy pay, as announced in the Budget, is expected to take effect for redundancies on or after 1st October 2009, The date is not yet definite.

For those organisations wishing to purchase a Voluntary Sector Legal Handbook (VSLH3) you can do so via www.sandy-a.co.uk/bookserv.htm or by sending an order via e-mail. The cost is £60 for voluntary organisations, £90 for others, + 10% p&p.

COMMUNITY NEWS

Why not help your local Police to reduce crime in your area?



How? Become a member of Neighbourhood Watch. If there isn't a Neighbourhood Watch in your road, why not start one? It is very simple - by working with your neighbours you can help make your community a safer place to live.

The aim of Neighbourhood Watch is to work together with our local Police in a two way exchange of information in the interests of the local community. We are NOT a vigilante group. Neighbourhood Watch helps the Police reduce local opportunities for crime. It helps establish a community spirit, informs the Police of any suspicious activity, and makes everyone aware of local crime and become more security conscious about their homes and property.

Insurance companies' statistics show that areas covered by Neighbourhood Watch Groups have 33% fewer claims caused by crime and in many instances Insurance Companies will give a discount to NHW members. Call us on 01268 770519 and we will tell you more about NHW, how it operates and, most importantly, how to set up a Watch in your road.



FirstStop is a new, free, one-stop service for older people, their families and carers, giving comprehensive advice and information on housing, care, money and rights.

One call to the advice line or one visit to www.firststopcareadvice.org.uk brings together the skills of four highly experienced organisations working in partnership for the benefit of older people: the newly merged Age Concern Help the Aged; Elderly Accommodation Counsel; Counsel and Care and NHFA Care Advice. The service covers:

- Care and support - in a person's own home, specialist or retirement housing or care home.
- Housing - services to help people stay in their own home, and their options, if they choose to move somewhere more suitable.
- Finance - including paying for care, benefits and allowances, council and NHS funding, financial planning and financial products.
- Rights - the law, standards to expect, how to get what you are entitled to, support services.

The FirstStop advice line is open from

**9.00 am to 5.00 pm Monday to Friday on 0800 377 7070 or, alternatively, visit
www.firststopcareadvice.org.uk for more information**

Calls are free from BT lines. Charges from other lines and mobile phones may vary according to the operator.

COMMUNITY NEWS

Safeguarding Adults Line (SAL) - A new helpline, aimed at safeguarding adults across Essex, has been launched.

Are you concerned? Do you know an adult who is being treated badly, taken advantage of, or injured?

What is abuse? It may be neglect, physical abuse, financial abuse, sexual abuse, psychological/emotional abuse, discriminatory abuse, institutional abuse.

ASK SAL

Call today on 0808 801 0345 or visit www.asksal.org.uk

(Courtesy of Braintree VSA)

Nearly-new Wheelchair Accessible Vehicles available through Motability Scheme

Nearly-new Wheelchair Accessible Vehicles (WAVs) are now available through Motability's Contract Hire Scheme, making independence even more affordable.

The Nearly-new WAVs are available on a three year lease at a lower advance payment than the equivalent new WAV. All of the Nearly-new WAVs are a maximum of two years old with low mileage. They are also carefully reconditioned by a Motability approved supplier.

For more information, please contact your local Motability Accredited Converter (a full list of these are available at www.motability.co.uk), or phone Motability's Helpline on **0845 456 4566**.

(Courtesy Motability Matters Newsletter Issue 6 Aug 2009)



Mobile comes to Rochford

Supporting all 13-19 year olds. Information, advice, guidance and support on...

Jobs, Relationships, Money, Housing, Learning, Travel, Health, Careers, personal development, Free time and more...

Connexions Personal Advisers will be on the Essex Youth Bus 'Neptune', at Rochford Recreation Ground, Stambridge Road / Doggetts Close, Rochford.

Every Friday between 11.00 am and 2.00 pm



For further information on this service, visit <http://www.essexconnexions.co.uk>

COMMUNITY NEWS



Keep the magic alive



Festive Poster Appeal

Our festive poster gives you the opportunity to pass on your seasonal wishes without having to buy, write and deliver lots of cards.

Display the poster where everyone will be able to see it and encourage your friends, classmates or colleagues to pass on their seasonal messages for a small donation.

Your donations will help keep the magic alive for our patients and their families this season.

**For information or to order a pack visit www.gosh.org/festiveposter,
e-mail christmasposter@gosh.org or call 020 7239 3182**

Instead of sending each other cards this year, we have decided to make a donation to Great Ormond Street Hospital Children's Charity.



Independent Safeguarding Authority

Important Update

Vetting and Barring Scheme

New measures are being introduced to help prevent unsuitable people from undertaking paid or volunteer work with children or vulnerable adults. This is called the Vetting and Barring Scheme, and will mean extra checks, over and above the ones currently undertaken with staff and volunteers working with these vulnerable groups.

From July 2010 new employers, those moving jobs, and volunteers who want to work with children or vulnerable adults can register with the independent Safeguarding Authority (ISA).

From November 2010 all new employees and volunteers **must** register before they start work. From then on, it will be illegal for organisations to take on people who are not ISA-registered. ISA-registration will not replace CRB disclosures which must be carried out, as before, where required.

Registration will cost £64 which will be met by the new employee. For unpaid volunteers there is no charge. There are two areas of registration; one covering working with children and one for working with vulnerable adults. Once successfully ISA-registered - for either or both groups - an individual is registered for life, in most cases, and does not need to reapply.

Organisations taking on new staff or volunteers can check on an individual's registration free of charge on line. You must abide by the decision of ISA as to whether or not you should take someone on.

Further information for employers, employees and volunteers is available at www.isa.gov.uk/toolkit

(Source: ISA leaflet and letter, July 2009)

Free Telecare Home Safety Service for Essex Residents.

The Essex Telecare Home Safety Service offers residents the opportunity to take advantage of a 24 hours a day, 365 days a year home safety and personal reassurance package. Telecare helps elderly or vulnerable people to be independent by bringing health and social care services directly into their homes, enabling them to call for help or assistance when they need it.

The service involves the provision of a range of unobtrusive Telecare sensors, which link to a 24 hours a day monitoring centre. All that is required is a telephone line and an electrical power point. Should a Telecare sensor be activated, an alert is sent to the monitoring centre where trained advisors take the most appropriate action, whether it be contacting a family member, neighbour, doctor, mobile warden or the emergency services.

Telecare provides a comprehensive way of managing the risks to a person's health and home environment. It can give increased peace of mind to carers, who can be safe in the knowledge that if an incident, such as a fall, were to occur they could be alerted immediately.

As part of its commitment to provide a better quality of life, Essex County Council has pledged to offer free Telecare services to new users aged 85 and over. Until 31 March 2010, those residents who enjoy the freedom of living in their own home but want the peace of mind knowing support is available at the touch of a button can register for free Telecare Home Safety Services. Telecare services are also being offered free for three months to all other residents.

For more information call

0845 603 7630

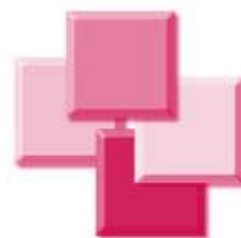
or visit www.essex.gov.uk/telecare

TRAINING NEWS

Voluntary Sector Training
46 High Street
Great Dunmow
Essex
CM6 1AN

Telephone/fax 01371 876747

www.voluntarysectortraining.org.uk



Voluntary Sector Training (VST) is an independent charity working to support the development of a strong, effective and diverse voluntary and community sector in Essex.

VST began in 1999 with a Lottery grant providing affordable, relevant and accessible training for voluntary sector workers and volunteers in Uttlesford. VST has expanded in the nine years since then and now delivers training across the twelve local authority districts. Voluntary and community organisations (paid staff and volunteers including Trustees) from other parts of Essex/Thurrock and indeed anywhere else if you are willing to travel here, are of course welcome to attend any of the training sessions

FREE I.T. TRAINING FOR YOUR CHARITY/ORGANISATION

Voluntary Sector Training is now able to offer FREE IT training in your workplace towards the achievement of the new ITQ qualification in conjunction with Cambridge Regional College (CRC).

A CRC representative visits you/your learner at your organisation to assess their learning needs. One-to-one training sessions are then set up in the workplace at a time convenient to the learner. These usually last 1 hour and are weekly or fortnightly until the units are achieved. This is usually over a period of months, depending on the needs of the learner.

FOR MORE DETAILS, PLEASE TELEPHONE MADDY AT VST

Voluntary Sector Training are pleased to announce that they have accessed funding to provide **FREE** training places for **VOLUNTEERS** working with care organisations and community support groups.

FOOD SAFETY, MANUAL HANDLING, FIRST AID, HEALTH AND SAFETY, MENTAL HEALTH AWARENESS OR SAFETY FOR LONE WORKERS.

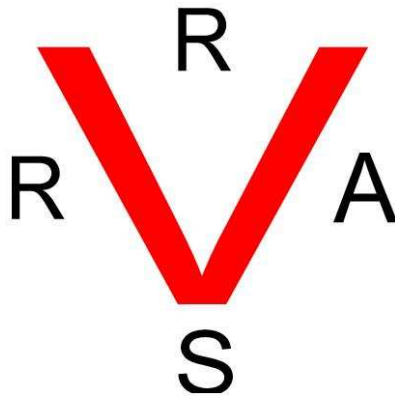
If you would like a FREE place on one of these courses and you think you may qualify, then please contact VST for further details.

Please note that as from the Autumn term VST requires a deposit for those wishing to have a free place due to a high number of cancellations. Deposits will be required for each booking, will remain unbanked and will then be returned after attendance at the course. Free places are subject to the continuance of funding

Affiliated Members 2009 - 2010

(Websites shown where known)

Active Christian Trust Warehouse Centre - www.warehousecentre.co.uk	Hullbridge 1st Scout Group	Rayleigh Social Club for the Blind
Age Concern – Home Support Service - Age Concern Rayleigh Age Concern Essex www.ageconcernessex.co.uk	Hullbridge Community Association	Rayleigh Through the Looking Glass - www.rayleighthroughthelookingglass.co.uk
The Ark II "Together on a Sunday Afternoon"	Hullbridge Senior Citizens Welfare Council	Rayleigh Town Archery Club - www.rayleightownarcheryclub.co.uk
Arthritis Care - www.arthritiscare.org.uk	Independent Visitors Scheme	Rayleigh Town Council - www.essexinfo.net/rayleightowncouncil
Belchamps Scout Centre - www.belchamps.co.uk/	Inner Wheel Club of Rayleigh Mill - www.essexinfo.net/rayleighmill/	Rayleigh U3A - www.rayleighu3a.org.uk
Brainwave - www.brainwave.org.uk	Interact Chelmsford Ltd - www.interact.org.uk	Relate SE Essex & Family Mediation Service www.relate.org.uk
British Red Cross - www.redcross.org.uk	Lions Club of Rayleigh - www.rayleighlions.org.uk	Rethink Good Companions - www.rethink.org
Castle Point (CAVS) CVS/VB - www.cavscastlepoint.org.uk	Louis Drive Residents' Association	Rochford & District Old People's Welfare Committee
Castle Point Stroke Club	Lymphoma Support for You	Rochford & Rayleigh CAB www.rochford.cab.org.uk
Cedars Centre	The Massive Project	Rochford Access Committee for the Disabled
Cedar Hall PSFA	Mayday Monday Club	Rochford Children's Centres
Christ Church URC, Rayleigh	Motor Neurone Disease Association SE Essex www.mndassociation.org	Rochford Hundred Historical Society
Crouch Valley Scouts District Council - www.essexscouts.org.uk/districts	Multiple Sclerosis Society SE Essex www.mssociety.org.uk	Rochford Parish Council www.essexinfo.net/rochfordparishcouncil
Cruse Bereavement Care - www.crusebereavementcare.org.uk	National Federation for the Blind - www.nfb.org	Rotary Club of Rayleigh Mill www.rotary-club.org.uk
CSV Essex Supported Volunteering - www.csv.org	National Trust - Rayleigh Mount	Rotary Club of Rochford
Disabled Christian Fellowship, Rayleigh	The Olive Tree Centre	Royal British Legion (Rayleigh)
Disabled Information Advice Line (DIAL) – www.dialbasildon.co.uk	Open Road (New Horizons)	Salvation Army
Disability Essex - www.disabilityessex.org	PACT Partnership Action Communication Training) - www.pact-network.org	Southend and District Alzheimer's Society www.alzheimers.org.uk
Elizabeth Fitzroy Support - www.efitzroy.org.uk	Parentline Plus - www.parentlineplus.org.uk	Southend Blind Welfare Organisation - www.southendblindwelfare.org.uk
Essex Blind Charity (incorporating EVAB) – www.evab.org.uk	Parkinson's Disease Society, Southend & District - www.parkinsons.org.uk	Southend Community Action (SAVS) CVS/VB www.southendcommunityaction.org.uk
Essex & Southend LINK - www.essexandsouthendlink.org.uk	The Peaceful Place- www.peacefulplace.co.uk	Southend Area Bus User Group www.sabug.kk5.org
Essex Blind Society	Rayleigh 1st Scout Group	Southend Mencap - www.mencap.org.uk
Essex Coalition of Disabled People - www.ecdp.org.uk	Rayleigh 5th Scout Group www.5thrayleighscoutgroup.org	Springboard Home Improvements www.springboardha.org.uk
Essex Playing Fields Association - www.essexplayingfields.org.uk	Rayleigh Bowls Club - www.rayleighbowlsclub.co.uk	Star Partnership - www.starpartnership.org
Gazelle Personal Development - www.gazelleproject.org.uk	Rayleigh Boys Football Club - www.rayleighboysyouthfc.org.uk	St Lukes Day Centre
Graceart Painting Group	Rayleigh Castle (Evenings) Townswomen's Guild	Sunday Club (The)
Great Wakering Helping Hands Association	Rayleigh Chamber of Trade - www.rayleighbusiness.co.uk	Sweyne Choral Society
Harmonie Concert Band - http/ members.aol.com/harmoniewindband	Rayleigh Folk Dance Club	Take Heart, Southend & District Cardiac Support
Havens Christian Hospice	Rayleigh Grange Community Association	The Taxi Drivers Charity Fund for Sick, Disabled & Local Children www.southendtaxidriverscharityfund.co.uk
Hawkwell Parish Council	Rayleigh Grange U3A	Victim Support, Essex www.victimsupport.org.uk
Historical Society of Rayleigh	Rayleigh No 1 Club OAP/NFRPA	Wyvern Community Transport www.rnavs.org.uk/transport.html
Hockley & Hawkwell Old People's Day Centre	Rayleigh Open Door Service	Private Members: 1
Hockley Bowling Club	Rayleigh Pensioners Good-fellowship	
Home-Start – S.E. Essex - www.home-start.org.uk	Rayleigh Physically Handicapped Club	
	Rayleigh & District Racing Pigeon Club	
	Rayleigh, Rochford and Castle Point Talking Newspapers	



Registered Charity No: 1113433

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Space for Rochford Press Advert