

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



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Spring 2010 Issue 32

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RRAVS FIRST COMMUNITY BREAKFAST A GREAT SUCCESS!

On Monday 29th March 2010, RRAVS held the first of what we hope to make a regular event at Rochford and Castle Point Adult Community College at Rocheway, Rochford. We hope to hold future events at various venues around the district. The event was very well attended by RRAVS members and other community and voluntary groups, with very positive feedback

Presentations were given by The Pension Service, Voluntary Sector Training and Rochford District Council's Community Planning Officer, Andrew Lowing. A brief overview of the services provided by RRAVS such as funding and volunteer recruitment were also given. The session also included time for those attending to network and make valuable links with other like minded groups and individuals.

If you would like to come along to our next event, please register your interest with us at the address shown above. Likewise, if you would like to put forward a presentation at our next meeting let us know.

**When you've finished reading this, please circulate to
your members and colleagues. Thank you**

COMMUNITY AND VOLUNTEER CENTRE OPEN TO THE GENERAL PUBLIC

9.00 am - 3.00 pm MONDAY - THURSDAY, 9.00 - 1.00 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

SecretaryDick Le Grice

Trustee (portfolio - Personnel & Admin)June Lumley

Trustee (portfolio - Funding)John Pullen

Trustee (portfolio - Laptop Scheme, Property)Tony Ashley

Trustee (portfolio - Volunteer Services)David Barnes

Trustee (portfolio - community Services) (vacant)

CVS Staff

Chief Officer Jackie Brown

Manager Derek Helson

Funding Officer Shelley Hall

Volunteer Centre Co-ordinator.....Amanda Harris

Volunteer Centre Assistant Co-ordinator... Jeannette Helson

LAPPTOP Scheme Officer Ian Climpson

RRAVS NEWS

Chief Officer Update

I have just completed my first year at RRAVS and there have been a number of changes during this time. We have moved premises, as you are aware, and this has allowed the Volunteer Centre to be placed with the core team, which enables us to offer longer opening hours for the public. In these more challenging times it is important as an organisation we tailor our resources to provide maximum benefit to our customers.

The Community Forum Breakfast held on 29 March 2010 was well supported and attended and I would like to reiterate the plea made there, please let us know if these forums provide the information you need and in the format you would like to receive the information. If you have any suggestions or wish to present and use the opportunity to promote your organisation at a future forum, please let the office know. You will then be included on the Agenda for a future event, (with your agreement at that time). Andrew Lowing the Community Planning Officer for Rochford District Council promoted the Strengthening the Third Sector Group at this forum event. This is a new group for the district and offers the voluntary and community groups a 'voice' to take issues to statutory partners and share best practice and experience with each other. If you would like to attend the next meeting it is planned to take place on:

20 April 2010, at 6.30pm in Rochford, (a copy of the information is provided in a flyer with this newsletter).

The next Community Forum will be combined with our Annual General Meeting and Volunteers Week in the first week of June - more information will follow soon.

We received a large response from a number of groups and volunteers to the survey sent out in January of this year, RRAVS received the second highest level of returns across Essex, which is fantastic – a BIG Thank You! I will include the summary findings of the evaluation report in a future newsletter.

You will have recently received a membership renewal form, a RRAVS member survey and RRAVS customer satisfaction survey. I recognise this is a lot of paper, but it is important we have a better understanding of our members, particularly as things do change. It will help RRAVS to plan more effectively for the support we provide to our members and the voluntary community as a whole.

Please note some of the flyers included in this newsletter which offer training opportunities over the summer period and information on the Volunteer Centre service provided by RRAVS.

Thank you for your continued support.

Jackie Brown
Chief Officer

DATES FOR YOUR DIARY

Tuesday 20th April 2010	Strengthening the Third Sector Meeting	Seminar Room, Hawthorne Centre, Union Lane, Rochford Hospital (see enclosed flyers)
Thursday 20th May 2010	19th Charity Law Conference	Euston, London (see P9 for more details)
1st week June 2010 (actual date TBC)	RRAVS AGM & Presentation Evening	TBC
1-7 June 2010	Volunteers Week	Programme of Events TBC
4th June 2010 (10.00 am - 2.30 pm)	RRAVS, CAVS & BBWCVS Funding Fayre	Salvation Army Hall, Hadleigh

FUNDING NEWS

Sport England – Small grants scheme

This scheme funds community projects that encourage people to become involved in sport and ensure that they have a quality sporting experience. Profit-making sports clubs are excluded, but voluntary and community organisations can apply for grants between £300 and £10,000 to support the revenue and small capital expenses of projects.

Applications can be submitted at anytime and a decision is made within 6 weeks from receipt of application. Visit www.sportengland.org.uk or call 08458 508 508.

GRASSROOTS Grants

There are only two rounds left so please apply. The fund aims to support small voluntary/community groups in purpose and are working for the benefit of people in Essex, Southend and Thurrock. Groups must have been active in their community for at least 12 months, have an income of less than £30,000 and have a governing document.

Maximum grant is £5000 and the next deadline is 14th July 2010 (results within 2 weeks of deadline). For more information and application form, go to www.essexcommunityfoundation.org.uk.

Comic Relief Older Peoples Programme

This aims to support older people in the UK to bring positive change to their communities, enabling them to contribute their time, energy and skills to those individuals who need it most. Comic Relief are looking to fund projects where older people are:

- Acting as mentors to vulnerable people
- Giving support to their peers who may be isolated
- Acting as advocates around the needs and rights of those caring duties
- Running social enterprises

Expression of Interest are invited from community groups and organisations who are targeting their work at people aged 65 and over and for those communities who experience the greatest levels of isolation and exclusion. Grants of between £15,000 and £40,000 are available for up to three years and the deadline for the programme is 30th April 2010. Go to www.comicrelief.com

Community Money Marketplace Funders' Fayre

Maldon & District CVS have been involved in a working group to plan a follow up to the successful Community Money Marketplace Funders' Fayre, which was held at Hylands House in October 2008. Please make sure you set aside 6th October 2010 in your diaries this year.

Children Today

Children Today provide grants for vital life-changing equipment that is not provided by the NHS for children and young people with sickness and disability. This includes powered, manual and sports wheelchairs, specially adapted trikes and bikes, buggies and walking aids as well as specially designed sensory equipment. For more information visit www.children-today.org.uk or telephone them on 01244 335622 (applications to be made by the individual, their parent or guardian, not by groups).

(Courtesy BDVSA Issue 61)

SAVE THE DATE!

RRAVS, CAVS and BBWCVS Funding Fair

Friday 4th June 2010, 10.00 am to 2:30 pm

Salvation Army Hall, Hadleigh

Large and small funders attending plus workshops throughout the day

L.A.P.T.T.O.P. NEWS

LAPTTOP Computer Training

www.rravsv.org.uk/lapttop

LAPTTOP continues into its 7th year helping people over 50 living in the district with learning about computers.

The following are available :

- 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. The next course will start in May. 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 has the same format as the Rochford Course. The next course will start in April.

Outreach courses: Taster Courses in Sheltered Accommodation take place when required. If you know of a venue that would like a taster course please let them know about the project. Phone 01268 772796 for further information.

Home visits: We are continuing to carry out home visits during 2010. In addition to people who are not able to travel to courses we carry out home visits when attending a course would not meet the learners needs.

Rochford Computer Club: The club meets at the Rochford Parish Council Rooms, West Street, Rochford, on the first Thursday of each month 2-4pm.

Laptop Loan: This is available to those thinking of learning via home visits.

Volunteers: LAPTTOP requires volunteers. Phone 01268 772796 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 772796 for further information or visit our website.

Ian Climpson

Laptop Project Co-ordinator

Baffled by Computers?

Over 50?



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 50s run by RRAVS and volunteers. Contact RRAVS on 01268 772796 for details or e-mail: rravs@rravs.org.uk**

MEMBERS NEWS

The Buddhist Hospice Trust – 'Hospice in the Heart' in Essex



Rayleigh – a typical English town – might seem an unusual home for a Buddhist charity providing services to seriously ill, dying and bereaved people, their carers, families and friends. No sound of temple gong, no flash of saffron robes as shaven-headed monks make their alms-round of our quiet avenues and closes.

But Rayleigh is indeed at the heart of a national network of hospice volunteers, the Ananda Network, named after Buddha's devoted friend Ananda, who cared for him during his final illness. These volunteers, found in almost all parts of the UK, belong to the Buddhist Hospice Trust, a registered charity (No 298859) set up in 1986 to bring compassionate care and spiritual friendship to all who seek its help, not just Buddhists, but people of all faiths or none.

The Trust does not have a 'bricks-and-mortar' hospice, so its volunteers work within the existing provision of palliative and End-of-Life care, alongside doctors, nurses and others who can supply professional services, sometimes in the patient's own home, where familiar surroundings and faces are often the chosen option.

The Trust's aim is to 'be present, bear witness and befriend' anyone who is suffering, and who welcomes friendship and support that comes from a Buddhist perspective. The Trust also aims to marry the principles of modern hospice care with the tenets and practices of Buddhism, especially kindness, serenity, mindfulness and meditation. This brings openness, clarity and sensitivity to bear on physical, mental or spiritual suffering – so that we may be free of it at last.

Your enquiries will be welcomed by Peter, Trust chairman, and you can contact him on 01267 775521 or 07951 869265 for information, advice or to volunteer your services. As an all volunteer organisation, we rely on donations to fund our work, so your gifts will be very gratefully received.

Write to:

The Buddhist Hospice Trust, 31 Weir Gardens, Rayleigh, Essex, SS6 7TQ
or email: info@buddhishospice.org.uk

You can also visit the Buddhist Hospice Trust's website:
www.buddhishospice.org.uk and 'blog' at <http://www.buddhishospice.blogspot.com>

RAYLEIGH, ROCHFORD and CASTLE POINT

TALKING NEWSPAPERS for the BLIND

The Talking Newspapers provide a service of local news, information and articles from the Evening Echo and other papers, read by our teams of volunteers on to cassette tapes and compact discs.

These are sent, entirely free of charge, to anyone in these districts who is blind, partially sighted, or simply has difficulty in reading. 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.

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

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
Chairman
01702 541410

OR

Ann Willis
Secretary
01702 205169

Registered Charity No. 278578

MEMBERS NEWS

AgeUK

Age UK will be the new name of the charity formed by the merger of Age Concern and Help the Aged. Although the two organisations merged some time ago they are currently undergoing a re branding exercise so will not be using the new name until Spring 2010.

(Courtesy of: Speak Out No 91)

RRAVS would like to welcome its new members:

Rochford Tennis Club
The Bhuddist Hospice Trust
Rochford Hundred Rugby Club

For further information on any of the above organisations, please contact RRAVS.

Tennis Anyone?

Rochford Tennis Club

Open Day

24th April 10

Licensed Coaches. Award winning club program. Bar, parking & floodlights
But above all
A laid back friendly atmosphere.

Timetable

Juniors between 4 and 8 years old -	9 -10am
Juniors between 8 and 11 years old -	10am - 11am.
Juniors 12 -16 years old -	11am - 1pm.
Adults & Seniors (16 upwards)	1pm - 5pm



Rochford Tennis Club

2 Church Walk, Rochford
SS4 1NL

01702 300789 - 07775 721151

www.rochfordtennis.co.uk Rochfordtennis@hotmail.co.uk



Something you want to tell us? If you have an article or event you would like to include in the next RRAVS newsletter, please let us know .

The deadline for the summer issue is Friday 16th July 2010.

LEGAL NEWS

FREE LEGAL ADVICE SCHEME

Initial Electronic Advice is a free, automatic web-based system run by the charity Lawworks. It provides brief legal information in response to straightforward legal queries.

It is designed to assist 'not for profit' organisations and individuals who cannot afford to pay for solicitors privately. 'Not for profit' organisations and advice agencies can submit a short legal query which is then answered by a lawyer via email, completely free of charge.

Some of the legal areas covered are: Banking, Charity Law, Employment, Family, Health & Safety, Immigration, Mental Health, Data Protection.

Questions are usually answered within 10 working days – however it may take longer as all the lawyers responding do so as volunteers on top of their usual caseload.

There are also fact sheets available intended to give general information to groups on specific areas of law, to enable them to spot and avoid potential legal problems.

To find out more and register visit the website www.lawworksiea.org.uk

New Model Constitution

A new, simplified constitution for very small charities has been produced by the Charity Commission in conjunction with umbrella bodies across the sector. It is designed to provide a concise, practical framework for charities with an income under £5,000. It uses clear, direct language that is easy to understand, is only 700 words long and covers all the requirements for a very small charity which does not own any land or employ staff.

To download the constitution or find out more, visit: www.charity-commission.gov.uk

(courtesy Speakout issue No: 91)

Procuring Public Services through Contracts – Outputs vs Outcomes

Many public service commissioners still focus on the outputs of their commissioning, for example, the number of hours spent providing home care under a home care contract. However, focusing on the desired outcomes, for example the effect of the home care service on the beneficiary, such as increased independence and health benefits, can lead to innovative ways of satisfying the commissioner's needs.

It is now generally agreed that commissioning that focuses on the impact of the service and seeks input from providers on the activities needed to achieve such impact is likely to produce innovative and more effective services. Outcome-based commissioning gives providers the opportunity to suggest solutions to the commissioner's needs that they may otherwise not have considered.'

From 'Pathways Through the Maze – a Guide to Procurement Law' – a joint Publication from NAVCA and NCVO and the first comprehensive guide to procurement regulations written for voluntary organisations and community groups. Download your copy from www.navca.org.uk

(Courtesy BDVSA Issue 61)

CRIMINAL RECORDS BUREAU – VETTING AND BARRING AND SAFEGUARDING

NAVCA (National Association for Voluntary and Community Action) have created a new page listing resources and sources of further information on Criminal Records Bureau, Vetting and Barring and safeguarding issues. www.navca.org.uk/localvs/crb. The first phase of the introduction of the Vetting and Barring Scheme was introduced on 12 October. This has brought changes for employers and employees and in the way CRB applications are processed. These changes are outlined at: <http://www.navca.org.uk/localvs/crb/changes12oct.htm>

LEGAL NEWS

LEGAL UPDATES

Employment reminders

Increase in “weekly pay” for calculating statutory redundancy pay, basic award for unfair dismissal, and some other statutory entitlements, from 1 October.

www.sandy-a.co.uk/employment.htm#weeklypay Increase in minimum wage from 1 October, and increase in minimum rate of pay for apprentices from 1 August.

www.sandy-a.co.uk/employment.htm#minimumwage

From 12 October some aspects of the Independent Safeguarding Authority’s vetting and barring scheme came into effect.

www.sandy-a.co.uk/employment.htm#vbs

Company law

Added or updated on the legal update website for voluntary organisations at www.sandy-a.co.uk

Companies Act, Charity Commission and SCVO model articles.

www.sandy-a.co.uk/managing.htm#modelarticles

Sandy’s concerns about the conflict of interest clauses in the Charity Commission’s model articles.

www.sandy-a.co.uk/managing.htm#codir-conflict

Regulations on company and business names (from 1/10/09).

www.sandy-a.co.uk/managing.htm#companyname

Company directors’ residential and service addresses and restricting disclosure of residential addresses (from 1/10/09).

www.sandy-a.co.uk/managing.htm#codir-address

5% of members (reduced from 10%) have statutory right to require company general meeting to be held (from 3/8/09)

www.sandy-a.co.uk/managing.htm#companyrequisition

Clarification that a proxy who holds multiple votes has only one vote on a show of hands (from 3/8/09)

www.sandy-a.co.uk/managing.htm//companyproxy

New model constitution for very small charities (under £5000)

www.sandy-a.co.uk/managing.htm#smallchar-constitution

Review of default retirement age

www.sandy-a.co.uk/employment.htm#retirement-review

Full information about the Companies Act changed on 1/10/09, including all the new forms (the old forms are no longer valid).

On the Companies House website via <http://tinyurl.com/lkhyme>

Courtesy of Sandy Adirondack

[Governance and legal training for the voluntary sector]
39 Gabriel House, 10 Odessa Street, London SE16 7HQ
tel 020 7232 0726 fax 020 7237 8117 sandy@sandy-a.co.uk

THE 19TH CHARITY LAW CONFERENCE

Covering the latest legal updates and key information for all charities will be held on **Thursday 20 May 2010** Euston, London. Delegate fees start at £189 for early bookers.

More information and to book a place call 08450 77 77 07 or visit: www.dsc.org.uk/cl

(Courtesy Charity Commission)

LEGAL NEWS

Vetting and Barring Scheme (VBS) Key Dates

The new scheme does not replace the need for Criminal Record Bureau (CRB) disclosures. In fact, the scheme will run alongside CRB disclosures. Eventually, anyone working in a Regulated Activity* will have to apply for both an enhanced CRB disclosure and be registered with the ISA (Independent Safeguarding Authority), but the scheme is being implemented in phases to ensure smooth implementation. These phases are as follows:

From **12th October 2009** it became a criminal offence for individuals barred by the ISA to work with or apply to work with children or vulnerable adults in a wide range of posts, including most NHS jobs, Prison service, education and childcare. Employers also face criminal sanctions if found to knowingly employ a barred individual across a wider range of work.

If an organisation removes from a Regulated Activity someone who they are responsible for – volunteer or paid member of staff – because they have caused harm or pose a risk of causing harm to a child or vulnerable adult they are legally obliged to refer this individual to the ISA.

From **1st April 2010** anyone moving into a Regulated Activity (see *below for definition*) will have to apply for an enhanced CRB disclosure with a barred list check.

From **1st November 2010** anyone moving into Regulated Activity will have to apply for an enhanced CRB disclosure and apply for ISA registration before starting that activity. It will be an offence to start a Regulated Activity without being ISA registered.

Anyone already working in a Regulated Activity and subject to a 'current' enhanced CRB disclosure will be able to continue that activity without being ISA registered.

However, if someone moves from one Regulated Activity to another, or takes on an additional Regulated Activity, then they will have to apply for ISA registration before starting that new activity.

From **1st April 2011** anyone already working in a Regulated Activity will be able to apply for ISA registration, if they are not already registered.

From **1st January 2014** anyone already working in a Regulated Activity will be strongly encouraged to apply for ISA registration if they are not already registered.

From **31st July 2015** everyone working in a Regulated Activity must be ISA registered.

[*] *Definition of regulated activity: Any activity of a specified nature that involves contact with children or Vulnerable adults frequently, intensively and/or overnight. (Such activities including teaching, training, care, supervision, advice, treatment and transportation.)*

- *Any activity allowing contact with children or vulnerable adults that is in a specified place frequently or intensively. (Such places include schools and care homes.)*
- *Fostering and childcare.*
- *Any activity that involves people in certain defined positions of responsibility. (Such positions include school governor, director of children's services and director of adult social services, and trustee of certain charities.)*

'Regulated activity' is when the activity is frequent (once a week or more), 'intensive' (takes place on four or more days in a 30-day period) or overnight.

For further information on the VBS and ISA please visit www.crb.gov.uk or www.isa.gov.org.uk

Vetting and Barring Scheme - Myth Busting

The Department for Children, Schools and Families has produced new online "myth busting" guidance in relation to the new Vetting and Barring scheme.

The guide covers when individuals will be required to register with the Independent Safeguarding Authority and also provides answers to some frequently asked questions. To read the guide visit www.dcsf.gov.uk and read their Facts and Figures section.

HEALTH NEWS

Your GP, Your Choice, Your Say



NHS South East Essex is urging local people to feedback on plans to give people access to a GP practice of their choice.

At present, GPs only accept patients living within fixed geographic areas—but the Department of Health suggests this can be restrictive, particularly for people living in poorer areas.

Giving patients more choice could allow people to pick a practice nearer to their work, find one with longer opening hours, or keep the same GP if they move house. The consultation also covers the issues involved in arranging home visits and community-based services, safeguarding access for local residents and providing access to hospital and specialist treatment.

Ian Stidston, Interim Director of Primary and Community Care said: “We have already improved access to GP services in south east Essex and most people are satisfied or very satisfied with their GP. Nevertheless, I still encourage everyone to take part in this consultation to help shape the future of how NHS services operate.

For further information on this national consultation, including an online survey, visit: www.gpchoice.dh.gov.uk or ring the communications team on 01702 224616 at NHS South East Essex for a copy of the consultation document.

Independent Complaints Advocacy Service (ICAS)

ICAS is a free, independent, confidential service that can help if you feel you have not had the service you expect from the NHS and want to complain. They can provide information in a number of languages as well as Braille, large print or audio formats. For more information call the helpline on 0845 456 1083

(Courtesy of Speakout Issue No 93)

Advocacy & Activity Buddy Scheme

Is a project aiming to increase participation of disabled people in sport and physical activity AABS has developed a toolkit to inform and support clubs and train their volunteers that can be used generically by any third sector organisation. Find it at: <http://bit.ly/adocbs> or www.efds.co.uk

(Courtesy of Chelmsford CVS Update Spring 2010)

Sick Note to Fit Note

On the 6 April the sick note will change and become the fit note. Evidence shows that work is generally good for your health and that often going back to work can aid a person's recovery. Staying off work can lead to long-term absence and job loss with the risk of isolation, loss of confidence, mental health issues, de-skilling and social exclusion. Doctors will be able to advise people who are on sick leave for over 7 days on whether, **with extra support from their employer**, they could return to work earlier. More at www.dwp.gov.uk/fitnote

(Courtesy of Chelmsford CVS Update Spring 2010)

South Essex Mental Health Information Line

Are you worried about your own mental health? Concerned for a family member or friend? Do you need **FREE** confidential information on mental health?

If you require information on any of these issues, then call our information line on: **08456 013617** or **01268 287755**.

The South Essex Mental Health Information Line provides information on mental health services to patients, carers, family members and professionals.

We are open:

Monday - Friday 10.00 am - 2.00 pm 4.00 pm - 8.00 pm.
Saturday, Sunday and Bank Holidays: 10.00 am - 6.00 pm.

We also have free booklets on many types of mental health that can be sent out on request.

COMMUNITY NEWS

Neighbourhood Watch News



Personnel Changes: Richard Bills who was instrumental in establishing NHW in Rochford some 25 years ago has decided to stand down as Chairman. He will remain part of the team however where his wealth of experience and drive can be put to good use. John Metcalfe has recently joined the team where his computer skills are proving of great value in the absence of Chris Nickless who is taking a break from frontline action.

Trading Standards Approved: is a scheme launched to promote and support good reliable tradesmen and retailers, whilst also increasing consumer protection and confidence by providing an approved trader list. All member companies have been independently checked for compliance. Details of firms you can trust are available at: www.essex.gov.uk/buywithconfidence or call 08454 040506.

Cold Calling Stickers: We have a stock of No Cold Calling stickers to place in front windows or doors to help repel casual cold calling at your home. They are available from the front desk of Rayleigh Police Station on request.

Scams: These never seem to go away, but the latest ones reported in the district are a supposed security firm who sound very plausible and telephone with an offer of a free security survey of your property. Another scam calls purporting to be working in conjunction with the British Crime Prevention scheme and asks for personal details about security alarms and systems in place. **Please be advised no such scheme exists.** These bogus calls are currently being investigated.

Neighbourhood Action Panel. This is a forum which allows you to voice your opinion on any problems affecting the area. Each town has its own NAP that is attended by the local Community Policeman, PCSO's, Councillors and community workers. It is open to everyone and at each meeting three local priority issues are identified and acted upon. At subsequent meetings a progress report is presented giving actions and successes. The meetings are held monthly, so for information on the timing and venue of one in your area please give us a call.

Neighbourhood Watch Office - Rayleigh Police Station, 119 High Street, Rayleigh, SS6 7QB
24 hour direct line - 01268 770519

E-mail NHWRayleigh@essex.pnn.police.uk

Our office is staffed from 10.-00 am - 12.00 pm weekdays. At other times, please leave a message.

Volunteers have all the fun!

At Out & About we break through barriers and turn grey skies to blue



Our volunteers provide support to enable disabled children and young people to join in their chosen activity. This may only last a couple of hours but it can make a huge difference to the young person and their family. So why not give something back and help a disabled child whilst doing something that you enjoy? You'll gain experience and have fun at the same time!

There are a number of barriers which make it hard for disabled children to access opportunities: these include a lack of knowledge and support, attitudes created by society and suitable access to local facilities. Could you help a young person to overcome these barriers?

Activities include: Sports and leisure activities, organised clubs such as Brownies and Scouts or any individual activity based on the young person's interest.

Kate, 22 Volunteer says: "It's rewarding to see a child gain confidence and independence through the activities they do—and it's loads of fun too! I really enjoy volunteering."

Freddy, Service User says: "Out & About have really helped me a lot. They have helped me to get some independence and a chance to go to places and brush up on my social skills as I find that difficult."

Benefits to volunteers include:

- Full training
- The chance to meet new people
- The opportunity to make a difference
- Something different for you CV
- Having fun!

If you are over 16 and interested, please contact Amanda or Jeannette at RRAVS on 01268 772796, who will refer you on to our team.

COMMUNITY NEWS

Ten Good Reasons to Shop Locally

The Rural Community Council of Essex (RCCE) is a delivery partner for the 2nd Essex Local Area Agreement 2008-2011 with a responsibility to improve access to services (local indicator 5.1)

As a result RCCE proposes to focus its efforts on a specific range of services that it considers most essential in a rural context as well as raise awareness and help develop a promotional campaign to support local services. As a result the "10 Good Reasons to Shop Locally" campaign has been created to help RCCE to encourage residents in rural Essex to support their local shops and services.

1. Local stores are more likely to carry locally sourced goods and products.
2. Shopping locally reduces your carbon footprint.
3. It can save both time and money when you take in factors such as travel and parking.
4. Shopping locally supports jobs and the community.
5. Local business owners invest in the community and have a vested interest in the future of our community.
6. Shopping locally promotes a vibrant, healthy, prosperous and diverse local economy.
7. Local shops are accessible to all - particularly the elderly, vulnerable and young people, or those without transport.
8. Shopping locally saves services and helps preserve a range of public, private and voluntary services.
9. Local shops offer a distinctive shopping experience provided by independent, often innovative traders who respond to customer needs.
10. Shopping locally enables people to socialise and feel part of the community.

For more information, please visit www.tengoodreasons.org.uk

Advocacy and Activity Buddy Scheme

Is a project aiming to increase participation of disabled people in sport and physical activity. AABS has developed a toolkit to inform and support clubs and train their volunteers that can be used generically by any third sector organisation.

Find it at: <http://bit.ly/adcbs> or www.lefds.co.uk

Lets Dance!

Change 4 Life is part of an NHS campaign to encourage adults and children to eat healthily and get more active. Currently focussing on dance is an enjoyable for of exercise it has a section on its website encouraging people to try different dance steps.

You can also advertise your group's activites by registering as a supporter at [www.http://dance.change4life.com](http://dance.change4life.com)



(courtesy: Voluntary Arts England)

COMMUNITY NEWS

CREDIT CRUNCH STRESS LINE

In an economic downturn, more people suffer from distress, depression and anxiety. They may be worried about jobs, debt or housing. This helpline was introduced in July 2009 to supplement and link with the range of help already available. It is staffed by NHS health advisers who assess people over the phone and give them the resources they need to overcome their difficulties.

Helpline No: 0300 123 2000
7 days a week 8.00 am to 10.00 pm
(Speak Out No 92)

ROUGH GUIDE

An enhanced and fully updated Rough Guide to Accessible Britain with information on over 175 attractions across the UK, is now available to order. Using feedback and ideas from disability organisations and individuals, the new guide features everything from shopping in London's Spitalfields Market to the Scottish Gliding Centre.

Designed in association with **Motability** Operations, the guide is designed to inspire and give confidence in exploring fun days out without worrying about what to expect. It is free to Blue Badge holders or £6.99 to others.

www.accessibleguide.co.uk
www.motability.co.uk

(Speak Out No 91)

NEW SWITCHBOARD NUMBER

South Essex Partnership University NHS Trust introduced a new general telephone number on 31st July 2009. This enables external callers to contact any staff member, department, ward or location if they do not know or are unsure of the telephone number to call. This new number complements existing numbers – these remain in operation and can still be used.

All calls made to the new number will be greeted by an Interactive Voice Recognition (IVR) system. If the IVR is unable to forward the caller to the staff member, department, location or ward they wish to speak to, they will be connected to one of the Contact centre operators.

Tel: **0300 123 0808**

(Courtesy - Speak Out No 92)

HOW ARE YOU DOING?

The latest research from the Charities Evaluation Services National Performance Programme is an overview of the various health checks available for frontline groups and the benefits they bring.

Download it for free, in the Publications section at www.ces-vol.org.uk

(Courtesy of Chelmsford Update)

NEW COMPLAINT POWERS FOR SELF FUNDERS

Adults who fund their own social care will now have access to an independent complaints review service provided by the Local Government Ombudsman (LGO) following Royal Assent to the Health Act 2009.

Once the Care Quality Commission completes its new registration programme of providers, the LGO will be able to review complaints about privately purchased care services made by users, their family or others affected by the actions of a regulated adult care provider.

Local Government Ombudsman, Tony Redmond, said: "At present, under a private care arrangement, people have no redress for anything that has gone wrong except by using their provider's own complaints procedure, or going to court. This compares unfavourably with people whose care is funded or arranged by a local authority as they have access to a statutory complaints procedure through the LGO if dissatisfied with the outcome. We will be able to correct this through our new service," he said.

The LGO is an independent and impartial organisation that acts to resolve justified complaints in a way that is fair to everyone involved. Their expertise has spanned 35 years and much of this will be transferable to its expanded jurisdiction.

(Courtesy – Care Aware Winter 09/10)

TRAINING NEWS

FREE TRAINING

If you are a Compact Champion (the person nominated to promote the Compact Agreements and to campaign on behalf of your organisation) or keen to learn more about the Essex Compact and how your organisation can benefit from effective partnership working, then this free Compact Champion training workshop is for you!

The Essex Compact is a set of guidelines regarding the way that voluntary organisations work together to provide high quality local services (more info at www.essexpartnership.org.uk) The workshop will include:

- Overview of the Essex Compact
- Role of the Compact Champion
- Speaker from Commission for the Compact
- Implementing the guidelines in your organisation
- Local implementation groups

The full training course programme can be found at www.voluntarysectortraining.org.uk

ONLINE ADULT SAFEGUARDING TRAINING

The Essex Safeguarding Adults Board now offers an online basic awareness training package consisting of approximately 2 hours of core study material. The training covers a range of topics including:

- Background to adult protection
- What is abuse (signs and indicators)
- Roles and responsibilities
- Case Studies.
- Reporting procedures.

The package is suitable for individuals who work directly with vulnerable adults. For more information and to apply to use the training visit the website: www.essexsab.org.

Telephone/fax 01371 876747

www.voluntarysectortraining.org.uk



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

The New Summer programme of training courses has been published, and the full calendar can be found on the VST website at:

www.voluntarysectortraining.org.uk

How we've made a difference in 2008-09

Voluntary Sector Training (VST) exists to support the development of a strong effective and diverse voluntary and community sector in Essex by offering high quality, accessible and relevant training. This is how we made a difference in 2008-09.

Who we have helped

In 2008-09 we helped develop 1156 people from 294 organisations across Essex. One of our aims for this year was to provide training to smaller organisations which we achieved with over 41% of participants coming from organisations with less than 10 employees.

Our training is relevant to all voluntary organisations with participants coming from a diverse range of interest groups and benefiting from the core training we provide.

Affordability and accessibility are two of our key values, which is why we have increased our geographic spread to include 12 districts and 45 different venues, bringing training closer to those who need it.

How we have helped

Knowledge and skills - Making people and organisations more effective is at the heart of our work. In 2008-09 **91% of participants** said that VST training increased their knowledge and understanding and enabled them to do their job to a higher standard. 89% of the people we trained learnt new skills, which has led to an increase in their ability to do their job more efficiently.

Fundraising

We provide training on fundraising for a range of skill levels, which have enabled 70% to improve the efficiency of their fundraising. With statutory funding ever more competitive our courses have given 80% of participants the skills and confidence to make a successful bid. Comments included: "When charities look carefully at funds available for training, the VST courses are invaluable." Our training provides quality, value and the opportunity to network.

Find cost effective training in your area of Essex at:
www.voluntarysectortraining.org.uk

Affiliated Members 2010 - 2011

(Websites shown where known)

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

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

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SPACE FOR ROCHFORD PRINT ADVERTISEMENT