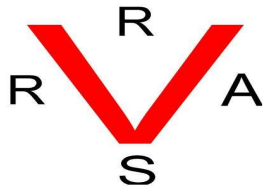


**RAYLEIGH, ROCHFORD AND DISTRICT
ASSOCIATION FOR VOLUNTARY SERVICE
(A Company Limited by Guarantee)**



Registered Charity No: 1113433
Company No: 05447356

**Winter 2010
Issue 31**

Inside this issue:

RRAVS NEWS	1-3
FUNDING NEWS	4
MEMBERS NEWS	5
HEALTH NEWS	6-7
LEGAL NEWS	8
COMMUNITY NEWS	9-10
TRAINING NEWS	11
AFFILIATED MEMBERS	12



RRAVS OFFICE AND VOLUNTEER CENTRE HAS MOVED

Following refurbishment at Rayleigh Library, our office in the foyer will not be re-opening.
We have relocated all of our operations, office staff and the Volunteer Centre to:

**105a High Street, Rayleigh, Essex, SS6 7QA
(entrance in Eastwood Road)**

Telephone ☎: 01268 772796

Email ✉: rravs@rravs.org.uk



**We have
moved!**

**PLEASE DO NOT USE TELEPHONE NO. 01268 775255
AS THIS IS NO LONGER IN USE.**

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

**COMMUNITY AND VOLUNTEER CENTRE
OPEN TO THE GENERAL PUBLIC:
9.30 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.

OFFICE AND STAFF CHANGES

Following the departure of Teresa Clark (Volunteer Centre Co-ordinator) the Volunteer Centre will now be staffed by Amanda Harris and Jeannette Helson. Please contact RRAVS if we can assist your organisation in any way.

Volunteering opportunities are advertised through the do-it.org.uk website. This also links in to the Direct.gov website so that more people are able to view positions advertised by RRAVS and other volunteer centres. If you need volunteers please let us know.

We hope to continue volunteer and funding clinics at the Rochford District Libraries (Great Wakering, Hockley, Hullbridge, Rayleigh and Rochford) and dates will follow in due course.

FAMILIES-IN-NEED 2009

In 2009 we received the promised donations of food from the Rayleigh Round Table and also from school Harvest Festivals.

We were able to deliver 80 large food parcels plus sweets and Christmas extras to 25 Social Service families, 34 Young Carers and 21 elderly residents. All in all some 200 children benefited from these donations. We also gave boxes of food to Social Services for emergencies.

We were given splendid toys from the Bramerton Community Church, Hockley, St. Michael's Church, Rayleigh and the 1st Hullbridge Scouts. Several individuals also contributed. Suitable toys went with the food parcels and we also delivered toys for older children to the Children's Ward, Southend Hospital, the Rochford Children's Wishing Well Centre, a group connected with St. Andrew's Church, Rochford and some to the Taxi Drivers' Charity for Sick and Disabled Local Children.

We felt it was another very successful year with plentiful food and toys.

The Chairman, Committee and RRAVS Volunteers wish to thank all the groups and individuals who gave so generously.

Pat Byford

Families-in-Need Coordinator

RRAVS NEWS

CHIEF OFFICER UPDATE

Albeit a little belatedly may I take this chance to wish you all a Happy New Year, and to let you know that we at RRAVS will do whatever we can to support your organisations wherever possible in the year ahead.

A big thank you to all the groups and other partner organisations that attended the RRAVS Community Open Day in November 2009. Your continued support is really appreciated. It was very satisfying to be involved with this event that showcases work undertaken in the district, and to use the opportunity to source new volunteers for organisations.

As you will have noted from the front of this newsletter there have been some changes at RRAVS including the move of our Volunteer Centre to the main RRAVS office. We hope to provide longer opening hours for enquiries from the public and for groups seeking support from volunteers. Please make sure you let us have your volunteering vacancies.

You may be one of the groups randomly selected to receive a survey relating to the Volunteering Brokerage offered by Volunteer Centres. If so, this will be with you before the end of January. Could I please urge you to try, wherever possible, to find some time to complete and return it in the prepaid envelope provided? The findings will be used as evidence to develop a business case for the future funding of volunteer centres across Essex.

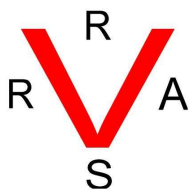
Community Forums are a key piece of work for all CVS organisations. As we plan to host a forum in the near future I would like you to let me know if there are any issues you are keen to see on the agenda for the event. This is important so that RRAVS provides information relevant to the most important needs of local voluntary and community organisations. More details will be available soon.

Our Funding Officer is also available to let you know about appropriate streams of funding which may be right for your service. There are drop-in sessions on Wednesday mornings. Please call for more information on 01268 772796.

I look forward to meeting more of your groups in the year ahead and aim to work to improve the services available to our members.

Kind regards

Jackie Brown



Baffled by Computers? Are you 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: ravs@ravs.org.uk**

FUNDING NEWS

South East Essex NHS

Grants to Voluntary Organisations 2010/11

NHS South East Essex makes awards to many local organisations that help people in South East Essex adopt healthier lifestyles and/or help people with specific health needs.

Voluntary groups can apply for grants to run projects in Southend, Rochford and Castle Point. £130,000 is available and the closing date is 12th February 2010. The funding is for a year only and you can apply for any amount.

For an application pack, e mail sue.free@see-pct.nhs.co.uk or call 01702 224628.

Children In Need launches new grants programme

Children in Need is offering small grants of up to £10,000 a year for three years for third sector organisations working with children and young people.

It is the first time the organisation has run a UK-wide small groups programme and follows a pilot in Scotland. The scheme is designed to reach organisations that have not previously considered applying for Children in Need funding.

Grants will be allocated in four tranches, with application deadlines of 15 January, 15 April, 15 July and 15 October. It is expected that decisions will be made within 14 weeks of closing date.

Download application from www.comicrelief.com or call 020 7820 5555 for further info.

Boiler Scrappage Scheme

This scheme provides a voucher towards the cost of replacing an inefficient G- rated boiler with an A- rated boiler or renewable heat technology. The scheme is open to householders in England living in an owned or privately rented home.

The voucher is worth £400 towards an upgrade with the householder meeting any additional costs.

You can apply any time at www.governmentboiler-scrappagescheme.info.

Grassroots Funding

The next round for funding from this programme will be in April (deadline 14th April 2010). There will be another round in July (deadline 14th July 2010).

Groups can apply if they meet the following criteria-:

Organisations with an average income of less than £30,000 in the last three years and who have been operating for at least 12 months.

Funding can be used for revenue or capital expenditure and will support new or existing projects.

The maximum that can be applied for is £5,000 and it must be spent by 31.3.11.

For application and guidelines go to www.essexcommunityfoundation.org.uk or call the grants team on 01245 356018.

Youth Opportunity (YOF) and Youth Capital Fund (YCF)

This fund is available to improve the provision of positive activities for young people, by giving them the power to decide how the funding should be spent in their area. You can apply for up to £7,500 combined or separately from either the YOF or YCF pot of funding.

Applications should be completed by the young people and the forms are available from www.essexcc.gov.uk or Shelley at RRAVS if required on 01268 772796.

If you require any information or assistance with any of the above funding programmes then please contact Shelley Hall, RRAVS Funding Officer on 01268 772796.

MEMBERS' NEWS

ACTIVE ROCHFORD RAYLEIGH FOLK DANCE CLUB PROJECT

Rayleigh Folk Dance Club is a member of RRAVS and also of Active Rochford, the District Community Activity Network (CAN).

Community Activity Networks are being set up in each Local Authority area in the country under the supervision of the County Sports Partnerships. They will promote active recreation within their area, which could be sport related or just active recreation such as walking, swimming, cycling or dance. The Networks include a variety of Partners. In Rochford these vary from Sport and Recreation Clubs, the District Council Sports and Leisure Team, the local School Sports Partnership, Extended Schools and the local Primary Care Trust amongst others.

Late in 2007 each CAN was offered a certain amount of Lottery Funding for schemes to promote active lifestyle initiatives within their local community. As Chair of Rayleigh Folk Dance Club I initially applied for a small amount to run "Come and Try" sessions around the District to try and boost membership of the two Folk Dance Clubs based within Rochford District. I was then offered a larger amount so extended this to involve a series of Caller (Dance Leader) Workshops to increase the number of callers working within the Clubs; a Series of Inset Sessions for School Teachers and Adults within Schools on the presentation of Folk Dance within Schools and Funding to help those Teachers to set up and run After School and Lunchtime Folk Dance Clubs within their School.

So far we have run four "Come and Try" sessions which were not over-successful and one (in conjunction with Rayleigh Library) which was. We also have run one as part of the Rayleigh Arts Festival, have run one Teacher Session in partnership with the School Sports Partnership and the Essex Folk Association which was successful, with the result that I am already working with the Teacher in one School to increase her repertoire of Dances and have helped another School to set up an After School Folk Dance Club which I am running with the assistance of one of the Teachers. She has also become a member of the Club. We have also run three successful Callers Workshops, again in partnership with the Essex Folk Association, resulting in now having 3 additional Callers working in the local Folk Dance Clubs, and have another Teacher Inset Session planned.

This shows what Clubs can get from being involved and working in partnership with their local Sport and Arts Networks, usually contactable through their Local Authority.

Dave Record
Chairman, Rayleigh Folk Dance Club

RAYLEIGH, ROCHFORD and CASTLE POINT

TALKING NEWSPAPERS for the BLIND

The Talking Newspapers provide a service of local news, information and articles from the 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

RAYLEIGH TOWN COUNCIL AWARDS FOR 2009

The Town Council makes annual awards for the Citizen of the Year as well as the following categories in groups aged up to 11 years, 11-16 years and adult: High Achiever, Disabled High Achiever, Sports Person of the Year and Disabled Sports Person of the Year.

We invite nominations from the public, schools and other organisations. If you know a deserving individual please pass their details on to the Town Clerk, Kerry Cumberland on 01268 741880.

Cllr Bruce Smart has organised a Junior Schools General Knowledge Quiz, which is so popular that he has been asked to include schools outside the Rayleigh area. The heats and final are due to take place in March 2010 and the trophy for the winning school and most impressive student will be presented along with all other awards at the Annual Town Meeting in April.

HEALTH NEWS

WANT LOCAL HEALTH ADVICE? MAKE SURE YOU CHOOSE WELL

To ensure local healthcare providers can deliver the best service possible, NHS South East Essex has compiled the information below so that local residents are aware of the NHS services available to them. It is crucial that people seek the most suitable help and advice at all times.

SELF CARE	Self-care is the best choice to treat very minor illnesses and injuries. A range of common illnesses and injuries can be treated at home simply by combining a well-stocked medicine cabinet with plenty of rest.	Self-care - essential information: Ensure your medicine cabinet is well stocked with: <ul style="list-style-type: none">• paracetamol• anti-diarrhoeal medicine• rehydration mixture• indigestion remedy• plasters• and a thermometer
HELP AT HOME	For internet information on all aspects of health and health care, go to www.nhs.uk . It allows you to check your symptoms, check hundreds of conditions and treatments and find telephone numbers and addresses for most NHS organisations, including hospitals and GPs.	NHS Direct For confidential health advice and information around the clock call: 0845 46 47 Calls to NHS Direct cost a maximum of 5 pence per minute from a BT landline. The cost of calls from mobiles and other networks may vary. You may be charged a minimum cost per call.
PHARMACIST	Visit your pharmacy when you are suffering from a common health problem that does not require being seen by a nurse or doctor. Your pharmacist can provide advice on common illnesses and the best medicines to treat them.	Pharmacist - essential information: To find your local pharmacist and for details of opening hours please visit www.nhs.uk/servicedirectorios or call NHS Direct on 0845 46 47

HEALTH NEWS

<p>GP</p>	<p>If you have an illness or injury that just will not go away, make an appointment with your local GP.</p> <p>They provide a range of services by appointment, including medical advice, examinations and prescriptions. When absolutely essential, GPs can also provide home visits out-of-hours.</p>	<p>GP - essential information:</p> <p>To find your local GP surgery, visit www.nhs.uk/servicedirectories or call NHS Direct on 0845 46 47</p> <p>Visit NHS South East Essex website www.see.nhs.uk or contact the Patient Advice and Liaison Service (PALS): 01702 224629</p>
<p>NHS WALK-IN CENTRE</p>	<p>Walk-in centres treat minor illnesses and injuries that do not need a visit to A&E. You do not need an appointment and will be seen by an experienced nurse.</p>	<p>Your local NHS walk-in centre is situated at:</p> <p>St Luke's Health Centre Pantile Avenue Southend on Sea SS2 4BD</p> <p>Open every day Mon-Sun 8am-8pm (including bank holidays) Telephone: 01702 611505</p>
<p>A&E 999</p>	<p>Accident and Emergency departments should only be used in a critical or life-threatening situation. A&E departments provide immediate emergency care for people who show the symptoms of serious illness or who are badly injured.</p> <p>Dialling 999 and stating a medical emergency will result in a response vehicle being sent to your location.</p>	<p>Your local A&E Department is situated at:</p> <p>Southend University Hospital NHS Foundation Trust Prittlewell Chase Westcliff-on-Sea Essex SS0 0RY</p> <p>24 hours 7 days per week Telephone: 01702 435555</p>

QUIT SMOKING THIS YEAR WITH THE NHS STOP SMOKING SERVICE.

This service has now been operating for 10 years and has helped more than 20,500 local people give up cigarettes. Last year alone, they helped more than 3,000 people quit. For further information on how to quit smoking, call the South East Essex Smoking Service on 01268 464511 or email southessex.stopsmoking@nhs.net.

LEGAL NEWS



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.org.uk/toolkit

Free Health and Safety Advice

Health and Safety issues can easily be overlooked during periods of high pressure. But for charities, often increasingly dipping into their reserves just to stay afloat, a major health and safety incident can be the final straw.

Fortunately for a whole range of smaller organisations, the HSE has produced an extensive range of example risk assessments on their website. These include start-to-finish steps for a charity shop, village hall, call centre and an office-based organisation.

While they shouldn't be treated as one-size-fits-all assessments which can just be rubber-stamped by the Board, they do provide useful example checklists from which different charities can implement reviews of their health and safety risks and put them right.

The HSE's website at www.hse.gov.uk also contains the practical **Five Steps to Risk Assessment** which covers the initial basic steps in a straightforward, sensible way.

(courtesy of BCVS Newslink - November 2009)

Legal Updates for Voluntary Organisations

Sandy Adirondack provides a free legal update website for voluntary organisations at 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:

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 1 October tips, gratuities and service charges can no longer count towards minimum wage even if paid to workers through the payroll.

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

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

Added or updated on the legal update website for voluntary organisations.

Lots of new and forthcoming rules which tighten up even more on hiring workers from outside the EEA. And a draft immigration bill that will consolidate and completely revise immigration law - consultation until 3 February.

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

COMMUNITY NEWS



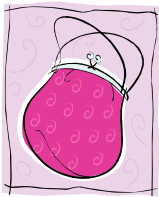
Are there things in your wardrobe you never use anymore?

Are you always saying you will do more for charity this year?

Well, here's your chance ...



Lady McAdden is looking for vintage handbags, scarves, clothes, jewellery , shoes as well as furnishings such as vases and figurines from the 1940s to the 1980s...



Anything you give will be donated to our new charity shop in Southend in order to raise funds for BUST.

Call us direct on 01702 430064 or e-mail linda.harrison@ladymcadden.org if you can help with a donation.

KnowHow NonProfit is a free and easy to use website that has been designed to give practical help and resources to any 'not for profit' group. It can provide support with running and managing their organisation. It contains a wealth of information such as tips for leading your team, beating the recession, funding and income and links to best practice. It also gives you the chance to share experiences in discussion groups.



Visit the website at www.knowhownonprofit.org.

NEIGHBOURHOOD WATCH NEWS

New Appointment. Chief Superintendent Andy Prophet has moved to Southend Division. We would like to thank him for his continuing support of Neighbourhood Watch. We are pleased to advise that Chief Superintendent Glen Westley has taken over as our new Police Commander and we look forward to working with him in 2010.



Sponsorship. We are pleased to advise that we have sponsored the Hawkwell F.C. Under 7 year old football team with shirts and rainwear bearing the NHW logo. This initiative gives us an opportunity to encourage and help young people participate in healthy activity and introduce them at an early age to NHW. It also spreads the word to families and spectators at matches throughout the Rochford District area.

Incident Report Numbers. When ringing in to the Police station to report a problem, always ask for a Crime Report Number for the incident. This registers the problem and ensures it is recorded in the crime figures.

Please contact us by phone, letter or e-mail. Our office is staffed from 10.00 - 12.00 am each weekday. Please leave a clear message on the answerphone at other times and we will get back to you as soon as possible.

**Neighbourhood Watch Office - Rayleigh Police Station, 119 High Street, Rayleigh, SS6 7QB
24 hour direct line - 0300 333 4444 ext. 490576
E-mail: nhwrayleigh@yahoo.co.uk**

COMMUNITY NEWS

Explore Culture One World Festival

Essex County Council is planning the **Explore Culture One World Festival** from March to October 2010. The festival will celebrate the world of diverse culture in the county and will showcase Essex to the World – celebrating and promoting Cultural Harmony through the county's many diverse communities. The celebrations are about you and what you do and will bring together activity from across Essex and Southend.

Explore Culture One World will involve events which celebrate the heritage and identity of people and places in Essex, including traditional and BME cultural activity. It will highlight culture in its broadest sense and aims to mainstream much of the amazing cultural activity that communities and organisations Essex are involved with.

The Festival will work across the whole of Essex and we are trying to make sure that we hold events all over the county. It is funded by a Local Area Agreement award and we have tried to distribute as much as possible to different groups across the county to support what communities are doing anyway or to enable something new to happen that can be included in the One World Festival.

Activities include:

- A Film programme with **World Cinema**, Feature films with an Essex link and Films from the East Anglian film Archive.
- Silks of Life - An exhibition of **Chinese** costume.
- Romeo and Juliet with an **Argentinean** Street Orchestra.
- **Spanish, Danish and German** dance companies touring in Essex.
- A tour of '**How to Speak Essex**' illustrating the various characteristics and peculiarities of the Essex accent as spoken by ordinary people in the last century.
- Youth **dance** performances drawing on Street, Contemporary, Flamenco, Egyptian influence
- **Global Heritage** celebrations in Colchester and Chelmsford.
- Arts festivals with a world angle in Brentwood, Rochford and Maldon.
- Essex **Black History** Month 2010.
- A friendly **cricket** match by the **Essex Tigers** with a traditional pavilion tea.
- **World music** and performances in all districts with a specially extended **Essex on Tour**.
- **Razed Roof** performance company for disabled and able bodied people.
- A **Kun Opera / Shakespeare** joint schools project in Essex and Jiangsu in China.
- **Polish** Festivals in Braintree and Southend.
- **Bangra** workshops.
- **International** street festivals in Chelmsford, Witham and Brentwood.

Working in partnership with the Essex Cultural Diversity Project, the Festival is a cross county partnership project and ties into the Explore Culture awareness raising campaign www.exploreculture.org.uk and is a key event of the Essex Cultural Olympiad with its theme of Showcasing Essex in 2010.

We need to hear from you about events that are planned for 2010 that fit the One World themes of diversity and Essexness.

Essex County Council's Arts Dept has a Small Grants Fund which will award up to £2,500 for a project in Essex and the next deadline for this is 31 March 2010. We also have an even smaller pot of between £100 - £250 to support project ideas for One World. For details email:

Belinda.farrell@essex.gov.uk

TRAINING NEWS

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



Telephone/fax 01371 876747

www.voluntarysectortraining.org.uk

JANUARY 2010

19th	Conflict Management	Chelmsford
19th	IT - Excel 2007	S. Woodham Ferrers
21st	Workshop - First Steps to Fundraising	Rayleigh
27th	Trading as a Charity	Braintree
28th	Workshop - Marketing Your Group	Castle Point
28th	Safety for Lone Workers	Basildon
29th	Emergency First Aid at Work	Maldon

FEBRUARY 2010

3rd	Workshop - Getting it Right!	Braintree
4th	Fire Safety	S. Woodham Ferrers
4th	CIEH Level 2 Food Safety	Harlow
8th	IT - Access 2007	Chelmsford
9th	Workshop - Chairing & Running Meetings	Dunmow
10th	Legal Responsibilities of Voluntary Organisations	Chelmsford
10th	Emergency First Aid at Work	Brentwood
11th	Restructuring and Redundancy MASTERCLASS	Chelmsford
23rd	Mental Health Awareness	Chelmsford
24th	Person Centred Dementia Care	Chelmsford
25th	Manual Handling (People)	Chelmsford

MARCH 2010

2nd	Maximum Impact, Minimum Effort	Feering
2nd/9th	Mental Health First Aid	Ongar
4th	Emergency First Aid at Work	Chelmsford
4th	Winning Negotiating Skills!	Brentwood
10th	Trustee Essentials	Harlow
12th	CIEH Level 2 Health & Safety	Cressing
16th	IT - Making the Most of Office 2007	Dunmow
16 th /17 th /18 th	First Aid at Work	Brentwood
17th	Principles of Fundraising	Chelmsford
18th	Getting Your Message Heard!	Chelmsford
24th	Emergency First Aid at Work	Chelmsford
24th	Managing Stress	Colchester
25th	Workshop - Marketing Your Group	Chelmsford
25th	CIEH Level 2 Risk Assessment	Epping
		Basildon

Free Training For Those Unemployed

Voluntary Sector Training have recently received funding to deliver FREE training to individuals who are:

- 19-65 years old.
- Under level 2 qualified i.e. 5 x GCSEs A - C grade
- Unemployed or women returners.

Subjects they can offer training on include:

- Manual Handling
- First Aid
- Food Hygiene
- Basic IT
- CV Writing

If you have a group of volunteers or clients who match the eligibility criteria and would like to access training for them contact VST on 01371 476787 to see if they can help.

VST will be holding a CV writing course on 25th January at Maldon and District CVS Offices. For more information and to book contact Linda Carter on 01371 876747 or email:

lcarter@voluntarysectortraining.org.uk

10th Birthday Celebration with Special Guest Lord Petre of Writtle the Lord Lieutenant of Chelmsford

Voluntary Sector Training held a special birthday lunch, celebrating 10 years of delivering affordable training to community and voluntary groups across the county of Essex. The event was held at Springfield Parish Centre, Chelmsford on Wednesday 25th November, where staff, past and present, were joined by partners, trustees, trainers and funders to mark the special occasion.



Guest of honour, Lord Petre wished Voluntary Sector Training a very happy birthday and hoped that they are just as successful in the next 10 years. He presented VST Trustee Judy Cuddeford and Director Linda Riley with a MATRIX accreditation award which VST had recently achieved after a tough assessment.

Linda Riley thanked Lord Petre for his support and said that over 11,000 people had been trained in this time and nearly 1,000 voluntary groups supported with affordable training.

Are you involved with a voluntary or community group in Essex?....For more information about Voluntary Sector Training and how we can help you visit www.voluntarysectortraining.org.uk or call 01371 876747.

Affiliated Members 2009 - 2010

(Websites shown where known)

Active Christian Trust Warehouse Centre - www.warehousecentre.co.uk
Age Concern –
Home Support Service
Age Concern Rayleigh
Age Concern Essex www.ageconcernessex.co.uk
The Ark II “Together on a Sunday Afternoon”
Arthritis Care - www.arthritiscare.org.uk
Belchamps Scout Centre - www.belchamps.co.uk/
Brainwave - www.brainwave.org.uk
British Red Cross - www.redcross.org.uk
Castle Point (CAVS) CVS/VB - www.cavscastlepoint.org.uk
Castle Point Stroke Club
Cedars Centre
Cedar Hall PSFA
Christ Church URC, Rayleigh
Crouch Valley Scouts District Council - www.essexscouts.org.uk/districts
Cruse Bereavement Care - www.crusebereavementcare.org.uk
CSV Essex Supported Volunteering - www.csv.org
Disabled Christian Fellowship, Rayleigh
Disabled Information Advice Line (DIAL) – www.dialbasildon.co.uk
Disability Essex - www.disabilityessex.org
Elizabeth Fitzroy Support - www.efitzfroy.org.uk
Essex Blind Charity (incorporating EVAB) – www.evab.org.uk
Essex & Southend LINK - www.essexandsouthendlink.org.uk
Essex Blind Society
Essex Coalition of Disabled People - www.ecdp.org.uk
Essex Playing Fields Association - www.essexplayingfields.org.uk
Gazelle Personal Development - www.gazelleproject.org.uk
Graceart Painting Group
Great Ormond Street Hospital Charity - www.gosh.org
Great Waking Helping Hands Association
Harmonie Concert Band - <http://members.aol.com/harmoniewindband>
Havens Christian Hospice
Hawkwell Parish Council
Historical Society of Rayleigh
Hockley & Hawkwell Old People's Day Centre
Hockley Bowling Club

Home-Start – S.E. Essex - www.home-start.org.uk
Hullbridge 1st Scout Group
Hullbridge Community Association
Hullbridge Senior Citizens Welfare Council
Independent Visitors Scheme
Inner Wheel Club of Rayleigh Mill - www.essexinfo.net/rayleighmill/
Interact Chelmsford Ltd - www.interact.org.uk
Lions Club of Rayleigh - www.rayleighlions.org.uk
Louis Drive Residents' Association
Lymphoma Support for You
The Massive Project
Mayday Monday Club
Monday Morning Art Group
Motor Neurone Disease Association SE Essex www.mndassociation.org
Multiple Sclerosis Society SE Essex www.mssociety.org.uk
National Federation for the Blind - www.nfb.org
National Trust - Rayleigh Mount
The Olive Tree Centre
Open Road (New Horizons)
PACT (Partnership Action Communication Training) - www.pact-network.org
Parentline Plus - www.parentlineplus.org.uk
Parkinson's Disease Society, Southend & District - www.parkinsons.org.uk
The Peaceful Place- www.peacefulplace.co.uk
Rayleigh 1st Scout Group
Rayleigh 5th Scout Group
www.5thrayleighscoutgroup.org
Rayleigh Bowls Club - www.rayleighbowlsclub.co.uk
Rayleigh Boys Football Club - www.rayleighboysyouthfc.org.uk
Rayleigh Camera Club
Rayleigh Castle (Evenings)
Townswomen's Guild
Rayleigh Chamber of Trade - www.rayleighbusiness.co.uk
Rayleigh Folk Dance Club
Rayleigh Grange Community Association
Rayleigh Grange U3A
Rayleigh No 1 Club OAP/NFRPA
Rayleigh Pensioners Good-fellowship
Rayleigh Physically Handicapped Club
Rayleigh & District Racing Pigeon Club
Rayleigh, Rochford and Castle Point
Talking Newspapers

Rayleigh Social Club for the Blind
Rayleigh Through the Looking Glass - www.rayleighthroughthelookingglass.co.uk
Rayleigh Town Archery Club - www.rayleightownarcheryclub.co.uk
Rayleigh Town Council - www.essexinfo.net/rayleightowncouncil
Rayleigh U3A - www.rayleighu3a.org.uk
Relate SE Essex & Family Mediation Service www.relate.org.uk
Rethink Good Companions - www.rethink.org
Rochford & District Old People's Welfare Committee
Rochford & Rayleigh CAB www.rochford.cab.org.uk
Rochford Access Committee for the Disabled
Rochford Children's Centres
Rochford Hundred Historical Society
Rochford Parish Council - www.essexinfo.net/rochfordparishcouncil
Rotary Club of Rayleigh Mill www.rotary-club.org.uk
Rotary Club of Rochford
Royal British Legion (Rayleigh)
Salvation Army
Southend and District Alzheimer's Society www.alzheimers.org.uk
Southend Blind Welfare Organisation - www.southendblindwelfare.org.uk
Southend Community Action (SAVS) CVS/VB www.southendcommunityaction.org.uk
Southend Area Bus User Group www.sabug.kk5.org
Southend Mencap - www.mencap.org.uk
Springboard Home Improvements www.springboardha.org.uk
Star Partnership - www.starpartnership.org
St Lukes Day Centre
Sunday Club (The)
Supporting Carers and Families Together (SCAFT)
Sweyne Choral Society
Take Heart, Southend & District Cardiac Support
The Taxi Drivers Charity Fund for Sick, Disabled & Local Children www.southendtaxidriverscharityfund.co.uk
Victim Support, Essex www.victimsupport.org.uk
Who Can You Trust CLC - www.whocanyoutrust.org.uk
Wyvern Community Transport www.rravsv.org.uk/transport.html
Private Members: 1

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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