

RRAVS NEWS



Rayleigh, Rochford
and District Association
for Voluntary Service

RRAVS

*The newsletter for voluntary sector
community organisations*

**Winter 2011 -
Issue 35**

Free money - are you getting yours?



MP, Mark Francois, rallies the troops to bid for funding at the Annual General Meeting. And it's good bye to him as Ron bows out. See page 3.

*Finished reading? Please pass The Volunteer on
to your friends and colleagues*

Inside

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RRAVS 105a High Street, Rayleigh, SS6 7QA.

Telephone 01268 772796. Email: ravs@ravs.org.uk. Website: www.ravs.org.uk



**Having a bit of a do?
Then let us know about it**
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.

Also we can help publicise your event by advising on how you write and issue a press release to the local press.

***The deadline for the Spring issue is:
1 April 2012.***

You can either e-mail your info to us at ravs@ravs.org.uk or post your information to: **Amanda Harris, RRAVS**
105a High Street, Rayleigh, Essex, SS6 7QA.

Essex Association of Councils for Voluntary Service

Rayleigh, Rochford and District Association for Voluntary Service is a member of the Essex Association of CVSs (EACVS.)

Members of EACVS provide help and support to front line voluntary and community organisations across Essex, including Southend and Thurrock.

Each works behind the scenes in their locality to

ensure that local voluntary groups get the support that they need.

They offer a range of services to the local voluntary and community sector, work together where this is of benefit to the local sector, and are part of a network that is in touch with over 164,000 local charities, voluntary and community groups across the country.

To find out more, visit the new website at <http://eacvs.org.uk/>.

Get in touch

Volunteers needed, come and join us, meet people, make new friends enjoy being out and about.

Help make a difference. It beats watching daytime telly!!!

Registered charity 111343

**RRAVS Main Switchboard:
01268 772 796**

*RRAVS Honorary President - Rt Hon
Mark Francois MP*

*RRAVS Honorary Vice President - James
Duddridge MP*

MP Mark - Thank you all and have a good one!

'It has been another busy year for the Rayleigh, Rochford and District Association for Voluntary Service, and despite facing economic challenges, RRAVS has continued to do excellent work in and around the local community. I am very proud to be the Honorary President of such a hard working and committed organisation.

I would like to take this opportunity to thank all those involved in making RRAVS the success it is and I would also like to wish RRAVS, and all its members, a very Merry Christmas and another happy and successful New Year'.

RRAVS President, The Rt Hon Mark Francois MP

RRAVS AGM - MP Mark urges members to bid for funding while Ron Rowson steps down as Chairman after over 10 years at the helm (but don't worry - he's still around)

It was the best of times and the not so good times when reports were read at the RRAVS Annual General Meeting held in July. Over thirty people attended the meeting, held at the Civic Suite, Rayleigh.

The audience heard in the Manager's report that RRAVS finances were sound and the website was successfully relaunched making it easier for visitors to navigate.

The VC Manager reported that RRAVS was working to gain accreditation to Volunteering England and that lots of younger volunteers were coming forward.

LAPPTOP reported that it is struggling because of funding cuts and is running solely with the help of volunteers and without a staff coordinator although he is continuing as a volunteer.

Software updates are on hold.

The Funding Officer reported that securing funds is becoming more difficult. However, a funding bid, held in partnership with Castle Point CVS was successful.

During the open forum, the 5th Rayleigh Scout Group, reported that they had been unable to secure funds for a



MP Mark Francois addresses the AGM

new scout hut in Love Lane Rayleigh.

Neighbourhood Watch said that the organisation had benefitted 'hugely' from RRAVS.

Hawkwell Parish Plan Group reported that thanks to RRAVS they had been able to distribute 5000 leaflets, with funding of £11,000, to put out questionnaires as a consultation on the Hawkwell Plan.

Wyvern Community Transport told the meeting that Wyvern continues to grow and now handles 27,000 passenger journeys a year with six minibuses.

CAVS raised the issue of the importance of partnerships.

Crouch Valley Scouts, told the AGM that RRAVS had been helpful in seeking funds and had also helped to secure vol-

unteers to help run groups.

And it's goodbye to him. Ron Rowson announced that he was stepping down as RRAVS Chairman, but would remain active.

MP for Rayleigh and Wickford Mark Francois ended the meeting with a rallying call for local organisations to bid for funding from the National Lottery. He said, "I have done some research and discovered that we have done less well than other parts of the country.

"I will now endeavour to try and persuade some of the grant funding bodies, including the Big Lottery Fund, to address this imbalance, and I wish to work with RRAVS in order to try and achieve this."

He paid tribute to RRAVS, saying that it was having a successful year despite the economic conditions and continues to provide a volunteer service to the community. "If it were to cease to exist, we would have to invent it again" he said.

MP Mark ended by saying 'Thank You' for all RRAVS does in the community and to you for the help you give your fellow members despite challenging circumstances. "I wish you a successful year ahead."

Chairman Update - David says thanks to Ron

Having for the past couple of years been the Vice Chairman and Executive Trustee, I have had the opportunity to work closely with our retiring chairman, Ron Rowson.

I would like to pay tribute to Ron as he has committed himself to RRAVS for approximately the last 20 years and has been inspirational in its development - he will be sorely missed but I am pleased to say he will be staying on as one of our Trustees.

I intend to follow the high standard he has set and I know that I will be working with a dedicated group of Trustees and a hard-working staff and volunteer team.

RRAVS must be target driven in the future by virtue of the Service Level Agreement requirements set by our funding authorities and our priority must be to achieve them. Sadly, the national economy and its impact on statutory



In future months as part of this exercise our staff will be contacting local voluntary organisations with a view to us visiting them and introducing ourselves and our role.

I feel that face-to-face contact is most important. In these visits we aim to spell out our role and the ways in which we may be able to help

authorities impacts on the future financing of the voluntary sector.

Hopefully, those funding authorities will recognise the value of the voluntary sector and limit any future financial reductions.

One of my immediate key aims is to improve the public profile of RRAVS across the whole of Rochford District and to dispel any myths that as we are Rayleigh based and we only serve organisations in Rayleigh as this is clearly not the case.

them. Likewise, we would like to know what their needs are particularly in relation to volunteering, funding and support and advice. Hopefully, the organisations will take up our offer!

Our recently recruited volunteer Press and Publicity Officer, Martin Mallin, will be a key player in promoting RRAVS.

I look forward to working for you and would be happy to receive any comments that you may have on our role.

Baffled by computers? Over 50?

Then LAPTTOP may be the answer

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

LAPTTOP can help you with a beginners computer course and home visits.



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.

Looking for ideas to help you raise funds? Then you can turn to Paige

250 fundraising ideas from Paige Robinson

A new book has been released by avid fundraiser, Paige Robinson, who has written a 140 page guide for charities, schools and PTAs, featuring over 250 fundraising ideas. It is aimed particularly at hospices, churches, clubs, school PTAs and smaller charities to help them bring in much needed funding.

The book covers sponsorship, raffles and lotteries, collections and donations, games and activities, selling items, and suggests various events.

It also includes how to use outside businesses effectively as well as social networking sites.

It features a diary of national days, international awareness dates, and important historical anniversaries to inspire themes for events or link your fundraising to other activities taking place.

All royalties from the sale of the £5.69 book are



being donated to the NSPCC.

The book can be bought through Amazon, the online retailer.

High Sheriff's funding award

Any voluntary or community organisation based in Essex, Southend of Thurrock needing financial support for their community safety project can apply for an award from this fund. Grants of up to £1,000 are available for projects that will make local people, of all ages, feel safer in their homes, schools, towns and villages.

Nominations are also invited for local people to receive special recognition for excep-

tional achievement in promoting community safety and crime prevention initiatives.

The deadline date for applications is 1 December each year. Details of awards together with application forms are available from the website of Essex Community Foundation who manage the High Sheriff's Award for Essex.

Website:
<http://www.essexcommunityfoundation.org.uk>

Woodward Charitable Trust

The Woodward Charitable Trust is one of the Sainsbury Family Charitable Trusts. The trusts share a common administration, but are otherwise independent of each other.

The Trust aims to support small-scale, locally-based charitable initiatives in the UK.

The Trust offers the following types of funding:

* Small grants of between £100 and £5000

* Large grants of over £5000

Funding is primarily for one off projects, but the Trustees are willing to consider funding running costs, including core costs and salaries.

Applications are accepted from UK registered charities with an annual turnover of less than £300,000. Main grants are usually allocated following Trustees meetings held in January and July of each year.

Applications for the Trustees meeting in January are accepted until the 30th November 2011.

Link to guidelines : <http://www.woodwardcharitabletrust.org.uk/guidelines.html>

RRAVS Volunteer Centre

RRAVS Volunteer Centre continues to go from strength to strength. Since 1 April 2011 we have dealt with over 500 general enquiries from members of the public about volunteering, and almost 100 have gone on to volunteer within Rochford district.

We are currently working in partnership with ECC's Essex Legacy and other Volunteer Centres across Essex to recruit Essex Ambassadors for the 2012 Olympic and Paralympic games. These volunteers

will be involved with events being held across Essex such as Sparks will Fly and at major transport hubs, directing visitors to the area during games time. If you're interested, why not visit the website at <http://www.essexlegacy.org/be-part-of-it> to find out more.

For more information on RRAVS volunteer centre news, a copy of your VC is enclosed and can also be found on the RRAVS website at: http://www.rravs.org.uk/docs/vs_newsletters

It might be a bit balmy out there, but you do need to look after yourselves

Despite the unexpected good weather that we enjoyed at the beginning of October, it is the time of the year when we see many people suffering from 'flu-like illness'.

Like every winter, the Flu viruses, including Swine Flue virus (H1N1) have begun circulating amongst us and is attacking people with weak immune systems and those suffering from other long term conditions like asthma and diabetes.

Nationally, during 2009 winter season more people died from influenza and pneumonia than those who died with breast or prostate cancer.

The NHS in south Essex is today urging people at risk of flu to get protected and have the vaccine.

Four groups have been identified as being most at risk:

- Pregnant women
- People with long term conditions and serious illness that make their immune system weak, for example cancer, asthma, diabetes, heart disease and neuro-

logical illnesses.

- Carers who look after vulnerable people, and
- People over 65 years

Margaret Gray, Head of Public Health for NHS South East Essex, said "Flu is different to getting a cold and the effects of seasonal flu are often underestimated.

"Some people are more at risk from flu and need the vaccine because they are not able to fight off flu as easily as others.

Prevention

"It can often result in more serious complications which require hospital treatment - and the figures from last winter show that sometimes there can be devastating consequences of death.

"This can be prevented by having the vaccine, which is being provided free to eligible people at GP surgeries across south Essex for people with long term conditions, carers, those over 65 and pregnant women."

Dr Arun Patel, Associate Director of Public Health at NHS South West Essex, says: "Flu is a highly infectious illness caused by viruses. We now have a safe effective vaccine for the viruses that will circulate this winter.

"It is important that those at risk protect themselves every year. Getting the free jab helps protect them and their loved ones."

There are additional ways people can protect themselves and those around them.

Good hand hygiene - the 'catch it, bin it, kill it' technique - reduces the spread of germs.

This means carrying tissues, covering coughs and sneezes with a tissue, disposing of the tissue after one use, and cleaning hands as soon as possible with soap and water or an alcohol hand gel.

People in the at-risk groups can get their free flu vaccination by contacting their GP practice.

For more information visit www.nhs.uk.

Why not pop in for a bite to eat

If you are retired, fed up with cooking for yourself or just need some company, then why not pop in for a bite at the Age Concern lunch club at the Todman Centre, Castle Road, Rayleigh.

Open from Monday to Friday, on the menu is a hot lunch including dessert for just £3. Affordable transport is available if needed.

If you would like to know more, then call 01268 775380 and speak to Beryl or Mike Handford



MENCAP WILLS AND TRUSTS

MENCAP offers free legal advice on making a will or setting up a trust which includes someone with a learning disability.

For information call 0207 769 6925 or online: willsandtrusts@mencap.org.uk./willsand trusts

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

ROCHFORD AND RAYLEIGH CITIZENS ADVICE BUREAU

Opening hours from 1st April 2011
Rochford office: Back Lane, Rochford,
Tuesday - Friday 10 am - 2 pm
Rayleigh office: Civic Suite, Hockley
Road, Rayleigh, SS6 8EB

Monday, Tuesday and Friday 10 am - 2 pm
Wednesday and Thursday pre-booked
appointments only



Free, confidential, independent and impartial advice on benefits, debt, housing, employment, relationships and family, legal matters, consumer goods and services, education, immigration, utilities and communications etc.

Telephone service available on: 0844 477 0808
www.rochfordcab.org.uk

Community Action against Crime Innovation Fund

The Community Action against Crime Innovation Fund is provided by the Home Office which has entered into a contract with the Community Development Foundation to administer the fund on its behalf.

The Fund encourages creative new approaches to tackling crime and is available to community organisations to support community safety projects.

The Fund is worth £5 million in 2011/12, with a further £5 million set aside for 2012/13. Individual grants of between £1,000 and £50,000 are available.

It will encourage greater

community activism and enable communities to develop innovative approaches to tackling the local crime issues that matter to them. There are separate application forms and guidance notes for bids of small grants of £1,000-£15,000 and for large grants of £15,000 to £50,000.

Applications will be accepted on a rolling basis so that groups have time to develop their bids but the final submission date is 1 December 2011.

E mail: info@scdc.org.uk
Website: <http://www.cdf.org.uk/web/guest/crime-innovation-fund>

For any assistance with grant funding or completion of grant application forms, please call Shelley Hall, Funding Officer for RRAVS on 01268 772796 or via funding@rravs.co.uk.

RBS Sport for You grant

The Daily Telegraph, in partnership with the Royal Bank of Scotland, administers the Sport for You grant. The maximum grant available is £1000. The scheme aims to support those clubs that play a vital role in society, creating a place for social interaction and an environment where different generations come together to be active and share the joy of sporting participation.

The grant must be used to benefit the

club as a whole. It may not be spent on individuals. Applications from after school sports clubs run by parents or other parties on a voluntary basis are also welcomed.

Deadline for applications is 30 November 2011.

Link to guidelines: <http://www.telegraph.co.uk/sport/othersports/amateur/8281316/A-1000-amateur-sports-club-grants-could-be-yours.html>

Football Foundations facilities grant

Provides money to develop new or to improve facilities for community benefit.

These include changing rooms, clubhouses, grass or artificial pitches and multi use games areas. For more information visit <http://www.footballfoundation.org.uk/apply/facilities-grants>

Nominet Trust - for the safe use of the internet

The Trust provides funding to innovative projects that strive to improve and encourage the safe use of the Internet for educational, inclusion and other charitable purposes.

The aim is to help disadvantaged and vulnerable groups to use the Internet, i.e. young people, the elderly, the disabled and sick and people in deprived areas.

Eligible projects must be a new initiative or a distinctive

extension of an existing project, be original and innovative or provide a fresh and different approach to an existing project.

They should also have a wide reach or demonstrable potential in the long term, make a significant difference to the users, be capable of delivering what is promised with risk and mitigation assessed and have the internet at the core.

Deadline for applicants is the 1st December 2011. Link to guidelines: <http://nominettrust.org.uk/our-selection-criteria-0>



New proposals for CRB checks

Home Office announces limits on criminal record checks. Only those working 'closely and regularly' with children and vulnerable adults would need to be vetted.

Volunteers and staff will need criminal record checks only if they work 'closely and regularly' with children and vulnerable adults, under plans for a wide-ranging reform of the vetting and barring system announced by the government.

Under the proposals, part of the new Protection of Freedoms Bill, about 4.5 million people who would have had to register with the Independent Safeguarding Authority would not have to have criminal record checks.

The previous system would have involved carrying out the checks on nine million people. Under the proposed new system, only about 4.5 million people would be subject to criminal record checks.

The new proposal would also make criminal record checks portable so that individuals would not need separate checks by each organisation they worked or volunteered for.

A Home Office said: "Far fewer people will come within the scope of regulated activity under the new system. The only people needing checks will be those working most closely and regularly with children and vulnerable adults".

The government would also 'monitor the scope of criminal record checks' to make sure they were not deterring people from volunteering. The bill is expected to become law by early 2012.

CRB Fee increase for paid staff

As a result of recent Government changes, the cost of an Enhanced CRB check has increased by £8 (from 6 April 2011).

This is the first time that CRB fees have increased since 2006. All other fees will remain unchanged.

The following fee levels will apply throughout the remainder of 2011/12.

* **Enhanced CRB check £44.00**

* **Standard CRB check £26.00**

* **ISA Adult First check £6.00**

CRB checks for volunteers will continue to be free of charge.



Life doesn't stop
with Dementia

If your life, or the life of your loved one has been touched by Dementia.
We are here to help

Telephone 01245 363789
Or go to www.essexdementia-care.org.uk to find out more.

TEMPLATES CAN ADD A BIT OF VA VA VOOM

NCVO has a range of templates available on their website which are free to download and designed to be customisable to your organisation so you can adapt, edit and amend them.

The templates are designed to help you with the development of policies, job descriptions and good diversity practice – and many more.

To access the templates, visit:
www.ncvo-vol.org.uk/gge-templates

Come along and help make a difference to the Southend NHS Foundation Trust

Meetings in the Community - Come along and help make a difference

Southend Hospital is holding meetings around the County, starting at either 1 pm or 7 pm.

The first speaker starts at 1.15pm or 7.15pm and the meetings finish by 2.45pm or 8.45pm respectively.

There is a 'MEDICINE FOR MEMBERS' clinical presentation on subjects such as Arthritis, Prostate Cancer, HRT and Heart Pacemakers after which the Chief Executive talks about the hospital's plans for the future.

Important issues are shared so please come along.

All are welcome including children.

Complimentary tea, coffee and biscuits on arrival.

The next meeting will be on the 24th November at St Edmunds Hall, Southend on Sea.

For further information or to confirm attendance, please call:

Freephone 0800 018 5202 or email foundation.members@southend.nhs.uk

Online support and information for small charities

Can your charity buy or rent property?

How should you organise votes at board-level?

What should you do when your charity grows?

These are some of the common questions and issues faced by trustees of small charities. The Commission wants to help trustees find answers to their questions quickly and easily.

This is why we have developed a new section of our website dedicated to advice and guidance for charities

See the small charities web pages for more information:

http://www.charitycommission.gov.uk/Charity_requirements_guidance/Specialist_guidance/Small_charities/default.aspx

with small incomes.

The new pages provide trustees with basic information about:

- Starting, running or winding down a small charity
- Finding trustees
- Registering with the Commission
- Accounting and reporting
- Holding meetings and voting
- Dealing with property

The section also explains where trustees can go for more detailed guidance – often through links to other sections of our website.

Renewable energy awareness course

We are holding a 2 day training programme regarding low carbon technologies.

The course aims to give background to the various technologies and explain what each does and the pay-back periods, grants, costs etc.

If you are a plumber, electrician, architect, housing officer, teacher, student or individual who wishes to learn more about Renewable Energy and Low Carbon Technologies, please contact us to sign up for the course.

You will receive a BPEC Certificate in Renewable Awareness.

No pre-requisite is necessary, only an interest in learning. There will be a multiple choice questions and answer test to complete at the end of the course.

The dates for the course are:

24 and 25 November between 10am - 4 pm

Free to unemployed, disabled people, family and carers

Contact info@disabilityessex.org



Launch of NSPCC helpline mobile phone texting service

In May the NSPCC Helpline launched a mobile phone texting service which allows members of the public to contact the Helpline by texting 88858.

This service can be used to seek advice and assistance and also to report concerns that may need follow up action or investigation. Texts can be sent anonymously if wished and at no cost to themselves.

The texting service will extend the range of options that people have for contacting the Helpline.

These currently include:

- Telephone: 0808 800 5000
- Email: help@nspcc.org.uk and
- reporting online at: www.nspcc.org.uk/

What's happening with Castle Point and Rochford compacts?

The Castle Point Compact was refreshed and rewritten last year and is now a relevant and meaningful document.

The Rochford Compact was signed off in 2007 and Rochford District Council are currently reviewing what, if anything, needs to be brought up to date.

The Local Strategic Partnerships in Castle Point and Rochford have recently merged, resulting in a combined executive board as well as combined sub-groups beginning to emerge.

The Rochford Community Involvement Group and Castle

Point's Stronger Communities Group merged in September 2011 and have reviewed both Compacts in order to amalgamate into a simple joint Compact for the two districts working together.

The Essex Compact Project is a short term piece of work aimed at raising awareness and developing work regarding the Compact across the county.

Within Castle Point and Rochford, the project has discussed how Compact principles can be utilised to both strengthen and further enhance partnerships between the voluntary and statutory sectors.

Free website on Essex info.net

Essex County Council continues to support Parish and Town Councils, and Community groups in Essex by providing the opportunity to set up a free website on essexinfo.net, with free training and ongoing support always available.

So even if your Council already has a website could you please pass on this information to any group within your community that could benefit from a free website.

To see the variety of sites already set up log on to:

<http://essexinfo.net/>

Anyone interested in setting up a website can either log on to <http://essexinfo.net/> and then click on 'Apply for a Website' which can be found on the left hand side of the page.

Or for further details please contact Pat Roberts.

• email
pat.roberts@essex.gov.uk

• Telephone
01245 437891

• Mobile:
07983455211.

Sparks will fly

This is a Countywide cultural event planned for the summer of 2012.

Involving artists and communities, it will form part of an extraordinary celebration that weaves the history and stories of Essex with a mythical journey thorough the county, culminating in a large scale outdoor performance at Hylands Park in July.

Essex County Council are working in partner-

ship with Chelmsford Borough Council to deliver the event and look to give as many people as possible the chance to get involved.

If you are interested and would like more information then contact Belinda.farrell@essex.gov.uk to find out if your project planned for Spring/Summer could be a part of the "Sparks will Fly" event.

Carers Emergency Planning Service is now nationwide

The Carers Emergency Planning Service has been designed to allay carers' worries about what would happen to the person they care for if they were unable to continue their caring role due to an accident or emergency situation.

The service would provide 'short term, home based' respite to the cared for person, giving the carer peace of mind and is provided free of charge.

The service was first piloted in Epping and Harlow in early 2009 and was extended to the Tending area later the same year.

The pilot was such a great success that from April 2011 the service went county-wide.

It means that anyone

who is providing care to a family member, friend or neighbour who is in need of help because they are ill, frail or have a disability, can register a plan with Essex County Council.

This plan can then be implemented on their behalf in an emergency.

Neither the carer nor the person that they care for has to be in receipt of services from Essex County Council, they just need to be over 18.

If you would like more information or to register for this service, please contact the Carers Strategy Team on 01245 435150 or e-mail:

lea.sherman@essex.gov.uk

Don't be fooled by the telephone scammers

There are a number of phone and computer scams to be aware of: Caller claims to be from Windows Information Centre.

They claim that there has been a database failure and need your email user name, password, date of birth and country you are living in to reactivate your email account. Caller claims to be from

Microsoft Security claiming your PC has a virus - they want to download a patch to fix it.

Sometimes they ask for a payment, usually around £30.00, sometimes they claim it is free.

The patch give remote access to your PC and personal and financial details can be obtained by the scammers.

It makes sense to save and get cheaper loans

Essex Savers is a local not-for-profit financial co-operative that provides a place to save money and get loans at reasonable rates.

Staffed entirely by volunteers, it is regulated by the Financial Services Authority. The main office is in Chelmsford and has a network of 25 access points throughout Essex.

Anyone who lives or works in Essex can be a member. Find out more at www.essexsavers.co.uk (from: Chelmsford CVS, Update)

Guardian offers free advertising for volunteers

Guardian Jobs are offering free advertising for organisations looking for volunteers on guardianjobs.co.uk as part of its commitment to voluntary sector recruitment.

207,000 Guardian Jobs users work in the voluntary or Charity sector.

Travel training will help you get back on the road again

Travel Training is designed to help people get more from life by giving them confidence to travel independently.

Trainers will accompany trainees on their journeys, providing encouragement and guidance until trainees have developed the appropriate skills to

travel independently.

Trainers work with clients who have behavioural difficulties, physical difficulties and additional needs.

To find out more: Telephone: 01245 437767

Or visit: www.travel-training.co.uk

Keeping safe - support in reporting hate crime

Bullying, hate crime and general anti social behaviour towards our learning disabled friends is on the increase, but thankfully this is now being taken very seriously by the organisations that matter, the Police and the Local Authorities.

Hate crime is THE hot topic at present in the field of supporting the learning disabled, and this has been enhanced by a number of projects and campaigns that are in full flow across the country:

Stand By Me – National Mencap’s primary campaign that was launched during learning disability week in June. See Mencap’s website for details of the campaign and how you can get involved:

www.mencap.org.uk/campaigns

Be Safer Project – Their focus is to initiate funded community projects enabling adults with a learning disability to develop opportunities to be safer and feel safer in the community. This is being achieved by an inclusive, multi-agency approach led by people with a learning disability. Across Essex, four regional groups have been set up in South, Mid, North East and West Essex. These groups are looking at the challenges and issues faced by people with a learning dis-

ability in their area.

For more information on this, contact **Castle Point Association for Voluntary Services** or go to their website at

www.castlepoint.org.uk/besafer

Think Safe – An information pack produced in partnership by Essex County Council, IAS, BATIAS, The Essex Safeguarding Adults Board, Essex Police and Castle Point Association for Voluntary Services, this provides three easy read booklets to support people with learning disabilities to keep safe: At Home, Out and About and Hate Crime. A pack can be ordered by calling 0845 603 7630 or you can download it at www.essexab.org and clicking **Think Safe**

The Think Safe pack quotes:

“If you are worried about keeping safe you can talk to someone you trust, like your family and friends, carer or key worker.”

Helpful telephone numbers:

Social Care Direct: 0845 6037630

Police: 0300 3334444

Police emergency: 999.

Local charities encouraged to help themselves

A new website has been launched to help small charities promote themselves online.

The site features registered charities and includes small community organisations vetted by the Essex Community Foundation.

It is the first website that has been created to help unregistered charities in this way and provides a platform allowing such organisations to fundraise online as well as a much needed way for the public to find them and make donations.

Fees apply.

Tel: 0300 111 2340
Website: www.local-giving.com

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

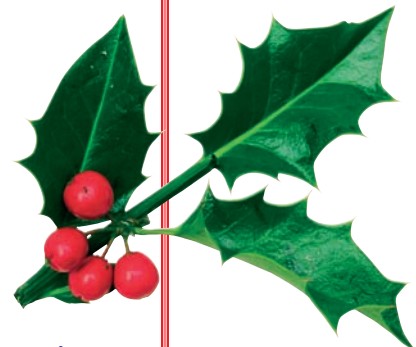
**HEALTH AND WELLBEING SHOW
THURSDAY 17th NOVEMBER 2011**

10am - 2pm

**THE MILLS ARTS AND EVENT CENTRE,
BELLINGHAM LANE, RAYLEIGH**

FREE ENTRY FOR ALL

**Blood pressure and body mass index checks,
seated exercise demonstration, plus much, much more!**



Rayleigh, Rochford and District Association for Voluntary Service

Essex County Council launches Good For Essex Website

Residents who are interested in volunteering or getting involved in their community and voluntary or community groups who need volunteers can now benefit from Good for Essex, a website aimed at supporting volunteering.

On Wednesday 19 October, 'Good For Essex' was launched to promote community action and volunteering.

The website provides a shop window for voluntary and community groups across Essex to generate awareness of the breadth

of volunteering opportunities, to suit all interests, locations and availability.

There are loads of fun and interesting ways you can become more involved in your local community, whatever your interests or skills and whether you have a little or a lot of time to spare.

Everyone has talents and passions they can share. Everyone can make a difference.

Let's get started, register at www.goodforessex.org.

Mental health first aid course

We are pleased to offer this half day training course for managers and senior staff members of organisations dealing with people in the community and workplace.

Reduce the number of sick days your employees take due to stress, anxiety and depression by recognising the symptoms and providing support and guidance to the appropriate interventions and professional help they need.

The aims are to raise awareness of mental health issues, promote recovery of good health, reduce stigma and discrimination and provide comfort to a person experiencing mental health issues.

For police, community workers, nurses, for instance, those working in direct contact with people who may have mental health

issues, we offer a 2 day, 12 hour evidence based course regulated by the National Institute for Mental Health in England and you will receive a handbook and certificate

To find out when our next course takes place, please contact kay.ilott@disabilityessex.org or phone for more information

Mobility Scooter Training show

Our Road Show can be brought to you anywhere in Essex or you can come to our Centre to learn how to safely use a mobility scooter.

We require a minimum of 4 people to take part in the training and up to 12 per group.

The training consists of 2 parts:- an in class lesson segment and an actual scooter driving and hazard perception segment. You will learn how to choose a scooter that is right for you, its maintenance, the law, journey planning, staying safe, insurance and theft. You will have the opportunity to ride several types of scooters to learn the differences.

The training is ROSPA accredited and our programme trains you to train the public. If you are disabled, unemployed or a family member or carer and wish to take part in this training, please contact julie.mills@disabilityessex.org

Next training date scheduled for November 2011.

Sportivate wants to *motivate* you!

Young people in Essex are being urged to get out and give sport a go in an Olympic legacy push

Legacy aims to get 9,000 young people across Essex taking up sport.

There is a chance to win London Olympics 2012 tickets for those who take part regularly.

Sportivate will give 14 -25 year olds the chance to receive six to eight weeks of coaching in a sport of their choice.

Launched by Sport England, the £32 million National Lottery funded project aims to get those who are not currently playing sport to get out and give it a go.

As part of the scheme, *Sportivate* will see 300,000 teenagers and

young adults across England completing sports courses over four years.

Sportessex will work with local providers and sports clubs to help 14 - 25 year olds in Essex to continue playing sport after they have completed the course.

To help inspire and motivate the participants, our Sporting Champions – a team of current and retired elite athletes – will visit *Sportivate* sessions to share their experiences and enthusiasm for sport.

As an additional incentive, teenagers and young adults who stick with sport will have the chance to enter a ballot for free London 2012 tickets. Sport England has hundreds of Olympic and Paralympic tickets available

for *Sportivate* participants via the London 2012 Ticketshare initiative.

In order to be eligible for London 2012 Ticketshare, participants will need to complete the sports course, missing no more than one session, and then continue to participate in sport for at least three months.

Sportivate is an inclusive programme that will create opportunities for disabled and non-disabled participants.

To find out more information about how your club can get involved or if you want to find out about sports in your area contact:

Jim.messenger@sportessex.org.uk or visit www.sportessex.com



Creme de la creme at the RRAVS Volunteer Awards

In June, RRAVS held its annual volunteer award event at Hockley Parish Hall. Twenty volunteers were awarded in recognition of their hard work and dedication. The overall winner was presented with a crystal paperweight.

The awards were presented by Cllr Simon Smith, Chairman of Romford District Council.

An opportunity to share experiences into work within the third sector

Two related projects are currently underway to help shape the way the sector commissions the voluntary sector in Essex.

The first is a six month internal review by Essex County Council looking at all stages of the commissioning cycle, from priority setting and service specification, development, to procurement and monitoring processes.

Key themes are how ECC engages with the sector to shape the agenda, and how processes and policy decisions can have an unrecognised detrimental impact on voluntary sector organisations.

The second is the Third Sector Commissioning project, funded by ESTIC, which will be operating over a longer period and covering a wider range of statutory bodies, focusing on the new health structures as they begin to emerge.

The project is looking for case studies that illustrate good or poor practice in commissioning or grant funding the sector.

Emerging issues include:

- Missed opportunities to engage in needs assessment and service design.

- Poorly worked up tender specifications.
- Burdensome contract documents for small amounts of money.
- Inadequate timescales to respond to opportunities and develop consortia.
- Tender processes and requirements that can exclude smaller providers.
- Social and economic value of delivery by local VCS is not recognised.

Frequency and evidence requirement of monitoring creates unnecessary administrative burden.

If your organisation has experience of any of the above (or anything else related to commissioning), please get in touch.

Also we want to hear about good practice in commissioning that you would like to see replicated.

Case studies can be provided anonymously, but will be more effective if they are able to be used to pinpoint problem areas and consequences.

For further details contact: Paul Murphy at Essex County Council on 01245 437905 or email,

paul.murphy@essex.gov.uk

Essex Cancer Network virtual hospital

Are you about to go into hospital for a test and want to know more about what to expect?

The Royal College of Radiology has developed a "virtual hospital" to explain what the equipment does and to share other patients' experiences.

Visit: <http://www.essexcn.nhs.uk/content.asp?page-id=100>

Click on the Radiology or Oncology department, and then click on the **test or equipment** you would like to know more about.

No health without mental health

The Mental Health Strategic Partnership has published a briefing for community organisations.

It explains the government's new mental health strategy and how community and voluntary organisations can contribute to improved chances in life for people with mental health conditions.

The guide can be downloaded in full from:
<http://www.mentalhealth.org.uk/our-news/news-archive/2011/2011-07-14>

Rayleigh, Rochford
and District Association
for Voluntary Service

RRAVS 18

Do you want to deliver training to people with learning disabilities on keeping safe?

If so, do not miss out on the FREE accredited training opportunity.

Who is it for?

The FREE ACCREDITED training course is most appropriate for those who will be delivering training to people with learning disabilities.

Course length: three days (9.30am - 4.30pm) - it is expected that delegates attend all three days of their chosen session.

The training course is free of charge and includes all course materials, refreshments and lunch as well as accreditation.

What is it about?

Demonstrate and share skills in relation to presentation of material and facilitation of discussions with people with learning disabilities.

Demonstrate knowledge of safeguarding adults policy, practice and procedures.

Integrate principles of diversity and anti-discriminatory practice into training.

- 5th - 7th December - Colchester
- 23rd - 25th January - Billericay
- 6th - 8th March - Epping Forest

Please contact: Michala Jury, ESAB, AG01, A Block, County Hall, Chelmsford, CM1 1QH or email: Michala.jury@essex.gov.uk for further information or a booking form.

Computer courses for groups

RRAVS is able to offer computer training to member groups if they meet the following criteria:-

- Your group has a suitable venue which is free for nine weeks for two hours per week.
- You have 10 learners willing to commit to the nine week course.
- Are able to meet the £45 per person, per course cost.
- RRAVS has enough volunteers available to tutor the course.

For further information or to book a course, please contact Derek Helson on 01268 772796.

RRAVS community event

An opportunity for our member groups to find out more about RRAVS and to network with other community organisations. It is hoped that the **SEE NHS** will make a presentation on its future plans.

To register your interest in attending. Please contact Derek Helson, CSV Manager on 01268 772796.

Date and venue to be confirmed.

Voluntary sector training

Make the Most of Office 2010

Date: 07 December 2011

Start: 10:00

End: 15:30 One day course

CIEH Level 2 Award in Health & Safety

Date: 17 January 2012

Start: 09:30

End: 17:00 One day course

Essential Equality & Diversity

Date: 19 January 2012

Start: 10:00

End: 16:30 One day course

Trustee Essentials

Date: 25 January 2012

Start: 10:00

End: 13:00 Half day course

Volunteers and the Law

Date: 26 January 2012

Start: 10:00

End: 16:30 One day course

Emergency First Aid at Work

Date: 30 January 2012

Start: 10:00

End: 16:30 One day course

CIEH Level 2 Award in Food Safety

Date: 02 February 2012

Start: 09:30

End: 17:00 One day course

Emergency First Aid at Work

Date: 01 March 2012

Start: 10:00

End: 16:30 One day course

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 by the provision of high quality, affordable and relevant training courses.

For further information contact Voluntary Sector Training, 45 Stortford Road, Great Dunmow Essex CM6 1DQ

Telephone/fax 01371 876747

Sign up to a course on deaf awareness and signing

A new initiative to encourage more volunteers to take up Deaf Awareness & sign language is now available in Rochford,

Signs4Life is setting up introductory workshops in Deaf Awareness to help the third sector to communicate and engage with their deaf/and hard of hearing colleagues, service users and clients.

This local initiative is to help identify barriers that deaf people face and explore their culture and community but also to encourage inclusion of all people with sensory, physical or learning disabilities in Rochford.

Fozia Parveen, Signs4Life managing director, said:

“You never know when you will come into contact with a colleague, service user or member of the public who is autistic, deaf or visually impaired.

“We are working with organisations as varied as Barnardo's, The British Red Cross and volunteer centres. Each of our events encourage a 'can do' approach to the 12 million people in the UK who have a physical, sensory or learning disability,”

For further information please contact Fozia on info@signs4life.org.uk

Train online at low cost

A range of over 20 online training courses has been launched, covering a range of topics for both individuals and organisations.

Costing £25 for a year's subscription, My Learning Pool is designed for community and voluntary groups, small charities, social enterprises and anyone involved in civil society.

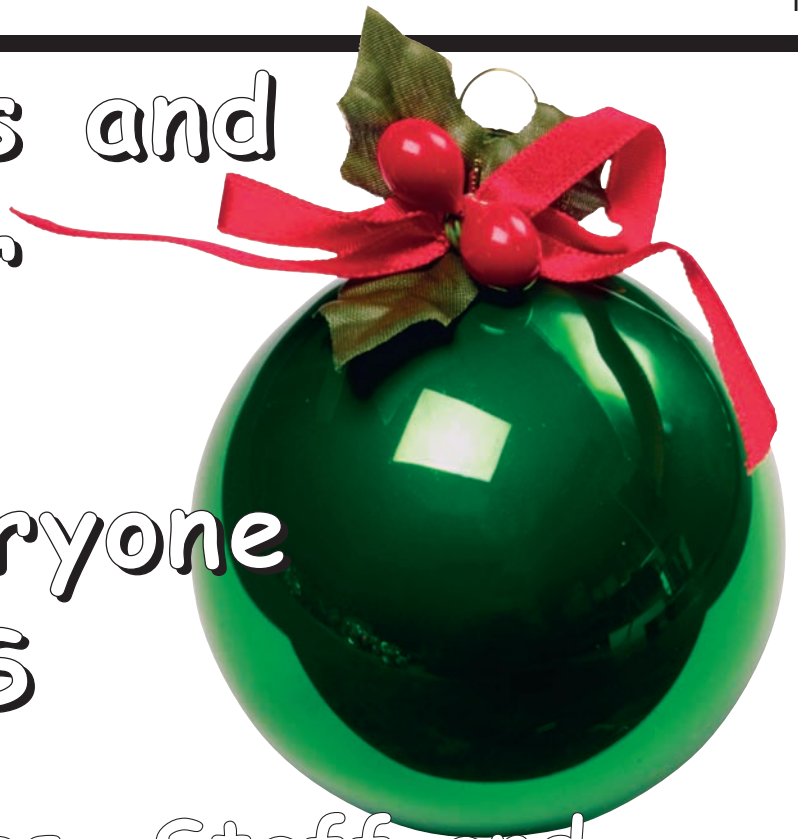
Some of the topics available include procurement, managing stress, finding a new job and health and safety at work.

To find out more, visit www.mylearningpool.com



Students learning at the Deaf Awareness course.

Christmas and
New Year
greetings
from everyone
at RRAVS



The Trustees, Staff and
Volunteers at RRAVS would
like to say a

BIG THANK YOU.....

..... for everything you
have achieved during the
past year and wish you a
Happy Christmas and a
Healthy and Prosperous
New Year!

Handy information

Alcoholic

Anonymous 0845 769 7555 - all enquiries are treated in strict confidence.

Out-of-hours Doctor

There is now only one Out of Hours GP number which covers the whole of the South East Essex area.

It is 0845 850 2783.

St Luke's Healthcare Centre

has a walk in facility which is open every date from 8am until 8 pm where patients can be seen without an appointment for the treatment of minor injuries and illnesses (ie minor burns, minor head injuries, bites, emergency contraception).

Contact details are:

**St Luke's Health Centre,
Pantile Avenue, Southend on
Sea, Essex, SS2 4BD**

Telephone: 01702 611505

Fax:: 01702 617058

enquiries.stlukesgp@nhs.net

Chemists operating late opening times can be found at:
<http://www.southessexemergencydoctors.co.uk/localservices.html>

Emergency Dentist

NHS Dental Service for urgent dental needs only:
0845 603 1388

Dental Helpline

To find a dentist in your area, please call the dental helpline on 01702 226668.

Or use the Find Your Dentist service on the South East Essex NHS Website:
www.see-pct.nhs.uk

PALS (Patient Advice & Liaison Service)

For advice and concerns you may have or when you don't know where to turn.

Tel: 01702 224629

Email: pals@see-pct.nhs.uk

NHS Direct: 0845 46 47

Essex Police new non emergency number is 101 which replaces 0300 334444

Crimestoppers - for general information to police given anonymously: 0800 555111

Essex County Fire and Rescue Service
01376 576000

If you smell gas: National Grid
0800 111 999

Essex and Suffolk Water
0800 526337

Anglian Water
0845 7145 145

EDF Energy
0800 783 8838

HM Coastguard
01245 675 518

Environment Agency Floodline Direct:
0845 998 1188

Environment Agency incident hotline:
0800 807060

Consumer Direct:
0845 4040 506

Adult Community Learning
0845 603 7635

Adult social care
0845 603 7630

Children and young people
0845 603 7627

24 hour protection line for children & vulnerable adults
0845 606 1212

Environment
0845 603 7624

Rayleigh Town Council
01268 741880
rayleigh.towncouncil@btopen-world.com

Rochford District Council
01702 546 366

EEC General enquiries
0845 743 0430

Highways
0845 603 7631

Libraries enquiry service
0845 603 7628

Registration
0845 603 7632

Schools
0845 603 2200

Trading standards (business)
0845 603 7626

Trading standards (consumer)
0845 404 0506

Essex traffic control centre
(Monday to Friday 7am - 7pm)
0845 600 0110

Waste, disposal and recycling
0845 603 7625

Papworth Trust - for small household repairs, trustworthy gardeners etc:
0300 333 6543.