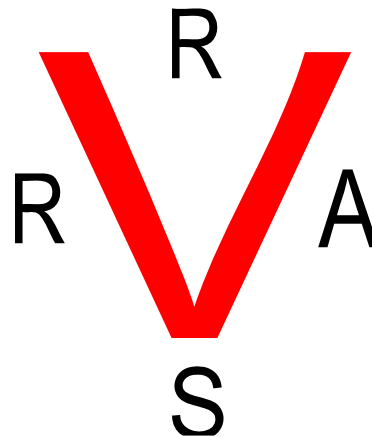


RAYLEIGH, ROCHFORD AND DISTRICT ASSOCIATION FOR VOLUNTARY SERVICE (A Company Limited by Guarantee)

Issue 24

Spring 2008

A.G.M. EDITION



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



Inside this issue:

Chairman's Report	3
Treasurer's Report	4
Volunteer Centre Manager's Report	5
Manager's Report	7
Funding Report	8
Laptop Report	9
Young Carers News	10
Members News	11
Community News	16
Voluntary Sector Training Dates	20

VOLUNTEER CENTRE

OPEN TO THE GENERAL PUBLIC:

9.30 AM—1.00 PM MONDAY—FRIDAY

132 High Street, Rayleigh

Essex, SS6 7BX

Tel: 01268 775225

E-mail: rravs@rravs.org.uk

Website: www.rravs.org.uk

VOLUNTEER CENTRE

OPEN TO THE GENERAL PUBLIC: 9.30 AM—1.00 PM MONDAY—FRIDAY

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 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 need and effective presentation.

Practical Assistance through help with publicity, making funding bids and loan of equipment. Organisation of 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.

Subscriptions for the year 2008-2009 are now overdue

LOCATED IN THE ROCHFORD AREA? LEARN MORE ABOUT RRAVS

If you are a community or voluntary group working in the Rochford District and are not a member of RRAVS, it is a good time to join, since RRAVS membership runs from April - March.

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

You can find out more about membership (there is a yearly fee of £5 per organisation) and our services at our website: www.rravs@rravs.org.uk

CHAIRMAN'S REPORT

The Association has again been extremely active over the past year and the dedicated input by all involved has led to a very successful year.

The Directors of the Association have all taken on individual portfolios with considerable enthusiasm. These portfolios cover all of the service areas in which the Association is involved and this arrangement is proving very successful and is providing much appreciated liaison and management support to the service heads.

There has again this year been very pleasing progress in the various service fields and for this we are appreciative of the knowledgeable and enthusiastic support given by all of the staff managing these services.

The "Core Functions" of the Association have been ongoing and strengthened this year. A Trustee Induction pack together with a staff structure clearly indicating the individual key roles is shortly to be introduced. An extensive range of Policy Procedure Documents have been drawn up and published and for this we must thank Derek Helson.

The Association has continued to represent the Voluntary Sector on a number of policy committees within the Rochford District Strategic Partnerships and continues to act as a valued conduit in respect of consultation between Statutory Bodies and the Voluntary Sector, there being some 90 organisations and charities who are affiliated to the Association.

Joanne McPherson, our energetic Manager of the Volunteer Centre has worked extremely hard to put the Association on the "map". Through Jo's efforts, the Association has become affiliated to Volunteering England and it is anticipated that in the near future the Association will become a fully accredited member of PQASSO. Well done Jo. At the same time, through the Volunteer Centre a considerable number of new volunteers have been recruited to work in voluntary groups across the community.

The Young Carers Service, managed by Marion Horsley, is going from strength to strength providing support for some 60 plus children and this number is continuing to grow. This service is providing much needed contact for those children and the dedication and hard work put in by Marion and her team is of tremendous value within the community. A new support service for Adult Carers is being considered and it is hoped this service will be introduced during 2008.

The Laptop Project managed by Ian Climspon is continuing to provide a very useful service within the elderly community towards whom the project is directed. The Rochford based courses are fully booked with a waiting list whilst the volunteers supporting Ian are providing guidance to residential homes and to individuals. The Rayleigh Town Council have been very supportive, providing accommodation for a course to be held within the Town Centre. The first of these courses has just commenced.

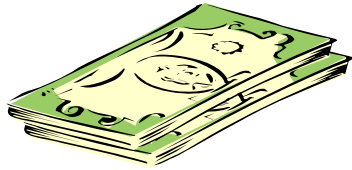
The Association's Funding Officer, Shelley Hall, continues to seek funds across the board and is prepared to support and guide any organisation in submitting and following up applications for charity funding. During the year over £60,000 additional funding was obtained for use across the community. Thank you Shelley.

Finally, I would like to say thank you to the Statutory Authorities, and the officers there of, for their continued support. Also the Voluntary Organisations throughout the District whose members regularly support the Association by attending the Forums, Open Days and meetings throughout the year.

Ron Rowson
CHAIRMAN

RRAVS NEWS

TREASURER'S REPORT



We are pleased to advise that the Company continues to be in a very sound position financially. All projects go into the next financial year with healthy credit balances, and due to an increase of grant from Rochford District Council, the Volunteer Centre has an excess of Income over Expenditure of £4,917 for the year.

RRAVS 20TH ANNIVERSARY CELEBRATION

You may have seen from recent press articles that RRAVS has reached its 20th Anniversary.

RRAVS will celebrate this with a service of thanks-giving at the Holy Trinity Church, Rayleigh followed by a buffet lunch, and attended by RRAVS Volunteer Award recipients. (see enclosed flyer)

LAPTTOP

Do You Feel Out of Touch with Computers?

Do you wish you could :

Visit that Website shown on TV

Understand what your grandchild is telling you about Computers

Send Emails to your Relatives with Photos attached

Transfer Photos from your Camera to Computer and Print them

Take part in Internet Shopping to Buy Products at Low Prices

Then **LAPTTOP** can help you with:

Beginners Computer Course

Home Visit

Computer Club

LAPTTOP is a computer project for over 60's run by RRAVS and volunteers

Contact **RRAVS** on **01268 775255** for details or visit the Volunteer Centre in the Foyer of Rayleigh Library



VOLUNTEER CENTRE ANNUAL REPORT

It is exactly a year ago that I joined RRAVS, and wow has it gone fast!

My first month was spent writing a 3 year Business Plan, which secured the support of Rochford District Council in funding us for 3 years, to capacity build some of our services to the voluntary community organisations of the Rochford District.

My next task was to gain 'Volunteer Centre Accreditation' with Volunteering England. This was an arduous task involving a complete review of the service we provided. By implementing a good framework, we are now able to provide a 'quality' service. Our new system for marketing & monitoring volunteers was in place by August 2007 and since then we have had over 100 enquiries. We successfully gained 'Accreditation' status in December last year joining the other 13 accredited Volunteer Centres in Essex.

Volunteering opportunities can be viewed at www.do-it.org.uk Or via the link from : www.rravs.org.uk or www.volunteering.org.uk

During September 2007 we delivered several workshops across the district on training, funding advice and very importantly 'The Rochford Compact' giving all VCO's the opportunity to contribute.

In November 2007 RRAVS became partners with Voluntary Sector Training. For the first time, through this partnership, RRAVS are now able to provide quality accredited training within the Rochford District.

To continue RRAVS internal development, I introduced PQASSO – a 'Quality Assurance System' to ensure RRAVS works within a good framework. With the hard work and support of the 'PQASSO working Group members' we have achieved level 1 and are progressing towards level 2.

In between this development work, I have been the representative for RRAVS on many strategic partnerships and groups including; Essex Association of Volunteer Centres; Thames Gateway South Essex; Essex, Southend and Thurrock Infrastructure Organisation; Voluntary Sector Training;

Community Activity Network; Learning Southend, Essex and Thurrock; Essex Association of CVS. From these partnerships we are involved in several projects including;

Active Rochford – projects developed for encouraging the population of Rochford back into 'activity' be it sport or recreational activities such as walking.

P2E project – a project to develop volunteering as a pathway to employment for hard to reach groups within the Thames Gateway South Essex.

Corporate Social Responsibility – a project to raise awareness and encourage businesses and the Voluntary Sector to investigate ways in which they can work together.

Part of my role (as a core function of any CVS) is to work with groups to meet any gaps in provision of services. During the year I have met with over 40 groups.

Working collaboratively with the Star Partnership, we were successful in gaining funding from the Neighbourhood Fund to provide training sessions for unemployed residents from the district. I am pleased to say these sessions are proving very popular.

Most recently, we have received confirmation of funding from Sport England for two projects; to increase the provision of activities for over 50's and for volunteering in sport.

To conclude, I have now been in post for a year. It has been a steep learning curve, one which I would compare to Sir Edmund Hillary's conquest of Everest. However, from setting up tables at 7.30am on a cold Saturday morning at the Rochford Farmers' Market to attending the High Sheriff's awards - I have thoroughly enjoyed it all and look forward to continuing to support the voluntary community groups of the Rochford District.

Jo Mcpherson

VOLUNTEER CENTRE MANAGER

VOLUNTEER CENTRE - VOLUNTEERING CHAMPIONS

Receiving their awards (below)

Julie Gooding representing the 'Teen Café' at Rochford far left. Bob Pointer of Hambro Colts and Disability Soccer centre of picture flanked by Lady Diana Kemp-Welch and presenter Steve Scrutten of BBC Essex.



Seated left to right – Volunteer – Mr. Scott Tweed, Mr. Paul Sitch of Soccerbility, Mr & Mrs Pointer, Mr R Phelps -Vice Chair and Treasurer of RRAVS

The High Sheriff's Awards.

Since the High Sheriffs' Fund was established with Essex Community Foundation in 1997 it has distributed 290 grants to local charities totalling £198,460.

A special ceremony, sponsored by Essex County Council and organised by Essex Community Foundation, was held at the Fennes Estate, Bocking on 5th March 2008. Around 350 invited guests attended. Diana Kemp-Welch paid tribute to all the organisations represented at the event.

Two organisations received awards from the Rochford District: The Rochford 'Teen Café' and Mr. Bob Pointer.

Mr. Bob Pointer had been nominated through the Essex Association for Volunteer Centres for his contribution to volunteer development in sport, especially within Hambro Colts Soccerbility and championing disabled access to sport. For more information about this project go to:

www.disabilityfootball.co.uk/hambrocolts

Presentation at the House of Commons (right)

Fiona Malpass - co founder of the Silver Lining Project (promoting mental health awareness within schools)

Also a volunteer with Rethink and our Volunteer Centre at RRAVS receiving her award for her contribution to volunteering at the House of Commons ... Congratulations Fiona!



RRAVS MANAGER'S REPORT

A reorganisation with RRAVS has introduced a new role of RRAVS Manager responsible for the internal operation of the Association, but also continuing the partnership links with the Statutory Bodies.

5 Years of Community Awareness Days

Who would have thought that when we embarked on our first Awareness Open Day that 5 years later they remain as popular as ever and a regular feature of the annual diary. These events have a wide range of participating organisations promoting and informing on their activities. They are an opportunity to showcase your involvement in the community. They have been well supported by our local MPs and Council Chairmen over the years as well as the general public – more people attending these free events would always be welcome.

For the first 4 years they were held annually in October but the last event was in February 2008 and was combined with a Funding Fair. In response to feedback received from the exit questionnaires and exhibiting organisations, a further event is being held on Saturday 29th November 2008 at The Mill, Bellingham Lane, Rayleigh between 10.00 am and 2.00 pm. Why not put the date on your diary now.

20 years of RRAVS

As reported in the RRAVS NEWS Winter 2007/08 edition, RRAVS celebrated its 20th Anniversary in March 2008. We will be looking at events during the year but to recognise this important milestone, RRAVS has introduced a Volunteer Award Scheme to recognise those volunteers who have given long service to their community. Please see the enclosed 'flyer' if you would like to nominate someone special who you think should be recognised. The deadline date for receipt of nominations is 23rd May.

Policies and Procedures

During the year a comprehensive review of our policies and procedures has been undertaken. These are designed to not only provide a safe working environment for our staff and volunteers, but also to cover the way the Association works with its service users.

RRAVS is happy to share these policies with our member organisations if it is felt they would be of benefit to your operation.

Rochford Compact

At this time last year, a review of the Rochford Compact had just been completed. During the year the revised draft was ratified by the Rochford Local Strategic Partnership. In late 2007, four consultation 'roadshow' events were held across the District in Rayleigh, Hockley, Rochford and Great Wakering with direct review and feedback contribution.

These responses have been analysed by the District Council and it is understood the Rochford Compact will be relaunched in the coming months.

Newsletter

Our quarterly newsletter, RRAVS NEWS, seems to get bigger with every issue. Its professional layout and presentation could not be done without the hard work and commitment of our Assistant Coordinator, Amanda Harris.

Have you used RRAVS NEWS to promote or advise on your organisation, or included any events in the 'Dates for your Diary' section?

Volunteer Centre (a final word.....or number)

Jo McPherson, our Volunteer Centre Manager, in her report made reference to the standardised system for marketing and monitoring volunteers and volunteer opportunities.

Part of the monitoring requirement under our Service Level Agreements for our core funding requires statistical information on volunteering. To put the recording mechanisms of volunteering enquiries into numbers, during the past year (April 2007 to March 2008) our Volunteer Centre received 265 enquiries on volunteering opportunities, which is a massive 340% increase in the number of enquiries on the previous year. As a result, this increased the number of placements with various organisations. A win/win situation.

Congratulations and many thanks to Jo and her dedicated team of volunteers.

HERE'S LOOKING FORWARD TO ANOTHER SUCCESSFUL AND REWARDING YEAR AHEAD.

Derek Helson

RRAVS MANAGER

FUNDING NEWS

This year RRAVS Funding Fair was held in conjunction with our Awareness Day on the 15th February 2008. I would like to thank the Big Lottery, Essex Community Foundation, Community Initiatives Fund, Essex Environmental, GRANTfinder and Help the Aged for attending and setting up advice stalls on the day. Three seminars were also ran but unfortunately, hardly any individuals/groups took part - most disappointing!. My plan for next year is to invite CAVS (Castle Point CVS) and SAVS (Southend CVS) to hold a joint event at Mill Hall with around 20 funders attending. I am still in the planning stages so please look out for further information later in the year regarding this forthcoming event.

Successful Funding Applications for year ending 31st March 08

AMOUNT	PURPOSE	FUNDER
£1,988	General running costs for RRAVS Young Carers Scheme	Youth Opportunities Fund
£17,066	To set up an Adult Carers Scheme – to be launched	Essex County Council
£200	RRAVS Families in Need Appeal	Rayleigh Town Council
£300	RRAVS Laptop Scheme new equipment	DSG International
£400	Funding so RRAVS can print Talking versions of its newsletters for visually impaired groups and individuals	Rochford Rotary
£655	Funding for costs of RRAVS Awareness Day	Essex County Council
£14,432	Running costs for Wyvern Community Transport	Lloyds TSB Foundation
£500	Funding towards scheme at Wyvern Community Transport	Rayleigh Town Council
£25,000	New mini bus funds for Wyvern Community Transport	Gannett Foundation
£500	Running costs for Rayleigh Physically Handicapped	Essex County Council

As you can see, I have been successful in securing over £60,000 worth of funding within the last 12 months, so why not give me a call and may be I can help your group with future funding. My role is to help all community groups within the Rochford District to find the right funding for them and to help you complete the application forms whether it's one or ten I am there every step of the way if required so please give me a call.

If you decide to complete the applications yourself, you might find this bit of information quite helpful. I recently went on a 'Successful Application Writing' Course in Maldon that was run by Voluntary Sector Training and it was well worth attending, as I came away with some great advice in addition to what I already knew. There is another one of these courses being held at the Holiday Inn, Rayleigh Weir, Rayleigh in June and the cost is only £30. However, if your group's annual turnover is under a certain amount, you can get this fee reimbursed. Have a look at www.voluntarysectortraining.org.uk for more information.

Funding Application Deadlines

Peoples Millions 2008 – This programme wants to fund projects that transform the local environment or provide opportunities or facilities to allow people to take part and enjoy their local area. There will be four head to head competitions in each of the 18 regions. That means 72 winning projects receiving a maximum grant of £50,000 plus VAT. There are 18 bonus runners-up awards for those who score the highest in each region. The deadline is noon on 15th May 2008. For further details and application go to: www.biglotteryfund.org.uk/peoplesmillions.

Community Initiatives Fund – Local fund that contributes towards capital costs of projects. For example all major works to community halls, play area equipment, skateboard equipment, purchase for community use (e.g. playing field), computer equipment and much more. They do not fund revenue costs. The deadline is noon on 28th May 2008. For application form go to: www.communityinitiativesfund.co.uk.

Please feel free to call on 01268-772796 or e-mail me at ravs@ravs.org.uk if you require any kind of help with funding for your group.

Shelley Hall

RRAVS FUNDING OFFICER

LAPTTOP COMPUTER TRAINING

www.rravs.org.uk/lapttop

LAPTTOP continues to help people mostly over 60 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



Lifelong
Access to
PCs
Through
Training for
Older
People

Rochford Courses

We have held 4 courses at Rochford Library since the April 2007 newsletter , in April 07, Sept 07, Jan 08 and Mar 08. The next course starts in May 2008. The courses have followed the same format as 2006-2007 which proves very popular with the learners.

Rayleigh Course

We have started a course in Rayleigh at the Town Council Offices. This extra course has been started to reduce the numbers on waiting lists for courses. A number of U3A members who were interested in our course have been accommodated. Further courses in Rayleigh will take place if there is the demand.

Outreach courses

Taster Courses in Sheltered Accommodation continue to take place - subject to the availability of participants. If you know of a venue that would like a taster course please let them know about the project. Phone 01268 775255 for further information.

Recycled Teenagers Courses

Courses for Recycled Teenagers started in Dec 07 with two new volunteers tutoring these courses. The third course will be starting late April 08.

Home visits

We continued to carry out home visits during 2007-2008. In addition to people who are not able to travel to courses we have carried out home visits, when attending a course would not meet the learners needs. This has helped to reduce our waiting list.

Rochford Computer Club

The club now meets at the Rochford Parish Council Rooms, West Street, Rochford, on a the first Thursday of each month 2-4pm. Anybody is welcome to come along. The club session fee is now £2 to cover hire charges and volunteer expenses.

Equipment

Seven new laptop computers and a projector + screen has been purchased in the last year. These laptops replace some of the original ones which have developed faults.

Funding

External core funding for Lapttop administration have now been spent. New funding is being sought.

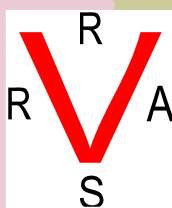
Other activities

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

Ian Climpson

LAPTTOP PROJECT CO-ORDINATOR

YOUNG CARERS NEWS



Project Leader

Marion Horsley

Tel: 01268 775255



Funded by Essex County Council working in partnership
with the Youth Service



Over the last year the scheme has gone from strength to strength with numbers now reaching over 60 young carers, all from the Rochford District. Nearly all these children attend group sessions on a regular basis.

We have said goodbye to Ann as a member of staff but are very pleased that she will be returning as a volunteer. Ann achieved her VRQ Level 2 at the beginning of this year. We welcome Chris as a new member of staff alongside Paul and Donna, with Donna taking on more responsibilities in the running of the group. We also have three other volunteers, Phil, Madeleine and Lynzey. The staff continues to attend training, including Equality & Diversity and Child Protection

Over the last year the children have enjoyed some fun days out including Essex County Council's Family Day to Adventure Island, The Lions trip to the circus at Great Yarmouth and a mums and daughters pamper day at Rayleigh Retreat. Group sessions have included bowling, tennis, horse riding, astronomy, Hanningfield Visitors Centre, skin care and make up, art, Autism workshop, Mental Health workshop and bullying workshop. All young carers do have access to a counsellor and a number of children have used this service. Shelley has worked hard to gain extra funding for the scheme.

We would like to thank Rochford District Council and Virgin Leisure for providing a free swimming pass to our young carers which enables them to meet outside the group setting in a safe and healthy activity.

In May we have eight young carers joining the WET N' WILD week at Mersea Outdoors Centre and we have also been successful in being granted a number of Young Carer Direct Support Fund grants to enable young carers in our group to take part in school holidays etc.

With thanks to the TASCC Team manager we now have full use of the facilities at the Youth Centre, which has enabled us to provide a hot snack at group sessions. We are currently putting in place a Young Carer Council to ensure we are providing the right kind of support and we are looking to set up a Tuck Shop to be run by the children.

As the number of young carers being identified continues to grow we are looking at ways to move the scheme forward, with one option being a second group in Rochford. This would also mean children from Great Wakering would not have so far to travel.

We would like to thank all the teams, including TASCC, Police, CWD, Child Protection, Extended Schools and Schools themselves, that have supported us and have made referrals to the group over the last year.

Adult Carers: We have been successful in applying for funding to run a scheme to support Adult Carers and look forward to reporting on this in the future.

Marion Horsley
PROJECT LEADER

MEMBER'S NEWS

Sweyne Choral Society Hits the High Notes

"In 1965 the idea came to William Arter, then Head of Music at Sweyne School, Rayleigh, that he would like as many scholars as possible to leave school with, as he put it, "at least one good oratorio tucked under their belts!" With this object in mind, he set about rehearsing the school choir in Handel's Messiah, but soon realised that some adult voices would be required to support the young ones and to provide the deeper tones. He therefore appealed to the pupils to bring along their dads, uncles, mums and aunts and anybody else they knew. This nucleus of an adult section was soon augmented as word got around amongst local church choirs and other friends, resulting in two hearty performances of Messiah on the 1st and 2nd of April 1966 after several months of rehearsals, with some seventy plus children supported by an adult section that became Sweyne Choral Society.

After Haydn's Creation in 1967, Mr Arter unfortunately had to retire for health reasons whilst rehearsing Mendelssohn's Elijah. His place was taken by Roy Wales, soon to be followed by the legendary Gerwyn Parry. William Arter would, no doubt, be delighted to know that the choir he founded is still going strong and that there are still a few among us who remember that first Messiah!"

The foregoing was written by Stan Allen, a founder member of the

choir, on the occasion of the 30th Anniversary Concert in July 1995. Thirteen years on there are still some members who remember the first Messiah!

Sweyne Choral Society returned to its roots at Sweyne Park School for the Fortieth Anniversary concert in 2005 after a break of some fifteen years. Rehearsals started at the school in September 2004.

During its forty-year history, the choir has been under the baton of nine musical directors. The first was William Arter, followed by Roy Wales, Gerwyn Parry, David Austin, Alan Gardner, Martin Clark, Ray Maulkin, Stephen Hope and Clive Smith. David Clark, Tom Marshall and Ian Walker have also conducted the choir on occasions.

Many will associate the choir with the charismatic Welshman, Gerwyn Parry, by far the choir's longest serving musical director (1968-1987). The choir flourished under his baton and membership reached over ninety in the '70s.

Over the years quite a number of highly respected soloists have performed with the choir. Among these are Angela Jenkins, Shirley Minty, Melanie Marshall, Kenneth Bowen, Thomas Round, John Noble, Roger Norrington and Thomas Allen.

If you enjoy singing, why not join us?

Sweyne Choral Society, under the direction of Clive Smith and accompanied by Janet Walker, is always pleased to welcome new members. We are a friendly choir, which sings a wide variety of choral music at three or four concerts a year. Rehearsals are on Monday evenings in term time at Sweyne Park School, Rayleigh. The choir also meet socially for various fund-raising activities. Subscriptions are very reasonable and there are discounts for senior citizens. THERE IS NO AUDITION and it is not essential to be able to read music.

Our next concert will take place on Saturday 12 July at Sweyne Park School, entitled "A Gilbert & Sullivan Extravaganza". The Christmas concert will be at Rayleigh Methodist Church, Eastwood Road, on Saturday 13 December 2008. Tickets for both concerts will be available from 4 weeks prior to the concert and can be reserved by telephone on 01268 785273.

For further information about choir membership and a warm welcome please phone 01702 526294 or 01245 320212, or better still come along between 7.30 & 9.30 pm on any term-time Monday.

MEMBER'S NEWS

Disability

Essex



Healthy Arts

Our 'Healthy Arts Project' aims to improve health in the community and independence amongst people with disabilities. We will do this by offering a mobile outreach service that is broken into two elements, 'Health Monitoring and Advice' and 'Arts Classes.'

At Disability Essex we believe that art and craft can have many benefits to both the able and disabled. This is why we are offering your residents and members the opportunity to experience these benefits through our 'Healthy Arts Project'.

Our Community Arts Officers

There are two Community Arts Officers who work throughout Essex to provide you with the chance to partake in various activities. Both are CRB checked, have qualifications in art and experience of working with groups.

They will be visiting member clubs throughout the county. Getting to know what the group's interests and abilities are and then find a local visiting speaker or demonstrator, who would be prepared to come to one of their meetings.

Activities

The physical and emotional benefits that come from artistic activities should be experienced by all. At Disability Essex we understand how to help disabled people connect with art. As Community Arts Officers we endeavour to provide a fun and fruitful time for all.

Ask yourself:

- **What creative activities did I enjoy doing when I was younger?**
- **Would I like to have a chance to do that again?**

We can help find ways of making that happen! We are open to all suggestions! Some possibilities of the areas which you may like to explore:

Painting and Sculpture, Collage and Montage, Pottery and Ceramics (creation/decoration) Card-making, Flower arranging, Cake decorating and Dance and Drama

These activities will be **simple**, but will be **rewarding** to both the individual and the group as a whole. The participant will be able to take **great pride** in what they have achieved or created and the aim will be to **exhibit** the final creations if they so wish.

The objectives of these activities are to create a greater **sense of achievement** and **self-belief** for the individual, as well as to **decrease the feelings of isolation**. The Healthy Arts Project aims to make participants feel better about themselves.

The activities are at no cost to you or your group!

Please feel free to contact us at any time and we can discuss your ideas and requirements. We look forward to hearing from you and working with you in the future.

Jo Shenton Community Arts Officer-South Essex

Direct telephone: 07919 153352

E-mail: jo.shenton@disabilityessex.org

MEMBER'S NEWS

About Disability Essex

Disability Essex (the Essex Disabled People's Association Ltd) was formed in 1949, pioneering the concepts of local support, self-help groups and clubs. Over the years, we have developed and adapted to meet the changing needs and aspirations of disabled people, reflected today in our access auditor training and the training we provide for other organisations.

Disability Essex and the **Healthy Arts** project in particular want to see more preventative work done to cut down the numbers of people suffering from stroke, heart disease and circulatory disorders, meaning we get less new clients – not more!

Our mobile facility will visit clubs and other venues to offer blood pressure monitoring and stroke awareness there, rather than expecting people to visit their doctors.

We can also visit, by request, residential homes and homes for the elderly and more general venues, such as community halls, which are easily accessible by the public.

Our mobile unit:

- is run by a qualified registered nurse
- offers a mobile blood pressure and oxygen level checking service
- provides stroke awareness information
- offers lifestyle advice
- is available to disabled and elderly people throughout Essex, as well as the general public

**If you wish to make use of the health services on offer
or require more information about the project/volunteering for the project,
please contact Caroline Carpenter
on 07919 153320 or email carolinecarpenter@talktalk.net.**



GET YOUR ORGANISATION IN THE NEWS!

RRAVS has been contacted by the Evening Echo which is seeking to recruit some community correspondents to contribute pictures and news items from clubs, charities and community groups.

They plan to set up a new email address where pictures and stories can be sent. The material will then be uploaded onto a dedicated section for the group on the Echo's website (www.echo-news.co.uk) which has more than 90,000 unique users.

Stories and pictures will also be published in the Echo. If there are any voluntary groups and charities who would be keen to be involved on this project, please contact:

Chris Hatton, Assistant Editor, Evening Echo: 01268 469345

There is the opportunity for some fantastic publicity for groups, sharing their achievements with the Echo's readers.

MEMBERS NEWS

THE ARK II

The Ark II charity which is based in Hockley has been running "Together on Sunday Afternoon" for over two years in the Public Hall, Hockley. The group was intended for people who would otherwise be on their own on a Sunday, which has a low point in the week for a number of people. The sessions run from 2.30 - 4.30 p.m. with a free afternoon tea and a variety of social activities, which have also included meals and outings. We also have a variety of fund raising activities during the year to help cover the costs, and welcome any suitable table sale items.

If anyone would like to come along or would like to offer a talk or activity, please contact Jan on 01702 203659.

The Massive Project was launched during the summer of 2007 to try to initiate the provision of

a safe place for local young people to meet socially. There have been various reports in the media of young people in large numbers congregating in the street, and various other problems. A Steering Committee was formed in the autumn which includes a number of the young people. The idea is that they will be involved in helping to provide a solution, and to then run a facility with adult support. It is envisaged that there will be a variety of social activities as well as some skills training input. We would welcome any professional advice and support, as well as funding the project which is looking to raise in the region of £100,000.

For further information, please contact Jan Snelling on: **01702 203659** or e-mail: **janetsnelling@fsmail.net**.

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.

And 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

Ann Willis

Chairman

OR

Secretary

01702 541410

01702 205169

Registered Charity No. 278578

MEMBERS NEWS



Registered Charity No. 1073238

BRAINWAVE is a Children's Charity which provides therapy for children with developmental delay due to brain injury, genetic conditions, chromosome abnormality, birth trauma and accident. The aim of the Charity is to help children improve their lives on a daily basis and to become as independent as possible.

Brainwave has a team of Regional Family Co-ordinators who support families all over the country. A number of the Team are based in the South East. Gerry Gould the Family Co-ordinator for Essex, London, Norfolk, Suffolk, Cambridgeshire and Middlesex explains.

'Since being with BRAINWAVE I've met so many lovely families and shared in the excitement of seeing their children progress. Nothing can possibly be better than seeing a child crawl, or walk, when you know their parents have been previously told that nothing could be done for them.

Brainwave's aim is to help every child we see become much more functional in their everyday life and to become as independent as they possibly can. Families in the South-East will visit our new Therapy Centre in Witham, Essex, where the therapy team will spend two days with the family talking with the parents and assessing their child's potential. As BRAINWAVE aims at achieving progress in all areas of development, the therapy team will design a set of physical, cognitive, sensory and developmental exercises specifically suited for their child. Therapists then teach the parents how to carry out the exercises in their own home so they can take an active role in their child's progress, which gives parents a much greater sense of control over their situation.

The role of the Regional Family Co-ordinator is to support families locally, so we see them before they visit the South East Centre to explain what is involved, then afterwards we check to see they're happy with how it's all going and also keep them in close touch with the therapy team. We research lots of varied information which might be helpful to them and organise get-togethers and social events that the families can really enjoy. We also follow up any funding opportunities which may arise and give talks/presentations about BRAINWAVE to other organisations and agencies.'

If you would like to know more about BRAINWAVE, please contact the Centre direct on 01376 503608 or visit our website: www.brainwave.org.uk

**Gerry Gould – Regional Family Co-ordinator can be contacted on
(01268) 561784 or (07725) 956014**

MEMBERS NEWS

We don't know why Parkinson's happens—scientists are always looking for answers to this. There are around 120,000 people with Parkinson's in the UK and it is more common amongst older people. The average age when people are diagnosed is 72, but having said that there are about 6,000 people in the UK under 40.



Although there is no cure at the moment, a great deal of research is going on, but there are numerous drugs that can help and your doctor will refer you to a specialist for help. The Parkinson's nurses are available to help and are very knowledgeable on the subject.

Talking to others is a great help and the local Parkinson's Disease Society branch meet once a month at the Crowstone Christian Centre in Westcliff on the 1st Thursday in the month. We provide speakers, entertainment, tea and cakes and a good opportunity to talk to others.

The free Parkinson's Helpline is always available on 0808 800 0303. Everything discussed is totally confidential. Locally, you can ring 01268 774327, although medical information is not available at this number.

DO YOU NEED A HELPING HAND TO ENLIST NEW MEMBERS?



Has your organisation held an event that could have benefitted from extra publicity?

Would you like help to find volunteers?

If that is the case, why not let us know about your next event, or important news you would like to publicise. It can either go in our dates for your diary section, or we can commit a whole article to advertise it - FREE OF CHARGE!

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

All RRAVS Newsletters are now published on-line. Please make sure that all information and telephone numbers given in articles have the permission of the contact.

**THE DEADLINE FOR THE SUMMER
EDITION IS**

FRIDAY 27TH JUNE 2008.

SOUTHEND AREA BUS USER GROUP

Southend Area Bus User Group (SABUG) represents bus users in the Rochford District, Southend Borough and Castle Point Borough.

Subscription is £4 per year or £10 for three years.

We produce two newsletters each year and hold an AGM every April.

If you would like to know more about our group please contact:

Donald Fraser, Chairman

Tel: 01702 476082

E-mail: donaldfraser17@btinternet.com



Parents' Aid

Presents a new service

Parents' Aid offers the following services to families at risk of social exclusion, free of charge: Information and advocacy, support and befriending, parent-teenager mediation, anger and aggression management and effective parenting skills.

Hazel Davies, Organising Secretary, now has pleasure in advertising a new service: mobile therapy delivered to the home. Embarking on a course of counselling can be a challenging undertaking and many people find the emotional journey easier to negotiate in the security of their own home. Hazel employs a person-centred approach that enables the client to keep control. *There is a charge for this service.*



Helping to Hold Families Together

E-mail:

Hazel@parents-aid.org.uk

Or write to:

11, Sonters Down,
Rettendon,
Chelmsford, Essex CM3

Phone: 01268 775255

Fax: 01268 775255

E-mail: rravs@rravs.org.uk

A support service that's right up your street — an accredited therapist who visits her clients in their

Parents'
Aid

COMMUNITY NEWS

FREE SPORTS LEADERSHIP COURSES!

Rochford District Council in partnership with Rochford Sports Council and The Deanes School are offering the opportunity to attend the above leadership course free of charge.



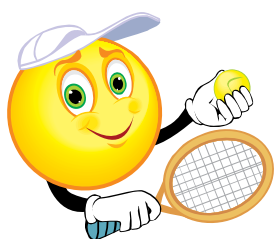
The Level 2 Award in Community Sports Leadership gives people aged 16 and upwards the skills needed to plan and deliver safe sporting and recreational activities. The Award develops vital leadership skills such as communication, organisation and motivation, whilst instilling the confidence and desire in people to make a difference within their own communities. The qualification is practical in nature, with an emphasis on learning through doing and applying knowledge, rather than through theory.

In exchange for the free place we ask that successful candidates complete at least 16 hours of voluntary coaching/leadership within 2 years as directed. The course is open to everyone but the voluntary work will be carried out within the Rochford District.

The dates of the course are as follows:

29th June	Introductory session
5th ,6th ,19th and 20th July	CSLA course at The Deanes School
10th, 17th July	First Aid Workshop - venue TBC

Exact timings will be confirmed to successful candidates nearer the time, but the 4 CSLA dates will be all day and the First Aid workshops will be 2-3 hour evening sessions.



If you require further information and/or an application form, please contact:

Mark Aldous, Sports Development Officer

Rochford District Council, Community Services

Tel: 01702 318121 Fax: 01702 545737

NEW NON-EMERGENCY NUMBER FOR ESSEX POLICE

The new number is **0300 333 4444**. It is a 24 hour, seven days a week service that will connect callers from across the county to the switchboard at Essex Police. Calls will then be directed to the most appropriate person, department or station.

The non-emergency number should be used for all enquiries to Essex Police, but does not replace the emergency number **999**. If there is a serious crime or incident in progress, a serious injury or a risk of serious damage to property you should always dial **999**.



COMMUNITY NEWS



Over 50? Want to get Active?

Over the next couple of months new groups and activities will be organised for 'over 50's' in the Rochford District.

These will include 'free' taster sessions.

The activities can be anything from 'keep fit for the older person' to gentle 'yoga' to a lively 'line dance' to a genteel 'Tea Dance'.

The idea is to get a little active but have a lot of fun.

Interested? Want to join a group? Want to start a group?
Want something run at your club?

Then call Jo Mcpherson on 01268 775 255 to have a chat.



Or e-mail direct at: ravsrayleigh@btinternet.com

ROCHFORD FARMERS' MARKET

The Star Partnership runs a Farmers Market on the first Saturday of each month from March to November.

You can find the market from 9.30am to 12.30pm in the Women's Institute Hall, Rochford.



A wide variety of seasonal produce is on offer, including organic meats, free range eggs, organic vegetables, honey & jam, cakes and plants - all from local producers.

VOLUNTARY SECTOR TRAINING



May 2008

1st	Leadership Skills	Maldon
6th	Food Safety	Castle Point
6th	How to Win Tenders	Chelmsford
8th	Policies & Procedures	Braintree FREE
8th	Presentation Skills	Rayleigh
13th	Corporate Social Responsibility	Chelmsford
14th	Negotiating & Influencing Skills	Braintree
15th	Employment Law	Gt Dunmow
21st	Inspiring & Enabling Collaboration	Chelmsford

June 2008

3rd	Recruiting Volunteers	Chelmsford NEW
4th	Effective Meetings	Gt Dunmow
5th	Handling Difficult Personnel Issues	Braintree
6th	City & Guilds 7303 PTTLs	Chelmsford NEW
10th	Manual Handling	Chelmsford
11th	The Effective Administrator	Chelmsford
12th	Movie Maker	Chelmsford
12th	Time & Stress Management	Castle Point
18th	Being an Effective Mentor	Harlow
19th	Budgeting (half day)	Gt Dunmow
24th	Health & Safety	Basildon
25th	Monitoring & Evaluations	Chelmsford
25th	Funding Application Workshop	Rayleigh
26th	Data Protection	Chelmsford

July 2008

1st	Trustee Essentials	Basildon NEW
3rd	Full Cost Recovery	Brentwood
8th	Building Strong Teams	Epping
10th	Retaining Volunteers	Chelmsford NEW
15th	First Aid	Epping
16th	Presentations for Tendering	Chelmsford
23rd	Recruitment & Selection	Epping

FOR FULL DETAILS OF THESE AND OTHER COURSES

SEE OUR WEBSITE:

www.voluntarysectortraining.org.uk

OR CONTACT US:

Voluntary Sector Training 01371 876747

Affiliated Members 2008 - 2009

(Websites shown where known)

Active Christian Trust – Warehouse Centre	Rayleigh Castle (Evenings) Townswomen's Guild
Advanced Surgical Equipment Trust - www.sh-charities.org/aset.html	Rayleigh Civic Society
Age Concern – Essex Home Support Service - www.ageconcernessex.co.uk Rayleigh	Rayleigh Methodist Church
The Ark II “Together on a Sunday Afternoon”	Rayleigh No. 1 Club OAP/NFRPA
Arthritis Care	Rayleigh Open Door Service
Brainwave - www.brainwave.org.uk	Rayleigh Pensioners Good-fellowship
Castle Point Stroke Club	Rayleigh Physically Handicapped Club
Castle Point (CAVS) CVS/VB - www.cavscastlepoint.org.uk	Rayleigh, Rochford and Castle Point Talking Newspapers
Cedars Centre	Rayleigh Society Club for the Blind
Christ Church United Reformed Church, Rayleigh	Rayleigh Town Council
Crouch Valley Scouts District Council	Rayleigh University of the Third Age
Cruse Bereavement Care	Relate SE Essex & Family Mediation Service
Disabled Christian Fellowship, Rayleigh	Rethink Good Companions - www.rethink.org
Disabled Information Advice Line (DIAL) – www.dialbasildon.co.uk	Rise@Rethink Rochford District
Disability Essex - www.info@disabilityessex.org	Roach Runners of Rochford
Essex Blind Charity (incorporating EVAB) – www.evab.org.uk	Rochford & District Old Peoples' Welfare Committee
Gazelle Personal Development	Rochford & Rayleigh Citizens Advice Bureau Ltd
Graceart Painting Group	Rochford Access Committee for the Disabled
Great Wakering Helping Hands Association	Rochford District & Haltern Twinning Association
Harmonie Concert Band - http://members.aol.com/harmoniewindband	Rochford District Volunteer Development Agency
Havens Christian Hospice	Rochford Hundred Historical Society
Hawkwell Parish Council	Rochford Parish Council
Historical Society of Rayleigh	Rochford Sports Council
Hockley & Hawkwell Old People's Day Centre	Rotary Club of Rayleigh Mill
Home-Start – S.E. Essex	Rotary Club of Rochford
Hullbridge Community Association	Royal British Legion (Rayleigh)
Hullbridge Senior Citizens Welfare Council	Salvation Army
Independent Visitors Scheme	Southend and District Alzheimer's Society
Inner Wheel Club of Rayleigh Mill	Southend Blind Welfare Organisation
Interact - www.interact.org.uk	Southend Community Action (SAVS) CVS/VB – www.southendcommunityaction.org.uk
Leigh Orpheus Male Voice Choir	Southend Area Bus User Group - www.sabug.kk5.org
Lions Club of Rayleigh	Southend Mencap
Motor Neurone Disease Association – S.E. Essex	Springboard Home Improvements
Multiple Sclerosis Society	The Star Partnership
National Federation for the Blind	Sunday Club (The)
The Pact Network	Sweyne Choral Society
Parkinson's Disease Society – Southend & District	Take Heart – Southend & District Cardiac Support
The Peaceful Place	The Taxi Drivers Charity Fund for Sick, Disabled & Local Children
Rayleigh & District Chamber of Trade	Turnabout Trust for Unemployed People – www.turnabout.org.uk
Rayleigh 5th Scout Group	Victim Support - Essex
Rayleigh Archery Club www.rayleightownarcheryclub.co.uk	Wyvern Community Transport for Rochford District
Rayleigh Bowls Club	Private Members: 1
Rayleigh Boys Football Club	
Rayleigh Camera Club	

WE WOULD LIKE TO LET YOU KNOW WHAT RRAVS CAN OFFER TO ORGANISATIONS WHO ARE MEMBERS OF OUR ASSOCIATION AND TO THOSE WHO MAY WISH TO JOIN US

- ◆ The Annual Fee, due 1st April, is only £5.00. This entitles your organisation to avail themselves of our services and send representatives to our AGM and Community Forum Meetings.
- ◆ In addition to the many benefits available, members can include an article about their organisation in our Newsletter.
- ◆ We have produced and maintain a Community Directory of local organisations. Is your group listed?
- ◆ We also maintain a Volunteering Opportunities Directory where your organisation can advertise any vacancies.

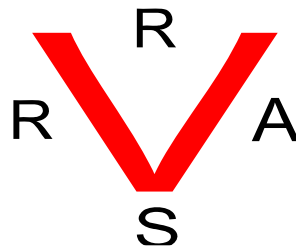
If you would like to join our organisation, please request an application form from our office at:

Rayleigh, Rochford and District Association for Voluntary Service

132 High Street

Rayleigh,

Essex, SS6 7BX



Registered Charity No: 1113433

Company No: 05447356

The views expressed in RRAVS News are not necessarily endorsed by Rayleigh, Rochford and District AVS. Whilst every effort is taken to provide accurate information, we accept no liability for any error or omission. The inclusion of an advert or insert does not imply endorsement by RRAVS.