

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



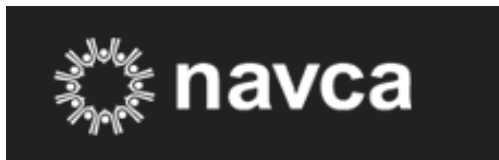
Spring 2009

Issue 28

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



New Chief Officer for RRAVS

As you all may be aware by now, RRAVS received funding to enable us to recruit a Chief Officer. We are pleased to announce that Jackie Brown was the successful applicant and she joined us on 6th April 2009. See page 3 for more information

Volunteers Week

This is a national celebration of volunteers and volunteering which takes place every year. Everyone is invited to join this celebration which takes place in the first week of June. See page 3 to see what RRAVS is doing to celebrate!

RRAVS VOLUNTEERS AWARDS EVENING AND AGM

WEDNESDAY 3rd JUNE 2009, 6.00 - 9.00 pm

COUNCIL CHAMBER, CIVIC SUITE, HOCKLEY ROAD, RAYLEIGH

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VOLUNTEER CENTRE

OPEN TO THE GENERAL PUBLIC:

9.30 am - 1.00 pm MONDAY - FRIDAY

132 High Street, Rayleigh

Essex, SS6 7BX

Tel: 01268 775255

E-mail: rravs@rravs.org.uk

Website: www.rravs.org.uk

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 we monitor, support and advise on all aspects of community care.

We do this through our Core Services and Volunteer Centre by providing:-

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

Consultation and Representation through membership and consultation work. RRAVS represents the views and concerns

of voluntary organisations to other agencies in combination with good organisation, accurate information exchange, identifying needs and effective presentation.

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

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

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

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

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

CVS Board of Trustees

Ron Rowson - Chairman

Ralph Phelps - Vice Chairman/Treasurer

Dick Le Grice - Secretary

June Lumley - Trustee

Ann Willis - Trustee

John Pullen - Trustee

Tony Ashley - Trustee

David Barnes - Trustee

CVS Staff

Chief Officer

Jackie Brown

RRAVS Manager

Derek Helson

Partnership Development Co-ordinator

Gerry Moore

Volunteer Centre Co-ordinator

Teresa Clark

Funding Officer

Shelley Hall

Adult & Young Carers

Marion Horsley

LAPPTOP Scheme

Ian Climpson

Administration Officer

Amanda Harris

RRAVS NEWS

INTRODUCING RRAVS NEW CHIEF OFFICER, JACKIE BROWN...

My name is Jackie Brown I joined RRAVS on 6 April 2009 as the Chief Officer. This is a new role within the organisation and I look forward to the challenges and development opportunities this will bring for the organisation.

My previous roles have included managing a geographically based social regeneration programme in Basildon working closely with residents and service providers, across both statutory and voluntary sector organisations to increase community engagement and ensure services were tailored to meet need and were of good quality.

I also have experience working in the education sector as an Office Manager and as a Project Manager for an Education Action Zone, managing the out of hours and extra curricular activity, funded by an external sponsor with more than 20 schools and over 1600 engaged.

This varied background has provided me the opportunity to work with a wide and varied range of organisations and to form effective partnerships, which I am sure will be beneficial in my new role and I am excited to be working with my new team and look forward to meeting you all in the future.

NEWS FROM THE VOLUNTEER CENTRE

Hello - I do hope this newsletter finds you well but can anyone please tell me where the time goes???

The past few months have been incredibly busy as I have tried to meet with you and match volunteers according to your needs. I know there are still those of you I have yet to meet and I will eventually get round to all of you. Please do get in touch though if you have specific requirements or require volunteers for one-off events. As you know, volunteers offer their time for a variety of reasons and they have many skills that can be utilised. For example, I recently met with a young lady who has graphic design skills and would like offer her time to design posters/fliers etc. I also have another volunteer with database/spreadsheet skills who is able to work on an ad hoc basis in her own home if required. If you would be able to use either of these people in your organisation, then please let me know and I will pass you their details. In the meantime, I will continue to refer, as usual, and promote your opportunities where possible. My aim in the summer months is to embark on some outreach work and raise an increased awareness of the work of the voluntary sector and the diversity of volunteer roles within.

I am sure you are all aware of Volunteers Week that runs from the 1st – 7th June each year. Please join with me to celebrate the work of the many volunteers who give their time, commitment and skills that complement the work you do. I am planning to hold a series of events during that week and you will note that in conjunction with RRAVS AGM we are holding a presentation evening and asking for nominations of 'outstanding' volunteer involvement. Please complete the form that accompanies this newsletter and help us to celebrate Volunteers' Week 25th year. If you require additional forms or information then please do not hesitate to contact me. I look forward to you joining us for what I hope will be a very pleasant evening in recognition of the work of your volunteers.

During this period, we shall also be hosting events celebrating Volunteers' Week at Rayleigh Library (on Monday 1st June) and Rochford Library (Tuesday 2nd June). Please see our enclosed flyer for other events taking place.

I look forward also to continued partnerships and successful recruitment and placement of volunteers within your groups.

With very best wishes



Teresa Clark

VOLUNTEER CENTRE CO-ORDINATOR

RRAVS NEWS

Community Forum, 18th February 2009 at Holy Trinity Parish Centre, Rayleigh

Overall feedback on the day was positive. Partnership working was the order of the day with a presentation by NHS South East Essex (Proposed five year strategic plan) and workshops led by the Rochford LSP, and RRAVS. A “speed networking” session was organised which was a good icebreaker, with participants having an opportunity to speak to as many others as possible in the half hour slot. There were a total of 24 participants and 12 RRAVS staff

present.



An introduction to the day by RRAVS Chairman, Ron Rowson.

The workshops were kept to 15 minute slots with facilitators moving round so that everybody had a chance to contribute to all subjects. A buffet lunch then provided the opportunity for more networking before feedback from the workshops, followed by summing up from RRAVS Chairman Ron Rowson

Workshop 1 - A Third Sector strategy for Rochford

In Rochford, the Third Sector (a term used to describe the range of organisations which are neither state nor private sector) contributes significantly to the delivery of Rochford's Sustainable Community Strategy. A Local Compact with the Third Sector has been implemented to provide the framework for partnership working. The strategy and accompanying action plan will provide a framework for closer working between the Council, other statutory agencies and the Third Sector, ensuring that the knowledge, independence and expertise of the Third Sector is valued for the benefit of the whole community.

What do we want to achieve?

- A shared vision for what we want the sector to look like in 5 years' time.
- Agreement on what we need to deliver or change and how we go about it.
- The feedback showed that the Third Sector needs to retain its own identity.
- Keep the heart and passion.
- Retain flexibility - individual methods of working appropriate for local population.
- There needs to be greater stability of funding.
- No stop/start. Rolling funding is needed to plan ahead.
- Third Sector needs to be professional – it must understand the market and what is required.
- Need to develop the skills required.
- We must be seen to be on same level as statutory bodies.
- Added social value of Third Sector through volunteers and independent funding (Donations).

RRAVS NEWS

Workshop 2 - Rochford Local Strategic Partnership

The local Strategic Partnership (LSP) is a non statutory multi agency partnership which brings together, at a local level, the different parts of the private, public, community and voluntary sectors. The LSP will concentrate on the following seven key areas over the next three years

- Supporting the Ageing Population
- Fostering Greater Community Cohesion
- Strengthening the Third Sector
- Increasing Accessibility to Services
- Promoting a Greener District
- Keeping Rochford Safe
- Encouraging Economic Development: Skills, Employment and Enterprise



A Workshop group.

Feedback

- Forming common interest amongst the Third Sector groups i.e. point of contact with statutory sector.
- A need for better information sharing. Feedback to member groups from strategic partnerships.
- What should RRAVS do more of than we currently do?
- Promote training at affordable prices.
- Expand membership to give a more diverse coverage.
- Better clarity of RRAVS services.
- New Chief Officer to strengthen strategic direction.



The "speed networking" session

Other suggestions?

- Expand across the District using other venues e.g. Libraries.
- Consider merging with other CVSs to become stronger and more effective.
- Develop website to make RRAVS more accessible outside opening hours.

Summary and way forward – Gerry Moore Partnership Development Co-ordinator

Firstly a big thank you to the Planning team that made the day possible and to the facilitators and volunteers who gave their time freely and helped to keep costs to a minimum.

Thank you to all that attended and contributed to the day.

Thank you to ESTIC for funding the day and the buffet lunch.

Thank you to Sainsbury's for a £10.00 donation towards the cost of catering.

A big positive for me was the partnership working, with statutory partners fully engaged in the planning and facilitation on the day.

A disappointment was the relatively small number of Third Sector organisations in attendance. Late apologies from fifteen exacerbated the low number and resulted in over-catering on the day.

Feedback from non-attendees suggests that half term is not a good time to hold a forum and many advised that they were unable to attend because they have a 'day job'.

I am keen, therefore, to hold the next Forum at a time that accommodates most and with this in mind have enclosed a brief questionnaire to gauge when best to schedule.

Once again thank you to all who attended on the day.

RRAVS NEWS

RRAVS MANAGER'S REPORT

New News during the Year

The past year has seen some major changes at RRAVS with new faces arriving and a general uplift of our premises.

During the latter half of the summer, a new Trustee joined RRAVS. David Barnes, who has a wealth of experience in community activity joined the Trustee Board and is now responsible for the administration and personnel portfolio. Coming into this role enabled another Trustee, Ann Willis, to move across to the Volunteer Centre portfolio which had become vacant.

Towards the end of 2008, the Rochford District Local Strategic Partnership placed a bid for funds from the Performance Reward Grant and allocated sufficient funding for RRAVS to appoint a Chief Officer. This is a new role for RRAVS which will enable RRAVS to be fully involved in the strategic direction of the Third Sector - a role being developed by our new Partnership Co-ordinator, Gerry Moore, who joined us last September. The new Chief Officer, Jackie Brown, started in April and is already moving RRAVS forward alongside Gerry.

At the same time that Gerry started, RRAVS appointed Teresa Clark as its new Volunteer Centre Co-ordinator. During the first 6 months, Teresa has organised the databases for volunteers and volunteer opportunities as well as having face-to-face discussions with new volunteers. Their respective reports give further information.

Working with Rayleigh Library, the Volunteer Centre has been redecorated and a new slat board erected. This enables RRAVS to display various information leaflets. New signage is also being progressed.

Our office at 140a High Street, Rayleigh, has been reorganised to accommodate new staff. A new computer system has been installed to enable all staff based there to have access to e-mail and internet via their own PCs.

This reorganisation has enabled RRAVS to evaluate the roles and responsibilities of the staff so that RRAVS can provide a management support function for the various projects it operates.

As we move into a new financial year, RRAVS' future progress is very positive.

Derek Helson

RRAVS MANAGER

**The Chairman's and Treasurer's Reports, which are usually featured in our Spring Newsletter, will be available in the Annual Report.
This will be available at the AGM.**

RRAVS NEWS

PARTNERSHIP DEVELOPMENT CO-ORDINATOR'S REPORT

Since joining RRAVS in September last year, I have been very much involved in the CVS/Volunteer Centre Modernisation Agenda. I have been directly involved along with Trustee's in the research and workshops commissioned by ESTIC and facilitated by Action Planning. Further information regarding the outcomes, recommendations and action plan will be made available shortly.

In addition I have been visiting member organisations to encourage greater involvement with partnership working at an operational and strategic level.

I believe we can only achieve a stronger and more influential Third Sector if we all work together supporting each other and sharing skills and knowledge.

We all need to be looking outside our own organisations to find opportunities to work together and to pool our resources, where appropriate, for the benefit of the wider community.

In February I co-ordinated a planning team made up of RRAVS staff and partner organisations to plan RRAVS Winter/Spring Community forum which took place in February, A report of the event appears on the previous page of this Newsletter.

I am keen to make future forums as accessible to as many as possible and enclose a brief questionnaire to help me with future planning. Any further feedback regarding the February forum would be much appreciated.

Gerry Moore

PARTNERSHIP DEVELOPMENT CO-ORDINATOR

RRAVS AGM - WEDNESDAY 3rd JUNE 2009



COUNCIL CHAMBER, CIVIC SUITE

HOCKLEY ROAD, RAYLEIGH

6.00 pm - 9.00 pm

To coincide with Volunteering England's Volunteers' Week, we have moved our AGM, traditionally held in mid-May, to the first week of June.

We will also be presenting nominated volunteers with certificates to mark outstanding achievement. Refreshments will be provided. If you would like to nominate someone who either works for an organisation, or does good work in the community, please use the enclosed nomination form and return it to us as soon as possible.

Further nomination forms can be obtained from the Volunteer Centre on:

 **01268 775255**



ravsrayleigh@btinternet.com

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

LAPTTOP continues to help local people (mostly the over 60s) to learn about computers. The following options are available :

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

Rochford Courses

Courses now take place at the new Rochford Library. The next course will start in May 2009. These courses continue to follow the same format which proves very popular with learners.

Rayleigh Courses

Courses take place at the Salvation Army Hall. These follow the same format as the Rochford Course.

Hullbridge Courses

Several courses are now taking place at the Hullbridge Centre. These are for the members of the Centre.

Outreach courses

Taster Courses in Sheltered Accommodation take place when required. Two courses at Coachman Court are taking place in Apr-May 09. 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

Further courses will start when they have funding available.

Home visits

We continue to carry out home visits during 2009 for those who are unable to travel. We also provide home visits for learners whose needs may not be met by attending a course.

Rochford Computer Club

The club now meets at the Rochford Parish Council Rooms, West Street, Rochford, on the first Thursday of each month from 2.00-4.00 pm. Everybody is welcome to come along.

The club session fee is now £2 to cover hire charges and volunteer expenses. This year we have a number of sessions on uses of the Internet.

Funding

Funding for Lapttop administration and new equipment has been received. Three new laptops have been purchased.

Volunteers

LAPTTOP requires volunteers. Phone 01268 775255 for further information.

Other activities

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

Lifelong
Access to
PCs
Through
Training for
Older
People

Ian Climpson

LAPTTOP PROJECT CO-ORDINATOR

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 e-mails with photos attachments to your relatives?

Transfer photos from your camera to computer and print them?

Participate in Internet shopping to buy products at low prices?



Then the **LAPTTOP** scheme can help you via:

Beginners Computer Courses

Home Visits

and a Computer Club

LAPTTOP is a computer project for over 60's run by **RRAVS** with the help of volunteers

Contact **RRAVS** on 01268 775255/772796

for details or visit the Volunteer Centre in the foyer of Rayleigh Library

**THE LAPTTOP SCHEME IS
LOOKING FOR VOLUNTEERS TO
HELP WITH THE ABOVE
ACTIVITIES!**

If you have some computer knowledge and a few hours to spare each week, why not contact us via the **RRAVS Volunteer Centre?**

CARERS' NEWS



Project Leader

Marion Horsley

Tel: 01268 775255

CARERS' PROJECT

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

The Young Carers' Scheme has nearly 90 children registered as Young Carers. The scheme has grown so much that we now have three groups that meet at the Rayleigh Youth Centre. To cope with the growing numbers of children we will be opening our second group in Rochford at the beginning of May. Donna will still be running the Rayleigh group and we welcome Michelle, who will run the Rochford group. This will meet at the Wishing Well Children's Centre/Waterman Primary School.

We are currently piloting a support group in Greensward Academy, Hockley and we are looking for funding to run this at the other secondary schools within the District. This will enable us to spend more one-to-one time with individual children and help liaise with the school if there are any problems.

Our scheme was chosen by Essex County Council to be part of their DVD promoting Young Carers across Essex. This is now available as a training aid or to bring out to talks across the District.

The scheme greatly benefits from the input from our Young Carers' Council. This is made up from approximately ten of our children and they help make decisions about how the scheme is run and the kinds of activities we offer, and they help us

resolve any problems we might have. Three young carers also sit on the Essex County Council Young Carers Council and one of our members sits on Rochford District Youth Council.

We have been successful in applying to the Young Carers' Direct Support Fund and a number of our children have benefited from this fund which has enabled them to take part in school holidays. Two children have also benefited from equipment to pursue their hobbies.

The children have continued to enjoy trips out to Adventure Island, where one of our children won the 'Best Smile' photo competition. They have also enjoyed bowling, Megazone, Legacy XS, cooking, take-away evening, art and horse riding. We have also benefited from visits by the Police and the Fire Brigade where the children enjoyed playing with the hoses! Once again six of our children will be going on a "Wet N Wild" holiday in August.

We still continue to work closely with our Statutory, Voluntary and Schools partners and thank them for all their support over the last year.

Adult Carers is starting to move on. We are now working in a very successful partnership with the Baptist Church in Rayleigh and we hold a Carers' Café on the first Saturday of the month. We have arranged some outings including fish and chips and a mystery coach tour and are in the process of planning a further trip in August.

We are meeting with a number of organisations in Rochford to set up a similar group in this area. We have obtained funding for this coming year and it will allow us to take on a support worker to help with the growth of the scheme.

Marion Horsley

Project Leader

FUNDING NEWS

Grassroots Grants

We have been notified by Essex Community Foundation that there will be **NO** funding rounds for May or June, as there were a large amount of applications received for the April deadline.

Further information can be found at www.essexcommunityfoundation.org.uk

Community Initiatives Fund

The main aim of the Community Initiatives Fund (CIF) is to help fund projects or initiatives that will promote the social, economic or environmental well-being of the locality and result in the creation or enhancement of a physical asset. Average grant is usually around £6,500, although you can apply for up to £10,000.

Qualifying Criteria

- The expenditure must be capital in nature.
- Evidence that the project meets local needs should be submitted with grant applications.
- The applicant should be able to demonstrate that it can meet any ongoing revenue costs.
- The facility or project should be available to all sectors of the local community and must not be political or religious in nature.
- The project should have the support of the town or parish council where this exists, or in unparished areas, another appropriate, constituted community group should be the sponsor.
- Evidence that matched funding has been investigated or secured must be provided with the application.
- Successful applicants will be expected to work with the County Council in promoting and publicising their project.
- Any funds granted must be spent by 31st March 2010.

You can download applications from www.communityinitiativesfund.co.uk. If you have any questions or require help, please contact Shelley Hall on 01268 772796 or rravs@rravs.org.uk.

BRAVO

BRAVO Solutions is the new website where you can now find available grants from Essex County Council. When you first use the system, you will need to register your organisation details and then you will be alerted to appropriate funding programmes when they become available. You complete the application forms online which are quite straightforward but if you should need assistance, then please contact me on 01268 772796. You can find Bravo Solutions under the Essex County Council website or at www.essex.bravosolution.com.

FUNDING NEWS

HIGH SHERIFF SUPPORTS LOCAL CHARITIES



The new High Sheriff of Essex, Rupert Gosling, takes up his duties after swearing his Declaration at a ceremony held at Chelmsford Crown Court (31 March). He is the 829th High Sheriff of Essex. The High Sheriff's Fund will benefit from funds raised during his year. Rupert will support voluntary and community groups working throughout Essex to make their communities safe from crime and the fear of crime.

The High Sheriff's Fund is managed by local grant making charitable trust, Essex Community Foundation. Since it came under the Foundation's management in 1997, the Fund has distributed over £220,000 to 317 voluntary and community groups who are all working hard to make our communities safer from crime.

"I am looking forward to my year as High Sheriff and to meeting some of the many voluntary and community groups", said Rupert. "I will be working closely with Essex Community Foundation and sharing their expertise and knowledge of the voluntary sector in Essex".

Rupert is a born and bred Essex man. He lives in Bush End where his family have farmed for over 100 years. He runs the farm which produces arable crops; milling wheat, barley, oilseed rape and beans. Rupert enjoys country pursuits and is involved with his local Church as churchwarden and organist.

For information about the High Sheriff's Fund and Essex Community Foundation visit www.essexcommunityfoundation.org.uk or call Jo Murphy on 01245 355947. The next deadline date for applications to the High Sheriff's Fund will be 1 December 2009.

For further information contact: **Laura Warren/Jo Murphy**
Essex Community Foundation
Tel: 01245 355947 Fax: 01245 346391
E-mail: general@essexcf.org.uk

Successful Funding from April 2008 to March 2009

Jack Petchey Foundation £9,000 – RRAVS Young Carers
Gannett Foundation £25,000 – Wyvern Community Transport
Age Concern £4,000 – Wyvern Community Transport
YOF Fund £1,440 – RRAVS Young Carers
Rayleigh Mill and Rochford Rotary combined £550 – The Taxi Drivers Charity Fund
BBC Children in Need £9,000 – Young Carers
Ford Britain Trust £1,000 – RRAVS Computers
Help the Aged £3,000 – RRAVS Laptop Scheme
Awards for All £7,935 – 1st Rayleigh Scouts (initial help)
Essex County Council £610 – RRAVS Open day
Essex County Council £625 – For RRAVS to promote grants
Essex Community Foundation £8,502 – RRAVS Funding Officer Salary
Community Initiatives Fund (Youth) £35,000 – 5th Rayleigh Scouts
Rotary Club of Rayleigh Mill £180 – RRAVS Laptop Scheme
Grassroots £5,000 - Rayleigh Physically Handicapped Group

Rochford Rotary £500 – RRAVS Families in Need Appeal
YOF Fund £2,900 – RRAVS Young Carers
Grassroots £4,400 – Mayday Monday Club
Percy Bilton Charity £500 – RRAVS Laptop Scheme new laptop
Yorkshire Charitable Foundation £500 – RRAVS Laptop Scheme new laptop
Age Concern BT Silver Surfer £3,540 – RRAVS Laptop Scheme
South East Essex Forum £5,000 – Hockley Bowls Club
Grassroots £5,000 – Hockley Bowls Club
Rayleigh Town Council £300 – RRAVS Families in Need
Rotary Club of Rayleigh Mill £180 – RRAVS Laptop Scheme
Essex County Council £20,000 – RRAVS Adult Carers Scheme
Essex County Council £388 – Carers Week 2009
Essex County Council £40,000 – RRAVS Young Carers
Essex County Council £3261 – RRAVS Voluntary Centre
Essex County Council £17,331 – RRAVS Core funding for 2009/2010
ECVYS £900 – RRAVS Young Carers

Total to date this year £215,542

This is the funding that RRAVS' Funding Officer has managed to secure this year. As you can see, not many local groups or charities have approached RRAVS for help. Please call Shelley Hall, Funding Officer for any funding issues on 01268 772796.

MEMBERS' NEWS



FREE ACTIVITY TASTER SESSIONS FOR THE OVER 55s

Active Rochford, working with RRAVS, has given a grant to finance FREE sessions to give a flavour of sporting activities which are regularly available at the Warehouse Centre in Brook Road, Rayleigh.

There will be three Short Mat Bowls sessions, on the 6th, 13th and 20th May 2009. In June, there will be a further three sessions, with one each of Table Tennis, Badminton and Short Mat Bowls. These sessions are on 3rd, 10th and 17th June 2009.

The sessions, equipment, advice and instruction are all provided to you **FREE OF CHARGE**.

Each session will run from 10.15 am to 11.45 am and is open to anyone who is aged over 55.

Anyone wishing to attend the sessions can just turn up on the day. Please wear light non-marking footwear. For any further information, call Graham Back at the Warehouse Centre on 01268 779100 or Gerry Moore at RRAVS on 01268 772796. You may also like to know that the above activity sessions are regularly available at the Warehouse Centre to anyone over the age of 50 (and wherever they are resident) as follows:

Mondays:

Badminton	12.30 - 14.30
Table Tennis	14.00 - 16.00
Short Mat Bowls	15.00 - 17.00

Wednesday and Thursdays:

Badminton & Short Mat Bowls	14.00 - 16.00
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The price for all the above activities is £3.30 per session, which includes free refreshments.

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

Ann Willis

Chairman

OR

Secretary

01702 541410

01702 205169

Registered Charity No. 278578

MEMBERS' NEWS

How your organisation can benefit from Disability Equality Training (DET)

Essex Coalition of Disabled People (ECDP) is an organisation run by, and for, disabled people in Essex. Its main aim is to promote social justice and enhance the quality of life for disabled people across all impairment groups. They look to assist like-minded organisations achieve their goals.

- It provides high quality training to individuals, private and public bodies, as well as various voluntary sector and community groups. All their trainers are highly qualified Disabled People, thus combining subject education with experiential knowledge.
- As you will be well aware, although essential, DET training is not just about complying with legislation - it is about providing better customer care to all users of your services, and creating a better working environment for all staff and volunteers. It also raises your organisational profile and can aid recruitment and funding opportunities.
- ECDP provide Disability Equality Delegate Days designed for organisations that need to train small numbers of employees and individuals looking to gain an overview of disability equality issues. It also provides bespoke training specific to your organisation's requirements at your chosen location.

ECDP believes the training session is not the end result, it is the start of a process of changing the culture and principles from which people work.

The next scheduled Disability Equality training session will take place on Tuesday 12th May 2009. If you would like to book a place or wish to find out more about ECDP Training and Facilities look on their website:

**www.ecdp.org.uk,
contact the Training Team on 01245 392301 or
email: training@ecdp.org.uk**

Rayleigh Through the Looking Glass



As the next step in the sharing of Rayleigh's rich and varied history with as many people as possible, Rayleigh Through the Looking Glass has set up a website.

Chairman Mike Davies said "We can now communicate to a worldwide audience and share our town's heritage".

A page will be added to the site on a monthly basis with a particular theme such as a person, place or dateline so that visitors can ask questions and share information. We would welcome any suggestions for inclusion on the site. The website address is:

www.rayleighthroughthelookingglass.co.uk

We have also received a grant of £1,213 from Grassroots Grants which will enable us to take a major technological leap. We have been able to purchase a state of the art digital projector which will enable further slide shows of Rayleigh's rich and varied history to be shown directly from our computer stored images rather than needing the old fashioned 35mm slides.

Additionally we purchased a "docupen" which enables us to copy on site various photos and documents by swiping the pen over the item for direct input into a computer.

Chairman Mike Davies said "it was becoming more difficult and expensive to transfer new items onto 35mm slides and these acquisitions will enable us to produce shows directly from our computer stored images" It is planned to use this equipment for the first time at the two shows in April and May for Rochford Council to help celebrate the 200th birthday of Rayleigh's Tower Windmill.

MEMBERS' NEWS



Brainwave Children's Charity Appoint New Chief Executive

Brainwave, the national children's charity, has appointed Christine Cryne as its new Chief Executive Officer. The charity supports children with disabilities by training their parents and carers to deliver an individually devised programme of therapy exercises unique to each child that they can practice at home on a daily basis.

Christine joins the Charity from the Office of Fair Trading where she was Senior Director heading up the advice service Consumer Direct. However, her previous experience in the Third Sector is extensive, with senior positions at Muscular Dystrophy Campaign and Help the Aged.

Christine said, "Despite the current climate, it's a great time to be joining Brainwave. I was looking to join a charity that has a direct impact on people's lives and Brainwave does exactly that. Whilst at school, I was a member of PHAB (Physically Handicapped and Able Bodied Group). It gave me a real understanding of disability issues, particularly Cerebral Palsy. Brainwave takes children from all over the country with some coming from Essex. We are looking to expand our work, which means we will be helping even more children over the next few years. I am very much looking forward to working with the dedicated staff and volunteers to make it all happen".

Brainwave has been supporting children from 6 months to 12 years old with Developmental Delay; physical and/or cognitive disabilities, whether caused by brain injury like Cerebral Palsy or a genetic condition like Down's Syndrome, since 1982.



For more information see www.brainwave.org.uk

Contact:

Brainwave's S.E. Centre, Witham, Essex on 01376 503608

Or

Gerry Gould – Family Co-ordinator on 01268 561784 or 07725956014

Email: gerrygould@brainwave.org.uk

Or

Christine Cryne: Chief Executive Office - (m) 07970 096 366;

*Christine Cryne, Brainwave's
new Chief Executive Officer*

MEMBERS' NEWS

The University of the Third Age and Third Age Trust



NEW U3A

RAYLEIGH GRANGE U3A

WEDNESDAY 6th May 2009

2pm till 4pm

**Meeting in Grange Community Centre,
Little Wheatley Chase, Rayleigh SS6 9EH**

**Are you interested in helping to set up a New University of the Third Age
for retired and semi retired men and women?**

Monthly meeting with a yearly programme of speakers.

Come along and see if you can make this new U3A become a reality.

Enjoy group activities eg. Art Appreciation, Walking, Bird Watching, Collectables, Family History, visiting Essex Churches and enjoying lunch in a local pub, Digital Photography, theatre group, luncheon group, Holiday Spanish and French etc. etc.

Make new friends, meet new people and start a whole new learning and social life in your retirement years. We help each other to share knowledge, skills, interests and experiences through group activities.

Further details about the meeting and the U3A movement

Press & Publicity - Maureen Huntly on 012678 777398

See also the U3A website at www.u3a.org.uk

Annual Charity Barn Dance



Rayleigh Lions are holding their 3rd Annual Barn Dance on

Saturday 9th May 2009 at 7.30 pm for 8.00 pm start

Fitzwimarc School, Hockley Road, Rayleigh, SS6 8EB

Music and Caller to be provided by local band

"The Famous Potatoes"

For further information, please contact Andy Barker on

05601 851687 (answer machine) or 01702 354603

SOUTHEND MENCAP
is looking for Executive
Committee Members and
more helpers for all the
various activities they run. If
you think you can help, call
Marc McOwens at
"The Harvey Centre" on
01702 341250.

COMMUNITY NEWS



New to digital photography?

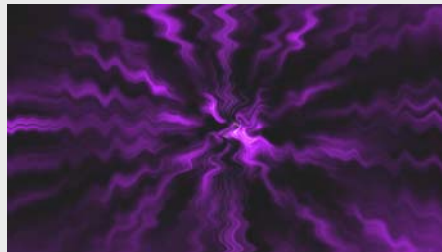
Want to take better photographs?

Want to find out more about photo manipulation?

Well - come along for a **Free** introductory workshop to be held in Rayleigh later this year. Interested ?

For further information please e-mail Gerry Moore at:

rravs@rravs.org.uk



ROCHFORD DISTRICT COUNCIL PRESENT AN ENVIRONMENTAL HEALTH AWARENESS DAY

8.00 am - 1.30 pm, WEDNESDAY 17th JUNE 2009

COUNCIL CIVIC SUITE, RAYLEIGH

Rochford District Council is holding an event to raise awareness of, and provide advice on, food safety, healthy eating and living, statutory nuisances (such as pests, noise and bonfires) and animal welfare. It is hoped that the Private Sector Housing Unit will also be in attendance to provide advice on grants, maintenance, landlord issues etc. Environment issues such as recycling and energy efficiency will also be covered. For further information, please contact Cathy Cook, Communications Officer, at Rochford District Council on:

 **01702 546366**



COMMUNITY NEWS

'Safeguarding Adults and the Voluntary Sector Conference'

MONDAY - 27 April 2009
The Waterfront, Wharf Road, Chelmsford
10.00am - 2.00pm



This event is aimed specifically at the voluntary sector in Essex and aims to explore the important role that the voluntary sector can and do play in safeguarding vulnerable adults from abuse

The event will include speakers presenting issues around Carers, domestic abuse, and an exciting project to be launched in Essex in the summer. This project will establish a new helpline service for anyone concerned about an adult at risk of abuse. This helpline will, for the first time in the UK, provide an adult equivalent to the Childline service.

If you would like to book a place at this event:-

Email: esab@essex.gov.uk

Fax: 01245 506649

The Conference is aimed at anyone working in the voluntary sector whose work brings them into contact with vulnerable adults, or who would like to learn more about the Adult Safeguarding Agenda in Essex.

Essex Carers Forum

The Essex Carers Forum was formed in 1996 with the aim of bringing together representatives from many groups supporting carers throughout the county. It helped to influence long term planning and to develop and evaluate statutory and voluntary services which address carers' issues and how their needs affect policy making. Over the years the Forum has been involved in several consultations that have resulted in better services for carers.

Essex Carers Forum is not an advice service for individual carers. Its remit is to act as an informed representative of the carers of the county and to address issues that can help carers with any matter within the object of the Forum. If they are alerted to a problem that affects carers, they will ensure that it comes to the attention of the decision makers for discussion. They are continually in discussion with the Essex Primary Care Trusts and Health Trusts to ensure that the carers' issues are high on the agenda and they monitor and safeguard the interests of all carers in Essex. They publicise information to the carers of the county through their meetings and via carers' representatives and local carer support groups across Essex.

Membership of the Carers Forum is open to any carer who is resident in the county. Membership is also open to any organisation or individual with a representing interest in carers' issues.

If you are interested in becoming a member of the Essex Carers Forum or you would like to discuss any aspect of the Forum, the contact details are:

Mr Malcolm Batty (Chairman)

Essex Carers Forum, c/o Essex Carers Support

Imperial House, Rosemary Road, Clacton-on-Sea, CO15 1NZ

Tel: 01255 474410

COMMUNITY NEWS

It's your choice of hospital

Did you know you:

- Have a choice of hospitals?
- Can book your hospital appointment with help from your GP surgery?
- Can choose the hospital with the shortest wait?

In the past, if you were referred to hospital you were told where to go and when. Now, if your GP decides you need to see a specialist for more treatment, you have a *choice* to go anywhere in England for most medical conditions, where your care is funded by the NHS. This includes NHS hospitals and may include private hospitals too.

Before you choose a hospital it's worth thinking about what's important to you. You may want to go to the hospital that can see you soonest or the one you feel is the best in the area.

You can discuss your options with your GP or you can go to the NHS Choices website at www.nhs.uk, put in the postcode where you live or where you like to be treated and the website will show you the hospitals in that area. You can then compare information such as individual services offered, parking and travel.

Your GP can use an electronic booking system called 'Choose and Book' allowing you to book your appointment there and then, if you want to, or if you want more time to consider your options you can book your appointment later by phone or online.

For more information on Choice:

visit our website at www.see.nhs.uk or the NHS Choices website at www.nhs.uk

ring our Patient Advice and Liaison Service on 01702 226668 or email us at: yourchoice@nhs.net

NHS South East Essex

Harcourt House, 5-15 Harcourt Avenue

Southend on Sea, SS2 6HETel: 01702 224600

Website: www.see.nhs.uk

NHS South East Essex urges people with diabetes to get their eyes screened

Diabetes can cause many health complications, so it is particularly important for people with diabetes to look after their health.

This includes having screening once a year for an eye condition called diabetic retinopathy. This is a disease that affects the small blood vessels of the retina (back of the eye).

Diabetic retinopathy is one of the main causes of **preventable** blindness in the UK. The condition shows no symptoms in the early stages, so it is **essential** to have annual screening to detect and treat it as quickly as possible, before sight is damaged. Even those with newly diagnosed or well controlled diabetes are still at risk and should have annual screening.

All people with diabetes in South East Essex are offered **free NHS retinopathy screening** once a year. This does not replace the need for an annual sight test with an optician.

The screener uses a state-of-the-art camera to take a digital photograph of the retina and this is carefully examined for signs of retinopathy. If retinopathy is detected, the person is referred directly to the eye clinic at Southend Hospital for further investigation or treatment.

Lee Moakes from the Digital Retinopathy Screening Service at NHS South East Essex advises everyone with Diabetes: "We are aware that a number of people with diabetes in South East Essex have not had their eyes screened. If you have missed your appointment or have not been screened in the last 12 months, please call **01268 464616** to book an appointment at a convenient date, time and location for you."

COMMUNITY NEWS

Here are the names and contact numbers for the Neighbourhood Specialists for Rochford District.

Rochford:

PC Michelle Rawson
PCSO Andy Hill
PCSO Ian Patterson
Team Mobile: 07801 461653

Hullbridge:

PC Wayne Nolan
PCSO Kelly Bowen
PCSO Luke Gamman
Team Mobile: 07801461653

Hockley:

PC Steve Joynes
PCSO Laura Merrell
PCSO John Venner
Team Mobile: 07710 046161

Wakering:

PC Steve Thomas
PCSO Faye Mills
PCSO David Page
Team Mobile: 07801 461653

Canewdon & Ashingdon:

PC Gary Tween
PCSO Julia Lamb
PCSO Bernie Iley
Team Mobile: 07710 046161

Rayleigh:

PC Wyn Sharp
PCSO Tom Boulter
PCSO Zoe Nuth
Team Mobile: 07813 953703

They can also be contacted by phoning the switchboard on 0300 333 4444

A COOL WAY TO KEEP CONTACT NUMBERS SAFE

Do you have an ICE number in your phone - Do you know what an ICE number is? The ICE (In Case of Emergency) Campaign urges everyone to store numbers for their closest family of friends in their mobile phones under the heading ICE.

Paramedics, firemen or police attending a stricken patient can contact their [next of kin](#) to obtain important medical information using the ICE number.

Under this scheme, more than one contact number can be entered using ICE1, ICE2, and so on. The idea was thought up by a paramedic, who found that when he was sent to the scene of an accident, patients usually had mobile phones, but were unable to tell 999 crews which number to call.

The scheme has been promoted in schools, making sure that each pupil enters an ICE number into their phones.

Don't delay - do yours today!

Pension Credit

Pension Credit is a tax free payment for people aged 60+ who live in Great Britain and whose income is less than £124.05 (single person) and £189.35 (couple) per week.

Eligibility can be checked free of charge and all information provided is confidential. For further information, you can visit the Pension Service website at:

www.thepensionservice.gov.uk/

Or to apply for pension credit call

0800 99 1234

Lines are open Monday to Friday between 8.00am - 8.00pm

(Courtesy of Speakout 89, Thurrock CVS)

COMMUNITY NEWS

Playing the Game – tax breaks for community sport

Dominic Goggins, Fiscal and Regulatory Officer at the Central Council for Physical Recreation (CCPR) explains how local sports clubs have saved £millions by registering as Community Amateur Sports Clubs.

The value that local sports clubs bring to our communities is enormous, from promoting healthy and active lifestyles to improving community cohesion and quality of life. Amateur sport is also a major part of the voluntary sector, accounting for 26% of all community volunteers.

Feeling the pinch

Despite this, local clubs are suffering. They are feeling the effects of the recession, as well as ever-increasing financial and administrative burdens such as music licences and water drainage charges which mean they have been hit harder than many other types of organisation. The Central Council on Physical Recreation (CCPR)'s 2007 Sports Club Survey (the biggest survey of its kind) revealed that more than half of all our local clubs are either operating at a deficit or only just breaking even. Worrying information, particularly from a survey carried out before the recession started. Perhaps the most worrying thing about these threats to community sports clubs, is that the only vehicle through which a 2012 Olympic legacy of increased participation can be delivered, is creaking. How do we safeguard these clubs in the face of increasing burdens and bleaker economic circumstances? How do we support the volunteers who remain dedicated in spite of the fact that more of their time is now spent on administration than coaching? A good place to start is to encourage local community sports organisations to consider registering as a Community Amateur Sport Club (CASC). By supporting clubs to achieve CASC status, local infrastructure organisations can provide significant help to community sport, and make a contribution to achieving an environment for a thriving Third Sector.

Charitable value

The CASC scheme was set up by the Government in 2002, when it delivered on a commitment to recognise in the tax system the charitable value of amateur sport while accepting that charitable status was not appropriate for every club. The CASC scheme was, therefore, designed to give amateur sports clubs parity with charities, and a number of tax breaks are available. They include:

- 80% mandatory business rate relief. Local authorities often choose to offer to clubs up to 100% relief at their discretion.
- The ability to raise funds from individuals under Gift Aid. A registered CASC can reclaim up to £28 in tax for every £100 donated.

- CASCs are exempt from Corporation Tax on profits from trading activities if their trading income is under £30,000 pa.
- Profits derived from property income are also exempt for CASCs if gross property income is under £20,000 pa.

CASCs whose income does not exceed these thresholds will no longer be required to complete an annual Corporation Tax return. More than 5,000 clubs have registered as CASCs since 2002, and Deloitte estimate that the scheme has saved more than £50m for those involved. Any amateur club that is open to the whole community is able to register as a CASC. The only requirement on spending the money saved is that it has to be reinvested in the CASC, for instance on improving facilities and coaching. CCPR has been a champion of the CASC scheme since it was created, and established the CASC Development Forum. The Forum brings together central and local Government, Sport England and other key stakeholders.

Looking for improvement

In its current form, the benefits favour property-owning clubs. CCPR and the CASC Development Forum are working to persuade the Government to improve the scheme by allowing CASCs to claim Gift Aid on junior membership subscriptions through our Subs for Clubs campaign. This would fulfil the scheme's potential by securing vital, sustainable funding for clubs in the years ahead.

With or without these improvements, the CASC scheme is a real asset for community sport and it is important that clubs are aware that this option is available to them. Woodford Rugby Union Club is certainly grateful for it. A new pavilion built in 1994 left them £200,000 in debt, long before the ability to raise £45,000 through Gift Aid. They will now celebrate their 80th anniversary debt-free, which was unthinkable before the CASC scheme was created. Club representative David Shepherd glows about the scheme, "It is simple to administer. Staff at the Her Majesty's Revenue and Customs are genuinely interested and helpful in dealing with queries and providing solutions...I would thoroughly recommend it to other clubs".

To find out more about the CASC scheme, and for information on how to register, please visit www.casclinfo.co.uk, the definitive CASC resource.

Carrie McKenzie, NAVCA's Sports Partnership Strategic Adviser, can be contacted at T: 0114 289 3973
E-mail: carrie.mckenzie@navca.org.uk.

(Courtesy of NAVCA 408.5 April/May 2009 circulation)

COMMUNITY NEWS



DO YOU NEED A HELPING HAND TO ENLIST NEW MEMBERS?

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

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

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

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

THE DEADLINE FOR THE SUMMER EDITION IS

FRIDAY 31st JULY 2009.

DATES FOR YOUR DIARY

MONDAY 27th APRIL 2009 10.00 am - 2.00 pm	SAFEGUARDING ADULTS AND THE VOLUNTARY SECTOR CONFERENCE (see page 17) THE WATERFRONT, WHARF ROAD, CHELMSFORD
1st—7th JUNE 2009	NATIONAL VOLUNTEERS' WEEK SEE THE WEBSITE BELOW FOR NEWS OF WHAT IS HAPPENING IN OUR AREA: www.volunteersweek.org.uk
WEDNESDAY 3rd JUNE 2009 6.00 pm - 9.00 pm	RRAVS AGM (see page 7) COUNCIL CHAMBER, CIVIC SUITE, HOCKLEY ROAD, RAYLEIGH, ESSEX
WEDNESDAY 6th MAY 2009 2.00 pm - 4.00 pm	NEW U3A MEETING (see page 15) GRANGE COMMUNITY CENTRE LITTLE WHEATLEY CHASE, RAYLEIGH
TUESDAY 12th MAY 2009	DISABILITY EQUALITY TRAINING SESSION (see page 13)

TRAINING NEWS

VST's new summer programme is enclosed with this Newsletter and is also available on their website: www.voluntarysectortraining.org.uk.

It includes **FREE TASTER** sessions on Procurement with Helen Marimo. **FREE FUNDING WORKSHOPS** with Mark Gerbaldi and **MORE** Sandy Andirondack courses on "Volunteers and the Law" and "Legal Structures". **NEW** programmes such as:

"Making the most of new IT Developments" course with Paul Ticher.
"Event Planning"
"Media Training"
"CIEH Level 2 Risk Assessment"

Back by popular demand is the **FOUR DAY** "First Aid at Work" training (£150).

May 2009

6th Intro to Procurement Southend **FREE**
6th Epilepsy Awareness Chelmsford
7th Funding Workshop Maldon **FREE**
8th First Aid Appointed Person Brentwood
12th Manual Handling Objects Feering (RCCE)
13th Intro to Procurement Dunmow **FREE**
14th Surviving the Recession Thundersley
18th IT – PowerPoint XP Dunmow
19th Data Protection Harlow
19th CIEH Level 2 Risk Assessment Colchester
21st Procurement – the Practicalities Feering (RCCE) **FREE**

June 2009

2nd First Aid Appointed Person Colchester
3rd Event Planning Chelmsford
4th Retaining Volunteers Rayleigh
5th Funding Workshop Basildon **FREE**
9th Volunteers and the Law P&P Chelmsford
10th Supervision Skills Basildon
11th Intro to Procurement Maldon **FREE**
15th IT - Excel XP Braintree
16th IT - Making the most of new IT Developments Chelmsford
17th Trustee Essentials Braintree
18th Safety for Lone Workers South W'ham Ferrers
23rd/30th June AND 7th/14th July First Aid at Work Epping
23rd Equality and Diversity
24th Tendering as a Consortium Chelmsford
25th Discipline and Dismissal Dunmow
30th Intro to Procurement Harlow **FREE**

July 2009

2nd Procurement – the Practicalities Chelmsford **FREE**
3rd Getting Your Message Heard Feering (RCCE)
8th Legal Structures for Charities Southend
9th Broadcast Interview Skills Brentwood
13th IT – Access XP South W'ham Ferrers
15th Policies and Procedures for Procurement Chelmsford



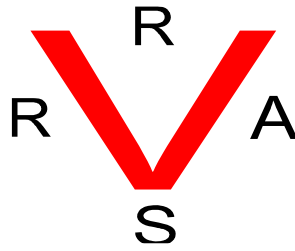
Essex CVS Partnership Voluntary Sector Training
Registered Charity No. 1095800
Company Registration No. 4384288
A company limited by guarantee registered
in England and Wales
Registered Office:
46 High Street, Great Dunmow, Essex, CM6 1AN

Hurry, some courses are fully booked already!!

Affiliated Members 2009 - 2010

(Websites shown where known)

- Active Christian Trust – Warehouse Centre - www.warehousecentre.co.uk
- Advanced Surgical Equipment Trust - www.sh-charities.org/aset.html
- Age Concern – Home Support Service - www.ageconcernessex.co.uk
Rayleigh
Essex
- The Ark II "Together on a Sunday Afternoon"
- Arthritis Care - www.arthritiscare.org.uk
- Brainwave - www.brainwave.org.uk
- Cards for Good Causes - www.cardsforcharity.co.uk
- Castle Point Stroke Club
- Castle Point (CAVS) CVS/VB - www.cavscastlepoint.org.uk
- Cedars Centre
- Christ Church United Reformed Church, Rayleigh
- CSV Essex Supported Volunteering - www.csv.org
- Crouch Valley Scouts District Council - www.essexscouts.org.uk/districts
- Cruse Bereavement Care - www.crusebereavementcare.org.uk
- Disabled Christian Fellowship, Rayleigh
- Disabled Information Advice Line (DIAL) – www.dialbasildon.co.uk
- Disability Essex - www.disabilityessex.org
- Dobson House
- Elizabeth Fitzroy Support - www.efitzroy.org.uk
- Essex Blind Charity (incorporating EVAB) – www.evab.org.uk
- Essex Coalition of Disabled People - www.ecdp.org.uk
- Families Relate
- Gazelle Personal Development - www.gazelleproject.org.uk
- Graceart Painting Group
- Great Wakering Helping Hands Association
- Great Wakering Rovers Football Club - www.greatwakeringroversfc.co.uk
- Harmonie Concert Band - <http://members.aol.com/harmoniewindband>
- Havens Christian Hospice
- Hawkwell Parish Council
- Historical Society of Rayleigh
- Hockley & Hawkwell Old People's Day Centre
- Home-Start – S.E. Essex - www.home-start.org.uk
- Hullbridge 1st Scout Group
- Hullbridge Community Association
- Hullbridge Senior Citizens
- Hullbridge Senior Citizens Welfare Council
- Independent Visitors Scheme - www.ecdp.co.uk
- Inner Wheel Club of Rayleigh Mill - www.essexinfo.net/rayleighmill/
- Interact - www.interact.org.uk
- Leigh Orpheus Male Voice Choir - www.lomvc.org
- Lions Club of Rayleigh - www.rayleighlions.org.uk
- Louis Drive Residents Association
- Lymphoma Support for You
- Motor Neurone Disease Association – S.E. Essex - www.mndassociation.org
- Multiple Sclerosis Society - www.msssociety.org.uk
- National Federation for the Blind - www.nfb.org
- National Trust - Rayleigh Mount
- PACT (Partnership Action Communication Training) - www.pact-network.org
- Parkinson's Disease Society – Southend & District - www.parkinsons.org.uk
- The Peaceful Place - www.peacefulplace.co.uk
- Rayleigh & District Chamber of Trade - www.rayleighbusiness.co.uk
- Rayleigh 1st Scout Group
- Rayleigh 5th Scout Group - www.5thrayleighscoutgroup.org
- Rayleigh Archery Club - www.rayleightownarcheryclub.co.uk
- Rayleigh Bowls Club - www.rayleighbowlsclub.co.uk
- Rayleigh Boys Football Club - www.rayleighboysyouthfc.org.uk
- Rayleigh Camera Club - www.rayleighcameraclub.co.uk
- Rayleigh Castle (Evenings) Townswomen's Guild
- Rayleigh Civic Society
- Rayleigh Folk Dance Club
- Rayleigh Grange Community Association
- Rayleigh No. 1 Club OAP/NFRPA
- Rayleigh Open Door Service
- Rayleigh Pensioners Good-fellowship
- Rayleigh Physically Handicapped Club
- Rayleigh, Rochford and Castle Point Talking Newspapers
- Rayleigh Social Club for the Blind
- Rayleigh Town Council - www.essexinfo.net/rayleightowncouncil
- Rayleigh Through the Looking Glass - www.rayleighthroughthelookingglass.co.uk
- Rayleigh University of the Third Age - www.rayleighu3a.org.uk
- Relate SE Essex & Family Mediation Service - www.relate.org.uk
- Rethink Good Companions - www.rethink.org
- Roach Runners of Rochford
- Rochford & District Old Peoples' Welfare Committee
- Rochford & Rayleigh Citizens Advice Bureau Ltd - www.rochford.cab.org.uk
- Rochford Access Committee for the Disabled
- Rochford District & Haltern Twinning Association
- Rochford District Volunteer Development Agency
- Rochford Hundred Historical Society
- Rochford Parish Council - www.essexinfo.net/rochfordparishcouncil
- Rochford Sports Council - www.rochfordsportscouncil.co.uk
- Rotary Club of Rayleigh Mill - www.rotary-club.org.uk
- Rotary Club of Rochford
- Royal British Legion (Rayleigh) - www.britishlegion.org.uk
- Salvation Army
- S.A.F.R.A.
- Southend and District Alzheimer's Society - www.alzheimers.org.uk
- Southend Blind Welfare Organisation - www.southendblindwelfare.org.uk
- Southend Community Action (SAVS) CVS/VB –
www.southendcommunityaction.org.uk
- Southend Area Bus User Group - www.sabug.kk5.org
- Southend Mencap - www.mencap.org.uk
- Springboard Home Improvements - www.springboardha.org.uk
- Star Partnership - www.starpartnership.org
- Sunday Club (The)
- Sweyne Choral Society
- Take Heart – Southend & District Cardiac Support
- The Taxi Drivers Charity Fund for Sick, Disabled & Local Children -
www.southendtaxidriverscharityfund.co.uk
- Turnabout Trust for Unemployed People – www.turnabout.org.uk
- Victim Support - Essex - www.victimsupport.org.uk
- WRVS - The Tasty Food Co. - www.thetastyfoodcompany.co.uk
- Wyvern Community Transport for Rochford District -
www.ravs.org.uk/transport.html
- Private Members: 1



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 errors or omissions. The inclusion of an advert or insert does not imply endorsement by RRAVS.

Space for Rochford Press Advert