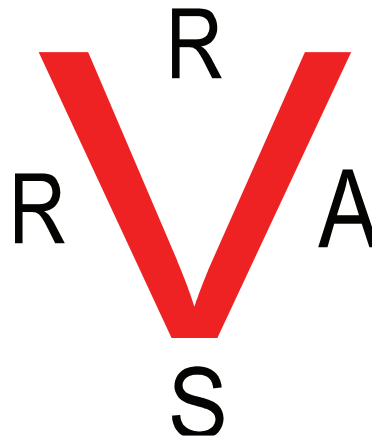


# RAYLEIGH, ROCHFORD AND DISTRICT ASSOCIATION FOR VOLUNTARY SERVICE (A Company Limited by Guarantee)

**Issue 25 Summer 2008**  
**20th Anniversary Special 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



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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 775225

E-mail: [rravs@rravs.org.uk](mailto:rravs@rravs.org.uk)

Website: [www.rravs.org.uk](http://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.

## 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 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](http://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**

## CVS Staff

**RRAVS Manager**

Derek Helson

**Funding Officer**

Shelley Hall

**Adult & Young Carers**

Marion Horsley

**Laptpop Scheme**

Ian Climpson

**Administration Office**

Amanda Harris

# RRAVS NEWS

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*Recipients of Awards with Chairman of Rochford District Council, Cllr Jim Grey, Chairman and Treasurer of RRAVS, Ron Rowson and Ralph Phelps.*

As reported in our Spring Newsletter, RRAVS have been serving the community of the Rochford, Rayleigh & District area for the past 20 years.

To mark this achievement, RRAVS held a service of Thanksgiving at Holy Trinity Church, Rayleigh on the 4th June. It was well attended by representatives of the local community as well as the Chairman of Rochford District Council, Cllr Jim Grey.

The service was taken by Rev. Mike Lodge, with readings by various RRAVS staff and volunteers. There were speakers from groups who have benefited from RRAVS help over the years explaining how RRAVS has helped them.

After the service, there was a reception buffet lunch held in the under-spire room. During this time, RRAVS took the opportunity to award

certificates to long-serving members of its voluntary staff.

It was also an ideal opportunity for RRAVS members to thank people within the local community for all their hard work, and nominations were received for a number of people who all received awards from RRAVS.



The Rochford District Compact was re-launched at the Mill Arts and Events Centre, Rayleigh on Wednesday 9th July, 2008.

Around 200 invitations were sent inviting organisations serving the District to attend and “sign-up” to the Rochford Compact

## Why a Relaunch?

You may recall that there was a Compact previously but during 2007, this was revisited as part of the Community Involvement Group of the Rochford Local Strategic partnership. This review included four workshops around the District (Rayleigh, Hockley, Rochford and Great Wakering) which you may have attended.

Feedback from these workshops together with a review by the Community involvement Group has culminated in this re-launch of the Compact.

## What is the Compact?

The National Compact is a partnership agreement that was established in 1998 between the Voluntary and Community Sector and Government to improve their relationship for mutual advantage.

Local Compacts aim to do this locally between the voluntary and community sector and local statutory bodies (i.e. Primarily District/Borough Councils, County Councils and Primary Care Trusts).

They are a written understanding between these parties but they are not:

- A legally binding document or contract.
- A Service Level Agreement.
- A funding guarantee.

Success of the compact lies in commitment to the principles set out in the various Compact Codes and in using it as an instrument to drive change.

## The Compact Codes

The benefits of the Compact will enable:

- Improved understanding and building on the relationships across the whole of the statutory, voluntary and community sectors working across the District in partnership for positive outcomes for the district.
- Maximise our collective effort through working together and pooling knowledge, expertise and other resources.

The codes cover the following areas:

- Funding Code - in respect of application, submissions, decisions and monitoring.
- Community Group's Code - to promote a better understanding of community groups, how they operate and particular problems they may face and give support that will help them succeed.
- Volunteering Code - to encourage more people to become involved in various forms of voluntary activity.
- Consultation and Policy Code - to establish effective consultation processes.
- Minorities Code - to ensure groups and individuals from all sections have an opportunity to play a full and active role in partnership working.
- Procurement Code - to develop effective purchasing arrangements from the voluntary sector, e.g. Community Transport.

## How to “Sign Up”

A full version of the Rochford Compact, which includes a “sign up” form can be obtained from The Community Planning Officer, Rochford District Council, South Street, Rochford, SS4 1BW.

**If your organisation is a member of RRAVS, please let us know as well.**

# FUNDING NEWS

## GRASSROOTS GRANTS

### A GREAT FUNDING OPPORTUNITY FROM ESSEX COMMUNITY FOUNDATION FOR ALL SMALL GROUPS AND CHARITIES WITHIN THE ROCHFORD DISTRICT AREA

#### Who is it for ?

- Groups / charities with an average income of less than £20k
- Be established for more than 12 months
- Have a constitution / governing document
- Be mainly volunteer led
- Can receive maximum of £5k over three years
- Can apply for one year or multi year funding
- Can be spent on capital or revenue

You can apply at any time for this programme and the straight forward application form and guidelines can be downloaded from the ECF website:  
[www.essexcommunityfoundation.org.uk](http://www.essexcommunityfoundation.org.uk).

Alternatively, please call me, Shelley Hall the Funding Officer for RRAVS on 01268-772796. I have recently visited ECF and have been trained on all aspects of this programme so please feel free to contact me. I can support your group by helping you with application preparation, book keeping, equal opportunities, accounts, constitution, safeguarding policy and monitoring and evaluation.

If you have any questions, please call me on the above number or contact me at  
[rravs@rravs.org.uk](mailto:rravs@rravs.org.uk).

**THIS IS NOT A FUNDING PROGRAMME TO  
BE MISSED AS THERE IS PLENTY OF  
MONEY TO BE HAD.**

#### IMPACT Awards 2009

Funded by GlaxoSmithKline (GSK) the IMPACT awards recognise and reward up to ten small to medium-sized charities in the UK who are undertaking excellent work to improve people's health with £25,000. Ten further awards of £5000 for highly commended or £3000 for runner-up status are also available.

The 2009 awards scheme was launched on the 1<sup>st</sup> July 2008, for more information visit  
[www.kingsfund.org.uk/gskimpactawards](http://www.kingsfund.org.uk/gskimpactawards).

#### Community Initiatives Fund for Youth

This programme has now been launched and it is running alongside the Community Initiative Fund. Money is available for capital grants only with a minimum grant of £15,000 set to help really worthwhile projects get off the ground. There are two rounds of this new grant – the first deadline being 12<sup>th</sup> September 2008 and the 16<sup>th</sup> January 2009.

Application forms available at  
[www.communityinitiativesfund.co.uk](http://www.communityinitiativesfund.co.uk) and for further information please contact Beverly Davies on 07929 543523 or  
[info@communityinitiativesfund.co.uk](mailto:info@communityinitiativesfund.co.uk).

#### Sportsmatch Scheme

Awards of £1000 (£500 for schools) up to £50,000 are available as revenue or in limited cases as capital for grassroots sports projects that increase participation and improve performance in sports.

Successful projects funded through the scheme must be completed by March 2009. More information available at [www.sportsmatch.co.uk](http://www.sportsmatch.co.uk) or on 0845 850 8508.

# LAPTTOP NEWS

**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

**L**ifelong  
**A**ccess to  
**P**Cs  
**T**hrough  
**T**raining for  
**O**lder  
**P**eople

## Rochford Courses

Courses continue to be held at Rochford Library which will move to a new site in Oct 08. The next course will start Sept-Oct 2008. The courses continue to follow the same format which proves very popular with the learners.

## Rayleigh Courses

We have held a course in Rayleigh at the Town Council Offices in Apr 2008. Another course will be held in Sept 2008 at the Salvation Army Hall.

## 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

Three courses for Recycled Teenagers have been held in 2008. Another course will be starting in Sept-Oct 2008

## Home visits

We continued to carry out home visits during 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 learner's needs. This has helped to reduce our waiting list.

# LAPTTOP NEWS

## Rochford Computer Club

The club now meets at the Rochford Parish Council Rooms, West Street, Rochford, on 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.

## 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.

# 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



# CARERS NEWS



Project Leader

Marion Horsley

Tel: 01268 775255

## CARERS PROJECT

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

We start with the good news, that we will be opening a second group in Rochford, at the Children's Centre based at Watermans School. To help with this we have been given £10,000 from the Castle Point & Rochford Children and Young Peoples Strategic Partnership. We will be looking for new staff and volunteers for this project.

We are delighted to be joined by two new volunteers, Linda and Sarah. Linda has also taken on the admin for the Young Carer Council.

The Young Carer Council has now met and has come up with good ideas for the running of the scheme. We are now looking at a member of the Council to be co-opted onto the District Youth Council and also to be taking part in some of the participation events at Essex County Council.

This term the children have taken part in the following sessions: Drug & Alcohol workshop run by the PCT, Mushroom Theatre, Megazone, Rayleigh Retreat, photographic workshop and Legacy XS. At half term over 20 young carers enjoyed a trip to Tropical Wings. The children continue to enjoy their free swimming passes courtesy of Virgin/Rochford District Council

Over the May half term eight young carers took part in the WET n WILD week on Mersea and it certainly was wet and wild but they had a good time and at the end of August we have 2 families taking part in the Mersea Island Festival. We hope the weather is better for them.

On Sunday 8<sup>th</sup> June, 125 young carers and their families joined just over 800 other young carers and their families at Essex County Council's fun day at Adventure Island. It was a very hot day but thoroughly enjoyed by all that went. We were very pleased that a young carer from the Rochford scheme won the photographic competition with the theme of the Best Smile. On The 9th July Cllr Mavis Webster presented her with her prizes. She is now a lucky owner of a Nintendo Wii and a PS3.

Over the summer holidays we will be opening a drop-in session at the Youth Centre on a Wednesday together with drama and dance sessions at Mushroom Theatre and Kwik Cricket at Maldon where we will join other schemes for a competition.

We have been very fortunate to receive two donations of funds to the scheme the first from Cllr Mavis Webster's Chairman's Charity fund and the second from the Cameo Group at Holy Trinity Church, Rayleigh.

### Adult Carers – Summer 2008

We have now received funding to support adult carers across the Rochford District. The support will be through one to one support and support groups. I am starting to make contact with various Social Care schemes and GP surgeries and hopefully by the next newsletter we will be able to say how many carers we are supporting. Again we will be looking for volunteers to help run this scheme.



*Cllr Mavis Webster, presenting a Rochford Young Carer with her prizes for the photographic competition*

# VOLUNTEERING OPPORTUNITIES

## **THE TAXI DRIVERS CHARITY FUND FOR CHILDREN**

### **ACTIVITIES ASSISTANT/FUNDRAISING ASSISTANT**

Our charity was set up in 1972 and over the years it has taken thousands of local sick, disabled and needy children on many trips.

We are looking for a friendly person ideally from an occupation already experienced in working with children.

**For more information contact RRAVS.**

## **ACTIVE CHRISTIAN TRUST (THE WAREHOUSE CENTRE)**

We are currently looking for volunteers to help with our full schedule of youth activities, especially the popular S-Kape Youth Centre and Dads & Kids Club. Much of our centre is run by volunteers from both local churches and the wider community.

We are looking for volunteers to become Youth Leaders, Sports Assistants, Administration Support and Activity Helpers. People with Sport, Drama or Musical skills are especially welcomed.

If you are friendly, non-judgemental and have a good sense of humour why not give us a try?

**FOR MORE INFORMATION CONTACT RRAVS**

# MEMBER'S NEWS

## ON THE BUSES

### ALL CHANGE AT WYVERN COMMUNITY TRANSPORT!!

On 30<sup>th</sup> May 2008 Wyvern said goodbye to Tony Ashley as he retired from his post of Transport Manager, a position he held since Wyvern Community Transport started in 2003. Tony has brought Wyvern a long way since those early days and all at Wyvern wish him a long and happy Retirement.

Taking over from Tony as Transport Manager is Andrew Woodley. Andy has also been with Wyvern since its foundation, his previous role being a driver of the Wyvern buses so he already knows many of the members and their needs.

Earlier in the year funding was gained from Lloyds TSB for a Clerical Assistant, so joining Andy in the office to fulfil that role, since 9<sup>th</sup> June, is Mary Rickard. Also in the office taking bookings is Denise Moore. Denise is a volunteer and her contribution to the team has been invaluable especially over the transition period when she was working every day for a number of weeks. Out on the road we have Martin Drake a full time driver and Brian Parker and Chris Thornley who job share. Our driving team is bolstered by our wonderful volunteers some who drive our minibuses and others who provide social cars for our members.

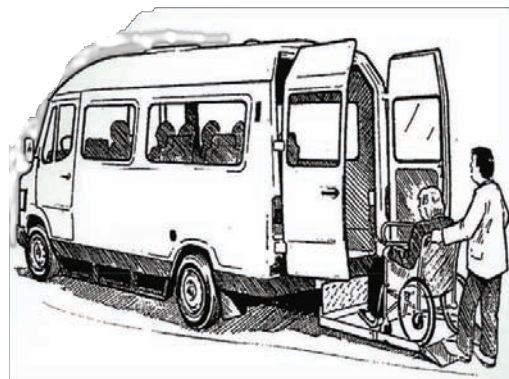
Looking to the future Andy has many plans and ideas to drive the business forward. The first is to get a new bus. Funding of £25,000 had been secured by RRAVS from the Gannett Foundation, through Echo Newspapers so the order has now been placed for the new bus and we are also looking to secure funding for another driver. This will allow us to offer a much improved service to our members. More volunteers are needed especially those willing to use their own cars to provide transport to individual members for medical appointments.

Andy is visiting various centres to promote Wyvern and our membership base is increasing so we need to be able to respond to the increasing demand.

As from Saturday 26<sup>th</sup> July we are going to trial a Saturday service on one bus operated by regular and volunteer drivers between 08:30 to 15:00 and we will monitor how well this is received by our members.

The contribution asked from members towards the cost of their journey has remained unchanged, at £2 for the first four miles, for a number of years. After careful consideration of the rising running costs of the vehicles it has been decided to increase the contribution asked from members to £2.50 for the first four miles and 50p per mile over that. The contribution from members using social cars will also be increased in line with the buses.

So although there have been many changes at Wyvern over the past few months, it is very much business as usual and getting busier by the day!!



# MEMBER'S NEWS

## ROCHFORD DISTRICT SPORTS COUNCIL

The Inaugural Rochford District Sports Awards sponsored by Virgin Active will take place on the evening of Thursday 16th October at Freight House, Rochford. The awards will link into the Essex Sports Awards and the categories and criteria can be found on the nomination form available from Rochford District Council.

We are looking for nominations from across the District as we celebrate the achievements of our local athletes. There is a category to recognise the contribution of an individual who has dedicated themselves to their sport, athletes and club and we are also looking to recognise a club that has made a significant impact in the past year within their sport.

To submit a nomination just complete the form and remember to include as much background information and supporting evidence as you can.

There is also the opportunity to sponsor one of the categories and further information can be found on the Rochford District Council Website: [www.rochford.gov.uk](http://www.rochford.gov.uk) and follow the Leisure and Tourism Link

If you have any queries regarding the Awards please contact Mark Aldous, Sports Development Officer Tel: 01702 318121

## A WARM WELCOME TO OUR NEW MEMBERS

**Brainwave Children's  
Therapy Centre**

**Springboard Home Improvements**

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

**To find out what services we  
provide, visit our website at**

**[www.rravsv.org.uk](http://www.rravsv.org.uk)**

## 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

## Disability Essex

### Building a better future...

Through in-depth research and wide ranging consultations, Disability Essex has identified the urgent need for a £1.75 million eco-sustainable centre to meet the increasing demand for specialist disability services. Previous Disability Essex accommodation was dated, inaccessible and generated high running costs. From the new centre the charity can deliver more effective levels of service and work collaboratively with other organisations across the East of England.

We have gained planning permission and negotiated the purchase of 0.9 acre of land adjacent to the Adult Community College in Rochford, near Southend. It is hoped that it will be in full operation early in 2009.

### Project Costs

The target for our Capital Appeal is £1.75 million. £750,000 has already been raised due to the generosity of past benefactors. If you are interested in supporting us, there are naming opportunities and various other forms of recognition for each element of the building.

### Get Involved

- “buy-a-brick”
- Fund a specific capital item
- Donate a gift in kind
- Make a donation over £10,000 to become a ‘Disability Essex Ambassador’
- Attend a Capital Appeal event or organise your own fundraising event.
- Build awareness and support by promoting our appeal through corporate, community, trust, press and individual links or relationships.

Lord Petre, Lord Lieutenant of Essex and Patron of Disability Essex stated that “Disability Essex has, since 1947, stood for equality and investing in the future for local people with disabilities. The success of this project will enable the charity to double the number of people they help within the next three years.

Please help us make this happen and transform the lives of more local disabled people.”

**For further information or to make a donation, please contact:**

**Disability Essex Capital Appeal, The Centre for Disability Studies**

**Adult Community College, Rocheway, Rochford, SS4 1DQ**

**Tel: 0844 412 1771**

**e-mail: [info@disabilityessex.org](mailto:info@disabilityessex.org)**

**Website: [www.disabilityessex.org](http://www.disabilityessex.org)**

# COMMUNITY NEWS



## 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 AUTUMN EDITION IS  
FRIDAY 31ST OCTOBER 2008.**

## COULD YOU SUPPORT SOMEONE LEARN TO LIVE AN ORDINARY AND INDEPENDENT LIFE?

The Essex Adult Placement Scheme provides long and short term family placements for adults with a learning disability. The Scheme, which is funded by Essex County Council, is managed by MENCAP in the East of the County, including the Rayleigh/Rochford District. MENCAP is a member of the National Association of Adult Placement Services.

We are looking for Adult Placement Carers from a wide variety of backgrounds, for example living with a partner, or alone, caring for children or having other family members living with them. By offering adults with learning disabilities a home and a chance to live an ordinary life will enable them to lead a more active life within the wider community. This can be on either a long, short term basis, or on a respite arrangement. Just imagine, by opening your home you could change someone's world.

If you could offer a single room and most importantly, lots of support and understanding, why not find out more by calling Mencap on the contact details below. Adult Placement Carers receive a payment to cover care, rent and daily living expenses.

Helen Chapman (Manager)

Ann Ackland (Adult Team Leader)

Mencap (Essex)

Adult Placement Scheme

6 Freebournes Court

Newland Street, Witham, Essex CM8 2LB

Tel 01376 519 450, Fax 01376 519459 ,

email [essex.aps@mencap.org.uk](mailto:essex.aps@mencap.org.uk)

# COMMUNITY NEWS

## ESSEX POLICE

Rochford remains one of the safest districts in the country after a year in which police further reduced crime and brought more offenders to book. Reported offences fell by more than 15% in the year to 31st March 2008.

Domestic burglaries fell by 18% and violent crime by 2%. Proactive policing has had a positive impact on anti-social behaviour (falling by 25%) and criminal damage (falling by 15%).

Underpinning the year's achievements is the strong working relationships police have established with various partner agencies and the community through neighbourhood policing. This has gone from strength to strength with the appointment of additional neighbourhood specialist officers, which ensures that every part of the community has its own named police contact.

The plans for the year ahead are to reduce crime by a further 5% with a focus on combating crimes such as burglary, violence and criminal damage. The police are also striving to better their understanding of the issues of concern to residents and improve communication and feedback to victims of crime.

Numerous beat surgeries and public meetings are held across the Rochford District giving residents the opportunity to pop in and talk to their local officers. Details of these meetings, as well as more information about the Rochford neighbourhood policing teams can be found at:

**[www.essex.police.uk/rochford](http://www.essex.police.uk/rochford)**.

If you have a mobile phone and you want to know who your local officer is text your postcode to:

**07624 800 101**

## Help with health costs

The Department of Health has produced a "Quick Guide to Help with Health Costs". The information in the leaflet covers prescriptions, NHS dental treatment, NHS wigs and fabric supports, sight tests, glasses or contact lenses and travel to receive NHS treatment.

For more information on the leaflet and to confirm if you qualify for any of these, please call the Patient Advice and Liaison Team (PALS) on free phone:

**Tel: 0800 587 9159**

**Or via e-mail at:**

**[info@seessexpct.nhs.uk](mailto:info@seessexpct.nhs.uk)**

**Or you can download the leaflet from the**

**Department of Health Website at:**

**[www.dh.gov.uk/helpwithhealthcosts](http://www.dh.gov.uk/helpwithhealthcosts)**

*(courtesy of Brentwood CVS newsletter)*

## CRB CHECKS

The Independent Safeguarding Authority (ISA) have announced that the new screening system for people who work with children and vulnerable adults will begin in October 2009 and cost £64 per person.

The £64 fee will include the existing £36 fee for clearance from the Criminal Record Bureau (CRB). Applicants will only have to pay once and will not need new clearance when changing jobs or places of work.

For volunteers and the organisations taking them on, the process will be free. If a volunteer with ISA clearance later begins paid employment, they will be required to pay.

The ISA assessment will include 'soft information', including details of allegations made against applicants, even if they were proved false. It will also include details of disciplinary procedures in former employment.

**For further information visit:**

**[www.isa-gov.org.uk](http://www.isa-gov.org.uk)**

*(courtesy of Chelmsford CVS newsletter)*

# COMMUNITY NEWS

## SOUTH ESSEX MENTAL HEALTH INFORMATION LINE

The South Essex Mental Health Information Line was established in 1997 and managed by the charity Basildon Mind. SEMHIL will provide and signpost appropriate mental health services to callers that may experience mental health issues, those with concerns around friends or family and professionals working with mental health. Our primary area of cover is South Essex. If you are worried about you own mental health, or concerned for a family member or friend and need free confidential information call our telephone information line on

**08456 013617 or 01268 287755**

The information line officers are there to provide you with information on the services that can help you. The opening hours are:

**Monday - Friday: 10.00 am - 2.00 pm, 4.00 pm - 8.00 pm**

**Saturday, Sunday and Bank Holidays: 10.00 am - 6.00 pm**



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

## [www.how2fundraise.org](http://www.how2fundraise.org)

The Institute of Fundraising has created a new website offering guidance and tools for volunteer fundraisers. The site is funded by the Office of the Third Sector and Vodafone UK Foundation. It provides advice on fundraising law and best practice, and allows volunteers to create sponsorship forms, letters and other materials bearing the logo and mission statement of their chosen charity.

Charities that are members of the Institute can upload their logos and text about what they do to the site. When a volunteer selects a charity, it will appear on every page of the site once they have logged in. Any promotion fund-raising material printed by the volunteer will then bear the charity's logo and text. The site also provides events calendars, a step-by-step guide to running fundraising events and fundraising forums where volunteers can share ideas.

*(courtesy of Thurrock CVS newsletter)*

# COMMUNITY NEWS

## HOW TO STAY SAFE IN THE HOT WEATHER



We all enjoy warm, sunny weather, but extreme heat can damage your health seriously. During a heatwave, when temperatures remain consistently high, it can result in fatalities. Those especially at risk are older people, babies and young children, people with certain chronic conditions, people on certain medication, people with mobility problems, those with serious mental health problems and those who are physically active, like manual workers, sportsmen and women.

To this end, the NHS have issued a booklet entitled "heatwave", which is a guide to looking after yourself. And others during hot weather.

**If you would like a copy of this booklet, please contact RRAVS.**

## MacMillan Welfare Benefits Advice

We are a community based service funded by Macmillan Cancer Support and hosted by SE Essex PCT, offering confidential specialist welfare benefits for adults and their families and carers who are affected by cancer. Advice is offered either of the phone or by appointment to see an adviser fact-to-face at one of eight advice surgeries spread out over South Essex, or in their own home. Clients can be referred by a health care professional or they can self refer by phoning the advice line 01268 448517. The service is available from 9.30 am - 4.00 pm Monday - Friday (excluding Bank Holidays).

**For more information, please call:**

**Barbara Bill, Project Manager**

**Tel: 01268 448517**



The Active Rochford Partnership recently secured a grant from Sports England. As part of the Active Rochford 55+ initiative, there is currently funding available to Rochford District groups who would like to put on a taster session for their members. Sessions which have already run include table tennis at the Warehouse Centre and chair-based exercise classes for people with physical impairments. We are in the process of organising a tai-chi session for another member group.

Activities do not necessarily need to be sports orientated, it is all about becoming more active and activities could be a ramble or dancing. Once the initial taster session has been carried out, the group can decide if they would like to continue the sessions.

***For further information, please contact The Sports Development Officer, Rochford District Council.***

# COMMUNITY NEWS

## GENTLY DOES IT

**Chair-based exercise suitable for group sessions in day centres.**

These classes are aimed at older people who are not currently very active, and are designed to help them increase **mobility, strength** and **power**.

Many of the exercises can be done at home, but it is far more **enjoyable** to take part in a **group activity**, as the **benefits** are not only **physical**, but are also **mood enhancing** and help to promote a sense of **well-being**.

The instructor is an RSA/YMCA Group Exercise Instructor and has been teaching since 1990 and is also fully insured. If you would like a free 30 minute taster session. Please contact:

**Karen Lawrie on Tel: 07941 457387 e-mail: karenl44@fsmail.net**

# VOLUNTARY SECTOR TRAINING

## COURSE SUPPORT AND PROMOTIONS ASSISTANT

(P/T £9.31 PER HOUR, APPROX 24 HOURS PER MONTH)

Are you confident and outgoing?

Do you want an interesting and flexible part-time job?

Read on... This could be the job for you! ....



You will be responsible for supporting the delivery of quality training events throughout Mid and South Essex. This involves both providing practical support by setting up at courses at the start of the day but also attendance at networking events/meetings where you will promote VST's training services. Successful candidates must be willing to travel to support training events at a variety of venues across the area (travel expenses are paid).

You will have excellent interpersonal and presentation skills and sensitivity to the needs of customers. Strong organisation abilities, a flexible approach to hours and ability to travel throughout 'your patch' are essential. A good knowledge of voluntary sector issues is desirable, as is a sense of humour!

We can offer the chance to join a small friendly and committed organisation where personal and professional development is encouraged.

**Contact 01371 876747 for an application pack,  
or download the details from our website:  
[www.voluntarysectortraining.org.uk/vacancies.htm](http://www.voluntarysectortraining.org.uk/vacancies.htm)**

**Closing date for receipt of applications 1st September 2008**

**Interviews will be held 8th September 2008**

# VOLUNTARY SECTOR TRAINING



Funded By



## Free Training for Small Community Groups

Voluntary Sector Training are pleased to announce that they have been given funding so that small community groups and charities can access their training for free.

Last week Essex Community Foundation Trustee Carole Golbourn presented Linda Riley, Director of VST, with a cheque for £5000. This money from the Skills Investment Fund, managed by Essex Community Foundation, will enable 100 FREE training places to be made available for smaller voluntary and community groups in year to June 2009.

Linda Riley thanked Carole on behalf of VST saying, "This will make a real difference to local groups as often they cannot afford to come on training courses."

Free places are open to voluntary and community groups with less than £20k income per year and further details can be obtained from the VST website [www.voluntarysectortraining.org.uk](http://www.voluntarysectortraining.org.uk) or from phoning the VST office on 01371 876747.



**VST have launched an exciting new programme for the autumn, a copy of which is enclosed with this Newsletter, alternatively, you can take a look on their website.**

**SEE OUR WEBSITE:**

**[www.voluntarysectortraining.org.uk](http://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  
Advanced Surgical Equipment Trust - [www.sh-charities.org/aset.html](http://www.sh-charities.org/aset.html)  
Age Concern – Essex Home Support Service - [www.ageconcernessex.co.uk](http://www.ageconcernessex.co.uk)  
Rayleigh  
The Ark II “Together on a Sunday Afternoon”  
Arthritis Care  
Brainwave - [www.brainwave.org.uk](http://www.brainwave.org.uk)  
Castle Point Stroke Club  
Castle Point (CAVS) CVS/VB - [www.cavscastlepoint.org.uk](http://www.cavscastlepoint.org.uk)  
Cedars Centre  
Christ Church United Reformed Church, Rayleigh  
Crouch Valley Scouts District Council  
Cruse Bereavement Care  
Disabled Christian Fellowship, Rayleigh  
Disabled Information Advice Line (DIAL) – [www.dialbasildon.co.uk](http://www.dialbasildon.co.uk)  
Disability Essex - [www.info@disabilityessex.org](http://www.info@disabilityessex.org)  
Essex Blind Charity (incorporating EVAB) – [www.evab.org.uk](http://www.evab.org.uk)  
Gazelle Personal Development  
Graceart Painting Group  
Great Wakering Helping Hands Association  
Harmonie Concert Band - <http://members.aol.com/harmoniewindband>  
Havens Christian Hospice  
Hawkwell Parish Council  
Historical Society of Rayleigh  
Hockley & Hawkwell Old People's Day Centre  
Home-Start – S.E. Essex  
Hullbridge Community Association  
Hullbridge Senior Citizens Welfare Council  
Independent Visitors Scheme  
Inner Wheel Club of Rayleigh Mill  
Interact - [www.interact.org.uk](http://www.interact.org.uk)  
Leigh Orpheus Male Voice Choir  
Lions Club of Rayleigh  
Motor Neurone Disease Association – S.E. Essex  
Multiple Sclerosis Society  
National Federation for the Blind  
The Pact Network  
Parkinson's Disease Society – Southend & District  
The Peaceful Place  
Rayleigh & District Chamber of Trade  
Rayleigh 5th Scout Group  
Rayleigh Archery Club [www.rayleightownarcheryclub.co.uk](http://www.rayleightownarcheryclub.co.uk)  
Rayleigh Bowls Club  
Rayleigh Boys Football Club  
Rayleigh Camera Club  
Rayleigh Castle (Evenings) Townswomen's Guild  
Rayleigh Civic Society  
Rayleigh Methodist Church  
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 Society Club for the Blind  
Rayleigh Town Council  
Rayleigh University of the Third Age  
Relate SE Essex & Family Mediation Service  
Rethink Good Companions - [www.rethink.org](http://www.rethink.org)  
Rise@Rethink Rochford District  
Roach Runners of Rochford  
Rochford & District Old Peoples' Welfare Committee  
Rochford & Rayleigh Citizens Advice Bureau Ltd  
Rochford Access Committee for the Disabled  
Rochford District & Haltern Twinning Association  
Rochford District Volunteer Development Agency  
Rochford Hundred Historical Society  
Rochford Parish Council  
Rochford Sports Council  
Rotary Club of Rayleigh Mill  
Rotary Club of Rochford  
Royal British Legion (Rayleigh)  
Salvation Army  
Southend and District Alzheimer's Society  
Southend Blind Welfare Organisation  
Southend Community Action (SAVS) CVS/VB –  
[www.southendcommunityaction.org.uk](http://www.southendcommunityaction.org.uk)  
Southend Area Bus User Group - [www.sabug.kk5.org](http://www.sabug.kk5.org)  
Southend Mencap  
Springboard Home Improvements  
The Star Partnership  
Sunday Club (The)  
Sweyne Choral Society  
Take Heart – Southend & District Cardiac Support  
The Taxi Drivers Charity Fund for Sick, Disabled & Local Children  
Turnabout Trust for Unemployed People – [www.turnabout.org.uk](http://www.turnabout.org.uk)  
Victim Support - Essex  
Wyvern Community Transport for Rochford District  
Private Members: 1

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



**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.*

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