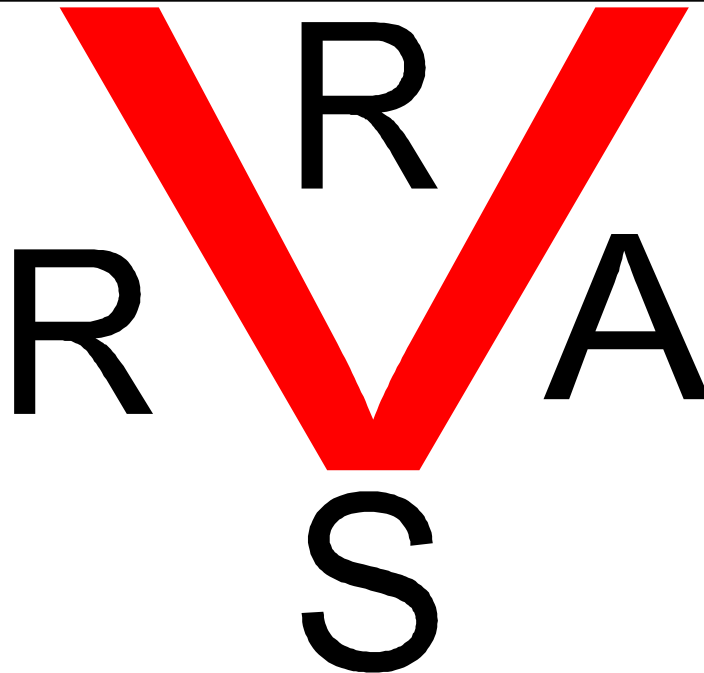


RRAVS NEWS
WINTER
2008

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

RRAVS NEWS



Company No: 05447356

Registered Charity No: 1113433

**20 YEARS of
RRAVS!**

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RAYLEIGH, ROCHFORD AND DISTRICT ASSOCIATION FOR VOLUNTARY SERVICE

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.

VOLUNTEER CENTRE

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

Rayleigh, Rochford and District AVS is a Registered Charity and is affiliated to the National Association for Voluntary and Community Action (NAVCA) (formerly NACVS).

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



RRAVS NEWS

20 YEARS of RRAVS!

In March 1988, the RAYLEIGH ASSOCIATION OF VOLUNTARY SERVICES (RAVS) was formed by local business people and others. The aim was to bring all the voluntary organisations within the Rochford District Council area together, with RRAVS acting as an umbrella organisation.

The intention was not to organise the groups in any way, but to offer a range of services and advice where needed to both organisations and the general public. A Volunteer Bureau was opened in the foyer of Rayleigh Library, where it still exists today. Some of the volunteers who joined shortly after RAVS's formation are still with us. Esme Barker was one of those who later became Secretary and Co-ordinator, a job she did supremely well until poor health forced her to retire in 2006. Pat Byford was another early volunteer who was Treasurer for a number of years and now co-ordinates the annual Families-in-Need Appeal. Two other volunteers who have been with RAVS since those early days are Irene Reynell and Margaret Chambers. Our current Chairman, Ron Rowson, took over the reigns in the early 1990s.

The Volunteer Bureau had an 'open door' policy, with the volunteers responding to peoples' needs as they arose – a truly charitable service. Originally, the day to day work was overseen by an officer seconded from Essex County Social Services whose role included attending various meetings of member organisations and an essential contact with the statutory authorities. This arrangement is now undertaken by RAVS staff working in partnership with other bodies. A satellite office was opened in Rochford but this eventually closed due to the cost of running it and a limited use.

Some of the early services can no longer be carried out, such as the purchase and loan of small electric cookers and heaters, and purchase and supply of basic furniture for homeless people in temporary accommodation. This was in liaison with the District Council. So, to develop services to meet changing needs, in 2001 RAVS expanded its staff base and to reflect its district-wide involvement was renamed as RAYLEIGH, ROCHFORD AND DISTRICT ASSOCIATION FOR VOLUNTARY SERVICE (RRAVS). New services and projects that have been introduced since that time have included the introduction of a Community Directory of locally

based community groups and organisations; the formation of the Community Transport scheme, which has recently become independent of RRAVS as Wyvern Community Transport; a Laptop scheme for the introduction to computers for our senior citizens (originally funded by a Lottery grant); the introduction of an annual voluntary and community awareness open day (now in its 5th year); a Funding Officer providing advice on available grants and application completion; and more recently operating the Young Carers scheme.

RRAVS's core volunteering role has also expanded under a new Manager with a rename to a Volunteer Centre offering both voluntary work opportunities available and individual volunteering registration. The work opportunities are advertised through a computer-based nationwide register. A quarterly newsletter is produced for all our member organisations with community forums organised 2/3 times a year.

There are also two special events at Christmas time which have been operating since the outset. The annual Families-in-Need Appeal working with the Social Care teams to provide toys, vouchers and food (kindly donated from Harvest Festivals at schools and churches) – in 2007 RRAVS helped 56 families including 110 children and 42 older people, some living alone. The other event is the Carol Service at Holy Trinity, Rayleigh. This is an opportunity to bring all the charitable organisations together and invite residents of sheltered housing schemes and others to participate. This event has expanded over the years with a 'tea party' being provided after the carol service.

Finally, all districts in Essex have an organisation similar to RRAVS and each one develops its own services. RRAVS works within organisational guidelines but is able to provide specific schemes that suit and are of benefit of the local community.

**RRAVS Volunteer Centre is open Monday to Friday from 9.30 am – 1.00 pm and is based at Rayleigh Library Foyer, 132 High Street, Rayleigh, SS6 7BX.
Telephone 01268-77255
email: rravs@rravs.org.uk.**

RRAVS NEWS

FAMILIES-IN-NEED 2007

Our appeal started in September, and as usual our initial support came from a few local business people, Edward Byford, Southend Airport and Bestax. We had a supply of food given to us from Harvest Festivals and were able to make a start on making up the bags of goodies for local needy families.

We usually give a Christmas carrier bag containing about 7 items and also Somerfield vouchers for each family and Woolworth vouchers for each child aged 10 or over, with the younger children receiving toys.

When the lists arrived from Social Services for the needy families on their books, they contained many families with 7,8 or 9 children, and so it was obvious that one bag would not be sufficient to make a difference. Then, halleluleih! The Rayleigh Round Table, who had made a collection of food at Sainsburys, delivered to my home a car load of food!

In all there were about 1100 tins plus large tins of sweets, chocolates, biscuits, soft drinks and some toys. The wish expressed by the generous customers who gave so freely was that they wanted to help local families and older people.

I prepared bags for 56 families, some of them received two or three bags, 5 homeless teenagers and 42 elderly people, the list is not yet complete. With the help of more cash donations, I purchased more food in order to make up generous bags.

Our volunteers Janet and Ron attended a toy service and received a car load of lovely toys, which they delivered to me. These were collected by two delightful girls from the Social Services, to be delivered to the needy families along with the bags of food.

The Scouts and several other groups also gave toys and we selected a large range of toys for the hospital, who make sure that children in hospital for Christmas receive gifts.

This has been our busiest year to date, but it is very rewarding to hear how gratefully our parcels are received.

The Chairman, Committee and all the volunteers wish to thank all the groups and individuals who supported our appeal. We wish them all a happy and healthy 2008.

Pat Byford
RRAVS VOLUNTEER

P.S.

RRAVS is extremely grateful for all the hard work of Pat Byford in ensuring the Families-in-Need Appeal is successful.

RRAVS NEWS

RRAVS CHRISTMAS CAROL SERVICE 9TH DECEMBER 2007

The annual Carol Service is the highlight of the year for the volunteers. It involves a lot of work and planning, but is an event greatly enjoyed by all.

The service is traditional with nine Bible readings and Carols, and each year we try to get different readers. The service is primarily held for the local elderly and housebound, and this year around 70 people were transported to the Church, seven with their wheelchairs. Volunteers, Irene and Stan Reynell liaised with drivers of the Community Transport, Mayday Mobile vehicles and other volunteer drivers, including Jo, the new manager of the Volunteer Centre and John Byford who did trojan service. Ralph Phelps, our Treasurer, acted as escort.

The Church began to fill up at about 2.15 with residents from the sheltered homes, and in all we had 171 in the congregation, plus all the volunteers. We were very pleased to welcome Councillor Keith Gibbs, Chairman of Rochford District Council, Councillor Patricia Weaver, Chairman of Rayleigh Town Council, Mr. Carl Watson, Chairman of Rayleigh Chamber of Trade with Mrs Watson and their family, and Mr Edward Byford, vice Chairman of Rayleigh Chamber of Trade with his daughter.

Councillor Gibbs had kindly agreed to read a lesson, as did RRAVS volunteer Linda Lunt, as well as representatives from other organisations

The Church looked really beautiful and we were privileged to have the bells ringing and the choir, in splendid voice, in attendance. Miss Iris Bradbeer, who recently married and is now Mrs Hosking, gave a wonderful rendition of "O Holy Night". The Rev. Mike Lodge took the service and introduced another vicar who gave the sermon.

Tea was served in the Church Hall after the service, and we were very pleased to be helped by all the RRAVS new volunteers and Trustees. Friends from the Church also helped with erecting the tables and moving the chairs etc. The tables were made festive with cakes, sandwiches, sausage rolls and mince pies and decorated with fresh poinsettia and crackers. The very kind and capable ladies from WRVS ran the kitchen, and provided tea and hot mince pies etc.

At 5.00 pm the drivers arrived to return people to their homes and the "work-force" from the Church came to clear the hall of tables and chairs etc. We were very grateful for their assistance.

This annual event once again demonstrated the true spirit of community service, which exists in the voluntary sector. The RRAVS volunteers are privileged to be part of that and we are grateful for the support of many voluntary groups and organisations.

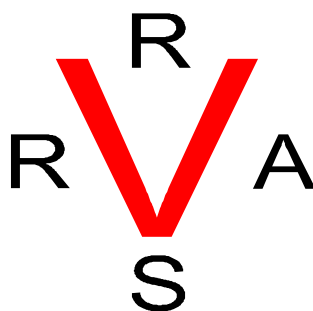
The Chairman, Committee and all the volunteers wish to thank all those who helped to make this event such a success.

Pat Byford
RRAVS VOLUNTEER

RRAVS NEWS

*RAYLEIGH, ROCHFORD AND DISTRICT ASSOCIATION FOR
VOLUNTARY SERVICE PRESENT ...*

Community Awareness Day and Funding Fair



FRIDAY, 15th FEBRUARY 2008

10.00 a.m. – 3.00 p.m.

LOCAL ORGANISATIONS

Voluntary Organisations
Social and Community Groups
Welfare & Disability Support Groups
Youth Groups and Older Persons Organisations
Emergency Services and Statutory Organisations

at

THE MILL

BELLINGHAM LANE, RAYLEIGH

OVER 40 ORGANISATIONS REPRESENTED

* FREE ENTRY *

RRAVS NEWS

VOLUNTEER CENTRE UPDATE

Welcome to 2008! I have three very good pieces of news to share since our last newsletter;

VC achieves Quality Accreditation

Christmas came early for the Volunteer centre with the news RRAVS Volunteer Centre had passed the Volunteering England Quality Accreditation.

Thanks must go to all the volunteers at the Volunteer Centre for their support.

The High Sheriff's Awards

This is an annual award scheme to support and reward local people and organisations. For the voluntary and community sector this is effectively the "Essex Oscars". Since the High Sheriff's Fund was established with Essex Community Foundation in 1997 it has distributed over £134,000 to 172 charities. Part of the "Volunteer Centres Awards" is to recognise exceptional work with volunteers. I am very proud to say one of our volunteers has nominated a person the Volunteer Centre works closely with - Mr. Bob Pointer. Bob is a football coach with Hambro Colts, committee member with Rochford Sports Council and is a facilitator with the community sports Leaders Courses.

Of the 86 Essex wide nominations I am proud to say Bob is through to the final 6!. The presentation is done in true glitzy style at Fennes Estate in March surrounded by local dignitaries and officers— when the winner will be kept secret until the night!. Good luck Bob!

Neighbourhood Fund

Working with the Star Partnership we submitted a bid to the Neighbourhood Fund to provide free training for adults of the Rochford District who are either actively seeking employment or wish to take the first steps back into learning. The sessions are provided by quality tutors in an informal friendly atmosphere.

These courses are funded for the local community.

We thank the Neighbourhood Fund for funding this project and we are extremely grateful for the support of Rayleigh Town Council, Rochford Parish Council and The Fitzwimarc Youth Centre for working with us to accommodate these sessions, together with our existing 'LAPTTOP' scheme.

Full details of these sessions are available within this newsletter.

Jo Mcpherson
VOLUNTEER CENTRE MANAGER

RRAVS NEWS

Rayleigh, Rochford & District Association for Voluntary Service

are please to announce the Volunteer Centre
has been successful in gaining their
'Quality Accreditation'

In line with national guidelines for all Volunteer Development Agencies, Rayleigh Rochford & District Volunteer Centre performs the following functions;

Brokerage - we match both individuals and groups interested in volunteering with appropriate opportunities in the local community

Marketing - we encourage local interest in volunteering using a variety of initiatives

Promotion of good practice - we promote good practice in volunteer management to organisations through advice, guidance and training

Develop local volunteering opportunities - we work with organisations to develop new opportunities for people of all abilities and ensure that those who face barriers to volunteering are able to contribute

Policy response & training - we identify and respond to proposals or legislation that may impact on volunteering

Strategic development of volunteering - we network at a local, regional and national level in the strategic development of volunteering

**The Centre has been accredited for meeting these objectives and achieved
Volunteering England Quality Accreditation in December 2007**



Volunteer Centre

Quality Accreditation

Promoting Good Practice

A quality service.....

Quality is essentially about learning what you are doing well and doing it better. It also means finding out what you may need to change to make sure you meet the needs of your service users.

What is a quality assurance system?

When the term 'quality assurance system' is used, it means a formal management system you can use to strengthen your organisation. It is intended to raise standards of work and to make sure everything is done consistently. A quality assurance system sets out expectations that a quality organisation should meet.

But why does quality matter?

Voluntary and community organisations want to provide the best services possible for their service users. As voluntary organisations work more and more with both public and private sector organisations, the pressure has increased to show that they are providing a quality service and they are managing their organisation well.

PQASSO

Rayleigh, Rochford & District Association for Voluntary Service and their Volunteer Centre implements PQASSO (practical quality assurance system for small organisations).

PQASSO was developed in 1997 by CES (Charities Evaluation Services), and is recommended by many large 'umbrella' organisations.

If you would like to know more about PQASSO and how it can help your organisation please visit : www.ces-vol.org.uk

(For organisations who do not have computer access you are welcome to view a demo cd rom of PQASSO at our Volunteer Centre – please call Jo Mcpherson VC Manager to organise)

LAPTTOP NEWS

www.rravs.org.uk/lapttop

LAPTTOP continues to help people mostly over 60 living in the district with learning about computers. The following are available :

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

Lifelong

Access to

PCs

Through

Training for

Older

People

Rochford Courses

We continue to hold courses at Rochford Library. The January 2008 course has started and the next two courses are fully booked. New enquiries are now being booked on the September 2008 course. The increased interest in the course was generated by the advert in Rochford District Matters in the Summer 2007. The courses continue to be very popular with the learners. Rochford Library will be moving to new premises in September 2008 and Elaine Adams of Essex Libraries has asked for Lapttop to increase the number of courses from 3 to 6 per year. Extra funding is being sought for this increased activity.

Outreach courses

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

Recycled Teenagers Courses

Courses for Recycled Teenagers started in December 2007 with two new volunteers tutoring these courses.

U3A Computer Group

U3A (University of the Third Age) have asked Lapttop to help in setting up a computer group. They have 40 people interested in forming a computer group. Lapttop may be involved in running courses for beginners.

Home visits

We continued to carry out home visits during 2007, mainly for people who are not able to attend courses although some receive support visits at home after attending a course.

Rochford Computer Club

The club will move from its current venue at the MaryAnne Centre, St Lukes Centre, Dalys Road, Rochford to a new location in March 2008. It is hoped that this new location will be announced at the February 2008 meeting. Please phone RRAVS 01268 775255 for latest information. Anybody is welcome to come along. At club meetings the members are introduced to new uses of the computer by setting them a task. Typical subjects are OCR, Digital Picture Editing and Lottery Number Generation. Club sessions are well attended and the members get very absorbed in the above tasks.

LAPTTOP NEWS

Funding

The project is currently funded by "Allen Laine Foundation", "Awards for All" and RRAVS. The external funding will run out first quarter of 2008 and new external funding is being sought to replace it.

Volunteers

We recruited two new volunteers during the summer 2007. They are now fully involved with the project and are starting to tutor Recycled Teenager courses.

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

Ian Climpson
Laptop 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 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

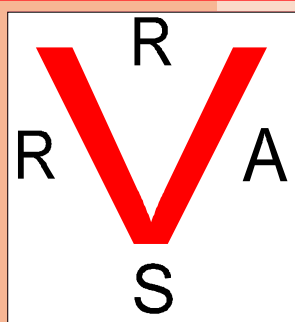
Computer Club

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



RRAVS NEWS



Project Leader

Marion Horsley

Tel: 01268 775255

The Young Carers Scheme still continues to grow with 53 children now registered with the scheme with nearly all of them attending regularly. With this growth there are additional pressures on the group, our biggest being the cost of transport and the provision of activities.

At Christmas both groups enjoyed a trip to CJ's Bowling for tea and bowling, and Essex County Council provided every Young Carer with vouchers for the Odeon Cinema in Southend and I know a number of the children have already enjoyed watching a variety of films. Last term the children enjoyed a talk from Royston Dean on Astronomy; Art with Dawn from Making Marks and the girls especially enjoyed a pamper evening on skin care and make up at the Rayleigh Retreat. They will be returning this term to provide an evening on hands and nails.

We are hoping to find funding to purchase a jacket potato oven for the group. This would enable us to provide a hot, filling and healthy snack for the children when they attend the group sessions, especially as we meet over teatime. This would also be available to any other youth group attending the Youth Centre.

The staff continue to attend training, and Ann successfully gained her VRQ Level 2. This was a pilot scheme run by Essex County Council Youth Service and Ann worked very hard putting in a lot of additional hours of her own time. Congratulations to Ann! Other training has included First Aid, Drug and Alcohol – Higher Level and the staff are due to attend Child Protection and Domestic Abuse.

We continue a close working relationship with the local children's teams and I would like to thank Sara Hemmings and Tricia Cowdrey and their staff, TASCC Teams for Rayleigh and Rochford and Mike Chapman and his staff from Child Protection and Assessment for their help and support.

Marion Horsley
YOUNG CARERS PROJECT LEADER

FUNDING NEWS

Happy New Year to you all and where did 2007 go!

I want to start 2008 by letting you know about RRAVS Funding Day in which we are holding in conjunction with RRAVS Open Day at The Mill Hall, Bellingham Lane, Rayleigh on FRIDAY 15TH FEBRUARY. The event is to run from 10.00 am to 3.00 pm so please feel free to pop along a meet my attending funders and to pick up information leaflets that may be of use to your group/ organisation.

In attendance this year we have:

- ◆ The Big Lottery,
- ◆ Essex Community Foundation,
- ◆ Community Initiatives Fund,
- ◆ Help The Aged,
- ◆ Essex Environment Trust, and;
- ◆ GRANTfinder.



In addition, we have 3 seminars running at the following times:-

10:30 to 11:30 Community Initiatives Fund

12:00 to 13:00 The Big Lottery

13:30 to 14:00 Essex Community Foundation

I will also be available at the event so please feel free to pop over for a chat and I look forward to seeing you all there.

COMMUNITY INITIATIVES FUND

Round Four has now been released, with Rochford deadline being 28th May 2008.

You can apply for capital costs such as for example work to village halls, fencing for parks, bus shelters and much more. You can apply for any amount.

Have a look at website for guidelines www.communityinitiativesfund.org.uk

Alternatively, come and meet Beverley at the funding day 15/2/2008.

Just to let you know that over the last couple of months, I have been to visit 8 of our member organisations to help them with funding. I have just found out that the first group that I helped complete their application form have been successful so why not give me a call to see if I can help you and your group.

There are no imminent deadlines to report at present, so in the meantime, I look forward to seeing you all on Friday 15th February 2008 at Mill Hall. Many thanks.

Shelley Hall

RRAVS FUNDING OFFICER

VOLUNTEERING OPPORTUNITIES

Rethink Good Companions

Is a befriending service for people who may feel isolated due to their mental health problems. Volunteers are fully trained and matched to someone in their local area.

Volunteer needed with a real commitment to helping their community

Wyvern Community Transport has volunteering opportunities within their friendly office for a committed person/s to assist in the day to day running of the invaluable service provided by Community Transport.

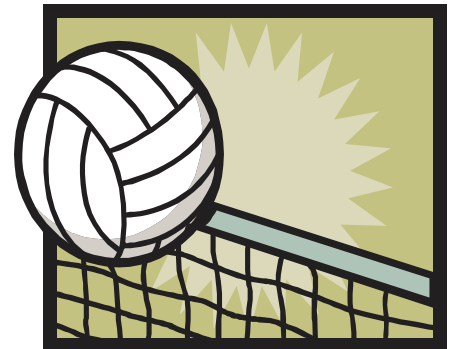


South Essex Partnership NHS Foundation Trust have various projects and require volunteers with Gardening experience, Musicians, Drama or footballing experience.

Full training provided. Expenses paid.

Volunteers in sport!

Volunteers needed to train as coaches. Not sporty? – please don't be put off – Volunteers also needed to assist coaches, assist with admin, be committee members, fundraise. The list is endless. So if you'd like to contribute to creating a fitter, healthier Rochford please get in touch!



For details of these opportunities and many more - please contact our Volunteer Centre on 01268 775255

MEMBERS NEWS



LIONS CLUB OF RAYLEIGH

**We are holding our annual
Grand Charity Quiz Night on
Friday 22nd February 2008 at
Fitzwimarc School, Hockley Road,
Rayleigh**

Time is 7.30 for a prompt 8.00 pm start.

**There will be the usual prize of £100 go to
the nominated charity, individual and sur-
prise prizes. The winning team will receive
the Rayleigh Lions Quiz Trophy and there
will also be a trophy for the winning Lions
Club.**

**There is no bar, so please feel free to bring
your own nibbles and drink.**

£12 per team

**Please come along and support this enjoy-
able charity evening. Teams of up to four
people. To enter your team or teams, please
contact:**

**Philip Birmingham
Lions Club of Rayleigh
Tel: 01702 354603**

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 **FREE-POST** 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

As many of you may be aware, Mayday Mobile Volunteer Bureau sadly ceased operating on January 1st 2008. They served this community for many years.

As a result of their closure, there are a small number of red plastic collection boxes that require a new home.

If anyone would be interested, please contact the RRAVS office on:

01268 775255.

RRAVS would like to welcome three new members to our organisation. They are:

Great Wakering Helping Hands Association

Providing a luncheon club and Outings for the Parishioners of Great Wakering

Leigh Orpheus Male Voice Choir

Providing entertainment for concerts and Charity events.

and

The PACT Network

A support network for anybody working with young people aged 11+.

For further information on any of the above organisations, please contact our Volunteer Centre.

ECDP Training (Essex Coalition of Disabled People)

Training Days - Spring 2008

Date:	Time	Subject
Thursday 31st January One Day Course	10.00 am - 4.00 pm	Delegate Day: Disability Equality and the Disability Discrimination Act 1995 - 2006
Thursday 7th February	10.00 - 1.00 pm	Options for Independent Living
Monday 25th February	10.00 am - 12.30 pm	Introduction to Mental Health
Monday 10th March	10.00 - 1.00 pm	Disability Equality Essentials
Friday 28th March	10.00 - 1.00 pm	Benefits
Thursday 3rd April	1.00 pm - 4.00 pm	Inclusion
Tuesday 22nd April	10.00 am - 12.30 pm	Protection of Vulnerable Adults.
Friday 9th May	10.30 am - 3.30 pm	Understanding Rights & Needs

For further information and to book a place, please contact the ECDP on:

01245 392301

COMMUNITY NEWS

Fit for Life sessions with Karen

Why not choose a type of class that you think might appeal to your group and we can organise a **free “Taster” session**

Stretch and Flex

Body Conditioning

Core Fitness

Box-kick

Circuits

Zumba – a Latino-style class

50+ - Body Aware

Sessions will be adapted to suit Mums, Dads, children, Grandparents, the able and not so able.

For more information please contact Jo Mcpherson, VC Manager

on

01268 775255 or email ravsrayleigh@btinternet.com

HANDYPERSON SERVICE

Springboard

Part of the Genesis Housing Group

A service provided by Springboard Support. If you live in the Rochford District Council area. If you are aged 60 or over or are disabled and on a limited income and do not have anyone who can help you.

We can do a Home Safety Check that could identify areas in your home that may put you at risk of falling. We could then do any work to help reduce the risk of a fall, such as fitting grab rails. We can change light bulbs, fit curtain rails, and also fit smoke detectors, door chains and viewers.

We can do many other jobs too - **PLEASE ASK.**

There is a charge for this service and you must supply all materials needed to do the work.

To find out more, please telephone: **01702 545140**

The Handyperson service is sponsored by:

Essex County Council Social Services

Rochford District Council

COMMUNITY NEWS

South East Essex
Primary Care Trust

New NHS Website “for a healthier Essex”

THE NHS is launching a new website in south east Essex to give residents better advice on health services and healthy living. The South East Essex Primary Care Trust (PCT) website launches at midday today (7 January). It also provides information to help residents get involved in decisions over how the PCT’s money is spent and services are delivered.

Andrew Pike, the PCT’s Chief Executive, said: “We employ more than 800 staff and provide a wide range of health services for a third of a million people across Castle Point, Rochford and Southend-on-Sea. The new site is designed to give easy access to information about health and fitness, our services and also about how we spend our budget.

“It is vital people in south east Essex are involved in our decision making processes on how money is spent and our services are organised. The new website gives details about how patients and the public can be involved.”

The new website - www.see-pct.nhs.uk - was designed and written using feedback from patients and members of the public. It also has links to websites for other health organisations, including Southend Hospital, GPs and local health services.



Not in My Neighbourhood Week

During the week 15th to 21st October, a series of events were held across the District to promote Public awareness of what is being done by local agencies to prevent and reduce crime. The events promoted by the Home Office, included representatives from the Local Neighbourhood Policing Teams, The Crime and Disorder Reduction Partnership and Neighbourhood Watch. This week also marked the 25 year anniversary of Neighbourhood Watch.

Stands were set up in our local high streets on different days of the week where passers by had the opportunity to discuss local problems and concerns and to pick up leaflets and other free items. We also encouraged interest in joining or starting a Neighbourhood Watch Group where people did not already belong to one.

We had a particularly good response from the Rochford and Hockley events, where some 25 people have asked to become members of a local NHW scheme, some of those have offered to act as Street Co-ordinators and others, who did not want to commit to this level of involvement, have however offered to distribute the NHW Newsletters. In a number of cases, new residents have been put in touch with an existing nearby Co-ordinator.

If any of your local friends or relatives would like to join or start a new NHW scheme please ask them to get in touch.

Neighbourhood Watch Office, Rayleigh Police Station, 119 High Street, Rayleigh, SS6 7QB

Tel: 01268 770519

COMMUNITY NEWS

**LOOKING
FOR A JOB?**

FREE training sessions taking place in Rochford and in Rayleigh

		Rochford	Rayleigh
WHERE TO LOOK	Searching hints and tips terminology explained	Wed 6 Feb 10-12am	Thur 7 Feb 10-12am
APPLICATION FORMS	Samples, rules, legislation, completion	Wed 13 Feb 10-12am	Thur 14 Feb 10-12 am
CV WRITING	Language, style, fonts, content and production	Wed 20 Feb 10-12am	Thur 21 Feb 10-12 am
INTERVIEW TECHNIQUES	Body language, confidence, what to do, what not to do!	Wed 27 Feb 10-12am	Thur 28 Feb 10-12 am

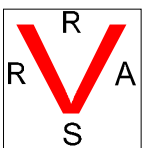
and every Wednesday and Thursday throughout April, May and June.

If you're over 19 and looking for a job, come along to any of these sessions and improve your job searching skills.

You can attend just one session, or any number or sessions.

You may also be interested in our Computing, confidence building and assertiveness sessions

For more information and an informal chat call 07505555096



**Rayleigh, Rochford & District Association
for Voluntary Services**



The Star Partnership

This project is supported and funded by The Neighbourhood Fund

COMMUNITY NEWS

Essex Procurement Project

Learn how to influence
commissioners in

Health and Social Care

Public Sector

Friday 8th February 2008

10.00am – 2.00pm

Followed by lunch

**Essex Records Office Wharf Road
Chelmsford CM2 6YT**

Presentations and a workshop for the 3rd Sector and the Public
Sector providing strategies to influence the commissioning
cycle.

-----**TO REGISTER PLEASE COMPLETE AND RETURN**-----

NAME:

ORGANISATION:

CONTACT DETAILS:

E-MAIL: procurement@savs-southend.co.uk

COMMUNITY NEWS



SPORTS DEVELOPMENT THE COMMUNITY SPORTS LEADERS COURSE

Course dates : 8/9th and 15/16th March 2008

Participants do not need to be budding sports stars – an interest in sport and a positive attitude are all that are required. Benefits include:

Personal Development – increase in confidence, self-esteem and self-management
Obtain relevant skills and experience that can be transferred into a variety of situations and environments

Sports Leaders are well respected in their community and welcomed by clubs and organisations who need volunteers to operate

An Award often encourages people to undertake further training/education courses to help achieve long term goals, careers and ambitions

A nationally recognised award that is a stepping stone to employment or further education

Unique employment and volunteering opportunities are available to Sports Leaders through Sports Leaders UK database

*** Being a Sports Leader is not only challenging, but rewarding ***

Local Club Development

Are you a local Sports club?

Are your volunteers, members in need of emergency first aid training or child welfare?

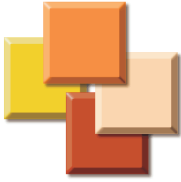
If you are a member of the Rochford Sports Council (Only £7.50 annual membership)– availability to these courses can be free (subject to numbers)

For information/application details for any of the above courses call
Jo Mcpherson at the Volunteer Centre on:

01268 775255

These training courses are provided through funding from
The Rochford Sports Council & Rochford District Council





VOLUNTARY SECTOR TRAINING

NEW COURSES JANUARY—MARCH 2008

January	Course	Location	March	Course	Location
17/01/2008	Food Safety	Harlow	03/03/2008	Presentation Skills	Maldon
18/01/2008	Business Communication Skills	Rayleigh	04/03/2008	First Aid Appointed Person	Castlepoint
22/01/2008	REFRESH - Enterprise	Basildon	05/03/2008	Cultural Awareness	Epping
23/01/2008	Successful Funding Applications	Maldon	06/03/2008	Retaining Volunteers	Chelmsford
24/01/2008	net:gain (and 13/3/08)	Chelmsford	07/03/2008	Discipline & Dismissal	Rayleigh
24/01/2008	Recruiting Volunteers	Chelmsford	07/03/2008	Vetting & Barring	Chelmsford
25/01/2008	Intro to Microsoft Office	Ongar	10/03/2008	Minutes & Agendas	Brentwood
29/01/2008	First Aid Appointed Person	Brentwood	11/03/2008	Secrets of Successful Tendering	Castlepoint
29/01/2008	REFRESH - Proving It	Southend	11/03/2008	3 day Marketing (and 18/3 & 25/3) Th'k/Bas'd	
30/01/2008	Conflict Management	Epping	12/03/2008	PowerPoint	Brentwood
31/01/2008	Customer Care	Brentwood	13/03/2008	Evaluation Skills Gt	Dunmow
February			14/03/2008	Trustee Essentials	Rayleigh
04/02/2008	Event Planning	South Woodham Ferrers	18/03/2008	Lone Worker For Managers	Harlow
05/02/2008	REFRESH - People	Thurrock	19/03/2008	Introduction to Voluntary Sector	Chelmsford
06/02/2008	Full Cost Recovery	Maldon	20/03/2008	SAGE	Gt Dunmow
07/02/2008	Advanced MS Office	Chelmsford	25/03/2008	Policies & Procedures	Gt Dunmow
18/02/2008	PQASSO (also 19/02/08)	Chelmsford	26/03/2008	Project Management	Chelmsford
19/02/2008	3 day Project Mgt (and 26/2 & 4/3)	Southend	27/03/2008	Full Cost Recovery	Castlepoint
20/02/2008	First Steps to Tendering	Feering			
21/02/2008	Trustee Essentials	Braintree			
22/02/2008	Access XP	Maldon			
25/02/2008	Health & Safety	Brentwood			
26/02/2008	Fire Safety Training	Braintree			
27/02/2008	Business Planning	Epping			
28/02/2008	Building Strong Teams	Castlepoint			
29/02/2008	Supervision, Support & Appraisals	Gt Dunmow			

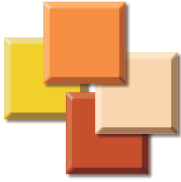
For details of the above courses and to download a booking form, see our website - www.voluntarysectortraining.org.uk or contact us for a copy of our latest brochure

giving full details of the courses:

VST, 46 High Street, Great Dunmow, Essex CM6 1AN

Tel/fax: 01371 876747

email: admin@voluntarysectortraining.org.uk



VOLUNTARY SECTOR TRAINING

46 High Street, Great Dunmow, Essex, CM6 1AN

Telephone/Fax 01371 876747

E-mail: admin@voluntarysectortraining.org.uk/www.voluntarysectortraining.org.uk

NEWS!! **Voluntary Sector Training is coming to your area** **NEWS!!**

Voluntary Sector Training’s popular and long established training sessions are currently being supported by Investing in Communities and by Capacity Builders funding. This funding enables VST to further extend our partnership with local Councils for Voluntary Service and is now able to offer training to organisations operating in Castle Point and Rayleigh/Rochford as well as in the current areas of operations—Braintree, Brentwood, Chelmsford, Epping, Harlow, Maldon and Uttlesford.

Just in case you have not heard of us, this is what we can offer you:

- ◆ New programme of open courses exclusively for voluntary and community organisations covering period from January to March 2008 (details on page 22 of RRAVS News).
- ◆ Course fees are **only £30*** due to subsidy from our funders (£35 from 1st April 2008).
- ◆ Tailored training sessions can also be offered—please call to discuss your needs. (minimum numbers apply).
- ◆ Bursary scheme to pay course fees and travel focussed on smaller organisations with under £10,000 income p.a.
- ◆ Accredited training—working with Anglia Ruskin University, VST are pleased to offer training around social enterprise and procurement issues, with the Open College Network, Recruiting and Retaining Voluneers; and First Aid, Health and Safety, Food Hygiene and others are also offered as accredited training.

Please contact us if there is anything you wish to discuss further and we look forward to seeing you at one of our training courses during the year.

If you would like to be added to VST’s direct mailing list to receive a copy of our brochure three times a year, please e-mail your details to admin@voluntarysectortraining.org.uk, or complete the form below and fax back to 01371 876747 or post to above address.

PLEASE ADD ME TO YOUR MAILING LIST

NAME:

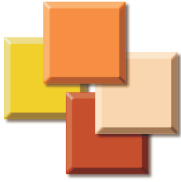
ORGANISATION:.....

ADDRESS (Inc postcode).....

.....

.....

E-MAIL.....



VOLUNTARY SECTOR TRAINING

COURSES COMING TO YOU – Rayleigh & Rochford District

Voluntary Sector Training is pleased to be able to offer training courses in the Raleigh & Rochford area from January 2008. Here are some that are coming up:

Discipline and Dismissal

A framework of the law on disciplinary action including new Handling Disputes legislation. When to do a disciplinary – setting boundaries and targets, how to run a disciplinary interview. Sample letters to use at each stage.

Friday, 7th March 2008, 10 a.m. to 4.30 p.m. The Mill, Arts & Events Centre, Rayleigh

Trustee Essentials

The aim of this course is to increase the knowledge of people already acting as trustees by providing them with a detailed overview of the responsibilities of trusteeship. The course will provide them with effective mechanisms to meet these responsibilities and will alert them to the legal requirements of their duties. By the end of the course participants will be able to: recognise trusteeship in all its forms; identify roles and responsibilities, both at an individual and at a collective level; be able to identify the necessary policies and procedures to ensure effective working practices and to meet legislative obligations.

Friday, 14th March 2008, 10 a.m. to 4.30 p.m. The Mill, Arts & Events Centre, Raleigh

ALL COURSES ONLY COST £30 -TO BOOK CONTACT:

Voluntary Sector Training

46 High Street, Great Dunmow, Essex. CM6 1AN

e.mail: admin@voluntarysectortraining.org.uk.

Tel/fax/ansaphone: 01371 876747 office hours 9am to 4pm Monday to

Friday. Website: www.voluntarysectortraining.org.uk.

**SEE WEBSITE FOR DETAILS OF COURSES IN ALL AREAS
AND BOOKING FORMS**

DATES FOR YOUR DIARY

DATE	EVENT
FRIDAY 8TH FEBRUARY 10.00 am - 2.00 pm	Essex Procurement Project. Essex Records Office, Chelmsford. (See page 19 for further details.)
FRIDAY 15TH FEBRUARY 10.00 am - 3.00 pm	RRAVS—Community Awareness Open Day & Funding Fair, The Mill, Bellingham Lane, Rayleigh
FRIDAY 22ND FEBRUARY 7.30 pm	Lions Club Quiz Night, Fitzwimarc School, Hockley Road, Rayleigh. (See page 16 for details.)



ARE WE MISSING SOMETHING?

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 will now be 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 SPRING EDITION IS FRIDAY, 14TH APRIL 2008.

***For more information on these events, or
to advertise your event, please contact
RRAVS on 01268 775255***

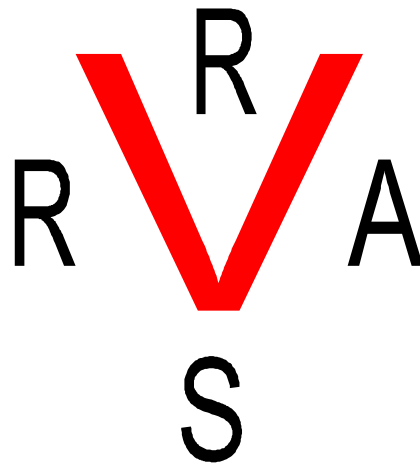
RRAVS MEMBERS

We hope you found this newsletter interesting and informative.

Your comments and opinions are of value to us.

If you have any comments or ideas about things we can include in our Newsletter or ways we can improve it, please let us know.

Rayleigh, Rochford and District Association for Voluntary Service



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

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

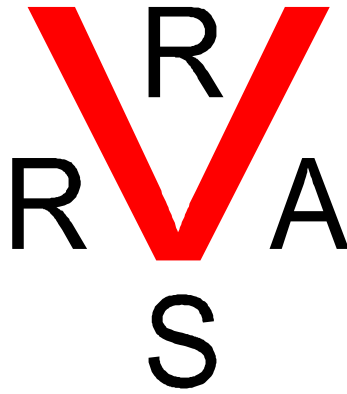
If you would like to join our organisation, please request an application form from our office at:

Rayleigh, Rochford and District Association for Voluntary Service
132 High Street
Rayleigh,
Essex, SS6 7BX

Affiliated Members 2007 - 2008

(Websites shown where known)

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



Registered Charity No: 1113433

Company No: 05447356

132 High Street

Rayleigh

Essex

SS6 7BX

Telephone/Fax: 01268 775255

E-mail: rravs@rravs.org.uk

Website: www.rravs.org.uk

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.