

Quart

The newsletter of
Derbyshire Dales
Council for
Voluntary Service

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Derbyshire Dales CVS
Agricultural Business Centre,
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Derbyshire DE45 1AH
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Our News

Caroline Stone's programme of summer activities for children on Hurst Farm have proved so popular most events are already booked up!

Caroline will be pond dipping, bug hunting, teepee and bivouac making, camp fire making, vegetable and plant growing in pots, planting around the pond, bat and ladybird box making with 7 to 11 year olds on Thursdays. Also for 5 to 7 year olds there is a Mini Beast Adventure on Saturday 20th August. In case Caroline has any cancellations please call her on 07747 898160.

Caroline also has a new event "**Hay Meadows**" planned for both Thursday 10th September and Saturday 12th September. It's the same event on both days and this isn't fully booked so far!!!

Each day will cover learning how to manage a wildlife meadow; planting for a hay meadow; identifying wild flowers; spreading green hay and

more! If you would like to join us please call Caroline on 07747 898160. Or Karen Camara on 07966 883253.

All ages are welcome though under 18s need to be accompanied by an adult.

Shift it through Summer!

Rebecca Goodman, our Health Trainer on Hurst Farm Estate continues her series of walks to places further a-field. Next up are:

Monday 3rd August
Tissington Trail

Monday 7th September
Bradwell Dale (Youlgrave)

Monday 5th October
Queens park, Chesterfield.

Pick up: 1.30pm Hurst Farm Community Centre, return 4.30pm

Cost: £3.00. Early booking is advisable, all welcome.

To book contact: Caroline or Rebecca on: 07747 898160 or 07552 129340.

The regular health walks around the Hurst Farm Estate are still in full swing. The group does a short, steady circular walk around the local area on a Monday and meets back at the community centre for a drink and a chat. All ages and abilities can take part, though children must be accompanied by an adult. The walk is free and there is no need to book just turn up on a Monday morning at 11.00am. Please remember to bring suitable footwear, a bus pass and a waterproof.

Please note that on the Mondays when there is a special walk taking place further a-field there will be no local walk.

A date for the diary

The Annual General Meeting of Derbyshire Dales CVS will take place on Thursday 1st October 2009 at the Agricultural Business Centre, Bakewell. The meeting starts at 10.00am. Guest speaker at the meeting will be Cllr Charles Jones, the new Cabinet Member for Adult Care at Derbyshire County Council. In addition to this, we will be presenting our annual Celebrating People Award to a local group and will be updating our members and supporters about our plans for the future. Further details will be published nearer the event.

Celebrating People Award

We include a poster on this award within the mailing but in brief we wish to celebrate and commemorate voluntary activity for personal and community growth. The award is intended to recognise outstanding

contribution in the Derbyshire Dales. There is a straightforward application for which groups are asked to complete and return to Neil Moulden, our Chief Executive Officer. Please refer to poster for full details. Closing date 12th September 2009.

If you are not already a member of Derbyshire Dales CVS, why not join now? Membership is completely free of charge. Members have a vote at our AGM and EGMs; they can attend special members' events that we organise; and they enjoy special rates for our practical services such as photocopying, equipment hire and room hire. For a membership form please call Janet Smith on 01629 812154.

Practical services from DDCVS

Just a reminder that a wide range of services and equipment are available from DDCVS. These include black and white and colour copying, A3 and A4 laminating, meeting room and equipment hire. If you have any queries about using these services or hiring equipment, please call Janet on 01629 812154.

Improving Reach

We continue with our 'Improving Reach' work with 12 Organisational Health Checks either part completed or on their way to being completed. These organisations are now working on their action plans together with support from their key worker at DDCVS. If you would like to know more about our Improving Reach project please call Sarah, Jonathan or

Neil at DDCVS on 01629 812154. We can support you on other issues such as looking for funding, filling in applications forms, writing a constitution or help with policies.

Children and Young People's News

E-mail Bulletin – the children and young people's development project continues its informative weekly e-mail bulletin. This is a county wide e-mail so involves county and relevant district information. Information covered varies but often includes, training opportunities, funding, legal updates and volunteering and is aimed towards organisations of all sizes and structures. To receive the e-bulletin please contact Nikki Tugby nikkit@sd cvs.org.uk 01629 810904 or 07518 996779

Details of new training for those working with children and young people will be published towards the end of August in the bulletin or go to www.derbyshire.gov.uk/vci

A date the for the next Roadshow is not yet confirmed but is likely to be in September / October.

Local Groups

Newly formed support group aids people affected by Head & Neck cancer.

Have you ever thought what it must be like not to be able to speak?
Or to experience the pain of breathing in cold fresh air?
Or to know that the next time you cough, you may cough out your

prosthesis leaving you speechless?
Or to have little resistance to chest infection?

Or to have little confidence in meeting others because of how head or neck cancer has affected the way you look and the way you may awkwardly deal with everyday simple tasks like drinking and eating?

These are just a few of the setbacks that people affected by head and neck cancer endure every day on top of regular embarrassing and frustrating moments. Support for people affected by head and neck cancer is available through membership of The Manvers Laryngectomy Club. Membership is free. Anyone affected by head and neck cancer can join whether they are friends, carers, partners or relatives. The club offers the opportunity to meet other people affected by similar problems where you can make friends, share experiences, gain support, enjoy socializing, have fun, boost your confidence levels, hear about new developments and obtain useful information.

This last year the Manvers Laryngectomy Club has been fortunate to have received funding and support from:- NDVA, The Rotary Club of Clay Cross, Derbyshire Community Foundation and **o2**.

For more information look at their website - <http://www.hnchelp.btik.com>
Or, if you can't access the internet, contact the secretary Mr. Malcolm Babb on 01246 569903 or the chairman Mr. Ray Mountain on 01246 865200

Matlock Derwent Valley Lions Club

is a charitable organisation helping people locally, nationally and internationally and is part of the world's largest international service organisation. Locally they have two major ongoing projects which are Message in a Bottle and the collection of unwanted spectacles.

Message in a Bottle is a simple way to keep information which may be required in an emergency in a small convenient plastic bottle. This is kept in your refrigerator and is available to Emergency Services if they need to attend at your house. A form has all the necessary details on it and a small label on your door tells people that you have a bottle. They are available free from Wirksworth Health Centre; Paynes Chemist in Wirksworth & Cromford; Cromford Post Office and several outlets in Matlock. If you would like a speaker to talk to your organization about the scheme or require a larger amount of bottles to distribute contact Colin Turnbull on 01773.852203 or mdvlc@uwclub.net.

Unwanted spectacles

Many people do not know what to do with unwanted spectacles when they get a new prescription – the answer is pass them on to the Lions. They are sent to a Lions Club in Chichester where they are checked and graded and then they go to France for use by Medico France in Third World countries after local people have had cataract operations and cannot afford their own spectacles. Collections are made at David Bray, Lancaster & Thorpe & Dale Opticians in Matlock; Fosmans Opticians in Wirksworth;

Cromford Post Office and Darley Dale Chemist. Again larger collections can be made by contacting Colin 01773 852203. If you know of a business which would act as a collection point for spectacles the Lions would be delighted to speak to them about it.

The Lions Club is grateful to all people who help with these projects and especially to the businesses which so willingly assist as collection and distribution points.

Tackling Climate Change in Ilam

In 2007, the village of Ilam in Staffordshire Moorlands became the first village in the UK to 'banish the incandescent bulb' - their first step in a community-led response to climate change. Marches Energy Agency (MEA) which is a sustainable energy and climate change social enterprise based in Shrewsbury helped Ilam to take this step, and over the past few months has been working with residents, local businesses and community buildings to explore further ways of reducing CO₂ emissions in the village. MEA have undertaken energy audits of a number of properties to highlight measures that could be taken to reduce CO₂ emissions such as installing insulation, upgrading the boiler or better heating controls. Many householders have borrowed energy monitoring plugs or real time displays to increase awareness of where their electricity is being consumed, and have joined MEA's own energy monitoring website to measure their energy over a number of months.

The Low Carbon Communities team at

MEA works with a number of communities across the West and East Midlands to find sustainable energy solutions for their community. The activities in Ilam are part of a wider project called 'Staffordshire Moorlands Project Carbon' - a district wide project to help communities reduce their CO₂ emissions through sustainable energy. Within this, MEA is undertaking energy audits, running workshops and supporting community groups. If you would like to know more about the project or are interested in being involved in MEA's activities, please contact Tessa Clark at tessa@mea.org.uk or 01743 277118. This project is funded by Staffordshire Moorlands District Council and the Peak District National Park's Sustainable Development Fund.

Happy 25th Birthday!

Bakewell and District Friday Group will celebrate its twenty fifth birthday on 11th September 2009 when former helpers and members will share in the lunch at the Medway Centre. Many of the present helpers were among the original number who began it all in the old Medway centre twenty five years ago. Crockery, cutlery chairs tables and cupboards were begged, borrowed or generously given to cater for up to twenty five elderly men and women who lived alone and were housebound for a variety of reasons. They were brought to the Centre in private cars in those days. Afternoon programmes of entertainment were developed and soon outings began. Mrs Gillian Hall bravely cooked the meals for the first few months until more cooks learned how to cope with

the numbers using only a small electric cooker with one wonky ring!

There have been some wonderful people involved both among the helpers and members, and our Memorial Book records those who have passed away over the years. Over 200 people have enjoyed the fellowship and fun, shared sadness and happiness and the relaxation and hard work which such a group produces. We have received very generous support from the community and would like to express our thanks for continuing help from all our many supporters and funding groups. Any one wishing to contact the Bakewell and District Friday Group can ring 01629 813825.

Also a belated Happy 10th Birthday to the Medway Centre!

Local group mentioned in House of Lords

First Taste Patron, Baroness Estelle Morris of Yardley, recently drew attention to the work of the organisation in the House of Lords. On 19th March this year she said to their lordships -

"Of course there are many care settings throughout the country where residents are encouraged to in creative activities. I am talking about something very different; First Taste has created something of a completely different order. Last year in Bakewell, Matlock and the surrounding area, 301 tutorial workshops delivered carefully planned programmes in 19 nursing and residential care establishments

and nine day centres. They were delivered by 21 tutors, each qualified and trained in their subject and coming mainly from the further education and community arts sectors. The programme is delivered jointly with care staff. It is a requirement in the homes involved that their care staff should join in the delivery so that the tutors can follow up the activities between sessions.”

Baroness Morris continued to speak about the work of the First Taste project called Tutoring Older People in Care (TOPIC) touching upon the context of older people in care settings and the opportunity to learn as well as highlighting the skills learned by care staff by being a part of this project. She also highlighted the fact that this area of need and what could be achieved by something like TOPIC was not limited to the Derbyshire Dales community.

She went on to say – “This is a story of a group of people under the inspired leadership of Shirley Davison and Iris Wagstaffe who did something to solve a problem that they saw in their community. Like all charities, they struggle from year to year to raise the funds, but they built a locally owned and designed organisation that really makes a difference. In truth, though we know that what they are addressing is a problem that is not peculiar to the Derbyshire Dales but can be found throughout the country. Too many elderly people believe that life has not much left to offer them and feel excluded from the activities that many other people take for granted.”

Baroness Morris went on to ask about

the action the Minister and the department can take to establish access to arts and learning as an essential and required part of care for the elderly. To find out more about First Taste have a look at their website www.firsttastecharity.co.uk or call 01629 733849 or email firsttaste@btinternet.com

Funding news

DDCVS Health Development Fund

If your group is looking for a small grant, why not apply to our own small grants fund? Grants of up to £350 are distributed quarterly. The work funded should contribute to the health and well-being of people in the Dales. A wide range of local groups have already received support from this fund.

For further information contact Neil on 01629 810901 or go to our website www.ddcvs.org.uk and click on the Grants section on the left hand side. Next deadline is 29th September 2009.

Grassroots Grants from Derbyshire Community Foundation

This fund supports a broad range of community and voluntary groups with a variety of different costs. As with all of the Foundation’s funds, the overarching purpose of each grant we make is to enhance the quality of life for people living in Derbyshire communities and to tackle disadvantages and inequalities faced by people living in the county and city today. To apply your group must have a turnover (annual income) of no more than £30,000. Your group must also

have been running for over 12 months. Groups can apply for a minimum of £250 and a maximum of £5,000.

More information available at www.derbyshirecommunityfoundation.co.uk or call 01773 514850 and ask for Lisa Farnsworth.

Concertina

Concertina makes grants to charitable bodies which provide musical entertainment and related activities for the elderly. This not only brightens up their lives, but also provides a therapeutic benefit to their health and well-being. Concertina is keen to support smaller organisations which might otherwise find it difficult to gain funding. Since its inception in 2004, it has made grants to a wide range of charitable organisations nationwide in England and Wales. These include funds to many care homes for the elderly to provide musical entertainment for their residents.

Charities are invited to make an application to the Trustees via the Administrator. They need to provide details of their charity's objects, its financial position, the sector of the elderly community which it benefits, amount sought and proposed cultural activities or related facilities it intends to provide. The trustees review applications January 31, April 30, June 30 and October 31. Please submit your application in good time so the administrator can review it to ensure there are no omissions and that it is suitable before submission to the Trustees.

Sally Dyson, the Administrator, would be delighted to hear from you should you require any further information. She may be contacted by post, email or telephone as below:

England: 20 Kent House, Aylesford Street, London SW1V 3QB
Tel: 020 7976 5785

Wales: Bodfach Hall, Llanfyllin, Powys SY22 5HS Tel. 07880 786 573

Email: info@concertinamusic.org.uk
Website: <http://www.concertinamusic.org.uk>

Funding from Comic Relief

Registered Charities and Voluntary Organisations in the UK are invited to apply for grants of between £25,000 and £40,000. This funding may cover running or capital costs of organisation or projects in the following categories: Mental Health; Domestic and Sexual Abuse; Refugee and Asylum-Seeking Women; Sport for Change; Young People aged 11 to 25 years.

Funding for Young People ages 11 to 25 years is split into 4 further categories: Sexually Exploited and Trafficked Young People; Young People and Alcohol; Young People with Mental Health Problems; Local Communities.

Cycle one deadline is almost upon us (24th July) but the next cycle deadline is 13th November 2009 and after that 5th March 2010. Comic Relief will usually let you know within four months of the cycle deadline if you have been successful. More information available

on their website www.comicrelief.com
or call 020 7820 5555
Email info@comicrelief.com

Sport Relief available through Derbyshire Community Foundation

Comic Relief has partnered Derbyshire Community Foundation to help distribute some of its funds into the City and County. All the criteria have been set by Comic Relief. There are still many communities in the UK that suffer from economic and social deprivation and the current economic climate may make this situation worse. This programme aims to empower local people enabling them to create lasting change in their communities. Projects should be run by people directly affected by the issues they are dealing. The funds available have been split into two distinct pots:

- one related to sports and the other
- one for general community groups carrying out certain types of work.

The 'Sports' Pot:

Applications should feature projects that aim to:

- Increase access to sport and exercise for people who face social exclusion and isolation.

Alternatively the project could be helping people who are experiencing difficulties in their lives. This means your activity should be trying to engage people who would not normally participate in exercise or sport because of where they live or because of a perceived barrier /lack of opportunity.

The 'Community' Pot:

Applications should feature projects that aim to:

- Increase local services Has your community group spotted a gap in the local services on offer? If you can provide something needed and new then you may be eligible? Is your community group already providing a valuable service but could do with extending the hours that the service is offered?
- Builds skills of local people Could your community group offer an opportunity for local residents to learn new skills and gain new experiences either through volunteering or training?
- Increase community cohesion Will your project lead to lots of residents working together towards a goal? Will it create a sense of community spirit? Will it promote a better understanding of who is living in our neighbourhood?
- Respond to local economic needs. Do you have a project which is developing because of people requesting support and advice linked to the current recession?

The Community Pot is aimed to support work in small geographical areas such as an estate, town or village not wide areas such as a city or district borough unless the project is aimed at a specific target group of people with a distinct shared theme i.e. such as a Derby City wide group supporting individuals with eating disorders or a project supporting homelessness issues across the Bolsover district.

Both Revenue Costs – Ongoing costs to support the running of a project and Capital Costs – Pieces of equipment to help run your project or support your

groups work, can be funded.

As the programme is supposed to support long term change it is unlikely to support one off events unless it is a pilot or consultation to attract further funds. Unfortunately Comic Relief will not fund any building works or access adaptations to a building. It will also not fund the purchase of mini buses or consider bids from community transport schemes. It will fund travel costs as part of an overall project idea.

Priority will be given to small, locally based groups or organisations in areas of disadvantage that have a clear understanding of the needs of their community. Comic Relief has not stipulated what their definition of 'small' is so the grants panels will therefore most likely prioritise bids based on group income size. Please note though that this is a priority issue and does affect eligibility.

Groups can apply for up to £10,000, however given the limited sums available this means that Derbyshire Community Foundation will be likely to fund only 3 groups per financial year should all applicants apply for the full amount. There are no fixed closing dates. And if you would like to apply to the Comic Relief pot please **contact Derbyshire Community Foundation for an application form**. The Form is different to their standard application and as such they want to ensure you are eligible before progressing.

Contact Sarah Hand on 01773 514850 or email sarah@derbyshirecommunityfoundation.co.uk

A brand new Fiat 500 could be yours! Buy a ticket - £2 each - and give 95.2% to Derbyshire Community Foundation at the same time!

The Foundation for Social Improvement has organised the small charity car draw to help small charities raise money for Derbyshire Community Foundation by offering our fabulous supporters a chance to win a brand new Fiat 500, kindly provided by Zurich! Buy tickets from www.derbyshirecommunityfoundation.co.uk or contact Amanda Whittam on 01773 514853. Tickets are on sale between 6th June and 21st August, with the draw taking place in October. All proceeds Derbyshire Community Foundation makes are eligible to be doubled as part of their Matchmaker Challenge. They will receive 95.2% of all our ticket sales.

Training Room for hire at Encore Re-use

Furniture Recycling Project 'Encore Re-Use' has recently moved premises to the Henmore Trading Estate in Ashbourne and as a result has a spacious and self contained training room for hire. The room is large and airy, measures 22 ft by 16 ft and has two windows with a good amount of natural light. The room has 9 double sockets and would be ideal for IT training. There are 4 desks measuring roughly 4 ft by 2 ft, a selection of 20 chairs and 2 larger tables. A flipchart, screen, kitchen and toilet facilities are also available. Contact Patrick Sandner for more details and room rates on 01335 300907.

Information

Advice service for charity property

NCVO and the Charity Finance Directors' Group and the Royal Institution of Chartered Surveyors have jointly launched a Charity Property Help service. It will provide registered charities and voluntary organisations a one hour consultation with an RICS member firm at no cost, which could cover such matters as property maintenance, environmental issues, lease, renewals and tenancies, planning issues. Details at <http://www.charitypropertyhelp.com>.

Study the Voluntary Sector

The University of Lampeter has a department dedicated to Voluntary Sector Studies! You can work towards a Certificate in Interpersonal Skills for Volunteers. This is a distance learning course and fee-waivers and bursaries are available for most new students. The next start date is 3rd August 2009. Or there are Post Graduate opportunities leading to an MA in Voluntary Sector Studies (pending completion of MA course validation). In addition, the Lampeter Certificate in Intergenerational Practice, developed in collaboration with the Centre for Intergenerational Practice is available. This course introduces the student to intergenerational practice and covers many relevant areas. Contact the Department of Voluntary Sector Studies, University of Wales, Lampeter
Tel 01570 424785
Email enquiries@volstudy.ac.uk
Website www.lamp.ac.uk

Independent Safeguarding Authority

Monday 12 October 2009 is a date many of us need to take note of – it represents a day of change for those working and volunteering with vulnerable groups, including children and young people.

On this date the new Vetting and Barring Scheme (VBS) will launch. Its core purpose is to prevent anyone who is a danger to vulnerable groups from working with them in either a paid or voluntary capacity. It does not replace safe recruitment procedures or the need for Criminal Record Bureau Check (CRB's). Paid staff or volunteers over the age of 16 years old need to register, once registered (approx. 7-10 days) they will receive a 16 digit unique number.

As part of VBS, the Independent Safeguarding Authority (ISA) will maintain two barred lists – one for those working with children and young people and another for those working with vulnerable adults. These two lists will replace the lists that already exist, PoVA, PoCA and List 99. The ISA will decide who is barred based on the information they receive – they will have no investigative powers. Individuals will have the opportunity to make 'representation' if necessary.

Registration is a one off process, once registered individuals will be continuously monitored. Employers can register an interest in an individual's registration status allowing them to be informed of any changes to that person's status. It is estimated that the introduction of this scheme will take 5

years. From the 12 October 2009 employers will have a legal duty to inform the ISA of any information or concerns they have regarding individual's who pose a potential risk to vulnerable people. Those who willingly allow a barred person to undertake these activities will be committing an offence. Barred individuals who apply for 'regulated activities' in either a paid or voluntary capacity will also be committing an offence.

Regulated activity involves contact with vulnerable individuals and is of a specified nature (teaching, training, care, supervision, advice, treatment and transport) or is in a specified place (schools, children's home, adult care homes) on a frequent, intensive and/or overnight basis. Certain positions of responsibility, including school governor, trustees of children's charities, fostering and childcare are also regulated. Frequently has been defined as once a month or more, intensively is where the activity takes place on three or more days in any 30 day period and overnight involves between 2am and 6am.

It is anticipated that 11.3 million people will eventually be registered. Approximately, 500,000 of these will be undertaking 'controlled activity' – this covers ancillary support workers who work frequently for specified organisations.

From July 2010 new employees or volunteers working regularly with vulnerable groups will be able to register with the ISA. ISA registration will be applied for at the same time as applying for or renewing a CRB check,

primarily through an umbrella agency. The cost is £64 for paid staff, free for volunteers, though umbrella agencies may charge an admin costs and this may vary depending on the organisation used. The registration fee includes the cost of an enhanced CRB. Where a volunteer then enters paid activity a fee will be applicable.

This is a brief overview of the vetting and barring scheme, information has been taken from the ISA road show presentation's held in June 2009 and represents the information as we are aware of it currently. The presentation and a frequently asked questions document are available from the ISA website www.isa-gov.org.uk or via the link on our webpage. In the next Quart newsletter we will provide further information on the portability of ISA and other dates to be aware of.

Thanks to Nikki Tugby for this article.

DDCVS Training

Please see the enclosed leaflet for details of our training sessions coming up after the summer break including book-keeping for beginners, a funding surgery where you can bring your particular funding needs to talk about and website design for voluntary organisations.

If you have any questions about the training sessions please speak to Janet, Sarah or Neil on 01629 812154.

That's it for this time - our next newsletter mailing will be in October 2009.

Sarah Paisley will be writing this edition, if you have anything you would like to include in the newsletter please email sarah@ddcvs.org.uk or call 01629 812154.

Please return this page to Janet Smith at DDCVS if the details for your organisation have changed or if you would like to be added or removed from our mailing list.

If you would prefer to receive Quart by email please let Sarah or Janet know by email or telephone call.

We may disclose your information to other voluntary and community groups or statutory agencies where we think it will benefit either party. If you object to such disclosure please tick here .

We may contact you in the future either by telephone or mailing about other events or projects. If you object please tick here .

If you have any query about the use we how we use your data please contact Janet Smith at DDCVS. Tel 01629 812154 or email enquiries@ddcvs.org.uk

I am the contact for DDCVS 'Quart' newsletter

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