

## [Lancaster District CVS Bulletin – August 2009](#)

Over recent months, the Lancaster District CVS email bulletin has undergone a period of development including the introduction of linked headers and the inclusion of more articles.

We would like to know if you have found these changes more or less useful, if perhaps you think we have included too much information (or not enough relevant information) or any other comments you may have regarding the current format of the bulletin would be welcome.

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### **Jon Rigby**

We are sorry to inform you that Jon Rigby, our Chief Officer, was involved in a serious road traffic accident on Saturday 25th July and is currently in hospital with multiple injuries.

Although Jon is making good progress, he is not expected to return to work for at least four months. Bill Livesey, our Deputy Chief Officer, will be assuming Jon's role in the interim period.

### **An Update on the New Vetting and Barring System**

Thursday 24th September 2009, 11.00am-1.00pm  
The Storey, Meeting House Lane, Lancaster LA1 1TH

Graham Whalley of Lancashire Youth Association will provide an update and explain the implications of the new system to the voluntary sector. He will also provide an overview of support the Association can offer to groups including assistance with policies and training.

Lancaster District Voluntary Sector Forum meets quarterly, with membership open to any Voluntary, Community or Faith organisations operating in the District.

Price: Free (including lunch)

If you would like to attend, please contact [Jane Attfield](#).

### **Community Grants**

Lancaster District CVS is interested in recruiting volunteers with experience of running community projects to sit on the Community Grants panel which considers grants applications made to the Lancaster District Local Strategic Partnership fund.

Community Grants is a small grant scheme designed to assist groups in Lancaster, Morecambe and the surrounding rural areas to undertake small projects that enable their local people to take part in community activities.

The Grants panel, which makes decisions on grants awarded, meets five times a year. Volunteers with project management experience are being sought to sit on the grants panel (attendance at all five meetings is not compulsory).

For information please email [Penny Darby](mailto:Penny.Darby@lancaster-cvs.org.uk) at Lancaster District CVS or call 01524 555900.

## **Lancaster District Funding Fair**

Thursday 22nd October 2009, 10.00am-3.00pm  
Hornby Village Institute, Main Street, Hornby, Lancaster LA2 8JR

This free event will help you to find out about some of the funding opportunities currently available.

Presentations will include Awards for All, Lancashire Environmental Fund and Lloyds TSB.

Local and national funders will be present so you can talk directly to them and gather information about their funding programmes and priorities including Grassroots, Community Grants, The Galbraith Trust, Lancashire Community Grants, Arts Council, Grant Finder and LCC Gateway Grants.

## **Hot Desks**

Lancaster District CVS has two fully serviced hot desks at its offices on Middle Street in Lancaster available for charities.

For more information, please email [Jane Dutton](mailto:Jane.Dutton@lancaster-cvs.org.uk) or call 01524 555900.

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### **CancerCare**

August is a busy month for CancerCare with a couple of large-scale events planned. Volunteers (to marshal etc.) and participants (to get exhausted!) are needed.

### **The Cross Bay Challenge**

Sunday 16th August 2009

A half marathon or six mile walk across the sands of Morecambe Bay

[www.crossbayrun.org.uk](http://www.crossbayrun.org.uk)

### **The Cockerham Sprint Triathlon**

Sunday 30th August 2009

A 350m lake swim, 15km bike and 5km run

The race is open to individual competitors and relay teams of three persons.

[www.cockerhamtri.org.uk](http://www.cockerhamtri.org.uk)

## **D.verCity Festival**

The D.verCity festival has been founded to celebrate Disability Arts and Culture in Lancashire.

A number of events will be happening throughout August and September in both Lancaster and Preston including art exhibitions, shows, films, comedy performances and seminars.

Click the link below to download a programme of events.

[Programme](#)

For more information or to make bookings, email [dvercityfestival@fsmail.net](mailto:dvercityfestival@fsmail.net) or call 01772 558863.

## **Expert Patients Programme**

Free local workshops for adults living with any long-term health conditions.

Help to:

- Increase your self confidence
- Manage your condition better on a daily basis
- Improve communication with family, friends and healthcare professionals
- Meet others and share similar experiences

All courses are facilitated by trained tutors, many having a long-term condition themselves, and are run over six weekly sessions, each lasting 2.5 hours.

Topics include:

- Dealing with pain and extreme tiredness
- Coping with feelings of depression
- Relaxation techniques and exercise
- Healthy eating
- Communicating with family and professionals
- Planning for the future

The course takes place in both Lancaster (beginning Tuesday 18th August) and Morecambe (beginning Wednesday 20th August).

Call for more information: 0800 988 5530 or email: [anne.higgins@eppcic.co.uk](mailto:anne.higgins@eppcic.co.uk).

## **Lancaster City Council – Homeless Forum**

Thursday 3rd September 2009, 10.00am-12.30pm  
Morecambe Town Hall, Marine Road, Morecambe LA4 4AF

Agenda

Agency Updates:

Mortgage Rescue Scheme

Choice Based Lettings

Vulnerable Households and Worklessness

Job Centre Plus

Disc

Group Activity:

Prevention

Temporary Accommodation

Service Provision  
Partnership Working

## **Future Delivery of Functional Inpatient Mental Health Services in Lancaster and Morecambe**

Lancashire Care NHS Foundation Trust and NHS North Lancashire are undertaking a formal consultation on the future delivery of functional inpatient mental health services in Lancaster and Morecambe.

This consultation will run until 21st September 2009.

Both organisations are committed to delivering high quality services that meet the needs of the people that use them. Therefore, they would really like to hear your views.

For more information as to how to be involved with the consultation, visit the official [website](#).

## **Economy: Community: Environment – Strengthening Procurement Links in the Lancaster District**

Monday 21st September 2009, 1.30pm-4.00pm  
The Borough, Dalton Square, Lancaster LA1 1PP

The Sustainability Partnership of Lancaster District is hosting an event to raise awareness of sustainable procurement. It will showcase practical ways to enhance your organisation's commitment to a stable economy, a protected environment and a cohesive community through purchasing.

This event is aimed at purchasers, commissioners and policy makers within local organisations.

For more information or to book your FREE place contact Claire Drury, Sustainable Food Co-ordinator via email [claire@lessuk.org](mailto:claire@lessuk.org) or call 01524 66100.

## **ACEVO Autumn Conference**

Liverpool, Thursday 24th September 2009, 10.00am-4.30pm, £105-£145

This conference will be an opportunity to explore the spectrum of challenges which face third sector leaders today. A volatile funding environment, a challenging fundraising arena and an increase in demand from clients, requires the third sector to be at the top of its game.

The conference will focus on three main areas:

- Building a Sustainable and Enterprising Future
- Joined up thinking, Joined up working?
- Modernisation in Leadership and Governance

Current challenges for third sector leaders including:

- Fundraising in a tough economic climate
- Dealing with increased demand from clients
- Effective governance and accountability
- Board, chair and CEO relations
- Commissioning
- Collaborative working

This conference will be an opportunity for both chairs and CEOs to explore these key issues and assess the strategic future for their organisation.

For more information and to book, see the ACEVO [website](#).

## **Lancashire Loop Cycle Challenge**

With three routes, a family-friendly 18 miles, 50 miles or 100 miles, taking you on a tour through the heart of beautiful Lancashire countryside, picturesque villages and stunning valleys on Sunday 27th September 2009, all raising money for MedEquip4Kids.

Each of the three routes are circular, starting and finishing at Cockerham Village Hall. The 18 miles is flatter and more suited for cyclists with children, while the 100 miles is solely for experienced cyclists ascending 5,000ft!

If you are unable to participate you can still help by displaying a [flyer](#) in your place of work, or volunteering on the day!

For more information, [contact MedEquip4Kids](#) or visit the events [website](#).

## **Rain Tax**

Tuesday 29th September 2009, 7.30pm  
Christ Church, Wyresdale Road, Lancaster, LA1 3EA

Due to the introduction by the water companies of a new system of charging for surface water drainage, many small voluntary clubs, community sports clubs and churches will be liable to bill increases ranging from 100% to 1,400%. The total cost to the not for profit sector is expected to exceed £100m a year.

Lancaster Deanery is organising a meeting at Christ Church, Lancaster to which they would like to invite all churches, charities and clubs that might be affected by the Rain Tax.

Architects O'Neil & Petrie will be delivering a presentation, local MPs and representatives of United Utilities have been invited to attend.

For further information about the Rain Tax, see the website [www.dontdrainus.org](http://www.dontdrainus.org).

## **Lancaster Homeless Action AGM**

Tuesday 29th September 2009, 6.00pm  
Edward Street, Lancaster LA1 1QH

If you would like to attend, please email [admin@ldhas.org.uk](mailto:admin@ldhas.org.uk).

## **Health Care in the North West**

"Healthier Horizons" is a new vision for health and health care in the North West, developed from the recommendations of the eight clinical pathway groups. Their updated document, "The Vision - One Year On" has now been published and is available to download from the NHS [website](#).

## **The Lune Rivers Trust**

The Lune Rivers Trust (LRT) formerly The Lune Habitat Group, is an organisation dedicated to the conservation, protection, rehabilitation and improvement of the River Lune throughout its whole length and its associated tributaries in Cumbria, Yorkshire and North Lancashire.

Now a Registered Charity, LRT have just launched a brand new website (designed by local company WebsiteUK.net).

See the website at [www.luneriverstrust.org.uk](http://www.luneriverstrust.org.uk).

## **Community Engagement Framework**

Lancaster District Local Strategic Partnership (LDLSP) held a Community Engagement Framework (CEF) Partner's Event on Sunday 14th June 2009.

The draft strategy and toolkit are currently being written using the outcomes of the research and partner event. This will be presented to the CEF project board on 12th August 2009 and once the board have signed them off, they will be sent out to partners for consultation.

For a full report, see the LDLSP [website](#).

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### **VCFS Funding Opportunity**

#### **Lancaster Prevention Fund – Small Grants (October 2009 – March 2011)**

Lancaster Local Children's Trust Partnership is offering 8 grants of up to £7,625 to the VCF Sector and will consider the following principles when allocating funding:

Future activity should:

- be based upon firm and up to date evidence of needs in relation to the five Every Child Matters (ECM) outcomes within a preventative context, with particular reference to the three priorities highlighted by DCSF:
  - improving school attendance
  - raising children's and young people's self-esteem
  - preventing young people at risk from becoming involved in criminal activity
- be based upon effective practice with clear evidence of a positive impact on service users, identifiable through evaluation findings
- prioritise work with children and young people aged 5-13
- give consideration to priority-need groups in order to narrow the gap and not simply focus on deprived wards
- incorporate the themes of prevention, participation and partnership working
- incorporate evaluation activity that will demonstrate the impact on service users, in respect of the ECM outcomes
- not replace a statutory service

Deadline: Friday 25th September

For more information and an application form, see the funding page of the Lancaster District CVS [website](#).

### **Setting the Pace**

Setting the Pace is the MLA's (Museums, Libraries and Archives Council) programme for the London 2012 Olympic and Paralympic Games. The MLA wants the Games to transform the way people experience museums, archives and libraries in England.

Applications are now being invited under the Literature and Storytelling strand of the scheme, specifically for the delivery of family storytelling events across the English regions which will support disabled children, parents and carers to engage with collections in new ways.

Supported projects may also involve disabled storytellers and artists exploring collections in new ways. Stories can be created and told through play, prose, poetry, music, craft and dance.

A total fund of £27,000 is available for this round of the grant scheme. Applicants can apply for up to £1,500. Supported events will commence during the Festival of Family Storytelling 17-31 October 2009.

Grants are awarded at two levels: £1,000 and £4,000. Supported projects will explore at least one of the following themes:

- Health, Sport & Wellbeing
- Changing Places
- Young People's Aspirations

The deadline for applications to both strands is 31 August 2009.

For more information, see the MLA [website](#).

## **Comic and Sports Relief**

The Comic Relief and Sports Relief programme is available to support work that impacts on the lives of people disadvantaged through low income, rural or social isolation, age, disability, race, sex or gender.

Grants from £500-£10,000 are available to support one of two areas:

Area One – increase access to and participation in sport for people who are socially excluded or isolated, or those who are experiencing difficulties in their life.

Area Two – increase local services, build skills of local people, improve community cohesion or respond to economic need.

Guidelines and an application form are available from the Community Foundation for Lancashire [website](#).

## **Cash 4 Clubs**

Cash 4 Clubs is a sports grants scheme which provides funding to support grassroots UK sports clubs, whether it be to improve facilities, purchase new equipment, gain coaching qualifications, or generally invest in the sustainability of their club.

There are 3 tiers of grants (awarded on a quarterly basis) at £250, £500 and £1,000. Any sports club can apply as long as they are registered with their sport's National Governing Body or local authority. Funding can be requested for anything that will add to the sustainability and effectiveness of the sports club.

Application forms are available from the website [www.cash-4-clubs.com](http://www.cash-4-clubs.com).

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### **Free Office Equipment**

A selection of office furniture is available (needs to be collected from Heysham).

- 4-6x Upholstered stacking chairs
- 2x 4 drawer filing cabinets
- 2x Standard size office desks with drawers
- 2x Adjustable office chairs
- 1x Bookcase

If you are interested in any of the items above, please contact Liz Neat at NCBI Lancashire by email [lizn@ncbi.org.uk](mailto:lizn@ncbi.org.uk) or call 01524 414019.

## **UK Workforce Hub – Guides**

UK Workforce Hub have created a series of brief 'How To...' guides covering some of the more complex areas of employment practice and HR.

- Survive the recession - alternatives to redundancy
- Transfer projects to and from your organisation: TUPE factsheet
- 360° feedback
- HR software in voluntary and community organisations – a short report

The guides are available to download from the [website](#).

## **Suzy Lamplugh Trust**

The Suzy Lamplugh Trust is the only UK charity entirely devoted to providing everyone in society with the practical support and personal safety guidance they need to reduce their fear of crime and develop skills and strategies for avoiding violence and aggression.

Their website features nationally recognised experts in their field of personal safety, lots of good resources and ideas for lone workers etc.

[www.suzylamplugh.org](http://www.suzylamplugh.org)

## **Employing People**

The 'Employing People' section of the Business Link website has lots of tools to help recruit and interview for new paid staff.

The website includes HR resources covering all legal aspects to help you meet your employment obligations such as managing working time records, flexible working, and parental leave etc.

For more information see the [website](#).

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### **Brief Intervention Training for Alcohol**

Monday 14th or 21st September 2009, 10.00am-4.15pm  
Meeting Room 3, Bailrigg Conference Centre, Lancaster University Lancaster LA1 4YT

The training is available to anyone who works within North Lancashire and has contact with individuals who may have unhealthy relationships with alcohol.

This course seeks to highlight and broaden knowledge around alcohol related issues in an interactive and interesting way, exploring topics such as what alcohol is, how it produces its effects and what harm can result from misuse. The course will illustrate how you as an individual can contribute to this work by identifying people who need support with their drinking through use of a screening tool and up-to-date knowledge of local services that can support people.

For more information contact [Lancaster.HPResources@northlancs.nhs.uk](mailto:Lancaster.HPResources@northlancs.nhs.uk).

## **Emergency Life Support: All Ages**

Thursday 17th September 2009, 9.30am-1.00pm  
Trinity Community Centre, Middle Street, Lancaster LA1 1JZ

This course is run by St John Ambulance for people who want to know what action they should take in any emergency involving a casualty of any age.

Course content:

- Emergency life support procedures for adults, children and infants
- Communication and casualty care
- Managing an incident
- Looking after yourself and a casualty
- Adult, Child and Infant resuscitation
- Treatment of severe bleeding, chest pain and an unconscious casualty
- Treatment of choking in Adults, Children and infants

For bookings or enquiries about courses, please contact [Hannah Bland](#).

## **Housing Advice: The Basics**

22nd & 23rd September 2009, 10.00am-4.00pm  
Gujurat Hindu Centre, South Meadow Lane, Preston PR1 8JN

This course is an introduction to key housing law and advice issues aimed at non-housing specialists.

The cost of the full two days is normally £200 for commercial/statutory organisations (including Registered Social Landlords) or £150 for voluntary/charitable organisations. However, these costs are reduced to £160 and £120 respectively for bookings made by 24th August.

For more information, email [enquiries@keynotetraining.co.uk](mailto:enquiries@keynotetraining.co.uk) or call 0151 625 2050.

## **Young People and Money**

Wednesday 23rd September 2009, 9.30am-4.30pm  
LMC Business, Lancaster and Morecambe College, Morecambe Road, Lancaster LA1 2TY

Young People and Money is a free one-day training course that is fully funded by the Financial Services Authority. It has been produced for those who work with young people that are not in education, employment or training and provides financial capability training to help engage young people so that they can become more financially aware.

The course is designed to build on your existing skills in working with young people, by improving your confidence and providing ideas and activities to better support young people make informed financial decisions.

During the training you will cover:

- Understanding the psychology of young people & money
- How to help young people make the most of their money through budgeting and making financial decisions
- Giving young people guidance to make better choices
- How to engage young people on financial matters through ideas and activities practiced by Fairbridge
- Helping young people to manage debt and knowing when to refer them on

The course is free to attend and includes a free lunch.

You can book onto the course either through [www.ypam.org](http://www.ypam.org) or [www.fairbridgetraining.co.uk](http://www.fairbridgetraining.co.uk).

## Artsplan

For more information on the courses and to book, please contact the Artsplan team, on [artsplan@artswork.org.uk](mailto:artsplan@artswork.org.uk) or call 023 8063 0960.

All courses take place at Cornerhouse, 70 Oxford Street, Manchester M1 5NH.

Participants will receive a certificate of attendance upon successful completion of the course and practical resources. Prices for each course (which include lunch and refreshments) range from £110 to £150, with limited bursaries available.

### **Creative Facilitation**

Tuesday 6th October 2009, 10.00am-4.15 pm

The 'Creative Facilitation' course provides an introduction to a creative approach to group facilitation. It aims to encourage, develop and inspire those with responsibility to lead others through a facilitative process, be it for the purposes of team building, consultation, idea-generation or training. Throughout the day we will be using a number of different interactive exercises and games in order to illustrate content. We will also look at group dynamics, communication issues and different learning styles in order to explore how these might be of impact.

### **Evaluating Youth Arts Projects**

Thursday 22nd October 2009, 10.00am-4.15pm

This one-day training course explores the benefits of meaningful evaluation of youth arts projects. Beginning by addressing preconceptions around evaluation, the course will progress to examine methodologies, structured approaches and case studies using a series of collaborative exercises and tutor led presentations. Informative and practical, this course will help you develop your own individual approach to creative evaluation and the confidence you need to engage with evaluating youth arts projects.

### **Using the Arts to Develop Leadership, Aspiration and Potential**

Thursday 12th November 2009, 10.00am- 4.15pm

The one-day course, 'Using the Arts to Raise Aspiration, Leadership and Potential', has been created as part of the legacy for the 2009 ENYAN Campaign and has been developed following a period of research conducted by ENYAN, throughout the 9 English regions into how participation in cultural activities can have a significant impact on young people's development and can give young people the chance to develop important life skills such as creativity, confidence, self discipline, effective communication and the ability to work in teams.

## **Managing Volunteers**

Thursdays 29th October, 26th November 2009 and 14th January 2010, 9.30am-1.30pm  
The Cartmel Centre, Euston Road, Morecambe LA4 5NR

The overall aim of the programme is to provide those who manage volunteers with information and resources and to support them to develop strategies to enable them to effectively recruit, support and supervise volunteer teams.

Session 1: Recruiting Volunteers

Session 2: Managing & Supporting Volunteers

Session 3: Managing and Supporting Volunteers

Lancaster District CVS Members:	£20 per session, £45.00 if you book all 3 sessions
VCFS organisations:	£25 per session, £60.00 if you book all 3 sessions
All other organisations:	£30 per session, £75.00 if you book all 3 sessions

For bookings or enquiries about courses, please contact [Hannah Bland](#).

## **The Positive Action Awards**

The Positive Action Awards aim to provide an opportunity for disabled people and carers living in the North West to nominate employers, businesses, service providers or individuals that deserve recognition for promoting independence, delivering accessible and/or inclusive services, or maintaining exemplary employment practices for disabled people and/or carers.

Nominations are welcomed for the following categories:

Employment: Large (over 500 employees), Medium (50 to 500 employees), Small (less than 50 employees), Voluntary sector and charities.

Service categories: Transport, Visitor attraction, Eating or drinking out, Leisure, Recreation or sport, Health or NHS, Voluntary organisation including charities, Housing, Local authority or Government department and An open category for any other.

Individual categories: Unpaid carer and Disabled person.

For more information, see the official [website](#).

## **JOBS** [\[BACK TO TOP\]](#)

### **CancerCare**

#### **Fundraising Co-ordinator**

Hours: Full-time

Salary: £21,249

CancerCare (one of the UK's largest local cancer support charities, providing supportive care to more than 1500 people in the Morecambe Bay area each year) currently have a vacancy for an energetic, enthusiastic and outgoing person to join their dedicated and professional fundraising team.

The successful candidate will be an experienced and highly motivated individual with excellent communication skills. Good IT skills are a distinct advantage.

For an Information pack please contact Jan Howarth, Administrator (Slynedales) on 01524 381820.

Closing date for applications is 14th August 2009

### **The Rainbow Centre**

#### **Community Centre Manager**

The Rainbow Centre in Morecambe (a thriving community centre for the Over 55's) is looking for an enthusiastic, experienced manager to work 26 hours per week Monday to Thursday, who will be responsible for the day to day running of the Centre, managing staff and volunteers and responding to the needs of members.

The successful applicant must be computer literate, organised, caring and trustworthy and will be subject to CRB checks.

A job description is available from The Rainbow Centre, Clarence Street, Morecambe, LA4 5EX.

## Selnet

Selnet is looking for 5 individuals to form a Strategic Alliance Group to work cohesively, forming a consortium of support providers – to deliver the Catalysing Consortia project, a programme of Social Enterprise consortia development to help and support social enterprises form partnerships that will help procure contracts.

Individuals must have accreditation aligned to the National Standards to deliver business advice and support and able to bring in appropriate legal and technical support that will build on initial research of the current experience and impact of consortia working so providing effective input to support this project.

They require people with expertise in one or more of the following areas:

- Legal Issues
- Social Enterprise
- Environmental Issues
- Sales & Marketing Advice
- Procurement Issues

The Group will meet four times in the year and, in addition, there is a requirement for members to work with Social Enterprises working to establish partnerships and/or Consortia responding to or in readiness for tender opportunities.

The length of the appointment is for twelve months.

The closing date for applications is 12.00pm on Friday 21st August 2009.

For more information and an application form, see the Selnet [website](#).

## End of CVS Bulletin

All feedback is welcome. Is the newsletter of use to you? Is there is anything you would like to see more of? If you have any items which you would like to be included in the newsletter, please contact Kevin Goodall on 01524 555900 ext. 24 or email [Kevin Goodall](mailto:Kevin.Goodall@lancastercvs.org.uk). If you no longer wish to receive these bulletins please e-mail [Kevin Goodall](mailto:Kevin.Goodall@lancastercvs.org.uk) and ask to be removed from the bulletin list.

Kevin Goodall



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

Charity Registration (England & Wales) Number - 1127626. Company Registration (England & Wales) Number – 6743623, registered office as above.

Our funders currently include:



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