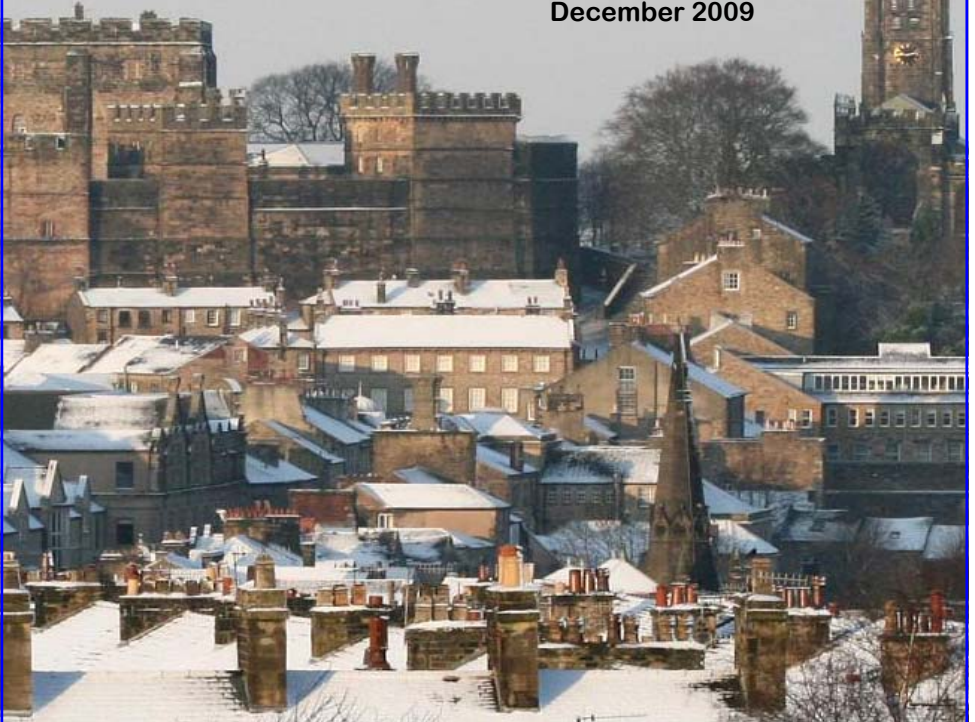




The HUB

Lancaster District Community and Voluntary Solutions

December 2009



Warmest Christmas Wishes

from everyone at

Lancaster District CVS

and

All the Best for 2010

Photograph of Lancaster
taken in February 2009
by **litrate** from Flickr.com



www.lancastercvs.org.uk
mail@lancastercvs.org.uk

Trinity Community Centre
Middle Street
Lancaster
LA1 1JZ
01524 555900

Lancaster District CVS exists to support local voluntary groups, to encourage them to work together, to provide a link between voluntary and statutory bodies and to find ways of meeting unmet needs by voluntary action.

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Charity Registration (England & Wales) Number 1127626
Company Registration (England & Wales) Number 6743623
Registered office as above



Christmas Closure Dates

Lancaster District CVS will close at 4.00pm on Tuesday 22nd December 2009 and re-open at 10.00am on Tuesday 5th January.

Have a Merry Christmas and a Happy New Year!

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If you would like a profile of an organisation or individual, a feature on a current project or any other information that might be of interest to the members of Lancaster District CVS, call Kevin Goodall on (01524) 555900 extension 24 or email kevingoodall@lancastercvs.org.uk.

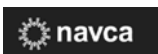
Deadline for articles to include in the next issue of the Hub:
Friday 12th February 2010



Funded by



Members of



Voluntary Sector North West





Lancashire Association of Councils for Voluntary Service

Lancashire Association of Councils for Voluntary Service (LACVS) is the collaborative body formed in 2007 to enable the sub-region's eight local, independent CVS to strengthen their support for voluntary, community and faith (VCF) organisations.

LACVS is a charitable company governed by the Chief Officers of its eight member organisations: **Blackburn with Darwen CVS; Blackpool, Wyre and Fylde CVS; Burnley, Pendle and Rossendale CVS; Chorley and South Ribble CVS; Hyndburn and Ribble Valley CVS; Lancaster District CVS; Preston CVS and West Lancashire CVS.**

The eight CVS have memberships and networks of local VCF groups which reach out to more than 4,000 groups across the sub-region, which range from small informal community and voluntary groups to larger, staffed service providers serving diverse communities across rural and urban areas.

Each of the eight CVS provide support services to the VCF sector in line with the functions and standards of their national body, the National Association for Voluntary and Community Action (NAVCA) including:

- Developing new services to meet unmet need
- Offering practical support to groups including information, funding development and governance
- Promoting liaison and co-operation between VCF organisations
- Running VCF networks, enabling VCF representation on partnership and decision making bodies and encouraging co-operation with other sectors
- Engaging in strategic partnership working and carrying out representative and advocacy roles for the sector

LACVS's collaborative work currently involves representing the VCF sector on regional bodies like Lancashire Partnership and joint work including the administration of Volunteering Lancashire, also managing and providing support at local level for the Lancashire Community Foundation 'Grassroots Grants' scheme.



Petsearch

Petsearch, run by two volunteers that work tirelessly for animals in the District, is a service used by hundreds of people each year. From the beginning of 2009 until the end of November, they had received 223 reports of lost and found animals. Probably unsurprisingly the majority of these cases are cats, but some of the more unusual animals include parrots and ferrets. The actual number of animals successfully returned has been an impressive 134.

The organisation has links with other animal welfare groups, helping unclaimed animals to be cared for in centres such as Animal Care and Cats Protection as well as other animal sanctuaries and bird centres.

The many success stories that Petsearch have been involved with include a missing Golden Labrador from the Marsh area of Lancaster, whose owner desperately called throughout the day. In the evening, they received a call from a lady in Heysham to say she had found a dog matching the description of the missing animal on the slipway to the sea. It is thought the Lab had been dragged out to sea by the currents in the River Lune, but the owner and (exhausted) pet were soon reunited.

Another case (of many) involved a cat disappearing from the Skerton area of Lancaster last year, which wasn't found until the middle of this year. A very thin cat was reported in Halton, believed to have walked along the banks of the river after losing its scent.

Petsearch also offers a pet bereavement telephone counselling service, by a BACP accredited counsellor, to those that have been affected by the loss of a much loved family pet.

Margaret and Pauline from Petsearch are currently exploring the possibility of becoming a Registered Charity, and hope to expand the service in the near future by offering email and postal options.

If you are in need of the service Petsearch offer, or are able to help in any way – please call (01524) 823013 or (01524) 822518.

Targeted Mental Health in Schools Project

The Lancaster and Morecambe Child and Adolescent Mental Health Services (CAMHS) and Lancashire County Council have been successful in securing funding from the Department for Children, Schools and Families to deliver the Targeted Mental Health in Schools (TaMHS) Programme.

The aim of the TaMHS Programme is to improve the way that mental health support is delivered to children aged 5-13 and their families, and to identify the best ways for schools and other children's services to work in partnership to support and help those children who are at risk or are already experiencing mental health problems .

The Lancaster and Morecambe TaMHS Project Team are working closely with 14 schools (primary and secondary) and some local voluntary sector organisations to deliver flexible, responsive and effective early intervention emotional well being and mental health services for children and young people.

The Project's core objectives within schools are to:

- Enhance capacity of whole school approaches to emotional health and wellbeing awareness
- Support the whole school ethos of positive mental health and emotional wellbeing
- Extend the capability and skills base of school staff to support troubled children and young people more effectively
- Improve access to specialist mental health services
- Provide a range of therapeutic services to children young people and their families
- Develop prevention and early intervention strategies
- Develop sustainable integrated practice within the multi-agency arena

The TaMHS Project Team are keen to explore potential partnership working with other voluntary sector organisations. If you would like to learn more about the Lancaster & Morecambe TaMHS Project or discuss potential joint working please contact Roz Smithson, TaMHS Project Manager, on 07507 847571 or email roz.smithson@lancashirecare.nhs.uk.

Online Fundraising



mycharitypage.com



mygift.org.uk
Reg Charity No.1011293



virginmoneygiving.com



justgiving.com



bmycharity.com



cafonline.org

- Free to join for charities and fundraisers and has no other hidden costs, but charges the donor 2.75% of the donation so the charity gets 100% of the donation and the Gift Aid.

- The Charity Service's own online fundraising and donation service, free of charge to Registered Charities in the UK

Charges the donor 5% of their donation to cover costs.

- Has a one off set-up fee of £100 +VAT, and deducts 2% from all donations.

One of the newest fundraising websites and sponsors of the London Marathon from 2010.

- One of the most popular fundraising websites packed full of features.

Charges a £15 +VAT monthly fee

- Has a one off set-up fee of £150. Recently stopped charging commission, but still deducts banking fees and VAT.

Allows users to give donations directly or set up their own fundraising page.

- Lacks the functionality of the above sites, but unlike the rest no registration is needed as it takes all of its information from the Charity Commission's Register of Charities.

A 5% deduction is made from the donation to cover fees.

Breakdown of a £10 donation, taking into consideration card handling fees, VAT etc. and the overall cost to the charity or donor

	<i>Bmycharity</i>	<i>JustGiving</i>	<i>Virgin Money Giving</i>	<i>CAF</i>	<i>MyGift</i>	<i>MyCharityPage</i>
Donation	£10.00	£10.00	£10.00	£10.00	£10.00	£10.00
Gift Aid	£2.82	£2.82	£2.82	£2.82	£2.82	£2.82
Charity receives	£12.64	£11.93	£12.46	£12.32	£12.82	£12.82
Monthly fee	-	£15	-	-	-	-
Set-up fee	£150	-	£100	-	-	-
Cost to donor	£10.00	£10.00	£10.00	£10.00	£10.50	£10.28

Trustee Recruitment

Having Problems recruiting Trustees or Committee Members?

Would you like to join up with Lancaster district CVS for a joint recruitment campaign?

The Lancaster District CVS Management Committee want to recruit more Trustees and suggested that it would be a good idea to see if our members were having similar problems with recruitment and wanted to join forces on a recruitment campaign.

If you would like to join up with us on this we will see if we can find resources to pay for a local newspaper advertising campaign, an introductory reception for interested volunteers followed by some trustee induction training and some recruitment support for yourselves.

If you interested, please contact Jane Attfield at Lancaster District CVS on (01524) 555900 extension 27 or janeattfield@lancastercvs.org.uk and let us know if you are looking to recruit trustees with any specific skills or background experience e.g. working with young people etc.

Bevington's Catering

- ◆ *Quality Cuisine from Buffets to Banquets*
- ◆ *Any event – social or corporate*
- ◆ *All dietary requirements catered for, vegetarian and organic food a speciality*
- ◆ *All food home made and locally sourced*
- ◆ *Sample menus available*
- ◆ *References provided*

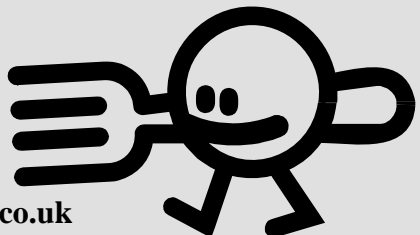
Katherine Bevington

Telephone: (01524) 37858

Mobile: 07825 578294

www.bevingtonscatering.com

Email: bevingtonscatering@hotmail.co.uk



Small Sparks



Small Sparks is a small amount of funding (from £50 up to £500) which can be used to kick start, inject life or enhance community based services or activity which can show a clear positive difference to adults within their local community.

It is a local fund offered by Help Direct and funded by Lancashire County Council. Age Concern Lancashire is the organisation with the responsibility to manage and deliver Help Direct in the Lancaster District.

Help Direct is an information, signposting, access to advice and referral service open to all adults in Lancashire to help them stay independent and improve their wellbeing.

The aim of Small Sparks (also the seven outcomes of Help Direct) is to help the citizens of Lancashire to:

- Improve their health and well-being
- Improve their quality of life
- Make a positive contribution to their local community
- Increase their choice and control to help meet their needs
- Support freedom from discrimination and harassment
- Support economic wellbeing
- Maintain dignity and respect

Please contact the Help Direct providers if you would like:

- Extra Small Sparks application packs and or forms
- Help to complete the Small Sparks application form
- Further information on Small Sparks
- To discuss a persons ideas for a Small Sparks grant
- Any other questions you have about Help Direct and Small Sparks

Telephone: 01524 387855

Email: smallsparks@loc.helpdirectlancs.org.uk

More information and an application form can be found via the Lancaster District CVS website:

www.lancastercvs.org.uk/funding/smallsparks.htm

Volunteering Strategy

Volunteering brings tremendous benefit both to the volunteer and the local community. The Lancaster District has much to be proud of with Volunteers from across communities giving their time and skills through engaging in a wide range of activities.

The strategy, published in June and funded by the Lancaster District Local Strategic Partnership, makes a number of recommendations which Lancaster District CVS is working to deliver.

A full copy of the Strategy is available on the Lancaster District CVS website via the link below.

www.lancastercvs.org.uk/volunteering/strategy2009.pdf



One recommendation in the Volunteering Strategy was to support the networking for Volunteer Involving Organisations as a mechanism for sharing good practice, policy information, and collaboration.

The first Network event was hosted by the Ridge Community Centre and focussed on Good Practice around involving Young People as Volunteers. The network had a presentation from Lancaster University Volunteer Unit and discussed examples of good practice and some of the barriers to involving young people.

Three networking sessions a year are planned. If you would like to have your name added to the Volunteer Coordinators Network list, please contact Jane Attfield (full details on page two) at Lancaster District CVS.

The notes from this session are available on the Lancaster District CVS website via the link below.

www.lancastercvs.org.uk/volunteering/vcn191109.pdf

Access to Volunteering Grant Fund

The Access to Volunteering Fund is a new Government grant offering between £250 and £5,000 to support projects that overcome barriers to disabled people volunteering, that increase the number of disabled volunteers, or that widen the range of organisations offering support to disabled volunteers.

They are particularly interested in applications that lead to employment opportunities for volunteers, seek to use new technology or offer greater value for money and quality of service.

Forthcoming deadlines: 08/02/2010;
19/04/2010; 28/06/2010.

For more information, see the website www.accesstovolunteering.org/grants.



vinvolved in Lancashire

v is a new youth volunteering charity which has been set up to inspire a new generation of young volunteers.

Lynne-Marie Betteridge is the Youth Volunteer Adviser covering the Lancaster District. Below are some of the support Lynne-Marie and her team are able to offer:

Develop volunteering opportunities for young people

The Lancashire vinvolved team are keen to work with you looking at what you currently offer to volunteers and helping create opportunities that might be appealing to young people.

Volunteering Opportunities Database www.vinspired.com powered by do-it.org

This is a National Database where you can promote your volunteering opportunities directly to young people.

Certificates of Achievement - v50 & vImpact Awards

These are nationally recognised certificates for all young people aged 16-25 who complete 50 hours of volunteering and a progression certificate for 100 hours of volunteering.

Policies and Procedures

Support available with best practice.



Training and Capacity Building

Free training courses are available to your staff and volunteers who work with young people. A range of training opportunities are offered, presently they offer training on Inspiring and Involving Young People, which covers mentoring, communication, motivation and offering effective support to young people.

If you would like to be included on the Lancashire vinvolved team mailing list, would like to find out more about promoting your volunteering opportunities to young people or any of the support offered by the Lancashire vinvolved team please contact Lynne-Marie on 01254 584 083 or email lynne-marie.betteridge@lebp.co.uk.

See the websites www.lebp.co.uk and www.vinspired.com for more information.

Training & Events

IOSH Working Safely

Thursday 21st January 2010, 9.30am-4.00pm
Trinity Community Centre, Middle Street, Lancaster LA1 1JZ

Working safely is for people at any level, in any sector, needing a grounding in the essentials of health and safety.

Everyone at work should have an understanding of why they must 'work safely' – and this course offers exactly that and will cover:

- Introducing working safely
- Defining hazard and risk
- Identifying common hazards
- Improving safety performance
- Protecting our environment

Price: Member	Non-Member
Band A: £30.00	Band A: £60.00
Band B: £40.00	Band B: £80.00
Band C: £50.00	Band C: £100.00
Band D: £60.00	Band D: £120.00

Presenting Financial Information for Small Grant Applications

Tuesday 26th January 2010, 5.00-8.00pm
Trinity Community Centre, Middle Street, Lancaster LA1 1JZ

This session is for small groups with funds under £5,000 who are not registered charities. Many small groups want to apply to local Community Grants and funders with smaller pots of money and need to be able to present a simple summary of their accounts along with the application form. This session will provide you with a simple template for your group's accounts and some tips on how to lay your information out. It is suitable for group treasurers or as an introduction for people who would be interested in taking on their group treasurer role.

By the end of the session you will:

- Know what financial information local funders need from your group
- Be able to lay out your information in a simple receipts and payments basis either on paper or,

- Be able to use CVS's simple excel spread sheet template (if you would like to do your work on a computer)
- Be able to prepare your group's financial information for a small funding application
- Feel more confident about taking on your groups funds even if you are a beginner

Price: Member	Non-Member
Band A: £5.00	Band A: £10.00
Band B: £10.00	Band B: £20.00
Band C: £20.00	Band C: £40.00
Band D: £30.00	Band D: £60.00

Lancashire County Council Safeguarding Children Level One

Wednesday 10th February 2010, 9.00am-1.00pm

Old Man's Rest, Lune Park Children's Centre, Ryelands Park, Lancaster LA1 2LN

This accredited training has been designed for people working with children and parents and is intended to highlight the fact that safeguarding is the responsibility of everybody.

Aims of the course:

- To equip participants with the knowledge of safeguarding children
- To enable participants to take the necessary action to safeguard children

By the end of the workshop participants will be able to:

- Develop methods of working which promote fair and inclusive practice to all children and families
- Describe their understanding of what child abuse is
- Have explored their feelings and opinions about child abuse
- Describe what they would do if they were concerned about the welfare of a child
- Have confidence to take action if they have any safeguarding concerns

Price: Member	Non-Member
Band A: £5.00	Band A: £10.00
Band B: £10.00	Band C: £20.00
Band C: £20.00	Band B: £40.00
Band D: £30.00	Band D: £60.00

Booking details and price band information available overleaf

Empowering the Voluntary Sector

Thursday 18th February 2010, 9.30am-4.30pm
Trinity Community Centre, Middle Street, Lancaster LA1 1JZ

A one day workshop exploring how to use the principles of public law to challenge unjust and unfair decision making by public bodies

Many organisations find it difficult to balance the need to work with public bodies and to challenge unfair practice, the Empowering the Voluntary Sector workshops delivered by NAVCA provides clear information and guidance to help you to make appropriate challenges.

So far the project has trained nearly 700 people from Third Sector organisations to use the principles of Public Law.

The workshop will cover:

- What is public law?
- How does it work with equalities legislation?
- Case studies and practical exercises
- Sources of further help
- Resources to support your work
- Ways to build your relationship with statutory bodies and influence decisions and policy

The workshop cost includes the resource pack, lunch and VAT. For more information see the website www.navca.org.uk/services/learningopps/evs.

Price: £30 per delegate

Please book through CVS, and not through the NAVCA website

Price Bands

Organisations with an income of:

Band A: Less than £5,000

Band B: Between £5,000 and £25,000

Band C: Between £25,000 and £750,000

Band D: More than £750,000

Booking

If you would like to attend one or more of the events, please email:
hannahbland@lancastercvvs.org.uk

Lancaster District Voluntary Sector Forum

In the uncertain climate of economic downturn and the potential policy changes which the general election may bring, we have planned our Voluntary Sector Annual Conference with those that have to plan ahead in mind. The event is scheduled for the early evening so that Trustees / Directors can come along as well, and there will be a light tea served at 5.30pm to tide you over.

Mini Conference for Managers and Trustees Managing in Challenging Times

Wednesday 17th March 2010, 5.30pm-8.30pm

Friends Meeting House, Meeting House Lane, Lancaster, Lancashire LA1 1TX

Workshops:

- **Strategic Management in Challenging times;**
- **The role of the Chair in challenging times**
- **Financial Management in Challenging times**

Workshop leaders will include:

Alan Lawrie who has written numerous publications for the Directory of Social Change including "Surviving Contracts" and "Business and Strategic Planning".

Jean Laurie, currently Chair of the Dukes Theatre in Lancaster. Jean has a broad range of experience including economic regeneration, the arts, transport and working for a variety of government departments including most recently, the Sustainable Communities for Homes & Communities Agency.

Price: Member	Non-Member
Band A: £10.00	Band A: £20.00
Band B: £20.00	Band C: £40.00
Band C: £30.00	Band B: £60.00
Band D: £40.00	Band D: £80.00

(price inclusive for up to three members from the same organisation).

To book a place call Jane Attfield at Lancaster District CVS on (01524) 555900 extension 27 or email janeattfield@lancastercvs.org.uk.

In addition to all of the free services Lancaster District CVS has traditionally offered, we have now launched an expanded range of services, for which there will be a charge, including:

- **Bookkeeping**
- **Payroll**
- **Preparation and Independent Examination of Accounts**
- **Project Management and Project Hosting**
- **Employment / Mentoring**
- **Annual Accounts**

These services are provided by our own in house staff, so we understand the needs of small and medium sized voluntary and community organisations

Discounted rates are available for members, and prices are tiered depending on the size of your organisation and requirements

Contact us for a tailored quote via telephone **(01524) 555900** or email **mail@lancastercvs.org.uk**

For more information see the full publication at **www.lancastercvs.org.uk/services.pdf**