



ROTHER VOLUNTARY ACTION

E-BULLETIN

Edition 18

Dec 2009



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SURVIVING CHRISTMAS

Surviving Christmas is a local charity which has been running since 1985 supports vulnerable people and families in the Hastings and Rother area. Over the years the requests for help have increased and work has expanded to provide help to people of all ages - from small babies to the oldest members of our community (one hamper recipient last year was 100 years old!).

Visitors to the centre will be provided with Christmas lunch, shelter, company, a change of clothes, hot showers and a free haircut. Hampers will be distributed to families and individuals who find this time of year a financial struggle. In addition, food vouchers to families and individuals in need.

The Surviving Christmas committee are all volunteers and are appealing for donations and helpers to come forward to help them meet the needs of those vulnerable people once again who will need their help over this Christmas. For full details of how to donate or get involved email survivingchristmas@tiscali.co.uk telephone 01424 424550.

ARE YOU GETTING NEW FURNITURE OR ELECTRICALS FOR XMAS OR IN THE JANUARY SALES?

Could the item you are replacing be re-used to help local low-income households?

Good quality, re-usable beds, sofas, suites, bedroom furniture, cookers, fridges, freezers & washing machines are always needed.

HFS provides **free collection** of re-usable items throughout Hastings Borough & Rother District. Support your independent furniture & electrical re-use charity!

To arrange a collection or for more info call: HFS Hastings 01424 441112 or HFS Bexhill 01424 223594

TRAVEL ADVICE TO SHARE? – NEW WEBSITE

www.disabledtravelguide.co.uk is a new website aiming to collect information and advice about access for disabled people travelling abroad in any part of the world. They are asking for contributions, information and reviews from anyone with experience or information to share.

PARTNERSHIP WORKS

A new case study has been published looking at services which support people to remain independent. This publication forms part of a set of case studies which highlight the work going on across the county in delivering Pride of Place, the Sustainable Community Strategy for East Sussex. Contact Katherine Perrin East Sussex County Council on 01273 336140 or katherine.perring@eastsussec.gov.uk or visit www.essp.org.uk

CARERS' RIGHTS

Over the past nine months Adult Social Care and the local NHS have been working on developing a strategy for carers' services in East Sussex. They consulted widely with carers and the general public and have now produced a final Joint Commissioning Strategy for Carers' Services for the period 2010-2015, which will be published on the ESCC website on **Carers Rights Day, 4th December 2009**. They have also produced an easy-read booklet which gives details of how the plans were developed based on what people told them. Follow this link to find out more:

www.eastsussex.gov.uk/yourcouncil/consultation/2009/supportforcarers Please contact Debbie Charman, Strategic Commissioning Manager – Carers, on 01273-482159 (email: Debbie.charman@eastsussex.gov.uk) for more information.



ROTHER FOOD AND PHYSICAL ACTIVITY FUND

A small budget for 2009/2010 will be available to fund small projects. Priorities for 2009/2010 are:

1. To improve access to healthy food for residents of Rother District, prioritising those who experience significant health inequalities
2. To increase access to physical activity opportunities for residents of Rother District, prioritising those who experience significant health inequalities
3. Improve knowledge around diet and physical in Rother District

If your group would like to request funding for a small project relating to accident prevention up to the value of £1000, please contact Barbara Pratt, Health Improvement Partnerships Coordinator, NHS East Sussex Downs & Weald, Barbara.pratt@esdwpct.nhs.uk for a funding request form. Completed forms should be received by close of business Wednesday 23rd December 2009. Any requests received after this date may not be considered

OLDER PEOPLE'S GROUPS' BURSARY AWARD SCHEME

The Equality and Human Rights Commission (EHRC) has provided a small grant stream (£36,000) to build the capacity of Older Peoples Forums, Older People's Action Groups and Voluntary and Community Sector Groups in supporting the empowerment needs of older people. This work is supported by Government Office for the South East's Later Life division and by the South East Rural Community Councils (SERCC) which is the accountable body for the Regional Empowerment Partnership (REP) and for this project.

You can apply for this funding if you are an Older People's Action Group or Forum, or Voluntary and Community Group, and if the project you are submitting will generate capacity to strengthen the voice of older people, especially those most under represented groups, and increase empowerment activity through older people feeding into and influencing decision making processes. Grants offered are between £500 & £1,000 for a local project and up to £3,000 for a project covering a whole county, or wider geographical area. Any queries should be directed to Jacinta Thorley at ceo@sercc.org.uk 01483 459292 x 227 or Gerard Mahaffey at Gerard.Mahaffey@gose.qsi.gov.uk 01483 882467

GREEN SCHOOL AWARDS

The awards aim to assist education and understanding about environmental issues and target the 5-11 age groups. The Awards can be entered by groups of up to 30 young people, aged 5-11. (Groups of over 30 young people will be allowed to enter provided that they are in the same class). The UK Champion will receive a prize of £5,000. There are also three prizes of £1,000 and twelve prizes of £500. Entries must be received for judging by 7th May 2010. For further details please go to: <http://tgsa.ypte.org.uk/index.php>

GREEN GRANTS MACHINE

Green Grants Machine are the UK's most comprehensive source of information on grants, loans and awards available to help your business go green and save on energy bills. The free directory contains information on over £1.2 billion of funds available to help purchase hybrid fleet vehicles, install solar panels, and introduces a recycling scheme in the workplace or to invest in green packaging to name just a few. So why not run a search now and find out what money you could be eligible for? Website: <http://www.greengrantsmachine.co.uk> deadline for Seedcorn Fund is Dec 2nd and no current applications in from Rother. High chance of success more any group meeting the criteria.



CONSULTATIONS

THE FUTURE OF BUS SERVICES IN EAST SUSSEX

Your views are needed on the plans to improve bus services in East Sussex. A review of passenger transport services in 2007 showed a number of areas where bus services could be changed or increased to provide better transport links. The draft bus strategy sets out plans to improve bus travel in the county; including how and where services will change.

Consultation ends on 23 December 2009. Contact: Bill Killick, East Sussex County Council, 01273 482 372, or email bill.killick@eastsussex.gov.uk

SPECIAL EDUCATIONAL PROVISION AT BEXHILL HIGH SCHOOL

Have your say on plans to establish specialist provision at Bexhill High School. Support will be given to young people to access mainstream education, whilst ensuring their particular needs are understood and met. Bexhill High School plan to cater for up to 22 young people between the ages of 11 and 16 with high-functioning autism (Asperger's Syndrome).

For more information, download a consultation document below. Send your comments by 31 December 2009.

Click on [Bexhill High School consultation](#)

Tracy Mander

Access and Disability Project Officer Phone: 01273 482967

Email: tracy.mander@eastsussex.gov.uk



TRAINING

THE WORKFORCE STRATEGY PARTNERS PROGRAMME (WSPP)

Winter Conference 2009 Monday 14 December 2009

Eastbourne Centre, Grand Parade Eastbourne East Sussex BN21 4DN

Start time: 09:00 Finish time: 16:00

FREE conference for non-statutory organisations that work with children and young people in East Sussex. The event will be of particular interest to those responsible for up-skilling and developing staff and volunteers. If you would like more details, please email

l.abiaad@btinternet.com

HEALTH WALK LEADER TRAINING

All you need to know to safely lead a health walk Thursday 14th and 21st January 2010

9.30am – 12.30pm at Robertsbridge Youth Centre. In partnership with Robertsbridge

Children's Centre. Crèche facilities available. Please book your child's place.

This FREE course will cover:

Benefits of and barriers to physical exercise

Elements of a health walk

Demonstration of a health walk

Roles and responsibilities of a walk leader

Risk assessment and route planning

To register or for queries contact Paula Hubens, Health Walk Co-ordinator BTCV, Tel.

07740899559, p.hubens@btcv.org.uk

FREE INFORMAL LEARNING FOR THE OVER 50S

Training courses for over 50's in East Sussex. Creative writing, beginners computer courses, music creation, website design. All courses are FREE of charge and run from November 2009 to March 2010 in Bexhill, Eastbourne, Hastings Lewes and Uckfield. If interested please call Shaping Voices on 07979 658312 or email info@sharedstage.org.uk

WORKING TOGETHER PROJECT COURSES

Project planning and management Free

Tuesdays 8th & 15th December 2009

Community Room, Mid Sussex (South) CVS 9.30am-4.00pm

This two-day course will look at practical skills for project management. It will focus on internal projects and also those done in partnership with other organisations and

Dealing with difficult people and situations £30

Wednesday 9th December 2009

The Cranston Suite, East Court, East Grinstead 9.30am-4.00pm

There will be lots of time to practise scenarios, and work through some of your issues in a safe and supportive space.

WTP in conjunction with SCIP and West Sussex CVSs courses are open to volunteers, paid workers, management committee members; from community groups, voluntary organisations and social enterprises, as well as people who are active in their community. Booking is essential by phone – 01273 234773 – or by email – bookings@workingtogetherproject.org.uk



SNIPPETS

MORE OLDER PEOPLE THAN CHILDREN

The world is about to cross a demographic landmark of huge social and economic importance, with the proportion of the global population aged 65 and over set to outnumber children under five for the first time.

ONLINE MONEY SURVIVAL KIT FOR SINGLE PARENTS

Social networking site for single parents One Space has a new range of interactive resources to help single parents tackle problems such as mortgage arrears, CSA issues and managing fuel bills, <http://recession.onespace.org.uk>.

CHANGE GUIDE – HOW TO MAKE INFORMATION ACCESSIBLE

CHANGE, the national equal rights organisation led by disabled people, has developed a free guide – How to Make Information Accessible: a Guide to producing easy read documents. For more information on the guide please go to:

<http://www.changepeople.co.uk/productDetails.php?id=2010>

INFORMATION SERVICES

The Joseph Rowntree Foundation has published 'Creating a stronger information, advice and advocacy system for older people'. It highlights recent work by the Quality of Life Partnership that developed ways of working with existing systems to make them more 'older person friendly' and effective. Visit www.jrf.org.uk for full report.

THE LATEST COMMUNITY-OWNED SHOP COULD BE ON THE ARCHERS!

Owners of the only shop and post office in Ambridge are considering selling-up in order to generate some much needed cash. Many of the villagers are upset by this and are now discussing the option of a community-owned shop as a way of retaining the heart of the community. The producers behind The Archers have seriously considered community-ownership and have taken advice on how to create solutions and to assist people in becoming proactive as the number of rural shops closing increases. Tune-in to the Archers from 7pm on weekdays on BBC Radio 4 or via BBC website at <http://www.bbc.co.uk/radio4> to hear how the story develops.

BEAT THE PRICES AT THE PUMPS

Prices of petrol and diesel are on the rise again, but what we can do about it?

There is an excellent free service available online at www.petrolprices.com which tells you where to find the cheapest road fuel in your area. The information comes from the agency-card systems used by businesses when their drivers buy fuel, so the information is regularly kept up to date. You will need to register to obtain access to the full set of information, which is very comprehensive. The service is now also available for those on the move via Iphone and Ipod touch.

EAST SUSSEX HOSPITALS NHS TRUST, REF SE9051C VACANCY FOR A NON-EXECUTIVE DIRECTOR

East Sussex Hospital NHS Trust is looking for someone with senior level expertise in the private, public or voluntary sectors to fill a Non-executive director vacancy on their board. They say they can offer an exceptional opportunity to put your talents to use by making a positive difference to the lives of people in your community. For further details see the following link. Closing date for applications is 15th December 2009. http://www.appointments.org.uk/view_vac.asp?ID=3050



DATES & EVENTS FOR YOUR DIARIES

BEXHILL COMMUNITY NETWORK: 9th December – Bexhill Town Hall at 2pm
RYE NETWORK: 12th January 2010 - The School Creative Centre, New Road, Rye at 2pm
MUDDY BOOTS (Battle area Network): February 11th 2010 - The Watch Oak, Battle, 2pm

INTERNATIONAL DAY OF THE DISABLED

3rd of December the HRDF [Hastings and Rother Disability Forum] will be holding a social get together at the Marlborough House at 2.30pm to celebrate International Day of the Disabled. For more information E-Mail Dave Rogers daverogers414@hotmail.com

THE ASSOCIATION OF CARERS

Christmas fair at Beulah Baptist Church, Buckhurst Road Bexhill on Saturday 5th December from 10.30 am until 12.30pm. There will be lots of stalls at the fair including all the old favourites such as homemade cakes and produce and a tombola we will also be having craft stalls at the fair so that you can buy some special Christmas gifts or cards. For more information please call Jo on 01424 722309.

PESTALOZZI DATES FOR YOUR DIARIES

December 6 th 2009	Sponsored Horse Ride	11am
December 12 th 2009	Christmas Experience	2pm – 4pm
January 9 th 2010	Bring and Buy Sale	2pm – 4pm
February 6 th 2010	Festival of Food	TBC
March 6 th 2010	International Celebration	TBC

For more details on these events please log on to www.pestalozzi.org.uk or call 01424870444

RYE MUSEUM DATES

Saturday 5th December: doors open 5.00

Christmas Grotto, Rye Museum at East Street, free visit to Father Christmas. All children should be accompanied. Light refreshments!

Tuesday 8th December: 7.30

Talk: 10 Beds that made History, Rye Museum at East Street.

Monica Janssens takes an intriguing look at the 10 beds that made history. Light refreshments. Admission: members £1.50, non-members £2.50

Saturday 12th December: 10.30 – 12.30

Christmas coffee morning, Rye Museum at East Street.

Excellent refreshments, book stall, bric a brac stall etc. Entry free

BATTLE AREA COMMUNITY TRANSPORT

AGM 16th December 09 - 3pm at the Mountfield Village Hall

Speaker from ESCC on "Community Transport" from their Passenger Transport Division

BIG EVENT 2010: FACING THE FUTURE –

GET SUPPORT FOR YOUR ORGANISATION OR GROUP.

20th January 2010, from 10 to 4pm, Congress Suite, Congress Theatre, Carlisle Road, Eastbourne BN21 4BP. Annual Conference and Advice Fair. FREE EVENT for Voluntary and Community groups and organisations based anywhere in East Sussex.

Book on-line at: www.askcasper.org.uk/bigevent2010 or call 01273 483 832, e-mail:

speakup@3va.org.uk, write to: SpeakUp Forum, c/o 3VA, 66 High Street, Lewes, BN7 1XG.

ADULTS AND OLDER PEOPLE IN BME COMMUNITY IN EAST SUSSEX – WORKSHOP

13th January 2010, 3pm to 6.30pm at WRVS Centre, 24 Hyde Road, Eastbourne.

Is your group working with or supporting Adults and Elderly in the Black Ethnic Minority (BME) community? There will be an open meeting for BME voluntary and community groups and community leaders from across the whole county of East Sussex. Speakers include Adult Social Care Services and Age Concern East Sussex. There will be opportunity for discussion and direct questions about how existing and planned services can answer the needs of BME Adults and Elderly. It is organised by SpeakUp Forum as part of the TAO (Together As One) project which supports East Sussex BME Network. *Travel costs and childcare will be reimbursed to volunteers.*

To book a FREE place or pass on your questions for the discussion contact Miriam Miklaszewska at SpeakUp Countywide Forum, call 01273 482 832, e-mail: speakup@3va.org.uk or write to: SpeakUp, c/o 3VA, 66 High Street, Lewes, BN7 1XG. You can also book on-line at: www.askcasper.org.uk/speakup/BME.

HEMELCALL - QUIZ NIGHT Friday 22nd January 2010

Christchurch Methodist Hall, Bexhill from 7pm until 10pm. Supper, musical entertainment, raffle and fun. Teams of 4, £8 per person tickets available now from: Jan Corke 210358 or Jill Dyer 843262

ESSP MEETINGS

East Sussex Strategic Partnership dates for 2010:

10am **14th January**: Wealden District Council Hailsham - 10am **28th April**: Sussex Police Lewes - 10am **22nd July**: Venue TBC - 10am **3rd November**: Venue TBC

HEALTH WALKS

Monday - Rye, 10.00. Meet at Gibbets Marsh Car Park.

Friday - Battle, 10.00 Meet on The Green, opposite Battle Abbey.

Friday - Bexhill Seafront, 11.00. Meet at the Colonnade Café on the prom behind the De La Warr Pavilion

Walks take place every week throughout the year. Everyone is welcome to come along no matter your age or ability. A trained walk leader will be on hand to take care of you.

STOP PRESS !! Deadline for Seedcorn Fund is Dec 2nd and no current applications in from Rother. High chance of success for any group meeting the criteria. Contact Rod Davidson on 01424 217259 or email rod.davidson@rothervoluntaryaction.org.uk

GET RVA NEWS AS AN RSS FEED ON YOUR HOMEPAGE – CLICK ON THIS LINK

<http://www.google.com/ig/add?feedurl=http%3A%2F%2Fwww.rothervoluntaryaction.org.uk%2Fnews%2Ffeed>

RVA would like your short films about your community or local events or your opinions about things happening in your community. If you would like us to highlight news or issues contact Tina for more information at tina.hall@rothervoluntaryaction.org.uk

The Bexhill office has a small meeting room that can be used by any voluntary or community group. In addition we can provide photocopying services for groups in the Rye office.

Xmas Closing

Please be advised that the RVA offices in Bexhill and Rye will be closed from the 24th December and will reopen on the 4th January

ALL AT ROTHER VOLUNTARY ACTION WOULD LIKE TO WISH ALL OUR READERS A VERY HAPPY CHRISTMAS AND BEST WISHES FOR 2010



Disclaimer: we check all information in the newsletter and web site, but as ever with these things we give no warranties, and encourage active checking before you make any decisions.