

ROTHER VOLUNTARY ACTION

E-BULLETIN

Edition 21
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NEWS

FUNDING ADVICE

RVA offers funding advice to any community group in Rother including information on where to obtain small grants through to giving advice on making applications to large grant making bodies and supporting community enterprises with financial and business planning. Contact Rod Davidson at our Bexhill office on (01424) 217259 or email rod.davidson@rothervoluntaryaction.org.uk

BRIEFING

There is a briefing from the East Sussex Adult Social Care for anyone providing care and support services, now or in the future. It is the first of five quarterly bulletins, designed to provide information about Putting People First and personalisation to current and potential service providers.

Follow the links below to relevant sections of the bulletin, or you can download the entire 10 page bulletin using the following link

<http://www.eastsussex.gov.uk/socialcare/adults/puttingpeoplefirst/personalisationbulletinnewsletter.htm>. Alternatively, you can request a hard copy at peoplefirst@eastsussex.gov.uk.

TORTOISE AND THE HARE

Jo Oliver of Association of Carers is taking part in the Hastings half Marathon on March 21st along with 1000's of others. She is setting herself a new challenge, if she collects £250 worth of sponsorship by March 13th she will go out and hire a costume and do the marathon dressed as a snail or tortoise or something similar. That way she will have a good excuse for being slow!!!

Please help her reach her target by visiting <http://www.everyclick.com/johalf-2010> all the money will go towards providing free respite for Carers young and old in Hastings and Rother.

ACTION ON "CONTRACT CULTURE" IMPACT ON SECTOR WORKFORCE

Trade union Unite is having a day of action over what it sees as the debilitating affects of the "short-term contract culture" on voluntary sector staff, reports Third Sector. On 9th March a mass meeting in Parliament will be addressed by the Minister for the Third Sector as well as sector bodies NAVCA and NCVO. More at <http://www.thirdsector.co.uk/news/984387/>, or see Unite's pages for the sector, at

http://www.unitetheunion.com/sectors/community_youth_workers.aspx

TRIPLING SOCIAL ENTERPRISE BY 2020

The Social Enterprise Coalition has launched a manifesto which "lays out a number of ways in which the next government can help social enterprise achieve its aim to significantly increase both its contribution to GDP and its impact on the lives of individuals and communities across the UK." The coalition wants the sector to treble in size by 2020.

Social Enterprise magazine news item at <http://preview.tinyurl.com/yapbfof>, SEC's Election Campaign pages at <http://www.socialenterprise.org.uk/pages/campaigns.html>

or download 'No More Business as Usual' (pdf, 437KB) from <http://preview.tinyurl.com/yaw6b72>

EAST SUSSEX NEWSLETTER

The first newsletter detailing the activities of the Fairtrade groups in East Sussex has just been published. The newsletter can be downloaded from the Fairtrade Eastbourne website [HERE](#) (or go to www.fairtradeeastbourne.org.uk) and is easily photocopied. It tells you more about your local group and gives you a quick update on Fairtrade in UK. Please help the network distribute newsletter where you live by taking some copies to your local library, GP surgery, dentist, church, café or any place it might be picked up! If you are interested in joining your local campaigning group, you can find contact details in the newsletter.

SHAPING VOICES

An East Sussex based charity, was recently in receipt of a grant from the Government's Transformation Fund which provided a series of free courses for nearly 200 over 50s in East Sussex. The 15 modules provided training in IT, Creative Writing, Music Technology and Web Design and were held in Uckfield, Eastbourne, Hastings, Lewes and Bexhill during the past four months.

The culmination of this project is the development, and provision of a creative/educational website, freely available to anyone over 50 living in East Sussex to contribute to. The website will provide a unique opportunity for creative expression, dialogue and networking for its users and others within the County. The celebration of the project, and launch of the website, will be held at the De La Warr Pavilion on the 23rd March. All welcome. Entrance is free. 2pm to 5pm

INTRODUCING THE FIT NOTE

The new "fit note" is due to come into operation from 6th April, replacing the doctor's sick note, assuming parliament approves the changes. An explanation for employees, with link to an example note, is on Direct.gov at http://www.direct.gov.uk/en/N11/Newsroom/DG_184645

Research shows that long periods out of work can lead to worse health while working can be good for your physical and mental health and well-being. The longer you are absent through illness, the lower are the chances of you returning to work. Work may help you recover quicker from illness.

The new fit note will be called the 'Statement of Fitness for Work' and will be used in England, Scotland and Wales. It will have more information than the present doctor's sick note.

The main changes will mean:

- your GP will be able to say if they think you are 'not fit for work' or 'may be fit for work'
- your GP can add advice to the note for your employer on how simple changes to the job you do may allow you to return to work earlier
- there will be fewer kinds of medical statements forms issued by GPs

The new fit note is intended for both employees and employers by helping people back to work as soon as possible. Employees will benefit from better health and well-being because they have gone back to work. Employers will be able to keep skilled staff, contributing to the success of the business and reducing sickness absence

MYTH BUSTER

The government also published a 'Vetting and barring myth buster'. It gives examples of when registration is not required; focusing on areas highlighted by the media in recent months, in particular personal and family arrangements, <http://preview.tinyurl.com/yg2g4qo>
Vetting and Barring Scheme Information Roadshows are being held in England, Wales and Northern Ireland in coming weeks, dates at <http://www.vbsroadshow.org/DatesAndVenues.aspx> And see Independent Safeguarding Authority for all further information, <http://www.isa-gov.org.uk>

YOUR NHS AMBULANCE SERVICE IS CHANGING

Your local ambulance service - South East Coast Ambulance Service NHS Trust (SECamb) - is aiming to become an **NHS Foundation Trust** in 2010. Foundation trusts (FTs) have been around since 2004, although ambulance trusts were only able to start to apply for foundation trust status from April 2009.

Foundation trusts are still NHS organisations, providing free care and treatment to patients. They still have to meet national targets and are regularly inspected. The main difference is that foundation trusts are run locally, and are accountable to patients, local people and staff rather than to Government, by way of the 'membership' they establish.

Please visit the website for more information (<http://www.secamb.nhs.uk>) or go straight to where you can join them online (<http://www.nhs-membership.co.uk/seas>). For membership forms contact Izzy Allen on 01273 897840 or ftmembership@secamb.nhs.uk.

VOLUNTARY ORGANISATIONS - HASTINGS AND ROTHER AREA

As part of the work that the LINK are undertaking with regard to the issue raised by Steve Manwaring on behalf of the Health and Social Care Forum regarding the consultation process and recent and proposed changes to Day Care Opportunities in East Sussex LINK are carrying out a series of questionnaires to include carers/relatives and voluntary organisations in Hastings and Rother as well as face to face interviews with service users and staff at Uckfield Club, Phoenix Centre and Moreton Centre (incorporating IBC service users). The information that you provide will help them to assess how this went. If you would like more information please contact Jan Cutting jan.cutting@thecountylink.net or visit www.thecountylink.net

FUNDING

NEW HEALTH AND SOCIAL CARE VOLUNTEERING FUND

A new Health and Social Care Volunteering Fund is now open for applications. The fund is open to third sector organisations who deliver health and social care. The first round will be for local projects, followed by a second round later in the year which will support a national scheme.

For more information on the fund please go to: <http://www.volunteeringfund.com/> or call the Volunteering Fund Helpline on 0845 172 8058

SKINNERS' COMPANY LADY NEVILLE CHARITY

The Skinners' Company Lady Neville Charity provides grants that will make a clear and significant contribution to grassroots charitable organisations in the following priority areas: disability; local heritage; local community and performing arts/visual arts. One-off grants of up to £1,000 are available for non-recurring expenditure, e.g. equipment or an event. The next deadline for bids is the 14 March 2010. Further information:

<http://www.skinnerhall.co.uk/charities/lady-neville-charity.htm>

ECOMINDS – SMALL GRANTS

Ecominds, run by Mind, is offering grants of up to £20,000 for community and voluntary Groups working with people with experience of mental distress to engage them in environmental projects. Find out more at: www.mind.org.uk/ecominds Closing date: Friday 30 April 2010.

CONSULTATIONS

HAVE YOUR SAY ON THE EAST SUSSEX DRUG HARM REDUCTION STRATEGY

Consultation is currently taking place on the revised East Sussex Drug Harm Reduction Strategy 2010-2013. We would like to invite you to have your say on the East Sussex Drug and Alcohol Action Team's proposed plans. Your thoughts, suggestions and opinions will help to inform the final version of the strategy which focuses specifically on reducing drug related deaths, reducing drug related viral infections, particularly Hepatitis B, Hepatitis C and HIV, reducing drug related bacterial infections and reducing alcohol related harm for drug users.

Access the draft Drug Harm Reduction Strategy and questionnaire at: www.safeineastsussex.org.uk then 'Publications' - 'Strategic Documents'.

If you have any questions or need more information please contact Jason Mahoney - phone: 01273 403555 or email: Jason.Mahoney@hastingsrotherpct.nhs.uk Consultation closes on 12 March 2010.

EQUALITY AND HUMAN RIGHTS COMMISSION – EQUALITY BILL CONSULTATION

Have Your say on non-statutory guidance and draft codes of practice to support the Quality Bill! Deadline for responses: 16 April 2010 www.equalityhumanrights.com/legislative-framework/equality-bill/equality-bill-consultations/

STANDARDS IN ADULT SOCIAL CARE

East Sussex County Council's Adult Social Care department want to know what you think about the standards set out in the new "What to Expect" leaflet. Consultation ends 30 March 2010. Contact: Ayesha Khatun, East Sussex County Council, 01273 335 781, ayesha.khatun@eastsussex.gov.uk or

<http://www.eastsussex.gov.uk/yourcouncil/consultation/2010/standardsinadultsocialcare/> .

TRAINING

CARING FOR SOMEONE WITH DEMENTIA IN THE BEXHILL AREA?

Do you feel you need more information to help you? Why not try Alzheimer's Society's new FREE group sessions? "Caring with Confidence"

To register for the Bexhill programme or for more details about Caring with Confidence programmes nearer you contact Alzheimer's Society on 01403 276649

Email: rachael.ross@alzheimers.org.uk

FREE TRAINING

Hastings Furniture Service are offering free courses to anyone who is unemployed, volunteering, part of the Future Job Fund and live in Hastings and Rother. Courses include First Aid at work, Fire Safety, Decorative Painting on canvas, Repairing small items of furniture, Health & Safety at Work. These courses are running during March and April. For further information on these courses please contact Sarah or Simone on 01424 441112.

SUBSTANCE MISUSE TRAINING COURSES

A range of substance misuse training courses are being provided free of charge to anyone working in East Sussex. These include:

- Alcohol and Older People
- Alcohol: Identification and Brief Introduction
- Drug and Alcohol Awareness OCN Level 2
- Overdose Prevention, Recognition, Action
- Reefer Madness: What You Need to Know About Cannabis
- What Drugs Really Look Like

Contact: Emma Eaves-Anderson, NHS East Sussex Downs and Weald, emma.eaves-anderson@esdpct.nhs.uk or

<http://www.essp.org.uk/essp/pdf/Temp/Alcohol%20Misuse%20Training.pdf>

ESCC - THE WORKFORCE STRATEGY PARTNERS PROGRAMME (WSPP)

Training for non-statutory organisations working with children and young people in East Sussex

Child Protection - Level 2

Wednesday 10 March 5.30pm - 7.30pm Eastbourne

Child Protection - Level 1

Thursday 11 March 5pm - 7pm Hastings

Dealing with Challenging Behaviour

Monday 15 March 5.30pm - 7.30pm Eastbourne

To book a place please contact Liz on 01622 741887 or email l.abiaad@btinternet.com

MANAGING PEOPLE

Wednesday 31st March 2010, 9.30am - 4.30pm, South Downs CVS, 66 High Street, Lewes, East Sussex, BN7 1XG. This one-day course is for paid staff who directly line-manage others and would like to learn more about the skills and processes essential to effective management.

The course will cover:

- What makes an effective manager and where does leadership fit in
- Balancing the drive to deliver quality services with the needs of the team and individuals
- Managing the performance of self and others, using clear objectives, delegation, feedback and accountability
- What motivates someone to perform at their best

Cost per person (depending on status) £35 - £60. **Closing date for bookings:** Wednesday 17 March 2010

GROW YOUR OWN

How to grow vegetables, herbs, fruit and raise pigs and chickens. From April to July at Green Oak Farm in Robertsbridge. A fun practical course one afternoon a week for 10 weeks learning how to produce fresh tasty food in a small garden area without having to spend lots of money. The course is free for parents in receipt of benefits. Help with childcare and transport costs available.

For more information please contact: Katharine Finnigan at Common Cause on 01273 470900. Email: enquiries@commoncause.org.uk or visit www.commoncause.org.uk

ONLINE BASICS IT COURSES LAUNCHED

New IT courses have been launched to give thousands of adults the skills and confidence they need to go online.

Online basics have been developed by the Department for Business, Innovation and Skills, UK Online centres and Becta.

Online basics will give beginners the skills needed to get going online. People can do the short, free courses at their own pace, either at home if they have a computer and the internet or at a local UK online centre by logging on to www.onlinebasics.co.uk.

Online basics include five key modules covering the basics – using a mouse and keyboard, looking at the internet and keeping safe online.

ESIF TRAINING 2010 (EAST SUSSEX IN FIGURES)

General ESIF training courses are now available on 15th April and 10th June 2010, for a half day at a cost of £60. If you are interested please contact Jackie Pickering, Personnel and Training, East Sussex County Council for a booking form on 01273 481427 or e-mail jackie.pickering@eastsussex.gov.uk

FREE BETRE BUSINESS ENVIRONMENTAL TRAINING - SPRING 2010

BETRE provides FREE practical and independent advice to East Sussex small and medium sized businesses on how to cut utility costs, environmental impact and work towards a low carbon economy. Training opportunities this Spring include:-

UTILISE – Utility Management Made Simple (formerly Simple Utilities Management Seminars -SUMS)

Practical and focused 1 day workshop to help your business effectively monitor and manage utility costs and reduce environmental risk. UTILISE looks at a range of practical ways to reduce energy, waste and water use and gives the opportunity to get advice from a Carbon Trust Advisor and chartered energy engineer who has years of experience in helping businesses to improve energy efficiency. Workshops run from 9am to 5pm on:

Tues 16th March 2010, Hastings – **last few spaces available**

Weds 28th April 2010, Brighton – **last few spaces available**

Wed 12 May 2010, Battle

Topics covered include:

- > Tips for saving on waste, water and energy bills
- > Practical exercises and business case studies
- > Expert presentations from technical professionals
- > Learn to self audit your business and engage your staff
- > Understand environmental legislation and reduce risks

Organics – ½ day event 1.30pm - 5pm. Weds 16th June 2010, Lewes

Find out about food waste composting, the legislation and practicalities and a trial project with Lewes businesses on.

Climate Change and Carbon Management – 1 day event. 26th May 2010, Newhaven

Help your organisation to prepare and adapt for climate change, calculate your carbon footprint, learn about carbon offsetting and find out about renewable energy technology.

To apply for any of our free services please: phone: 01273 336777

email: betre@eastsussex.gov.uk

SITUATION VACANT

CITIZEN INVOLVEMENT WORKER

East Sussex County Council Adult Social Care needs a Citizen Involvement Worker. 37 Hours a week till April 2011, £24,646 - £26,276. The job is to set up a user's and carer's reference group for the Putting People First Programme Board to make sure diverse voices are heard. The Putting People First Programme will deliver personalised social care services in East Sussex in 2011. If you have a passion for service improvement; excellent communication and organisational skills; can provide creative facilitation and excellent accessible information; and value hearing people's views and acting on them. https://iq2.i-grasp.com/fe/tpl_eastsussex01.asp?newms=jj&id=59030&aid=17314

VOLUNTEER IN RYE REQUIRED FOR EAST SUSSEX Hearing Resource Centre to do hearing aid maintenance and give advice. Only a few hours a month with all training given for a truly rewarding job. If you are interested please contact Jenny Bentley on 01797 222642 or East Sussex Hearing Resource Centre on 01323 722505

VACANCY FOR OFFICE MANAGER

Sussex Community Foundation provides a service to local people and companies who want to give to their local communities. Make sure that their donations reach the groups that need the funding and have the maximum positive impact on the community. The Foundation was launched in 2006 and has awarded over £2 million to the local community and built an Endowment Fund of £1 million for the future.

£25k pa 35 hours per week Lewes. To apply, please visit www.prospect-us.co.uk/jobs or call 0844 880 5159 quoting reference SCFN-2-1/G

Applications must be returned to response@prospect-us.co.uk or by mail to Prospectus Response Centre, 20-22 Stukeley Street LONDON WC2B 5LR

Closing Date: 12 Noon on Thursday 18th March

SNIPPETS

GREG SLAMS MINISTER FOR RAIL CUT PROPOSAL

Rother Transport Action group have been active in joining the campaign against the proposals to axe the Hastings to Cannon Street service outlined in the Kent Rail Utilisation Strategy. Passengers at Stonegate, Etchingam, Robertsbridge, Battle and Crowhurst face a cut of a third to their peak service without any replacement or real alternative. In addition, the Hastings to Charing Cross service would no longer have four extra cars added at Tunbridge Wells resulting in significant over crowding on an already busy service.

Local MP Greg Barker secured a rail adjournment debate in the House of Commons on 23rd February to highlight local concerns. Mr Barker said the local economy relied heavily on resident commuters, who in turn relied on the town's direct link to London.

He said: "My constituents rightly feel this represents a very real downgrading of the current rail service."

FIT AS A FIDDLE

Fit as a Fiddle is funded by the BIG Lottery Fund Well Being programme for 4.5 years. It will deliver a range of activities designed to help older people to live more healthy, active and fulfilling lives. Within the South East, the programme will deliver a range of courses (networks) to older people to encourage physical activity, healthy eating and healthy lifestyles.

Age Concern is looking to work in partnership with other organisations to develop new opportunities to engage people 50+ in meaningful opportunities to develop healthier lifestyles. By 2020 over half the adults in the UK will be over 50.

Activities currently included in the Fit as a Fiddle include:

Indoor exercise: Seated exercise classes, gym circuits, Tai Chi, Yoga, Pilates, dance, Wii Sport and New Age Curling, table tennis.

Outdoor exercise: Walking, Nordic walking, cycling, gardening and allotment groups

Healthy eating: lunch clubs, cookery classes and weight control groups.

Please feel free to contact: Tory Lawrence tory.lawrence@acwestsussex.org tel: 07901 635 033 (Littlehampton) or Sarah Hale: sarah.hale@acwestsussex.org tel: 07979886335 (Sevenoaks)

www.fitasafiddle.org.uk

AGE UK

Age UK is the new force combining Age Concern and Help the Aged. We will be known by our new name from Spring 2010. The Age UK family includes Age Scotland, Age Cymru and Age NI.

NEW MIGRANT COMMUNITIES SUPPORT OFFICER

The Migrant Action Group have successfully recruited a countywide Migrant Communities Support Officer –Tiga-Rose Nercessian. She will oversee the overall project and coordinate the Information and Advocacy workstream. Contact: Tiga-Rose Nercessian, East Sussex County Council, 01273 336844, tiga-rose.nercessian@eastsussex.gov.uk.

DATES & EVENTS FOR YOUR DIARIES

BEXHILL COMMUNITY NETWORK: March 10th 2010 – Bexhill Town Hall at 2pm

RYE NETWORK: 13th April 2010 - The School Creative Centre, New Road, Rye at 2pm

MUDDY BOOTS (Battle area Network): May 13th 2010 - The Watch Oak, Battle, 2pm

CRB CHECKS – Dates

Wednesday 17 th March	Bexhill office	2-3.30pm
Wednesday 21 st April	Rye office	2-3.30pm
Wednesday 19 th May	Bexhill office	2-3.30pm
Wednesday 16 th June	Bexhill office	2-3.30pm
Wednesday 21 st July	Rye office	2-3.30pm

For further information or to make an appointment please contact RVA office in Bexhill on 01424 217259

CARE RECRUITMENT FAIR

Monday 8th March at the Eastbourne Centre. 9am - 1pm. FREE, unique and exciting opportunity to meet representatives from the care industry. Join in with the FREE workshops; Prepare your CV for the care sector and Success at interviews. Have a chat with the Care Ambassadors about working in Care. To book a place or for further information please call 01273 402441

MUSEUM EVENTS FOR MARCH/APRIL.

Ten Notable Women of Rye.

Tuesday 9th March: 3, East Street, talk:

To coincide with International Women's Day local historian and author Helena Wojtczak looks at ten notable women from the Rye area. Raffle, light refreshments. Non members £2.50, members £1.50

Museum coffee morning,

Saturday 13th March 10.30 – 12.30: 3, East Street

Excellent fairtrade and organic coffee and tea, cakes, and interesting table sales: cakes, posh trash and books. Free entry to museum, all welcome.

Volunteers' and open evening.

Tuesday 16th March: 6.30: 3, East Street.

Come and have a glass of wine and light refreshments and find out our plans for this year. If you like what you hear, then sign up and join us.

Concert in aid of the Women's Tower rescue and renovation plans.

Saturday 27th March at 7.30 pm at the Rye Methodist Church.

Ryesingers Ladies present "Sigh No More Ladies!" Tickets £7. Includes a glass of wine in the Ypres Tower after the concert.

New season 1st April: beginning of the new season at Rye Museum.

Ypres Tower open 7 days a week and from 10.30 to 5.00 (last entry 4.30).

East Street open every weekend 10.30 to 1.00 and 2.00 to 5.00 (last entry 30 minutes before closing) and Monday, Thursday and Friday afternoons (2.00 to 5.00 last entry 30 minutes before closing).

BEXHILL MUSEUM

Newly refurbished and extended, the displays and exhibitions have something for everyone to enjoy. Main galleries include Costume and Motor Racing heritage as well as local archaeology and history, dinosaurs and fossils, natural history and geology, social history and cultures of other lands, local arts and crafts. Interactive displays and Access Centre for research. Many activities and events are held throughout the year for both young and old alike. Please visit the [museum calendar](#) for more details.

BATTLE MUSEUM

Marcus, a Centurion of the Legion VIII Geminae, and his wife Agrippina are visiting the Museum for two days on the 17th & 18th April. They will be displaying their costumes, utensils, swords, equipment and artefacts, giving demonstrations of domestic Roman life and what it was like to be in the Roman army. Marcus will have his great wear chest with him. He and Agrippina hope all children will take the opportunity of being a Roman soldier or a Citizen of Rome. <http://www.battlemuseum.org.uk/>

DEAF OR HARD OF HEARING? LIVING IN BATTLE?

The next meeting at Battle will be on Friday 5th March 2010, 2pm – 3.30pm at the Battle Medical Centre, Telham House, 13 Mitre Way. The title for March's talk is, "**Communication Tactics.**" Do you struggle to hear conversation when out in public places such as pubs, clubs and restaurants or during small family gatherings etc? If so, come along and find out how a few simple and easy to learn communication techniques could make all the difference. For further information please contact: David Rowan, East Sussex Hearing Resource Centre, 8 St Leonard's Road, Eastbourne, East Sussex, BN21 3UH ♦ Tel: 01323 722505
Email: david@eshrc.org.uk

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<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.

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.