



4-6 Robert Street Scunthorpe North Lincolnshire DN15 6NG
 Phone: 01724 845155
 E-mail: enquiries@vanl.org.uk

Advancing Local Voluntary Action

Voluntary Action North Lincolnshire promote, develop, and support organisations within the voluntary and community sector.

Whether you are an established organisation, you would like to set up your own voluntary group, or you are interested in volunteering, Voluntary Action can provide all the advice and support you require

www.vanl.org.uk

Hibaldstow Open Gardens and Scarecrow Day—28th June 2015

There will be at least 12 gardens open to the public together with in excess of 40 scarecrows outside homes and businesses in the village. In addition both the Church and Chapel will be open with flowers and displays and refreshments will be available all day in the village hall (10 am—5 pm) Admission is £3.50 per adult (accompanied children are free).

For the Mayor's Appeal Fund

Performing Arts Presents

A Selection of Songs for your Enjoyment At Scunthorpe Baptist Church, Ashby Road 7.00 pm Friday 17th April 2015 Tickets £3.00

Refreshments

Scunthorpe and District Branch Multiple Sclerosis

Pie and Pea Supper & Dance

Saturday 23rd May 2015 at 7.30 pm to Midnight at the Wortley House Hotel, Scunthorpe Tickets £10

For more information call Ann on 01724 763013

Stroke Association Charity Quiz Night with Pie and Pea Supper

Friday 17th April 2015

At St Bernadette's Parish Centre, Ashby Road Scunthorpe

Doors open 6.00 pm Food from 6.30 pm Quiz Starts 7.00 pm

Bring your own drinks (and glasses)

Bring your own Team or Join a Team (max 5 people)

Adult £7/Child £3.50 must be bought in advance

For more information contact 01724 850813

Scunthorpe Little Theatre Group presents

Spygame by Bettine Manktelow

Tuesday 28th April to Saturday 2nd Mat at 7.30 pm t the Plowright Theatre Scunthorpe

Tickets £10 available from the Box Office on 08448 542776



Office

4-6 Robert Street
 Scunthorpe
 North Lincolnshire
 DN15 6NG

www.vanl.org.uk

01724 845155

VANL Services

Development

Funding

Volunteering

Brokerage

Training

Financial Services

Equipment Hire

Office Services

Room Hire

I.T Support

PAT Testing

VANL News

ISSUE 57

APRIL 2015

Young People demonstrate fundraising success!

Winterton Branch of Leukaemia and Lymphoma Research has issued another newsletter full of success stories. This group of young people go from strength to strength and their energy reaps tremendous rewards for the charity.

Their current fundraising total is £66,395.96. If blood cancers are not wiped out very soon, it won't be the fault of the Winterton Branch!

According to the newsletter, March has seen the return of The Little Talent Contest for its 5th year running! Proving to be as successful as ever, the collaboration between Winterton Junior School and Burton Primary School this year has raised over £800.

As well as The Little Talent Contest; Lindsey Oil Refinery have donated a fantastic £3,800 to the charity.

The charity has also been introduced into Asda's Green Token Scheme. This scheme allows Asda customers to choose which local cause they would most like to see supported. If you would like to support Winterton Branch LLR, just use your green token to vote for them next time you're in store.

In this issue:

- Volunteers
- Samaritans
- Local News
- Funding

Room to Rent at VANL in the New Year.

For more details contact VANL

01721

845155

Volunteers tell their stories....

Amanda works as a voluntary administration assistant at VANL's volunteer Centre in Scunthorpe.

"What I get out of volunteering is that it is really good and it has built my confidence up. It has gained me a lot of experience and the staff I work with are really friendly to me," said Amanda. "I have met lots of new people and gained some new skills. I have been working at the Volunteer Centre Since September 2014 and I have done reception work and also acted as an events information advisor."

We asked Amanda why she decided to try volunteering, and she said she needed to improve her skills after being a stay-at-home mum. "I am volunteering to gain experience so I can eventually get a paid job," she said.

Jamie has recently begun to volunteer with VANL. "My name is Jamie and I am a volunteer at VANL. I am being a volunteer trainee news reporter. What I get out of volunteering with VANL is the experience, gaining a lot of new skills and meeting new people. I could not have imagined doing this job because my confidence levels are low, but I am doing really great! I am doing voluntary work because I am on benefits and I want to be able to get a paid job because I don't want to lose my benefits and being a volunteer is rewarding to others. I think volunteering is building my confidence up a lot because it has been hard for me to find work."

Learn at the Café Indie

Have you ever wondered what the fuss is about in politics?

Why you should register and use your vote, and who to choose?

The WEA is a training agency which offers courses for everyone, and they are to run two courses at Café Independent in Scunthorpe.

Why Vote is a FREE course for anyone who wants to find out more about the difference politics can make to your life and how to use it.

For further information contact Tara on 07966588385

Carer's Project—for all ages

A project is being set up to develop a commissioning strategy for all age carers. The project group has set up a short online survey to get comments and feedback on the strategy. If any carer would like to complete the survey, it would be much appreciated. The link is <https://www.research.net/s/allagecarers>.

If you require any more information please do not hesitate to get in touch with Maria Oades, Commissioning Officer, Integrated and People Commissioning Team, Hewson House, Station Road, Brigg North Lincs DN20 8AX Tel No 01724 298171 or email maria.oades@northlincs.gov.uk

2014-20 ESIF Growth Programme Information Events

Following the 2014-20 ESIF Growth Programme launch of calls for proposals, a South Bank Information Workshop will be held to explore each call and what it means for each area. The details of the application process will be explored including cross LEP applications, eligibility criteria, outputs/results and monitoring and contract management. The South Bank Information Workshop will be held on Wednesday 22nd April at Forest Pines Hotel, Broughton commencing with lunch at 12.30pm. There will be the opportunity to discuss your projects with technical experts.

Please note that **ALL** applications must be made through the Logas Net on-line application portal. You will need to register your details on Logas Net as soon as possible as it may take up to two weeks for your user name and password to be processed. <https://logasnet.communities.gov.uk/logasnet>. Register by sending an email to esif1420.ITqueries@communities.gsi.gov.uk. Put 'Register to apply for ESIF' in the subject line. In the email, include:

- your full name
- full name of your organisation
- email address
- phone number (including extension)

Meet the Funders event

Venue: Café Independent, Scunthorpe,

Date: Tuesday 23 June 2015,

Time: 12 noon – 6.00pm

Building on the successful event held in March and by public demand, Voluntary Action North Lincolnshire is pleased to announce a second funders event in Scunthorpe.

This is an opportunity for any individual or organisation (including social enterprise) active in the community or considering a new project, to find out about grant funding and other support to help you achieve success and sustainability.

Come along and meet representatives from a range of funding organisations, hear what they are looking for in a successful application, and discuss your needs with them.

We will provide an opportunity to speak to a succession of funders through the day, including Big Lottery's Awards for All, Comic Relief, Heritage Lottery Fund, Children in Need, Key Fund, Charity Bank, Sported, and Wren. Leaflets will be available from other funders and VANL will provide funding advice / appointments.

VANL is to run a two day commercial masterclass on 28th and 29th April, as part of our service to help voluntary and community groups to find other sources of funding for their work. If your organisation is looking at bidding for public service contracts, either alone or as part of a consortium, and you feel you need to raise your game in terms of business practices, this two-day masterclass is for you. The masterclasses will be delivered by a partnership of voluntary sector and private sector trainers, including NCVO, NAVCA, Capita and Cofely. Supported by funding, the cost is only £30 for both days, including lunch.

To book call 01724 845155 or email enquiries@vanl.org.uk

Charity Bank

Charity Bank uses the money saved with them to lend to charities and other organisations that help improve and enrich the society we live in.

For savers, they offer a fair rate of interest on their savings and lend their money to charities and social enterprises, thus helping them expand and improve the world around them.

For charities and social enterprises they offer flexible loans and specialist support, helping each organisation work out the best solution for its needs.

Contact Charity Bank on 01732 441900 or

enquiries@charitybank.org for more information

PRS for Music Foundation It's all about the music

“Here you can find out about our range of funding programmes which are open to apply to all year round - each with its own criteria for funding and application deadlines. **Momentum Music Fund** – grants of between £5k and £15k to bands and solo artists to develop their careers **Suitable for:** *artists and bands writing, producing and performing contemporary popular music. Applicants should be at a tipping point in their career, with a team already in place (e.g. management, live agent, etc).*

International Showcase Fund – our music export funding programme supporting artists for international showcasing.

Suitable for: *artists who have been formally invited to perform at an international music showcase.*

Women Make Music – supporting women music creators, composers and performers to make their mark. Next deadline Mon 27 April 2015.

Suitable for: *women music creators across all genres.*

Beyond Borders - The programme awards up to £15,000 to organisations working with at least two other partners based in the UK or Ireland that want to co-commission or tour new music across the UK.

Suitable for: *organisations and groups only.*

Steve Reid InNOVation Award - an innovative creative development project, supporting outstanding emerging artists through expert mentorship and vital bursaries of up to £1,500.

Suitable for: *anyone that is writing and performing their own music and is currently unsigned and unmanaged. The programme is currently closed but we hope to re-open for applications in September 2015.”*

Contact: PRS Music Foundation, 2 Pancras Square, London N1C 4AG

Bridge Over Troubled Water

When you feel down, confused, lonely or even suicidal, where can you turn?

Last year the Scunthorpe and District branch of Samaritans

answered over 22,000 calls for help and emotional support.

Nationally, Samaritans are receiving over 5 million contacts every single year—that's one every six seconds!

There are many reasons why people feel so low that they need to talk to an understanding service like the Samaritans. These can include loneliness and isolation, ill-health (including mental ill health), and bereavement. Family relationship problems are another area.

Financial problems, alcohol dependency, abusive relationships and self-harm also result in many calls. Scunthorpe Samaritans work in partnership with other organisation, including schools, the prison service and rail industry to help resolve the kind of problems that lead people to suicidal feelings (27.5% of all contacts in the year were from people with suicidal feelings).

The recently published statistics from Scunthorpe Samaritans give pause for thought; in Scunthorpe area alone, there were 4,781

contacts from people with suicidal feelings, and 177 contacts from people in immediate suicidal crisis. That's nearly 200 people thinking about ending it all. Well over 1,000 contacts were from people known to be under 17 years old (some won't have given their age.)

Samaritans are not just at the end of a phone or answering emails. They also get involved in prisons, saving lives on the railways, in schools. They offer workplace training to help staff to be more confident and increase their skills.

If these figures move you to want to help, there are several ways you can get involved. You can become a Samaritans volunteer, you can donate cash, or you can take part in a Samaritans fundraiser, either as a participant or as support staff. The Samaritans are a big family, with room for anyone who wants to help in any way.

For further information, contact Patrick by email or visit the Scunthorpe Samaritans website. Patrick@samaritans.org

We are proud to announce a very special event in April, On the 17th and 18th April, Nick Dakin (MP) will open our Art Exhibition which will take place in the Activities Centre at Lincolnshire House on Brumby Wood Lane, Scunthorpe.

The Creativity for All team in Lincolnshire House have been working really hard together since January to produce some really amazing results which will be on sale at the Exhibition. Many of the residents have been able to make individual art or join in supported activities to produce some beautiful original pieces. Their work will be displayed and sold alongside art which is being donated from the local community. We have put out appeals all over the area for individuals to donate art for us to sell and local people are showing such originality and generosity, with some even producing work especially for us. Any unsold work will be sold on the internet, at future fundraising events and also via the Independent Café in Scunthorpe which will exhibit some of them for us. All the money raised from this event will go to the Lincolnshire House Wish Appeal. Using money from the Wish Appeal in March 2014 we saw the completion of phase 7 which included an extension to a residential bungalow (Stanley Court), extension to the activities building and a further activities building was built (Norman Peet Centre). Within the Norman Peet Centre, one of the facilities is a dedicated Creativity for All room and now that we have such excellent facilities it has been possible to produce such a high standard of art and craft activities and we have been able to have so many people enthusiastically joining in with the Exhibition Project. We have raised money in the Wish Appeal to put en-suites into Woodlands and Genesis bungalows and this work is ongoing now. There are other projects in the pipeline and we need to keep raising money for Wish Appeal.

Dementia Information and Advice?

If you are affected by dementia, our dementia advisers can give you the information, advice and guidance that you need. Dementia Advisers will be at Scunthorpe General Hospital, Outpatients Department Level C, third Wednesday of every month 2 pm—4 pm

Winterton Disabled Club

meets on the first and third Tuesday of the month at Winterton Methodist Church Hall. It is a registered charity which offer social meetings, trips and excitement for people with disabilities.

The programme includes assisted shopping trips, Kurling/Boccia, theatre trips, a charity fair and a mobility road-show.

This year's programme includes the Club members being visited by a magician, an opportunity to try Gentle Yoga, and a talk on Street Furniture.

Club members are mostly older people, but they are always game for a laugh and are prone to put on their own pantomimes, which usually star Nicky Mumby—the Chairperson and energetic organiser. When they all dressed in miniskirts and held a stall to raise funds they hit the newspapers!

Winterton Disabled Club is a great way to learn new skills and make new friends. If you would like to join in and lend a hand—they always need able-bodied helpers, contact them on 01724 733441

Men's Health Week 2015

Men's Health Week 2015 is from the 15th to 21st June and will focus on healthy living for men. Men's Health Forum, which run the Week, is encouraging you to take part; "Anyone can take part in Men's Health Week, especially local organisations, public health teams, NHS and employers. Sign up for Men's Health Week 2015 news and information and they will help you get involved in the week. The Men's Health Forum will send you extra newsletters with updates on the week and details of how to get resources as soon as they are available.

Visit

www.menshelathforum.org.uk/mhw for more information

Excellent Preschool can take more children

Ulceby Pre School and Wrap Around Care offers a caring, happy environment to prepare your children for school through play activities. They welcome visits at any time. The preschool currently takes children aged from two and a half up to school age, although this is under review at present. Funding can be claimed following the child's 3rd birthday. Wrap Around Care goes up to the age of 11 years. Prices are available on the website at www.ulcbypreschool.org.uk. All Ulceby preschool's policies are reviewed yearly or if the current legislation changes, and are available on request. Visits are welcomed at any time, they are open, 5 days a week, Mondays and Wednesdays to Friday 8 am till 6 pm or Tuesdays 8 till 12 then 3.30—6 pm

For more information contact Ruth Phillips on 01469 588861 (preschool) or admin@ulcbypreschool.plus.com

Three Voices—the Final Cabaret of the Series

The third and final cabaret of the series by Three Voices will take place at Harrison's Restaurant, 12 Market Place, Barton upon Humber DN18 4DA on 27th April 2015.

Three Voices, poet Trevor Millum, storyteller Graham Langley and folk singer Des Allenby will once again perform a mixed programme of words and music. The guys were guests on Lindsey Coast Radio's "Island Folk" recently, so autographs may be charged for!

The last two events sold out, so do get a ticket straight away if you want to come along. Tickets available from wegottickets.com or from Trevor on 01469 530818. All the money raised goes to Better Barrow.