



VANL News

ISSUE 54

MARCH 2014

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

New Project

Cafe Independent is aimed at promoting art, music and very good coffee

What is café INDIEpendent?

Well it's a coffee and music house, so its more than your average café.

First and foremost the café is a resource to improve the lives of young people (aged 16-25). We aim to engage young people in what they are truly passionate about and interested in; offering work experience, formal and informal training—developing individuals into ideal employees.



Please note that the VANL Office in Scunthorpe will close at 5 pm on Thursday 17 April 2014 and reopen on Tuesday 22 April 2014 for Easter and will also be closed on Monday 5 May 2014 for Bank Holiday

- In this issue:
- Café Indie
 - Social Media
 - LEP Skills
 - Volunteering
 - Funding

Café indiependent



“What has been achieved by these young people is phenomenal, there is no other word to describe it. I can not commend enough these achievements, nor respect more highly the dedication and work of all the staff, volunteers and Voluntary Action North Lincolnshire in the delivery of the Lottery Funded project. This is an example to all. This is what community looks like.”



Café INDIE PENDENT

Cafe Independent's aim is to promote art and music and very good coffee. It has been created to provide training and work experience opportunities for 120 young people, while at the same time filling a missing link in both the day-time and night-time economies on the High Street.

"During the day... We serve great coffee, food and provide a happy, relaxed environment.

During the evening... We're an arts venue.. Think gigs, open mic nights, pop up art exhibitions, street art, performances... We turn the lights down low and the music up.

And finally, upstairs... We have GROW a Social Enterprise Incubator Unit and Training space. This is where we continue to develop our young people as they develop projects, enterprises and events. GROW is a workshop for ideas, and a place to bring them to life.

Built by volunteers, managed by Voluntary Action North Lincolnshire, and funded by the Big Lottery Fund, this £300,000 project has been the inspiration of David

Plumtree who has been tasked with leading this team on the ground."

The team is looking forward to selling good coffee and cakes and eventually selling deli quality sandwiches on speciality breads.

There is also a family area for children, including a play house, and they will be open until late. Evening time will be about the atmosphere and creating a place to enjoy time. The music gets turned up and it's a place to ease yourself into.

The bare brick walls will be an exhibition space, they will have art, live music, things to see and do.

They will love to host evenings where you bring a bottle. "We want this to be something different, the kind of thing you see in the bigger cities."

C
a
f
e
-
i
n
d
i
e

The 'no time' guide to social media

If your organisation wants to start using social media to support your work, then you may be worrying that you've no time to start doing this new task on top of everything else you have to do. So how can you make the best use of social media without breaking the time bank?

1 Think about what you're trying to achieve

What does your organisation hope to achieve by using social media? Is it greater recognition of your brand, your campaigns or your purpose? Is it a way to connect with new or existing supporters? Is it to develop another channel for your marketing or fundraising efforts?

Have a read of your marketing or business strategy to find out where you're wanting to go as an organisation and think about how social media can help get you there. By having a clear idea in your mind about what you want to achieve, you can arm yourself against the potential 'mission creep' that will have you running around trying to do too much in the time you've got available.

2 Pick your social network(s)

It's easy to set up Facebook, Twitter or YouTube accounts. But before you go leaping in, spend a bit of time 'lurking' on the different social networks and see how your competitor organisations (and their supporters) are using them. Are they broadcasting or listening? Do they respond to any and all mentions of their name or campaign topics? Who do they follow?

If you've inherited a load of accounts across the different networks, then cast your eye critically across them and work out which ones are useful to you *right now*. Don't waste time on things that don't

fit with what you're trying to do - there is no rule to say that your organisation *has* to be on all of the social networks. Different social networks are good for different things so pick the ones that fit best with what you're trying to do and ignore the others for the moment.

So, how to choose?

- Twitter is good for announcements, for quickly responding to queries or mentions of your organisation, and for general awareness raising of your work amongst funders, supporters and the press.

- Facebook allows you to get into longer conversations, and can provide a way for people to connect with you, ask questions, and share experiences. It's also easy to upload photos (and get others to upload their photos too) and advertise events.

- Pinterest is a quick and easy visual way to

spread your message. If you have photos from an event, or want to pin up images that your supporters have sent you about how they've worked for your cause, then this is for you.

YouTube allows you to put all your videos in one place, or [channel](#), and then link to them from your website or other media with easy to use sharing options.

A good, standard combination of social networks is Facebook and Twitter. If you're an organisation that generates or receives a lot of video or images, then you may want to add Pinterest or YouTube as well, but Facebook and Twitter together will give you many of the options you want in terms of enabling conversations and reaching new audiences for your messages.

3 Find out what else your organisation is up to

Social media is not something that thrives in a vacuum: instead, it's best used as just one more weapon in your



marketing/ fundraising/ communications armoury. So find out what activities, events or campaigns your organisation is planning for the next few months. Mark these down on your calendar and think about how you can use social media to support these activities, and **when**.

For instance, your organisation may want to increase the number of its younger supporters. You may also just be launching a new campaign about saving the bumblebee. So why not launch a competition on Facebook for people to upload photos of bee pictures their children have drawn? Got a video of a gardening expert explaining how to use bee-friendly plants? Then shove it onto YouTube and link it to your Facebook and Twitter accounts. Start using a relevant hashtag on Twitter, like #saveourbumbles, and ask followers to use it in their sightings of bees in their own gardens.

Using social media to support the excellent work your organisation is already doing, and bring it to new audiences in new ways, will save you lots of time and will make your new social media tools really earn their keep.

4 Don't be bullied

Social media can be very demanding: it's built to be updated minute by minute and keys into all sorts of psychological pressure points to make us look at it again and again. Don't be bullied! Think of social media as just another sort of email: you wouldn't spend all day looking at your inbox and not doing anything else, would you? Set yourself a routine of when you check what's happening on your social media accounts - perhaps three times a day. Spend a few minutes at each of those points responding to people, or posting new content, or saying hello to new followers. Then leave it alone and ignore its siren calls to check it more more more!

If you're worried that people will expect

an immediate answer to something they post on your Facebook wall or tweet to you, then put a note in your Twitter bio or Facebook 'about' which explains that the account isn't monitored 24/7. If your organisation offers help to people in distress, then make sure you have the helpline number or details of how that assistance can be contacted out of office hours on your Facebook page (in the Timeline photo is great) and in your Twitter bio too. See how the Samaritans organisation does it on [Facebook](#) and [Twitter](#) for more inspiration.

5 Monitor how you're doing

Invest 15 minutes every week on looking back at how your social media efforts have gone, and use that information to decide what to develop or tweak. [Facebook Insights](#) and many Twitter monitoring sites, such as [Twentyfeet](#), will let you see who came, who saw and who shared your content. You can then fine-tune your efforts to concentrate on the ones that bear you more fruit.

Don't just monitor social media in social media, either. Keep an eye on the monitoring your organisation uses to capture how its campaigns and activities are doing. Are your donations up? Have you got more younger supporters? Are more people signing up for your newsletter? Do people say they saw your charity on social media when asked how they heard about you?

Your time is not only precious to you, but also to your organisation. Showing how your social media work is helping support your organisation's work is an excellent bit of information to give your boss! It will also make you and your colleagues feel that the time you have invested in using these new tools is worth your while, and is really making a tangible contribution to your organisation's cause.

HowTo: You can edit this page by visiting [KnowHow NonProfit](#) (requires you to log in)

Interested in social media training?
Contact enquiries@vanl.org.uk

.Open Events for Women

The Blue Door, Laneham Street

(free creche places available for Tuesdays, book in advance on 0800 9174787)

The Freedom Programme

Tuesdays 10:00am – 11:30am,
Wednesday 6:00 - 7:30pm.

A course for any women who wants to know more about Domestic Abuse. Over 12 weeks you will meet The Dominator, The Badfather, The Liar, The King of the Castle, The Bully, The Jailer, The Headworker, The Sexual Controller and The Persuader. This rolling 12 programme can be joined at any time with no need to book in advance, just turn up...in fact, you don't even have to use your real name! Learn more about men who abuse, how it effects women, how to spot the early warning signs in a women only environment where we laugh and cry together (usually at the same time!).

Free Legal Advice Drop-In

Tuesdays 10:00am – 12:00pm

Free legal advice available from professionals. No appointment necessary.

National Careers Service advice and guidance

10:00am – 12:00pm.

Every other Tuesday (from 25/2/14) and every other Thursday (from 06/03/14).

Free careers advice on everything from CV writing and accessing training to aptitude assessments and goal planning.

Survivors Coffee Morning 10:30pm – 12:00pm

This informal group is run by survivors of abuse (both sexual violence and domestic abuse) to offer an informal peer support which includes activities and guest speakers. This group is not a therapy group, there is no requirement to discuss your experiences. It's a place to make new friends and gain new skills and hobbies.

Free Craft Workshops

Scunthorpe & District Mind and North Lincolnshire Council Adult Learning have got together to offer FREE Creative Craft Workshops.

There are five separate workshops, and places must be booked the week before. At the workshops you will learn how to make a card for a special occasion, a key ring, a personalised photo frame, a Pom Pom Pet and at the final workshop participants will decorate an Easter muffin and create an Easter card.

All attendees need to book a place as space is limited. To book your place call Scunthorpe and District Mind on: 01724 279500.

Voluntary sector urged to sign up to Humber LEP skills campaign

The Humber LEP's campaign to boost investment in training and skills is seeking backing from not-for-profit organisations with its latest set of breakfast events.

The Humber Skills Campaign, launched in April 2013, was set up to help create jobs, boost company productivity, improve the region's economy and address the growing skills gap which threatens many UK companies today.

More than 120 companies from across the region actively support the scheme but the LEP is keen to build relationships with voluntary and community organisations to see the campaign widely represented within these groups.

Lord Haskins, Chair of the Humber LEP, said: "The voluntary and community sector have a vital role to play in helping us with the Humber Skills Pledge."

"The sector employs a significant amount of people in the region and there are already some excellent examples of how they are investing in skills and we feel increasing awareness within this sector could make a real difference."

"This Humber Skills Pledge event aims to build relationships with the voluntary and community sector so they can see that through a few relatively small actions, if taken up by enough organisations, they can have a positive impact on their companies and the prospects of people in their local communities."

The campaign includes six pledges from mentoring a budding entrepreneur, offering an apprenticeship, employing a local graduate, offering a work placement, supporting the development of employability skills and increasing workforce skills.

Jane Stafford, Managing Director of Child Dynamix, a children and young people's charity in Hull, is set to speak at the event to show the benefits the organisation has gained since signing up and actively fulfilling all six of the pledges.

She said: "Signing up to the pledges is a way of demonstrating and sharing what we contribute to local training, employment and the economy as a voluntary sector business."

"Using the pledges through our HR and policies for learning and development is a way for us to continue to focus on the elements of employability and skills that make a difference and by working together with other organisations real and lasting change is achievable."

The campaign helps organisations access training and skills information, guidance, advice and resources all in one place, to simplify the process for companies wanting to take on or train staff.

Would you like to find out more about the funding for the development of your organisation?

To find out more about the SKILLS SUPPORT FUND please contact VANL or tina.jenkins@eastriding.gov.uk

LEP
S
K
I
L
L
S

Caring and coping with mental illness

Do you support a family member, friend or neighbour due to their mental illness?

National charity Rethink are considering offering training to carers in the Scunthorpe area who are currently supporting a family member, friend, colleague or neighbour who is suffering from mental illness. The course is an education programme providing information and peer support for carers. It also provides an opportunity for carers to develop their practical skills in the areas of communication, coping strategies and self-help.

If there is enough interest, the training will take place in March at Crosby Community Centre, where a list of people interested in attending is currently being collated. If you might be interested, please contact Barbara Wright at the service directly on 01724 852707 or Amanda Azoug on 01302 329491 or email: Amanda.azoug@rethink.org.

Scunthorpe Macular Society are looking for both a Secretary and Treasurer to attend there meeting 4 times a year on a Monday morning plus 1 AGM a year. The duties will include supporting the organisation by demonstrating good organisational skills, good IT skills to produce agendas, take minutes of meetings and be reliable and trustworthy. For any more information look on www.do-it.org.uk or contact the volun-

Creative Support Volunteer Open Day!

Creative Support is the largest provider of mental health and learning disability support services in Scunthorpe. We currently have a range of volunteer opportunities at our Creativities Centre, which provides outcome focused activities including arts and crafts, gardening and music for individuals with support needs.

Volunteering is a great way to meet new people, develop life skills and help others!

Thursday 13th March 2014

Anytime between 10 am—3 pm

Scotter House

Dorchester Road

Scunthorpe DN17 7YH

CARERS' SUPPORT CENTRE

Have you some spare time and want to help others? Do you like driving? If so, we need you

The Carers' Support Centre, based in Brigg, offers advice, information and support to unpaid Carers in North Lincolnshire. It runs a range of events, groups and training sessions to help Carers and give them some "time out" from caring.

Many Carers need transport to get to these activities so the need for volunteer drivers is growing. The Centre is therefore asking for more people to offer to join our team of volunteer drivers. Expenses are paid at 40p per mile and even if you can only spare one afternoon a week it would be most useful.

One carer said "the volunteer drivers help me to attend a group each week. Without them I wouldn't be able to meet up with my friends."

One of our volunteer drivers said "I'm a volunteer driver for the Carers' Support Centre. I drive Carers from their home to group meetings and outings. The meetings give the Carers a break from their 24/7 caring role. It's very re-

warding to know they can get out for a while and Meet people for a chat."

If you would like to help and give something back to your community, please contact Sue White t the Carers' Support Centre on 01652 650585 for an informal chat.

There re over 16,00 people in North Lincolnshire caring unpaid for loved ones who could not manage without their help. 1 in 6 people is a Carer—you could be one yourself, or know someone who is.

Unpaid Carers save the country £118 billion year—more than the cost of the NHS.

Caring can be a very satisfying experience and most Carers believe i is their duty to give the care. However it can also be stressful, isolating and difficult with many Carers feeling they have no life of their own.

Scunthorpe gateway are looking for Mini-bus escorts to assist the driver taking members to a swimming session on a Monday and to the Activity session on Fridays at the Grange Farm Hobbies Centre. If you would like to get involved and would like more information, contact the Volunteer Centre for more information.

Volunteer

Big Lottery launches new £30m programme for young people and the environment

Big Lottery is to enable young people to shape their local environment and acquire new skills through a new grant funding programme.

Our Environment Our Future has £30m set aside for investment in around 25 to 35 projects throughout the UK. Projects will support young people (aged 11-24) to improve their local environment. To find out more, visit the Big Lottery website here.

At this stage, Big Lottery is only appointing the UK portfolio lead. The UK portfolio lead will be the organisation (or partnership of organisations) who will manage the overall investment, including the individual projects. Applications for this work must be received by 16 May 2014. However, if you have a project which you think would fit and offer exceptional opportunities, there is already an opportunity to express an interest. Go to Our Environment Our Future to find out more.

Funding for Heritage Projects

Do you want to explore heritage in your area but need advice and funding? At the Heritage Lottery Fund, we have had fewer grant applications from groups in North Lincolnshire than the rest of Yorkshire and the Humber.

We're hosting a special event on 3 April 2014 so that the local organisations can learn about our funding for heritage projects and meet our grantees, and we need your help!

Please tell us which two of these topics you would be most interested in, so we can make sure the event is really useful:

- Funding for heritage projects under £100,000
- Funding for activity projects
- Funding for projects involving physical works, for example building or landscape conservation
- Funding for heritage projects led by local authorities

Place: CAST Theatre,
Doncaster DN1 3BU

DATE: 3 April 2014

ADMISSION: FREE

Please contact Heritage Lottery Fund, Yorkshire and the Humber, 4th Floor Carlton Tower, 34 St Paul's Street, Leeds LS1 2QB, telephone 0113 3888030 or email: y&hdevelopment@hlf.org.uk

This week saw the announcement of **£112 million across England** to support thousands of people with multiple problems including homelessness, mental ill health, addiction and reoffending.

Grants of up to **£10 million to 12 areas** across the country will help to improve and create better coordinated

Services to prevent people living chaotic lives being passed between charities and services which often cannot individually deal with their wide range of needs.

With projects lasting between 5 and 8 years, celebrations have been taking place from Brighton to Gateshead as news of the funding sinks in.

Support for this initiative has been tremendous including tweets from Stephen Fry, Alastair Campbell and Jon Snow, plus support from Mitch Winehouse.

But the real winners are the people with 'lived experience' of multiple needs themselves. These people have played a major part in deciding how [Fulfilling Lives: Supporting People with Multiple Needs](#) should be designed. As part of an 'Expert Citizens National Group' they will now work with us throughout the lifetime of the investment to change perceptions, to raise awareness and try to break some of the prejudice out there.

We are privileged to have been able to share their stories and highlight how it is possible to turn lives around. From [Mark from Birmingham's blog](#) to [Darren from Stoke's interview](#) with BBC Radio Stoke their voices are well and truly being heard.

Follow [@BigIfSuppAdults](#) and #multipleneeds for updates on the group's progress.

The council recognises the important role that community groups play in making North Lincolnshire an excellent place to work, live and play. The council also wishes to support talented individuals to become the very best that they can in their chosen activity. The council has increased the funds available to support community groups and talented individuals. In return, recipients of grant funding will have to help to deliver key priorities for the area.

We will expect groups, where appropriate, to show that their projects will reduce the impact on

the environment and tackle crime and the fear of crime.

Applicant organisations must have policies addressing all statutory responsibilities including health and safety, safeguarding children and vulnerable adults and equality and diversity. Registered youth organisations who have already submitted a constitution and safeguarding/child protection documents to register do not need to re-submit these with applications for financial support unless they have changed. Full details of the grant scheme and application forms can be downloaded from PDFs below.

Applications are currently being considered on a rolling programme as received. Please note we will not normally consider applications for support with the cost of staffing.

Incomplete applications will be returned. Applications received after this date will be held until the next deadline.

Please download the files below for further information and to apply:

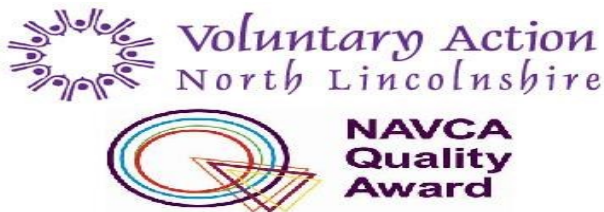
[Community Grant Fund Guidance notes](#)

[Community Grant Fund Application Form](#)

[Individual Grant Fund Application Form](#)

[Registered Youth Organisation](#)

If you need advice or guidance regarding grant aid please telephone Sport, Leisure and Culture staff on 01724 297257.



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

Calling Barton member groups

Anyone in Barton wanting to leave work for typing, layout, etc for VANL can now leave it at the Wilderspin School as before.

VANL has a pigeonhole there, and the staff on the desk will take work for us. We will also be able to leave the finished work there for collection later.

There are only a few snags:

You will have to write your requirements clearly and attach them to the work you need doing, together with your contact details.

We will have to invoice you for payment (although for very small pieces of work we can make arrangements to run a 'tab')

You will need to collect your work when the School is open (Thursday to Sunday, 11-3pm in winter, 10-4pm in summer).

To confirm arrangements, ring 01724 845155.

Please let us know if this arrangement causes any problems for you.

Scunthorpe and Glanford Remedial Recreation Club

Annual General Meeting to be held at Lindum Street Community Centre on Monday 31 March 2014 at 7 pm

Wheelchair Basketball

Every Sunday 4—6 pm at
The Pods, Scunthorpe DN15 1AA

- Come down and have some FUN
- No previous experience required
- Drills, Skills and Games

FIRST WEEK FREE

For more information contact
Chris Bycroft on 01724 852921