



VANL NEWS

Voluntary Action North Lincolnshire
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involved team national youth volunteering programme
inspired by **V** inspiring a million more young volunteers

The youth volunteering project has sadly come to an end after three years. However, Jacky, the manager has taken over the role of the Volunteer Centre Manager and David is now the Development Worker with a speciality in the youth work.

Trudy has started the new project—Learning for Change

The first of THREE VANL babies due this year has arrived! Aiden Michael was born on 23rd April, his mum is Rachel our Finance Officer. Babies two and three arrive in September, due around the same time, their mums will be Penny and Ann-Marie



LOTTERY FUNDED

NEW PROJECT—LEARNING FOR CHANGE

The Event

The long awaited launch event for the 'Learning for Change' project got off to a great start early on Monday 11th April 2011 at the Kingsway Centre in Scunthorpe. The venue was excellent in terms of its location and size, with ample parking and people began to arrive nice and early.

The morning began with greetings and coffee with everyone signing in and a total of 66 attendees enthusiastically awaiting the start. A wide range of people attended the event from possible service users for the L4C project, to potential trainers and representatives from various organisations associated with the client group.

The speakers were:

Rona McBrierty - 'Wellness Recovery Action Planning' How it helped in my 'Journey of Recovery'

Pam Priest - Community Education Service - 'Barriers and enablers in adult learning'

Adrian Evans - Senior Probation Officer, Integrated Offender Management Unit - 'Creating confidence in Communities'

Graeme Dixon - 'A presentation covering the potential benefits of using personal values, trust and a shared vision of supporting an individual to make changes in their lifestyles and behaviour. Also including up-to-date research on the subject as well as personal experience'

Tanya Liden RDASH - 'Recovery and Challenges in Mental Health'

What is the learning for Change ?

The first steps of **L4Change** involve the creation of an in depth individual learning plan that will grow into an individualised learning pathway. The ILP and toolkit has been developed by people from underserved communities who have already accessed learning via Voluntary Action North Lincolnshire.

If learners are not ready for group learning they may undertake smaller steps with coaching or Wellness Recovery Action Planning. Learners may access bite sized learning from 1-3 hours and progress to accredited learning in Volunteer Management, Community Development and other areas if desired.

These courses are not time limited.

Learner groups are small and supported.

Support for numeracy and literacy is also available.

All training covers National Occupational Standards

Experiences of the day

Enjoyed all workshops/speakers and encouraging to see that different organisations think the same about personal change. Very rewarding day, good great!

'Great networking, lunch, chance to support service users in attending, excellent service users involved.'

A thought....what is recovery?????

The day left us all considering our understanding of recovery; from illness, addiction, wear and tear of life and concluding this was a very individual and unique journey....

Wellness Recovery Action Planning Train the Trainer Training 20th June 2011

The Learning for Change Programme is a person centered client led programme of learning and support. A key axis of support is Wellness recovery Action Planning. Wellness Recovery Action Planning (WRAP) is a 'self-management' tool used in many countries around the world to help individuals take more control over their own wellbeing and recovery. It emphasises that people are the experts in their own experience and is based on the premise there are no limits to recovery.

The tool was designed by [Mary Ellen Copeland](#) and others to offer a structured means by which people

could maintain wellness and recovery whilst working to anticipate and reflect on crisis. (thanks to the Scottish Recovery Network)

Voluntary Action is offering a full 5 day training package for WRAP facilitation in June with designated places for volunteers and service users. If you are interested in undertaking the training or would like further information please contact us on

learn4change@vanl.org.uk



Positive Steps for your Mental Health.... Train the Trainer

An additional train the trainer event to deliver the OCN accredited 'Positive Steps for mental and emotional wellbeing' will be held on the 5th and 12th of July. For further details please contact us on learn4change@vanl.org.uk

Look out for.... The new training diary - accredited and non accredited training. The Learning for Change programme will deliver training for our member organisations and community, providing training for personal development, community development, volunteer management and recovery and support. You can view the diary at www.vanl.org.uk or pop in and see us.

Would you like to get involved in the Learning for Change Programme?
If you are interested in becoming involved in the programme as a learner, facilitator or partner please contact us on learn4change@vanl.org.uk or see the information on the website www.VANL.org.uk

Calling all Touch Typists—Sounds Right Needs your Help

Do you have a minimum typing speed of 50 words per minute? Do you have good listening skills? Do you have a good level of written English? Could you commit to attending 3 x 3 hour training sessions, which will be arranged flexibly around your availability? If you can answer "Yes" to all of the above questions and are interesting in learning how to use your typing skills to support d/Deaf, deafened and hard of hearing people in a variety of settings, please get in touch with us (via email at gillianwilson2k@btopenworld.com) to express your interest and to find out more details

Training News

JUNE

- 1st Drugs Awareness
- 7th Media & Marketing Tools
- 23rd Effective lobbying
- 28th Recruitment & Retaining Volunteers
- 29th Befriending & Mentoring

JULY

- TBA Fundraising plus
- 5th Positive steps to Mental health OCN Level 2 Day 1
- 12th Positive steps to Mental health OCN Level 2 Day 2
- 13th Supporting and Supervising Volunteers
- TBC Conflict Management
- 20th Disability - 'Let's talk about it'
- 27th HSE First Aid

AUGUST

- 8th Food Hygiene
- 10th Recruiting and Retaining Volunteers
- 17th Introduction to volunteering
- 24th Managing meetings
- 31st Roles & responsibilities for Community Groups & Committees

SEPTEMBER

- 7th Minute Taking
- TBC Evaluating the impact of volunteering
- 12th Safeguarding for volunteers
- 20th Improving your job prospects

For further information, please contact the office - 01724 845155.

As always, if you don't see topics that are of interest to you, please let us know and we will do our best to help.

Jan Rilatt
Training Co-ordinator

Advance notice!! We are intending to run a:

“Psychology for Health Behaviour “ workshop

towards the end of the summer, which is aimed at anyone working to improve the healthy life-styles of others. Run by Hampson Solutions, the main aims include:

New tools and techniques to help your clients and service users to work more successfully towards their lifestyle goals.

Why we can't seem to improve our life-styles for a healthier future.

We will have more details later but are initially looking for expressions of interest. Please contact us to register your name or organisation if this would be of benefit to you.

We are constantly looking at ways to improve efficiency and are making some changes to our procedures and costings.

1 As from 1st June bookings for training courses will only be accepted by a completed booking form - we will no longer accept bookings by telephone. Booking forms can be:

- downloaded from our website www.vanl.org.uk/training
- posted to you
- completed when visiting the office
- found in the training diary

2 We are also revising our pricing structure. Full details will be in our next quarter's training diary which covers June - September 2011 and will be available by the end of May. We are restructuring our cost bands and will offer a reduction on costs for VANL members on most of our courses. So if you are not already a member, JOIN NOW!

For funded courses, we are also introducing an admin fee for those people who book and do not turn up nor have notified us of their nonattendance in advance.

The Big Society and the Voluntary and Community Sector

This paper is intended to separate the VCS from the political concept of the Big Society. This is not to undermine the value of the sector, or pass any judgement over the Bog Society, but purely to define the difference between the two and to counteract the current politicisation of the VCS.

So to begin this debate VANL as a key local VCS infrastructure organisation respects and values the emphasis and trust placed in the VCS by the current Coalition Government and the previous Labour Government and, if nothing else, the current emphasis has opened up the debate about how the sector can contribute more in a variety of ways, including as commentators on how well services are being delivered, what happens in an area and particularly advocate for those most vulnerable within our society.

However this is not new! VCS and individuals collectively acting have always responded to issues affecting people or communities. They have always advocated for those without a voice, standing up against injustice.

The VCS acts to meet unmet need and have been doing so for many generations. New voluntary activity has always been led by individual/s leading others in collective effort for the common good.

So what I want to make clear is that the Big Society capitalises on this effort and reconstitutes it to provide a way of understanding and implementing a political philosophy and this is where a danger may

lie. As the Government is ever more cornered in their thinking about the role that the sector will play, it is easy to see how it might be tempting to account for the lack of development and criticism re the philosophy as the failure of the VCS to grasp the opportunities the Government is providing - not in the thinking. That the sector has been resistant to taking on a bigger role because it is comfortable in its dependency on the State in the same way that the government promotes the message that some individuals are resistant to taking responsibility for their own lives.

This view is demonstrated by a quote from Professor Booth (Cass Business School) "The Big Society will only emerge when the government cuts the sector's dependence on grants and strips regulations to "unleash a tide of philanthropy" What it should involve, he suggests, is a radical "rolling back of the state". "Welfare," he said, "flourished when the state was not responsible for welfare."

I am not suggesting in any way that this is the intention of either the Government or the opposition; however, it is easy to see the credibility of the sector may well end up as the sacrificial lamb in the attempt to either explain the poor progress in establishing a "Big Society", or in the process of political opposition of the Government.

So it is my belief that we need to promote our successes and explain fully why we may not fully embrace

some of the new developments, in terms of well evidenced arguments about any negative impacts on individuals or community. We should also provide positive examples about how initiatives or policy changes may be improved in light of our experience.

Perhaps most importantly, we should not lose sight of why we are here, which is to serve the people we are here to serve, to fill gaps, address inequalities and all in a creative and spontaneous style. In order to preserve this flexibility, we should resist taking over the state and attempts to direct what the sector is or does to protect what makes us unique and to which the outcomes we achieve are attributable.

Finally a quote from Stuart Etherington of NCVO, who makes a valid point: The Big Society "should not just be about the state pulling back, but about the state and civil society working together, supporting each other through the different roles they play", and to add to this, public services are not free and will never be free. People who rely on these services, who do not have the means to pay for them will always require State support in one form or another and this is exactly why the 'Government puts its hands in citizens pockets' (Booth Jan 2011) Grants do not make voluntary organisations any more dependent than organisations which have been procured to deliver a service; it is simply a mechanism by which commissioner's "shop" for services in the best way to achieve the desired outcomes.

**NORTH
LINCOLNSHIRE
COMMUNITY
POT**



The Humberside Youth Association
(Registered charity 515919)
Grant Fund Is committed to welcoming diversity and Positively promotes Equality of Opportunity

Application Criteria and Guidance notes

What is the Humberside Youth Association ("HYA") Grant Fund?

The HYA Grant Fund is a source of money made available, from HYA, for the benefit of disadvantaged young people aged between 16 and 25 years living in North Lincolnshire.

Grants are available to individuals or organisations to support non recurring costs/projects to give young people the opportunity to learn new skills and develop self-confidence (preferably but not exclusively) through their leisure activities to improve their chances of getting into work or education.

Grants will generally be in the range of £200 to £500 for individuals and up to £2,500 for organisations and the closing date for applications is 30 September 2011. The money must be spent six months after grant approval.

What can you spend the money on?

Typical expenses we would fund are:

Training courses

Meeting/Event costs

Travel costs to attend training or an event

Capital items eg computer and software

Contribution towards one off projects

What can't you spend the money on?

We cannot fund any activity undertaken, or expenditure incurred, before notice of an award is received from us

You cannot spend any part of the award on salaries

Unfortunately, we cannot consider you for an award if:

For an individual - you are under 16 or over 25 at the date of grant approval

For an organisation - the ultimate beneficiaries of the grant are generally under 16 or over 25

Your project idea is Political or predominantly religious

How do you apply?

Fill in the application form, which is available from Voluntary Action North Lincolnshire, and send it back to the office before the application deadline which is 30 September 2011. We can email copies to you.

What will happen next?

When we receive your application we will write to your referees preferably by email. Please make sure your referee is able to return your reference quickly as your application will not be fully processed until we have received a satisfactory reference. You may be contacted by us to ask for any other information we may need.

Your application will then be considered by a Panel made of representatives from the voluntary and public sectors.

If you are successful

We will write to you to let you know the outcome of your application and if you are successful you will be asked to sign and return a funding agreement stating the terms and conditions under which the award is made. We will also need for you to send us an original bank statement of the account you want the money to be paid into. The money will then be transferred into your account.

When your project is completed we may ask you to tell us what difference the grant made to you or your organisation.

ANNOUNCING A FUNDING OPPORTUNITY For Organisations Managing Community Buildings ENERGY EFFICIENCY GRANTS

If you have your own premises, either owned or leased, you may be able to benefit from an Energy Efficiency Grant. The aim of the fund is to help you make energy efficiency savings and to look at other forms of renewable energy solutions.

What do we mean by energy efficiency and renewable energy solutions?

It could be help towards the cost of; a new boiler, loft insulation, cavity wall insulation, double glazed windows and doors.

A Renewable technology means; land, air or water heat services, solar panels, wind turbines.

How much is available?

There is a total fund of £50,000 available for allocation within North Lincolnshire. The grant will normally not exceed £10,000 and all applications for funding must be match funded by another source.

Eg Landfill tax, Parish Council, Fundraising, Charitable Trusts, Awards for All etc. Funding support is available.

How can you be considered for a grant?

You must first have an energy audit conducted on the building. The findings will inform an action plan of recommendations **and costs of the work required?** You may then apply for a grant to help fund the work required from Energy Efficiency Grants.

How do you apply for an energy saving audit?

You must complete an energy audit application. An appointment will be made at a convenient time for the audit to take place. You will then receive your report.

If you wish to apply for an audit, please contact Barbara or Ann Marie at VANL on 01724-845155 or enquiries@vanl.org.uk for an application form.

What happens next?

- Completed applications for funding will be appraised by the Community Pot Panel.
- You will receive a letter informing you of the outcome of your application.

If you are unsuccessful we will tell you why. There is no appeals procedure.

If you are successful you will be asked to sign and return a funding agreement stating the terms and conditions under which the award is made, including what we require for monitoring, evaluating and quality purposes (what difference the process and the grant made).

In addition to the above, we will ask you to send us an original bank statement of the account you want the money paid into (this is to comply with money laundering legislation and it will be returned to you). The money will then be transferred into your account.

Please note that we cannot pay your grant until you comply with all the terms and conditions.

Further information available from:
Barbara at VANL, 4 - 6 Robert Street
Scunthorpe, DN15 6NS, 01724-845155
Or barbara.diggle@vanl.org.uk

This is a Fantastic Opportunity!

The Money Matters Plus Project is holding a free event to recognise best practise, growth, development and improvement in a host of North and South bank organisations. The event has so much more to offer however.

You will get:

- Access to Key Fund (Funding for the third sector)
- An opportunity to meet companies that offer free support to the voluntary sector
- A talk from a major national organisation that are big believers in offering support to the third sector (Find out why)

Money Matters Plus celebration awards to award successful groups in the Humber
Access to a wide range of free support, training and business tools for your organisation free of charge. Free buffet and refreshments
Fantastic Networking opportunities within the sector.

Date 13th June 2011:

**Venue—The Ropewalk, Barton on Humber
Time 12.00 (Lunch to start)**

**Contact simon@cert-ltd.co.uk on 01469
572313 Ext 31 to book your place**

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The Podium @ Scunthorpe Market

You may have seen on the news recently that Scunthorpe Market is getting a new lease of life with a refurbishment of the stalls and the creation of a purpose built event and exhibition space. The Podium @ Scunthorpe Market will be an exciting new venue in the town centre not only for events but also for charitable / not for profit organisations like yours to promote your services.

Events will be held on The Podium @ Scunthorpe Market several times a month driving footfall through the market so why not take this opportunity to promote your organisation's services!

For charitable organisations we charge a nominal rate of £20, which can be waived in certain instances, for example if you're planning an event that will bring a lot of people in to the market.

If you are interested in booking The Podium @ Scunthorpe Market, or would like more information please contact me on 01724 297774.

Vicki Brooks
Tourism Development & Marketing
Officer - NLC

Local Sport clubs and community organisations are invited to become members of the new **North Lincolnshire Community Support Network**.

The North Lincolnshire Community Club Network is designed to support all clubs and organisations with an interest in development sporting opportunities in North Lincolnshire. You will receive key support on a range of volunteer and club development issues and link them into the emerging opportunities presented by the Olympics coming to London in 2012. Membership for the network is free of charge for all organisations in North Lincolnshire.

Local PTA Selected as regional winner

The Friends of Althorpe and Keadby Primary School, Keadby have been selected as the regional winner for the North of England and will now proceed through to the UK national finals of the NCPTA Gold Star Wards 2011.

The Friends were looking for an innovative way to raise money and so hit upon the idea to take the school on tour! Initial investigations revealed that throughout the local area there were many events that would provide the Friends with the opportunity to raise the profile of the school whilst making money from running stalls such as hook-a-duck, pick-a-lolly and tombola. Committee member Julie Silence said "We booked a stall at two local events which ere really well attended by the local community; we were really busy! We raised over £800 so were delighted that we had taken the Friends of Althorpe and Keadby Primary School on such a successful tour." The money raised went towards the purchase of new books for the Key Stage 2 school library and towards the Althorpe and Keadby Community Nature Area which is a new and exciting project to develop an area of land behind the school for the use of both the school and local community..

The Friends will now join winners from the Northern Ireland and Wales plus England (South and Central) at the national finals on the 8th June in central London, when the winner will be announced. If successful, the Friends will receive a cheque for £1000 in addition to the £500 they have already won as a regional winner!

