



VANL NEWS

Voluntary Action North Lincolnshire
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Barton office in historic move!

Carol Thornton at the Barton office of VANL has moved office, from one museum to another!

The new VANL office is inside the Wilderspin National School in Barton (formerly the Barton CE School) on Queen Street. The School has been recently renovated and has now opened as a museum and community and educational facility, to great acclaim. The museum part of the School is open from Thursday to Sunday each week, but VANL staff work Monday to Friday each week. Anyone wanting to visit VANL on Monday to Wednesday will be able to use the side door (at the back of the School), although you may need to ring for access. If making a special trip, telephone first to make sure there will be someone in the VANL office.

All the usual services will be available, but you might like to allow a few days extra, as Carol is still getting used to the new premises, and there may be unavoidable delays (although obviously, we hope not!). Now we have the phone line and broadband installed, Carol is able to access information in the same way as before.

Everyone is very welcome to come along and see the new office, talk about what we can do for your organisation, and (Thursday or Friday) have a look around the School too.

vinvolvedteam

North Lincolnshire



FREE TRAINING!

Do you offer volunteer placements to young people age 16 to 25 years? If so, the **vinvolved** team invite you to attend a brand new accredited course – **OCN (Level 2) Working with Young Volunteers**. The course is funded for one year, and will be delivered on 3 separate occasions - April 2009, October 2009 and February 2010. Each course will be delivered over a 3 day period, covering 2 half days and one full day. Free places will be allocated on a first come, first served basis.

The course is aimed at staff, paid or unpaid, with responsibility for supervising volunteers, or those who are interested in setting up a volunteer programme for young people. By the end of the course you will have gained an insight into providing a high quality volunteer programme that meets the needs of your service users and young people interested in volunteering.

To reserve your place please contact VANL Training Co-ordinator, Jan Rilatt on 01724 845155, or email jan.rilatt@vanl.org.uk, or to find out more about the course, contact Youth Volunteering Development Manager, Jacky Birkett, by telephone or email jacky.birkett@vanl.org.uk

Access www.vanl.org for further information about this and other training opportunities for organisations and volunteers.

For more information about volunteer opportunities in North Lincolnshire access www.do-it.org.uk or for young people age 16 – 25 years, access www.vinspired.com

We Have Aspirations !!!! Good news !

The future of the volunteer centre is looking more promising following the submission of our final report. Many thanks to all of you who champion volunteers and best practice in volunteering. Recording hours and volunteer activity is a vital part of your service and can contribute to funding applications and reward and recognition of volunteering as well as providing a front line service. The result of your efforts means we are a lot closer to achieving the financial reward for the region. Please keep sending in your volunteer hours and continue to keep accurate records for your organisation

The next phase of service development will seek to create a strategy that identifies and acknowledges volunteer rights whilst supporting organisations in their supervision and development of volunteer roles. This will aim to raise the bar for best practice across both the voluntary and community sector and statutory sectors.



Volunteers are wanted for a new scheme!

The North Lincolnshire branch of the Alzheimer's Society is starting a new scheme to befriend people with memory problems or early stage dementia and is seeking volunteers to give up a couple of

hours a week to provide active support for them. The aim of the scheme is to help people maintain their links in the community, making them feel less isolated.

The befriending volunteers will be asked to provide companionship which may involve going out for a walk together, going to the local coffee shop, visiting a garden centre or simply providing emotional support. Volunteers will be trained and supported and all expenses paid and matched to people with similar interests.

The scheme is being co-ordinated by Diana Mingaye. She said: "If anyone would like to know more about the scheme they can ring me on 01724 859105 or email dianamingaye@yahoo.com. You can also register with the VANL Volunteer Centre or www.DoIt.org But as I only work 14 hours a week the telephone answering machine is always on and I will return the call as soon as I can.."

Diary Dates

- 16th March 2009 Co-ordinators Forum
- 6th & 20th April 2009 Mental Health First Aid
- 1st & 8th June 2009
Mental Health First Aid Training Courses -
have you booked your place?
- 2nd March 2009 Basic Drugs Awareness
- 17th March 2009 'That's not what I meant' -
Communication skills
- 30th March 2009 Support & Supervision of

GET INVOLVED WITH CONSERVATION !

Do you have an interest in nature and wildlife management? Do you want get out and about in your local environment? Do you have practical skills to offer or would like to develop more?

If the answer is **yes** then our volunteer work parties are for you. We meet around once a month on Sundays to carry out a variety of practical tasks on Far Ings NNR and other reserves in the area. Our next meeting will be **Sunday 1st March**

For more information about this event, to let us know you will be joining us or to find out about volunteering in general at Far Ings contact:

Emma Wilmot (Project Officer)

on:

01652 637055 / 07921 372802

or

e-mail: ewil-

motshwap@googlemail.com

Connecting Communities, Neighbourhoods and Nature

Is there a place near you that could provide a haven for people and nature?

Is there a space in your local area that needs looking after?

Then the Lincolnshire Wildlife Trust can help...

Lincolnshire Wildlife Trust

60 years



its inhabitants.

We are able to provide advice and training in a range of topics from:-
Setting up a Community Action Group
Site Management Planning and Safety

:-to practical techniques for the conservation of your site.

In addition to working with groups to develop green spaces we provide a range of outreach environmental education for groups (of all ages) as well as running educational activities at the Far Ings NNR and other reserves in the South Humber area.

Alternatively if you are interested in other ways to get involved there are numerous opportunities for volunteering including practical reserve management, assisting in the office, helping out in our well stocked shop and supporting the staff on our popular events.

If you have a green space in mind or for more information on any of our activities contact:-

Emma Wilmot (Project Officer)

Far Ings Visitor Centre

Tel: 01652 637055

E-mail: ewilmotshwap@googlemail.com



TRAINING NEWSLETTER - FEB 2009

As we look forward to spring, many people's thoughts often turn to how they might 'grow' themselves by doing something different e.g. volunteering or wanting to learn something new.



At VANL we aim to have a wide selection of available courses, so there's something for everyone. Whether it's building confidence, learning about food hygiene or improving your awareness of drugs, have a look at our training diary for the forthcoming quarter, which is available on line at www.vanl.org and where you will find a booking form.

Topics coming up include:

- Minute taking
- Food hygiene
- First aid
- Personal development
- Drugs awareness
- Improving your job prospects
- Marketing
- Mental health awareness



As we aim to give an efficient service to you all, I'm sure it'll be appreciated how helpful it is when the relevant paper work is completed correctly and we receive completed booking forms in good time for courses. Recently we have had a few instances where things haven't gone so smoothly resulting in a lot of wasted time and necessary detective work. SO we



have a request for to make.

Pretty please:

- Ensure when provisional bookings are made for courses that a completed booking form for each person is returned to us. Either download one (easiest & doesn't get lost!) or ask for one to be sent out. Once returned, this will generate a confirmation letter and a course profile for each learner.
- Ensure forms are legibly completed and in full.
- Advise us of any name changes e.g. if a person is substituted for someone else.

This will help us continue to ensure that we provide the best possible service and also enable everyone to receive the correct paper work and certificates.

THANK YOU!



To help us to help you, please take a few moments to complete the Training Needs Questionnaire enclosed with this newsletter as it will help us provide the most appropriate training for you and your organisation.

Jan Rilatt
Training Co-ordinator

Who Cares Update.....

Who Cares Begins GP Research

Who Cares has begun its research into GP practices in central Scunthorpe. Members and staff from Voluntary Action North Lincolnshire have been braving the bitterly cold weather in order to collect the public's views on their GP practice, and what they feel can be done in order to improve things. The aim of the research is to find out local residents views on their GP practices, leading to relevant recommendations on improvements being made to GP's and the Primary Care Trust. It must also be stressed that all the positive remarks that we have heard will also be highlighted and passed on to the relevant GP practices.

Existing Healthcare Commission research has shown that NHS North Lincolnshire (the newly rebranded name for North Lincolnshire Primary Care Trust) is in the bottom 20% nationally in terms of people being able to make an appointment to see their GP more than three days in advance. This existing research, coupled with the experiences of many of our members, led to them wanting to find out the true extent of the issues which many patients are facing in North Lincolnshire.

The public response has been excellent and they are fully in support of the work Who Cares are doing. They have been more than willing to take a few minutes out of their day to take part in the research and many of them have taken a keen interest in seeing how the research progresses and contributing at a later date.

Although the research collation is still at an early stage it is clear to see that there are vast spectrums of opinions - ranging from people being very positive and happy, whilst others are very unhappy. Once the data collation has been completed we will then be able

to see the specific issues that have cropped up from a number of people. We shall then be able to go back out and explore these issues in more detail.

Who Cares research is independent of the NHS GP Patient Survey 2009 which is currently being sent out to 5.5 million patients across the country. This £10million questionnaire covers a whole range of topics with regards to GP access. More information and a sample survey can be found at www.gp-patient.co.uk

If your GP practice is situated in central Scunthorpe and you'd like to give your views and add to the research it's still not too late. You can ring the office on **01724 845155** or email Kristian.reed@vanl.org.uk for further information on how you can contribute to the research.

Health and social care issues facing North Lincolnshire

The Who Cares members will be deciding which areas of health and social care to prioritise as the focus for its investigations. In doing so they may raise issues that they are aware of that affect themselves or others and must prioritise these in terms of the numbers of people affected and the potential severity of the effects, perhaps the most crucial question is whether or not Who Cares can realistically make a difference to the issue.

Who Cares will be judged on how well it communicates with the residents of North Lincolnshire to learn about their concerns and how well it responds to these. Who Cares will only be effective if it chooses appropriate work topics that reflect genuine local needs and that it can tackle in an effective way.

We want to obtain the views of local people as to what they consider the main issues in local health and social care service provision,

Who Cares Update.....

either in terms of poor availability, insufficient quality or in any other failure to meet their needs. So far people have told us about many concerns that will be put before the members of Who Cares so that they may prioritise which ones they will adopt for further investigation and action, and the issues raised by our members so far include:

Ageing population

Every year more than 1000 people aged 65+ are added to North Lincolnshire's population, this is growing fastest in rural communities: will planned local provision meet the growing demands.

Health inequalities

Although life expectancy is improving it is doing so more slowly in poorer communities for example in 2007 the average life expectancy of men in poorest communities was 5 years shorter than the North Lincolnshire average. The main causes of the gap are heart disease and stroke.

Smoking and obesity

Smoking and obesity are major causes of death, smoking rates are remaining steady while obesity is increasing.

Breastfeeding

Not enough women in N Lincs breastfeed their babies, 57% start to breastfeed and after 6-8 weeks this drops to 25%. Breastfeeding has health benefits for mother and baby and the cost to the NHS of not breastfeeding is high. Members are concerned that not enough is being done to support breastfeeding.

A lack of awareness of services

Many members do not feel that they are made fully aware of the service available regarding community based care, out of hours access, access to social care, information about direct payments and other services. They believe that the service providers in

North Lincolnshire could do more to enable people to access these services.

Teenage pregnancy

In the most deprived areas 75.5 out of every 1000 15-17 year olds become pregnant, this is double the N Lincs Average and compares to 8.4 out of every 1000 in the least deprived areas. There are many social and health costs for both babies and teenage mothers. Is enough being done to reduce the high rates of teenage pregnancy?

Access to Psychological therapies

In 2007/2008 3125 people were referred to Poiesis in North Lincolnshire, this accounts for 23% of the estimated prevalence of common mental health problems and many members have reported barriers in accessing psychological therapies.

Is there sufficient access to psychological therapies in primary and community care.

Urgent and emergency care review 2007/2008,

The healthcare Commissions report into the review of urgent and emergency care in the North Lincolnshire Primary Care Trust area 2007 -2008 scores these services as below average in many criteria and for the area of out of hours GP service was described as the least well performing nationally.

Hospital hygiene

Some members have spoken of their concerns about the cleanliness of Scunthorpe General Hospital and in particular issues around infection control. The Healthcare Commissions report 2007/2008 into Northern Lincolnshire and Goole Foundation Hospital Trust found that the criteria of C21 had not been met regarding cleanliness in Diana Princess of Wales hospital.

We need everyone's views, so if you agree with, or wish to add to any topic that has been raised or want to raise other topics please email greg.gough@vanl.org.uk or call Greg on 01724 845155.

Winterton Disabled Club is organising a Charity Fair on Saturday 18th April 2009 at Winterton Methodist Chapel Hall from 1.30pm to 3.30pm.

We would like to invite your organisation to have a stall at the event. The more organisations take part and the better it will be for everyone in attracting members of the public, therefore all stallholders should benefit.

Organisations wanting to book a stall should contact:

Nicki on 733441 or email:

nd.mumby@tesco.net

Cost of stall: £4 for voluntary groups. Payment must be made prior to event to reserve a stall.

Refreshments will be available.

After the success of the Charity Fair held last year, we hope that you will welcome this opportunity to join us and raise some funds for your organisation at the same time.

Looking forward to hearing from you.

Nicki Mumby

Chair Winterton Disabled Club

The Community Interest Group goes large!

The Community Interest Group is a networking group which meets monthly, aimed at anyone working in the voluntary sector and/or the community. Meetings rotate around the county.

The group recently expanded to cover all the rural areas of North Lincolnshire. The meeting on 20th March will be a special meeting to celebrate moving into Scun-

thorpe as well, so now anyone in North Lincolnshire who has an interest in the community will be able to access these meetings. The March event will start at noon, and food will be provided on this occasion. What do you get out of joining the group? If you belong to a voluntary group, you get the chance to meet others working in similar fields, to tell everyone what you are currently working on, and to ask for help or set up new partnerships. And now you will also get the opportunity to put forward your views to North Lincs Council, to suggest improvements and to ask for changes to services. They will get a report of what was said, and will look into what can be done.

Councillors and council officers will also be able to get the views of the voluntary and community sector, to help them to assess their services and ask for suggestions for improvements.

As an added bonus, you don't need to actually come to the meetings to put your comments forward. You can phone or email Carol Thornton to have your news included in the report of the meeting and you will receive the (new) Newsletter giving full details after each session.

For further details, see our Website.

Scunthorpe and Glanford Remedial Recreation Club will be holding their annual general meeting at Lindum Street Community Centre on Monday 30th March 2009 at 7 pm

SMOKE ALARM STILL SAVING LIVES 40 YEARS ON

The smoke alarm is marking its 40th anniversary of saving lives this year. In 1969 the first battery-operated home smoke alarm was patented by two Americans - Randolph Smith and Kenneth House.

The advent of the smoke alarm has been one of the most important technological events in recent years. By giving people those precious minutes to escape from fire, the working smoke alarm has saved countless lives over the years. Nick Tharratt from Humberside Fire and Rescue Service says,

"Owning smoke alarms is not enough - test yours weekly to ensure it remains your potential lifeline for future years to come."

Recently there has been a rise in the number of cooking related fires especially around tea time. Approximately 70% of fires in the home are cooking related. It is easy to get distracted when cooking especially if the phone rings.

Here are some handy tips to help you prevent a fire in your home:

- If the door bell goes take your cooking off the hob.
- Your grill can kill - keep it clean to prevent any excess food catching fire.
- Use a deep fat fryer instead of a chip pan, which can overheat
- Create your own fire escape plan

Pull your finger out! Make sure you have a full working smoke alarm and test it weekly.

Humberside Fire and Rescue Service are able to visit homes and carry out free Home Fire Safety Checks, smoke alarm fittings and offer any other information to help keep you safe from fire.

For more information contact Humberside Fire and Rescue Service on 01724 295935 or nlincscommsafety@humbersidefire.gov.uk.

INDEPENDENT COMPLAINTS ADVOCACY SERVICE (ICAS) OUTREACH

As you may be aware, some of our stakeholders have told us that an 'Outreach' provision could prove invaluable for members of the public living in more rural or remote areas within our region, who may need ICAS support. Therefore, I would like to update you of our new location for outreach sessions in North Lincolnshire on the South Bank which has replaced the Barton-Upon-Humber venue.

Dates have been planned as follows:

Scunthorpe (within the new Voluntary Action North Lincolnshire building) -

4 - 6 Robert Street, Scunthorpe, DN15 6NG, between the hours of 9.00am and 12 noon on 11th February, 11th March, 8th April, 13th May and 10th June

Further dates for the usual venues have been planned as follows:

You are more than welcome to visit us at any of these events and bring along anyone who you feel may be interested or in need of our support, all we ask is that you let us know which event you wish to attend so that an appropriate appointment can be made.

Should you need further explanation of the service we provide, or if you need more stocks of our leaflets and posters, please let us know.

Yours sincerely Lauren Barwick
ICAS Hull Senior Administrator

Wilderspin National School, Queen Street
Barton
2 Business Units and a large first-floor Store to let. Centre of town, car parking available. Further details and to arrange viewing, contact Ian Wolseley, 01652 635172.

Safeguarding children and young people - know your responsibilities

Everyone who works with children, young people and their families has a statutory duty to safeguard and promote their welfare.

Safeguarding children is not just about child protection but covers three distinct areas: universal safeguarding, targeted safeguarding and responsive safeguarding.

The Local Safeguarding Children Board (LSCB) has a statutory responsibility for safeguarding and promoting the welfare of North Lincolnshire children. This includes developing policies and procedures relating to the action taken where there are concerns about a child's safety or welfare, including thresholds for intervention.

The LSCB produced multi agency child protection and child in need guidelines and procedures. These have been widely disseminated across agencies and establishments working with children and young people. **Everyone working with children and young people must be familiar with these policies and procedures and work to them.** The procedures are available and updated on the council's website (www.northlincs.gov.uk/childprotectionprocedures) so that everyone can have access to them whenever they need to.

*Yvonne Thompson
North Lincolnshire Local Safeguarding Children Board, 55-57 Oswald Road, Scunthorpe
North Lincolnshire, DN15 7PE*

The Lloyds TSB Foundation supports and works in partnership with registered charities which help disadvantaged people to play a fuller role in communities throughout England and Wales.

The Lloyds TSB Foundation Community programme focuses on core funding work that helps disadvantaged people to play a fuller role in the community. We are particularly interested in work that achieves this through:
Improved social and community involvement
Improved life choices and chances
Helping people to be heard.

Foundation funding can support core funding; salary costs; maintaining or improving capacity; supporting the expansion of services; encouraging learning and best practice; lobbying or campaigning at a local, regional or national level and new projects.

You must be a recognised charity, registered with the Charity Commission. If you are a local or regional charity your income must be £1million or less. If you are a national charity working across England and Wales your income must be £5million or less. Grants will be made appropriate to the size of the charity. You should be clear on the specific changes and benefits that your work will provide for your beneficiaries to help them play a fuller role in the community

We do not fund activities for which local or central government are responsible, animal welfare, schools, hospitals and the environment. The Lloyds TSB Foundation also does not fund building or refurbishment work, and most capital costs are excluded. A more detailed explanation is available in our guidelines and on our website at

www.lloydstsbfoundations.org.uk" and an on line eligibility test is also o contact the regional manager:-

Gary Beharrell
Manager - Lincolnshire & Nottinghamshire
Telephone 07734 973060
Gary.bharrell@lloydstsbfoundations.org.uk

Grassroots Grants Changes

There have recently been two major changes made to the Grassroots Grants programme which are of pertinence to many local community groups. These key changes are:

- To allow donations raised in every area of the country to be matched on a like for like basis up to the existing allocation
- To extend the eligibility criteria for small local organisations to those with a threshold of £30K per annum

The Grassroots Grants programme comprises an £80 million small grants fund, and a £50 million endowments programme which enables Local Funders to generate additional donations on a matched basis and invest them in endowments.

Under this endowment scheme, the government will match the donations made to Local Funders by businesses and individuals. Local Funders will then invest these donations and use the returns to provide grant funding to local community groups.

Previously the Government had matched these donations by 50p for every pound. By matching on a like for like basis it provides a more sustainable future funding base for small organisations.

The eligibility threshold for local organisations has been increased from £20K per annum to £30K per annum after consultations with small organisations around the country.

These changes should allow the Grassroots Grants programme to allow even the smallest voluntary organisations to direct their energies into the challenges they see in their local communities.

If you would like to find out more information about the Grassroots Grants scheme, or would like more information on applying for a small grant or making a donation, details of your Local Funder can be found at www.cdf.org.uk.

Local Grants Guide Is Now Go

The Local Grants Forum (LGF) recently launched a guide which helps facilitate its campaign for 'Defending Local Grants.' The amount of grant funding made available by local authorities to small community groups has fallen since 2001 and the LGF say that 'the economic recession threatens to exacerbate this problem.'

They have now produced an easy read guide which is designed to assist groups when they apply for funding grants. It has plenty of information and guidance, as well as links to helpful resources. The LGF say that the guide will allow groups to 'quote government guidance which supports use of grants; challenge the myth that grants are no longer possible because of competition law and European regulations; and explain what grants can achieve for local communities that contracts cannot.'

If you'd like to read the guide and see how it can possibly help your group then it can be found at <http://www.navca.org.uk/publications/defendinggrants/Home.htm>



**Frodingham Community Centre,
Rowland Road**

Bingo nights on Tuesdays and Fridays, doors open at 6.00 pm eyes down 7.00 pm

Bring friends and have a good time
Hot and cold beverages available
Membership just £2.

Voluntary not Amateur

A Conference for EVERYONE volunteering or working with Children and Young People.

A Conference for ALL sectors, statutory, voluntary, community and independent.

A Conference to illustrate how different sectors can work together, supporting organisations to deliver the best services for children and young people

Taking place on Tuesday 31st March 2009
Afternoon session 1pm—6 pm
Evening Session 5 pm—9 pm at
Reeds Hotel, Far Ings Road
Barton on Humber
DN18 5RG

Places are free to Voluntary organisation, a charge of £10 per delegate from Statutory organisations will apply.

For further information and a booking form please contact Fiona Wordsdall, Humberhub, North Bank Forum, Second Floor, 94 Alfred Gelder Street, Hull, HU1 2AN. Tel No 01482 445353 or email Fiona@humberhuyb.org.uk by Friday 20th March 2009



News from our Substance Misuse Development Worker

Clare McMullen receiving her V award for 50hrs voluntary work with Fresh steps service user involvement group.

Claire has been very busy writing articles, busting myths, designing posters and getting to the heart of drug and alcohol harm reduction for the script service user Newsletter. Claire is also a service user representative and is doing an NOCN accreditation in personal and professional development; she regularly attends fresh steps which are a service user forum that represents the needs of under served groups in North Lincolnshire as well as sitting on the Who Cares executive committee which focuses on health inequalities in north Lincolnshire. Well done to Claire and the entire fresh steps group for the voluntary hours and quality standard of work they have produced within the newsletter and in general. (For more information or to request a copy of the script please contact Stewart Atkinson on 07717587579 or 01724 845155)
Look out for Claire and fresh steps in the coming months. She will be presenting to the Empathy support group on harm reduction issues, researching service user satisfaction through surveys and contributing to the next edition of the script due out in April.

Stewart



Fresh steps service user reps Toni Taylor and Clare McMullen with certificates from HIT training. This enables them to deliver training on responses to overdoses and emergency first aid. They intend to deliver training to the families of substance misusers in March, through voluntary action. A big well done to them both.