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VANL NEWS

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Issue 48

September 2011

The MP's return to answer your questions.....

At the risk of sounding like we're in PR, last year's AGM proved to be a worthwhile, interesting event for all those who attended (honest!). We got together three of the region's MP's to face questions from the voluntary sector, on the issues that affect you and us. Unsurprisingly you didn't pull any punches ...so we've asked them to come back and run the gauntlet again this year. This is your opportunity to probe and poke at our elected members of parliament to ensure that they are representing the views of the voluntary sector at the national level. So what would you like to ask? We're sending out a call to all our partners for questions to put to the MP's.... Questions need to be submitted by the 15th September. You can send them to david.plumtree@vanl.org.uk or just ring us up (01724 845155) and tell us what they are.....

Don't Forget!!!
Voluntary Action North Lincolnshire AGM is to be held on Thursday 13 October at the Westcliff Community Centre on Newbolt Avenue at 11 am until 3 pm.
If you would like to attend, you will be most welcome but could you please let Liz know on 01724 845155, BEFORE 30.9.11

For those members of Voluntary Action North Lincolnshire who have paid your membership for 2011/2012—Thank you very much. May I remind those groups which have yet to renew their membership it's not too late, and we will be pleased to accept your contribution !!

Bad news I'm afraid! There has been a "glitch" with our database and there is a possibility that some up dates on the newsletter database has been lost. Therefore I must apologise in advance if this newsletter goes to the wrong address and/or contact. If this happens can you let me know—just ring Liz on 01724 845155

VOLUNTEER CENTRE

Update....

Summer seems to have been a popular time this year for people's thoughts to turn to volunteering. We have had lots of enquiries and applications for specific volunteer roles within our partner organisations to get involved in anything from hospital shop volunteering, catering, child care to first aid! We have also continued to support a number of new organisations to develop volunteering roles and offer advice on good practice. An offer is extended to any organisation that involves volunteers in the delivery of their service, or are thinking of doing so for the first time, to get in touch with us. People are applying all the time, so perhaps they will be interested in working with you.

VOLUNTEER VOICE -

Volunteer Co-ordinator's Forum Update

In terms of volunteer management, the last Volunteer Co-ordinators Forum held on 14th July 2011 at Westcliff Community Centre proved to be a big success. The group covered a number of topics, including the new Sports Makers volunteer programme, the development of employer supported volunteering in North Lincolnshire, and the usual Open Forum.

During the Open Forum session, members have an opportunity to air any issues concerning them in terms of volunteer manage-

ment. Peer support is a vital part of the session and members are always open and willing to offer advice, support and guidance to each other on any topics raised. The subject of references for volunteers, and the difficulty in obtaining them on occasions was discussed at the July meeting. Members described different ways they used to gain references for volunteers, and the Volunteer Centre offered to raise this issue with people when they applied for volunteer roles, suggesting they always ensure that they contact referee's to let them know that a request would soon be sent to them, and asking them to chase it themselves if it is not returned promptly.

Any organisation from the voluntary, community, public or private sector that involves volunteers, or is planning to involve volunteers in the future can attend the quarterly meetings. Get in touch with Jacky Birkett, jacky.birkett@vanl.org.uk to ensure your name is added to the circulation list, or check out the VANL website to book your place. The next Forum takes place on Thursday 20th October, 9.30am to 4pm. Venue to be confirmed.

ALL CHANGE AGAIN AT THE VOLUNTEER CENTRE...

As most of you will be aware, there have been quite a few changes at VANL in the past few months. Trudy Norris has moved over to manage the Learning for Change programme, and Jacky Birkett has taken over as Man-

ager of the Volunteer Centre. David Plumtree's role of Development Worker for the Volunteer Centre allows him to work with people of all ages to develop volunteering projects.

Penny Oliver, our Administrator, has now gone on maternity leave, and we have been joined by Barbara Perry who has taken over support for the Volunteer Centre, along with office and customer service duties. We send Penny all our very best wishes and welcome Barbara to the team! You can contact Barbara at barbara.perry@vanl.org.uk if you have any Volunteer Centre queries.

And there's more! We would also like to welcome four lovely new volunteers to our team. Abdul, Sarah, Kate and Paul will be conducting volunteer interviews and tracking volunteers to make sure they find suitable placements, and bring the number of volunteers engaged by the Volunteer Centre to six, joining Steph and Ajmal who provide administrative support to the team. It's a fantastic commitment and we really appreciate all of their support and professionalism.

VANL WEBSITE - NEW VOLUNTEER PAGES

Check out the new VANL website - Volunteering pages have been updated and you will find information for volunteers, and information for organisations. Plans are underway to allow both volunteers and organisations to complete forms online so that they come directly to us, however at the moment,

volunteer and partner organisation registration forms are downloadable and can be emailed to volunteer centre@vanl.org.uk.

Have a look at the new training opportunities on the website available to volunteers - could your volunteers benefit from the sessions available? We are offering ASDAN courses which can be undertaken in a variety of ways.

1. just attend the session and gain a certificate of attendance;
2. Attend individual modules, complete a portfolio of evidence through your volunteer placement and obtain a unit award; or
3. Attend the required number of sessions to build up enough credits to obtain a Community Volunteering Qualification Level 1 or 2. Contact Jacky Birkett for details. Jacky.birkett@vanl.org.uk

Letter from Tony Scrase - Waters (a member of VANL Board of Directors)

"To everyone who knows me, I maybe proving to them that I have gone mad. As now I use a wheelchair on a permanent basis, I have decided to mark my next birthday, my 70th, with a wheelchair road ride. It is not until the end of July 2012, so I have a little time to get clearance from my GP, arrange the use of a racing wheelchair, and a trainer. I intend to make it a sponsored event, with the money being divided between Hearing Dogs for the Deaf and the Marie Curie Cancer Nurses. I hope it doesn't prove to be my last day of sanity."

Training News

The VANL website has been updated and we have now added most of the course profiles. So if there is a course that interests you, download the relevant profile and you will be able to find out more information to see if it is the right one for you. The next Training Diary will be available late September and we have the following topics scheduled so far for our Autumn programme.

SEPTEMBER

7 th	09.30 - 12.30	Minute Taking
7 th	13.30 - 16.30	Evaluating the Impact of Volunteering
12 th	8.30 - 21.00	Safeguarding for Volunteers
14 th	09.30 - 12.30	Building Confidence and self esteem
19 th	TBC	O.C.N Personal Development (6 week course)
20 th	09.30 - 12.30	Improving your job prospects
29 th	09.00 - 16.30	Empowering the Voluntary Sector (How to use public law and Compact to protect your project.)

OCTOBER

11 th	10.30 - 12.00	Brief intervention training or pregnant smokers
31 st	10.00 - 12.00	Community fire training.

Other topics coming up:

- Dealing with bullying and harassment
- Managing anxiety
- Stress management
- Self advocacy
- Assertiveness
- Deaf awareness

As always, let us know if there is anything you wish to see on the training diary - if we don't know what you need, we can't put it on!

Jan Rilatt, Training Co-ordinator

Volunteer Places available on the Safeguarding Awareness Course in September—The course is on Tuesday 13th September from 6.30 pm at the Learning Development centre on Enderby Road, Scunthorpe. It is a FREE course, and to book a place, you need to complete a VANL booking form.

Learning and Community Development at VANL Learning for Change



LOTTERY FUNDED

This Big Lottery funded programme is now well underway creating new opportunities for individuals and organisations to respond to their learning and development needs. The Learner centred nature of the programme allows us to respond to needs identified by people in our community who experience a whole range of barriers to becoming more engaged, connected and generally making progress. A theme that emerged last quarter was 'Having a Voice' consequently we will be providing a series of training opportunities for Advocacy training specifically, self advocacy, peer advocacy, advocacy skills for young people and employment based advocacy.

Support for Learners is provided by staff and peers in the form of coaching, wellness recovery action planning and simply within the learning environment. Learners can self refer or be referred via local services. Learning opportunities are funded for people in underserved communities specifically; in recovery from mental health, addiction or ex offenders and their families. Learning opportunities are available to everyone.

Training needs Analysis for VANL members, community groups and other organisations.

What are the training needs for your organisation, staff and volunteers? Would you like to develop a training plan for your organisation and be more proactive as your group or organisation grows? Please contact one of the training team for more information.

North Lincolnshire Wellness and Recovery Network

Learning for Change has enabled 8 people to train as WRAP facilitators * (as defined by the Copeland Institute). Community based WRAP enables people to develop self awareness and more choices for taking control of their lives and well being.

Wellness Recovery Action Planning with Trained Facilitator Support

8 week session begins

13th September 2011 - 4

- 5.30 Drop in Session Wednesday
Afternoons 1.30 - 3 pm

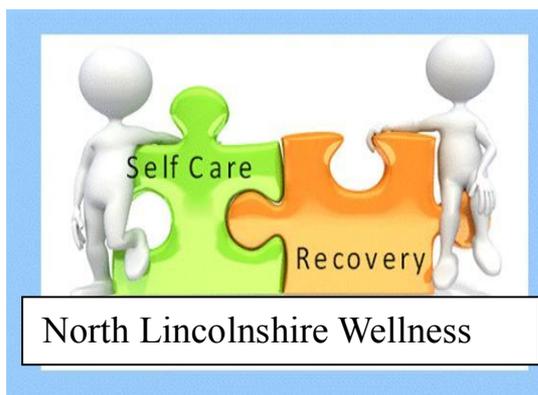
What Makes up Wellness Recovery Action Planning?

WRAP offers structured means by which people can maintain wellness and recovery while focussing on the development of well-being toolbox. WRAP is underpinned by a number of core principles:

- That recovery is possible, ('hope')
- That individuals should take personal responsibility for their own lives and wellbeing ('personal responsibility')
- That it is important to know yourself, to be self aware ('education').
- That it is important to believe in and advocate for oneself ('self advocacy'); and that the support of others is vital ('support').

You can have a short meeting with a trained wrap facilitator to find out more about WRAP meetings and whether it is something you feel you would like to attend or just pop in..

For further information on your local wrap group and training, contact Voluntary Action North Lincolnshire on 01724 845155 or Scunthorpe and District MIND on 01724 279500 see www.VANL.org.uk <http://www.voiceofserviceusers.co.uk/>



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General

Working Together for Children and Young People Event - Wednesday 12th October 2011 at 12.45 pm - 3.45 pm at Heslem Park, Ashby Road, Scunthorpe

Keynote speech 1 pm by the Director of Children's Services

Voluntary Action North Lincolnshire invites you to come along to find out more about North Lincolnshire's arrangements for locality working and the priorities of the Children and Young People plan

The event will be of interest to volunteers and anyone working in the community sector who contributes to providing services or activities for children and families.

Here is an opportunity to put your ideas forward, network with others and maybe develop new partnerships for future funding bids.

For more information, contact Alicia Laking on 01724 845155 or email to enquiries@vanl.org.uk

Voluntary Sector initiative

VANL have set up a collaborative of third sector groups, interested in providing services for people with additional needs as part of the personalisation agenda, which will ultimately include a Co-ordinator post. The Co-ordinator will help connect customers with opportunities in the voluntary sector, and also link customers with voluntary organisations who could use them as volunteers and support.

them at the same time, helping them to remain independent for longer. Joining in - doing voluntary work - is a great motivator so customers don't "vegetate", and have the impetus to get up and moving and join in, meet friends.

Groups now need to think about how they could get involved - what services could you offer, what would you charge to cover your costs? What help would you need to be able to offer these and/or more services? How would you monitor your progress? If your group would like to get involved but need help with any of these, contact VANL for advice and support.

There is also scope for new innovations, e.g. internet shopping, made possible by volunteers using company computers once a week during their lunchtime to cater for people who couldn't shop themselves. The volunteer would be paired with an elderly person who they would ring, take their shopping list and order it online. This could be a volunteer opportunity for a business - they would vet staff, so it would be safe for users.

Another innovation would be oral histories. Older people come to life when asked to talk about how things were, and often have interesting anecdotes and valuable information, such as how drainage used to work - this knowledge could have prevented the flooding in 2008 if people had known how to access it, so recording their histories now could save a lot of work in the future, and incidentally give them a boost to their self-confidence.

Rani Rooke from Adult Social Services is very happy to visit voluntary organisations interested in making links with Social Services, to talk about how things might work. Contact Rani at rani.rooke@northlincs.gov.uk

VANL are pleased to offer voluntary organisations a new service to aid their fundraising activities. Members ears prick up because this one is free for you on a trial basis! In the current climate we are all faced with being more innovative in how we approach raising funds and hopefully we all now recognise the power of modern technology in helping us achieve these aims. You may have heard of the website

www.justgiving.com. This website was set up to help individuals and organisations to use the power of the internet to enable people to raise far more for charities, easily and cost-effectively. It collects donations securely online, and enables you to promote your work far and wide, taking away the frantic post-event dash to collect sponsorship. Link your event in to all the social media, send a simple email round to your contacts - they're one click away from a donation! VANL have taken on the costs and are happy to offer our page for your use for your event or fundraiser - and if you're a member this will be entirely free of charge, subject to review. Sorry non-members but this service comes at £5 a month to you - but isn't that just another reason to join?

FREE TO ENTER

All Nations Basket Ball Event

3 v 3 International Street Basketball Tournament for ages 16 + involving teams from different nationalities within the local area
Sunday 25th September 2011

12 noon—5 pm at the Pittwood House Car Park and Central Park, Ashby Road, Scunthorpe DN16 1AA

For more information, contact Elliot Hakner on 01482 387491

North Lincolnshire

Community Pot

The Humberside Youth Association
(Registered Charity 515919)

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 changes 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.

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.

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Funding

A Funding Opportunity For Organisations Manag- ing Community Buildings ENERGY EFFICIENCY GRANTS



jects that educate people about money, debt and consumer issues.

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 raising support is available.

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

The MSE Charity

TheMoneysavingexpert.com Charity Fund (MSE Charity) supports groups with grants of up to £5,000 for pro-

The fund also supports individuals in the UK, over 18, with grants of up to £500 to go towards a recognised course, which will help with budgeting and finance issues. Grants can be used to pay for financial education course fees and other necessary expenses associated with the course. Career development or vocational courses however will not be supported.

The upcoming deadlines for groups wishing to apply for these grants are September 30 2011 and January 3 2012. For individuals the deadlines are 31 August 2011 and 28 February 2012.

For more information please email stuart@msecharity.co, or visit www.msecharity.com/how-to-apply.aspx

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Turn2us Research reveals 'back to school' parental worries

A new survey commissioned by Turn2us reveals the financial pressure that parents are facing as they prepare their children for the start of the new school term.

One in three (33%) parents surveyed said they are worried about the costs they will incur sending their children back to school in September.

Turn2us is encouraging parents to check their eligibility for additional financial support. Anyone can visit the free website www.turn2us.org.uk in confidence to find out what charitable grants or welfare benefits they may be

eligible for, to help reduce the financial pressures.

http://www.turn2us.org.uk/about_media_centre/press_releases/summer_childcare_costs_2.aspx

Fairplay Football Presentation Evening August 12th 2011.

Last Friday evening, I attended the session at Quibel Park where over 40 young people from the Westcliff area were awarded medals and trophies for their participation and progress in Fairplay Football.

Fairplay Football is different from the usual football tournaments that we see, as players are awarded points, not only for scoring goals, but also for the way that they conduct themselves. Individual players start each game with ten points, which they can increase by displaying positive behaviour; points are deducted for negative behaviour. (I wonder how many points some of the Premiership players would have at the end of a season?)

I won't embarrass any of the players by including all of the comments that were written about them, but here are a few, to give an idea of what qualities you need from your team members, and how behaviour can be changed through sport.

"This player has been a great participant, he motivates his team well, he may be small, but his heart is big, you never hear him swear or complain, what a kid!" (Callum)

"This player has shown dedication and commitment in every match, his attitude has been fantastic, he has supported

team mates, he has the qualities of a great player and was a pleasure to mentor." (Zac)

"This player has tested us to the limit, his determination to win the ball at all costs, and his behaviour at the beginning of the tournament left a lot to be desired. However, over the last ten weeks he has improved so much that he is now a pleasure to mentor, he has shown great leadership skills and enjoys the game" (Frankie)

It was great to see the enthusiasm of the young players, both boys and girls as they played football at Quibell Park, but Fairplay Football could not happen without the dedication of a great team of volunteers, who give up their spare time to ensure that the sessions happen. So here's a big THANK YOU to all of you, whether you act as a mentor, a referee or if you are one of those who work tirelessly behind the scenes to ensure that there are the necessary resources to keep the project going. A special thank you to Pat Woodcock for her patience at the "signing in table", and for providing cakes and biscuits for everyone, also to Hilary Strong for supporting the project.

Fairplay Football has been running for almost 3 years now, so let's hope that the volunteering continues and that funders and the local community recognise the value that such schemes can have.

Alicia Laking



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Memory Walk 2011-08-22

Let's Make it a day to remember

Time together is special. That's why this September, thousands of people will walk together to raise money for the fight against dementia. Walk with us at Water's Edge Country Park, Barton upon Humber on Sunday 25th September 2011.

For more information, contact Sheila Eade, Alzheimer's Society North and North East Lincs, The Courtyard, Elsham Hall Country Park, Elsham, Brigg DN20 0QZ tel no 01652 680474

Dementia Advisers are about to be available in North Lincolnshire for the first time.

Lisa Hickman is a Dementia Adviser for the Alzheimer's Society. The Society has been in this area for 22 years and has 30 years' experience, but is now expanding its services.

The Dementia Advice service is quite new; there will be another Adviser in North East Lincs and a big promotion for this area. An Expert Patient programme is also being set up. Information and leaflets are available from the Alzheimer's Society, The Courtyard, Elsham Hall Country Park, Elsham, Brigg DN20 0QZ, tel: 01652 680474.

The Society wants people to have a named contact throughout their journey, with an open referral process. They hope to get some volunteers on board as well, so if you are interested in helping, get in touch. At the initial meeting, information needs are discussed, but if people have moderate or severe needs they will be picked up by a qualified manager.

The Dementia Advisers are getting out and about to different services, with the aim of making new contacts to make sure that the person and their carer is well supported.

Services already in existence include a Memory Café on the first Friday of the month in Scunthorpe, 10-12 at the Baptist Church, Ashby Road; another on the 3rd Wednesday, 10-12 at the Wilderspin National School, Queen Street, Barton on Humber; and a Carers' Support Group on the 4th Friday, 12-2 at Alvingham Road Day Centre, Scunthorpe. A quarterly newsletter is available and welcomes stories of Alzheimer's experiences.

Winterton Disabled Club

The Club has relocated to Winterton Trinity Methodist Church Hall for its regular meetings (1st and 3rd Tuesday of month) and to Winterton Youth Centre for the weekly New Age Kurling sessions (Wednesdays).

WDC have been busy celebrating the Club's 20th birthday in July and started their summer trips by visiting Sewerby Hall, an excellent day out with members being entertained by a Jazz trio. WDC have entered the Club in the Cash for Community organised by Scunthorpe Telegraph and would welcome support from anyone who would be willing to collect coupons and donate them to the Club.

Personalisation news

North Lincolnshire Adult Social Services is moving to a locality basis.

There are five localities: Brigg, The Isle of Axholme, Barton & Winterton, Scunthorpe North and Scunthorpe South, each of which has its own manager and team.

With Personalisation, customers will handle their own budgets, choosing how they want to access the agreed care and support. However, social workers will need to be able to offer new users some choices to get them started, so there is now a pressing need to introduce social work staff to voluntary organisations in their area and to explain to voluntary organisations how they can help and how they can benefit in return.

Network groups are being set up in each locality, for which invitations are being sent to people of whom the team is already aware. Working in the areas of health, social care and the voluntary sector, the teams hope to identify gaps and invite appropriate organisations to fill them, so if you work in any of these areas, however much, do look up your local Social Services team and make yourself known. Opportunities are needed from befriending to lunch clubs, from social opportunities to gentle exercise.

There was a discussion around Personalisation, and the group agreed that a joint database would be useful, where everyone involved can enter information and edit what is already there. Rani explained that a web-based "emarketplace" is being funded regionally, which will be a central point for information. Don-

caster are the lead authority, but it will cover all of Yorkshire and The Humber eventually, and will probably roll out to us next Spring. Activities will be entered which people can access - free at first, although there may be costs later once earnings start to come in.

When was the last time you saw an NHS Dentist?

Lindsey Barnett of Who Cares appeals to local residents to help assess the current state of knowledge about access to dental services across North Lincolnshire

Maybe you see your NHS Dentist on a regular basis, maybe you're registered with a private Dentist, or maybe you don't feel you have a problem at this point in time and haven't looked for one.

But what if your circumstances change and you move out of the area for a couple of years, or you cannot afford private treatment, what then? Do you know how to find an NHS dentist?

Well, we at Who Cares have been beavering away trying to make sense of the Dental provision within North Lincolnshire. We have been in contact with a lot of the Dental service providers and the Primary Care Trust. From these conversations, we have learnt a few interesting things:

There is no waiting list. When a Dental Practice has free places, they advertise on the NHS North Lincs website: [http://](http://www.northlincolnshire.nhs.uk/services/dentist)

www.northlincolnshire.nhs.uk/services/dentist. This information is also available through Local Link Offices, dental practices and by ringing NHS North Lincs directly. There is no

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'tier system' so no one is considered more urgent than others and will not be able to jump the queue, for eg pregnant women or children.

All the providers spoken to, as well as the Primary Care Trust would like to see more Oral hygiene education provided alongside Healthy Wellbeing education.

We have created a questionnaire that we really would like you to fill out and your views can then help shape the way dental provision is communicated and possible provided to North Lincolnshire people. Don't miss this chance to have your say, as you never know when someone you know or you yourself could have a change of circumstance. If you would like a copy of the questionnaire, please contact us by e-mail: who.cares@vanl.org.uk or download it directly from our website <http://www.who-cares-online.org.uk/files> Or if you would like to get involved with this piece of work give us a call on 01724 845155.

Marquee for Hire

The Scunthorpe Baptist Church and Cottage Beck Cafe

Church own a Marquee which they are willing to hire out. It needs to be erected on grass and can be erected by just 2 people. A damage deposit is required and also a hire fee to cover maintenance costs. For more information email bryanwebster@ntlworld.com



What do Elvis and a Donkey have in Common???

Lisa Ford from Crowle is undertaking volunteer challenge of a lifetime by trekking almost 100 miles on horseback across Rajasthan in India to raise funds for The Brooke in February 2012. This will be tough challenge for Lisa, who works for RDaSH as a Psychological Wellbeing Practitioner, and has a keen interest in both human and animal welfare.

The Brooke is a veterinary charity that works to ease the suffering of donkeys, mules and horses that many families depend on as this enables many of the worlds' poorest people to earn small amounts of money to feed themselves. So the benefits of giving to The Brooke are twofold, as it improves the health and well-being of the animals, whilst benefitting some of the worlds' poorest people too. In areas where the families are totally dependent on their animals, it is really important that they are kept in good health, as this allows the adults to work, families to earn and provide food for their children.

To take part in the challenge, Lisa has to raise £3250, and her first big fund raiser will be an Elvis Tribute night that will take place on October 89th at Crowle Community Hall, advance tickets costing £10 are available by phoning Lisa on 07734 937717.

To find out more about the work on The Brooke (charity number 1086760) visit www.thebrooke.org or if you would like to make a small donation, go to www.justgiving.com/lisaford2