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**Voluntary Action
North Lincolnshire**

Newsletter November 2017

'When we recall Christmas past,
we usually find that the simplest things,
not the great occasions,
give off the greatest glow of happiness'



It's that time of year again when giddiness abounds for many of us. Caught up in busy-ness, events and lots of food, we like to remember the words of the comedy genius Bob Hope. Simple things often bring the greatest happiness, and so in our December Newsletter, we're going to keep it simple. 3 Simple Messages!
Thank you, Well done & Look Forward!



Get organised with VANL

New Year is a great time to re-focus on admin. Get things in order! We can help you - and we are the most cost-effective Sector experts in the local area! Remember here at VANL we can:

- undertake DBS checks
- do community accountancy
- year-end accounting
- training for ALL your business and organisational needs
- personal coaching and training
- work with young people, including CHOICES sexual health advice
- charity support including set-up and development work
- much more - just ask!

Make it your New Year's Resolution to pop in or give us a call. Membership costs just £10!

From the Sector Locally

The Forge Project is open on Christmas Day as usual. If you need any information please contact us on Scunthorpe 276742. A three-course Christmas lunch will be served as always at Christmas and the doors will be open from 10:00 till 1:30.

During the Christmas season, helplines will also be open - for anyone in need of someone to talk to The Samaritans can be reached on 116123 or emailed on jo@samaritans.org.

For more information about other events locally [please see our website by clicking here](#).

From the Sector Nationally

- New Safeguarding regulations announced by the Charity Commission - [read more](#)
- Oxfam told to tighten up on Safeguarding arrangements - important message for the wider Sector - [read more](#)
- Tampon Tax [clarification provided by DCMS](#)
- Parliament gives [CIO conversion go-ahead - important for existing charities](#)
- 7 outbreaks of measles confirmed - [Public Health announcement](#)
- Is digital giving an effective way to give? [Read more here](#)





teering roles that we are [a look at our website](#), and on social media.

Thank you to all who Volunteer & work for the Community and Voluntary Sector in North Lincolnshire.

We know how difficult it is just now and the challenges are real and tough. Without your time and commitment, life in North Lincolnshire would be even more tough for many.

Never forget - you make a real difference. You matter.

vacancy, a news story, 'd love to hear from you.

narritt@vanl.org.uk

Training - start the New Year well!

Wellness Training in January

Wellness Recovery Action Planning (WRAP) weekly, 4 sessions beginning 8/1/18 1-3pm

Ideal for anyone living with or recovering from life-changing illness to develop a personal toolkit. Led by WRAP accredited trainers.

An Introduction to Meditation weekly, 4 sessions beginning 8/1/18 6-7pm
Without religious intent, suitable for all, an introduction

to different forms of meditation.

Build your Confidence & Self-Esteem 9/1/18 10am-1pm

Ideal for anyone who wants to feel more confident, develop self-belief & a sense of self-worth.

Positive Thinking 16/1/18 9.30am-1pm

Perfect for anyone who wants to develop strategies and techniques for feeling more positive & happier day to day.

[click here to book on](#) or email us training@vanl.org.uk



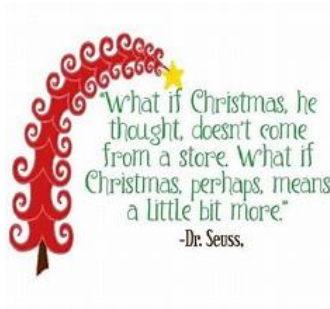
Traditionally our services have been funded through a combination of membership fees as well as statutory and non-statutory grant funding. Whilst our membership remains steadfast, our statutory funding no longer exists, and yet the need for our services is as great if not greater than ever.

We need individuals to act as Ambassadors for VANL and our services, to actively promote and seek funding from different sources,

including philanthropic groups,
grant funders and businesses
within our community who are
concerned with social justice.

For more information please
email

carole.phillips@vanl.org.uk or
[click here for a role
description.](#)



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