

Community First New Forest

Newsletter



Spring 2013

....building relationships, enabling action

Community First New Forest Supporting the Voluntary and Community Sector

Some examples of how we could help you...

- Support with identifying and applying for funds
- Information and guidance on setting up groups
- Help with finding volunteers
- Supporting you with more complex issues, such as constitutions, becoming a registered charity
- Training on a wide range of issues
- Linking you to other services which can provide additional support
- Promoting your activities through our quarterly newsletter
- Organising Disclosure & Barring Service checks

Becoming a member...

In addition to these examples, as a member of Community First New Forest you will be entitled to hire mini-buses from our Community Transport team, have access to qualified mini-bus training, receive our Quarterly newspaper full of useful updates and information and have access to our other resources / equipment. Full details are available on request.

Enquiries...

Telephone

Community Development Team, Volunteer Centre, Community First New Forest Administrator - please call 01425 482773

Email

General enquires: admin@cfnf.org.uk

Fax

01425 482666

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Members

We extend a warm welcome to the following groups who have become members in the last few months:

Milford-on-Sea Library
Wessex Cancer Trust
Rose Gale Trust
The Dibden Allotments Fund
Sway WI
New Milton Ladies Probus Club
Brockenhurst College

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Gardening help for the elderly

Dibden Allotments Fund (DAF) provides assistance to the elderly and disabled in maintaining their gardens.

There are many people in the area who have enjoyed their gardens for many years but are no longer able to do the heavy work for a variety of reasons which can cause them distress.



The DAF can arrange for a gardener to visit fortnightly between March and November to cut the grass and trim any hedges as necessary. A small affordable contribution is asked for but for this DAF will provide a Disclosure & Barring Scheme (formerly the Criminal Records Bureau) checked gardener who will visit and carry out the work requested regularly and take away any rubbish if required.

If you know of any relatives, friends or neighbours who would benefit from this service please contact the Dibden Allotments Fund on 02380 841305 (office open Tues/Wed/Thurs) or email charlotte@daf-hythe.org.uk.

Residents in the parishes of Hythe and Dibden, Fawley and Marchwood are all welcome to apply.

Disclaimer

Community First New Forest reserves the right to edit articles for use in its newsletter. Articles included in this issue are not necessarily the views of Community First New Forest.

Public views on child poverty

This document collates the results of the first polling undertaken as part of the Measuring Child Poverty consultation, which ended on 15 February.

Respondents were asked what they thought was important in deciding whether someone was growing up in child poverty. The top four factors were:

- a child having parents who are addicted to drugs or alcohol
- a child living in a home that is damp or cold
- a child having to care for a parent
- a child's family not having enough income

For further information visit <http://tinyurl.com/ayhmnjnf>

Source: www.actionhants.org.uk

Survey for advice providers

Community Action Hampshire (CAH) is carrying out research into the impact of public spending reductions on Hampshire advice providers.

CAH would be extremely grateful if you would complete a short survey at <http://tinyurl.com/czlt2ml>. It should only take 5 minutes. Respondents will be provided with a copy of the final report, which CAH can use to lobby for change and support in our local areas.

Please forward this information to other colleagues. If you have any queries or wish to request a hard copy of the survey, contact kirsty.rowlinson@actionhants.org.uk or Tel. 01962 857355.

The Public Health Reforms: What they mean for drug and alcohol services

In April 2013, the National Treatment Agency for Substance Misuse will be abolished and its key functions transferred into Public Health England. Most of the current budget for drug and alcohol services will be transferred to Directors of Public Health employed by Local Authorities, who will also be statutory members of the new Health and Wellbeing Boards.

These are important and far-reaching changes that will impact on the planning, commissioning and delivery of services.

For more information visit <http://www.drugscope.org.uk/Resources/Drugscope/Documents/PDF/Policy/PublicHealthReform.pdf>

The New Forest Food Challenge



A major new initiative by New Forest Transition has been launched.

Following a highly successful half day event at Lyndhurst Community Centre a new web site has been set up to help develop a vision of the New Forest in 2030.

The aim is to gather people's thoughts about how they would like to see the area 17 years on from now and then work together to try and achieve it. There are groups looking at several different aspect of local life, including food. Please sign up to the site www.newforestvision.ning.com and make your contributions.

Important changes to Payroll Legislation

From April all voluntary organisations will have to adjust how they manage their payroll due to the introduction of Real Time Information (RTI). The introduction of RTI will mean that information has to be submitted electronically to HMRC every time payroll is run rather than just at year-end.

RTI will involve collating and sending 118 different pieces of information for submission to HMRC every time the payroll is run. This means that groups need to establish new systems to collect the required data. Organisations should build these procedures into the recruitment process so that this information is obtained from new joiners when they start, as well as retrospectively for existing employees.

To help alleviate the increasing workload that RTI will cause, the National Council of Voluntary Organisations (NCVO) Preferred Suppliers can offer you support:

- Implement or upgrade group's payroll software – new Sage 50 Payroll RTI Edition has been designed to ensure the easiest transition to RTI possible. Contact CentrePoint Software for further details.
- Attend CentrePoint Software training on Sage Payroll RTI to get an understanding of RTI legislation and find out how to process RTI using Sage 50 Payroll. Discounts for NCVO members.
- Outsource the payroll to Bond Payroll to get a fast, reliable and secure payroll processing service. 15% discount for NCVO members.

For further help and information on RTI, see www.hmrc.gov.uk/rti/employerfaqs.htm

Do you work with or support people who are approaching the end of life?

If so, the Dying Matters Coalition's new website can help people in need to find your service. The Dying Matters Coalition is leading a new partnership project funded by Macmillan Cancer Support.

This is aimed at people in the last years of life, their family, carers and friends. It will enable them to search for a wide range of local support services, as well as providing information and access to a supportive online community.

They would like to ask you to join this partnership by listing your organisation on the site. This is free and is a good way to let people know about your work.

The aim is to help people who are dying access services that are right for them. They will include any services providing practical and emotional support for people in the last 12 months of life and/or their carers provided by charities, voluntary and community sector organisations, social enterprises, not-for-profit organisations, faith-based organisations and volunteers-led initiatives. www.dyingmatters.org/

National Diversity Awards 2013

Nominations are now open. You can nominate individuals or groups for awards in these categories: Positive Role Model, Community Organisation, Entrepreneurs of Excellence, Diverse Company of the Year and Lifetime Achiever. The deadline for nominations is 19 July. For more information visit www.nationaldiversityawards.co.

Van drivers urged to 'lock it up'

Van and truck drivers are being urged to property mark their tools and secure their vehicles properly to deter thieves. Concern has been raised by Hampshire Police and the Safer New Forest Partnership after a spate of thefts from vans parked in towns, rural and residential areas with tools left inside.

CLlr Jill Cleary, New Forest District Council portfolio holder for housing and communities said: 'While the police are aware of the problem and doing a lot to combat it, the owners of trade vans and trucks should ensure they keep their property as secure as possible. While it's preferable to remove all valuable tools from a vehicle after work each day, sometimes lack of storage space or time makes it easier to leave them in situ. Thieves are likely to ignore a sign saying: 'No tools are stored in this van overnight', so owners must protect their vehicles by investing in a good quality security devices, such as immobilisers, alarms and deadlocks. These act as a great deterrent – when thieves see the extra security precautions, they may move on in search of an easier target rather than risk breaking into that van.'

The Safer New Forest Partnership also recommends parking trucks and vans where thieves can't reach them. If possible, leave vehicles parked in a locked garage or secure depot overnight – it may be worthwhile paying extra rental for this facility to avoid the potentially large costs and disruption to business that a break-in can cause.

The Partnership also urges tradesmen to security mark valuable tools as this will discourage thieves from selling them on. By marking property with a postcode and house number, the

police will be able to return stolen goods if recovered. Security marking kits include UV 'invisible' marking and DNA-based forensic marking. Crimestoppers sells a property protector kit which marks valuables with a unique code. Find out more at www.crimestoppers-uk.org.

The Safer New Forest Partnership also supports the Immobilise website www.immobilise.com where you can register property for free. The police then use this information to reunite stolen items with its owner.



navca

local focus national voice

New Early Intervention Foundation is born

The Department for Education and The Early Intervention Foundation Consortium signed a contract on 5 February which will see the creation of an independent Early Intervention Foundation (EIF) – one of the key recommendations of Graham Allen's Early Intervention report.

The Foundation is being set up by a consortium of organisations which includes 4Children, The Local Government Association and Achievement for All 3As.

The organisations will support the new Foundation in its infancy before handing over responsibility to the Foundation's trustees and management once it is established as a charity in its own right, in the summer.

www.navca.org.uk/early-intervention-foundation

National Talking Newspapers & Magazines



Hampshire Libraries this month launched a brand new magazine and newspaper service for people who have difficulty reading print due to sight loss, dyslexia or other condition. Now, for the first time, anyone in this situation can visit any Hampshire library or Discovery Centre and get audio versions of newspapers and magazines for free. With a choice of over 150 titles ranging from popular high street names through to specialist interest, there is something for all tastes. You can view the list at: www.tnauk.org.uk/Pages/audio_categories.html

As well as being completely free, this new service is very easy to use and the good news is that you don't need any technical knowhow. Simply take a memory stick to your local library where staff can help you select and then download the titles for you. You take the memory stick home and listen at your leisure on your computer, Sapphire Box, Boom Box, Daisy Player or any USB MP3 player. The download procedure is very quick - the whole process only takes a few minutes. If it can't be done straight away, you can leave your memory stick at the library and call back later. Many local Talking Newspapers in Hampshire have moved over to memory stick so their members will be familiar with this technology.

If you work with or know of people who have

difficulty reading print, do tell them about this valuable new service available in every Hampshire Library. www3.hants.gov.uk/library/using-the-library/library-access/visually-impaired.htm. For further information contact Paula Maguire on 07545 355 455 or email paula.maguire@hants.gov.uk

This new service complements the Magazines for Loan introduced last year where people can borrow the printed copy. Given the price of magazines, this is proving to be very popular! It's available in 25 libraries - see www3.hants.gov.uk/library/booksandreading/library-newspapers.htm

The CRB has changed its name

The CRB service is now known as the Disclosure & Barring Service (DBS) and the application forms have changed to reflect this. If you have any blank CRB forms, these should be destroyed. Ring Jacqui Pitcher Tel. 01425 482773 or email admin@cfnf.org.uk if you require DBS forms.

Volunteers will benefit from new portable DBS checks

Volunteers will soon benefit from a free service which will allow them to re-use criminal records checks time and time again, the government announced at the end of December. From 1 April they will only have to apply once to the DBS for a certificate and can then go online for an instant check to find out whether their existing certificate is still up to date. This will avoid the need for individuals to apply for multiple checks to work with different organisations and volunteers will be able to use the service for free when they apply for different volunteering opportunities.

Loan sharks information online



New Forest residents are urged to protect themselves against loan sharks following concern that vulnerable people are being lured into unlawful money borrowing and don't know how to escape demands for huge repayments. The Safer New Forest Partnership has issued useful advice on its website, www.safer.newforest.gov.uk, about illegal money lenders who charge exorbitantly high interest rates and use strong-arm tactics to retrieve their payments.

The information is supported by the government's Illegal Money Lending Team and advises how to identify and avoid loan sharks, how to deal with money lenders and which organisations can help.

Loan sharks prey on some of the most vulnerable people in our communities, charging high interest on loans and leaving borrowers trapped in a spiral of unlawful debt. Most illegal lenders start by being friendly and are often heard of by word of mouth, but change when payments are missed and resort to violence, threats and intimidation to enforce repayments. The Illegal Money Lending Team investigates illegal money lending and any related offences. Contact them, in confidence, on 0300 555 2222 or email reportaloanshark@stoploansharks.gov.uk. Alternatively visit www.direct.gov.uk/stoploansharks

Community First Links Pilot Project



Community First Links provides a 'one stop information and advice service' about social activities and support services for older people, in the local area, which may be of benefit to patients as part of their recovery. We hope that surgery staff will 'refer' patients, for social support information and services. We provide a personalised service to meet the needs of individual patients, utilising our local knowledge, contacts and experience.

Our community development team is passionate in its commitment to all communities across the District, by delivering support, information and advice, in a way that is effective, fair, accessible and inclusive, aiming to improve quality of life. It proactively seeks engagement with local communities, working to enable the growth of diverse, strong communities in the New Forest especially looking to engage with socially disadvantaged, vulnerable or hard to reach residents.

We can provide leaflets and posters promoting the scheme, enabling patients to make enquiries themselves, or that may be given to any patient during their visit to the surgery.

We are hoping to evidence the impact this type of support can make, not only to the individual but also to health professionals. For further information please contact Jan Barratt on 01425 482773 or email support@cfnf.org.uk

Health and Wellbeing: an update from Hampshire County Council, 19 February 2013



Reassurance that our beef is 100% beef

In the wake of widespread concern over horsemeat being found in some meat products sold in

supermarkets across the country, parents of Hampshire schoolchildren and the families of residents in Hampshire County Council care homes are being reassured that beef in their meals is 100% beef.

Food safety a priority. The Council provides around 8.5million meals each year to people in its care, some of whom are vulnerable, and with so many meals served, food safety is a priority. The Council takes the food chain back to source by looking at where the food comes from. Strict hygiene and cleanliness checks are carried out in school kitchens to ensure that the meals served to children remain of the highest standard.



Stringent checks

Hampshire's Scientific Service also checks at source all the suppliers of food provided by the County Council and carries out stringent checks throughout

the year, from supply to kitchen and all the stages in between. This also includes verifying the authenticity of ingredients. The Council is unique in that few other local authorities do this. Standards are also enforced through the Council's Trading Standards Service and the County Council has been hailed an example of good practice.

Coming Soon – April 2013

Community Support for Older People



A service supporting older people in the New Forest to remain safe and independent in their own homes

We can help you:

- Arrange any care needs/home help
- Provide benefits advice
- Provide a home safety check
- Arrange a community alarm
- Organise home repairs and adaptations to your home
- Access local social groups and events
- Arrange community transport

To find out more please call Community First New Forest on 01425 478005 or email hia.manager@cfnf.org.uk

How to set up a YouTube Channel



This How To explains the steps you need to take to set up a branded YouTube channel for your organisation, group or charity.

Things you'll need:

- A copy of your organisation's logo
- An idea of your organisation's colours (preferably in hex numbers, as used on websites)

Step 1. Getting the right account

YouTube has now been taken over by Google, so in order to get started it's best to have a Google account. Be warned, though: once you've set up your channel using a particular Google account you can't then transfer it to another Google account. You also can't re-use a YouTube name, so once you've set up the account you're pretty much setting it in stone.

The easiest way to set up a Google account is to use Gmail. So go to www.google.co.uk and click on the Gmail option in the black bar at the top of the page. Follow the steps to set up a gmail account and make sure you choose a username that you like... you'll be stuck with it!

Step 2. Set up your YouTube presence

Now go to YouTube (www.youtube.com). At the top right-hand corner of the page is a link called 'Create Account'. Click on this and follow the steps to create a YouTube account using the Gmail details you've just set up. You can try out various usernames and check to see if they have been taken already.

Step 3. Starting your channel

At the end of the account set-up you'll be presented with a screen on which is a link to 'Customise Channel': follow this link. Alternatively, if you miss it or want to add a channel to an existing YouTube account you have, then no problem - just look at the top righthand corner of the screen to find your username. Next to your username is a pull-down arrow: click on this and select 'Customise Channel' from the menu.

Step 4. Customising your channel

Now you can see your channel! But it probably looks a bit boring. You want it to show your organisation's logo, corporate colours and any images that you normally use to brand something as your own.

At the top of the channel are a series of tabs. The second one along from the left is called 'Themes and Colours': click on this. You can make use of one of the preset themes if you want, or you can do your own sweet thing and click on 'Advanced Options'.

Here, you will be presented with lots of options to customise the look of your channel, including setting the colours (in those hex numbers we were talking about). You can also upload an image to form the background of your page. This could be one large image, or a smaller one that you can select to repeat (i.e. tile - for HTML speakers).

Once you've made your changes you can save your theme with a new name: this is handy if you want to periodically change your theme to reflect your current campaign, then change it back to the standard one for your organisation. Don't

forget to save your changes!

Back on the channel's page, you can use the little arrows next to any of the page elements to move that bit around the screen until you have the layout you want.

Step 5. Settings

Go back up to the top of the channel's page and look at that tabbed bar again. The first tab is 'Settings'. Click on this. In this tab you can:

- find out the URL of your channel, which is vital for spreading the word about it
- set the page title
- add metadata using tags to help your page be found when people are searching for content on a particular subject

Want to change the default anonymous-person picture that appears on your channel next to your name? Then it's off to the username menu at the top right-hand corner of the screen again. Just pick 'Profile' and then upload the logo or image you want to use.

Step 6. Start uploading videos!

Now you're rolling! You can start uploading videos, or collecting them from around YouTube and displaying them all in one place on your channel. You have your own URL for the channel, so you can publicise its existence and create a link from your website directly to your content on YouTube. Take a look at some of the channels of organisations similar to yours for inspiration. Find more advice and guidance to boost your campaigns at <http://knowhownonprofit.org/studyzone/digital-communications-for-successful-campaigns>

Source: NCVO

Grandparent Carers enjoyed a special Information Day

An event, run especially for grandparents in the New Forest who care for their grand-children full-time, was held by

Community First New Forest on 11 February at Lyndhurst Community Centre.



Representatives of local organisations including It's your Choice, New Forest Carers Forum, Age Concern New Forest and Citizen Advice Bureau attended the event, providing information and answering questions.

Grandparents were able to meet up with others and share their experiences. Others, including family and friends, do not always fully understand the situation they find themselves in and the impact caring for their grandchildren has on their lives. Some feel very alone and speaking to others in a similar situation can remove the feeling of isolation.

This type of event, along with regular support group meetings, help to spread the message that support and advice is out there. Carol Malky, who runs the group says, 'We have been able to help many grandparents cope better with their situation. They can gain knowledge and putting them in touch with others who find themselves in a similar situation really helps.'

For further information Tel. 01425 482773 or email cypservices@cfnf.org.uk

First recycling and recovery scheme for all respiratory inhalers

GSK is running the first recycling and recovery scheme for all respiratory inhalers. It aims to reduce waste and greenhouse gas emissions, moving towards a more environmentally sustainable treatment of respiratory disease.

How to get involved

First, you need to locate your nearest participating pharmacist in the UK at www.pharmacyfinder.completethecycle.eu/index.html. Then simply take in your empty or out-of-date respiratory inhalers, and your pharmacist will place them in the collection box for recycling or recovery.

Why recycling/recovering inhalers is important

Complete the Cycle is an easy and convenient way to recycle your inhalers, allowing you to breathe the new life into your old inhalers. Participating in this UK specific scheme helps to reduce waste and greenhouse gas emissions, moving towards a more environmentally sustainable treatment of respiratory disease.

What happens to the inhalers

The inhalers will be collected as part of routine deliveries - so no extra miles are travelled in the administration of this scheme. The inhalers will be taken to a waste management company to be sorted for recycling or recovery. Recovery means using the non-recyclable inhaler waste as a fuel or other means to generate energy. Every respiratory inhaler collected will be recycled or recovered, including those manufactured by companies other than GSK.

What has been done so far

The Complete the Cycle pilot began in February 2011, with the number of participating pharmacies steadily increasing. The scheme is now being expanded right across the UK, and 75% of the population now has access to a participating pharmacy within three miles of their home.

To the end of October 2012, 89,546 inhalers had been collected.

You really can make a difference by taking part in the Inhaler Recycling and Recovery Scheme. To find out more, go to www.gsk.com/uk/consumers/complete-the-cycle/complete-the-cycle-inhaler-recycle-or-recovery-scheme.html

Poverty Crisis Summit

After four years of recession and cuts, and more cuts on their way, including April's changes to housing benefit, poverty is affecting more and more people and has become high on the agenda for churches.

According to a report by Oxfam, more than one in five people in the UK currently live below the poverty line, with many of these at risk of becoming unintentionally homeless as they struggle to keep up with rent arrears.

The Poverty Crisis Summit will run from 10am-3.30pm, on 24 April at Testwood Baptist Church Conference Centre, Totton.

Organisations interested in getting involved should call John Cunningham at Green Pastures, on 07970 867157 or email john@greenpastures.net

An epic adventure to support Nightstop



Penny Jepson, Managing Director of Deacon Insurance Bournemouth speaks about her epic adventure to raise vital funds for New Forest Nightstop. Penny first got involved with Nightstop 2 years ago through her company Deacon but is now personally taking on the challenge of cycling 500km through South East Asia in aid the young homeless in the New Forest.

'I am incredibly fortunate to be going on an adventure in South East Asia in April to cycle over 500k. The challenge is, it is over 10 days, in 95% humidity with 35-40° temperatures.

The journey takes me from the busy streets of Bangkok to the rolling limestone hills of Thailand's largest national park, Khao Yai. Moving into Cambodia we head through paddy fields to Angkor, the magnificent temple and city of the former Khmer Empire and one of the world's great historic sites. We reach Phnom Penh, where we encounter stark reminders of Cambodia's more recent past. Arriving in

Vietnam, we enter the Mekong Delta, a criss-crossed patchwork of rice paddies and waterways and we complete our journey in the vibrant city of Saigon.

Nothing could be more abstract from the current bleak cold conditions here in the New Forest where I am training. It's important I start to condition myself for the extensive cycle ride ahead. As I head out from Christchurch, through to Burley Homsely, Brockenhurst cycling through ancient and ornamental woodlands or across open heathland, I think to myself how lucky I am to live here; many local young people are not so lucky. My feet, hands and face are freezing but I know I have a hot shower at home and warm clean clothes to put on. The idea of someone sleeping rough out here, this winter, is terrible.

I have a huge admiration for Jude and the team at Nightstop. I am in awe of all the hosts, particularly their generosity, kindness and the understanding they are able to give to the young people in need.

I do not live in the New Forest and am therefore unable get involved at the level I'd like to, so what I would like to do is support Jude as much as I can by raising money and awareness and help keep this charity running when it is needed most.

Please support me if you can on my Virgin Money Giving site. I want to rally as big a contribution as I can to support such a great 'award winning' team.'

To support Penny with her fundraising mission go to: <http://uk.virginmoneygiving.com/PennyJepsonNightstop>

Volunteering

Official statistics show a resurgence in volunteering



New figures released recently show a sharp rise in volunteering and that people are actively coming together to drive improvements in their communities, minister for Civil Society, Nick Hurd said recently.

The Official Statistics published for the first time by the Cabinet Office show that the proportion of people volunteering at least once a year has increased from 65% in 2010-11 to 71% in 2012, with an even bigger increase in the proportion of people volunteering regularly.

This equates to millions more people volunteering across the country; showing the cultural change is not limited to the 120,000 who volunteered to make the Olympics a success.

Significantly, this reverses the steady decline in volunteering seen since 2005.

The survey also reveals:

- People are still giving generously to charity, with 74% making donations in 2012, compared with 72% in 2010.

- 55% reported a very strong sense of belonging to Britain, an increase from 51% in 2010.
- A strong sense of community spirit, with 79% of people reporting they belong strongly to their neighbourhood.
- 87% of people report that their local area is one where people from different backgrounds get along well together.
- Nearly half of people want to be more involved in local decisions, a significant increase from 2010.



Volunteer sessions at Hythe Library

Community First New Forest recently recruited Viv Parsons, a new volunteer at the Volunteer Centre, to carry out monthly drop-in information sessions in Hythe Library. The next sessions are 3 April and 8 May, 10am-1pm.

Viv is a retired volunteer centre manager and will be using her experience to interview prospective volunteers and offering a variety of local opportunities to people. She will explain what is involved in the volunteering roles and can answer any questions on volunteering. She will also be holding sessions in the Waterside doctor's surgery every quarter.

Viv says, 'We want anyone who is interested in volunteering to come along. People can have an informal chat and there is no obligation if they don't want to take things further.'

Volunteering

Volunteers' rights, expenses and placements - a guide from GOV.UK

Volunteers' rights

Most volunteers don't have a contract of employment, so don't have the rights of an employee or worker. They are usually given a volunteer agreement that explains:

- the level of supervision and support they'll get
- what training they'll get
- whether they're covered under the organisation's employer or public liability insurance
- health and safety issues
- any expenses the organisation will cover

The volunteer agreement isn't compulsory, but sets out what volunteers can expect from the organisation. It doesn't form a contract between the volunteer and the organisation. The National Council for Voluntary Organisations (NCVO) has information on volunteers' legal status at www.ncvo-vol.org.uk.

Pay and expenses

Volunteers are not paid for their time but may get money to cover expenses. This is usually limited to covering food, drink and travel or any equipment they need to buy.

If a volunteer gets any other payment, reward or benefit in kind, they may be classed as an employee or worker, rather than a volunteer. This includes any promise of a contract or paid work in the future. Being classed as an employee or worker gives them certain employment rights, like getting the minimum wage.

Example 1

Ellie volunteers at a company to get some work experience. She's given travel expenses even though she walks to work. This is payment, rather than out-of-pocket expenses, so she must be paid at least the minimum wage.

Example 2

Joe is an unpaid intern at a record company, but he's given free CDs as a perk. The CDs are 'benefits in kind'. They mean he must be paid at least the minimum wage.

Example 3

Amanda is a unpaid intern at a design company. She's been promised that she'll be taken on as an employee after 3 months. This counts as a reward, so she must be paid at least the minimum wage for the whole time she spends at the company.

When people can volunteer

Age limits

There's no upper age limit on volunteering. However, some organisations' insurance policies don't cover people under 16 or over a certain age (usually 80).

Under 14s **can't** work for a profit-making organisation, even if they're not paid.

Some local councils have bylaws with extra rules about the work young people can do. For example, they may see a charity shop as a profit-making organisation and not let young people volunteer there.

Volunteering

Volunteer to be a Village Agent

If you enjoy being active in your local community and can offer a few hours a week, you could be a Village Agent, supporting older people to live independently in the community. Alternatively you could be a Village Agent Safety Advisor.

Village Agent Safety Advisors help protect their neighbours in their homes by carrying out home safety visits. Home Safety visits assist in protecting people from risk in their homes. Village Agents will help deliver safety advice and support to their own community.

As a Safety Advisor the types of activity you are likely to undertake (full training and support provided) are:

- Recognising vulnerable people in your community
- Giving fire prevention advice
- Discussing and advising on an emergency evacuation plan with the occupants
- Advising where to put smoke detectors
- Referring to Hampshire Fire and Rescue Service where further support is identified

Benefits to the Volunteer

- Making a difference in your community
- An opportunity to meet new people
- Interesting and rewarding duties
- The chance to build on existing skills and to develop new ones
- Receive regular updates/training from HFRS
- Gaining work experience in a work environment

For more information contact
Co-ordinator, Age Concern Hampshire on
Freephone 0800 328 7154 or email
villageagent@ageconcernhampshire.org.uk

Young Carers Service

Helping Hands Needed



The Young Carers Service run by Community First New Forest, will be launching a new family support project soon and needs volunteers to help pilot the scheme.

If you have some time to spare, please get in touch – you will receive full training and support and will help us make a real difference to the lives of our Young Carers and their families.

You might be helping Mum get the shopping, sitting down to help a teenager with their homework or guiding Dad through some paperwork. In short, you'll work with us to be a helping hand when our families need it. We can be completely flexible about how much time you need to commit and how you work with the families you are linked with.

The new project is just one of the ways we support Young Carers and their families across the New Forest.

To find out more about our work, make a referral or support our activities, please contact Marie Shotbolt on 01425 482773 or email marie.shotbolt@cfnf.org.uk.

You can also find us on Facebook
– New Forest Young Carers
Service – and we'd appreciate a
'like' if you can.





Downlands Educational Trust Grant

Max. Value: Discretionary. Charities and schools in the South East of England (excluding London) whose beneficiaries are predominantly children can apply for grants towards the cost of particular items of equipment and other specific projects, including training courses.
www.downlandsedtrust.org

Lloyds Banking Group Social Entrepreneurs Programme

Max. Value: £ 15,000. Funding and support scheme providing comprehensive assistance to those social entrepreneurs in the UK who wish to establish a new project or boost an existing project that will have a social impact.
www.lloydstsbfoundationni.org/.../social-entrepreneurship-program

Are you looking for sources of funding?

Community First New Forest can help you access sources of funding for your organisation or as an individual. We can search a database that will identify Trusts that might fund your cause. If you would like us to carry out a search on your behalf or need any other advice about funding then please get in touch. Debbie Grace Tel. 01425 482773, email debbie.grace@cfnf.org.uk or visit www.cfnf.org.uk

Grants for sustainable transport in the New Forest National Park

Businesses or projects which aim to tempt people out of their cars could be in line for a grant of up to £15,000 from the New Forest National Park Authority.

The Sustainable Transport Solutions Fund has been launched to support initiatives which encourage users of the National Park to make the switch to sustainable transport choices.

The National Park Authority says going car-free makes sense for visitors, residents and the Forest itself. Grants can help with a range of sustainable transport projects that:

- Improve cycle facilities at transport hubs and attractions
- Provide guided walking and cycling experiences
- Encourage more cycling and walking for local journeys
- Provide electric vehicle (car/cycle) charging points and hire initiatives

Other projects that meet the criteria of the fund will be considered.

If you are interested in applying to the fund, visit www.newforestnpa.gov.uk/LSTF.

For further information email STS@newforestnpa.gov.uk or call 01590 646676

Training

Community First training courses

These are held at Lyndhurst Community Centre, SO43 7NY. Bookings can be made via our website www.cfnf.org.uk, Tel. 01425 482773 or email debbie.grace@cfnf.org.uk

Free Local Giving Workshop, 25 March 2013

10am-12noon, 12.30-3.30pm
Overview of HIWCF grants and Local Giving followed by a session on how to use Social Media to promote your organisation. Cost: Free to all

Time Management, 3 April 2013,

9.30am-12.30pm
A course on how to manage your time more effectively.
Cost: £40 members, £45 non-members

First Aid, 21 May 2013

9am-4.30pm
Accredited course for small low risk organisations.
Cost: £60 members, £75 non members

Funding Workshop, 18 June 2013

10am-12.30pm
A workshop on sources of funding and how to make applications.
Cost: £40 members, £45 non members

Food Safety, 2 July 2013

9am-4.30pm
An accredited course delivered by Brockenhurst College on all aspects of food safety.
Cost: £60 members, £75 non members

Funding Workshop, 18 June 2013

10am-12.30pm
A workshop on sources of funding and how to make applications.
Cost: £40 members, £45 non members

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Cost: £60 members, £75 non members

Alcohol Identification and Brief Advice Training

a 3 hour, 1/2 day session available on 16, 22 and 23 May.

This course is FREE and is designed and delivered by Alcohol Concern as part of the Hampshire Alcohol Strategy. The training provides the knowledge and skills to deliver effective and confident alcohol brief advice. Research shows 1 in 8 people will modify their drinking following brief advice, demonstrating this is an effective intervention in a range of settings. Outcomes:

- Be familiar with the basic information about alcohol, including alcohol units, drinking behaviours and impact of alcohol on health
- Understand some of the evidence regarding the effective alcohol brief advice
- Be confident in 'how to raise the issue', and how to use alcohol identification tools, including AUDIT-C and Full AUDIT
- Able to deliver simple brief advice using the FRAMES approach and alcohol resources
- Know the local specialist substance misuse treatment services and their referral routes

Who should attend?

GPs, practice nurses, health care assistants, pharmacy staff, A&E nurses, hospital health care assistants, community health care staff, social service workers, probation officers, community development workers, housing officers and support staff, domestic abuse workers, safeguarding and child protection staff etc.
Email abbie.twaits@hants.gov.uk for a registration form or Tel. 02380 383301

COMMUNITY TRANSPORT

Transport solutions for the
New Forest including Call & Go,
Wheels 2 Work moped loan scheme, minibus hire
and MiDAS training. Volunteers always needed.

Email: transport@cfnf.org.uk

Booking Line: 0845 6024326

COMMUNITY DEVELOPMENT

Community development supports and promotes the
development of an effective and sustainable voluntary
and community sector. We can visit you, provide
one-to-one support, offer funding advice and offer help in
identifying training needs and where to access training.

Tel: 01425 482773

Email: cdmanager@cfnf.org.uk

HOME SUPPORT SERVICE

Offers personal care and additional support
(shopping/outgoings/domestic help) to older people and
adults with physical disabilities living in their own homes.

Tel: 023 8066 7080

Email: homesupportmanager@cfnf.org.uk

HOME IMPROVEMENT AGENCY

A non-profit agency which helps the elderly, the
disabled and those living on a low income, to remain
independent in their own homes.

Repairs • Funding • Adaptations • Improvements
Help in finding a suitable contractor

For further details or a friendly chat to see if we can
help, please phone 01425 478005.

Email: hiamanager@cfnf.org.uk

Community Support for older people

We can help you:

- Arrange any care needs/home help
- Provide benefits advice
- Provide a home safety check
- Arrange a community alarm
- Organise home repairs/adaptations to your home
- Access local social groups and events
- Arrange community transport

Tel: 01425 478005

Email: hia.manager@cfnf.org.uk

Nightstop

We provide temporary accommodation for homeless
young people. Nightstop has a team of trained
volunteers who provide a room and meals for
between 1-5 nights. Agencies (not young people
themselves) can ring the Co-ordinator who will
contact host families to request their help. Nightstop
also has a team of drivers and support volunteers.

Tel: 01425 478391

Email: nightstop@cfnf.org.uk

Volunteer Centre

At the Volunteer Centre we promote and support
volunteering. The VC recruits potential volunteers from
all sectors of the community and seeks to place them
with voluntary organisations who are actively
looking for volunteers to assist with their work.

We also offer advice, information and training to
voluntary groups using or considering using volunteers.

Tel: 01425 482773

Email: vol.bureau@cfnf.org.uk

Community First New Forest

our mission

We are a not-for-profit umbrella organisation which supports and promotes the sustainable development of the local voluntary and community sector. By building relationships, fostering partnerships and delivering quality services we aim to improve quality of life and assist in the development of diverse, strong communities primarily in the New Forest district. We work towards removing barriers to social inclusion by working with communities and individuals who may be socially disadvantaged, vulnerable and isolated.

Independent Caring Reliable Inclusive
Flexible Creative Professional Evolving
Passionate Learning Confident Partners
Equality Ambitious Community Dedicated
Challenges Dynamic

Archstone House, Pullman Way, Pullman Business Park
Ringwood, Hampshire BH24 1HD
Registered charity no. 1068964 Registered company no. 3483827

