

Community First New Forest

# Newsletter



Spring 2014

....building relationships, enabling action

[www.cfnf.org.uk](http://www.cfnf.org.uk)

# 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

## As a member...

As a member of Community First New Forest you are 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...

**Tel.** 01425 482773

**Fax.** 01425 482666

**Email.** [admin@cfnf.org.uk](mailto:admin@cfnf.org.uk)



[www.facebook/Community-First-New-Forest](https://www.facebook.com/Community-First-New-Forest)



[@CFNF2](https://twitter.com/CFNF2)

# Contents

## Members

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

Family Lives  
Family Mosaic  
Minstead Training Trust  
Calmore Community Assoc  
Lymington Centre Pre-School

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**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.

## Equipment for Hire

We can offer you a variety of useful equipment and resources for hire, at low cost, to assist your activities.

	<u>Daily charge</u>
Digital Camera	£5
Video Camera	£10
Laptop Computer	£10
Portable loop system	£10
Multi/media/Digital Projector	£10
Display Stand	£5
Screen	£5
Portable PA System	£10
Comb binder	£5
Flipchart stand	£5

To book equipment or for further information Tel. 01425 482773, e-mail [debbie.grace@cfnf.org.uk](mailto:debbie.grace@cfnf.org.uk).



## Computer recycling and refurbishment charity

Jamie's Computers is the computer recycling social enterprise arm of The Society of St James; Southampton's largest homeless charity, providing housing, care and support to homeless and vulnerable people.

Jamie's Computers offers a free professional and secure IT disposal service to businesses and individuals. It refurbishes donated computers and makes them available for reuse whilst anything that cannot be reused is recycled. For more information Tel. 023 8063 2198

## LACUNA Magazine

### Creating a space for charities and activists to publicise issues of injustice in their communities

The Centre for Human Rights in Practice at the University of Warwick is launching a new online magazine, LACUNA. It aims to feature original writing and visual content on issues of injustice and human rights.

The magazine will provide an opportunity for activists, charities and individuals to share their experiences of challenging the injustices that affect the communities in which they work.

It also wants to celebrate the successes that can be achieved by committed individuals and organisations. The magazine is edited by Orwell Prize Winning author A.T. Williams and the first editions will feature contributions from Jon Snow (Channel 4 News), Rebecca Omonira-Oyekanmi, (shortlisted for the Orwell Blog Prize 2012), A.L. Kennedy (Winner of the 2007 Costa Book of the Year Award) amongst others.

Its long-term aim is to create a space online where under-represented voices and stories can be heard, and to showcase the best new writing and visual content from across the UK and overseas. For more information see Facebook page: [www.facebook.com/LacunaWritingWrongs](http://www.facebook.com/LacunaWritingWrongs)

## Developing support for children, young people and families

### New Forest Event: 9 July 2014



The New Forest Local Children's Partnership (LCP) is working together to help improve support for children, young people and families. It is keen to work with local providers in developing joint approaches to meeting local needs.

It is holding an event on Wednesday 9 July (morning) where it would like to:

- Update partners on the development and launch of two support booklets ('Support for families' and 'Mental health matters').
- Engage with local providers and practitioners to explore the key training needs for our local area and to develop plans to meet those needs.
- Share with partners and practitioners the LCP's Action Plan for the coming year.

We hope you will be able to join us. If you would like to attend this free event please save the date in your diary – 9 July 2014 (morning – timing to be confirmed) and contact Jacqui Pitcher, Community First New Forest, Tel. 01425 482773.



## Milford on Sea Food Week

The ever popular Milford on Sea Food Week returns from Monday 7 April until Sunday 13 April 2014. This year it is bigger than ever, and once again endorses Milford on Sea as a 'Foodie Heaven by the Sea!'

Another fabulous week is in store, with over 100 events organised for foodies and families. Milford on Sea's twenty village restaurants, pubs and cafés are offering a wide range of events and dining offers, and local organisations like the WI, Milford on Sea Club, the Sea Scouts, the Guides, MoS Primary School, MiCO, New Forest Transition, League of Friends, MoS Library, the Village Churches, Total Voice Choir, Milford Makers, Folk Club ...and more are also involved!

The Food Week Cookery Theatre has a packed programme of demonstrations and shows, with everything from local home cooks sharing their recipes, to Michelin star Angela Hartnett & Luke Holder, two Michelin star Atul Kochhar, Alex Aitken and top chefs from The Pig, Montagu Arms, Chewton Glen and The Jetty, plus personalities such as Shappi Khorsandi, and Sal Bashir, The World's only Pakistani Elvis, all coming to do shows.

Added to this, there is lots for the family and the kids to do, as well as a CakeFest,

educational films and talks, wine tastings, beer brewing demonstrations, the Great Dining Bus, cookery classes, the Sunday Food Market, ...and even a walk to try and shed some of the pounds you may have put on during the week!

There is even a Chef for a Night Auction, where bids are taken online to have David Wykes, Chef/ Patron of the award winning & Michelin recommended Verveine Fishmarket Restaurant, to come to your home and cook three courses for a dinner party of 4. - All menu ingredients and washing up included! In both 2012 & 2011 David was recognised as 'Hampshire Chef of the Year'.

Food Week is delighted to say that they have received more support than ever from every level of the community, and from the generous Sponsors & Friends of Food Week. This year the merchandise range includes some fun Food Week branded items with Keep Calm & Bake Cake, Keep Calm & Dine Out, Keep Calm & Drink Wine, and Keep Calm & Curry On logos!

50,000 copies of the Free Food Week Programme are being printed and these will be distributed door to door around the end of February, with copies also available in Milford on Sea village shops and key locations across the New Forest.

Food Week is very proud that it is exclusively run by volunteers, whose sole reward is in the enjoyment gained by others. Food Week is truly a 'By the community, for the community' event.

Organiser, David Long said; "The support of so many people is critical to us, and we thank everyone who gets involved, whether by participating or simply enjoying the many events we have throughout the village during Food Week."



- Is your son, daughter, partner or friend using drugs or alcohol?
- Are you looking after them?
- Does this affect you?
- Would you like to talk to someone about support for yourself?

If so, this service could be for you. Contact the 24/7 telephone line 023 8039 9764

**Raise funds for your charity** Run for it! or jog or walk...



This event is open to all charities and organisations to help raise much needed funds for their own organisation. Organised by Hampshire and Isle of Wight Air Ambulance, (they charge a small entry fee, which is how they raise funds), participants can run either one lap (3.78km) or 6 laps (22.68km), with an optional fancy dress theme of 'The Emergency Services'. Entries can be made online at [www.hiow-airambulance.org.uk](http://www.hiow-airambulance.org.uk) then, click on the Events tab or Tel. 023 8033 3377 for entry forms.

## Stop assaults against staff and keep within new care sector health and safety legislation

Hastings Training Ltd provides a physical interventions training course that protects staff and keeps within current legal guidelines.

Conflict Management training courses at less than £30 per delegate. All training is approved.

Tel. 01425 471639, email [hastingstraining@yahoo.com](mailto:hastingstraining@yahoo.com)

## New Walks in Eling

February saw the beginning of a new walk from the Recreation Ground in Eling. The walks have been planned once a month on a Saturday afternoon to provide much needed weekend walks.

Despite the winter conditions 4 people joined the walk heralding a good start to a successful future for this walk organised by dedicated Volunteer Walk Leader, Vanessa who also leads the Totton walks. Contact Vanessa Pearce on Tel. 023 8086 7952 for more details.



## Community First New Forest: Young Carers Service

Our Young Carers Service has started a regular partnership with Hampshire County Council's Youth Art Team which means Young Carers from across the New Forest will get more chance to show off their creative side. Young Carers coordinator Marie Shotbolt said "Charlotte Slinger, the Youth Arts Officer has always been really supportive and arranged activities for us but we're now going to have them four times a year which will make a huge difference to the number of young people who will get to take part."



The new arrangement was launched with a half-term activity at the Colour Factory in Winchester where a group of 7 to 12 year olds designed their own t-shirts and bags.

The Young Carers Service currently works with over 150 Young Carers and their families across the New Forest providing support, advice and activities. For more information Tel. 01425 482773 or visit [www.cfnf.org.uk](http://www.cfnf.org.uk). You can also find us - and like us - on Facebook – New Forest Young Carers, and follow us on Twitter - @NF\_Youngcarers

## 'my pod'



*My Pod* Social Development and Independence Centre is based at Dibden Purlicue and is run by Totton College.

It aims to offer a fully supported programme of activities for people aged 16 and over with learning difficulties and or disabilities who would like to:

- Continue to practice the skills learnt in other settings.
- Make new friends and socialise.
- Continue learning new life skills.
- Try new things.

### Opening times

*My Pod*' will be open from Monday to Friday for 50 weeks of the year. The day will start with breakfast club at 8am, after which a daily timetable of activities will be available to choose from. At 3.30pm there will be a teatime club until 6pm. The choice of activities will be reviewed and updated approximately every eight weeks.

### Cost

£60 per day for a 9.30am-3.30pm session (discounts available for block bookings).  
£30 per half day for either morning or evening session.  
£12.50 per day for breakfast club.  
£12.50 per day for teatime club.

# General

## Funding

Individuals are able to fund their *My Pod* sessions via their own Personal Independence Payment budgets, direct payment or similar.

## Transport

Transport to and from *My Pod* is the responsibility of the participant, however, there will be a minibus service provided to and from the main Totton College campus.

## Contact

For more information please Tel. 023 8042 7372 or email [lrose@totton.ac.uk](mailto:lrose@totton.ac.uk)

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## About The Big Lunch

The Big Lunch is a very simple idea from the Eden Project. The aim is to get as many people as possible across the whole of the UK to have lunch with their neighbours annually on the first Sunday in June in a simple act of community, friendship and fun.

Since starting in 2009, thousands of Big Lunches have taken place in all types of community across the UK. Last year 3.65 million people took to their streets, gardens and community spaces for the fifth annual Big Lunch. This year's Big Lunch is on Sunday 1 June 2014.

A Big Lunch can be anything from a few neighbours getting together in the garden or on the street, to a full blown street party with food, music and decoration that quite literally stops the traffic.

[www.thebiglunch.com/about/index.php](http://www.thebiglunch.com/about/index.php)

## Multi Cultural day: Food and music all day performers still needed for Gosport's 1st Multicultural Festival

The Festival, at Walpole Park, Gosport, on 7 June, hopes to create a link to other communities, artists and cultural institutions all over Hampshire. Organisers would like to get in touch with you, to evaluate and think of ways in which we could cooperate with each other.

**INVITATION  
FOR  
FOOD STALLS  
AND ALL  
VOLUNTARY  
ORGANISATIONS**

**Food stalls only  
Must have  
£5M PLI  
And not less than  
(3)  
Food Hygiene  
Certificate**

**RSVP: 30<sup>th</sup> April 2014**

If you would be interested in participating; its aim is to promote and embrace mutual understanding in our diverse society. It does this by music, dancing international cuisine, literature and many others as well as promoting different cultures and ways of living and defending the cultural roots that form each distinctive culture.

There will be music from 11am-10pm. In the mornings the lineup includes the Big Noise from Samba Band, Children Mascots and of course plenty of international cuisine. It is hoped that the town becomes the festival and the festival becomes the town.

More participants are needed, so if you are interested in providing food, music or a stall, please contact Zenny Valentine, Tel. 0789 1444249 or email [fgmsociety@gmail.com](mailto:fgmsociety@gmail.com).



## Equipment Loan Library service

A new Equipment Loan Library service is being made available from the Disabled Living Foundation charity.

This free program aims to help improve quality of life for older people and people with disabilities. Funding from the Department of Health is enabling expansion of its library of simple electronic aids where people in the UK can borrow equipment for free for up to 2 weeks.

The reasoning behind this is that there is evidence that such aids can improve people's quality of life, but that the older age group in particular shy away from trying it as they are unsure it will work for them, and lack confidence - but this way, they can learn how to operate it. The aim of the library is to break down these barriers, provide support during the loan period, and to get the right piece of equipment out to the right people. If you'd like to have a look at what is available visit [www.dlf.org.uk/library](http://www.dlf.org.uk/library).

The library items broadly cover three main categories:

- Memory prompts and reminders including prompts that can be played in sequence.
- Devices to notify a carer within the same house that someone may require assistance or a GPS pendant for use outside the home.

- Devices to help blind or partially sighted individuals identify or operate household items such as magnifiers and phones.

The memory prompts can be useful for daily or weekly routines such as medication or doctor's appointments.

There are also door sensors with pagers and alarms to remind people to lock up behind them or alert their carer that they have gone out. Item locators may also come in handy when keys or other important things are misplaced. It is hoped that by using equipment for two weeks, the person may be able to find a way to improve their quality of life or at least make more informed decisions about equipment that they buy or do not buy.

This service is free, but a deposit must be paid for the equipment before it is mailed out (simply to ensure they get the equipment back again). The user must pay for the postage required to send the item back to them by special delivery (usually £3-£5) when they're done with it.

The deposit is reimbursed in full when the item is returned. If you wish to purchase the item you will be sent an impartial list of the national suppliers selling the product.

If you are interested, you can request brochures and postcards from the loan library. They have also been to various places to demonstrate their library to Health workers, social care workers and end users. If you want to arrange this, or if you have any questions, please don't hesitate to contact Mashael Zaidi, Library Administrator, Tel. 020 7289 6111 ext 286



## **Keeping chickens – An Introduction**

Minstead Community Event with Sharon Jackson  
Saturday 5 April, 2-5pm, Minstead Study Centre,  
S043 7GJ

Places limited. Booking in advance advised.

## **Milford-on-Sea Food Week**

Monday 7 April-Sunday 13 April, Milford-on-Sea  
Visit the website for all the events. - [http://  
www.milfordonseafoodweek.org/](http://www.milfordonseafoodweek.org/)

## **Organic No Dig Gardening**

Minstead Community Event with Charles  
Dowding  
Saturday 12 April, 11am-4pm, Minstead Study  
Centre, S043 7GJ  
Places limited. Booking in advance advised.

## **Hale Local Food Market**

Saturday 19 April, 9am–12noon, Hale Village Hall  
Local food for local people. For more info  
visit <http://www.halemarket.org>

## **Lymington Transition Meeting**

Thursday 24 April, 8-9.30pm, Thomas Tripp Pub,  
Lymington

## **Robert Tees Mushroom Masterclass**

Saturday 26 April, 9.30am-4pm, New Forest  
Cookery School, Brockenhurst College,  
with Robert Tees, the foremost authority on  
edible wild mushrooms

For more news and information visit  
[www.newforesttransition.org](http://www.newforesttransition.org)

## **Do you need help developing policies and procedures for your organisation?**

Community First New Forest can help you start to create a range of Policies & Procedures that will fit your organisation or if you are already in existence review or update your paperwork. These are some of the policies that it can help with:

- Health & Safety
- Child Protection
- Vulnerable Adults
- Lone Working
- Risk Assessment
- Data Protection
- Equal Opportunities
- Induction
- Disclosure & Barring (criminal records checks)

If you would like further information or support in developing any of these or other policies please contact the development team on Tel. 01425 482773.

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## **Do you have the correct insurance ?**

There are so many different kinds of insurance available these days that it might be easy to get carried away with the idea of insuring your organisation against every conceivable risk. However it can be difficult to know what is actually necessary and appropriate for the needs of your organisation and what is not necessary. There are a few basic types of insurance that the majority of groups will usually need to have. There is then a further group of insurances, which, due to the size or the specific activities of a group, may be necessary.

# General

Remember that the following information is simply a set of guidelines for you and there are laws governing certain aspects of insurance provision. If you require advice, contact Community First New Forest, Tel. 01425 482773.

## More commonly needed insurance

### Employers Liability Insurance

This is a legal requirement. Any organisation employing staff must have and display in the workplace a certificate of employers' liability insurance. It covers the organisation against any claims by workers for injury or disease (worker is defined as anyone who has a contract or apprenticeship whether that is written, oral or implied). It does not usually cover volunteers, visitors, management committee or self-employed people working for the organisation (though you can get policies that do specifically cover voluntary workers as well as paid staff). You should check carefully whether or not you need public or professional Liability Insurances.

### Buildings Insurance

This covers the fabric and structures of any building that your organisation rents or owns outright. If you rent premises, then you need to check the terms of your lease to see whether it's the responsibility of your organisation or your landlord to take out the insurance. If you own the property, you are responsible for taking out adequate insurance. If a landlord owns the property it will usually be their responsibility to ensure that the building is properly insured (this responsibility is sometimes given over to tenants with long leases in lease agreements). It may be a good idea if you are a tenant and your landlord is responsible for the insurance cover, for you to take out insurance against any associated losses that you may face as a result of damage to the buildings. If you occupy any premises at all then you are required to have this cover by law.

### Contents Insurance

If your organisation owns or hires any property (e.g. equipment) that is kept at your premises, make sure you have adequate contents insurance. There are different types of policy and you can get limited policies that only cover certain circumstances. It is a good idea to ensure you are covered for all risks including accidental damage to equipment. You may also be able to extend the policy to cover property taken off the premises on business. This type of insurance is strongly recommended, particularly if you do outreach work.

### Public Liability Insurance

This covers injury, loss or damage, caused to anyone as a result of your organisation's negligence (or breach of a legal duty) and covers people using your organisation's premises or services. If you have premises that are visited or used by the public or volunteers, you are strongly encouraged (though there is no legal requirement) to have this insurance. Make sure the policy covers staff, volunteers, committee, members and visitors to your premises.

### Trustee Indemnity Insurance

This is entirely optional. It covers the potential liabilities of Trustees and Directors of voluntary and charitable organisations. For example, if your Management Committee members cause (financial) losses to their organisation then this insurance would cover them for some of the losses. If, however, you are a registered charity then there are some restrictions applying to you. Firstly your organisation's governing document must allow, explicitly, for you to have this type of insurance. Secondly you must have the permission of the Charity Commission. This insurance cannot cover a charitable organisation's Trustees for any eventuality. If it is thought that Trustees/ Management Committee acted with reckless disregard

- meaning that they were aware (or could reasonably be expected to be aware) that what they were doing was in breach of trust or duty, then even Trustee Indemnity Insurance is not likely to cover them. Check exactly what is included in the insurance package you purchase, as Trustee Indemnity Insurance can also include other covers such as Fidelity, Professional Liability, Breach of Confidentiality, Breach of Trust, Legal Expenses and Loss of Documents etc. Check you are not paying twice for the same kind of cover.

## Professional Liability Insurance

If your organisation offers an advisory service to the public then you would be well advised to take out this Insurance (even if the service that you offer is free). This covers staff or volunteers who give out advice, should that advice be incorrect and lead to loss, injury etc. Make sure the insurer is fully aware of all your organisation's activities.

## Vehicle Insurance

If your organisation has its own vehicles or its staff or volunteers use their own vehicles when carrying out the business of the group, you have a legal duty to take out vehicle insurance. If the vehicles are the group's own, you are legally required to have third party cover for all vehicles/drivers. If the vehicles are the staff/volunteer's own, it is good practice to make certain they have insured their vehicles for this purpose. It is up to you to decide if you reimburse this cost, though whatever you decide you should be very clear about it. (It might be worth noting however that the Inland Revenue considers that the approved mileage rates for staff and volunteers include the cost of insurance).

## Event Insurance

You may be able to take out insurance for specific large scale events if they involve fundraising or a large outlay of money. Consider the specific activities on a case by case basis.

## The Charity Commission Newsletter Is Packed With Useful Hints & Tips

- How should your charity be fundraising?
- Do you know about the upcoming changes to the Annual Return?
- Have you read the Tackling Abuse and Mismanagement report?
- Do you know how to manage conflicts of interest?
- Thinking of setting up a charitable company or CIO?
- Is a total return approach to investment right for your charity?

Read the newsletter at [www.charitycommission.gov.uk/media/595903/ccnews\\_issue45.pdf](http://www.charitycommission.gov.uk/media/595903/ccnews_issue45.pdf)

*Source: Basingstoke Voluntary Services*

## New Forest Nightstop welcomes Stephen Docherty to its team



I am really delighted to join Nightstop and look forward to contributing to this worthwhile charity. I hope to put my experience and enthusiasm to good use in my role supporting the Nightstop Coordinator, Jude Todd. In previous roles I have worked with disabled adults, helping them gain employment; I provided advice and guidance to young adults with basic skills needs at a private training company; and prior to that I worked in the field of marketing for a London publishing house. I care about helping homeless young people and that's why this job is perfect for me.

# Volunteering

## Volunteer Yourself Happy!

It's official. A recent study has shown volunteering will give you better physical, mental and emotional health and make you happier!

The study reveals 4 key benefits of volunteering that make a positive impact on people's health:

- **Health:** volunteers say that they feel better physically, mentally and emotionally.
- **Stress:** volunteering helps people manage and lower their stress levels.
- **Purpose:** volunteers feel a deeper connection to communities and to others.
- **Engagement:** volunteers are more informed and more engaged with managing their own health.

67% of respondents said that they have felt physically healthier as a result of volunteering.

It just feels good. Volunteering can give us a deep sense of happiness, which is also associated with longer and healthier lives.

Some research finds that volunteering has health benefits for people who do it in order to help others, so pick a cause you care about and do it with your heart.

Use your time and talents today to do something that makes you come alive: plant a tree, befriend an elderly person or help a family in need. We have a wide range of volunteering opportunities to suit your skills and passions.

For more information visit our websites [www.cfnf.org.uk](http://www.cfnf.org.uk) and [www.do-it.org.uk](http://www.do-it.org.uk) or contact Sarah Suddrey, Volunteer Centre Co-ordinator Tel. 01425 482773 or email [vol.bureau@cfnf.org.uk](mailto:vol.bureau@cfnf.org.uk)

Information taken from **Doing Good is Good for You: 2013 Health and Volunteering Study.**

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## Volunteering Opportunities with the Volunteer Centre

The Volunteer Centre is currently recruiting for new volunteers.

### Volunteer Ambassadors – Help the volunteer centre; help volunteers!

Do you enjoy chatting to people and providing advice and guidance? We are looking for Volunteer Ambassadors to run an outreach service in locations across the New Forest and offer advice to local people about the volunteering opportunities available in their local area.

### Administration Support

We are looking for a friendly person to work within our office to keep our database up to date.

Other duties would include following up on prospective volunteers to find out if they found a placement and also contacting organisations to update their information about opportunities.

For more information about either of these opportunities please contact Volunteer Centre Co-ordinator Sarah Suddrey 01425 482773 or email [vol.bureau@cfnf.org.uk](mailto:vol.bureau@cfnf.org.uk)

# Funding

## **Biffaward Small Grants**

Often groups only need a small amount of money to make a difference to a local facility, be it a community building, nature reserve, cultural facility or outdoor space. The Small Grants Scheme offers quicker access to lower levels of funding to make these projects happen. You can apply for between £250 and £10,000. Your project must not cost more than £30,000 in total. You will need to find a third party contributor(s) to provide 5% of the grant you are applying for. You must be in 10 mile radius of one of their sites. Biffaward also operate other schemes for larger projects. See [www.biffa-award.org/small-grants-scheme](http://www.biffa-award.org/small-grants-scheme)

## **Allen Lane Foundation**

The Foundation is interested in funding work which benefits people in the following groups - asylum-seekers and refugees (but not groups working with a single nationality) gay, lesbian, bi-sexual or transgender people, gypsies and travelers, migrant workers, offenders and ex-offenders, older people, people experiencing mental health problems and people experiencing violence or abuse. The grants are single, one-off grants ranging from as little as £500 up to £15,000. Grants repeated for more than one year vary from about £500 per annum up to £5,000 per annum, up to three years. [www.allenlane.org.uk](http://www.allenlane.org.uk)

## **Esmee Fairbairn Foundation - Main Fund**

The Main Fund is responsive to requests for support across the broad range of their interests, which are: the arts, education and learning, the natural environment and enabling disadvantaged people to participate more fully in society. <http://esmeefairbairn.org.uk/apply-for-funding/guide-to-applying/select-your-fund/>

## **Tudor Trust**

The Tudor Trust is interested in encouraging people to use their own skills and abilities as a resource for change; to find new ways of tackling deep-rooted problems or to cope with and move on from difficult situations. They recognise that this may take time so, if appropriate, they can commit funding over a sustained period. They are most interested in helping smaller, under-resourced organisations which offer direct services and which involve the people they work with in their planning. The groups they fund don't have to be registered charities; they can also make grants to other groups as long as they can show them how they would use their grant for charitable purposes. [www.tudortrust.org.uk](http://www.tudortrust.org.uk)

## **Santander Foundation**

Santander Community Plus provides grants of up to £5,000. The scheme is open to small local UK charities or local projects of national charities with funding available to cover salaries, equipment or materials. The grant needs to fund something specific eg. equipment or to pay for the costs of a part time sessional worker. It must also directly help disadvantaged people in your local area. The other programme is the £10,000 Central Fund which funds education and training. This could be any activity disadvantaged people undertake where they improve their confidence in a skill or their understanding of a subject. This does not have to be formal training or lead to a qualification, although those activities would be eligible too. [www.santanderfoundation.org.uk/](http://www.santanderfoundation.org.uk/)

**Community First New Forest** can help you search for funds and grants for your organisation. If you would like some help and support with funding or making grant applications then please contact Debbie Grace at [debbie.grace@cfnf.org.uk](mailto:debbie.grace@cfnf.org.uk) or Tel. 01425 482773.

## **Tesco Charity Trust Community Awards Scheme**

**Community Awards** - This scheme provides one-off donations of between £500 and £4,000 to local projects that support children and their education and welfare, elderly people and adults and children with disabilities. **Larger Grant Applications** - The Tesco Charity Trust Trustees also consider grant applications at their tri-annual meetings. These grants range between £4,000 and £25,000 and are to support local, national or international projects in areas where they operate. [www.tescocharitytrustcommunityawards-applications.co.uk/](http://www.tescocharitytrustcommunityawards-applications.co.uk/)

## **RBS 2014 Inspiring Enterprise funding rounds**

The RBS Inspiring Enterprise has announced the dates for the 2014 funding rounds for RBS Inspiring Women in Enterprise and RBS Inspiring Youth in Enterprise.

The provisional dates for Inspiring Youth in Enterprise are:

- Round 5: 30 June to 11 July 2014  
- and for Inspiring Women in Enterprise:
- Round 4: 7-17 April 2014
- Round 5: 6-17 October 2014

Over £1m worth of grants will be split between the two programmes with a quarter of a million pounds available for each round. Organisations can apply for grants of up to £50,000. Applications are expected to cover a variety of structured programmes in areas such as: business basics, skills and knowledge development, mentoring, peer support and a range of other ideas that will help build and develop the skills to allow more young people and women to start up and succeed in business. Visit [www.inspiringenterprise.rbs.com](http://www.inspiringenterprise.rbs.com)

*Source: Community Action Hampshire, 10 January 2014*



**Warburtons** financial giving programme is aimed at supporting projects, activities and organisations that have charitable aims and will be of real direct benefit to local communities.

The support they provide should reach charities and organisations delivering work that aligns to their priorities and has a direct and tangible impact on people's lives. They will support organisations that focus on solving significant social issues, as defined through their Financial Giving Policy. They work with the Charities Aid Foundation to deliver a financial giving programme, to ensure that all organisations they support are charitable in nature and that they accurately record their social impact. They will support charities and organisations financially in two ways:

**Grants:** Community grants are for small sums of money, that can be used for something specific that will benefit the cause you support. e.g. buying equipment, supporting a community day etc. Up to and including £250.

**Projects:** Funding for community projects is for a clear, identifiable project that can be attributed to Warburtons support or might enable the organisation to extend what they currently undertake. They will be able to identify and report on the impact, in an in-depth manner. From £251 to £20,000 (must be within 15 miles of a bakery or depot site). For further information visit [www.warburtons.co.uk](http://www.warburtons.co.uk)

## **Comic Relief Local Communities Programme – opening 22 May**

Comic Relief is pleased to be working with Hampshire & Isle of Wight Community Foundation as one of their delivery partners for the Local Communities Programme.

The programme aims to empower local people enabling them to create lasting change in their communities. Projects should be run by people directly affected by the issues they are dealing with and priority will be given to small, locally based groups or organisations in areas of disadvantage that have a clear understanding of the needs of their community. Visit [www.hantscf.org.uk/grants/available-grants/comic-relief.aspx](http://www.hantscf.org.uk/grants/available-grants/comic-relief.aspx)

## **£4,000 worth of fundraising technology**

Bidtech are giving away free fundraising technology worth £4,000 to 24 charity events this year. Recent research has shown that the use of technology at charity events delivers an average of 10 times the return of investment for the charity.

Last year Bidtech helped charities raise £17 million, working with well-known organisations such as Battersea Dogs & Cats Home, BBC Children in Need, Elton John AIDS Foundation and Make-A-Wish. Bidtech has been working with inspiring fundraisers since 2011 and would like to give something back to the charity sector.

Every month, two charities will receive a full event service: Up to 250 Apple iPads; Smart phone bidding capability; payment processing; registration tool; full event support team.

To find out more about how this works visit: [www.bidtech.co.uk/bidtech-challenge](http://www.bidtech.co.uk/bidtech-challenge)

## **Open Call for project ideas**

LankellyChase Foundation's mission is to bring about change to improve the lives of people facing severe and multiple disadvantage. By this they mean people who are experiencing a **combination** of severe social harms such as homelessness, substance misuse, mental illness, extreme poverty, and violence and abuse.

They are not interested in sticking plaster solutions, even if they make people's lives better in the short term, but in changing the fundamentals. They think that:

- Many of the services that are supposed to help people operate in 'silos' (looking at each need on its own) rather than responding to the 'whole person' and that this needs to change.
- Services are too often set up to respond to crisis rather than preventing problems developing in the first place.
- There is a need to address the lack of power and influence in the hands of people facing severe and multiple disadvantage.
- People facing severe and multiple disadvantage are often excluded from the market - the services and activities most of us take for granted, including employment, finance and leisure.
- Certain discriminated-against groups face even greater disadvantage and this needs to be brought to light and addressed.

Visit [www.lankellychase.org.uk/](http://www.lankellychase.org.uk/)

## Introduction to Teaching Adults



3 Evenings

Tuesdays 29 April,  
6 & 13 May 2014  
18:00 – 21:00

Applemore Technology College  
Roman Road, Dibden Purlieu, SO45 4RQ

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An excellent introduction for those who deliver informal learning in the community.

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This 10-hour course is delivered by J2 Training in partnership with Hampshire Learning, and is accredited under Hampshire Learning's NCFE Investment in Quality licence. J2 Training are two highly qualified and experienced trainers. The course is aimed at people delivering informal learning in the community, and for adults with few or no formal qualifications, who would like to have an introduction to teaching and learning methods. At completion, successful learners will be awarded a certificate of achievement by NCFE.

Learners on the course will look at:

**Planning Learning:** How to write session plans and understand the principles involved.

**Delivering Learning:** Managing a classroom/training setting, looking at resources, and delivering a short teaching/training session.

**Assessing Learning:** Looking at how one checks learning has taken place on courses that you will be delivering in the future.

This short course is an excellent way to 'get started', and will give you an insight into further teaching qualifications such as the PTTLS (Preparing to Teach in the Lifelong Learning Sector) qualification.

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£40 for participants from the Voluntary Sector  
£60 for all other participants

For further details and enrolment please contact Shirley Johnston & Jackie Garratt - [j2training@hotmail.com](mailto:j2training@hotmail.com)

# Training

## **Mental Health First Aid Training**

This is a two day training course designed for people who do not have any specialist mental health training or experience. It is suitable for staff, volunteers, carers or service users. At the end of the course, participants will be able to recognise the signs and symptoms of a range of common mental health problems and will be able to offer practical support and signposting for a number of issues from stress and panic attacks to suicide attempts.

The aim of the training is to enable people with mental health problems to access help promptly, cutting through their own and other's prejudice about mental health. The cost of this training is £198 per person including the course materials. The course delivery is very flexible and may be delivered over two full days or spread out over a number of sessions. Maximum number of participants on the course is 16 with two trainers. Participants can also apply for accreditation by the Open College Network (3 credits at Level 3) which is an optional extra at a cost of £70 per student.

The next course is on Monday 28 and Tuesday 29 April at The Village Hotel in Bournemouth. Please contact Rachael Taylor, Bournemouth Mental Health Training Academy, Tel. 01425 839648 for further details or to book a place.

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Community First New Forest offers training sessions to its members, community groups and organisations, as well as individuals.

In most cases there will be a charge for the training, but as a member of Community First New Forest you are entitled to a reduced rate.

After attending training we can sign post you on to further training or development opportunities if you wish.

We are always interested to hear of new courses or to arrange different subjects to be introduced to the programme.

Training may be on an informal basis, for example, a one to one session, or it can be for up to a hundred people at one time. If we cannot provide the training you ask for, we can normally direct you to the right place that can provide what you are looking for.

All our courses are held at Lyndhurst Community Centre, SO43 7NY.

Bookings can be made via our website [www.cfnf.org.uk](http://www.cfnf.org.uk) or by contacting our Community Development Team on 01425 482773 or email [debbie.grace@cfnf.org.uk](mailto:debbie.grace@cfnf.org.uk)

## **First Aid**

Tuesday 15 May 2014  
9am-4.30pm

Accredited course for small low risk organisations.

Cost: £60 members £75 non members

## **Food Safety**

Wednesday 2 July 2014  
9am-4.30pm

An accredited course delivered by Brockenhurst College on all aspects of Food Safety.

Cost: £60 members £75 non members

## **Midas training**

Both new driver and refresher training is available. Contact Transport on Tel. 01425 482773 or visit [www.cfnf.org.uk](http://www.cfnf.org.uk)

# 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](mailto: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](mailto: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](mailto: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.

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](mailto: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](mailto: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](mailto: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](mailto:vol.bureau@cfnf.org.uk)

# Community First New Forest

## Our Vision

An excellent quality of life for everyone living  
in the area served by CFNF.

## Our Mission

To identify the needs of local people and meet those  
needs through sustainable solutions; and  
To support and promote the effective development  
of the local voluntary and community sector.



[www.facebook.com/CommunityFirstNewForest](http://www.facebook.com/CommunityFirstNewForest).



@CFNF2

Archstone House, Pullman Way, Pullman Business Park  
Ringwood, Hampshire BH24 1HD

Registered charity no. 1068964 Registered company no. 3483827

