

# Poole CVS *News*

January 2014

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**...and finally**



*Happy New Year* to all our readers.

I hope this will be a year of opportunities for you and your organisations. A key project Poole CVS is working on with its partners Bournemouth CVS and Dorset Community Action (DCA) concerns how the Dorset Local Economic Partnership (LEP) will be allocating its European funding to promote social inclusion and combat poverty. The LEP is taking a positive approach to working with the voluntary sector, whilst the government has also stipulated that approximately £4 million of the available funding has to be invested in voluntary sector projects.

To enable this to happen the two CVSs and DCA are collating a significant amount of feedback from voluntary sector colleagues on how this funding should be spent and on what type of services. Priorities include supporting into work people with mental health needs, young people, people living in rural areas and those who have been long-term unemployed. Respondents consider that the voluntary sector is particularly strong in helping people through volunteering schemes, projects which develop their confidence and self esteem, advice work and also mentoring schemes. We are confident that the funding will enable organisations to build on this work.

The impact of this work will be felt in the long term. On page seven there is report on *Happiness* and the widespread concern that the high number of unemployed young people could create considerable public health problems in the future. Our aim is that with the LEP the local voluntary sector is given the resources to tackle these issues.

*Christopher Beale, CEO, Poole CVS*



## Community

### Transparency of Lobbying Bill

Please follow this link to a report by the National Council for Voluntary Organisations (NCVO) on the [Transparency of Lobbying Bill](#) which has caused a furore. Even though the government has said that the bill is not intended to restrict charity campaigning, it has indicated that it might change some of the original proposals in the face of the criticism they have received.

Joe Irvin, chief executive of the National Association for Voluntary and Community Action (NAVCA) the umbrella organisation for councils for voluntary service, has said:

“This bill threatens the independence of charities and their ability to campaign. It is bad for all charities but also presents specific issues for smaller charities, who will get caught up in election regulations due to the widening of the definition of campaigning and lowering of reporting thresholds. Larger charities have had to seek legal advice to understand this bill. What chance do smaller charities have? This bill places unreasonable burdens on small charities but even more worrying it may deter legitimate campaigns or result in people unwittingly breaking the law.”

You can follow the progress of the bill [here](#). A further report is due out this month.

### Joseph Rowntree Foundation

#### Lunch clubs – a social lifeline

According to the [Joseph Rowntree Foundation](#) (JRF), 1.7 million pensioners live below the poverty line in the UK, on incomes of less than £250 per week.

[This film](#) highlights the importance of funding for community clubs. Lunch clubs are facing a more difficult financial future, with funding for free transport having recently been withdrawn.

#### Research findings 2013

You can read the JRF [eight key research finding from 2013](#), including the fact that there are now more people from working families living below the poverty line than those in unemployed/retired families.

#### Quotation

**Learn from yesterday, live for today, hope for tomorrow.  
The important thing is to not stop questioning.”**

*attributed to Albert Einstein, German physicist*

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## Volunteering

### NHS hospitals gain £11 for every £1 invested in volunteers

[Volunteering in acute trusts in England; Understanding the scale and impact](#) is a report based on the first national survey of volunteering in hospitals. The report, by the King's Fund think-tank and sponsored by the Department of Health, **highlights the benefits volunteers bring to the health service**. However, in order to increase effective partnership working, more research is needed to understand all that voluntary organisations can offer, with the information being used to improve planning, evaluation and service changes. Of the trusts surveyed, 87% said that they expected the number of volunteers to increase over the next three years.

#### Other recent reports on volunteering

- [Pilot volunteering scheme will help anchor care homes in their communities](#)
- [Understanding the potential of micro-volunteering](#)

Volunteering can be a determinant of health. To this end, [YouthNet UK](#), who first established [Do-it.org](#), the UK's largest website for volunteering in 2001, now wants instead to concentrate on using digital technology as a **powerful tool to help young people aged 16-25 years**, providing all-encompassing support: mental, physical and emotional – 24 hours a day and seven days a week.

[Red Trust](#), who took over Do-it.org in December 2013, intends to develop the website into an interactive, social-action platform that makes it even easier for people to volunteer.

Other volunteering, opportunities can be found at:

[Poole Volunteer Centre website](#) where several hundred volunteering opportunities are advertised each month.

[VInspired](#), the UK's leading youth volunteer charity that provides volunteering opportunities for 14-25 year olds.

## Dorset Victims' Bureau

New!



Martyn Underhill

In November 2013, a new service, the [Dorset Victims' Bureau](#) was launched at Bournemouth Central Police Station by Martyn Underhill, Dorset Police and Crime Commissioner, and officially opened by Baroness Newlove who became an advocate for victims of crime after her husband, Garry, was murdered outside their family home. The bureau will offer tailored support and advice for victims of crime who will be referred automatically to the bureau.



Baroness Newlove

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Dorset Police Tel: 101  
[victimsbureau@dorset.pnn.police.uk](mailto:victimsbureau@dorset.pnn.police.uk)

## Spare office equipment

As many readers will be aware, Poole CVS with our colleagues at Bournemouth CVS regularly sends out e-alerts when spare office equipment becomes available. Last year, the Borough of Poole registered with [Warp-it](#), a website that matches surplus resources within and between organisations. The council is happy for voluntary organisations to join them. Register your interest [here](#) to join the Borough of Poole **Waste Action Re-use Portal** and to read the terms and conditions.

## Poole Food Bank

[Poole Food Bank](#) has been created by Longfleet United Reformed Church, in partnership with Faithworks Wessex, and is run almost entirely by volunteers.

Every day people in the UK go hungry for reasons ranging from redundancy to receiving an unexpected bill on a low income. Please contact them if you feel able to help by donating food.

Poole Food Bank  
Tel: 01202 669566



## AGM

Thank you to the 67 members and supporters who attended our successful AGM, held on 27 November 2013, at the Salvation Army Hall in Poole. Our two speakers were:

- Chris Mills, a qualified chartered accountant with over ten years' experience of working in the charity sector who spoke about [Trustee Recruitment and Committee Performance](#).
- Helen Mortimer from Diverse Abilities Plus who spoke about [fundraising](#).



Chris Beale CEO with Jean Blackmore, a longstanding supporter of PCVS

Refreshments were provided, the cakes being baked by [CRUMBS Café Project](#), Bournemouth.

## Directories

[i-HOP](#) - a national one-stop information and advice service for all professionals working with children and families of offenders

[Poole Partnership directory of organisations](#) - for local groups. Registered users can add/edit their own details.

[Source directory](#) - an advice, information and support directory for adults in Bournemouth, Poole and Dorset

[Autism](#) - a database of adults with autism in Bournemouth, Poole and Dorset, managed by Autism Wessex

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## Profile

### Leonardo Trust

“The [Leonardo Trust](#), which has been helping carers in Dorset for over twelve years now, seeks to help people who provide full-time care for a loved one at home.

The charity was set up by a lady who cared for her husband during the last ten years of his life, so she understands how vital it is for carers to be able to look forward to having some time to themselves, and how difficult it is for those who can't afford the breaks they need when they have become exhausted and stressed.



**Christine Edwards**  
*Administrator*

Unfortunately, we don't have staff to offer practical help, but we may be able to provide funds towards helping in other ways. Most of the requests we receive are for short breaks or holidays, either for the carer alone when respite has been provided for their

loved one, sometimes together, or with the family. We also have many requests for individual needs, ranging from gardening to various types of courses. Our trustees will consider any request, providing that it will benefit the carer.

We are very aware that there are many lonely people, and we would like to be able to do more to help them. We have a coffee morning at the office on the second Wednesday of each month, which is mostly attended by ladies, and another for the men on the third Thursday. **Anyone who would like to come along for a chat will be very welcome.**

We are also able to help groups of carers by providing a small donation towards, for example, a summer outing or a Christmas meal. We might also fund the cost of a sitting service for those carers who would otherwise be unable to attend.

Carers who have been recently bereaved, and who need a little help as they start the next phase of their life, are also welcome to contact us.

We have information and a range of leaflets available at our office, which is open from 9.30 – 1.00, but would advise telephoning before a journey. As well as finding information on our website, you can also follow our activities on Facebook.

*Christine Edwards*

**A new website plus a round-the-clock, confidential helpline has been launched, aimed at providing information, friendship and advice to people over 65 years.**

[The Silver Line](#) website  
Tel: 08004 708090

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## Health

### Our ageing society

[Lord Filkin CBE](#) has been appointed Chair of the Big Lottery Fund's [Centre for Ageing Better](#). The Fund is investing £50 million into a vital new hub for gathering information and evidence to identify what makes for a better quality of life in older age.

[Wally Harbert](#), who has held senior positions in the voluntary sector and writes for Third Sector magazine comments that, at the heart of many of our problems lies the absence of dialogue between young and old. He says that many solutions offered for problems tackle symptoms rather than causes, and that:

- local voluntary groups should reach out to one another and help to close the communication gap between young and old.
- there is a role for councils of voluntary service (CVS) and other co-ordinating bodies to encourage schools to have regular dialogue and joint activities with organisations representing older people.

Focused on England, the [Commission on the Voluntary Sector & Ageing](#) has been set up to provide long-term and strategic thinking about how best the sector can prepare for, and adapt to, an ageing society in the next 20 years. **They will shortly be announcing a consultation process and will welcome your views.** To be kept informed, you can [sign up for updates](#).

### Loneliness

Dubbed the silent killer, loneliness can be felt by all age groups, but has been shown to have a particularly negative impact on the health and wellbeing of older people. It has been reported that the difference in health between a person who is lonely and one who is not lonely is akin to "a smoker and a non-smoker" – [the equivalent of smoking 15 cigarettes a day](#).

Joseph Rowntree Foundation has produced a [loneliness resource pack](#) - the result of a three-year research programme exploring and identifying what makes us feel lonely where we live and work, and what we can all do about it – personally and professionally.

"It is clear that the voluntary sector offers a range of expertise and should be a part of the commissioning process," said Holly Holder, author of the research report:

#### [Role of the voluntary sector in providing commissioning support](#)

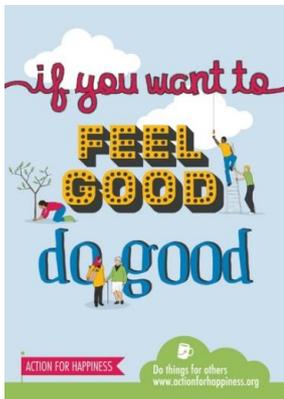
that was produced in November 2013. "However, increasing their participation requires the attention of all the stakeholders involved."

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## Happiness

*"Happiness is not something ready-made. It comes from your own actions". Dalai Lama*

The quote may seem trite, and may well have some value, but the reality is that the economic and social determinants of health have a very great influence on how happy, or otherwise, many people are. In October 2013, the final report of the [Review of Social Determinants and the Health Divide in the WHO European Region](#) was published. It is the result of over two years of research by a consortium of experts, chaired by Professor Sir Michael Marmot.



**The large number of so-called Neets – young adults who are not in education, employment or training is considered by Marmot to be a public health time-bomb.** The long-term effects of this are well

documented.

Working with statutory partners over the past year, Poole CVS has been helping to address these problems on the Bourne Estate.

**Did you know** that the government wants to find out how happy we all are and to use the results to help guide public policy?

**Explore** [interactive content](#)



The South West region had the highest personal well-being ratings.

Read the first report: [Personal Well-being Across the UK 2012/13](#).

United Nations [World Happiness Report 2013](#)

## Streetlink

### Are you aware of people sleeping rough?

[Streetlink](#) is a hotline number, a smartphone app. and a website which enables concerned members of the public to help connect a rough sleeper with local advice and services.

The six local authority housing departments in the county which form The Dorset Rough Sleepers Partnership have signed up to Streetlink and been awarded £304,000. They have also adopted the government's official **No Second Night** policy, ensuring that rough sleepers do not have to spend a second night sleeping rough on the streets in Dorset. You can view referral figures for your local authority [here](#).

Streetlink  
Tel: 0300 500 0914



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## Governance

### Charity Commission in the Spotlight

***“The Charity Commission has responsibility for protecting the good name of the charity sector.”  
“It is too passive in pursuing this objective.” Amyas Morse, head of the NAO, December 2013***

Margaret Hodge, MP and chair of the public accounts committee, is reported as saying that the Charity Commission was ‘not fit for purpose’ after a highly critical report by the National Audit Office: [The regulatory effectiveness of the Charity Commission](#) warned that the Commission’s failure to investigate fraud and abuse was undermining public faith in good causes, that it was not delivering value for money and that it was in need of radical change.

You can read the NAO’s two-minute guide to the report [here](#).

Read: [response by the Charity Commission](#).

Lord Shawcross, chairman of the Charity Commission, commented recently that there had been a "blurring of boundaries between charities and other types of organisation" which could undermine public trust in the concept of charity.

He has called for a debate on whether the Charity Commission register should indicate the charities that receive a certain proportion of their funds from government. Read the full text of his interesting speech [Revolutionising Philanthropy – the Role of the Regulator](#) made last November as part of the Lord Mayor’s Charity Leadership Programme.

Minister for Civil Society Nick Hurd has launched a **consultation** on [strengthening the powers of the Charity Commission](#). The consultation will run until **12 February 2014** and will examine how the Charity Commission tackles serious abuse, as well as how the range of criminal offences that disqualify people from being a charity trustee could be extended.

[Express your views here.](#)

## Charity finance

***“Charities confront a hostile financial environment, with many facing increasing difficulty in bridging the gap between rising demand for their services and falling income levels.”***

New Philanthropy Capital (NPC) has produced a report [Keeping Account: a guide to charity financial analysis](#) in which it addresses the following questions which help to determine how well a charity is run:

- Is your charity financially sound?
- Are there good processes for financial management?
- Are financial resources used efficiently?
- What are the unit costs of activities?

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## Funding

### Community First

In the September 2013 issue of [Poole CVS News](#) we raised the topic of Crowdfunding. Now is your chance to take part in a local crowdfunding challenge.

If you are involved with a Community First project, you are eligible for the:

#### **Community First Crowdmatch Challenge.**

Poole CVS is a partner on the Poole Panel. If you can raise part of the money you need by crowdfunding, you will receive match funding as a grant from the Community First panel. The Community First, government-funded initiative runs until March 2015. Further crowdfunding information can be found at the [UK Crowdfunding Association](#) and at [Crowdfund UK](#).

Poole Town Ward  
[poole\\_cfp@yahoo.com](mailto:poole_cfp@yahoo.com)



Read / listen how **Crowdfunding** was used to raise finance for

- a [Christmas dinner in Manchester](#) for 40 young people 18-25 years leaving care
- The Children's Society to buy [Christmas presents for young children](#) in need

## IT

### Online caring

1. Myriad 'apps' have been designed to help you manage your health. Don't forget to take a look at the apps in the NHS [Health Apps Library](#) - they have been reviewed by the NHS to ensure that they are clinically safe.
2. "[Nominet Trust](#) believes in the power of digital technology to improve lives and communities." They are looking for ideas that demonstrate the potential of technology to tackle some of the big social issues in sectors including education, employability, health care and the environment.

Their [Social Tech Seed](#) programme is willing to provide funding of up to £50,000 to support the development of ventures. Applications can be made at any time. One project, [Tyze Personal Networks](#), is an online tool that enables users to create a private community centred on one person with care needs.

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## Your News

### Sheltered Work Opportunities Project



[Chestnut Nursery](#), a charity, is a Sheltered Work Opportunities Project (SWOP) and uses the therapeutic nature of horticulture to restore mental well-being. It is situated in Kingland Road next to Poole Park.

[Cherry Tree Nursery](#) is the equivalent in Bournemouth. They are currently working with the [Centre for Well-being and Quality of Life](#) at Bournemouth University on a three-year research programme into 'the horticultural nursery as a restorative environment', investigating the surroundings and circumstances that promote well-being. Find out why [research](#) has become increasingly important over recent years.

### Friends of Poole Park

From 2014 to 2016 the [Friends of Poole Park](#) and the Borough of Poole will be making a bid to the [Heritage Lottery Fund for £2.5m](#) to help deliver improvements that have been identified through talking to local people. **The six-week public-engagement programme** will run from **Monday 27th January – 7 March 2014**: questionnaires, workshops, guided walks and other activities. If you would like to become involved and to be kept informed of progress, and to receive their newsletter, contact Martin Whitchurch, the green space development officer.



[m.whitchurch@poole.gov.uk](mailto:m.whitchurch@poole.gov.uk)  
01202 261323

### We Need That!

Welcome funding from Dorset Community Foundation has enabled Monique Munroe from Poole CVS to continue encouraging the people of Poole to save recyclable items for those groups and organisations listed in her [Booklet of Needs](#). If your organisation would like to be included in the booklet or to support the recycling project by collecting items, please contact Monique, who also has a We Need That Facebook page.



[1stwrites@writes1st.plus.com](mailto:1stwrites@writes1st.plus.com)

### Body Positive Dorset

[Body Positive Dorset](#) is in the process of setting up the Body Positive Dorset Community Care Service, to support registered service users with HIV/AIDS and is currently preparing a two-day training course which will be held over a weekend. Dates to be confirmed shortly.



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## Scrabble and Chess Club at Cafe No 34

A new Scrabble and Chess Club is opening up at [Cafe No 34](#), the community café on Poole High Street, starting on Monday 20 January 2 – 4 pm.

[Poole Well-being Collaborative](#) has supported the setup of the new group, which will be overseen by staff and volunteers running the café. The group, which can accommodate nine players, is free to attend. Refreshments can be purchased from the café which is run by [Poole Missional Communities](#).

The scrabble and chess club also needs a volunteer to help oversee the club in action.

Donna Bold  
Tel: 079 6406 4694

## The Butterfly Foundation



The Butterfly Foundation, a local charity based in Bournemouth, works with individuals, families, children and young people who have suffered domestic violence/abuse. The charity uses the creative and performing arts to educate and empower members and to aid the healing process.

**Commencing 15 January 2014**, it is running a 12-week [Freedom Programme](#) for women to help break the cycle of abuse, keep themselves and their children safe from harm and to learn the early warning signs of abuse.

Julie or Lyris  
[office@thebutterflyfoundation.org.uk](mailto:office@thebutterflyfoundation.org.uk)  
Tel: 01202 463016

### Poole CVS News

- Do you rely on having Poole CVS News forwarded to you?
- Join our [mailing list](#) to receive it direct.
- To unsubscribe, please click [here](#).
- The next newsletter is due in **March**. Please send any articles for inclusion in the newsletter to [evelyn.price@poolecvs.org.uk](mailto:evelyn.price@poolecvs.org.uk), by **Thursday 13 February 2014**, making sure to include the word NEWSLETTER in your email heading.

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.....and finally,

## Staff

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### We Need That! Co-ordinator

Monique Munroe

[1stwrites@writes1st.plus.com](mailto:1stwrites@writes1st.plus.com)

### Poole CVS

01202 682046

### Volunteer Centre

01202 675100

- [The complexities of life in debt](#): major new study reveals 9m adults living with serious debt, but only 1.5m seeking advice
- ['Keeping Value: archival guidance for voluntary sector organisations'](#), Nov 2013 - from the campaign to raise awareness of the importance of voluntary sector archives as strategic assets for governance, corporate identity, accountability and research
- [Disclosure and Barring Service](#) has now produced an e-guide to completing the application form
- [Connecting Policy with Practice](#): People-powered Change – a report summarising the results of the first year of an innovative partnership between the Institute for Government and the Big Lottery Fund. The partnership brings together policy makers with people who deliver services in the voluntary sector
- [Supporting VCS Influence on Health and Wellbeing Boards](#) – survey results published
- [Applying behavioural insights to charitable giving](#) – how applying the results of research can increase donations.

## Loan of Equipment

Don't forget that we can loan you the following equipment:

- ✓ Flip chart stand
- ✓ Laptop
- ✓ LCD projector
- ✓ Projector screen
- ✓ Display boards

*Contact Poole CVS*

While every effort has been made to ensure that the material contained in this newsletter is correct, Poole CVS cannot be held responsible for any inaccuracies that may occur. Nor can it endorse any goods or services mentioned herein.