

*Wishing all our readers Seasons Greetings and a Very Happy New Year*

## Proposed cuts to the budget supporting the voluntary and community sector in Gedling.

The full proposals for where cuts in funding might be made were published on the Notts County Councils web site on 18<sup>th</sup> November. Visit [www.nottinghamshire.gov.uk/budgetforthefuture](http://www.nottinghamshire.gov.uk/budgetforthefuture).

Hard copies of this report are available from the Gedling CVS office if you do not have access to the internet.

If the proposed cuts of £200,000 for CVS's and other VCS infrastructure groups go ahead, the impact on the voluntary and community sector and therefore on the people these groups provide services to, will be huge. The proposal to make a 60% cut in funding to the voluntary transport schemes across the county will affect hundreds of people who currently cannot access other means of public transport – in Gedling alone we have over 360 people using the scheme on a regular basis. The proposal to reduce funding by £100,000 for play development and the Play Forums across the county has the potential to bring the service to its knees.

There are other proposals, many of which will impact on those who already struggle eg services to families with children who have additional educational needs, people accessing welfare rights services etc.

Some of the proposals do seem a little short sighted when in the same document the services identified above contribute greatly to the priorities identified by the County Council:

1. To secure good quality affordable services that are highly rated both by users and citizens
2. To raise and foster independence
3. To develop a sustainable environment and economy
4. To make Nottinghamshire a safe place to live
5. For NCC to be financially sustainable



We in the sector appreciate cuts have to be made but we are aware of the return of at least £6 for every £1 invested in the sector and have reminded Cllr Cutts of this.

The proposals are out for consultation, the closing date for which is 8<sup>th</sup> January 2010. **Make your voice heard.**

For groups with specific concerns, if Gedling CVS can be of help, please contact the office for support and information.



### Spring 2010

**We have taken the decision to adjust the frequency of our newsletter to 4 times per year. The Spring Edition will be due out in March 2010. The deadline for items to be included will be 16 February 2010.**

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# News

## VAT Changes

Just a short reminder that the standard rate of VAT returns to 17.5% on 1<sup>st</sup> January 2010

## Victory for Local Groups as Government Pledges to End 'Rain Tax'

The Government has said it will introduce new legislation to end crippling water charge increases for community groups. The Flood and Water Management Bill will allow water companies to apply concessionary schemes for community premises, thereby ending the financial difficulties faced by community organisations being charged according to the size of their site instead of its rateable value. For further information: <http://bit.ly/cmpolicy> or [www.communitymatters.org.uk](http://www.communitymatters.org.uk).



[Source: NAVCA Linx, Issue 128, 12.11.09]

## Employer Annual Returns



New PAYE Regulations mean that employers with fewer than 50 employees will be required to file Employer Annual Returns online from the tax year ending 5 April 2010. The return remains due by 19 May. <http://bit.ly/annrethmrc> or [www.hmrc.gov.uk](http://www.hmrc.gov.uk).

[Source: VACVA Linx – Issue 126, 15.10.09]

## First Aid at Work Legislation

New First Aid training legislation came into force on 1 October, including revised guidance for employers and revised guidance for First Aid training organisations. Under this regime, an employer can send prospective first-aiders on a course in either First Aid at Work (FAW) or emergency first aid at work (EFAW). The employer should use the findings of their first-aid needs assessment to ensure the type of training course chosen is appropriate for the circumstances of the workplace. Visit the Health & Safety Executive to download the latest guidance. [www.hse.gov.uk/firstaid/training-guidance.htm](http://www.hse.gov.uk/firstaid/training-guidance.htm)



## Forthcoming Changes to the State Pension Age



In April 2010, the Government is making a number of important changes to the state pension system. Currently the State Pension Age for men is 65 and for women, 60.

Between 2010 and 2020, the State Pension Age for women will increase to 65 to ensure equality. Women born between 6 April 1950 and 5 April 1955 are affected by this change. Between 2024 and 2026, the State Pension Age for men and women will rise to 66 years old. Between 2034 and 2036, it will rise again to 67 years old; and between 2044 and 2046, it will rise to 68 years old. Those born after 6 April 1959 are affected by these changes. You can calculate your State Pension Age on the Pensions Advisory Service website, visit this short link <http://digbig.com/5bargx>

[Source: NCV0 E-Briefing 12.11.09]

## Mapperley Rotary Club Young Citizen Award 2010



The Club would like to support, by means of an award, young people in the community under the age of 25 years who are working to improve lives of others. The award will be a cash prize of £300 for the organisation and £200 for the individual or group. In addition the Club will nominate the winner to go forward to Rotary's National Young Citizen Award. This award is run in conjunction with the BBC and this year the club nominated a winner from

Arnold. The closing date for the award is 31 January 2010. Further details available from: [Derek.brown40@ntlworld.com](mailto:Derek.brown40@ntlworld.com).

## The Cornwater Club

Do you have clients that sometimes feel lonely and long for some company? Then why not tell them about the Cornwater Club, a Club providing friendship for older people from Ravenshead, Blidworth and Rainworth. Open 3 days a week, Monday, Wednesday and Friday from 10:30 – 2:30 they provide friendly company, a freshly prepared two course lunch, morning and afternoon refreshments and a full programme of activities. Recently, on what should have been a quiet Friday afternoon, the Noisy Neighbours met the Ravenshead Rascals and what a commotion it caused. The Noisy Neighbours in question were Andy and Sav, a pair of musicians who play guitar and the Irish Drum respectively; the Ravenshead Rascals, their support band, made up of members of the Cornwater Club, were on percussion. If you want to know more please call **Maxine Dakin**, Cornwater Club Manager on **01623 491159**.



## Future Newstead

In October, Rural Community Action Nottinghamshire became landowners following the purchase of 220 acres of land at Newstead/Annesley. The land which is former colliery tips was purchased with a grant of more than £300,000 from Greater Nottingham Partnership and is the first step in the plan to create Newstead and Annesley Country Park. Located between Newstead Village and Newstead Abbey Park the site was initially identified by members of the CAST Fishing Project who have been looking for a base with existing lakes from which to operate.



The proposals to purchase and develop the site have been supported by a wide range of partner agencies particularly local MP Paddy Tipping, County and District Councils, local residents, Future Newstead who are delivering the Parish plan and many voluntary sector agencies involved in the countryside. Some ideas which will be moved forward include: Diversify CAST to work with young people and adults through countryside management and arts; Creation of a county sculpture park; Outdoor music and theatre events; Development of fishing lakes; Development of a fish farm; Facilities for bird watching and nature walks; Link with Newstead Abbey and the Tourism agenda.

In other news Newstead Village has made it to the final 20 of the Village SOS campaign from the BIG Lottery. We're waiting on news of their success.





## Louder

NAVCA is the National Body for local infrastructure organisations such as Gedling CVS. They have lent their support to Louder.org.uk, the new home for e-campaigning for people who want to change the world. The site draws together a range of online activist tools enabling you to create and run your own campaigns and connect with others. This site is being developed and will eventually be able to connect campaigns to Facebook groups so you can bring together a range of campaign issues. Visit [www.louder.org.uk](http://www.louder.org.uk)

[Source: NAVCA Linx, issue 127, 29.10.09]



## Risk Assessment Template



The Health and Safety Executive has published a template to create risk assessments and health and safety policies. It "brings together your risk assessment, health and safety policy and record of health and safety arrangements into one document to help get you started and save you time." Download the Risk Assessment and Policy Template (Word format, 298KB) from [www.hse.gov.uk/risk/step4.htm](http://www.hse.gov.uk/risk/step4.htm)

[Source: VolResource Newsletter No. 404]

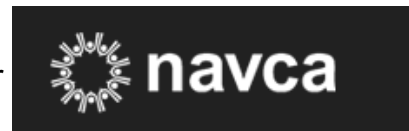
## Small Charity Constitution

NAVCA, the Charity Commission and many other third sector organisations have developed a small charities constitution.

The new constitution is designed to provide a concise, practical framework for charities with an income of under £5,000. It uses clear, direct language that is easy to understand, is only 700 words long and covers all the requirements for a very small charity which does not own land or employ staff.

[www.navca.org.uk/publications/smallcharityconst](http://www.navca.org.uk/publications/smallcharityconst)

[Source: NAVCA Linx, Issue 127, 29.11.09]



## Free Microsoft Windows Upgrades



Charity Technology Exchange (CTX) and Microsoft are making Windows 7 upgrades available for the administrative fee of £5.00 per work station for Windows 7 Professional Upgrade and £6.00 per work station for Windows 7 Enterprise Upgrade. This donation is available only to organisations that meet the

Microsoft eligibility requirements. These include registered charities working in particular areas. To request the donation, you must register your organisation with CTX first, if you have not already done so. Organisations that have already received a Microsoft donation this year can receive another. In conjunction with the release of Windows 7, Microsoft is making a special extra donation of Windows 7 Upgrade or Windows Vista Upgrade. Until January 31 2010, UK charities can place an extra donation request as long as this request contains only Windows 7 Upgrade, Windows Vista Upgrade or both. For more information about Charity Technology Exchange, which offers donated technology products from partners like Microsoft and Cisco, visit [www.ctxchange.org.uk](http://www.ctxchange.org.uk) or contact them on **020 7785 6415**

[Source: Fit4Funding Dec 09]

# Resources

## Big Business Refit

The Big Business Refit, launched in October by the Carbon Trust, offers small to medium-sized enterprises expert advice and financial support to cut their energy costs by scrapping old inefficient equipment and replacing it with new energy efficient models. The scheme runs until 31 March 2010. Further information from: <http://bit.ly/busrefit> or [www.carbontrust.co.uk](http://www.carbontrust.co.uk).



## Castle College Construction Looking for Volunteering Opportunities

Castle College Construction Department are looking for projects who would benefit from their students doing some practical work, with support. The kind of work they are looking for should ideally include some of the following: plumbing, plastering, decorating, bricklaying, rendering, carpentry. The project would have to provide the materials, but the college will provide the tools and the people and the expertise.

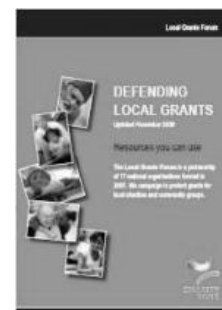


The jobs in question should not be one that would otherwise be done by professionals so that volunteering is not seen to be taking real jobs and that your project accepts that the tasks are being done by young people still in training, although supported by their trainers. If you have a project that you think might fit into this category then contact: **Guy Jones**, Youth Volunteer Development Manager, involved Nottinghamshire, tel: **07963020259**, email: [guy.vnotts@yahoo.com](mailto:guy.vnotts@yahoo.com). Website: [www.vinvolved-notts.co.uk](http://www.vinvolved-notts.co.uk)

## Defending Local Grants

A revised and updated publication, published by NAVCA on behalf of the Local Grants Forum, that lists resources which can be used at a local level. It will help you convince councillors, commissioning offers and procurement professionals that grants should continue to be used to fund local organisations and groups. Further information from: [www.navca.org.uk/publications/defendinggrants](http://www.navca.org.uk/publications/defendinggrants)

[Source: NAVCA Linx, Issue 128, 12.11.09]



## VitalLinks



VitalLinks is a new national network (England and Wales) of befriending schemes for older people: helping older people, their families and carers to locate a nearby scheme and helping befriending schemes to connect with each other. Their goal is to reduce loneliness and isolation by raising the profile of befriending for older people and filling the gaps in provision across England and Wales [www.counselandcare.org.uk/networks/vitallinks](http://www.counselandcare.org.uk/networks/vitallinks)

[Source: NAVCA Linx, Issue 126, 15.10.90]

Did you know you can use the **Resource Library** at Gedling CVS? We store a range of useful publications for groups to use. Its all been re-catalogued now so its even better. For more information contact us on **0115 926 6750** or email [info@gedlingcvs.org.uk](mailto:info@gedlingcvs.org.uk)

# Focus On: Activity Friends



friendship, fun & encouragement

**Do you wish to choose a healthier lifestyle, but feel you can't do it alone?**

Why not take advantage of our Mentoring and Befriending programme 'Activity Friends'.

Activity Friends is a volunteer programme, targeting people over 50 to help them achieve a healthier lifestyle through increasing their physical activity levels. Our volunteers are all trained as Activity Friends and are there to offer support and encouragement so you can become more actively involved in your community or home. Having an Activity Friend provides you with a great opportunity for you to make new friends, overcome feelings of isolation and other social barriers and for you to try new things, such as gym classes, dancing and other activities.

Once you have shown an interest in benefiting from an Activity Friend, you will be asked to provide a few details so they know what places are accessible to you and what are your interests. This will be followed by hopefully selecting an Activity Friend ideal to cater to your needs. A meeting will be arranged by your local Healthy Communities Officer for you both to meet. You will then be on your way to a healthier lifestyle!



One Mentee joined the Activity Friends Scheme to increase their confidence and to meet new people. "From being very social, going out with friends for dinner and walks to recently losing my husband I became isolated within my own four walls. Reluctantly, a friend asked me to accompany them to a coffee morning held at our local community centre, that's where I met my Activity Friend. The first few meetings were just simply tea and chat, until I felt ready to access the community. Now I have not looked back. I now regularly attend the community centre and access the local gym accompanied by my new friends."

Alternatively, if you feel that you would be interested in helping someone in the local area to become more active, why not register your interest with us and become an Activity Friend? If you are over 50 and feel that you would benefit from an Activity Friend, or are interested in becoming an Activity Friend, please contact:



**Patrick Meakin** Healthy Communities Officer, **0115 901 3705** or **patrick.meakin@gedling.gov.uk**, or **Paul McGinty**, Exercise Promotion Officer, **0115 901 3661** or **07967968702** or email **paul.mcgintry@gedling.gov.uk**

One small step can definitely change lives forever.

# Events diary

January		
Tuesday 19 January	10am to 12 noon	<b>Gedling Volunteering Forum</b> at the Brickyard Community Centre. A Forum for all organisations who work with volunteers in Gedling. Contact: Sonia for further information on <b>0115 926 6750</b> or email: <b>volunteering@gedlingcvs.org.uk</b> .
Tuesday 19 January	9 45 am to 12 30 pm	<b>Climate Change and the Urban Agenda</b> at East Midlands Development Agency, Apex Court, Nottingham. Further information email: Lindsay Durnham on <b>lindsay@regenerationem.co.uk</b> .
Wednesday 27 January		<b>National Holocaust Memorial Day</b>
March		
Monday 8 March		<b>International Women's Day</b>
Tuesday 9 March (provisional)		<b>Gedling Health Network</b> . Details are still to be confirmed. Contact: Laurence on <b>0115 854 6262</b> or email: <b>laurence.quick@nottsc.gov.uk</b> .
Wednesday 10 March		<b>National No Smoking Day</b>
April		
1—31 April		<b>Health Awareness Month</b>
May		
15 - 21 May		<b>Adult Learners Week</b> — encourages thousands of adults, whatever their age and background, to give learning a go. Further information can be found on website: <a href="http://www.niace.org.uk/campaigns-events/campaigns/adult-learners-week">http://www.niace.org.uk/campaigns-events/campaigns/adult-learners-week</a> .



# Funding

## Community Woodland Network

The network supports woodland groups with work in managing and conserving woodland. Funding is available to help with long-term sustainability and preference is given to applications for training, tools for woodland management and activities to promote the work of the group and attract new members. If you want to find out more contact the Woodland Trust on **01476 581101** or visit their webpages at **[www.woodland-trust.org.uk/communitywoodlandnetwork](http://www.woodland-trust.org.uk/communitywoodlandnetwork)**

[Source: NAVCA Linx, Issue 128, 12.11.09]



## Co-operative Community Fund

The **co-operative membership** Community Fund

Over the past 10 years members of the Co-operative Group have donated more than £8m to The Co-operative Community Fund, allowing hundreds of local groups, projects, community groups, self-help organisations and charities nationwide to benefit. Funding goes to projects that demonstrate benefits to their local community, have a charitable purpose and are in line with the group's values and principles. This short link takes you to the Community Fund pages of the Co-op website - **<http://digbig.com/5barkq>** Alternatively call the **Help line:0161 827 5879**

[Source: NACVS Linx Issue 128, 12.11.09]

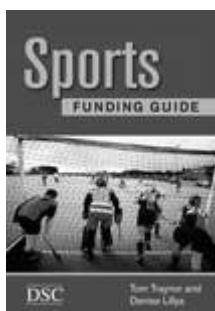
## Fuserna Foundation

The Fuserna Foundation aims to assist, promote, and encourage sustainable projects that create long term benefits for disadvantaged local communities. It focuses on supporting smaller charities and unpopular causes where any donation made can make a real and sustained impact. Grants are between £5,000 and £15,000 for charities with an income under £3m. Visit **[www.fusernafoundation.org](http://www.fusernafoundation.org)** for more information or call **0207 409 3995**

[Source: NAVCA LINX - Local Infrastructure News eXtra, Issue 126, 15 October 2009]



## Sports Funding Guide



The Directory of Social Change has published a Sports Funding Guide aimed at helping organisations and individuals looking to raise money and win support for their sport. This new edition covers topics such as getting started in fundraising, raising money from the public, Sportsmatch, sports councils, grant-making charities and company sponsorship. Fully revised and updated it includes information on the Big Lottery Fund. It also covers the impact of the 2012 Olympics and sports funding. It offers a unique insight into how to raise money for sporting activities. Contact them by phone **08450 77 77 07** to purchase your copy or visit this website

and order online **[www.dsc.org.uk/Publications/Fundraisingsources](http://www.dsc.org.uk/Publications/Fundraisingsources)**

[Source: NAVCA Linx, Issue 127, 27.10.09]

## Grassroots Grants

Due to the success of the Grassroots Grants Scheme, Nottinghamshire Community Foundation are **not** accepting any more applications until February 2010 when the new financial year starts.



## Faiths in Action

Faiths in Action, a £4m grant programme, has opened for a second round of funding. Faith, inter faith, voluntary and community organisations and groups in England can come forward and apply for a grant of up to £6000. Administered by the Community Development Foundation (CDF) on behalf of Communities and Local Government (CLG), Faiths in Action aims to bring communities together, promoting positive relationships between people of different religions and beliefs.



It is hoped the grants will support a wide variety of local activities in a range of community settings. This includes innovative new ideas as well as 'tried and tested' approaches. Faiths in Action welcomes projects aimed at women and young people. It also encourages working in partnership, to improve local communities through interaction and sharing of ideas. More information from: [www.cdf.org.uk/web/guest/faiths-in-action](http://www.cdf.org.uk/web/guest/faiths-in-action) or if you would like a hard copy version of the guidance notes, please call **01223 406533**

[Source: Voluntary Arts England E-news 16.11.2009]

## People's Postcode Trust



Charities can apply for grants of between £500 and £10,000 to support three-month projects from the People's Postcode Trust. The funding is available for charities and community groups working on human rights issues and environmental projects, as well as projects that prevent poverty and encourage community development and public participation in sport. Contact them on **0131 555 7287** or download the guidance from [www.postcodetrust.org.uk/england.php](http://www.postcodetrust.org.uk/england.php)

The next round of funding will open in March 2010  
[Source: NAVCA LINX - Local Infrastructure News eXtra, Issue 126, 15 October 2009]

## Youth Music Open Programme

The Youth Music Open Programme is available for organisations wishing to apply for grants of £5,000 to £30,000. It targets nearly £2m of Youth Music's funding towards projects that support their goals of:

- Early Years – advancing the learning and development of all children in their early years (0-5) by aiming to ensure universal access to high quality music making in England
- Challenging Circumstances – improving the life chances of children and young people in the most challenging circumstances by supporting them to achieve their full potential through engagement and progression in music making
- Encouraging Talent and Potential – realising the musical talent and potential of children and young people by ensuring opportunity for all to develop their talent regardless of background

Deadline for applications: 10 February 2010. More information from: [www.youthmusic.org.uk/funding](http://www.youthmusic.org.uk/funding) or telephone **Tel: 020 7902 1060**



Did you know Gedling CVS can **help** you with your funding applications? We can advise and support you through the whole process. For more details call us on **0115 926 6750**

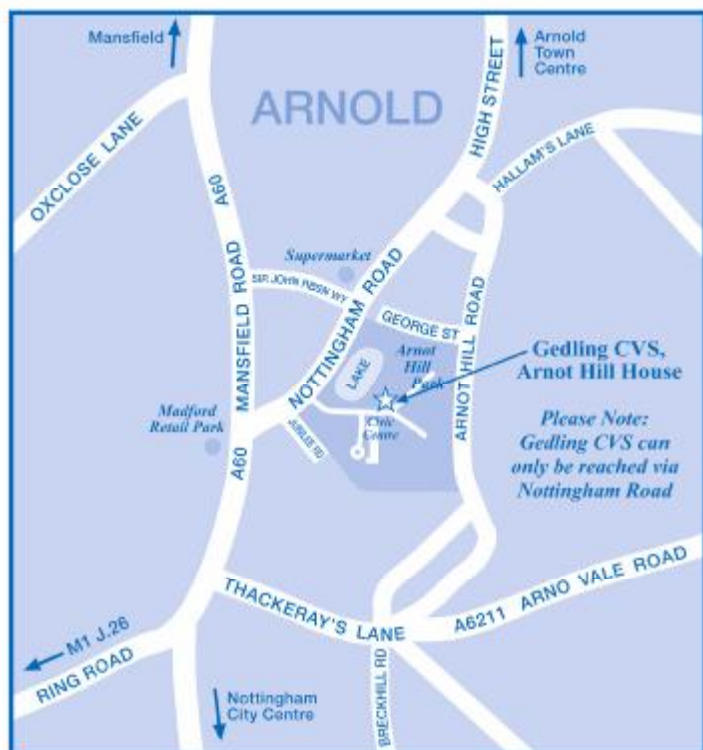
# Our organisation

Gedling Community and Voluntary Services is a non-profit making organisation, set up to assist in the promotion and development of voluntary and community activity in the district of Gedling.

If you wish to know more about any of the articles in this issue, or wish to place an article in future issues please contact Gedling CVS.

If you would like a copy of documents mentioned as available to download from the internet but you do not have internet access, please contact Gedling CVS and a paper copy can be sent to you.

*The information and the views expressed in this newsletter are from a range of sources and reflect other perspectives as well as those of Gedling CVS. References to specific products, services and businesses are not necessarily recommendations.*



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Community Eye can be made available on disc and tape, or in large print, braille and other languages. If you would prefer to receive the newsletter in one of these formats, please contact the office on 0115 926 6750. However, please be aware that this service requires prior notice.