

Volunteer Suffolk Coastal

From April 2011, Volunteer Ipswich has been working in partnership with SAVO and Framlingham Volunteer Centre to promote and develop volunteering in the Suffolk Coastal area.

Volunteer Ipswich (using the project name of Volunteer Suffolk Coastal) will work with:

- Organisations needing volunteers
- People wanting to volunteer in the Suffolk Coastal District to the East of the A12, (Framlingham Volunteer Centre will continue to work for organisations and volunteers to the West of the A12).

At the end of April 2011, 18 organisations have already registered their volunteering opportunities (26 in total) with Volunteer Suffolk Coastal and 8 volunteers have already been placed in these opportunities. It's a great start!

Contact Kirk Jackson or Karen Osborne (Volunteer Coordinator) on 01473 261116 or email volunteer@ipswich-cvs.org uk if you would like help with

recruiting volunteers or if you can help display menus of opportunities in your area – we want to reach as many people as possible.

Volunteer Suffolk Coastal in turn will be in regular communication with organisations to make sure we are providing as excellent service as possible.

We look forward to working with you.



Welcome to my first SCR N newsletter



My name is Christine Abraham and I am covering Karen Lawson's maternity

leave. This is my first SCR N newsletter and I hope you find the information contained within useful.

Firstly I am pleased to report that Karen has had a lovely baby girl - Alice weighing in 9lb 4½oz and born on Sat 7th May.

Since coming into post on 1st March it has all been very busy. I ran the first networking lunch at Felixstowe on 23rd March which was very successful with 44 delegates attending. The venue at the Salvation Army Hall was superb and some really useful information was shared.

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Welcome to my first SCRN newsletter

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The feedback was very encouraging and helps us plan future events.

The next networking lunches will be in Leiston on Monday 18th July followed by Martlesham on Tuesday 4th October 2011. You can book a place now by calling SAVO on 01473 273273

Funding and Advice surgeries have also been very busy and I have already supported over 20 organisations. The next surgery in Framlingham in May is full and there was such demand for the Saxmundham surgery in June I have had to set a second date a week later in early July to meet the need. There are still available slots on July 14th at Woodbridge or at Kesgrave on 10th August. Don't miss out to book a one hour 1:1 advice session, call or email me now.

Membership to SCRN is free to Voluntary and Community organisations working in the Suffolk Coastal area. Make sure you keep us informed of your up to date contact details and spread the word to other voluntary organisations to ensure they are receiving this valuable information and service. I am picking up where Karen left off on trying to update and maintain a new database of member organisations.

Do you have information that you would like to share with others, how about writing an article for the next newsletter and let others know.

To find out more about any of the above or to discuss your project and the help I may be able to provide call me on 01473 275195 or email me at: coastal@savo.co.uk

I look forward to hearing from you.

Chris Abraham
Voluntary and Community Sector Development Coordinator,
Suffolk Coastal Resource Network

Your Health Your Say **Suffolk NHS Community Conversations 2011**

Go and tell your latest health stories - good and bad - to NHS listeners. Tell them about how you look after your physical and mental health, and your use of health services. They also want to know your views on medicines and using them, services in the community, the changing NHS and what keeps you out of hospital.

An event has been arranged in the Suffolk Coastal Area on Thursday 7th July 2011 - 12.45pm (lunch and registration) for 1.30pm until 4.30pm at Riverside Centre, Mill Lane, Stratford St. Andrew, Saxmundham, IP17 1LL. To book your place click www.suffolk.nhs.uk/yhys

Latest Funding news



The Improve and Prove Fund is seeking applications from voluntary and community organisations with an annual income under £130,000.

If you have a project which you need funding for that would help your organisation move towards self sustainability, then this Fund may be able to help you with a grant of up to £5,000.

An Award is also available for voluntary groups who have already carried out projects that have shown some outstanding outcomes and an amount of up to £10,000 could be secured if you are able to demonstrate those outcomes.

The next closing date for the Transforming Suffolk Fund closed on 3rd June but new applications are encouraged as there will be another funding round in the autumn. Voluntary or community organisations that wish to carry out a project that fits one of the four themes of the Fund. Grants are up to £5,000.

Other funding programmes are available. Please see the Suffolk Foundation website for details of any of these funds at www.suffolkfoundation.org.uk Alternatively, please call Sue Wright on 01473 734127 who is happy to talk about potential applications with you.

The Suffolk Congress – stronger together



Make your voice count by visiting the Suffolk Congress website and signing up.

The Voluntary & Community Sector (VCS) is a vital and vibrant part of Suffolk life and services. At this time of wide scale change, many of these services are under threat. We want to work more closely together and make our voices heard to ensure that the people of Suffolk continue to receive the services they need.

Add your voice and demonstrate the need for and the value of our work by visiting the Suffolk Congress website at

www.thesuffolkcongress.org.uk - the more organisations that are part of the Congress, the more influence the VCS will have. The site also includes links for your MP, county district and parish councillors, to enable easier communication with decision-makers at this time of change.

The sign up is easy and will enable us to follow up with quick surveys that can capture the impact of changes on your services. We will share the information to enable you to shape your services and inform decision-makers to help them make the right choices for Suffolk. The site features news updates, upcoming events and ways to get involved.

Visit the www.thesuffolkcongress.org.uk today and become part of the voice of the VCS in Suffolk.



UnLtd have now opened the call for Big Venture Challenge applications!

UnLtd are looking for the 25 most ambitious social entrepreneurs in England who have the vision, talent and determination to deliver social impact at scale. You could win £25K and the chance to access a further £150K in funding plus first class venture support designed to help you take your venture to the next level.

You can now download an application form from the website www.bigventurechallenge.com/apply

The deadline is 30th June at 5pm when you need to email your application to applications@bigventurechallenge.com

There is lots of new information on our website now - you can read some case studies about social entrepreneurs who have successfully scaled up their ventures. You can also find out about the criteria and FAQs, as well as the programme of support we have lined up for the winners of Big Venture Challenge.

If you have any questions call 02075661100 or email enquiries@bigventurechallenge.com

Free Practical Toolkits

Developed by SAVO as part of a BASIS Big Lottery Funded Project, these practical toolkits for voluntary organisations cover a range of topics, from starting and running an organisation, to the media, carrying out risk assessment and managing stress. The online tools allow you to download and tailor policies and procedures to suit your organisation.

It's FREE – all you need to do is sign up so we can monitor usage and gather feedback. Visit www.practicaltoolkits.org.uk to get started.

Update on the introduction of the Independent Safeguarding Authority



Independent Safeguarding Authority

On 11 February 2011 the Coalition Government published the findings of its Review into the Vetting and Barring Scheme.

You can read the report at www.homeoffice.gov.uk/crime/vetting-barring-scheme/

Key recommendations from the VBS Review include:

- the merging of the Criminal Records Bureau (CRB) and Independent Safeguarding Authority (ISA) to form a streamlined new body providing a proportionate barring and criminal records checking service;
- a large reduction of the number of positions requiring checks to just those working most closely and regularly with children and vulnerable adults;

- portability of criminal records checks between jobs to cut down on needless bureaucracy;

- an end to a requirement for those working or volunteering with vulnerable groups to register with the VBS; and

- stopping employers who knowingly request criminal records checks on individuals who are not entitled to them.

We are currently awaiting further details and will be working with the Home Office, the Department for Education, the Department of Health and the CRB to help implement the new arrangements.

The Coalition Government has confirmed that until all the appropriate legislation has been introduced and the new arrangements are established, the existing responsibilities of

employers and the ISA will remain.

These include:

A person who is barred from working with children or vulnerable adults will be breaking the law if they work or volunteer, or try to work or volunteer with those groups.

An organisation which knowingly employs someone who is barred to work with those groups will also be breaking the law.

If your organisation works with children or vulnerable adults and you dismiss or remove a member of staff or a volunteer because they have harmed a child or vulnerable adult, or you would have done so if they had not left, you must tell the Independent Safeguarding Authority.



Fit as a Fiddle Regional Portfolio Coordinator (Eastern Region) Maternity Cover

Age Concern Regional Support Services Eastern is seeking someone to provide maternity leave cover for the role of Regional Portfolio Coordinator for the fit as a fiddle Portfolio, which supports people over 50

to engage in physical activity and healthy eating.

The fit as a fiddle portfolio is led by Age UK and funded by the Big Lottery Fund as part of their Wellbeing programme. The cover is for six months from the beginning of August until the end of January with the possibility of an extension, providing part time (24 hours a week) cover, with a possible increase in hours if the project requires it.

The post is based in Bury St Edmunds with travel throughout the region. The salary is £24,000 FTE pro rata for part time.

The post demands strong

organisational and project management skills and someone who is able to work largely on their own. You will co-ordinate, evaluate, support and liaise with participating lead organizations to secure the successful outcomes and reporting of the fit as a fiddle portfolio in the East. For further information about fit as a fiddle please go to www.fitasafiddle.org.uk

For further details of the post please contact Clody Howlett on 01223 257943 or Clody.Howlett@ageuk.org.uk

The closing date for applications is Friday 10 June and interviews will be held on Friday 17 June.

FREE Community Led Planning Workshops

Suffolk ACRE in conjunction with SCR N is organising two free workshop sessions for parishes in Suffolk Coastal who have either completed a parish/town plan or who are looking into the possibility of developing a local plan.

The events will be held on Friday 10th June at The Riverside Centre at Stratford St Andrew and Tuesday 14th June at Richard's Room (Beside the Community Hall) at Martlesham. They will both run from 9.30am – 12.30pm with workshops on the following being offered:

- Developing or revising a community plan
- Divestment & service provision
- Latest information on Community Led Planning & Neighbourhood Planning
- Highways issues
- Funding & Legal Structures for new or existing groups
- Affordable Housing for local people
- The building/maintenance/sustainability of community buildings
- How to find and keep volunteers

We will also be hearing from a parish about their experience of doing a plan and how the community has benefitted.

This is an excellent opportunity to network with specialists able to help you with your issues. Dr

Wil Gibson (Vice-chair of Suffolk Coastal LSP, Chair of SCR N and CEO of Suffolk ACRE) who has many years experience in working with and campaigning for rural communities will be doing the introduction for the event. Wil is always keen to meet people, hear about the issues in their area and to look into possible solutions so please come and have a chat with him during the morning.

Please contact Mrs Gillian Benjamin on 01473 345327 or via email gillian.benjamin@suffolkacre.org.uk for further details and a booking form.



Rural communities are being given the opportunity to get more active thanks to a new initiative about to be launched by Suffolk Sport.

'Fit Villages' gives villages the chance to run subsidised sporting and physical activity sessions from local facilities such as village halls, community centres and recreation grounds thanks to support from national and local funding bodies.

By participating, local people are given the chance to engage with an activity programme without transport, cost, time and environmental concerns; often cited as obstructions to quality activity provision in rural areas.

Activities are determined following a consultation with local people and can include things like health walks, badminton, yoga, Pilates, keep fit and Nordic walking amongst others.

For further information, please email henry.tapp@suffolksport.com, call 01394 444289 or visit www.suffolksport.com/fitvillages

Hidden Needs of Suffolk

New research from the University of Cambridge commissioned by The Suffolk Foundation has highlighted that some areas of Suffolk are as much in need of local and national funding support as some of the most deprived communities in the UK.

The “Hidden Needs” report has been commissioned by The Suffolk Foundation to understand the scale and nature of social deprivation in Suffolk – to highlight why local giving is needed to strengthen local communities, to inform the Foundation’s community grant-making and to demonstrate to national funding bodies that some areas of Suffolk do experience high levels of social disadvantage despite a perception of the county as affluent and comfortable.

“As a community grant-maker, the independent nature of this research is important to us as we seek to understand better the scale and nature of social needs in Suffolk,” says Stephen Singleton, Chief Executive of The Suffolk Foundation. “The report confirms that many of the needs in the County are hidden: statistics have often shown us to be a county of averages and yet we know that there is a lot of real wealth in the county – this report confirms that those averages are masking real deprivation and disadvantage in some of our communities too.”

Although the findings will be very familiar to those already working in the voluntary and statutory sectors, the scale of need may surprise many and it is hoped that the report will influence those outside the county who perhaps underestimate the extent of social need in Suffolk. Suffolk charities report that they are often overlooked for national funding programmes because of the misconception that Suffolk “has no real need” so it is hoped the report will support the voluntary and statutory sectors ensure that the county can attract its fair share of

funding opportunities.

Keith Whitton, Director of Operations at Anglia Care Trust, has warmly welcomed the report, saying, “This is exactly what we have been waiting for – an independent, clear evidence-base that will strengthen our funding bids when seeking national funding to support Suffolk’s most vulnerable communities. The story of Suffolk’s needs is indeed one of “hidden need” and this report will be invaluable to all of us in the voluntary sector who are trying to make the case for support for local causes.”

The report has been warmly welcomed by Suffolk County Council as an independent contribution to the County’s collective knowledge and understanding of social needs. Jane Storey, Suffolk County Council’s Acting Leader, said: “Suffolk County Council welcomes this report because it provides an independent perspective on the social needs of Suffolk. Any research that sheds real light on the support our local communities need is only ever going to benefit Suffolk.

“We agree with the Foundation that external funders often overlook Suffolk as an area with complex social needs, so I very much hope this will help put Suffolk on the map in terms of national funding opportunities. The report confirms that there’s a wealth of opportunities for businesses and social enterprises to make a contribution in Suffolk, and therefore supports our efforts to bring more funding into the county. The county council works very closely with the Suffolk Foundation and values their work in helping to create thriving

communities supported by voluntary and community activity to tackle the issues we face.”

Stephen Singleton says, “The Cambridge report is entitled “Hidden Needs” because that is exactly how we would define the needs of Suffolk – the deprivation is often camouflaged by neighbouring affluence but it cannot be ignored. We all have a responsibility to deepen our understanding and work together constructively to build a stronger Suffolk, and for that, we need the support of our donors more than ever.”

Key findings of the report include:

- According to the latest data, 78,000 people in Suffolk live in income poverty, including 19,000 children under the age of 16 (2010 Indices of Multiple Deprivation).
- The report confirms there are pockets of considerable deprivation in Suffolk - in some parts of Ipswich and Waveney, it is amongst the worst 10% deprivation in the UK with 1 in 4 children living in child poverty in some areas.
- Outside the urban areas, many parts of rural Suffolk experience some of the worst access to key services in England with a range of implications for older people, carers and social isolation.
- More than 7% of our young people are not in education, employment or training: this is one of the highest rates for rural England and potentially very damaging for their mental wellbeing and economic prospects for them as individuals and their communities.



COMMUNITY ENTERPRISE NOW!!

30th June 2011

DEVELOPING COMMUNITY ENTERPRISES IN THE EAST OF ENGLAND

Great Barton Village Hall
Elms Close
Great Barton
Bury St. Edmunds
IP31 2NR

A one day **Regional Conference** for all those with an interest in community enterprises.

Find out about real community enterprises including **community shops** and **pubs, village hall services** and **food** initiatives, **community transport** and **housing**. Visit the market place of stands with a range of support agencies, initiatives and information.

10am – 4pm

Hear from and talk to the experts about **finance, legal structures, community consultations** and **marketing**.



The event aims to provide understanding, information and practical guidance to those wishing to set up community enterprises, develop existing community enterprises and to those with an interest in this area of work. There will be a focus on co-operatives as part of Co-operatives Fortnight.

Keynote speakers:

Peter Couchman, Chief Executive, Plunkett Foundation,
Stuart Major, Director, The Solar Co-op

This event is free but if you book and don't turn up we will need to invoice you for £30 to cover the costs incurred! Space is limited to places will be allocated on a first come first served basis

For a booking form please go to www.ruralactioneast.org.uk or www.cooperatives-east.coop or email communityenterprisenow@suffolkacre.org.uk



we are what we do[©]

We Are What We Do is a not-for-profit company that creates stuff that makes it easier for people to do small, good things every day.

It's easy to get involved – join our campaign and promote your organisation at the same time!

Sign up to get involved and we will create a page on the Suffolk We Are What We Do website about your organisation - we ask that you make a link back to us.

The general public can access our site to find out about volunteering organisations in Suffolk and the opportunities that are on offer to them. This is a good opportunity to make an ASK. While we will be linking to the national Do-It website, you might also want to advertise your volunteering opportunities here -or anything else! It might be for help for a project, for donations, for fundraising ideas, to become a local hero for you or you can use it as a platform to promote something close to your heart – eg Volunteer's Week! You are under no obligation and the service is FREE!

Visit www.wearewhatwedo.com/suffolk for details

Do you have something to share?

SCRN would love to hear news from you and your organisation or group.

Whether it's an event you have coming up, a success story, funding you have received, projects you are running, or if you just want to tell us about yourselves!

We can include your information in this quarterly newsletter as well as publishing your stories on our new website: www.scrn.co.uk

If you would like to submit anything, then contact SCRNL; details can be found at the foot of this page.

We look forward to hearing from you!

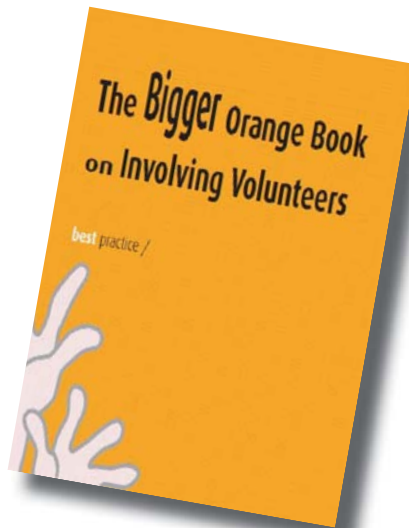
Free copies

“This is the best handbook I've seen for managing volunteers”

SAVO have sourced some funding to review and reprint the Bigger Orange Book on Involving Volunteers. We are having 1,000 copies printed and will have an electronic version available online. If you would like to pre-order your copies, please contact SAVO. We can also send you the link for the online version when it is available.

This best practice guide, originally written by Gill Robinson, is packed full of information for volunteer managers or anyone

working closely with volunteers. From recruitment, retention and celebrating their successes, to issues and legal obligations, this handbook covers everything you need to know, with handy links and references to useful websites.



II Suffolk Coastal Resource Network



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The SCRNL in partnership with



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