

April
2009

Issue 49

Rushmoor Connections

The Newsletter of Rushmoor Voluntary Services



Changing times for the Rushmoor Volunteer Centre

See full story on page 4

Information
Stands

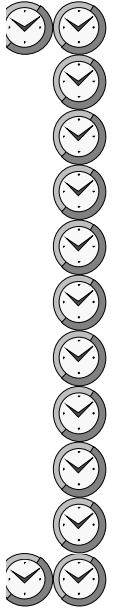
RUSHMOOR ACCESS AWARENESS DAY
TUESDAY, 12TH MAY 2009
9.00 AM TO 3.30 PM
PRINCES MEAD, FARNBOROUGH

Advice &
Support

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Rushmoor Voluntary Services

Staff

Greg Alexander
Sue Hathaway
Viv Walker
Helen Talbot
Sue Homer
Pam Hammond
Sue Chadwick
Ann Hicks
Tracy Bowden
Alison Dyer

Chief Executive
Development Officer
Administrative Support Manager
Volunteer Centre Co-ordinator
Home Help Manager
Deputy Home Help Manager
Home Help Administrative Support Assistant
Transport Organiser, Rushmoor & Hart
Service Manager - Community Access Project
Community Mental Health Worker (part time)

Dial-A-Ride Drivers

Patricia Brady
Phil Brooks
Dennis Tweed

Place Court and Age Concern Driver

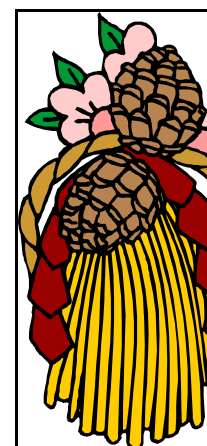
Des Grumley

Volunteer Centre Gardening Project

Marilyn Leach

Call & Go Drivers

Caroline Morgan
Nigel Smalley
David Howell
Bob Anderson



STAFF NEWS

Call & Go: David Howell, one of the Call & Go Drivers is currently unwell. We send our very best wishes to him and his family.

Volunteer Centre: As you will see from page 4, Lorraine Yates and Kate Sav left RVS during March. Lorraine did a fantastic job with the Support Volunteering Project which encompassed so many activities including Gardening Project and the Film Group. Lorraine developed the opportunity including training to ensure the volunteers received maximum benefit from the

R.V.S. News

NEW MEMBERS

We extend a warm welcome to the following groups who have b
of RVS over the last few months:

Butterflies Children's Centre

Farnborough Art Club

Farnham Fast Lane Knights

Manor Infant School

Maple Vue Children's Centre

N.E. Hants School Sport Partnership

Newport Junior School

Normandy Veterans Association

St. Michael's CofE School

Tongham Netball Club

West End Infants School

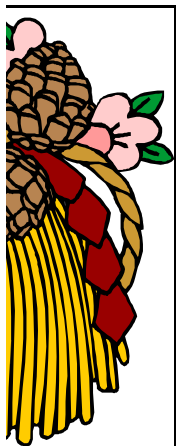
ASSOCIATE MEMBERS

We also welcome the following groups who have recently bec
members of RVS:

29th Odiham Scouts

Marlborough House Nursing Home

Pegasus (Hartley Wintney) Social Clu



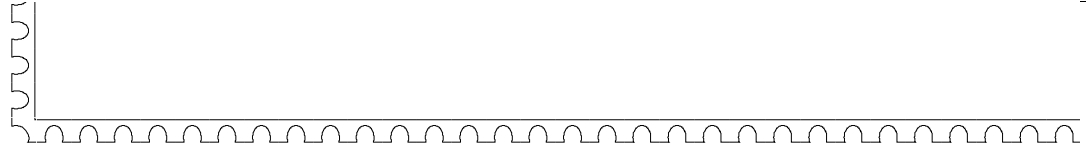
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Gardening Project and the Film Group. Lorraine developed the opportunity including training to ensure the volunteers received maximum benefit from the volunteering. Kate was responsible for organising specific training courses to meet the needs of volunteers within the community. She also managed the website and job shared with Helen Talbot.

We wish them both every success in their new jobs.

Opportunities
from their
courses to
aged our



Rushmoor Voluntary Services
exists to serve all the communities of Farnborough and

NEW MEMBERS

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Farnham Fast Lane Knights
Manor Infant School
Maple Vue Children's Centre
N.E. Hants School Sport Partnership
Newport Junior School
Normandy Veterans Association
St. Michael's CofE School
Tongham Netball Club
West End Infants School

ASSOCIATE MEMBERS

We also welcome the following groups who have recently become associate members of RVS:

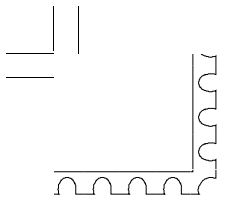
29th Odiham Scouts
Marlborough House Nursing Home
Pegasus (Hartley Wintney) Social Club

members

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Rushmoor Voluntary Services
exists to serve all the communities of Farnborough and Aldershot



RVS Volunteer Centre

Changes at Rushmoor Volunteer Centre

As many of you know, our *Big Lottery* grant ended on 31st March 2009. The grant enabled us to provide additional support and services for volunteers and their groups that use them. From 1st April 2009 our funding arrangements are such that we will be unable to offer the extensive services that the *Big Lottery* grant afforded. However, we will continue to place volunteers with local organisations and work with organisations to develop opportunities. We will continue to promote volunteering in Rushmoor. From 1st April, working hours at the Centre will be reduced. Mrs Helen Talbot will be working part-time as Volunteer Co-ordinator—the hours are in line with other Volunteer Centres in Hampshire. Sadly, we said goodbye to Mrs Kate Sawdy who left us on 31st March. There will obviously be some occasions when callers are unable to get an immediate response from the Centre - we are working on new methods to deal with enquiries and will keep you advised of any changes made.

Gardening Project

With a large grant from *Ecominds*, £5000 from HCC Adult Services and the Drapers Charity, we are able to continue our very popular Gardening Project for people suffering with or recovering from mental illness. The grant will enable us to continue; working on our allotment in Aldershot, tending the gardens of elderly and disabled residents, participating in 'community' projects such as "Rushmoor Bloom" and other initiatives as well as delivering a training programme to 10 participants. Lorraine Yates left us during March to take up a new role at Surrey Community Action – we wish Lorraine good luck in the future and thank her for helping to make this project so successful. We will be recruiting a new Placement Officer for this project in the near future. Marilyn Leach continues to support the Gardening Project and we are very grateful to her for ensuring the volunteers are able to carry on with their valuable work.

Ecominds



Supported Volunteering

We plan to offer a service to volunteers with additional support needs. We shall use part of the funding received for our gardening project to provide this as we recognise that the gardening project may not suit everybody. Our current resources may mean that we will be unable to spend large amounts of time with individuals but we will offer signposting and support to both support workers and

RVS Volunteer Centre



Volunteers' Week

Celebrating 25 years of Volunteer V 1st—7th June 2009

As Volunteers' Week reaches a significant milestone this year, 1st June, the first week of June; we'd like to invite you to celebrate this event by giving you the chance to win a cash prize for the charity / organisation of your choice!

Joining forces with BBC South Today, Employee Volunteering Action and VinVolved, the 14 Hampshire and Isle of Wight Volunteer Centres are holding a county wide photographic competition with prizes totaling £5000.

Volunteering has changed considerably over the last 25 years. In Hampshire residents doing some type of volunteering activity has increased by 50%. Our photographic competition gives everyone the opportunity to celebrate; combined with the chance to win some much-needed money for a worthy Hampshire based cause!

We're looking for innovative pictures, a certain smile, a look of pride in heroes – the choice is yours!

Not only is there a great first prize of £500 on offer – there will be fabulous publicity, with South Today's Georgie Palmer agreeing to televise the winning entries on Thursday 4th June.

Entering couldn't be easier – just ask us for an entry form and email your digital image to rushmoorvolunteers@rvs.org.uk by Friday 5th June.

It could be your charity, you never know – so give it a try!

The competition is run with the support of Employee Volunteering Action, Solent Youth Action and VinVolved.

Centre

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We shall is as we current ime with kers and

recognise that the gardening project may not suit everybody. Our limited resources may mean that we will be unable to spend large amounts of time with individuals but we will offer signposting and support to both support workers and potential volunteers.

We are committed to recruiting volunteers in our area and providing information and support to organisations that rely on the dedication which local people show supporting them!

Solent Youth Action and VinVolved.



Current
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show in

RVS Volunteer Centre



Celebrating 25 years of Volunteer Week! 1st—7th June 2009

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We're looking for innovative pictures, a certain smile, a look of relief, a team of heroes – the choice is yours!

Not only is there a great first prize of £500 on offer – there is also some fabulous publicity, with South Today's Georgie Palmer agreeing to judge the competition and televise the winning entries on Thursday 4th June!

Entering couldn't be easier – just ask us for an entry form and return with your digital image to rushmoorvolunteers@rvs.org.uk by Friday 15th May.

It could be your charity, you never know – so give it a go!

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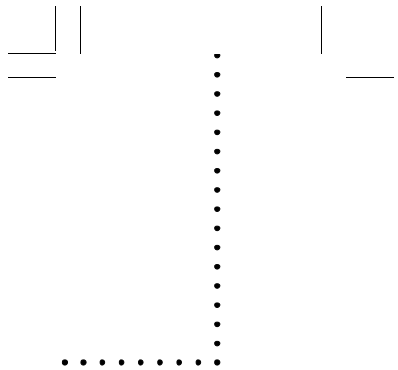
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Solent Youth Action and VinVolved.





North Downs Lacemakers

“Pass the Pillow” Olympic Relay

How many lacemakers are willing to participate in making one continuous piece of lace between now and the start of the Olympic Games in 2012?

The North Downs Lacemakers first idea was to call this a Marathan and concentrate on the length they could work, but the thought of aiming for 26 miles was too daunting and ambitious, so it is a Relay concentrating on the number of people taking part instead of the length achieved. They hope it will also be a matter of quality rather than quantity!

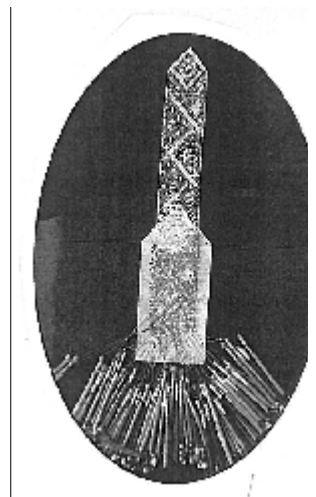
Their intention is to take the lace on a Block Pillow to various Lace Group meetings, Lace Days, Suppliers Fairs, classes, etc., and to friends who don't fit into any of these categories and to encourage people to do a few stitches, a few inches or more and to sign the list of participants.

The pricking is one in which they hope all lacemakers will be able to work a few stitches and the pattern repeat long enough not to seem too repetitive for the fast workers. It allows for personal choice to a certain extent, although they don't want the pricking modified with extra pinholes or markings which could confuse other people at a later date, so they do have a few ground rules.

If you or your group would like to take part and help the North Downs Lacemakers on their way, please contact:

Mary Hocking

Email: ajfhocking@googlemail.com



Craft 'n' Chat craft for well being



ä Informal friend group

Information

MENTAL HEALTH HELPLINE 0300 456 8342

A telephone service has been set up for people with mental health problems in Surrey and North-East Hampshire.

The Crisis Helpline—0300 456 8342 is open from 5.00 pm until 9.00 am, Monday to Friday and for 24 hours at weekends, including Bank Holidays. If the lines are busy, the caller will be directed to an answer phone to leave a message and will receive a call back within 30 minutes.

From 9.00 am to 5.00 pm, the calls will be answered by a trained member of staff and the call referred to the Community Mental Health Team.

Other useful helplines are:

**NHS Direct on 0845 4647
Sane Line on 08457 678 000
Samaritans on 08457 909**

Sport England S Programme I

The Sport England Programme has been set up to help local community sports clubs seek to increase participation or develop people to excel at their sport.

Awards are for amounts up to £10,000 and the total should not exceed £50,000. They are open to any bona fide club or association, statutory or educational establishment, although Sport England does not fund individuals or organisations to make a profit and not for profit to members.

Examples of what may be funded follows:

- Help for a sports club to cover a wide age range by enabling them to buy a team kit or pay additional costs.
- Help youth clubs to develop local sports clubs for young people playing sports.

Applications can be made at any time. For more information see: http://funding.sportengland.gov.uk/funding_programmes/





- ä Informal friend group
- ä Bring your own craft project or try something different
- ä Beginners welcome—have a go and have fun!

Meets on the last Friday of the month at Farnborough Library from 2—3.30 p.m.
For further information please phone 01252 516458

30 p.m.

Information

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Other useful helplines are:

**NHS Direct on 0845 4647
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Samaritans on 08457 909**



Sport England Small Grants Programme Launched

The Sport England Small Grants Programme has been set up to support local community sport projects which seek to increase participation, sustain participation or develop opportunities for people to excel at their chosen sport.

Awards are for amounts from £300 to £10,000 and the total project cost should not exceed £50,000. The Fund is open to any bona fide not-for-profit club or association, statutory body, educational establishment in England, although Sport England will not fund individuals or organisations established to make a profit and distribute that profit to members.

Examples of what may be funded are as follows:

- Help for a sports club to expand its age range by enabling it to buy extra team kit or pay additional coaching fees
- Help youth clubs to work together with local sports clubs to get more young people playing sport.

Applications can be made at any time. For more information please see: http://funding.sportengland.org/funding_programmes/small_grants.asp

Grants awarded

Grants support projects which, sustain initiatives for sport.

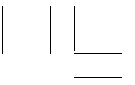
£300 to meet the direct cost of the Fund is available to any profit club or voluntary body in England, not fund established before 1990. Applications are available that

awarded are as follows:

to expand its membership by paying extra playing fees.

to purchase kit together with other equipment.

For more information, please visit www.sportscotland.org.uk/grants or contact us on 01463 254000.





Lots of good things happening in Mayfield



Clean Up Event at Oak Farm Playing Fields—28.3.2009



<----- At the start of the Clean Up

----->
At the end of the Clean Up



Thankfully the sun shone for 60 children to enjoy their Easter Hunt combined with an Egg & Spoon Relay and an Easter quiz. This is the third year Cherrywood Primary School have opened their grounds for the Mayfield Community Partnership. Buddies of OWLS (Children's Centre) provided some excellent refreshments and the opportunity for the children to have their face painted.

Every child went away with a chocolate egg.

**THANK YOU CHERRYWOOD
& BUDDIES**



Community

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These fantastic murals were designed by young people and residents in Mayfield with the help of professional artist, Fiona Dowman and funded by the Pavilion's Neighbourhood Improvement Fund. They take pride of place in one of the courtyards in Totland Close.

Work with
community
is excellent







Community

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CEO's Bit!

In the coming months we will be writing to our members to obtain the services we provide. If you receive an enquiry form please complete and return it to us. Your views are extremely important and we ensure that we provide the support, information and services you require and identify any gaps or new projects we can consider in the future.

During the last six months we have spent a considerable amount of time applying for grants and new funding for our Volunteer Centre. We have had some successes and earlier in this newsletter you will have read about our work in staffing and how we will work. Seeking new funding has not been easy but I have learned at first hand how much more difficult it has become.

You may know that at RVS we have computer software that can help identify sources of funding for your work and help construct a credible business plan. Trusts and other funders. You are welcome to visit our office to discuss this resource – please contact us to make an appointment. If you are looking for large amounts or major capital projects we know of people with a good record who may be able to assist you. Please contact us if you would like any further information.

The changes we have made in the Volunteer Centre mean we can now support local people into volunteering and provide voluntary groups with support, information and training.

Finally, I would like to say thank you and farewell to Kate Sawley and Yvonne Yates for their hard work whilst working at Rushmoor Volunteer Centre. We wish them both good luck for the future.

Greg Alexander—Chief Executive

**IF YOU HAVE ANY QUESTIONS
CONCERNING HAMPSHIRE PLEASE CONTACT
THE FOLLOWING:**

HAMPSHIRE INFORMATION



THE FOLLOWING:

**HAMPSHIRE INFORMATION
FARNBOROUGH LIBRARY
FREEPHONE: 0800 028 0888**

CEO's Bit!

In the coming months we will be writing to our members to obtain feedback on the services we provide. If you receive an enquiry form please do complete and return it to us. Your views are extremely important and will help us to ensure that we provide the support, information and services that you want and identify any gaps or new projects we can consider in the future.

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Finally, I would like to say thank you and farewell to Kate Sawdy and Lorraine Yates for their hard work whilst working at Rushmoor Voluntary Services and wish them both good luck for the future.

Greg Alexander—Chief Executive

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HAMPSHIRE INFORMATION

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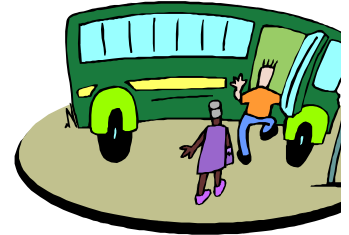
THE FOLLOWING:

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FARNBOROUGH LIBRARY
FREEPHONE: 0800 028 0888**



Information

MIDAS TRAINING COURSE DATES (Mini-Bus Driver Awareness Scheme)

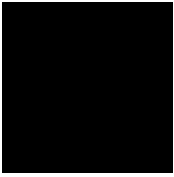


		<u>Members</u>	<u>Non-Members</u>
<u>Wednesday, 27th May</u>			
Full Course	Standard	£50.00	£60.00
	Accessible	£65.00	£75.00
<u>Wednesday, 3rd June</u>			
Refresher	Standard	£30.00	£35.00
	Accessible	£45.00	£50.00

To book a place or find out more, please call Viv on 01252 540162 or email viv@rvs.org.uk

**Once you have read this
Newsletter, please pass on to
other members and
colleagues within your club
or organisation.
Many thanks.**

The views expressed in Rushmoor Connections should not necessarily be taken as RVS policy. Whilst every care is taken to provide accurate information, RVS does not undertake any liability for any error or omission. The inclusion of an insert or advertisement in Rushmoor Connections does not imply endorsement by RVS of any product or service.



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