

Rushmoor Voluntary Services MONTHLY BULLETIN August 2019

What's On:



Hampshire's Choice Award 2019

The Countryside Awards 2019 Hampshire's Choice Award Public Vote is open!

The winner of the Hampshire's Choice Award will receive £500 towards their brilliant work.

[Vote for one of our finalists across the four Countryside Awards categories.](http://www.cprehampshire.org.uk/awards/)



Mindfulness

Starting September 2019

1st Thursday of month 7pm-8pm

3rd Thursday of month 8pm-9pm

***Mindfulness is an everyday practice
that can help you to reduce stress,
become more awake, aware,
and present in our lives.***

All welcome. No need to book



Wellesley Community Rooms, Maida Road,
Wellesley, Aldershot, GU11 2FA
Opposite Garrison Garage
events@wellspringaldershot.uk



***PROMOTED BY
YOUR LOCAL
COMMUNITY
RESIDENTS.***

***WORKING FOR
YOU IN THE
COMMUNITY!***

MIKE STROUD

Phone:
01252 514 631

or

Email; shoqun2@aol.com
martyn.marsh@sky.com

DIABETES UK

Know Diabetes. Fight Diabetes.

FREE SEMINAR:

KNOW YOUR DIABETES!

TUESDAY 3RD SEPTEMBER 2019
7:15 – 9:30pm AT: FARNBOROUGH
FOOTBALL CLUB, CHERRYWOOD
ROAD, FARNBOROUGH. GU14 8UD

Are you a Type1 or Type2 diabetic?

Diabetes is a serious condition if not self-managed.

This seminar will give you the information to help and improve your understanding of diabetes and how to reduce the possible risks of amputations, loss of eyesight, strokes and heart attacks.

Come along and listen and ask questions from our various speakers and collect the latest information on how to manage your Diabetes with help from your Health Care Professionals.

YoYo bus service every half hour.



Hart and
Rushmoor
Young Carers



The Princess Royal Trust for Carers
in Hampshire



**We are delighted to invite all Carers, their
cared for and their families to attend the**

**Aldershot Town V Wrexham FC
Football Match**

**On
Saturday 21st September at 3pm**



**If you would like to attend please call
01264 835246 if you live in Hampshire or
0303 040 1234 if you live in Surrey
for your free tickets.**

**If you care,
we care.**



Action for
Carers Surrey



Charity No 1040518 Company No 2955846

OPEN DAY

Just Drop In!

Farnborough Happy Saturdays

Farnborough Library - Saturday 21 Sept 1pm - 3pm

Join us to find out more... A warm welcome awaits you at Farnborough Happy Saturdays club. Activities include themed quizzes, craft activities and indoor games, but we are always open to suggestions if there is something you would particularly like to try!



Join us for:

- Marbling
- Taste Testing
- Kurling

& Meeting New Friends over a Cup of Tea

A FREE
Cup of Tea &
FUN
ACTIVITIES

Printed 2019



For more information
about our clubs

Tel: 01962 857099

Email: clubs@brendoncare.org.uk

or visit our website

www.brendoncare.org.uk/clubs

Meet New Friends!


BrendonCare

Registered charity number: 1091384

Free Session Voucher

If you can't make our open day use this voucher anytime!

To book your club visit, call the clubs team on 01962 857099 and we will collect your coupon at the club.

Name

Club Visited

Farnborough, Aldershot, Fleet, Hawley, Cove, Camberley, Blackwater

New to exercise?

FRIENDLY groups

Experienced tutors

Low Cost Tea & coffee

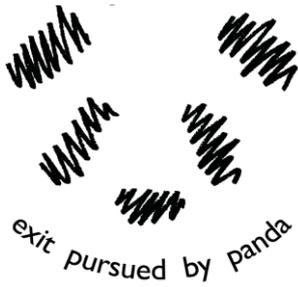
... from only £4.30

01252 362660

www.rhl.org.uk

Registered Charity No: 1105381





Supported using public funding by
**ARTS COUNCIL
ENGLAND**

LOTTERY FUNDED



Invitation

**Performance of 'Tulips' a drama by Michael
Beakhouse which explores men's experiences of
domestic abuse**

on

Monday 16th September 2019

11am - 1pm

at

Rushmoor Council Offices, Farnborough, Hants. GU14 7JU

Aims of the training:

To explore the influence of gender and identity on domestic abuse through a dramatic performance by Exit Pursued By Panda Theatre Company, followed by a Question and Answer session

Please note there is strong language and adult themes

This training is free to delegates

RSVP:

**Karen Sinden, Safer North Hampshire, 1st Floor, Hart Civic Offices, Harlington
Way, Fleet, Hants GU51 4AE**

Telephone: 01252 774229, email karen.sinden@communitysafetynh.org



Serving
Hampshire
Isle of Wight
Portsmouth
Southampton



RVS Training opportunities:



If you wish to attend any of the RVS training courses, you will need to complete a booking form. Once we have received your form, your place will be confirmed.

'Emergency First Aider at Work'

Dates: Wednesday 18 September at Farnborough Leisure Centre

Time: 9.00am - 4.00pm **Cost:** £65.00 **Trainer:** MCG Training

Venue: Farnborough Leisure Centre, Westmead, Farnborough GU14 7LD

Details: 'Emergency First Aider at work' is regulated by HSE and effectively replaces the Appointed Person Course - Certification is valid for 3 years with HSE approval (No 38/04)

For more information and a booking form, please call 01252 540162 or email: support@rvs.org.uk

'MiDAS Training' (Mini-Bus Driver Awareness Scheme)

Wednesday, 11th September 2019 Refresher

Wednesday, 6th November 2019 Refresher

Venue: Farnborough Leisure Centre, Westmead, Farnborough GU14 7LD

Costs: Full Courses:

RVS members: £60 (non accessible) and £80 (accessible)

Non members: £70 (non accessible) and £90 (accessible)

Refresher Courses:

RVS members: £40 (non accessible) and £60 (accessible)

Non members: £45 (non accessible) and £65 (accessible)

Trainer: Sue Smith

Details: Accessible training enables the driver to use the tail lift and take wheelchair passengers. The Trainer will arrange a suitable date and time for the driving assessment.

For more information, please contact Viv on 01252 540162 or email: viv@rvs.org.uk

'Accredited Food Hygiene'

Accredited Food Hygiene Courses are available in Rushmoor. These are facilitated by Rushmoor Borough Council.

The three-hour courses can be booked directly with Rushmoor Borough Council. Please use the link below to view available dates and a booking form.

www.rushmoor.gov.uk/foodtraining

Venue: Rushmoor Borough Council Offices, Farnborough GU14 7JU

Trainer: Rushmoor Borough Council Environmental Health Department

Cost: £50

Information: If you are attending this course, you are advised to read the guidance produced by the Food Standards Agency - click [HERE](#)

Details: The Food Safety in Catering Course is a level 2 equivalent certificated course for anyone working in a catering setting where food is prepared, cooked and handled.

The course is aimed at volunteers and people working with voluntary and community groups.

To book your place(s) please download:

[Food hygiene course application form \[153kb\]](#) or email: environmentalhealth@rushmoor.gov.uk

Other Training opportunities:

Everyday First Aid – courses for groups (updated information)

The British Red Cross offer FREE first aid sessions to groups that include or support:

- Over 65's
- Those using drugs or alcohol
- Homeless

They will come out to your venue to deliver this course and a session will be between 2-3 hours long. There are no assessment and no one is required to get on floor if they do not wish to.

For more information please contact:

Becky Langford on 07590 445383 or email: blangford@redcross.org.uk

SHV&F-LP will be running several free course(s):

FIRST AID for MENTAL HEALTH TRAINING COURSE

RQF Level 2 Award Qualification

Date(s): 6th September 2019 & another date yet..... T.B.C.

Timings: 09:00-16:00 (Breaks & refreshments included)

Duration: 6 hours

Cost: **Free**

Venue: T.B.C.

This 1-Day free course covers the content of the Level 1 course but also expands on the effects of drugs and alcohol, incorporates the First Aid for Mental Health Action Plan as well as covering ways in which a positive mental health culture can be supported within a workplace.

Title: FAA Level 2 Award in First Aid for Mental Health (RQF) Code: 603/3769/2

Unit title: First Aid for Mental Health Unit code: Y/617/2919

Syllabus:

A range of First Aid for Mental Health related subjects are covered including:

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- First Aid for Mental Health action plan
- Health in the workplace
- Drugs and alcohol
- Stress
- Mental health conditions
- First Aid for Mental

A certificate can be offered to all, subject to assessment.

Assessment A range of methods are used, including practical and questioning (open and multiple-choice).

Certification: A Level 2 Award in First Aid for Mental Health will be issued to the learner, subject to successful assessment. There is no expiry of the qualification, but annual refresher training is recommended.

To reserve a place please email: surreyheath.veterans@yahoo.com

Subject: First Aid for Mental Health

Once your place has been confirmed – a set of joining instructions will follow.



FIRST AID for MENTAL HEALTH TRAINING COURSE



RQF Level 2 Award Qualification (certificate included)

Date(s): Tuesday 3rd September / Tuesday 24th September

Timings: 09:00-16:00

Duration: 6 hours

Venue: Victoria Hall, Ash Vale, Hampshire.

This 1-Day free course covers the content of the Level 2 course but also expands on the effects of drugs and alcohol, incorporates the First Aid for Mental Health Action Plan as well as covering ways in which a positive mental health culture can be supported within a workplace.

Title: FAA Level 2 Award in First Aid for Mental Health (RQF) Code:

603/3769/2 Unit title: First Aid for Mental Health Unit code: Y/617/2919

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A range of First Aid for Mental Health related subjects are covered including:

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace
- Drugs and alcohol
- Stress
- Mental health conditions
- First Aid for Mental Health

A certificate can be offered to all, subject to assessment.

Assessment A range of methods are used, including practical and questioning (open and multiple-choice).

Certification: A Level 2 Award in First Aid for Mental Health will be issued to the learner, subject to successful assessment. There is no expiry of the qualification, but annual refresher training is recommended.



We are offering some great new training courses over the next couple of months!

Get organised with our helpful workshops:

- **Do you need a Funding Strategy? - 12th September 2019, 9:30am - 12:30pm at involve Community Services (RG12 1AE)**

Having a sensible & effective Funding Strategy is essential for your organisation! It will...

- ✓ Reduce risks
- ✓ Reduce overall work load
- ✓ Stop last minute panic
- ✓ Teach you how to acquire effective fundraising support

This training course is an introduction to the key elements to consider when developing a funding strategy for your organisation and is aimed at fundraisers, treasurers, other financial trustees and financial officers, as well as general managers. Participants will:

- ✓ Cover the key elements in developing a funding strategy
- ✓ Assess alternative fundraising sources and the appropriateness for their own organisation
- ✓ Use tools and templates to review in outline their organisation's current funding position and will consider potential organisational risks.

Participants will be better able to explain and justify the need for an effective fundraising strategy and how this could be developed.

Book online: involve.community/event/funding-strategy

- **Data Protection & Confidentiality - 25th September 2019, 9:30am - 12:30pm at involve Community Services (RG12 1AE)**

This course is a must attend learning experience for all those who want to learn more about the importance of data protection and confidentiality in the workplace. Data protection is relevant to and the responsibility of everyone in an organisation.

Book online: involve.community/event/data-confidentiality

- **Role of a Treasurer - 26th September 2019, 9:30am - 12:30pm at Wokingham Fire Station (RG40 2EH)**

The treasurer has a pivotal role in leading on all financial matters, ensuring that committee members/trustees are aware of and understand their joint responsibilities in relation to finance.

This role of treasurer training course is aimed at anyone who is currently in the role of treasurer or thinking about putting themselves forward for this position. The skills learnt will help you to develop a deeper understanding of functions and responsibilities of this role.

Book online: involve.community/event/treasurer

- **Presentation Skills - 2nd October 2019, 9:30am - 3:30pm at involve Community Services (RG12 1AE)**

Presentations skills and public speaking skills are very useful in many aspects of work and life. Effective presentations and public speaking skills are important in business, sales and selling, training, teaching, lecturing, and generally feeling comfortable speaking to a group of people.

This is a full day course is designed to give you the skills to deliver outstanding presentations. Book online: involve.community/event/presentation-skills

- **Getting Started with Individual Giving - 10th October 2019, 9:30am - 12:30pm at involve Community Services (RG12 1AE)**

The aim of this session is to provide and share knowledge on individual giving to help charities get started or to invigorate their current individual giving approaches.

By the end of this session participants will have:

- ✓ Identified the different individual giver groups and their characteristics
- ✓ Understood the difference between impulsive and regular givers
- ✓ Considered which forms of giving are most likely to be effective with different donors
- ✓ Have ideas on how to develop the next steps to develop their own giving plan

Book online: involve.community/event/individual-giving

You can book your place on any of these courses [via our website](#) or contact us for further information: reception@involve.community or [01344 304 404](tel:01344304404)

Any other training we can help with?

Please let us know if you have any training needs which we are not currently offering. If we have enough people for a course, which fits our criteria for the voluntary sector, we will do our best to put a training programme together.

Please email Donna with your suggestions (ceo@rvs.org.uk).

Funding News:



Free tool from National Lottery Community Fund helps charities measure impact

The National Lottery Community Fund has launched a tool to help charities monitor and measure their impact.

Designed for small and medium-sized charities, community groups and voluntary organisations, the National Lottery Community Fund has released the [new index tool](#) of existing outcome frameworks and indicators as an open resource for the sector.

For more information and access to other resources click [here](#)



Please be advised that the following four funds are currently open for grant applications, please apply before 23rd August 2019 via our website: www.hiwcf.com/grants/

Hampshire Old Industrial & Reformatory Schools provides grants of up to **£500** for those who have been **in care with Hampshire County Council** and are seeking further education. The fund aims to help the development of 18-25 year olds who can demonstrate that they wish to study to the standard of A' Level, BTEC, NVQ3, Higher Education or Degree level qualifications etc. The grant will cover items such as course equipment or driving lessons where a person has suitable qualifications and the use of a vehicle is essential in obtaining work.

Dayas Music Scholarship awards grants of up to **£600** to enable musicians to undertake studies or projects in connection with composition, conducting, instrumental performance, singing etc, particularly for older individuals in **Hampshire, Portsmouth and Southampton**. Grants will cover tuition costs allowing musicians to progress their abilities, particularly where this will benefit the community such as performances in hospitals or schools, or at other community events.

Michael Austin Harlick Sports Awards grants of up to **£1,000** are available to organisations providing sporting opportunities for young people of school age in **Hampshire, Portsmouth and Southampton**. Acceptable projects include the purchase of challenge cups, shields, medals and certificates for sporting competitors.

Red Funnel has established a transport support scheme to support voluntary and community groups based on the **Isle of Wight and Hampshire**. The scheme can help groups by contributing towards travelling across the Solent on Red Funnel vehicle ferries and Red Jet services. Please note, this fund remains open until 29th November 2019.

If you have any useful items you would like to share with others, which we can include in our Monthly Bulletin, please contact us at:

Rushmoor Voluntary Services
Council Offices, Farnborough Road, Farnborough
Hampshire GU14 7JU

Tel. No.: 01252 540162 or E-mail: CDO@rvs.org.uk