

# **VANS In-Step Newsletter–Feb 2010–19<sup>th</sup> Edition**

## **VANS Training Schedule**

Details below of our next three training sessions:

### **An Introduction to Marketing**

We will cover:

- What is marketing
- Consumer behaviour
- Market research & segmentation
- Promoting your group
- Developing a marketing plan

Friday 26<sup>th</sup> February 2010 : 9.30 – 3.30pm

### **Conflict & Aggression in the Workplace**

We will cover:

- Types of conflict in the workplace inc. bullying
- Aggressive communication inc. dealing with customers
- Organisational policy and procedure
- Violence at work, inc. personal safety and rights
- Post incident action & support

Friday 12<sup>th</sup> March 2010 : 9.30 – 4.30pm

# Fundraising in the 21<sup>st</sup> Century

We will cover:

- Having clear aims and objectives
- The main avenues of funding
- Writing an initial proposal
- How to develop budgets
- Funding and applying online
- Process management and record keeping

Friday 26<sup>th</sup> March 2010 9.30 – 4.00pm

All of these events are held in the Badger Centre, Wadham Street, Weston-s-Mare. A place can be secured by completing a booking form and sending a £10 deposit, which is refundable on the day.

**Good News! – we can offer some extra training to you due to the new Take Part project. The theme is “Active Citizenship” and the aims are**

- to give people the skills and confidence to play an active role in their community, whether as a volunteer, community group member or as an individual taking action on local issues
- To increase people’s ability to speak up and have their views taken on board by decision-makers

Examples of workshops that you could ask for include:

- Speaking Up ( Being confident and assertive )
- Effective Meetings
- Taking on the role of Chair
- Taking on the role of a Trustee
- Feeling More Confident about Presentations
- Taking Action on Local Problems
- How does the council work?

- What is the role of a councillor?
- Skills training for volunteers
- Leadership training for community activists

If you or your group have need of any training that fits these themes, let us know. Contact Debby Grice on 01934 410192 or email [info@vansmail.org.uk](mailto:info@vansmail.org.uk).

## Local News and Events

**Equalities in Local Area Agreements** is an event to be held on Tuesday 2nd March to help people in equalities groups to have more impact on local decision-making processes. Contact Wendy Bryant at VANS on 01934 410195, or email [wendy.bryant@vansmail.org.uk](mailto:wendy.bryant@vansmail.org.uk).

**Mendip Community Support** is hosting a Home Office presentation on the new Vetting and Barring Scheme on 26th March at the Canalside Centre, Bridgwater.

Places are limited so pre-booking is essential. If you wish to attend please email your details to: [mendipcs@mbzonline.net](mailto:mendipcs@mbzonline.net) by Friday 12th March. There is a £5 admin charge. For further details phone 01749 346830.

## EY 2010 European Year for Combating Poverty and Social Exclusion

South West Regional Event 10.00 to 4.00 on Thursday 25th February 2010 at the Winter Gardens, Weston Super Mare, North Somerset.

The event will seek to highlight the key themes of the European Year:

- Child poverty
- Working Age poverty and social exclusion
- Severe multiple deprivation and those who are most at risk of social exclusion
- Older people, poverty and social exclusion

The event is for:

- People from organisations currently engaged in anti poverty work
- People experiencing poverty
- Policy makers in national regional and local organisations
- Representatives of organisations not yet involved but with the potential to combat poverty

For further and booking information contact South West Forum 01392 823758 or [www.southwestforum.org.uk](http://www.southwestforum.org.uk).

**Managing in Tough Times** is the title of a free workshop aimed at senior managers and board members of third sector organisations and development workers supporting the not for profit sector.

The session takes place at the Purple Sheep Centre, H Church, Hughenden Road on Wednesday 10<sup>th</sup> March 10am until 4pm. For further details and booking please contact Social Enterprise Works by emailing [sam@socialenterpriseworks.org](mailto:sam@socialenterpriseworks.org) for a booking form or phone on 0117 9070080. A bursary will be available to support travel and attendance costs.

**Rise, the voice for SW Social Enterprise** are running a series of informal one to one advice clinics for social enterprises. Events are taking place across the region but the closest one to North Somerset is on the 10<sup>th</sup> March in Taunton. More details here

[http://www.rise-sw.co.uk/wrap.php?file=upcoming\\_events.htm](http://www.rise-sw.co.uk/wrap.php?file=upcoming_events.htm).

## **Other News and Events**

### **Helping Hands – Willing Volunteers Available.**

Helping Hands is a person centred work opportunity service that operates from Wyvern Lodge in Weston-Super-Mare. It is supported through the facilities department at the Aspects and Milestones Trust.

Helping Hands is run by 2 members of staff and 3 residents who are permanently based at Wyvern Lodge. Helping Hands is an organisation for individual residents with enduring mental health problems, who seek to re-establish their independent living skills in a supported environment. Helping hands helps these individuals to re-learn or learn new skills to enable them to find employment or a meaningful occupation when they leave Wyvern.

All work activities are risk assessed before they are started. This is assessed by both staff members and residents. Both risks of the environment and the tools that will be used are assessed before the job is carried out. When the risks are considered and minimized to an acceptable level, work will then be carried out.

The helping hands crew have completed many jobs within the Aspects and Milestones trust, around the South-west. The crew specialize in painting and decorating and gardening, but are open to other work ideas, if reasonable and practical to undertake.

The helping hands crew, would like to broaden their work opportunities, by offering you their services. They are willing to offer you these services on a voluntary basis.

Contact them on 01934 612416 or [laura.tolan@hotmail.com](mailto:laura.tolan@hotmail.com).

## **Emergency text service for deaf, deafened, hard of hearing and speech impaired people.**

A new initiative has been launched by the Ambulance, Fire and Police Services to help those with speech or hearing impairments contact them in an emergency.

The new system will cover the whole of the old Avon area, North Somerset, BANES, Gloucester Wiltshire and Swindon. Using a mobile phone people can text 80999 and the call taker will know to reply in text.

A national trial is also running by B.T. to make sure that those with hearing and speech impairments nationwide can contact the emergency services when they need to. To use this service, users must register their mobile phone on a dedicated website. Then in an emergency you can contact the emergency services by texting 999. To find out more information about this service or to register visit [www.emergencysms.org.uk](http://www.emergencysms.org.uk).

## **What makes an effective Chair?**

Last year NCVO invited the Governance and Leadership network to participate in research on behalf of the Open University into the role of Chairs in the sector. They now have a [summary of the findings](#) alongside the practical implications for the recruitment and development of Chairs.

Some of the findings include:

Chairs were seen as having a considerable impact on the effectiveness of the board, the chief executive and the organisation.

Chairs with high impact were perceived as being socially aware, able to manage relationship and service motivated.

Chairs contribution was seen primarily in terms of process (e.g. managing board meetings) and content (providing information) rather than a source of inspiration.

Download your copy of the report by clicking [here](#).

**Refreshed Compact Published.** You can read all about the refreshed (Dec 09) Compact by clicking here. <http://www.thecompact.org.uk>. Hard copies are also available on request.

**LawWorks is a charity which aims to provide free legal help** to individuals and community groups who cannot afford to pay for it and who are unable to access legal aid. They also have an occasional

newsletter than community groups can sign up to receive. This contains “must-know” information for all not for profit organisations. Check it out. <http://www.lawworks.org.uk/?id=newsletter>.

**“Can the Third Sector do more with less?”** is the title of an interesting article in the Guardian about the challenge facing the voluntary and community in the recession: increased demand for services and less money to provide those services. Worth a look <http://www.guardianpublic.co.uk/third-sector-funding-cuts-roundtable-navca>.

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For more details on any aspect of this project or the contents of this email, please contact:

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This work has been brought together by funding received from the ChangeUp programme and delivered through West of England Consortium member organisations. ChangeUp is a government

initiative, managed by Capacitybuilders, to strengthen the voluntary, community and social enterprise sectors by encouraging and enabling the delivery of effective infrastructure services.

Voluntary Action North Somerset Limited

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