

# Valley Messenger

## The Newsletter of Test Valley Community Services

Winter 2005 Edition

### What can TVCS do for you?

It is often very difficult to explain the role of a Council for Voluntary Service (CVS). The work we do in the community can often take many months to reach a positive conclusion. A CVS has five core functions: support, development, enabling representation, liaison and partnerships. As we start a New Year this may be a good time to outline our role in the community and give real examples of how our work relates to those five core functions.

**Support** - Since November 2002 our Community Resource Project has helped over 40 voluntary groups receive over £300,000 in grants. The Project has given advice to groups on applying for funds, having appropriate policies and writing constitutions.

**Development** – During the last year TVCS has worked with over 150 local voluntary groups providing information and networking to increase the capacity of the local voluntary sector; an example of this is a community survey carried out with partners in Grateley which has uncovered new groups, identified local needs and already work is underway to provide improved services on numerous issues.

**Enabling Representation** – Our Partnership Officer has played a lead role in establishing a steering group to ultimately form a Carers Forum in Andover. In November a very successful Information and Consultation day was held at Enham where individual carers, voluntary and statutory agencies came together to really address the needs of local carers and how their lives could be improved by all agencies working together.

**Liaison** – Our Voluntary Sector forum, held quarterly, enables local groups to have a voice at a strategic level. We facilitate these meetings and take views to and from the Local Strategic Partnership, County Council and Primary Care Trusts. Local voluntary groups large and small help set the agenda for our forum and make a significant contribution to local planning.

**Partnerships** – Working together is fundamental to having a vibrant and effective voluntary sector. At TVCS we represent the voluntary sector on the Local Strategic Partnership (LSP) in Test Valley. We provide the link between grassroots groups and our statutory partners. We exchange information about LSP at our quarterly Voluntary Sector Forum, where you have an opportunity to have your say in the development of the Community Plan. The examples given are only a 'snap shot' of our work – if you are involved with a voluntary or community project we can probably help you – please contact our Romsey or Andover offices for more information or any ideas you may have. Contact details on back cover – The Trustees and staff of TVCS wish you all a very **Happy New Year!**

### **Funding Success! – More money for even more community groups**

We have just completed year 2 of the project – on analysing our project information some staggering statistics have emerged. Over the last two years the project has helped voluntary groups in Test Valley to secure £306,300 in external funding – this is a minimum figure based upon groups that feed back their successes to us. 41 groups and projects are involved in this success and grants have helped a wide range of community interests including: Older people and carers, Children and families, Young people, Mental Health projects, Furniture Recycling, Community Buildings, Recreation and local volunteers. We are keen to engage with more groups in Test Valley to offer our services so that the local voluntary sector becomes stronger and your group is able to provide, in the community, valuable support to local people.

You may be wondering how we know how much money has been awarded to local groups. We encourage all groups we advise to feedback both good and bad outcomes to us – we are also advised by some funders of positive outcomes too. So, if you have received a grant as a result of advice we have given you – please tell us as this helps to increase the credibility of our project.

During the last month we have facilitated two funding information sessions where voluntary groups benefited from an external facilitator to find out more on having a funding strategy and writing funding bids. We hope this will lead to more groups getting even more money! If you require any information or are interested in the work of the Community Resource Project please contact: Greg Alexander on 01264 362600 or email: [Romsey@tvcs.org.uk](mailto:Romsey@tvcs.org.uk)

### **Village Newsletters**

One reason for the success of our project has been meeting new groups in villages across Test Valley. We have included project information in many Village Newsletters in both the Andover and Romsey area. We are keen to publicise the project more widely. So if you have a village newsletter or know a local editor, please let us know so that we can include more information on how small groups in Test Valley villages can benefit from the services we provide.



### **Be one of the first to know! – join our email network**

Why not join over 100 other voluntary and community groups in Test Valley and join our email network. TVCS will only send you information relevant to the voluntary sector – this will be information on funding opportunities, forums and meetings facilitated by TVCS and volunteering issues. If you would like to join the group please email [Romsey@tvcs.org.uk](mailto:Romsey@tvcs.org.uk) and we will add you to the group.

### **Stop Press – Andover Volunteer supporting the Tsunami Disaster !!!**

On Monday 10<sup>th</sup> January a volunteer from Andover Cruse flew to Indonesia to help counsel victims of the terrible disaster – Cruse offer bereavement support at anytime - for information please call 01264 336006 – Well done and thank you to everyone involved at Cruse Andover!

### **News from Dawn Elson, Partnership Officer – A project managed by TVCS**

One of the highlights of my work over the past few months has been the successful Information & Consultation Day for Carers, held in November at ENHAM.

The need for this event came from anecdotal evidence from carers through the Andover Carers Centre and Age Concern.

Local carers were feeling that their views and concerns; and their experience of caring was not being recognised, particularly by the statutory agencies.

The Andover & District Carers Forum Steering Group felt that by holding an Information & Consultation Day for Carers, with workshops on relevant topics, carers might feel that they were being listened to.

The workshops focused on

- Local health and social service provision
- Local hospital services
- Consultation

All comments were recorded from the workshops and a report is currently being compiled, documenting carers' views, both negative and positive. Also documented are carers' thoughts about how to make changes to services and how they would like to be involved in this process. This report will be sent to all the attendees at the event and relevant statutory, voluntary and community organisations for their information and hopefully, some action. Carers were asked if they felt setting up an Andover & District Carers Forum would be beneficial to them, the response was positive.

On the day twenty-three carers were able to attend, there were fifteen information displays provided by the statutory, voluntary & community sectors. A delicious lunch was served and there was an opportunity to try a taster session of Reiki or a hand massage in the lunch break.

A further 'special' day will be held in April, carers are currently choosing between a Relaxation Day or a Service Providers Day. My work continues in many other areas including continuing to work with others towards the opening of The Andover Child Contact Centre at the end of January 2005.

I am also working with colleagues from the NHS and Voluntary Sector on implementing a programme of exercise and falls prevention for older people within nursing and residential homes in the Andover area. For further information or advice about a project, please contact me on: Tel: 01264 362600 or Email: [dawn.elson@tvcs.org.uk](mailto:dawn.elson@tvcs.org.uk)

Dawn Elson – Partnership Officer.

#### **Deadline for articles for the next Valley Messenger**

If you would like to submit an article for our Spring Newsletter  
we need to receive it by 1<sup>st</sup> March 2005

Send either by post or email (preferred) to our Romsey Office.

# Community Transport

**The Test Valley Community Transport Scheme is here to help you.  
What sort of assistance can we provide?**

**Do you have any meetings, events or outings for which you will need a minibus in 2005?** TVCS have a Renault Master which can be hired for community group use, with or without driver. It can take up to 13 passengers plus driver. Ring the Romsey office on 01794 519998 to check availability, charges, etc.

**Will you need to hire a minibus in the longer term?** We shall have three further minibuses for hire from the early summer, based in Andover and Romsey. Please let us know if you will have a need for a minibus in the future, so we can factor you into our plans.

**Do you already have your own minibus?** Have you advised us about it? If not, please let us know. We want to understand the full picture with community transport in Test Valley so we know where to best target our offers of assistance.

**Would you like to recover some of the costs of your minibus?** If you have a minibus, would you like to earn some revenue, to help keep it on the road and at the same time benefit the wider community? We are keen to develop a brokerage service in Test Valley, and want to talk to anyone who can assist.

**Are your minibus drivers MIDAS-trained?** TVCS run regular courses in Romsey and Andover for both Standard MIDAS (half-day) and Accessible (Full-Day), together with an individual on-the-road driving assessment.

**Do all your existing MIDAS drivers have current certificates?** Have you checked whether any are due for renewal? MIDAS only lasts for four years, after which drivers must be re-trained. TVCS can provide refresher training on the same basis as for new drivers.

**Do you know of any youngsters who need transport to employment?** Would they benefit from our Moped Loan Scheme? Why not put them in touch with us – it might be just the boost they need.

Lots of questions – because we can give you the most appropriate help if firstly you help us understand your needs. And you'll have a golden opportunity to discuss the whole scheme with TVCS if you attend the Test Valley Transport Forum at 10am on Monday 24th January at Vernham Dean Village Hall. (Please contact us if you need transport to/from the event itself.) Hope to see you there.

I can be contacted through either of the TVCS offices in **Romsey (01794 519998)** or **Andover (01264 362600)**, on my mobile phone (07834 680292), or by Email ([dick.hewett@virgin.net](mailto:dick.hewett@virgin.net)). Dick Hewett, Community Transport Co-ordinator

# Volunteering Information

## What Are Your Volunteers Worth?

Have you ever thought about exactly what your voluntary activity or that of your volunteers is worth? Well, the European Social Fund has come up with some guidelines and suggests theoretical rates with administrators valued at £7.75 per hour, project co-ordinators at £10.85 and project managers at £13.85!

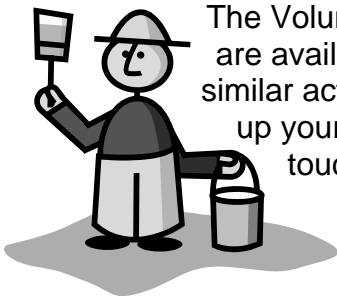


A recent Home Office report on employer-supported volunteering noted that about 1.5 million employees take part and contribute about £1.1 billion to the national economy! (Report in pdf format from [www.homeoffice.gov.uk/rds/pdfs04/hors280.pdf](http://www.homeoffice.gov.uk/rds/pdfs04/hors280.pdf)) or contact the Volunteer Centre.

## Have Your Say About Volunteering

A new Volunteering Code has been drafted, which, once approved, will replace the existing code produced in 2001. It is available online at [www.thecompact.org.uk](http://www.thecompact.org.uk) and consultation ends on 7 February 2005. They are looking for responses from local groups, so this is your chance to comment. If you have difficulty accessing the website, but would like to provide feedback, please contact the Volunteer Centre.

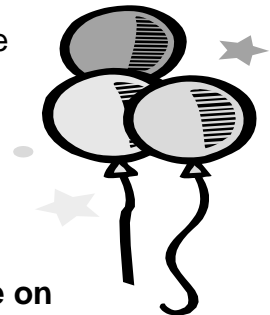
## Willing Volunteers



The Volunteer Centre is regularly approached by groups of willing volunteers who are available on a one off basis, to help with gardening, decorating or other similar activities. If you have any work suitable for a group, or are planning to tidy up your premises, do let the Volunteer Centre know and we can put you in touch.

## 2005 - Year of the Volunteer

It's official! The government has announced that 2005 is the year of the volunteer. TVCS will be celebrating volunteers' contributions as usual during Volunteers Week (1 – 7 June 2005), but have you any thoughts about other ways we could work together to recognise volunteers and volunteering? The Volunteer Centre would be happy to publicise any events you may be planning.



**Please contact the Tina Waterman-Roberts at the Volunteer Centre on 01264 362600 (Andover) and 01794 519998 (Romsey) or Email: [volunteers@tvcs.org.uk](mailto:volunteers@tvcs.org.uk).** TVCS Volunteer Centre is supported by a Global Grant



## **Volunteer England Accreditation for Test Valley Volunteer Centre**

After many months of hard work by Tina Waterman-Roberts our Volunteer Centre has received accreditation with *Volunteering England*. This nationally recognised accreditation (equivalent to PQASSO for Volunteer Centres) provides a quality mark for centres across the country and involved satisfying external assessors that we are delivering on the core functions of volunteering infrastructure. Tina produced a portfolio of evidence covering 18 categories and scored a wonderful 35 out of a total of 36 points! This is an excellent result and reflects the importance that TVCS places on working with volunteers and voluntary groups - Well done Tina!

## **Community Service Award for Greg Alexander**

We are pleased to announce that for the second year running Greg has received a Community Service Award from The Army Welfare Station at Middle Wallop. The 'Outstanding Community Service' award was presented at a ceremony on December 13 2004 in recognition of community development work carried out in the area during 2004.

## **Good wishes and thanks to Lyn Guyatt**

We were sad to say goodbye to Lyn during November and would like to thank her for all her hard work whilst both volunteering and working for TVCS at our Andover office. We hope to see Lyn in the future and wish her good luck in her new post at Victim Support in Andover.

### **Dates for your diary – TVCS events 2005**

#### **Voluntary Sector Forum** - held at Longstock Village Hall

Tuesday 19 April	10.00 am -12 noon
Wednesday 13 July	10.00 am -12 noon
Wednesday 23 November	10.00 am -12 noon

#### **Social Isolation Forum** - held at Longstock Village Hall

Monday 24 January	1.00 pm - 3.00 pm
Wednesday 27 April	10.00 am -12 noon

#### **TVCS Office Open Day** Thursday 14 April 12 noon – 2.00 pm

Come and see our new offices in Wessex Chambers, Andover and meet staff and trustees over a light lunch

#### **TVCS AGM** – Held at Longstock Village Hall

Wednesday 02 November	11.00 am - 2.00 pm
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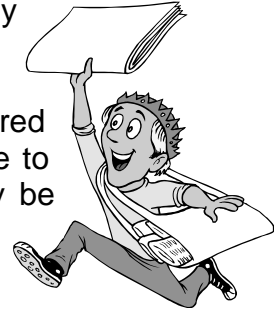
# Focus on Local Groups & Organisations

## **ANDOVER TALKING NEWSPAPER**

The Andover Talking Newspaper is a weekly 90 minute taped version of the Andover Advertiser circulated free to visually impaired people in Andover and the surrounding area. Traditionally, people who had recently become visually impaired had been referred to us by Social Services, but this no longer happens, and over the past two years the few enquiries we have had have come from the friends and relatives of the poorly sighted. We are sure that many people are losing out on this means of keeping up with local events.

We would be very grateful, should you have contact with visually impaired people in your work with local groups, if you could mention our service to them and let me have their name and telephone number should they be interested in receiving our tapes. Our normal area covers the northern Test Valley as far south as Kings Somborne, but we can provide tapes outside this area if requested.

Pat Bayliss, the chairman, can be contacted on 01264 351030.



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## **British Lung Foundation – Romsey Breathe Easy Group.**

Charity No. 326730 VAT No. 648812118

**Chairperson: Mrs Sandra Stewart (01794 517029)**

**BRITISH LUNG  
FOUNDATION**

We are a self support group for people who are suffering from various respiratory problems and their carers. We also try and raise money for the British Lung Foundation to further its research work.

Do come to our monthly meetings - for many these are proving invaluable. Through the experience of others, members often discover answers to many of their most difficult challenges and the spirit of caring and support proves that they are not alone in their struggles. Members can share their concerns, questions, experiences, discoveries and support with fellow sufferers. Decisions about health care should always be based on the recommendations of each member's Specialist and General Practitioner, but what can be learnt from one another is an invaluable addition and we can gain understanding for ourselves and compassion for others

We try and plan our meetings to be enjoyable and informative by inviting a variety of speakers on subjects such as Benefits, Pharmaceutical Developments, ideas and advice on holidays etc. and sometimes our members give excellent talks on their hobbies or experiences. We are always open to new ideas for speakers or activities.

I hope to see you as a regular attendee at the meetings and if you would like to take a more active role in the group please come and discuss this with me at a meeting.

**Mrs Sandra Stewart - 01794 517029**

# Focus on Local Groups & Organisations

## MESSAGE in a BOTTLE



Some would suggest that it is many years since the International Lions Clubs worked together on their last simple and worthwhile project. The cynical would even go as far as suggesting it was when Helen Keller challenged us to do something to improve the lot of the blind in the community. The result was of course the white stick.

The latest project taken on by many Lions Clubs in the UK is certainly simple and yet effective: MESSAGE IN A BOTTLE.

These plastic bottles plus two sticky labels and a form for personal details are FREE for all those people who could benefit from them. The prime targets are people who are vulnerable in their own homes such as those who are incapacitated by illness or old age. However after applying a little more thought it becomes apparent that many other individuals would benefit by keeping a bottle in their fridge. (Single parent families, those who suffer with diabetes or epileptic fits and many others).

Before the bottle is effective it is necessary to enter personal details on the accompanying form. The details include items such as family practitioner, birth marks, allergies, current illnesses, details of all current medication (on prescription and over the counter) contact details of your next of kin or carer, contact details of persons you may care for etc. There is even space to provide details of pets and those people who would look after them should you be detained in hospital.

The completed form is placed in the bottle which is then placed in the door of the fridge (not in the main body where it can get lost at the back behind the latest purchases or out of date yoghurt). To be useful the bottle needs to be found as quickly as possible by the emergency services and this is achieved by placing one small green cross sticker on the inside of the front door and the other on the front of the fridge door.

Should there be two or more forms in a bottle or perhaps two or more bottles in the fridge we recommend a passport size photo is attached to each form which will help with identification as your "knight in shining armour" (well more likely in a green boiler suit) is unlikely to have seen you before.

Further comfort may be gained by having another bottle in your car with a green cross label stuck to the front of the glove box where it is kept. If you do keep one in your car it is advisable to attach a photo of yourself to the completed form.

All the main emergency services in this area are aware of the Message in a Bottle scheme. Should they find one in your fridge it will provide important information about you and enable them to take appropriate action with no unnecessary delay, even when you may not be able to communicate. The information will also enable other emergency services to contact next of kin or carers etc. As previously mentioned the bottles, including the two green cross labels and information form, are free and available, courtesy of the local Lions Clubs, at most Doctors surgeries and Chemists in the Test Valley area. If you are not able to obtain a bottle please call one of the following numbers and Romsey Lions will assist. 02380 769291/ 02380 269203/ 01794 501162



## Focus on Local Groups & Organisations



**ANDOVER KIDS CHURCH** - Started in April 1996 with twenty-seven children, Kids Church has grown to actively involve over four hundred children and young people aged between five and nineteen years. Each Sunday morning, double-decker buses collect children from their estates and bring them to our 'Road Show' event at the

Kids Church Warehouse. This is a lively mixture of music, games, drama and activities, combined with time to reflect on life issues that children face.

We aim to develop a foundation of moral values and ideas, based on mainstream Christian beliefs that help youngsters make healthy life choices.

But Kids Church is more than just a programme of activities; it's a vital, living community where children feel thoroughly welcome and very highly valued. The key to the success of our project lies in our commitment to building strong positive friendships with children and their families.

*Every child on our register is visited every week by their group leader.*

The support and encouragement offered by Kids Church staff can make all the difference to kids struggling to cope with the ups and downs of life. We help by providing Play Schemes during the summer holidays, Play Therapy for children with great emotional needs and Summer Activity camps, also by offering friendship and encouragement to lone parents and their children.

Many of the children we work with have difficulties with their education, with an increasing number struggling to remain within mainstream school. Over 66% of pupils in the primary schools in our catchment area have Special Educational Needs. Kids Church is actively involved in three of these schools, with full-time Pastoral Care Workers attached to the school staff. They take the time to look after the emotional needs of children and to support the most vulnerable youngsters through this vital phase of their education.

Kids Church actively promotes the healthy development, care and protection of children and young people in Andover.

Kids Church runs a network of clubs and activities for young people. These clubs provide safe places for teenagers to hang out and meet their friends, offering a positive atmosphere, supportive friendships and help in times of trouble. This work will soon be expanded to cater for the needs of young adults and parents in the community. Kids Church is a local charity funded by a combination of donations from individuals, businesses and churches in the community and from grants made by statutory and charitable funders. For more information please contact Jean McLeod on 01264 366544



# Focus on Local Groups & Organisations

## **Equal Care & Opportunity Group (Reg Charity No. 1084551)**

The service is for adults aged 18 years upwards who have a Physical Disability or Disabling Condition, (subject to the Groups Discretion).

We offer an opportunity for people to develop their self confidence and self esteem by meeting other people to develop new friendships and support networks.

Members are supported and encouraged to join in the various activities, however no pressures are placed upon anyone anytime.

We offer a varied programme of events and activities such as Arts and Craft, Trips, Quiz's and many more activities which members feel are necessary and required within the group.

There is a membership fee of £3.00 a year and 50p to pay for each session which goes towards tea and biscuits. We hold a raffle every week to help raise funds for the group.

Transport to and from the groups meeting place is not provided however transport can be arranged at a cost.

If you require assistance with personal care you must provide your own Personal Assistant  
We meet every Monday at Blake Court, Artists Way, Andover at 1pm-4pm.

If you would like further information please contact

Beryl Harman (Chairperson) on 01264 781277

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## **New Information and Advice Drop In for those seeking a change of direction.....**

**First Wednesday every month, starting 5<sup>th</sup> January 2005, 10 am – 2pm at Test Valley Community Services, Wessex Chambers, Andover (above the CAB)**

Mary Whitworth from Learning Links will be available to give free information and advice on Learning Opportunities and Tina Waterman – Roberts from The Volunteer Centre can help anyone interested in volunteering.

So, if you have been thinking about doing some learning or volunteering but are not sure what to do about it or where to go, come along for a cup of coffee and find out more.

You can just call in or telephone TVCS on **01264 362600** to make an appointment.



Why not tell your friends and families about this new service?

**To promote your group in this newsletter please call 01794 519998 or  
Email: [romsey@tvcs.org.uk](mailto:romsey@tvcs.org.uk)**

### **Support for people with hearing loss in the Test Valley area**



**1 in 7 people in the UK are affected by deafness; that's over 200,000 people in Hampshire alone.**

Losing your hearing can be a traumatic experience and it can often be very confusing to know what services will give you the support, advice and information you need to best cope with hearing loss.

HDA has produced an information booklet called *Coping with Deafness*, which explains what services are available to deaf people and their families in Hampshire. The guide is packed with useful information, such as hearing aids, benefits, equipment and useful contact information. *Coping with Deafness* offers practical tips to aiding communication between hearing people and those with a hearing loss. The booklet also includes information on HDA's services.

Hampshire Deaf Association provides support to deaf, deafened and hard of hearing people in Hampshire and the Isle of Wight. The Association maintains a range of services that meet the needs of the deaf community including: confidential interpreting service, communications training, communication development, information, advice and guidance, youth programme, community development, student support, Asian project, residential service and support to deaf and hard of hearing clubs.

**If you would like to know more about any of HDA's services or would like to request a copy of the *Coping with Deafness* booklet, please contact the Association.**

Tel: 023 80 516 516 Fax: 023 80 516 517

Text: 023 80 516 518

Visit our website: [www.deafhampshire.org](http://www.deafhampshire.org)

or Email: [enquiries@deafhampshire.org](mailto:enquiries@deafhampshire.org)

### **Free Training for Parent Groups from**

Wells Place Centre, Eastleigh - **For more information please call Parentline Plus on 023 80619826**

Parentline<sub>plus</sub>

**'Preparing for teenagers'** 1 session.

Get ready for life with a teenager – how you can ease the journey for both of you.

**'Coping with Teenage issues'** 4 sessions.

Being a parent of a teenager can be a challenging and confusing time. Here is a chance to develop your skills to deal with issues such as smoking, alcohol, eating & sex.

Starting Tuesday 22 February – 15 March 7-9 pm

**'Bringing up children after splitting up'** 3 sessions.

How to work together for the benefit of your children even though you are no longer a couple.

Starting Tuesday 22 February – 08 March 10 – 12 noon

**'Dealing with Anger'** 5 sessions

Does your home sometimes seem more like a battlefield? This group will help you learn how to deal positively with anger.

Starting Thursday 24 February – 24 March 7-9 pm

## **Disability**

[www.equipmentdirect.org.uk](http://www.equipmentdirect.org.uk)

Introduces a Job Finding Service for Disabled People

**This is an Internet based job finding service for Disabled People.  
It's designed to work for you, for whatever type of work you are seeking.**

Equipmentdirect.org.uk has linked with *CanDo Index* to give you a new service that you can find online now at [www.equipmentdirect.org.uk](http://www.equipmentdirect.org.uk)

You build your employment profile and *CanDo Index* advertises this directly to employers. Employers can only see your skills, but are not shown what you cannot do or how to contact you. There is no need to write a Curriculum Vitae.

There is no charge until you get a reply from an employer. You are then asked to pay £5 a year to *CanDo Index* if you go through the Equipment Direct website. You will then receive employers' enquiries by E-mail and text message. The process is so fast that employers can receive your reply to their enquiry within 5 minutes of making them!

**If an employer goes to [www.equipmentdirect.org.uk](http://www.equipmentdirect.org.uk) and enters the skills for which they are looking, the system will match them with job seekers.  
That's it - no cost, no contract, no middleman and no delay.**

Your records can also be searched from the *CanDo Index* website, making them available to employers who may not necessarily be looking for a Disabled Person.

Try it out by going to [www.equipmentdirect.org.uk](http://www.equipmentdirect.org.uk) and see how you get on!

Amanda Hames - Project Implementation Manager

Equipmentdirect.org.uk  
10 Bankside  
Southampton  
Hampshire  
SO18 2JW

Tel: 08451 221 454

# Funding Information



## **Awards For All –**

### **A funding opportunity for small community projects in Test Valley**

During the last year some groups in Test Valley have been successful with applications to Awards for All. This funding source is aimed at smaller voluntary and community groups and has a fairly straight forward application process. Recently Awards for All released information that may help or encourage groups in our area to consider making a grant application. Listed below are some guidelines that may help:

#### **Regional Priorities of Awards for All**

We want to make awards that not only meet the national aims of Awards for All but also respond to the particular needs of our region. We have therefore developed a Regional Focus, which is intended to ensure that our grant making responds to those needs. In the South East region priority will be given to projects that:

- Benefit children and young people up to the age of 18 in areas where access to facilities and services is limited
- Benefit disabled people
- Benefit older people (aged 60 and over)
- Help communities explore and share their heritage, traditions and culture. Benefit people who experience traditional or cultural barriers to full participation in the community

If you would like further information or think your project would meet one of our priorities, please visit our website:

[http://www.awardsforall.org.uk/england/southeast/southeast\\_focus.html](http://www.awardsforall.org.uk/england/southeast/southeast_focus.html)

#### **Turnaround times**

In April 2004, Awards for All set itself a new target turnaround time of just 8 weeks. Since then, we have achieved this target on 100% of applications, the average time being just 4 weeks! This is good news for applicants as a quick decision makes planning a project a much simpler task.

#### **Success Rates**

Now is a good time to apply to Awards for All. Not only have we been given additional grant money to distribute but also in the last few meetings we have been able to fund all eligible applications. This is due to the fact that our receipt rate for applications has dropped in the last few months, so if you know of anyone who may be involved in a local community group or may wish to apply for funding, pass on our contact details or direct them to our website [www.awardsforall.org.uk](http://www.awardsforall.org.uk) <http://www.awardsforall.org.uk>

or call: Awards for All - **01483 462905** or **0845 600 2040** for an application pack (text phone available – **0845 755 6656**)

**TVCS** can help and advise with your application – for more information please contact Greg Alexander on 01264 362600

# Funding Information

## **The Local Network Fund - grants available for voluntary groups working with children and young people - Grants available of up to £7,000**

The Local Network Fund can help local groups that work with children and young people aged 0 to 19 years. The Local Network fund wants to support new activities, or improvements to activities that will make a difference to the lives of children and young people.

To be eligible groups must:

- ❖ Be a voluntary, community or self-help group managed by local people.
- ❖ Have volunteers involved in the activity for which they want the grant.



Telephone 0845 113 0161 for an application pack.

**TVCS CAN HELP WITH YOUR APPLICATION –  
If you need help – please call Greg Alexander on  
01264 362600**

## **Test Valley Borough Council Helps Local Organisations**

### **Find Grants Online**

Charities and community groups in the Test Valley area can now quickly find out about potential grant funding through the Council website, which includes a free-to-use grant funding information service that can also help attract inward investors to the area.

The Test Valley 4 Community website will make it easier for local organisations to find out about possible funding support. This includes information about local, regional, national and European sources of funding. As well as supporting the voluntary sector in Test Valley, the software helps the Council to increase public accessibility to its services. Test Valley 4 Community is provided and maintained by j4b plc, the company behind the award-winning free-to-search grants website [j4b.co.uk](http://j4b.co.uk).

Cllr Sandra Hawke, Portfolio Holder for Social Well Being, said: “Funding is generally the largest problem faced by voluntary organisations in Test Valley. The Council makes a sizeable contribution towards the valuable work of the voluntary sector, through grants and other support. However, it is never enough to cover the vast amount that is going on. There are hundreds of other schemes available to support the voluntary sector in the borough, but until now this information has been difficult to find. The new Test Valley 4 Community website allows the Council to provide an efficient and cost effective grants information service that should be of great benefit to many people.”



To find out more about Test Valley 4 Community, go to the Leisure section of the Council website at [www.testvalley.gov.uk](http://www.testvalley.gov.uk) and follow the Community Grants link.

Alternatively, contact the Council's Community Support Officer, Irena Collins on 01264 368832.

# **Guides, Helplines & Resources**

## **New Information Directory for Young People in Test Valley**

We have just completed a new Information directory of services for young people in Test Valley. The new version of the directory has been produced with young people in mind and lists organisations, clubs and groups that offer support and signposting. Subjects dealt with range from sexual health, careers, social activities and help lines.

The directory is available to any group or individual. We would like to see the directory in youth clubs, schools and in places where young people meet and socialise. A young volunteer with TVCS has compiled the directory and we have aimed to make it understandable, topical and relevant to the needs of young people in 'Test Valley'. The directory has been produced in two parts, one covering the Andover area and one for Romsey and district. It can be viewed on the TVCS website, [www.tvcs.org.uk](http://www.tvcs.org.uk) or is available by calling Zoë Bussian at TVCS Andover on 01264 362600

## **DIRECT PAYMENT INITIATIVE - Available for inspection or loan:**

TVCS Romsey has a copy of the Basic Skills Agency DIRECT PAYMENT RESOURCE PACK which is available for inspection or loan. The pack has been produced to help explain Direct Payment and address some of the concerns and issues that people may have.

Contact Viv Parsons, 01794 519998 for more information or contact the Basic Skills Agency for your own pack on 0870 600 2400 quoting stock code A1705

## **HEALTH IMPROVEMENT AND SOCIAL INCLUSION BUDGET**

### **Grants in Test Valley**

The closing date for the next round of bidding for this fund is 1st March 2005. Please make sure that your bids are in, in good time. For more information on the criteria for this fund or to request an application form please contact Lynn Callan at Test Valley Borough Council, Duttons Road Romsey (01794 527910). [lcallan@testvalley.gov.uk](mailto:lcallan@testvalley.gov.uk)

We are also running a drop in workshop to help you to fill in the application form on 25th January from 10 am – 12 noon at King's Somborne Village Hall. Please contact Lynn at TVBC or Janet Blann at TVCS for more information

## **Guide to Residential Care in Hampshire**

Hampshire County Council has published a free 2004/05 Guide to Residential Care in Hampshire – Including Portsmouth and Southampton, it gives advice on finding the right care setting amongst the 600 residential and nursing homes listed. Aimed at those wanting to move into residential care and their families, it can be accessed at: [www.hants.gov.uk/socservs/resicare](http://www.hants.gov.uk/socservs/resicare)

# Health & Well being

## Database of good practice in rural health and well being

Developed by the Institute of Rural Health and funded by Defra, the database went live on 16 June. It aims to provide an easily searchable website for those organisations looking to improve service delivery and access to care for people living in rural communities, disseminate examples of good practice and encourage the development of links between organisations, both statutory and voluntary, involved in healthcare. The site can be found at: [www.ruralhealthgoodpractice.org.uk](http://www.ruralhealthgoodpractice.org.uk)

For more information, contact Helen Swindlehurst at the Institute of Rural Health.

E-mail: [helens@ruralhealth.ac.uk](mailto:helens@ruralhealth.ac.uk)

## STAY ON YOUR FEET



Many older people fall. In fact nearly a third of people over 65 have a fall in any one year and that number increases with age. There is evidence that the number of falls and the damage caused can be dramatically reduced if local health and social care communities work together to address falls and their impact.

The *Stay on Your Feet* project began five years ago when local agencies in the Winchester City Council area became concerned about the number of older people suffering harm as a result of falls and, as a result, a Health Improvement Alliance was formed. Its first priority was to increase public falls awareness. Last year we visited older people in their homes and in residential and nursing homes, to find out how they avoid falls.

As a result we devised a list of basic tips to prevent falls, slips and trips. Our falls prevention leaflet funded by a grant from the Health Improvement and Social Inclusion fund in Winchester also contains contact details for other agencies that provide more in-depth falls prevention advice. The *Stay on Your Feet* Information pack includes tips on healthy eating, keeping your bones strong, ways of staying physically active and other small measures you can take to prevent yourself from falling in and around your home.

Following our success in Winchester we want to offer this information with Test Valley residents. So look out for our blue and yellow falls awareness leaflets in GP surgeries, opticians, chemists and even on the CANGO buses. Alternatively, If you want to know more about Stay on Your Feet or require Falls Awareness leaflets and information Falls Prevention packs about Stay on Your Feet, please call Sara Owen on 01962 863511 ext 3661. You may even want her to lead a Falls Awareness session in your area. please call Sara or write to her at Mid Hampshire Primary Care Trust, Highcroft, Romsey Road, Winchester, SO22 5DH or Email [sara.owen@win.nm-ha.nhs.uk](mailto:sara.owen@win.nm-ha.nhs.uk)

## **Boost for mental healthcare in Andover**

A groundbreaking partnership agreement has been recently signed giving mental health services in Andover a huge boost. Andover Community Mental Health Team (CMHT) is now working in partnership with Stonham Housing Association to ensure a more seamless delivery of mental healthcare.

The new agreement means voluntary sector support workers are fully included in the multi agency care team and this close working relationship ensures a better delivery of integrated care.

The flagship agreement paves the way for re-shaping the delivery of mental healthcare across the Trust as Melvin Daniels, Manager at Andover CMHT explains “This partnership shows that both sectors can work effectively as part of the same team, whilst retaining their independence for the benefit of the service users and staff. This initiative is part of a wider approach to improve the way that mental health systems work to deliver care in Andover.” For more information contact Melvin Daniels on 01264 835243 or Email at [melvin.daniels@weht.swest.nhs.uk](mailto:melvin.daniels@weht.swest.nhs.uk)

## **Health Walks in Test Valley**

Health Walks are designed to help people, of all ages and abilities to get out and walk as a form of exercise to help improve their health and feelings of wellbeing. The walks take about one hour and cover a distance of 2.5-3 miles. Although we do walk off road, we do not climb over stiles or tramp through muddy fields, so all you need is a pair of sensible comfortable shoes and clothes. The walks are free and people can turn up as and when they are able. The beauty of the Health Walks is that no one is ever pushed to walk harder or faster than they are able. If a person needs to start walking at a gentle pace that is fine and if they cannot complete the entire walk, again there is no pressure to do so. The walks are led by trained volunteer walk leaders, one will set a good pace at the front but one will always walk with the gentler walkers and so no one is ever left to walk alone, and if for any reason a person needs to stop or turn back and cut the walk short, a walk leader will always accompany that person.

There has been a lot of publicity about how walking is good for you – well, it is! It helps to control heart conditions and other circulatory diseases such as strokes, also diabetes and osteoporosis, helps with weight control, to lower cholesterol and blood pressure. Walking can help reduce stress, depression and anxiety and can even help you to sleep better!. It is also a great way to get out and enjoy our surroundings in the fresh air in the company of others. The Health Walks run as follows:

Monday 11.00 meet at The Romsey Rapids

Tuesday 11.00 meet at Andover Leisure centre

Thursday 11.00 meet at North Baddesley Village Hall

For more information about the Health Walks please contact Louisa Rice 01794 527921 or [lrice@testvalley.gov.uk](mailto:lrice@testvalley.gov.uk)

# Disability

## Free guide to applying for Disability Living Allowance

Cerebra, for Brain Injured Children and Young People, has commissioned external experts to write a guide to applying for Disability Living allowance (DLA) especially for children under 16 with brain related conditions. It is designed to give parents and carers confidence in filling out the form.



The guide is free and can be downloaded from [www.cerebra.org.uk](http://www.cerebra.org.uk) you can receive a printed copy by calling freephone 0800 32 81159 or Email [info@cerebra.org.uk](mailto:info@cerebra.org.uk)

## EMPLOYMENT

### Disability Discrimination Act: Employment Code of Practice

The Disability Rights Commission has published a statutory Code of Practice to help employers comply with the Disability Discrimination Act. The code updates previous guidance to take account of changes resulting from case law and the implementation of the European Union Equal Treatment Directive, which comes into force on 01 October 2004. The code is not legally binding but can be used in legal cases as evidence. The code includes a large number of practical examples to illustrate the law.

Disability Discrimination Act 1995 — Code of Practice — Employment and Occupation. 222pp. Price £15 (plus £3.76 p&p). ISBN: 0117034193. Available from the Stationery Office, PO Box 29, Norwich NR3 1GN. Tel: 0845 600 5522. Fax: 0870 600 5533.

Email: [book.orders@tso.co.uk](mailto:book.orders@tso.co.uk).



Better healthcare for people with a learning disability

### Inequality in access to health care for people with learning disabilities

In its new report, Mencap have warned that people with learning difficulties do not have equal access to healthcare, with lack of training among health professionals a contributing factor. The study, part of Mencap's Treat Me Right Campaign, says the group still has more mental health problems than the rest of the population and people are more likely to die before 50.

It is also frequently reported that some doctors think that health problems are a result of learning difficulties and little can be done.

Mencap calls for people with learning difficulties to have access to longer and more flexible doctors appointments and to be offered an annual health check.

Treat Me Right from [www.mencap.org](http://www.mencap.org).



# Training & Events

## **Student Counsellor Placements**

In a world where more and more people and organisations are utilizing the benefits of Counselling it is important that professional standards can be maintained. There are a number of regulatory bodies who are constantly working to ensure that their 'accredited' Counsellors are competent and professional. These organisations include the British Association of Counselling and Psychotherapy (BACP) and the United Kingdom Council of Psychotherapists (UKCP).

Good training lies at the heart of maintaining high standards. However, the skills of Counselling cannot be learnt from books, it is an art that must be applied to the intimate relationship between the Client and the Counsellor. A Counsellor undergoing training needs this experience to put theory into practice in the real world.

Can your organisation offer this opportunity to a Trainee Counsellor undergoing BACP accredited training and what's in it for you? Trainee Counsellor placements are usually for half to one day per week, and a student will be expected to see 2-4 clients during this time.

The placements are usually unpaid but the students will require guidance and regular 'Supervision'. As well as being an additional resource, students can bring vitality and new perspectives to an existing group of workers. Students will be expected to undergo any necessary internal induction programme, or training associated with a particular organisation. They can also be asked to make a commitment for a specific period of time to the 'host' organisation.

Students can be assigned to work with the primary client base or to work with subsidiary support workers. A clear triadic contract will be established between the host organisation, college and the student to ensure that the placement meets its objectives for everyone!!!

If you think that your organisation may benefit from hosting a student Counsellor, or if you wish to find out more please contact the following:

Sue Brady, Lead Tutor at Peter Symonds College, Winchester.

Telephone: 01962 886166/01794 514484 or E-mail: [sbrady@psc.ac.uk](mailto:sbrady@psc.ac.uk)

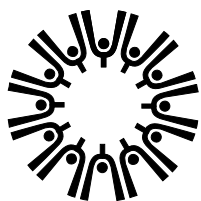
## **Foundation Degree in Community Development**

Cricklade College and University College Winchester are working together to offer Andover and the surrounding area a 'degree on the doorstep'.

You can attend a FREE taster and discover what is Community Development .

On: Wednesday 26 January 3-5 pm: Thursday 27 January 6:30 - 8:30 pm & Thursday 24 February 6:30 -8:30 pm. Held at Cricklade College's new training bistro, Anna's, where refreshments will be provided.

If you would like further information, please call 01962 827283 and speak with Clare Mullins, Registry or Sarah Goode, Programme Leader - [sarah.goode@winchester.ac.uk](mailto:sarah.goode@winchester.ac.uk)



The Trustees and staff of Test Valley Community Services (TVCS)

**Test Valley Borough Council** – Grant towards central costs  
**Hampshire County Council** – Grant towards central costs  
**Romsey Town Council** – Continued Support  
**Romsey Extra Parish Council** – Continued Support

Can you help us to reach the community? Articles and events are always welcome from voluntary and community groups – please contact us: 01794 519998

**The views and opinions expressed in the Valley Messenger are not necessarily those held by the staff and management of Test Valley Community Services. We are always pleased to include contributions from any of our readers and welcome articles and information. We are not able to recommend any of the services offered through advertisements in this publication.**

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### **Central Team**

Janet Blann	Chief Officer	Romsey Office
Greg Alexander	Community Resource Manager	Andover Office
Patsy McIntyre	Finance Officer	Romsey Office
Debbie Forder	Administrator	Romsey Office
Viv Parsons	Administrator (Resource Project)	Romsey Office
Zoë Bussian	Administrator	Andover Office

### **Volunteer Centre**

Tina Waterman-Roberts	Andover & Romsey	01794 519998 01264 362600
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### **Projects**

Roland Matthews	Andover Advocacy Alliance	01264 336380
Dawn Elson	Partnership Officer (Andover Area)	01264 362600
Dick Hewett	Community Transport Co-ordinator	07834 680292

### **Volunteers**

Dee Ewart	Valley Messenger
Jo White	Romsey Administration
Steve Hughes	Volunteer Centre

### **For further information please contact**

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Romsey, SO51 8GY  
Tel: 01794 519998  
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**or visit:** [www.tvcs.org.uk](http://www.tvcs.org.uk)