

THE VALLEY

Messenger

THE NEWSLETTER OF TEST VALLEY COMMUNITY SERVICES

October 2006



Test Valley Community Services

Invite you to our

AGM

At

Longstock Village Hall
Wednesday 8th November 2006
9.30am - 11.30am

“Reaching out and touching lives”

9.30am Arrival & coffee

10.00am AGM

10.45am Coffee, cake & networking

11.10am Presentations

11.45am Close

See enclosed flier and also map and reply slip overleaf.

For more information

please contact Zoë Bussian on

01264 362600 or zoe.bussian@tvcs.org.uk

Local Information Day & Charity Fayre

Come and visit our local Voluntary groups

At

Crosfield Hall, Romsey

Wednesday 25 October 2006

10.30am - 2.30pm

Come and find out more about the services and groups available to support people in the Romsey area

Voluntary Groups help thousands of people every day including:

- Carers
- Older People
- Disabled People
- Children and Young People

They run all kinds of services from Recycling & Community Projects to giving Information about local services.

Support your local groups by finding out what they can do to help you and what you can do to help them.

Refreshments will be available and you will be able to purchase Christmas cards and gifts on the day.



For more information please contact Greg Alexander or Dawn Elson on 01264 362600



ENCOURAGING COMMUNITY INITIATIVES

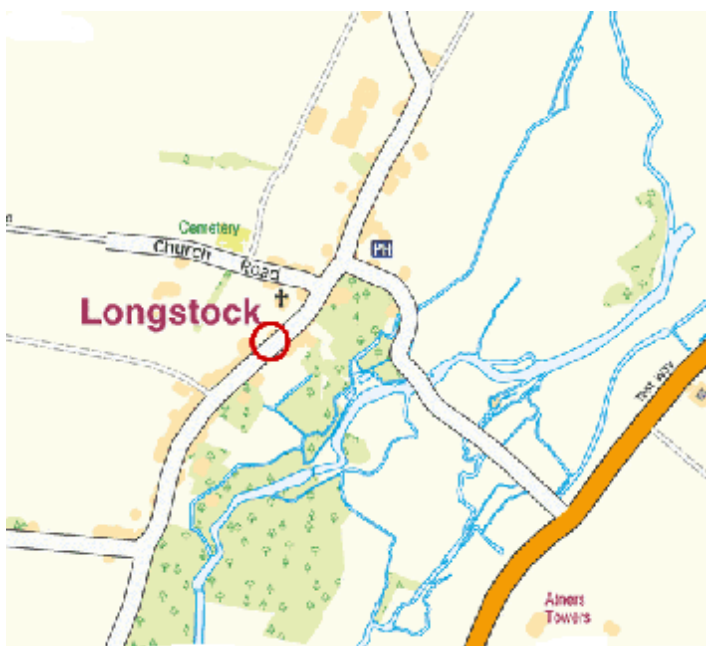
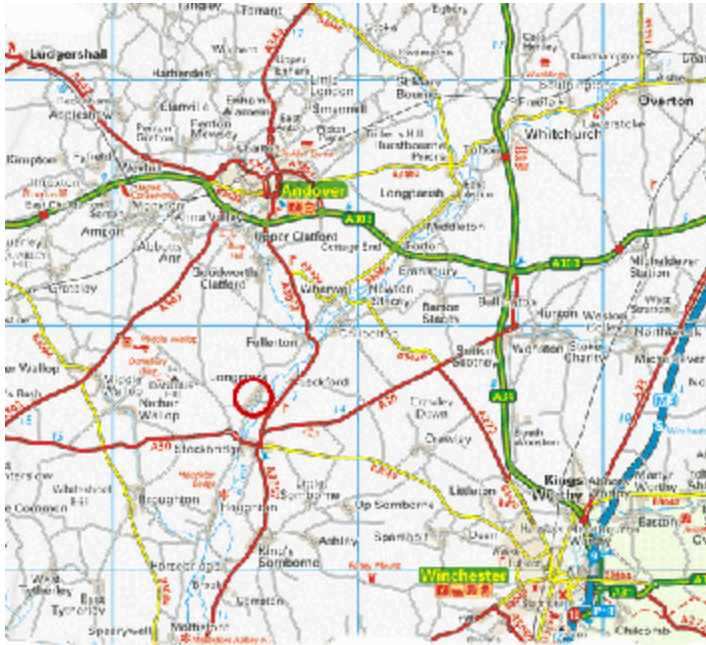


TVCS AGM

Please complete and return the reply slip (opposite) to indicate whether or not you will be attending our AGM.

We look forward to seeing you there!

To find Longstock Village Hall



Test Valley Community Services AGM Reply Slip

I would like/am unable to attend TVCS' AGM on the 8th of November (please delete)

Name:

Organisation:

Email:

Telephone:

I have particular requirements (e.g. Access, sensory etc):

I would require transport to the event: YES NO

Please reply to: Zoe Bussian, TVCS, 2nd Floor, East Wing, Wessex Chambers, South Street, Andover. Sp10 2BN
Tel: 01264 362600 or Email: zoe.bussian@tvcs.org.uk

Community Transport

Transport improvements for all!

Everyone needs reliable transport. Public and private transport cannot always satisfy this need. TVCS can help you find the community transport solution to meet your needs!

Vehicles

A new addition will soon be made to the fleet of minibuses operated by TVCS. Three vehicles are already based in Andover, with a fourth in Stockbridge. We will be taking delivery of a fifth minibus which will be available for hire from November, and which will be based in Romsey. We would be delighted to hear from groups anywhere in Test Valley who need to hire a minibus for any purpose.



Drivers

Minibus drivers should have a MIDAS (Minibus Driver Awareness Scheme) Certificate. TVCS runs 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. There is always a need for more volunteer minibus drivers.

Community transport in general

We don't just operate our own vehicles. TVCS is also keen to give advice to anyone with a transport need, directing them as appropriate to the people best placed to



assist.

Enclosed with this issue of the Valley Messenger is a leaflet summarising the range of community transport available in Test Valley. If you need advice on any form of community transport, give us a ring.

For any enquiries about hiring minibuses, driving, or community transport in general, ring Zoë Bussian in the TVCS office in Andover (01264 362600), or email transport@tvcs.org.uk.

Dick Hewett, Community Transport Manager

Advocacy for Mental Health in Andover

Andover Advocacy Alliance (AAA) is pleased to welcome a new member of staff! Marie Dyke joined the Alliance at the beginning of September as Mental Health Advocacy Worker. This is a new post and the first time AAA has had a paid advocate dedicated to mental health issues. The post is funded through the Test Valley and Winchester Health Improvement and Social Inclusion programmes (HISI) and is shared with Winchester District Advocacy. Marie joins us with a background in mental health care and considerable experience of the voluntary sector. She will be working as an independent advocate with adults of any age in the Andover area who have mental health issues and who have identified problems where they may not have family or friends to support them or else feel that their voice is not being heard. The post represents an exciting new phase in Andover Advocacy Alliance's development as a robust and responsive independent champion for many of the most vulnerable people in our communities.

If you have an issue you would like to discuss with Marie or want to find out more about the project you can contact her on 07748 819576, or at the AAA office on 01264 336380, or email mapdyke.aaa@hotmail.co.uk

Stop Press - Room available to let in central Romsey in furnished house, share of other facilities. Suit young professional. For information call 01794 518275,

Funding Information

Voluntary & Community Groups - is there a grant 4 you?

Looking for funding and don't know where to start?

There are thousands of schemes available to support local voluntary and community groups - from government, lottery, and trust funding sources.

Search for free, using Test Valley Borough Council's web-based search facility:

Step 1

On the home page of www.testvalley.gov.uk click on 'About Test Valley' followed by 'Community and Housing' from the left hand menu

Step 2

Click on 'TestValley4Community' under the Community Development heading on the main page

Step 3

Browse for general information or use the quick and simple search facility. Registration is free and enables you to access detailed information including criteria and how to apply

Alternatively, you can use the direct link



Comic Relief Young Carers Grants Programme



Open to all voluntary organisations that wish to work with young carers. Up to £25,000 for high quality support projects and small grants to give 'one-to-one' support to the most vulnerable young carers.

[Http://www.carers.org/articles/comic-relief-young-carers-grants-programme,663,CA.html](http://www.carers.org/articles/comic-relief-young-carers-grants-programme,663,CA.html)

The Local Network Fund

Join the many voluntary groups working with children and young people who have already received Local Network Fund Grants in Test Valley. Grants of up to £7,000 are available for voluntary groups working with children and young people.

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. So if you run a Youth project, pre-school or activity where children and young people benefit why not consider The Local Network Fund as a source of funding your work.

To be eligible groups must:

- ✓ Be a voluntary, community or self-help group managed by local people
 - ✓ Have volunteers involved in the activity they want the grant for
 - ✓ Be properly constituted and have a child protection policy
- Telephone **0845 113 0161** for an application pack.

TVCS can help you finalise your application if you would like help or information please call: Greg Alexander on 01264 362600



local network fund
for children and young people

TVCS Office Support - Payroll & Auditing

As part of our service to voluntary and community groups we can add staff members to our payroll. This can help groups who only have a small number of employees. We are also able to audit your annual accounts and provide other financial information and support if required.



There is a charge for our payroll service and also a 'sliding scale' charge for auditing of accounts. This will be according to the time taken.

For more information or details of charges please contact Patsy McIntyre at our Romsey office on 01794 521004 or email: finance@tvcs.org.uk

Office Equipment and Other Resources available to Voluntary Groups



TVCS has office equipment and other resources available for voluntary and community groups to loan or hire.

What is available?

- « Digital Projector
- « Portable Projector Screen
- « Portable Amplification System
- « Low Cost Photocopying
- « Electric Comb Binder
- « Up to A3 size Laminator

- « Industrial Shredder
- « Access to Computers
- « Publishing Software

We also have software that can help with funding searches and bid writing: *funderfinder* available at both offices.

To find out more you can contact Greg Alexander on 01264 362600.



Office space in Romsey

At our modern offices in Romsey Town Centre we have desk space available five days a week.

Rent will include

- ! Use of phone
- ! Photocopier
- ! Stationery
- ! Broadband connection
- ! And GREAT COMPANY!!



If any voluntary group would like to 'hot desk' with us please contact Janet Blann on 01794 519998 or email janet@tvcs.org.uk

Charity Commission Publications - 'Finding new trustees'

The Charity Commission recently launched a practical guide to help charities achieve the ideal board for their needs. Finding new trustees - what charities need to know is a 'start to finish' guide that deals with the practical concerns most boards have when it comes to getting the right people and making the most of them. Download from: www.charitycommission.gov.uk/publications/cc30.asp

or call The Charity Commission on Tel: 0845 300 0218

A new venue for community groups and meetings in Romsey

Abbey United Reformed Church Romsey, or the "Church by the Arch" as it is sometimes called, in the middle of Romsey has recently completed building works to extend and refurbish its premises. The facilities include:

- n Accessible toilet facilities
- n Play area for children
- n Newly rebuilt kitchen
- n Small meeting rooms which can accomodate 15 people.
- n A lounge which can seat upto 35 people.
- n The Hall can accomodate 75 people.
- n The church can also host your concerts, seating up to 250 people on its two levels.
- n Loop & amplification system fitted in the downstairs area.
- n Near by parking.

If you would like to find out more about the facilities on offer these can be viewed on our website www.abbeyurc.org.uk

or contact our Church Officer, Mrs Angela Wolfe on 01794 517746 for further information and to arrange a viewing.



Playwork Recruitment Fair

Want a career that is interesting, fun, exciting, rewarding and challenging? Ever thought about a career in Playwork? You can play and get paid for it!

Whether you're a woman or a man, just finished school and looking to start your career, thinking about going back to work after raising a family, have a disability, taking early retirement but wanting to keep active, or looking for a more rewarding career, then Playwork could be what you're looking for. Playwork is a caring and challenging career. You'd play a key role in a child's or young person's life, helping them develop their skills and increase in confidence. You'd be a positive role model, inspiring young minds and be respected for your contribution and responsibility. All you need is commitment and energy.

There's never been a better time to work with children. Breakfast clubs, after school clubs and holiday schemes are growing and developing. Good quality care makes a real difference to their lives and more people are needed to work with children and young people aged 4 to 14 (or up to 16 for those with specific requirements or disabilities).

Why not come along to the Recruitment Fair at Winchester Guildhall on Monday 23rd October from 1pm to 7pm to find out more. Providers will be available to talk to and will be advertising any jobs they have. Plus training providers will be able to talk about training courses and how to progress your career, chat to people who already work in this profession and get all your questions answered. There will even be demonstrations of Playwork!

Looking for Childcare?

Are you a working parent in desperate need for childcare? Does School finish that little bit to soon? Why not come along to the Recruitment Fair where you can meet representatives from your local breakfast/after school and holiday clubs. Come and chat to the friendly staff and find out what they offer and if they can help you!

More information from: 01962 848014

Social Groups and other activities for Older People in Test Valley villages



Is there a group for older people in your area? Do you know where they meet or who to contact if you wanted to join? We want to start a new group but who can help us to do it? These are questions that many people ask but often are unable to get answered.

TVCS may be able to help you to get the answers. Our 'Community Encouragement' project will be working in all areas of Test Valley to help increase the number of social groups and lunch clubs for older people. A particular emphasis of the work will be in rural areas where many older people have no easy access to activities being held in Andover or Romsey.

Many groups close because either too few people join them or the group lack the volunteers to keep them running. This is what groups have told us. Other reasons for groups closing are that they do not have sufficient funds to keep them open and that too few people know about them. This includes Gps and health visitors.

We will help groups to find new volunteers and members, give advice on setting up a group to people with new ideas and also help groups to find grants and other funding to keep their group open.

To many people visiting a local club or lunch is the only time they socialise. Local groups are very important to the health and wellbeing of older people. Being involved with a local group will enable you to meet new people and to find new interests, have fun and things to look forward to and talk about. We are keen to talk to clubs in the area and explore ways of setting up new groups or keeping existing clubs open. We know of grants available and will help groups to get them. We can also help find new volunteers, new members and work with groups to promote their work in the community

If you would like more information or someone to visit your club then please contact Greg Alexander at Test Valley Community Services on 01264 362600 or email: greg.alexander@tvcs.org.uk

'You Don't Need to Go to the Amazon to Protect the Environment!

We are all aware of the need to safeguard our environment. How we live our daily lives has an impact on the world around us. It is a sobering fact that on average every household in Test Valley produces 1 tonne of waste a year.... And waste is increasing by 3% a year! As individuals we can make choices (for instance when out shopping), which reduces the waste generated. We can also choose to recycle as much as we possibly can to minimise the waste going to landfill or for incineration. Small changes can make a big difference.

Test Valley Borough Council is keen to promote care of the environment by increasing the recycling rate from 22% to over 30% by next year. For this to happen then everyone needs to take part. A study in 2005 revealed that 35% of households in Test Valley do not recycle at all! The change to the new Alternate Bin Collection scheme (or ABC system) will encourage everyone to sort their waste so that items that can be recycled are recycled via their recycling bin or local recycling site. Phase 3 of the ABC systems reaches Andover and Romsey in December.

As part of this new system, Test Valley Borough Council is holding a series of talks, workshops and displays to inform the public about the new system and why the key words 'Reduce Reuse and Recycle' are so important. Along the way we will do our best to counter many of the myths surrounding recycling. These include "Recycling is pointless because all the items are dumped anyway" or "It costs more to recycle than it does to make things from new materials" or even "The householder has to take all the labels off and washing out tins and cans uses more energy than is saved by recycling them" For more information telephone Mike Pratt or Anne Robinson on 01264 368473, or e-mail us at: envhealth@testvalley.gov.uk



British Heart Foundation Andover

The Andover & District branch of the British Heart Foundation has been in existence for 33 years. They have a small Committee who organise two main events each year - an annual sponsored swim at the Andover Leisure Centre and an Andover to Stockbridge Sponsored Walk in September.

Brian Page has been Chairman for 23 years and the branch has raised £330,000 in that time towards the BHF priorities - research into heart disease and associated respiratory problems, after-care and health promotion.

The branch has contributed towards local projects - a Defibrillator at a local Surgery and one for the emergency services.

In 2005 money was raised for further local projects in partnership with the Mayor of Test Valley's Charity Appeal. As a result 24hr Blood Pressure Monitors costing an average of £1,200 each were purchased and donated to the Stockbridge GP Surgery and Andover Practices at St Mary's and Charlton Hill.

The current Mayor of Test Valley has selected the British Heart Foundation as one of his four chosen charities for the specific purpose of raising money for further Blood Pressure Monitors in Andover and Romsey. It is anticipated that the money will be raised principally from participants from the September Sponsored Walk and two concerts being performed by the Andover Music Hall Society. These are "Showtime 2006" Variety Concerts and will be at St Ann's Hall, Andover on Friday 10th November and Saturday 11th November, both starting at 7pm. Tickets are £6 and include a Sherry Reception and are available from Age Concern, Andover office at Town Mill House or Ottakers Bookshop.

The local branch is in need of a Volunteer Treasurer. Please telephone Brian Page on 01264 354425/332512 if you would like to join the branch committee, either as A Treasurer or a helping volunteer.

Contacting TVCS

Romsey Office

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SO51 8JZ

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Fax: 01794 517122

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Andover Office

2nd Floor East Wing
Wessex Chambers
South Street
Andover
SP10 2BN

Tel: 01264 362600
Fax: 01264 353010

Email: andovertvcs@freenet.co.uk
Website: www.tvcs.org.uk

Andover Advocacy Alliance

2nd Floor East Wing
Wessex Chambers
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