

# Voluntary and Community Sector News

Issue 24 Summer 2015

## Your Life, Your Choice Website

Your Life, Your Choice is a new website for Worcestershire full of information and advice about how people can stay well and independent – and plan for their long-term future. The website helps people find out about support available in the community, and about all kinds of care services for older people and adults with disabilities.

Your Life, Your Choice aims to answer some fundamental questions

- How can I stay well, safe and independent?
- What help is available in Worcestershire – and where from?
- What does it cost - if anything?
- Can I get any help with paying for care services if I need them?

Check it out – You can search by category, keyword or locations – so finding products and services could not be easier. See for yourself at:

**[ylyc.worcestershire.gov.uk](http://ylyc.worcestershire.gov.uk)**



# Framework Change

Changes to Framework allow staff to note clients' information needs. There are now prompts to record clients' language preferences and ask if people need information in alternative formats - such as a larger print.

Sandy Bannister, Equality and Diversity Manager, said:

“ Many people who have a hearing or sight impairment, or who have a learning disability, are often given information which they can't access because the print is too small, the sentences are complex, etc. These clients actually have a legal entitlement to receive important information in a format they can access.

Please ask existing and new clients about their communication needs. Once this information is recorded we will be able to provide what they need.

NHS England is developing an [Information Standard](#) and will soon be expecting their staff to provide appointment and medical information in a format which patients can access. Hopefully, over time, clients' communication needs can be shared between ourselves and Health. “

Information on when and how to provide alternative formats can be found [here](#)

# New Equality & Diversity leaflets



## Equality and Diversity Forum

The Equality and Diversity Forum has recently produced several leaflets which are intended specifically for VCS use:

- How to use the Equality Act
- How to use the Equality Duty
- The Public Sector and Due Regard
- A glossary of Equality terms

Before publicising them I've made a point of reading them myself to check that they are useful and readable. They are worth a look because they not only explain the law around equality but also explain why the Public Sector Equality Duty can be useful for VCS organisations who want to make sure that groups they represent are not overlooked. There is some useful information on the Equality Duty and procurement, too.

You can download the leaflets, free of charge at:

<http://www.edf.org.uk/blog/?p=37062>

# New Funding Launched for Voluntary Organisations

The Office for Civil Society has announced the launch of its £20m Local Sustainability Fund, which will give grants of between £20,000 and £100,000 to around 250 small and medium-sized organisations.

The £20m fund will be delivered through the Big Lottery Fund and will be available to around 250 high-impact charities and social enterprises. Charities interested in applying can do so through an online diagnostic tool, and must do so by 26 July. For more information please visit the new VCSE Sustainability Site <http://vcseidiagnostic.org.uk/about>

# Barbecue safely this summer



Now that the warm, light evenings are finally with us and the summer holidays are fast approaching, barbecues are beginning to sizzle across Worcestershire.

But behind the bangers and burgers summer fun has a serious side. Hereford & Worcester Fire and Rescue Service is asking people to take extra care when cooking al fresco, especially when lighting barbecues or dealing with bad weather.

If you've planned a barbecue and the weather lets you down, don't take the barbecue indoors or into a tent. In recent years, some people have sadly succumbed to carbon monoxide poisoning as a result, so we are urging everyone to stay safe this summer.

The following precautions will help reduce the risk of any barbecue mishaps:

- **Never leave a barbecue unattended.**
- **Follow the safety instructions provided with disposable barbecues.**
- **Make sure your barbecue is well away from sheds, fences, trees, shrubs or garden waste.**
- **Use enough charcoal to cover the base of the barbecue, but not more.**
- **Keep children, pets and garden games away from the cooking area.**
- **After cooking, make sure the barbecue is cool before moving it.**
- **Empty ashes onto bare garden soil, not into dustbins or wheelie bins. If they're hot, they can melt the plastic and cause a fire.**
- **Enjoy yourself, but don't drink too much alcohol if you are in charge of the barbecue.**
- **Always keep a bucket of water, sand or a garden hose nearby for emergencies.**
- **Never use a barbecue indoors.**

Further information can be found on the Hereford & Worcester Fire and Rescue Service website [www.hwfire.org.uk](http://www.hwfire.org.uk)

# Health Chats

The Worcestershire County Council Public Health team regularly deliver FREE 3 hour Health Chats training sessions to individuals or groups who work or volunteer to provide services or information to members of the public.

This training aims to provide individuals with an overview of the health and wellbeing priorities in Worcestershire while also help to improve their confidence to have an informal conversation with a service user.

These training session are held regularly in each district across Worcestershire. For upcoming dates or to reserve a place please visit [http://www.worcestershire.gov.uk/info/20043/health\\_and\\_well-being/884/health\\_chats](http://www.worcestershire.gov.uk/info/20043/health_and_well-being/884/health_chats)

Alternatively, interested staff or volunteers are also able to access an online version of 'Making every contact count' training which aims to compliment the 'health chats' training by also supporting individuals to discuss health and wellbeing matters with service users. This e-learning package can be accessed here [http://www.worcestershire.gov.uk/info/20043/health\\_and\\_well-being/884/health\\_chats/3](http://www.worcestershire.gov.uk/info/20043/health_and_well-being/884/health_chats/3)

If services are interested in delivering the training to their own staff they are able to become 'trained trainers'. The next train the trainer session takes place at 10am on 22nd September at the Guildhall – to reserve your space please contact [hwbadmin@worcestershire.gov.uk](mailto:hwbadmin@worcestershire.gov.uk)

For more information about any of the opportunities above please contact Andy Boote [aboote@worcestershire.gov.uk](mailto:aboote@worcestershire.gov.uk)

# Carers Strategy

The new Carers' Strategy for Worcestershire was launched at County Hall on 10 June to coincide with National Carers Week.

The Council worked in partnership with Carers, the NHS, carers organisations and community groups to produce the new strategy for 2015-2020. The strategy responds to changes in legislation for local authorities and the NHS, whilst retaining the vision for carers to remain at the heart of Worcestershire's Families and Communities.

The launch was attended by family carers and young carers, representatives from Worcestershire Association of Carers, Worcestershire Parent Carers' community, Health Watch, YSS (supporting young carers) and colleagues from the Council's Carers Unit and the Integrated Commissioning Unit.

Cllr Marcus Hart, Cabinet Member with Responsibility for Health and Well Being said:

**“ It is essential that all health and social care services provide a consistent and coordinated approach to working with carers and are able to assist them in finding the advice and support they need.**

**This strategy demonstrates our commitment to carers, recognises the vital role they play role in providing much needed care and sets out our intention to work with carers in developing services which support them in their role.”**

A copy will be made available on “Your Life Your Choice” but in the meantime please contact William Westwood, Commissioning Support Officer with Worcestershire Council on [wwestwood@worcestershire.gov.uk](mailto:wwestwood@worcestershire.gov.uk) or by phone 01905 766808.



**DOMESTIC ABUSE IS...**

**EMOTIONAL ABUSE**  
**PSYCHOLOGICAL ABUSE**  
**SEXUAL ABUSE**  
**PHYSICAL ABUSE**  
**FINANCIAL ABUSE**

**DOMESTIC ABUSE DESTROYS LIVES**

Don't Suffer In Silence,  
Tell Someone...

**0800 980 3331**

24 hour Domestic Abuse Helpline



WORCESTERSHIRE FORUM  
AGAINST DOMESTIC ABUSE  
& SEXUAL VIOLENCE

*Stronger Together*

# New Buses for Worcestershire's Community Transport

The Consortium of Community Transport schemes in Worcestershire, Community Travel Worcestershire, was delighted to hear that six of its thirteen members were successful in their application to the Department for Transport's Community Minibus Fund recently.



The £25million fund was open to Community Transport schemes across the country for either replacement or new minibuses.

Six schemes in Worcestershire - Pershore Volunteer Centre, Droitwich Spa and Rural CVS, Worcester Volunteer Centre (Worcester Wheels), Wyre Forest Dial-A-Ride, Community Transport Wyre Forest and Tenbury Transport Trust - successfully bid for new and replacement vehicles and are now waiting to order their vehicles.

Nigel Caldicott, Chair of the Consortium, said

**“ This is great news, not just for these six schemes but also for all their clients, as it will enable schemes to provide an even higher level of service. We are delighted that all the schemes who applied were successful and look forward to seeing the new vehicles on the road in the near future. ”**

For more information contact: [nigelcaldicott@communitytravel.org.uk](mailto:nigelcaldicott@communitytravel.org.uk)





# Community Action Presents...

## The Cage 2

Malvern Retail Park was witness to the Return of the Cage on Thursday 4th June. Malli revisited her role as a lady locked in a cage all day on behalf of Community Action Malvern in order once again to raise awareness of how terrible social isolation is for older people in Malvern.

The campaign, which co-incided with Volunteers Week, is also a recruitment drive for volunteers to help reduce that social isolation for as many people as possible.

Malli Wadge, who is already a volunteer with Community Action wasn't allowed to talk to anyone all day. The cage was half living room and half prison cell. This was to highlight the fact that people can feel like prisoners in their own homes, some not going out of their front doors for long periods of time. In fact the



first time Malli volunteered for Community Action, she went to pick up a gentleman to take him to an emergency dental appointment and the first time he had been out in four years!

Jacci Phillips, Chief Officer of the charity said, 'One of our lovely service users came to support us but we hadn't told her what she would see. She gasped when she saw the cage, she immediately understood what we were trying to achieve and said that was exactly how she felt without our help.'

Community Action is trying to reduce these feelings by asking volunteer drivers to take older people to medical appointments and also social trips such as shopping or going to the hairdressers. They also have their own vehicles which are driven by volunteers but they also need help with advertising, fundraising and a whole host of other jobs that help the charity keep running. Volunteers are recompensed for their fuel and can give as much or as little time as they have.

Once again, the event was a great success and had a lot of support from local people and businesses. You can help us by calling us on 01684 892381 and volunteering a few hours a week, that's all we need!

To volunteer with Community Action please phone 01684 892381 or email [info@communityaction.org.uk](mailto:info@communityaction.org.uk)



## What are the options?

We recognise that people are busy and sometimes people can only offer small amounts of time, but this is fine and we find it can work really well.

Volunteers can come from a wide range of backgrounds and experience, no qualifications are required and there is no expectation that they will have all the skills needed for volunteering in particular areas as help is at hand.

If you are interested in becoming a volunteer you might want to know more about the options. On the following pages we have highlighted some of the roles that you could get involved in.

### Volunteering for... Library Services

Libraries are safe, local community spaces and they also offer a wealth of volunteering opportunities with a wide variety of roles. You could be a digital champion, help children with reading and choosing books or be out and about delivering books to a neighbour.

Some volunteers have a particular interest or knowledge that they would like to share and so might want to run a poetry group, and we even have knitting groups!

In Worcestershire, there are currently 238 volunteers working 9,390 hours for Libraries and Learning, showing what a valued resource they are and how they help to ensure these much-appreciated community services can continue to be operated.

If you would like to volunteer at your local library, please contact your local library.

### Volunteering for... Museum Service

Volunteers are a key asset to Worcestershire's museum and heritage sector. The time and skills invested by our volunteers is of huge value to our museums.

Museums Worcestershire offers huge variety for people to volunteer, being mutually beneficial to both the museum and the volunteer, with the age of volunteers ranging from 17 to 83.

Volunteers are an essential part of the smooth running of the workshops and the wider museum, and range in age from 17 to 83.

To find out more about volunteering with the museums service call 01905 361821 or visit [www.museumsworcestershire.org.uk](http://www.museumsworcestershire.org.uk).

### Parish Lengthsman Scheme

By signing up the Lengthsman Scheme, which is co-ordinated by the Council's Highways Team, Parish Councils can take ownership of minor highway maintenance works such as clearing gully grates, blocked drains, vegetation and cleaning dirty signs. If you have any questions about this scheme or would like to take part you can email [lengthsmanscheme@worcestershire.gov.uk](mailto:lengthsmanscheme@worcestershire.gov.uk) or contact the Worcestershire Hub on 0845 607 2005.



## What are the options?

### Tree Wardens

These parish based volunteers are part of a national network promoted by the Tree Council and co-ordinated by the council. Tree Wardens are volunteers with a passion for trees, appointed by parish councils or other community organisations. They carry out surveys, give advice and undertake pruning, planting and care of trees in the communities and parishes where they live. In turn they are supported by the Countryside Service which offers free training, information and a quarterly newsletter. There are currently more than 8,000 Tree Wardens throughout the UK with around 110 currently in Worcestershire across 55 per cent of parishes.

### Heath Walks Leaders

The Walking the Way to Health Initiative aims to improve the nation's health and well-being by encouraging more people to become physically active through the simplest form of exercise – walking. Organised walks can have a health impact on individuals by providing an opportunity to socialise and a distraction from everyday stress. Volunteer Health Walks Leaders are specifically trained to lead health walks, and health walks groups in Worcestershire are supported by the Worcestershire Walking Network which provides free training. There are more than 900 people regularly participating in health walks across Worcestershire.

### Countryside Access Volunteers Scheme

A number of groups (some linked to parish councils, some independent of) to undertake maintenance and improvement tasks on public rights of way.

### Worcestershire Wardens Partnership

The Worcestershire Wardens Partnership (WWP) is supported by 13 different organisations throughout Worcestershire that work with volunteers in the parks and countryside sector, including local authorities, charities and community groups. The initiative has created a bench mark for volunteering in the countryside sector and allows both individuals and organisations to share their experiences.

### Countryside Site Work Party Volunteers

Throughout the year, volunteer work parties are run at Waseley Hills and Worcester Woods Country Parks and Hartlebury Common, where members of the public can come along and work alongside Countryside Service staff on projects such as hedge-laying, coppicing and orchard restoration, making a contribution to the management of the parks, so enhancing the environment of the local area. They have the opportunity to meet new people, get fresh air and exercise and learn new skills. Volunteers receive full instruction and all tools and equipment are provided.

### Parish Paths Wardens

Parish Paths Wardens volunteer in their own parishes, working with the Countryside Service to help maintain, improve and promote Worcestershire's public rights of way network, using their local knowledge. They are usually nominated by the parish or town council and then appointed by the council and assist in surveying, maintaining and way-marking the network of public footpaths and bridleways that criss-cross the county. By walking the network and carrying out this work they provide an invaluable service in keeping the paths open and useable, whilst getting out and about in the countryside. There are 180 Parish Paths Wardens across 86 per cent of parishes in Worcestershire.

Welcome to...

# 'CLiCK'

## Community hwb's NEW e-bulletin

In June we introduced health and wellbeing VCS organisations in Worcestershire to CLiCK ... Community hwb's new e-bulletin. CLiCK responds to recent engagement feedback which highlighted a need for health and wellbeing news and sector information to be available regularly, succinctly and by email.

We aim to bring together key health and wellbeing information from the VCS and the public sector in one place; to inform; to be a resource and to help share information accurately and speedily.

CLiCK keeps it simple: usually a headline then a click through to the right site to find out further information.

Find CLiCK at [http://www.comfirst.org.uk/files/click\\_june\\_2015.pdf](http://www.comfirst.org.uk/files/click_june_2015.pdf)

Our feedback so far suggests this is a welcome round-up of pan sector health and wellbeing news, has value and is easy to use:

"Of all the 'stuff' I get in my inbox this is the most useful I have seen for ages! It's brilliant for locating things quickly such as H&WB Board minutes, stats from Public Health etc"

Helen Garfield, Chief Executive Officer, Primrose Hospice

"I really like the presentation and I love all the hyperlinked things. It's good for me as a council officer, if I am the audience you are trying to reach"

Francesca Davies

"I thought it was great, it gives a clear round up on the current priorities in the locality"

Alison Schofield, Chief Executive, Age UK Bromsgrove & District

We're kicking off with news, mental health news, sector newsletters and events; with plans to expand. At the end of CLiCK find 'be engaged ... stay connected'; this space is for specific 'call to actions' and to promote on-going hwb initiatives across the sectors.

CLiCK publicises health and wellbeing news from the VCS and public sector; in order to keep the contents current and pertinent please send in your news and info. to [lizzies@comfirst.org.uk](mailto:lizzies@comfirst.org.uk).

Information will find its place on our site [http://www.comfirst.org.uk/community\\_hwb](http://www.comfirst.org.uk/community_hwb) and/or in CLiCK.

# Droitwich Spa and Rural Council for Voluntary Service

## Course Tutor Required



Due to the expansion in our provision, Droitwich Spa CVS is looking for an additional Course Tutor to be based at our offices in Droitwich centre. This will initially be for a 12 month fixed term contract, with a view to being extended. We are looking for someone who can work 35 hours per week, with some occasional evening work required. Ideally we are looking for someone with experience of working with young people aged 16 -18 years on Traineeship, Programme of Study and/or NEETs provision. Suitable applicants will have a minimum of a Level 3 Teaching qualification.

If you would like to find out more about this role, please ask us for an application pack. Contact Pauline or Beth on 01905 779115 or email: [pauline@droitwichcvs.org.uk](mailto:pauline@droitwichcvs.org.uk).

Closing date is Monday 27th July 2015. Interviews will be held on the 11th and 12th August 2015

