



Supporting Voluntary Action across
Eastbourne, Lewes District and Wealden

e-Newsletter Issue 140

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Welcome to the latest newsletter!

27 January 2014

3VA provides a range of practical support to charities and community groups in Wealden, Eastbourne and the Lewes District - including start-up support, funding advice, help with governance, training and getting involved in local policy and decision making. For more information, visit www.3va.org.uk.

Member of the Week: Polegate Community Association

Each issue, we want to highlight the work of one of our amazing range of members across Wealden, Eastbourne and the Lewes District. This week it is the turn of Polegate Community Association.

Polegate Community Association has been in existence for over 50 years and is an independent organisation that owns, runs and maintains the Polegate Community Centre. The Centre offers people of all ages in the local area a range of leisure activities including table tennis, drama, dancing, bingo, a playgroup, scouts and karate. A large number of local societies also meet there and rooms are available for hire.

For more information about their work, please visit their website: www.polegatecommunityassociation.org.uk.

East Sussex Fire & Rescue Community Volunteers Scheme

East Sussex Fire & Rescue Community Volunteers Scheme is recruiting for volunteers in the Lewes District and the City of Brighton and Hove. If you are interested in finding out more about volunteering with East Sussex Fire & Rescue Service, please ring 01323 462438, email volunteer@esfrs.org, or [visit their website](#).

Chairs' Lunch

Please note the change of date for the next Chairs' Lunch, which will now be held on 2 April 2014 at Chalk Farm Hotel, Willingdon, from 12:30 pm. The topic for the lunch will be 'Gift Aid and Other Ways to Increase Your Groups Income', which will cover an update on gift aid, legacies, online funding, online donations, sponsorship, increasing income instead of relying on grant funding and local fund raising or running events/activities. A buffet lunch will be available at a cost of £4.00 per person. Places are limited, so please book as soon as possible by emailing maureen.anstey@3va.org.uk. Please indicate if you would like lunch and any dietary requirements.

Social Isolation in Eastbourne

Are you an Eastbourne group with members who suffer from social isolation due to illness, disability, caring responsibilities, single parenting, living in a B&B, or something else? If that is the case please contact Amanda Steer, Representation Officer, at amanda.steer@3va.org.uk or on 01323 419788 - she's doing research on social isolation in Eastbourne and would love some

input from you.

Sussex Uncovered

Sussex Community Foundation has launched their [Sussex Uncovered](#) report, looking into the needs and strengths of communities across Sussex.

Lewes Office Space Available

Space for Growth is a government initiative, which aims to make surplus space available to support small businesses, social enterprises and charities to name but a few. The initiative will enable organisations to work flexibly across the country in locations that are setup for business use, with Wi-Fi. For further information, please visit the [Space for Growth webpage](#) or email gsgenquiries@cabinet-office.gsi.gov.uk.

FUNDING

Lloyds Bank Foundation for England and Wales

Formerly Lloyds/TSB, the Foundation is to announce new programmes in the spring. The last date for applications to the current Community Programme, which offers grants for between one and three years will close on Friday, 14 February 2014. For more information, please [go to the Lloyds Bank Foundation website](#).

Sussex PCC Community Fund

Sussex Police & Crime Commissioner, Katy Bourne, has established a new fund to support local voluntary and community groups tackle crime and improve community safety. The Fund, worth £200,000, will support local projects that address the priorities outlined in Mrs Bourne's Police and Crime Plan. Awards of up to £5,000 will be granted for projects that meet the funding criteria following consideration by the Office of the Police and Crime Commissioner and approval by the PCC. In exceptional circumstances the Commissioner will consider requests for funding above £5,000. Funding will be granted quarterly and the first deadline for applications is Monday, 31 March 2014. More information on the scheme and how to apply is [available on the PCC's website](#).

Starbucks Youth Action

Funding of up to £2,000 is available for young people across the country to deliver a project making a positive difference to people in their community. Applications are open until Monday, 17 March 2014. For more information, please [visit the UK Youth website](#).

Football Foundation

A new Premier League & The FA Facilities Fund has been launched by the Football Foundation to replace the existing Facilities Scheme, Build the Game, and the Premier League Community Facility Fund programmes. The programme offers grants of between £10,000 and £500,000 for projects that improve facilities, sustain or increase participation, and help individuals develop through regular participation in sport. This rolling programme is open to a wide range of organisations, not just football clubs. For more information, please [go to the Football Foundation website](#).

People's Postcode Trust Small Grants Programme

The only round of the People's Postcode Trust for the South of England in 2014 will be Quarter Two. The opening date will be 5 April 2014 and the closing date 20 May 2014.

Through the Trust, funding has been available for projects that provide assistance in one or more of the Trust's following fields of operation. Registered

charities, SCIOs, constituted voluntary and community groups, social enterprises, community interest companies (CIC), not-for-profit organisations and sports clubs are eligible to apply. Grants normally range from £500 to £10,000 for organisations in Scotland and England and up to £5,000 for those in Wales. For more information, please [visit the People's Postcode Trust website](#).

TRAINING

Sussex Oakleaf NCFE Level 1 in Exercise Studies

This free 12 week accredited course, being offered by 'Albion in the Community', is aimed at those with lived experience of mental health difficulties, regardless of ability or fitness levels, who wish to improve their physical wellbeing. The aim is to give an understanding of the effects of fitness, diet and exercise and covers basic anatomy, physiology and the importance of nutrition and exercise. An information session will be held in Uckfield on 10 February 10:30 am to noon with the course commencing on 24 February. For more info visit the [Sussex Oakleaf North Wealden Facebook page](#), email bellbrook@sussexoakleaf.org.uk, or ring 01825 766528.

Fuel Poverty Awareness

NCDAs East Sussex Winter Warmth Campaign is offering two free Fuel Poverty Awareness sessions in Newhaven: Tuesday, 11 February 2014 from 12:30 pm to 2:30 pm and Wednesday, 26 February 2014 from 10:00 am to 12:00. For more information and to book, please contact Mediha Kaya, Energy Champions Development Worker, on 01273 517375 or at [warmerhomes@ncda.org.uk](mailto:warmehomes@ncda.org.uk).

Level 1 Qualification in Community Volunteering

East Sussex Children's Centres are offering this 12 week accredited course and opportunities to volunteer within the children's centres. Get in touch for more information! In Wealden: Jennie Cole 01323 464459; in Hailsham: Carol Williams 01323 646346; in Lewes: Kate Robson 01273 476282; and in The Havens: Michelle Lonergan 01273 582511.

Essential First Aid Training

Essential first aid training will take place at Community Wise, Ocklynge Road, Eastbourne, BN21 1PY on Wednesday, 12 February from 2:00 pm to 4:00 pm. Run by an accredited British Heart Foundation Trainer, participants will receive a certificate in Essential First Aid upon completion. The cost is £10 per person and booking essential. Please phone 01323 722924 to secure a place

Hastings Voluntary Action (HVA) Training Programme

HVA runs a variety of training sessions aimed at volunteers, staff and trustees of voluntary organisations, community groups and social enterprises. For more details [visit the HVA website](#), pick up a flyer from HVA's reception, or phone 01424 444010.

3VA Master Class: Finding the Right Funding

11 February 2014, Eastbourne

Loads of ideas but not sure where to start? Look no further than this expert tuition which will guide you through a labyrinth of trusts, private, public and lottery funding. Introducing the various different types of funding available as well as the tools and techniques to complete a funding search and shift through the results to get the right funders for your organisation, this master class will set you up for success in understanding the best funders to target for your work. For

more information and to book, please [visit the 3VA website](#).

Children Protection Level 2: Taking the Lead

12 February 2014, Eastbourne

This is a FREE developmental course targeted at those with responsibility for Child Protection and Safeguarding in their organisation or group and you must have completed an Introduction to Child Protection course in the past two years. For more information and to book, please [visit the 3VA website](#).

Volunteer Centre Master Class: Supporting Volunteers

19 February 2014, Hastings

Without effective support most organisations find that their volunteers eventually start voting with their feet and starting heading for the exit. This can be demoralising and demotivating not just for those people managing volunteers, but for other volunteers too. This session is designed to help you understand how to keep your volunteers well supported. For more information and to book, please [visit the 3VA website](#).

East Sussex Volunteer Coordinators' Networking Forum: Training Your Volunteers

25 February 2014, Hastings

Delivering compulsory training to your volunteers without sending them to sleep or running off in droves can be difficult! During this forum we will be grappling with some of these challenges and taking a look at accredited training – what it is, assessing if it's right for your volunteers and learning where locally to access it. For more information and to book, please [visit the Volunteer Centre East Sussex website](#).

3VA Master Class: Dealing with Difficult People

27 February 2014, Eastbourne

This workshop aims to help you understand what makes a difficult person, introduces classic difficult characters as well as some ideas to help manage them. The course also explores conflict and basic approaches to defusing it. For more information and to book, please [visit the 3VA website](#).

Mental Health Well-Being Training

Would you like to know more about mental health and ways you can support the young people you work with? Mental Health First Aid England and SPARK are offering free mental health well-being training for staff and volunteers in Battle on 8 March and in Heathfield on 15 March. For more information and to book by Friday, 28 February, please [visit the SPARK website](#).

Disability Equality Workshop

An introductory workshop for advice workers in Wealden will be held on Friday, 7 March from 10:00 am to 4:00 pm at the Green Room, Uckfield Civic Centre. The workshop aims to introduce and explore different approaches to disability; introduce and explain how the Social Model of Disability can enable organisations to meet legal requirements and provide fair and accessible services; and develop knowledge of the kinds of barriers which disabled people and others experience; and share good practice in removing those barriers. Only twelve places are available. For more information and to book, please ring 01323 514500 or email nick.tapp@esda.org.uk.

Children Protection Level 1: Introduction to Child Protection

18 March 2014, Eastbourne and 18 June 2014, Lewes

This is a FREE introductory course on Child Protection, open to anyone working with children or young people in the voluntary and community sector. For more information and to book, please [visit the 3VA website](#).

Volunteer Centre Master Class: Writing Your Volunteer Policy

20 March 2014, Hastings

There comes a time when almost every volunteer manager is asked to write their organisation's volunteer policy. You feel nervous trepidation...what...how?...why?! Fear not! This master class will take you on a journey that demystifies the whole process and shows you how to produce a volunteer policy that is both easy to read and easy to understand. For more information and to book, please [visit the 3VA website](#).

Introduction to Management

27 March 2014, Eastbourne

This one-day workshop explores the essential elements of being an effective manager/leader. It provides an opportunity to consider the leadership responsibilities and skills associated with the role, introduces the continuum of leadership styles and explores the skills necessary to work within and lead a team. For more information and to book, please [visit the 3VA website](#).

VACANCIES

Project Development Officer - NCDA

NCDA are seeking a Project Development Officer to develop and establish new needs-based, community-led and partnership-based services, activities and events. For more information please [visit the 3VA website](#). The deadline for applications is Wednesday, 29 January 2014.

Adult Carers Support Worker - Care for the Carers

Care for the Carers are seeking two Adult Carers Support Workers to join our established outreach team providing information and advice to unpaid carers across East Sussex. The role involves providing one-to-one support to carers as well as joint working with our partners in the NHS, Adult Social Care and the voluntary sector. For more information please [visit the 3VA website](#). The deadline for applications is Friday, 31 January 2014 at 12 noon.

SMART Pool Co-ordinator - East Sussex Recovery Alliance (ESRA)

On behalf of East Sussex Recovery Alliance, Hastings Voluntary Action (HVA) are recruiting a SMART Pool Co-ordinator to establish and co-ordinate SMART groups across East Sussex. This is a part-time post, 12 hours per week, initially for 6 months, but with a further 6 months subject to funding. The salary level for this post is £15,882 pro rata and the deadline for applications is Friday, 31 January 2014 at 5:00 pm. For further information and an application form visit www.hastingsvoluntaryaction.org/jobs or phone HVA on 01424 444010.

Young Carers' Club Sessional Workers - Care for

the Carers

Care for the Carers are seeking experienced workers to take part in providing after school youth club activities for young people who are caring for a family member. Employment is offered on a sessional basis and will include providing transport, organising and supervising activities. For more information, please [visit the 3VA website](#). The closing date for applications is Wednesday, 5 February 2014 at 12 noon.

Young Carers' Club Time Out Senior Leaders - Care for the Carers

Care for the Carers are seeking experienced workers to be Senior Leaders and take part in providing after school youth club activities for young people who are caring for a family member. Employment is offered on a sessional basis and will include providing transport, organising and supervising activities. For more information, please [visit the 3VA website](#). The closing date for applications is Wednesday, 5 February 2014 at 12 noon.

Youth Leader - Wivelsfield Youth Group

Wivelsfield Youth Group are seeking a Youth Leader to work with an established team of volunteers for two Tuesday evenings a month (4 hours total) with children aged 7 to 12. Applicants will need an NVQ Level 2 or 3 in Youth Work. Reasonable travel expenses will be paid. For more information please contact Allan Janes on 01444 471 201 or allan.janes@virgin.net. The deadline for applications is Friday, 7 February 2014.

3VA offer very competitive rates for helping you to advertise job vacancies and raise awareness of projects, events and other work by including inserts into our newsletter. For more information, please [visit our website](#).

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