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## Welcome to the latest newsletter!

### 20 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](http://www.3va.org.uk).

### Member of the Week

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 Lewes YMCA.

Situated in the heart of Lewes, Lewes YMCA offer a popular Ofsted Registered After School Club and Holiday Playscheme as well as providing out of school activities on Landport and DeMontfort estates and supporting other local play events. During the evenings and on weekends, Lewes YMCA hire their premises to various local dance, sports and creative groups who provide a broad assortment of clubs and groups for local people, from five-rhythms dance, to child-birthing classes, to table-tennis!

For more information about their work, please visit their website:  
<http://www.lewesymca.org.uk>.

### South East Coast Strategic Clinical Network

The South East Coast Strategic Clinical Network (SCN) would like to hear from voluntary and community sector organisations, networks and forums involved in all aspects of mental health for adults, children and young people; dementia; and neurological conditions (including multiple sclerosis, epilepsy, Parkinson's disease and motor neurone disease) interested in sharing their ideas, skills and experiences to help shape local services now and in the future. For more information and to access an online questionnaire, please [visit the 3VA website](#).

### Student Volunteering Week

The University of Brighton Students' Union are looking for a one-off project to get our members volunteering in their local community and we need your ideas! This year, Brighton SU would like to celebrate Student Volunteering Week by offering a one-day volunteering opportunity which would allow students to make a big difference to the place where they live and study; it could be a "tidy up" of an area in need of a makeover, a park/garden planting day, or anything else which makes a lasting positive impact on the local community. The more rewarding it is the better, to motivate as many students as possible to get involved!

Student Volunteering Week is the week commencing 24 February, so if you can suggest any suitable projects then please email details to Dot Kirt at [d.kirk@brighton.ac.uk](mailto:d.kirk@brighton.ac.uk) for consideration.

### Polegate Hard of Hearing Support Group

The next meeting of the Polegate Hard of Hearing Support Group will be held on Monday, 27 January 2014 from 10:00 am to 11:30 am at the William Daly Centre, Walnut Way, Polegate. This is an excellent opportunity to meet other hard of hearing people in a friendly and relaxed environment and to learn useful communication skills to help reduce the feeling of isolation.

### Crowborough Hard of Hearing Support Group

The next meeting of the Crowborough Hard of Hearing Support Group will be held on Monday, 27 January 2014, from 2:00 pm to 3:30 pm in the Crowborough

Social Club, Croft Road, Crowborough, TN6 1DA. This is an excellent opportunity to meet other hard of hearing people in a friendly and relaxed environment and to learn from their personal experience of living with hearing loss. Refreshments and free available. All welcome.

## 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](mailto:nick.tapp@esda.org.uk).

## Social Isolation in Eastbourne

Are you an Eastbourne group with members that suffer from social isolation? Are they lonely with no social life and rarely any visitors? If that is the case please contact Amanda Steer, Representation Officer at 3VA, who is doing some research on social isolation in Eastbourne, which might be a result of illness, disability, caring responsibilities, single parenting, living in b&b, etc. If they are suffering loneliness and isolation for any reason she would love some input from you. Amanda can be reached at [amanda.steer@3va.org.uk](mailto:amanda.steer@3va.org.uk) or on 01323 419788. Thank you.

## FUNDING

### Lewes Civic Awards

Lewes Town Council is delighted to announce the 2014 edition of the annual Lewes Civic Awards for community heroes. The awards celebrate the silent stars working tirelessly among us and in recognition of outstanding service to the people of Lewes. The Council calls on people across the town to put forward nominations for the awards and we want you, the public, to tell us about people in your community who achieve great things or go above and beyond what is expected of them. The deadline is Friday, 31 January 2014. For more information and an application form, please [visit the Lewes Town Council website](#).

### Community Sport Activation Fund

Focused on people living in deprived areas, this fund covers a broad range of sports and informal opportunities which could lead to regular participation. Applications can be made for grants between £50,000 and £250,000 for projects lasting up to three years in duration. The next round of this funding programme closes on Monday, 27 January 2014. For more information, please [visit the Sport England 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](#).

## 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 Sussex Oakleaf North Wealden's Facebook page](#), email [bellbrook@sussexoakleaf.org.uk](mailto:bellbrook@sussexoakleaf.org.uk), or phone 01825 766528.

### 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 ring Jennie Cole 01323 464459; in Hailsham ring Carol Williams 01323 646346; in Lewes ring Kate Robson 01273 476282; and in The Havens ring Michelle Lonergan 01273 582511.

### Essential First Aid Training Opportunity

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.

### Social Care Training

East Sussex County Council provide a range of training for those working in health and social care (and open to the voluntary and community sector). All courses are FREE so have a look online at their Social Care Training Prospectus to see what topics are covered. Their contact details are: 01323 463337 (Debbie Mepham)/ 01323 466024 (Hannah Shemza) or by emailing [dps.training@eastsussex.gov.uk](mailto:dps.training@eastsussex.gov.uk).

### Finding the Right Funding

11 February 2014, Uckfield

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 masterclass will set you up for success in understanding the best funders to target for your work. For more information, please [visit the 3VA website](#).

### Children Protection Level 2: Taking the Lead

12 February 2014, Eastbourne

This is a 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, please [visit the 3VA website](#).

### Volunteer Centre Masterclass: 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, please [visit the 3VA website](#).

## **Children Protection Level 1: Introduction to Child Protection**

18 March 2014, Location TBC

This course is aimed to be an introductory course on Child Protection, open to anyone working with children or young people in the voluntary and community sector. Booking will open shortly, but more information can be found on the [3VA website](#).

## **Volunteer Centre Masterclass: 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, 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 [view 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 [view the 3VA website](#). The deadline for applications is Friday, 31 January 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 NVCQ 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](mailto: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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