



Supporting Voluntary Action across
Eastbourne, Lewes District and Wealden

e-Newsletter Issue 142

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Welcome to the latest newsletter!

10 February 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, please visit www.3va.org.uk.

Member of the Week: Furniture Now!

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 Furniture Now!

Based in Lewes but active across Sussex, Furniture Now! exists to ensure as much furniture as possible goes back into homes and offices before it wears out – with disposal being the last resort. As a leading community waste, re-use and training organisation that seeks to help as many people as possible access learning, skills development and household affects, Furniture Now! aims to reduce society's negative environmental impact and build social inclusion.

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

Space Needs in Lewes

3VA and Lewes Town Partnership are holding a lunchtime event for Lewes-based groups to discuss the current challenges with existing premises. We'd love to know if you are looking to move and what you're after, particularly in light of the opportunity presented by The Maltings, as well as if you have available space to advertise, whether that's office space, hot-desking, event or meeting rooms, parking or storage facilities,. The meeting is open to all local voluntary and community groups and will take place on Friday, 28 February from 12:00 noon to 2:00 pm at Lewes Town Hall Lecture Room in Lewes. [Please book your place online](#) or for more information, please contact 3VA's Head of Development, Katherine Perrin, at katherine.perrin@3va.org.uk or on 07538 787 532.

East Sussex Volunteer Coordinators Networking Forum: Training Your Volunteers

Delivering compulsory training to your volunteers without sending them to sleep or running off in droves can be difficult! During this forum in Hastings on Tuesday, 25 February 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 [go to the Volunteer Centre East Sussex website](#).

Wealden: 01825 765 136

www.3va.org.uk

WOW Exchange

WISH, OFFER, WIN! The WOW Exchange encourages and enables businesses and community organisations in East Sussex to exchange skills, resources, expertise and facilities. An event on Wednesday, 26 February from 6:30 pm to 8:00 pm at the Hydro Hotel in Eastbourne will celebrate the launch of the WOW Exchange website and there will be an opportunity to network with local businesses and voluntary group leaders. For more information and to book for the event, please [go to the Eventbrite website](#).

3VA Information and Funding Fair

The next [3VA Information and Funding Fair 'Using Arts in Partnership'](#) on Tuesday, 25 March from 11:00 am to 3:00 pm at the Elim Centre in Eastbourne will be aimed at promoting partnership working between organisations who deliver services/support through arts-based activities (in the widest sense) and groups whose members will benefit. In addition to funders and support series we hope that arts organisations will take the opportunity to showcase their skills. There will be one main seminar. Lunch will be available, but it must be pre-booked and there will be a small charge.

LEAP Networking Breakfast

Have you ever thought of hiring an apprentice but not been sure how to go about it? Would you like further information on what apprenticeship frameworks are available to benefit your business or organisation? Are you thinking of recruiting in 2014? If so, please come along to the LEAP Networking breakfast this Wednesday, 12 February from 7:15 am to 9:00 am in Lewes! For more information and to book your space, please email info@yourleap.co.uk or ring 03003 301 450.

Better Beginnings

The three East Sussex Clinical Commissioning Groups (CCGs) have put in place the [Better Beginnings public consultation programme](#) on future options for maternity, in-patient paediatric and emergency gynaecology services in the county. To ensure the public are offered an independent forum through which they can question and actively engage with the key decision making bodies, and significant interested parties, Healthwatch East Sussex has organised [three public meetings](#) for which [booking is necessary](#).

Taxi Firm, Domestic Abuse Consultations

Two further consultations of which to be aware at the moment include one in Eastbourne about [increases to taxi firms](#) which will in turn increase costs to customers and another about [domestic abuse covering East Sussex](#). Take the opportunity to express your views!

Lewes Amnesty Public Meeting

The next meeting of Lewes Amnesty Group on Thursday, 13 February from 8:00 pm at Lewes Town Hall Lecture Theatre in Lewes will feature Patricia Cockrell who will be speaking on 'Politics in the New Russia'. Patricia has spent years in Russia working with NGOs, human rights organisations and on hospice development. All are welcome. For more information, please [visit Lewes Amnesty Group's website](#).

Lewes Hard of Hearing Support Group

The next meeting of the Lewes Hard of Hearing Support Group will be held on Monday, 17 February from 10:30 am to 12:00 noon at Age Concern, House of Friendship, 208 High Street, Lewes BN7 2NS. This is an excellent opportunity to meet other hard of hearing people and to make new friends in a friendly and relaxed environment and to learn useful communication skills to help reduce the feeling of isolation. Everyone is welcome, so put a note in your diary.

Five-a-Side Football Tournament

In partnership with Tackle Homophobia, Sussex Clubs for Young People is seeking teams from East or West Sussex and Brighton & Hove for the Sussex County round of the Ambition Five-a-Side Football tournament on Saturday, 8 March 2014 from 12:00 noon to 3:00 pm at Downs Leisure Centre in Seaford. The following age groups are welcome: Under 12, Under 14, Under 16 and Under 19. Winning teams will be able to progress to the regional and national rounds of the Ambition Five-a-Side tournament. The competition will take place outdoors and the entrance fee is £10 per team. For more information and to register, please email admin@sussexcyp.org.uk.

Calling all website developers!

3VA is seeking to commission a new website for the Volunteer Centre East Sussex. The ambition is to create an inspiring and engaging website which empowers people to find practical and accessible support, either in finding volunteering opportunities or improving the way in which their organisation involves volunteers. Please [view the full specification and proposal form](#). Proposals are being sought by 5:00 pm on Wednesday, 26 February. Please help us spread the word.

FUNDING

Lloyds Bank Foundation for England and Wales

Deadline for applications: 14 February 2014
Formerly Lloyds/TSB, the Foundation is to announce new programmes in the spring. Applications to the current [Community Programme](#), which offers grants for between one and three years, are currently being accepted.

Starbucks Youth Action

Deadline for applications: 17 March 2014
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. For more information, please [visit the UK Youth website](#).

Sussex PCC Community Fund

Deadline for applications: 31 March 2014
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. [More information on the scheme and how to apply](#) is available on the PCC's website.

Sussex Community Foundation (SCF) Grants

Deadline for applications: 11 April 2014

Round 1 of the 2014/2015 grants administered by SCF is currently accepting applications. There are a number of [different Grant Programmes](#) and details of these, together with a brief summary of the criteria are [available on the SCF website](#).

TRAINING

Digital Skills Course

Sussex Downs College is running a Digital Skills course for volunteers and employees of small businesses at Lewes. The course runs for 13 weeks and covers how to manipulate digital photos so that you can improve the customer facing image or your organisation in print and on the internet. If you volunteer for 8 hours a week or more this is for you! The [Skills Support for the Workforce](#) website has lots of information and to find out more or to book please contact penny.shearer@sussexdowns.ac.uk or call 030 300 39265.

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](#).

Introduction to Public Speaking

26 February 2014, Hastings

A gentle introduction to basic principles of public speaking including preparation, delivery, and the use of visual aids and/or audio visual technology. For those who wish or need to communicate in a group situation, but lack the confidence or skills to get started this training by Hastings Voluntary Action (HVA) might be for you! FREE for small voluntary organisations that are members of HVA (income less than £100,000); Cost band B £50; Cost band C £75; Cost band D £100 (subsidised by ESCC). For more information or to register your interest, please email keith@hvauk.org.

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

8 March 2014, Battle

15 March 2014, Heathfield

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](#).

Please book by Friday, 28 February.

Disability Equality Workshop

7 March 2014, Uckfield

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 in 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

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](#).

Level 1 Young Leaders' Training Residential

4-6 April 2014, Tunbridge Wells

Sussex Clubs for Young People (CYP) is offering this training, which is accredited by Open College Network Level 1, as a chance for young people aged 15-19 who are already involved in the running of their club or with some leadership experience to further develop their skills. The weekend of 4-6 April at

Bowles Activity Centre near Tunbridge Wells will include group challenges, outdoor activities, group discussions and completion of a log book. Due to funding, priority will be given to young people from East Sussex and the fee is a highly subsidised and nominal £30 per person for the weekend. For more information and to request an application form, please contact Sussex CYP at admin@sussexcyp.org.uk or on 01273 420855.

Children Protection Level 1: Introduction to Child Protection

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](#).

VACANCIES

Money Management Worker - Eastbourne Citizens Advice Bureau (CAB)

Eastbourne CAB are seeking a Money Management Worker to help clients with financial difficulties to get better control over the money through teaching money management skills. For more information, please [view the 3VA website](#). The deadline for applications is Friday, 14 February 2014.

Client Advisor/Community Connector - Newhaven Community Development Association (NCDA)

NCDA are seeking two Client Advisor/Community Connectors to support and enable clients to access training, volunteering, work or social inclusion opportunities. For more information, please [view the 3VA website](#). The deadline for applications is Friday, 14 February 2014.

Floating Support Assistants - Southdown Housing Association

Southdown Housing Association currently have fixed term vacancies in their Reconnect Team, which provides long-term housing related floating support throughout East Sussex. Successful candidates will be required to provide housing-related support to vulnerable people requiring higher levels of long term support across St Leonards, Eastbourne and Lewes. For more information, please [view the 3VA website](#). The deadline for applications is Monday, 17 February 2014.

Carers Awareness & Liaison Coordinator - Care for the Carers

Care for the Carers are looking to recruit a Carers Awareness & Liaison Coordinator to work at the Eastbourne District General Hospital to improve the experience of unpaid carers and the outcomes for carers when those they care for are in hospital. You will need knowledge of caring and of the difficulties carers face, and experience of NHS systems and procedures in a hospital setting. Excellent organisational and communication skills and being able to work on your own initiative are essential for this role. For more information,

please [view the 3VA website](#). The deadline for applications is Monday, 24 February 2014.

3VA offers 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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