



ICVS

Ipswich and District Council for Voluntary Service

Tel: 01473 251834

Fax: 01473 251848

(Lines are open Mon-Fri 9.30am-4pm answer-phone at other times)



**How to find us:**

ICVS is on Cornhill at the end of Princes Street, in the old post office building above Lloyds TSB next to the Town Hall. Our entrance is off the Thoroughfare opposite O'Briens Coffee Shop.

We are on the second floor, follow the signs. There is a lift from 9.30am to 4pm just through the entrance on the right (10am to 4pm on Thursdays).

**Community Engagement**

ICVS and our partners in One Ipswich and One Voice Suffolk, are increasing our capacity to help voluntary groups and community groups influence decision making in Ipswich, get involved in the LSP (One Ipswich) and across the county (One Voice Suffolk).

- Liz Louch.....Chief Executive Officer.....liz.louch@ipswich-cvs.org.uk
- Elle Lamb.....Funding & Development Advisor.elle.lamb@ipswich-cvs.org.uk
- Sue Clements ..... Fundraiser .....sue.clements@ipswich-cvs.org.uk
- Colin Bartram. Finance Advisor.....money@ipswich-cvs.org.uk
- Jane Bignell..Support & Event Administrator..jane.bignell@ipswich-cvs.org.uk
- Tony Sewell .....Data Admin .....tony.sewell@ipswich-cvs.org.uk

**Community Resources**

Our offices in the centre of Ipswich can offer:

- High quality, flexible use multi-media training and meeting room
- Resource library
- Full colour copying, scanning and printing facilities
- Internet access
- Information display
- Office accommodation £1100 per annum per desk

For further information contact: Jane Bignell, 01473 261114

*With Our Compliments*

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# Bridges

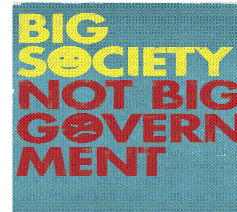
Aug - Oct 2010

*"The newsletter of Ipswich CVS, 50 years of supporting voluntary action and empowering communities"*

Ipswich CVS  
1 Cornhill  
Ipswich  
IP1 1DD

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SO WHAT IS BS/NBG/Social Capital? Your guess may be as good as mine, but from the amount of column inches being written and the rhetoric coming out of National and Local Government these are terms we should familiarize ourselves with and absorb into our working practice.

The Big Society is the overarching concept that encompasses the Government's policies to redistribute power from the state to society; and from the centre to local communities. It aims to give people the opportunity to take more control over their lives. To

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quote the Prime Minister: ' We are all in this together and it is the responsibility of every citizen as well as every Government department to build a Big Society'. Many welcome the broad vision whilst recognizing that everything depends on how the vision is translated into policy and practice. (nef 2010).

The government says it wants to make society stronger by getting more people working together to run their own affairs, locally. It aims to put more power and responsibility into the hands of families, groups, networks, and locally based communities; they wish to recruit 'some 500 community organisers' to lead on

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Liz Louch  
Chief Optimist  
01473 261110

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this work. The idea is that people will take more action at a local level, with more freedom to do things the way they want. HOORAY say I, but how?

AJP Taylor suggested that pre-1914 a sensible law abiding Englishman (sic) could pass through life and hardly know the existence of the state beyond the police and the Royal Mail; there was a relationship between state and citizen and society and all else was delivered by charities, e.g. hospitals, housing, etc. But this delivery was patchy. Today the State impacts on every aspect of our lives; the balance is totally out of kilter and the Big Society and by developing Social Capital, we all (public, private, voluntary) work together for the greater good. This could contribute to the largest societal change since the Industrial Revolution!

However, there are some real challenges, this rhetoric is strong on empowerment but weak on

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equality; economic investment is required but social resources need to be developed. Engaging and empowering communities takes a long time; look at the Town & Bridge project to see evidence of this. It requires a long-term investment, patience and development of the communities and individuals involved. Parachuting into a community will not have the impact of enabling and nurturing community involvement. Consider our inner city areas where real change has happened because of a common will and then collective action by external agents.

Communities need defining; are they politically defined wards, clusters areas, streets, etc? Is the community defined by age, gender, health issues, geography, politics, etc?

Not everyone has the same capacity to help themselves; do we ignore them? Not everyone has the time, due to work, family,

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Organisation and event	Date and Time	Venue	Information
<b>Thursday Talk-in Ipswich Community Fund</b>	05/08/10 10.30-12.00	ICVS Boardroom, 1 Cornhill	Please phone Jane Bignell 01473 261114 to book your place
<b>ICVS Fundraising Surgery</b>	18/08/10 1300 - 1600	ICVS Boardroom, 1 Cornhill	Please phone Elle Lamb 01473 261113 for an appointment
<b>Recession Busting Party and ICVS AGM</b>	22/09/10 1000 - 1600	St Nicholas Centre, Ipswich	Please phone Jane Bignell 01473 261114 to book your place
<b>Thursday Talk-in Disability Awareness</b>	30/09/10 1030 - 1200	ICVS Boardroom, 1 Cornhill	Please phone Jane Bignell 01473 261114 to book your place
<b>Meet the MP for Ipswich, Ben Gummer</b>	15/10/10 1030 - 1200	St Nicholas Centre, Ipswich	Please phone Jane Bignell 01473 261114 to book your place
<b>ICVS Fundraising Surgery</b>	20/10/10 1300 - 1600	ICVS Boardroom, 1 Cornhill	Please phone Elle Lamb 01473 261113 for an appointment
<b>Voluntary Action and Volunteering Awareness day</b>	04/11/10 1000 - 1400	IBC, Grafton House, Ipswich	Please phone Jane Bignell 01473 261114 to book your place

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**Welcome to the ICVS Team**



We welcome Chantelle Welham, she is the new Volunteer Health Champions Co-ordinator based in the ICVS Office. To find out more about Health Champions contact her on 07545002583

**Goodbye & Good Luck!**

We have several Goodbyes this newsletter:-

Becky Halls and Dan Wheals, Ipswich Community Garden.

Del White, Nia Project. We wish you good luck with your move and look forward to African History month in October.

Jeanette Hunt, LSP Project Worker. Before she left she uploaded the Shared Objectives: Shared Outcomes - Summit information to the ICVS web-site [www.ipswich-cvs.org.uk](http://www.ipswich-cvs.org.uk). The link is on the 'What we do' page.

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ICVS wish good luck to all of you for the future.



**National Minimum Wage**



The National Minimum Wage levels that will apply from 1 October 2010 have been announced:

Workers aged 21 and over: Increase from £5.80 to £5.93 per hour

Workers aged between 18 and 20: Increase from £4.83 to £4.92 per hour

Workers aged between 16 and 17: Increase from £3.57 to £3.64 per hour.

Nb. adult minimum wage now starts at 21 years not the previous 22.

There will also be an apprentice minimum wage of £2.50 per hour for apprentices aged under 19, or over 19 but in the first year of their apprenticeship.

job-seeking, etc; do we ignore them? Not everyone is articulate or shares a language; do we ignore them?

BS/NBG/SC can work but it needs time and people need to know that their voices are heard and more importantly understood. In 1916 Lyda Judson suggested that Social Capital was about: 'Goodwill, fellowship, sympathy and social intercourse that happens in a social unit'; I think we all could agree with that. Or as defined by the World Bank: 'It is an organizing idea. Social Capital is critical for societies to prosper economically. Relationships matter, communities commit to each other, develop social networks, have trust, shared values and this makes for better health and lower crime rates'.

The Voluntary and Community Sector have a key role to play in this. Ipswich CVS and Volunteer Centre will do all we can to help

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you achieve your local aims, developing social capital and creating a Big Society. In plain English, we will all be doing more of the same, attempting to be more efficient and effective, enabling the voice of the VCS and your communities to be heard and acted upon.

**Vetting & Barring Update**

In 'The Coalition: Our programme for government', the Government set out its aim to 'review the criminal records and vetting and barring regime, scaling it back to common sense levels'.

In order to carry out the promised review and remodelling, the Vetting and Barring Scheme will be halted. The first phase of registration was due to commence on 26 July 2010.

However, although the Scheme is halted, new safeguarding regulations introduced in October 2009 continue to apply. Further information is available from the independent safeguarding authority's web-site at [www.isa-gov.org.uk](http://www.isa-gov.org.uk).

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Investors in Diversity

www.iiduk.com

### Equality Act 2010 - Changes you need to know about

The Equality Act will become law in October 2010. It replaces legislation such as the Race Relations Act 1976 and the Disability Discrimination Act 1995 and covers the same groups as previously: age, disability, gender reassignment, race, religion or belief, sex, sexual orientation, marriage and civil partnership and pregnancy and maternity, but also extends some protections to groups not previously covered, and also strengthens particular aspects of equality law as highlighted below.

The Equality Act is a mixture of rights and responsibilities that have:

- **Stayed the same** – direct discrimination still occurs when
- Cont...

"someone is treated less favourably than another person because of a protected characteristic".

**Changed** – employees will now be able to complain of harassment even if it is not directed at them, if they can demonstrate that it creates an offensive environment for them.

• **Been extended** – associative discrimination eg. direct discrimination against someone because they associate with another person who possesses a protected characteristic.

• **Introduced for the first time** – the concept of discrimination arising from disability, which occurs if a disabled person is treated unfavourably because of something arising in consequence of their disability.

As a result, you may need to review and change some of your policies and practices. For further information visit [www.acas.org.uk](http://www.acas.org.uk).

### Volunteering Opportunities

- ☆ **Families in Need** are looking for new van crew members. Help with their, they need fit volunteers who have a CRB check and a cleaning driving licence.
- ☆ If you like walking, have a little bit of free time, like meeting people and want to be part of a supportive network then become a **Health Walk leader**.
- ☆ Help at the busy **Shop Mobility Centre in the Buttermarket**. Volunteers work in groups of two to help with bookings and helping people with the vehicles.
- ☆ The **Muscular Dystrophy Campaign** would like to start a new fundraising committee in Ipswich and they also need Fundraising Campaign Promoters. Induction and support offered for both roles.
- ☆ **Tenth Ipswich Scout Group** would like to recruit new Section Assistants and

Leaders. They would like to find enthusiastic people to help with this thriving scout group. You will have access to a nationally recognised training programme.

- ☆ **Suffolk Family Carers** would like to find people willing to help in their Carers Café in Claydon. Support them by becoming part of their team.

Volunteering doesn't have to be a regular commitment - just do one good thing! We keep a list of events that you can help with, from conferences to collections, the Music day to marshalling - we'll be happy to send you a calendar of events and tell you more.

- ☆ Want to try one event this year? - why not help **Salute for Heroes** they need volunteers from 21st to 28th July.

Contact Wendy Herber or Karen Osborne at Volunteer Ipswich on 01473 261116 or email [volunteer@ipswich-cvs.org.uk](mailto:volunteer@ipswich-cvs.org.uk)

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## PARTNERSHIP NEWS

**Procuring Public Services  
Though Contracts**

'Pathways Through the Maze – a Guide to Procurement Law' is a joint publication from NAVCA and NCVO.

It is the first comprehensive guide to procurement regulations written for voluntary organisations and community groups.

Download your copy from their website [www.navca.org.uk](http://www.navca.org.uk)

**Concerns about discretionary  
rate relief**

Concern has been growing that the discretionary rate relief on buildings used for charitable purposes could be reduced or completely withdrawn as councils look to save massive amounts of money.

It is becoming clear that this is an area they have identified as a potential saving because it is not considered a high profile area and could be brought in with little public opposition.

**Vegetable Games**

**Saturday 24 July 2010**  
**11.30am til 4pm**

The Vegetable Games 2010 is a fantastic new initiative led by the People's Community Garden, based on the time-honoured produce show - but with some fun competitions too!

This pilot event is looking ahead to the Olympic Games in 2012, when we hope to get every allotment field in Ipswich to run competitions and events inspired by the Olympic Games.

If you'd like to help, please contact Susannah Robirosa, phone 01473 261112, mobile 07530 407302 or visit <http://www.townandbridge.org.uk/garden/veggames/> for more information.

## FUNDING &amp; DEVELOPMENT

**Communitybuilders** is offering grants of up to £75k to voluntary and community organisations wanting to develop project plans for new or refurbished community buildings. Check their website: [www.communitybuildersfund.org.uk](http://www.communitybuildersfund.org.uk) for more information.

**The Comic Relief Older People's programme** supports older people to bring positive change to their communities, enabling them to contribute their time, energy and skills to those individuals who need it most. Deadline 03/09/10. Go to [www.comicrelief.com](http://www.comicrelief.com) for more information.

**Voluntary Arts England supported by the Arts Council England present The Epic Awards**, an award scheme designed to recognise and shine a spotlight on the excellent work taking place within the 50,000 voluntary and amateur art and craft groups throughout the country. Deadline 10-9-10. Visit [www.epicawards.co.uk](http://www.epicawards.co.uk) for more information.

**UnLtd and Bebo have launched the Be Cause Awards.** This is a scheme to inspire people to make a difference in their community. Applicants can put together a plan for a social action or social enterprise project using the Be Cause toolkit and enter it for a monthly £1,000 Be Cause Award to help get the project off the ground. Look at their website [www.bebo.com/BeCauseUK](http://www.bebo.com/BeCauseUK) to find out more.

**Ipswich Community Fund** for grants of up to £1000 for charities and voluntary groups working in Ipswich. Visit [www.ipswich-cvs.org.uk](http://www.ipswich-cvs.org.uk) and click on 'Ipswich Community Fund' to find out more. 

**Funding Surgeries**

18-08-10 1pm - 4pm

20-10-10 1pm - 4pm

24-11-10 1pm - 4pm

Phone Elle Lamb for an appointment on 01473 261113

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**What does the Budget mean for my Organisation?**



NCVO has published a short summary of the key points to help you understand what the Emergency Budget means for those working in, or with, the voluntary and community sector and how it will affect your organisation. See the 'Coping with the Cuts' section on their website:- [www.ncvo-vol.org.uk/advice-support/coping-with-cuts-practical-advice-guides](http://www.ncvo-vol.org.uk/advice-support/coping-with-cuts-practical-advice-guides)

Help NCVO get a true picture of how the cuts will affect your organisation. The more detail NCVO knows about the difficulties voluntary and community groups are facing, the better positioned NCVO are to respond with timely, relevant information. You can help NCVO by completing a quick online survey or email [almanac@ncvo-vol.org.uk](mailto:almanac@ncvo-vol.org.uk) with your stories.

**Guidance for small groups**



The Charity Commission has a simplified model constitution aimed at charities with an income below £5,000 that do not own property or employ staff.

To download a copy go to [www.charity-commission.gov.uk](http://www.charity-commission.gov.uk) and click on 'Start up a Charity' at the top of the page, then follow the guidance on registering a new charity.

**You are invited to our Recession Busting Party and ICVS AGM**

on  
Wednesday 22 September 2010  
10am til 2pm

at  
St Nicholas Centre, Ipswich  
Look out for more details in our E-bulletins and our web-site [www.ipswich-cvs.org.uk](http://www.ipswich-cvs.org.uk)

If you would like a stand, please contact Jane on 01473 261114 or email [enquiries@ipswich-cvs.org.uk](mailto:enquiries@ipswich-cvs.org.uk)

future as employers will need to establish if their existing pension schemes meet the new requirements. There are also rules such as that auto-enrolment procedure will be automatically repeated every 3 years, so employees who have previously opted out will have to do so again.

**Going Green: Charities and Environmental Responsibility**



The Charity Commission is trying to encourage charities to be aware of their wider responsibilities to society and the communities in which they work. Improving the environmental impact of their premises and the way they work may be an important part of this.

The Commission's view is that it is reasonable for trustees to spend money on being more environmentally friendly where they have balanced the additional cost of  
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environmental measures against other factors such as benefits to their reputation and donor confidence. As long as trustees have considered the risk of each option and reached a rational decision, they are unlikely to be criticised – by the Commission at least.

The Commission has updated the guidance 'Hallmarks of an Effective Charity', and the 'Essential Trustee' to reflect this new approach.

For more information go to [www.charity-commission.gov.uk](http://www.charity-commission.gov.uk) and move your cursor over charity requirements and guidance move down to charity governance and then environmental responsibility



**ICVS and Volunteer Ipswich**

will be holding a  
Voluntary Action and  
Volunteering Awareness day  
at Ipswich Borough Council,  
Grafton House  
on Thursday 4 November 2010  
from 10am to 2pm  
Phone Sue 01473 261111



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**FINANCE NEWS**

**Depreciation**

You may have seen this term in a set of accounts and wondered what on earth it is!

Depreciation relates to the writing off of assets over their "useful economic life" less any residual value and can best be illustrated by an example:

A photocopier purchased for £2,500 and expected to last 10 years (useful economic life) after which it will be sold (residual value) for £500.

Depreciation is calculated by taking the value less its residual value then dividing it by its useful economic life  $(£2,500 - £500)/10\text{years} = £200$  (annual depreciation charge). Thus, the cost of the photocopier is gradually decreased by £200 per year for 10 years.

If you want help with your accounts, please contact Colin 01473 261115 or email [money@ipswich-cvs.org.uk](mailto:money@ipswich-cvs.org.uk)

compulsory employer contributions and registrations.

The introduction will be phased in for employers as follows:

2012 - Employers with more than 30,000 employees

2013 - Employers with between 350 and 30,000 employees

2014 - Employers with less than 350 employees

Employers will be expected to "auto-enrol" employees earning more than £5,035 on to an approved scheme and make contributions towards their employees retirement.

Employer contribution levels as a percentage of qualifying earnings will also be phased in :

- Oct 2012 to Oct 2015, 1%
- Oct 2015 to Oct 2016, 2%
- Oct 2016 onwards, 3%

Employees will need to contribute 5% of their earnings. 1% of this will come in the form of tax relief. However this is optional and works on an opt-out system rather than opt-in.

The reforms are expected to increase administration work now and in the  
Cont on page 11...



**2012 Pension Reform**

The Government have planned major changes to the pensions system with a new system of  
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**GOVERNANCE**

**Would you like a workshop on Trustee Responsibilities?**



Elle Lamb runs Workshops on Trustee Responsibilities for new Trustees or as a refresher for existing Trustees. To book a date and time for your organisation to have a trustee responsibility workshop contact Elle Lamb on 01473 261113 or email [elle.lamb@ipswich-cvs](mailto:elle.lamb@ipswich-cvs).

**Office Space Opportunities**

- Need Town Centre Office Space at a reasonable cost?
  - Want to be at the centre of the Voluntary Network?
- ICVS has Space in their Voluntary Action Hub at 1 Cornhill. For £275 per quarter you will get a desk, chair, access to photocopier, wireless internet connection, all cleaning and utilities.

Contact Sue or Jane on 01473 251834 to find out more...

**Thursday Talk-In Dates**

at ICVS, 1 Cornhill, Ipswich, IP1 1DD

<u>Topic</u>	<u>Date</u>	<u>Time</u>	<u>Led by</u>
Ipswich Community Fund Awareness	05/08/10	1030-1200	Tony Sewell and Elle Lamb
Disability Awareness	30/09/10	1030-1200	Mark Bradley, Red Cross
Outputs and Outcomes	21/10/10	1030-1200	Liz Louch

To book your place or for more information contact

Jane Bignell on 01473 261114

or email [jane.bignell@ipswich-cvs.org.uk](mailto:jane.bignell@ipswich-cvs.org.uk)

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## MEMBERSHIP NEWS

**LITTLE BLUE BOOK MAKING A BIG DIFFERENCE**

The **Little Blue Book** published by Autism Suffolk is a quick and simple reference guide to give families easy access to vital information needed to support their child such as local education, health, leisure, finance and family support services.

The **Little Blue Book** is free to families who have a child with Autism and available at a cost of £5 for professionals, which helps ensure that it remains free to families.

For orders and enquiries, contact email [autism.suffolk@nas.org.uk](mailto:autism.suffolk@nas.org.uk) or phone 01473 632700.

**Health & Safety Workshops**

Colin Bartram runs Health and Safety Awareness sessions for groups. This is free of charge for members.

If your group would like to arrange an H&S workshop contact Colin Bartram on 01473 261115 or email [money@ipswich-cvs.org.uk](mailto:money@ipswich-cvs.org.uk)

**Wantisden Valley – Whole Hog!  
7th November 2010**

This a multi discipline adventure event. Competitors taking part on this multi discipline adventure course over 7 - 8 miles will undertake all manner of tasks and challenges. It's a tough event but lots of fun. You should expect to get wet and muddy, so dress accordingly!

To find out more and to book visit [http://www.eightpointtwo.co.uk/event\\_details.asp?ID=52](http://www.eightpointtwo.co.uk/event_details.asp?ID=52)

**Have you renewed your ICVS membership?**

Our membership year runs from April to March each year. If you are one of our members who has not yet renewed and you wish to renew or you have a query, please contact me on 01473 261114 or email me at [jane.bignell@ipswich-cvs.org.uk](mailto:jane.bignell@ipswich-cvs.org.uk)

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**You are invited to our Recession Busting Party**

on Wednesday 22 September 2010  
From 10am til 2pm

at St Nicholas Centre, Ipswich

There will be workshops, networking, showcasing, refreshments, ICVS AGM, speakers and Keep on Rockin'

Look out for more details in our E-bulletins and our web-site [www.ipswich-cvs.org.uk](http://www.ipswich-cvs.org.uk)

If you would like a stand, please contact Jane on 01473 261114 or email [enquiries@ipswich-cvs.org.uk](mailto:enquiries@ipswich-cvs.org.uk)

**Co-op Education**

Pam Walker has moved on from Co-op Education and has taken on a new role with Rural Action East. She will still be keeping her 'co-op hand' in through Co-operatives East and 1st Question Co-operative.

Maria McGettigan is now the contact for Co-op education and can be reached via her Secretary Lucy Forsdike by email at [l.forsdike@eastofengland.coop](mailto:l.forsdike@eastofengland.coop)

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**Family Fun Day**

**28th August,**

**Cobham Road Recreation Ground,**

**11-4pm**

**Fun for all the family...**

**Please come and support us!**

Help us raise money for all four **Making Tracks** centres.

Find out more about Making Tracks at [www.ipswich-cvs.org.uk](http://www.ipswich-cvs.org.uk)

**The Phoenix Project**

*'Promoting Mental Well Being'*

The Phoenix Project are a self referral group, open to anyone who has experience of emotional distress.

They offer a welcoming and supportive place to meet friends and provide a low cost tasty lunch each Friday between 10am and 2pm at the Quaker Meeting House, Fonnereau Road, Ipswich.

For more information contact Donna or John on 07976768763 or email [ip.phoenix@virginmedia.com](mailto:ip.phoenix@virginmedia.com).