



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 the Baytree 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 ... Deputy CEO .....sue.clements@ipswich-cvs.org.uk
- Colin Bartram. Finance Advisor.....money@ipswich-cvs.org.uk
- Jane Bignell....Membership 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 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*

A Company Limited by Guarantee, registered in England and Wales No 4050764  
Registered Charity No 1082288



# Bridges

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

Feb - Apr 2011  
Ipswich CVS  
1 Cornhill  
Ipswich  
IP1 1DD

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Registered Charity Number 1082288  
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[www.ipswich-cvs.org](http://www.ipswich-cvs.org)

**ICVS is pleased to be part of the Suffolk Congress.....at the heart of The Big Society.**

**Introduction**

Suffolk County Council's New Strategic Direction (NSD) is a bold plan to not only address the 28% reduction in funding from Central Government but to redesign local services by strengthening 'communities' and building social capital in line with Big Society thinking.

The Suffolk Congress is a movement made up from Suffolk's voluntary and community organisations who fully understand the demands that will be placed upon it and are fully committed to meeting the challenge and being part of the solution.

Following 2 key Congress meetings, attended by over 250 representatives of the Suffolk

VCS, 4 key principles were identified:

**Principle One – Localism**

The Congress fully recognises and endorses localism as the cornerstone of Big Society and NSD delivery. It is clear that a failure to embrace this principle will not only dilute the strategic direction but more importantly, will damage the existing VCS and VCS partnerships.

By working with the Congress, decisions can be made that:

- Fully understand the interplay of organisations who are addressing social needs and their inter-reliance upon each other.
- Accurately map community

Cont...



Liz Louch  
Chief Optimist  
01473 261110

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capacity and organisational spread by delivery.

- Identifies communities that will need support to develop their VCS capacity.
- Tap into local funding to support community activity.
- Access development support agencies for the VCS.
- Fully utilise the in depth knowledge held by the Congress.
- Identify best practice and build upon it.

Encourage the development of new organisations (e.g. charities, social enterprises) in the knowledge that local infrastructure organisations are at hand to support development.

**Principle Two – Investment in VCS Delivery Services**

The Congress fully understands that economic conditions will severely restrict potential new investment for the VCS to assist in the development required to

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allow organisations to undertake new initiatives. As a result, the Congress identified an urgent requirement for smarter ways of commissioning and financing voluntary and community partners.

By working with the Congress, decisions can be made that:

- Bring additional skills and experience to help redevelop and restructure procurement and funding streams.
- Assist organisations to provide ‘joined-up’ solutions for countywide delivery, where appropriate.
- Develop lead partnerships where multi-organisation delivery is required.
- Provide ‘independent’ funders to redistribute funding streams.

Work with match-funders to maximise existing funding streams.

**Principle Three – Volunteering**

The Congress believes that volunteering is a key component

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Event	Date and Time	Venue	Information
<b>ICVS Thursday Workshop - Health &amp; Safety</b>	03/02/11 10am to 12pm	ICVS Board Room, 1 Cornhill, Ipswich, IP1 1DD	Led by Colin Bartram, ICVS
<b>ICVS Funding Surgery</b>	06/02/11 1pm to 4pm	Whitton Church Hall, North West Ipswich	Led by Elle Lamb, ICVS Funding & Development Advisor
<b>East Babergh Funding Application Workshop</b>	08/02/11 10am to 12 noon	Hadleigh Library	Led by Elle Lamb, ICVS Funding & Development Advisor
<b>ICVS Thursday Workshop - Outputs and Outcomes</b>	17/02/11	ICVS Board Room, 1 Cornhill, Ipswich, IP1 1DD	Led by Elle Lamb, ICVS Funding & Development Advisor
<b>Big Lottery Workshop - Reaching Communities</b>	10/03/11	Needham Market Community Centre	For groups across Suffolk to find out more about Reaching Communities Funding
<b>ICVS Funding Surgery</b>	10/03/11	ICVS Board Room, 1 Cornhill, Ipswich, IP1 1DD	Led by Elle Lamb, ICVS Funding & Development Advisor



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**Welcome to the ICVS Hub**

ICVS welcomes 3 new groups to its Hub, Jamesore, VoiceAbility and Time 4 You.

We would like to wish them every success in their office space.



**VoiceAbility**

Provide advocacy and self-advocacy. They support children, young people and adults with learning disability, mental health problems and other disabilities to find their voice and speak up to achieve positive changes in their lives.



**Time for You**

This project is to identify hidden Family Carers in the community and to develop ways and services for Family Carers to have more time for themselves.

**PAYE TAX REPAYMENT CLAIM**

You might have overpaid PAYE tax previously! As a registered tax agent with the HMRC (Revenue & Customs), Jamesore is here to help you reclaim your overpaid tax on a "NO TAX REFUND, NO FEE" basis.

What's required are your P45, P60 or Statement of earnings in the last six years. Once Jamesore receive these documents, they will do all the work for you. If you don't get a tax refund, they won't charge you a penny! For further information, please contact Jamesore on 07565 956 824. You may also email Jamesore at [claim-your-overpaid-tax@jamesore.co.uk](mailto:claim-your-overpaid-tax@jamesore.co.uk) . Website: [www.jamesore.co.uk](http://www.jamesore.co.uk)

to the success of Big Society and NSD however, it recognises that the health of 'structured' volunteering is intrinsically linked with the health of the voluntary sector.

By working with the Congress, decisions can be made:

- In the comfort that volunteer health, safety and wellbeing are central to their experience.
- Knowing that training and development opportunities are available.

That utilise countywide communication mechanisms promoting volunteering opportunities.

**Principle Four - Working Together**

The Congress recognises that the need for true partnership working across all sectors.

By working with the Congress, decisions can be made that:

- Gain quicker acceptance as a result of pre-planning.

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- Builds on the success of innovative pilot projects.

- Allows access to 5,500+ voluntary and community organisations.

- Understand the complexities of charity and social enterprise governance.

Allows time for impact and outcome information.

You too can be part of the CONGRESS; it is not a closed shop. The CONGRESS values the voice of all the VCS large and small; and works to enable this voice to be heard throughout the public and voluntary sector.

Interested? Give me a ring on: 01473 261110

**Babergh Communities Together**

ICVS in partnership with Babergh District Council has extended our help and advice services to voluntary and community groups in East Babergh. Phone Sue to find out more, 01473 261111 and for Babergh training & events go to [www.bct Suffolk.org.uk](http://www.bct Suffolk.org.uk).

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**Latest News**

The second year of the Ipswich Community Fund is drawing to an end on 31 March 2011. If you are thinking of applying, it can take around 3 weeks to process your application, so we are anticipating a deadline of Friday 11 March. But don't leave it until the last minute - apply now!

Grants are still available of up to £1000 - check the website for the terms and conditions.

Over the 2 years ICF has been running it has helped a total of 54 voluntary organisations and community groups in Ipswich by giving a total of £70,000 in grants.

With the current financial climate and the uncertainty of where Council's are likely to make cuts, we are anticipating that it is likely this fund will not run for a third year.

For more information about the Ipswich Community Fund visit [www.ipswich-cvs.org.uk](http://www.ipswich-cvs.org.uk) or phone Tony Sewell on 01473 261114.

**Sunday 5th June 2011**

Led by the Eden Project, The big Lunch celebrates neighbourliness across the UK by encouraging communities to come together for lunch once a year.

The Big Lunch is in it's third year. If you would like to find out more or organise your own Big Lunch visit their web-site

[www.thebiglunch.com](http://www.thebiglunch.com)

**Organising a Street Party or Fete**

Street parties and fetes are a traditional part of community life.

The Government wants to make it easier for you to hold these sorts of local events so they have produced a step by step guide on how to hold a community event in your local area. The number one tip is to plan early and get in touch with your council at least 4-6 weeks in advance. If you would like a copy of this guide, please go to [www.streetparty.org.uk](http://www.streetparty.org.uk)

**Volunteering Opportunities**

\* **Ecoroutes** are you aged 18-24 who and looking for work? Would you like the chance to support others to do conservation activities? You'll also receive training about first aid and mental health issues.

\* Join the **Infolink team**— this team meet to research and gather information to build a great website for the library service. The team currently meet every other Wednesday 4.30-7pm and they would really welcome people happy to telephone voluntary groups to find out more about them.

\* The **YMCA** is launching their Nightstop initiative in Ipswich. They need volunteer hosts who are able to offer a spare room in their home which would provide emergency, temporary, safe & secure accommodation for someone aged 16-18. Training and 24 hour support provided.

\* **Gainsborough Community Library** need volunteers to help with lots of different activities-help with Bookstart, activities for those 8+ or help to deliver books to those who are housebound. Or help to keep the library looking nice for other users.

\* Like playing pool? Could you spare an hour or two on a Thursday from 1.30pm at Rileys in Ipswich. **Optua** run sessions for adults with learning disabilities and they'd love to have some help.

\* **Ipswich Art School** are looking for Gallery Hosts. Be part of a team that supports this new exciting exhibition space. No previous experience is needed—just a willingness to learn and support others to enjoy their visit.

Contact Kirk or Karen, Volunteer Ipswich on 01473 261116 or email [volunteer@ipswich-cvs.org.uk](mailto:volunteer@ipswich-cvs.org.uk)

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## PARTNERSHIP NEWS

**Digital Switchover****Are you holding an event we can attend?**

We have a grant (£100 - £3000) available to help with any additional cost

We are looking for events that include end users or organisations from one or more of our six target groups

- 1) Older People
- 2) People who are socially isolated
- 3) People with sensory, mobility or dexterity impairments
- 4) People who have mental health conditions
- 5) People with English as a second language
- 6) People with learning difficulties

For more information about the grant scheme or to book a presentation please contact Rachel Farr at [rachel.farr@i-trust.org.uk](mailto:rachel.farr@i-trust.org.uk) or Giulia Vicari on [giulia.vicari@i-trust.org.uk](mailto:giulia.vicari@i-trust.org.uk) or call the office on 01223 861760.

We are looking for organisations  
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to get involved and help us deliver these presentations at different events and have a grant available for this.

We provide training and all the materials you will need. Please contact us to find out when we are running training sessions for organisations who are interested in delivering these presentations; If your organisation is interested in these sessions please contact [Rachel.farr@i-trust.org.uk](mailto:Rachel.farr@i-trust.org.uk)

**New ICVS Web-site**

Ipswich & District Council for Voluntary Service will shortly be launching their new more easily navigable web-site. There is no change to the address, [www.ipswich-cvs.org](http://www.ipswich-cvs.org)

To promote your event on the ICVS website, simply email [jane.bignell@ipswich-cvs.org.uk](mailto:jane.bignell@ipswich-cvs.org.uk) giving details of the event eg. Name of Event, Date, Time, Venue, who it is for, any cost, contact details for information and a brief description of your event.

## FUNDING &amp; DEVELOPMENT

**Mental Health Capital Bid Invitation**

Suffolk County Council is asking organisations delivering mental health services which are able to demonstrate and promote:

- Personalisation
  - Service user led activity
  - Increasing service efficiency
  - Building Community Capacity in local areas
- to bid for funds of between £6000 and £20,000.

The deadline is 4 February 2011. For more information and an application form contact:-

[Lucie.Payne@suffolk.gov.uk](mailto:Lucie.Payne@suffolk.gov.uk)

**New SUBWAY® HRUK Healthy Heart Grants**

Grants of up to £10,000 are available for projects that reduce the risk of developing heart disease, or improve the lives of those already affected by it.

Groups in Felixstowe & Ipswich can apply until 28 February 2011.

To apply go to <http://www.heartresearch.org.uk/subwayHHG.htm>

**Swimathon Foundation**

Grants of between £300 and £2,500 are available to swimming pools, community organisations and charities who demonstrate how funding will allow them to help more people participate in and enjoy swimming and to make swimming more accessible.

For more information and to apply visit: [www.swimathon.org/foundation](http://www.swimathon.org/foundation).

The first round of applications closes 21 March 2011.

**Funding Surgeries**

Tues 15 February 2011

Thurs 10 March 2011

Phone Elle Lamb for an appointment between 1pm and 4pm on 01473 261113

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### Barrier Busting – We're Here to Help



Many people have great ideas about how they could make their neighbourhood a better place to live.

Some local authorities want to deliver public services in new ways. Others are keen to do new things, such as invest in small-scale green energy. And volunteers, community groups and social enterprises of many kinds would like to play a bigger role in local life.

But sometimes barriers get in the way. Red tape, rules and regulations stop people putting good ideas into action. Not only is this frustrating – it means that local people miss out.

The barrier busting team is here to help. We want to help you get things done for your local community.

To find out more go to <http://barrierbusting.communities.gov.uk/>

### Real Power for Communities



The Localism Bill is making its way through Parliament. It proposes new rights for local charities and community groups and it is hoped that these rights will make it easier for a local charity to take over an unused building or bid to take over a failing local service.

The Real Power for Communities campaign has been set up by NAVCA, Development Trusts Association, ACRE and others to ensure that the Localism Bill supports local voluntary action. The campaign seeks to strengthen these rights by lobbying MPs during the legislative process.

You can register your support at <http://rp4c.org.uk> and help make sure the Localism Bill brings the local voluntary and community sector important new powers.

### TASCEE - Ipswich Community Club The Arab Social Club of Eastern England

Our main aim is to help those less fortunate than ourselves.

- Events that promote our culture and tradition
- Holding lectures & talks relating to local issues
- Accepting donations from individuals and organisations, to support projects and sustaining Tascee's economic stability
- Interpreting and translating document for those in need at minimal costs
- Integration to the community
- Cheap internet cafe
- Low Cost immigration services for those who cannot understand English or read.
- Affordable short courses for Arabic and English

Go to [www.tascee.com](http://www.tascee.com) for more information or phone 07786601497

### HOLDING OUT FOR A HERO

On this game show, contestants don't play to win themselves a prize; they play to win money for a deserving person, local cause or small charity with an amazing story who has no idea someone has decided to be their "hero".

If you would like the opportunity to be a **real life hero** by putting your general knowledge to the test to potentially win **BIG** money to help others then we would love to hear from you!

If you're interested or know of anyone who may be, email their story to [hero@12yard.com](mailto:hero@12yard.com) or write to: Hero Applications, 12 Yard Productions, 131-151 Great Titchfield Street, London, W1W 5BB.

Deadline for application forms is 11<sup>th</sup> February 2011.

All applicants must be over 18 years of age and all applications are subject to the terms and conditions detailed in the application form.

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### Accounting for Voluntary & Community Organisations

ICVS launch its new Account Services aimed to make accounting simpler for small voluntary and community groups. We will still be offering annual Independent Examinations for groups who keep their own accounts.

#### ICVS Accounting Services

All voluntary and community organisations are required to keep accurate accounts, but do not always have either the time or experience to maintain them. Currently all members of ICVS can get accounting advice and guidance for free, but when you need that bit more, ICVS can offer an accounts service tailored to your groups needs, which includes:

- Bookkeeping (either on an IT spreadsheet or manual accounts)
- Management reports production
- Preparation of accounts for audit/independent inspection

- Setting up Restricted and Unrestricted Funds
- Bank reconciliation service
- Ad hoc support as and when YOU require it

Charges for these services can be based on a yearly rate for complete maintenance of accounts, to an hourly charge, where you only pay for what YOU need.

#### ICVS – Independent Examination

An independent examination is specially designed for charities as a form of external scrutiny of accounts to meet Charity Commission and Company House requirements.

Around 95% of charities whose income and assets fall below the statutory audit threshold could benefit from this lower cost option.

ICVS provide an Independent Examination of Accounts service at reasonable rates (ask Colin about prices).

For more information contact Colin Bartram on 01473 261115 or email [money@ipswich-cvs.org.uk](mailto:money@ipswich-cvs.org.uk)

### New Zurich Insurance Scheme

This new policy enables groups of volunteers and smaller community organisations to purchase public liability cover for a wide range of activities with a limit of up to £10M.

The 'Big Society' is based on the need to empower community groups and individuals to affect action in their local areas, reduce reliance on the State and remove the red tape burdening many existing groups and volunteers.

Developed in collaboration with NAVCA and delivered through Tennyson Insurance the solution also gives community groups free access to a suite of on-line resources such as health and safety documentation and guidance to help select the cover that is right for them.

To get a quote, or find out more, just call 08450 822 446 or visit <http://www.zurich.co.uk/municipal/yoursector/communityorganisations/charities.htm>

### Trustees Needed for a New Local Charity

The Town & Bridge Project works with people living in the Town Centre and Stoke area of Ipswich, to improve their physical and emotional health and well-being; bring communities and people together; provide opportunities for learning, volunteering and gaining employment; supporting people to have a 'voice' & feel safer in their community through enabling facilities such as: a Community Garden; ActivAge Centres and lunch clubs; Fuel Poverty and Debt Advice Service; and a music project.

Town & Bridge is a One-Ipswich Project, currently hosted by ICVS, but is seeking charitable status to become an independent organisation.

We are now seeking interested and experienced people who would like to support this development and become Trustees of the new charity 'ActivLives'.

We would particularly like to hear from people who have financial, legal, health / social care or business skills and who would like to become a volunteer Trustee and help develop this new exciting organisation.

To find out more about the services we provide and how to become a Trustee, please contact:

Julie Stokes, Town & Bridge Project Manager on 01473 261112.



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## MEMBERSHIP NEWS

### Introduction to Permaculture Design Weekend Course

A weekend course to introduce the basics of permaculture.

**Dates:** Sunday 13 March and Sunday 10 April; 9:30am to 4.30pm.

**Venue:** The People's Community Garden, Halifax Road, Ipswich.

**Course tutor:** Hannah Thorogood

**Fees:** £60 for the two-day course

**Advance booking is essential:** Please book your place by filling out the booking form available at [www.townandbridge.org.uk/garden/](http://www.townandbridge.org.uk/garden/) or requesting a paper copy by calling 07530 407302.



The Waterfront Action website has had a face lift to make it easier to navigate – please put [www.waterfrontaction.co.uk](http://www.waterfrontaction.co.uk) in your favourites!

### Urgent Information

ICVS often has information to disseminate to our members that is not suitable to include in this newsletter because of the timescales involved. Therefore, we send out a weekly bulletin via email called ICVS E-bulletin eg. Latest funding news, workshops, events etc.

If we do not have your current email address and would like to receive the ICVS E-bulletin, please ring 01473 261114 and ask us to amend your groups details or send the information by email to [jane.bignell@ipswich-cvs.org.uk](mailto:jane.bignell@ipswich-cvs.org.uk)

### Ipswich Charioteers

Congratulations to Simon from Ipswich Charioteers who was presented with the Barclays Community Sport Award in November last year for his hard work and dedication to the Ipswich Charioteers Wheelchair Football Club.

For more information about the Ipswich Charioteers go to [www.icwfc.co.uk](http://www.icwfc.co.uk)

## MEMBERSHIP NEWS

### The CoBRA Scheme

CoBRA are looking for volunteers. to become a recycling pioneers in their local communities. All you need to do is sign up on their web-site and within 10 minutes you could be part of the UK's fastest growing network of community waste pioneers.

Find out more by visiting [www.Recolight.CobraScheme.com](http://www.Recolight.CobraScheme.com)

### Pink Sky Cycling

has been running cycle training for WOMEN from Ravenswood Primary School for a couple of years. The courses have been funded by NLDC which means they are free to learners.

The courses are very popular and places are limited to just 6 women per course - they provide 2 female qualified instructors, bicycles and all accessories .

To find out when the next course is being run contact Jennie on 07753328544 or Noelle on 07708976236 or visit their web-site [www.pinkskycycling.com](http://www.pinkskycycling.com)

### Romany Theatre Company

Romany Theatre Company would like to thank ICVS for all the help that they received about funding, recruitment and trustees which enabled them to run their Atching Tan project funded by HLF.

The recent celebration at BBC Television Centre for the sister project which resulted in the production of the BBC local radio series, Atching Tan and the broadcast of the Atching Tan Afternoon play on BBC Radio 4 funded by the Arts Council would not have been possible without ICVS' help.

Visit [www.atchingtan.com](http://www.atchingtan.com) to listen to the radio series or hear the oral histories.

### Families in Need

Are looking for premises where they can store dry foods for families in need in the Ipswich area.

If you have or of someone who has space that they could use, please contact me at [jane.bignell@ipswich-cvs.org.uk](mailto:jane.bignell@ipswich-cvs.org.uk)

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