

Bridges Newsletter

Aug - Oct 2011



ICVS' 2011 AGM and Enterprise Event



This year we have decided to change the format for our AGM; we are hoping that this early evening event will attract both Officers and their Trustees.

The theme of the evening will be about organisations becoming more enterprising, energetic and resourceful.

Celia Hodson, CE of the Suffolk School of Social Entrepreneurs will be our main speaker. Celia has a wealth of experience from both the business community and social enterprise sectors;

she is a Business and Third Sector leader. She has worked in a number of key posts in her career including Chief Executive Officer at Cambridge Co-operative Development Agency, Deputy Chief executive at the Social Enterprise Coalition and most recently, Chief Executive of Choose Suffolk.

Celia holds a number of board positions: including Chair of Social Enterprise East of England (SEEE), Director of Choose Suffolk, and Director of local charity Housing Action.

We will have workshops that will explore how any community or voluntary group can secure

ICVS AGM:

14th September 2011
4.45 pm - Registration

Where: Suffolk New College
Boardroom & Shelley's
Restaurant

Programme: AGM followed
by Keynote Speaker - Celia
Hodson - Chief Executive of
the Eastern Enterprise Hub

Workshops & discussion:
How Enterprising is your
charity or community group?
How Enterprising are you?

Followed by:
Networking, drinks &
canapés

RSVP:
enquiries@ipswich-cvs.org.uk
or phone 01473 251834

their future; identifying and developing any enterprising ideas. We will launch a new enterprising network and identify suitable dates for training and networking. We look forward to seeing as many of you as possible.

Funding and development surgeries

ICVS can help you find funding and develop your organisation, its projects and staff. We can help with funding, finding it, applying for it, and working with your funder to report your outcomes. This service is led by Sue Clements, who can work with you on a one-to-one basis to determine your need and support you in capacity building. We can also signpost you to further and more in-depth support and training, should you need it, by referral to a specialist partner, which we call "brokerage". Appointments last for one hour and are available at the following times:

Wednesday 10 August 2011
10am - 2pm, ICVS Boardroom
1 Cornhill, IP1 1DD

Tuesday 25 October 2011
10am - 2pm, ICVS Boardroom
1 Cornhill, IP1 1DD

Monday 22 August 2011
1pm - 4pm, ICVS Boardroom
1 Cornhill, IP1 1DD

Monday 14 November 2011
1pm - 4pm, ICVS Boardroom
1 Cornhill, IP1 1DD

Monday 26 September 2011
1pm - 4pm, ICVS Boardroom
1 Cornhill, IP1 1DD

Tuesday 6 December 2011
10am - 2pm, ICVS Boardroom
1 Cornhill, IP1 1DD

Tuesday 11 October 2011
10am - 2pm, Venue TBA

You need to book an appointment and can do so by contacting Sue Clements on 01473 261111 or sue.clements@ipswich-cvs.org.uk

Free workshops

You may also be interested in some free workshops which ICVS is holding in the coming months:

Completing Funding Applications Workshop

Thursday 18 August 2011 - 10.30am – 1.00pm
Tuesday 04 October 2011 - 10.30am – 1.00pm
Monday 21 November 2011 - 10.30am – 1.00pm

Monitoring and Evaluation

Tuesday 08 November 2011 - 10.30pm – 12.30pm

To book a place, please contact Sue Clements on 01473 261111 or sue.clements@ipswich-cvs.org.uk

Office space opportunities for the voluntary and community sector

ICVS has deskspace available, perfectly placed in the centre of Ipswich town centre.

The questions

Do you need office space in the centre of Ipswich?

Are you paying too much for your current office space?

Working from home not working for you?

Do you need to be at the centre of the voluntary network?

The answers

The charge is £ 275 per quarter rental for one desk space (awaiting review from our landlords)

The offer is the use of the fully equipped boardroom for two half days per month for free

You can access office equipment such as photocopier & fax machine

All cleaning & utilities are included in the quarterly charge With free tea and coffee always available.

Contact Sue Clements on 01473 261111 sue.clements@ipswich-cvs.org.uk

LEAP Inspirational Learner of the Year



Wendy Herber , Teresa Buckland, Kirk Jackson

ICVS wishes to send our congratulations to Teresa Buckland who was awarded the LEAP Inspirational Learner of the Year, at Suffolk New University, on Thursday 19th May 2011.

There were in total, 8 awards distributed to various Suffolk-based learners and Teresa and other winners collected a certificate of congratulations in front of work colleagues, family members and LEAP and Suffolk New University representatives.

It is understood this particular award had a lot of nominees, and Teresa was nominated by a SAVO and a ICVS work colleague. The latter nominating Teresa due to her commitment to volunteering for ICVS in the Volunteer Centre and completing a Managing Volunteers course, both whilst coping very well with various difficult personal circumstances.

Kirk Jackson - Volunteer Support and Development Officer at ICVS says "Teresa is held in very high regard both with ourselves here at ICVS and with other Voluntary and Community Sector partners. We are very proud that we have played a part in Teresa's development and wish her all the best with her current work commitments and other opportunities which she chooses to pursue".

ICVS email updates: your action required

ICVS is in the process of updating and improving its electronic communications. This will benefit subscribers by offering an improved service: new-look, regular email updates and control of your own details and subscriptions.

If you wish to continue receiving regular email updates from ICVS, you must subscribe to our new database which we will begin to use shortly.

If you are an ICVS member, this process will not affect your membership status. However if you wish to continue receiving regular email newsletters from ICVS, you must subscribe to our new database.

If you do not wish to continue receiving regular email updates from ICVS, you do not need to take any further action.

Your details will not be sold or passed to other organisations or agencies. You will only receive correspondence from ICVS and other Suffolk Local Infrastructure Partners of your choosing. These partners could be of interest to you if you operate in, or near, other districts, for example Babergh or Mid Suffolk.

To subscribe, visit the the ICVS website www.ipswich-cvs.org and enter your details on the right of the page.

Young Rayne Fellowships 2011

Praxis has announced that applications are now open for the Young Rayne Fellowships 2011.

The Rayne Fellowships enable individuals between the ages of 18 and 25 of a refugee background to be supported with their passion for building bridges between communities. Grants of up to £15,000 are available to help grow their 'big idea', this could be in Sport, Culture, social enterprise or anything that supports development in your community.

To be eligible, young Rayne Fellows must be aged between 18 and 25. The deadline for applications is 29 July 2011. www.praxis.org.uk

Time For You

'Time for You' aims to identify family carers, who for a variety of reasons, are unable to access time for themselves. It will help to provide a variety of experiences either for carers on their own, or with the person they care for. Examples include art sessions, spa days, carer and cared for forums, retreat and drop-in sessions. In addition, the Time for You project aims to raise awareness of family carers. We are currently working with Suffolk New College to identify Young Adult Carers and to provide support and information.

For more information, please call the team on 01473 836160 or email amanda.blunden@unitedresponse.org.uk

BME Community Award

The reality is that the contribution of people from Suffolk's Black and Minority Ethnic communities to volunteering activities is often invisible. Because of this ISCRE believes it is important to raise the profile of volunteering and community work undertaken by BME people.

In Suffolk we have many people from our BME communities doing great unpaid work over and above their day jobs – who are often unrecognised for a range of reasons.

Do you know someone who fits the following description:

- someone who works tirelessly and selflessly to address issues specifically affecting individuals within their communities
- someone who gives up their time offering people education, training and support.

- someone who is prepared to take up the challenge and in doing so helps the community and other individuals and agencies to make a difference
- someone who does this quietly and behind the scenes with no expectation of any thanks or reward

This award now in its 4th year is open for entries. We will be celebrating our champions at our Annual General Meeting on the evening of Thursday 15th September 2011.

Please complete the form on our website: www.iscre.org.uk and submit into Sue Raychaudri Office Manager on sue@iscre.org.uk by 31 August. It's your way of saying thank you and getting some great people the recognition they deserve.

Get IT Together

If you are, or know of, a community group which helps, or wants to help, people access the internet and improve their ICT skills, they could be eligible to receive 12 months' free broadband from BT.

Silver surfers, after school and youth clubs, even 'IT for the Terrified' groups have benefitted from an award in the past and are now encouraging even more people to get online.

Applying for an award is easy. Simply go to www.bt.com/

communityconnections to access the online application form and read the full rules and guidance notes. The closing date for applications is Thursday 15th September at 5.30pm.

BT Community Connections supports a diverse range of community and charitable groups across the UK and is part of BT's Get IT Together campaign: www.bt.com/getittogether

If you have any questions please don't hesitate to contact us on 0845 257 6792 or at info@btcommunityconnections.com.

SITA Trust Launches Queen Elizabeth II Fields Volunteer Support Fund

The Queen Elizabeth II Fields Challenge was created to celebrate Her Majesty, the Queen's Diamond Jubilee in 2012.

It's a new campaign to protect 2,012 outdoor recreational spaces in communities across the country as a permanent living legacy of this great event. SITA Trust has joined forces with HRH The Duke of Cambridge and the Fields in Trust to support this challenge.

The Queen Elizabeth II Fields Major Works Fund is provided by SITA Trust through the Landfill Communities Fund. Not-for-profit organisations

(community groups, parish councils, charities, local authorities and voluntary organisations) working with volunteers to physically improve QEII fields located within ten miles of a licensed landfill site in England and Wales may apply for grants of up to £5,000. Volunteers must be significantly involved in the planning and delivery of the projects.

Grants can be used to help with the costs associated with clearing sites, planting and fencing to make the fields more healthy and sustainable. Funding can also be used to buy the materials necessary for volunteers to make



Enriching nature, Enhancing communities

improvements to existing community buildings such as refurbishing or creating better access.

There will be ten funding rounds during the programme which runs from June 2011 until February 2013.

It is preferred that applications are submitted online, though for groups that do not have access to the internet, an alternative method can be discussed. The first closing date is 22 August 2011 (10.00 am).

You are invited to

**Ipswich & Suffolk Council for Racial Equality
Annual General Meeting (ISCRE AGM)**



Date: Thursday 15th September 2011

Time: 6:30 pm (for 7:00 pm start)

Venue: Council Chamber, Ipswich Town Hall, Cornhill, Ipswich IP1 1DH

Programme includes:

- **Ray Lewis, inspirational speaker and Executive Director of Eastside Young Leaders' Academy**
- **Community Champions Award winners**
- **Launch of ISCRE's new literary prize**
- **Food and drinks from across our county's many communities**
- **Live classical guitar music by locally-based Portuguese musician, Fred Costa**

Reserve your place now!

office@iscre.org.uk

Tel 01473 408111



Need for funding applications from Suffolk

If you work directly with people on low incomes and in difficult circumstances, you may be interested in the Charity Trust below.

The RL Glasspool Charity Trust has apparently had very few applications from Suffolk and would welcome them for their one-off grants scheme may be of relevance to your support for your clients/beneficiaries. Note they do not accept applications directly from individuals.

The R L Glasspool Charity Trust is a national charity making one-off grants to people on low incomes and in difficult circumstances. As we do not accept applications direct from individuals, we rely on those third parties who apply on their behalf to notify/obtain explicit consent from data subjects in order that we may legally process information in accordance with the Data Protection Act 1998. Where appropriate, applications should always be made first to statutory sources and any relevant specialist charities. Applications which do not provide full and comprehensive information will be rejected.

The Trust's Scheme with the Charity Commissioners states that "All grants must be made at the discretion of the Trustees, and in accordance with any rules they may make...."

Criteria for allocation of grants (subject to source of application/information received)

The Trust does not normally make more than one grant to any one individual/family. Exceptions may be made to this policy, at the discretion of the Trustees, in cases of particular hardship.

Needs within our scope

Due to the very heavy demand on our funds, most grants are given for basic needs – white goods and other essential household items.

- White goods (via our own supplier, if a cooker is needed please specify gas or electric);
- other household goods (in priority order – "general" or "any help you can provide" will only delay your application being processed or may result in it being rejected);
- flooring (exceptional circumstances only);
- clothing; school uniform;
- vocational materials and training;
- baby needs, if not eligible for Surestart Maternity Grant;
- travel expenses for hospital visits etc. for family members;
- a contribution towards equipment and adaptations for people with disabilities;
- educational computer equipment/television for anyone with a permanent or substantial disability/illness.

Needs not generally within our scope

- holidays (please provide an outline of the proposed holiday, including date, type, location and a breakdown of costs); outings;
- outstanding utility/phone bills in exceptional circumstances;
- household repairs;
- driving lessons/tests.

Needs we cannot help with

- Loans; debts e.g. catalogues/rent and Council Tax;
- bursaries; project funding; research; educational grants;
- rent in advance/deposits;
- funeral costs /headstones;
- equipment and adaptations that should be funded by statutory services.

Who can apply

1. Organisations directly providing, or contracted to provide statutory health/social care
2. Prisons/Probation Service (National Offender Management Service, NOMS)
3. Tenancy support workers employed by local authorities or industrial and provident societies or housing associations registered with the Housing Corporation.
4. Citizens Advice

Any referring agency must have a bank account in its own name and be able to bank and administer grants on our behalf, as we cannot make cheques payable to third parties or to individuals. We do not accept applications directly from individuals. We aim to send an initial response within two weeks of receipt of applications. Please address any queries to the address below.

Grant Officers
R L Glasspool Charity Trust
2nd Floor, Saxon House, 182 Hoe Street, Walthamstow, London E17 4QH

Big Local Trust update

Bertie Bulldog Postcard Promotion

Our 'Big Idea' Postcards featuring Bertie Bulldog are working their way across the NW Ipswich area. Over 8,500 cards will have been delivered by the Community Payback Team by the end of July, asking people for their views on what they would like to see the BLT funding used for. Already replies are flooding in, using not only the postcards, but text and e-mail too.

After two days delivery, we have already received over 30 responses. A wide range of ideas are coming forward which include: a number of requests for facilities for young people including a drop in centre, a community garden, a village hall, street wardens, tennis courts, a new playground, re-opening of Broomhill Baths, repairing potholes, an afternoon social club for retired people, a Green Gym, and even a mini Disneyland, to name but a few.

Community Stars Update

Twenty-one Community Stars have now come forward and offered to volunteer to be members of the People's Panel. Recruitment of 'Stars' will continue until mid September, so if there is anyone who you think would like to be involved, please put them in touch.



Community Development Foundation appointed as Accountable Body for BLT

Big Lottery Fund (BIG) has now formally appointed the Community Development Foundation (CDF) as the Accountable Body which will oversee the national BLT Programme. Their Business Plan was signed off at the end of June, which now means that the way is clear to moving forward to Stage 2 of the project.

Representatives from Ipswich CVS and Ipswich Borough Council have been invited to attend a meeting with CDF and BIG which is to be held on 28th July 2011 in Bedford, together with the other three BLT projects in the East of England. It is expected that more guidance will be given on how the project is to be taken forward and timescales for accessing the second stage of funding.

Monthly Column in the Evening Star

We have secured a monthly column in the NW Ipswich Community Pages of the Evening Star on a regular monthly basis. The next BLT article will be published on 21st July 2011 and feature Whitton resident, Karyn Grant, who was the first Community Star to come forward and volunteer to be part of the People's Panel.

Radio Broadcast: Town 102fm

We have also used local radio to promote BLT and were approached by Town 102fm following delivery of a 'Big Idea' postcard to the home of a member of their team. The interview was broadcast on Monday 11th July 2011.

For more information about the Big Local Trust, contact:

Leah Douglas
Big Local Trust Officer
07976 565329
leah.douglas@ipswich-cvs.org.uk

Funding round-up

UIA Charitable Foundation

is a small-grant-making trust, established to provide financial support to registered charities and formally constituted voluntary organisations that help people in need. The Foundation supports small organisations with grants of up to £1,000 for projects which deal with:

- Third World human rights.
- Third World poverty.
- Victims of domestic abuse.
- Victims of drug and alcohol addiction.
- Rehabilitation of offenders.

Committee meetings are usually held twice a year, in February and September. The trustees will only consider applications submitted on the Foundation's application form and operate on a first come first served basis. In order to keep costs down and avoid postage, applicants are asked to download the form from the website and post a signed copy and their annual accounts. Applications should reach the company no later than the beginning of August

www.uia.co.uk

The MacRobert Trust offers grants to registered charities for a wide variety of activities. Currently, the major categories under which the Trustees consider support are:

- Science and Technology
- Youth
- Services and Sea
- Ex-Servicemen's & Ex-Servicewomen's Hospitals and Homes
- Education
- Disabled and Handicapped
- Community Welfare

Within these areas, the Trustees look for clear, realistic and attainable aims. Grants vary, but most lie between £5,000 and £10,000. Occasionally the Trustees make a recurring grant of up to three years.

The application form is available to download from the website.

The Advice to Applicants gives details of exclusions, time bars and other advice.

Deadline: Monday 31st October 2011

www.themacroberttrust.org.uk

The Allan & Nesta Ferguson Charitable Trust

is open to charitable organisations that support the promotion of education, international friendship and understanding as well as world peace and development. The Trust seeks to fund projects that have an educational aim, element or content.

Applications for core funding or the construction of buildings in the UK will not be considered. However, the trust will consider funding aid projects overseas such as water treatment, food and medical supplies or the provision of basic facilities that are the pre-requisite of an educational or development initiative.

Applications from organisations for grants of up to £50,000 can be made at any time. For larger grants, applications will be considered in March and October each year.

www.fergusontrust.co.uk

The Rayne Foundation

supports organisations with charitable objectives that set out to achieve bridge building outcomes such as:

- Enlarged sympathies - increased understanding and/or tolerance
- Reduced exclusion
- Reduced conflict
- New productive relationships which benefit the public

These are the specific types of costs the Foundation will fund: Salaries and all types of project costs plus a reasonable contribution to overheads (there is no fixed percentage)

- General running or core costs (normally for a maximum of three years)
- Capital costs of buildings and equipment (unless specifically stated in certain sectors)

The foundation does not specify minimum or maximum amounts but the average is around £14,000.

The application process for a grant is in two stages. You are strongly advised to complete the pre application e-guide or download the guidelines. For further information call 020 7487 9656.

www.raynefoundation.org.uk

First Light Movies provides grants to projects that enable young people to participate in all aspects of film production. The Young Film Fund will re-open for applications on the 16th August 2011. Funding is available to organisations such as schools, youth services and community and voluntary groups that work with young people aged between 5 and 18.

Grants are delivered through two different funding streams:

- Pilot grants - funding up to £5,000 for one short film of up to five minutes in duration.
- Studio grants - funding up to £30,000 for between two and four films of up to ten minutes in duration. You will need a track record of filmmaking with young people.

Both schemes require 20% match funding. Deadline: Tuesday 27th September 2011

www.firstlightonline.co.uk

The Sir Cliff Richard Charitable Trust makes grants every quarter, with about 50 different registered charities benefiting each time. Priority is given to charities working in medical research, with children and the elderly, and those involved with the physically and/or mentally disabled. While these form the main focus, other charities, which Sir Cliff would also like to encourage, do receive help from time to time.

Registered charities in the UK are eligible to apply for funding. The level of grants awarded is variable (there are no given maximum or minimum amounts), but are likely to be for smaller amounts.

www.cliffrichard.org

The Architectural Heritage Fund has launched a new programme of support for non-profit organisations in England restoring listed buildings. The Challenge Fund for Historic Buildings at Risk is provided jointly by the Andrew Lloyd Webber Foundation and English Heritage, who are each contributing £1million over five years from 2011– 2016.

The £2 million Challenge Fund will be managed by the Architectural Heritage Fund who will disburse it in grants of up to £200,000 each over the next five years to voluntary sector groups such as Building Preservation Trusts, Civic Societies, Development and Groundwork Trusts who take on historic building rescues.

www.ahfund.org.uk

The Cable and Wireless Foundation provides funding to charities in the UK to improve the lives of those with special needs, including those with physical, mental, behavioural and / or learning disabilities.

There should be a possibility for staff of Cable and Wireless to volunteer or help with projects as well as for the projects to receive specialised communications advice and help. There is no maximum funding amount.

Deadline: Monday 1st August 2011

Applications should be made via the website.

www.cw.com

The Torch Trophy Trust Bursary aims to help volunteers improve their skills as coaches or officials. A Torch Trophy Trust Bursary is awarded to enable individuals or groups to enhance their knowledge in order to assist their club, organisation or community to develop their chosen sport, by:

- Providing funding for volunteers.
- Encouraging and helping voluntary workers at club level. Making grants of up to £1000 available to individuals or groups. Developing talent, increasing knowledge and improving skills. Supporting grass roots sport and recreation.

www.torchtrophytrust.org

The Baily Thomas Charitable Fund was established primarily to aid the research into learning disability and to aid the care and relief of those affected by learning disability by making grants to voluntary organisations working in this field.

Grants are awarded for amounts from £250 and depend on a number of factors including the purpose, the total funding requirement and the potential sources of other funds including, in some cases, match funding. Funding is normally considered for capital and revenue costs and for both specific projects and for general running / core costs.

Deadline: Saturday 1st October 2011

www.bailythomas.org.uk

ProHelp provides free professional advice and support to local community groups and voluntary organisations. Prohelp aims to ensure community groups can access free professional help and advice with issues which might otherwise hinder their work and projects. Examples of the sorts of projects we help with are:

- When and how should I negotiate a new lease for my building?
- Are my employment contracts in good order?
- How can I adapt my building to comply with the Disability Discrimination Act?
- Does my organisation need a brand identity?
- Are my accounting systems robust enough to deal with our rapid growth?

For full details of the range of services offered and how to apply are available from the website.

www.bitc.org.uk

The PRS for Music Foundation - Awards to Performance Groups scheme supports musical performance groups based in the UK.

Grants of up to £3,000 are available for groups with a track record of at least one year, which regularly perform original music by UK music creators in public. The scheme supports sustained activity rather than one-off performances and funding is available to contribute towards the total budget for performing activity for up to one year. Applications are welcomed from performance groups in the UK from all genres of music.

The PRS for Music Foundation has advised that Monday 15th August 2011 will now be the final deadline in 2011 for applications to its funding opportunities: Festivals, New Works, Organisations, Performance Groups and Promoters.

www.prsformusicfoundation.com

Accommodation is available at Red Gables

There are currently offices to let at the Red Gables Resource Centre at Stowmarket . These are available to all not-for-profit organisations working in the voluntary sector.

Offices range in size from rooms that accommodate just a couple of people to those that can take seven or eight people. Rents vary with the lowest annual rent at £7.00 per sq. ft. for rooms on the second floor rising to £9.50 per sq. ft. for rooms on the ground floor. A typical room on the first floor for 3 – 4 people would cost £2,450 per annum. There is a service charge covering all overheads so tenants know exactly how much everything will cost in advance.

The accommodation enjoys the architectural splendour of a large Victorian town house. The building has been adapted for offices with a lift between the ground and first floors. Adaptations have also been carried out to give access for people with disabilities. In addition there are 2



kitchens where tenants can make drinks and snacks.

We can provide these facilities at affordable prices because Mid Suffolk Voluntary Organisations Forum is a charity set up specifically to help organisations working in the charity and community sector.

If you want further details about becoming a tenant or you would like to view the accommodation please contact the Red Gables Manager on 01449 673947.



The Charity Commission, the independent regulator of charities in England and Wales, has today published the last chapter of Protecting Charities from Harm, its online compliance toolkit for charity trustees.

The toolkit has been developed in partnership with the charity sector and is a useful guide which aims to give trustees some practical advice to help manage risks and protect their charity and its property from harm.

All charities need money or financial assistance of some kind. Charities raise and spend money in a variety of ways within the overall objective of fulfilling their charitable purposes. This includes direct spending on charitable projects to help beneficiaries and supporting governance, administration and fundraising. Charities which work internationally often move money across international borders, encountering different financial systems and needing to use different currencies. Whatever the charity, its trustees are legally responsible for ensuring their money is used for legitimate charitable purposes and safeguarded, as much as possible, from loss.

Most countries in the world have some form of banking system in place. Using the banking system

is a prudent and responsible way to ensure that charity funds are safeguarded, and that there are appropriate audit trails of the sort which trustees must keep for the receipt and use of charity money. This chapter of the toolkit looks at the need for charities to have and use bank accounts; explains what the trustees' duties are when using the banking system; and the particular issues which arise in connection with exchanging sterling for other currencies.

However, charities may need to use and work in cash to some degree. Charities may need to use alternative financial systems, although these are more inherently risky than using formal banking systems. These include Money Service Businesses, agents using alternative remittance systems, Payment Services, cash couriers, or even other charities and NGOs.

This guidance provides advice to trustees about what things they need to consider if they have to use cash and these alternative methods; the associated risk management factors; and the sort of financial controls which may be appropriate. Practical tools for trustees to help them meet their legal duties have also been developed.

The earlier chapters of Protecting Charities from Harm covered charities and terrorism; due diligence and monitoring; and fraud and financial crime. The toolkit can be found on the Commission's website:

www.charitycommission.gov.uk

Multicultural Festival

The Bangladeshi Support Centre will be having a Multicultural Festival in Alexandra Park Ipswich, Sunday 4th September 12pm-5pm. They are inviting people to be sponsors, advertise in their booklet for the day or have a stall on the day. Costs for stall holders are as follows:

- Organisations with information/promotional stalls £50 per table
- Food/Clothes Stalls £150
- Individuals selling products 25% of takings

Community Rounders match

All invited and totally free!!
Parents bring your kids and kids bring your parents.
August 3rd, Kelly Road Green
3.30pm
Everyone loves a game of Rounders!!

ESOL & English Courses @ CSV Media Clubhouse

Due to a great demand and success we are now pleased to inform you that CSV Media Clubhouse will be providing more accredited ESOL courses from September 2011.

We have places for ESOL Entry 1, 2, 3 and Level 1 and 2 and students will study towards gaining a full national ESOL qualification awarded by Trinity College London.

For more information, visit:
www.mediaclubhouse.org.uk

LET'S TALK ABOUT HEALTH



***Do you suffer from diabetes?
Are you concerned about someone who has diabetes?
Would you like to learn more about this health condition?***

If the answer is yes, then the Caribbean and African Community Health Support Forum have in place a six week rolling programme in September taking place

Where: The Manor Ballroom
4 Saint Margaret's Green
Ipswich, IP4 2BP

When: From 8th September 2011
Time: 10.00 AM – 12.00 PM

For further information or to book a place on the course, please contact:

The Caribbean and African Community Health Support Forum
at Ipswich & District Council for Voluntary Services (ICVS)
1 Cornhill, Ipswich IP1 1DD

Email: healthsupportforum@live.co.uk
Phone: 01473 233844



COMMUNITY RESOURCE SERVICE

Are You:

- ✓ Managing with Bi-Polar Depression?
- ✓ Caring for somebody with Bi-Polar Depression?

Suffolk Mind & Suffolk Family Carers
would like to invite you to meet and discuss
establishing a user-led support group

On

Thursday August 4th at 6pm-7.30pm

46-48 Westgate Street
Ipswich
Suffolk
IP1 3ED

For more information contact Ezra Hewing at Suffolk Mind, on 07595 086138 or Daniel Richards at Suffolk Family Carers, on 07748 932208

Suffolk Family Carers helpline number- 0844 2253099
www.suffolkfamilycarers.org

For latest information phone 01473 230609 or go to www.suffolkmind.org.uk

Music in Our Bones invites you to
Sing Your Stress Away
with
Music In Mind

*Come to Music In Mind and find confidence
singing with others!*

Join in and feel your spirits lift.

Mondays fortnightly

13th June, 27th June

Tues 12th July,

25th July,

12th Sept, 26th Sept,

10th Oct, 24th Oct

7th Nov, 21st Nov

5th Dec, 19th Dec

2-4 Ipswich Central Library

Lecture Room upstairs

*(Lift available, blue badge
parking Old Foundary Rd)*

£2-5 voluntary donation

First session free

Just pop in or email tracy.sharp43@ntlworld.com or

jenniesings@hotmail.co.uk to find out more

Supported by Ipswich Community Fund

Why should you volunteer?



"I would recommend it to others if they are looking to go into any leadership/management role"

"You get a great feeling from knowing that you've helped others for nothing, and you also learn skills which are helpful for your future"

Don't take our word for it – as these are very recent words from just two of the 215+ volunteers who have registered with us, an enquiry into volunteering.

We advertise 200 + opportunities across Ipswich and the Suffolk Coastal area, for volunteers to choose to do – involving sports, the arts, supporting people, the

environment - the list can go on and on - The length of opportunities can range from a few hours at the weekend to help at an event to several hours needed per week for a role requiring commitment and responsibility. To see more details on the volunteering opportunities currently available, please view them on www.do-it.org.uk or just come into ICVS where we are based, whereby our friendly staff will be happy to help you.

Why organisations should register their volunteering opportunities with us

"you have helped us find a volunteer. It was an extremely efficient service."

Our service is free but we have high standards. We ask organisations to provide:

- 1) accurate and detailed volunteer opportunity descriptions (on our template), which we can then display to the public
- 2) contact details for at least one employee/volunteer who will manage the volunteers to the highest standard possible
- 3) Updates when we request (usually monthly) on a) volunteers b) opportunities and c) how we can help you furthermore.

So if you want to volunteer, or you are an organisation wanting volunteers, please contact us (see my details below) to see how we can help you.

Kirk Jackson
Volunteer Support and Development Officer
Volunteer Ipswich & Suffolk Coastal
01473 261116
kirk.jackson@ipswich-cvs.org.uk
www.ipswich-cvs.org.uk

Opening Days/Times
Monday - 9:30am to 4:30pm
Tuesday, Thursday and Friday - 9:30am to 1:30pm
Wednesday - Closed

Digital Events for Ipswich & Babergh East



In early July ICVS, in partnership with the Big Local Trust and the Bury St Edmunds Volunteer Centre, ran two Awareness Raising Events to

promote the Digital Switchover for the Anglia Region.

The two Events were held at the Castle Hill United Reformed Church in north west Ipswich and the Friars Hall in School Street, Sudbury.

Anyone attending had the opportunity to listen to a detailed Presentation and receive materials and information on the Digital Switchover.

For anyone who has any questions regarding the Switchover or would like additional information on the help and support available for themselves or family members, friends or neighbours please contact the ICVS Office on 01473 261111 or sue.clements@ipswich-cvs.org.uk

Suffolk Congress

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

The Suffolk Congress is a dynamic and innovative response by the Voluntary and Community Sector (VCS) in Suffolk to the demands that the 'Big Society' and locally, Suffolk County Council's New Strategic Direction, will make on every person in Suffolk.



Groups and charities have evolved as people see and respond to need – our people want to make a difference in Suffolk and they do. We are a diverse sector, reaching out to a vast and varied number of causes. Grassroots community action in Suffolk is the embodiment of the Big Society. Small cuts at this level make a big difference to the quality of life of the people of Suffolk.

By working together and speaking with a common voice we can help shape a positive future for the people of Suffolk. By signing up to the Congress you will be provided with opportunities for your voice to be heard by Suffolk County Council through our engagement with them in regular dialogue. The Congress will be advocating and campaigning on your behalf, consulting you on your views and experiences, and providing a resource for managing change. Above all, your involvement will provide the Congress with a strong network to influence all our futures.

We encourage you to sign up to the Suffolk Congress, which you can do at www.thesuffolkcongress.org.uk

New funding adviser at ICVS

Hi I am Katrina, and I am delighted to be working at ICVS for two days a week as the funding and development advisor. I have previously had close working links with ICVS for over ten years, in my previous roles within Suffolk County Council. I am delighted to now be on board the good ship ICVS.

As a member of the Institute of Fundraising I can assist with you funding or governance advice that you may require.

I look forward to meeting you and please come along to a funding surgery or a workshop that I am running.

ICVS

Liz Louch	Chief Executive	01473 261110
Sue Clements	Deputy Chief Executive	01473 261111
Colin Bartram	Finance and Development	01473 261115
Jane Bignell	Events and Support Administrator	01473 261114
Katrina Copping	Funding Advisor	01473 261113
Tony Sewell	Data Admin - Ipswich Community Fund	01473 261114

Volunteer Centre

Kirk Jackson	Volunteer Support & Dev. Officer	01473 261117
Karen Osborne	Volunteer Co-ordinator	01473 261117

Projects

Kate Burgess	Making Tracks Manager	01473 271881
Julie Stokes	Town and Bridge Project	01473 261112
Rhonagh Wittames	Triangle Project	01394 450180
Leah Douglas	Big Local Trust Officer	07976 565329

GENERAL ENQUIRIES

1 Cornhill, Ipswich,
IP1 1DD

01473 251834

Email: enquiries
@ipswich-cvs.org.uk

www.ipswich-cvs.org

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