



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 (10am on Wednesday) just through the entrance on the right

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 Fundraisersue.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 SewellData Admintony.sewell@ipswich-cvs.org.uk
- Leah DouglasBig Local Trustleah.douglas@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

Bridges

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

May - Jul 2011

Ipswich CVS
1 Cornhill
Ipswich
IP1 1DD

Tel: 01473 251834

Registered Charity Number 1082288
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Dear Colleagues,

There are so many changes happening at the moment that the only certainty is uncertainty, but as R. Fitzhenry said: **"Uncertainty and mystery are the energies of life. Don't let them scar you unduly, for they keep boredom at bay and spark creativity."**

I would like to signpost you to a website that will be useful and informative.

Make your voice count - visit the [Suffolk Congress](http://www.suffolkcongress.org.uk) website and sign up

The Voluntary & Community Sector (VCS) is a vital and vibrant part of Suffolk life and services. At this time of change, many of these services are under threat. We want to work more closely together and make our voices heard to ensure that the people of

Suffolk continue to receive the services they need. Add your voice and demonstrate the need for and the value of our work by visiting the Suffolk Congress website at

www.suffolkcongress.org.uk

The more organisations that are part of the Congress, the more influence the VCS will have. The site also includes links to locate your MP, county, district and parish councillors, to enable easier communication with decision-makers at this time.

The sign up is easy and will enable us to follow up with quick surveys that can capture the impact of changes on your services. We will share the

Cont on Page 2...



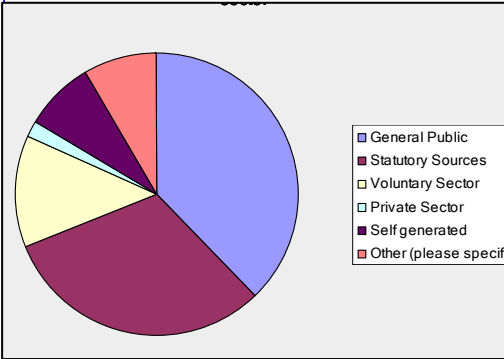
Liz Louch
Chief Optimist
01473 261110

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information to enable you to shape your services and inform decision-makers to help them make the right choices for Suffolk. The site features news updates, upcoming events and ways to get involved.

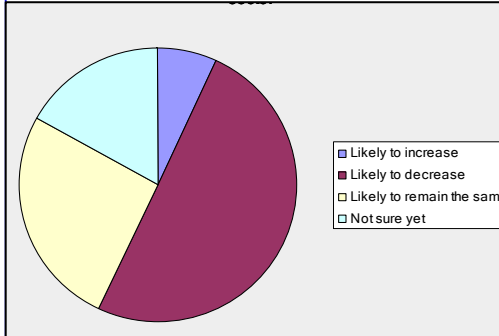
The VCS in Suffolk is very diverse, I think the following Pie Chart clearly demonstrates this and it highlights the sector's reliance on public funding.

Funding outlook for Suffolk's voluntary and community sector



And findings suggests that many of these organisations expect a drop in their income, please see Pie Chart in the next column..

Funding outlook for Suffolk's voluntary and community sector

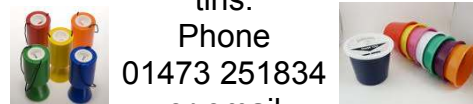


I hope that you will find plenty of useful information, support and workshops inside this quarter's newsletter that will help your organization to survive and develop in these challenging times.

Fundraising Tip

Are you organising an event?

As an ICVS member you can borrow our collecting buckets and tins.



Phone 01473 251834 or email enquiries@ipswich-cvs.org.uk

to find out more.

Event	Date and Time	Venue	Information
Fundraising Surgery	21 April 1pm to 5pm	Chantry Library, Ipswich	To book phone 01473 251834 or email enquiries@ipswich-cvs.org.uk
Create a Social Enterprise	27 April 10am to 4pm	ICVS, 1 Cornhill, Ipswich, IP1 1DD	Book in Advance Fee £60 Tel 01473 261114 or email enquiries@ipswich-cvs.org.uk
Funding Application Workshop	11 May 10.30am to 1pm	ICVS, 1 Cornhill, Ipswich, IP1 1DD	To book contact Elle Lamb 01473 251834 or email enquiries@ipswich-cvs.org.uk
Thursday Workshop Disability Awareness	12 May 10am to 12pm	ICVS, 1 Cornhill, Ipswich, IP1 1DD	To book phone 01473 251834 or email enquiries@ipswich-cvs.org.uk
Fundraising Surgery	19 May 1pm to 4pm	ICVS, 1 Cornhill, Ipswich, IP1 1DD	To book contact Elle Lamb 01473 251834 or email enquiries@ipswich-cvs.org.uk
Fundraising Surgery	16 June 1pm to 4pm	ICVS, 1 Cornhill, Ipswich, IP1 1DD	To book contact Elle Lamb 01473 251834 or email enquiries@ipswich-cvs.org.uk



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Welcome to the ICVS Hub

ICVS welcomes Voiceability and the Caribbean and African Community Health Forum to the ICVS Hub. We hope that they are settling in ok.

To find out about Voiceability go to www.voiceability.org.

To find out more about the Caribbean and African Community Health Forum email clemturner@hotmail.co.uk

New Addition to the ICVS Team



On 4th April, Leah Douglas joined the ICVS team as the Community Catalyst/Organiser who will be responsible for taking forward work to deliver the Big Local Trust Project (BLT), supported by the BIG Lottery Fund in North West Ipswich.

The BLT Project will see up to £1 million of funding coming into the two wards of Whitton and Whitehouse over the next 10 years, at a rate of £100,000 per Cont...

year. It is anticipated that this funding will enable a wide range of community groups, organisations, projects and activities to be supported, bringing direct benefit to residents living in these local communities.

Over the next 6 months, Leah will be consulting local residents, businesses and groups to find out what people living in Whitton & Whitehouse would like to see the funding spent on and ensure as many people as possible engage in the consultation process.

Leah joins us from Inspire East. She has worked to support communities for many years in the field of community regeneration, development/engagement and empowerment.

Leah will be working part time, 22 hours / week and will be in the ICVS office every Monday. She can be contacted by e-mail on leah.douglas@ipswich-cvs.org.uk or telephone on 07976 565329.

Contact Leah by phone or email if you want to know or discuss anything about the BLT Project.

Don't Forget to Renew your ICVS Membership!

It is time to renew your ICVS membership. Our membership year runs from 1 April 2011. You should shortly be receiving your renewal letter. We are pleased to announce that in the current climate of price increases we have kept our membership fees the same as last year with joint membership discount if join both ICVS and SAVO as well.

If you are not already a member, you can find out more about membership on our website www.ipswich-cvs.org.uk.

Retirement age has been scrapped

From 6 April employers will no longer be able to compulsorily retire employees using the default retirement age (DRA) unless the default age can be objectively justified.

Visit the ACAS retirement age guidance page for employer guidance <http://www.acas.org.uk/index.aspx?articleid=3203>

New ICVS Website
www.ipswich-cvs.org



Have you had a look at our new website yet?

We have had it redesigned to be more user friendly and provide you with loads more information about events and workshops to help your voluntary or community group.

We have also included a downloadable directory of groups in Ipswich & district which can be found on our resources page under on the services menu. If your entry is out of date, please let us know by emailing :- enquiries@ipswich-cvs.org.uk

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The Ipswich Community Fund (ICF) was setup in January 2009 with the help of One Ipswich, NHS Suffolk and Suffolk County Council. The aim of the fund is to provide small grants to charities and social groups in Ipswich for the benefit of Ipswich residents.

Information about ICF can be found on our website www.ipswich-cvs.org.uk

Right from the start a steady stream of applications were received and reviewed. Striking a balance between being confident and overly bureaucratic has reduced the size of the application form considerably!

The fund has guidelines to help new groups starting up and to help groups and projects towards self-sufficiency. This reflected the current trend towards a social enterprise model rather than the traditional charity.

The variety of projects supported is a credit to the people of Ipswich who have developed some great ideas. Cont...



The Taste for Life event (pictured above) shared cookery and food from different cultures for what was a very enjoyable experience.

Other projects provided activities for children and teenagers that provided sports to help with fitness and a positive alternative to anti-social behaviour.



Football coaching by Catch 22 (pictured above) proved very popular with young people who benefited from this healthy and social activity.

Volunteering Opportunities

- * Volunteer at the re-opened **Ipswich Film Theatre**. Become an usher or help to distribute leaflets and help make this volunteer – led arts cinema a great success. They'd love to find more volunteers able to help on Saturdays.
- * **Town & Bridge** run two lunch clubs at St Mary at Stoke and the Oasis lunch club, Burlington Road on a Tuesday and would love volunteers who can help make the older people really welcome & help with activities.
- * **Karibu kids and Youth club** meet at Murrayside Community Centre every Saturday 10-4pm. They run sessions on African drumming & dance, languages, art & craft, basketball, cooking and help with homework. They would love to recruit volunteers happy to run arts and craft sessions. All skills welcome!
- * Help the **Keep on Rockin'** singers get to and from their rehearsals in Norwich Road on Wednesday nights. They start

at 6.30pm until about 8.30pm. If you'd like to join in then there's a chance to take part for free.

- * **The Suffolk Fire and Rescue Service** are looking for Home Fire Safety Check Volunteers. Help to provide these essential checks for the vulnerable in the community. You will give fire safety advice and receive full training (including Fire Safety and First Aid) and a uniform.
- * **Making Tracks** help to provide after school care for 8-13 year olds in a safe, supportive and educational environment. There are 4 centres in Ipswich and they'd like to find volunteers with experience of working with young people.
- * Volunteering doesn't have to be a regular commitment - just do one good thing! We keep a **calendar of events** that you can help with. We'll be happy to tell you more.

Contact Kirk or Karen, Volunteer Ipswich on 01473 261116 or email volunteer@ipswich-cvs.org.uk

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VOLUNTEER IPSWICH

Volunteering on the increase

163 – this is the number of times in February 2011 Volunteer Ipswich referred a volunteer to an organisation with a volunteering opportunity available.

Within this financial year, this is the most amount of people we have placed within any one month (excluding March's figures which at the time of writing have yet to be finalised). We have made **1312** placements from **April 2010 to February 2011**.

We anticipate that enquiries to volunteer are going to continue to increase throughout 2011 for a variety of reasons. With the rise of enquiries could come a higher 'calibre' of volunteer and we suspect, in an economic climate whereby organisations needing volunteers may have scarce resources, organisations will be wanting and therefore 'selecting' volunteers who already have the skills needed as opposed to selecting those who want the

opportunity to learn skills.

However, we also know that volunteers expect a good service from the organisation they want to volunteer for, expecting to be contacted quickly, receive a good induction and feel valued on a continuous basis.

Therefore Volunteer Ipswich will continue to work throughout 2011 with volunteers and organisations to 'broker' volunteering opportunities. We continue to expand the geographical area where we provide our 'brokerage' service and the number of organisations we work with to achieve this. For more information on volunteering, please contact me.

Kirk Jackson, Volunteer Support and Development Officer, on 01473 261116 or email kirk.jackson@ipswich-cvs.org.uk

Opening Days/Times

Monday - 9:30am to 4:30pm
Tuesday, Thursday & Friday - 9:30am to 1:30pm
Wednesday - Closed

FUNDING & DEVELOPMENT

 **Equitable Charitable Trust** 

Provides grants of £3k to £30k towards projects for children and young people under 25 from disadvantaged backgrounds or who have a disability.

For more information go to www.equitablecharitabletrust.org.uk

 **eaga Charitable Trust** 

Supports projects and research for the relief of fuel poverty and promotion of energy efficiency. No min or max - applications are judged on merit. Go to www.eagacharitabletrust.org.

 **Sport for You Grant** 

Partners The Daily Telegraph and RBS are giving grants up to £1000. Go to www.telegraph.co.uk/sport/othersports/amateur/8281664/Enter-your-sports-club-for-a-1000-grant.html

 **Grantfinder** 

Use the ICVS Grantfinder to find out about grants available for your organisation. Book a time with Elle on 01473 261113 or email elle.lamb@ipswich-cvs.org.uk

**Monitoring and Evaluation on a Shoestring**

As funding pressures on the sector grow, there is an even greater need for organisations to demonstrate the difference they are making and to learn from their performance.

This new guide from National Performance Programme offers a simple but systematic approach with guidance on identifying your outputs and outcomes, what data you need to collect and how to use the data, proving monitoring and evaluation doesn't have to be expensive.

Download for free at :- www.ces-vol.org.uk/downloads/meonashoestring-795-803.pdf

Funding Surgeries

Thursday 21/04/11 1pm - 4pm
Thursday 19/05/11 1pm to 4pm
Thursday 16/06/11 1pm to 4pm

Phone Elle Lamb for an appointment on 01473 261113

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Trustee Responsibilities Workshops

Workshop outcomes are:

- Increase practical skills associated with managing a community and voluntary organisation
- Develop the confidence and communication skills of individual volunteer trustees and committee members
- Improve the quality of governance for community and voluntary organisations

If you feel your Trustees or organisation would benefit from this workshop, please contact Elle Lamb 01473 261113 or email elle.lamb@ipswich-cvs.org.uk and she will arrange the workshop to be directed at your group.

Extra Bank Holiday for the Royal Wedding

To find out how this affects your organisation and your staff take a look at ACAS' advice by clicking on this link www.acas.org.uk/index.aspx?articleid=3197

Creating a Social Enterprise Workshop

at ICVS, 1 Cornhill, IP1 1DD
With Shpetim Alimeta
27 April 2011, 10am – 4pm

Session description:

A one-day workshop designed to give a practical knowledge of legal structures & issues involved with setting-up a Social Enterprise

Training content:

- The definition of Social Enterprise and the key features
- Common characteristics of Social Enterprises
- What distinguishes Social Enterprises from other types of organisations
- Examples of successful Social Enterprise & reasons for their success
- Looking at the most popular legal structures for Social Enterprises
- Analysing the positive and negative sides of these legal structures
- How to set-up a Social Enterprise – the practical steps
- Pitfalls and considerations when starting a Social Enterprises

Continued Page 7....

Thursday Workshop Disability Awareness

With Mark Bradley, Hospital from Home, Red Cross

On 12 May 2011 from 10am to 12pm

At ICVS, 1 Cornhill, IP1 1DD

A fun, interactive workshop to raise awareness of various disabilities including blindness, deafness and mobility. Through different activities discover the challenges faced by people with disabilities on a daily basis.

The workshop is aimed at all groups, not just those that support people with disabilities, to help raise general awareness of how it can feel to have a disability.

This workshop can help your staff and volunteers understand the issues faced by people with disabilities on a day to day basis and help them understand what equal opportunities is.

To book contact Jane or Tony on 01473 251834 or email with your name and organisation to enquiries@ipswich-cvs.org.uk

Can You Help?

The Refugee Council will be leaving its premises at 4-8 Museum Street during June. In the meantime we are looking for new premises and wondered if there were organisations in the town centre that might have office space which they need to fill. In the first instance we are seeking space for 3 / 4 desks and a room in which to have small meetings/interviews

If your organisation might be interested please contact Sharon Holden on 01473 297906.

Funding Application Workshop

Find out how to complete successful funding applications.

On Wednesday 11 May 2011

From 10.30am to 1.00pm

At ICVS, 1 Cornhill, IP1 1DD

To find out more about this workshop and to book a place, please contact:-

Elle Lamb 01473 261113 or Jane Bignell 01473 261114 or e-mail: enquiries@ipswich-cvs.org.uk

FINANCE NEWS

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. All ICVS members can get advice and guidance for free, but when you need that bit more, ICVS can offer an accounts service tailored to your group's needs, including:

- Bookkeeping
- Management reports
- Preparation of accounts for audit/independent inspection
- Setting up Restricted and Unrestricted Funds
- Bank reconciliation service

Adhoc support as and when YOU require it

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

Contact Colin 01473 261116 or email money@ipswich-cvs.org.uk

Annual Reports

To find out when you must prepare an annual report and accounts, or the financial thresholds for having the accounts externally audited or examined, or the filing of your report and accounts with the Charity Commission, go to:

www.charitycommission.gov.uk/Publications/cc15b.aspx

Pension Reforms

When will pension reforms happen for most charities? David Kane, a researcher at NCVO, takes a look at when the changes to pension arrangements will impact on charities, given that they are being phased in based on number of employees. As most charities are relatively small, the answer is not many until 2014, but you would still be well advised to start thinking about this once detailed official advice is issued.

Go to www.ncvo-vol.org.uk/networking-discussions/blogs/116/11/01/20/pensions-reform-how-many-charities-will-be-affected to read the full blog.

PARTNERSHIP NEWS

Who should attend?

Voluntary and Community Organisation that want to create a social enterprise subsidiary
Individuals who are thinking of starting a Social Enterprise

The Enterprising Reward:

On the day 2 participants will have the opportunity win a financial reward for their organisation (one per organisation).
Could you be one of the two inspiring participants?

Booking a place:

Booking in advance is essential! Places are limited to two people from the same organisation
Cost £ 60.00 per person
Contact Jane on 01473 261114 or enquiries@ipswich-cvs.org.uk

Voluntary Sector Cuts

www.voluntarysectorcuts.org.uk

A new website for voluntary and community organisations to share concerns about funding cuts and its impact on their ability to deliver services. A joint project bringing together NAVCA, NCVO, ACEVO, Volunteering England and other leading voluntary and community sector bodies.

The Disasters Emergency

Committee (DEC) has warned of fraudulent emails circulating which claim to be soliciting funds for a DEC 'Tsunami Earthquake Appeal' for Japan. No such 'Appeal' exists. The police have been informed.

Stay alert when looking at to donating online:-

- Ensure that emails asking for money are genuine by contacting the charity requesting donations directly.
- If you think you may have been targeted by a fundraising scam, report it to Action Fraud by telephoning 0300 123 2040 and the Charity Commission on 0845 300 0218.
- If you want to donate online to a particular charity, visit the charity's website.
- Think about how you are going to give. If you are a UK taxpayer and donate directly to a charity it can claim Gift Aid to maximise your donation.



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MEMBERSHIP NEWS

East Anglian Sailing Trust (EAST)

You may recall that EAST won the 2010 Anglia TV Peoples Millions to change a redundant building into a modern Waterside Centre.

Join them for a Celebration Day on April 23 2011 when Griff Rhys Jones will open the new centre.

From noon onwards you can:

- Look at the craft in the harbour, including Griff's yacht 'Undina'
- 'Get Afloat in one of EAST's craft
- Inspect EAST's new centre.

At 4 pm

- The official opening of the new EAST Waterside Centre by Griff.

From 7pm

- A Charity Evening for EAST in the Suffolk Yacht Harbour's New Harbour Room. A welcome drink will be followed by a buffet and the chance to meet and chat with Griff who will conduct a special Charity Auction on behalf of the Trust. **Tickets for the evening are £25 from Louise on 01473 659465 or email louise@syharbour.co.uk**



an eden project

Sunday 5 June 2011

Register your event with The Big Lunch www.thebiglunch.com and you will receive a free starter pack full of information, goodies and useful advice for your event.

The Big Lunch is an idea from the Eden Project which aims to get neighbours together.

Your event can be anything from a simple lunch in your garden to a huge street party.

Babergh East News

Vote for Whatfield Playground to help them win £18000.

Vote at
www.ilovelandscapes.co.uk
or text landscapreB to 80809

Please ask friends, family & colleagues to enter this public vote open until 23 April 2011

ICVS Bridges Newsletter Copy Deadline:

Thursday 7 July 2011

MEMBERSHIP NEWS

Babergh East News**Big Lottery Event**

Tuesday 5 July 2011 at Shotley Village Hall, The Big Lottery will be working in partnership with ICVS to deliver a networking and information event. **Book the date in your diary!** Times to be confirmed

For more information contact Sue on 01473 261111 or email sue.clements@ipswich-cvs.org.uk

New research reveals trend towards companies giving 'in kind' support

The DSC has reported on research carried out for the 8th edition of *The Guide to UK Company Giving*, which includes the listing of 600 companies in the UK that give 'in kind' or cash donations to charities, shows that they gave around £762 million in community support in 2009/10 (including £512 million in cash donations).

The guide is available at a cost from www.dsc.org.uk/companies

The Discarded Made Beautiful

by Creative Freelance

At Frame Workshop and Gallery, 22 St Nicholas Street, Ipswich

Thursday 7 April 2011 – Saturday 30 April, 10pm - 5pm (not Sundays)

Admission Free

Members of Freelance, a local support group for creative professionals, have responded to the current economic climate with an exhibition reflecting this by creating art from something that is not important, is made out of throwaway materials, but which is beautiful. Either 2D or 3D, wall-mounted, free standing, or even suspended.

The price per piece is designed to be modest.

Borin Van Loon, Chair of Freelance says: "Rubbish can be beautiful when it is mediated by the artist."

Hilli Thompson's glass dish, kiln fired from old jam jars

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