



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 Fundraisersue.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 SewellData Admintony.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

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

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May-July 2010

Ipswich CVS
1 Cornhill
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IP1 1DD

TEL: 01473 251834

What a glorious Spring, made all the better following a hard, long winter. The bright light makes us all feel more energised and positive and the Team within 1 Cornhill are buzzing. We are busy developing a new programme of events, workshops and services, that we hope will assist you with your work in the Ipswich community. Throughout the newsletter you will, find more details of some of the happenings.

I am aware that money or lack of it, is and can be an all-consuming obsession, but improving your processes, developing partnerships, assessing your priorities can all make an impact within your organisation. At present I am carrying out a review of all our services, job descriptions and priorities to ensure that we are as effective and efficient as possible.

Election-fever is everywhere, like it or not; once we know who the next Ipswich MP is going to be, we will arrange a meeting for the sector—watch this space. ICVS want to ensure that your voice is heard, that you have good representation opportunities, so please let us know your pressing issues, how we can help and who you want to reach. We are only as strong as our members, therefore we have a vested interest to ensure you are strong! And remember:

If you see ten troubles coming down the road, you can be sure that nine will run into the ditch before they reach you.

Calvin Coolidge1872-1933



Liz Louch
Chief Optimist
01473 261110

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Tax Effective Giving Workshop

ICVS are facilitating this government funded workshop with Charity Fundraising on Wednesday 17 November 2010. It will offer an introduction and update on

- Gift Aid
- Payroll Giving
- Gifts of Shares
- Legacy fundraising

Cost:-

£20 for charities with an annual income of under £1million

£80 all other organisations

(includes extensive course materials, post-workshop support, lunch and refreshments)

For further information call Katie Johnson, Charity Fundraising on 0845 337 3801 or visit www.tax-effectivegiving.org.uk

Sector, with predictions of 25-30% cuts in funding.

The next few years are going to be challenging; whilst need increases, the money to provide the services is shrinking. The VCS has 2 choices:

1. Shut up shop Or
2. Develop creative solutions, partnerships and plans to continue to work alongside those most in need.



To help make the second option work, ICVS successfully held a success launch of Destination: Opportunities & Survival on Wednesday 17 March 2010 to encourage the Ipswich and District Voluntary Community Cont (page 3) ...

Destination: Opportunities & Survival Launch

The backlash of the recession is beginning to make a real impact on the Voluntary and Community Cont...

Organisation and event	Date and Time	Venue	Information
BLAST OFF CAMPAIGN: 2nd stage of the journey: gathering the evidence	05/05/10 1000 -1200	ICVS Boardroom, 1 Cornhill Ipswich	Please phone Liz Louch 01473 261110 to book your place
Social Media Marketing	06/05/10 1300 -1400	ICVS Boardroom, 1 Cornhill, Ipswich	Please phone Jane Bignell 01473 261114 to book your place
ICVS Fundraising Surgery	12/05/10 1300 - 1600	ICVS Boardroom, 1 Cornhill, Ipswich	Please phone Elle Lamb 01473 261113 for an appointment
Getting your group in the Local Press	20/05/10 1030 - 1200	ICVS Boardroom, 1 Cornhill, Ipswich	Please phone Jane Bignell 01473 261114 to book your place
ICVS Fundraising Surgery	09/06/10 1300 -1600	ICVS Boardroom, 1 Cornhill, Ipswich	Please phone Elle Lamb 01473 261113 for an appointment
Open Weekend Event	24/07/10 1100 - 1400	ICVS Boardroom, 1 Cornhill, Ipswich	Please phone Sue Clements 01473 261111 to book your place



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Welcome to the ICVS Team



ICVS welcomes Stephanie Andrews who has joined us as Volunteer Ipswich Administrator through the future jobs fund. She is currently learning the ropes and wish her all the best in her new role.

Congratulations

ICVS would like to congratulate their volunteer Tony Greetham, who they nominated for the High Sheriff's Suffolk Volunteer of the Year Award. Although he did not win, Tony received a certificate 'in recognition and appreciation of the positive contribution he has made to his local community.'



Cracking the Code

Cracking the Code is a bursary scheme for small infrastructure organisations to improve their governance. They provide up to £500 for your organisation to improve its governance based on all or any of the principles set out in the Good Governance: a code for the voluntary and community sector.

There are many different ways the bursary can be used to improve your governance. What you do and how you use the bursary depends on the needs of your organisation.

To find our more visit <http://www.ncvo-vol.org.uk/>

Next Newsletter

Please email any articles that you would like to appear in the next newsletter to jane.bignell@ipswich-cvs.org.uk or post to ICVS, 1 Cornhill, Ipswich, IP1 1DD
The deadline is 3 July 2010
(we cannot guarantee that they will be printed, but we will do our best.)

Sector to explore opportunities and survival techniques. To see the full report go to :-

www.ipswich-cvs.org.uk

Launch speech by the Mayor of Ipswich



!!CALLING ALL INTERNATIONAL WOMEN!!



The London 2012 'Open Weekend', is an annual UK-wide celebration of art, culture, sport, and everything that makes up the London 2012 Games. It's an opportunity for local community groups to showcase themselves and inspire others.

On Saturday 24 July 2010, ICVS
Cont...

are holding their Open Weekend Event in celebration of International Women across Ipswich and the district. We are putting on an Event enabling women of all cultures to come together in the heart of Ipswich at 1 Cornhill.

The Open Weekend Event will be FREE and run from 11am through to 2pm. We are planning to include sharing of ideas, learning more about each other, developing networks, showcasing local community groups and looking to develop an all female Discussion Forum.

Along with the opportunity to be part of an exciting development, we would like to extend an invitation to lunch.

Places will be limited at the Event and if you would like to register your interest, please contact ICVS on 01473 261111 or e-mail sue.clements@ipswich-cvs.org.uk

We very much look forward to hearing from you.

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2012 and all that!

Mike McCarthy has recently taken up the role of *Suffolk 2012 Volunteering Legacy Officer*, a three year fixed term position based at the SAVO in Ipswich and jointly funded by Suffolk County Council, Suffolk Sport, Young Suffolk and managed by Suffolk Volunteering Federation.

The aim is to *maximise the potential benefits to Suffolk, of the 2012 Olympics, in terms of volunteering in the fields of sport and culture* and is evidence of Suffolk's commitment to create a positive and lasting legacy on the volunteering culture leading up to and following the 2012 games.

Working with Volunteer Centres and Partnerships in Ipswich and Suffolk, will be critical, particularly in accessing new volunteer involvement. Strengthening the links between sport and cultural organisations in the county and the rest of the third sector will

Cont...

also be crucial.

Mike will be contacting and meeting with many of you as part of his role but if you would like to get to him first then he would be very happy to hear from you. The SAVO offices are up on Woodbridge Road East, and he can be reached on 01473 275196 or by e-mail on 2012legacy@volunteeringsuffolk.org.uk



International Language Holidays

Accredited by the British Council

International Language Holidays are looking for host families in Ipswich to host foreign teenagers learning English from 4 July 2010



You can earn £440.00 for hosting just 2 students for 2 weeks and you get paid weekly.

Please call Maria on 01206 544422 for further information & application form
or email mwalters@cesc.co.uk

Volunteering Opportunities

- ☆ **Bike Active** is a fantastic project that takes disabled people out on specially modified bikes around Alton Water on a Friday. Get fit and make someone smile!
- ☆ 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 **Samaritans** would love to recruit new members of their team to support people who want to talk. Volunteers give 4 sessions a month - great training and support. The Ipswich Group are also keen to recruit fundraising volunteers to join their team.
- ☆ **Making Tracks** centres provide activities for 8-13 year olds from 2.30-6pm at their 4 centres in Ipswich. You need experience of young people

and will need to hit the ground running!

- ☆ Help at the **Dance House** on the Waterfront. They would like to recruit a team of volunteers to help with events, to meet and greet people and make them welcome
- ☆ Want to try an one event this year? Why not join the **Orwell Walk on Sunday 27th June** and raise money for the charity of your choice.

Contact Wendy Herber or Karen Osborne at Volunteer Ipswich on 01473 261116 or email volunteer@ipswich-cvs.org.uk

NOCN Level 3 Award in Managing Volunteers

An accredited course from the Suffolk Volunteering Federation aimed at those already working in small to medium sized organisations as managers of volunteers.

For more details of the course content, please see

www.volunteeringsuffolk.org.uk

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PARTNERSHIP NEWS

St Mary at Stoke lunch club

Tony Greetham, ICVS volunteer has been visiting the St Mary at Stoke lunch club which meets on a Tuesday and this is his report.

“Having visited the club for 6 weeks I can only give it a good report.

The day consists of an hour’s chair based exercise followed by a short break and then a two course lunch. There is always a small vase of flowers on each table. The conversation is lively and enjoyed by all.

A local school provides the meals with the menu on a five week rotation varying from roasts to pasta followed by a hot dessert; more than adequate for a normal appetite!

Once lunch is cleared away for those who want to stay and can manage it there is line dancing.

The best recommendation was a comment from one of the regulars that she would not know what she’d do without it.”



Count me in !

Volunteer Ipswich 2010

Volunteer Ipswich, established at ICVS in April 2008, has rapidly become the busiest volunteer centre in Suffolk.

In 2010, we want to reach out and involve more people in volunteering and to work with many more voluntary groups and organisations in Ipswich. We’ve launched a new campaign ‘Count me in’ to recruit 2010 volunteers in 2010.

We’ll be asking people to sign up, so that we can then give them more information about all the ways they can get involved.

We will also be asking anyone volunteering already to tell us more about what they do, as we want to celebrate all the good things that people do in Ipswich, encourage others to get involved and help change the news agenda about and in Ipswich.

FUNDING & DEVELOPMENT

Defra has launched a Fund that will be available to third sector led projects that will use the 2012 London Olympic and Paralympic Games to inspire Sustainable Living.

<http://www.defra.gov.uk/corporate/funding/thirdsectorsd.htm>

The Lloyds TSB Foundation’s Community Programme supports charities that help disadvantaged people play a fuller role in the community through improving social & community involvement and helps charities to continue their existing work through core funding; to help improve the quality of services and expand services.

www.lloydstsbfoundations.org.uk

ASDA Foundation assists charities, people and projects within the UK that have the direct support and involvement of ASDA colleagues.

These might include local charities, community groups, schools, playgroups, community centre and football teams. For more information visit <http://your.asda.com/asda-foundation>

B&Q One Planet Living Awards offers between £50 and £250 of B&Q

materials to schools, community groups and charitable organisations for long-term sustainable projects that support at least one of these themes:- save energy, conserve nature, support local culture and heritage, grow you own. Closing Date 30/9/10. <http://bit.ly/oneplanetliv>

Think Big is a new funding scheme from O2, developed in conjunction with the National Youth Agency and UK Youth to give 13 - 25 year olds the chance to apply for a grant to fund projects aimed at addressing local issues. www.o2thinkbig.co.uk

The Erach and Roshan Sadri Foundation awards grants of between £2,000 and £100,000 for purposes that include education and welfare and relieving poverty by alleviating homelessness.

www.ersf.org.uk



Funding Surgeries

12-5-10 1pm - 4pm

9-6-10 1pm - 4pm

Phone Elle Lamb for an appointment on 01473 261113



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Keeping the Law as a Trustee

There are three duties trustees must undertake and they are as follows:-

Compliance - trustees must ensure the organisation complies with any relevant regulations or laws and act properly; avoiding conflicts of interest and not misuse the group's money or other assets.

Prudence - trustees must not risk the organisation's funds, assets or reputation; use the money properly and avoid the organisation going bankrupt.

Care - trustees must use their skills and experience to run the organisation well, taking professional advice when needed.

For more information download the 'The Essential Trustee - What you need to know' from www.charity-commission.gov.uk/publications/cc3.asp

Or the 'Good Trustee Guide' from www.ncvo-vol.org.uk/products-services/publications/good-trustees-guide

Safeguarding Vulnerable Adults and Children

On 12 October 2009, new rules on protecting children and vulnerable adults from abuse came into force requiring all people working or volunteering in *regulated activity* with 'vulnerable groups' on a frequent or intensive basis to be registered with the ISA.

From July 2010 new employees and volunteers in *regulated activity* can register with the ISA.

From November 2010 all new employees and volunteers must register before they start work and employers must check that any new employees are ISA registered before hiring them. Your existing workforce will be checked from 2011.

There will be an ISA Information Road Show at Police Head Quarters, Martlesham Heath, IP5 3QS on 10 May from 1.30 to 3.30p. To book your place, go to www/Suffolk.gov.uk/ISA.

Cont (page 7) ...



Suffolk Wildlife Trust is issuing an invitation to all Suffolk's budding photographers to enter this year's Photography Competition celebrating East Anglia's and Britain's amazing wildlife.

A selection of the photos including the winners will be on exhibition at Redgrave and Lopham Fen 28th to 30th August (10am to 5pm) and 4th to 5th September (10am to 5pm). Closing date for entries is Friday 23 July by 4pm. For competition details and application form visit www.suffolkwildlifetrust.org or call Oka Last on 01473 890089.

Remember the old Suffolk Scrap Store - take another look!

CREATE like a phoenix from the recycling pile has risen. They are still based at 9 Scrivener Drive, Ipswich IP2 0SD, but they have gone very up-market.

Have a look at their website: www.createstore.co.uk

Help is At Hand

In Kind direct re-distributes new goods, donated by some of Britain's best-known manufacturers and retailers, to UK voluntary organisations and charities working at home and abroad. Founded in 1996, In Kind Direct has helped thousands of charities make their money go further. So what are you waiting for? Join free now by visiting www.inkinddirect.org

Available products include: toilet paper, cleaning supplies, toys, toiletries, office supplies, bed linen, tools and much more.

Art in the Garden Day

Sunday 26 June, 11am - 3.30pm
Environmental artist Bee Farrell will lead drop in sculpture workshops using season flowers and produce while Charlotte Stewart will be doing prints. Performance poet Dean Parkin will lead a poetry walk around the allotments at 1.15pm.
Phone the Peoples Community Garden on 01473 261112 to book

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FINANCE NEWS

Payments to Trustees

The Charities Act 2006 includes new powers to make payments to Trustees who have specific expertise that will enable charities to procure services.

The Charity Commission’s guidance allows trustees, in limited circumstances, to be paid. Under the new law there is a power to make payments for services other than trusteeship, so long as they are not prohibited in the governing document. Trustees receiving such payments must be in a minority on the Board.

We reimburse all expenses. Is that OK?

Trustees can claim expenses incurred on trustee business as long as the expenses are supported by bills or receipts.

Can we compensate a trustee for loss of earnings?

Compensation can be paid to a trustee for loss of earnings in certain circumstances. If there is

no express authority in the governing document, authority can be obtained from the Charity Commission.

Can we employ a trustee as a member of staff?

Yes, but this must be authorised in the governing document or by application to the Charity Commission. Authorisation is still needed where the new employee has resigned as a trustee in order to apply for the vacancy.

An employee that becomes a trustee may not create a conflict of interest, as employment is not a benefit of trusteeship.

Can we pay a trustee for being a trustee?

If you can show that there is clear advantage. The Charity Commission will only approve such payments where the charity’s complexity of operations has led to an “unusually high burden of trusteeship”.

Information from Larking Gowen Chartered Accountants

GOVERNANCE

Also, you can download a useful range of online tools at www.isa.homeoffice.gov.uk/

Charity Builder UK

Another benefit of ICVS membership enabling you to be compliant is the CBUK web-site (a Tennyson Insurance initiative). It guides you through key areas such as HR by helping you produce contracts, policies etc which are written by lawyers so you keep up to date with changes in Cont...

legislation. Practical guides to insurance and governance are also available. To register go to www.charitybuilderuk.com and get free help and advice for your organisation.

Charity Employees Benevolent Fund is the only benevolent fund that the charity sector can call its own, and is now providing advice and financial assistance for the families of charity employees in need. Visit <http://www.cebf.org.uk> for more information.

Thursday Talk-In Dates

at ICVS, 1 Cornhill, Ipswich, IP1 1DD

<u>Topic</u>	<u>Date</u>	<u>Time</u>	<u>Led by</u>
Social Media Marketing	Cancelled due to family bereavement		
Getting your Group in the Local Press	20/05/10	1030-1200	Ben Matthews
Ipswich Community Fund & Suffolk Foundation Grants	10/06/10	1030-1200	Tony Sewell & Sue Wright

To book your place or for more information contact Jane Bignell on 01473 261114 or email jane.bignell@ipswich-cvs.org.uk



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MEMBERSHIP NEWS

Ipswich Community Radio105.7fm or www.icrfm.co.uk

In her spare time Kerry Overton volunteers at Ipswich Community Radio, as a DJ, and has a live slot every Tuesday from 6pm - 7pm.

The show called 'The Big GIV!' ('Get Involved, Volunteer') aims to inspire others to volunteer by promoting volunteer opportunities in the Ipswich area. Kerry works closely with Volunteer Ipswich and is keen to have volunteers from projects around Ipswich to come on the show to share their story. Projects officers would be very welcome too.

Contact Kerry on 07545 248222 or infolink@volunteeringsuffolk.org.uk to talk about this opportunity.

SIFRE

Suffolk Inter-Faith Resource have published their new Summer Term Programme. It is available on their web-site at www.sifre.org.uk

KnowHow NonProfit is a new web-site to help you with any aspect of your work. Completely free and easy to use, it is packed with practical information and resources covering topics as diverse as managing volunteers, commissioning, procurement and setup up a charity shop.

Visit www.knowhownonprofit.org to find our more...

RHS Twilight Teacher Training

Monday 7 June, 4-5.30pm

Alison Findlay from RHS Schools Gardening Campaign shows you how to take gardening back to the classroom with simple ideas to inspire your pupils and bring your school garden to life. To book phone the Peoples Community Garden on 01473 261112.

ISIA - Summer Mela

This years Mela will take place on Sunday 11 July 2010. The event will be bigger than ever and have a great line up of entertainment. Keep an eye on the ICVS E-bulletins for further news.

MEMBERSHIP NEWS



Congratulations to Ipswich and East Suffolk Headway who were awarded £498,366 from the Big Lottery's Reaching Communities Fund. This will allow them to help more people with an acquired brain injury work towards renewed independence.

OCD Limits is a self-help group for people who have Obsessive Compulsive Disorder. They meet every Thursday between 2 and 4pm at the Quaker Meeting House, Fonnereau Road, Ipswich.

For more information contact Paul Maguire on 07922 973916 or 01473 212536

BASIS2 has updated its Practical Toolkits on topics such as Media, Minute Taking, Health & Safety etc. Go to

www.suffolklearningconsortium.org

Click on BASIS2, then Training resources and then Practical Toolkits to download them.

Suffolk At Home Library Service

Do you find it difficult to visit a library because of age, disability, illness or special circumstances?

If so, we can deliver books and spoken word cassettes and CDs **free** to you through the Suffolk At Home Library Service volunteers, who visit people in their own homes, sheltered housing, residential and nursing homes.

If you would like to receive this service please contact any Suffolk Library or Sue Francis, At Home Library Service on 01502 405345 or Wilma Firman, WRVS on 01473 744619.



BeMMad works with young people across Suffolk aged 16-25 as part of v-involved project. BeMMad are looking for young people who have skills or experiences that they would like to use to benefit another person with the BeMMad team to support them. More information? 01473 408062 or info@bemmad.co.uk

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