

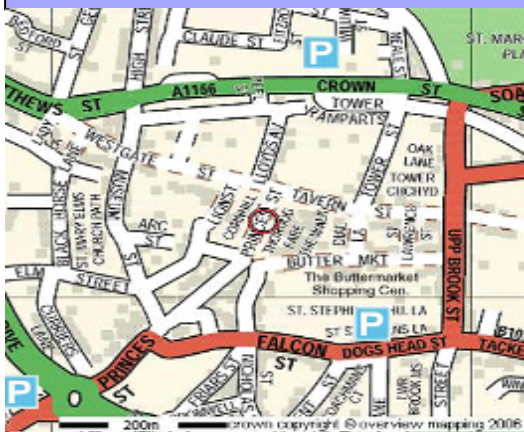
ICVS



Ipswich and District Council for Voluntary Service
1 Cornhill
Ipswich
IP1 1DD

Tel: 01473 251834
Fax: 01473 251848

(Lines are open Mon-Fri
9.30am-4pm answer-phone at
other times)
enquiries@ipswich-cvs.org.uk



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

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



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

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Nov 09 - Jan 10

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www.ipswich-cvs.org

ICVS have achieved their National Association of Voluntary & Community Action Quality Standards - whoopee. The Journey towards this quality standard was long, demanding and interesting. During this process we asked our stakeholders what they thought of our services and asked ourselves, 'are our services of any real value'? We have had to improve our monitoring and evaluation processes, and introduce improved representation methods. Watch this space...

Also, we completed our Investing in Diversity quality standards pre-assessment and are awaiting confirmation of the assessment date.

ICVS is working with many of the new and emerging communities in Ipswich and working in partnership with some of the more established groups. We facilitated an excellent cross-cultural discussion session with prospective Ipswich MP

candidate, Ben Gummer on immigration, it is hoped that this will be the first of many such forums. ICVS cannot provide all the answers but can enable you to represent your views and opinions with key people in our area.

It has been a great 50th year of celebration and the event that we held at the St Nicholas Centre was a success; see pages: 2 & 3. We plan to organise another event in the spring of 2010, celebrating voluntary and community action in Ipswich and offering some constructive recession busting workshops!

Keep an eye on our website: www.ipswich-cvs.org.uk for details of our workshop programme and other important events. Workshops are free to ICVS members.



Liz Louch
Chief Optimist
01473 261110

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Page 5 Funding & Development	Page 11 Green News	Page 15 Dates for your Diary
Page 6 Governance	Page 12 Partnership News	Deadline for submissions is 7/1/09

Our 'Celebration of Community Action in Ipswich' Event, which was part of our 50th Anniversary celebrations was a great success.

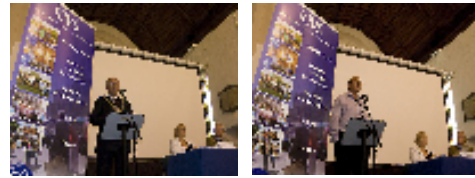


All our displays were booked by groups who wanted to promote their organisation or the service they offered.



People attended our workshops that ran throughout the day.

Our AGM was held in the middle of the day and we had 2 speakers; The Mayor, Cllr David Goldsmith and Richard Catherall from Suffolk County Council.



Liz Louch gave the Chief Executive's report for ICVS.



The meeting was followed by singing from Keep on Rockin' and a networking lunch.



Organisation and	Date and	Venue	Information
ICVS Fundraising Surgery	11/11/09 1230 - 1600	ICVS Boardroom, 1 Cornhill Ipswich	Please phone Elle Lamb 01473 261113 for an appointment
What is Climate Change and What does it mean for me?	12/11/09 1030 -	ICVS Boardroom, 1 Cornhill Ipswich	Please phone Jane Bignell 01473 261114 to book your place
Safeguarding Children and Vulnerable Adults	3/12/09 1300 -	ICVS Boardroom, 1 Cornhill Ipswich	Please phone Jane Bignell 01473 261114 to book your place
Climate change & How to measure your Impact?	10/12/09 1030 - 1200	ICVS Boardroom, 1 Cornhill Ipswich	Please phone Jane Bignell 01473 261114 to book your place
ICVS Fundraising Surgery	10/12/09 1300 - 1600	ICVS Boardroom, 1 Cornhill Ipswich	Please phone Jane Bignell 01473 261114 to book your place
Climate Change & How to reduce your impact?	14/01/10 1030 - 1200	ICVS Boardroom, 1 Cornhill Ipswich	Please phone Jane Bignell 01473 261114 to book your place

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Welcome to the ICVS Team



Jeanette Hunt and Ronagh Williams, the new LSP Project workers for the Triangle area of Ipswich. Jeanette will be based here at ICVS and Ronagh will be based at Grafton House, but will have regular contact with us.

ICVS wish them good luck in their new jobs.

Goodbye & Good Luck!

The Alzheimers Society are moving and hope to be in their new premises by 1 November. We wish them luck in their new office.

Their new address is - Alzheimers Society, Suite 7-8, Epsilon House, West Road, Ransomes Europark, Ipswich, IP3 9FJ.

Their new telephone number is 01473 237301.



Peoples Community Garden November FREE Gardening Skills course

led by professional horticulturist and teacher Ric Staines. A chance to learn new skills in a friendly environment. Fridays 10am-12.30pm

To book tel. 01473 261112 or email susannah.robirosa@townandbridge.org.uk

Feed back from groups who attended included ...

CONCLUSION

* The Event was a terrific success. It highlighted the priority for ICVS to continue to hold days on the model

of the Celebration Event to encourage enable and empower local communities.

* It provided a showcase for groups, organisations and charities to raise awareness of their role in the community and the enabling focus ICVS has within Ipswich and district.

* It was a team effort for ICVS, Volunteer Ipswich and all the Volunteers engaged in planning, development and delivery of the Event. It reflected the importance of our work and the essential role we play in Ipswich and district.



Extra Funding To Help Cope With The Effects Of The Recession

The Big Lottery Fund (BIG) has announced that it is going to invest an extra £43 million funding into communities across the UK to help them cope with the effects of the recession.

For more information check out <http://tinyurl.com/yz2kkrg>



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AWARDS FOR ALL AWARENESS DAY

- Do you need to know more about how to apply?
- Do you need to know if you fit the criteria?
- Do you know about the changes from April 2009?

The Forthcoming Awareness Raising Session on Friday 13 November 2009, 10.30am to 3pm at The Lecture Hall, Suffolk County Library, Northgate Street, Ipswich will help you understand more about the Fund. There will be appointments available for one to one sessions with Awards for All personnel.

Go to www.ipswich-cvs.org.uk to find out more and print a booking form (to be returned to Awards for All.)

Finding Funding

- an introduction to fundraising

Charity Fundraising Ltd are taking bookings for 'Finding Funding' a one-day workshop at the Co-op Education Centre, Ipswich.

Learn how:

- To prepare for fundraising
- To identify suitable funders
- To write an application with a high chance of success
- To maintain relations with funders, sponsors and donors

The course is OCN accredited and learning can be assessed for One Credit at Level 3 towards a National Occupational Standard in Fundraising.

Forthcoming dates are:

- Wednesday 4 November 2009
- Wednesday 27 January 2010
- Wednesday 24 March 2010
- Wednesday 19 May 2010

For more details and a booking form, go to: www.charity-fundraising.org.uk/services/fundraising-training or call Peter See, 01394 610581.

Volunteering Opportunities

- * Become an **Infolink champion**. Gather information on what's happening in your area and pass it on to be entered on the Suffolk Infolink website. It doesn't take much time but makes a huge difference to those looking for help.
- * Want to help the homeless and vulnerably housed people enjoy a snack and hot lunch? The **Community Resource Centre** wants to recruit a team of volunteers to cook simple snacks and lunches at their centre in the town. Just once a fortnight would really make a difference!
- * Become a '**home from hospital**' volunteer with the Red Cross. Visit patients at home when they're discharged to chat, help with shopping and drinks for the first 4-6 weeks, just once or twice a week - make coming home a really welcome experience.
- * **Suffolk Befriending** would really like to recruit 'buddies' for people with learning disabilities.

Just an hour a week or a few hours a month can make so much difference – shopping, days out and cinema trips, enjoy many different activities and all expenses paid.

- * Join a great team working with people with learning disabilities at the **Papworth Trust Centre** in Foundation St. They especially need help with their printing & packing, woodworking and cooking workshops – it's a great centre and a lovely team too!
- * Being a Witness in a court case can be really stressful and the **Witness Support** volunteers help to make it a bit easier. Working at the courts, volunteers are needed for one day a week 9am- 4.30pm. Full training given – the next course starts in October. This is a really interesting volunteering role - due to the training, commitment of a year is requested.

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

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PARTNERSHIP NEWS

One-Ipswich is Ipswich's Local Strategic Partnership (LSP).

LSPs were created nationally to bring together different parts of the public, private, community and voluntary sectors at a local level to address the needs of the community.

One-Ipswich Partners include: Faith Sector Representation, ISCRE, Ipswich Borough Council, ICVS, Ipswich Hospital, Job Centre Plus, LSC, NHS Suffolk, Suffolk Chamber of Commerce, Suffolk Constabulary, Suffolk County Council, Suffolk New College, University Campus Suffolk, Ward Councillors

One-Ipswich's Community Strategy has 2 new projects:- 'Supporting People with Chaotic Lifestyles and Complex Support Needs' and 'Work for All' projects as well as their 'Town & Bridge' and 'Triangle' projects.

The Project Officer for the above two new projects is currently researching and 'networking' both of these and is keen to meet as many people working within these two spheres as possible. If you wish to find out more or meet Jeanette then please contact her – Jeanette Hunt – 07849 196483 or email jeanette.hunt@ipswich.gov.uk



Volunteer Ipswich continues to grow – and quickly! We now have around 90 people a month approaching us for help in volunteering and in 2010, we are hoping to double that number.

We work with around 100 voluntary groups across Ipswich and are always glad to hear from organisations who would like help with recruiting volunteers – just tell us what you need!

For those people interested in volunteering, we have a whole range of roles to choose from – from one off opportunities to those taking just twenty minutes a week, from helping out for a few hours, to taking on a project and making it happen.

For more information, ring us on 261116 or have a look at some of the current opportunities in the national do-it website at www.do-it.org.uk under the Ipswich Volunteer Centre.

For some of our latest and most urgent activities, see next page:-

FUNDING & DEVELOPMENT

Port Community Fund

Seek to support genuinely good ideas that will make a real difference to the lives of local people.

For more information and an application form go to www.portcommunityfund.co.uk/apply.aspx

Cash 4 Clubs

Any sports club that is registered with its sports' National Governing body or local authority can apply. We do not restrict entries to certain sports or certain activities. You might be looking for funding to help with coaching of young kids or you may be after a grant to help buy a new boat or help renovate your current facilities.

For more information visit <http://www.cash-4-clubs.com>

Funding for Youth Organisations Active at the European Level (UK)

Youth in Action is the Programme the European Union has set up for young people. It aims to inspire a sense of active European citizenship, solidarity and tolerance among young

Europeans . The closing date for applications is the 9th December. For more information visit http://eacea.ec.europa.eu/youth/funding/2010/call_action_4_1_en.php

Joseph Rowntree Charitable Trust

They announced that their grant making programme is open for applications. grants are given to both organisations and individuals for activities that relate to; peace and conflict resolution; promoting racial justice; power and responsibility; and Quaker concerns.

The next deadline for applications is the 5th January 2010.

For more information visit www.jrct.org.uk



Funding Surgeries

11-11-09 1pm - 4pm
10-12-09 1pm - 4pm

Phone Elle Lamb for an



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Top Tips on Attracting and Keeping Celebrity Support

Be strategic - Always start with a good idea, event or campaign before considering celebrity support to add something extra to your initiative.

Make sure your celebrity is relevant - Ensure that your chosen celebrity ambassador has something that connects them to your issue or cause to give your organisation and the celebrity credibility.

Personalise your pitch - Make sure your letter states why you have approached them in particular, the difference they will make and what they may get out of the experience.

The importance of impact - You should be able to demonstrate what difference a celebrity can make to your event e.g. increase fundraising potential and/or media coverage.

Be creative - Make sure the celebrity's role is interesting, unique and appealing. Celebrities get hundreds of charity asks a week. Make yours stand out.

Sell to media - A celebrity name attached to your campaign does not guarantee media coverage. You will

still need a strong news hook, case studies and a news story as to why your particular celebrity is involved.

Know your audience - Does the celebrity appeal to the people you are trying to reach?

Don't use but engage - Use limited resources to build quality, long term relationships with committed celebrities that are right for your brand.

Beware of corporate endorsements - Be clear and upfront with the celebrity from the beginning about who is funding and/or organising the event or backing the campaign.

Future trends - More celebrities want a holistic and experiential engagement with their chosen charity. Have you got the resources and strategy in place to enable your celebrity supporter to play the role they want to?

How to attract and keep celebrity support Workshop

Hear David Piner speak alongside Edwina Currie, Chris White and Wendy Bailey. visit <http://tinyurl.com/yjxlo6h> to find out more.



How to Hold a Fashion Swap Party

Here is an idea for a fundraising event with a difference that makes recycling fun. A Fashion swap party! However, here are some things you should know before you start.

- Decide on the date, venue and ticket cost (which could include festive food) for your swap party and promote your event, by sending out invites by e-mail as this saves on paper, by putting up posters and issuing press releases.
- Make up 3 "value spots" on tables or the floor, colour code them and mark them Cheap, Midprice and Expensive.
- Create colour coded tickets for each pile. Make sure you leave a spot for people to put their names. 3 different coloured post-it notes are good for this.
- When your partygoers arrive with their fashion swap item, ask them to put each item on the value spot that best suits it. For each item they put down, they get a ticket and tell them to put their name on each one. And

put it in a box.

- There should then be a chance for people to look at the clothes and try them on. Set a period of time.
- At the agreed time, get the box of tickets and shake them all up. Reach in and pick out a ticket (you can ask random people to do this to make it more fun.)
- Each ticket you pick will say a name and have the colour of a value spot. So, for example, if a ticket says EMILY and MIDPRICE, then Emily can pick something from the Midprice pile. Once she has chosen, she returns to her seat and the cycle repeats.
- If Emily chooses an item that somebody else really wants then they must object. If there is an objection then you can play a game to see who gets the item eg. Scissors-Paper-Stone, Rolling a Dice, Timed Charades. Whoever wins the game gets the item.

Warning - Some people can get very upset, when they bring good items and leave with stuff they don't like that much. So you must warn everybody that it is for fun and that they shouldn't take it too seriously.

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Peoples Community Garden



Feast time: Members of the Bangladeshi community harvest tomatoes, cucumber, aubergines, chilli peppers, melon and green peppers from the poly-tunnel.

The project is also host to **Karibu African Women's Project** garden, with seeds from home villages in Nigeria successfully germinated in the poly-tunnel and grown on in a dedicated plot now bursting with red chillies!

Patchwork gardening

Would you like to garden but don't have space at home or time to keep on top of the weeds? Would you like to know your muck from your fertiliser, how to sow seeds, prick them out and

pot them on? If so, we can help you. You can tend a patch of community garden – as much as you feel you can take on - and we can give advice, lend tools and offer a cuppa. You may be a young family with children, or an older person who needs a hand.

Please contact Susannah on 07530 407302 if you would like to join this growing project.

FIND (Families in Need)

Christmas Parcels



FIND urgently needs volunteers to help in the warehouse at Ipswich docks. To carry out stock control and make up the Christmas parcels. Some heavy lifting will be involved.

FIND Christmas Fundraising

12 people are required to hold collection tins for FIND on 10th and 17th December (both Thursdays) whilst various churches and groups sing on the Town Hall steps from 5:00pm.

If anyone can help phone Maureen on 01473 833351

ICVS' New Thursday Talk-ins

ICVS now hold regular Thursday Talk-ins. They are held at least once a month. Thursday Talk-ins are about sharing information. ICVS arrange for a speaker to come and talk on various subjects. Following this there is chance to ask questions,

The Thursday Talk-ins are free for ICVS members and you can choose which you would like to attend and which you don't. All you have to do is let Jane Bignell know which you would like to come to by phoning 01473 26114 or email her at jane.bignell@ipswich-cvs.org.uk

Thursday Talk-In Dates

at ICVS, 1 Cornhill, Ipswich, IP1 1DD

<u>Topic</u>	<u>Date</u>	<u>Time</u>	<u>Led by</u>
Safeguarding Children and Vulnerable Adults	03/12/09	1300-1400	Dan Gaul
What is Climate change & What does it mean for me?	12/11/09	1030-1200	John Taylor
Climate change & How to measure your Impact?	10/12/09	1030-1200	John Taylor
Climate Change & How to reduce your impact?	14/01/10	1030-1200	John Taylor
Marketing & Communication	11/02/10	1030-1200	Ben Matthews

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

'SAS Day'

Vergo Retail who took over the Co-op Department Store in Carr Street, Ipswich are holding SAS days every Wednesday. 'SAS' stands for Seniors are Special and Vergo Retail hope to encourage those of retirement status to come in and spend with the offer of a discount and to engage with local voluntary organisations and community groups by giving them the opportunity to promote themselves in the Vergo Store.

Vergo want you, the voluntary organisations and community groups, to go in and promote services, opportunities, give advice and sell your promotional merchandise (as long as it does not clash with what Vergo sells) on SAS days.

You would need to be in the store between 10am-4pm. Vergo would give you access to a table and you could put up display material.

If you and your organisation are interested telephone Andy on 01473 230303 or email andrew.rayner@vergoretail.co.uk

SUFFOLK INFOLINK

Suffolk InfoLink is a free, up-to-date and easy to use central website.

It consists of organisations and individuals that support Suffolk whether on a national or local level.

- It benefits people living in Suffolk who are looking for information on what's happening in their community.
- It helps family carers who want to find information for themselves or for their family member.
- It helps staff in organisations in Suffolk looking for activities or services for people to be referred to.

The project involves training volunteers to research their own area, speak to organisation and take the information that can be added to the website. To find out more about volunteering for InfoLink, visit www.volunteeringsuffolk.org.uk

There were 16,000 hits on the InfoLink site in June by the public looking for things they can make use of in their local area.

Is the organisation you work with or even a club you attend on InfoLink for the public to see? Cont...

MEMBERSHIP NEWS

If not, please get in touch and we will arrange to meet and add you to this ever growing website.

Visit www.suffolk.gov.uk/infolink to see what your entry could look like.

Contact Kerry Overton, Suffolk InfoLink volunteer Co-ordinator; Tel:- 07545 248222 or email: infolink@volunteeringsuffolk.org.uk

AdviceUK & Turn2us are working together to maximise income

AdviceUK has once again teamed up with [Turn2us](http://www.turn2us.org.uk)* to offer frontline advisers the chance to access **free training workshops** to ensure you can better support your clients in financial need.

The workshops are designed to raise awareness, understanding, interest & use of Turn2us services, which will in turn benefit your clients by helping you target benefits, grants and other financial information in a more effective & efficient way.

Come and join us....

We will be holding the free half-day sessions in each of the Government Office regions around England, and one in Wales. Cont...

These will take place in community venues between November 2009 and March 2010. Reasonable travel expenses will be paid & lunch is provided.

***Turn2us** is a charity that helps people access the money available to them – through welfare benefits, charitable grants and other financial help. It was founded in August 2007 by the welfare charity, Elizabeth Finn Care (EFC). Turn2us works with:

Individuals in financial need
- members of the public needing to access benefits and grants;

Intermediaries - people who support those in need such as welfare advisers, professionals, volunteers and other support workers.

Charities - that give grants to individuals

Register your interest today!

To register your interest in the free training workshop, please email training@adviceuk.org.uk with your details including your region eg. Eastern, or call 020 7469 5700. AdviceUK will then contact you with dates and venues near you.

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