



ICVS

Ipswich and District Council for Voluntary Service

Tel: 01473 251834

Fax: 01473 251848

(Lines are open Mon-Fri 9.30am-4pm answer-phone at other times)



How to find us:

ICVS is on Cornhill at the end of Princes Street, in the old post office building above Lloyds TSB next to the Town Hall. Our entrance is off the Thoroughfare opposite the Baytree Coffee Shop.

We are on the second floor, follow the signs. There is a lift from 9.30am to 4pm just through the entrance on the right (10am to 4pm on Thursdays).

Community Engagement

ICVS and our partners in One Ipswich and One Voice Suffolk, are increasing our capacity to help voluntary groups and community groups influence decision making in Ipswich, get involved in the LSP (One Ipswich) and across the county (One Voice Suffolk).

- Liz Louch.....Chief Executive Officer.....liz.louch@ipswich-cvs.org.uk
- Elle Lamb....Funding & Development Advisor....elle.lamb@ipswich-cvs.org.uk
- Sue Clements 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

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"

Nov 2010 - Jan 2011

Ipswich CVS
1 Cornhill
Ipswich
IP1 1DD

Tel: 01473 251834

Registered Charity Number 1082288
Company Limited by Guarantee 4050764

ICVS can ensure that the Big Society reaches the smallest communities in Ipswich & District; we have over 50 years experience of doing this. From our earliest years we were involved in the development of organisations.. The individuals who were involved were real community activists and had a desire to ensure that all of Ipswich's community, particularly the most vulnerable were supported. I would like to think that we continue to work in this vein today.

ICVS has supported the development of two community nurseries operating in key areas of Ipswich, Chantry and Whitton, enabling them to become independent.

We have worked in partnership with IBC and the Local Strategic Partnership to ensure that Town & Bridge, Community Garden

and Fit as a Fiddle, address health inequalities.

We have researched and addressed need in the Triangle estate

We have developed Making Tracks working with young people, providing them with a safe and supportive space.

We have developed Volunteer Ipswich and what a successful project that is! It addresses the needs of 200+ people a month who wish to do something for their community, providing time and energy for the many diverse organisations in Ipswich

ICVS sits in the middle of all this action.

ICVS has endeavoured to demonstrate good partnership
Continued on page 2...



Liz Louch
Chief Optimist
01473 261110

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working, e.g. joint membership with SAVO. Two key members of our staff were seconded to other organisations, ensuring they operated in challenging times, e.g. Suffolk Coastal Resource Network and the Ipswich Blind Society.

We run a vibrant VCS hub in the centre of Ipswich, enabling small, developing groups to have a town centre office space at a very reasonable price, £1250 a year, for this investment they can have use of the Board room, equipment and on tap support from the ICVS team.

This year we plan to support the work of organisations in NW Ipswich, Whitton and Whitehouse; using our vast community development experience and knowledge to address the many challenges that local people have identified- watch this space.

Our office is often like the United Nations; we have been privileged to support and learn from the many new and emerging

communities who find their way to us. We share the fun, frustrations and learning; often this is a long term investment but the enthusiasm, desire and passion keeps us all going.

In Ipswich we understand building social capital; ICVS know how to make a commitment to our community, develop networks, learn and share values, new and old, build trust and respect, and facilitate cooperation. This is the only way to improve health and well being, achieve the Big Society. Ipswich is an inspiring community, for goodness sake get out there and shout about it. We all do great things on a daily basis and then get on and do more....now is the time to recognise and celebrate this. Times are tough but what is new in our big society journey?



Organisation and	Date and	Venue	Information
Voluntary Action & Volunteering Awareness Day	04/11/10 1230 - 1600	Ipswich Borough Council, Grafton House, Russell Road	Please phone Jane or Sue on 01473 251834 to find out more
Heritage Lottery Fund Information Workshop	09/11/10 1000 - 1200	ICVS Boardroom, 1 Cornhill Ipswich	Please phone Elle or Jane on 01473 251834 to book your place
Tax Effective Giving	17/11/10 1030 - 1600	ICVS Boardroom, 1 Cornhill Ipswich	Please phone Jane on 01473 251834 to book your place
Safeguarding Children and Vulnerable Adults	23/11/10 1000 - 1200	ICVS Boardroom, 1 Cornhill Ipswich	Please phone Jane on 01473 251834 to book your place
ICVS Fundraising Surgery	24/11/10 1300 - 1600	ICVS Boardroom, 1 Cornhill Ipswich	Please phone Elle on 01473 261113 for an appointment

ICVS Board Room Available for Hire from £7.50 per hour
 Fully equipped with interactive white board, OHP, laptop, sound system & flipchart
 Tea & coffee facilities available
 To book phone Jane or Tony on 01473 251834 or email enquiries@ipswich-cvs.org.uk



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Welcome to the ICVS Team

ICVS welcomes Kirk Jackson.

Hello, my name is Kirk Jackson and I am the new Support and Development Officer for volunteering at Volunteer Ipswich. I am very happy to be part of such a caring and enthusiastic team here at ICVS and at Volunteer Ipswich, and I am looking forward to continuing the development of the volunteer centre (as started by Wendy Herber).

If you want to volunteer or are an organisation who would like our support recruiting volunteers, please contact us:-
kirk.jackson@ipswich-cvs.org.uk
01473 261116

Goodbye & Good Luck!

Farewell Karibu. They have moved to their new Office at Burlington Baptist Church. Their postal address will still be 1 Cornhill, so they will drop in regularly to pick up their post.



Activage

Promoting healthy lifestyles for the 45+ of the Town Centre & Stoke area of Ipswich

Tuesday

St Mary Church Hall

10.30 to 11.30am – Strength & mobility chair based exercise, £1.50

12pm – Lunch Club (Please book), £3.60

1.30 to 2.30pm - Various Activities eg. dance, yoga, balance etc., £1.50

Ipswich International Church

12pm – Lunch Club (just turn up), £2.50

Various Locations

12 to 1pm - Bangladeshi women's exercise group, £1.00 (Phone for info)

Cumberland Towers

1.30 to 2.30pm – Chair based mobility & coffee afternoon – Donation tea/coffee (Please book)

Wednesday

Manor Ballroom

10 to 11am - Movement to music, co-ordination & mobility, £1.50

Various Locations

2 to 3pm - Bangladeshi men's exercise group, £1.00 (Phone for info)

Thursday

All Saints Church Hall

10am to 12pm – Coffee morning & various activities, £1.50 (activity)

Phone Lindsay 01473 261114 for more information

Recession Busting Party!

A huge thank you to everyone who made the Recession Busting Party Event on Wednesday 22 September 2010 such a terrific day.



Over 85 people came along to the St Nicholas Centre and took part in the Day. We had a total of 27 groups and organisations exhibiting their work and a further 10 provided promotional details which were shared at the Information Points on the day.



Our party games included Pass the Parcel, I Went To Market, Pin The Tail On The Donkey and Simple Simon Says.

Thank you to the Major of Ipswich, Jane Chambers, who provided our Welcoming Speech
Cont...

and the Big Lottery for their contribution to the Event.

Everyone who attended the Day was able to take home a party bag which included a range of items such as a pen, coaster, bookmark and badge!



If you would like further information on the Day and to get involved in our future activities please contact Sue Clements on 01473 261111 or e-mail sue.clements@ipswich-cvs.org.uk

ICVS Voluntary Hub



Looking for affordable Office Space in the centre of Ipswich close to car parks and public transport?

ICVS have Desk Space for hire!
Find out more...

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

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Ipswich Community Fund

Could your group put £200 to £1,000 to use helping people in Ipswich?

That is the kind of leading question that has people thinking about those back-burner projects that just wait for funding.

Take a look at the application form on the ICVS website, the first page gives you seven steps towards a successful application. Basically if your project is based in Ipswich, helps Ipswich people then it is worth taking a look.

Even if you are not a formal group yet, the fund can help with starting up costs and ICVS is always here to help if you need it.



Pupils at Raduga Russian School (awarded £1,967 in 2009 when the limit was £2,000)

Who we helped in 2009?

A wide variety of groups that range from majorette to a Cont...

self-help swimming club, social clubs for a variety of diverse communities and supplementary schools.

ActivAge needed to cook and received a grant of £1,750 to help refurbish St Mary's Church hall kitchen, now everyone using the hall benefits.



Catch 22 received £1,887 towards their aim to help with fitness and offer a positive alternative to anti social behaviour.

Top Tip for success

Answer the question...

Make sure you read the question thoroughly and make your answer relevant.

To find out more call Tony Sewell on 01473 261114

or

For an application form go to www.ipswich-cvs.org.uk

Volunteering Opportunities

- * **Ecoroutes** are you aged 18-24 who and looking for work? Would you like the chance to support others to do conservation activities? You'll also receive training about first aid and mental health issues.
- * Join the **Infolink team**— this team meet to research and gather information to build a great website for the library service. The team currently meet every other Wednesday 4.30-7pm and they would really welcome people happy to telephone voluntary groups to find out more about them.
- * The **YMCA** is launching their Nightstop initiative in Ipswich. They need volunteer hosts who are able to offer a spare room in their home which would provide emergency, temporary, safe & secure accommodation for someone aged 16-18. Training and 24 hour support provided.

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

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

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

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

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PARTNERSHIP NEWS

Help tomorrow take shape

Next spring, residents of Suffolk will take part in the nation's biggest survey as the Office for National Statistics (ONS) carries out the 2011 Census.

A census is held every 10 years and takes a numerical snapshot on a single date to get an accurate picture of the population and so help Government correctly target funding for local services. That is why it's crucial that all Suffolk residents take part - and it is compulsory.

Questionnaires will arrive by post in March 2011 and can be completed and returned using the pre-paid envelope or you can complete it online via a secure internet site.

A wide range of help and support will be available. Your personal information is protected by law and is kept confidential for 100 years.

More information about the 2011
Cont...

Census can be found at www.census.gov.uk

Census are also recruiting staff to help with this process to find out more visit www.censusjobs.co.uk or call 01256 383847

Count Me In 2010

Have you done any volunteering in 2010? If so, then please tell us your story. What did you enjoy about the experience? Why did you make the difference you did by volunteering?




Volunteer Ipswich wants to celebrate all the great work that volunteers do in Ipswich. It doesn't matter if your volunteering was for one hour, one day or a regular commitment - it still makes a difference. Be part of the 2010 stories we aim to encapsulate in 2010. To share your story, please just contact us at your convenience on 01473 261116 or email volunteer@ipswich-cvs.org.uk

FUNDING & DEVELOPMENT

BIG - Community Wildlife will fund projects that bring local people together to discover, enjoy or protect wildlife in their local area. The programme will fund between £300 and £10,000 for projects that improve rural or urban environments. The next deadline date is 24th November 2010. http://www.biglotteryfund.org.uk/prog_community_wildlife.htm

The Tesco Charity Trust is accepting applications for projects that support older people, adults and children with disabilities living in the communities around their stores in the UK. One-off grants of between £500 and £4,000 are available. <http://cr2010.tescopl.com/communities/tesco-charity-trust.aspx>

The Hedley Foundation supports young people, the disabled and the terminally ill by encouraging development and change. Most grants are for capital items or one-offs for  specific projects. www.hedleyfoundation.org.uk/



Heritage Lottery Fund Workshop

When? Tuesday, 9 November 2010
Where? ICVS Boardroom, 1 Cornhill, IP1 1DD

Who? ♦ ICVS Members
♦ Voluntary Organisations
♦ Community groups
♦ Those wanting to start a group

What? Find our more about HLF's Criteria for funding applications and how

How to book? Call Elle or Jane on 01473 251834 or email enquiries@ipswich-cvs.org.uk

Funding Surgeries

Wednesday
24/11/10 1pm - 4pm

Phone Elle Lamb for an appointment on 01473 261113




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GOVERNANCE

Whatever lies ahead for your organisation and its staff, get peace of mind with this new HR and Employment Law service.

Voluntary Norfolk has launched a new HR and Employment Law service designed for our sector.

Their established HR and training enterprise, SM Associates, has teamed up with the leading Employment Law practice at Leathes Prior Solicitors, to provide your organisation with unlimited access by phone and email to HR and legal advice* for a fixed price.

CIPD qualified HR specialists will help keep your employment policies and practice up-to-date, take advantage of best practice, and stay protected.

If things get difficult, Leathes Prior's are known for providing practical, workable solutions with no legal jargon.

The annual cost depends on how many employees you have, and starts at just £800 + VAT if you

employ less than 10 people.

For more information, call Michael Delany on 01603 883829 or email business.development@voluntarynorfolk.org.uk

**Legal advice will be provided up to the point of receipt of an ET1 form from an Employment Tribunal. Insurance cover against legal and other costs arising from an Employment Tribunal claim is available as an optional extra.*

Insurance for your organisation from £75

If you are part of a charity, community group, club, society or social enterprise that needs insurance or, if you already have insurance and want to try to save money, then there is a new website especially for you www.tennysoninsurance.co.uk

In the time it takes to make a cup of tea you can get a quote or buy your policy online, all policies are underwritten by Zurich Insurance and prices have been set at special internet-only levels.

The site is operated by Tennyson Cont...

INVESTORS IN DIVERSITY

By the end of the course, participants on this training will know about the following:

- The definition of Social Enterprises
- Common characteristics of Social Enterprises
- What are the differences between SEs and the Charity Organisations
- Some of the most popular legal structures for a Social Enterprise
- The positive and negative sides of these legal structures
- How to set-up a social enterprise
- Considerations when starting a Social Enterprises

This session is free, but Places are limited and advance booking is essential - contact Shpetim Alimeta, The Basis Project, 4-8 Museum Street, Ipswich, T: 01473 297 912, M: 07908 952 405, or E: shpetim.alimeta@refugeecouncil.org.uk
E-mail: odo.east@gmail.com
www.thebasisproject.org.uk

WRC launches comprehensive new report on LBT sector

The Women's Resource Centre's Report, 'In All Our Colours: Lesbian, bisexual and trans women's services in the UK' highlights the key issues affecting different groups of lesbian, bisexual and trans women, what services are available and the threats faced to these services in the current environment.

The format of the report and the online version, which is made up of different briefings to download, also makes it versatile and relevant to a wide audience. It can also be used as a resource to signpost LBT women to relevant services.

Copies of the report are available to download from

www.wrc.org.uk/lgbt

For more information about the report please contact report author charlotte@wrc.org.uk or Head of Communications

Sarahbrown@wrc.org.uk or call 0207 324 3040

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Tax-Effective Giving Training

Get your share of the missing millions!



Wednesday 17th November 2010

10.30am to 4pm

ICVS Boardroom, 1 Cornhill,
Ipswich, IP1 1DD

Cost? £20 for small charities or
£80 all others

**Are you making the most of
donations from individuals
via:-**

-  **Payroll Giving?**
-  **Share Giving?**
-  **Legacies?**
-  **Gift Aid?**

This is a Government supported
initiative

Book NOW at

<http://www.tax-effective-giving.org.uk/workshops/ipswich.php>

The Institute is a charity registered in England & Wales (No 1079573), Scotland (No SC038971), and a company limited by guarantee (No 3870883) VAT registration number. 547 8930 96



The Social Project
An organisation

Starting a social enterprise
- One day training

Wednesday 10 November 2010

9:45 am - 16:00 pm

Are you a community organisation

- Based in Suffolk?
- Thinking to diversify or sustain your incomes?
- Thinking to enterprise or start a social enterprise in order to fulfil your vision & mission?

This one-day training is aimed at those community organisations (RCOs or BMEs) asking these questions but not sure what the implications are. The course is designed for those who want to develop further and are serious about long term future funding & sustainability. If you are uncertain whether you have the right legal structure, want to learn more about the legal organisational structures available (incorporated or unincorporated), or if you just want to understand how your structure differs from others, then this training is for you. Cont...

Insurance, the charity insurance experts who have saved charities over £1m in premiums and are the insurance partners of NAVCA. www.charitybuilderuk.com which offers HR and Health & Safety help free of charge.

LawWorks Choices: information for organisations

LawWorks Choices project was designed to enable unemployed solicitors take part in pro bono work whilst seeking permanent employment. Since its launch in July 2009 the project has proved very popular, both with volunteers and organisations benefitting from their assistance. Benefits to the volunteers include a reduced membership fee to LawWorks, free CPD accredited training, and access to a Guaranteed Interview Scheme on completing 40 hours of pro bono work.

Find out more

Contact: Kathleen Commons on 020 7092 3947 or email kathleen.common@lawworks.org.uk
www.lawworkschoices.org.uk



The Young Suffolk Quality Standards Award

On Tuesday 23 November

10am -12pm

In the

ICVS Board Room,
1 Cornhill, IP1 1DD

Come and find out more about this Quality Standard available free for voluntary children and youth sector organisations. It helps you address the quality of your systems and structures and focuses on:

1. **Child Protection**
2. **Health & Safety**
3. **Staff support & development**
4. **Organisational management**

You will be given support and guidance through the process by Young Suffolk.

To book call Jane or Tony on 01473 261114 or email enquiries@ipswich-cvs.org.uk

Jointly facilitated by Young Suffolk and ICVS.

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MEMBERSHIP NEWS

Ipswich Mayalalee Association celebrating the Onam Festival on 12th September.



Photo shows the retelling of the legend of Boat Palliodam by the Ipswich Mayalalee Association. This is one of several legends behind the origin of Onam.

Also, there will be an opportunity to join in the chair based exercise session at 11.30 am, aimed at improving mobility, posture & strength for only £1.50, suitable for beginners and led by a qualified instructor.

If you would like to attend, have mobility / transport problems or would like to find out more, call Lindsay (ActivAge) 01473 261112 or Lara (Karibu) 01473 289330



Ipswich Umbrella Trust (IUT)
IUT has been nominated by the Mayor of Ipswich, Cllr Jane Chambers as one of the mayor's charities 2010-11.

IUT aims to

- enable closer collaboration and partnerships between groups working with homeless people
- to work with others establishing a day centre and emergency overnight centre

New Lunch Club Opening
Karibu African Food & Friends
Karibu African Women's Support Group and the Town & Bridge ActivAge Project are starting a new lunch club on Wednesdays from 6 October at Burlington Road Baptist Church. They will be serving a range of delicious healthy African dishes in the Morris Room at 12.30pm. The cost is £4 for eat in or take away.
Cont...

MEMBERSHIP NEWS

- To create a 'social enterprise' including a 'food bank' to provide gainful paid employment for the service users

IUT are setting up a day centre at 1 Black Horse Lane and are looking for premises in which to establish an overnight facility.

If you are able to help with their aims phone IUT on 01473 433244 or their Chair of Trustees on 01473 685077.

Was it all a Dream?
This year Red Rose Chain's Theatre In The Forest production, 'A Midsummer Nights Dream' was the biggest ever! An amazing 10,168 people came to see the show, so Red Rose Chain sends a big thank you to every one! A huge thank you also goes to Ashton Graham, the event sponsors. Red Rose Chain are already planning Theatre In The Forest 2011 so look out for announcements on their website www.redrosechain.com

Nightstop



A pilot scheme that provides emergency accommodation for single homeless 16 and 17 year olds in the homes of approved volunteer hosts.

Often these young people have nothing with them when they come to us. Therefore, donations for overnight kits would be very welcome. An overnight kit should include:

- Toothbrush & Tooth paste
- Soap (fragrance free) & Flannel
- Comb
- Deodorant
- Shampoo
- Pyjamas
- Toiletries bag



If you would like to donate contact Bridie Carson on 01473 252456 or 07912516824

Suffolk Nightstop, Ipswich YMCA, 2 Wellington Street, Ipswich.



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