

Community

April 2017

newsletter for the community and voluntary sector in Redbridge

Can local people access affordable and healthy food? Help us find out!

Do you or your service users have access to affordable and nutritious food? RedbridgeCVS is seeking the views of local residents and community groups on access to affordable, nutritious food in Redbridge.



This research project aims to explore:

- Experiences of residents of Redbridge in accessing affordable nutritious food
- Factors that support access to affordable nutritious food and the different challenges that residents face in doing so
- Actions that could be taken to ensure all Redbridge residents are able to access and enjoy affordable and nutritious food

Why are we conducting this survey?

We are conducting this research project on behalf of Redbridge Council. An Action Plan will be developed based on the research, and submitted to the Council. A multi-agency Steering Group has been set up to investigate access to affordable and nutritious food in Redbridge and look at actions the Council and its partners can undertake to address it.

What will happen to the results?

The research results will be published in a report. Anyone who is interested in the project will have access to the findings and they will be made available online to download or browse free of charge.



How long does it take to complete the survey?

The survey takes 10 minutes to complete. Thank you in advance for your time.

If you are a **community group** please complete the survey at www.bit.ly/foodsurveygroups

If you are a **Redbridge resident**, please complete the survey at www.bit.ly/foodsurveyresident



More information

If you would like to speak to one of our team members to share your views about this research, please get in touch with our Health Partnerships Manager, Swati Vyas, via email at swati@redbridgecvs.net or phone 020 8514 9626.

Free guides help your group make best use of IT

Understanding digital technologies is now a crucial skill for charity volunteers, staff and board members.

Charity Digital Toolkit

The Charity Digital Toolkit is a free resource to help you get to grips with digital. Who is your audience? How do you reach them? How do you know it's working? What about fundraising? How do you manage the risks? What skills do people need? The guide is available at <http://micro.skillsplatform.org/charitydigitaltoolkit/>.

Social Media Toolkit

Social Media is a particularly important aspect of digital - it's becoming a key way for many charities to communicate with their stakeholders. The Social Media Toolkit takes you through all the issues and is available at <http://landing.skillsplatform.org/charitysocialmediatoolkit/>.



RedbridgeCVS's own IT guides are available in the members' section of our website.

Voluntary Sector Network takes part in health consultations

The meeting on Wednesday 3 May will hear from Redbridge CCG and the Council's health and Wellbeing Board about their future plans.

Dr Maurice Sanomi of RedbridgeCCG

will speak on their proposals to restrict access to certain procedures. Resources are limited, and the CCG is consulting about whether it should spend money on:

- IVF (in vitro fertilisation)
- Male and female sterilisation
- NHS prescribing – including gluten-free food prescriptions, over the counter prescribing, soya-based formula milk and travel vaccinations
- Cosmetic procedures
- Weight loss surgery

David Evans from Redbridge Council

will speak on their Health and Wellbeing Strategy for 2017-2021, which sets out their plans to improve health and reduce health inequalities locally.

1pm, Wednesday 3 May

RedbridgeCVS

5th floor, Forest House

16-20 Clements Rd, Ilford IG1 1BA

Everyone involved in local community groups is welcome.



Funding for community safety projects

Redbridge Safer Neighbourhood Board have £23,700 available to fund small projects in the borough.

The projects should address issues of:

- Crime prevention
- Crime reduction
- Community engagement

Projects submitted by the police or council will not be considered for funding by MOPAC. They will also not approve any projects which they believe deliver services which other public sector bodies should be providing.

The deadline for bids is very short, and they need to be submitted to Liz Pearce at RedbridgeCVS by no later than 14 May.

Detailed plans and budgets are not required, but bids will need to demonstrate how they fully meet one of the criteria and the outcomes that will be achieved. The

Redbridge Safer Neighbourhood Board will decide which projects are submitted to the Mayor's Office for Policing & Crime (MOPAC) for approval by their funding panel. The form for submitting bids and some guidance from MOPAC are available on our website at www.redbridgecvs.net/SNB2017

If you require any further information please contact Liz Pearce on 020 8514 9613 or email liz@redbridgecvs.net



We're recruiting for a social prescribing post

Social prescribing links patients at GP practices with support from voluntary groups.

Community groups are often aware of how valuable our services are. Those services help people with a wide range of health and support needs. Often involvement with a voluntary group can keep people from accessing NHS services such as GPs and hospitals, or provide extra care and support outside the NHS.

"Social prescribing" refers to systems which help GPs to refer their patients to community groups, where they can get non-medical help.

RedbridgeCVS is working with Redbridge CCG and the Council's Public Health department to deliver a pilot social prescribing project, and we're recruiting someone to manage the project.

This is an exciting opportunity to be involved at the start of something new, working with

our team of Health and Wellbeing Buddies. We are looking for a committed individual with excellent organisational skills to coordinate all aspects of our social prescribing and health and wellbeing awareness projects.

If you would like further information about the role please contact Swati Vyas, Health Partnerships Manager at swati@redbridgecvs.net or on 020 8514 9626. You can download the job pack at www.redbridgecvs.net/socialprescribing - the closing date is 15 May.



RedbridgeCVS Training Courses

Publicise Your Organisation Using Social Media

Thursday 18 May

Every organisation needs an online presence. Even if your service users aren't online, potential volunteers, funders and other stakeholders expect to see you on the internet – and if you aren't there, they may wonder how genuine and well organised you are.

Using social media like Facebook or Twitter is one of the most important ways of developing an online presence.

This course is presented by Colin Wilson, RedbridgeCVS's Information Officer, who works with social media every day. Training will start from the basics of using Facebook and Twitter: no experience is required! We'll be working on computers, but if you have a smartphone or tablet, you may find it useful to bring it with you.

By the end of the session participants will:

- understand the basic concepts of different social media
- be able to use systems like Facebook and Twitter to share information, promote events and organise small group discussions
- know how to assess the effectiveness of your use of social media
- be able to use social media as part of a publicity strategy
- be aware of best practice for voluntary groups when using social media

Governance Roles and Responsibilities

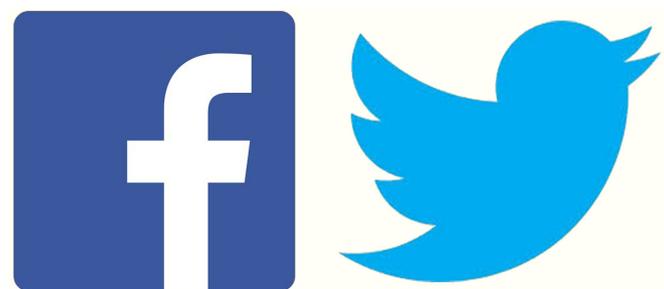
Wednesday 24 May

Every voluntary and community organisation should be led and controlled by a management committee or board. This body has legal responsibility for the organisation – for making sure it delivers its objects, sets its strategic direction and upholds its values. If things go wrong, it's committee members who will take the blame – as they did last year with the high-profile collapse of Kids Company.

It's crucial that the committee is properly organised, has the right people on it, and that they have the skills they need. This session helps you put those structures in place.

The training session covers:

- the terminology used in management committees
- why it is important to have a management committee
- the roles and responsibilities of a management committee
- the roles of honorary officers
- the role of representatives of the committee
- how to divide responsibilities between committee members and staff
- how to identify the training and information needs of committee members



**Book now for summer
term courses at:**

**[www.redbridgecvs.net/
training](http://www.redbridgecvs.net/training)**

Other Summer Training Courses

Supporting and Developing Volunteers

Thurs 4 May, Weds 10 May (2 day course)

Safeguarding Children and Young People, level 1

Thurs 8 Jun

Measuring Outcomes, Demonstrating Impact

Weds 14 June

Confidence Building through Assertiveness

Weds 28 June

Getting Your Story Told: Writing Press Releases

Thurs 6 Jul

Listening and Communication Skills

Mon 17 Jul

Book now for summer term courses at:
www.redbridgecvs.net/training

Safeguarding courses in 2017-18

Adult Safeguarding Level 1

- Thursday 14 September 2017
- Wednesday 10 January 2018
- Thursday 3 May 2018

Safeguarding Children & Young People Level 1

- Wednesday 11 October 2017
- Thursday 8 February 2018
- Wednesday 20 June 2018

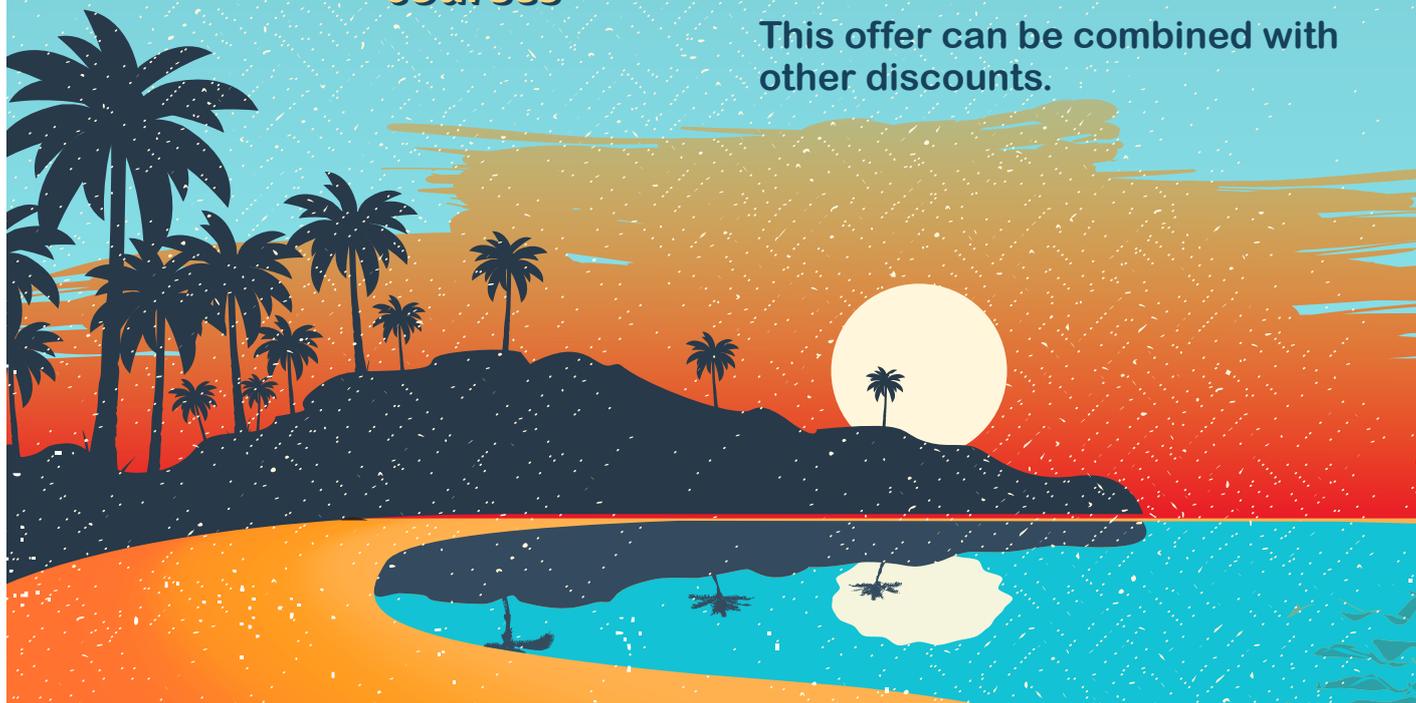
Booking opening soon

25% off

our summer courses

We want as many people as possible to come on our training. If you've not been on a course since September 2016, book on training between April and July 2017 and get 25% off.

This offer can be combined with other discounts.



Heritage funding – it's not all stately homes!

The Heritage Lottery Fund is keen to fund more groups in Redbridge. The word "heritage" might make you think of castles or ruins. But the Fund supports projects which tell the stories of different local communities.

Romany heritage

A project in Camden focused on helping younger members of the community to learn about its history by interviewing and photographing older members. The project made items like old photos available to the public through a website, building links between communities.

A wartime refugee in Oxford

This Oxford project centred on Paul Jacobsthal, who was forced to flee Nazi Germany because of his Jewish origins. School students pieced together evidence about Paul's life and also interviewed Jewish refugees and their descendants. The project organised an exhibition highlighting the contribution people from different cultures have made to life in Britain.

Learning disabled people and single parents

For years, Meanwood Park Hospital in Leeds housed learning disabled people – as well as others, including women who were judged "mentally deficient" because they got pregnant outside marriage. Volunteers and artists interviewed former residents, creating a book and an exhibition from their moving accounts.

Could you run a project?

The Heritage Lottery Fund is offering additional support to Redbridge community organisations and staff are happy to meet you to talk about how you might get involved. Contact: sjames@hlf.org.uk quoting "Redbridge Priority Development Area" or phone 020 7591 6151.



Family photo of Romany children



Paul Jacobsthal, refugee from fascism



Meanwood Park, Leeds

Funding Diary

Projects that defend human rights

UK registered charities with an income of between £150,000 and £1.5 million can apply for funding through the AB Charitable Trust. In particular, the Trust is seeking applications from charities that support refugees and asylum seekers, prisoners and penal reform and those addressing the needs of the most marginalised and neglected groups in society. Most grants are in the range £10,000 to £20,000.

More information: www.bit.ly/2qiwsPU
Closing date: Friday 19 May

Work with people with long-term health problems

Funding for London registered charities working with people with long-term health conditions, mental ill-health or addictions. Projects should show a new approach and involve work with an expert partner. Grants of up to £10,000.

More information: www.bit.ly/2aaPtguL
Closing date: Thursday 25 May

Disadvantaged or disabled children

The BBC Children in Need Small Grants Programme makes grants of up to £10,000 per year for up to three years. Grants are for work with children and young people under 18 experiencing disadvantage through illness, distress, abuse or neglect; any kind of disability; behavioural or psychological difficulties; or who are living in poverty or situations of deprivation.

More information: www.bit.ly/1L33R54V
Closing date: Thursday 1 June

HIV prevention for at-risk communities

Public Health England is looking to fund work which tackles diagnosis for both HIV and other sexually transmitted infections; stigma associated with HIV; other risky behaviours that can increase risk of contracting HIV such as drug and alcohol misuse; and the integration of HIV prevention into wider sexual and reproductive health.

More information: www.bit.ly/2q9MP6S
Closing date: Thursday 15 June

Capital funding for work with homeless people

Help the Homeless aims to help homeless people resume a normal life, and is currently accepting applications from voluntary organisations with a turnover of under £1m per annum. Grants of up to £5,000 are available towards capital costs to support projects that assist disadvantaged individuals in their return to mainstream society, through residential or training facilities.

More information: www.bit.ly/Vjd9iy
Closing date: Thursday 15 June

Disadvantaged and disengaged young people

The Peter Cruddas Foundation funds registered charities running projects which benefit disadvantaged and disengaged young people in the UK. The Foundation gives priority to programmes that help people towards pathways into education, training and employment. There are no minimum or maximum grants and projects can be funded for more than one year. Please note that the Foundation is not accepting applications for Capital Projects..

More information: www.bit.ly/7H8sjBP
Closing date: Friday 1 September

More information

Full information about all of these opportunities is available in the Members' area of our website. Log in and go to the menu headed For Members. If your organisation isn't a member yet, it's free to join. For more information go to www.redbridgecvs.net/members

RedbridgeCVS exists to support voluntary and community groups in the London Borough of Redbridge.

RedbridgeCVS is a charity which exists to support other local voluntary groups. Our services include:

- **information** about local groups, events, jobs and funding, delivered through our website, our weekly email newsletter and our bimonthly publication Community
- support with **fundraising** and help for local groups to get organised and develop
- **training** on the topics that are really important for small groups, in small, friendly groups, with discounts the more you book
- help from Volunteer Centre Redbridge with **finding volunteers** for your group, and helping your group to work with them effectively
- **representing** voluntary groups in meetings with bodies like Redbridge Council and the NHS
- **meetings** where you can get to know other local groups and share best practice
- **advice** about the policies and procedures you need, and how to plan your work
- affordable and good-quality **room hire** and **photocopying**
- projects to help local communities improve their **health and fitness**

Join RedbridgeCVS

Membership is free: we invite all community groups to join if they are based in Redbridge or work with Redbridge people. Some of our services are only available to members, and members get a discount on fees, such as those for training or room hire.

More about RedbridgeCVS

See our website at

www.redbridgecvs.net

or ring us on

020 8553 1004