

Community

February 2017

newsletter for the community and voluntary sector in Redbridge

Royal Visitor Praises Work of Local Centre for Homeless

HRH the Duke of Kent spent time at the Welcome Centre on Tuesday 21 February as part of a visit to Redbridge.

Phil Herbert, Director of Healthy Living Projects, commented that "Sonia and I had the pleasure of showing the Duke around the Welcome Centre where he was introduced to staff, volunteers and service users. His Royal Highness took great interest in the stories and experiences that people had to share, and congratulated Healthy Living Project on its hard work and achievements."

The Welcome Centre previously won the Queen's Award for Voluntary Service in 2013. The centre is the first port of call for many rough sleepers in the Borough and sees up to 50 people daily. Clients are given a health check by on-site staff.



HRH the Duke of Kent chats to staff



HRH with Centre Director Phil Herbert and Council Chief Executive Andy Donald

Eco Volunteers help Vine Church at Eco Action Day

On Saturday 4 February, Vine Church hosted an Eco Action Day at their Holstock Road Community Halls. Over 40 volunteers from all sections of the Ilford community, most with no church connections, came along to help.

In the morning, volunteers with no specific previous experience learned how to carry out simple DIY jobs aimed at making the buildings more energy efficiency. Jobs included:

- fitting loft insulation in the community house
- putting aluminium reflector panels behind outside wall radiators
- replacing old incandescent light bulbs with new energy efficient LED bulbs
- lagging the pipes from the gas boilers
- putting temporary secondary glazing on an outside door to prevent heat loss
- insulating doors to prevent draughts
- sorting out the compost bins in the garden and putting mulch on the beds
- planting an apple tree
- repairing a broken gutter in the garden

Guests and volunteers enjoyed a lunch of vegetarian soup, prepared by volunteers from Transition Ilford and Vine Church. During the lunch hour, participants sang songs about care for the environment, led by Redbridge Music Lounge.

The Mayor of Redbridge and MP Mike Gapes were present to help to emphasise the importance of the issue of climate change. Green hearts were distributed to mark the beginning of the national For the Love Of campaign. This campaign is an annual celebration of all that we love but could lose to climate change.

Mike Gapes MP in his comments referred to the petitions that hundreds of local Ilford people had sent him in November to

encourage the government to ratify the Paris Climate Change agreements.

The event was organised by Vine United Reformed Church who look after extensive but old buildings in Central Ilford. It was supported with the help of Amey, Redbridge Recycling team, Redbridge Faith Forum, Volunteer Centre Redbridge, Transition Ilford, Sophia Hubs and Awaaz.

City Bridge Trust gave the grant for the initial Eco Audit carried out by 3 Acorns to look at how community organisations can care better for their buildings.

As the Mayor Cllr Bhamra emphasised in his speech, "Here in Ilford we are showing how we care for our community buildings and how we can make them more energy efficient. Like all faith communities the Vine United Reformed Church tries to be a welcoming place. It welcomes eighteen user groups. Over 500 people visit the premises each week and the buildings are used daily. But like all old buildings it was built by different generations, in a different era when there was different awareness of the role fossil fuels played in destroying our climate."



Mayor of Redbridge Cllr Bhamra, Mike Gapes MP and Rev Hemeratana of Ilford Buddhist Centre plant the apple tree.

Could Your Group Help Build a National Moment of Unity?

Sir Stuart Etherington, Chief Executive of national voluntary sector network NCVO, calls on people and communities to come together on 17-18 June.

Let RedbridgeCVS know about any events you organise – we'd be very happy to publicise them.



Jo Cox MP, the inspiration for the day

I wanted to let you know about a national event called The Great Get Together taking place on 17-18 June this summer. The event is being organised by the family and friends of Jo Cox and coincides with the anniversary of Jo's death.

The Great Get Together hopes to be a national moment of unity with people and communities coming together to share food in barbecues, bake offs, street parties and more. It's completely non-partisan and open to all.

The Great Get Together already has the support of a growing coalition of organisations including The Big Lunch, The Women's Institute, Girlguiding, The Scouts, The Premier League, The Royal British Legion, The Archbishop of Canterbury, the Chief Rabbi and other faith representatives.

There are four key ways your organisation can get involved and I very much hope you will:

- Add your name to the list of supporters and save the 17-18 June in your organisational calendars
- Let your members or supporters know about the Get Together
- Share the news of our launch event on social media
- Join the Get Together team

You'll find all the details of how to do these and much more in the document The Great Get Together and the four ways your organisation can get involved, which is available online at www.bit.ly/greatgettogether

I hope your organisation can lend its support.

*With every best wish,
Sir Stuart Etherington
NCVO Chief Executive*

RedbridgeCVS Training Courses

Policies and Procedures: What Do You Need?

Weds 8 March

Policies and procedures provide guidelines on how people in your organisation should work. They are crucial to acting consistently, professionally and transparently – to being an effective organisation. This session is particularly meant for new groups.

Training the Trainer

Weds 22 March

Understanding how to prepare and deliver training will enable you to create effective training programmes within your organisation.

With budgets being squeezed it is beneficial for internal experts to learn how to pass on their knowledge and expertise through effective training sessions and developing others.

Safeguarding Adults, level 1

Thurs 20 April

All employees and volunteers who come into contact with service users in their work have a duty of care to safeguard and promote their welfare.

The vast majority of people who work with service users aim to provide a safe, supportive environment. However, tensions and misunderstandings sometimes occur and can give rise to allegations of abuse, which are inevitably distressing and difficult for all concerned. Equally, some allegations will be genuine, and some people deliberately seek out, create or exploit opportunities to abuse service users. It is essential that all possible steps are taken to safeguard service users, and to ensure that individuals working with them are safe to do so.

Spring into action

Half-price training

**Book on a course from
January to April 2017,
and a second person
from your organisation
can come on the course
for half the fee.**



The offer applies to people who haven't been on our training since September 2016.

Can be combined with other discounts.

If the first person cancels, the second must pay full price.

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

Homeless people have a right to healthcare

A new campaign is making clear that anyone can register with a GP – you don't need to have a fixed address or identification, and your immigration status does not matter.

Healthy London Partnership have produced a card which homeless people can take to a GP when registering, which explains their rights.

If people have problems registering with a GP, they should call the Healthwatch Redbridge on 020 8553 1236.



Council consults on End of Life Care

In recent years, the need to improve End of Life care has become a priority at national, regional and local level. Redbridge Council have produced a draft Joint Plan for End of Life Services for Adults in Redbridge which provides an update on local achievements and a new action plan for 2017-2020. The plan is available to download at www.bit.ly/RedbridgeEndOfLife

The Council would like to know what you think of the plan and would welcome your thoughts and ideas on what further actions you think will help them to continue to

improve and achieve their vision for the future.

The closing date for responses is 12 May 2017.



Foodbank seeks volunteers to move stock

Redbridge Foodbank are looking for help with some heavy lifting on the evening of Monday 13 March. They need volunteers who can help them transfer some of their stock – from Gants Hill to near Valentine's Park.

If you're interested, please contact Liz Pearce at RedbridgeCVS on 020 8514 9613.



Events Calendar

Cancer Awareness

1-4.30pm, Tues 28 February
Holiday Inn, Stratford City

Do you work with people, maybe as a hairdresser or beautician, or in a pub or cafe? You can help raise awareness of cancer.

Women's Interfaith Workshop

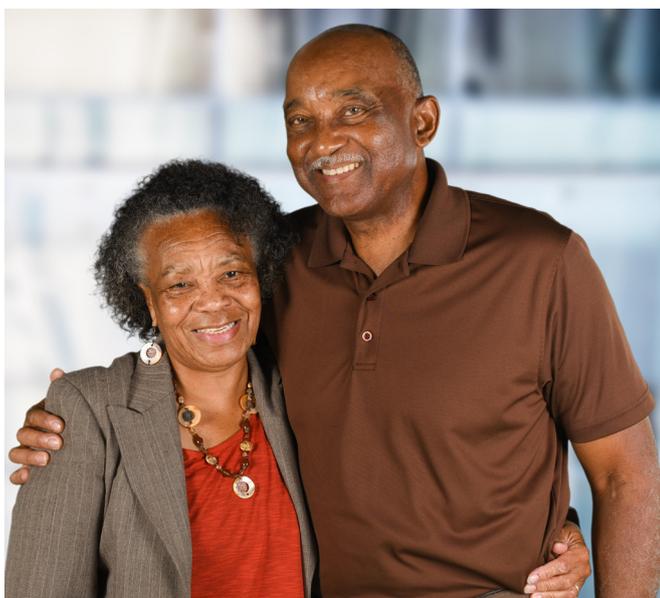
1.30-3.30pm, Tues 28 February
St Albans Church, Albert Rd, Ilford IG1 1HS

Discussion between women of different ages and faiths, about prayer. This session includes a presentation from Christian women, with those from Jewish and Muslim women to come in future.

Local Forum for the African Caribbean Community

6.30-8pm, Tues 28 February
York Room, Ilford Library, Clements Rd

Come and explore views, ideas, interests and participation within the Redbridge Community.



Need full details?

Full information about all these events is available on our website at

www.redbridgecvs.net/events

New events by and for the local voluntary sector are added to the site each week, and sent out in eNews, our weekly newsletter.

Making Communities Safer

6.30-8pm, Monday 6 March
St Cedd's Church Hall, 4 Blythwood Rd, Ilford IG3 8SH

Share what makes you feel safe/unsafe. Discuss ideas on how to make us feel safer and work with local services to identify & tackle issues of concern. Refreshments will be provided. Organised by Redbridge Faith Forum.

Fundraising Dinner

7pm, Tuesday 7 March
Gandhi Restaurant, 712 Chigwell Rd, Woodford Bridge IG8 8AL

Tickets £25, includes welcome glass of wine, poppadoms, main course and dessert. To book, contact the Mayor's Appeal - 07581 407773 (daytime) or 07549 395 479 (evenings and weekends) or redbridgemayorsappeal@hotmail.com. Proceeds to local charities.

Redbridge Women: Be Bold for Change

6.30pm, Wednesday 8 March
Ilford Library, Clements Rdm Ilford IG1 1EA

This event will explore issues affecting the holistic well being of Black African women living or working in Redbridge. Workshops on issues including relationships, communication, HIV and FGM.

Tell Us about Your Events!

Every week we send out information about forthcoming events in eNews, which reaches over 500 people. And we Tweet about events and other news to our 870 followers. All of which means local groups get free publicity! **Send information and photos to colin@redbridgecvs.net**

Funding Diary

Youth social action

Step Up to Serve, the Lottery and DCMS support young people taking practical action in the service of others to create positive social change that benefits the wider community as well as the young person themselves. Young people are defined as those aged 10 to 20, and up to 25 for disabled young people. Funding available for activities including campaigning, fundraising and volunteering.

Closing date: Monday 6 March

Redbridge Community Project and Small Grants Fund

Support from Redbridge Council for voluntary organisations to deliver services through community initiatives. Applications must align with Council priorities. Community Project Fund awards of £5,000 to £25,000 are available to address the recommendations of the Fairness Commission. Small grants of less than £5,000 are also available.

Closing date: Monday 6 March

Tackling fuel poverty

Grants of up to £50,000 for charities providing advice on energy efficiency, taking practical measures for energy efficiency or providing benefits advice. Applications for work with children and family especially welcome.

Closing date: Wednesday 8 March

Using sport to empower women and girls

Organisations working in partnership can apply for grants of between £30,000 and £250,000, over a period of between 12 and 36

months. The partnership must include a track record of working with women and girls, and using sport as a tool for change.

Closing date: Thursday 16 March

Homelessness, refugees, young people, penal affairs

Hilden Charitable Fund makes grants to projects that address disadvantage and by supporting causes which are less popular. In particular, the Fund wants to support projects that:

- Address homelessness
- Supports asylum seekers and refugees
- Support community based initiatives for disadvantaged young people 16 – 25
- Penal affairs

The average grant awarded is £5,000 and preference is given to supporting small community organisations with an income of less than £500,000 per year. The Trust will consider funding project as well as core running costs of organisations.

Closing date: Thursday 16 March

Funding for work with victims of crime

The aim of the Fund is to maximise the potential of voluntary, community and social enterprise (VCSE) organisations to help ensure the continued and improved provision of vital services to support victims of crime and help them cope and recover. A portion of the fund will be ring-fenced for both hate crime victims and victims of violent crime.

Grants of between £10,000 and £35,000 are available. Partnerships of three or more organisations applying together can apply for up to £100,000.

Closing date: Friday 17 March

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** – our Community Fundraiser has helped local groups raise almost a million pounds.
- **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.redbridgecv.net

or ring us on

020 8553 1004