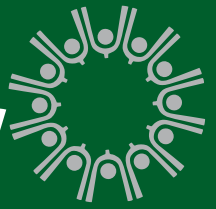


Community



a newsletter for the community and voluntary sector in Redbridge

January 2015

Produced by

RedbridgeCVS



Inside

- Roma Support Group p3
- Fairness Commission p7
- HIV awareness p8
- Bowel cancer p10
- RedbridgeCVS training p13

Network Meeting

Wednesday 4 February

Environmental groups

- Forest Farm Peace Garden
- Transition Town Redbridge
- Three Acorns

Compact Consultation: Have Your Say

The Redbridge Compact is a joint agreement between voluntary groups and public bodies and exists to help the partners improve their relationship for mutual advantage and community gain. We are currently updating the document for 2015-2018 and are keen for your views on the new draft document.

You can download the draft Compact from RedbridgeCVS's website at www.redbridgecvs.net/compact2015

Printed copies (including in large print) are also available on request

from our office – email info@redbridgecvs.net or ring 020 8553 1004.

You can respond via our brief online survey at www.surveymonkey.com/s/redbridgecompact – or if you prefer, you can write to:

Ross Diamond, Chief Officer,
RedbridgeCVS, Forest House,
16-20 Clements Road, Ilford IG1 1BA

The consultation runs until 6pm on Friday 6 March.



Collaboration between the Council and the voluntary sector as Cllr Kissin, Mayor of Redbridge, joins Redbridge Music Lounge at November's Volunteer Fair

Community

Large format

Anyone who requires large print versions of the newsletter please email **colin@redbridgecvs.net** or phone 020 8514 9616.

We want to hear from you

We want *Community* to reflect the voluntary and community sector in Redbridge. Tell us about the news and issues that affect you. New project? New funding? Looking for training? For advice? Let us know.

Community by email

This newsletter is available as a PDF file by email as well as on paper. Save trees and the environment, save RedbridgeCVS printing costs, and get *Community* in colour. Just email colin@redbridgecvs.net.

Deadlines for publication

Issue	Deadline
March	Friday 6 March
May	Friday 1 May

Disclaimer

The views expressed by contributors to this newsletter are not necessarily those of RedbridgeCVS.

Much of the information in this newsletter is received from other agencies. RedbridgeCVS cannot be held responsible for any inaccuracies.

Redbridge Arts Grants available

Applications are open until 2 March for grants to promote arts and culture in the borough.

Redbridge Arts Grants aim to make sure residents can take part in a wide range of arts and cultural related activities. The grants are available to voluntary organisations and community groups based or planning to work in the Borough.

Organisations can apply for grants of up to £3,000 although most grants will be under £2,000. A total of £27,000 of grant funding will be awarded through three application rounds each year.

The fund aims to encourage a range of ideas and proposals linked to artistic creativity and development, seeking new ideas and innovation. The projects will be time limited and generally include events, workshops and activities for people to participate in although we will also consider applications for research and development.

Round Three 2014-15 opened for applications on Thursday 15 January and the deadline is 5pm on Monday 2 March 2015.

For more information and to download an application pack, visit Redbridge i www.redbridge.gov.uk/artsgrants

Advice surgeries

Advice surgeries are offered to support organisations with their applications.

Surgeries will be held on:

- 5.30-7.30pm
Wednesday 4 February
- 10.30am-12.30pm
Tuesday 10 February

Both sessions take place at Redbridge Central Library. If you're interested in coming along it's essential you contact Sam Goodey on 020 8708 2856 or at samantha.goodey@visionrcl.org.uk

Affordable photocopying

RedbridgeCVS does high-quality, affordable copying at our office in central Ilford. Copies are available in colour and black and white, single- or double-sided, and in A3 and A4 sizes. Prices start from 3p for single-sided black-and-white A4. We may also be able to fold, collate, staple and laminate your copies – ask for details.

For more information, phone Karolina at RedbridgeCVS on 020 8553 1004

Roma group AGM helps build community

The Roma Support Group (RSG) provides services in Redbridge and other neighbouring boroughs. Their AGM took place in November in East Ham.

The AGM gives the charity's trustees the opportunity to explain the organisation's achievements over the preceding year and plans for the following year. It also creates space for the members to ask questions and vote on various business items.

Some AGMs may be boring, but the Roma Support Group event is quite unusual and engaging. It is an opportunity for community members, staff, trustees, volunteers and representatives from partner organisations to come together and not only get information about the work of the charity, but also learn something new during the course of the evening. For example, the RSG showcases the work of current projects, young people from the sport and art groups present their work and a guest speaker talks about a relevant topic. This year, a Roma legal officer at the AIRE Centre, Denisa Pšeničková, delivered a presentation on "EU migrants' rights – Roma rights and recent changes", which attracted much interest.

There was also a Forum Theatre performance, which portrayed a true story of a woman being unfairly dismissed at work. This led to an interesting debate within the audience. Known also as "theatre of the oppressed", it was a great tool to introduce a discussion of the community's needs and aspirations,

challenging the barriers to external agencies working with Roma and helping them become more sensitive towards these issues.

Perhaps the most unique element of the RSG AGM is the wonderful food provided by the charity's members and the live music performed by Roma musicians at the end of business.

The event attracted more than 160 attendees, and showcased many activities coordinated by the Roma Advocacy Project. The project is funded by Big Lottery and aims to reduce the social exclusion of Roma refugees and migrants in London by empowering them to bring about change in their communities. The project enables participants to develop their knowledge using a range of tools (1-2-1 advocacy, forum theatre, workshops) and share their learning with community members through peer-advocacy schemes.

The Roma Support Group is a registered charity established in 1998, which has

since then supported thousands of Roma families, offering them a variety of services and engaging them all aspects of running and managing the organisation. For more information about our activities, please contact info@romasupportgroup.org.uk or 020 7511 7343.

Participants said:

"Events like the one today help us Roma people feel included instead of being alienated within society. It makes me feel better in a sense that we can be ourselves and not just judged by stereotypes."

"Performing arts and forum theatre are an excellent way to challenge social issues".

"Excellent forum for talking and sharing real life scenarios."



Success for RCYPN at their AGM

Redbridge Children & Young People's Network (RCYPN) enjoyed unprecedented success at their Annual General Meeting (AGM) held in November. The event attracted over 100 colleagues from the voluntary and statutory sector as well as the business world. All visitors were presented with a copy of RCYPN's new Annual Report for 2013-14 by volunteers who assisted throughout the day.

The theme of the AGM was "Success Through Business" and all the businesses which support RCYPN were invited as guest speakers. The AGM was RCYPN's way of thanking them for their continuing support.

The speakers were Elizabeth Morris, General Manager Cineworld Ilford;



Mario Cruz, Manager Nando's Ilford; Jangir Majid, Marketing Manager Costco Chingford; Javad Rana, Director JR Accounts and Kulbeer Kaur, Faroz Restaurant.

Cineworld Ilford generously made available their Screen 1 in which to hold the event. All the businesses

spoke of wishing to continue supporting RCYPN in future.

Guest speakers also included Ross Diamond, Chief Officer, RedbridgeCVS; Kim Jackson, Assistant Manager and Mat Brown Community Banker from Barclays Bank, Ilford.

Rewards for All Practise drafting a grant application

Our Community Fundraiser Ola Kanu will facilitate a session that aims to answer some of the most common issues groups face.

- How do I answer funders' questions?
- How can I show my project is worth funding?
- How do I plan my budget?

Aim

This workshop offers your trustees, committee members, other volunteers and staff practise in drafting a grant application.

For

Small voluntary and community groups in Redbridge.

Learning outcomes

- Understand the kind of information funders need from you
- Identify some ways of evidencing need
- Recognise how to bring your project need to life to capture a funder's interest
- Appreciate the link between the difference you want to make and a funder's priorities
- Know how to set out your project budget

10am-4pm

Wednesday 11 March

RedbridgeCVS, Forest House, 16-20 Clements Rd, Ilford IG1 1BA

The training is free but you need to book – fill in the form at www.redbridgecvs.net/training

Facts at your Fingertips

A huge amount of data about Greater London, Redbridge and local wards is now available online. The information can be really useful for community groups planning their work and seeking funding.

Greater London is changing rapidly. The city's population is at an all-time high of 8.6 million people – surpassing the previous record set in 1939, and much higher than the 6.7 million people recorded in the mid-80s.

Redbridge is also changing: in 1991, almost 8 out of 10 people in the borough were white. By 2011, that had fallen to around 4 out of 10. More change is on the way: the opening of Crossrail in four years will have a major effect on the south of the borough.

The stereotype of a multicultural inner city and a mainly white outer London therefore no longer fits reality. There are also some parts of the borough which suffer real deprivation.

Figures about these issues can be enormously useful to community

groups. They allow you to challenge the stereotypes about outer London that you sometimes still encounter. Knowing where pockets of deprivation exist lets groups plan their work, and make a case to funders about why they should support it.

So where do you find the data? There are lots of sources, but we want to highlight three:

Ward factsheets from Redbridge Council

These sheets – like the one below – are on the Council website but hard to find. So we made them into PDFs and put them all on one page on our site at www.redbridgecvs.net/wardinfo

2011 census data as maps

Go to <http://ukdataexplorer.com/census/london/> for maps on every topic from religion to how many people are long-term unemployed. Maps also provide ward-level statistics.

London datastore

For data on topics including arts, crime, employment, health, sport and transport, go to this GLA-run website at <http://data.london.gov.uk/topic>

Goodmayes

Did you know?

<div style="text-align: center; font-size: 2em; font-weight: bold; color: #e91e63;">13,629</div> <p style="text-align: center; color: #e91e63;">9th highest population in Redbridge</p>	<div style="text-align: center; font-size: 2em; font-weight: bold; color: #e91e63;">14.7%</div> <p style="text-align: center; color: #e91e63;">DWP benefit claimants – higher than Redbridge 10.9%</p> <div style="background-color: #e91e63; color: white; padding: 5px; text-align: center; font-weight: bold;">BENEFITS</div>	<div style="text-align: center; font-size: 2em; font-weight: bold; color: #e91e63;">18.1%</div> <p style="text-align: center; color: #e91e63;">have no qualifications – lower than Redbridge 18.5%</p>
<div style="text-align: center; font-size: 2em; font-weight: bold; color: #e91e63;">3,282</div> <p style="text-align: center; color: #e91e63;">8th highest proportion of under 16s in Redbridge</p>	<div style="text-align: center; font-size: 2em; font-weight: bold; color: #e91e63;">9,277</div> <p style="text-align: center; color: #e91e63;">2nd highest proportion of people aged 16 to 64 in Redbridge</p>	<div style="text-align: center; font-size: 2em; font-weight: bold; color: #e91e63;">1,070</div> <p style="text-align: center; color: #e91e63;">3rd lowest proportion of 65 plus in Redbridge</p> <div style="text-align: center; font-size: 2em; font-weight: bold; color: #e91e63;">65+</div>
<div style="text-align: center; font-size: 2em; font-weight: bold; color: #e91e63;">83.1%</div> <p style="text-align: center; color: #e91e63;">from BME groups – higher than Redbridge 65.5%</p>	<div style="text-align: center; font-size: 2em; font-weight: bold; color: #e91e63;">46.3%</div> <p style="text-align: center; color: #e91e63;">resident population born abroad – higher than Redbridge 36.9%</p>	<div style="text-align: center; font-size: 2em; font-weight: bold; color: #e91e63;">India</div> <p style="text-align: center; color: #e91e63;">country of birth of largest resident population born abroad – 12.7% - followed by Pakistan and Bangladesh</p>
<div style="text-align: center; font-size: 2em; font-weight: bold; color: #e91e63;">62.7</div> <p style="text-align: center; color: #e91e63;">crime rate per 1,000 pop – lower than Redbridge 69.6</p>	<div style="text-align: center; font-size: 2em; font-weight: bold; color: #e91e63;">£249,998</div> <p style="text-align: center; color: #e91e63;">median house price – lower than Redbridge £275,000</p>	<div style="text-align: center; font-size: 2em; font-weight: bold; color: #e91e63;">30.6%</div> <p style="text-align: center; color: #e91e63;">of area that is open space – lower than Redbridge 39.6%</p>
<div style="text-align: center; font-size: 2em; font-weight: bold; color: #e91e63;">83.1%</div> <p style="text-align: center; color: #e91e63;">5+ A* - C inc English & Maths at GCSE (or equiv) – 9th highest in Redbridge</p>	<div style="text-align: center; font-size: 2em; font-weight: bold; color: #e91e63;">32.7</div> <p style="text-align: center; color: #e91e63;">average age – lower than Redbridge 35.6</p> <div style="text-align: center; font-size: 2em; font-weight: bold; color: #e91e63;">32</div>	<div style="text-align: center; font-size: 2em; font-weight: bold; color: #e91e63;">33.6%</div> <p style="text-align: center; color: #e91e63;">People aged 3+ whose main language is not English – higher than Redbridge 24.6%</p>
<div style="text-align: center; font-size: 2em; font-weight: bold; color: #e91e63;">54.5%</div> <p style="text-align: center; color: #e91e63;">employment rate – lower than Redbridge 59.6%</p>	<div style="text-align: center; font-size: 2em; font-weight: bold; color: #e91e63;">6.5%</div> <p style="text-align: center; color: #e91e63;">unemployment rate – higher than Redbridge 5.3%</p> <div style="text-align: center; font-size: 0.8em; background-color: #e91e63; color: white; padding: 2px;">@redbridge</div>	<div style="text-align: center; font-size: 2em; font-weight: bold; color: #e91e63;">79.5</div> <p style="text-align: center; color: #e91e63;">male life expectancy – lower than Redbridge 80.3</p> <div style="text-align: center; font-size: 2em; color: #e91e63;">♂</div>
<div style="text-align: center; font-size: 2em; font-weight: bold; color: #e91e63;">82.6</div> <p style="text-align: center; color: #e91e63;">female life expectancy – lower than Redbridge 84.0</p> <div style="text-align: center; font-size: 2em; color: #e91e63;">♀</div>	<div style="text-align: center; font-size: 2em; font-weight: bold; color: #e91e63;">90.0</div> <p style="text-align: center; color: #e91e63;">births per 1,000 females of child-bearing age – higher than Redbridge 75.5</p>	<div style="text-align: center; font-size: 2em; font-weight: bold; color: #e91e63;">90.0</div> <p style="text-align: center; color: #e91e63;">births per 1,000 females of child-bearing age – higher than Redbridge 75.5</p>

Help record Redbridge's Jewish history

Eastside Community Heritage are looking for volunteers to help with an oral history project.

Eastside Community Heritage (ECH) are nearly mid-way through their East End to Essex Project, documenting the social and cultural history of the Redbridge Jewish Community within living memory. They are currently offering an exciting opportunity for budding historians in East London who are interested in volunteering on the project.

The Redbridge Jewish Community has seen vast changes in the past twenty years. Even up to a decade ago, Redbridge was home to one of the largest communities in Europe. The community thrived when large-scale migration to Redbridge became the new home for thousands of Jews from London's East End. In partnership with the Rothschild Foundation, ECH are recording the experiences and life stories of this enigmatic and vibrant community.

They are seeking volunteers between the ages of 11-19 to help them record these oral histories. As a part of the programme you will go on two visits: first, to the University of Oxford COMPAS (Centre of Migration, Policy and Society) centre to learn more about migration. After that, you will go to the Jewish Museum in London and be trained in using archival materials and will put together podcasts and do other fun activities.

This is an exciting opportunity for young people to be involved in and is a great way to learn more about the Jewish community in Redbridge. Do you have family in the area? Are you between the ages of 11-19? If so then get in touch to ask how you can be involved in this project.

ECH are also currently seeking participants from the Redbridge Jewish community to talk to them about their life stories in the area. Do you have a story about the Jewish community in Redbridge? If so, then

they would like to hear from you and have you share your story.

Eastside Community Heritage

ECH as established in 1993 as part of the Stratford City Challenge community history project. The organisation has worked on numerous projects documenting the lives of people who live and work in east London. It created the East London Peoples Archive which now holds over 2000 oral histories, thousands of photographs and video material – all preserved and archived for public benefit. The archive is now accessible to the public.

More information

For more information about volunteering on the Jewish oral history project, please contact Claire Days at claire@ech.org.uk

For more information about Eastside Community Heritage please ring them on 020 8553 4343 or email office@ech.org.uk

When I was living in Dalston we used to hang around Stamford Hill and there used to be a fabulous salt beef bar... And it really was so cheap to go and get a salt beef sandwich and a latke and a cucumber and a drink. Now you need a mortgage. What happened?

Cllr. Alan Weinberg



Jewish rag trade workers in the East End, about 1950

Health buddies helping fight HIV

RedbridgeCVS in partnership with Positive East implemented an HIV Awareness project in Redbridge between July and December 2014.

This project, commissioned by Public Health Redbridge, was aimed at raising HIV awareness amongst the African communities as late HIV diagnosis has been a key challenge in Redbridge. Free HIV testing and advice was offered by Positive East, whereas RedbridgeCVS raised community awareness through a trained team of Health Buddies who spoke a range of African community languages.

During the project period, a total of 34 HIV awareness sessions were organised at community groups, faith places, libraries and at local health events. The project reached out to over 600 people who completed the 'Test your knowledge' quiz on HIV and many more who attended the sessions but were not able to complete the quiz. These sessions were conducted by a team of 16 Health Buddies in a range of African languages in addition to English like Yoruba, Shona, Ndebele, Chewa, Zulu and Ibo which are common in Redbridge.

HIV information stalls were also set up at 10 different events including HIV Testing week and World AIDS day and 4150 leaflets, cards, posters on HIV prevention and testing were distributed.

In addition, 12 one-to-one information sessions were held at Ilford Central library to promote HIV testing that

was being offered by Positive East every Friday afternoon. A total of 193 people were signposted for HIV testing after providing one-to-one information.

Most people welcomed the idea that Health Buddies were raising HIV awareness in local communities and said they would share the information with their family and friends. Many people requested for more detailed information about HIV treatment and management.

HIV myths

Some of the most common misconceptions around HIV were:

HIV is curable

Modern treatments mean that people with HIV can live as long as a person without the virus, but there is no cure.

HIV testing is not required if you don't have any symptoms

People can have HIV for years with no symptoms. But the virus is still doing damage, and you can infect others.

Some people perceived that once they have done HIV testing and they have tested negative, they don't need to do a test ever again.

If you put yourself at risk, for example through unprotected sex, you should get tested again.

Some people were of the view that once you feel better, it is okay to stop HIV treatment.

You must continue treatment for the rest of your life. If you stop, the HIV virus will make you ill.

Some people perceived that HIV can be spread by sharing toothbrushes, razors and utensils with an HIV positive person, and also through swimming pools.

HIV is spread through blood, sexual fluids and breast milk. For most people, unprotected sex is the main risk. Injecting drug users who share needles can also be infected.

Few people have said that HIV is passed on through family lines.

The vast majority of people with HIV were infected through unprotected sex. Men with HIV cannot pass it on to their children. Some people are born with HIV inherited from their mother. With good medical care, women with HIV can have children without passing it on to them.

A large number of people felt that if someone has HIV, they are likely to die soon.

In the 1980s and 90s some people died soon after diagnosis, but now treatments are much more effective. If people with HIV start treatment while they are still healthy, they can now expect to live as long as a person without HIV.



A health buddy provides information about HIV

Healthwatch consults on pharmacy services

Help assess what pharmacies are needed locally.

The Health and Wellbeing Board at the London Borough of Redbridge is undertaking a formal consultation on their draft Pharmaceutical Needs Assessment (PNA).

The PNA sets out what pharmaceutical services are needed locally. It is used to decide what services are provided and where – for example, setting up a new pharmacy or moving an existing one.

The consultation is being coordinated by Healthwatch Redbridge and they are inviting local residents to take part.

The PNA is part of making sure that pharmacy services are available to everyone – including people in different parts of the borough, people of different ages, people with various medical conditions and those who need services outside normal hours.

A summary of the draft PNA is published on the Healthwatch website at the address below, where you can also find a link to an online questionnaire where you can give your views. An easy-read version of the survey is also available to download,

The survey is available until Sunday 15 February.

www.healthwatchredbridge.co.uk



Help us share the correct information about TB

RedbridgeCVS has been commissioned by Public Health Redbridge to recruit local people who can go out into their communities and raise awareness of TB (tuberculosis).

We are particularly interested in hearing from **younger men** and people from the **Somali Community**, as they are currently under-represented in our Health Buddy team.

We would also like to hear from you if you have **good contacts within Redbridge schools**.

You do not need any prior knowledge of TB, as full training and resources will be provided.

As a Health Buddy you need to be able to:

- work in the UK
- speak a Redbridge community language in addition to English
- talk to groups
- arrange TB awareness sessions
- report on your progress
- attend monthly meetings on a Monday afternoon
- work flexibly, doing around two 2-hour sessions per month
- travel within Redbridge



Test your knowledge of TB: do the online quiz at <https://www.surveymonkey.com/s/TBAware>

For more information, contact Ola on 020 8514 9617 or email ola@redbridgecvs.net

Bowel cancer: take the test and stay well

Bowel cancer is the third most common cancer in the UK, killing 16,000 people each year. Redbridge Council and the NHS are working together to reduce that number locally – and community groups can help.

Around 1 in 20 people in the UK will develop bowel cancer during their lifetime. It is the second highest cause of cancer deaths, with over 16,000 people dying from it each year. Bowel cancer is more common in people over 60, and the risk increases the older you get.

The NHS has introduced a screening programme to improve this. Screening aims to detect cancer early, before people have significant symptoms. If the cancer is found at the earliest stage,

prospects are good – 9 out of 10 people in this situation live for at least five years.

Not enough people in Redbridge complete the screening test. Only 5 out of 10 people do so – the national target is 6 out of 10 people.

Redbridge Council and Redbridge CCG want to reduce late diagnosis of cancer and also reduce health inequalities within the borough. They want to work with local GPs and community groups to increase participation in the Bowel Screening Programme.

More about the screening programme

Redbridge residents registered with a GP aged 60-74 are sent a test kit every two years through the post. If you are over 75 you will not receive a kit automatically, but can request one. The kit includes

easy-to-follow instructions so that people can use it at home.

The test can pick up tiny traces of blood that may not be visible to the naked eye, so detecting cancer early. Further investigations can help detect polyps, growths in the bowel that can develop into cancer – so the programme also stops cancer developing in the first place as well as treating it.

Many people are unaware of the bowel screening programme and they sometimes mistake the kit for junk mail. Redbridge Council and the CCG want to improve that, and raise awareness of bowel cancer generally.

Complete your screening kit

Have you been sent a bowel screening kit but you haven't completed it? Perhaps you lost it. Or you may know someone else in this position. You can ask for another test kit by calling the freephone helpline on 0800 707 6060. If you are over 75 you can use this number to request a test kit.

Community groups can help

Staff can attend community groups and deliver health education sessions about bowel screening. If you would like us to come and speak to your community, neighbourhood or faith group, please contact Lubna Patel, NHS Health Promotion Specialist for Bowel Screening, by emailing lubna.patel@nhs.net.



Did you know that bowel cancer is the third most common cancer in the UK?

If you are aged 60-74 and registered with a GP, you will automatically be sent a free test kit that can detect early signs of bowel cancer.

Aged 75 or over? You can request a kit by calling freephone 0800 707 6060.

www.cancerscreening.nhs.uk

TB information available in community languages

Recordings of basic TB information are now available on the RedbridgeCVS website in seven community languages.

Languages available so far are Bengali, Gujarati, Hindi, Lingala, Punjabi, Tamil and Urdu. We'll be adding more languages later this year.

The recordings were made by the talented team of health buddies, who raise TB awareness in their own communities.

The recordings are available at www.redbridgecvs.net/tb



Health buddies (from top left) Suresh Vasishtha, Nargis Farzana, Malini Kotecha and Diane Misamu Sentime, who made four of the recordings

Chance for groups to reach out to the LGBT community

Redbridge Rainbow Community are inviting organisations to hold information stalls at their Health and Wellbeing Event for LGBT+ History Month.

The event will take place on Saturday 28th February between 12-5 p.m. at Redbridge Central Library.

The aim is to help support the community to raise awareness around LGBT+ issues, and also to ensure that individuals in Redbridge area are fully

aware of the full range of support available to them.

Terence Higgins Trust will be providing HIV Testing and Chlamydia Screening to those individuals that are interested.

Lesbian, Gay, Bisexual and Trans History Month celebrates the lives and

achievements of the LGBT community. It takes place across the UK, and hundreds of events are already planned.

Any queries whatsoever please do email Matthew Walters at info@redbridgerainbowcommunity.org.uk or contact Ian Hardwick on 07507 385445.



Local groups seeking volunteers

Here's a small selection from the volunteering opportunities available through Volunteer Centre Redbridge. Whatever your skills, there's something for you!

Got website skills?

Local children's charity Carefree Kids has a new website and needs a volunteer with good knowledge of Wordpress to train staff on how to keep the website updated. You will need relevant experience and the ability to explain clearly and patiently to a non-technical audience.

Provide friendly IT support

Jewish Care is looking for a friendly person who is able to support people to learn basic IT and give people confidence in using basic computer skills e.g. email, use of the internet etc. For this role, you need to be over 18, available on a Tuesday morning and willing to have a Disclosure and Barring Service check.

Help with social media

Seven Kings Sophia Hub helps start-up businesses to get established. They need a creative, skilled volunteer (16+) help to keep their own Facebook and Twitter accounts and blog updated and to help businesses they support to do the same.

Support gardening volunteers

Forest Farm Peace Garden is a community gardening project based at Hainault. They are recruiting a small team of Gardening Buddies, who will be available to support volunteers, who may have additional support needs to participate in gardening activities. Buddies will be also helping new volunteers settle into their role and build their confidence.

Buddies need to be at least 18 years old and have a mature outlook. Buddies need to be available for 2-4 sessions per month on Wednesdays mornings or afternoons.

Cook meals for thirty rough sleepers

Redbridge Cold Weather Centre is a night shelter hosted by local churches to provide shelter for men and women who would otherwise sleep rough.

From early December 2014 to March 2015 the shelter is open 7 nights a week. Guests receive a warm welcome, a hot meal and a warm and safe night's sleep. The Centre needs a cook on Sunday, Tuesday and Thursday evenings to take the lead on preparing a meat and a veggie meal plus dessert

for 30 people. You would need to be over 18 and have the skills and experience to plan the menu, direct other volunteers in the kitchen and ensure hygiene and safety standards are maintained.

Got communication skills and interested in health and social care?

Healthwatch Redbridge is an independent organisation of individuals and community groups that work together to improve local health and social care services. It is led by volunteers from the local community.

Healthwatch Redbridge is recruiting Engagement Champions to collect public feedback on local pharmacy services. Volunteers will be speaking to members of the public in GP surgeries, community settings, places of worship, community organisations, and at community events to gather feedback.

Volunteers will need to be over 18, have a friendly outgoing personality, have excellent verbal communication skills and have good handwriting in order to communicate effectively with a wide range of people, including older people and those who have English as a second language and note their comments.

Interested?

Ring Volunteer Centre Redbridge on 020 8514 9624



Training from RedbridgeCVS

Supporting and Developing Volunteers

Would you like to deliver an induction and training programme for your volunteers? Do you know how to support and supervise your volunteers? Find out and gain a qualification.

Aim

The learner will gain an understanding of how to support and develop volunteers.

Learning Outcomes

By the end of the session, participants will:

- Understand the need for induction information for volunteers.
- Know how to develop a volunteer induction programme
- Understand the importance

of support and supervision for volunteers.

- Know how to develop a training programme for volunteers

**9.30am-4pm
Wednesday 11 February and
Thursday 19 February (2-day
course)**

From £85 (2 day course)

Management Committee Roles and Responsibilities

Every voluntary and community organisation should be led and controlled by a management committee or board.

Aim

To develop management committee members' awareness of their roles and responsibilities.

Learning Outcomes

By the end of the session participants will understand:

- 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

**9.30am-4pm
Thursday 26 February**

From £40

Measuring Outcomes, Demonstrating Impact

Most voluntary sector organisations are now familiar with describing what they do and collecting evidence of what they do and with whom.

Aim

To give participants an understanding of outcomes and social impact measurement.

Learning Outcomes

By the end of the session participants will:

- understand what an outcome is and what it isn't
- understand how to use an 'outcomes model'
- have information on the benefits of defining outcomes
- be able to identify outcome indicators
- go beyond outcomes – measuring social value and impact.

**9.30am-4pm
Thursday 26 March**

From £40



Grant funding diary

Tackling fuel poverty

Scottish Power Energy People Trust provides grants to registered charities for projects that address fuel poverty. Organisations can apply for grants of up to £50,000 for projects that:

- Improve home energy efficiency through draught proofing, insulating and or other practical measures
- Support front line charities that carry out benefits advice to households missing out on financial help that they are entitled to and provide assistance to reduce or cancel debts for household electricity or gas supply, where such assistance is provided as part of a package of measures aimed at providing customers with long-term relief from fuel poverty.

Applications are particularly welcome from charities who work with children, young people and families.

Deadline

3 February

More information

www.energypeopletrust.com

Support for children and young people

Registered charities can apply for grants from a few hundred pounds up to £30,000 per year for up to two years if they are working in education or health with one of the Hilton Foundation's four chosen focus groups. These are:

- Children and young people with disabilities
- Children and young people who are sick in hospital
- Children and young people who are homeless
- Children and young people who are life limited (requiring palliative care)

There is approximately £150,000 available to distribute each quarter.

Deadline

10 February

More information

www.hilton-foundation.org.uk

Arts, arts education, preserving beautiful or historic objects

The Idlewild Trust is a grant making trust that supports registered charities concerned with the encouragement of the performing and fine arts and crafts, the advancement of education within the arts and the preservation for the benefit of the public of lands, buildings and other objects of beauty or historic interest in the United Kingdom. The Trust awards around £120,000 each year in grants and makes grants of up to £5,000.

Deadline

25 February

More information

www.idlewildtrust.org.uk

Healthy heart grants

Heart Research UK Healthy Heart

Grants support innovative projects designed to promote heart health and to prevent or reduce the risks of heart disease in specific groups or communities. Grants of up to £10,000 are available to community groups, voluntary organisations and researchers who are spreading the healthy heart message.

Deadline

28 February

More information

<http://bit.ly/1L0rSLX>

Funding for family based projects

The Kelly Family Charitable Trust is open to applications from registered charities whose activities involve all or most family members in initiatives that support and encourage the family to work as a cohesive unit in tackling problems that face one or more of its members.

The overall objective is to reinforce the potential benefit and support that family members as a unit can give to each other. The fund also welcomes applications from sports and health-related charities whose activities comply with the above criteria. Grants are of between £1,000 and £5,000, but higher grants may be considered.

Deadline

1 March

More information

<http://www.kfct.org.uk/apply.html>

Disadvantaged and disengaged young people

The Peter Cruddas Foundation is a grant making Foundation that aims to support charitable works that benefit disadvantaged and disengaged young people in the UK by ensuring that their funding reaches those most in need.

Priorities for funding are:

- Pathways/support for young disadvantaged or disengaged people in the age range 14 to 30 into education, training or employment

- Work experience/skills projects for young people aged 16 to 30
- Youth work in London particularly evening work for disadvantaged young people aged 16 to 30.

To be eligible for funding an organisation must be a registered charity or an organisation / individual supported by a UK charity. There are no minimum or maximum grants and projects can be funded for more than one year.

Deadline

1 March

More information

<http://bit.ly/1H8sjBP>

BBC Children in Need small grants

Through the Small Grants programme, funding up to £10,000 is available for projects that combat disadvantage and improve children and young people's lives. In particular, grants are available for projects that help children and young people experiencing:

- Illness, distress, abuse or neglect
- Any kind of disability
- Behavioural or psychological difficulties
- And / or living in situations of deprivation.

Applications for funding are accepted from not for profit organisations such as:

- Registered charities
- Voluntary organisations
- Schools
- Churches
- Community interest groups; etc.

Deadline

1 March

More information

<http://bbc.in/111N7ac>

Holiday grants for children

Schools, youth groups and not for profit organisations can apply to Henry Smith's Charity for grants towards holidays or outings within the UK for children aged 13 and under who are from deprived areas or have a disability.

Applications can be considered for holidays or outings that have the objective of providing children with a break they would not otherwise have the opportunity to experience. The maximum grant is usually £2,500 for any one trip. Grants are normally limited to a maximum of two-thirds of the total cost of a trip as the charity would expect some local partnership funding to be in place.

Deadline

19 March

More information

<http://bit.ly/1o3O4tL>

Music grants for older people

Concertina makes grants to charitable bodies which provide musical entertainment and related activities for the elderly. The charity is particular keen to support smaller organisations which might otherwise find it difficult to gain funding. Since 2004, Concertina has made grants to many charitable organisations nationwide in England and Wales. These include funds to many care homes for the elderly to provide musical entertainment for their residents.

Deadline

30 April

More information

www.concertinamusic.org.uk/Grants.php

Out to tender

Redbridge Council is tendering for the following services:

Integrated offender management accommodation-based and floating support service

Provide support in the community and in accommodation, provide liaison with and referral to other services.

Closing date: 18 February

Mental health employment service

The aim of the Contract is to provide a Mental Health Employment Service which will include a range of activities to meet the needs of the adults with mental health issues in the local community.

Closing date: 20 February

Provision of an emergency support scheme

The scheme replaces the former Crisis Loan and Community Care functions of the Discretionary Social Fund.

Closing date: 5 February

Outreach, advocacy and support service for women involved in prostitution

The aim of the contract is to deliver outreach, advocacy and support for women involved in prostitution in Redbridge.

Closing date: 13 February

If you're interested, more information is available on the London Tenders Portal website at

www.londontenders.org

Need help with funding?

Contact Ola Kanu, our Community Fundraiser, on 020 8514 9617

RedbridgeCVS



Inspiring everyone to play a part in a caring, vibrant community

Contact Us

Website/eNews	Online news, diary, resources for community organisations	Colin Wilson colin@redbridgecvs.net 020 8514 9616
"Community" magazine	Bi-monthly free magazine for and about Redbridge voluntary organisations	Colin Wilson colin@redbridgecvs.net 020 8514 9616
Room hire and photocopying	Meeting rooms in Ilford from £3 an hour. Colour and b/w copies from 3p.	roombookings@redbridgecvs.net 020 8553 1004
Voluntary sector network meetings	Discussion and networking forum, first Wednesday except January/August	Colin Wilson colin@redbridgecvs.net 020 8514 9616
Training	Non-/accredited courses to help develop your organisation	Trish Mossey trish@redbridgecvs.net 020 8514 9611
Fundraising	Helping small groups raise funds and apply for grants	Ola Kanu ola@redbridgecvs.net 020 8514 9617
Volunteer Centre	Helping people volunteer and supporting volunteer managers	volunteeringbroker@redbridgecvs.net 020 8514 9624
Representing the voluntary sector	Working in many forums and with the Council and Redbridge CCG	Ross Diamond ross@redbridgecvs.net 020 8514 9612
Employment and Skills Team	Helping people get into work (formerly East Tenders)	Martyne Callender martyne@redbridgecvs.net 020 8514 9925
Redbridge Safer Neighbourhood Board	Liaison between local communities and the police	Liz Pearce liz@redbridgecvs.net 020 8514 9613
Health partnership	Liaison between the voluntary sector and Redbridge CCG	Swati Vyas swati@redbridgecvs.net 020 8514 9626
BAMER psychological health	Reducing health inequalities for black/Asian/ethnic minority/refugee communities	Sabina Jaulim sabina@redbridgecvs.net 020 8514 9620
Fit for Fun	Helping community groups to start taking exercise	Tracy Andrews tracy@redbridgecvs.net 020 8514 9618
TB Awareness	Working with local communities against tuberculosis	Ola Kanu ola@redbridgecvs.net 020 8514 9617

Our mission

To promote, support and develop a strong, effective and independent voluntary and community sector in Redbridge

Our aims

1. Redbridge voluntary and community sector to be strong and strategic partners when working with local statutory bodies and promoting a positive vision of Redbridge.
2. Redbridge voluntary and community sector to maintain its independence and flexibility.
3. RedbridgeCVS to be a credible and authoritative representative of the voluntary and community sector.
4. RedbridgeCVS to be able to respond to Redbridge voluntary and community sector support and development needs; enabling Redbridge's voluntary and community sector to grow to meet local needs.
5. RedbridgeCVS to encourage, support and facilitate the development of sustainable communities.
6. RedbridgeCVS to provide sound planning for sustainability in order to continue the furtherance of our work supporting the voluntary and community sector in Redbridge.

RedbridgeCVS

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Registered Charity No. 1005075

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