



CAVOS

newsletter

July 2009

Attention all Shildon groups!

Groups working in the Shildon area may have received an invite from 2D about events relating to the Bishop Auckland & Shildon Area Action Partnership and how you can be involved.

2D is an organisation like CAVOS and they are representing the voluntary and community sector on the Area Action Partnership for Bishop Auckland & Shildon. 2D's role in supporting your group is limited to the Area Action Partnership.

Any support needs that you have in relation to funding, charity status, action planning, CRB checks etc. will continue to be provided by CAVOS.

We hope that helps with any confusion. If you need any more information don't hesitate to contact CAVOS

Area Action Partnerships

Area Action Partnerships (AAPs) are the new system that Durham County Council as our unitary authority, has put in place to consult with local communities and to deliver local action that will benefit the community.

There has been a broad consultation process to allow people to input into the development of the AAPs. In April/May each AAP held a launch event that was widely publicised. These events discussed and prioritised the actions for each AAP to take forward on behalf of the area they cover.

The former Sedgefield Borough area is covered by 5 Area Action Partnerships:

- ⇒ **Great Aycliffe & Middridge AAP** - covering the Newton Aycliffe & Middridge area. The AAP Coordinator for this area is Brian Riley
- ⇒ **The 4 Together Partnership** – covering Chilton, Cornforth, Ferryhill & Bishop Middleham. AAP coordinator - Lee Stephenson
- ⇒ **East Durham Rural Corridor AAP** – covering Sedgefield, Fishburn & the Trimdons. AAP Coordinator - Jane Bellis
- ⇒ **Spennymoor AAP** – covering Spennymoor, Tudhoe, Byers Green and Kirk Merrington. AAP Coordinator - Michael Wilkes
- ⇒ **Bishop Auckland & Shildon AAP**. AAP Coordinator – Angelina Maddison. (See article on the left for details of representation on this AAP)

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If you have any queries relating to this newsletter, or would like an article published in the next issue please contact us:

Tel: 01388 811115 Fax: 01388 817772

Email: enquiries@cavos.org.uk www.cavos.org.uk



Front page article continued.....

Each AAP will be managed by a Coordinator who will work on behalf of the AAP Board. The AAP Boards are made up of 21 people:

- ⇒ 7 elected members from the County Council and the relevant Parish / Town Councils.
- ⇒ 7 Public representatives
- ⇒ 7 partner representatives from: Police, Fire service, NHS, Local Business, Social housing, a Durham County Council head of service, Voluntary and Community sector.

As the Council for Voluntary Services (CVS) for the former Sedgefield Borough, CAVOS will be the Voluntary and Community Sector representative on 4 of these AAPs

(Not Bishop Auckland – 2D, the CVS covering Wear Valley will be the representative on this AAP)

The role of CAVOS in the Area Action Partnerships

The CAVOS role will be to input the perspective of the VCS where appropriate to support the delivery of local services through the AAP. CAVOS will be putting several systems in place that will allow us to consult with Voluntary And Community Sector (VCS) groups and organisations with the aim of putting your views and issues forward to the AAP. These new consultation systems will include:

- ⇒ An AAP and consultation newsletter which will be sent out quarterly with our current newsletter (or whenever relevant in addition). This new green consultation newsletter will be developed in addition to our blue newsletter and pink funding update.
- ⇒ Locally based coffee mornings / drop in sessions within each AAP for any VCS groups and organisations to come along to and discuss any issues for us to feed into the AAP.
- ⇒ A VCS consultation panel. People who sign up to be part of this panel will be contacted and consulted on issues and topics that they have an interest in. These issues and topics will usually be related to the sector however, we may occasionally consult you on some general community issues. A green consultation panel sign-up sheet is enclosed with this newsletter. If you are interested in getting involved with the panel, complete this form and send it back to us in the freepost envelope provided.

Don't forget that anyone wanting to discuss any VCS concerns can ring CAVOS at any time.

The Public Representatives

At the 4 AAP launch events, people were asked to submit an expression of interest if they wished to be considered for one of the 7 public representative places. Throughout June and July, short-listing and interview processes have taken place to select the 7 public representatives for the AAPs. It is intended that where possible, the first meetings of each AAP will be held toward the end of July.

The role of the public representatives will be to act as a 'critical friend' to the relevant AAP Board on behalf of the community, to input any perspectives or views of the community and to support the work of the Board.

Members of the public can have input into the AAPs by being able to attend the AAP Board meetings, although any issues that people wish to bring up must be given to the relevant AAP Coordinator 7 days prior to the Board meeting. Contact details for each AAP Coordinator will be publicised in due course. Each AAP will also hold a forum meeting twice a year that will involve members of the public and key stakeholders in developing priorities for the AAP

For further information on the Area Action Partnerships and how the Voluntary and Community Sector will be affected, contact Gillian, Laura or Michelle at CAVOS on 01388 811115 or email enquiries@cavos.org.uk

Volunteer Awards Evening Update

The Volunteer Centre held its annual Volunteer Awards Evening at Spennymoor Town Hall on Thursday 4th June as part of 'Volunteers' Week'. This year was extra special as 'Volunteers' Week' celebrated its 25th anniversary.

As ever, the Awards Evening was very well attended by volunteers and organisations from all over the former Sedgefield Borough area. Everyone came together to celebrate volunteering and to see local volunteers, and the organisations who work with volunteers in the area, recognised for their hard work and achievements. The evening was enjoyed by all, especially the usual pie-and-pea supper and disco!

Thank you to everyone who came along on the night to celebrate with us. CAVOS would like to offer congratulations to this years award winners. All awards were presented by local MP Phil Wilson

Volunteer Awards Evening 2009 Award Winners:

Volunteer of the Year - Peter Beaty of Neville Community Centre

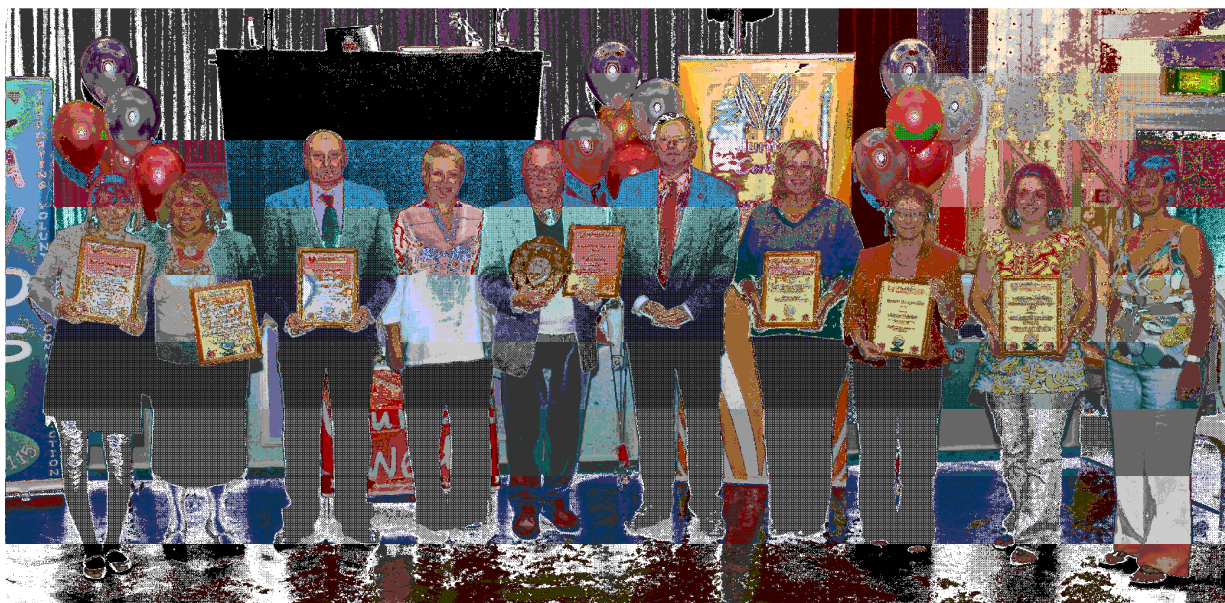
Volunteer Involving Organisation of the Year - Sedgefield Locality Carers

Special Recognition Awards:

- ⇒ Abbi Armstrong - Jubilee Fields Community Centre
- ⇒ Edna Ripley - Spennymoor & Ferryhill Blind Clubs
- ⇒ Lucy Hovvels - East Durham Play & Community Network
- ⇒ Alison Stephenson - Options Project
- ⇒ Joe Blackett - Newton Aycliffe Youth Centre AFC
- ⇒ Sandy Clubley - Sedgefield Development Partnership



Volunteer of the year Peter Beaty with CAVOS Chief Officer Gillian Fortune and Phil Wilson MP



Gillian Fortune, Sharon Vasey (Volunteer Centre) and Phil Wilson with all of the award winners

Let's not forget the hundreds of volunteers from all over the area who do great work without any recognition. Why not nominate them for an award next year? Contact Sharon at CAVOS for more information on the Volunteer Awards Evening and how to submit a nomination



Built to Achieve

Built to Achieve is a programme of free workshops specifically aimed at social enterprises, voluntary and community groups, charities and co-operatives in the North East region.

The workshops are aimed at established organisations as well as individuals planning to set up and run social enterprises. Each workshop will provide practical, informal training in small groups to share knowledge and ideas, and discuss solutions to the challenges you face.

You will learn new skills and meet new contacts to help your organisation to develop and grow.

The lively, interactive sessions will be facilitated by experienced trainers, with each three-hour session taking place in a local venue in each of the sub-regions:

- ⇒ Northumberland
- ⇒ Tees Valley
- ⇒ Tyne & Wear
- ⇒ Durham

Topic areas

Built to Achieve workshops will focus on several key areas essential for your organisation to achieve its goals.

Topics include:

- ⇒ Business Planning
- ⇒ Performance and Quality Management
- ⇒ Financial Management
- ⇒ Human Resources and Volunteer Management
- ⇒ Sales, Marketing and Promotion
- ⇒ Commissioning and Winning Contracts
- ⇒ Governance

For more information or to book your place:

0191 281 5777 karen@btob.co.uk www.builttoachieve.co.uk

CAVOS Organisational File

The CAVOS 'Organisational File' is proving to be very popular with many groups telling us it's a fantastic tool that's doing wonders for their organisation.

The 'Organisational File' is a collection of information on your group. It includes your mission statement, policies, history of your group and why you were set up to mention but a few.

This file is an excellent introductory read for any new members or volunteers that may get involved in your group.

Basically, it will contain everything that you need to know about your group. It will make completing funding applications much easier as you will have most of the required resources in one place. It will also make the process of developing a business plan a breeze!

We've had excellent feedback on the 'organisational files' so far and we now want to start spreading the word!

If you think that your group would benefit from having their own File then contact Freda at CAVOS on 01388 811115 or email freda@cavos.org.uk

Let us know what you think!

Do you have a compliment, complaint or comment that you would like to make about CAVOS, its staff or volunteers?

If you do then let us know!



North East VCS Awards 2009

'Celebrating the Stars of the Voluntary & Community Sector'

Last October, more than 130 nominations were received for the first North East VCS

Awards. The winners attended a glittering ceremony and were presented with their awards by Dame Tanni Grey-Thompson. The awards are organised by VONNE to celebrate the great work being done by volunteers and charities across the region.

The categories for this year are:

- Most exciting project
- Most inspiring campaign
- Volunteer of the year
- Outstanding organisation
- Outstanding leadership
- Young leader

If you know a group or individual who deserves one of these awards then nominate them!

Nomination forms are available to download from the VONNE website:

www.vonne.org.uk/awards The deadline for nominations is 5pm on 18th September 2009.

Hallmark Scheme for Community Buildings

Durham Rural Community Council is launching a scheme which will provide enhanced benefits for community buildings across County Durham.

The Hallmark Scheme is currently benefiting communities in 19 counties.

The scheme promotes the delivery of effective and well-managed community buildings through a quality standards scheme.

A team of specially trained 'peer visitors' from participating organisations act as peer assessors using a system of check-lists to identify performance and provide an external validation of the trustees achievements across 3 levels.

The Hallmark Scheme has two major benefits to those who take part - it provides funders and other organisations interested in community buildings with a benchmark for a well-managed building and it gives community buildings volunteers confidence that they are running the hall in the correct way.

For more information on this scheme, contact Ian Pillar or Ken Hazelwood at DRCC on 01207 529621

CAVOS4community

'CAVOS4community' is a new service from CAVOS.

There are over 2500 funding schemes that community groups in the former Sedgefield Borough are eligible for from EU, national, regional and local sources.

Your ability to access individual schemes depends on the nature of your organisation and the activities it is engaged in. CAVOS have chosen to work with j4b plc, a European leader in providing funding information, to give community organisations access to a free-to-use community funding portal – 'CAVOS4community'

CAVOS4community gives access to:

- ⇒ 60 second funding search or category browse for easy and quick access
- ⇒ 24 hour update for comprehensive funding information

To access the 'CAVOS4community' funding search engine, visit our website: www.cavos.org.uk

CAVOS Website

As you may have noticed, the CAVOS website has been 'under construction' for a couple of months now.

We're sorry if this has caused any problems for you, we know how popular the website is. We are in the process of developing a brand new CAVOS website that will have loads more information as well as fantastic resources for your group.

There has been a delay in establishing this new website (a few technical hiccups!) but we will have the new site up and running soon.

Anyone looking to access our CAVOS4community funding search can still do so as our website www.cavos.org.uk will redirect you to it automatically.



Surviving NOT Thriving

The impact of the recession on the third sector in North East

During March and April 2009, VONNE (Voluntary Organisations Network North East) undertook a regional survey to identify the impact of the recession on the North East's third sector (Voluntary & Community Sector). The survey (titled 'Surviving or Thriving?') aimed to provide a clear picture of the impact of the recession and where we, as a region, need to target our support to help the region's third sector. The results show that the North East's third sector is surviving but certainly not thriving.

Background

The aim of the survey was to establish evidence against which the current and future impact of the recession could be measured. As well as capturing the overall impact on the third sector in the North East, impact assessment work was undertaken to look at the specific themes of the region's sector. These were; mental health; homelessness; family breakdown support; debt & benefits advice; equality and diversity.

Who took part?

Over 130 third sector organisations took part in the survey. These organisations represented a broad cross-section of the sector in the region with responses from organisations working in each local authority area in the region and covering a broad range of activities.

Findings

By far the biggest challenge identified by respondents was funding. Over 95% of respondents identified funding as the biggest challenge they were facing in the next 12 months, with 56% already reporting a negative impact on their current funding and a further 55% predicting less funding available in the next 12 months.

10% of responding organisations expressed concern over the newly formed unitary authorities in Durham and Northumberland and the potential impact of these changes on third sector funding.

Half of all organisations surveyed predicted an increase in the demand for their services over the next 12 months. Nearly a third of organisations stated they were struggling to cope with increased demand on services. Mental health charities, advice services, and hostels are already turning people away as demand outstrips resources.

Nearly two thirds of respondents believe that the recession is already impacting negatively on the people that use their services, with 75% reporting that their clients are ill-equipped to cope.

For people who access the services of the themed areas (listed above in 'background') the impact is significantly greater. For example 78% of homelessness organisations and 80% of organisations working with lesbian, gay, bi-sexual and transgendered services users reported negative impacts on the people who access their services. 83% of mental health organisations also reported their service users were ill-equipped to cope. Citizens Advice Bureaux in the North East are reporting that the number of debt issues clients have raised has increased by 30%; this is the highest increase throughout all of the areas in England and Wales.

Half of all respondents are reporting that the recession is having a negative impact on staff; one quarter predict that they will make staff redundant in the next 12 months. A third of organisations working in the areas of mental health and family breakdown support (including domestic violence) are predicting that they will have to make staff redundant in the next year.

Surviving NOT Thriving *continued*

Grants form a significant source of funding for many organisations (83% identified grants as one of their main funding sources), and responses from charitable trusts indicate that the amounts currently available may be under increased pressure due to low interest rates and lower returns on investments. It is predicted that this pressure will intensify as public sector agencies face increased pressure to produce greater efficiency savings.

A significant proportion of organisations are relying on their reserves to 'top-up' their annual income. Almost a quarter of faith based organisations and 20% of homelessness organisations have reported that they are currently using their reserves as part of their annual income.

Conclusion & Next Steps

The full findings of this survey have been compiled into a report 'Surviving NOT Thriving' which is available to download from VONNE's website (www.vonne.org.uk/survey), or paper copies can be requested from VONNE or CAVOS. The report has been sent to regional agency leaders, all North Eastern MPs and to Nick Brown, the Regional Minister, as well as publicised through local and national media.

From the findings and recommendations VONNE will be compiling a list of key tasks and meeting leaders of regional agencies (such as ONE North East and Government Office North East) to lobby for key actions to help build the resilience of North East's third sector during the recession. Further information will be published on the VONNE website. CAVOS will keep you informed of any systems put in place to support your group through the recession and how to access support..

This survey found that it is likely that those who emerge fittest from the coming months will be those organisations that can adapt to changing circumstances, have broad-based funding arrangements and are led by strong Trustees under the principles of good governance. CAVOS can provide a wide range of advice and support regarding planning, self-fundraising and good governance. Contact Laura or Michelle at CAVOS for more information

Other Voluntary & Community Sector recession support:

Helpline for charities

The Charities Aid Foundation (CAF) has set up a free confidential helpline for charities worried about their financial situation. Charity leaders will be able to talk in confidence to CAF advisers and get advice on the steps they can take. CAF will also refer charities to the sector's main umbrella bodies if they need further advice. The helpline number is **0800 980 2000**.

NAVCA Resources

NAVCA (National Association for Voluntary and Community Action) have brought together all the support available and brought together in one place the best resources from other organisations relevant to your work. These resources can be accessed online at www.navca.org.uk/localvs/recession or by contacting CAVOS who can give you a summary of the NAVCA resources available

ACEVO online portal

ACEVO (Association of Chief Executives of Voluntary Organisations) has launched an online portal on all aspects of leading the sector through recession with expert guides and up to date news and information www.recessionsupport.org.uk



Flexible Families

Want to convert a pastime into pounds, but something's holding you back?

Are you looking for ways to earn some more money? Perhaps you have a hobby or skill which you could turn into extra income but you're not sure how to get started?

Supported by One North East, the region's Enterprise Agencies bring you 'Flexible Families', a new type of support aimed at parents and carers of young children, and parents-to-be.

If you have young children and are interested in the flexibility of working for yourself with hours to suit you, but have never before considered it a viable option, Flexible Families is for you.

The support available can help you to identify and overcome the barriers you might face in working for yourself, allowing you to turn some of your free time into extra income.

Flexible Families can help to build your confidence, learn new skills or develop existing ones, and even enhance key skills such as literacy and numeracy, if necessary.

Flexible Families provides individual, one-to-one support and development, and could be just what you're looking for to help you explore and rise above the personal, skills or business barriers which are stopping you from getting started.

To find out more please contact Jean at your local enterprise agency on 01325 310730

Flexible Families is a free programme of support which has been funded through the European Regional Development Fund and is supported by One North East.

Community Appraisal Documents

Don't forget that CAVOS has electronic copies of the community appraisal documents that cover Sedgefield Borough.

If you still don't have a copy of your local appraisal, contact us and we will forward it to you. If you require a hard copy we may have to make a small charge for postage and printing.

Ring us on 01388 811115 or email michelle@cavos.org.uk

Durham Young Gay Peoples Network

Durham Young Gay Peoples Network which is a project for young LGBT people aged 15 to 25 years. The project is managed by DISC and is part of the voluntary sector.

The project provides young people with advice information on issues relating to LGBT culture lifestyles and wellbeing.

The group has been running for a number of years now and through wider work we would like to approach schools, colleges and youth projects. We need to become more visible to the young people who may need specialised support from us in the future .

The Network:

- ⇒ meet every Tuesday 5pm- 9pm in Durham
- ⇒ is for young people 15- 25years
- ⇒ provides information and advice around safe lifestyles
- ⇒ provides an opportunity for you to meet with young people from other groups
- ⇒ provides you with the opportunity to take part in workshops/group work sessions which are fun
- ⇒ have an annual residential which group members help organise

The first part of the evening is a relaxed drop in session with refreshments and the second part usually includes fun group work activities

Past activities have included:

- ⇒ Film Festival in Durham City
- ⇒ Photography
- ⇒ Music and drama
- ⇒ Issue based workshops
- ⇒ Residentials
- ⇒ Guest speakers
- ⇒ Movie nights
- ⇒ BBQ's
- ⇒ Internet

Contact Billjean on 07842905433 for more info or email dygpn@disc-vol.org.uk



Money Guidance Service - referrals wanted

Citizens Advice has been involved in a pilot project to deliver Money Guidance in the North East from 31st March 2009. Voluntary Sector Organisations are being asked to refer clients looking for money advice to this service. The pathfinder Money Guidance service came from a review by Government recommending every adult in the UK can access generic financial advice or 'money guidance'.

Money Guidance is available:

- ⇒ online at www.moneymadeclear.fsa.gov.uk
- ⇒ over the telephone - 0300 500 5000 and face to face, delivered by partners across the North East.

Thirteen Citizens Advice Bureaux will be delivering services covering the whole of the North East area.

If you would like to discuss a more formal referral arrangement, please contact liz.colclough@citizens.advice.org.uk or allyson.whisker@citizensadvice.org.uk

Free local training for your group

Trans Pennine Training Partnership is offering a range of FREE social capacity building training sessions to local groups working in the former Sedgefield Borough area. This training is funded by Durham County Council. Most of the training sessions are aimed at improving the skills of volunteers who are involved in running local community groups.

A 'Meet the Funders' Day is also being offered as part of this training programme. Several popular local funders will be attending the event including BIG Lottery, Lloyds TSB and County Durham Foundation. This event will offer local groups the chance to hear directly from the funders.

These training sessions have been developed in response to consultation meetings with people actively involved in local groups.

Date	Venue	Title	Time
31 st July	Dean Bank Literary Institute, Ferryhill	Legal Structures	10 - 4
13 th August	Dean Bank Literary Institute, Ferryhill	Representation	10 - 4
26 th August	Ferryhill Leisure Centre	Charity Trustees	10 - 4
4 th September	Ferryhill Leisure Centre	Employment Law	10 - 4
24 th September	Ferryhill Leisure Centre	Meet The Funders	10 - 4

All sessions will be held in local venues, are FREE of charge and lunch will be provided. All travel costs via public transport will be covered and other travel costs will be considered.

For more details of the training and a book form contact Trans Pennine Training Partnership on 0191 378 1466 or 07854 275 825 (between 9 am and 5 pm)

ICT Answers in a box

The ICT Champions website has been launched and is linked with the 'ICT answers in a box' which contains 50 of the most frequently asked questions and answers relating to ICT.

Visit the website to find out about the ICT Champions, order a set of cards, submit your own questions or add to the answers. www.ictchampions.org.uk



Networking Page

Heel & Toe Fun Day

Heel & Toe will be running a Fun Day event on **Saturday 18th July @ Meadows School Field**, (Whitworth Lane, Spennymoor)

The Fun Day will run 11 – 2 with **FREE** entry

There will be loads on offer for kids including:

- ⇒ Bouncy castle
- ⇒ Pony rides
- ⇒ Face Painting
- ⇒ Toy stall
- ⇒ Hook-a-duck
- ⇒ Obstacle course
- ⇒ Fire engine
- ⇒ Police dogs

There will also be a wide range of stalls including:

- ⇒ Tombola
- ⇒ Craft stall
- ⇒ Cake stand
- ⇒ Raffle
- ⇒ Candles
- ⇒ Bottle stall

The fun day is set to be a fantastic event and everyone is welcome. There will be so much going on including live music and food will also be available. A great day out for you and the kids!

For more information about this Fun Day, contact Heel & Toe on 0844 335 0512

Ferryhill & District Philatelic Society (Stamp Club)

This new society is up and running in Ferryhill & is looking for interested people to get involved.

Contact John Dent, Society secretary on 01740 651294 for more information

East Durham Play & Community Network National Play Day 2009

On Playday and throughout the summer of 2009, thousands of children, young people and communities will get out to play at hundreds of locally organised events across the UK.

The 2009 campaign theme, *Make Time!* calls for everyone to make time for play. From parents, carers and teachers, to policy makers and planners - everyone should make time to support children's right to play in whatever way they can.

Over 500 events took place across the country last year, making Playday 2008 the biggest on record! Whether you're new to Playday or a Playday pro, get involved this year and support children's play opportunities in your local area.

East Durham Play & Community Network will be hosting a National Play Day event in Trimdon Grange Park on the 5th August 2009.

The event will run from 1pm till 4pm with graffiti artists, dance displays, workshops and much more. For more information about this event, contact East Durham Play & Community Network on 01429 882241 or email margaretgirvan@edpcn.com

Baby Sign Language

Susan Graham is a local Baby Sign Language teacher who works with parents, teaching them how to incorporate British Sign Language into their child's development and be a part of their communication. Susan works with parents of both deaf and hearing children and believes that a working knowledge of sign language can have a huge benefit for children.

Growing up as a deaf person with fluent sign language, Susan's perspective is that incorporating signs into the household can benefit the whole family with communication. Having two hearing children who have been brought up in a signing and English environment, Susan's children have two languages that they can communicate in and most of all, express what they need and have full access to both deaf and hearing worlds.

Susan's aim is to see children grow with their signing skills so they can communicate with Deaf children. This can help to reduce bullying among deaf children as well as offering any child a second language.

For information on 'Baby Sign Language' and the services that Susan can provide, email susanbsl@hotmail.co.uk

Networking Page

Feature Organisation -Fishing With Tom

Who we are: 'Fishing With Tom' is a charity that aims to get young people from all backgrounds into Fly Fishing. We cater to a wide range of youth groups, not just those who are considered to be disadvantaged in some way. 'Fishing with Tom' has recently been granted charitable status.

What we do: At 'Fishing With Tom' we involve young people from any background in the active, sociable and fun activity of fly fishing. We are always delighted to hear from schools, any youth organisations and indeed parents who would like their kids to become involved in fly fishing.

Why we're needed: 'Fishing With Tom' is the brain child of Tom Carroll who started work on the scheme in 2005 when he became aware that many young people in the area spend a large part of their leisure time hanging around on street corners with little to do with their free time. As a result, many of them get into trouble with the police for anti-social behaviour or were exposed to the use and abuse of drugs. However, despite the original driver that led to the creation of this project, our doors are now open to everyone.

Where we are: Currently, activity is centred in County Durham principally within the Sedgefield Borough area but we hope that the initiative may be expanded in the future.

How you can get involved: We have excellent safeguarding measures in place as the safety of all participants is our main concern. All young people are welcome to get involved in Fishing with Tom, they don't need to have any experience of Fly Fishing and we'll provide all equipment (If you have any unwanted equipment please consider donating it to our very worthwhile charity). We are always keen to welcome new volunteers in to the organisation so if you're interested, give Tom a call.

How to contact us: 01325 308049 email: fisherman12@aol.com www.fishingwithtom.com



If your organisation would like to be the next 'feature organisation', contact Michelle at CAVOS

Stoma Support Group

Do you, or anyone you know have a stoma? If you do and you want to meet other people in a similar position, why not think about going along to the 'Stoma Support Group'

They meet for a buffet lunch on alternate Thursdays from 12.45pm until 2.30pm at Escomb Road Annex (opposite the hospital), Escomb Road, Bishop Auckland

Meetings and activities include:

- | | |
|--|---------------|
| ⇒ open 'patient testimonies' | ⇒ Raffles |
| ⇒ representatives from appliance and product companies | ⇒ Buffets |
| ⇒ quizzes | ⇒ Coach trips |

And most importantly of all, they offer moral support!

For more information contact Betty Towns on 01388 814535 or Jen Bewley on 01325 311266

Swine flu & the role of the Voluntary & Community Sector

As the swine flu virus reaches pandemic status, CAVOS is reminding people, groups and organisations of the Catch It, Bin It, Kill It campaign:

People are being reminded to follow good hygiene practices to protect themselves and others against the spread of swine flu. Flu viruses are made up of tiny particles that can be spread through the droplets that come out of your nose and mouth when you cough or sneeze.

To slow the spread of any virus:

- ⇒ **Catch It** - always carry tissues and cover your nose and mouth with a tissue when you cough and sneeze
- ⇒ **Bin It** - dispose of the tissue as soon as possible
- ⇒ **Kill It** - clean your hands as soon as you can

Swine Flu is a respiratory disease and has some elements of a virus found in pigs. Because it is a new virus, no one will have immunity to it and everyone could be at risk of catching it.

Scientific evidence currently available shows that basic face masks don't protect people from becoming infected. The best way for people to protect themselves and stop the spread of flu viruses is by using and disposing of tissues and washing their hands. Groups and organisations may want to consider implementing new procedures to make sure that the people accessing your services follow 'Catch It, Bin It, Kill It'. Let's do our part to stop the spread of this virus in our area.

A new freephone number has been set up on **0800 1 513 513** to give the latest information on swine flu or you can visit www.nhs.uk or www.direct.gov.uk/swineflu

If you have any flu-like symptoms and are concerned, stay at home. If you can go online check your symptoms on the checker at www.nhs.uk or call the information line above. If you are still concerned call your GP or NHS direct.

Source: VODA

