



CAVOS

newsletter

September 2008

Info Update

With the Development Team newly in place, CAVOS is updating it's records of VCS groups in Sedgefield Borough.

We are now able to provide a far wider range of vital support and information and we need to make sure that you know what we've got to offer!

There is an update form inside this newsletter for you or your group to complete and send back to CAVOS in the freepost envelope provided.

Make sure your group doesn't miss out on our fantastic new services.....

Please send your completed update form back to us!

Community Buildings Forum

CAVOS Development Team are currently looking at setting up a Community Buildings Forum for organisations who operate community buildings to come together to share information and ideas, learn from one another, work together and have a collective voice. We feel that the forum will be especially useful with the new Unitary Authority on the way, as common issues can be identified and dealt with collectively.

If you run a community building then you should find a copy of the CAVOS Community Buildings questionnaire enclosed. Please complete this and return it to CAVOS in the freepost envelope provided no later than 10th October. If your questionnaire is missing or you would like additional copies, please contact CAVOS.

For more information about the forum contact Laura from the Development Team on 01388 811115 or email laura@cavos.org.uk

Thank you to everyone who has registered their training interest with CAVOS. We will be running a full training programme early in 2009 which will include Food Hygiene and First Aid courses due to popular demand. Please continue to register your training interest with us so that we can be sure to offer the training that you want.

The current CAVOS training & events programme is enclosed.

Tel: 01388 811115 Fax: 01388 817772

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



New Age Kurling

Fancy getting involved in something a bit different?

New Age Kurling is a form of the original curling game, but adapted so that it can be played indoors on any smooth, flat surface. Importantly, the game can be played by both able-bodied and disabled people of all ages alike.

Fishburn New Age Kurling Club always welcome new members and are trying to increase the number of players nationwide with the aim of playing in the Paralympics in 2012.

For more information on the sport, or to get involved with Fishburn New Age Kurling Club, contact Michelle at CAVOS on
01388 811115

Durham County Council Employee Volunteering Scheme

Does your organisation have a room in need of a lick of paint, or a garden that needs a tidy up? Durham County Council launched its Employee Volunteering Scheme in January this year which gives all council employees up to 20 paid hours to volunteer in County Durham.

We are now looking for schemes or practical tasks which would benefit from a team of council staff who could come along and offer a 'makeover'.

If you have anything that might be suitable, please contact Sharon or Vicky at the Volunteer Centre on 01388 811115.

Mental Health First Aid Training through Waddington Street Centre

The Mental Health First Aid (MHFA) programme is an award winning training course that has demonstrated its effectiveness in promoting the understanding of mental health and increasing mental health literacy.

MHFA training is a 2 day accredited training course designed by the National Institute for Mental Health England and the Care Services Improvement Partnership to teach the skills to help someone who is developing a mental health problem or is experiencing a mental health crisis.

Duration: 2 full days (MHFA is a 12 hour intensive course)

Cost of the 2 day course including lunch and refreshments is £75 to the voluntary sector

For further information or a booking form contact:

Sue Melton—Deputy Manager

Waddington Street Centre

0191 3860702

smelton@waddingtoncentre.co.uk

Bishop FM

Bishop FM is gearing up to go back on air full-time early in 2009. At its recent AGM the organisation made a number of new appointments to enhance its Executive Team, and is now pushing forward to get the station back on air full-time.

In the meantime, the station continues to broadcast on the internet on **www.bishopfm.com** and the schedule has recently been revised to make room for a number of community-based organisations wishing to make their own programmes.

The station also recently launched an online events guide for the area. Organisations wishing to publicise their events can contact the team by emailing **events@bishopfm.com**

Volunteers can get involved by completing an application form available at **www.bishopfm.com** or by e-mailing **volunteering@bishopfm.com**

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!



New Guidance on Criminal Records Bureau Checks for Volunteers.

The Office of the Third Sector has published guidance to help organisations that involve volunteers to be clear about when they do and don't need to carry out Criminal Records Bureau (CRB) checks on volunteers.

The guidance will help cut unnecessary red tape and responds to concerns voiced by the voluntary sector that potential volunteers can be put off if they are asked to undergo a CRB check without good reason.

You can access the guidance and find further information on the OTS website:
www.cabinetoffice.gov.uk/third_sector

Does your organisation need help recruiting or supporting volunteers?

Then why not register your volunteering opportunities with the Volunteer Centre, which is hosted by CAVOS? They interview hundreds of potential volunteers each year and are always looking for new and interesting volunteering opportunities for them to get involved with. By being registered with the Volunteer Centre you will not only benefit from the referral of new volunteers but will also be able to access a free training programme and they can also offer support and advice on involving volunteers or help you develop volunteering policies.

So if you need more volunteers or help developing roles for volunteers, contact Sharon or Vicky on **01388 811115**.

East Durham Play Network Crèche Service

The Network services a large part of County Durham and is able to provide everything required for play enabling children to take part in a wide of stimulating and enjoyable activities. The Network can provide sessional day-care for children 0-5 years of age for business, agencies, seminars, training events, conferences, workshops and weddings.

All staff are qualified and experienced with a commitment to providing quality childcare for all children and undergo all relevant CRB clearance checks. A range of agreed policies and procedures and followed by the Community Crèche.

For more information on this service, contact the Network on 01429 882241 or find out more about the whole range of services that they have on offer at www.edpcn.com

If you'd like to get involved with the Network, they're currently looking for a Company Secretary.

If you are interested in taking on this role as part of a well-respected and dynamic team, contact Margaret Girvan for an informal chat and to find out more: 01429 882241

Do you know of any groups who could benefit from CAVOS support?

CAVOS are aware that there are some groups in the Borough that do not access our support. CAVOS has a great deal to offer any community group and all of our services are free of charge with no strings attached. From helping new groups to form, to support in accessing funding, CAVOS can help groups with most of their support needs.

So if you know of any community groups that do not currently access CAVOS, or are not aware of who we are but could benefit from our support, then we ask that you pass our details on to them.

We are here to support voluntary sector groups of all sizes, so whether your local luncheon club could do with some funding or you know of a group of people that would like to set up a mother and toddler group, give them our details and we'll help them in every way that we can!

LawWorks

LawWorks for Community Groups acts as a referral agency, matching small community groups, charities and social enterprises who cannot afford to pay for legal advice with lawyers who will provide the legal assistance on a pro bono (free) basis.

LawWorks is focussed on helping community groups that benefit deprived communities.

To date, LawWorks has helped over 1200 community groups in England and Wales. They can help community groups find legal advice on areas of law such as:

Employment – drafting employment contracts and staff handbooks; advising on staff issues

Property – advice on leases, commercial property tenancies and rental enquiries

Intellectual property – advice on how to register and protect your trademark logo; how to deal with copyright matters

Commercial matters – help with reviewing contracts; advising on terms and conditions of contracts

Constitutions - reviewing constitutional documents; advising on directors' duties and Companies House requirements; advice on registering with the Charity Commission.

However, LawWorks cannot help clients who require legal advice involving court or employment tribunal proceedings.

Applications for help can be made via the LawWorks website at www.lawworks.org.uk

LawWorks staff will review your application and help you understand the scope of advice required. If your application is approved, LawWorks will try to match you with a volunteer legal advisor who provides the legal advice for free. Once accepted, you will be a client of that firm, but LawWorks will remain on hand to deal with any problems.

For more information contact Alison Ingram, Liz Adebajo or Ruth Thompson at LawWorks:

LawWorks for Community Groups
10 – 13 Lovat Lane
London EC2R8DN

Tel: 02079295601

Email: lcg@lawworks.org.uk

www.lawworks.org.uk

Christmas Box Appeal

Each year during the Operation Christmas Child, Ferryhill Methodist Church send out many shoe boxes.

The boxes go to hospitals, orphanages, refugee camps and homeless centres in Eastern Europe and Africa. For most of the children it is the only present they have ever received.

The Co-operative Funeralcare in Spennymoor is appealing for donations to fill these boxes. Ideal items include Toys or something to play with such as a ball, bear, yo-yo, building blocks or puppets, Educational supplies such as felt pens, pencils, sharpeners and notebooks or Hygiene supplies, including a toothbrush, toothpaste, soap or comb.

You can also include something to eat or wear, such as sweets, gloves, hats, sunglasses, scarves and bangles. They also ask for £2 donation with each shoe box to cover the cost of getting it there.

If readers wish to donate any of these items, also any spare knitting wool, they would be most gratefully received.

Organisers hope to top last year's appeal, which resulted in a record 1263 filled boxes and £900 towards transportation costs.

Could You Be A CAVOS Trustee?

There are currently places on the CAVOS Board for Trustees who are from our member organisations.

We also have places to co-opt Trustees who are not part of a group or organisation but have specialist knowledge that can support the work of CAVOS.

All Trustees must work toward achieving the aims and objectives of our organisation and will be fully supported to do this. If you would like to find out more about becoming a CAVOS Trustee contact our Chief Officer Gillian Fortune for an informal chat.



Volunteering Into Paid Work

Sandra Manners is an excellent example of how volunteering can lead to many exciting things. Sandra came to CAVOS over 5 years ago to seek help in running her voluntary group the Newton Aycliffe Mobility Club. She was such a regular attendee at the office that she started to help with some small admin and reception jobs, all the while learning new information to help run her group.

Sandra had a keen desire to re-train and move away from manual work toward a post in the Voluntary and Community Sector. Not one to miss an opportunity, Sandra undertook any training that was available and to her credit, would always put her learning into practice both within CAVOS and the Mobility Club.

Her training and learning with CAVOS has included a Management Skills NVQ; Volunteer Management; Funding; Management Committee Roles and Responsibilities; Customer Care; Information, Advice and Guidance NVQ Level 3; Personal Development; Funding Advisor Training; Food Hygiene and much more.

In 2006, Sandra became a Director Trustee of CAVOS and has supported the organisation at a strategic level as well as in our grass-roots support work.

In addition to all of this, she was working as an operational volunteer at CAVOS, running the Mobility Club and had becoming involved in the Skerne Park Community Partnership in Darlington in which she was an active member, in particular supporting and developing young people's projects.

In January this year she was offered a part-time paid post with Groundwork West Durham in supporting Young People's projects in Darlington. She has since progressed to full-time work with them and has finally achieved the goal she set for herself when she started out as a volunteer.

In June 2007, CAVOS' Volunteer Centre awarded her our Volunteer of the Year Award which she thoroughly deserved.

As Sandra is now in full time work, she has had to give up her voluntary work with us both operationally and as a Trustee. We wish her well and thank her for her time with us and know that she will continue to be a great supporter of the work we do and be an excellent ambassador for CAVOS and the Voluntary & Community Sector

Choose Health

A free six week course for people living with long term health conditions is being re-launched in the area. **The Expert Patient Programme** aims to support people in developing the confidence, skills and knowledge needed to manage their conditions better and experience an improved quality of life. Anyone who has any queries about the course or who is interested in attending the course can contact Janet Hardy, Programme Support Officer on **01388 452366** or alternatively they can leave a message on the freephone number (0800 328 4229).

Janet and her colleagues are keen to promote the programme and are available to talk to community / voluntary groups about the course and the benefits it can offer.

This newsletter is available to download from the CAVOS website:
www.cavos.org.uk

Check out the CAVOS Funding Update and website for more information on the brand new '**Grassroots Grants**' fund from Co. Durham Foundation



One Voice Network Job Vacancy

Director

This is a new post with a high profile, operating at the interface between the public and voluntary sectors in County Durham. The Director will be required to work at a high strategic level within the County and at regional level in the North East, at a critical time of development and change.

One Voice Network (OVN) has been working successfully for over 10 years with partners and stakeholders in County Durham. The Director will play a pivotal role on behalf of a range of VCS infrastructure support organisations in negotiating and managing service delivery with investors and stakeholders. The post holder will also manage a small team of staff who will be delivering strategic support services on behalf of the Network.

Applicants must have experience and understanding of the community / voluntary sector, together with an ability to manage with confidence, drive and enthusiasm, and to represent a diverse and complex range of interests at strategic level.

Salary: £30,000 – £35,000 depending on experience

Hours: 35 hour/week

Based in Lanchester, County Durham

For an application form, please contact Jo Myers on 01429 823067 or email jo@onevoice.co.uk

For an informal chat about this post, please contact Jo Laverick on 01207 529621 or visit

www.onevoice.co.uk

Closing date for applications: 3rd October 2008

Interviews will be held on 6 & 7 November 2008

CAVOS AGM

The CAVOS AGM was held on Friday 5th September.

The Trustees for the next year are:

- Julia Bowles
- Ian McLaren
- Dave Rutherford
- Gloria Wills
- Bess Robertson
- Betty Sheppard
- John Wanless
- John Fitzpatrick
- Geoff O'Hehir
- Hazel Rowell-Peverley
- David Acock

Any CAVOS member organisation who would like a copy of the CAVOS Annual Report and Accounts can contact the CAVOS Office.

Alternatively the Annual Accounts, 'Annual Review' and the Chief Officer & Chair reports are all available to download from the CAVOS website

www.cavos.org.uk

VONNE 2008 North East VCS awards

30 October 2008 will see the first ever Voluntary & Community Sector Awards for the North East region. The awards are designed to recognise the work of individuals and voluntary and community sector organisations from across the region, in helping to develop our communities.

They will cover a wide variety of areas and activities, and will include:

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



These awards can be made to any voluntary and community sector groups or individuals working in the North East region. We all know of organisations which do fantastic work, whether they provide a local gardening scheme or a region-wide training service, day-care for the elderly, or advocacy and support. It doesn't matter whether you work in a specific neighbourhood or across the whole region, there is an award designed to recognise and celebrate what you've given to the community.

VONNE would like to recognise the contributions made by those who act on behalf of the voluntary and community sector, so will be making **special awards** for:

- Sector champion of the year
- Compact of the year

Anyone can make a nominations for these awards. People or organisations can make as many nominations as they like, and can nominate their own staff and volunteers for individual awards, but cannot nominate themselves for an organisational or project award.

Visit the special 'North East Voluntary & Community Sector Awards' section on the VONNE website for full details on how to nominate a star! Closing date is **Tuesday 30 September**.

www.vonne.org.uk/awards

VONNE Annual Conference

Following the success of last year's conference, VONNE will be holding it's second Annual Conference on Thursday, 30 October 2008 at the Quayside Exchange, Sunderland.

Join VONNE for a day of celebration of the work of the voluntary and community sector in the North East. The day will feature speakers, workshops and networking opportunities. It will incorporate VONNE's AGM and will be followed by the Voluntary & Community Sector Awards ceremony.

A more detailed programme will be circulated shortly, however conference places are limited, so please book early to assure yourself of a place.

As part of the AGM, VONNE is seeking nominations for board members. Further details of the vacancies and the nomination process are on the conference page of the website.

www.vonne.org.uk



Pilgrim Club

1000 mile End2End Cycle Challenge

Pilgrim Club member and junior leader Adam Churm cycled 1000 miles from Land's End to John O'Groats. Fourteen year old Adam was taking part in the event organised by The Pilgrim Club volunteers alongside club volunteer Bill Pike.

The supported ride started when Adam and Bill left Land's End on their journey the length of Britain on a wet Saturday 9th August, arriving in John O'Groats at mid-day on Friday 22nd

The wet weather proved to be a hindrance during the early part of the ride. Testing their commitment as they tackled the long and seemingly endless climbs of the West Country. Taking them through the beautiful Truro, Boscastle, and Exmoor National Park and onto Bridgewater. Horrendous thunder storms hampered them through the Cheddar gorge on their way to Bristol. Before crossing the Clifton and Seven Bridges into Chepstow and their route North past Hereford, Crewe, Manchester, Blackburn and Tebay and their last overnight stop in England...twenty miles behind schedule

The ride into Scotland proved to be a big 83 mile day through the Lakeland hills, Carlisle and toward Glasgow. Another big day was to follow as they went through Glasgow and over the Erskine bridge in under 2 hours. Past Loch Lomond into the highlands, Ruddoch Moor and more rain. With the end in sight, Fort Augustus and Urquhart Castle were the next stopping points. Rain once was again hampering progress, but with just over a day's cycling left it didn't dampen their enthusiasm. The A9 provided a comfortable last day through Wick and on to John O'Groats, just after 12.00 noon.

This had proved to be a magnificent journey and experience for Adam and Bill. The way in which they overcame horrendous weather conditions and physical effort to complete the ride is commendable. The Pilgrim Club now hope to make such support and opportunities for young people an annual event with Adam setting his sights on a cycling trip to Scandinavia next year.

Or more information on Pilgrim Club activities or to find out how to get involved, visit the website www.pilgrimclub.co.uk.

A more comprehensive account of the 1000 mile cycle challenge is also available on the website



Sedgfield Borough
Local Strategic Partnership



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