



Welcome to the March 2011 Edition of Suffolk Sound, SAVO's new electronic newsletter.

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## General

### Gathering Intelligence about Voluntary Sector Cuts Nationally

We would like to draw your attention to <http://voluntarysectorcuts.org.uk/> which was launched at the end of January to help to build a nationwide picture of how government spending cuts are taking their toll on the voluntary and community sector (VCS). It gives VCS organisations the opportunity to share their concerns about funding cuts and how they will impact on their ability to deliver vital services. It is a joint project bringing together the NCVO, ACEVO, Volunteering England, the National Council of Voluntary Youth Services (NCVYS), Compact Voice and the nine Regional Voluntary Networks from across the country (Regional Voices).

Over 100 cuts have now been reported to the site. These are in addition to 68 reports that were copied over from NCVO's cuts project last year. Around 6,000 visits have been made to the site since it launched, suggesting that roughly 1 in 60 visitors is reporting a cut. Another success has been the [twitter feed](#) at <http://twitter.com/vscuts> which tweets every time a cut is reported, providing a powerful record of the impact of cuts in real time. You can find cuts in your area or theme on the "[cuts by region](#)" page at <http://voluntarysectorcuts.org.uk/cuts-by-region/>, by using the filters on the right hand side. You can also download the whole dataset from [Google Spreadsheets](#) at [https://spreadsheets.google.com/ccc?key=0AhPQWam6YvCcdEYxanZmUk5CYW5xb2pCRWlJcHp1Z3c&hl=en\\_GB#gid=0](https://spreadsheets.google.com/ccc?key=0AhPQWam6YvCcdEYxanZmUk5CYW5xb2pCRWlJcHp1Z3c&hl=en_GB#gid=0)

VCS organisations can use it to report any cuts they may have experienced and to make use of the data in reports.

### Get involved in Suffolk County Council's divestment of services - 'Your Place'

SCC have now identified a number of services as requiring a local community based approach to divestment, including libraries, country parks, youth clubs and school crossing patrols. The timetable for this work is tight, with SCC looking to make some decisions on services from July 2011.

If you or your group are interested in running a divested service or you would like to be involved in the solutions being developed in your community, do contact your County Councillor as soon as possible or give your response through the consultation processes currently underway - more details can be found on the Suffolk County Council website detailed below.

SAVO, along with other member of the VCS Congress, are challenging SCC to make the process of divestment as clear and cost effective as possible, to enable people to participate and to protect the services needed and valued by the people of Suffolk.

#### Need support?

SAVO along with other Voluntary and Community Sector (VCS) organisations, will be offering training and support to developing local solutions in communities and would be happy to hear from you if you feel that you need support to offer or develop a community project. Contact [wendy.herber@savo.co.uk](mailto:wendy.herber@savo.co.uk)

For more information on Suffolk County Council's New Strategic Direction [www.suffolk.gov.uk/CouncilAndDemocracy/AboutSCC/NewStrategicDirection](http://www.suffolk.gov.uk/CouncilAndDemocracy/AboutSCC/NewStrategicDirection)

## Important consultation about Suffolk's library service

The consultation, entitled "Have your say on the future of Suffolk's libraries", started last month and ends on 30 April. It is a direct invitation to local businesses, community and voluntary groups, local councils and individuals across Suffolk to have their say about running their local library differently and at a reduced cost to the council. As a result of reductions in the county council's funding, the library service will need to cost Suffolk County Council (SCC) at least 30% less to deliver within three years. As part of the New Strategic Direction (NSD), which is being developed to help protect services throughout the current financial climate, the County Council is looking for new, innovative ways of running Suffolk's libraries.

This first phase of the consultation will focus on inviting innovative ideas for running library services differently. All ideas will be reviewed, and the next phase will involve formal invitations to express interest, which would be followed by meetings to discuss detailed plans.

SCC are very keen to hear your ideas and would encourage you to complete the questionnaire, which is available as part of the consultation on its website at [www.suffolk.gov.uk/librariesconsultation2011](http://www.suffolk.gov.uk/librariesconsultation2011) or by request at any of Suffolk's 44 libraries. Alternatively, you can get in touch via e: [librariesconsultation@suffolk.gov.uk](mailto:librariesconsultation@suffolk.gov.uk) or t: 01473 265086.

SCC state that all ideas will be considered, and the County Council's Cabinet will review a paper outlining the latest position when it meets in July 2011. The next phase will involve formal invitations to express interest.

## Suffolk Libraries - a chance to find out more...

A series of 16 meetings has been set up across the county, offering the opportunity for people to discuss their views on any of the 44 libraries and ask questions of the senior library managers. These will be one to one meetings and must be booked in advance - visit <http://www.suffolk.gov.uk/CouncilAndDemocracy/Consultations/LibrariesOnetoOne.htm> for contact details.

## We Are What We Do Suffolk

*A journey of a thousand miles begins with a single step*, according to the philosopher Confucius, or the philosopher Lau Tzu, founder of Taoism (Daoism), depending on which reference material you use. Pittacus stated that *the measure of a man is what he does with power* and Jean Paul Sartre shortened it to form part of Existentialism: *a man is what he does*. These phrases have over the years been taken by thousands of genuine philosophers, cod-philosophers (not fish that talk or men who point to cod as examples of how we should live!), politicians, snake-oil salesman and mystics and been done to death. Each has, through repeated use, reached the level of meaningless cliché and yet still they retain an attraction - based, perhaps, on an element of logic and a hint of universal truth that they both encompass.

We Are What We Do is relatively new, web-based, initiative that combines the notion of a journey with the belief that people, on some level, define themselves and are defined by their actions. Through the use of national and international campaigns, social networking, media-savvy stunts, celebrity endorsements, business common sense, concentrated local actions and individuals taking simple first steps, the organisation/campaign has gained prominence. Now it wants to consolidate its successes and make its philosophy concrete on a regional level, in Suffolk.

The Suffolk variant of the website will be on-line at the end of April. In the interim we (everybody at SAVO and in the wider community and me - Tony Mudd), must rattle the cages and rip up the rule book in an effort to find fantastic and marvelous ways to let every citizen in Suffolk know they do have power, they can influence their surroundings, those further afield and the world! All they/we have to do is start the journey with a single simple step, one action.

Along the way we'll consider, adapt and coordinate all the ideas that are suggested, use traditional and new methods and media to get the message out there. We want people to join in, at first as individuals

and then, as part of their journey, as loose associations and groups; all acting as a force for change for the better. We also want existing groups and organisations to come on board, to join in and to promote a way for people and communities to unite and to influence the future. A real Big Society with real muscle. And along the way we will have excitement, fun and parties, celebrations of successes and of the people: the local heroes, who make each success possible.

We will gain what we put in and more besides, we will be at the forefront of a national and international movement for change, change for good. We have the opportunity to be the first step on a journey that can change everything and we can be happy to be defined by that! So let's all take the step...

You can contact Tony with any ideas, thoughts etc on [tony.mudd@savo.co.uk](mailto:tony.mudd@savo.co.uk) or [wearewhatwedosuffolk@gmail.com](mailto:wearewhatwedosuffolk@gmail.com) or check out the national website at [www.wearewhatwedo.org](http://www.wearewhatwedo.org)

### **Wanted: Police Support Volunteers for Suffolk Constabulary.**

Please email [policesupportvolunteers@suffolk.pnn.police.uk](mailto:policesupportvolunteers@suffolk.pnn.police.uk) for more information.

### **SAVO gains the silver award for Investors in People**

SAVO was recently re-assessed for its Investors in People Quality Standard and decided to go for the silver award which means that it had to meet at least 115 evidence requirements. In fact it achieved 133 evidence requirements and next time it will be going for gold.

### **Digital Switchover Coming to Suffolk**

The television switchover is coming to Suffolk in three parts. Suffolk residents currently watch terrestrial television via the main transmitters at Sandy Heath, Sudbury or Tacolneston. Suffolk ACRE has been engaged to assist people with the switchover through the Switchover Help Scheme and to ensure that no one misses out on the support that is available. Suffolk ACRE is looking for volunteers across the county to assist within their communities, to spread the word about the types of information, help, advice and support that is available to people. Find out more visit <http://www.suffolkacre.org.uk/main.php/news/118>

### **The first Suffolk Annual Adult Learner Awards**

Have you met a learner who has inspired you?

Are you aware of a learner who has changed their lives through learning?

Do you know a Tutor or Volunteer who has gone the extra mile?

Adult Learners Week will run from 14<sup>th</sup> - 20<sup>th</sup> May 2011. LEAP supported by Suffolk Learning Consortium have joined forces with Suffolk Partnership for Informal Adult Learning (SPIAL) to organise their very own 'Suffolk Learner of the Year Award'.

The categories are as follows:

- 65+ Learner of the Year Award
- Digital/Technology Learner of the Year Award
- Inspirational Learner of the Year Award
- Tutor Award
- Learning at Work Award
- Learning Project Award
- Outstanding Family Learners of the Year Award
- Volunteer Award

The full criteria and simple nomination forms can be downloaded from the Leap Website: [www.Lean.ac.uk](http://www.Lean.ac.uk). All nominations must be **returned by 5pm, Monday 4th April 2011**. Please return to: Louise Barley, Leap Assistant Manager, University Campus Suffolk, Waterfront Building, Neptune Quay, Ipswich IP4 1QJ or email [L.Barley@UCS.ac.uk](mailto:L.Barley@UCS.ac.uk)

The actual event will take place at the UCS Waterfront Building on Thursday 19<sup>th</sup> May 2011, 6pm to 8pm where the winners and runners-up will receive their awards and the fantastic learning opportunities available in Suffolk will be celebrated.

### Support STEPS Baby Hip Health Week : 13th -19th March 2011

The aim of the annual Baby Hip Health Awareness Week is to continue to raise awareness amongst parents and health professionals of the vital need to check babies' hips during the first few weeks of life to prevent unnecessary pain and disability in later years.

In the UK alone, up to 2,000 children a year are diagnosed with Developmental Dysplasia of the Hip (DDH), which describes a range of conditions from mild instability to total dislocation of the hip. Early detection means DDH can often be corrected by a simple outpatient treatment, but a later or missed diagnosis can leave a child requiring hospital stays, operations and potentially a permanent disability. This is something personal to our hearts as one of the SAVO staff has a child recently diagnosed at a later stage of DDH. Being aware of the signs of DDH from an early age is vital.

### Age UK Suffolk visits to Beccles

Age UK Suffolk has launched their 2011 series of Help Desks at the Waveney Centre in New Market, Beccles. "This Help Desk offers local older people the opportunity to come and talk to our friendly Customer Service staff in Beccles about any issue that is of concern to them." said Helen Taylor, Age UK Suffolk's Information Manager. "We have a huge amount of information at our fingertips and can offer a range of services to assist local older people to stay independent."

The help desk will be held on a bi-monthly basis, on the first Friday of April, June, August, October and December between 10.00am and 12 noon. There is no need to make an appointment. For more information about the Help Desk or Age UK Suffolk's local services in the Beccles area, please telephone the Lowestoft office on 01502 58 63 08.

### Children who go missing - a call for help!

The voluntary and community sector are being asked to help develop a service whereby children who go missing receive a return interview within 72 hours of coming home. Unfortunately this is not always possible because of either lack of resources or because children do not feel able to talk about it. Can your organisation help? E: [jools.ramsey@ormiston.org](mailto:jools.ramsey@ormiston.org) for more information.

### Busy few months ahead for Felixstowe Radio

Felixstowe Radio has been chosen to represent Great Britain on the Euranet to produce regular radio programmes that will be broadcast across the 27 EU member states. In addition the station will be out and about covering local events including the Languard Volunteering Festival and Masquerade Ball on 26<sup>th</sup> March, the Royal Wedding Day Special at the Solar Concourse (29<sup>th</sup> April) and in May they will be attempting to interview every candidate standing in the local council elections. The station's music shop in Great Eastern Square is attracting more business and a new Radio Allotments Club is starting at Trimley St Mary. Visit <http://www.felixstoweradio.co.uk/> for more information.

### Plan to Reform Child Maintenance

The consultation paper Strengthening Families, Promoting Parental Responsibility: The Future of Child Maintenance is available from the Department for Work and Pensions at <http://www.dwp.gov.uk/policy/child-maintenance/>

### Review of National Curriculum

The new National Curriculum will be taught in maintained schools from September 2013. For further information visit <http://www.education.gov.uk/schools/teachingandlearning/curriculum/nationalcurriculum>

## Events - Courses, Conferences, Workshops and Fun

### Advising Voluntary and Community Groups on Funding Issues - Online Course

There are still places available on the Advising Voluntary and Community Groups on Funding Issues - Online course starting 11th April 2011. Fit4funding is offering their innovative online course for funding advisers. This course is the online translation of fit4funding's face to face OCN accredited course for giving Funding Advice. It is aimed at individuals whose work involves advising community and voluntary groups on funding and funding related issues; for example, specialist funding advisors, community or umbrella agency workers whose remit includes giving funding advice, or people new to giving funding advice.

Fit4funding has successfully delivered this Open College Network Level 3 accredited course to learners face to face for over 8 years, training well over 1000 funding advisers in England and Wales. This version of the course will be delivered completely on-line with two very experienced and fully qualified f4f funding advice e-learning tutors, who will offer individual support and guidance throughout.

The course runs over an 8 week period and requires learners to commit to approx 4 hours participation per week. Learners can work at their own pace and in their own time, and will engage in a range of inter-active experiences and networking opportunities with other learners.

The course will cover:

- The role of the funding advisor
- Good practice in giving funding advice
- Diagnosing groups' needs
- Clarifying complex funding criteria
- Giving feedback on draft applications
- Voluntary sector funding trends

Course start date: 11<sup>th</sup> April 2011 for 8 weeks  
Enrolment date: 4<sup>th</sup> April 2011

Course cost - £295.00 for voluntary and community sector organisations; £395.00 for statutory organisations

To find out more go to <http://www.fit4funding.org.uk/training/introduction/programme/>

### Invitation to SAVO Health Symposium

You are invited to SAVO's first Symposium on 28<sup>th</sup> March at Saxon House, Age UK Suffolk, Moreton Hall, Bury St Edmunds. 9.30 -3.30. The Symposium addresses: No Decision About Me, Without Me: Health, Suffolk and the Voluntary and Community Sector.

The Coalition Government is introducing legislation that makes fundamental changes to the NHS. The formation of GP consortia, the end of Primary Care Trusts, trumpeting the VCS and Social Enterprises as providers of choice, a patient focus of 'No decision about me, without me' - in short, a radical transformation is taking place across the landscape of Healthcare in Suffolk.

What will be the impact on the Voluntary and Community Sector? Is it an opportunity or a threat, or both?

### Examining the Experts:

A panel of VCS movers and shakers will receive and examine presentations from key change players, including Suffolk's Director of Public Health, GP Consortium Leads and the Chief Executive of Suffolk PCT.

In the next few days, SAVO will be publishing the draft of an independent report to look at the potential impact on the VCS of health changes. Paul Rowley, formerly a Director of Social Services, examines the scope of the Government's new agenda and offers challenges and solutions for the Voluntary and Community Sector

### **Contributing to development:**

Following lunch, having heard the evidence, attendees will be invited to debate, discuss and offer perspective and solutions to form the final SAVO report - A report to shape the future of how you, your organisation and your beneficiaries relate to how Health Works in Suffolk.

We hope you are able to join us; contact [sue.stephens@savo.co.uk](mailto:sue.stephens@savo.co.uk) t: 01473 273273 for more details.

### **SOS for Small Voluntary and Community Groups**

West Suffolk Consortium of Voluntary Organisations has joined forces with SAVO to develop the SOS project (Small Organisation Support) for voluntary and community groups and community-minded individuals in the West Suffolk area. Funded by West Suffolk Local Strategic Partnership (LSP) the project provides a range of friendly and informal 2.5 or 3 hour workshops to help groups develop their skills, become more effective, comply with the law and develop good practice. Packed with practical tips and useful resources, all the sessions are FREE!

So if you are someone who is thinking of starting a small group or you have already started but want to learn more about running a committee, organising events, managing volunteers and much more, why not book for one or more sessions?

The workshops are running over the next 12 months in Bury St Edmunds, Haverhill, Newmarket, Brandon, Mildenhall and Sudbury and the early workshops include:

March 16	Morning	Writing Good Funding Applications	Newmarket
March 30	Evening	Business and Project Planning	Mildenhall
April 5	Morning	Setting up a new group/initial planning	Sudbury
April 12	Afternoon	Trustee / Management Committee Roles and Responsibilities	Bury St Eds
April 13	Evening	Trustee / Management Committee Roles and Responsibilities	Newmarket
April 19	Evening	Writing Good Funding Applications	Sudbury

If you require more detailed support, groups and individuals can receive FREE mentoring support.

For further details, contact the relevant organisation in your area:

Bury St Edmunds contact Bury St Edmunds Volunteer Centre on 01284 766126

Sudbury contact Volunteer Centre Babergh on 01787 242116

Haverhill contact Haverhill Volunteer Centre on 01440 708444

Newmarket, Brandon & Mildenhall contact The Voluntary Network on 01638 608049

or Robin Hodgkinson at SAVO on 01473 275194

### **Engage and Enable 2 Briefing**

A morning event on 11<sup>th</sup> April 2011 in Kesgrave will provide information, and answer questions, on significant changes in the learning sector which affect the Third Sector in Suffolk, including the latest on the 'Suffolk Skills for the Future' strategy. For more information visit

<http://www.suffolklearningconsortium.org/events/110411%20Engage%20and%20Enable2.htm>

## NLDC Celebration 2011

A morning event to celebrate the success of NLDC funded projects in 2010/11 and launch NLDC funding for 2011/12 is to be held on 18<sup>th</sup> May 2011 in Kesgrave. For more information visit <http://www.suffolklearningconsortium.org/NLDC.htm>

## Developing your Skills and Confidence

Community Learning and Skills Development is running a City and Guilds Employability and Personal Development course at Castle Hill in Ipswich starting 13<sup>th</sup> May (9.30am - 3.00pm). This Entry Level 3 Course (running every Friday until March 2012) is for people over the age of 19 who want to improve their confidence, learn new skills and improve their job and career prospects. The course also includes national qualifications in Functional Skills Maths, English and Computer Skills. There is an enrolment and initial assessment day on Friday 6<sup>th</sup> May from 9.30am - 12.30pm. T: 0845 603 7197 for further information and booking.

## Lowestoft Mencap Events

19th March (10am to 4pm) - Tea and Tarot fundraising event. At Lowestoft Mencap, 20a Suffolk Road, Lowestoft, NR32 1DZ. Readings £7.50 which includes refreshments. Everyone welcome.

28th March (10am to 1pm) - Census open day and coffee morning. At Lowestoft Mencap, 20a Suffolk Road, Lowestoft, NR32 1DZ. For anyone who would like help filling in the 2011 Census form. A free service. There will also be light refreshments. Everyone welcome.

14th May (10am) - Sponsored Walk from the South Pier/Fountains to the Fisheries and back. Sponsor forms available from the Lowestoft Mencap office at 20a Suffolk Road, Lowestoft, NR32 1DZ. Or email [admin@lowestoftmencap.org](mailto:admin@lowestoftmencap.org) There will be a prize for the person who raises the most funds.

The Lowestoft Mencap office is now a 3rd Party Hate Crime Reporting Centre supported by Suffolk Hate Crime and Suffolk Police. Anyone who is being physically assaulted, called names, bullied, property being vandalised or who feels they are being victimised in any way due to their race, disability, gender, age, religion, mental health, sexual orientation or gender identity can visit their offices at 20a Suffolk Road, Lowestoft, NR32 1DZ and report the crime to the Suffolk Hate Crime Service in a relaxed, friendly environment. You can also contact them about it via telephone on 01502 539810 and they can take a report over the phone or you can e: [admin@lowestoftmencap.org](mailto:admin@lowestoftmencap.org) You can also contact them via Facebook at <http://www.suffolklearningconsortium.org/NLDC.htm>

## Waveney Women's Health Courses

Practical Magic Workshop. Wednesday 16<sup>th</sup> March 6pm - 8pm. A simple guide to the workings of practical magic, to include moon phases and candle magic. Cost £3. Venue Lowestoft.

Meditation Techniques Workshop. Friday 25<sup>th</sup> March 9.30am - 11.30am. Learn the benefits of meditation and visualisation for both relaxation & spiritual growth. Cost £3. Venue Beccles.

Healthy Eating Workshop. Wednesday 6<sup>th</sup> April 11am - 1pm. Useful information and tips for healthy eating and a healthy lifestyle. Cost FREE. Venue Lowestoft.

Face Pampering Techniques Workshop. Friday 15<sup>th</sup> April 9.30am - 11.30am. Learn simple techniques for a truly relaxing experience. Cost £3. Venue Beccles.

Other services available whilst courses are running include a listening ear, health information, pregnancy testing, condoms, access to counselling and support groups. To find out more or to book a place please visit the centre at 4 Bevan Street East, Lowestoft, visit <http://www.onesuffolk.co.uk/waveneywomenshealthinfocentre> or t: 01502 561816

## Public Service Reform Conference

Improvement East is hosting a conference entitled "Public Service Reform and Localism in the East" on Wednesday 23rd March 9.45am - 4.00pm at the Moller Centre in Cambridge. The main speaker will be Nick Hurd, Minister for Civil Society talking about Building the Big Society and Public Service Reform. For further details e: [info@improvementwast.gov.uk](mailto:info@improvementwast.gov.uk) or t: 0284 758300.

## Empowering the Voluntary Sector - National Programme Comes to Suffolk

The last few places are available for this excellent workshop, which returns to Suffolk on the 23<sup>rd</sup> March at ICVS Offices, Ipswich and is FREE to anyone from a VCS organisation. The aim of these workshops is to equip third sector organisations to use the principles of public law and the Compact to negotiate effectively with public bodies. Issues covered on the day include how to deal with unfair funding cuts and consultation and how to identify if a public body's decision-making processes are lawful. To read more click [here](#)

To book a place contact Sue Stephens at SAVO [sue.stephens@savo.co.uk](mailto:sue.stephens@savo.co.uk) or t: 01473 275191

## NIACE Publications Grand Sale

NIACE (National Institute of Adult Continuing Education) is having a massive publications sale with up to 85% off 200+ titles. But hurry, the sale ends on 31st March. T: 0870 600 2400 for more details.

## Tar, Sweat and Steam launches at East Anglia Transport Museum

The Museum at Carlton Colville won a Heritage Lottery Fund award of £198,500 to tell the forgotten story of the part that steam played in the history of road building and the roadmen's unique way of life. In partnership with SOLD and the Seagull Theatre amongst others, volunteers have been developing and restoring exhibits and the new exhibition "Tar, Sweat and Steam" launches on Saturday 9th April. For more details, visit [www.eatm.org.uk](http://www.eatm.org.uk)

## Enhancing housing options with Trailblazer

Trailblazer has developed the Housing, Help & Work Advice Online Service, "an introduction to your new tenancy" pre-tenancy workshop (a Train the Trainer Day to be held in Colchester on 6<sup>th</sup> March), an accreditation scheme for young people to improve tenancy sustainability & a work club pilot with Job Centre Plus.

The online service is a simple "tick box" approach which allows the customer to describe their needs. Depending on the boxes selected, the system then automatically makes available a range of options. This includes all services ranging from housing options, support needs and access to work advice with live job search facilities. It provides an action plan in PDF format and it directs the individual to services, based on the difficulties they are experiencing. Visit <https://housingandhelp.ehodirect.org.uk> For information about the other services, t: Tim Carr on 07731473958 or e: [tim.carr@babergh.gov.uk](mailto:tim.carr@babergh.gov.uk)

## Zimbabwe Women's Resource Centre event

Experience great tasty foods (buffet style) from around the world whilst helping to raise funds on 26th March 2011 at 7pm at Kesgrave Baptist Church, Cambridge Road, Kesgrave. Tickets are £5 per adult and £1 per child up to 12 years old and are available from Catherine (01473 621189) or Mollin (07765869286). There will be live music, informative presentations, display stands etc. Details at [www.zwrc.org.uk](http://www.zwrc.org.uk)

## SAVO's Training Calendar

18 <sup>th</sup> March	Emergency First Aid	Kesgrave
24 <sup>th</sup> March	POVA	SAVO Offices
25 <sup>th</sup> March	Level 2 Health & Safety	Lowestoft
29 <sup>th</sup> March	Speaking & Presentation Skills	SAVO Offices
31 <sup>st</sup> March	Improve Your Minute Taking	SAVO Offices
1 <sup>st</sup> April	Emergency First Aid at Work	Ipswich
4 <sup>th</sup> April	Fire Awareness	Lowestoft
5 <sup>th</sup> April	Level 2 Food Hygiene	Lowestoft
6 <sup>th</sup> April	Organising Events	Ipswich
12 <sup>th</sup> April	Running Effective Meetings	Ipswich
14 <sup>th</sup> April	Supervising Staff & Volunteers	Ipswich
27 <sup>th</sup> April	Emergency First Aid at Work	Lowestoft

For a full calendar, visit [www.savvo.co.uk](http://www.savvo.co.uk) or for more information contact e: [sue.stephens@savvo.co.uk](mailto:sue.stephens@savvo.co.uk) or t: 01473 273273.

## Money, Money, Money....

### Sport for You (UK)

Sport for You (UK) is a new grants programme to support community and amateur sports clubs across the country. For the next two years, clubs such as village cricket clubs, the lawn bowls clubs, badminton club, amateur boxing clubs, etc, will be able to apply for a £1,000. Funding can be used for a wide range of purposes such as improving facilities, setting up tournaments, etc. For details visit <http://www.telegraph.co.uk/sport/othersports/amateur/8281316/A-1000-amateur-sports-club-grant-could-be-yours.html>

### Second Year of Health and Social Care Volunteering Fund to open soon

The Department of Health's Health and Social Care Volunteering Fund (HSCVF) will be launching its second local grant scheme in Spring 2011. The local grant scheme 2010 funded 43 projects across England. Although the interest in the fund in 2010 was high, there were few applications from the East of England.

#### Information about the Fund

The HSCVF provides a combination of grant funding and support to organisations, aimed at enhancing their capacity and ability in the health and social care field. The HSCVF differs from many other grant funding schemes as it aims to help organisations grow and develop, not just provide a short term input of grant monies. This is why the HSCVF gives equal priority to:

- A package of support to build organisational capacity that will assist with longer term sustainability, as well as
- Financial provision through grant awards.

Local voluntary, community and social enterprise (VCSE) organisations will be able to submit a maximum of one application. Applicants will be asked to apply under one of the following themes:

- Theme 1: Patient-led NHS
- Theme 2: Delivering Better Health Outcomes
- Theme 3: Improving Public Health
- Theme 4: Improving Health and Social Care

The local grant scheme funds and supports local projects targeting health inequalities and promotes innovative approaches to volunteering in the health and social care field.

Competition for the fund is likely to be high. It is anticipated that around 45 organisations will receive funding up to a maximum of £50,000. Funding can be sought for 2 or 3 year projects. Criteria for applying include: having a track record in health and social care activity, and having policies on equality, health and safety, and safeguarding of children and adults already in place.

#### Pre-application Events

Pre-application events have been organised to:

- provide further information on the programme's remit
- guidance on completing the application process
- the opportunity for one-to-one discussions with organisations about the eligibility of their project ideas.

Half-day information events will be held in Birmingham, London and Leeds to interested VCSEs.

For further information, contact Ashfa Slater, Volunteering Fund Programme Manager; Helpline number: 0845 172 8058

## Young people and nature

Arla will be awarding a number of grants worth up to £1,500 to individuals and community groups that have a project to help children and young people access or get closer to nature. The closing date for applications is Friday 25 March. Visit <http://www.kidsclosetonature.co.uk/grants/> for more information.

## Projects and Partnerships

### Infrastructure Network Suffolk (INS) winds up

INS, the name given to the group of Voluntary and Community Sector organisations that together were working on developing and implementing the infrastructure local plan in Suffolk and the Change Up agenda will cease to exist from the end of March 2011. At the last meeting, it was agreed that the legacy of INS would pass to the Suffolk Congress, a campaigning movement for Suffolk's VCS to have a voice around the table with the Public Sector. To find out more about the Suffolk Congress e: [wendy.herber@savo.co.uk](mailto:wendy.herber@savo.co.uk) or [gill.peat@suffolkclip.org.uk](mailto:gill.peat@suffolkclip.org.uk)

### Charity Trustee Networks is merging with the Small Charities Coalition

On March 3<sup>rd</sup> 2011 the board of Charity Trustee Networks (CTN) merged with the Small Charities Coalition. The merger will mean that they will be better placed to respond to the challenges and increased demand for support. It is intended that the new merged organisation will continue to deliver the range of quality services that members of CTN currently receive. If you'd like to read more visit <http://www.smallcharities.org.uk/>

## Governance and HR Resources for VCS Organisations

### Royal Wedding Bank Holiday - what it means for staff

The Royal Wedding on the 29<sup>th</sup> April this year gives us an additional Bank Holiday. How does this impact on your staff's holiday entitlements?

Statutory annual leave is 28 days (5.6 weeks) for a person working a five-day week, representing 20 days leave entitlement under the EU working time directive, plus time off equivalent to eight bank holidays (New Year's Day, Good Friday, Easter, early May, late May and August bank holidays, Christmas and Boxing Day). For part-time workers, the entitlement is pro rata.

If the contract of employment says nothing about holidays, a full-time employee is entitled to 28 days/5.6 weeks (pro rata for part-time) with no additional entitlement to either ordinary or special bank holidays (like the Royal Wedding Holiday on 29 April 2011). If the contract specifies a certain number of days or weeks (which must be at least 20 days/4 weeks) plus bank holidays, the employee will be entitled to the Royal Wedding Day or another day in lieu, or for part-timers a pro rata number of hours.

Detailed information about statutory annual leave and bank holidays, including how to calculate entitlement for part-time, casual and other atypical workers, is on the Business Link website at <http://www.businesslink.gov.uk/bdotg/action/layer?r.l1=1073858787&r.l3=1074414642&topicid=1074414642&r.lc=en&r.t=RESOURCES&r.i=1079422234&r.l2=1073858926&r.s=m>

ACAS has a short briefing specifically about the Royal Wedding Bank Holiday at [www.acas.org.uk/index.aspx?articleid=3197](http://www.acas.org.uk/index.aspx?articleid=3197)

### Vetting and Barring and CRB Update

The long awaited reports from the reviews of the Independent Safeguarding Authority's Vetting and Barring Scheme and the Criminal Records Bureau Scheme were announced on 11<sup>th</sup> February 2011.

To read a summary of the reports' proposals, visit <http://www.savo.co.uk/content/view/26/106/>

## Revised guidance on HMRC Fit and Proper Persons test

HM Revenue and Customs has revised the 'Fit and Proper Persons' test guidance, including the basic guide for charity managers, in response to feedback. This applies at present only to charities (and Community Amateur Sports Clubs) claiming repayments of tax under Gift Aid, and should be read by anyone acting on behalf of the charity (trustee, employee, etc.), or appointing the same. For more information visit <http://www.hmrc.gov.uk/charities/guidance-notes/chapter2/fp-persons-test.htm>

## Guidance on the new Auto-enrolment Arrangements

TLT Solicitors have issued guidance on the new auto-enrolment arrangements for pensions which will be effective for some employers from October 2012. The guidance can be viewed at [http://www.tltsolicitors.com/resources/publications/pensions/2012\\_workplace\\_pensions\\_auto\\_enrolment\\_feb\\_11](http://www.tltsolicitors.com/resources/publications/pensions/2012_workplace_pensions_auto_enrolment_feb_11)

## Training Needs Analysis

The NCVO has issued guidance entitled "Training Needs Analysis" (February 2011), it discusses what a Training Needs Analysis is and how to carry one out. The guidance may be viewed at [http://www.ncvo-vol.org.uk/sites/default/files/files/Training\\_Needs\\_Analysis\\_2010-ncvo.pdf](http://www.ncvo-vol.org.uk/sites/default/files/files/Training_Needs_Analysis_2010-ncvo.pdf)

## KnowHow NonProfit Launches 'How To' Guide Wiki

By charities and for charities, this community driven wiki-system enables users to both post and read how-to guides for free. To read more visit <http://www.knowhownonprofit.org/how-to>

## Final thoughts....

### Paul McKenna gives me the Creeps

This month's musings from SAVO's Chief Executive. Find out why Jonathan shudders on seeing Paul McKenna and what really makes him happy!

On a train rattling from Liverpool Street home, I stumbled across a review of a new book by Paul McKenna who guarantees to be able to make you happy. Perhaps it's unfair to form judgements on the basis of someone's review of a book, it might be a gross calumny on the fellow - but he really came across as an odious piece of something that you'd quickly scrape off your shoe after you'd trodden in it. Those that know me would, I hope, say that I'm not someone who quickly jumps to opinions about people, so I guess this opinion is not just based on this review, but rather my exposure to Mr McKenna over his chequered career. His recommendations on happiness perhaps confirming a deep-seated loathing he brings out in me (thankfully a rare sensation I have).

What then sparked this reaction? (Especially as it won't mean he sells any less books, or lose any sleep over my thoughts/opinion). His new book, his new programme for happiness, seems to sit firmly on the idea that to be happy, you must totally cut out of your life people that aren't happy. He seems to suggest that associating with people that are miserable will sap your energy and that therefore you should only link up with those people that 'charge' your batteries. I suppose I ought to buy his book and check whether this is what he is saying, but a second review I read seemed to confirm that this was his premise - and I certainly don't want to financially reward him for this misanthropy.

Applying his thesis would seem to be an argument for creating a 'Happy' elite who shun anyone with a slightly grey cloud hanging over their day or life. However, the numbers in this elite would seem to be constantly contracting as you need to have people at least as happy if not happier than yourself - so any off day and you get blackballed from the elite. Secondly, I think this is stupid, because my own experience of happiness is that it is relative - therefore having a benchmark of meeting a really miserable person when you are having a slightly off-day can leave you realising that your life is actually better than you are currently assessing it to be. In short - you are happier than they are and therefore avoiding them makes you less happy.

I do agree that being happy is an important way of evaluating your own life; but the musings of a hypnotist trying to make a quick buck seems to add little to the equation. And now having used this as the basis of a Blog, I feel unhappy that he has made me waste time on his stupid theories. Back to a much better way of making myself happy ... Friends / Volunteering / Biggles / Football / Scouts / E-harmony etc etc ... even if the people I encounter are not wearing the sunniest of smiles.

If you want to unsubscribe from Suffolk Sound please email [enquiries@savo.co.uk](mailto:enquiries@savo.co.uk)

Feel free to pass this email on to other people you think might be interested - though urge them to sign up themselves by simply completing the short form at

<https://spreadsheets.google.com/viewform?formkey=dDJPNXhBN3NPZU1Sano2LWhnbk1hZ3c6MQ>

If you are not already a member of SAVO, why not join us today - we offer membership for individuals and organisations from as little as £5 per annum. Email [enquiries@savo.co.uk](mailto:enquiries@savo.co.uk) for more details.

The next edition Suffolk Sound will be sent out in Mid-May 2011, so the deadline for content is the 30<sup>th</sup> April. Please send any information and articles to Laura Hack [laura.hack@savo.co.uk](mailto:laura.hack@savo.co.uk) clearly indicating that you would like it to be included within Suffolk Sound.

SAVO's next publication will be the SAVO Members VOLLIES Magazine, which will be published in paper form and sent out in the latter half of April. Please send any information and articles as soon as possible to Robin Hodgkinson [robin.hodgkinson@savo.co.uk](mailto:robin.hodgkinson@savo.co.uk)

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