

Spring 2011

Welcome to VAB News!

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Voluntary Action Barnsley

VAB News

Supporting the Barnsley Community and Voluntary Network



Following a successful pilot project in 2010, a new Employee Supported Volunteering programme is planned for roll out in 2011. Read about this on page 5...



Introduction by Eddie Street, Strategic Director



Like much of the Voluntary and Community Sector, Voluntary Action Barnsley (VAB) is facing up to providing its services on considerably reduced income. In our case the value of the contracts that we deliver for Barnsley Council and the Primary Care Trust have been reduced, for 2011-12, by around 48%. And beyond 2012 there is much uncertainty as to the extent that the public sector will invest in the Voluntary and Community Sector, both through grants and contracts.

One certain outcome of this state of affairs will be end of the VAB newsletter in its current format. We simply cannot afford, or justify, printing and mailing 800+ copies four times a year when other services are at risk. Internally, VAB will be considering all options for keeping our members and the wider Voluntary and Community Sector abreast of news and developments.

Amongst all the doom and gloom surrounding the recession and the pressures facing the public sector there remains a need to stick to a sense of purpose and refocus our efforts on the things that matter in Barnsley. That is why VAB is forging ahead with Barnsley's Volunteering Strategy; this predates any notions of a Big Society and reflects the

acknowledgement in Barnsley that volunteering is a great way for individuals to realise their potential, do something for their community, and contribute in making Barnsley a better place. We need help; more people in Barnsley want to volunteer than we can find opportunities for. So we need the 700+ voluntary and community groups in Barnsley to work with us. Additionally, we will be working with Barnsley Council to develop a Community Pride initiative through which we can organise teams of volunteers to tackle tasks in their own communities.

We will keep you informed as we firm up activity through the Volunteering Strategy, but in the meantime I would urge you contact our volunteering team at VAB if you can help us find placements for volunteers and work on new projects. For further details please contact:

**Dan Wildsmith or Beryl Cooper on
01226 320100**

Switchover Help Scheme



Help is at hand to switch to digital TV! In 2011 the traditional TV signal will be switched off in the Yorkshire TV region and replaced with a digital TV signal. This is not a concern for most people, but some may find it harder to make the switch than others.

The Switchover Help Scheme has been set up by the Government and is run by the BBC. It's purpose is to make digital TV switchover easier for older and disabled people by converting one TV to digital in the run-up to digital TV switchover in their region. People living in the Barnsley area served by the Emley Moor transmitter will begin to switch on 7th September.

What does the Help Scheme do?

The Switchover Help Scheme aims to reach out to all eligible people and ensure that those who need our help get it, so that no-one eligible need be left behind without access to television after the switchover.

People are eligible for help if they are:

- aged 75 or over;
- have lived in a care home for six months or more;
- registered blind or partially sighted.

Or:

- if they get or could get, Disability Living Allowance, Attendance or Constant Attendance Allowance, or Mobility Supplement.

Where can I get face to face advice on the switchover?

Digital UK has been working closely with charities to organise local advice points/roadshows during the switchover; these will be staffed by trained volunteers and are open to everyone. To find out where your local advice point or roadshow will be visit:

www.digitaluk.co.uk
Or call 08456 50 50 50



Help keep your neighbourhood clean and green!



Are you proud of your community but sick of seeing litter dirtying the streets? If so, then this is your chance to do something about it!

Launched in September 2008, the Big Tidy Up is Keep Britain Tidy's biggest litter pick campaign. It is about everybody and anybody mucking in to help clean up their area, from a local park that has fallen on hard times to an alleyway that has become a dumping ground.

The success of The Big Tidy Up is down to the people who want to make a real change to the appearance of their local area. We all want clean and tidy neighbourhoods for ourselves and our families and the Big Tidy Up gives us all the chance to help achieve just that.

To take part, all you need to do is to gather together a few like-minded people and visit the Big Tidy Up website at **www.thebigtidyup.org** to register your event or to find an event taking place in your area. To give people a helping hand, everyone who registers will receive a special clean-up kit including bin bags, tabards, badges and posters, plus top tips and guidance on carrying out your tidy up and safety advice. You can also contact Mick Clegg at Barnsley Council on **01226 774365** who will arrange for your group to borrow gloves and litter pickers and will even send someone to collect your bags of rubbish following your clean up.

It couldn't be simpler to get involved, so if you'd like to do something positive to keep your local area looking clean and green, then join the Big Tidy Up and help make your neighbourhood a better place to live!

Barnsley Academy Allotment Project

Voluntary Action Barnsley have been helping sixth form students at Barnsley Academy to design and build an allotment in the school grounds.

The plot will house a large polytunnel and raised beds where students of all ages will learn about biodiversity, cultivation and growing their own fruit and vegetables.

As well as working with Barnsley Academy, VAB are looking to work with other schools to bring environmental projects to young students.

Student involvement

Our advisors have environment youth work backgrounds and experience of delivering projects with young people. Each young person will be given a student diary to record their involvement in the project.

Schools can also gain accreditation from the John Muir Award; visit

www.jmt.org/jmaward-home.asp

For more information about Allotment Projects, please call:

Dan Wildsmith
01226 320100
dan.wildsmith@vabarnsley.org.uk



Woodland Workout

The Woodland Workout at Wharncliffe Woods has been organised by the Forestry Commission to involve volunteers in the maintenance and management of woodland.



The sessions are planned to take place twice a month on Wednesdays (10am to 3pm) and volunteers can help in Birch tree and guard removal, tree planting, hedgerow planting plus butterfly surveys over the forthcoming months. Other work is also planned in the future regarding habitat management and animals in the forest.

Volunteers will need good footwear and a waterproof coat. Tea and coffee will be provided. Along with the other volunteers Martin Sugden, formerly of The Volunteer Centre Barnsley, tried his hand at removing excess Birch trees and helping the Oak trees to grow more to sustain the forest.

Some of the ten volunteers who turned up on the day said such things as, "I really enjoy the sessions here and you can really see a difference once we have finished". Another said that "It's a great way to keep fit and meet new friends".

Anyone wanting to try this out or find out more about the Woodland Workout can contact Hannah Darcel on 01623 821452 or e-mail hannah.darcel@forestry.gsi.gov.uk

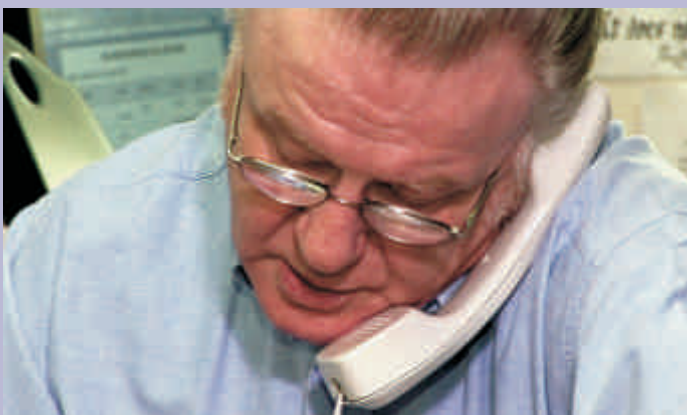
Volunteer Management Programme VMP - Update

The Volunteer Management Support Programme for 2010 has proved to be very successful and involved helping over 80 organisations across South Yorkshire (including 20 in Barnsley) by offering Volunteer Good Practice Advice and guidance to them.

Although the Capacity Builders funded programme has now come to an end, help will still be available in 2011 through the Volunteer Centre by contacting 01226 320100 and asking for Dan Wildsmith or Beryl Cooper.

Martin Sugden, who co-ordinated the programme across South Yorkshire in partnership with Doncaster, Rotherham and Sheffield, said;

" The Volunteer Management Programme has been a much needed project for the area and has boosted capacity in many Voluntary organisations to recruit more volunteers. It has also enabled many to update their policies and procedures so they are ready to take more volunteers in defined roles and attract more interest from funders to help develop and support their organisation. I would like to say a big thank you to all the organisations and volunteer managers/co-ordinators that took part in the programme and training across South Yorkshire"



Employee Supported Volunteering programme ESV - Update



>>>>>

Continued from front page:

The Volunteer Centre Barnsley are now looking for Voluntary organisations who would be willing to take part in the new programme and could use from 5 to 30 volunteers (subject to their needs or project) for a day in their organisation to help out. We are also starting to register companies who would like to send their staff on these programmes for development and understanding of the community in the Barnsley area.

This is part of a national drive to include more taster sessions on the benefits of volunteering in the community. If you are an employer, you could take part in something local and discover new skills and have fun along the way.

To find out more or to register your interest contact Beryl Cooper on: 01226 320100 Ext 220 or e-mail beryl.cooper@vabarnsley.org.uk

Free information and support from the VAB Participation Team....

Do you provide Health and/or Social Care services?

Are you interested in free information and support, in order to ensure a prosperous future for your organisation?

The VAB Participation Team are here to support voluntary and community sector providers of Health and/or Social Care in the borough, to have a say in how services are planned for the people of Barnsley...

We can also arrange training and supply information around topical issues to help you ensure a prosperous future for your organisation (such as how to be Commissioning ready and use of the Supplier Contract Management System - SCMS).

In order to give you an opportunity to meet others in the sector, share ideas and good practice and hear guest speakers on current Health & Social Care matters, we hold free half day information giving events. We can also visit your group/organisation to speak about the help we offer and provide meetings based within your local area to distribute Health & Social Care related information; we are also looking to attend meetings in the community where we can promote our work (if you have any meetings planned in the borough over the coming months and would be happy for us to attend, please let us know).

From our partnership working with colleagues at BMBC, **we can help you to link in with the ever growing Personalisation agenda;** we have provided a dedicated section of the VAB

By joining our email network, **we can supply you with regular updates which may be of interest to you** and by becoming a member of VAB, you may be able to benefit from discounted room hire here at The Core, whilst having access to the full range of VAB services which includes such things as Human Resource and Legal Advice.

In addition to our being able to assist providers of services for Vulnerable Adults, **the Participation Team has a dedicated Children's Services Officer, who can offer a range of help including guidance around Safeguarding and Child Protection Policy development.** We also have an email network and hold monthly meetings for Children's Services, to keep you up to date with information which could affect your day to day operation.

We are currently looking to fill Health & Social Care related volunteering opportunities, in order to represent the voluntary and community sector at meetings throughout the borough. These opportunities are a relatively small time commitment but have the potential for a big impact, by letting decision makers know the sector's thoughts on Health & Social Care provision in the area.

We really would like to hear if we can help you. If you wish to become a member of VAB, join our email networks or have suggestions in order to address your training needs, **please do not hesitate to get in touch.** Our direct dial telephone number is: 01226 320106 or you can email:

participationteam@vabarnsley.org.uk

We really look forward to working with you; together we can make a positive impact in the field of Health & Social Care!

What would you do if you no longer had the ability to make decisions about your wishes and needs?



The VAB Participation Team, in partnership with Barnsley Arena and BMBC, have been working to promote Advance Statements /Advanced Decisions to people in the area. Advance Statements/Advanced Decisions record important information about your wishes and are only acted upon if you lose the ability to make decisions for whatever reason (this may be accident, ill health, etc).

The Advance Statements/Advanced Decisions document is owned and stored by you and it is your responsibility to make sure that it is kept somewhere where you or your nominated person can get to it in times of trouble. Examples of things you could include information about are: who you would like to visit you in hospital, children and dependents, care of pets, security, your home and finances as well as details of the type of medical treatment you may wish to refuse.

For further details, please call VAB on 01226 320100 or Barnsley Arena on 01226 770023. A website providing more information and related documents for Advance Statements/Advanced Decisions can be found at the following address:

www.advancedstatement.co.uk



Is someone you care about using drugs or alcohol?

You don't have to cope alone!

Barnsley Beacon Support Services work to support parents, relatives and friends of drug and alcohol misusers. The group is a voluntary organisation which is run by volunteers that are (or have been) affected by someone else's substance misuse and offer:

- Confidential listening, support and information;
- One to one support at your request;
- Raised awareness and education about drugs and drug related issues.

Barnsley Beacon Support Services also recognise that they would not be successful without the help of others, so if you have time to spare and would like to know more about their volunteering opportunities, please contact the number below.



If you feel Barnsley Beacon Support Services could help you, please contact 01226 242990 or visit: **www.barnsleybeacon.com** for further details

Peer Support Graduations



Congratulations....

....to the ladies that have now graduated after completion of the La Leche League Breastfeeding Peer Counsellor Training Programme. The celebrations were held at Rising Stars, Royston Meadstead and Wilthorpe Children's Centres. There were goodies provided for each group from the charity medquip4kids, comprising of a breastfeeding doll, knitted breast, La Leche League Breastfeeding Answer Book and books for adults and children. A big thank you to them!

Thanks also to Lindsay Hough from BIBS for her involvement with the most recent training. The organisation is now exploring other training.



A special start for a special baby

I was 23 when I gave birth to my daughter on 17th June 2010. I had always wanted to breastfeed her and give her the best start, as we went through a lot to get her. She took to breastfeeding like a duck to water, no problems latching on, nothing. It was great. I loved it & the bond between us grew stronger. The 'Be a Star' Card and pin have a special place in baby Rachel's keepsakes.

It wasn't until she was 4 months that the problems started. I had mastitis and maybe this was one of the reasons



that Rachel started refusing to breastfeed. It wasn't long before she was back breastfeeding again, however, then she began to feed very regularly and it felt as though I couldn't fill her. I didn't know what was going on. I then spoke to Kelly, my Breastfeeding Link Worker. She was great and helped me as much as she could. She spoke to me about growth spurts and how my body makes milk and suggested that maybe Rachel was making up for lost time. I decided that I would combination feed to see if that would help. I gave her a couple of bottles at teatime and early evening; I was also expressing. I eventually made the hardest decision ever and put her on formula. I gently incorporated more formula feeds & less breastmilk feeds. If I have anymore children I would try breastfeeding again. I also think the Breastfeeding Link Workers were great & lovely to talk to. They were so helpful & I was glad that they were there to help me.

Thank you!

Sam Richardson

A Successful Year For Motormouth

Athersley Motorskills is a community project based on Laxton Road, Athersley North. This project works with local young people and adults as well as those from the wider area who are mainly referred from Wakefield schools and Sheffield agencies. Students attending the project access training in the repair and maintenance of cars and motorbikes. The safe and secure environment enables people to explore their interest in motor vehicles and to also have additional support with key skills, numeracy, literacy and IT as part of the programme. Through gaining an understanding of basic motor vehicle skills, students can choose from a wide variety of accredited courses which can be tailored to suit their individual needs and abilities. The staff team consists of Lorraine Headen, Kev Silver, Andrew Burton and Dave Willcock; the staff ensure the best possible support for learners, with well planned sessions that are interesting, informative and fun.

The Motorskills project has an outstanding reputation for delivering a high quality range of services and courses and is regularly inspected through Barnsley Council to ensure child protection/health and safety compliance and that risk assessments and policies and procedures are to the required standard. Recently the project received the highest 'outstanding' grade for meeting all requirements, also last month the project won the award of 'best community group' at the St Helens Community awards event.

Two of the project's major successes over the academic year were working with two groups, who had previously never accessed further education, training or employment and subsequently achieved nationally recognised accreditations at Motorskills. One qualification was the development of the NVQ Level 2 Light

Vehicle Maintenance course, which was undertaken in partnership with Helen Langley from VAB. This was a high level course for the project and Helen played an instrumental part in supporting the staff team. Helen also assisted the staff members through the A1 Assessors Award and in the setting up of all IT equipment that was required.

Group 1 - This group was comprised of young adults who had left school and not accessed any further education, employment or training (N.E.E.T). One young man in this group was referred from the Salvation Army and as well as the NVQ Level 2, he also received an Open College Network award for welding.

Thomas Rhodes, Connor Batty, Mark Worstenholme, Ben Hardcastle

All four of the group members were awarded an NVQ Level 2 certificate. This was a new course for the project and required them to demonstrate a large amount of theory and practical ability. At times it was very difficult as the pace and course content was high.

Group 2 - This group was comprised of three homeless adults who were referred from the Salvation Army, Sheffield. All were long term unemployed and not accessing (or had never accessed) any form of education.

Ben Hardcastle - OCN Level One - Welding Processes

Arnold Gibson - OCN Level One - Motor Vehicle Service & Maintenance Checks

Paul Booker - OCN Level Two - Motor Vehicle Service & Maintenance 2



Barnsley Independent Alzheimer's and Dementia Support (BIADS)

BIADS is a Barnsley based organisation providing information, advice and support to people who have dementia and their carers, family and friends.

Our services include:

- Carer support
- Befriending for carers
- Time for tea monthly cafe
- Circle dancing
- BIADS' singers
- Jabadao working with the physiotherapy team, Kendray Hospital
- Holidays
- Social events
- Personalisation project
- Newsletter and information service
- KIT club
- Cognitive stimulation therapy working with PCT Occupational Therapy
- Day trips

If you have dementia, or if you are caring for someone who has dementia, then contact us as we may be able to help you.

"Caring for my Mum who has dementia is really difficult as every time we solve one problem it seems another one appears. Everyone at BIADS has helped me a lot and I really appreciate the chance to talk to other carers at cafes and events. I can't wait for the holidays as I really do need a break", quote from a carer who contacted us recently.

If we can help please call us on 01226 280057

Or email us at biads@btconnect.com or visit our website at www.biads.org.uk

If you would like to give a donation or volunteer your time, we would love to hear from you.

"Volunteering for BIADS has been the best thing I've done for years. I love being able to help people and be part of an organisation that clearly makes a difference to people's lives", quote from a volunteer.

As we are an independent organisation based in Barnsley, we can guarantee that every penny given to BIADS will be used in Barnsley to support people affected by dementia.



New legal team in Barnsley

howells
EXPERT LEGAL ADVICE FOR INDIVIDUALS

People needing legal advice in Barnsley now have a new legal team to turn to, with the opening of the new Barnsley office of Howells LLP at The Core on County Way.

Howells is a long-established South Yorkshire firm with an excellent record of providing expert legal advice to individuals, rather than organisations. In the last year, the firm has won a Yorkshire Lawyer of the Year Award and the Criminal Defence Lawyer of the Year in the prestigious national Legal Aid Lawyer of the Year Awards.

The Howells Barnsley team includes some familiar faces, including criminal law specialist Jack Danaher who ran his own firm Jack Danaher and Co. in the town for 25 years.

But it's not just criminal law the team can offer help with. Howells also has family law experts and specialists in a wide range of civil law areas, such as housing, employment, welfare benefits and debt. Legal Director Sarah Walker specialises in family law and, as well as having responsibility for building up the practice overall, she will be working to develop a specialist family law service for the people of Barnsley.

As a member of Howells' family team for the last six years, Sarah offers a wealth of experience of family law cases. Howells family team has been awarded the highest possible rating in a recent independent review by the Legal Services Commission, one of less than 2% of family legal aid firms in the country to achieve this level. As a member of the Children Panel, Sarah specialises in care proceedings and cases where social services are involved with families, but she also has extensive experience of divorce and separation cases, helping those who are breaking up to sort out arrangements for children, property and finance.

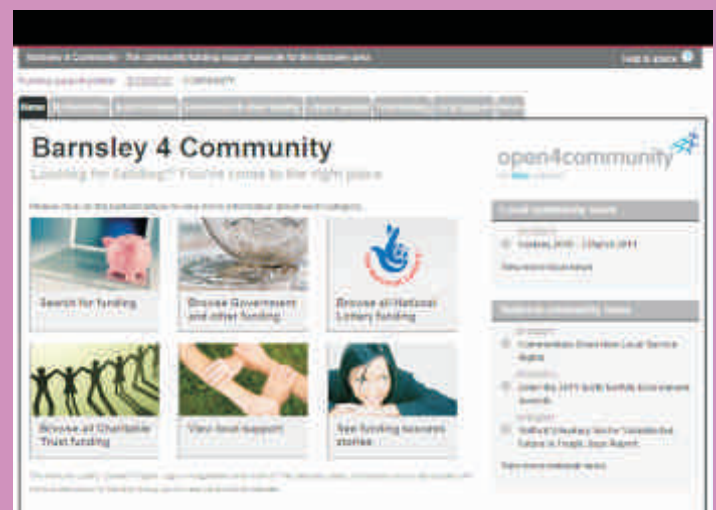
Other Barnsley team members include Kathryn Lill and Vicky Spedding who run drop in sessions every Thursday from 10am to 1pm on housing and debt and welfare benefits, you don't need an appointment, you can just call in for advice.

"We can deal with most personal legal problems," said Sarah. "Whether you're getting a divorce or feel you've been wrongfully dismissed from your job, or whether you've been arrested for a criminal offence or are having problems getting your landlord to carry out essential housing repairs, we can help." To make an appointment with one of our specialist legal advisers, just ring the office on **01226 805190**, or email **Joanne.Wogan@howellsllp.com**

Are you looking for funding?

Barnsley 4 Community is designed to help maximise fund raising potential by providing access to a comprehensive database of funding opportunities from Government, Lottery, European and Charitable sources.

You can browse or search for your own organisation and also generate reports and save information on funding of interest. What's more it's free!



Log on to www.barnsley.gov.uk and click on 'Community and Living', then 'Grants', then 'Grants - Community'.

Finally click 'Barnsley 4 Community/Barnsley 4 Business' and select community.

Barnsley 4 Community - The community funding support website for the Barnsley area. An easy access, user friendly, free website service provided for you by Barnsley Council.



Community Accountancy and Payroll

Our Community Accountancy Service provides a range of accounting services, advice and information to support voluntary groups, charities and social enterprises in Barnsley. All charities are required to manage funds and prepare year end accounts to comply with charity law. At VAB we specialise in voluntary sector finance and can offer a high quality, value for money service. For more information about the services we can offer, or to arrange a free initial consultation, please contact:

Angela Hayes, Community Accountant
01226 320116

Participation - Volunteer Representatives Required

The VAB Participation Team will shortly be holding elections in order to appoint volunteer representatives to various Health and Social Care related decision making boards in the borough. If you are a Voluntary and Community Sector provider of Health and Social Care services and would like to help shape services for the future, please contact:

01226 320106

Need a meeting room?

23 Queens Road, Barnsley.

Refurbished building providing affordable office space/meeting rooms for the community.

For more information contact Julie Godber on 01226 320121 or email: julie.godber@vabarnsley.org.uk

High Profile Conference Venue

At The Core, all our meeting rooms are fully fitted with the latest in audio visual technology and each room has a ceiling mounted multi-media projector and presentation screen. Our IT Support Officer will be on hand to help you set up and all of this is included in the price of the room. Our rooms can all be set up flexibly to suit your needs.

Call: 01226 320100 for more information



VAB welcomes feedback on its services from customers and service users.

If you wish to make a compliment, complaint or comment, please contact us for a copy of our procedure or send your comments to: The Strategic Director, Voluntary Action Barnsley, The Core, County Way, Barnsley, South Yorkshire, S70 2JW. Tel: 01226 320100 or Fax: 01226 320101.

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