

## The Core Is Coming

VAB invites you to our open day on May 14th 2008 - *For further details go to Page 3*

## VAB's Volunteers Week Event

Does your group want to reserve a stand? *See Page 4 for more details*

## World First For Barnsley

World First for Breastfeeding Support in Barnsley - *Page 9*

## Volunteer's Week - June 2nd 2008

VAB will be celebrating at the Classic Car Show on June 8th at Locke Park (go to page 4 for more details). In honour of Volunteer's Week, this newsletter is dedicated to volunteering and the impact it has on our community.

“Nationally the sector has an income of **£26.3 billion**. Sheffield Hallam University estimates that the sector contributes **£843 million** to the economy of Yorkshire and the Humber.”

“An estimated **1.1 million** full time workers would be needed to replace formal volunteers.”



“The Home Office estimates that **42%** of the population volunteered formally at least once in the last 12 months. This means there are potentially **74,109** volunteers over the age of 15 in Barnsley.”

“I feel better prepared for my future. Also, it was a pleasure to get to work and retain my skills and improve on them.”  
*Pauline Sharpe, Volunteer with Voluntary Action Barnsley's CATS team.*  
*To find out more go to Page 5*

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If you wish to receive this magazine in an alternative format or language please contact us and we will endeavour to arrange that for you.

*The views expressed in this newsletter are not necessarily those of Voluntary Action Barnsley*

  
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## Note from the VAB's Deputy Chief

Ian Ireland

### **The New Year has found VAB in a particularly exciting stage of development.**

The Core, our new building, is now visible on the Barnsley skyline and has a shape corresponding to the artist's impression. The contractor is on schedule with the work, which means that with good weather and no major problems, the structure should be completed in late summer.

Against this background we have undertaken an organisational review to help us to provide an effective and focused range of services. We intend to put the recommendations of the review into place in time for our move to the Core, so that we will be completely prepared to make the most of our new facilities in the service of the local Third Sector. You will find further details of a Core Open Day in this newsletter.

In January, VAB was assessed against the Matrix quality standard for information, advice and guidance services. We were pleased to gain approval from the Matrix Accreditation Body and to receive a very positive review mentioning "highly motivated staff" and "continuous quality improvement". Our next task on the quality front is to prepare for the Investors in People assessment during the summer.

“

I hope that 2008 will prove to be a year of development and innovation by the Third Sector in providing an even wider range of high quality services to Barnsley residents.

”

As I write, there are considerable financial challenges facing the Third Sector. Major funding streams come to an end in March and many organisations have no obvious alternative funding source. We are constantly urged to achieve sustainability by engaging with major commissioning bodies, but methods are not evenly developed throughout the country and time is not on our side. VAB will continue to provide support, advice and training on relevant issues to help local groups to make the most of future opportunities.

## Thinking about tendering for Barnsley Council Business? Want to find out how to access information about council contracts?

**Tendering for contracts - Ensuring commissioners are aware of your services and you are aware of suitable tenders.**

**On 30th January Voluntary Action Barnsley organised a Barnsley Community and Voluntary Network (BCVN) meeting called "Thinking about tendering for Barnsley Council Business? Want to find out how to access information about council contracts?"**

For those organisations who wish to tender for public sector contracts, you are recommended to register your organisation and its services on SCMS, the Supplier Contract Management System, a regional web based system where statutory authorities will advertise their contracts and invite tenders.

The system is currently being rolled out amongst local authorities, on a directorate by directorate basis, and will be a key access point in ensuring your organisation connects with the tendering opportunities that are available to it.

### **Find Out More**

*If your organisation would like further information about SCMS or would like support in how to register, please contact:*

*Jane Jefferson or Ann Moffatt for assistance on 01226 286841 / 0845 231 1313*



# The Core is coming

**VAB invites you to our open day on May 14th 2008 10:00am – 12:30pm  
Digital Media Centre, County Way, Barnsley**

**Need reasonably priced town centre office accommodation? With all inclusive state of the art IT, AV and phone systems? Want to hire training or meeting rooms? Come to our open day to find out more about The Core - The new centre for Barnsley's Third Sector.**

Regular readers will know that as part of the Remaking Barnsley initiative, a major programme of urban renaissance in the town centre, Voluntary Action Barnsley (VAB) has secured funding to build The Core, a new high profile centre for Barnsley's Third Sector.

The Core will provide a central hub of expertise in an enterprising environment that encourages economic growth and sustainability for the Third Sector within Barnsley. The development will increase delivery of public services by Third Sector organisations and promote and support volunteering.

The Core will be managed by VAB, providing new and exciting opportunities for groups who will be able to rent all inclusive office accommodation, hire modern training/meeting rooms and take advantage of up-to-date resources, as well as accessing VAB's services.

### Booking is essential.

**20% discount to all groups who attend this event on their 1st meeting/training room booking at The Core.**

*This promotional offer is only open to groups who attend the open day and discount vouchers are not redeemable by a third party. The offer is open until August 2009.*

## Space available to rent at Voluntary Action Barnsley's current premises

**Ground Floor** room at 23 Queens Road

Room 12	195 sq ft	£212.42 per month
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**First Floor** room at 23 Queens Road

Room 25	64 sq ft	£56.00 per month
Room 26	138 sq ft	£120.75 per month
Room 27	164 sq ft	£143.50 per month
Room 24	240 sq ft	£210.00 per month
Room 23	252 sq ft	£220.50 per month

All existing tenancies at Queens Road will cease (with adequate notice) when VAB moves to The Core (exact date to be confirmed – estimated for October 2008).

Anyone occupying Queens Road premises at the end of the current tenancy period & expressing an interest in renting space in The Core will have the opportunity to take up a new agreement in the new building.

### Find Out More

*The Core will be completed by Autumn 2008. To register your interest in this event, please fill in the enclosed form and return to Naomi Douglas. For more details you can contact Naomi on 01226 242726 or email [naomi.douglas@vabarnsley.org.uk](mailto:naomi.douglas@vabarnsley.org.uk)*



## Let's Show Off The Sector

Come along and help VAB celebrate Volunteers Week on Sunday 8th June at the Classic Car Show at Locke Park.



**Would you like to reserve a place to showcase your voluntary or community group/organisation at the event?**

**Do you want to raise awareness of your group?**

**Do you want to recruit volunteers?**

The Classic car show attracts approximately 7000 visitors who could potentially be interested in your group!

Booking is essential for stands, fill in the enclosed form to register your interest.

Some organisations who have already shown an interest in showcasing at the event will be offering free face painting and taster sessions. Let us know on the form if your group would like run an activity at the event.

***Numbers are restricted so booking is essential***

***Please note that no fundraising or selling is allowed at this event.***

***You must provide your own stands/gazebos***

### How about celebrating Volunteers Week showcasing the work of the Voluntary and Community sector in Barnsley?

VAB is arranging an event at the above event to raise awareness of the diverse voluntary and community sector we have in Barnsley. And we need your help!



To link in with this edition of VAB News and its volunteering theme, Rachel Jones (VAB Participation Team Mental Health Board Representative and Manager of MIND in Barnsley) kindly agreed to answer a few questions...

### Tell us a little about MIND in Barnsley and your role within it.

MIND in Barnsley is a charity and a company limited by guarantee. Although we are affiliated to the national arm of MIND, we work independently and are therefore self funding. We provide a range of services for people with mental health problems, including their carers and relatives. These services include counselling, one to one support, therapeutic groups and social sessions.

I've been the Manager at MIND in Barnsley for the past 6 years and my role involves managing both the services that we provide as well as the building that we occupy (Arcadia House). We obtained Arcadia House 8 years ago and we have been refurbishing it in stages. We rent out office space on a not for profit basis to other Third Sector organisations. MIND has a commitment to working with Statutory and not for profit organisations, in order to develop services within Barnsley for people experiencing mental health problems.

“ I feel that it's very important to ensure that the Third Sector has a voice and that we are represented at Board level



### Tell us why you accepted the role as a volunteer Mental Health Board Representative.

I took on the role because I have a commitment to partnership working and I feel that it's very important to ensure that the Third Sector has a voice and that we are represented at Board level. The Third Sector is under funded and under resourced and we all need to put some time in for the benefit of all the services that we provide collectively and to ensure the continuation of the valuable work that we provide to the people of Barnsley.

### How do you feel volunteering as a representative benefits you, as well as the Third Sector?

For the Third Sector, the Board process provides a forum for information sharing; it allows me to take issues forward to the Board and bring information back to the VAB Participation Team's Adult Services Provider Forum. As I said previously, it is important that we have this voice and that we ensure, in these times of change, that our voice is represented.

Personally, I find volunteering rewarding as it allows me to do something for the benefit of our community.

### Why do you feel it's important for people to volunteer?

It can be so beneficial for people and it can really assist in their development, both personally and professionally. The volunteers that we have worked with at MIND in Barnsley have found that their efforts have given them

a step back into employment or education, helping to build their confidence, skills and self esteem. Many organisations could not manage without the support provided by their volunteers; they are an integral part of organisations and should receive recognition for their contribution to the Third Sector.

Apart from my work at MIND in Barnsley and my role as VAB Participation Team Mental Health Board Representative, I do volunteering work in the area in which I live. For me, volunteering is about being part of the community and contributing to it; offering your time has great value, but it costs nothing.



For me, volunteering is about being part of the community and contributing to it, offering your time has great value but it costs nothing



#### Find Out More

*If you are interested in finding out more about the work of the VAB Participation Team, or if you are interested in becoming a volunteer Board Representative, then please give us a call on 01226 299590 or email [participationteam@vabarnsley.org.uk](mailto:participationteam@vabarnsley.org.uk)*

*For more information about the services that MIND in Barnsley can provide, please call 01226 211188 or email [office@mindinbarnsley.org.uk](mailto:office@mindinbarnsley.org.uk)*



## Darren Hallam volunteers for the Exodus Project

**Darren is a resident at Holden House hostel and in the past has done quite a lot of volunteering in charity shops. However, he always wanted to work with young people, so he felt a bit frustrated with what he was doing. That was when his key worker at the hostel suggested he came to see Beryl at the Volunteer Centre at Voluntary Action Barnsley.**

### What is your volunteering role?

I have been a volunteer Youth Worker for the Exodus Project since October 2007. I work with young people aged 11-15 on a Thursday night helping out with sports activities such as bowling and playing football.

### How did you find the Volunteer Centre?

I was a little bit nervous before coming in, but I was made to feel really welcome and it wasn't intimidating like an interview! I tried a couple of volunteering posts first that weren't right for me, so I came back to see Beryl and that's when the opportunity had arisen to volunteer with the Exodus Project.

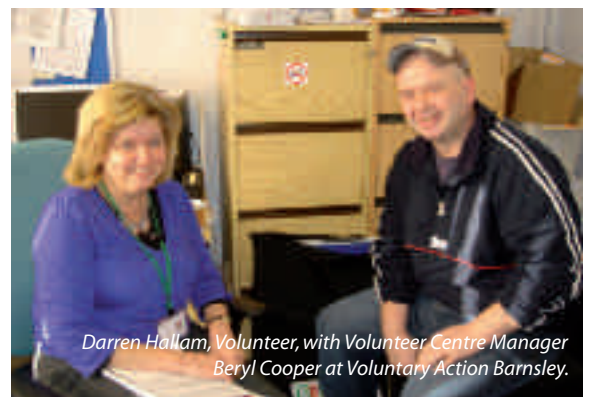
Beryl invited me along to a couple of Volunteer workshops to talk about my experiences as a volunteer. This helped Beryl because I may have encouraged other people to do voluntary work and it also gave me experience of speaking in public.

### How have you benefited from volunteering?

It's given me some experience of working with children which is what I wanted and I now know that I would like to do more of this work. It's definitely built up my confidence and I don't feel as shy as I used to. It's also helped me build up my CV.

I would like to look for more opportunities like this to help build up my CV.

***If any groups out there working with children would be interested in taking on Darren as a volunteer, then please contact :Beryl at the Volunteer Centre on 01226 295905.***



*Darren Hallam, Volunteer, with Volunteer Centre Manager Beryl Cooper at Voluntary Action Barnsley.*

Beryl Cooper, Volunteer Manager at VAB, said "the difficulty for people like Darren who are unemployed and on benefits is that a lot of organisations don't reimburse travel expenses which makes it very difficult for the potential volunteer. It is best practice that expenses are reimbursed."

Jackie Peel from the Exodus Project says "Our project is almost entirely dependent on our wonderful team of volunteers, like Darren. They are invaluable in getting alongside the children, building caring relationships and helping them to get the most benefit from the clubs. They are a constant source of inspiration for programmes in the clubs and all bring their unique gifts and talents to everything we do. Relationships within the team are built up through regular, fun meetings and social activities".



## Pauline Sharpe volunteered for Voluntary Action Barnsley's CATS team for over a year

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My name is Pauline; I have been ill for a long time. I started with my illness at work; I didn't know what was wrong with me, and it turned out to be depression. My life changed completely. I stayed at home for the next seven years, afraid to go out. I had no motivation or self esteem. Luckily, my sister talked me into going on VAB's 6 week Community Health and Development course. I made new friends and came out of my shell.

Through the help of the instructor, I applied to be a volunteer at the Voluntary Action Barnsley CATS team. In just one year, I started another course in computing which lasted for a year. The CATS team encouraged me to do an NVQ level 2 course which I passed, and am now doing my ECDL level 2 course which I have almost completed.

I have enrolled for Advanced Spreadsheets and am going to enrol for my ECDL advanced course, which lasts 2 years.

None of this would have been possible but for the help of VAB, who I volunteered with for over a year. Their help was invaluable and the people I worked with couldn't have been nicer or friendlier. They helped in ways I could not have got at home. I feel better prepared for my future. Also, it was a pleasure to get to work and retain my skills and improve on them through their help.

I would recommend volunteer work to anyone. You don't just help others, they help you.

If you want to find out what you have to offer, take that small step to find out. You might be surprised in more ways than one.

”



Pauline Sharpe



**Contact Beryl on 01226 295905**

**Please note that if you are registered with Voluntary Action Barnsley's database, your details are not automatically shared with the Volunteer Centre database as they need details of the volunteer roles you have to offer.**

**If you wish to volunteer or recruit volunteers you will need to register with Beryl separately.**

## about v

**V is the first letter in volunteering. It's also the name of the independent charity championing youth volunteering in England. V exists to inspire a new generation of young volunteers (aged 16-25) in England and enable a lasting change in the quality, quantity and diversity of youth volunteering.**

Voluntary Action Barnsley put in a bid to v last year and was successful in getting a three year grant to cover two salaries. These workers will work with young people aged from 16-25, to recruit them into being volunteers, to listen to what skills and experiences they would like to build and what areas of work they would like to be placed in. The workers will network with organisations to create new and interesting volunteering opportunities for young people.

**74% of young people felt they gave respect but only 38% felt they received it**

**VAB hope youth volunteering will raise the profile of young people as being positive and active participants in their local communities. We want to embed a cultural change to involve young people more in the decision making processes of the agencies and Third Sector organisations in which they are placed. We want young people to become actively involved at every level of their chosen placement providers.**

We believe that by encouraging more organisations to work with young volunteers, we can recognise young people as positive and productive members of our community and help break down this barrier. Young people need to be actively involved in their communities and they want to be put in positions of responsibility.

**As from April 1st Voluntary Action Barnsley will be taking over from the highly successful Millennium Volunteers programme,** previously run by BMBC. We hope to be able to achieve similar high standards of care for young volunteers and to network effectively with potential providers. We will be linking in with our colleagues at the Volunteer Centre in order to offer opportunities for people aged from 16 years and upwards.



Band C.F Bundy at Royston Rocks held on 2nd November

**There is a growing divide between adult and youth in Britain today. "Freedom's Orphans: Raising Youth in a Changing World", by the Institute of Public Policy and Research, November 2006, demonstrates that young people are more likely to be perceived as the perpetrators of crime in England than in any other European country and yet English people are also the least likely to stop teenagers causing anti-social behaviour.**

***In April 2007, Barnsley Council ran a Young People's Crime Survey, followed up by focus groups. In these, "the focus group revealed that young people are proud of where they are from but feel that in general a bad image is portrayed of young people and so the mutual respect is not there." 74% of young people felt they gave respect but only 38% felt they received it.***

**Our Young Volunteers Agency at VAB decided to contact all the schools in Barnsley in order to ask Year 11 students what they think about volunteering. We got a 36% return. The majority of the young people were aged 15 years, totalling 71% of those who returned the questionnaires.**

**The findings so far show that:** 81% of young people that answered have a positive attitude towards volunteering. 50% have helped raise money for other charities. 43% have helped with local community events and projects. This shows a high level of involvement in youth volunteering across the borough.

**We then asked the young people what interested them.** This part of the questionnaire required people to write what they wanted in the space provided, rather than ticking a box. Of those who answered this question: The top interest was sport, with 32%. Music was the second highest interest, attracting 27%.

**Finally we asked them what their 'ideal volunteering opportunity' would be.** Answers to this included test driving for Formula One racing cars and testing new computer games, which are all great ideas! The other answers were: Sport at 12%. Working with younger children and adults at 5%. Music at 4%. Working with animals at 2%. As there was a much wider spread of interests listed by the young people, the overall percentages are much lower for this question.

### Find Out More

*Please feel free to ring for further information contact: Caroline Burns, Young Volunteers Agency Team Leader  
Tel: 01226 249 468*

*Email: caroline.burns@vabarnsley.org.uk*

# World First for Breastfeeding Support in Barnsley

**The Primary Care Trust, VAB and provider organisations in Barnsley are spearheading a world first by launching a Breastfeeding Compact to support new mothers.**

Compact is a national initiative which brings together government, local public bodies and the voluntary and community sector to improve their relationship and implement Codes of Good Practice for mutual advantage and community gain.

This local Code of Conduct is an agreement between the Primary Care Trust (PCT) and organisations providing Breastfeeding Peer Support. Its aims are to enable Breastfeeding Peer Supporters to support women within Primary Care Trust premises, and to enable the PCT to refer women to Breastfeeding Peer Support organisations. The Compact was launched at a local event at Milefield Children's Centre when 18 Peer Supporters had completed their breastfeeding training and were very happy to be the first group to take advantage of this initiative. Local health professionals are having awareness sessions about the Compact and how to support volunteers going into PCT Clinics.

A Peer supporter has to fulfil certain requirements including being a mother aged 18 or over who has breastfed her own child and has a positive attitude to breastfeeding, has received full training and they are supported in their role by an organisation. They provide a support role giving information and options on breastfeeding, listening to mothers concerns and questions, signposting mothers to expert sources of help and attend support groups/ drop in to support breastfeeding mothers. In order to become a Peer Supporter, mothers complete a 12 week training course in either the La Leche League Peer Counsellor Programme or the Mary Smale's enablement model - these models adopt a hands-off approach which means that Peer Supporters talk to mothers; have undergone an approved Induction Programme and they are registered through the volunteer process. The Breastfeeding Link Worker Team at Voluntary Action Barnsley and BIBS Ltd provide support for this process.

Paul Redgrave, Director of Public Health said "This is an excellent achievement by the whole team. Some tremendous work has

been carried out over the past couple of years through our Fit for the Future programme. This compact will allow that work to really benefit the parents and children of Barnsley, and help address our worryingly low breastfeeding rates"

The Compact provides a benchmark for all the organisations signing up to commit to being consistent with public law principles and exemplify the important values of mutual respect and understanding of the diversity of volunteer support; and ultimately the recognition of the valuable contribution peer supporter volunteers make to mothers and babies in our community.



**Well done Barnsley for having the world's first Compact made at a practical and operational level. We can now look forward to a new healthy Compact generation growing up to become the community partners of the future**

*Paul Barasi, Local Compact Voice Officer*



## Find Out More

Please contact the Breastfeeding Link Workers at [bflink@vabarnsley.org.uk](mailto:bflink@vabarnsley.org.uk)

## Getting to know...

**Janet Thomas - Supported Volunteering Development Worker, Voluntary Action Barnsley**



I started working for Voluntary Action Barnsley on the 3rd January 2008. My role is to work with people with additional support needs to assist them to access volunteering placements. I will be recruiting Volunteer Support Assistants to act as their mentors if required. Volunteer-involving organisations will also be able to access training to ensure that they have everything they need in place to support individuals with learning support needs. I will also be networking with a number of organisations to develop new volunteering opportunities.

Working for VAB has provided me with the opportunity of working with a team of people committed to inclusion, working for the benefit of the community. This supports my view that integration promotes a stronger, more active community. I am happy to be part of such a caring organisation, and look forward to playing my part in helping Voluntary Action Barnsley achieve their aims.

As well as working at VAB, I am also Volunteer Recruitment Coordinator for Tinsley Forum, working with local organisations, getting to know what volunteering opportunities are available in the local area as well as identifying any potential opportunities. Prior to this, I worked as Volunteer Organiser for Womenspace, a women's centre in Huddersfield, recruiting, training and supporting volunteers in their volunteering roles.

I am originally from London but have lived in Yorkshire for 25 years. I have been married to David for almost 28 years and have a son and two daughters.

## Find Out More

Please contact Janet on 01226 295 905

# Focus on Barnsley Arena

**Natalie Yarrow - Barnsley Arena Participation Officer**

**Our Vision: “A world where people will have the choices they want for their well being and happiness”**

Barnsley Arena is a user-led organisation, whose primary role is to give users of Health and Social Care Services the opportunity to take part in decision making processes that affect their lives.

We are always on the lookout for people who have issues to raise or questions to ask about the services they receive, whether these are:

- Children and Young People's Services
- Older People's Services
- Learning Disabilities Services
- Physical Disability/Sensory Impairment Services
- Mental Health Services
- Drugs and Alcohol Services

As Barnsley Arena's Participation Officer, my job is to engage with service users and carers who wish to play a role in developing services in ways that meet their needs.

Any service user or carer who would like to get involved in this type of activity can do so by becoming a Barnsley Arena member. Barnsley Arena membership means that service users and carers can:

- Get in touch with us to share their views about services they are receiving.
- Attend meetings with like-minded people to talk about the kinds of issues that concern them.
- Receive information about issues that might affect them.
- Help to represent other people's views at meetings with decision-makers.

Our members can contribute to Barnsley Arena's work in any way they wish; they can:

- Become a Trustee and help to run the organisation.
- Become a Service User or Carer Representative and raise issues that affect their lives and the lives of others who share similar experiences.
- Join steering groups to influence the way in which certain services are developed.
- Simply receive regular mail outs to keep themselves informed of what is happening in relation to Health and Social Care Services in Barnsley.

Our members decide how they wish to get involved with, and how much time they have to offer to, Barnsley Arena activities. Some of our members volunteer a lot of their time to a variety of projects, whilst others decide to get involved with only one activity that is of particular interest to them.

I am here to help service users and carers get involved in whichever way they choose. I can:

- Introduce service users and carers to like-minded people so that they can discuss shared experiences.
- Open up channels of communication between service users and carers and statutory service providers.
- Keep service users and carers informed of meetings and events where they can get their voices heard.
- Make sure that service users and carers get to meetings and events safely by organising assisted travel for them if necessary.
- Help service users and carers to understand what is being discussed, and how to get their point across at meetings.
- Make sure that meetings take place at times that are convenient to service users and carers, and ensure that participants are financially reimbursed for any out-of-pocket expenses.
- Visit groups and projects to talk to service users and carers about the above.

I am particularly keen to hear from practitioners who can help me to promote the benefits of Barnsley Arena membership to service users and carers. I would also like to hear from people who are organising community galas and road shows so that I am kept informed of opportunities where we can bring along our exhibition stand.

The focus groups I support currently are Learning Disabilities, Physical Disability and Sensory Impairment and Older People, but I also have a remit for supporting some cross-cutting activities such as Self Directed Support and Homecare services.

I also work alongside Barnsley Arena colleagues who support service users and carers who access Drugs and Alcohol, Mental Health and Children and Young People's services; so if there are opportunities to talk to groups within these particular service areas too, I would be grateful to hear about them.

“

Barnsley Arena needs people to get involved, the more voices we have, the more noise we can make.

”

## Find Out More

Barnsley Arena can be located in Arcadia House, 72 Market Street, Barnsley, S70 1SN. T: (01226) 770 023  
E: [Natalie@barnsleyarena.com](mailto:Natalie@barnsleyarena.com)

# Prize Winners

The following groups won the prize money for helping us with our research last autumn. VAB would like to thank all the groups who returned the survey. Here is what the winners spent the money on...

## First Prize £500

### Shafton Methodist Church Community Fun Club and Disco.

John Dale has been running the fun club every Tuesday and Friday evening for twenty years. The club caters for primary school children aged 5 -11 and they can do arts and crafts, dancing, play games or even do their homework. Normally they get around 25 children attending. On Friday evenings they hold a disco for about 50 children. The group is run by 5 volunteers.

The prize money was spent on a Christmas party for the children with an entertainer. The money helped pay for more games and the rest is going towards a new pool table. John Dale said that "the money has been much appreciated and very helpful". The group relies on volunteers and they charge each child 50p to cover costs.

## Second Prize £300

### Cudworth and District Probus by Peter Haigh, Probus Secretary.

We are currently organising various outings for our members. One we have in mind is a day out to Hawes in the Yorkshire Dales in the Spring. Hire charges for coaches together with other costs for meals make days out for our members very costly and therefore the response can be negative. This prize money will help towards these costs. All of our members are retired and some are very well advanced in age so we have to be very aware of their capabilities when organising outings.



## Third Prize £200

### Volunteer Bureau Project, Dearne Valley Venture by Nigel Roberts, Volunteer Co-ordinator.

Thank you for the money received from VAB. This money has gone to help Impact Walking to Health group based within Dearne Valley Venture. We purchased equipment such as a Garmin GPS walking system.

The GPS will be used to help the volunteer walk leaders to plan out new walks. Using memory map software on computers within DVV, the volunteers can download maps onto the GPS which will enable them to carry out risk assessments on their walks.



This system will also help the group to develop new walks and create a book of local/favourite walks; it will also help to bring in funds to help with the running of the project. The remainder of the money will help the group to purchase Thermos flasks, so in the winter months the group will have a supply of hot drinks and in the summer months a supply of cold drinks.

Impact was formed from the old Connect 2 Walk to Health project in 2004, so that it would become more self sustainable and be managed by volunteers from within the group. There are 25 volunteers within the group, carrying out roles from walk leaders, to committee members. Over the last 3 years, the group has grown from strength to strength with over 50 individuals attending over the last 12 months, with on average 20 individuals attending each walk. The group have held 50 walks over the year and they can be anything from 2.5 miles to 5 miles long.

Impact is not only a walking to health group, but also a social group. These events not only get the members of the group together, but also their families and friends, again helping to raise money to assist with the development of the project.

# MIND

## For better mental health

### Support Service

This service offers one-to-one support for those with a mental health problem who feel socially excluded. It can provide time to talk or help with social skills. The service is non-judgemental, free and support workers are fully trained. We do not carry out home visits.

### Employment Service

The employment service can offer help, support and advice to anyone with a mental health problem who is considering a return to work – paid or voluntary – education or training. There is a combination of both one-to-one and group support and is a free service.

### Anger Management

Anger management is a free ten week course for people who are experiencing anger and have a mental health problem. We look at triggers to anger and the best way to deal with these in a productive manner. An assessment is required to ensure that this course will meet your needs.

### Volunteer Service

Mind in Barnsley are currently looking for volunteers to work in one-to-one support. Full training is given over twelve weeks on Monday mornings from 9.15am – 12.15pm. We look at a broad range of skills that will enable you to successfully work with people who have a mental health problem.

### Mind in Barnsley,

*Arcadia House,  
72 Market Street,  
Barnsley  
S70 1SN  
Tel: 01226 211188  
Fax: 01226 211189*

# Legal Snapshot

## Pensions Bill 2007

The Pensions Bill 2007 was introduced to Parliament on 5th December 2007. It will give all employees aged over 22, earning more than £5,000 pa, access to workplace pensions with a minimum employer contribution for the first time.

## Insurance

Requirements for appropriate insurance on organisations have existed for some time. Organisations should note that they will require public liability insurance. If they employ staff, they are also required to have employer's liability insurance, and should have appropriate fire insurance for buildings and equipment.

## Corporate Manslaughter

Employers are reminded of their duty of care in relation to health and safety. In particular, Third Sector organisations who employ drivers should note that there are increased liabilities on employers in relation to drivers. Employers found to have neglected their responsibilities could be charged under the Corporate Manslaughter and Corporate Homicide Act 2007 from April 2008.

## The Immigration, Asylum & Nationality Act 2006

Changes are due to come into force on 29th February 2008 which will introduce stricter penalties for employers who employ illegal workers.

**Annual Increase in Compensation Limits**  
The Employment Rights (Increase of Limits) Order 2007 has been laid before parliament. The compensation limits, rising from 1st February will be as follows: A week's pay (basic award / redundancy payment) - from £310 to £330. Maximum compensatory award—from £60,000 to £63,000.

The new limits will apply to dismissals occurring on or after 1st February 2008.

## Introducing the HR & Legal Services

The HR (Human Resources) & Legal Services is a partnership of the four South Yorkshire CVS, Barnsley, Doncaster, Rotherham, and Sheffield. The service provides human resources and legal advice to Third Sector organisations in South Yorkshire.

**Practitioners will advise on human resource issues such as:** Recruitment and selection; Contracts of employment, Equality and diversity; Industrial relations, inc grievance and disciplinary procedures; Ending a contract of employment  
egg redundancy; Health and safety; Developing human resource systems and good practices. **And other legal areas such as:** Governing documents; Charity Law; Company Law; Contracting for services

**The next legal surgery with our consultant solicitor, Alan Robinson, is on Tuesday 15th April.**

## Find Out More

Please contact Ann Moffatt or Jane Jefferson on 01226 286841/ 0845 231 1313  
A bi-monthly CATS Legal Update is also available, Barnsley organisations can register for this by contacting: Naomi Douglas, VAB's Marketing Officer, 01226 242726

## Feedback

VAB welcomes feedback on its services from customers and service users. If you wish to make a compliment, complaint or comment about the service you receive.

**Please contact our main office for a copy of our procedure or send your comments to:**

Chief Executive  
35 Queens Road, Barnsley  
Tel: 01226 242726 Fax: 01226 206580  
Email: info@vabarnsley.org.uk

## Newsletter/Press Queries

If you have any queries regarding this publication, wish to be featured in the next edition or alternatively if you want to be added/deleted from the mailing list contact Naomi Douglas on 01226 242726 or email naomi.douglas@vabarnsley.org.uk

## Opening Hours

Monday -Thursday 9.00am - 5.00pm  
Friday - 9.00am - 4.30pm

## Meeting Room

VAB has a meeting/training room available for hire. The room can seat up to 20 people around tables and up to 35 people conference style (£15 per session). The room is accessible and has refreshment facilities.

## Article Deadlines

VAB News is produced quarterly February, May, August & November.

**Deadline for articles is the 10th of these months.**

## Contact Us

### Reception:

01226 242726

### Advice:

01226 286841

### Breastfeeding

**Link Project:**  
01226 242726

### Building Enquiries -

**Angela Jones:**

01226 242726

### Business

**Development Team:**

01226 785564

### Finance Office:

01226 242726

### Participation Team:

01226 299590

### Training:

01226 206294

### Volunteer Centre:

01226 295905

### Young Volunteers

**Agency & Connexions:**

01226 249468

## Leaflets/Flyers

To reach over 1000 groups in Barnsley you are able to include leaflets in with this newsletter.

**For a standard A5 flyer prices are as follows:**

£25 for voluntary & community groups.

£50 for statutory bodies.

**Subject to weight and size**



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