

Summer 2010

Welcome to VAB News!

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Voluntary Action Barnsley

# vab news

Supporting the Barnsley Community and Voluntary Network

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## Barnsley's youths in action during Volunteers Week

VAB's V Youth Action Team (YAT) were busy during Volunteers Week. On Wednesday 2<sup>nd</sup> June they helped Barnsley's Vinvolved Team in Barnsley Town Centre promoting Youth Volunteering to other young people. The team handed out goodie bags and talked to young people about different ways you can volunteer and the benefits you gain.

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## Introduction by Eddie Street



Eddie Street,  
Business Development Manager

We all know that the Coalition Government is about to make tough choices about dealing with the national debt and will be reigning in public spending. That means local authorities are going to have to cut their cloth and make difficult decisions around spending.

For the financial year April 2010 and March 2011 Barnsley Council (BMBC) has budgeted to spend around £17 million in grants and contracts to Third Sector organisations and this expenditure, along with everything else BMBC does, is currently under intense scrutiny.

Writing this as the emergency budget is presented to the House of Commons we are still not sure of the extent of cuts, savings and efficiencies that will need to be found in Barnsley, but whatever happens VAB is determined to ensure that discussions, consultations and ultimately decisions are made in a fair, consistent and transparent manner. To this extent we have worked with BMBC on the early stages of a Third Sector Review. This review is being led by BMBC Deputy Chief Executive Shaun Jones and to date has assembled a mass of information spanning all council directorates about

what is funded and why. The challenge now is to take the review into the public domain and begin dialogue with those groups delivering services paid for by BMBC.

Unfortunately, immediately prior to the emergency budget the Government had announced that BMBC would, this year, receive £2.75 million less than expected. This has triggered the need to review spending commitments between now and next April and this has to be completed before we can all think about what the situation will be from 2011 onwards.

VAB has agreed with BMBC that we will monitor the situation with them with a view to communicating further with Barnsley's Third Sector over the summer; I can assure you that BMBC is committed to an open process that will offer our fullest support to make sure that whatever happens you will be in full possession of the facts and will have ample opportunity to question and challenge the outcomes.

## Barnsley Stroke Club



Congratulations to Barnsley Stroke Club who won VAB's customer survey prize draw.

The £50 prize went towards hiring a forty seated, specially adapted coach for people unfortunate enough to have had a stroke. The coach took them on a 5 day holiday to Morecambe with their carers.

Thank you to all groups that helped us with our survey.

## The Future of Barnsley



Winners of the art competition with Granville Clarke

Voluntary Action Barnsley held their second annual art competition this year. The theme 'The Future of Barnsley' really captured the imagination of the borough's youngsters and hundreds of entries flooded in. There was a fantastic range of ideas from monorails to hover cars and even bouncy pavements!

Resident artist and local celebrity Granville Danny Clarke was amongst the judges along with last year's winner Tom Jenkins. They were really impressed by the standard of work on show and it was difficult for them to choose 12 winners. The winning artwork is on permanent display in The Core and a calendar of their masterpieces will be available later in the year.

The winners were:

Liam Beaumont  
Paige Braithwaite  
Casey Clarke  
Kathryn Jane Finney  
Charlie Hobson  
Demi McGrath  
Abbey Moore  
Emma Smith  
Brooke Taylor  
Katie Wilcockson



Katrina Allen



Emily Saville

For their superb depiction of 'The Future of Barnsley', The judges awarded special Commendation's to:

Katrina Allen  
Emily Saville

## FREE Online Training

Being able to use a computer is becoming more and more important. Do you need to learn the basics?

### ONLINE BASICS



Learn all the basic skills you need to use a computer and the internet

### ONLINE JOBS



Get ahead in the job market by creating online CVs and job searches

### ONLINE SERVICES



The internet offers a world of services; learn how to make the most of them

All our courses are free, flexible and fun. Learn at your own pace with help from our on site support staff at The Core, County Way, Barnsley, S70 2JW  
For more information contact Helen Langley or Sarah Denton on 01226 320100 or email [helen.langley@vabarnsley.org.uk](mailto:helen.langley@vabarnsley.org.uk)

## New Volunteer Management Programme Update

The new VAB Volunteer Management programme is now up and running in the Barnsley area. It has already visited and spoken to ten organisations, some of which have never had volunteers before. Some of the new groups are involved in support for multiple births parents, health and social care, young sports clubs, music festivals, elderly care and allotment "grow and design".

The free consultation process is for new volunteer organisations, or people who are new to volunteer management. It aims to provide help, guidance and good practice advice for volunteer organisations.

Martin Sugden who is co-ordinating the programme said, "The response has been fantastic and the groups we have signed up so far have been really surprised by the help that is on offer with such things as policies and the development of roles that they offer for volunteering. Also with more people looking to learn new skills or at a possible career change, volunteering is a great way of finding out about new experiences on offer in the Barnsley area and putting something back into the community".

The programme is also designed to provide better volunteering opportunities and more variety for people looking to volunteer in the Barnsley area. The project is a result of some new joint working with the other three South Yorkshire Volunteer Centres in Doncaster, Rotherham and Sheffield.

If you or your organisation would like to find out more about the programme or arrange a free consultation, please contact Martin Sugden, VMP Co-ordinator, VAB, The Core, County Way, Barnsley, S70 2JW  
Tel: 01226 320105



## Youth Action in Barnsley

Continued from front page >>>>

On Thursday June 3<sup>rd</sup>, the team revamped the roof garden at The Core to an area of tranquillity. YAT shopped for the plants, prepared the areas, weeded the borders and planted the beautiful flowers. A job well done, and a big thanks to the YAT!

For more information about volunteering and VAB's V Youth Action Team contact Dan or Penny on: 01226 320104





## Case Study: A Volunteers Story By Lorraine Hunter

“From little acorns mighty oak trees grow”

I am a single mum of two. Five years ago (at the age of 41) certain experiences had left me with low self esteem. I didn't like my job but had to make ends meet. I just thought “how can I get myself out of this?” Volunteering seemed ideal! It would give me an opportunity to give something back by helping someone else and that would make me feel better.

I went to see Beryl Cooper at the Volunteer Centre at VAB and looked at all the different opportunities available. I was surprised by how many there were! I went for an interview with Barnsley Churches Drugs Project and started volunteering with them soon after. The process of going for an interview was really good experience for me too. The volunteering experience was great and I not only got to meet new people but a diverse group who I wouldn't normally have met,

including a lady from Africa who was working over here for a short time. It also gave me experience of working with vulnerable people in the community.

From this I signed up to a Women's Course at Barnsley College to help improve my self esteem and my assertiveness. Five years on and I am still in touch with those women! It was such a good experience for me and it gave me the confidence to enrol on an Access to Higher Education course at Northern College and complete a Diploma in Social Science. Once I completed that I enrolled to do my degree in Health and Community Studies and I am pleased to say I have just completed this and I have found out I got a 2:1 so I am over the moon! As a mature student it's a different experience and the college really nurture you throughout; it became home from home!

I am now in the process of looking for full time employment and have come full circle and returned to VAB to register for volunteering to help me gain experience in the healthcare profession. The first time I was here it kick started my new life, but now I am back from a different angle - a much more confident person and looking at volunteering as a way into employment.

My story could happen to anyone, I am a regular woman from a working class background and I know now that anything is possible! But you have to be realistic about where to begin and make changes that are accessible to you by taking small steps. I am proof that anything is possible and it doesn't matter how old you are!

I now am such an advocate for volunteering that I encourage anyone to do it!

Contact the Volunteer Centre on 01226 320105 if you would like to find out about the range of volunteering opportunities available in Barnsley.

## Update on the Action Plan for a 'thriving Third Sector' in Barnsley

### One year on from the roadshows .....What's happened since then?

In our Autumn 2009 newsletter the initial findings from a series of Barnsley Community and Voluntary Network (BCVN) roadshows, which were held in June/July 2009, were highlighted. These findings outlined some of your thoughts and ideas about how we can improve the environment for a thriving Third Sector in Barnsley.

"Creating an environment for a thriving third sector" is one of the Government's National Indicators (NI 7), and in acknowledgment of its importance in Barnsley it has been identified as one of Barnsley's designated Local Area Agreement targets.

Since the road shows took place last year a working group (known locally as the NI 7 Working group) made up of Barnsley Council reps, partner agency reps and Third Sector support organisations, have met on a regular basis. This group has considered the feedback and issues raised at the road shows and other events, and as a result has developed a draft NI 7 Action Plan.

The draft Action Plan was considered by voluntary and community organisations and representatives at One Barnsley's "Zoning in on the Third Sector" event held at Barnsley Town Hall on 17<sup>th</sup> March 2010 and as a result a number of amendments were made.

The following is a summary of the Plan:

#### Objective 1:

To develop a strong and healthy relationship between Third Sector organisations and statutory agencies. eg. Police, Health, Council etc.

#### Key actions:

Provide learning/training opportunities for statutory agencies about the role of the Third Sector in Barnsley.

Increase/improve the interface between statutory organisations and Third Sector organisations, e.g. at Barnsley Community and Voluntary Network meetings, new BMBC neighbourhood arrangements etc.

Improve communications between statutory organisations and Third Sector organisations.

Improve understanding of commissioning and contracting arrangements between sectors by jointly reviewing the Compact and disseminating widely.

#### Objective 2:

To develop a strong and healthy relationship between Third Sector organisations and Third Sector support organisations eg. Voluntary Action Barnsley, Association of Community Partnerships etc.

#### Key actions:

Improve levels of awareness of the support currently available to groups from Third Sector support organisations such as Voluntary Action Barnsley, the Association of Community Partnerships, South Yorkshire Funding Advice Bureau etc.

Improve communications between support organisations and Third Sector organisations.

#### Objective 3:

To ensure that Third Sector organisations have the knowledge and support they need to access funding opportunities.

#### Key actions:

Support groups to complete complex funding applications.

Improve access to small funding grants.

Provide ongoing information to voluntary and community groups about funding to Third Sector organisations by BMBC.

European funding opportunities

#### Objective 4:

To ensure there is a consistent and coordinated approach to volunteering across Barnsley.

#### Key action:

Develop a Volunteering Strategy for Barnsley. A draft of this was in the last newsletter and is available on the VAB website: [www.vabarnsley.org.uk](http://www.vabarnsley.org.uk)

#### Objective 5:

To gain a better understanding of Barnsley's results from the National Survey of Third Sector Organisations.

#### Key action:

Undertake a further survey to capture the views of Third Sector organisations not represented in the National Survey of Third Sector Organisations in Barnsley.

At the same time as developing the Action Plan, we have also been busy delivering some of the key actions!

#### What's happened so far?

- ✓ BMBC have commissioned the development and delivery of a 1 day course aimed at people in statutory organisations, to give them a better knowledge and understanding about the Third Sector, what it does, and the contribution it makes to delivering Barnsley's targets.
- ✓ A framework that outlines the initial interface arrangements between the new

BMBC neighbourhoods and Third Sector organisations in Area Partnership areas has been agreed. Barnsley Infrastructure Consortium (see page 8 for more details) has produced and distributed a leaflet which outlines the services that the 6 main Third Sector support organisations in Barnsley provide. They are also currently developing a "Healthcheck" tool for community groups and organisations.

- ✓ A series of funding workshops have been organised and a Barnsley funding toolkit is in development.
- ✓ A survey was recently carried out to capture the views of Third Sector organisations in Barnsley who were not included in the National Survey. We are currently awaiting the results of the local survey.
- ✓ We are confident that with your support many more actions will be delivered over the coming months. Also, as a result of this work, we will have created a much better and more supportive environment in which Third Sector organisations here in Barnsley can operate.
- ✓ We hope that this improved environment, with stronger and healthier relationships between Third Sector and statutory organisations, will be reflected in the results of the National Survey of Third Sector Organisations when it is repeated in Autumn 2010.

If you would like a full copy of the NI 7 Action Plan, would like to get involved in any aspect of the work outlined, or require any further information about this article, please contact Carol Brady on 01226 773901 or e-mail [carolbrady@barnsley.gov.uk](mailto:carolbrady@barnsley.gov.uk)

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Go to page 8 to find out more about how local infrastructure organisations are working better together. They have formed the 'Barnsley Infrastructure Consortium'.

## Barnsley Infrastructure Consortium (BIC)

BIC is a group of organisations working in Barnsley who provide what is known as infrastructure support to frontline voluntary and community sector groups. By infrastructure we mean a range of services like training, advice, management services and so on that allow voluntary and community groups to get on with their activities better. For example, South Yorkshire Funding Advice Bureau (SYFAB) provides advice and guidance around funding to groups who are looking to secure a grant or raise funds through some other means. Currently, BIC members are:

Barnsley Association of  
Community Partnerships (BACP);

Barnsley Black and Ethnic Minority  
Initiative (BBEMI);

Rural Action Yorkshire (RAY);

South Yorkshire Funding Advice  
Bureau (SYFAB);

Together for Regeneration (TfR);

Voluntary Action Barnsley (VAB).

BIC was formed because all the members recognised that they were often doing the same things for the same people; not a very effective use of time and money. Now we all try to work to our strengths and work together to provide the right services at the right time and place (see the case study on the right). That we can do this, and demonstrate it, will be of increasing importance over the next 12 to 18 months as spending cuts begin to bite.

We are conscious of the fact that much of Barnsley's voluntary and community sector is pretty small to middling and very

community orientated. We think these are the sort of groups that need us most and so we will be attempting, over the next 12 months, to make ourselves more available in your area.

If you want any, (or all of us), to visit you, please let us know and we'll do it. We'd also appreciate your help in making that sort of approach a success; ask colleagues and friends to get involved.

To request help from BIC call:  
Gemma Stothard at TfR on 01226 320143  
Ian Paisley at SYFAB on 01226 320142  
Ann Moffat at VAB on 01226 320114

## How does BIC work in reality?

Together for Regeneration (TfR), South Yorkshire Funding Advice Bureau (SYFAB) and Voluntary Action Barnsley (VAB) often work closely together to support groups in Barnsley. Advice surgeries and events take place frequently between the three organisations which allows groups to receive a holistic approach when seeking support.

An example of a group being supported is an allotment for adults with learning difficulties called 'Fit to Dig'. The group is part of BMBC's Social Services department and managed by Amanda West, a Senior Learning Development Officer.

Gemma from TfR met Amanda at a BCVN Roadshow event in July 2009 (see page 6) and a discussion took place about setting the allotment group up with its own



constitution which would benefit them if the paid staff were no longer there to support it. Gemma has since worked with Amanda and the group to think about what they wanted to be called, who would like to be on the management committee and what information was needed for the constitution. Gemma put Amanda in touch with Voluntary Action Barnsley's Volunteer Centre to see if any volunteers would like to help out at the allotment. Amanda also met with Ann Moffatt from VAB to finalise the constitution and then with Ian Paisley from SYFAB to think about what funding is available for equipment. Ian is now working with Amanda to look at securing funding for a permanent toilet on the allotment and Gemma is supporting them with preparing for their first Annual General Meeting.

### Amanda West said...

"TfR have supported our group by providing information we otherwise were unable to find. They are a useful resource in linking us to funding bodies such as SYFAB and other agencies such as VAB. Gemma from TfR is friendly and easy to work with, offering sensible and polite answers to difficult questions put towards her. She has encouraged and motivated the group to carry on when we feel like we've hit a brick wall. She is a helpful, energetic and enthusiastic person, who communicated well with our client group."



## Have you completed the Safeguarding Self Assessment Tool yet?

Complete yours now and help us to help you!

The VAB Participation Team is pleased to announce that the Safeguarding Self Assessment Tool (and related guidance to help you complete the tool) is now available in the following location on the Voluntary Action Barnsley website:

<http://www.vabarnsley.org.uk/doclibrary.php#childrendocs>

We have devised this document to be really clear and it should take organisations just a few minutes to fully complete it. Simply click the link and begin. It is also possible to complete this tool by post; please contact us on the number below for a copy.

Safeguarding children, young people and vulnerable adults is an essential part of the work that we all do; we all have legal responsibilities to both prevent harm and to act upon any concerns. Most funders and future commissioners will want to see evidence that you are a 'safe' organisation and that you are fully compliant with the law. In order for you to be able to prove that you are working to recognised base-line standards, Voluntary Action Barnsley and Barnsley Safeguarding Children Board have developed this tool for organisations to complete. There is also an opportunity for you to get extra support and advice from Voluntary Action Barnsley's Organisation Support Team. It is a great way to show future funders your organisation is fully compliant with the Safeguarding Laws.

For more information, please contact Doreen Gwilliam or James Goodwin on 01226 320106.

## VAB win Breastfeeding Peer Support Service Tender

VAB's Breastfeeding Link Workers have won NHS Barnsley's tender to deliver breastfeeding peer support services across the borough.

The Breastfeeding Link Worker service will form part of NHS Barnsley's Breastfeeding strategy:

- To increase the rate of breastfeeding at 6-8 weeks by 2% year on year.
- Increasing the number of women who initiate and continue to breastfeed at 6-8 weeks.
- Increasing the number of women who breastfeed exclusively for 6 months.

Reducing the number of hospital admissions for diarrhoea and respiratory infections in infants.

### Expected Outcomes:

Support a 2% yearly increase in initiation and duration of breastfeeding.

Increase breastfeeding information and support in all of the 6 most deprived communities in the borough, in order to initiate behavioural change and enable breastfeeding to become the feeding method of choice.

Increase access to volunteer peer support and groups, sign posting to Children's Centre services and other children's services.

Families able to access all services in a One Stop Shop providing a seamless service, improved information sharing and early interventions.

Contact the Breastfeeding Link Team on:  
01226 320108  
bflink@vabarnsley.org.uk

## Breastfeeding An

The beginning . . . .

My name is Kelly, I am 24 years old and this is my breastfeeding story.....

I was absolutely delighted when I fell pregnant with my first baby. When I had my first visit from my midwife she asked if I was planning to breastfeed. I had never thought about it and to be honest the thought



made me cringe slightly. Many thoughts ran through my mind such as I couldn't possibly breastfeed in public and in front of my family and friends. The thought that I would have to do all the feeding (possibly every 2 hours to start with) made me tired just thinking about it.

As my pregnancy progressed I realised there were too many advantages to breastfeeding for me not to give it a go, so I thought:

**"I'm going to give my baby the best possible start in life that I can"**

However the thought of feeding in public still daunted me!



On 22nd December 2008 our son Lewis-Addison was born; we immediately had skin to skin contact and he latched on beautifully within moments. It was so overwhelming, the best feeling in the world, "I had done it".

# y time..... Any place..... Anywhere

In the first week I became very sore and feeding was very painful; I didn't know how I could possibly carry on but I had a phone call from 'Anne' (Breastfeeding Link Worker) who gave me information and tips. I didn't feel pressured, I just took it one feed at a time and within a few days we were back on track and everything was fine. But then after about two weeks my breasts changed, they felt empty I had no milk left and Lewis was feeding very often so I thought he wasn't getting enough, however, his weight gain showed otherwise. I later learnt that this was completely normal it's just your body's way of adjusting to your baby's needs.



## The first time . . . .

Feeding was going really well so when Lewis was about 4 weeks old I decided to go out shopping, of course I made sure he was fed before we left the house and was sure he would just sleep through the whole trip, obviously he didn't!! So I went into the cafe and nervously started to feed. Nobody batted an eyelid so I relaxed a bit.

## Any time, any place, anywhere . . . .

I think I have fed everywhere now. To my amazement I loved the night feeds, laying in complete darkness and pure silence hearing those tiny little gulps and looking down at a very content baby took any problems I had away and made everything completely worthwhile.

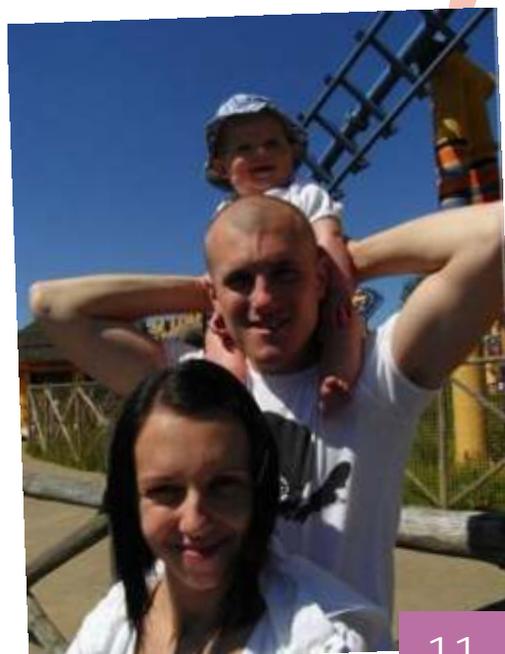
When Lewis was 6 weeks old I developed mastitis which was so painful I went to my doctor who put me on antibiotics. Why was I putting myself through this? But instead of suffering I turned to the Breastfeeding Workers for help. They were so supportive and pointed me in the right direction and within a few days everything was perfect again, I cannot thank them enough.

*"being scared of breastfeeding out in public was a thing of the past, no one ever really noticed anyway."*

## The future . . . .

I have now completed a 12 week La Leche League training course which gave me a complete understanding of how it all works and I am now employed as a Breastfeeding Link Worker supporting others to breastfeed.

As I write this story Lewis is 12 months old and is still being breast fed; I intend to carry on for as long as we both wish. It gives me the greatest feeling of satisfaction and I can honestly say choosing to breastfeed has been one of the best decisions I have ever made and I never thought I would hear myself say that!



## Some of Voluntary Action Barnsley's Services

### 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  
Email: [angela.hayes@vabarnsley.org.uk](mailto:angela.hayes@vabarnsley.org.uk)

Debbie Hollingsworth, Payroll & Financial Services Officer  
01226 320119  
Email: [deborah.hollingsworth@vabarnsley.org.uk](mailto:deborah.hollingsworth@vabarnsley.org.uk)

### Participation

The VAB Participation Team supports the Barnsley Participation Process and the Local Involvement Network (LINK) by ensuring that Third Sector service providers in the local community have a voice in the planning, delivery and evaluation of Health & Social Care services throughout the borough.

To contact the VAB Participation Team, please call 01226 320106, email [participationteam@vabarnsley.org.uk](mailto:participationteam@vabarnsley.org.uk) or see our page on the VAB website: [www.vabarnsley.org.uk/services/enabling\\_participation.php](http://www.vabarnsley.org.uk/services/enabling_participation.php)

### HR and Legal Support

Do you want to set up a group but don't know where to start?

Do you need help with writing a constitution?

Do your Trustees fully understand their role as Trustees of your Charity?

Would your Trustees benefit from a structured training programme to enhance their understanding of being a trustee?

Why do you need policies?

How do you make sure a policy is working?

Do you want to register your group as a charity?

Do you want to incorporate your group?

Do you need advice and guidance on setting up a social Enterprise?

Are you unsure about which business model would best suit your proposed business?

Do you simply need advice and guidance on Human Resources (HR) issues?

Would you like advice and support on managing performance issues within your organisation?

Is your organisation facing major funding cuts and would you like support and advice on restructuring and redeployment options for your organisation?

Would you like to out source the HR department/function of your organisation for a small annual cost?

Do you need to discuss the benefits of mediation?

Our practitioners can help:

Shokat Hayat, HR Advisor

01226 320113

Email: [shokat.hayat@vabarnsley.org.uk](mailto:shokat.hayat@vabarnsley.org.uk)

Ann Moffatt, Senior Organisations Advisor

01226 320114

Email: [ann.moffatt@vabarnsley.org.uk](mailto:ann.moffatt@vabarnsley.org.uk)



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 Chief Executive, Voluntary Action Barnsley, The Core, County Way, Barnsley, South Yorkshire, S70 2JW. Tel: 01226 320100. Fax: 01226 320101

Newsletter/Press Queries.

Do you have any queries regarding this publication, wish to be featured or want to be added or deleted from the mailing list? Did you receive this newsletter via post? Would you rather receive by email? If so, please contact Naomi Douglas on 01226 320107 or you can email her at: [naomi.douglas@vabarnsley.org.uk](mailto:naomi.douglas@vabarnsley.org.uk)

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