

# Voluntary Action Barnsley (VAB) BCVN Bulletin September 2009

## FRONT LINE RECESSION HIT ORGANISATIONS GIVEN BOOST BY TARGETED SUPPORT FUND

RECESSION hit organisations throughout Barnsley have benefited from almost **£340,000** of funding from the South Yorkshire Community Foundation to help them cope with extra demand on their services due to the current economic climate.

Through the government's Targeted Support Fund, SYCF has been able to make valuable **grants to 13 organisations** throughout the area that are delivering recession focused services in local communities.

And as the grants were delivered so effectively in Barnsley, the government awarded SYCF **an extra £27,401 to help Barnsley communities.**

Angela Smith, minister for the Third Sector, said: **"In Barnsley, local charities and voluntary groups are working hard to help their communities through the recession.**

**"I am pleased that these organisations will receive grants up to £40,000 to help them deliver vital support in the area during the economic downturn."**

The grants, ranging from £10,000 to £40,000, will help organisations with services such as debt advice or counselling sessions, job skills training for those who have recently become unemployed or creating extra volunteering opportunities.

MIND Barnsley have received £32,214 to provide emotional support for men and women in Barnsley who struggle with mental health issues and are at increased risk due to the uncertain times the current economic climate creates.

Susan Sampson, group volunteer co-ordinator of Mind Barnsley, said: **"Many people are just coming out of work which can cause all sorts of problems, such as domestic violence and family breakdown.**

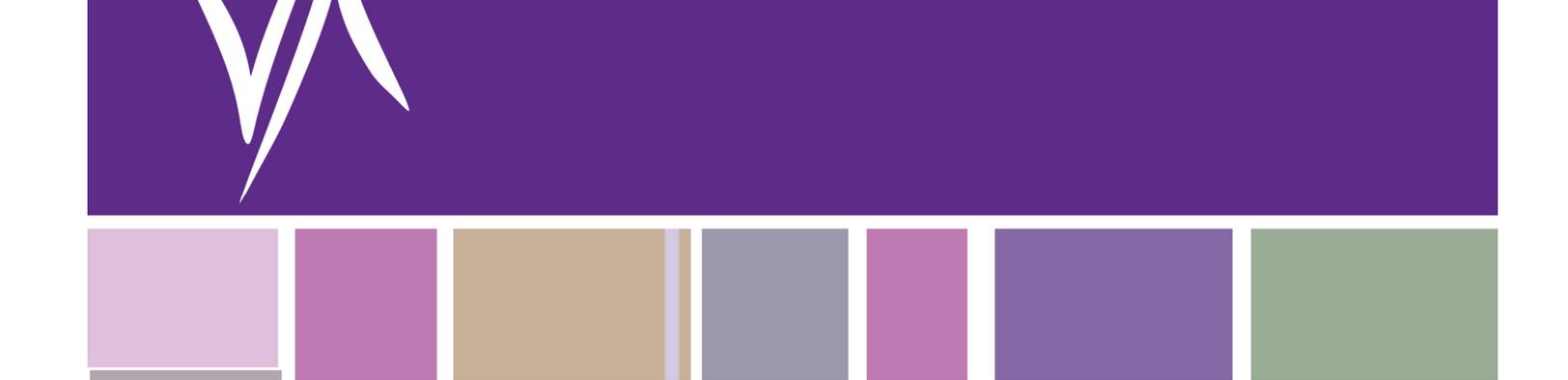


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INVESTOR IN PEOPLE





"This causes great difficulty for people who have problems staying in control, especially when they are going through such an emotional roller coaster. Coming and talking to other people about their problems really helps them.

"When I told the group that we had got the funding and would be able to continue meeting, three of the women burst into tears. They are at quite a desperate stage and the money means so much to them."

The fund was set up to benefit 50 areas in England, chosen on the basis of those deemed at 'most risk of increased deprivation' due to the recession.

Pauline Grice, chief executive of SYCF, said: "This funding is going to mean a great deal to organisations in Barnsley communities who are working so hard on a daily basis to combat the recession. We were also delighted to have been able to secure an extra chunk of money to benefit Barnsley communities, as the demand had been so high to receive some assistance. We have already received great feedback from groups who have received a grant and look forward to see how their services benefit as a result of the valuable funding."

**For more information on the various different funding streams being delivered by SYCF visit [www.sycf.org.uk](http://www.sycf.org.uk) or call 0114 2424857.**

## VAB News

### Next Barnsley Community and Voluntary Network (BCVN) meeting

Thursday 17<sup>th</sup> September

Penistone Scout Hut

15:00 – 17:00

or

17:00 – 19:00

**Your chance to meet the following support services and funders for the Voluntary and Community sector**

- **Voluntary Action Barnsley (VAB)**
- **Barnsley Association of Community Partnerships (BACP)**
- **Northern College**
- **Rural Action Yorkshire (RAY)**
- **South Yorkshire Funding Advice Bureau (SYFAB)**
- **Together for Regeneration (TFR)**

- **South Yorkshire Community Foundation (SYCF)**
- **Big Lottery**

Go to

<http://www.vabarnsley.org.uk/events.php?action=details&id=158>  
for more details or contact Naomi Douglas on 01226 320107 or e  
mail [naomi.douglas@vabarnsley.org.uk](mailto:naomi.douglas@vabarnsley.org.uk)

## **Are you looking for volunteers? The V team are looking for volunteering opportunities for young people**

The V Team are looking for any organisations that may want some help for a day or two. It could be anything from painting your offices, cleaning up your grounds, or helping you fundraise.

We may potentially have up to 20 young people in a group and they have to complete 16 hours of volunteering. The young people can either volunteer individually or as a group. Contact Dan Wildsmith at VAB on 01226 320 104 or e mail [dan.wildsmith@vabarnsley.org.uk](mailto:dan.wildsmith@vabarnsley.org.uk)

### **Back to Class**

If you're looking for a great way to tone up this Autumn then VAB has the answer! In conjunction with Barnsley Premier Leisure, we hold weekly Pilates classes on Tuesdays at 12 noon. (The next class is Tuesday 8<sup>th</sup> September)

Classes last approximately 45 minutes and you should wear comfortable loose clothing and bring a towel or yoga mat.

The cost is £4.20 with Passport to Leisure holders £3.20 and Metrodome (BPL) members FREE (on production of a valid membership card).

Ring VAB Reception on 01226 320100 to book a place or call in to The Core on County Way. For more information email [vab@vabarnsley.org.uk](mailto:vab@vabarnsley.org.uk)

We are also looking at starting an after work Pilates class (starting around 5.15 - 5.30 pm) and Tai Chi Toning classes. If you are interested in these then please email [vab@vabarnsley.org.uk](mailto:vab@vabarnsley.org.uk)

**PLEASE TELL ANY OF YOUR FRIENDS AND FAMILY WHO MIGHT BE INTERESTED.**

## HR and Business Advice from Voluntary Action Barnsley

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

Do you need help with writing a constitution?

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?

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

Our practitioners can advise you on HR issue such as:

- Recruitment and selection
- Contract of employment
- Equality and diversity
- Industrial relations, including grievance and disciplinary procedures
- Ending a contract of employment (e.g. redundancy)
- Health and safety
- Developing human resource systems and good practices

We can also help you to draft Governing Documents for your proposed group. This could include a simple constitutional document, through to memorandum and articles association for getting charity registration and/or company incorporation.

Voluntary Action Barnsley HR Service is part of South Yorkshire Human Resources (HR) Services Network, a partnership between the four CVS Sheffield, Rotherham and Doncaster, which provides information, advice and training on employment matters to Third Sector organisations within South Yorkshire.



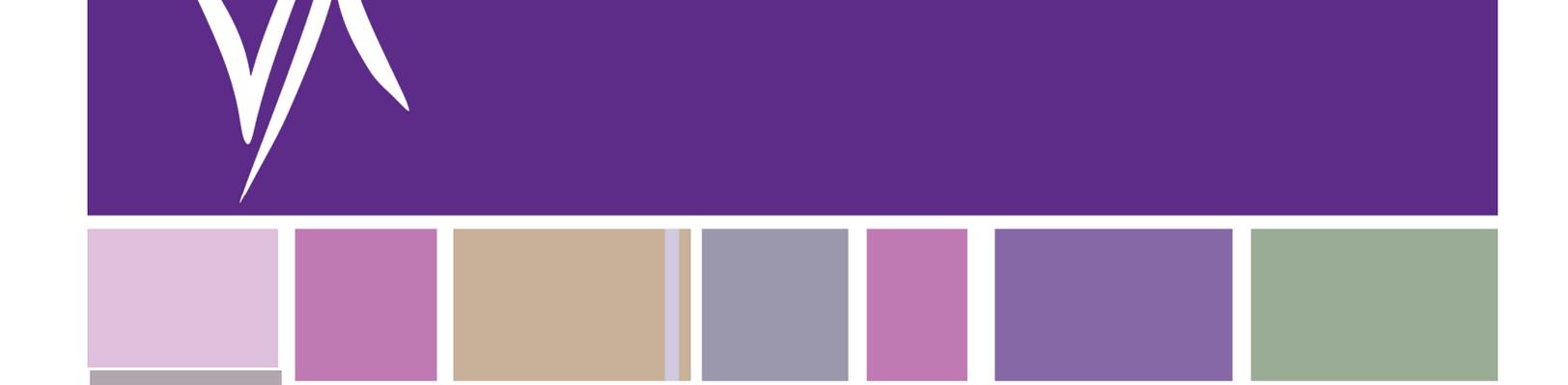
**LOTTERY FUNDED**

It is funded through the Big Lottery – BASIS programme.

Contact:

**Shokat Hayat, HR Advisor** [shokat.hayat@vabarnsley.org.uk](mailto:shokat.hayat@vabarnsley.org.uk) 01226 320113  
or

**Ann Moffatt, Senior Organisations Advisor**  
[ann.moffatt@vabarnsley.org.uk](mailto:ann.moffatt@vabarnsley.org.uk) 01226 320100



## **News from our Participation Team**

### **Do you work with Children and/or Young People?**

#### **Introduction to Safeguarding for Children & Young People**

Do you want to ensure that your organisation is fully compliant with the laws which govern working with Children and Young People?

Do you want to find out where to get Child Safeguarding training information, support or advice?

Come to our Awareness Raising Course on

**Wednesday 23rd September 2009**

**1-00 to 4:00 pm**

The Core  
County Way  
Barnsley  
S70 2JW

For more information or to book a place contact Doreen Gwilliam 01226 320106 [doreen.gwilliam@vabarnsley.org.uk](mailto:doreen.gwilliam@vabarnsley.org.uk)

**(This course is supported by Barnsley Safeguarding Unit)**

[www.safeguardingchildrenbarnsley.com](http://www.safeguardingchildrenbarnsley.com)

### **BPP Provider Forum**

**Friday 18<sup>th</sup> September 9.30 – 1.00**

The Campaign Company, on behalf of NHS Barnsley, will give feedback from the consultation 'Transforming Community Services' exercise that was undertaken throughout July and August.

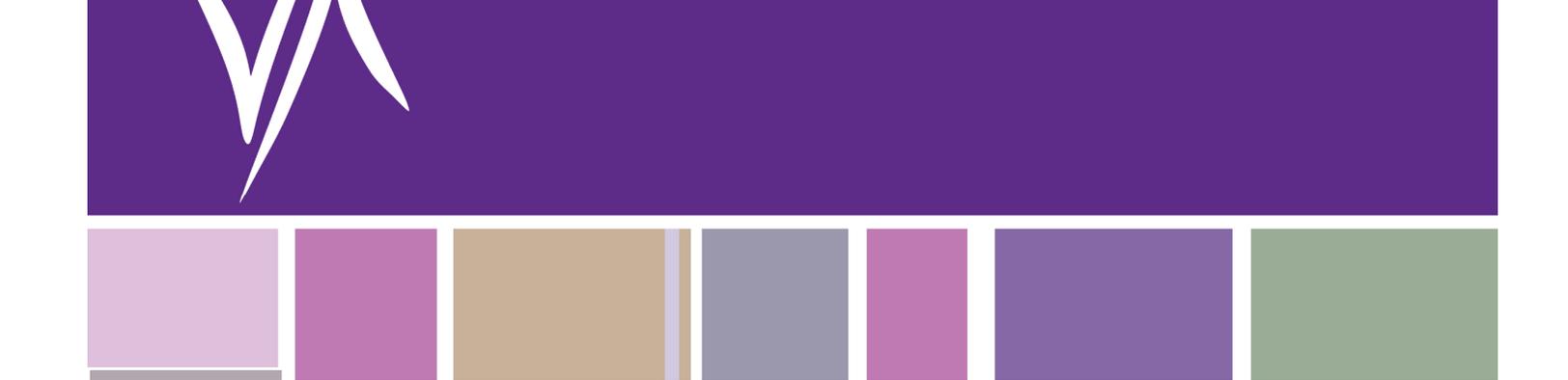
Mike Gan and Anna Holder will deliver a presentation on the Cancer Reform Strategy and the Barnsley Link will give an update on the local involvement network.

If you would like to attend please contact [gail.barlow@vabarnsley.org.uk](mailto:gail.barlow@vabarnsley.org.uk) or 01226 320106 to reserve a space.

### **Residential Care Providers Meeting**

**16 September 2009 from 2pm to 3.30pm**

Held at Mount Osborne Business Centre, this meeting provides an opportunity for Independent Sector providers of Residential Care to meet with other providers in order to share knowledge, good practice, resolve shared issues and have a voice in the planning and commissioning of services in the borough. Information for the next meeting will be circulated in due course, but if you have any queries or would like to attend, please call 320106.



## How Your Town Works

This learning programme will run ½ day a week for 6 weeks starting **Monday 9<sup>th</sup> November 2009** and is a good chance for local activists, volunteers and paid workers to come together and gain a clearer picture of how they can be more involved in shaping their communities and services.

Please complete the booking slip on the back page which will secure your place on the **"Taster Session" taking place on Monday 2<sup>nd</sup> November, at Voluntary Action Barnsley, The Core, County Way, Barnsley.**

Please feel free to pass this onto anyone else in your networks that may be interested.

Click here to view the leaflet for **"How Your Town Works"** programme no.3 <http://www.vabarnsley.org.uk/pdf/hytw.pdf>

**The deadline for receipt of the booking slip is Friday 16<sup>th</sup> October."**

## Funding News

**(\*See also page 1 of this bulletin for the latest news from South Yorkshire Community Foundation)**

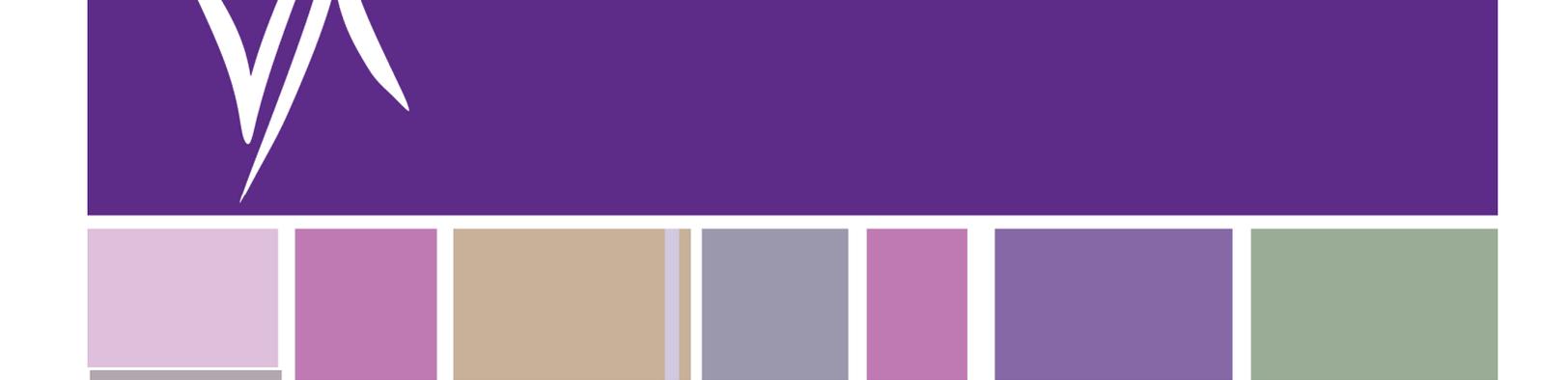
**Would you be interested in helping SYCF to make decisions on grant applications from community groups?**

South Yorkshire Community Foundation is a grant-giving organisation that funds small community and voluntary groups in South Yorkshire.

Decisions on where funding is best placed in the community are made by an independent panel of volunteer Assessors. Assessors are recruited for their experience and knowledge of volunteering or working in the community.

South Yorkshire Community Foundation is currently recruiting new volunteer Assessors to join our existing team. We rely on our volunteers to help ensure that we fund activities that will provide the greatest benefit to the communities of South Yorkshire.

- Do you live or work in South Yorkshire?
- Do you have experience of working or helping in your community?

- 
- Do you have between half a day and a day per month to give to deciding where grants are best placed?

**If so, we would love to hear from you.**

At South Yorkshire Community Foundation we are committed to our equal opportunities policy which aims to ensure that we treat everyone with equal respect. Assessors are expected to undertake to support its principles, in all activity connected with the Community Foundation.

**South Yorkshire Community Foundation**

**Unit 3 – G1 Building,**

**6 Leeds Road,**

**Sheffield S9 3TY**

**(0114) 2424857**

[www.sycf.org.uk](http://www.sycf.org.uk)

## **Awards for Bridging Cultures 4 weeks to go!**

The ABCs will reward grass roots, community and voluntary organisations for local schemes and projects that promote intercultural dialogue and understanding. It will also reward public and private sector organisations for initiating and supporting such schemes.

There are four weeks left in which to submit your application(s) for this year's Awards, **the deadline is Monday 14th September 2009**. If you would like to discuss eligibility of your project or scheme or need advice on completing the application form, please do not hesitate to contact the ABCs team, tel. 024 7679 5768, email [awards@bridgingcultures.org.uk](mailto:awards@bridgingcultures.org.uk). We will be very happy to help.

We are currently finalising plans for the 2009 Learning event and awards ceremony in December. All applicants who meet with broad eligibility guidelines will be invited to join us for a full and varied day of shared learning before an early evening awards ceremony and reception. The event will celebrate the achievements of the winners, commended organisations and all those who are delivering or supporting projects and schemes at grass roots level, to promote interculturality. All applicants will be offered an opportunity to showcase their project or scheme during the day. More information will be available on the [ABCs website](#) soon.

We look forward to receiving your application(s) in the next few weeks.  
The ABCs Team Tel: 024 7679 5768 or e: [awards@bridgingcultures.org.uk](mailto:awards@bridgingcultures.org.uk)



## Local News

### **Barnsley Needs You!**

The Barnsley Works and Skills Board wants to raise awareness of an initiative they are running. 'Barnsley Needs You' is a major campaign aimed at focusing the resources and determination of the local community on overcoming long term unemployment, and developing the skills to benefit local businesses. The initiative is aimed at galvanising all stakeholders, whether businesses, local organisations or individuals, into doing something to improve their own chances and to help make Barnsley the most competitive and vibrant economy in the country.

Through encouraging the take up of volunteering and training opportunities we can ensure that Barnsley businesses and worker have the skills and knowledge to make the whole town prosper. But we need everyone on board to make this work and, as a community focal point, we need your help to spread this message and get Barnsley working.

As part of the project we are running a series of competitions to reward local people who are already building a better future for our town by passing on their knowledge and experience or by taking steps to improve their own skills. The first of these is to find Barnsley's Best Mentor so if you know of such a community champion then please do nominate them and they could win £200. Full details of the competitions and further information on the campaign can be found at our website – [www.barnsleyneedsyou.org](http://www.barnsleyneedsyou.org).

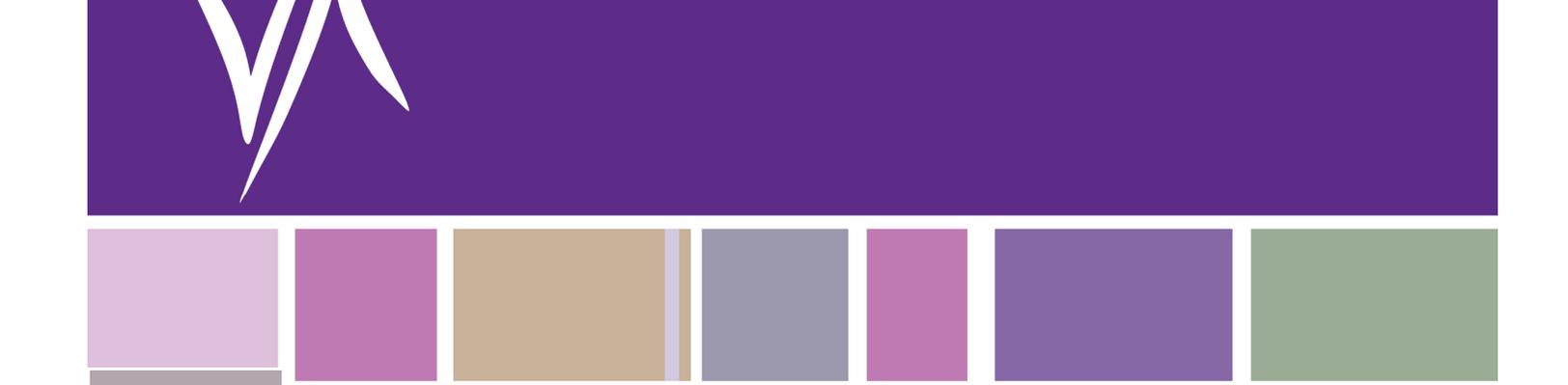
With your help we can raise aspirations, challenge perceptions and prove that everyone can do something.

### **Food Hygiene Course**

Creative Food Skills will be running a Food Hygiene course (RSPH Level 2 Food Safety in Catering) on Monday 14th September 2009 at The Core, County Way, Barnsley. The course will start at 9.30am and finish at approximately 4.00pm.

The course is an accredited course and includes full teaching notes, examination and certification. It is ideal for people working with food and drink in large or small capacities and also for those interested in health and hygiene issues.

Please note, the Royal Society for Public Health (RSPH) is an accredited body with the QCA. Online courses are not QCA accredited.



We are a locally based community interest company and as a result can offer reduced rates of £50 per person to those working in the public, community and voluntary sectors (normal rate £60). This rate is significantly lower than other course providers. Our office is also based at Voluntary Action Barnsley's building - The Core on County Way in Barnsley. Don't forget we also run many other and bespoke courses for groups where our tutor comes to you!

For more details please check out our website, [www.creativefoodskills.com](http://www.creativefoodskills.com) or call Matthew on 01226 320141.

## Swine Flu Update from NHS Barnsley

In most cases in the UK swine flu causes a mild illness. While seasonal flu is common - there are thousands of cases across the world every year, swine flu is different because it's caused by a new strain of the flu virus which most people do not have any immunity to.

### WHAT ARE THE SYMPTOMS?

Some of the key symptoms are the sudden onset of **fever** (high temperature), **cough** or **shortness of breath**. Other symptoms can include headache, sore throat, tiredness, aching muscles, chills, sneezing, runny nose or loss of appetite.

Unless you have flu-like symptoms or are being tested for swine flu, there is no need to stop normal everyday activities such as going to work or school.

### HOW CAN I PROTECT MYSELF AND OTHERS?

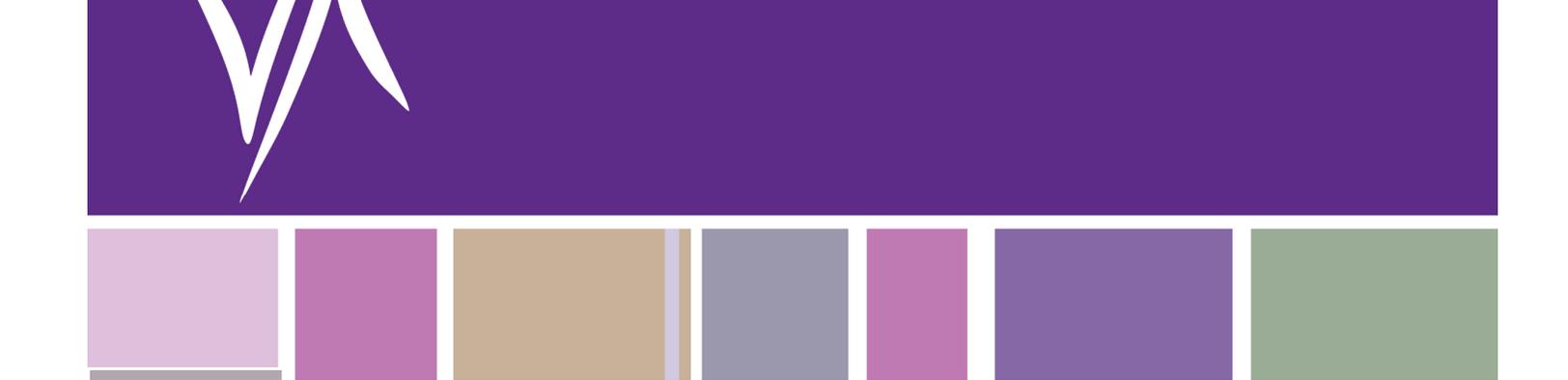
The best thing you can do to protect yourself is to follow good hygiene practices:

- Always carry tissues.
- Use clean tissues to cover your mouth and nose when you cough and sneeze.
- Bin tissues after one use.
- Wash your hands with soap and hot water or a sanitiser gel often.

There's a simple way to remember this: **CATCH IT, BIN IT, KILL IT.**

### IF YOU DEVELOP FLU-LIKE SYMPTOMS

Stay at home. Check your symptoms on [www.direct.gov.uk/pandemicflu](http://www.direct.gov.uk/pandemicflu) if possible, or call the swine flu information line on **0800 1 513 513** to hear the latest advice.



**Do not** go to your GP surgery or local accident and emergency department unless you are advised to do so or you are seriously ill, because you might spread the illness to others. If you are prescribed medication to treat swine flu ask a friend to go out for you to collect it.

### **Swine Flu & Pregnancy**

Pregnant women are one of the higher risk groups for swine flu, as they are for all influenza viruses. It is therefore important for them to take precautions.

If you are pregnant, you can reduce your risk of infection by avoiding unnecessary travel and avoiding crowds where possible. Pregnant women should also follow the general hygiene advice in the box above. Good hygiene is essential.

If a family member or other close contact has swine flu, your doctor may prescribe you antiviral medication (usually Relenza) as a preventative measure.

If you think that you may have swine flu, call your doctor for an assessment immediately. If your doctor confirms swine flu over the phone, you will be prescribed antiviral medication to take as soon as possible. Unless you have swine flu symptoms, carry on attending your antenatal appointments to monitor the progress of your pregnancy.

### **WHAT ELSE CAN YOU DO?**

#### **Get a Flu Friend**

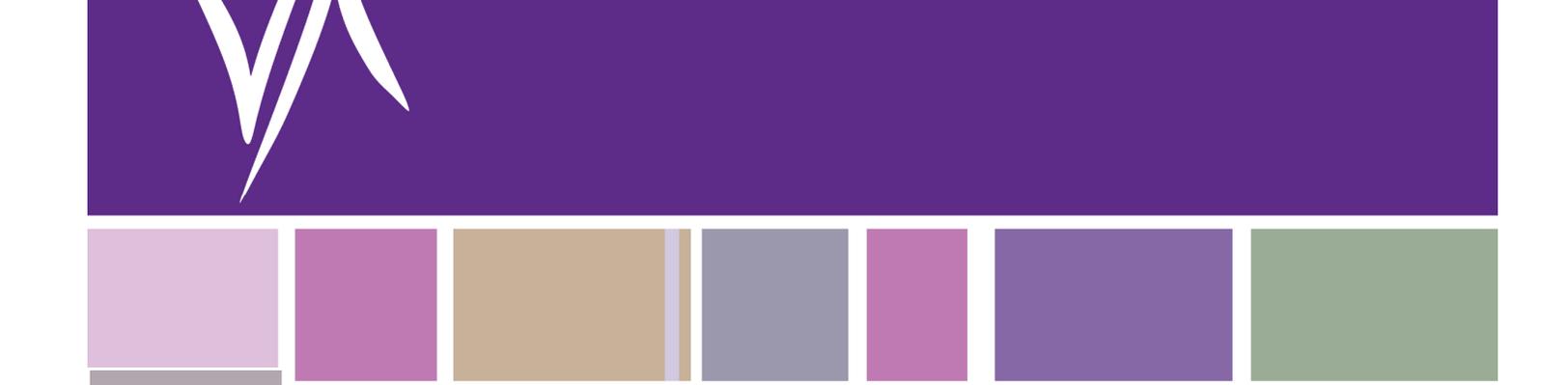
These are healthy friends, neighbours or relatives who can help you if you get ill by collecting medicines, food and other supplies so that you don't have to leave home.

It is very important that people with swine flu or flu-like symptoms do not go into pharmacies, GP surgeries or hospitals. Flu Friends are an essential part of our flu plan as they ensure that people with the virus avoid coming into contact with the wider public - reducing the spread of infection

#### **Get your flu jab**

If you normally receive a winter flu jab, please make sure you get yours this year, as soon as possible. Contact your GP for details of their flu clinics. There will be different vaccination for swine flu – keep an eye out in the local paper or tune into the radio for up to date information.

**For more information visit [www.direct.gov.uk/pandemicflu](http://www.direct.gov.uk/pandemicflu) or call the swine flu information line on 0800 1 513 513**



## Elsecar By The Sea gets 2 Grand Support

Britain's Got Talent Finalists 2 Grand will appear Live at Elsecar by the Sea Gala, Elsecar park [Armroyd Lane, Barnsley, South Yorkshire, S74 8EY] (Saturday 5th September 12:00pm – 4:00pm) they are offering to help support the local community efforts. "Its great to support a local cause" said Eddie. 2 Grand rose to fame in this years ITV's show Britain's Got Talent, "2 Grand have managed to fit an extensive tour schedule for this year and we are very lucky to have them" said Adam Cookson (Entertainment Manager) They are also launching there new Album "*more than 2 GRAND*"

This year's gala now in its seventh Year focus's on Arts, Fitness and Health (doing something different for all the Family) and is organised by Forge Community Partnership & Hoyland & Jump Sure Start Children's Centres with support from Milton Hall Group, Hoyland Common Community Centre and other within the community.

Other attractions include Children's Activities, Local Groups, Refreshments, Children's Rides, Irish Dancers, Martial Arts Display, Cake Stalls, Cycle part Junk modeling Sculpture, Bouncy Castle, Majorettes, Cycle Clinic, Health Advice, Peddle Powered Smoothie Maker, Crafts Stalls, Learning Net, Road Safety and much more.

Local Bands Legal Friday a local punk rock band, Demolition Dance Crew a Sheffield based hip hop dance crew and Vocalist Saffron who has previously auditioned for Britain's Got Talent and has had a charity album launched will be performing on the day.

Grand opening and Introductions by the Lord Mayor of Barnsley 1:00pm

Neil Spencer (Company Secretary) said "This really is an exciting time for Forge Community Partnership, Hoyland & Jump Sure Start Children's Centres and the local community. We have been working hard to build on the previous successes for the Elsecar by the Sea Community Gala. Everything has come together by Building on Community Strength and a big thank you to all who have supported and helped in the organisation and taking part. With continued support Elsecar by the Sea will go from strength to strength."

### Free debt and housing advice!

The Town Centre Communities Partnership is offering free debt and housing advice. Appointments can be made by telephoning 01226 320147 or 0750 111 7099 Monday to Thursday or by email to [Sandra.Andrews@vabarnsley.org.uk](mailto:Sandra.Andrews@vabarnsley.org.uk)



## Events

### **WENDING AROUND WENTWORTH**

**Organised by Campaign to Protect Rural England South Yorkshire1**

**Saturday 12 September, 10.30am**

**Meet at the car park, Main Street, Wentworth Village S62**

Local Rambler Philip Bates leads this interesting South Yorkshire circular walk.

Highlights include

- Scholes Coppice - where there is evidence of a Roman settlement
- Morley Pond
- The entrance to Wentworth Park
- The splendid Wentworth Woodhouse country house

The walk takes about three hours and is mainly level with two short uphill stretches over fields.

Cost: Free for members of CPRE South Yorkshire and Friends of the Peak District; £4 for non-members.

Phone 0114 266 5822 for more information and to book your place.

For more information, contact Liz Kettle, Communications Officer at [liz@cpresouthyorks.org.uk](mailto:liz@cpresouthyorks.org.uk) and 0114 266 5822 or Saskia Palmer, Membership Administrator at [Saskia@cpresouthyorks.org.uk](mailto:Saskia@cpresouthyorks.org.uk) or 0114 266 5822

**Need to book a venue? Why not choose The Core!**

**Special offers at The Core:**

**Half price meeting rooms at The Core in week commencing 26<sup>th</sup> October**

(Please note that this offer is only open to voluntary and community groups)

**If you would like to contribute to this this bulletin please contact Naomi Douglas on 01226 320107 or e mail [naomi.douglas@vabarnsley.org.uk](mailto:naomi.douglas@vabarnsley.org.uk)**