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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
EMail: info@vabarnsley.org.uk

Newsletter/Press Queries

If you have any queries regarding this publication, wish to be featured or want to be added or deleted from the mailing list, contact Naomi Douglas on 01226 320107 or you can email her at:

naomi.douglas@vabarnsley.org.uk

Opening Hours

Mon - Thurs 9.00 am - 5.00 pm
Fri 9.00 am - 4.30 pm

Did you receive this newsletter via post?

Would you rather receive it by email?

If so please email:

naomi.douglas@vabarnsley.org.uk

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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No. 1819712

Winter 2008

Welcome to VAB News!

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Voluntary Action Barnsley

vab news

Supporting the Barnsley Community and Voluntary Network



VAB Would Like to Wish All Its Customers A VERY HAPPY NEW YEAR!

VOLUNTARY ACTION BARNSELY HAS MOVED - OUR NEW ADDRESS IS:

THE CORE COUNTY WAY BARNSELY S70 2JW

OUR NEW TELEPHONE NUMBER IS 01226 320100

Direct line numbers have been allocated to VAB staff and these can be found on the back page of this newsletter. As you will probably be aware, VAB encountered some unexpected difficulties during the move. Read on to find out more on page 2 ...



... CONTINUED FROM FRONT COVER

On the week we were moving, we found out that Lotus Construction (the main building contractor for The Core), had gone into administration. This naturally came as a shock to VAB and cast a shadow over what should have been a celebration after years of hard work. Thankfully the majority of the work needed for us to open had been completed and it was a matter of getting handover of the completion documentation.

We want to reassure our customers that VAB and our tenants are operating a normal service. This has however unfortunately delayed work on the third floor (which was in the process of being divided into office space). We anticipate that the work will be complete in the New Year. We apologise for the delay to those groups who had expressed an interest in renting office space on the third floor.

Although this has naturally caused problems for VAB, our sympathies lie with the employees of Lotus who have lost their jobs very unexpectedly, some of whom we had gotten to know well over the last year. Also, with the sub-contractors who have indeed suffered too. The current economic climate became all too real when witnessing the devastating affects that this has had on people's lives and businesses.

Penny Stanley, VAB Chief Executive said "I just want to thank all the staff, tenants and customers who have been so patient during this challenging time. I also want to say a huge thank you to the other contractors, especially Cultrix, Active Voice & Data and Barnsley Office Supplies, who went above and beyond their remit to help us get The Core up and running and ready for business".

Our official opening ceremony will take place in the New Year and we will make up for the recent events with a big celebration then.

BCVN MEETING DATES FOR 2009

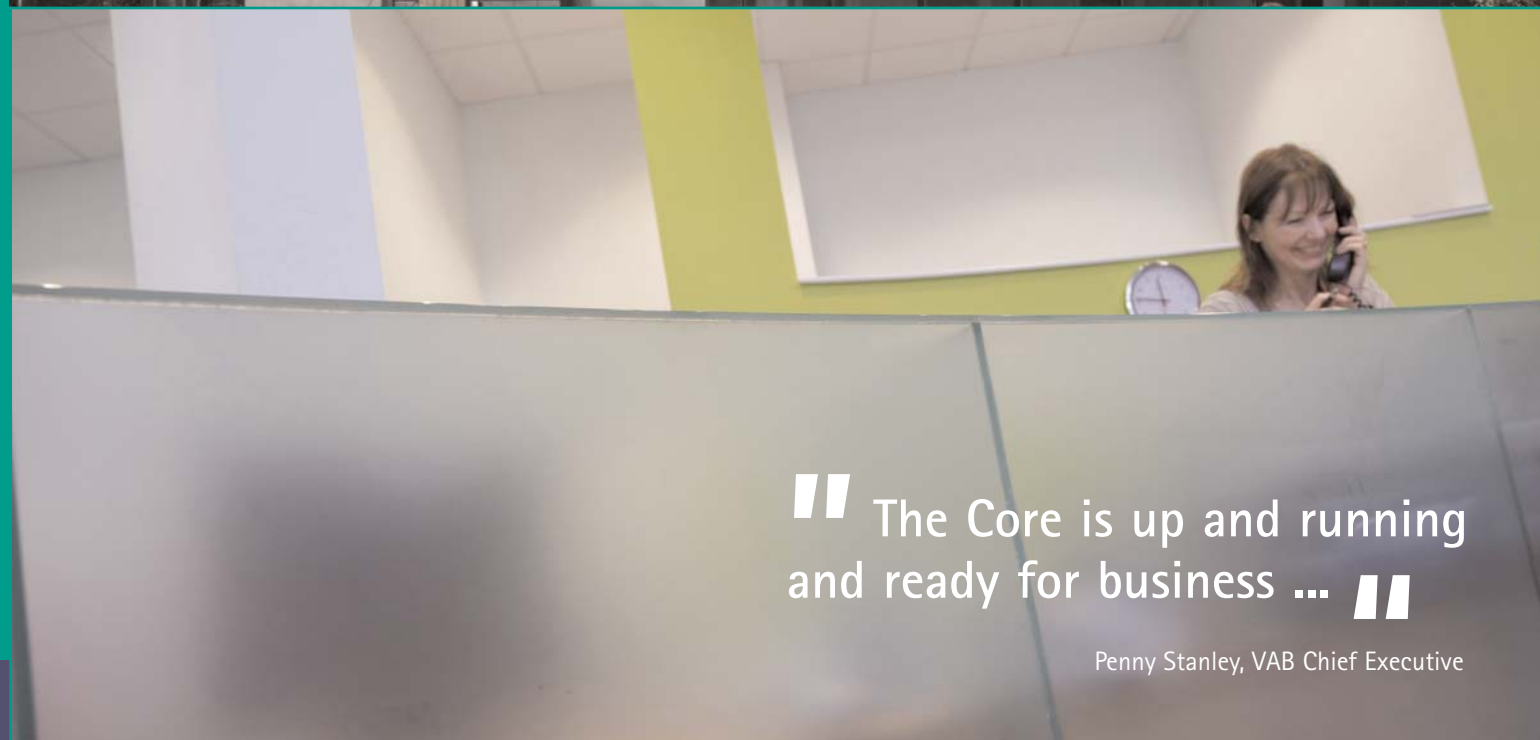
Barnsley Community and Voluntary Network meeting events are held bi-monthly. The meetings update groups on the latest legislation, funding and news that affects the sector in Barnsley. If you have an idea for an agenda item please do get in touch. Contact Naomi Douglas on 01226 320107.

Agendas and booking forms will be sent out in advance, however please make a note of these dates in your diary.

BCVN DATES FOR 2009:

14th January	14th July
17th March	15th September
12th May	17th November

All of these meetings will be held at The Core.



“ The Core is up and running and ready for business ... ”

Penny Stanley, VAB Chief Executive

AGM ON 2ND DECEMBER 2008

On 2nd December Voluntary Action Barnsley held its Annual General Meeting at The Core. The event was chaired by Mayor Ken Sanderson.

Apart from the official business, the event gave guests and members the chance to take a tour of The Core and find out more about VAB's services by meeting each team.

Len Collett, Pat Heath and Martin Sawdon all stood for re-election. Members present agreed to their re-election. Dr Liz Norris continues as Chair for one more year and John Butt will continue in his role as Treasurer.

Many thanks to the Mayor and his wife for their continued support.



Mayor Ken Sanderson with VAB Chair Dr. Liz Norris

To view a copy of VAB's Annual Report go to the Document Library of our website at:

www.vabarnsley.org.uk

Barnsley's Got Talent!

READ ON TO FIND OUT THE WINNERS OF OUR ART COMPETITION.

In the summer of 2008 Voluntary Action Barnsley ran a competition aimed at young people, to design some artwork for The Core. The details were sent to all the groups on our database, to the youth council, youth service, BMBC, Barnsley Chronicle, Dearne FM, libraries and all schools and colleges in Barnsley.

The theme of the art was 'Reflections of Barnsley'. The Core is part of the remaking Barnsley initiative and we wanted to ask the young people about their perceptions of how their home town is changing.

The only criteria was that of the size of the artwork (The Core is big but not that big!) and we asked the budding artists to write a short piece about their artwork.

On 27th November the entries were judged by local artists Sarah Maddern and Pete Deakin, Ellie Wilson from the Barnsley Chronicle and our very own Deputy Chief Executive, Ian Ireland.

The judges thoroughly enjoyed looking through the entries, especially those from the younger entries. In fact we had so many entries in this category that we have chosen 9 winners and we will make one large collage using these pieces.

THE WINNERS ARE ...

18 - 21 YEARS:

Barnsley's Reconstruction by Tom Jenkins (aged 21) from Athersley South.

12 - 17 YEARS:

The enchanted tree by Hannah Fretwell (aged 12) from Dodworth.

THE JOINT WINNERS FOR THE '11 AND UNDER' CATEGORY ARE ...

Louise Broomhead (aged 8)
Lewis Jackson (aged 10)
Sophie Lennon (aged 9)
Lacey Booth (aged 9)
George Naylor (aged 10)
Emily Elizabeth Saville (aged 9)
Lochlan Cawthorne Webb (aged 10)
Thomas Dunkley (aged 10)
Lydia Tandy (aged 11)

And finally the 'Judges Special Award 2008' goes to Kay Crossland, aged 20.

The winners' artwork will be framed and displayed in the reception area of The Core, along with a plaque showing their name, age and a brief description of the idea behind their artwork. The winners and their families will be invited to the official opening of The Core (date to be confirmed), which will be attended by various VIPs and they will be presented with a certificate by our Guest of Honour. Dearne FM also kindly agreed to give the winners a tour of their studios too.

Members of the public are welcome to drop into The Core and take a look at the winning entries.

On telling Tom that he had won the 18-21 category he said "Thank you so much, you have made my year!"

Thank you to everyone involved and for all the time and effort the young people put in. VAB would like to run this competition annually and we hope that we can gain momentum with it once people see the artwork this year. The judges all thought that this was a great idea and they are keen to stay involved.



“ Thank you so much, you have made my year! ”

Tom Jenkins

Tom Jenkins and Hannah Fretwell (image courtesy of the Barnsley Chronicle)

EXCITING NEW FUNDING OPPORTUNITIES IN BARNSELY, FROM THE SOUTH YORKSHIRE COMMUNITY FOUNDATION

Community groups and projects in Barnsley are being encouraged to apply for a grant from the South Yorkshire Community Foundation (SYCF), with 2 funding streams currently open.

The first, the Grassroots Grants Programme, funded by the Office of the Third Sector, provides grants ranging from £250 - £5000 until March 2011.

Through the second, SYCF's Small Grants Fund, groups can apply for grants of up to £1500, with particular monies currently available for groups that help young people.

South Yorkshire Community Foundation helps philanthropists, local businesses and trusts to achieve their charitable goals by setting up

charitable funds that support community groups at a grass roots level. Last year the Community Foundation awarded more than £2.5 million in community grants.

Visit www.sycf.org.uk for more information.

THE PARTICIPATION TEAM INVITES YOU TO GET INVOLVED!

As part of our work to support the Barnsley Participation Process and Third Sector involvement in health and social care, the Adult Services Provider Forum is held every quarter.

The full morning sessions are aimed at Third & Independent Sector providers of health and social care services. The meetings bring together guest speakers of interest to those working in the sector and provide an opportunity to get involved in consultation in the health and social care field. We also aim to give attendees the chance to network, build effective working relationships and share

good practice with organisations with similar goals.

For more information about the Forum, or to ask about other ways in which Third & Independent sector providers can get involved and have a voice in service planning in Barnsley, please telephone 01226 320106 and ask to speak to Gail, Angela or James.

The next Provider Forum will be held in January 2009. Please visit the VAB website for more details:

www.vabarnsley.org.uk

BARNSELY LINK UPDATE (LOCAL INVOLVEMENT NETWORK)

The Barnsley LINK is being established to give people a stronger voice and influence in how health and social care services are planned and delivered in Barnsley. Voluntary Action Barnsley is one of the 3 host organisations that are responsible for developing the LINK, along with Barnardo's Voice & Influence Ambassador Service and Barnsley Arena.

We've had lots of interest with over 100 people attending our launch event at The Metrodome - made up of community groups /organisations, elected members of the Council, service users, carers, providers and statutory providers.

6 sub-groups for the LINK have been established that will help to support the work of the LINK, and we currently require more community groups/organisations that have an interest in health and social care to be involved in the support of these groups, and the setting up of the LINK. The meetings are usually held once a month, for an hour or two.

The next Full LINK Meeting will be held on 12th February 2009, 6.00 pm-8.00 pm, and then again on 18th February, 12.00-2.30 pm. Venues to be confirmed.

If you are interested and would like more information please contact Caroline Makinson (LINK Development Officer at Voluntary Action Barnsley) on 01226 320106 or by e.mail to Caroline.makinson@vabarnsley.org.uk

WHAT ARE INDIVIDUAL BUDGETS?

... We Spoke to Avril Watson, from Self Directed Support Team at BMBC.

They are designed to help people take control of their own social care budgets, manage their own support and choose the services that suit them best, using the money from different areas more flexibly. The person is at the centre of the planning process as they are best placed to understand their own needs. An individual budget is only one of the tools or mechanisms used in Self Directed Support to give individuals more choice and control around directing their own supports.

Individual budgets take money from a number of different places (e.g. Social Care, Access to Work, Supporting People/SP, Disabled Facilities Grants/DFG and integrated Community Equipment Services/ICES) and put the service user in control of how that money gets spent in relation to their needs identified on their self assessment questionnaire. This is done by telling them how much they are entitled to and putting them at the centre of the planning process, enabling them to have a little or much support as they feel they need.

The Council will ask the service user to complete a self assessment questionnaire to tell Social Services what they need. After the assessment has been agreed, the service user is told exactly how much money they will receive.

Again the service user can then plan their support themselves or, if needed, can get support to make their plan a reality.

“Barnsley now has 379 people on individual budgets”

At the heart of the self directed support ethos is the recognition that the service user is the person best placed to understand their needs. But to empower individuals Self Directed Support involves a commitment from staff to enable people to take as much control over their services and supports as they feel comfortable with.

An Individual budget enables:

- People to have more control over the resources that are available for their support
- A process that determines the level of support available that is open and understandable
- People to be more creative about how to use these resources

“Self Directed Support is doing what it says on the tin: it is transforming people's lives”

Avril Watson

Avril says: “Some of the changes are small, others are significant - either way, people feel they have more control of their lives. It is important to remember that it is the personal outcomes that matter, what people want to achieve and have they achieved it!!!”

The benefits, from the perspective of people who have Individual Budgets, are listed below:

- 25% of people said their standard of living was better
- 40% felt that their health and wellbeing had improved
- 50% felt that they had more opportunity to contribute to community
- 65% felt that their quality of life had improved
- 52% felt that they spending more time with people important to them
- 55% of people felt that they had more choice and control
- 58% felt that they felt safer at home
- 55% felt that their support arrangements were respectful of dignity

The IBSEN Evaluation Report is now available on the Department of Health Website at:

www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_089505

FROM THIS VAB'S ONLINE DIRECTORY WAS BORN

The Individual Budgets Scheme was the inspiration behind VAB's Online Directory.

The directory allows voluntary and community groups to add their details to the site **free of charge**. Once registered, groups will have a user name and password so that they can update their details at any time, so they remain in control of their page. The site was developed in partnership with Avril's team and it will allow them to look at the site and signpost their clients to voluntary and community groups in Barnsley. These clients manage their own care allowance therefore they may well choose to pay for the service that your voluntary and community group offers. There is huge potential for the sector to gain financially from this scheme, however if you don't register the likes of Avril may not know that your group exists! The directory is **FREE** to use and it will only take 5 minutes for you to register your details online.

The site allows people to search by ward as well as keyword, so not only will it help Avril's clients but it is also a useful tool for you to find out more about what goes on in your area.

However, the site is only as useful as the groups who register. Currently we have 150 groups on the site, however we know that there are hundreds more out there and we don't want you to miss out. If you are not comfortable with using the internet then please let us know and a member of our team will help add your details to the site.

The directory gives you free advertising and can act as a website if you don't have your own. Alternatively you can add your link to your directory page so users can find out even more about what you do.

Go to www.vabarnsley.org.uk/register to add your details now!

Other features of our new website are:

- Add News
- Add Events
- Add Links
- Book meeting rooms at The Core

All of these can be done without a password – literally go to www.vabarnsley.org.uk and click on the relevant link on the Home Page and add your news or events. The items will be validated by us and will be live on the site within 24 hours (except at weekends).

MESSAGE FROM DI ROBSON (COMMUNITY MAPPING DEVELOPMENT WORKER FOR AGE CONCERN, BARNSELY)

I work in partnership with the Self Direct Support Team of BMBC. I will be conducting several community mapping exercises across the Borough, to inform citizens (and the support services who help them) to plan their support. This will ensure that everyone has information about local activities and organisations, so that they can make an informed choice about access to activities within their local community. The information collected will be useful to everybody who works or lives in any particular area of Barnsley, and is vital for people who are support planning for their Individual Budget. This will be easily accessible on the VAB Website. I will be holding a meeting, event or workshop in your area.

For a full list of when these events will take place please call Di Robson on:

01226 21116

or e.mail her at:

diane.acb@live.co.uk

WINNER OF CUSTOMER SURVEY PRIZE DRAW

The winner of the prize draw was Ian Naylor from Darton Cricket Club. Thank you to everyone who completed the survey, the information we collate is really useful to us. We will publish the results in the Spring 2009 edition of this newsletter.

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AFFORDABLE RATES FOR THE THIRD SECTOR

SUPPORTED VOLUNTEERING CASE STUDY

Luke Andrew Nicholson (age 20)

In April 2008 Luke was referred by the Job Centre to VAB's Volunteer Centre. Luke had completed his GNVQ in ICT and was desperate to get a job. Luke has experienced barriers that he feels have hindered him in gaining employment, as he does need extra support. Luke says "I really want a job, particularly in ICT and I just need someone to give me a chance".



Luke now volunteers for VAB in our Volunteer Centre and also at Young Diallers (who give info and advice to people with mental and physical disabilities). He has helped them create a website and this actually led him to be invited to have tea with the Mayor! At the Volunteer Centre he is helping Beryl put together a volunteering handbook. When asked what he thinks of his volunteering work Luke replied "Top notch! Its ace!" although he quickly reminded us that really he does want a job! The experience is helping his confidence and is building up his CV. Beryl Cooper from our Volunteer centre says "Luke has been a great help to me in the office and he is always willing to try anything."

Through volunteering with VAB, Luke has now started an NVQ with Helen Langley in our Training Department. Helen said "Janet made Luke aware of the services offered at VAB and he showed an interest in doing an NVQ. He started an NVQ in Business & Administration Level 2 in September and is eager to gain more in depth knowledge of Microsoft packages. He works with a wide variety of office equipment and has been working with a range of colleagues to achieve this."

Katherine Holroyd is Luke's Peer Support Volunteer. Katherine has retired but wanted to keep occupied and "give something back". She enrolled on Janet's training to become a Peer Support Volunteer and she has just started to work with Luke to support him through his NVQ. Katherine already has her NVQ assessors and intermediate verifiers, so her knowledge will really help Luke.

The Work & Skills Board agenda for 2008 - 2011 is very much focused on helping disadvantaged people back into work, and the work of the Supported Volunteering Service is recognised as playing an important part in this. We aim to continue to provide a quality, sensitive service that helps individuals address their personal and professional development needs and at the same time provides a real community benefit.

For more information about this project contact Janet Thomas at VAB on 01226 320105 or e. mail janet.thomas@vabarnsley.org.uk

SUPPORTED VOLUNTEERING

Voluntary Action Barnsley's Supported Volunteering Service is simply about working with people who need that extra little bit of help to get the most out of doing unpaid work in the community. It is also a valuable tool that helps people find a way back into employment through volunteering.

European funding and assistance from the Barnsley Work and Skills Board (WSB) will ensure that we give more than 100 individuals claiming benefits the chance to gain valuable experience through volunteering as part of a planned partnership approach to getting people into work, especially those who have struggled through illness or disability.

We can also offer accredited training to Level 2 and 3 as part of this process and it's free!

HAVE YOU HEARD THE ONE ABOUT BARNSELY AND THE OLYMPICS?

THE LAUNCH OF THE NEWHAM BARNSELY PARTNERSHIP WAS ANNOUNCED ON TUESDAY 21ST OCTOBER.

In an exciting new venture Barnsley is linking up with the London Borough of Newham, for the 2012 Olympic and Paralympic Games in London. Newham is the principal host borough for the 2012 Games, so it is an honour for Barnsley to be its partner of choice. This partnership will see joint activities and expertise sharing across a wide range of fields, including sport, culture, volunteering, health and enterprise, with a strong focus on young people.

The official launch of the Barnsley-Newham Partnership, took place simultaneously in both boroughs and featured sporting displays and cultural activities from the young people in their respective boroughs, linked together by video technology. The Barnsley launch took place at Holgate School.

The authorities are planning projects which vary from student exchanges, to schools designing a logo for the partnership and working with the Candoco dance company, which featured at the Beijing Games handover ceremony.

They plan to help children benefit from the different experiences of the areas, with Newham schoolchildren given the opportunity to spend time in the Peak District National Park and Barnsley children visiting London to see the 2012 site.

The launch culminated in the simultaneous signing of the partnership agreement by Council Leader, Councillor Stephen Houghton CBE and Mayor, Councillor Ken Sanderson in Barnsley, and Elected Mayor, Sir Robin Wales in Newham.

The Mayor of Newham, Sir Robin Wales, said: "The enthusiasm and imagination shown by Barnsley, and in particular by Steve Houghton, will help to spread the excitement and magic of the Olympics across the whole of the UK.

"This innovative partnership is a marvellous opportunity to share sporting and cultural strengths ..."

Sir Robin Wales,
Mayor of Newham

This innovative partnership is a marvellous opportunity to share sporting and cultural strengths and experience between councils with direct benefits for local communities."

Councillor Houghton said the partnership was a "fantastic opportunity for the benefits of the London 2012 Olympic and Paralympic Games to reach the North. In Barnsley we pride ourselves on producing great sports men and women and I look forward to this partnership, amongst other achievements, encouraging even more of our young people to get involved in sports."

Beryl Cooper, from VAB's Volunteer Centre says "The Olympic partnership with Newham will give Barnsley volunteers a once in a lifetime opportunity to experience one of the great global sporting and cultural events and help make it a huge success. The Olympics can't function without massive voluntary input and at VAB we are proud to be helping to make the games happen. And what a great opportunity to meet people from different backgrounds and cultures, learn new skills and gain great work experience."



“ The volunteers from Voluntary Action Barnsley were still broad with their smiles and keen to crack on ... ”

Lee Trunks, Project Manager

LOCAL FOCUS

Move Over Alan Titchmarsh!

In December VAB staff and volunteers got involved in the Helping Hands project to help make a garden for baby Emily.

Emily is 22 months old and lives in Barnsley. She has Goldenhar Syndrome, a cyst on one eye, talipes foot and learning difficulties, which means she needs to be fed by a tube, has a slow development and needs assistance with her mobility. Because of all this she and her family need to utilise the outdoor space they have to enable Emily to have a safe and stimulating play area. Emily's garden is stepped and on a large slope, making it inaccessible for her. She loves water and the outdoors, but is unable to take advantage of the space she has. Emily needs a 'garden makeover'.

Despite first appearances, Emily's garden is not a family haven, due to its design being ideal for the able bodied and tiered levels to compensate for the large slope, it is completely inaccessible for Emily and therefore in need of alteration.

By reducing the size of the lawn, it meant it was possible to put in a new ramp for Emily to access the bottom of the garden. The area closest to the kitchen window was decked out for a play area specifically with Emily in mind and with the lawn levelled Emily would be able to access all of the garden and not rely on her Mum moving her from one area to the next.

Lee Trunks, Project Manager said "This was one of the most challenging projects that WellChild Helping Hands had undertaken ... purely due to the weather. We were met on the first day with 2 inches of snow – delayed materials – missing volunteers – mobile phones with no batteries – tool donations missing – and despite all of this the volunteers from Voluntary Action Barnsley were still broad with their smiles and keen to crack on. All volunteers worked really hard and pushed on ... we managed to leave on the second day with 80% of the project complete. The biggest testament to the commitment of all involved was their willingness to return the following week and complete the few outstanding tasks and give the family the accessible garden we had promised them for Emily. A big well done to all who helped make this a reality, you were outstanding".

PROSTATE CANCER – IT COULD BE YOU!

Prostate cancer kills ... 28 men every day, 96 men every week ... and 10,000 men each year.

Albert Robinson, a former Barnsley resident, is hoping that a poster he has designed will help the men of his home town.

Mr. Robinson is in remission from prostate cancer. He says "In October 2007 I was diagnosed with early prostate cancer. The prognosis was good and my treatment was successful. I realised that there was an urgent need to be more proactive: 10,000 men die each from this form of cancer. Clinics and literature are widely available to ladies but, unfortunately, there are precious few for men. Also, at best, men are reluctant patients!

I wanted to display a poster in public toilets, department stores, supermarkets, sports clubs and so on, to raise awareness of the problem. I believed that General Kitchener would send the strongest message. The prostate project suggested that this poster could have national potential."

The campaign was launched in Guildford, Surrey where Mr. Robinson now lives. The poster had the support of his local MP who said "I am thrilled to be able to give Mr. Robinson my support for this brilliant idea of his". However, Albert hasn't forgotten his roots and he wants to help the men of his home town. He is campaigning at the moment to get the poster into Barnsley's public buildings.

Mr. Robinson also wanted to know if there are any prostate cancer support groups in Barnsley that he could talk to. Here at VAB we do not have any such groups on our database, so if you know of such a group, please contact Naomi Douglas at VAB on 01226 320100 and she will put you in touch with Mr. Robinson.

10,000 MEN A YEAR DIE FROM PROSTATE CANCER



Early intervention could prevent many of these deaths
See your GP for these symptoms:
• Family history
• Lower back pain
• Erectile dysfunction
• Urination problems

DRAGON JU-JITSU RECEIVES FUNDING FROM THE BIG LOTTERY FUND

Dragon Ju-Jitsu Club members display the new equipment bought with the funding awarded to them by The National Lottery's 'Big Lottery Fund' £4,300 and Barnsley Council's Area Forum £300. Equipment includes Judo mats, crash mat, punch bag, and various other training aids. As well as teaching traditional Ju-Jitsu a big emphasis is also placed on teaching practical self defence. To our knowledge, we are the first Ju-Jitsu club in Barnsley and as such people don't know just what this system involves. Karate, Judo and Aikido all stem from Ju-Jitsu which was the traditional form of unarmed combat of the Samurai warrior, so we train in all 3 disciplines.

For further information on the Club or training times contact Shaun on 01226 247597 or Phil on 07951 725748.

