

# Community

May 2017

newsletter for the community and voluntary sector in Redbridge

## What are you doing this Volunteers' Week to show your volunteers that you love them?

**Society couldn't survive without volunteers, and now is the perfect time to tell them what a great job they're doing.**

With an estimated 14.2 million people volunteering for groups, clubs or organisations at least once a month, the latest figures value formal volunteering at an estimated £22.6bn.

Volunteers' Week takes place every year from 1 to 7 June and is a nation-wide campaign to thank volunteers and celebrate the huge contribution they make.

The theme for this year's Volunteers' Week is "you make the difference", which provides an ideal opportunity for organisations to think, talk and even tweet about the impact their volunteers make.

### Show volunteers the impact of their work

It's important for volunteers to know that the time and skills they donate are valued and appreciated. Volunteers are not around all the time, so it can sometimes be difficult for them to see the difference their volunteering makes to beneficiaries.

Could you, for example, use Volunteers' Week to speak to your service users and find out from them why having volunteers involved is important to them? Then share this with your volunteer team.

You could also post on social media or write a press release like the one at [www.bit.ly/2rkuYq2](http://www.bit.ly/2rkuYq2) showing what volunteers have achieved.

### Find creative ways to say thank you

People rarely volunteer just to get thanks and kudos, but they sometimes stop volunteering if they feel their efforts go unnoticed. We all feel more motivated when we know our contribution is appreciated, so why



not visit the Volunteers' Week website at [www.volunteersweek.org](http://www.volunteersweek.org) to get some ideas about different ways to show your gratitude to your volunteers. This site provides a downloadable resource pack to enable you to create bunting for events, certificates of thanks etc.

### **Demonstrate the impact volunteers make**

It's important for organisations to demonstrate the impact of their volunteering programmes. Get some ideas about how to put together a good story about what volunteers help you to achieve by reading the article at [www.bit.ly/2gAVwCa](http://www.bit.ly/2gAVwCa) about the difference made by volunteers with the London Bubble Theatre Company.

This type of case study can help show your funders why investing in volunteers is money well spent. It has the added benefit of inspiring potential volunteers so they can see why helping your organisation would be a good use

of their time, how they will benefit and what they can help you to achieve.

### **Encourage people to make a difference**

Volunteering is a tangible and powerful way to make a difference in our communities and in our own lives, at a time when some of us are struggling to see how we can change things for the better. Why not use Volunteers' Week to recruit more people to support your work?

Encourage people to see how they can make a difference locally through volunteering. We have lots of opportunities advertised on our website at [www.bit.ly/2rbkWZH](http://www.bit.ly/2rbkWZH). Anyone who would like more information can call the Volunteer Centre Redbridge team on 020 8514 9624.

**For more information  
about volunteering, ring  
the Volunteer Centre on  
020 8514 9624**



Celebrating Volunteers Week in 2015

## Domestic abuse awareness training

**We are running a free one day training course on Monday 3 July and again on Thursday 7 September from 9.30am - 4pm.**

By the end of the course you will:

- Be able to define domestic abuse
- Be able to recognise the signs, symptoms and types of domestic abuse
- Understand the effects of domestic abuse
- Have signposting and support information to share with your organisation, family and friends.

RedbridgeCVS were funded by Redbridge Council to run a short project to help raise awareness of domestic abuse with community groups. Our Health & Wellbeing Buddies have visited a number of community organisations

and shared information with them and details of where anyone suffering this form of abuse can go for help.

### How to book

Places are limited so please book early. The training course is free but you will have to pay a £20 deposit which will be refunded on attendance.

To book, go to

[www.surveymonkey.co.uk/r/RedbridgeDAbuse](http://www.surveymonkey.co.uk/r/RedbridgeDAbuse)



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## Refugee employment support project

**RedbridgeCVS is working with other organisations on a refugee employment project.**

As part of Building Better Opportunities, we are part of a project called RISE (Refugees Into Sustainable Employment), which offers a holistic approach to breaking down the barriers that may prevent refugee communities accessing the work place.

The project is being led by Renaisi, who are working with us to deliver a tailored programme, and the services on offer include;

- One-on-one support from an Advisor
- Work based ESOL (delivered by The Redbridge Institute)
- Accredited training such as Adult Social Care, Retail, Construction & Customer Service
- A package of wellbeing activities (delivered by City & Hackney MIND)

- Skills & employment focused workshops
- Work place and volunteering opportunities (in partnerships with Business in the Community & Volunteering Matters)
- In work mentor support (delivered by TimeBank)
- Participants will also have their travel costs reimbursed

RISE launched on 3 April 2017 and RedbridgeCVS is looking to engage with 125 refugees in Redbridge.

We are currently reaching out to organisations that work with refugees within this borough to enable their service users to access additional support through this project, but are happy to work with other organisations too.

### Get in touch

If you think RISE might be able to benefit your organisation's service users or contacts, please do not hesitate to get in touch – contact Martyne Callender at [martyne@redbridgecvcs.net](mailto:martyne@redbridgecvcs.net) or on 020 8514 9925.

# RedbridgeCVS Training Courses

## Safeguarding Children and Young People, level 1

Thursday 8 June

## Measuring Outcomes, Demonstrating Impact

Wednesday 14 June

## Confidence Building through Assertiveness

Wednesday 28 June

## Getting Your Story Told: Writing Press Releases

Thursday 6 July

## Listening and Communication Skills

Monday 17 July

### Safeguarding courses in 2017-18

#### Adult Safeguarding Level 1

- Thursday 14 September 2017
- Wednesday 10 January 2018
- Thursday 3 May 2018

#### Safeguarding Children & Young People Level 1

- Wednesday 11 October 2017
- Thursday 8 February 2018
- Wednesday 20 June 2018

**Booking opening soon**

**Book now for summer term courses at:**

**[www.redbridgecvs.net/training](http://www.redbridgecvs.net/training)**

**25% off**  
**our summer courses**

We want as many people as possible to come on our training. If you've not been on a course since September 2016, book on training between April and July 2017 and get 25% off.

This offer can be combined with other discounts.



## Pop Up Hostel Appeal Close to Fundraising Target

**The Salvation Army's appeal for £10,000 to build a pop-up hostel is only £700 away from its target.**

With only £700 to go, they have learned that the demolition of the derelict funeral directors in Chadwick Road in central Ilford (shown right) will take place in the next few weeks. That will open the way for their project.



You can donate to the hostel project on the Justgiving website at <https://www.justgiving.com/fundraising/popuphostel>

## RedbridgeCVS is recruiting a Community Fundraiser

**We're looking for a Community Fundraiser to work with local voluntary and community organisations.**

The postholder will give groups support and guidance around accessing funding opportunities and writing successful bids.

They will work 17.5 hours per week. The salary is £29,519 pro rata. The post is currently funded for 11 months from the date of appointment. The role will be based at our office in central Ilford.



The closing date for applications is noon on Wednesday 21 June.

If you're interested, full details are available at [www.redbridgecvs.net/communityfundraiser](http://www.redbridgecvs.net/communityfundraiser)

## Council has plans to redevelop Ilford

**Redbridge Council has ambitious plans to transform the town centre.**

The plans involve the regeneration of the centre of Ilford, and will create 6,000 new homes and 2,000 new jobs. They also involve:

- creating flexible business spaces
- reducing the impact of cars
- adding facilities like schools, health facilities and an evening economy
- developing a new cultural quarter
- enhancing the historic fabric of the area



■ making the River Roding more accessible  
The Council is consulting on the plans - for more information see the Council website at [www.bit.ly/2ry8h3L](http://www.bit.ly/2ry8h3L) - and a series of public exhibition events will take place during June. The consultation closes on Tuesday 27 June.

## Discounts at local businesses for volunteers

**Your volunteers can get 10 percent off in some local businesses - just for completing 100 hours of volunteering.**

Local businesses are taking part in a project called ValueYou, which encourages volunteering by giving volunteers a discount.

Once a volunteer has completed 100 hours of volunteering for an organisation, they need to fill in a form, get someone from the organisation to sign it and then send it off. They then receive a discount card.

Of course, it would be great if organisations that depend on volunteers told their volunteers about the scheme and helped them apply.



Discounts are available at local businesses including restaurants, cafes, a pet shop, florists, a dry cleaners, hairdressers and yoga classes, located in Wanstead, Woodford, Ilford and Gants Hill – including the Station Cafe in Gants Hill, pictured above.

For more information see the ValueYou website at [www.valueyou.org](http://www.valueyou.org)

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## Do you or your service users have access to affordable and nutritious food?

**RedbridgeCVS is seeking views of local residents and community groups on access to affordable, nutritious food in Redbridge.**

We are conducting this research project on behalf of Redbridge Council. An Action Plan will be developed based on the findings of the research, and submitted to the Council. A multi-agency Steering Group has been set up to investigate access to affordable and nutritious food in Redbridge and to look at actions that can be undertaken by the Council and its partners to address it.

### What will happen to the results?

The research results will be published in a report. Anyone who is interested in the project will have access to the findings and they will be made available online to download or browse free of charge.

**The closing date of the survey is Sunday 18 June.**



### How long does it take to complete the survey?

The survey takes 10 minutes to complete. Thank you in advance for your time.

### Survey for Redbridge community groups

If you are a community group please complete the survey at [www.surveymonkey.co.uk/r/FPRedbrige](http://www.surveymonkey.co.uk/r/FPRedbrige).

### Survey for people who live in Redbridge

If you are a Redbridge resident, please complete the survey at [www.surveymonkey.co.uk/r/FPAPRes](http://www.surveymonkey.co.uk/r/FPAPRes).

# Funding Diary

## Projects supporting Jewish culture and education

The Wingate Foundation aims to encourage Jewish cultural, academic and educational life in a manner that enhances the Jewish contribution to the life of the wider community. In particular, applications are invited from academic institutions specialising in Jewish subjects and from bodies promoting Jewish culture, including museums, libraries and literary publications. Applications are also welcomed from organisations able to demonstrate a record in inter-faith dialogue, and reconciliation between Jews in Israel and their Arab neighbours.

**More information:** [www.bit.ly/66sAp4ZN](http://www.bit.ly/66sAp4ZN)  
**Closing date:** Monday 26 June

## Stop disadvantaged young people becoming involved in crime

The William Wates Memorial Trust provides grants for projects that help disadvantaged 5-19 year olds move away from anti-social behaviour and criminal activity. The Trustees will primarily support projects in London and the South East. However, they will also consider nationwide projects. To be eligible, applicants need to be registered charities or not for profit organisations.

**More information:** [www.wwmt.org](http://www.wwmt.org)  
**Closing date:** Wednesday 28 June

## Small grants for community groups

Skipton Building Society has 164 pots of £500 to be given away. To be in with a chance of receiving an award, groups must show a real commitment to their local community and

demonstrate how they will make a difference and enhance lives in the neighbourhood. Preference will be given to volunteer orientated groups.

**More information:** [www.bit.ly/2qEpfdy](http://www.bit.ly/2qEpfdy)  
**Closing date:** Monday 31 July

## Funding for cancer support

Macmillan's grants scheme aims to fund individuals and groups that support people affected by cancer or campaign to improve cancer care.

**More information:** [www.bit.ly/cY888Ub](http://www.bit.ly/cY888Ub)  
**Closing date:** Friday 4 August

## Holding people in power accountable

Funding from Joseph Rowntree Foundation is available to support projects that challenge how power is concentrated, shared and used and how it is changing through globalisation, new technology, new channels of communication, extreme inequality and other factors.

Specifically, JRF wants to support people to create a world in which power is more equally shared, and in which powerful institutions are responsive and accountable to wider society and aligned with the long-term public interest..

**More information:** [www.bit.ly/2ss27zh](http://www.bit.ly/2ss27zh)  
**Closing date:** Monday 4 September

## Support for women and girls

Funding of up to £15,000 is available for projects that support and transform the lives of women. For 2017 and 2018 priority will be given to projects that promote lesbian and transgender rights; tackle violence against women and girls; or support disabled women and girls. The Feminist Review Trust are particularly interested in hard to fund projects..

**More information:** [www.bit.ly/2rtZ38n](http://www.bit.ly/2rtZ38n)  
**Closing date:** Saturday 30 September

## More information

Full information about all of these opportunities is available in the Members' area of our website. Log in and go to the menu headed For Members. If your organisation isn't a member yet, it's free to join. For more information go to [www.redbridgecvs.net/members](http://www.redbridgecvs.net/members)

## RedbridgeCVS exists to support voluntary and community groups in the London Borough of Redbridge.

### RedbridgeCVS is a charity which exists to support other local voluntary groups. Our services include:

- **information** about local groups, events, jobs and funding, delivered through our website, our weekly email newsletter and our bimonthly publication Community
- support with **fundraising** and help for local groups to get organised and develop
- **training** on the topics that are really important for small groups, in small, friendly groups, with discounts the more you book
- help from Volunteer Centre Redbridge with **finding volunteers** for your group, and helping your group to work with them effectively
- **representing** voluntary groups in meetings with bodies like Redbridge Council and the NHS
- **meetings** where you can get to know other local groups and share best practice
- **advice** about the policies and procedures you need, and how to plan your work
- affordable and good-quality **room hire** and **photocopying**
- projects to help local communities improve their **health and fitness**

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## Join RedbridgeCVS

Membership is free: we invite all community groups to join if they are based in Redbridge or work with Redbridge people. Some of our services are only available to members, and members get a discount on fees, such as those for training or room hire.

## More about RedbridgeCVS

See our website at

[www.redbridgecvs.net](http://www.redbridgecvs.net)

or ring us on

**020 8553 1004**