



# Newsletter

May 2015

## CVSR Celebrating 40th Birthday



**Supporting and enabling the voluntary and  
community sector since 1975**

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# Editorial

Dear Members,  
Welcome to our May 2015 Newsletter. Council for Voluntary Service Rochdale has much to celebrate this year as we are fast approaching our 40<sup>th</sup> Birthday. It's going to be a special year and plans are underway to mark this special occasion.

My name is Alison Scholes and I'm the P.A. For the C.E.O. (Michelle Warburton).

My role is to support our Chief Executive Officer, Michelle Warburton with her ever expanding workload.

At present I am working on updating our database with current information from our members. If you have recently changed any of your contact details please let me know to enable me to update our records.

Aneesa Raza our Apprentice Administrator will be circulating regular e-bulletins. If you have any news or advertisements that you would like to circulate please feel free to drop her an email to [a.raza@cvsr.org.uk](mailto:a.raza@cvsr.org.uk)

Thank you so much to everyone that completed the annual "Voluntary Sector Survey" form. This important information will assist CVS to discover what you feel is important to you and help us to further improve and develop our services.

I noticed from the survey that some members are keen to attend our training courses. If you have completed a membership application form you will automatically be entitled to a discount on all our courses and be invited to attend our Annual General Meetings.

Our next Annual General Meeting will take place on Thursday 21st May 2015 between 6.30 to 8pm at the Unique Enterprise Centre, Belfield Road, Rochdale. I have circulated the papers to all our members so I'm looking forward to a good turn out.

This month's newsletter contains lots of exciting news and achievement from both Staff Member's and Trustees.

Karan Youngblut, our Carers Dementia Support Worker will be holding the annual "Carers Week" in June. This as usual promises to be a huge success.

I have also included updates and reasons for celebrations from our Volunteer Driver Scheme, our Volunteer Centre and more.

I hope you enjoy the read!



# CEO Update

## Chief Executive Officer – Update

I would like to start by thanking everyone who completed our Annual Voluntary Sector Survey and apologise for what may be described as us pestering you. Your views however are very important to us and have helped us to conduct our annual review. Thanks to your continued support; we received 165 responses to our Annual Voluntary Sector Survey which for us is an impressive 25% return on the numbers circulated. We also received 90% response from our service satisfaction and partnership involvement questionnaires.

We used the data provided to revisit and revise our Vision, mission, aims & objectives, prioritised our services, and agreed to continue our pledge not to compete with other local charities, community groups and not for profit social enterprises within the borough for the delivery of frontline services.

We had hoped to have moved our Volunteer Driver Service and Carer's Service to a more appropriate local organisation by now, however we are waiting for RMBC to put the Community Transport Service out to tender, and have been informed by NHS Heywood, Middleton & Rochdale Clinical Commissioning Group that our dementia carer's project has been extended for 6 months whilst a review of services is being conducted.

The past few months have been very busy but also very exciting; we have been involved on behalf of the public service reform board in the Making A Difference on Kirkholt Pilot project which has been a new kind of challenge for us. The Kirkholt Million plan has also been approved by Big Local and we will be acting as the Local Trusted Organisation for the Kirkholt Million Partnership and are looking forward to

Local and we will be acting as the Local Trusted Organisation for the Kirkholt Million Partnership and are looking forward to working with the partnership to see their hard work become a reality in the area.

We have continued to support NHS Heywood, Middleton & Rochdale Clinical Commissioning Group (the CCG) with their Social Investment Fund, this has involved us being part of the decision making panel and supporting the Advisory Group. Many groups have been funded through this valuable support to the sector, however many others have been left disappointed. We have provided support to some of those groups who are no longer funded through this grants programme and those who were unsuccessful to research and apply for alternative sources of funding. We are hoping to continue this work for another year, and broker more effective relationships between the CCG and the sector. Through joint commissioning plans between the Council and the CCG we are also hoping to better support the sector to influence and shape future health & wellbeing services.



# Admin Apprentice

My name is Aneesa Raza, and I was attracted to the apprenticeship opportunity within CVS Rochdale as the organisation provides support to the voluntary sector in the borough of Rochdale. As most of their work is supporting the development of local charities, social enterprises, community and faith groups, this was an added bonus as I am very passionate about the sector and have been involved in a number of local groups as a volunteer.

When I looked into it more, I felt that this was a perfect job for me as it gave me a chance to learn more about the voluntary sector and increase my work skills around business administration at the same time.

My main role is to provide admin support to the staff; this includes supporting the financial management support officer by processing invoices, recording cheques and banking.

I provide more general support such as photocopying, word processing, dealing with incoming and outgoing post, and dealing with telephone calls and filing.

I also support the partnership development officer with the facilitation of meetings, setting up the room, taking minutes of meetings, circulating other documentation and assisting other preparations.

This has been very interesting and has enabled me to meet more groups working in the borough.

I have also recently become more involved in supporting the Volunteer Centre work, contacting residents who have accessed the service to find out if they have been placed in a volunteering role, and if they have, what difference it has made to them.. I also do regular newsletters and E- Bulletins.



# Volunteer Centre

The Volunteer centre has been working in partnership with Oldham Voluntary Action, Community Voluntary Action Tameside and CAB Oldham on a joint project to deliver free training within the boroughs of Oldham, Rochdale and Tameside to engage with organisations from the voluntary, community and faith sector that are already delivering some level of advice/welfare/financial support in their local settings. CAB will look to form long term relationships with these groups and will offer them:

- The one day training in reception, information and 'signposting' skills
- The option for building skills further through Citizens Advice 'gateway' training
- On-going support from CAB staff to ensure all advice the organisations' offer is up to date

A referral mechanism directly to CAB advice services to escalate issues once they have been through the local gateway service.

The Volunteer Centre and CAB has engaged with a number of Statutory and VCSE organisations in Rochdale Borough over the last couple of months including Burnside Community Centre, Riverside Housing, Royal Voluntary Service, Sure Start Children's Centres, Rochdale & District Mind, The Lighthouse Project, Rochdale Libraries, Rochdale Connections Trust, The Bond Board, Stepping Stones project, and Freehold Community Group.

The next free training for frontline staff and volunteers is Wednesday 10th June 2015 to book a place please contact Kelly on 01706 510 826.

Contact the Volunteer Centre to make sure your volunteering opportunities are registered with us. By doing so your opportunities will be part of the national opportunities database [www.do-it.org](http://www.do-it.org)

## How Do I Get In Contact To Find Out More?

Should you wish to advertise your services, refer potential volunteers or give us feedback on what services you would like volunteer Centre Rochdale to offer please e-mail [k.dawson@cvsr.org.uk](mailto:k.dawson@cvsr.org.uk) or 01706 510826.



# Volunteer Centre



## VOLUNTEERS' WEEK

Volunteers from all across the Borough of Rochdale will be thanked for their contribution at The Volunteer of the Year Awards evening taking place on Thursday 4th June to mark Volunteers' Week 2015, which runs from 1-7 June.

Volunteers are central to the work of countless charities and organisations. They are a valuable presence in many communities, helping out in places as diverse as sports clubs, libraries, schools and hospitals.

During Volunteers' Week hundreds of events will be taking place across the country to say thank you to volunteers who give their time and energy throughout the year. The campaign, which was established in 1984, seeks to recognise the work that volunteers do and showcase the varied volunteering opportunities that exist.

This year, as well as thank you events organised by charities, volunteers are being encouraged to share their own stories and motivations on social media using the Twitter hashtag #ivolunteer.

**Justin Davis Smith, director of volunteering at the National Council for Voluntary Organisations, which coordinates Volunteers' Week in England, said:**

'Volunteers' Week is the perfect opportunity to recognise volunteers who put their time, energy and enthusiasm into helping others. Whether it's clearing out a local park, or helping with a reading club or food bank, volunteers are the social glue keeping our communities together. This week of events across the country will, I hope, show people how much their contribution is valued.

'Last year marked 30 years of Volunteers' Week celebrations, highlighting how rich our history of social action really is. No one is better at talking about the contribution volunteers make than volunteers themselves, so this year we are asking people to talk about the causes they care about, share motivations for volunteering, and encourage others to think about getting involved by using the Twitter hashtag #ivolunteer.



# Unique Cafe

## Unique Cafe

## Lunch Menu

The Unique Cafe, Unique Enterprise Centre, Belfield Road, Rochdale is a partnership project between the Kashmir Youth Project and the Council for Voluntary Service Rochdale.

The cafe aims to grow and develop to become a training cafe for local young people to learn about the catering industry.

The cafe has now been open for business for almost 3 months and is proving to be a huge success. Rab Davies the Facilities Management Officer, who runs the cafe, has reported that the cafe is going from strength to strength.

The cafe is open from Monday to Thursday, between 9am – 2pm. The cafe is closed on Fridays. Breakfasts are from 9am – 11am, Lunches are from 12pm – 2pm.

The cafe serves both hot and cold food and caters for a variety of dietary needs. The food is freshly prepared on the day and there is an option to choose from the "Specials Board" if you fancy a change from the set menu.

Buffets are also available but you would need to book these in advance

The cafe is open to everyone. It has proved to be very popular with members of staff. Visitors have also enjoyed using the cafe whether it's to have their lunch or just sit and have a coffee and chat with friends. If you would like to make enquiries or place an order please contact Rab on Tel. 01706 631291 or email [r.davies@cvsr.org.uk](mailto:r.davies@cvsr.org.uk)

Please find opposite the sample menu.

### Baked Potatoes

|                   |       |
|-------------------|-------|
| Plain             | £1.30 |
| With one filling  | £1.80 |
| With two fillings | £2.30 |

### Fillings

Cheese, Coleslaw, Beans, Tuna Mayo

### Salads

|                        |       |
|------------------------|-------|
| Plain                  | £1.40 |
| Cheese                 | £1.60 |
| Tuna Mayo              | £1.80 |
| Chicken                | £2.00 |
| Add Coleslaw or Olives | £0.50 |

### Snacks

|           |       |
|-----------|-------|
| Crisps    | £0.50 |
| Chocolate | £0.50 |

### Sandwiches

|           |       |
|-----------|-------|
| Salad     | £1.00 |
| Egg Mayo  | £1.20 |
| Tuna Mayo | £1.30 |
| Cheese    | £1.30 |
| Turkey    | £1.70 |
| Beef      | £1.80 |
| Chicken   | £1.80 |





# CVSR Board Member

## Forever Manchester Awards

On a cold Friday night in March 2015 it was time for the Forever Manchester awards ceremony held at the Midland Hotel. Forever Manchester is a charitable organisation, formally known as The Community Foundation for Greater Manchester, who source funds from individuals and organisations that they then award to worthwhile local community initiatives.

Archie Kelly from Phoenix Nights was the compere for the evening that included entertainment from youth groups and presentation of awards in front of an audience of four hundred people raising £38,000 on the night.



Harry accepted the award with a note of thanks to Bruce Learner, manager of Kellogg's who were sponsoring the award and Nick Massey, chief executive of Forever Manchester for his continued support.

Awards were presented to a variety of individuals and groups who tirelessly work in their local communities to enhance the lives of other, organising events and workshops that help people from many different backgrounds achieve goals.

The ultimate award on the night was the Lifetime Achievement Award and that was awarded to Harry Alldritt of Middleton for involvement in different charitable organisations over many years. Harry has worked in the past with St. John Ambulance and The European Scout Federation to secure funds which has helped purchase uniforms and camp equipment respectively.

Other projects have been arranging a model railway display at a local children's hospital and creating improved commuter experiences at Mills Hill and Rochdale railway stations by making planters and situating them with plant boxes on the platform and clearing the access areas to make the area safer.

Harry has a long association with Forever Manchester and has been a member of their funding panel for many years.

Congratulations to Harry Alldritt, (CVSR Board Member) on his recent Lifetime Achievement Award.



# Learning and Peer Support

## **Learning, Development & Peer Support**

I have recently returned to Rochdale full-time after my secondment over in Tameside came to an end. Since my return I have spent most of my time doing some work in relation to the Public Service Reform Board.

The Public Service Reform Board is, initially, intending to work with people in Balderstone and Kirkholt to better understand how people access public services and use the local residents to help co-design any new delivery models and make improvements to existing ones. The work that is being done is going to focus on meeting the challenge of continuing to deliver vital public services such as urgent care, GPs, policing, fire service and social services etc in the face of reduced resources.

The pilot scheme in Kirkholt will be used to test how services may be delivered and as part of this I worked on behalf of CVS to help plan and run a community engagement event where we wanted to capture the views of local residents. The event took place on Tuesday 14<sup>th</sup> April at Kirkholt Community Church and was open to residents of Kirkholt and Balderstone. We got lucky with the weather and had a good turnout



A number of public service organisations were present and all of them reported back that they had found the event really useful and they had all had some very good conversations with local residents.

As the event took place during the Easter Holidays we had a number of exciting activities on offer including badge making, sunflower seed planting and face painting. Now that I am back in Rochdale I will also be focussing, once again, on the delivery of Peer Support. As I outlined in my last update, Peer Support is run in partnership with Rochdale Council and is there to help any voluntary or community organisation that works in the Borough of Rochdale.

It is designed to help you in areas such as funding, monitoring, finance, managing volunteers and business planning.

I have also attended some training around the Grant Finder portal since my last update and will be sending out some information about this in the coming weeks.

If you would like to know more about any of the services that I can provide please feel free to contact me on 01706 631291.



# Kirkholt Service Fair

This poem was written by Norman Warwick (CVSR Board Member) on his visit to the Kirkholt Service Fair on the 14th April 2015.

## **KIRKHOLT SERVICE FAIR IN RHYME**

Come gather round people, and prepare  
to join in with the fun at **Kirkholt Service Fair**  
for here is a place where imagination begins  
and everything does more than it says on the tin.  
This is a day that is open to all,  
so let me introduce you to the people at the market stalls  
who have brought you activities and wondrous delights, like  
badge-making, and face painting and **Smoothie Bikes**  
and you'll even find it within your power  
to become a gardener and plant a sunflower  
and from everyday life you can take a brief respite  
and run away to join a circus by learning skills with **Skylight**

We'll even see Morris Dancing from **The Queensway Royals**  
and this wonderful day cannot be spoiled  
except by the brief three minutes of time  
it will take Just Poets to read out the rest of these rhymes!

The **Living Well** team are here, and it is beyond a joke  
when they suggest we cut down on drink and cease to smoke,  
do things in moderation and perhaps take up a sport  
like marbles or marathons, and they'll be there to support.  
They say Don't Let Drink Sneak Up On You  
but it sneaks up on me when I've had a few  
and they say Don't Eat Too Much Of What Is High In Fat And Sugar !  
That's everything I like. Ain't life a bu\*\*\*r?  
Talk to **Sharon** from the team, who had a granny who was a poet.  
Emma Wild's was not a famous name, but now we all know it.

But all this healthy living need not be a fight or a tussle  
and there is no reason at all to pull a muscle  
but if you do you should visit an organisation called **Tissue Viability**  
who teach you how to wrap and tend wounds so they are not a liability.

There is so much sound advice but to me it seems  
healthy living might get messy when we 'Slap On The Sun Cream.'

And in one corner there are cartoons, being drawn on a wall,  
of **community matrons** looking after us all  
and there is one matron here (ooh matron), who is a real carry on  
but it is a pleasure to listen to Susan Ken-yon  
who says that she sees up to thirty patients a week  
and shows them how to manage better health, so to speak,  
and how, whether it be diabetes or Parkinson's Disease,  
a little self-management might help it ease.

# Kirkholt Service Fair

There is even someone here, as a matter of fact,  
bringing us up to date with the government's **Care Act**  
and they have on their table a wide range of views  
contained in a colourful edition of the latest **Carers' News**.  
Now for those who require 'sensitive pro-relief'  
There is **Kirkholt Medical Practice**, Colgate Cream and a sense of belief  
at **Sandbrook & Castleton Hub**, in case you forgot,  
there is advice about putting damp cotton wool and cress seeds into a pot!  
The **Child And Adults Mental Health Service, (CAMHS)** I think you'll find)  
say they always 'work with YOU in mind !'  
and they might have some left, if you care to look,  
of their Handy Pocket Size Young Person's Handbook.  
(it's the book that is pocket size, not the young person,  
but of all my bad rhymes this might be the worst 'un !)

Now according to one notice, as far as I can see  
there is, at Kirkholt, offering free prescription collection and deliv-ery,  
standing on the Strand, at 29, **The Pharmacy**,  
working wonders for you and me.  
Offering, to all of Rochdale, work skills and training,  
might, for the **Community Champions**, be very draining  
but they even teach you to Talk English, if you please,  
whether you are from Burnley or Bradford or nearer home in Kirklees.  
There's more to tell you, if you'll just bear with us,  
that reveals all about the **Acute Trust** in facts and figures  
about what they do already, and what in future they oughta,  
like investing in the supply of safer water  
and delivering last year, ten thousand baby boys and girls,  
proudly and safely out into this world.

And here are **CVS**, playing their role of quietly supporting  
volunteers in health and well being, whether artistic or sporting  
and here are their staff handing out tombola tickets.  
"Answer a question with no right answer. Win a prize. Come and pick it !"  
It's said there's not much good news around these parts  
but The Rochdale Observer & Crescent Community Radio  
bring you all across the arts  
and in the coming weeks they are bound to tell  
about the smile on the face of **Council Leader Farnell**  
because, though times be austere, and there not be much wealth  
he will see today that we're going to look after other  
and improve Rochdale's health !



# Carer's Support

## **Dementia support worker**

My name is Karan Youngblut I am the Carers Dementia support worker for CVSR (Council for Voluntary Services Rochdale). My role is to help and support carers looking after a loved one with a diagnosis of Dementia.

**Christmas** and New Year seems like a life time ago now, and 2015 has already proved to be busy with drop in sessions, support groups, Carers events and new referrals flooding in daily.

## **Carers Express Training**

I recently attended a Carers Express event at Middleton Masonic Hall for GP practice staff who find it hard to attend workshops or fit carer awareness training into their working day. Carers Express is an insight-driven approach to making sure frontline NHS staff are carer aware without requiring them to attend a full or half day workshop. All who attended seemed to enjoy the day and of course the fabulous free lunch that was provided, which was followed by the impeccable voices of the carer's choir who were brilliant as always.

## **Carers Week**

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

**Carers Week** is brought to life by the individuals and organisations who come together to organise a week full of activities and events throughout the Rochdale Borough, raising awareness to show just how important carers are.

## **This Year National Carers week runs from 8<sup>th</sup> – 15<sup>th</sup> June 2015**

Local events and activities will be held across the borough, times and dates of these events will be advertised nearer the time.

## **Reading Well Books on Prescription for dementia**

In February this year I was asked to attend the "Reading Well Books on Prescription for dementia" event at Number 1 Riverside. The event was an informative and busy day which enabled lots of people to access the help and support they required from the professionals that were there. Dementia is a national health challenge with huge impact on those in our borough living with the condition, as well as their carers and families. Making these self-help books available offers a vital lifeline. The list of 25 books and 12 Pictures to Share may be useful to anyone who has dementia, is caring for someone with dementia, or would just like some more information on the condition.

There was also a Dementia Friends session held together with a workshop discussion with friends and families of those affected by dementia sharing their experiences.

For further information about Books on Prescription for Dementia please contact Karan on 01706 631291 / 01706 925808

# Carer's Support

## **Pamper day**

In the first week of March this year I attended the Springhill Hospice Pamper day for carers of a loved one with a long term illness and or Dementia. 29 Carers attended the day and were treated to a lovely breakfast, therapies of their choice, a delicious lunch and more therapies. It was a brilliant day and every carer attending said how fantastic the day had been and being treated to these pamper days really helped them recharge their batteries to continue in their caring role.

One lady quoted "In my 20 years as a carer for my husband I have never felt as relaxed and as free as I do right now-thank you"

## **Care Act 2015**

The Care Act comes into effect from April 2015 and brings with it major reforms to the social care system, including the strongest ever rights for carers.

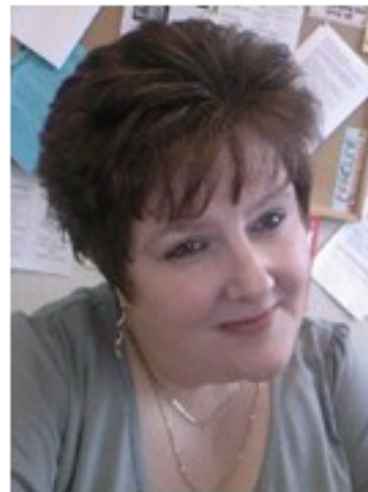
According to Carers UK, "The Care Act replaces most current law regarding carers and people being cared for. It outlines the way in which local authorities should carry out carer's assessments and needs assessments; how local authorities should determine who is eligible for support; the new obligations on local authorities; and how local authorities should charge for both residential care and community care. "

For Carers, the new act means that they will no longer have to show that they provide "regular and substantial care" in order to be entitled to a Carer's Assessment. Instead, Carers will be entitled to an assessment where they have needs that "match the rights of the person being cared for."

## **An Alzheimer/Dementia Poem**

This poem was sent to Karan from a carer that she has been working with.

Do not ask me to remember,  
don't try to make me understand.  
Let me rest and know you're with me,  
kiss my cheek and hold my hand.  
I'm confused beyond your concept,  
I am sad and sick and lost.  
All I know is that I need you to be  
with me at all cost.  
Do not lose your patience with me,  
do not scold or curse or cry,  
I can't help the way I'm acting,  
can't be different, though I try.  
Just remember that I need you,  
that the best of me is gone.  
Please don't fail to stand beside me,  
Love me till my life is done.



# Volunteer Driver Service

## **Update on the VDS nomination for the "Queen's Award for Voluntary Services."**

We are not expected to hear if we have been successful in our nomination until June 2015. I will keep you updated in the next newsletter.

On behalf of the VDS, I would like to welcome 5 new volunteers to our team.

John and Paul joined the team in January as volunteer drivers. John covering the Central Rochdale area and Paul covering Middleton. David joined the team as a volunteer driver in February covering the Norden area and Gary joined the team in March as a volunteer driver covering the Heywood area. In addition to this I would like to welcome Christine to the Admin Team.

## **Volunteer Drivers Needed**

Do you enjoy Driving, have your own vehicle and some time to spare? The CVS Rochdale Volunteer Driver Service are recruiting drivers in the Rochdale, Heywood, Middleton and Pennine areas, providing a much needed service assisting local residents that struggle to remain independent in the community by helping with transport to Social Events, Day Centres, Medical Appointments, Shopping trips etc. The majority of trips are undertaken between 9.00am and 5.00pm, and there is no limit to how much or how little time you can devote. This is a rewarding role promoting Health and Wellbeing and creating new friendships, it is an interesting and varied volunteering opportunity where no two days are ever the same. This volunteering opportunity can also help you into employment or with a career change.

Volunteer expenses will be paid. All applicants will undergo a DBS .

For further details please contact Mary Burke at the CVS Rochdale Volunteer Driver Service on Tel: 0800 032 0868.

## **Volunteer Administrators Needed**

The CVS Rochdale Volunteer Driver Service are looking to increase our team of Volunteer Administrators based at our office in the Unique Enterprise Centre, Rochdale. This is a rewarding role delivering outstanding job satisfaction. If you have administration experience and can spare a minimum of 4 hours a week, why not consider joining our friendly customer focused team. Volunteer expenses will be paid. For more information please contact Mary Burke on 0800 032 0868 for an informal chat or Email: [m.burke@cvsr.org.uk](mailto:m.burke@cvsr.org.uk)



## **Volunteer Profile: Phil Humphreys - (Volunteer Driver)**

### **Why did I join Rochdale Volunteer Drivers**

Having been in business for the previous 20 years, serving the public, and then having sold my business and entered retirement, I very soon found that I was getting bored sat at home practising at being a couch potato, and missed the interaction with people in the outside world. I needed to be back out there in the real world, meeting new faces, and if possible being of use again.

# Staff at CVSR

## CVS Rochdale

**Michelle Warburton**  
**Chief Executive Officer**  
Tel: 01706 510839  
E Mail: m.warburton@cvsr.org.uk

**Aneesa Raza**  
**Administration Apprentice**  
Tel: 01706 631291  
E Mail: a.raza@cvsr.org.uk

## Support Staff

**Alison Scholes**  
**CVSR Administrator**  
Tel: 01706 510839  
E Mail: a.scholes@cvsr.org.uk

## Non Core Staff

**Karan Youngblut**  
**Dementia Support Worker**  
Tel: 01706 510831  
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**Stuart Golding**  
**Financial Management Support Officer**  
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## Volunteering & Infrastructure Services Staff

**Tariq Khandoker**  
**Operations Manager**  
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**Kelly Dawson**  
**Volunteering Development Officer**  
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**Stewart Dobson**  
**Organisational Development Officer**  
Tel: 01706 510836  
Email: s.dobson@cvsr.org.uk

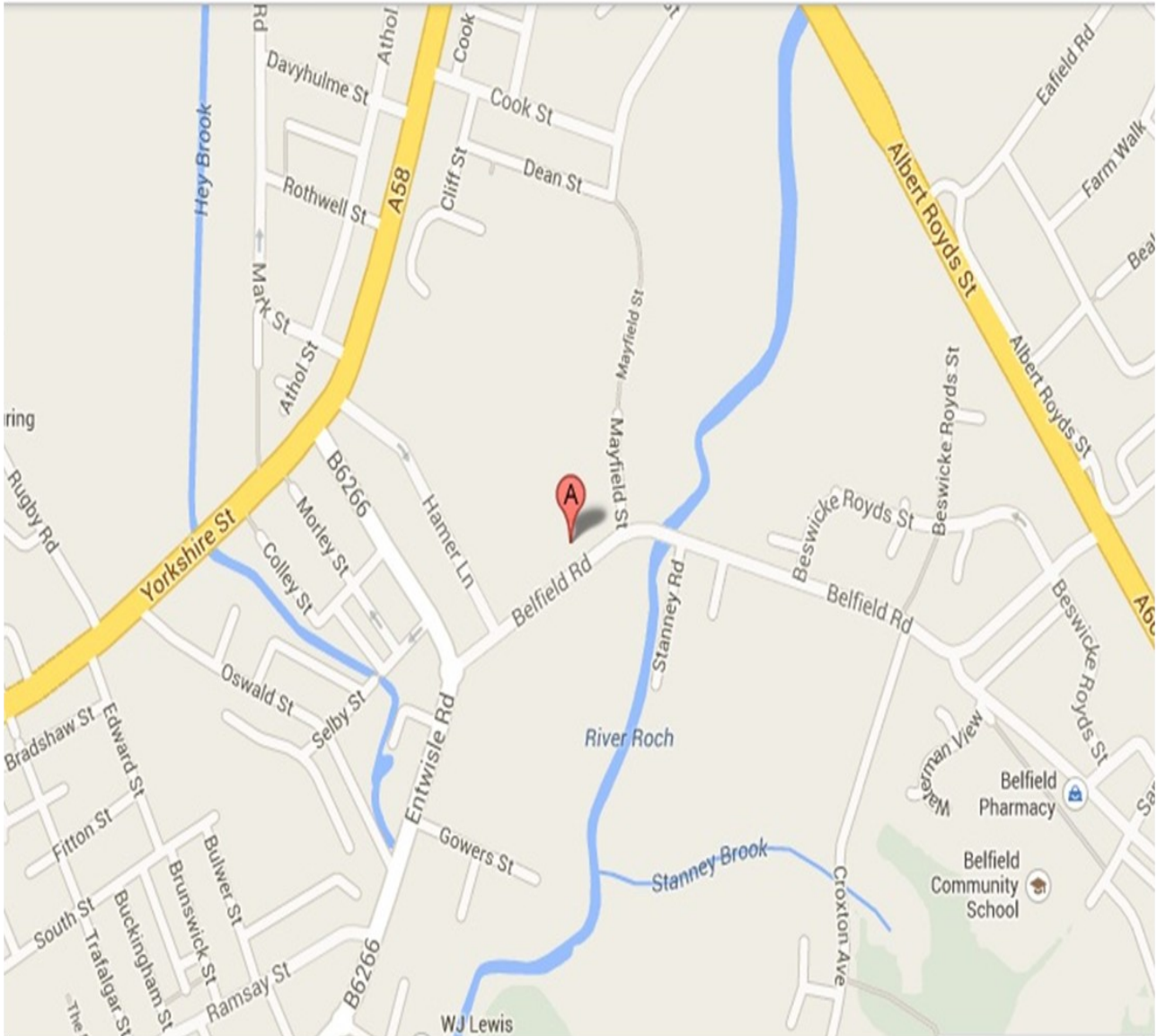
**Mary Burke**  
**Volunteer Driver Co-ordinator**  
Tel: 01706 510821  
Email: m.burke@cvsr.org.uk







# Contact Us



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