



December/Rhagfyr 2013

Flintshire Local Voluntary Council

Corlan, Unit 3, Mold Business Park, Wrexham Road, Mold CH7 1XP

Tel: 01352 744000

www.flvc.org.uk

Email: info@flvc.org.uk

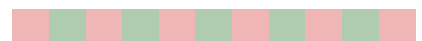
“BEST AGM EVER”



Scenes from the AGM (l-r) The Audience, Guest President Askar Sheibani, The “Big Screen”

That was the comment from one of the guests at FLVC’s latest AGM held at Coleg Cambria, Deeside Campus on 26 September. The meeting went multi-media with presentations, video clips, Prezzy and digital photographs showing off a range of projects. We also featured the work of twenty local voluntary organisations on the big screen. The theme of the event was the “Enterprising Sector”. Askar Sheibani, Chief Executive of Comtek, presided at the meeting and gave us an interesting insight into his journey from garden shed to head of an international company. Guests were impressed by his commitment to the local community and to encouraging young entrepreneurs in North Wales. Since the AGM FLVC has co-opted three new trustees who will add valuable experience, knowledge and skills to the Board. The Board members are as follows and can be contacted via FLVC office.:

Michael Dixon	Chair
Marjorie Thomson	Vice Chair, Chair Personnel
Clive Bracewell	Chair Finance & General Purposes, Chair Print Project
Tom Jones	Chair Volunteer Centre
Wendy Carter	Chair Childcare Development Grant
Liz Holland	
Paul Hinchliffe	
Pip Perry	
Barbara Roberts	
Fiona Roberts	
John Hatton	
Tom Hughes	
Kevern Kerswell	



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Updates

“CONTINUITY AND CHANGE” – MINISTER’S STATEMENT

Jeff Cuthbert, Minister for the Third Sector made a statement in the Senedd on 12 November setting out future direction for the relationship between Welsh Government (WG) and the Third Sector. It mainly focussed on the future of Infrastructure support which includes WCVA, CVCs and Volunteer Centres. The statement and a subsequent letter to Voluntary Councils makes it clear that Welsh Government is pushing for stronger regional working and greater alignment with their priorities which include reducing poverty and promoting community volunteering. The Minister stated that when proposing a formula for distribution of funding for the Infrastructure he will take account of the discussions about regional working, tackling poverty, population and geography. There are serious concerns that North Wales could lose out significantly and Sandy Mewies posed a question in the Senedd to highlight this issue.

A unique element of the relationship between the Third Sector and Welsh Government is that it is based on legislation, the Voluntary Sector Scheme, which will be updated alongside the Funding Code of Practice. The Minister stated that the Third Sector Partnership Council and Ministerial Meetings were valuable vehicles for communication but needed re-energising and this would form part of the recommendations. There will be further meetings between WG and CVCs to discuss the detailed proposals.

SURPLUS FOOD – MISSING OUT?

The Fareshare scheme is now operating in Flintshire and Wrexham managed by Crest Co-operative. At a recent meeting in Corlan, David Morris from Crest explained to a small number of Flintshire voluntary groups how they can have good surplus food delivered on a regular basis. The scheme can save your organisation money, allows you to avoid food going into landfill. If you provide food for luncheon clubs, run a hostel, residential home or day centre then the scheme will save you money. The scheme is operated by Crest Co-operative and is easy to join. For more information for people on tight budgets, as well as stopping perfectly good food going to waste contact David Morris on: Tel: 01492 596783 ext 107 Mobile: 0797 9966277

Email: david.morris@crestcooperative.co.uk

Web: www.crestcooperative.co.uk



SOCIAL ENTERPRISE FORUM LAUNCHED

The second meeting of a newly formed network will take place on Tuesday, 17 December, 1.30pm at KIM Inspire (full address below)

The Network aims to provide a platform for emerging and established social enterprises to share knowledge and experience. The first meeting took place on 8 October at the FLVC offices in Corlan. Representatives from a good range of local enterprises attended. The meeting was convened by Chris Price from Us UnLtd and featured speakers from Social Firms Wales, The County Council and FLVC. Participants supported the proposal for a virtual network and regular meetings. For more information and to book a place on 17 December contact Chris Price, Us UnLtd Development Officer chris.price@usunltd.co.uk www.usunltd.co.uk

Twitter @usunltd. Venue address; KIM Inspire, The Hub, Park Lane, Holywell CH8 7UR.

Funding News

McDonald's KickStart Grants

The objective of the scheme is to help develop community football and the community itself. The Fund is now open to applications with the next deadline being 31 December 2013. One-off grants available between £500 and £2,500 including VAT.

Funding is available for anything which will help to support, grow or develop the organisation's players and the community. This could include:

- Club facilities.
- Grounds-keeping tools.
- Training courses.
- Pitch hire.
- Mini-vans.
- Washing machines.



Who Can Apply

Funding is available for community football clubs in the UK that:

- Are recognised by their national FA.
- Have at least one team at or below junior (U18) level.

Enquiries: McDonald's Restaurants Limited

Tel: **08705 244622**

Website: <http://www.mcdonalds.co.uk/>

Welsh Church Act Fund

The Welsh Church Act Fund is a Charitable Trust Fund which is administered by Flintshire County Council. Grants are available for the following:

- Restoration of Churches and Chapels
- Encouraging the arts
- Social and recreational activities
- Sporting and Educational achievement in young people
- Charitable organisations

Maximum amounts of funding available are as follows:

- Churches/Chapels - £500
- Sporting and Educational achievement in young people – £200
- Charitable Organisations - £100 - £300

There are no set opening/closing dates for this funding. Applications are invited throughout the year depending upon funds available.

For further information and application pack please call **01352 702613**

For all your funding queries

Contact June Brady

june.brady@flvc.org.uk 01352 744004

The North Wales Police and Community Trust (PACT)

The North Wales Police and Community Trust (PACT) was launched in 1998 to support community initiatives, particularly those in which the Police are involved, which aim to improve the quality of life by reducing crime and fear of crime in all the communities of North Wales.

PACT encourages applications from community and voluntary groups, in partnership with their Neighbourhood Policing Teams that will have a positive impact in local communities and encourage a safer environment and increased quality of life.

We are committed to supporting local community projects that meet our objectives and help to have a positive impact.

We have a number of funding streams available:

- Neighbourhood Policing Team Small Grant Fund – Grants of up to £250.00 available to Police Officers only to help them support local grass-roots community groups.
- Main Grant Fund – grants of up to £2,000.00. Applications are accepted from all community/voluntary groups who are working in partnership with their Neighbourhood Policing Team.
- Operation B.A.N.G. – seasonal funding to support Neighbourhood Policing Teams with projects to reduce anti-social behaviour over Halloween and Bonfire period
- Crimebeat – Through the High Sheriffs of Gwynedd and Clwyd grants of up to £500.00 are available to support young people with their crime prevention, good citizenship initiatives.

For further information please contact - **01745 588 516** or email

info@crimebeatnorthwales.co.uk

The views expressed in this Newsletter are not necessarily those of Flintshire Local Voluntary Council. We reserve the right to edit any articles submitted for inclusion.

NESTA, THE HERITAGE LOTTERY AND THE BIG LOTTERY LAUNCH RETHINKING PARKS

Voluntary and community sector organisations and public sector organisations from across the UK may apply for grants of between £50,001 and £100,000 as well as non financial support to carry out their innovative ideas to make the UK's public parks financially sustainable.

The grants programme will help park managers and those responsible for park funding and maintenance to test new options for generating income and managing their park. Grants can be used to fund new staff, external consultancy and advice, training for staff and volunteers, publicity and marketing, equipment and limited capital works.

There is a two stage application process.

The first stage is a series of free workshops and training sessions, which organisations are strongly encouraged to attend. The free workshops will be held in January 2014 to provide information about how to submit an Expression of Interest for funding.

The workshops are currently scheduled for:

- London - 14 January.
- Edinburgh - 23 January.
- Cardiff - 28 January.
- Belfast - 30 January.

Those who cannot attend these workshops may attend an online workshop on either 16 January or 21 January.

Shortlisted organisations from Stage 1 will be invited to attend a practical innovation workshop in March 2014. Expressions of Interest will be reviewed and shortlisted organisations invited to submit a proposal.

Organisations interested in attending the January workshops should register their interest on the Nesta website www.nesta.org.uk

The second stage will see shortlisted organisations submitting their full proposals in April 2014. Grant recipients will have 18 months (from July 2014 to December 2015) to implement their innovations.

WALES ECONOMIC GROWTH FUND 2 - LAUNCH OF SECOND 2013 PHASE

The Welsh Government has opened the second 2013 phase of its Wales Economic Growth Fund – a £30m economic stimulus designed to help private and social enterprises through the prevailing economic downturn.

The initiative is a short-term, fast-track fund for Welsh businesses and social enterprises, providing immediate access to non-repayable capital funding for investments that will create and retain employment opportunities, growth and wealth. Funding allocations for 2013 are delivered in two phases. Phase 1, which has now completed, provided grants of between £50,000 and £100,000 for smaller enterprises. The current phase, Phase 2, is providing grants of £100,000 and over for those enterprises requiring larger investments.

Eligible expenditure can include new investment in capital assets (machinery, computer equipment, buildings etc). Intellectual property bought from a third party, professional fees and other one off costs related to the investment may also be eligible. Additionally, revenue costs associated with the capital investment can be funded.

Wales-based organisations operating within the private and non-profit social enterprise sectors that have projects planned to improve productivity and create and maintain jobs may be eligible for support.

Expressions of Interest for Phase Two are now being invited with a deadline for submissions of 16 December 2013. Go to

www.business.wales.gov.uk for further information



BBC CHILDREN IN NEED (Main Grants)

BBC Children in Need is an annual charity appeal organised by the BBC. Every year the BBC dedicates one evening of programming to showcase events aimed at raising money for charities working with young people in the UK. The next deadline is 15 January 2014.

The Trust distributes the funds raised each year as grants to organisations that work with disadvantaged children and young people, under the age of 18, living in the UK. Grants of over £10,000 are available to support projects for up to three years.

There is no upper limit for Main Grants but very few grants over £100,000 are made and most grants are for much less.

Funding is available to organisations that are supporting children and young people of 18 years and under who are experiencing disadvantage through:

- Illness, distress, abuse or neglect.
- Any kind of disability.
- Behavioural or psychological difficulties.
- Living in poverty or situations of deprivation.

Organisations must be working to combat this disadvantage and to make a real difference to children and young people's lives.

<http://www.bbc.co.uk/programmes/b008dk4b/features/cin-grants-main-index>

E-mail: pudsey@bbc.co.uk

Website: <http://www.bbc.co.uk/pudsey>

HEART RESEARCH UK AND SUBWAY HEALTHY HEART GRANTS

The grants support new and innovative projects designed to promote heart health and to prevent or reduce the risks of heart disease in specific groups or communities with a deadline of 6 January 2014 for the Wales, HTV region. Grants of between £1,000 and £10,000 are available.

The Healthy Heart Grant is for original, innovative heart health projects only, and not for general healthy lifestyle projects. Projects must focus on, and actively promote, heart health or reduce the risk of heart disease for the duration of the project.

The cost of travel may be included in a Healthy Heart Grant application provided it forms a necessary and integral part of the Healthy Heart project. The costs of attending meetings and conferences may also be covered if the necessary supporting documentation is included in the application.

Any equipment bought must be used for the Healthy Heart project only. The cost cannot exceed 50% of the total amount of the grant application or £2,000 in total.

Community and voluntary organisations, registered charities and other not-for-profit organisations in the UK are eligible to apply. For further detail go to - <http://www.heartresearch.org.uk/grants/subwayhhg>

E-mail: lifestyle@heartresearch.org.uk

Out and About

AFASIC CYMRU

Our youth clubs run every Thursday during term-time from 6pm to 8pm and are specifically for young people aged 11 to 17 who have speech, language and communication impairments and needs. They are run by trained staff including a Youth Project Coordinator, Speech and Language Therapist, Youth Workers plus volunteers. Our dedicated young volunteers, Jess and Darren at the club based at Argoed High school are an inspiration to the youngsters. Once members reach the age of 17 they are then invited to become volunteers themselves.

Thanks to funding from the Big Lottery and Bernard Piggot Trust, Afasic Cymru ran a residential weekend this month for the young people who attend our three Youth Clubs and Youth Forums across Wales.

This was the first opportunity that all the young people have had to meet each other and spend time enjoying all the activities offered by PGL in Borreaton Park in Shropshire. The activities included quad biking, zip wire, archery, rifle shooting, a sensory trail, puzzle park, a bonfire in torrential rain! and raft building.



After the trip we received a message from one of the young people who attend the New Dragons Club based at Argoed High School.

"I wanted to thank you for the trip, at first I was quite nervous but when I came back I feel so happy. I feel confident in what I wear and talking to people, I loved Saturday when we all just talked all night, had a laugh and jokes, love you all, you all feel like family to me. So thanks, hope we can do another trip soon like that. Wish youth club was on in the short half terms, it's so boring in the half terms. To be truthful youth club is the best thing that's happened to me, I love it so much, I always look forward to it every week, your all lovely".

For more information visit <http://www.afasic.org.uk/>

THE MAGIC OF HOME-START!

The Country Spice Restaurant in Hope has raised over £1200 for a local family support charity following the success of their Halloween Party Night.

Guests enjoyed a delicious 3-course meal and an interactive display of Magic and Mystery by Entertainer Rob Chapman. Raffle proceeds and ticket sales have enabled the venue to donate a massive £1055 to



Home-Start Flintshire and the Restaurant also raised an additional

£215 for the charity at a taster evening in September.

Home-Start recruits and trains parent volunteers to offer emotional and practical support to families in their own homes. To find out more about volunteering or support please contact **Home-Start Flintshire on 01352**

744060,
admin@home-startflintshire.org.uk

CYSTADLEUAETH MENTER IAITH SIR Y FFLINT COMPETITION



Dyma gyfle gwyh i ennill pecyn o adnoddau Cymraeg i blant, yn cynnwys llyfrau, teganau, DVD's a CD's, gwerth dros £50. Anrheg Nadolig bendigedig i unrhyw deulu bach!

Gellir ymgeisio yn y gystadleuaeth trwy:

CYFEILLIO â "Menter Iaith Fflint" ar Facebook, a RHANNU linc y gystadleuaeth. Cofiwch BOSTIO

NEGES AR EIN WAL i ddweud eich bod wedi rhannu'r llun.

Os nad ydych ar Facebook, neu ar y we, mae croeso i chi gysylltu gyda ni yn Swyddfa'r Fenter ar **01352 744040** i gofrestru eich manylion.

Here's a great opportunity to win a pack of Welsh books, toys, DVD's and CD's worth over £50. A great Christmas gift for any family!

You can enter the competition by:

BEFRIENDING "Menter Iaith Fflint" on Facebook, and SHARING the competition link. REMEMBER TO POST A MESSAGE ON OUR WALL to confirm that you have shared the picture.

*If you are not on Facebook, or online, you can contact us directly at the office on **01352 744040** to register your details.*

Dyddiad Cau / Closing date: Hanner Nos, Nos Iau / Midnight, Thursday 12/12/13 Enillydd i'w gyhoeddi ar Facebook/

Winner announced on Facebook: Dydd Gwener/ Friday, 13/12/13 – Felly cofiwch edrych ar ein tudalen! So remember to check out our page!

NORTH WALES DEAF ASSOCIATION

North Wales Deaf Association would like to offer your group or club a talk about hearing loss and the help which is currently available. The talk/presentation is aimed primarily at people with a hearing loss or those concerned about their future hearing. We will outline the various services provided by NWDA across North Wales, explain to people how to check their hearing, outline what help is available, how to access it, and answer any other queries they may have.

We will also demonstrate a range of equipment which is available to help people with their day to day living and explain how to obtain this equipment.

The talk lasts approximately half an hour and, whilst we have no set charge for this service, any contribution towards travel costs etc is greatly appreciated!"

www.deafassociation.co.uk colin@deafassociation.co.uk

Telephone **01492 563470**, Minicom **01492 563475**, Fax **01492 593781**, Sms **07719 410355**.

VISION SUPPORT

Feeling Sociable?

Vision Support has a number of social clubs which are always keen to welcome new members. The groups run a wide range of activities including book reviews, creative therapy, speakers, trips, keep fit and are a good place to make new friends over coffee and a chat.

The Prestatyn Visionaires run by Mildred Taylor meet at the Scala Cinema, Prestatyn on the 1st and 3rd Tuesday of every month from 10.00 a.m. – 12.00 noon. Contact Mildred for further details on **01745 852066** or ring the Rhyl Resource Centre on **01745 338914**.

Building on the success of the Prestatyn Visionaires Social Club, we have started two more clubs where visually impaired people can socialise and enjoy new experiences.

The Rhyl Visionaires Social Club meets on the last Wednesday of every month at the Rhyl Resource Centre, Morfa Hall, Rhyl from 11.00 a.m. – 12.30 p.m. Just turn up or telephone **01745 338914** to find out more.

The Wrexham Visionaires Social Club will meet on the first Monday of every month from 11.00 a.m. – 1.00 p.m. at the Wrexham Resource Centre, AVOW, 21 Egerton

Street, Wrexham from the 6th January 2014. Just turn up or telephone **01978 318813** or **01745 338914** to find out more.

There is also a **Visually Impaired Persons** Club for people of all ages with sight loss in Mold. The Club is run very successfully by a volunteer, Mrs Kath Owen and meets every 1st and 3rd Wednesday of the month at the Ebenezer Chapel, Mold from 2.00 p.m. – 4.00 p.m. Please ring **01352 754959** for more details.

Feeling Active?

Vision Support is looking for people over eighteen with a visual impairment who are looking to get more active and have the opportunity to take part in a range of indoor and outdoor activities. If you are interested in volunteering or taking part please contact Janette Williams on **01745 338914** or **07595412193** (Mon – Thurs).

Are You 18 – 30 Years Old?

We are looking to start a Young Persons Group for anyone with a visual impairment who is between 18 and 30 years old. If you are interested in volunteering or taking part please contact **Janette Williams on 01745 338914 or 07595412193 (Mon – Thurs)**.

Flintshire can now join together to reduce its energy bills

The switch, called Cyd Cymru/Wales Together, is being run by Cardiff Council and the Vale of Glamorgan Council, in partnership with the Energy Saving Trust, but is open to everyone in Wales. The idea is to group together and bulk buy energy, so we get a cheaper price. Collectively, we can save more.

The first step is to register your interest and provide some information about your energy use. An energy auction will then take place, where energy suppliers will give their best price to everyone that has registered. Next, you will be contacted with a personal offer for you, based on the information you have provided. You are under no obligation to switch, and if you accept the offer, you will be assisted to switch to the new cheaper tariff.

This is the first time we've tried a free collective switch in Wales, and our scheme is backed by the Welsh Government. We've seen great results in similar switching schemes across the UK and Europe. At a time when the costs of energy seem to be going up, ways to save some money have never been more important.

Everyone in Wales is welcome to join the scheme, and the more people we can get to sign up, the better discounts we can negotiate with the energy supplier.

You can register your details with us by filling in the online form on our website,

www.cydcymru-energy.com or calling our contact centre on **0800 093 5902**.

For more energy saving tips please visit www.energysavingtrust.org.uk/wales.

Switch on to cheaper energy.



To promote your organisation in
Voluntary Voice contact **Sue Williams**,
01352 744030 or
sue.williams@flvc.org.uk

SUMMER BOWLING IN PENYFFORDD!



From the top:

Follow up of positive result of Penyffordd's recycled Conservatory (grant last year of £750)

Coaching session for St Davids Saltney.

*Next project planned for Winter is a Shower shelter for spectators in front of the Portacabin
Meanwhile ,thanks to FLVC for latest grant towards a Varticutter attachment for mower.*

NEW!

Fridays at the Hub!



Come along to the Hub every Friday where you'll find all of this!...

Lunch for only £5!

Come along to our Luncheon Club where two courses will be served between 12-2pm! Bookings are not necessary but due to popular demand are recommended so please call in advance.!



The Food Co-op

Check out our fresh fruit and veg which is available to buy — great quality produce at great value!



Jumble Sale

Whether you're looking for clothes, books, toys, or even craft items, come and see what bargains are on offer!



~ Every **Friday** at **12noon** ~

Everyone welcome!

The HUB, Park Lane, Holywell, Flintshire, CH8 7UR.
Phone: 01352 872189. Ask for Annie or Chad.

Health & Community

TRANSFORMING ACCESS TO HEALTH & SOCIAL CARE SERVICES

Funded through the WG regional collaboration fund a new project 'Transforming Access to Health and Social Care Services' is being implemented across North Wales.

The vision being 'to create a new, streamlined, way for adults across North Wales to gain access to advice, assessment and co-ordinated community Health and Social Care services, by contacting just one telephone number.'

The Single Point of Access will be developed regionally, but delivered locally with the principle of sustainable partnership working central to the programme's overall success.

Local Authorities, the Health Board and the Voluntary Sector via the CVCs have been involved in the development of the programme. A regional programme manager has been appointed and the process is underway in appointing county project managers. As part of the regional programme two third sector posts have been appointed to achieve the following as part of the wider programme:

- To ensure that both voluntary and independent

sector organisations across North Wales are involved in the Regional Transforming Access Programme.

- To ensure that appropriate attendance at regional workstream meetings and local Single Point of Access meetings.
- To specifically ensure that Single Points of Access are provided with comprehensive information regarding voluntary and independent sector services.
- To be fully engaged in discussions regarding workforce and workforce training within Single Points of Access.
- To respond to requirements for the development of further capacity at a community level, taking forward pilot projects within independent and voluntary sector partners

If you would like further information about the involvement of the third sector in this programme please contact

Kate.Newman@flvc.org.uk 01352 744003

'GET ONLINE WREXHAM FLINTSHIRE' EXCEEDS 300 BENEFICIARIES

Over 300 local people have taken advantage of the free information and training offered by 'Get Online Wrexham Flintshire', a project aiming to take the fear out of computers and the internet, and promote the benefits of getting online.

The project is supported by a team of dedicated, enthusiastic and empathetic volunteers who lead and support short, informal 'Absolute beginners' courses for people with little or no experience of computers and the internet.

Short courses are also offered to those who've already mastered the basics. The 'Pass I.T. On' workshop is designed to encourage IT users to share their skills with an absolute beginner, providing an overview of digital exclusion and its ramifications and lots of hints, tips and tools for



coaxing and coaching people online. For those seeking employment, the 'Web for work' course introduces online resources to help plan and manage job hunting more effectively.

Project leader Kevin Roberts says, 'I'm really pleased that despite being up and running for just six months, we've surpassed our expectations and helped over 300 local people to better understand digital technology, and appreciate how the internet can make

their everyday lives easier. Interest in the project continues to grow and we look forward to spreading the word further throughout 2014.'

For more information about 'Get Online Wrexham Flintshire', please contact **Mel Salisbury**, Digital Inclusion Outreach Officer: Tel: **01352 744026**

Email: mel.salisbury@flvc.org.uk

VILLAGE HALLS FORUM

On Tuesday 22nd October, the Village Halls Forum took place at Hawkesbury Community Centre, Buckley. Speakers were: Chris Price of Us Unlimited who gave an outline of being enterprising in a social context; Chris Ablett of FLVC speaking about village halls engaging the interest of young people and Kieran Duff, also of FLVC, discussing planning for the future. The second and third sessions engaged the participants in interactive exercises.

A number of the participants expressed the opinion that the interactive sessions were particularly useful and informative. Contact john.gray@flvc.org.uk **01352 744005** for information on the Forum.

Project News

MENTORS FOR ME

Mentors for me – supports and empowers children and young people with disabilities in Flintshire to fulfil their potential and reduce social isolation.

Mentors for me will be running a weekly youth group for service user, starting in January 2014. The youth group will offer a variety of activities for young people to take part in, and encourage social interaction. The group will be supported by volunteers and two staff members, some of the activities we have planned for the new year will include cooking, film making, arts and crafts, games, t-shirt designing and music. Our Mentoring Project also matches disabled children and young people with volunteer mentors, mentors and mentees meet for a couple of hours each week. Volunteers are there to support their mentee to make positive choices in their life and to set and achieve small personal goals and increase social integration. Over the past month we have enjoyed group activities

including an evening of bowling at the Jade Jones Pavilion in Flint, thanks to Sports Flintshire, and an entertaining evening at Pizza Hut in Deeside, where with the endless choice of pizzas it took longer to decide than it did to eat!

If you would be interested in joining our team of volunteers please contact **Purdy Edwards** on **01352 744006** or email purdy.edwards@flvc.org.uk.



VOLUNTEER FAIR 2013

On 21 October we had great fun once again at our annual Volunteer Fair in 'Theatr Clwyd'. The event was attended by young people from most of the Flintshire High schools as well as groups working with young people, such as The Youth Offending Team and the Time for Change Project. Well over 100 young people and staff took part in three fun and inter-active workshops and had the chance to browse round a 'marketplace' of volunteering opportunities. The three workshops consisted of:



- a new short film introducing the concept of volunteering in a very novel way plus activities, (produced and devised by Chris Ablett)
- A Design Your Own *Happy Volunteering Town* with Flintshire Youth Forum
- An energetic workshop looking at opportunities to volunteer with sports (with Yen Leung from Sports Development)



STEP UP, STEP OUT

Step Up, Step Out Volunteers continue to get involved in a variety of activities on a weekly basis, from litter-picking at Talacre beach with Keep Wales Tidy to making bird boxes at North East Wales Wildlife. We are delighted with the service that Welsh Border Transport provide to take our ever-increasing group round the county. Our volunteer drivers are Eddie and Malcolm and they could not be more friendly and accommodating.

To find out more about getting involved, contact:

jill.blandford@flvc.org.uk



TIME FOR CHANGE

Strange things can happen to unwary travellers who venture into the country on misty, moist November afternoons! We were a group of seven. It was 5 November and we were at the Wildlife Centre in Rhydymwyn. We were met by the Volunteer Co-ordinator, smiling cheerily and ready to meet the “gang”. There was myself, my colleague Matt and our band of four volunteers. There were two year eleven students and two nine year old primary school pupils, all eager and raring to go! We were going to prepare, build and light a bonfire in the woods, under the strict supervision of our guide of course!

The crème de la crème of this event was to be the toasting and melting of marshmallows, pierced and perched on sticks and held close to the ever warming flames.



We all learnt so much in the space of two hours. For example, did you know that the carefully peeled bark of the Mountain Ash can act as an aid to lighting a fire? We walked about half a mile through the centre, way up into the woods. Along the road the group carefully snapped dead and withered branches, together with strips of bark, all to be gainfully employed as fuel for our fire. What a great lesson that outdoor walk was, with lots of looking and touching lots of trees and walking through thick layers of dead, forgotten leaves. After a fair climb and stepping over dead roots and branches we arrived at our clearing and, under strict guidance, the fire was lit. Everyone sat in the circle and enjoyed the

crackling and waves of smoke. Yes, the marshmallows were roasted, toasted and enjoyed. Our little group behaved perfectly. The older pupils helped in supervising the younger boys and they each helped me as we wound our way down the road! This was much appreciated! This had been such a good afternoon with so much incidental learning and information given.

It's been a busy but enjoyable term. The highlight of this term has been the onset of the Mentoring programme which enables young volunteers to cascade their skills to both peers and younger pupils. The project has so far has taken a number of forms. One of these forms has seen two young people being taught basic coaching skills through basketball, which has led to them helping deliver coaching sessions in local primary schools which will culminate in a basketball festival. This has also built links with Flintshire Sports Development through which these young coaches have started their Basketball Leaders coaching qualification.

Another aspect of the project has seen us building an excellent relationship with Bryn Coch primary school and led to these young people being given the responsibility of being lunchtime play leaders running coaching sessions to engage groups at break time.

The final element of the project has utilised these young people as mentors, working and guiding



the primary aged children who have been referred to the project. These mentors do the activities in one session and then pass on the skills they have learned in the next. The responsibility has had a very positive effect on the mentors and has given positive role models to the younger children.

What other activities have we done? Visits to Clwyd Special Riding Centre, North Clwyd Animal Rescue, and “taster” sessions in the Foodbank, an excellent cafe in Holywell, Loggerheads plus cooking, baking and basketball training at the Delyn Centre.

Thank you to all the organisations that have enabled these to happen.

Between now and Christmas Chris Ablett offered IT workshops. Hair and beauty sessions have been booked at Coleg Cambria which will prove valuable to those who attend. On 16 December the group will entertain Holywell Autumn Club – an event we have done for the past six years and hope that this year will be as pleasing as the past.

After all the “popping on” of aprons, serving tea, coffee, cakes and mince pies – what next? High tea at the Ritz... maybe?

Margaret E Jones & Matt Weedall

margaretejones@flvc.org.uk matt.weedall@flvc.org.uk

Shaun's News and Musings

When your number is up... According to The World Bank life expectancy in the UK is '80.75' (2011) which is up from '71.13' (1960) which is good news for those selling Happy 80th Birthday cards. It is also estimated by the DWP that a quarter of those currently under 16 will become centenarians.. although on the positive side they may have moved out of the family home and got their own place by then!

All I want for Christmas is... to know when and how much my Pension is.

In October 2012, the Government introduced new pension legislation in an attempt to address the issue of increased life expectancy, coupled with insufficient retirement savings. Auto-enrolment, is being phased in with the emphasis on the employer to include a minimum pension provision for its employees.

Auto enrolment is already in place for large organisations including big charities such as the NSPCC. Although, it will be between 1 June 2015 and April 2017 before most organisations with fewer than 50 employees have to auto enrol. Check your staging (start date) by inputting the Employer PAYE into the Pensions calculator. {www.thepensionsregulator.gov.uk/employers/tools/staging-date}

However, it is still important to plan ahead as there are financial and administrative obligations including minimum contribution payments which increase over time. The employer has to pay a set % of these, but it might be that the organisation can pay all of the required contributions or more.

Date	Employer minimum contribution	Total minimum contribution
Employer's staging date to 30 September 2017	1%	2%
1 October 2017 to 30 September 2018	2%	5%
1 October 2018 onwards	3%	8%

Luxury SPA ... You may already be dreaming of that luxury spa upon retirement but before you do, check your SPA, as your individual State Pension Age (SPA) {www.gov.uk/calculate-state-pension} is likely to change. The government has already proposed to accelerate the SPA changes, which will increase SPA from 65 to 66 by 2020, and to 67 between 2026 and 2028.

The FLVC Christmas cracker joke... Why didn't the third sector skeleton go to the Christmas party? ... he had 'no body' to go with. Ho ho ho.



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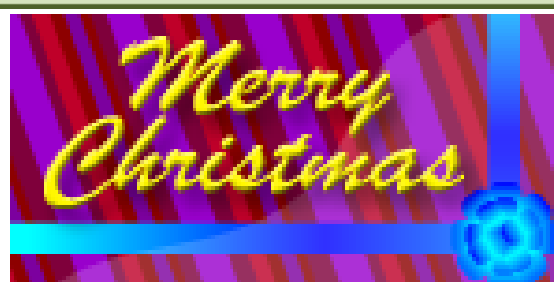
Irene and Rachael would like to say a big Thank You to all of our customers, organisations and volunteers who have supported us during 2013.

We will be closed over the Holiday period from
12.30 pm on Friday, 20th December 2013
and re-open at
9.00 am on Thursday, 3rd January 2014

We wish all a Merry Christmas and a Happy New Year and look forward to welcoming you back in 2014.

irene.langford@flvc.org.uk
Tel: 01352 744031
FLVC, Corlan, Mold Business Park, Mold, CH1 7XP.



And Finally ...



Best wishes for Christmas and the New Year from all at FLVC.

Our offices will be closed from 4.30 pm on Monday, 23 December.

Corlan will be open 30/31 December but it is anticipated that most FLVC staff will be on leave until 2 January 2014.



WALES RALLY GB VOLUNTEERS



A group of four 'brave' volunteers from FLVC took part in Wales Rally GB as Rally Makers. The Team included Lynne, Ali, Ant and Aaron. They stayed in a farm house

in Llandderfel near Bala. The volunteers went all over North Wales supporting spectators of the rally, sometimes having to get up at 4.00 am!

Congratulations to the volunteers, they did a great job!



Deadline for copy for next newsletter is **Friday, 24 January 2014**. For further information on Voluntary Voice, or for inclusion of any articles, contact **Sue Williams** on **01352 744030** or Email sue.williams@flvc.org.uk Voluntary Voice is available on our website www.flvc.org.uk

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**Flintshire Local Voluntary Council
REGISTERED OFFICE**

Corlan, Unit 3, Mold Business Park, Wrexham Road, Mold CH7 1XP

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Telephone: 01352 744000 Fax: 01352 750531 Email: info@flvc.org.uk