

The logo for Flintshire Local Voluntary Council (FLVC) features the letters 'FLVC' in a bold, sans-serif font. The 'F' and 'L' are white, the 'V' is green, and the 'C' is white, all set against a blue rectangular background.

Flintshire Local Voluntary Council
Cyngor Gwirfoddol Lleol Sir Fflint

VOLUNTARY VOICE

WINTER 2015

WWW.FLVC.ORG.UK

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Front Cover: Vale of Llangollen
by Barrie Potter - www.barrie-potter.co.uk

Flintshire Local Voluntary Council

Corlan, Mold Business Park,
Wrexham Road, Mold,
Flintshire CH7 1XP
info@flvc.org.uk
01352 744000

Flintshire Local Voluntary Council

Our Vision: FLVC's vision is of a strong, sustainable and effective voluntary and community sector, involving and serving Flintshire people.

Our Mission: FLVC's mission is to support, develop and promote voluntary and community activity in Flintshire and to strengthen the capacity of voluntary and community groups to contribute to the quality of life of Flintshire people and communities.

WHAT'S NEW AT FLVC ?



We have a new tenant within the building - Antur Teifi. Antur Teifi is an independent company which inspires, develops and supports enterprises which have the potential to create prosperity and success in the local economy.

The roots of the company are firmly in the Teifi Valley and the company was originally established in order to assist the development of the local economy. By now the name is well known throughout Wales and beyond and is associated with the delivery of a high level of innovative actions. Their specialist commercial

services include Marketing & Communications, ICT Support, and Payroll Services. Their business support services and employment and communications services are delivered through Government and public sector contracts.

As an organisation their primary aim is to identify your individual needs as a business and then signpost you to the relevant services both internally and externally.

For more information contact
01352 744034 newales@anturteifi.org.uk
www.anturteifi.org.uk

NOTES FROM ANN

JANUARY 2015

Welcome to the winter edition of Voluntary Voice and a happy 2015 to you all from everyone here at Flintshire Local Voluntary Council. 2014 brought many changes to our organisation and 2015 poses a challenge for all third sector groups. As a sector we all face funding uncertainty in the light of the current austerity measures.

Evidencing the difference we make to the lives of local people is becoming increasingly important. In addition to the skills required to deliver a high quality service, creating an initial and ongoing case for public sector funding, managing the business of our organisations and monitoring and evaluating our progress are also vitally important. I hope you continue to see Flintshire Local Voluntary Council as your first point of contact to help with your service provision and that 2015 brings us many opportunities for partnership working. In addition to formal, jointly funded work, we cannot underestimate the value of shared learning and peer support for staff and volunteers. Through a programme of targeted training and facilitated workshops, we look forward to sharing ideas and thoughts with you soon and often.

Dear Diary

ANN'S DIARY

DIARY ENTRIES FOR THE NEXT FEW MONTHS:

- Meetings with Flintshire County Council Officers and third sector organisations to ensure the impact of future funding cuts is minimised to help preserve the vital services we provide.
- Exploring further opportunities for cross border- working with our neighbouring County Voluntary Councils.
- Exploring more opportunities for training and support for individuals requiring additional support to engage in a programme of volunteering.
- Working with Health and Social Services in the development of the Single Point of Access programme.
- Maximising the use of the CORLAN building and the services we host to ensure the best possible service to third sector groups.
- Supporting Community-based organisations with their consideration and application for involvement in Flintshire County Council's Community Asset Transfer programme. (Flintshire County Council are funding FLVC to provide a programme of support and training for this).



Chief Officer
01352 744028
ann.woods@flvc.org.uk

“ SEE FLINTSHIRE LOCAL VOLUNTARY COUNCIL AS YOUR FIRST POINT OF CONTACT TO HELP WITH YOUR SERVICE PROVISION ”

BBC CHILDREN IN NEED FUNDING SURGERY

THURSDAY 19TH MARCH 2015

Flintshire Local Voluntary Council is pleased to announce that a half day of pre-booked appointments has been organised in collaboration with BBC Children in Need. The opportunity to access this very popular funding programme is open to voluntary and community groups that work with disadvantaged children and young people. Groups serving Flintshire will be able to apply for a 30 minute appointment with James Bird, a BBC Children in Need grants officer, to discuss the eligibility and potential of a project proposal. Groups that wish to apply must be available anytime between 10.00 a.m. and 12.15 p.m. on Thursday 19th March 2015 – confirmation of the actual appointment time will be advised to successful applicants by June Brady. The number of appointments are limited,

To apply for an appointment please forward an outline of your project proposal (no more than one side of A4), preferably by e-mail, to june.brady@flvc.org.uk. Applications must be received by 2nd March 2015.



ALEC DICKSON TRUST

Grants are available to help young people to run a project in their local area anywhere in the UK that involves local volunteers up to a maximum of £500.

For further information please go to

www.alecdicksontrust.org.uk

E-Mail: alecdicksontrust@gmail.com

CASEY TRUST

Grant for charitable organisations undertaking projects to support children and young people in the UK.

For further information see www.caseytrust.org

CLWYD COMMUNITY CHEST GRANT

Small grants are available for voluntary and community organisations undertaking charitable activities in the former county of Clwyd up to £250.

For further information see www.dvsc.co.uk

GOSLING FOUNDATION

Grant for charitable organisations carrying out projects related to social welfare, especially those involving children and young adults up to a maximum of £5000.

For further information please go to

chypps.org.uk/the-gosling-foundation/

MORGAN FOUNDATION

Grants for small to medium-sized registered charities and charitable organisations working with children and families, people who are older or disabled or socially isolated in North Wales, Merseyside, West Cheshire and North Shropshire.

The Foundation primarily supports registered charities but does occasionally fund other types of not-for-profit organisation pursuing charitable causes. Whilst it recognises the need for specialist, professional care in some circumstances, preference is given to hands on organisations with a high volunteer input.

To be eligible, applicants should:

- Have been in existence for at least two years.
- Be able to produce audited accounts.

E-Mail: contact@morganfoundation.co.uk

SPORT WALES COMMUNITY CHEST SCHEME

Fancy £1500 towards your community sport project?

Community Chest offers grants of up to £1500 in any 12 month period for activities that encourage more people to become more active, more often and raise the standards of existing activities.

WHO CAN APPLY ?

The scheme is open to any group as long as they hold a bank account in the organisations name. For further information on eligibility etc or to download an application form please go to

www.sportwales.org.uk/communitychest

VOLUNTEERING

BAILEY HILL RENOVATION PROJECT

Another successful opportunity has been taking part in the Bailey Hill Renovation Project, working in conjunction with Groundwork & Keep Wales Tidy. We have been involved mainly in scrub clearance around the banks of the Motte, making habitat piles and clearing areas for planting wild flowers and bulbs.



STEP-UP! STEP-OUT! WINTER VOLUNTEERING PROGRAMME

Volunteering activities have been well attended this season and a particular favourite has been helping out at the Operation Christmas Child Warehouse to check the boxes before dispatch. It was quite a moving experience to see the great care & thought some people and children put into filling their boxes. We were there to witness the boxes being loaded onto the most enormous transit van going to the Philippines. About 13,000 boxes would leave Wrexham alone. It made us all very appreciative of what we have.



FLINTSHIRE VOLUNTEER CENTRE CHRISTMAS PARTY

Over 50 people made merry at the Volunteer Centre Christmas Party and were entertained by Mike Parry singing, and a quiz organised by Jill Blandford. Each guest was presented with a personalised Christmas cake made by volunteers from the Inspirational Traveller Girls project. These young people from John Summers High School waited on and ran the raffle. Everyone commented what a credit they were to their school and their community.



EVENTS

B2C – TENDER WRITING WORKSHOP

AVOW and B2C are hosting a half-day Tender Writing workshop, delivered by Jamie Edwards from TenderWrite. The session will cover the follow areas:

- Introduction to tendering - what's it all about?
- Where to find tenders?
- The rules of tendering
- How financial rules/regs affect the process
- Terminology and jargon buster
- The process - PQQ, ITT, RFQ?
- Tips for good practice
- Policies - and how to develop them
- How to use feedback to improve your future bids
- The mentality for tendering
- Questions & Answers

The event is taking place on Friday 27th February 2015, 9:30am – 1:00pm. The venue will be at Solvings Ltd, Mold Business Park, Wrexham Road, Mold.

In order to book your place on this event, please contact Victoria Holberry on [01978 312556](tel:01978312556) or email victoria.holberry@avow.org



ARIENNIR GAN Y LOTERI
LOTTERY FUNDED



FLVC TRAINING EVENT LEASES AND THE LANDLORD & TENANT ACT 1954

Wednesday
18th February 2015
@ Solvings,
Mold Business Park,
Wrexham Road, Mold

Ever wanted to better understand the terms and conditions of your lease? This course might well be the one for you! Find out what should be in a lease and which clauses you should look out for!

ASK THE QUESTIONS YOU NEED TO ASK!

Although this course is open to everyone, those involved in the Community Asset Transfer process will be prioritised for attendance. For further details, please contact:

John Gray, FLVC, Tel: 01352 744005, Email: john.gray@flvc.org.uk

HEALTH / SOCIAL CARE & WELLBEING

PARTNERSHIP WORKING FOR HEALTH AND WELLBEING

We felt it timely, with the new year and the publication of the new style newsletter, to re-introduce the health and wellbeing team at FLVC.

KATE NEWMAN

HEALTH AND SOCIAL CARE FACILITATOR

My role as facilitator requires me to initiate and facilitate effective partnership working between Betsi Cadwaladr University Health Board (BCUHB) and third sector organisations who provide relevant Health, Social Care and Wellbeing services.

My work involves a mixture of working at both Flintshire County

level and across North Wales. Significant developments for the coming year include:

- Supporting the development, and implementation, of the BCUHB third sector strategy.
- Provide training to health and social care staff to improve the knowledge and understanding of the third sector.

- To develop a 'Social Prescribing project' which aims to create an effective signposting system from GPs to third sector services in Flintshire.
- To support the development of the Flintshire Single Point of Access for Health, Social Care and Wellbeing services.

KAREN PETERS

HEALTH AND WELL BEING ADMINISTRATOR

FLVC (implemented by myself) coordinates the Flintshire Wellbeing network. This includes the offer of a membership to the network from which you then receive a weekly e-bulletin with news updates relevant to health, social care and wellbeing in Flintshire and across North Wales. You can add your own news update on the network also, by contacting me karen.peters@flvc.org.uk 01352 744015.

To find out about the latest news, updates, training etc please visit:

<http://flvc.org.uk/health-and-social-care/health-and-wellbeing-newsletter/>

FLVC also provide a web based directory (which is updated twice yearly) of organisations who provide health, social care and well being services and have opted to be included in the directory. The availability of the directory is

proving a key benefit in supporting the staff in the Flintshire Single Point of access team, keep up to date with third sector services.

I contact organisations twice a year as a reminder to update their details. I also promote the availability of the directory so organisations can continue to be added.

<http://flvc.org.uk/health-and-social-care/wellbeing-directory/>



L-R: Kate Newman, Lynze Rogers, Karen Peters

LYNZE ROGERS AND NERYS HAF

TRANSFORMING ACCESS DEVELOPMENT OFFICERS

Lynze and Nerys have been introduced in the previous two FLVC newsletters as with the Single Point of Access Programme. They are both employed by FLVC but their work is directed by the SPOA programme. Fundamentally, their role is to develop effective engagement between the third sector and the SPOA programme to inform its development and ensure effective working links.

Karen provides administrative support to the regional SPOA programme.

“ FLVC ALSO PROVIDE A WEB BASED DIRECTORY OF ORGANISATIONS WHO PROVIDE HEALTH, SOCIAL CARE AND WELL BEING...”

COMMUNITY

THE FLINT SHARE VEG HUB



Flint Share, a local community supported agriculture project who grow fruit and vegetables at sites in Northop, Cilcain and Hawarden have recently launched a Saturday morning veg hub from their Northop, Glyndwr University site.

Members are invited to forgo the supermarkets and take advantage of the seasonal harvests.

The veg hub makes it more convenient for members to access produce from all the sites and it brings people together. There is also opportunity if folk have time to assist with growing in the Northop polytunnels.

If you are interested in joining a community of local people 'growing their own' contact us by calling Sandi Roberts: 07753816136

THE FLINTSHIRE PARKINSONS SUPPORT GROUP

The Flintshire Parkinsons Support Group would like to thank FLVC for the help and encouragement given to the group since becoming a member of FLVC last summer. Members have recently attended a computer course and have used the Printroom service offered including advice on press releases. All this support has helped us increase our membership along with the weekly 10.30 am Thursday Tai Chi Sessions held at Mynydd Isa Community Centre.

If you would like further information about the Flintshire Parkinsons Support Group please contact Alfred Jones, Group Coordinator, on 01352 730539.

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

BUCKLEY REMEMBERS WWI

During November and December last year in Buckley Library, the Buckley Society mounted an exhibition to commemorate the start of WWI, which was excellently received by the community and is



resulting in more information on those who served being offered for our records. A major section of the exhibition consisted of information panels designed from our material by Barrie Potter in The Printroom (Flintshire Local Voluntary Council);. The Society would like to thank The Printroom for providing us with work of high quality to enhance our project. A magazine dedicated to Buckley and WWI and a new publication on Frederick Birks, VC, MM are available to purchase via the website.

Buckley Society chairman, Keith Shone and Buckley town mayor, Ian Peters at the launch of the exhibition in front of two of the panels designed by The Printroom www.buckleysociety.org.uk

APIAU NEWYDD I HELPU PLANT I DDYSGU DARLLEN YN Y GYMRAEG

Mae Menter Iaith Sir y Fflint wedi lansio 4 Ap "Magi Ann" gyda 38 stori hwyliog syml i helpu plant i ddygsu darllen yn y Gymraeg. Mae'r apiau'n gymorth mawr i rieni di-Gymraeg neu rheiny sy'n dysgu'r Gymraeg.

Gellir lawr lwytho'r apiau o'r AppStore a'r PlayStore AM DDIM.

Mae un ap wedi anelu at ddisgyblion mewn ysgolion cyfrwng Saesneg, a 3 ap ar gyfer plant mewn ysgolion cyfrwng Cymraeg.

Dilynwch Magi Ann ar Twitter @ApMagiAnn ac ar Facebook, www.facebook.com/apmagiann.



NEW APPS TO HELP CHILDREN TO LEARN TO READ IN WELSH

Menter Iaith Sir y Fflint have launched 4 "Magi Ann" apps with 38 simple fun stories to help children learn to read in Welsh. They are a big support for non-Welsh speaking parents and for those who are learning Welsh.

All the apps are available to download from the App Store and Play Store FREE.

One app is aimed at pupils in English-medium schools, and the other 3 for children in Welsh-medium schools.

Follow Magi Ann on Twitter @ApMagiAnn and on Facebook: www.facebook.com/apmagiann.

NORTH WALES DEAF ASSOCIATION

Are you finding it hard to join in conversations? Why not come to our FREE L.I.P.S. class (Lipreading Information.Practical Strategies), at Mold, Parkfields Community Centre, Ash Grove, Mold, Flintshire, CH7 1RY.

Every week starting Thursdays 10 am – 12 noon – 15th January. We also learn about new equipment to help with our residual hearing, and more importantly we have FUN. For more information contact North Wales Deaf Association, 01492 530013 e-mail info@deafassociation.co.uk



ACTION ON HEARING LOSS CYMRU

TINNITUS - LIVING WITH IT

9.30 am-3.30 pm

Saturday 7th February

Free Tickets. Venue Cymru,

Llandudno LLL30 1BB

To find out more and to

register for your

free tickets telephone

02920 3333 034

or visit

actiononhearingloss.org.uk/wales



TESCO TREATS RESIDENTS TO CHRISTMAS LUNCH

Staff from the TESCO store in Mold put on a free Christmas Community Lunch for Clwyd Alyn Housing Association residents from Buckley recently.

"It was a lovely gesture and the residents had a wonderful time, we'd like to thank everyone at TESCO who helped to make the day so special and also say a big 'Thank You' to Anita Vale, Warden at Nant Mawr Court in Buckley, and Janice Peterson, area Clwyd Alyn Housing Officer who helped co-ordinate the event," said Louise Blackwell Community Development Officer for Clwyd Alyn.



SPECSAVERS SUPPORT FORMER HOMELESS FAMILIES

Families and single parents who have experienced or been at risk of being homeless, were given an early Christmas present last week, thanks to the generosity of staff at the Specsavers' store in Mold. The store organised a toy appeal throughout December collecting items which were donated to the Preswylfa

Supported Living Scheme in Wrexham and the Erw Groes Family Centre in Holywell, with all the items safely delivered in time to make Christmas extra special this year.

Louise Blackwell, Community Development Officer for Clwyd Alyn Housing Association, which manages both of the Supported Living Schemes, said: "We'd like to say a huge "Thank You" to Store Manager Katy Owen, and all of the Specsavers Team in Mold, as well as everyone who has supported their Toy Appeal. The donated items are really appreciated and will help to make Christmas extra special."

Stuart Walls, Senior Project Officer at the Erw Groes Family Centre: "Families who find themselves homeless or at risk of being homeless can feel particularly isolated at this time of year and it is really appreciated that others have been so generous, thinking of them and helping to make their Christmas special."



NEURO THERAPY CENTRE CELEBRATES 30 YEARS

2015 marks the 30th anniversary of the Neuro Therapy Centre. The Centre was established in 1985, as the then named MS Support Centre, to offer Oxygen Treatment to people with the condition. The Centre now supports a wide range of neurological conditions including Parkinson's, ME and MND which led to its name change to the Neuro Therapy Centre in 2014.

During the last couple of years the Centre has also developed a wide range of new services to add to its successful offer of one-to-one and group physiotherapy and fitness suite. It now offers podiatry, counselling, services for carers, occupational therapy, audiology support, sports massage and a range of social activities including a weekly choir.

www.neurotherapycentre.org
01244 678619



TRAINING

COURSES ORGANISED BY FLVC :

Internet Safety 12th February 2015
 Handling Aggressive Behaviour..... 16th February 2015
 Mental Health Certificate for Young People
 26th/27th February 2015
 First AidTBC
 Sign Language 5th, 10th, 19th, 24th, 26th March
 For further information or to book on to one of the above courses please email Jane Hewson, Communications Administrator – FLVC, on : jane.hewson@flvc.org.uk

NORTH WALES TRAINING ACTIVE CITIZENS

MARCH 2015

This course is for anyone looking to become more active in their community, or develop their leadership skills.

There will be interactive workshops on building relationships, practical ways to create change, working with people in power, and identifying issues in the community.

The course starts at 6pm on 13th March, and you will stay overnight at Noddfa in Penmaenmawr, until 6pm on 14th March.

Training is free to TCC member groups, or those from groups who are thinking of joining. For non-members course fees are payable.

Please visit www.tcc-wales.org.uk, or call 01978 262588.



Calling all parents, grandparents and those with experience of parenting!

Could you help make a difference for young families in Flintshire as a Home-Start volunteer?

Many parents need help, friendship, advice or support during those early years when the children are young. Perhaps they are struggling to cope with postnatal illness, a child's disability, family bereavement or breakdown, or isolation.

Home-Start Flintshire train volunteers to visit families at home to provide non-judgemental practical and emotional support and so build the family's confidence and ability to cope.

Our next volunteer preparation courses are starting in January, both evening and daytime. You may choose to work towards accreditation for your learning. Further courses are planned for March and June.

If you'd like to join us, please get in touch with the Home-Start Flintshire team to find out what is involved.

We'd love to talk to you!

Home Start Flintshire

01352 744072

admin@home-startflintshire.org.uk

LOOKING FOR OFFICE OR MEETING SPACE ?

FLVC OFFICES OFFER MODERN COMFORTABLE AND FLEXIBLE OFFICE SPACE WITH A RANGE OF SUPPORT SERVICES AND FACILITIES.

We are situated on the Mold Business Park, Wrexham Road on the outskirts of the town. The Centre provides office space in various sizes and styles, including hotdesk facilities at very competitive rates. Whether you are seeking an office for yourself, your staff or volunteers, or some flexible "hotdesk" arrangement, we can help.

Corlan is fully accessible with a lift to the first floor. We have a friendly and efficient reception service. Telephone, IT and internet access are all available, including Wi-fi. Corlan also has a suite of meeting rooms and an excellent in-house design and printing service (The Printroom) with postal franking and pick-up for your convenience.

Corlan is a voluntary centre which is home to a number of voluntary organisations. It's a friendly and busy community and a great place for networking. Good car parking available.

FOR MORE INFORMATION AND TO TALK OVER YOUR NEEDS CONTACT :

Shaun Darlington on 01352 744027
or email shaun.darlington@flvc.org.uk



GIVE YOUTH A CHANCE...

Employer NICs for employees under the age of 21 will be effectively reduced to zero from 6th April 2015, when employers will no longer be required to pay Class 1 Secondary NICs on earnings paid up to the Upper Secondary Threshold (UST) to any employee under the age of 21. The UST, after which the employer does pay NIC, is £815 per week so this should not affect too many in this sector!

NATIONAL INSURANCE EMPLOYMENT ALLOWANCE EXTENDED TO CARERS AND SOME HOME SUPPORT WORKERS.

Individuals who employ certain carers will be able to claim the NICs Employment Allowance from April 2015. As a result, they will be able to reduce their NICs bill by up to £2,000 a year. From April 2015 households that employ care and support workers (but not Nannies) will qualify for the Employers National Insurance Contributions (NIC) Employment Allowance of up to £2000. This means that a family will be able to employ a care worker on a salary of up to £22,500 and pay no employer's NIC.

NEW SHARED PARENTAL LEAVE REGULATIONS

came into force on the 1st December and will apply to the parents of babies born from April 2015. An ACAS good practice guide is available www.acas.org.uk/SPL. This SPL will be great to allow for more time to be spent at home watching the crying, whining, and tantrum throwing babies (otherwise known as Premier League footballers).

NEW TAX CODES

It was announced that the basic personal allowance for the tax year starting 6th April 2015 will be increased to £10,600 and the tax code for emergency use will be 1060L. Check your tax codes add up 1060 when they arrive in the post or on your payslips from April.

CHARITY COMMISSION UPDATE!

Key figures from the commission's compliance case work in 2013-14:

- 790 - times the commission used its compliance powers in 2013-14, compared to 216 in 2012-13
- £31,316,039 - charity money directly protected by the commission's action in completed statutory inquiries
- 100,659 - trustee checks undertaken
- 1,664 - sets of accounts reviewed
- 1,972 - operational compliance cases completed
- 1,264 - individual serious incidents reported by charities
- 85 - whistleblowing reports made to them

The majority of the commission's expenditure, about 65%, is on staff costs. The remaining expenditure is as follows: 11% on office accommodation - the commission are based across four sites in Liverpool, Taunton, London and Newport. 12% on information technology and information systems and 12% on general running costs, including training, travel, printing and postage and other office costs.



THE PRINTROOM

Quality printing for everyone

FEBRUARY SALE!

Yes, that's right! We are offering an additional 10% off to all FLVC members giving you a whopping 20% discount on all print orders received during February 2015 across all our product lines. A great time to order ahead your banners/display boards/posters and flyers for your forthcoming fundraising events as soon as the weather improves! Why not pop in and see us in The Printroom at Corlan to discuss your printing needs. We're here every weekday Monday to Friday.

THE PRINTROOM
Quality printing for everyone

Competitive prices!
10% discount for FLVC members!



Flyers - Calendars - Banners - Posters to A0
Greetings Cards - Newsletters - Booklets
New Full Graphic Design Service

01352 744031

theprintroom@flvc.org.uk
Corlan, Unit 3, Mold Business Park,
Wrexham Road, MOLD, Flintshire CH7 1XP



FLVC

Flintshire Local Voluntary Council
Cyngor Gwirfoddol Lleol Sir Fflint

Supporting Promoting Developing



For more information and quotes, please contact us on
01352 744031 or email theprintroom@flvc.org.uk

AND FINALLY...

FLVC staff at their Christmas lunch each put £1 and the name of a charity of their choice in an envelope. The charity that was picked out this year was North Clwyd Animal Rescue so £20 is on its way to them. A purrfect end to a wonderful Christmas lunch !

