VOLUNTARY VOICE

LLAIS GWIRFODDOL



April/Ebrill 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

LOCAL ACTION ON WELFARE REFORM

The Advisors Network convened by Flintshire CAB is the latest network to consider the impact of the Welfare Reforms. Presentations about the Flintshire Foodbank and the new arrangements for crisis payments underlined the fact that people in Flintshire are already struggling. Input from Paul Neave (FCC) described the work they are doing to upskill staff to deal with queries and an offer to roll this out beyond FCC. Salli Edwards (CAB) outlined how they've restructured, following a major cut to their funding, to protect frontline services as best as possible. Some key information points:

• If you are working with individuals or families who are/have been affected by the Welfare Reforms please contact the CAB on

<u>socialpolicy@flintshirecab.org.uk</u> and they will email a "quick evidence form" which you can use to describe the situation (with clients permission). Real stories can help to influence politicians and policy makers!

• If staff and volunteers in your organisation support people affected by the changes and they would benefit from some training then contact Bryn Hall at CAB on

bryn.hall@flintshirecab.org.uk

• You can get a useful list of Food Coop venues and opening times from *Natalie Edwards* of the Rural Regeneration Unit on

07772 109695 or email natalie.edwards@rru.org.uk

• You can contact the Flintshire Foodbank on 01352 755385 or email

info@flintshire.foodbank.org.uk. You may want to act as a collection point, become an official referral agency or find out the location and opening times of the distribution points

• To find out more about the new crisis payments the "Discretionary Assistance Fund" Tel: 0800 859 5924 free from landline or 033 0101 5000 local rate. There is an online application process

Summary of Changes

Many of the major changes in welfare benefits came into force on April 1st, including: abolition of Council Tax Benefit – deferred in Wales, Reduction in Housing Benefit (the so called "Bedroom Tax"), Disability Living Allowance has become Personal Independence Payment (PIP). Arrangements for emergency payments known as the Discretionary Assistance Fund in Wales is now managed on a national level by Northgate Public Services in collaboration with Wrexham Borough Council and the Family Fund. Universal Credit, which will replace a range of other benefits, will be phased in later this year and will become a monthly payment with online application process.

WELSH GOVERNMENT REVIEW—NEW MINISTER

As reported in the last edition of *Voluntary Voice*, Welsh Government is reviewing its relationship with the Third Sector. Following recent cabinet changes, Huw Lewis AM is now the Minister responsible for tackling poverty and for the Third Sector. Paul Dear, Head of the Third Sector Unit, is leading the review and the focus on tackling poverty is likely to be even more acute. A number of consultation workshops have already taken place, including one on volunteering. A consultation report is due out in May.

For further information contact *Kieran Duff* <u>*kieran.duff@flvc.org.uk*</u> or phone 01352 744028

INSIDE THIS ISSUE:

Updates	2
Funding News	3
Out and About	5
Health & Community	6
Training Opportunities	8
Young Flintshire	9
Shaun's News & Musings	10
And Finally	12

'PASS I.T. ON' – A FREE WORKSHOP TACKLING DIGITAL EXCLUSION WEDNESDAY 22 MAY 2013

pdates

10AM – 12PM

CORLAN, UNIT 3, MOLD BUSINESS PARK, WREXHAM ROAD, MOLD. CH7

1XP

Q1: Can you browse the internet safely, and send and receive emails?

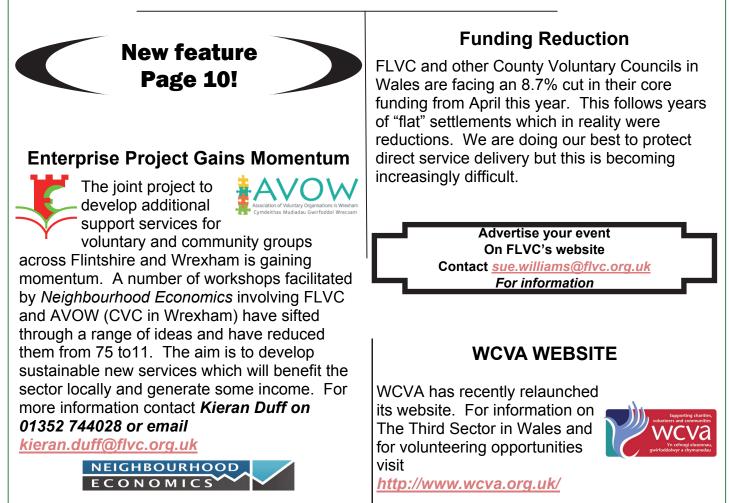
Q2: Can you complete online forms, make bookings and purchases online, access government websites and register to join online networks?

If your answer to these questions is 'yes', and you know at least one person who'd answer both questions with a resounding 'no', we invite you to join us in banishing digital exclusion.

'Get online Wrexham Flintshire' is launching a new workshop, 'Pass I.T. on', during Adult Learners Week. Attendees will gain an insight into the who, what and why of digital exclusion in Flintshire, together with the confidence and resources to coax and coach someone towards inclusion.

As moves towards government services becoming 'digital by default' continue, it's particularly pertinent to share IT skills with the people who rely on these services. That said, workshop places are available to anyone willing to pass on basic IT skills to a service user, friend or relative. To book your place, please contact *Melanie Salisbury, Digital Inclusion Outreach Office. Tel:* 01352 744026 Email: mel.salisbury@flvc.org.uk

'Get online Wrexham Flintshire' offers taster sessions and training courses to groups of people with little or no experience of digital technology. If you belong to, or know of a group that could benefit from our project, or you're an individual interested in attending a group session, please get in touch.



Funding News

HERITAGE LOTTERY FUND – OUR HERITAGE PROGRAMME

The Our Heritage programme is for any type of project related to national, regional or local heritage in the UK. You can apply for a grant of more than £10,000 and up to £100,000.

Under this programme, we fund applications from single organisa-

tions, partnerships and private individuals. Please read the appli-

cation guidance for more information.

Our Heritage is a rolling programme, meaning you can apply anytime. We will assess your application in eight weeks and then make a decision. Please contact your local team to find out when decisions are made.

HLF Sharing Heritage Programme Launched (UK)

This £3 million scheme is administered and provided by the Heritage Lottery Fund (HLF). It follows on from the success of HLF's one-off grant scheme 'All Our Stories'.

Not for profit organisations including community groups, social enterprises, community/parish councils and local authorities can apply for grants of between £3,000 and £10,000 for projects which make a difference to people, heritage and communities across the UK.

Heritage can include many different things from the past that are valued and that people want to pass on to future generations, for example:

- Archaeological sites.
- Collections of objects, books or documents in museums, libraries or archives.
- Cultural traditions such as stories, festivals, crafts, music, dance and costumes.
- Historic buildings. .
- Histories of people and communities. •
- Histories of places and events. •
- The heritage of languages and dialects. •
- Natural and designed landscapes and gardens.
- People's memories and experiences (often recorded as 'oral history'). •
- Places and objects linked to our industrial, maritime and transport history.
- Natural heritage including habitats, species and geology.

To be supported, projects must meet some of the outcomes identified by HLF, and as a minimum, achieve one of the identified outcomes for people. These are:

Outcomes for people - people will have:

- **Developed skills** .
- Learnt about heritage
- Changed their attitudes and/or behaviour •
- Had an enjoyable experience .
- Volunteered time

Outcomes for heritage - heritage will be:

- Better managed •
- In better condition .
- Better interpreted and explained •
- Identified/recorded

Outcomes for communities:

- Environmental impacts will be reduced •
- More people and a wider range of people will have engaged with heritage .
- Organisations will be more resilient
- Local economy will be boosted
- Local areas/communities will be a better place to live, work or visit

We recommend that you send us a project enquiry form before you apply. Register a project enquiry at website:

www.hlf.org.uk/wales

Applications can be made at any time.

For all your funding queries **Contact June Brady** june.brady@flvc.org.uk 01352 744004

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.

3



Cronfa Dreftadaeth y Loteri Heritage Lottery Fund



THE PEOPLE'S MILLIONS OPEN TO APPLICATIONS (UK)

Grants of between £20,000 and £50,000 are available for new community based projects that provide opportunities for all people to enjoy their local area, whether indoors or out. Priority will be given to projects that:

- Improve the lives of people in the community.
- Inspire local people to get involved.

Voluntary and community groups, local authorities, schools, and statutory health bodies in the UK are eligible to apply.

To get an entry pack, just go to this The deadline for applications is 13 May 2013 (noon).

COASTAL COMMUNITIES FUND

The Coastal Communities Fund is encouraging the economic development of coastal communities by providing funding to create sustainable economic growth and jobs.

In Wales:

 \pounds 1.45 million is available in 2013/14. Only applications that fully address the requirements below will be considered for stage two, grants are available from \pounds 50,000.

Applications are only eligible from coastal communities with a population of below 100,000.



Applications are only eligible for projects that contribute to the regeneration of a coastal community through:

• tourism proposals that form part of, or link to, each region's destination management plans, such as Wales coastal path or maritime heritage projects; or

• proposals that directly finance the start-up or expansion of community/local microbusinesses, such as maritime skills and training. Please check your eligibility at http:// www.biglotteryfund.org.uk/global-content/ programmes/uk-wide/coastal-co

COMMUNITY ACTION PARTNERSHIP GRANT FUND

The following groups were successful in the final round of the Community Action Partnership grant fund.

Flintshire War Memorials-	£1363	-	I.T. equipment, scanner, project & stand
Bagillt Community Hall-	£4000	-	Toilets refurbishment
St Deniol's Church Hall-	£2736	-	Electric oven, wiring & central heating to kitchen
Bistre Parish Community Hall-	£3236-		Reboard & replace flat roof, tiles & downspout
Saltney Stonebridge -Douglas			· · ·
Place Comm Centre-	£3236-		Cooker, hob, fridge, chairs & sofa
Mold & District Civic Society-	£1424-		IT equipment, projector, printer, sound system
Buckley Boxing Club-	£3000-		Suspended ceiling

3rd Sector Doctor Project

AVOW (Association of Voluntary Organisations in Wrexham) and FLVC (Flintshire Local Voluntary Council) are currently preparing a joint bid to the Big Lottery.

Please spare five minutes to complete the survey (link below), your answers will determine the demand for enhanced support from the 3rd Sector Doctor project.

The project will provide a customised and in-depth level of advice and support to 3rd sector organisations that maybe fragile, at risk or in transition. Intensive support will be given to committee members, staff and volunteers to help develop necessary skills needed to improve the management, effectiveness and sustainability of the organisation.

https://www.surveymonkey.com/s/CVCsupport

Out and About

STEP UP, STEP OUT SUPPORTED VOLUNTEERING PROJECT

During November and December 2012 six participants completed an OCN in Volunteering & Community Involvement and during January and February 2013 we resumed our Volunteering Programme, giving individuals the chance to join a group on a variety of fun volunteering projects. Here are a few snap-shots of what we have been up to!



Great Crested Newts at a North East Wales Wildlife Reserve in Bucklev

Community Garden Project, Greenfield

If you think all this looks great fun, you are right, it is! For more information about future supported volunteering projects, please contact: jill.blandford@flvc.org.uk

EYE 2 EYE

There will be a concert by The Hawarden Singers at St Andrews Church on 18 May at 7.00 pm admission £5, including refreshments. For tickets please ring Pauline 01244 810567 all proceeds to Eye 2 Eye social club for registered visually impaired people living in Flintshire

For people who haven't heard of Eye 2 Eye we are a small registered Charity run by volunteers we meet every Wednesday at St Andrews Church Hall. It's a social club for registered visually impaired people living in Flintshire we arrange subsidised transport to and from the club each week.

Thanks to a grant from Awards for All the Big Lottery we are able to run a luncheon club on the 2nd Wednesday in each month going to different venues for a meal. We can pick people up from their front doors and take them home again. If you know of anyone registered visually impaired please tell them about us. For any more information please ring **Pauline** 01244 810567



Health & Community

HEALTH LINKS

FLVC employs a Health and Social Care Facilitator whose role it is to provide a link between the voluntary sector and BCU Health Board. One of the key tasks for the facilitator is to link the voluntary sector with the work of the locality teams.

FLINTSHIRE LOCALITY LEADERSHIP TEAMS

North Wales has been split into 14 'localities'. A locality population is between about 30,000 and 50,000 people. This is felt to be the ideal population size for health, social care and community services to work together effectively to support residents.

Each locality will look at how community based services can work together to respond to the needs of local residents. They are led by a locality team which includes, amongst others, a local GP, social services and the voluntary sector.

In Flintshire there are three locality teams:

South Flintshire includes Mold, Buckley, Leeswood, Hope, Caergwrle and surrounding communities.

North East Flintshire covers Deeside area (including Connah's Quay, Shotton, Queensferry), Hawarden, Broughton, Saltney and surrounding communities.

North West Flintshire covers Flint, Holywell and surrounding communities.

In 2013 locality teams are working to:

- Ensure required changes to services, as a result of the Mental Health Measure, are implemented.
- Understand the services currently available and improve them where necessary for the following priority areas:- Dementia, continence, falls.
- Plan and implement Enhanced Care across each locality. Enhanced Care provides an increased level of care to patients in their own homes, who otherwise would have to be admitted to a community hospital or an acute hospital. For patients who are already in hospital, Enhanced Care can also support some of them to be discharged home sooner than they might have been. This is achieved through partnership working between GPs, therapies, social care, third sector organisations.
- Support and enable people to take responsibility for their own health and wellbeing specifically work to prevent obesity, prevent over consumption of alcohol and support people to stop smoking.

FALLS PREVENTION PATHWAY CONSULTATION (OPEN UNTIL FRIDAY 3RD MAY)

Betsi Cadwaladr University Health Board, in partnership with North Wales Local Authorities, the Third Sector, Independent Care Providers, and Public Health Wales, has been leading a regional project to inform the development of a Falls Prevention Pathway.

The regional project aims to seek clarity around where it should, collectively, be focusing resources in order to maximise impact on falls, quality of life for older people, and in so develop an equitable provision across the region.

Please follow the link to respond to the consultation. http://www.wales.nhs.uk/sitesplus/861/page/65922

For information on Health & Social Care Issues Contact Kate Newman: <u>kate.newman@flvc.org.uk</u>

BRIEF INTERVENTION TRAINING WITH VOLUNTARY SECTOR ORGANISATIONS

Brief intervention is a method of discussing a given issue in a positive, non-confrontational way to encourage and motivate an individual to make a behaviour change. Staff and volunteers from voluntary sector organisations are being encouraged to undertake the training as their front line roles are recognised as valuable in supporting people to make changes for improved health outcomes. Nineteen people from nine different voluntary organisations recently attended a series of training sessions. The training covered how to use brief intervention to discuss smoking, alcohol and mental health. The aim of the training is that participants will be able to recognise appropriate opportunities to discuss the aforementioned health issues with individuals and feel confident in doing so. Participants were also provided with information about relevant services to signpost/refer people to, in Flintshire. Organisations whose staff/volunteers completed the training included Barnardo's, Shelter, Arthritis Care, Stroke Association, Alzheimer's Society, Communities First, Team Around the Family, FLVC Volunteer Centre.

If you would be interested in having brief intervention training delivered to your staff/volunteers – or if you would to discuss further any of the above please contact *Kate Newman 01352 744003* <u>kate.newman@flvc.org.uk</u>

NEW FUNDING

NEWCIS and Barnardo's, supported by the HSC facilitator, have been successful in securing funding (subject to WG approval) for a twelve month project. The purpose being to provide practical support, and information to young adult carers to maintain and improve their health and well being. Areas for focus will be linked to the health improvement priorities of the locality leadership teams - smoking, obesity, sexual health. The project will also be based on the ' Five ways to wellbeing' model which promotes the importance of five key components for wellbeing - Connect; Be Active; Take notice; Keep learning; Give.

ICAN EVENTS

Age Concern North East Wales currently has two *ICAN* events running in Flintshire and we are looking for volunteers to support us at these events and also new sessions as they expand across the county.

ICAN sessions are currently held once a month at Glan Y Morfa Court in Connah's Quay and at The Friary in Pantasaph. Sessions run between 10am and 2pm and enable older people to engage in a range of activities, to socialise and enjoy a two course lunch. Each session is a variety of activities from crafts and games to computers, gentle exercise and guest speakers. The current sessions are well attended by a range of older people from across the community. We are looking for volunteers to support us with running the sessions in a variety of ways to ensure the day goes smoothly from serving lunch to sharing skills and interests with the group.

We are looking to expand *ICAN* across the county so if anyone knows of any venues who would welcome a dynamic new activity session for older people please contact *Tania Allen on 08450 569969.* If you would like to know more about volunteering at an ICAN event please contact *Sarah Kennedy-Ratcliffe on 08450 569969.*

VOLUNTARY SECTOR FORUM

The latest Voluntary Sector Forum took place on Wednesday, 27 February at Pontblyddyn Cricket Club (lovely setting!) The main focus was on the impact of Welfare Reform. Fair to say that participants were quite shocked by the implications and spent some time discussing how they can respond to what is likely to be increased demand on their services. Key roles will be providing information, benefits advice, signposting, advocacy and emergency support. In the afternoon the focus was on service design and commissioning and how third sector organisations can play a more active role in shaping services.

Training Opportunities

As part of a review of our annual training programme, recent meetings have taken place between FLVC, AVOW, DVSC and WCVA in order to provide a regional approach to training, both in terms of co-ordination and delivery. By pooling resources and strengthening links, CVCs across N.E.Wales are therefore able to present a bigger range of innovative and exciting courses to suit a variety of needs and interests. FLVC's training timetable is now being put together for the next twelve months and the process of populating the Learning Zone on FLVC's website is becoming a reality (watch this space!). The following training courses will be run during May, June and July 2013: 28th May 2013 Supervising Staff Effectively 7th June 2013 Inspiring Leadership 10th & 11th June 2013 Training Trainers (Youth Work)

24th June 2013 Managing Poor Performance Prioritising and Time Management 28th June 2013 To request a training brochure please email: karen.peters@flvc.org.uk.

Flintshire Advocacy Services will also be running the following groups and workshops:

All-About You! Self-Advocacy and Me Best Foot Forward! Personal Presentation Workshop 'Keep Calm and be Prepared'! Why is There Never Enough Time? Empowerment and How to Get It!

In addition they will also be running a four day Introduction to Advocacy course which covers the taught elements of the Independent Advocacy Qualification on Monday, 20th May, Tuesday, 21st May, Thursday, 23rd May and Friday, 24th May at FLVC offices Corlan in Mold.

The course content consists of:

Day One: Principles of Advocacy, confidentiality and empowerment Day Two: Equality & Diversity, beliefs, values and attitudes Day Three: Communication skills and Day Four Boundaries, risk and conflict

Days Five and Six to be held at a later date for those advocates acting as IMHA's The cost for the four days is £200 per person to include refreshments, lunch, course materials and a certificate of attendence.

To request further details please contact *fas@flintshireadvocacy.co.uk*

Likewise, **NYAS** will be running the following courses:

Informal Advocacy Training

14th May 2013 Communication Skills with Children & Young People with Learning Disabilities 20th May 2013 For further information please contact *liz.harrison@nyas.net*

Young Flintshire





Year 11 students at Hawarden High School came to Corlan to decorate some amazing cakes for their cake sale in school They raised £100 for Nightingale House!

For information on Youth Volunteering Contact Jill Blandford 01352 744001 or jill.blandford@flvc.org.uk



Rhys Parry, a year 12 student at Hawarden High School, spent his working experience with Flintshire Volunteer Centre. Rhys helped us out with some research as well as taking part in some volunteer taster days with the Step Up, Step Out Project. He enjoyed a day at the Mostyn Walled Garden Project, even though it was quite hard work shifting compost in wheelbarrows. Rhys also came to the Healthy

Heath Project at Moel Findeg, where we were cutting down saplings and burning them on a fire, which was useful as it was an extremely cold day! On the Friday we went dog-walking at North Clwyd Animal Rescue where it felt like the hounds were taking us on a walk! Rhys received his 20 Hour Silver Youth Volunteer Award.

Thank you Rhys for all your hard work!

Shaun's News and Musings

Budget news.

Save Up to £2000 Employer National Insurance. From April 2014, all businesses and charities will be eligible for the new allowance, which will reduce their national insurance contributions (NICs) bill. It is suggested that up to 2.5million employers will benefit, while 450,000 of the country's smallest businesses will no longer pay any employer NICs.

Real Time Information

Real Time Information, or RTI, is a new system that HMRC has introduced to improve the operation of PAYE. It's the biggest change to the PAYE system since 1944! Some of you may remember the previous change! For an employer the main effect is to increase the number of submissions, provide additional details such as hours worked and the inclusion of certain employees that were not in the normal payroll cycle (eg students, casuals and those earning below the thresholds). It is important to ensure changes are made in a timely manner.

The National Minimum Wage rate per hour is increasing

Year	21 and over	18 to 20	Under 18	Apprentice*
2013 (from 1 October)	£6.31	£5.03	£3.72	£2.68
2012 (current rate)	£6.19	£4.98	£3.68	£2.65

Basic Personal Tax allowances ... are you due a rebate?

You may notice a little extra in your net pay this month as the new basic personal tax allowances are applied increasing the amount you can earn before tax from £8105 (tax code 810L) to £9440 (tax code 944L). However, it is important to always check that you have the correct code as you may be due a rebate. If, last year, you had multiple jobs with different employers then each would apply a different tax code with the cumulative adding up to 810L. One employment may have applied 500L and another 310L. If your codes did not add up to 810L for last year, or if your overall income was below £8105 (810L) and you paid tax, there is a good chance that you will be due a refund of tax. Call HMRC 0845 300 0627. It will be helpful to have your last payslip for each year/employment, your year end P60s, the Employers PAYE references and you will need to supply details of other income/pensions you receive. There are third party resources to help you check such as moneysavingexpert.com tax calculator or if you employer uses our payroll service you can call FLVC., 01352 744027.



The Weak-ly blog a lighter perspective of real events ... "is that your auestion?"

I started at the rather encouraging 'Employer Helpline' ... hopeful title you might think ... ok, so I had to meander past the auto attendant dial options ... but yes a real person ... then the problem ... I was informed that they could only deal with one question at a time ... after considering possible responses such as 'The meaning of life, Saturday's lottery numbers, I plumped for a simple one ... "Is that your question?", she replied. Thinking that she must have thought my question so trivial that I had an opportunity to add a second I continued with another ... but this was a sharp cookie ... do you wish to change your question? No, but can I have an answer to the first? Yes, but I have to send the question onto another department who will



respond to you... this could take forever as we go back and forth with each question. Why can't I just run through the details that I have and you can tell me when it differs? 'Is that your question, sir?, "**!!!!!**" 1,2,3 ... count to ten.





And Finally ...

FLVC Membership

FLVC Membership was due for renewal on 1 April 2013. If you have not renewed, this will be the last edition of "Voluntary Voice" that will be mailed to you. If you wish to continue receiving this, and benefit from the other services that FLVC offers to members, please send your renewal as soon as possible. FLVC has not increased its membership fee for several years as we understand how difficult it is for voluntary and community organisations to operate in the current financial climate.

VILLAGE HALLS FORUM



The Village and Community Halls Forum was held at Pantymwyn on Wednesday, 13 March 2013.

Despite the fact it was a cold night, attendance was good with thirty-one trustees and representatives participating from locations all over the county.

Topics included: "The Newest Threat to Charities," "Business Supporting Communities and Village Halls," and "Creating an Active Flintshire – The Current and Potential Role of Village Halls" - all presented by members of staff from FLVC. An additional topic was presented by Sally Thomson about the successful Ffrith Food Co-op.

Deadline for copy for next newsletter is **Friday**, **28 June 2013**. For further information on Voluntary Voice, or for inclusion of any articles, contact **Sue Williams** on **01352 744030** or Email <u>sue.williams@flvc.org.uk</u> Voluntary Voice is available on our website <u>www.flvc.org.uk</u>

Printed by Community Printing, Corlan, Unit 3, Mold Business Park, Wrexham Road, Mold CH7 1XP

Flintshire Local Voluntary Council REGISTERED OFFICE

Corlan, Unit 3, Mold Business Park, Wrexham Road, Mold CH7 1XP Company Limited by Guarantee: Number 3301204 Registered Charity Number: 1062644 Telephone: 01352 744000Fax: 01352 750531 Email: info@flvc.org.uk