

Voluntary Voice Newsletter

Issue 1 2019
www.flvc.org.uk



Hayley Hill, Health & Social Care Manager and Fran Hughes, Health & Wellbeing Development Officer promoting the Single Point of Access.

*Supporting,
Promoting and
Developing Voluntary &
Community Action*



Cefnogi Trydydd
Sector **Cymru**
Third Sector
Support **Wales**

FLVC
Flintshire Local Voluntary Council
Cyngor Gwirfoddol Lleol Sir y Fflint

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*You can be part of
this newsletter too!*

If you would like to include an article in the next edition of Voluntary Voice then please forward your article to:

Jane Hewson,
Communications Officer, Mold Business Park,
Wrexham Road, Mold, CH7 1XP.
Email - info@flvc.org.uk
Tel - 01352 744 000

Would you be happy to receive our Voluntary Voice newsletter electronically?

Printed copies will always be available and we recognise the importance of hard copies. If you would like to help us to reduce costs, and damage to the environment, and are happy to access this publication online please can you contact Jane Hewson, Communications Officer. Email – jane.hewson@flvc.org.uk



Flintshire Local Voluntary Council (FLVC)

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.

Welcome to Voluntary Voice, and our first edition for 2019.

Third Sector Support Wales

Evidencing Impact

As a member of Third Sector Support Wales (TSSW), we at FLVC agree to deliver a set of Core Service Standards within the areas of Volunteering, Sustainable Funding, Good Governance and Engagement & Influencing. We welcome the renewed focus from TSSW members on evidencing the impact of our work in each of the four areas. Please follow the link below to give us your thoughts on the service you receive from us as your local CVC (County Voluntary Council) and how we can improve.



Has your organisation received support from FLVC in the past? Take our short survey <https://www.surveymonkey.co.uk/r/VZMFD5X> and tell us what you think of our work.

Ydi'ch mudiad chi wedi cael cefnogaeth gan FLVC yn y gorffennol? Cwblhewch ein harolwg byr <https://www.surveymonkey.co.uk/r/6Z2CFLF> i roi gwybod eich barn am ein gwaith.



New Chair

FLVC welcomed their new Chair Paul Hinchliffe after the AGM in September 2018. Paul has had over 18 years'

experience as a Trustee with FLVC and has vast experience of working within the Voluntary sector including as vice chair of Trustees at Dangerpoint (Talacre) and as Board member of the Police and

Community Trust (PACT). The FLVC Board has 12 members, all bringing considerable experience of managing services within the Third Sector and in partnership with the Public and Private Sectors.

Third Sector Partnership Group

Thank you to the ten members of Flintshire Third Sector Partnership Group for offering their time to support strategic third sector consultation regarding key policies and plans regarding the delivery of Public Services in Flintshire. This group links directly with Flintshire's Compact and has provided feedback on

- The Public Service Board's Wellbeing Plans
- Welsh Governments Consultation on Loneliness and Isolation
- BCUHB's Mental Health Strategy

For more information please contact:

ann.woods@flvc.org.uk

FLVC Premises

As you read this, Flintshire Local Voluntary Council should be settled in their premises in CORLAN, after some uncertainty as to whether we were moving premises. To confirm, we will be remaining in CORLAN but will have reduced capacity for room hire and will not be responsible for sub-letting office space to other groups. However, our core services, in support of the Third Sector, remain unchanged and we look forward to welcoming you to CORLAN again for support in your role as a volunteer, trustee or worker delivering services to the residents of Flintshire.

Best wishes

Chief Officer
01352 744028

ann.woods@flvc.org.uk



	Volunteer Organisers Network	N.E.W. Wellbeing Network	Trustee Network	Annual Event/ Network
May		9th May 2019 9.30am-12.00pm Alyn Waters		
June			Date TBC Meet The Funder	6th June 2019 VOLFEST – Volunteer Celebration Event Venue TBC
July		11th July 2019 9.30am-12.00pm Cambria Business School Northop		
August				
Sep		12th September 2019 9.30am-12.00pm Plas Pentwyn, Wrexham		12th September 2019 FLVC AGM Theatr Clwyd
Oct				
Nov		14th November 2019 9.30am-12.00pm Cambria Business School Northop		
Dec				
	To book a place at a Vol Org Event please contact Jan Owen on 01352 744017	To book a place at a Wellbeing Event please contact Karen Peters on 01352 744015	To book a place at a Trustee Event please contact Shaun Darlington on 01352 744027	To book a place at an Annual Event please contact Jane Hewson on 01352 744030

DEAFBLIND UK

Are you, or is someone you know, affected by reduced sight and hearing ?

Deafblind UK is a national charity that has been supporting people with sight and hearing loss to live the lives they want for 90 years. If you or someone you know is affected by reduced sight and hearing, we can support you in a number of ways.

Our support includes:

- Monthly support and social groups currently in Rhyl, Llandudno and Wrexham, which enjoy a range of interesting and accessible activities including speakers and arts & crafts
- An outreach service to provide information and one-to-one support to help people meet their challenges
- Bespoke digital inclusion technology support and advice
- Friendly phone calls to members to check on their wellbeing
- A befriending service for anyone with sight and hearing loss who feel lonely or isolated, or would like support to access social opportunities

- Birthday and Christmas cards or phone calls
- A quarterly magazine, 'Open Hand', available in various accessible formats, including large print and audio CD, containing news, useful information and features
- Access to our helpline for good advice for members, family and carers
- Access to heavily subsidised accessible holiday caravans in Prestatyn and East Anglia.
- Assisted fishing sessions during the summer months
- Free Deafblind awareness sessions for organisations and other community groups

To benefit from the above support go to our online membership form or for further information please contact Rachel Twiss, Community Engagement Officer for North East Wales on

07900738676 or email

rachel.twiss@deafblind.org.uk

Alternatively call 0800 132320 or visit

www.deafblind.org.uk

Wheels For All – Cycling Programme



An exciting, nationally recognised cycling programme has launched in North Wales. 'Wheels for All' enables children and adults with disabilities or differing needs to enjoy the benefits of cycling regularly in a safe, sociable environment

using a range of specially adapted bikes supported by experienced staff and trained volunteers. The charity, Cycling Projects has secured funding from the Steve Morgan Foundation to set up Wheels for All centres across Flintshire and Denbighshire. The settings will be a mix of local parks, cycle greenways and athletics tracks, safe spaces for those

trying cycling for the first time or returning after a long period away perhaps due to limiting health conditions. Project co-ordinator, Janet Gregory, said, "We welcome the involvement of individuals, groups and families. If you would like to find out more, perhaps train as a volunteer, donate a bike, fundraise for us then please do get in touch with me."

There is a weekly session already running on Thursdays 10am to 12 noon at Deeside Leisure Centre in Queensferry. There is a large traffic free space at the rear of the centre and in poor weather, we cycle indoors using the sports hall. There are a range of different bikes available including tricycles, hand cycles, side by sides and transporters for wheelchair users. It costs just £3 per person with carers invited to take part free-of-charge.

Janet Gregory, Co-ordinator N. Wales:

janet.gregory@cycling.org.uk

07469 148247

OWL CYMRU

Partnering up with neighbourhood legends - just a few of our volunteers who give their time to help. Thank you to Police Community Support Officer For Mold, Beth, who came to meet with us, and also visited the Mold Safety Hub.

We are planning a crime revelation pop up in the big room of the Daniel Owen Centre and we will be holding Doorstep crime / scam awareness sessions - to book a place pop into our Safety Hub between 11am - 2pm Monday to Saturday, within the Daniel Owen Centre, Mold



PACT SUPPORT FOR TRELAWNYD COMMUNITY ASSOCIATION



PACT funding has been awarded to Trelawnyd Community Association to purchase new equipment for their new Youth Club and assistance to obtain DBS checks for volunteers. The Youth Club has recently started in the area to engage with young people aged 7-14 years with an aim to maintain a safe neighbourhood and discourage anti-social behaviour and criminal damage. The Youth Club runs in Trelawnyd Memorial Hall, Flintshire and is open to youths from the surrounding villages of Trelawnyd & Gwaenysgor. The club provides an opportunity for young people from relatively isolated areas to socialise outside of school as well as giving them a chance to meet other members of the community too. The club will also bring together parents and

residents who live in the community who may not otherwise have met. PACT funding has been used to purchase equipment such as a table tennis table, pool table, sofas, music centre and PlayStation with games as well as DBS checks for four volunteers who run the sessions.

PACT Project manager, Dave Evans, visited the new club recently with PACT trustee Paul Hinchliffe, and saw for themselves the impact the club was having on local young people of all ages and the valuable support that local volunteers were giving. Dave said: "Paul and I were tremendously impressed with the wide variety of activities that the young people have been given and the rules of that the young people themselves have devised. We are very grateful to the volunteers from Trelawnyd Community Association who have worked so hard to make this such a success."

The club also provides an opportunity for youth education, with future visits being planned by the Safer Neighbourhood Team to give safety inputs on topics such as road safety, drug and alcohol misuse and internet safety.

North Wales Police and Community Trust (PACT) is the community safety charity supports community-led projects that encourage a safer North Wales. Now celebrating its 20th anniversary, PACT continues to champion neighbourhood projects that support the policing and community safety priorities and strive to deliver positive outcomes for all concerned.

FLVC Training Programme

We organise and promote a wide variety of training courses - these can be found on the Learning Zone page of our FLVC website

<https://flvc.org.uk/learningzone/>

FLVC's Information & Advice Officer is also available to be contacted by groups of trustees, committee members or directors to supply governance training.

For example

- Charity registration
- Conversion to charitable incorporated organisation
- Roles, responsibilities and liabilities of charity trustees

If you are interested in any specific course or have any questions or comments please email

jane.hewson@flvc.org.uk

Adult Community Learning

The Minister for Education, Kirsty Williams AM, met with a group of third sector organisations on 13 February to talk about the new curriculum for Wales and adult community learning.

The Minister was asked for an up-date on what will happen following the consultation on the future of adult learning in Wales. The Minister confirmed that officials are reviewing consultation feedback to consider an appropriate infrastructure to deliver the government's strategic objectives. The challenge of the breadth of post-16 learning provision was understood by all, ranging from demand for basic literacy and numeracy, ESOL, up-skilling for people both in and out of work, and to 'hook' courses to enable people to get back into learning. The Minister expressed a keen interest in looking at a more flexible approach to alternative routes to qualifications, enabling people to learn whilst in work and fitting in around family and other commitments.

The Minister her opinion that our education system needs to give Welsh citizens a second chance to re-engage in learning, and third sector representatives welcomed the Minister's enthusiasm for and commitment to the role of adult community learning in enabling that.

Kathryn Robson, Chief Executive of Adult Learning Wales and Third Sector Partnership Council

representative for Education, said: "We are delighted with the support the Minister has shown for adult learning in Wales and her commitment to providing 'second chance' opportunities, whilst seeking a solution to deliver meaningful lifelong learning".

Information about the new curriculum can be found on Welsh Government's website

<https://gov.wales/new-curriculum>

"Our National Mission - A Transformational Curriculum".

<https://gov.wales/our-national-mission-transformational-curriculum>

Supported Volunteering Courses

FLVC are currently running 3 supported volunteering courses for people to gain more skills and build confidence before they try independent placements. All 3 courses come with a Level 1 OCN in Voluntary Work Skills and practical volunteer taster sessions:

Young People's Project

For young people (aged 16 – 25) who would like to develop and explore voluntary work skills including assertiveness, time management and communication. Next available course Dates: **May 14th, 21st, 27th, June 5th**

Stepping Up to Volunteering

For people who would like to boost their confidence and work towards independent volunteering placements (or other personal goals). This course is aimed at individuals with a learning difficulty and/or Autistic individuals. Next available course dates: **June 13th, 20th, 27th, July 4th, 11th, 18th**

Step Up Step Out

This course is for improved Mental Health. It's run with North East Wales Mind. The aim is to try new volunteering opportunities, meet new people and improve your wellbeing.

Course Dates: **April 30th, May 7th, 14th, 21st, June 11th, 18th, 25th,**

For more information on any of the courses please contact FLVC and ask for the Volunteer Centre

01352 744000

FUNDING *Bryn Gwalia Bowling Club Fund*

A grant fund supporting community groups around Mold, has been formed from the proceeds from the sale of the former Bryn Gwalia Bowling Club. Grants are available to formally constituted community organisations which are both:

- Within a 5 mile radius of Mold, and
- In the CH7 postcode (excluding CH7 5A*, CH7 5B*, CH7 5U*, CH7 5X)

The fund will support one-off community activities, and grants can be used towards, for example: minor capital projects; equipment; community events; marketing and publicity; training courses, for the benefit of the community.

Please note, there is a finite and diminishing amount of money in this fund – when it's gone, it's gone! For further information contact Heather on

Tel: 01352 744004 or

e-mail: Heather.hicks@flvc.org.uk

Bryn Gwalia Bowling Club Fund Success Stories:

New seats at Hawkesbury Little Theatre

Thanks to a £1,000 grant from the Bryn Gwalia Bowling Club fund, Hawkesbury Little Theatre in Buckley has been able to upgrade to more comfortable seating. The grant enabled Buckley Theatre Club to replace 115 seats in the auditorium, with superior



seating sourced from Chipping Norton Theatre. The upgraded seating, all with sprung cushioning, has fitted in perfectly to the new surroundings, much to the delight, and comfort, of Buckley Theatre-goers.



Restoration for Northop Institute Bowling Clubhouse

Northop Institute Bowling Club was successful with their application for a Bryn Gwalia Bowling Club Grant to repair and restore the club house. The £2,518 grant will pay for a new clubhouse roof, and restoration of the water damaged ceiling and woodwork. The grant will also pay for a heater, and for materials to improve the outside. Northop Institute Bowling Club hosts a pop-up café, and regular social evenings for anyone to just turn up and play.

LOCALGIVING Magic Little Grants **- BACK FOR 2019**

Magic Little Grants Localgiving has once again teamed up with the Postcode Community Trust to provide over 400 grants of £500 to small charities and community groups. Thanks to support from the players of People's Postcode Lottery, the Magic Little Grants Fund provides small charities and community groups the opportunity to access funding to deliver engaging physical activities, which help to overcome barriers to participation.

Successful organisations also receive a free annual membership with Localgiving worth £96, which gives access to Localgiving's online fundraising platform, fundraising resources and regular match fund campaigns. Deadline for applications is 30 November 2019

Website: <https://localgiving.org/what-we-do/magic-little-grants/>

New Funding Search Platform on FLVC Website

Funding Wales is the new funding search platform for the third sector in Wales. Developed by Third Sector Support Wales the site enables third sector organisations to search hundreds of grant and loan finance opportunities from local, national and international sources.

Sustainable funding is critical to the work of third sector organisations and the ability to search and identify appropriate sources of funding is an important factor in achieving this. Third Sector Support Wales decided to develop this platform to help the third sector in Wales attain sustainable funding more easily.



Funding Wales can help organisations in Wales find the funding they need more quickly than ever before. The search facility helps users to quickly and effectively identify relevant sources of funding. The site is free to use with a simple registration process, and allows organisations to search for funding by purpose, location and amount with further fields available to refine searches. The site also allows users to save searches and print off reports.

Find the Funding Wales platform on the FLVC website under Sustainable Funding:

<https://www.flvc.org.uk/en/sustainable-funding/funding-advice/>

Free trees for schools and communities

The Woodland Trust are giving away hundreds of thousands of trees to schools and communities to make sure that everybody in the UK has the chance to plant a tree. They are currently taking applications for trees to be delivered in November 2019.

<https://www.woodlandtrust.org.uk/plant-trees/free-trees/>

Book at Bedtime – Success Story



Book at Bedtime, a Flintshire based organisation which provides books for children living in domestic abuse refuge centres, was successful in getting a grant to provide



therapeutic books and toys. The National Lottery Community Fund, Awards for All grant of £1,922 will pay for thirty two sets of Monkey Bob, Not Now Bernard and Worry Monsters books and toys, for the benefit of all children in refuges throughout Wales.

See more about Book at Bedtime on Facebook: <https://www.facebook.com/BookatBedtime> or their website: <https://bookatbedtime.org/>

Sport Wales Development Grants

Funding is available to Sports Clubs or Associations, Youth Clubs and Community Groups who are looking to establish a new team, develop new training facilities or purchase much needed equipment.

Grants of £1,501 to £25,000 is available to cover the above projects as well as:

- Coach education
- Floodlighting for training purposes
- Purchase of land, or rights in land, to develop activity areas
- Start-up grants to support new enterprises

Read more about this at

<http://sport.wales/funding--support/our-grants/development-grant.aspx>

Code of Practice

The Code of Practice is for organisation's involving volunteers.

If you need further information or guidance on

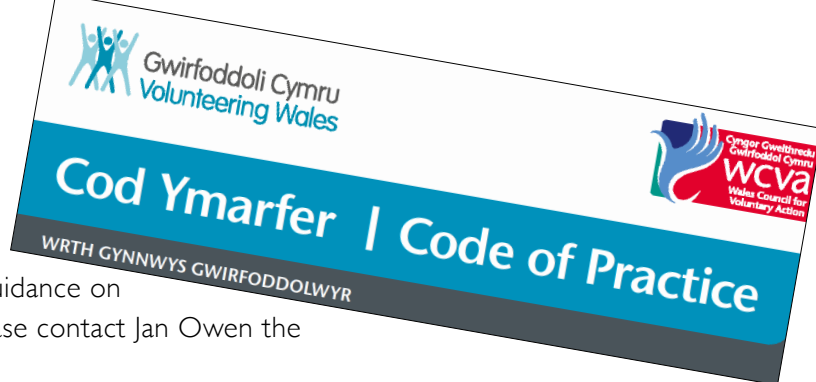
how to support your volunteers please contact Jan Owen the

Volunteer Centre Manager

janet.owen@flvc.org.uk

01352 744016

https://www.wcva.org.uk/media/58792/wcva_volunteering_code_of_practice_a2_poster_4_final_proof.pdf



KEYRING ... We're Life Changing

Great news from Keyring! We are offering a travel training programme for individuals and we are looking for volunteers! Do you have some spare time each week? Do you want to do something very rewarding and help an individual gain confidence and independence? If so, get in touch.

Our travel training programme will run on a session basis. You the volunteer will be responsible for delivering this training with a step by step process being removed each time a session is delivered, thus building confidence and independence. We ask if you want to join the programme that you already have a bus pass or are willing to purchase bus tickets when on sessions.

For further information contact :

Lizzie.Jones@keyring.org

Sharna.Hinds@keyring.org

Pauline.Jarvis@keyring.org

FLVC Volunteer Network Meetings

FLVC Volunteer Network meeting is held 4 times a year free for Third Sector organisations to attend and find out what is going on across Flintshire.

Here is some feedback and reasons to attend:

"Networking is essential to keep up to date with what is going on with organisations, new projects and funding opportunities."

"Great to link with organisations and have the opportunities to work together to help the people we support"

If you would like to be a guest speaker or attend the next meeting email karen.peters@flvc.org.uk



National Volunteers Week

National Volunteers' Week is a chance to say thank you for the fantastic contribution millions of volunteers make across the UK.

It takes place 1-7 June every year and is an opportunity to celebrate volunteering in all its diversity.

This year FLVC will be holding a Volunteer Celebration event on Tuesday 4th June venue at RiverDee Community Centre, Flint

- Bring along your valued volunteers
- Enjoy afternoon tea and entertainment
- Receive your National Volunteers' Week Certificates.

Save the date and bring along your volunteers. Let's celebrate together



VOLUNTEERING

North East Wales Time Credits

WHAT ARE TIME CREDITS?

Time Credits are a community currency that you can earn by giving time to a community group or service. You can then spend Time Credits to access an hour's activity at local leisure services, tourist attractions, days out and fun activities. You can also gift Time Credits to friends or family so they can enjoy the experiences.

WHY USE TIME CREDITS?

Using Time Credits can support your volunteers/ members to:

- Get to know their community
- Meet new people
- Try new things
- Experience new activities and opportunities
- Feel more confident
- Improve their health and wellbeing

If you are a group or service in Flintshire or Wrexham, you can sign up to use Time Credits at no cost to your group.

You can use Time Credits to reward your volunteers. Volunteers aged 50+ can earn a maximum of 5 Time Credits a week for the hours they give supporting your group. All volunteers can earn Time Credits for time given supporting age-friendly activities.

To find out more visit
www.facebook.com/cwtimecredits,
email harriet@wearetempo.org or call
07472 884920



Governance

One of the key issues facing third sector organisations is keeping their procedures and processes up-to-date and compliant with the latest laws and regulation. Our governance and safeguarding training courses for staff and trustees will equip you with the knowledge and tools to ensure your organisation is run, safely, effectively and legally.

You'll find more governance information and resources in our advice and guidance section (<https://www.wcva.org.uk/advice-guidance>)

The Fundraising Regulator – Fundraising Preference Service (FPS)

The Fundraising Regulator has issued regulatory notices against 59 charities that have failed to comply with the Fundraising Preference Service (FPS). Charities are required to comply with the FPS under the provisions of the Code of Fundraising Practice and the Data Protection Act 2018. All 59 charities have been referred to the Information Commissioner's Office after ignoring requests made by members of the public not to receive direct marketing from them.

A member of the public can use the FPS to stop communication from charities they no longer want to hear from in England, Wales and Northern Ireland. They can use the service to stop phone calls, texts, direct mail and emails. Around 8,300 people have submitted over 25,000 requests since the launch of the FPS in 2017. About a third of people using the FPS are doing so on behalf of a vulnerable individual.

Charity Fraud Awareness Week wins award

The Charity Fraud Awareness Week campaign (22-26 October 2018) has won a Government Counter Fraud Award for outstanding international collaboration. Fraud Advisory Panel are joint partners for this campaign.

More than 40 charities, regulators, professional bodies and other stakeholders across the world worked together to help combat fraud targeted towards charities.

Fraud week helpsheets

These short helpsheets cover fraud topics and have useful advice to protect your charity:

- getting to know your grant holders
- getting to know your donors
- an introduction to legacy fraud
- an introduction to fundraising event fraud
- getting to know your staff (insider fraud)
- an introduction to whistleblowing
- an introduction to moving money safely

They can be accessed via the link below :

<https://www.gov.uk/government/news/charity-fraud-awareness-week-22-26-october-2018>

Small Charities Coalition launches tool to help charities register with the Commission

The Small Charities Coalition has created a new digital toolkit to support small charities that are trying to get started and register with the Charity Commission. A new website, charitysetup.org.uk, provides charities with information about establishing themselves and registering with the Commission. It comes after the body found that 44 per cent of its support line queries are about setting up a charity. It offers a checklist of steps to take when setting up a charity, including registering with the Commission, keeping minutes of meetings, managing finances and recruiting trustees.

For more information, see:

<https://www.civilsociety.co.uk/news/small-charities-coalition-launches-digital-tool-to-support-new-charities-launch.html>