

KAVO Newsletter

Spring 2010



Keystone Area Voluntary Organisations

Helping local voluntary and community groups to work together; supporting them to deliver more activities and services; enabling them to learn new skills; creating a strong sustainable voluntary sector for the benefit of the whole community.

Here to help...

Spring is always an exciting time for embarking on new projects, planning new events and delivering new services. The KAVO newsletter is packed with opportunities to help your group as you move forward. Inside you will find information about free training sessions, funding streams and local events to profile your work and attract new volunteers.

If you would like further support to take advantage of these opportunities please contact Sadie and Jenny at KAVO. Jenny Seal joined KAVO in March, taking over from Terry Jermy who worked for Keystone Development Trust for six years. Jenny has worked in the voluntary sector for almost ten years and has much experience in helping voluntary organisations develop and effectively meet the needs of their local community.

Jenny and Sadie would be pleased to help as you apply for funding, consider other income generating ideas, promote your work, look for training and plan events. Arrange a meeting with us by calling 01842 768367 or using the email addresses on the back.



Sadie Harvey



Jenny Seal

Local News and Events...

Thetford Youth Day - Saturday 29 May

An opportunity to raise money and promote your youth activities

The Thetford Air Cadet Squadron is hosting a Fete and Car Boot Sale on Saturday 29th May 2010 to raise money and publicity for youth activities around Thetford. The event will take place at Kilverstone, next to the Thetford Garden Centre. All are welcome to join in the fun.

If you are a voluntary group that works with young people in the area, you are welcome to participate in the fete, by hosting a stall. This is an opportunity to raise funds and awareness for your group in a fun setting. There is no charge to voluntary organisations taking part.

To book a stall contact Martin Keats, the Chair of the 1109 (Thetford) Squadron ATC, at martin.keats@sky.com or by phone on 01842 751869 (evenings or messages).

Local News and Events...

The All Being Well Roadshow and Volunteer Fair, Thetford

On Wednesday 2nd June, 10am—4pm, Thetford is in for a treat! The All Being Well Roadshow will pitch up at the Market Place to give the town creative ideas about how we can all make changes to improve our health and wellbeing.

This is an opportunity for local groups who run healthy activities to showcase themselves and attract new members. The event will also include a Volunteer Fair for local voluntary and community groups to attract new volunteers and to raise awareness of your organisation and activities. To have a stand or to arrange a performance at the event, complete the enclosed form or email allbeingwell@csv.org.uk.

Thetford and Brandon Voluntary and Statutory Partnership

The All Being Well Roadshow and Volunteer Fair is being organised by the Thetford and Brandon Voluntary and Statutory Partnership (VASP). This is a local group of organisations that meet every month to work together on local issues around mental health. There is an open invitation to join the group. For details please contact Julia on 01284 764808 or Julia.Carr@westsuffolkmind.org.uk.

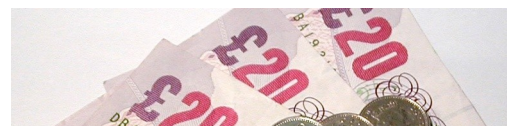
New Group for those with Asperger syndrome

A new social group for adults with Asperger syndrome is starting in Thetford. The group meets on the first Tuesday of each month at the Riversdale Centre on Tanner Street from 7-9pm providing interesting activities and a chance to meet new friends. Just drop in or contact Steve Bloomfield from Asperger East Anglia if you would like more information on 01603 598 946.

Brandon Connected Care Conference. 19 May 2010

This event will consider health and social care services in Brandon and will share findings from community engagement work carried out last year. It will be an opportunity to share good practice, network and consider how agencies can better work together to improve services for Brandon. To attend please email Kate Jones at kate.jones@turning-point.co.uk or call Kate on 0207 481 7657 a.s.a.p.

Finding Funding...



Does your community group or project need more money to get going, continue or develop? Most voluntary groups, will of course, answer 'Yes please'. One of the ways to increase your income is through grant funding. The funds below give a flavour of local grants that you might consider applying to.

Keystone to announce new Grant Scheme

Keystone Development Trust is set to announce a new small grant fund for voluntary and community groups. Full guidelines and an application pack will be available from www.keystonetrust.org.uk/ communitygrants soon or call us to register your interest on 01842 768367.

Grassroots Grants Funding

If your group has been working locally in Norfolk for over a year, and has an income of less than £30,000 per annum, you can apply for a Grassroots Grant of up to a £5,000. To download an application pack go to www.norfolkfoundation.com/application-pack.htm.

Localities Grant Fund

Funding of up to £2,500 is available to voluntary and community groups in Suffolk for one off projects, community related activities, or events that are based within a specific community. For more information contact Stephen Watt at stephen.watt2@suffolkcc.gov.uk or 01473 260782.

We would be pleased to help you get started with applications or help you identify more funding sources.

Image above: www.freeimages.co.uk

Free Training...



Breckland Training for Community Projects

Breckland Council are running a series of training sessions to equip people in skills needed to run effective local community projects. All sessions are free to those who live in Breckland or contribute their time to community projects within the district.

Child Protection Training

Ensure you are aware of the latest child protection legislation with this training from Norfolk County Council's Safeguarding Children's Board Team.

- 29 July 2010, 6.30–9pm, Watton
- 1 December 2010, 6.30–9pm, Attleborough

Basic First Aid 4-hour Training

This certificated course run by St Johns Ambulance will teach you everyday first aid skills.

- 6 July 2010, 1–5pm, Dereham
- 7 October 2010, 1–5pm, Thetford

Introduction to Working with Young People

This session will introduce volunteers working with young people to skills useful for engaging groups and working on a one-to-one basis.

- 20 October 2010, 5–7pm, Watton

Business Planning Training

How to pull together a business plan that will keep your project focussed and be a useful tool with funding applications and project management.

- 7 September 2010, 2–5pm, Attleborough

Creative Consultation

Find new ways using the arts to engage your local community to discuss change or gain feedback on services you provide.

- 9 June 2010, 5–7pm, Swaffham

Marketing Yourself for Success

This course will explain why marketing is important and provide some first steps to assist you in establishing a media strategy.

- 9 March 2011, 6–7.30pm, Dereham

Basic Food Hygiene Training

An introduction to food safety with details on how to safely prepare food, cook and serve for your organisation.

- 12 May 2010, 9.15–5pm, Thetford
- 29 September 2010, 9.15–5pm, Dereham

Funding Fair

An opportunity to hear presentations from funders, such as Norfolk Community Foundations and the Big Lottery, and speak to them about your specific funding requirements.

- 18 May 2010, 10–3.30pm, Swaffham

Is it legal?

Gain an understanding of legal issues surrounding charities, trustees and employing and managing staff.

- 27 May 2010, 10–4pm, Swaffham
- 17 February 2010, 10–4pm, Thetford

How to be Successful with Funders

This workshop will demonstrate what makes a successful funding application.

- 22 November 2010, 2–5pm, Watton

For a booking form go online at www.breckland.gov.uk/events_sustainable_communities_training or phone Cat Lang on 01362 656861. Book quickly to avoid disappointment.

Basic Awareness Training on Safeguarding Adults

This free, half day training is aimed at staff and volunteers of voluntary groups who work with vulnerable adults, such as older people, people with learning difficulties, people with mental health problems, and people with physical disabilities. There are 40 different sessions running throughout April – June across Norfolk (including Dereham and Norwich). To view dates, locations and to book go to www.impact-training.co.uk/norfolk or call 0845 226 3210.

Try Team Building...

Would your team benefit from a Team Building Day but you don't know where to start?

Breckland Council can provide a facilitator for free to provide structure and assistance to your team building day. The facilitator will work with your group to build communication, team working, problem-solving, planning and assertiveness. Breckland Council can accommodate up to four sessions per year with groups of up to 15 people. If your group is interested in holding a team building day, please contact Cat Lang on 01362 656861 for more information and booking details.

Looking for something different to do with your team?

Consider a session at the new Combat Boot Camp in Thetford Forest. The camp aims to promote fitness, fun and team building, while increasing people's outlook on life and improving physical and mental well being. Boot camps cover a whole range of sporting activities from high ropes, to military drills to yoga. Sessions can be as short as an hour long and work well for all ages, levels of fitness and abilities. Call 08456 345 185 or go to www.combatbootcamp.co.uk for further details. Please note there is a cost!

Good to know...

Guidance on New Vetting and Barring Scheme to Protect Children and Vulnerable Adults

Full guidance is now available online to help voluntary groups implement the new Vetting and Barring Scheme. It covers every aspect from who is covered to how the process works and the implementation timetable. You can access organisational guidance from www.businesslink.gov.uk/vbs, while information for employees or volunteers can be found at www.direct.gov.uk/vetting. Hard copies of the guidance are available by phoning the VBS helpline on 0300 123 1111.

Free IT Support

Save the number **0800 028 0085** into your phone because you never know when it might come in useful. This is a free helpdesk providing IT assistance and advice to voluntary and community organisations in the East of England. The regional IT helpdesk can provide you with impartial advice and guidance on buying hardware and software, infrastructure issues and trusted IT suppliers. So if you have an IT issue or question give them a ring.

Free Payroll Package

Charitable organisations that have less than 50 employees can now use a free internet based payroll package from www.payroo.com. It will enable you to process your payroll from anywhere as long as you have an Internet connection. The package is accredited by the Inland Revenue (HMRC). It is user friendly, secure and free online training is available.

Please Contact Us...

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