

FREE Training at Lewsey Farm Learning Centre

The next Expert Patients Programme Community Interest Company (EPP CIC) courses, commissioned by NHS Luton, will be taking place as follows:

Lewsey Farm Learning Centre, Luton	
Dates	Tuesdays for six weeks from 26 th April 2011
Times	6.00pm – 8.30pm – Sandwiches provided
Venue	Lewsey Farm Learning Centre, 92 Tomlinson Avenue, Luton, LU4 0QQ
Dallow Learning Community Centre, Luton	
Dates	Thursdays for six weeks from 28 th April 2011
Times	10.30am – 1.00pm or 2.00pm – 4.30pm
Venue	Dallow Learning Community Centre, 234 Dallow Road, Luton, LU1 1TB

These free courses, for people living with long-term health conditions (mental, physical or both) in Luton, aims to help participants take more control of their health by learning new skills to manage the day-to-day issues associated with living with a long-term health condition.

Bookings are now being taken. Places are limited and allocated on a first come first served basis. For more information or to book a place please call EPP CIC on the free phone number **0800 783 8944**, email info@eppcic.co.uk or visit www.expertpatients.co.uk

Bookings are available for the online course in Luton. Adapted from the community-based course this free internet-based version is for anybody who lives with a long-term health condition and may, due to health conditions, location or life/work commitments, be unable to access a community-based course. Call our free phone number on **0800 783 8944** to book a place.

Luton Assembly

Save the date

Luton Assembly is planning its development and wants to make sure that it involves the organisations that it represents. It is holding an event on the **6th July 2011**, time and venue to be confirmed. Put this date in your diaries and watch this space for future announcements.



ULTIMATE HEALTH - THERAPEUTICS
COMMUNITY HEALTH FAIR
Improving your health & Reducing health inequalities

Sat, May, 21st - 2011
10am - 4pm
Medici Medical Practice, (near Matalan)
3 Windsor Street Lu1 3UA

HEALTHY EATING
FOOD DEMONSTRATION
INFORMATION & ADVICE FOR CARERS
COMPLEMENTARY THERAPY - FREE TASTER SESSION
FREE HEALTH & FITNESS TESTING
AND GOODY BAGS

SPEAKERS ON:
MENTAL HEALTH, WEIGHT MANAGEMENT
COMPLEMENTARY THERAPIES - STRESS MANAGEMENT
AND LOTS MORE...

Admission: Free to the Public
Refreshment can be bought at the venue
YOUR HEALTH MATTERS!

For details contact:
ULTIMATE HEALTH - THERAPEUTICS
TEL: 01582967738 / 01582967736
email: info@uht.org.uk
www.uht.org.uk

Supported by
Medici Medical Practice,
Linwoods &
A. Vogel

To exhibit contact us at above numbers...

Comic Relief Grants

Comic Relief has announced that the next funding cycle for Comic Relief's UK grants programmes will reopen for applications on the 8th April 2011.



The new funding cycle will apply to the following programmes: Mental health; Domestic and sexual abuse; Refugee and asylum seeking women; Sport for Change; and Young People aged 11 – 25 that are sexually exploited; suffer

from alcohol abuse; and suffer from mental health problems. In addition, Comic Relief operates a programme that support disadvantaged communities. This programme is devolved to the Community Foundation Network. Please contact your local Community Foundation directly for details of their funding application procedures.

Comic Relief provides both capital and revenue and can pay for up to 100% of projects costs but they encourage applicants to get some of their funding from other sources.

On average grants of between £25,000 and £40,000 are available to not for profit organisations such as constituted voluntary and community groups, charities, social enterprises, cooperatives, faith organisations, and community interest companies.

www.comicrelief.com

Voluntary Matters



Issue 102

April 2011

Bedfordshire & Luton Compact

The Bedfordshire and Luton Compact is an agreement between local statutory organisations and the voluntary sector to improve and develop their relationships for the benefit of the communities they serve.

The new Compact is more concise and is based on the Compact on Relations between the Government and the Third Sector in England (December 2009) and the revised Compact published by the Coalition Government (December 2010).

A refreshed Bedfordshire & Luton Compact is available now. To download your electronic copy go to:
www.bedsandlutoncompact.org.uk

Newsletter Changes

Due to the economic climate and the cuts that are taking place, we are going to reduce the Newsletter issues from 6 publications a year to 4 publications a year. The due dates for the next editions are July, October and December/January.

Should you have any additional information for circulation outside of these dates, please forward details to:

Sue Lovegrove on **01582 733418**

or email sue.lovegrove@valuton.org.uk

Please notify us as soon as possible of any changes to your contact details, to ensure your correct information is published in the new 2011 Directory

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PLEASE NOTE:
Newsletter Copy Dates

If you would like an event or news items included in our Newsletter, please provide information to us by the Closing date for July edition is Friday 4th July.

Please email to :- sue.lovegrove@valuton.org.uk
Or Tel **01582 733418**

STOP PRESS! TRAINING WORKSHOPS

Practical Skills for Writing Good Grant Application Forms

This one day workshop is designed for those who wish to improve their skills and confidence in writing funding applications and increase their success rate.

The objective of this workshop is to equip participants with the skills, tool and confidence for writing good funding applications. Participants will be introduced to the planning techniques and tools that experts use in developing their proposal as well as get practical hands on experience with two funding applications.

Date: 9.30am - 3.30pm Wed 1st June 2011
Trainer: Samuel Agaba
Venue: Voluntary Action Luton,
New Bedford Road Luton LU1 1SA

Book early to avoid disappointment

To book a place on this workshop

Please email jean.myrie@valuton.org.uk or telephone **01582 733418**



People's Postcode Trust

The People's Postcode Trust, a trust set up by the "People's Postcode Lottery" in April 2009 offers grants of between £500 and £10,000 (£2,000 if not a registered charity and £5,000 in Wales) to small organisations and community groups for projects lasting up to 3 months in the areas of Poverty Prevention; Advancement of Health; Community Development; Public Sports; Human Rights; and Environmental Protection. Applications for grants of under £2,000 are considered on a rolling monthly basis in Scotland and on a quarterly basis in England and Wales.

For grants of over £2,000 the next round for applications will open on the 11th April 2011 and will close on the 27th May 2011. For more information visit the website.

Link: www.postcodetrust.org.uk/



Charitable Trust Grant

The Steel Charitable Trust Grant is provided and administered by The Steel Charitable Trust and is for a wide range of UK TSOs. The scheme is intended to support general charitable purposes, particularly in the Bedfordshire and Luton areas. In particular, the programme wishes to support: Health and medical research; Social Services; Environment; Culture. The maximum grant value is £ 25,000 and the Minimum Value: £ 1,000. The application process is ongoing and interested applicants may apply at any time.

For further information on how to obtain this funding opportunity locally, please contact the following:

Phone: 01409 281403

Email: administrator@steelcharitabletrust.org.uk



John Lewis Partnership Placement Scheme

Charities that want to host employees from the John Lewis Partnership on fully-funded six-month placements should apply by either April or October, the organisation has announced. The partnership's Golden Jubilee Trust programme enables John Lewis and Waitrose employees, known as partners, to spend six months working in charities.

The trustees will decide how many secondments would be awarded this year at their next review in April, depending on available funds. The programme usually consists of 22 placements every six months, but the partnership funded an extra 10 places last year to mark its 10th anniversary. Employees taking part in the scheme will choose which charities they will work for from the list of applicants.

Link: www.johnlewispartnership.co.uk



The Triangle Trust 1949 Fund

The Triangle Trust 1949 Fund is currently inviting applications from charity organisations to support projects that support: Carers; Community arts and education; Disability; Older people; Poverty; Integration and rehabilitation.

Grants are normally in the range of £1,000 and £10,000. The objectives of the Fund are; the alleviation of poverty and the promotion of good health and welfare; the advancement and furthering of education. Successful projects will either maintain an open, inclusive society or promote integration (or reintegration) of individuals or groups into society. The next application deadline is the 14th May 2011. For more information visit:

Link: http://thetriangletrust1949fund.org.uk/index.htm#Service_Provided



Foyle Foundation

Small Grants Scheme

Applications are welcomed from charities that have an annual turnover of less than £100,000 per annum. Larger or national charities will normally not be considered under this scheme. Nor will the Scheme generally support charities that are able consistently to generate operational surpluses or which have been able to build up unrestricted reserves to a level equivalent to three months turnover.

The Small Grants Scheme is designed to support smaller charities in the UK, especially those working at grass roots and local community level, in any field, across a wide range of activities. One year grants are planned of between £1,000 and £10,000 to charities which can demonstrate that such a grant will make a significant difference to their work.

Link: www.foylefoundation.org.uk/small-grants-scheme/



The Volunteer Centre is accredited by Volunteering England and is a core project of Voluntary Action Luton.

Dates for your Diary!



Volunteers' Week 1-7 June 2011

The Volunteer Centre is planning to run a Volunteers' Fair on **Thursday 2 June 2011** in St George's Square, Luton.

Please contact Iris or Phil if you are interested in hiring a stall.

Volunteer Taster Sessions

We are in the process of finalising plans for the first in a series of volunteer taster sessions, where people interested in volunteering in a certain field can speak to people from organisations in that field, including current volunteers and service users.

This will give organisations a chance to put a human face on their activities, emphasise the valuable work volunteers do, and answer any questions volunteers may have.

The first session will be on the theme of 'Health and Disability'. This first pilot session will be held on **Wednesday 18th May from 10.30am- 2.30pm** at Voluntary Action Luton.

If your organisation uses volunteers to support disabled people or in health-related activities, and you would like to participate, please contact Iris or Phil as soon as possible.

Farewell and Good Luck

Farah!

- It is with great sadness that we say farewell to Farah Nisa who has so competently helped the Volunteer Centre over the last year.
- She will be greatly missed.



For more information about any of the above or about volunteering in general please contact:

Phil Brown philip.brown@valuton.org.uk or Iris Beazley iris.beazley@valuton.org.uk

Tel: 01582 733418



European Year of Volunteering 2011 is now underway, for more information visit Volunteering England website <http://www.volunteering.org.uk>

Time Banking Stopsley



This pilot project has now ended, but we are optimistic that we will secure funding for its continuation and development across other parts of Luton.

Look out for more information in the next newsletter.

Involved Closure

We are sorry to report that Involved, the youth volunteering programme Luton, closed at the end of March due to lack of funding. The project helped young people between the ages of 16-25yrs to find volunteering opportunities.

The good news is that the Volunteer Centre will do its best to fill this gap by supporting potential volunteers of all ages to find suitable volunteering opportunities.

Volunteer Centre - Drop-in Sessions

15 New Bedford Road, Luton, LU1 1SA

Monday: 2pm - 4pm

Tues-Thurs: 10am - 12.30pm / 2pm - 4pm

Fridays: 10am - 12.30pm

The option to make an appointment still exists, but we prefer to reserve these for people who have additional support needs.

If you have access to the Internet you can apply online for locally available volunteering opportunities by visiting the www.do-it.org.uk website.

Free IT help!

We're currently trying to find some voluntary work for one of our customers who is looking for IT systems-related opportunities (not web design.) He is experienced and has helped us out recently. If you're having some IT problems at your organisation this is a great chance to get your systems looked at for free! Please let us know if you are interested or have any questions.



Update from Bedfordshire LINK (Local Involvement Network)

This will be the last year for Local Involvement Networks around the country; in April 2012 local HealthWatch organisations will be created around the country. Local HealthWatch will be a local consumer voice for all health and social care issues and will feed into HealthWatch England and work closely with the Care Quality Commission (CQC).

Again, the Government wants to build on the work of LINKs but strengthen the structure and widen the role of the HealthWatch organisations making health and social care organisations more accountable to the people they serve. *The Health & Social Care Bill*, introduced on 19 January, sets out the duties and responsibilities for local authorities, HealthWatch England and Local HealthWatch organisations. The finer details of how this will work have yet to be decided, but the DH has asked local authorities in partnership with their LINK organisations to submit proposals to become HealthWatch Pathfinders.

At the Bedfordshire LINK Board meeting on 28 February 2011, the LINK agreed its work plan for the coming year 2011-12:

Two of the key areas the LINK will be working on are:

- ◇ Improving the patient experience in the discharge planning process, particularly in relation to patients who choose to attend hospitals outside the area.
- ◇ To follow on from our survey about inappropriate discharge into nursing care homes by visiting a selection of nursing and care homes at random to gauge the standards and the quality of provision in those homes with particular attention to privacy and dignity issues.

Owing to funding constraints, the LINK will be reviewing its communication methods in terms of newsletters and bulletins and will shortly be hosting its own website through Voluntary Action Luton.

The LINK has made great strides over the last year, including a survey on discharge from hospital into care/nursing homes and input into improving community health services for the population it serves. The annual report from 2010-11 is being finalised and will be published in May/early June.

To contact the LINK: **Tel: 01582 733418**,
e-mail.: beds-links@valuton.org.uk and talk to a member of the host team at Voluntary Action Luton. Website: www.bedfordshirelink.health.officelive.com



Your Heritage - Heritage Lottery Fund



Your Heritage programme, under the Heritage Lottery Fund, supports projects that encourage people to take an active part in and make decisions about heritage, and/or conserve the UK's diverse heritage. Activities can include:

- caring for the natural landscape
- conserving historic buildings
- places and objects

involving people in exploring local cultures, traditions, languages and ways of life.

Applicants are encouraged to contact the Heritage Lottery Fund for advice before making an application.

Amount: £3,000 to £50,000

Target Groups: Communities

Geographical Area: UK Wide

Activities: Community cohesion/development, Culture, Education/learning

Type: Grant

Deadline: Ongoing

Link: <http://www.hlf.org.uk/HowToApply/programmes/Pages/yourheritage.aspx>

Members of staff at Voluntary Action Luton

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Farah Nisa

left 31st March

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Owen Clarke

left 31st March

Future Jobs Fund

marian.courtney@valuton.org.uk

Future Jobs Fund temporary staff

Majdah Salim / Reception / Admin

Siobhan Pats / Admin

Laura-Jane Joy / Reception / Admin

Farewell to Owen Clarke



Owen was initially employed through our FJF scheme for six months work experience; his additional skills set in IT, enabled us to extend his contract for a further five months.

We will miss his expertise in the Admin department. All the staff at VAL wish him all the best in his new venture. Good Luck Owen



It is with sorrow that I report this precious project has come to an end.

Since the scheme was launched last year VAL created 45 new community focused job opportunities for young long-term unemployed individuals (18-24 year olds) within the Borough of Luton.

The jobs lasted for a minimum of six months and providing work of 25 hours per week. After completion of the six months many of the participants secured extensions on their contracts, some were appointed to permanent work, a few went into further education and three became first-time Mums/Dad.

The six month career-enhancing training and development through the Future Jobs Fund was a job-lifeline for many young people in Luton.

Good luck in the future to all young people up and down the country.

Do You Need A Central Luton Location?



**We have offices available in
the Voluntary Resource Centre**

- Rent includes reception, services and office furniture
- Central Location, shared car parking, easy access to buses and trains
- For local voluntary and community organisations only.

For details contact: Maggie Prowse on

Tel: 01582 733418 or

Email: maggie.prowse@valuton.org.uk

Stronger and Safer Network Update

Peter Adams, Anwar Haque and Lawrence Fagbayi Representatives of the Stronger and Safer Network Committee, attended an event hosted in London on Wednesday 23rd March 2011 by Inside Government, alongside their Network Facilitator Alyson Horwood. The Event "Creating Safer and Stronger Communities in Big Society" took place at the Charing Cross Hotel. This Conference enabled the Stronger and Safer Representatives, to learn about initiatives that are being undertaken in other towns across the United Kingdom as well as hearing first hand from the Ministry of Justice, the proposed role of the Voluntary Community Sector in Big Society and Criminal Justice. Presentations were delivered by policy advisors with experience of working in both the Voluntary Community Sector and the public sector. There were also presentations delivered by Voluntary Sector organisations working with preventative work and rehabilitation. Rob Owen, Chief Executive of St Giles Trust gave a presentation on the ways in which they work with



offenders to Inspire Choices and Reduce Re-offending. St Giles trust was awarded Third Sector Magazine's Most Innovative

Charity and included in the Sunday Times Best 100 Companies to Work For in both 2009 and 2010. It was great to hear how his organisations were successfully reducing reoffending.

Other presentations also included a presentation by Dr. Tim Brain, Former Chief Constable of Gloucestershire and Visiting Professor from the University of Gloucestershire on the new Reconnecting Police and the People Policing in the 21st century paper.

He also gave a clearer insight into the working of the new policing structure.

Baroness Newlove was also present at this event just days before the release of her Report Our Vision for Safe and Active Communities.

This report makes recommendations on how residents, businesses and police can join forces to combat anti-social behaviour. The report can be found by visiting the following link below. www.homeoffice.gov.uk/publications/crime/baroness-newlove-report

The presentation delivered was inspirational to all its attendants.

The information gathered from this event will now be taken forward by the Representatives to help the Stronger and Safer Network develop its strategic approach alongside its partners, to help enable and shape a Stronger and Safer Luton.

Caring for our town

Luton Assembly's Environment & Economy Network Committee are always looking for ways to improve the environment and economy of our town. Listed below are some of the areas which are of concern to them and where they have been working to try to make a difference.

- The very serious skills shortage and lack of training at all levels from basic literacy, numeracy and IT to engineering and science skills up to degree level
- The need for a much more active approach to cutting carbon emissions and saving energy in the new version of the Luton Transport Plan
- Improved public transport
- Concern over whether new public buildings in Luton will actually save energy (including BSF projects)
- Listing and valuing appropriate existing buildings in an attempt to preserve what is good about amenities and the built environment
- Supporting the work of the Climate Change Team of Luton Borough Council
- Supporting the "greening" of Luton in terms of parks, allotments, green spaces, community projects (facilitated often by the charity Groundwork) and much more walking and cycling (supported by the charity Sustrans).

Their aim is to investigate, challenge and support in the interests of democratic scrutiny and the best future for the town that we live in.

If you wish to find out more about what they do or contribute to their work in some way, please contact the Chair of the committee, David Oakley-Hill or the Assembly support team on **01582 733418**.

Your Assembly Representatives

Luton Assembly	Representative	Representative's Email
Children & Young People Committee	Robert Simpson	rob.simpson@kuoshu.co.uk
	Linda Farrell	snapat@hotmail.com
	Kaldeep Budwal	kal.budwal@lcet.org
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	John Archer	john@lamp.uk.net
Environment & Economy Committee	Paul Anderson	paul@carnivalarts.org.uk
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TOKKO

A brand new £4.5m youth centre coming soon to Luton.....

The Department for Education (DfE) has approved capital funding of £4.7million for TOKKO, the town's largest youth facility, designed and inspired by young people.

TOKKO was given the final go-ahead by the DfE on the 6th April 2011 and subject to receiving planning permission, this exciting project led by Voluntary Action Luton, will see demolition works begin on the old Welfare Rights Centre on Gordon St, Luton as early as May.



Pictured above Artists impression of what the new TOKKO building will look like.

A Youth-Led Project...

To make sure that Tokko is **what the young people of Luton want**, a Tokko Youth Board has been set up (formerly the Myplace Youth Steering Group). It is made up of local young people aged between 14 and 24 to lead the project and make all the important decisions.

Become a Tokko Young Director?

There is still A LOT to do until Tokko **opens in January 2013** and we are always recruiting young people to **become Tokko Young Directors**. Young Directors designing the building with the architects and contractors will ensure the build is going to plan and will develop the projects programme of activities. In doing so Tokko Young Directors gain **valuable life and employment skills**, get to go on **fun** team building activities, get **free** food at the meetings and bragging rights! (how many people can say they designed a £4.5m building?) **In addition to various training courses, Information advice & guidance services and employment opportunities for young people**, Tokko will have a wide range of fun facilities:



Pictured above Another angle of artists impression of what the new TOKKO building will look like.

- Cafe
- Performance space
- Climbing wall
- Media suite
- Gaming room
- Meeting room
- Fashion and beauty studio
- Dance studio
- Fitness Studio
- Rooftop garden

If you require any further information or would like to join the Tokko Youth Board, please telephone:

Tokko Team

On **01582 733418**

Or email: myplace.admin@valuton.org.uk

