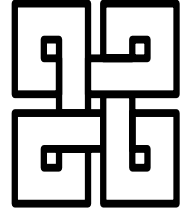


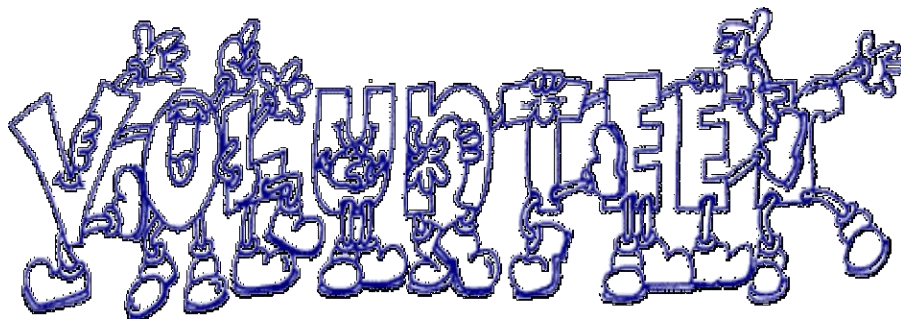
# EPNAVCO



*Ellesmere Port & Neston  
Association of Voluntary &  
Community Organisations.*

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## *Summer '08 NEWSLETTER*



Supported By:



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## EPNAVCO Membership

Membership is open to any voluntary organisation or community group operating in Ellesmere Port and Neston.

To receive a membership pack, contact the office using any of the methods below:



E-mail: [chris@epnavco.org.uk](mailto:chris@epnavco.org.uk)



0151-356-7358



EPNAVCO  
1st Floor Offices  
Ellesmere Port Indoor Market Market Square  
Ellesmere Port CH65 0HW

***If you already have a membership pack please return it as soon as possible.***

# **New Third Sector Assembly For Cheshire West and Chester Unitary Authority Area**

The new Unitary Authority covering West Cheshire and Chester will come into existence on 1<sup>st</sup> April 2009, with elections taking place on 1<sup>st</sup> May for a Shadow Authority. Local Government change will therefore take place and this will have an impact on the voluntary, community and faith sector (VCFS). The three CVSs covering Chester, Vale Royal and Ellesmere Port and Neston have been meeting to discuss the impact that the new Local Authority arrangement will have on both us and the rest of the sector. We are being pro-active in discussing the implications with the main statutory agencies and have developed the concept of a Third Sector Assembly. The Assembly would be the main VCFS representative body for the new local authority area and would be supported by the CVS either individually as they are now or in some form of collective arrangement e.g. a new West Cheshire and Chester CVS. The Assembly would have representatives from each of the three existing CVS networks as well as a number of VCFS service deliverers, which covered the whole area, e.g. Age Concern and groundwork.

A conference was held on 16<sup>th</sup> April attended by statutory body representatives from each of the three existing Local Councils, Cheshire County Council, members of the Joint Implementation team for the new Unitary Authority, including its lead officer, the Chief Executive of Vale Royal, the Police, Fire Service and West Cheshire Primary Care Trust, together with Sector representatives from across the area. The conference was extremely positive and the message was clearly to move forward with the Assembly. The steering group will therefore continue to work towards setting up the Assembly and EPNAVCO, which is a member of the committee, will keep you all up to date with developments through our newsletter and our network meetings. If we can make the Assembly truly a representative body then it will benefit all our organisations as well as the communities in which we live and operate.



North West Ambulance Service NHS Trust is the largest ambulance Trust in the country covering more than 5000 square miles, serving a population of over seven million. The trust is committed to engaging with all its stakeholders and strives to ensure it gains appropriate representation of views in the way the Trust develops its services.

In order to achieve this, the Trust has a Patient and Public involvement strategy. One element of this is the Critical Friends Network. Open to anyone, including staff, the public, patients, carers, all NHS employees, all public sector organisations, council members and community groups, the network provides a platform for the Trust to receive feedback from a wide range of stakeholders.

The Critical Friends Network enables individuals from a wide range of stakeholders to engage with the Trust on different aspects of the Trust's service provision and development, such as improving access to services, transport issues, effective public information and new service initiatives. It enables individuals to have a say in the Trust's future services.

If you are interested in becoming a member of the Trust's Critical Friends Network, please log onto:

<http://www.nwas.nhs.uk/internet/patientcare/gettinginvolved/criticalfriendsnetwork/tabid/192/default.aspx>, read the Critical Friends Network Agreement and complete the on-line form.

## Viruses: How to stay safe online

Some people manage to avoid viruses. Others are plagued by them and have to get their computer cleaned every few months! How can you make sure you're the first type of person and not the second? Well, first of all, let's demystify some of the jargon...



- Virus:** A malicious piece of code written to gain access to your PC. The virus attaches itself to files or programs.
- Worm:** A piece of code that adds itself to your computer and runs a program without you being aware of it.
- Trojan:** A program that appears to be legitimate and harmless, but in fact does something malicious to your system.
- Malware:** Any software intended to cause harm to a system.
- Spyware:** Software that hides on your system and collects information about you and your activity online.



The usual first line of defence against all the above threats is to install some good antivirus software. This software may or may not include an anti-spyware scanner too. You can buy a commercial product, but there are free antivirus programs out there as well. Here's a quick rundown of some antivirus programs that we often come across.

### Norton Antivirus

Norton is very common as it comes pre-installed on many PCs. It has good scanning facilities, and is thorough. However, it is a large program and significantly slows your computer down, so it's not suitable for use on old or less powerful machines. Also, Norton can cause problems with network traffic, meaning that filesharing within your office can stop working for no apparent reason... we recommend alternative solutions when possible.



### AVG

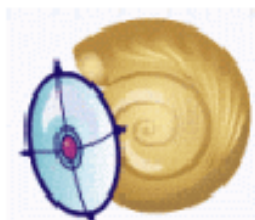
AVG has always been a good product. It provides roughly the same level of protection as Norton and is just as simple to use. You can try a free version of AVG before buying it. However, the most recent version has become slightly bloated and can sometimes slow machines down. AVG is nevertheless an efficient all-in-one solution.

**Avira AntiVir**

Avira is a free antivirus program. It places very little extra strain on your computer and has all the features you would expect. The scan is thorough, if a little slow, but your computer will stay perfectly usable whilst scanning. Overall – highly recommended.

**Clamwin Free Antivirus**

Clamwin is also free but is not as good as Avira. It does not automatically scan items, but only scans on-demand. The scan is slow, too. We no longer recommend Clamwin for general use. However, one of its good points is that a portable edition is available, meaning you can carry an up-to-date virus scanner with you on a pen drive, if you wish.

**Spybot Search And Destroy**

Spybot is a scanner and protection program that is dedicated to fighting spyware. It is very thorough and provides a high level of security. It is very slow when scanning, however. Despite this, it's well worth having (it's free too!). It will pick up spyware that other programs miss.



**There are many other programs out there too, and there isn't enough space to go into them all here. When choosing antivirus software, consider your needs. Find a program that suits those needs – don't just go with whatever's cheapest. Read reviews (you can always find reviews in PC magazines or the internet). Finally, if you want advice, give us a call on 0845 337 0577.**

As well as installing the right software, you can take sensible steps that will dramatically reduce the amount of problems you might face. Follow these tips to stay safe online:



**Keep your computer up-to-date.** If you use a Windows machine, use the Windows Update website or Automatic Updates to make sure your system is up to date. Don't forget that your antivirus program will need regular updates too – you can usually schedule the program to update itself every day.

**Use your antivirus scanner regularly.** You should scan your entire computer at least once a week. If possible, use a dedicated spyware scanner too (like Spybot) or an antivirus suite with a spyware scanner built in.

**Be careful about which websites you visit.** Never visit a website if you don't know that it's reputable. Don't click on banner adverts or "competition" popups (*You have been selected to win a free house!!!!!! Etc*).

Call our local rate computer helpline, 0845 337 0577 - visit [www.macaw.org.uk](http://www.macaw.org.uk) - or call "macawsupport" on Skype.

**Use a firewall.** A software firewall restricts network traffic and can stop a lot of low-level attacks. If you're using Windows, make sure Windows Firewall is turned on (unless you're using a different firewall already). If you have an office, you may be using a router with a built-in firewall – in which case, make sure it is turned on.



**Use caution when online.** You should always remember...

- Never open email attachments unless you know they're legitimate. If in doubt, scan attachments with your antivirus program. Remember, even if it's someone you know, their computer could have a virus which has sent you an email.
- Never reply to spam emails.
- Avoid putting your email address on the internet, even on your own website. Use a contact form instead.
- Be very careful of bank scam emails. They're getting more common.
- Don't install programs from the internet unless they come from a trusted source. They could carry spyware or viruses with them.
- If your computer starts behaving oddly – in particular, opening web pages or popping up adverts – use your antivirus program to scan your system immediately.



**Make use of your antivirus program.** If you have an antivirus program installed you can use it to scan documents before opening them, or to scan pen drives when connected to your computer. Viruses can be transmitted on USB drives, even if they belong to someone you know. Always be as careful as you can.

If you follow all the advice above, you should be able to significantly reduce the amount of virus problems you encounter. We've only been able to cover the basics in this issue of MACAW Monthly Tips, so if you have more questions, you can call us on **0845 337 0577**, visit our site at **www.macaw.org.uk**, or email us on **info@macaw.org.uk**.



# FILM SCREENING

## The Other World of Meredith

A tale of mystery and suspense shot in Neston by award winning film and theatre company *Shoreline*



Neston Library  
Tuesday 6th May 8pm  
0151 336 5486

£1 Library Members/£2 Non-Members



## Neston Citizens Week— 2008

Citizens' Week took place at the beginning of March. Neston High School hosted the opening event which was attended by local dignitaries, voluntary and community representatives, residents and even included an appearance from a local group of Vikings! Other events included a sponsored citizens' walk, the launch of Burton Manor's new incubator units and production of a children's' charter by local schools. Many of you will have been at the voluntary fair which provided an excellent opportunity for networking. CAN Group ran a five week drama project culminating in a performance by the children involved on the final day, this was followed by a Soul Finale, with soul band Chico providing the entertainment.

There were many other "fringe" events organised in and around Citizens' Week and all those involved in the planning and organisation felt it had been a worthwhile initiative and met the original objectives of promoting a sense of pride and belonging and bringing people together.

***Free online workshops for staff, trustees and volunteers from voluntary organisations in Ellesmere Port and Neston will be held in EPNAVCO training room. Ring to find out more and book a place.***

***Flexible times to suit you!!***

### **Health & Safety e-learning.**

Candidates who successfully complete this course will receive a health & safety certificate approved by CIEH.



### **'Food Safety Award e-learning Level 2'**

At the end of the workshops participants will be able to :

- comply with the new regulations
- show what you do to make food safely
- Submit your answers online gain your certificate same day.
- IT support available for those who need it.



# WST

## WOMEN'S SAFE TRANSPORT

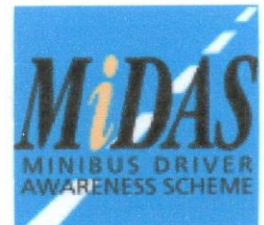
IS LOOKING FOR ADDITIONAL

## VOLUNTEER DRIVERS

Women's Safe Transport, which is operated by Ellesmere Port & Neston Community Transport, currently runs 4 evenings a week.

Due to demand we would like to increase this service.

If you want to help but don't know if you are qualified, then we can train you to complete the



Ellesmere Port & Neston Community Transport, which also operate Community Minibus and Community Car and Group booking services, are always looking for additional volunteer drivers and office staff.



If you are interested in helping us to deliver this service, please contact Neil on **0151 355 3739**

PROVIDING ESSENTIAL TRANSPORT TO MEET LOCAL PEOPLES NEEDS  
Registered Charity No. **1096794**



# EPNAVCO

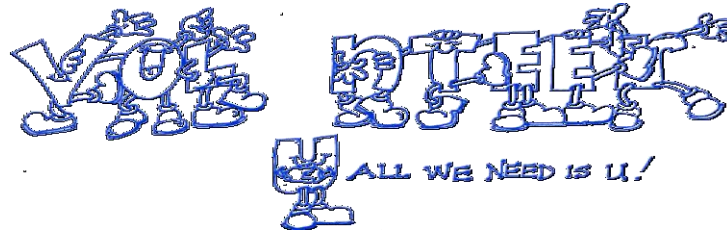


*Ellesmere Port & Neston Association of  
Voluntary & Community Organisations.*



**Make a World of Difference**

- .Friendly, informal volunteer interviews*
- .Volunteer Placements/introductions*
- .Help and advice on your volunteering*



- Make new friends*
- Improve your CV*
- Meet new people*
- Gain new experiences*
- Build your confidence*
- Get up to date work experience.*

If you are interested in becoming a volunteer please contact  
Ian Chambers at: EPNAVCO 1st Floor Offices, Indoor Market, Market  
Square Ellesmere Port Cheshire CH65 0HW  
Or telephone: 0151-356-7358 or  
e-mail: [vb@epnavco.org.uk](mailto:vb@epnavco.org.uk)



# **West Cheshire Fibromyalgia Support Group**

**Are Holding An Awareness Event At  
OASIS CENTRE FOR YOUNG PEOPLE  
Coronation Road, Ellesmere Port On  
Thursday 15<sup>th</sup> May  
From 11 am to 3 pm.**

There will be an admission charge of £2,  
Tombola, Refreshments and information about  
Fibromyalgia

For more information please contact:  
**Ruth Spicer on: 0151 348 1098**

## **MAKING A DIFFERENCE IN ELLESMERE PORT 'WHATEVER IT TAKES'**

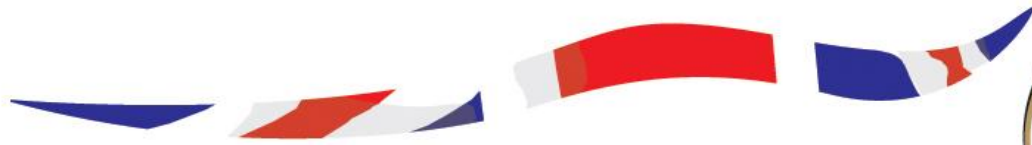


Cheshire Fire and Rescue Service and its partners will be holding a 'Whatever it takes' event on **Westminster Park** on Saturday 17th May 2008 from 11.00 To 3.00

Come along and join in with: Face painting, making up healthy lunch boxes, hanging baskets, children's' games, Coconut Shy.

The event is aiming to bring together organisations and services from both the private and voluntary sector, and present the support they can offer to the people of Westminster.

# VETERANS DAY



# 27 JUNE



## Ellesmere Port & Neston Veteran's Day 2008

**FRIDAY 27 JUNE 2008.**

**ELLESMERE PORT CIVIC HALL**

**Celebrations will begin at 12 o'clock with a short service at  
The Cenotaph in the Civic Square.**

The Civic Hall will be open for the public to view various exhibitions, which have been organised by the Combined Services of Ellesmere Port & Neston. Vintage Military Memorabilia will be on display and some Classic Military Vehicles outside on the Civic Square and at the T.A. Headquarters on Stanney Lane.

**These events will be attended by His Grace,  
The Duke of Westminster**

During the afternoon there will be a free Tea Dance with popular music from the Big Band Era to the Present Day.

**OPEN DAY  
TERRITORIAL ARMY HEADQUARTERS  
Stanney Lane.**

Young and old alike will be interested in the range of exhibits on display — Afghanistan & Iraq Campaigns, Military Uniforms on loan from Aldershot Military Museum. A fully operational Field Kitchen and a Climbing Wall will be in the Main Drill Hall. There will be Prize Presentation Packs for youngsters who take part in the activities.



## Looking For Funding?



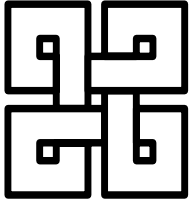
EPNAVCO have the following funding programmes:-

- \* Funderfinder
- \* Grantfinder
- \* Grants On-line

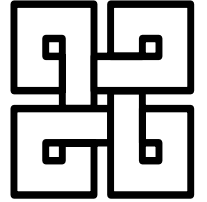
If you would like us to do a funding search for your organisation please contact the office on 0151-356-7358, e-mail: [Michael@epnavco.org.uk](mailto:Michael@epnavco.org.uk) or call into the office at 1st Floor Offices Ellesmere Port Indoor Market Ellesmere Port between 9.00 am and 4.00pm.

### Useful Websites

<a href="http://www.yearofthevolunteer.org.uk">www.yearofthevolunteer.org.uk</a>	to find out more about volunteering
<a href="http://www.do-it.org.uk">www.do-it.org.uk</a>	Volunteering Opportunities
<a href="http://www.cibfunding.org.uk">www.cibfunding.org.uk</a>	Charities Information Bureau
<a href="http://www.fundinginformation.org">www.fundinginformation.org</a>	Profunding
<a href="http://www.grantsonline.org.uk">www.grantsonline.org.uk</a>	Grants Online
<a href="http://www.nacvs.org.uk">www.nacvs.org.uk</a>	Councils for Voluntary Service Network
<a href="http://www.charity-commission.gov.uk">www.charity-commission.gov.uk</a>	Charities Commission
<a href="http://www.epnbc.gov.uk">www.epnbc.gov.uk</a>	Ellesmere Port and Neston BC Website
<a href="http://www.cheshire.gov.uk">www.cheshire.gov.uk</a>	Cheshire County Councils Website
<a href="http://www.grantsnet.org.uk">www.grantsnet.org.uk</a>	Grantsnet
<a href="http://www.fundingfinders.co.uk">www.fundingfinders.co.uk</a>	Funding Finders



# Ellesmere Port & Neston Association of Voluntary & Community Organisations



Developing, Supporting and Promoting Voluntary Action in the  
Community.

## Supporting Community Training Needs

**FREE**

IT Courses

Funding Advice workshops

Personal Development

Governance

Legal issues

Volunteer Management

First Aid

Food Safety

Health & Safety- Risk Assessment

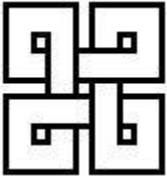
Membership is **FREE** and  
open to any Voluntary Organisation or  
Community group operating in Ellesmere Port & Neston  
and brings many benefits such as **FREE** training and  
support.

We can help with Grant Applications, Constitutions,  
Project Development, and Applying for Charitable Status,  
Volunteer Brokerage Service, and much more.

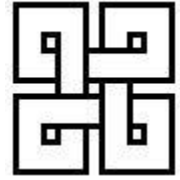
**For further information Contact Joan at our NEW Town  
Centre Offices above the Market Hall.**

Tel:- Joan on 0151-356-7358 or 0151-348-8507

e-mail: [joan@epnavco.org.uk](mailto:joan@epnavco.org.uk)



**Ellesmere Port and Neston Association of  
Voluntary and Community Organisations  
(EPNAVCO)**



1st Floor Offices  
Ellesmere Port Indoor Market  
Market Square  
Ellesmere Port  
CH65 0HW

Telephone Number: 0151-356-7358

E-mail: [chris@epnavco.org.uk](mailto:chris@epnavco.org.uk)

Volunteer Centre: [vb@epnavco.org.uk](mailto:vb@epnavco.org.uk)

Charity Registration Number: 1108080

A Company Limited By Guarantee Registration Number:  
5301920

**Opening Times:**  
**Monday to Friday 8.30 am to 4.30 pm**

**This Newsletter will be published quarterly, If you or your group would like to publicise your work, contact us in any of the following ways;**



[chris@epnavco.org.uk](mailto:chris@epnavco.org.uk)

0151-356-7358



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