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All the (sector) news that's fit to print (with apologies to the NY Times).

[Council For Voluntary Services Central Lancashire](#)

Welcome to our weekly roundup of all things Voluntary Community Faith Sector in Central Lancashire!

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And now, the news ...

[Guild 2012](#)

Keeping special Guild spirit alive for 2032

Keeping the Guild spirit alive for the next 20 years is the main aim of a new charity. The Guild Link, a group set up in the wake of the historic celebrations, will amass a pot of cash which will be available for the 2032 celebrations and used to host events over the next two decades. Among the ideas include hosting a special Guild annual awards to mark people who contribute to Preston, hosting major events delivered under the Guild brand and adding 'spokes' to take people from the city centre to the Guild Wheel cycleway built around Preston.

<http://www.lep.co.uk/news/local/keeping-special-guild-spirit-alive-for-2032-1-5024529>

Preston Guild in Pictures

Many of our photos from the 10 day Guild City Festival are now uploaded to our Flickr pages. Were you one of the 20,000 who took part in the Trades procession, Community Procession, Churches Procession or Torchlight Procession? If so you may be able to spot yourself! Please do also share your Guild photographs for everyone to enjoy. Also visit our You Tube channel for a collection of Guild videos. These collections are being added to all the time as more and more Guild memories are being shared online - so why not add these pages to your favourites.

Flickr:

<http://www.flickr.com/photos/prestonguild2012/sets/>

Trades Procession:

<http://www.flickr.com/photos/prestonguild2012/sets/72157631690802020/>

Community Procession:

<http://www.flickr.com/photos/prestonguild2012/sets/72157631689855206/>

Churches Procession:

<http://www.flickr.com/photos/prestonguild2012/sets/72157631690799836/>

Tochlight Procession:

<http://www.flickr.com/photos/prestonguild2012/sets/72157631697156603/>

You Tube videos:

http://www.youtube.com/user/prestonguild2012?feature=results_main

Guilders

Between February 2011 and August 2012, over 300 Guild volunteers were recruited contributing over 9,000 hours of voluntary activity to Preston Guild 2012. During Guild week 200 volunteers including approximately 40 corporate volunteers (mainly BAE Systems and Lancashire County Council) combined with staff from Preston City Council to help deliver the Guild City Festival. From set up to pack down our volunteers got stuck in on a daily basis, giving a warm Lancashire welcome to all our visitors. There were also a dozen volunteer photographers from Preston Photographic Society recording the events as they had throughout the year. Guild City Festival volunteer activity totalled over 3,500 hours. Thanks and Well Done to ALL!

What did you think of the Guild events? - deadline 15 November 2012

We hope you enjoyed visiting the Guild City festival celebrations this August and September and are really keen to hear your views on the events you attended helping us plan our future events programme. You can complete the survey simply by clicking this (below). As a thank-you for respondents, if you submit a survey we'll enter you into a free prize draw for a chance to win a meal for two at Paul Heathcotes' restaurant in Preston and family tickets for up to 4 people to the Jack and the Beanstalk pantomime at the Guild Hall. The winner will be announced on 22nd November 2012. The survey will remain open until 9am on 15th November 2012 and will take approx 5-10minutes to complete. However, we'd like you to complete the survey as soon as possible so that the events are still fresh in your mind.

<http://www.snapsurveys.com/swf/surveylogin.asp?k=133112307218>

If you have any problems accessing the survey please contact

support@lateralthinkers.com

Countdown to the Marathon is on.. 28 October 2012

The first ever Preston Guild marathon and half marathon will get underway in less than two weeks time on Sunday 28th October. Over 4000 runners will congregate in the Flag Market early Sunday morning to run the 13 or 26 miles they have trained hard for. Come down and cheer on the runners from 9am for the marathon and 10am for the half marathon. Make sure you stay put soaking up the atmosphere and enjoying the entertainment, ready to cheer the runners on at the finishing stretch!

[Funding Opportunities](#)

OFCOM Community Radio Fund - deadline 7 November 2012

The Community Radio Fund offers grants to groups who are broadcasting under a community radio licence (i.e. small scale, not-for-profit stations set up to deliver social gain).

<http://www.ofcom.org.uk/>

G C Gibson Charitable Trust Grant - end of October / start of November

The G C Gibson Charitable Trust Grant is for registered charities undertaking general charitable activities in the UK. Grants are made between the values of £1,000 and £10,000. Eligible expenditure includes primarily core costs, and capital costs will also be considered. Applications are considered at the end of October/beginning of November annually. Applications should be made in writing. Contact details: Mrs Karen Griffin, G C Gibson Charitable Trust, Deloitte, 5 Callaghan Square, Cardiff, CF10 5BT Tel: 02920 260000

Carers Trust - deadline 9 November 2012

£2,500 Small Grants Available! After a successful first round, Carers Trust are delighted to announce the launch of the second round of their small grants programme, Young Carers Can... Grants of up to £2,500 will be awarded to provide fun, social and structured activities that will tackle social exclusion and improve the self-esteem of young carers. Applications are sought from Third Sector/not for profit organisations that wish to provide support activities for young carers across the UK.

<http://tinyurl.com/youngcarerscan2012>

Gregg Foundation Grants - deadline 11 November 2012

Local Not for Profit Organisations can apply for grants of up to £2,000 through the Greggs Foundation regional grants programme. The regional grants programme is administered by committees of volunteers from Gregg shops, bakeries and offices who are based in England, Scotland and Wales. They use their knowledge of the local area to make small grants to local organisations, in particular those that make a difference to people in need in the heart of Greggs' local communities. The Greggs Foundation prioritises local organisations that help people in need in their local area. Many charitable causes can be supported through the programme. Most of the grants are to support an identifiable cause such as trips, activities and equipment. Additionally the Foundation prioritises the following people: Voluntary carers; People with disabilities; Homeless people; and Older people.

<http://www.greggsfoundation.org.uk/grants/grant-programs/regional-grantsguidelines-and-application>

Woodward Charitable Trust - deadline 30 November 2012

The Woodward Charitable Trust funds small registered charities. Grants of between £100 and £5,000 are available from their small grant fund and grants over £5,000 from their large grants fund. You must first contact them to discuss if you are applying to the large grants fund. Projects they will fund are work with: children and young people at risk of anti-social behaviour; minority groups including refugees, gypsies and travellers;

prisoners and ex offenders; disability projects; homeless projects; arts outreach for the disadvantaged; and environmental projects which are also educational. Deadline 30 November.

<http://www.woodwardcharitabletrust.org.uk/guidelines.html>

Tesco Charity Trust Community Awards - Opens 1 December 2012 - deadline 30 January 2013

The Tesco Charity Trust Community Awards Scheme has announced that its funding programme for children's education and children's welfare will re-open for applications on the 1st December 2012. The scheme awards one-off donations of between £500 and £4,000 to registered charities, schools and not for profit organisations. The funding we give goes towards providing practical benefits, such as equipment and resources for projects that directly benefit children living in the local communities around our stores in the UK. Projects previously supported include playground equipment in schools and local communities; sensory garden or room projects; outdoor classrooms; breakfast and after school clubs; holiday play-schemes; and part funding to purchase minibuses etc.

<http://www.tescoplc.com/index.asp?pageid=121>

Hilton in the Community Foundation Grants - deadline 12 February 2013

Organisations that work with young people have the opportunity to apply for grants through the Hilton Foundation. Organisations such as charities and other not for profits can apply for grants ranging from a few hundred pounds up to £30,000 per year for up to 2 years that meet one of the Foundation's chosen areas of focus. These are: Disabled children; Children in hospital; Homelessness; and Life-limited children in hospices.

<http://www.hilton-foundation.org.uk/application.htm>

Funding for Childrens Outdoor Recreational Activities - 28 February 2013

The Outdoor clothing company "North Face" has announced the launch of a new funding round of its Explore Fund. The Explore Fund supports not for profit organisations that encourage youth outdoor participation. Grants of up to €2,500 are available for projects that encourage community involvement; focus on breaking down barriers to getting youth outdoors; and projects that reach out to a specific community or place of interest. Only one Explore Fund financial support package will be given to an organisation in each calendar year and applications that can provide match funding will be viewed favourably.

<http://explorefund.eu/index.php#>

Strengthening Disabled People's User-Led Organisations Programme - Facilitation Fund - Open and no deadline

On 20th July 2012 Maria Miller, the Minister for Disabled People, launched the new programme to support Disabled People's User-Led Organisations (DPULOs). This will be a £3million investment over four years that will aim to promote the growth and improve the sustainability of DPULOs.

<http://odi.dwp.gov.uk/odi-projects/user-led-organisations.php>

Community Business Loans from RBS

This £5m fund from RBS offers financial support for the purpose of starting or expanding a community-based business. RBS expects to support in the region of 1,000 businesses through the scheme. Eligible businesses can apply for loans of between £30,000 and £500,000.

<http://www.rbs.co.uk/business/banking/g3/community-business-loan-fund.ashx#tabs=section1>

Pre-feasibility grants of between £5k-10k now available to community enterprises

The Social Investment Business in partnership with Locality have Pre-Feasibility Grants available for amounts of up to £10,000 for organisations to build internal capacity to help them to compete to deliver public services and/or own and manage assets. These grants can be used to help build management capacity and capability within your organisation e.g. improve your governance and management, support the costs of incorporation or forming consortia and coaching for existing staff to build their abilities to deliver local services and/or manage assets.

<http://www.sibgroup.org.uk/our-funds/communityrights/apply/>

Vacancies and Employment

Lancashire Global Education Centre, Executive Director - deadline 9 November 2012

28 hours per week, permanent contract

£29,236 pro rata + 6% pension contribution

We are looking for an experienced manager who shares our vision and values. You will have a strong track record of securing substantial funding and generating earned revenue; excellent interpersonal and communication skills; experience within the formal and/or nonformal education sectors; and an inclusive approach to managing our team of dedicated staff. The position is based in Preston.

<http://www.lgec.org.uk/About/Jobs-at-LGEC>

New research shows Living wage benefits business

A new piece of research by Queen Mary, University of London (commissioned by Trust for London) shows that paying the Living Wage has big benefits for business, workers and the Treasury.

<http://www.trustforlondon.org.uk/media-centre/news/100000-increase-in-london-jobs-paying-poverty-wages-1.html>

Volunteering

UCLan: Organisations offering opportunities are invited to be represented at upcoming student volunteering fairs:

The fairs are being held on:

31st October in Preston at The Atrium in the Students Union, 10am -3pm (set-up 9.30am)

1st November in Burnley in the foyer, 10am to 3pm (set-up 9.30am)

Organisations will be allocated a space within the fair to set-up any banner stands and materials they may wish to bring with them. If you would like to attend, please email us and let us know there are still a few places available.

Rebecca Steel

Centre for Volunteering and Community Leadership

University of Central Lancashire

Education and Social Science

Livesey House 213

Preston

PR1 2HE

Telephone 01772 893662

RSteel@uclan.ac.uk

Co-op launches programme that promises a million hours of staff volunteering

The Co-operative has launched a new programme for its staff to contribute up to a million hours a year of volunteering to their communities. The 100,000 people working for the group, which includes supermarkets, financial services, funeral care and pharmacies, will be given two days a year, during work time, to volunteer. The programme is part of the Co-operative's Ethical Plan, which sets out its aim to be the most socially responsible business in the UK.

Child Action Northwest is looking for new Trustees to join our successful team

Child Action Northwest (CANW) is a registered children's charity which was founded in 1891 as Blackburn Orphanage. Today it is one of the leading voluntary sector providers of services for children, young people, families and communities across the Northwest of England with an annual turnover of just under £4.5 million. The charity has offices across the region serving Cumbria, Cheshire, Greater Manchester, Lancashire and Merseyside.

Poster:

<http://btckstorage.blob.core.windows.net/site7587/Uploads/10/18/CANW.pdf>

Young Trustees

Now have their own website aimed at encouraging young people to become trustees and then to give them support. There are tips on becoming a trustee and links to range of articles about young people becoming trustees. There are even some trustee opportunities posted on the site.

<http://youngcharitytrustees.org/>

Harvesting scheme set to be held, Preston - 21 October 2012

Volunteers will receive the fruits of their labours if they sign up for a harvesting scheme in Preston on Sunday. Abundance Preston plans to bring volunteers to pick fruit from trees where they would otherwise be wasted. Fruit is going to waste on trees in parks, on streets and in back gardens. Volunteers are asked to help land owners to collect the fruit which is then distributed among the pickers, owners and community projects.

Abundance is a national organisation and the Preston project is supported by the city council, NHS Central Lancashire and Lancashire Wildlife Trust. They will be on the Flag Market on Sunday between 10.30am and 2pm recruiting volunteers. Wildlife Trust Community Food Growing Project Officer Chris Taylor said: "Come along if you would like to get involved in next year's harvest, know of some trees with wasted crops or just want to taste some of the fresh apple juice we will be pressing on the day. "We are happy for people to bring their own apples and we will turn them into juice for you."

Call 07967820744 for info.

<http://www.lep.co.uk/community/harvesting-scheme-set-to-be-held-1-5032782>

Cuerden Valley Park Trust:

Can anyone spare some time to set up the Farmer's Market (Saturday 27 October 2-4pm) and/or take it down again (Sunday 28 October 2-4pm). All help appreciated (and rewarded with cake). Contact: Lesley Cryer, Cuerden Valley Park Trust, The Barn, Berkeley Drive, Bamber Bridge, PR5 6BY. Tel: 01772 324436 (Mondays, Tuesdays, Fridays). Email:

marketing@cuerdenvalleypark.org.uk

<http://www.cuerdenvalleypark.org.uk>

Twitter @CuerdenValleyPk

Scheme to give a boost

Support volunteers and voluntary groups will receive a boost from a new pilot project.

Lancashire County Council is supporting a new pilot project known as Volunteering One Lancashire, which will create new volunteer hubs across the county for Volunteer Groups to work together and to encourage people to volunteer, help organisations find volunteers and enable volunteers to gain new skills to help their work.

Details can be found at

<http://www.selnet-uk.com>

<http://www.lep.co.uk/community/scheme-to-give-a-boost-1-5037929>

Council for Voluntary Service Central Lancashire will be involved in delivering this service across the Preston and South Ribble Districts. The funding being received from Lancashire County Council via One Lancashire will help us maintain our long standing Volunteer Brokerage Service which we have operated for the past five years following its initial establishment with monies from the Big Lottery Fund. The service averages 3,000 volunteering enquiries per annum. The number of unique volunteering opportunities registered with the service to date this year is 90 but has, in past years, reached as high as 180. The number varies as some Organisations reach saturation point and as others, regrettably, succumb to the current economic climate and cease to operate. As you will gather from the figures above, we are constantly looking for suitable opportunities for volunteers. If you would like to work with us on developing new opportunities within your Organisation please email us on:

pcvs4@prestoncvs.org

Fundraising News

Charity Aid: X Factor contest, Preston - 27 October, 10 November, 8 December 2012

To celebrate raising £300,000 by its 10th birthday local volunteer fundraising group Charity Aid is holding an X Factor contest in Preston on the October 27, November 10 and December 8. Anyone who wants to enter or find out more information about the event can email Tracy@unitedpress.co.uk with their full name, address, town and phone number. The contest free to enter and there will be a prize to the winner.

HMRC reveals it foiled fraudster who tried to set up 189 charities

HM Revenue & Customs prevented £10m of fraudulent Gift Aid claims last year, including claims from one fraudster who tried to set up 189 fake charities, its head of charities, Andrew Edwards, told MPs. Speaking to MPs on the Small Charitable Donations Bill Committee in parliament, Edwards said his organisation had also helped arrest another fraudster who had stolen more than £500,000 from two charities. "There is more fraud in the system than we are catching," he said. "People set up hundreds of fake charities and flood us with applications." He also said that his department had prevented £30m being paid out in error. HMRC distributes more than £1bn a year to charities in Gift Aid. Total tax reliefs to donors and charities are worth more than £3bn.

Movember moustache will appear on postmarked letters over the next month

Royal Mail will encourage its staff to participate in the annual campaign as part of its charity of the year partnership with Prostate Cancer UK. A Movember moustache will appear on all postmarked letters from today as part of the Royal Mail's charity of the year partnership with Prostate Cancer UK. The postal service is encouraging its 150,000 staff to take part in the annual campaign that sees men growing moustaches for the month of November in aid of the charity, the Institute of Cancer Research and the Movember Foundation. Prostate Cancer UK said it was not putting a figure on the amount it expected Royal Mail to raise for Movember, but the two-year partnership is expected to make at least £2m for the charity overall. The target for employees is £1m, which the company has pledged to match.

BIG's Peter Ainsworth wants to set up new legacy trust to capture spirit of 2012

Big Lottery Fund UK Chair, Peter Ainsworth, would like to set up a legacy trust worth at least £40 million to capture the energy and commitment generated by the 2012 Games. He anticipates giving the trust a flying start by promising that the BIG Lottery Fund's share of proceeds from the sale of the Olympic Village in 2014 be dedicated to this cause. Assuming people like the idea, he is encouraging other organisations to give the trust their backing, with an aspiration of potentially doubling its resources. He described the money as a windfall that would benefit all parts of the UK and could be used to support volunteers, community action, people with disabilities and young people.

Bank Machine names 30 charities that will benefit from cash machine donations

The 30 charities that will benefit from donations through cash machines operated by the ATM provider Bank Machine have been revealed. The charities, which were selected from more than 500 applications by an independent panel chaired by Sir Stuart

Etherington, chief executive of the National Council for Voluntary Organisations, include the Stroke Association, Macmillan Cancer Support and Samaritans. Six different charities have been selected in each of five areas: southern England, northern England, Scotland, Wales and Northern Ireland. For Northern England the charities are: TramShed Theatre Company; Northumberland Wildlife Trust; Impact Family Services; People's Dispensary for Sick Animals; Macmillan Cancer Support and Sue Ryder.

Community Shares

Communities Minister Don Foster has launched a new Community Shares Unit to help local people claim a stake and become part owners of local assets and services. The new Community Shares Unit, which will have a budget of £590,000 over three years, aims to enable more local enterprises to use share offers as a way of raising finance - in particular risk capital - to purchase buildings or get new projects up and running.

<http://www.communities.gov.uk/news/newsroom/22299641>

[Training](#)

Reminder: Preston FM: New Training opportunities November 2012 - rsvp 20 October 2012

We are pleased to announce Preston FM's latest round of training courses for new volunteers. There are three new training courses coming up in November. They are free, friendly, practical and available to everyone living or working in Preston, South Ribble and the surrounding areas. No previous experience is necessary as full friendly support will be available from Preston FM team of trainers and volunteers.

Course 1, 12 - 26 November 2012

Mondays and Wednesdays , 6.30pm – 9pm, commencing November 12th and finishing November 26th 2012.

Course 2, 17 - 24 November 2012

Saturdays and Sundays 10am – 5pm, commencing November 17th ,18th and 24th 2012.

Contact Details

training@preston.fm

01772 880791 (after 2pm)

The training courses will cover all the skills required to produce your own radio show on Preston FM

(See also the Preston FM article under Public Notices below re promoting your Organisation)

Public Lecture, UCLan, Preston: Community Wealth Building and the Evergreen Co-operative Initiative - 30 October 2012

Ted Howard, social entrepreneur and author, is the co-founder and Executive Director of The Democracy Collaborative at the University of Maryland. The Collaborative is recognised as a national leader in the fast growing field of community wealth building strategies and policy development. Its "Anchor Institutions" project focuses on the role universities, hospitals, and other place-based anchors can play in fostering inclusive

economic and community development.

More details:

<http://btckstorage.blob.core.windows.net/site7587/Uploads/10/18/UCLAN1.doc>

<http://btckstorage.blob.core.windows.net/site7587/Uploads/10/18/UCLAN2.doc>

Preparing to Teach in the Lifelong Learning Sector - 8, 15, 22, 29 November 2012

The Via Partnership, City and Guilds Level 4, Leyland

£325 per person

<http://www.via-uk.com/>

trainingbookings@via-uk.com

ACEVO Annual Conference 2012: Governance and Leadership: A Foundation for Success, London - 29 November 2012

This year's ACEVO Annual Conference will highlight the importance of effective governance in bolstering your organisation against the external pressures it faces during disruptive times such as these. The day will reflect on what this environment demands of us as leaders and will provide resources, guidance and practical support to guide you and your organisation towards future success. Join us on the 29 November to hear from morning keynote speaker William Shawcross CVO. William was elected in September 2012 by the Public Administration Select Committee to become Chair of Charity Commission from October 2012. This will be one of his first speaking engagements since taking up the post. Thanks to generous support from RBS, regional members with substantial travel costs (traveling from outside London and the South East) are now able to attend the Annual Conference at a subsidised rate of £120.

More:

<http://btckstorage.blob.core.windows.net/site7587/Uploads/10/18/ACEVOConf.docx>

<http://www.acevoannualconference.org.uk/>

Events

Rosemere: Find out about work of cancer foundation, Open Day, Preston - 20 October 2012

The Rosemere Cancer Foundation based at the Royal Preston Hospital is inviting people to find out for themselves how the charity spends money raised through fundraising at its annual open day. The event will be held on Saturday, October 20. To reserve your place at the open day, call 01772 522913. Alternatively, e-mail and further details will be sent about the event.

info@rosemere.org.uk

Chorley Town Hall: Open Day - 20 October 2012

Everyone across the Chorley Borough is being invited to take a look inside the Town Hall to see what Chorley Council does for you. The Town Hall Open Day will be an opportunity to learn what services the council provides, find out what's happening in your local area and take part in important consultations on plans for the town centre and

future priorities of the authority. It will also be a chance to meet the Leader of the Council, MP and you own local Councillor.

<http://www.chorley.gov.uk/index.aspx?articleid=3965>

Galloway's Society for the Blind's Autumn Ball: Tickets for ball still available - 20 October 2012

Tickets for Galloway's Society for the Blind's Autumn Ball are still available. The ball at Bartle Hall, Lea takes place on Saturday. Local singing star Stephen Bayliss, DJ Darrel Edwards and close-up magician Jason Rea will be providing the entertainment. Call telephone 01772 744148 or 07743 825818.

Half term fun for families - 20 October - 4 November 2012

A host of events will take place at the WWT Martin Mere Wetland Centre for the October half term. Activities include pumpkin carving and a canoe safari. There is also an adventure play area. WWT Martin Mere is open every day from 9.30am to 5.30pm and parking is free of charge.

<http://www.wwt.org.uk/martinmere> for details.

Apple day fun at Cureden Valley Park - 21 October 2012

Apple Day will be celebrated at Cuerden Valley Park from 11am to 3pm on Sunday. Younger visitors can enjoy apple themed crafts, quizzes and games. People can also sample different apples and try their hand at using an apple press to make fresh apple juice.

Men Against Violence, Preston, "Looking at Porn" - 22 October 2012

Is pornography a cause of sexual violence? Showing of "NSFW" (not safe for work), a documentary about the sex industry (sex images and references are mild) followed by discussion and debate.

Poster:

<http://btckstorage.blob.core.windows.net/site7587/Uploads/10/18/Looking.pdf>

<http://www.menagainstviolence.co.uk>

The 2012 Human Rights Tour, Preston - 30 October

We are going to be visiting Preston on 30 October as part of our annual Human Rights Tour. The Tour consists of 16 free events in 16 towns and cities across the country and is open to individuals, VCS representatives, public sector representatives and any other interested parties. We use the events to open debate on the meaning of human rights, their relevance to everyday issues, their practical use - and to discuss current threats to their protection. The feedback - and levels of interest - in last year's Tour were an indication to us that such discussions are very much needed and valued. You can find more detailed information about the day at

<http://www.bihhr.org.uk/events/save-the-date-human-rights-tour-2012>

National Stress Awareness day - 7 November

This year's theme is defining outcomes for wellbeing at work - something quite timely as

we are increasingly having to do more with less. Read part one of our series to help you combat stress in your workplace and implement a strategy.

<http://www.acevo.org.uk/document.doc?id=2232&erid=1286520>

Cuerden Valley Park, Apple Day - 21 October 2012

Apple Day Sunday 21 October in the Walled Orchard Cuerden Valley Park. Berkeley Drive, Bamber Bridge. PR5 6BY. A celebration of our walled orchard. Fun for all the family. Children's crafts and games, apple bobbing, cider tasting, advice on growing fruit, recipes etc. Bring along some apples to make into cider! Free admission – small charge for activities.

McMillan Cancer Support: Glam up for cancer support, Preston - 23 October 2012

A fashion show in aid of McMillan Cancer Support charity will take place at The Marriott Hotel, Preston on October 23. For more information and to purchase a ticket contact AM1 Hair on 01772 875787.

Make collage for Big Draw, Preston - 25 October 2012

Youngsters are urged to take part in half term drawing and colouring to make a river collage for the pavilion at Avenham Park, in Preston, as part of the nationwide Big Draw event. It will take place on Thursday, October 25 from 1pm to 3pm at the Avenham Park pavilion. There is no charge. Call 01772 906471.

Moor Park: Flower power - 27 October 2012

People can help add some colour to Preston's Moor Park by taking part in bulb planting on Saturday October 27. It will take place from 1pm to 3pm and anyone interested should meet at the ranger's pavilion. Call 01772 906471 for details.

Cuerden Valley Park Farmers' Market (Plus for October only – Pumpkin Carving Competition) - 28 October 2012

Sunday 28 October, in and around the Barn, Berkeley Drive, Bamber Bridge. PR5 6BY. Over 30 stalls selling locally produced fresh food, pies, cakes, meats, cheese, petfood, jams and preserves, honey, bread, fruit and veg and a wide range of local crafts. Easy access for pushchairs and wheelchairs etc. Free parking. Dogs welcome (on a lead please). Why not make a day of it and come along for a walk around the beautiful Cuerden Valley Park too?

Trustees' Week - 5 - 11 November 2012

This annual event will take place this year from 5th - 11th November. The Trustees' Week website contains full listings of events for trustees happening all over the country. Don't forget to add your event by emailing trusteesweek@charitycommission.gsi.gov.uk <http://trusteesweek.blogspot.co.uk>

Preston Celebrity Christmas Lights Switch On - 17 November 2012

Preston Flag Market. Celebrities to be announced.

Islamophobia Lecture, Preston - 22 November 2012

Global Village in partnership with Preston Faith Forum & Salvation Army presents a lecture on Islamophobia as part of The Guild Interfaith Week. On Thursday 22nd November Chris Allen (Birmingham University) will be speaking on Islamophobia, myth or reality? Understanding the problem to find a solution. Venue: Salvation Army, Harrington st, Preston. Doors open for registration at 9.45 a.m. for a 10 a.m start. Please do circulate to your contacts

Christmas Lancashire Market

Yes - we are advertising Christmas Events!

Preston Flag Market Saturday 8 December 2012 (12 noon till 9 p.m.); Sunday 9th December 2012 (10 a.m. till 4 p.m.)

[Public Notices](#)**Battling bills - what help is there? some - deadline 30 November 2012**

Energy bills are on the rise again and this will mean more households struggling to pay their bills. The Energy Saving Trust offers information on getting help with insulating your home and reduce your energy bills. It will tell you about the government's forthcoming initiative called the Green Deal, which starts in earnest on 28 January 2013. Under this, you pay for energy-saving improvements such as a new boiler, over time, through your energy bill. The idea is that the work will translate into lower bills, and the saving will pay for the costs you have incurred. The trust also tells you about the obligation of each of the big six energy firms to offer free heating and insulation help to poor households, or those living in poor parts of the UK. In the meantime however, but only until 30 November 2012, free help is available to EVERYONE through British Gas. even if you're not a British Gas customer you can qualify for assistance worth up to £1000, including materials and labour and, could save you hundreds of pounds each year. (See the British Gas link below). You could also qualify for help worth up to £3,500 to improve the heating or insulation in your home through the Warm Front scheme.

<http://www.energysavingtrust.org.uk/>

<http://www.energysavingtrust.org.uk/Take-action/Find-a-grant/Green-Deal-and-Energy-Company-Obligation-ECO>

<http://www.britishgas.co.uk/freeinsulation>

<https://www.gov.uk/warm-front-scheme/overview>

Money saving tips:

<http://www.thisismoney.co.uk/money/bills/article-2218782/Cut-energy-bills-10-tips-reduce-gas-electricity-costs.html>

Preston City Council - Community Blog

We will be regularly writing about community activity across Preston; sharing stories about the groups, organisations and individuals who are working hard to benefit our neighbourhoods.

<http://www.preston.gov.uk/blogs/communities-blog/>

Trustee guide to campaigning and influencing

Are you a trustee and want to know more about effective campaigning and influencing?

Are you working to influencing change and want a resource to explain effective campaigning to your board? This (Free) short guide outlines both what is required by the law and what is good practice in the development and implementation of effective campaigns. It's relevant whether you are involved in a large organisation looking at the strategic overview or in a small organisation and are more directly involved in the day-to-day delivery of activities.

<http://www.ncvo-vol.org.uk/trusteeguidecampaigning>

Charity Commission Launches Audio Guides to Help Trustees

The Charity Commission has launched the first in a new series of audio podcasts which are designed to help charity trustees in England and Wales develop their understanding of their duties under charity law. The first episode is now available to download from the Commission's website. It explains what trustees need to do to protect their charity against fraud. The 10-minute programme, which is presented by the Commission's Head of Investigations and Enforcement, Michelle Russell, and Head of Action Fraud, Jamie Johnson, also lets trustees know what they should do if their charity does fall victim to fraud.

http://www.charitycommission.gov.uk/RSS/News/pr_fraud_podcasts.aspx

Perfect Storm

Children England has released a report on the state of the voluntary sector which deals with children and young people. The report, titled 'Perfect storms: an analysis of the operating conditions for the children, young people and families voluntary sector' focuses on the challenges facing organisations and the barriers they face in working with their service users.

<http://www.playworks.org.uk/perfect-storms-a-national-report-on-the-state-of-the-children-young-people-and-families-voluntary-sector>

Scary competition to start on estates, Chorley - 29 - 30 October 2012

Two housing estates in Chorley will get into the spirit of Hallowe'en with a pumpkin carving competition. Chorley Community Housing (CCH) is holding the events in Coppull and on the Liptrott estate on October 29 and October 30. The best pumpkins will win ghoulish prizes.

<http://www.lep.co.uk/community/scary-competition-to-start-on-estates-1-5021225>

Vote deadline is approaching - 31 October 2012

Time is running out to register for a postal vote in the Lancashire Police and Crime Commissioner election. The election takes place on November 15. The deadline is October 31 and this includes residents who want to vote by post, to cancel a postal vote and attend a polling station, or to vote by proxy. For information contact 01772 906908.

Crime in England and Wales falls

Crimes against adults fell 6% in England and Wales for the year ending in June, compared with the previous year, official statistics show. However, it was too early to conclude that there was an emerging downward trend in the latest Crime Survey for England and Wales, the Office of National Statistics said. Crimes recorded by the police also fell by 6% in the same period. This continues the downward trend in recorded crime seen since 2004/05.

<http://www.bbc.com/news/uk-19989350>

Untold Stories - Upcoming deadline 22 October 2012

Media Trust has partnered with Sainsbury's and Google to launch this year's Untold Stories, a national initiative that matches volunteer professional filmmakers with small charities to create short, high quality films at a fraction of the normal cost. The scheme is open for applications to charities, not-for-profits and voluntary organisations with an annual turnover of less than £2 million. The short films produced, which are 3-4 minutes in length, will be available for the charities to use as promotional tools and will also be broadcast on our national television channel, Community Channel, as part of the Untold Stories series. The closing date for applications is Monday 22 October at midday.

More:

<http://www.mediatrust.org/get-support/untold-stories-2012/>

Preston FM : Free on air promotion for your organisation

Preston FM, the Community Radio station transmit 24/7 on FM 103.2 from our studios at the Arts and Media Centre in Fox Street. We continue with our popular training (see elsewhere in this newsletter) and are always looking for volunteers to come and work with us. As a not for profit radio station with the potential to access over 150,000 people in this area, we are looking to assist other charities and similar groups with free on air promotions and advertising. If you run a charity or not for profit organisation in our area, please come and talk to us about how we can help you get your message across, whether that is a special event, or a perhaps a recruitment drive. We will not charge you for this and will help in the production of your item; please note we may need to levy a small charge for copyright cover, but this will never exceed £30. If you are interested, please contact us on 01772 880791 (after 2pm), or email:

ideas@preston.fm

UK food banks used by record number, says Trussell Trust

A record number of people received emergency food from UK food banks in the last six months, a charity says. The Trussell Trust said its food bank network had fed almost 110,000 people since April, compared with a total of 128,697 in the whole of 2011-12. Its food banks provide at least three days' worth of nutritionally-balanced food for local people in crisis. The charity expects to feed more than 200,000 people in 2012-13 as food and fuel bills are set to rise this winter.

<http://www.bbc.com/news/business-19953938>

Centre's cash boost

An outdoor education centre used by children across Lancashire has announced a £3m

development. Lancashire County Council announced Tower Wood education centre, on the banks of Lake Windermere, is to become home to a new accommodation building – allowing thousands of visitors, including school parties and families with disabled children, to stay on site during their visit. Funding for the development has come mainly from Lancashire County Council's children and young people's capital fund.

Universal Credit: Disabled people 'to lose out'

Up to half a million disabled people and their families stand to lose out under the government's proposed Universal Credit, a report says. The Children's Society, Citizens Advice and Disability Rights UK say 100,000 households with children could have incomes reduced by up to £28 a week. They are urging a rethink, particularly on help for future claimants. But David Cameron said greater support was being targeted at the most disabled and overall funding was going up.

<http://www.bbc.com/news/uk-politics-19966370>

UK human rights boycotts are inconsistent, say MPs

The UK government has been accused of inconsistency in its dealings with other countries over human rights. The Commons Foreign Affairs Committee compared the boycott of the Euro 2012 football championships in Ukraine over human rights, with ministers not taking any action over the Bahrain Grand Prix. It said Bahrain should be on a list of "countries of concern" after the "brutal" suppression of protests. But the Foreign Office insisted the UK had a "strong record" on human rights. **For all those with an interest in Human Rights don't forget the 2012 Human Rights Tour comes to Preston on 30 October 2012. See events.**

<http://www.bbc.com/news/uk-politics-19971116>

Ex-troops will mentor teens

Former soldiers are set to become mentors in the county's schools – as part of a bid to improve attainment, attendance and reduce exclusions. Lancashire County Council is launching a £3m project to recruit mentors for the scheme. They will provide support to pupils between 14 and 16-years-old.

<http://www.lep.co.uk/news/education/ex-troops-will-mentor-teens-1-5018085>

Clayton Brook Community House, South Ribble: Charity in bid to blitz problems across estate

A charity is hoping to launch a blitz on long-term health, education and homelessness problems. Bosses at Clayton Brook Community House say more than a third of people in Clayton Brook, are unemployed, with a third of people between the ages of 18 and 24 having no qualifications. The charity moved to a new larger base on Tunley Holme last month to cope with an increased demand for its services. Organisers now have aspirations for a new homeless centre to help with chronic problems with young people who have nowhere to stay.

<http://www.lep.co.uk/community/charity-in-bid-to-blitz-problems-across-estate-1-5021047>

[Campaign bid to drive home 20mph message](#)

Hard-hitting images of injured children form a new campaign launched today to drive home the message that obeying 20mph limits in Lancashire's residential areas could save lives. The posters aim to highlight research showing a person hit at 30mph is seven times more likely to die than a person hit at 20mph. The launch comes as 20mph signs have now been installed on more than half of residential roads across the county as part of Lancashire County Council's programme to establish 20mph as the new limit on all residential roads and outside schools by the end of 2013.

<http://www.lep.co.uk/community/campaign-bid-to-drive-home-20mph-message-1-5024503>

Appeals

Remember Remember ... the Hedgehog!

Bonfire-builders are being warned to keep a look-out for hedgehogs in the run-up to November 5. Lancashire Wildlife Trust advises that bonfires should be built as close to the date as possible. A last-minute check for the animals before lighting is also good practice.

[Consultations](#)

National Autistic Society: Autism & Aging - Do you work in this area?

There is limited research available on how to support the one in every hundred children diagnosed with autism. NAS want your help on how to design and improve services to those with autism. Take the survey and you could win one of three £20 amazon vouchers.

<https://www.surveymonkey.com/s/KZPSNPD>

Health

Health plea as meningitis hits Preston

Health chiefs are urging people to watch out for the signs and symptoms of the killer brain bug meningitis as a number of cases have hit Lancashire. Three people are currently fighting meningitis - including a teenager who is being treated at the Royal Preston Hospital.

<http://www.lep.co.uk/community/health-plea-as-meningitis-hits-preston-1-5023938>

Depression up 'by half a million'

The number of people living with depression in England has increased by nearly half a million in three years, according to an analysis of NHS data. The total number for 2010-11 stood at 4.7 million people. Data analysis firm SSentif said there was also a large increase in the number of prescriptions for anti-depressants. Charities said more people were speaking to their GP about depression, but the figure was likely to be the "tip of the iceberg". The data suggested the largest percentage increase was in Yorkshire and the Humber, where the number of registered cases increased by 19%.

<http://www.bbc.com/news/health-19967037>

Handwashing: Why are the British so bad at washing their hands?

Faecal matter can be found on just over a quarter of our hands, new research suggests. In some cases the amount of germs is equivalent to the number in a dirty toilet bowl. Poo, it's getting everywhere. Faecal bacteria is present on 26% of hands in the UK, 14% of bank notes and 10% of credit cards, according to new research carried out by hygiene experts from Queen Mary, University of London (QMUL) and the London School of Hygiene & Tropical Medicine (LSHTM). It has been published to promote the UN's Global Handwashing Day which was on 15 October.

<http://www.bbc.com/news/magazine-19834975>

Sitting for long periods 'is bad for your health'

Sitting for long periods increases the risk of diabetes, heart disease and death, researchers suggest. The scientists from Leicester and Loughborough Universities say harm is done even if people also exercise. The study, published in Diabetologia, analysed 18 existing studies involving almost 800,000 people. Diabetes UK said anyone who spent a lot of time sitting or lying down would "obviously benefit" from moving more.

<http://www.bbc.com/news/health-19910888>

Baby boomer alcohol harm 'more likely than in young'

More NHS money is spent treating alcohol-related illness in baby boomers than young people, a study says. The Alcohol Concern report found the cost of hospital admissions linked to heavy drinking 55 to 74-year-olds in 2010-11 was more than £825m. That was 10 times the figure for 16 to 24-year-olds.

<http://www.bbc.com/news/health-19913431>

Call for items

Do you have any items of interest for the sector? Please feel free to email details to info@prestoncvs.org to have them circulated through **YOUR** CVS network. Comments?, Suggestions? Please email them to the same address.

To subscribe please visit our web site <http://www.cvscentrallancashire.org.uk/> and follow the newsletters link.

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This email is circulated by:

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