

# Council For Voluntary Services Central Lancashire

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

Firstly apologies that we didn't manage to get the newsletter out yesterday which was due to pressure of other work. We will do our best to get the next edition out next Thursday and keep to that schedule.

**Particular apologies to Dig In North West who are having their fund raising dinner tonight and Gate 81 who are meeting at Preston Bus Station tomorrow morning. Please see their articles under events and public notices below.**

This email is issued to subscribers and contributors. Details of how to subscribe, unsubscribe or change your preferences can be found at the bottom of the email.

Back issues of our newsletter can be browsed on line by clicking the "Is this email not displaying correctly? View it in your browser" link on the top right of this email and clicking on the "Past Issues" tab on the top bar.

To stay up to date please visit and like our Facebook page on:  
<https://www.facebook.com/pages/Council-for-Voluntary-Service-Central-Lancashire/551523201534445>

Please also feel free to suggest "like" links for that page.

Sections: (click to go, press "Home" to come back)  
[Funding Opportunities](#); [Vacancies and Employment](#); [Volunteering](#); [Fundraising News](#); [Training](#); [Events](#); [Public Notices](#); [Appeals](#); [Consultations](#); [Health](#);

And now, the news ...

[Funding Opportunities](#)

### **Chorley Community Housing (CCH) - deadline 17 May 2013**

The deadline to apply for a share of £50,000 community funding is fast approaching. Chorley Community Housing (CCH) are inviting bids until Friday, May 17, for a share of their Neighbourhood Fund. The fund, which is now in its fourth year, is open to individuals, residents, community groups, charitable organisations and social enterprises working in areas where CCH have homes. Since its initial launch, in 2010, the Neighbourhood Fund has supported almost 100 projects. These projects have included healthy living sessions, improvements to green spaces, community notice boards, clean up days, improvements to community facilities.

<http://www.lep.co.uk/community/grab-a-share-of-50-000-1-5645415>

#### **More on this opportunity:**

I am writing to advise Chorley Community Housing have £50000 funding available or community groups or individuals who have projects that benefit residents living in Chorley. Please could I request you send the attached application form to you mailing list. As an idea we have funded in the past, community food growing projects, Improvements to communal areas, equipment for scout groups and support groups and cookery sessions. If potential applications would like to discuss this further then please feel free to contact me or please click link to our website:

<http://www.chorleych.co.uk/blog/adactus-housing/places/2013-neighbourhood-fund-launched/>

Lindsay Greenhalgh, Neighbourhood Development Officer, Chorley Community Housing. Tel: 01257 244800

[lindsay.greenhalgh@chorleych.co.uk](mailto:lindsay.greenhalgh@chorleych.co.uk)

Application Pack:

<http://btckstorage.blob.core.windows.net/site7587/Uploads/2013/05/09/NFund.pdf>

### **Empty Homes**

An article received from Preston City Council.

Dealing with empty homes in the Preston area is something the Council has been working on for a number of years now. Although funding has been available recently for voluntary and charity groups to access to deal with empty properties, sometimes the requirements from Government have been very restrictive and overly complicated. They also haven't considered the limited capacity of small organisations or knowledge of this specific area. Below is a link to another pot of money for charities and small social enterprise groups so that they may be able to get a long term empty property and bring it back to life. There are some requirements to meet for the funding, but please would you pass this information onto any charities you're aware of that may be looking to transform an empty property. In my capacity as the Empty Homes Officer, I would be happy to help them identify a suitable property and offer support in any way I can. But perhaps the best starting point would be to visit the website and see if they

would be interested to discuss further. Therefore I should appreciate if you would forward the link and pass on my details to anyone that might want to discuss this further. Many thanks

<http://www.nationwidefoundation.org.uk/emptyhomes.asp>

Alex Starritt, Empty Homes Officer, Preston City Council. Tel: 01772 906599

[A.starritt@preston.gov.uk](mailto:A.starritt@preston.gov.uk)

### **The Westminster Foundation**

For 2013—14, the Trustees have chosen to focus on two key themes: Youth homelessness; Supporting communities.

They have updated their grant-making strategy and, as of January 2013, they have two grant making programmes: Small Grants (under £5,000) and Major Grants (£10,000 – £50,000 and occasionally in excess of that figure, with giving often made over two or three years). For more information and to apply for grants, please visit:

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

### **Vacancies and Employment**

#### **Preston City Council: Health Education & Training Officer - closing date 20 May 2013**

Salary £21,519 - £22,958 per annum

12 month Fixed Term contract from start date

Community & Business Services. Preston City Council and its partners are looking to recruit an experienced, enthusiastic and highly motivated individual to join their award winning Sport & Health Development Team.

Advert:

<http://btckstorage.blob.core.windows.net/site7587/Uploads/2013/05/09/HETOAdvert.doc>

Job Outline:

<http://btckstorage.blob.core.windows.net/site7587/Uploads/2013/05/09/HETOJobOutline.doc>

Employee Specification:

<http://btckstorage.blob.core.windows.net/site7587/Uploads/2013/05/09/HETOSpec.doc>

#### **Advocacy Focus: Sessional Advocate / Administration Assistant - deadlines 24 May, 29 May 2013**

Sessional Advocate. Across Lancashire - deadline 24 May 2013

Hourly rate £8.54 - £8.92

Dependent upon skills and experience.

<http://btckstorage.blob.core.windows.net/site7587/Uploads/2013/05/09/SessionalAdvocates.d>

[OC](#)

Administration Assistant. Based in Accrington - deadline 29 May 2013

NJC Sc 1/2 £12,145 - £15,444 (Pay is dependent upon skills and experience).

<http://btckstorage.blob.core.windows.net/site7587/Uploads/2013/05/09/AdminAssistant.doc>

### **Challenge Network: Community Mentors**

Do you have experience with, and enjoy working with young people, and want to see your local community positively impacted this summer? And get paid for it? Length of role: Eight days during the summer plus eight weekend days in September (16 days plus one day of training) Pay: £1040 per 16-day role. We are looking to recruit Community Mentors to spend two weeks in summer 2013 and four weekends in September supporting teams of young people who will be working in communities in Lancashire. The Community Mentor is responsible for facilitating the curriculum activities and group work by supporting teams of young people through the community focused part of The Challenge programme. This is a wholly non-residential role.

Go to

<http://www.the-challenge.org/index.php/what-are-the-roles>

and click on 'Community Mentor'

### **Volunteering**

Nothing this week.

### **Fundraising News**

#### **Katy Holmes Trust: Number plate prevention event aims to help charity - 11 May 2013**

Police in Preston will be offering motorists free number plate screws as part of a drive to keep potential car-related crime down. The event, on Saturday at Asda in Fulwood, Preston, will run from 10am to 4pm. The special screws make it more difficult for thieves to steal registration plates, the event is free but donations for the Katy Holmes Trust are welcome. Charity buckets will be on display for just wanting to donate. The number plate screws will be fitted by Halfords. The Katy Holmes Trust is was set up by Katy's parents Paula and David and is a charity dedicated to raising awareness of paediatric brain tumours and raising money to fund research in memory of 10-year-old Katy, who sadly died in January 2012 after suffering with the condition.

<http://www.lep.co.uk/community/number-plate-prevention-event-aims-to-help-charity-1->

[5654605](#)

**Galloway's Society for the Blind: Relaxation weekend - 11 - 12 May 2013**

A healthy and relaxation weekend in aid of Galloway's Society for the Blind will be held on May 11 and 12. Marguerita Colley, Director of Whitestripes Yoga and The Mandala Preston, will be hosting the 'drop-in' event, which offers a variety of yoga lessons and complementary therapies. Two choices can be made in return for a £10 entry fee, which is going to Galloway's. Doors will be open each day from 9.30am, finishing at 4pm and it will be held at Galloway's, Howick House, Penwortham.

<http://www.lep.co.uk/community/relaxation-weekend-to-help-raise-cash-for-galloway-s-society-for-the-blind-1-5646304>

**Preston Community Transport: Coast to Coast Sponsored Bike Ride - 20 May 2013**

Dave and three volunteers are doing a sponsored bike ride coast-to-coast from Morecambe Bay to Bridlington on May 20th. The beneficiaries will be Preston Community Transport and the Children's Chronic Arthritis Association. Sponsors would be very welcome and contacting Dave or Julie on 01772 204667.

Poster:

<http://btckstorage.blob.core.windows.net/site7587/Uploads/2013/05/09/pctc2c.docx>

**Rosemere Cancer Foundation: Cross Bay Walk - 17 August 2013**

Anne Sweeney, Area Fundraising Coordinator at Rosemere Cancer Foundation, said: "The Cross Bay Walk seems to get more popular each year, as it's such a great opportunity for people to learn more about our amazing scenery, with Queen's Guide Cedric Robinson sharing his intricate knowledge of the local landscape. The Cross Bay Walk is a seven to eight mile walk from Arnside to Kents Bank accompanied by Queen's Guide Cedric Robinson. It takes place on Saturday 17 August and the entry fee is £10 per person. More, including entry form:

<http://www.lancsteachinghospitals.nhs.uk/rosemere>

**Preston: £30k boost awarded to gallery partners**

A popular Preston gallery has received a cash boost. The Harris Museum and Art Gallery in Preston has won £30,000 of funding in partnership with Peter Scott Gallery in Lancaster to buy contemporary artwork. The venues are working in partnership and have been announced as one of the winners of a new Testing Media initiative, which enables institutions across the country to acquire contemporary artworks in new or challenging media for their collections.

<http://www.lep.co.uk/community/30k-boost-awarded-to-gallery-partners-1-5660274>

### **Space Centre: Dad gets on his bike in aid of 'amazing' Space Centre**

A cyclist is preparing for a 50 mile bike ride to raise funds for Preston's under threat Space Centre. James Duncan, 33, and a team of friends will ride from the centre in Pedders Lane, Ashton to Ashton Memorial in Williamson Park, Lancaster. Mr Duncan's son William, four, suffers from Global Development Delay and uses the centre.

<http://www.lep.co.uk/community/dad-gets-on-his-bike-in-aid-of-amazing-space-centre-1-5654636>

### **Space Centre: Help threatened centre by making space in your pants**

With summer fast approaching and many keen to shed some pounds a slimming scheme to benefit Preston's under threat Space Centre has been launched. The six week initiative called 'Space in your pants' has been organised by a committee set up to keep the centre in Pedders Lane, Ashton, going. Participants are asked, on a date to suit them, to have a weigh in, either at home in the office, or at the Preston Marina coffee shop on a Wednesday between 10am – 4pm. Then the challenge is on for slimmers to eat a bit better and exercise a bit more for a six week period. At the end of the six week time frame there will be a weigh in. Prizes for the biggest loser will be up for grabs for those who complete the six week challenge prior to the end of July.

<http://www.lep.co.uk/community/help-threatened-centre-by-making-space-in-your-pants-1-5660413>

### Training

#### **Digienable: Social Media Surgery - 13 May 2013**

May's #prestonSMS by DigiEnable will be at DENW, Church Street, on Monday 13th May, 5.30-7.30pm. For more information or to sign up for your free ticket to social media help, click <http://www.socialmediasurgery.com/surgeries/preston>

Social media support, free tea coffee and cake, for third sector organisations in and around Preston.

#### **Selnet: 'Bridging Gaps in Local Services' Seminar - 22 May 2013**

Please find attached details of the 'Bridging Gaps in Local Services' seminar that will take place on Wednesday 22nd May 2013. Could you please promote this even throughout your networks, booking information can be found on the poster, alternatively booking can be made directly by following this link:

<http://www.eventbrite.co.uk/event/5585339902>

Poster:

<http://btckstorage.blob.core.windows.net/site7587/Uploads/2013/05/09/BridgingGaps.pdf>

**UK Thalassaemia Society: Awareness Seminar - 29 May 2013**

29th May 2013 2.30pm to 4.30pm at Council for Voluntary Service Central Lancashire, Units 23/27 Guild Hall Arcade, Lancaster Road, Preston, PR1 9BL.

Have you heard of thalassaemia? If the answer is no, you are typical of most people. Thalassaemia is a genetic condition which is common among people of Asian, Middle Eastern, Mediterranean and South East Asian descent (it is far less common although not unknown in North Europeans). Carriers of the condition are completely healthy and the majority of them have no idea that they are at risk of passing a lifelong medical condition on to their children. However a very simple test can tell you whether you are at risk. To learn more about thalassaemia and how you can find out if you are at risk, come along to our free awareness seminar run by the UK Thalassaemia Society

To book a places please ring 01772 251108 or email

[info@cvscentrallancashire.org.uk](mailto:info@cvscentrallancashire.org.uk)

**Intact: Children's play on a budget - 7 week course commencing 6 June 2013**

Free

7 week new course aimed at learning to play with your children, grandchildren etc... while living on a budget. Starting Thursday 6th June 11am till 1.30pm

Poster:

<http://btckstorage.blob.core.windows.net/site7587/Uploads/2013/05/09/CPOAB.pdf>

**Tablets to Keep You Healthy!!**

Disability First is offering Fylde & Wyre residents who have a health condition (on medication/treatment) or a disability, free basic computer lessons at the Blackpool Centre for Independent Living, Whitegate Drive. The courses are 2 hours per week, lasting four weeks. If you complete the course you will be entered in to a free prize draw to win a computer tablet (terms and conditions apply) so to book a space ring Alan Reid now on 01253 472201.

Alan Reid, Senior Manager, Disability First

Direct Line : 01253 472201

Mobile: 07541 222852

[alanreid@disabilityfirst.org](mailto:alanreid@disabilityfirst.org)

**Events**

**Dig In North West: Change of Dinner Venue - 10 May 2013**

The venue for a dinner in aid of Dig In North West this Friday has changed. It was due to be held at The Plough in Grimsargh but will now take place at Grimsargh Village Hall instead. Tickets are priced at £25. There is also dessert and coffee ticket available priced at £5. For information email

[info@diginnorthwest.org](mailto:info@diginnorthwest.org)

Poster:

<http://btckstorage.blob.core.windows.net/site7587/Uploads/2013/05/09/DigInFundraisingDinner.pdf>

### **ME/CFS AWARENESS EVENT - Central Lancs ME/CFS Support Group - 18 May 2013**

Sat May 18th 10.30 – 12.30 Galloway's, Howick Park Ave, Penwortham PR1 0LS

Coffee Morning with Information and Table Sale

All welcome, partners, carers, family and friends.

Tele 01772 751254

[info@clancsme.org.uk](mailto:info@clancsme.org.uk)

### **Festival will be back this year**

A festival to boost Preston's night-time economy will return this year, organisers have confirmed. The city's Business Improvement District (BID) have said the PrestFest event will be back in the city in October. It ran across the bank holiday weekend with street entertainment and bars and nightclubs offering discounts to revellers over three nights. BID spokesman Mark Whittle said it had budgeted £20,000 to stage the event again.

<http://www.lep.co.uk/news/business/festival-will-be-back-this-year-1-5654515>

### Public Notices

#### **Award for the Preston's Guild Wheel**

Preston's Guild Wheel has scooped a top engineering award. The 21 mile route went head to head with other community projects for a prestigious North West Institution of Civil Engineers Award. ICE North West Regional Director Alan Butler said the accessibility for wheelchairs, adapted cycles and mobility scooters had been a key factor in the project being shortlisted.

<http://www.lep.co.uk/news/local/award-for-the-preston-s-guild-wheel-1-5592241>

#### **Preston: Bus station bid fits the bill to be saved from bulldozers - meeting 11 May 2013**

The bid to protect Preston bus station from the bulldozers meets every criteria needed, according to its author. Christina Malathouni, who wrote the bid for the Twentieth Century Society, said the cost of repairing and running the building should not be looked at when



considering whether to give it listed status. The expert, now an architecture lecturer at the University of Central Lancashire, will be among the speakers at Gate 81, an event hosted by a group opposed to plans to demolish the building, on Saturday. The other speakers at Gate 81 also include Stella Hall, who was festival director for Preston's Guild celebrations last year and Professor Tom Jeffries and Kevin Rhowbotham, who head the architecture schools at the University of Manchester and University of Central Lancashire respectively.

<http://www.lep.co.uk/news/preston-bus-station-bid-fits-the-bill-to-be-saved-from-bulldozers-1-5651662>

To book a place at the event visit:

<http://reimagine-preston-bus-station-efbevent.eventbrite.co.uk/>

### **Preston: Work starts on cafe**

Work to renovate a Preston city centre building into an arts cafe has started. The new cafe, which will open on May 25, has been set up by creative group Project Korova. Work to transform the building in St Wilfrid Street in Preston, close to Fishergate Baptist Church has begun. Project Korova, which has been running for around three years, submitted plans to Preston Council because it felt the need for a more permanent venue for the city's art community. The plans were given the go ahead last month.

<http://www.lep.co.uk/community/work-starts-on-cafe-1-5650186>

### **Preston church choir help campaigners**

Singers from a Preston church choir have thrown their weight behind a campaign to give the right of abode to former British-Hong Kong servicemen. The group from the Preston Seventh Day Adventist Church in Grimshaw Street has recorded a song called 'Forgotten Heroes... Listen to Our Voice'. The song has been written to run alongside a campaign which aims to offer a UK passport to members of the military who did not receive a UK passport following the handover of Hong Kong to China. For more information on the campaign visit

[.http://www.abandonedbritish-chinesesoldiers.org.uk](http://www.abandonedbritish-chinesesoldiers.org.uk)

<http://www.lep.co.uk/community/preston-church-choir-help-campaigners-1-5650754>

### **Grimsargh Guides help the wildlife**

Guides in Grimsargh are taking the lead protecting the wildlife. The first Grimsargh Guides are joining forces with The Conservation Volunteers to create a hibernaculum on Grimsargh's Redrow Estate. A hibernaculum is a home for dormant insects and newts during their hibernation over winter and is being constructed on the estate's pond. Liz Hindley, secretary of the Redrow Residents Association said: "We approached first Grimsargh Guides because we know they are always very keen to get involved with any village initiative, especially one which helps endangered wildlife in the village. The response was overwhelming. 37 girls and

three adult supervisors will be helping The Conservation Volunteers in the venture.” Residents will also be lending a hand. The pond needs an initial spring clean, this will take place on Saturday at 3pm. Construction of the hibernaculum will be between 7pm and 9pm on Monday. <http://www.lep.co.uk/community/grimsargh-guides-help-the-wildlife-1-5654578>

## Appeals

### **Lancashire County Council: Community Connectors**

Community Connectors aim to connect people together. We also aim to help people connect with local services and activities. We hope this will help people to improve their lives, remain independent and be happy. A key aim of our project is to find people who are living with long term conditions and who are in danger of losing their independence. If we can link these people into strong neighbourhood networks, supports and activities within their communities, we believe that they will be more enabled to manage their own condition and avoid the need for more intensive health and social care interventions in the future. We want to link up with community groups to organise 'parties', where not only do we share coffee and cakes, but we talk to people about what they feel the good things about their communities are, what they're proud of, as well as what they'd like to change. We also inquire into what gifts and skills people feel that they might be willing to share or teach others. If you can get together between 10 and 30 people, we'll handle everything else!

More:

<http://btckstorage.blob.core.windows.net/site7587/Uploads/2013/05/09/CommunityConnecting.docx>

## Consultations

### **Preston 2014 Festival - closing date 17 May 2013**

Some of you may have already been involved in consultation regarding 2014 Festival plans. For those of you who haven't been involved up to now I have attached the consultation questionnaire. We would really welcome your views and it will take just a few minutes to do it.

I would be very grateful if you could return to me by the 17th May

Lesley Pritchard, Equality & Diversity Officer, Preston City Council

<http://btckstorage.blob.core.windows.net/site7587/Uploads/2013/05/09/2014Festival.doc>

## Health

### **Fire Safety in the Sunshine**

As the warm weather heats up, Lancashire Fire Service is warning of the dangers of using your barbecues.

Advice is available at

<http://www.fireservice.co.uk/safety/barbecue>

The fire service also offers free home fire safety advice to install free smoke alarms.

### **Extra investment 'needed to make care cap work'**

The government's commitment to reform social care will require greater investment, ministers have been told. A bill limiting the cost to disabled and elderly people of their social care will form part of the government's legislative programme for the next year, the Queen's Speech revealed. Previously ministers had proposed introducing a cap of £72,000 in 2016. But campaigners and council chiefs told ministers budget cuts were already putting the system at risk.

<http://www.bbc.co.uk/news/health-22449836>

### **Quarter of adults walk just an hour a week, survey finds**

A poll for the walking charity the Ramblers suggests 25% of adults walk for no more than one hour each week. The YouGov survey, which polled 2,000 adults across Britain about walking habits, found another 43% reported walking for less than two hours a week. Government guidelines suggest people should do 150 minutes of "moderate" physical activity each week.

<http://www.bbc.co.uk/news/health-22401589>

### **REMINDER: Walk to Work Week - 13 -17 May 2013**

Join the thousands of employees who'll be walking to, from and at work as part of one of the UK's biggest workplace challenges from 13 -17 May 2013. Lancashire County Council has teamed up with Living Streets asking workplaces to encourage their staff to walk more to, from and at work during Walk to Work Week. Why not encourage your staff to log their daily walking online, take fun photo challenges and share stories from their walks.

Taking part?

Drop us an email

[sustainable.travel@Lancashire.gov.uk](mailto:sustainable.travel@Lancashire.gov.uk)

and let us know if you are taking part in any way and the first ten workplaces will be sent a free pack of pedometers to support your staff with making every step count. If you want to take photographs of anything you do or write an interesting article there will be another prize after the event for the best submission.

Three easy steps to get your workplace involved:

Step 1: Download a free toolkit, posters and advice from

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

Step 2: Register your workplace online and tell all your colleagues about it

Step 3: Dust off your most comfy shoes ready for May!

More practical support & advice

Our Sustainable Travel Team can provide additional practical support and advice if you are looking to encourage your staff to walk, cycle, use public transport or car share. Call us on 01772 530201 or email

[sustainabletravel@lancashire.gov.uk](mailto:sustainabletravel@lancashire.gov.uk)

### **Can free leisure services get people fit?**

When it comes to council responsibilities, most people would think of collecting the bins, running libraries and looking after elderly people. But they now have a new responsibility - encouraging people to live healthily. Birmingham Council has already been busy. For the last few years it has been providing free leisure services to get its local population fit. But now with extra money from the NHS to accompany its new public health responsibilities, Birmingham is looking to increase what it makes available under Be Active. A pilot is starting to see if there is interest in providing Be Active sessions in open spaces. This will include team sports, such as rounders, as well as exercise classes, such as buggy push for new mothers. "I would like to see our investment increase," says Mr Bedser. "I have told the team to explore what else we can do. Obviously it has to be effective - money is tight - but I think we have proved so far that this really works."

<http://www.bbc.co.uk/news/health-22350807>

### **Sun's blood pressure benefits 'may outdo cancer risks'**

The health benefits of exposing skin to sunlight may far outweigh the risk of developing skin cancer, according to scientists. Edinburgh University research suggests sunlight helps reduce blood pressure, cutting heart attack and stroke risks and even prolonging life. UV rays were found to release a compound that lowers blood pressure. Researchers said more studies would be carried out to determine if it is time to reconsider advice on skin exposure.

<http://www.bbc.co.uk/news/uk-scotland-edinburgh-east-fife-22433359>

### **Call for items**

Do you have any items of interest for the sector? Please feel free to email details

to [info@cvscentrallancashire.org.uk](mailto:info@cvscentrallancashire.org.uk)

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.

Previous issues can be found on the same page in both portable document format (pdf) and microsoft word formats.

This email is circulated by:

Council for Voluntary Service Central Lancashire,

Units 23/27 Guild Hall Arcade, Lancaster Road, Preston PR1 1HR

Telephone: 01772 251108 Fax: 01772 561264 email: [info@cvscentrallancashire.org.uk](mailto:info@cvscentrallancashire.org.uk)

Website: <http://www.cvscentrallancashire.org.uk/>

(Registered Charity No: 222247)

[follow on Twitter](#) | [friend on Facebook](#) | [forward to a friend](#)

*Copyright © 2013 Council For Voluntary Services Central Lancashire, All rights reserved.*

You previously requested to be added to our email newsletter list

**Our mailing address is:**

Council For Voluntary Services Central Lancashire

Units 23 / 27 Guild Hall Arcade

Lancaster Road

Preston, England PR1 1HR

United Kingdom



[Add us to your address book](#)

[unsubscribe from this list](#) | [update subscription preferences](#)