

H&F THIRD SECTOR BRIEFING

Welcome to the April 2010 CaVSA newsletter.

In this issue, we have profiled Hammersmith and Fulham Third Sector organisations and achievements. Also featured is a report on the 3rd Sector Apprenticeship Scheme, crucial developments for networking opportunities and more!

If you would like to contribute to future issues of the H&F Third Sector Briefing, the deadline for contributions is the 28th of May 2010. Email peter.okali@cavsa.org.uk

Championing the Third Sector

Promoting Excellence

Building Partnerships

H&F's "Earn & Learn" 3rd Sector Apprentice Scheme Official Launch

The Earn & Learn apprenticeship scheme, aimed at third sector organisations in Hammersmith & Fulham was officially launched on the 17th March 2010 at the Hammersmith International Centre. The launch featured stands from Connexions, Ealing, Hammersmith and West London College and CaVSA h&f; with speakers addressing the audience including Andrew Selous MP, Shadow Minister for Family Welfare and Child Support, Cllr Sarah Gore, Cabinet Member for Children's Services and David Bowler, Director of the North Fulham NDC who are funding the pilot project.

There are currently 14 apprentices in the scheme with 13 organisations taking part, bridging the skills gap that is acting as a barrier to employment for young people. As many as 20% of the borough's unemployed are from the 16-20 year old age group, but make up only 11% of the borough population.

More on P3



Third Sector Survey: Results

- VCOs are small - 76% have less than five paid staff
- VCOs are resilient – 87% have been around for more than five years
- VCOs are complex – organisations offer multiple services
- VCOs are diverse – organisations providing services to all communities

In 2009, CaVSA began an ambitious project to produce a Third Sector directory and profile of third sector organizations in Hammersmith and Fulham. Over three hundred organisations took part, 235 providing key information and a further 83 organisations providing in-depth responses.



Early analysis of the survey focused on organisations providing health and well-being services, and this has been used to inform discussions around commissioning and quality assurance, and led to work on funding for a Training Academy. So already, rich information about the Third Sector in Hammersmith and Fulham is contributing to benefits for the Sector.

Initial results show that voluntary and community organisations are dispersed throughout the borough with the largest clusters around Hammersmith, Fulham and White City, and smaller clusters in West Kensington and Kensal. Regardless of where organisations are physically based, most organisations offer a service to all wards and to all groups of people. Some organisations provide services to women only, or to specific ethnic groups. [More on P2](#)

Third Sector Election Results

H&F Third Sector Networks successfully elected new representatives to the Borough Partnership (H&F LSP) and Local Public Service Board (LPSB). [Go to page 8 for more information on what this means for you!](#)

Third Sector Survey

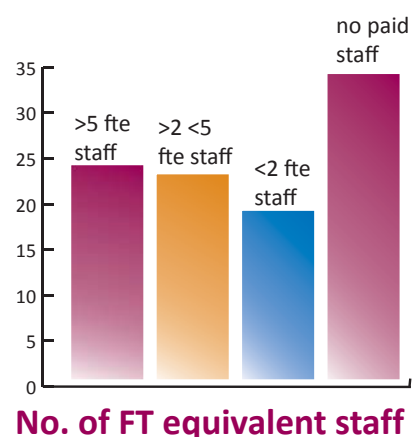


CaVSA welcomes

Results (continued)

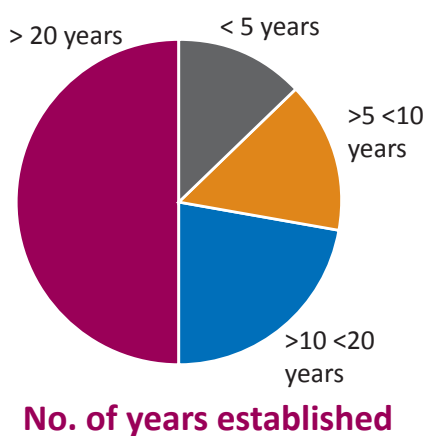
Voluntary & Community Organisations ARE SMALL

The survey showed that the majority (76%) of third sector organisations have less than five full-time paid staff. More than half have less than two full-time staff, and more than a third have no paid staff at all. A similar pattern emerges from income with the majority of organisations having an annual income of less than £250,000, more than half have less than £50,000 per year, and more than a quarter have less than £5,000 per year.



Voluntary & Community Organisations ARE RESILIENT

At the same time, organisations in the Third Sector are remarkably resilient. Over eighty per cent have been established for more than five years, and fifty per cent have been around for over twenty years.



Voluntary & Community Organisations ARE DIVERSE

In addition, organisations often support people with specific needs, for example, asylum seekers and refugees, ex-offenders, travellers and single parents. Organisations support a wide range of ethnic minority groups including Black African, Black Caribbean, Bangladeshi, Chinese, Eastern European, Indian, Latin America, Middle Eastern, Pakistani, Mixed Race and Irish.

Voluntary & Community Organisations ARE COMPLEX

The picture that emerges from the first analysis of the survey describes a remarkably complex and diverse Third Sector. For example, a wide range of Health and Well-Being services are offered including information and advice, health checks and assessments, support for self-managing long-term conditions, training, counselling, exercise groups, drop ins, holiday schemes and handy person services. In addition, services are provided for people with many different Health and Well-Being support needs including disability, mental health, substance misuse, carers and continuing community and residential care as well as fourteen other types of support. None of these health and well-being services are provided in isolation. Organisations are also involved in providing services in multiple areas including culture and sport, learning and work, regeneration, housing, equality and cohesion and work with children, young people and families, as well as health and well-being.

Conclusion

These results describe a diverse, complex and resilient Third Sector. The complexity combined with the small scale of organisations contributes to their resilience and ability to respond to changing circumstances and needs of communities. A greater understanding of Third Sector organisations will ensure that the potential to deliver more and better services to meet needs of local communities is realised.



Earn and Learn Launch cont...

A number of organisations are taking part including the Hammersmith & Fulham Volunteer Centre, Hestia Housing & Support and the Urban Partnership Group. Supervisor Anthea Williams said "We have worked tirelessly to get an apprentice on board and feel that in Sade we have the right person. Without the scheme this chance might not have become available for her".

Shad Haibatani of CaVSA spoke of the scheme saying "the pilot scheme runs to April 2011 and is looking to continue past that date if funding is continued, helping young people gain skills. The Third Sector helps apprentices learn more as smaller organisations give them a more varied working experience."

Apprentice Dwayne Donald said "I was struggling to get a position without experience, but without anyone willing to give me a chance, how can I get experience? The scheme has given me the chance to get that experience and start my career off in an organisation where I can learn".

Rachel O'Brien, Project Support Trainee

Rachel O'Brien joined CaVSA in the beginning of November as an Apprentice, part of the Earn & Learn Apprenticeship Scheme funded by the North Fulham NDC. The project aims to encourage young people to see the voluntary sector as a career choice and potentially secure long term employment on successful completion of the apprenticeship. Rachel joins CaVSA after working in retail for just under 2 years. She had been looking for an apprenticeship for over 7 months but had no luck. Since joining CaVSA she has taken over the management of events and assists the Administrator in other day to day tasks. As well as working at CaVSA and earning a real wage she is attending college once a week to complete a NVQ L2 in Business & Administration.

"Since joining CaVSA I have learnt so much in such a short space of time," says Rachel, "I am looking forward to learning many more skills and receiving qualifications on completion of my college course."

Rachel feels that the Apprenticeship is a fantastic opportunity for young people and gives a great experience of what it is like to have a real job and earn real money. In the future Rachel aims to have a career in Business, Administration and Finance and potentially be still working in the Third sector.

Michael Brosnan, Apprenticeships Co-ordinator

Mick started in January 2010 as the Third Sector Apprenticeship Coordinator, working with 16-19 year olds who are undertaking an 18 month apprenticeship in the borough. Prior to this Mick has worked in the borough previously for the Park Royal Partnership whereby he worked on a community program alongside QPR FC to help NEETS gain work and life skills to make positive changes to their lives.

The program was taken over by the charity Street League and became pan London and Mick worked in a variety of roles including course delivery, progressions and support work.

A chat with Mick will always end up in his favourite subject – sport and specifically football, supporting Charlton Athletic FC and he feels that sport can play a major part in our lives to bring about change for the future. Mick feels that talking to someone about something that interests them can help people develop vital communication skills and this is something that he encourages wholeheartedly.

Mick studied BSc Sport Science at London South Bank and has experience working in secondary education, higher education, banking, retail and sports coaching.



Capacity Building Support

Profile of Organisations Seeking Support April 09 - March 10

Premises

Building Premises Capacity in Hammersmith & Fulham

The work of capacity building support consisted of the provision of start-up support, including advice on legal structures, governance and recruitment – as well as on securing funding and on-going developmental support. The increased role of the Sector in delivering much-needed services locally brings with it additional support needs which are addressed through one-to-one advice and support, health-checks and training to build the capacity of organisations to deliver high quality services to communities across the Borough through structures that are fit for purpose.

The vast majority of organisations seeking support are small organisations with less than £30,000 turnover. When approaching CaVSA these organisations are usually basically constituted or with no constitution or formal set of rules. They usually have a handful of people involved in the organisation. Often they wish are set up to address the cultural, educational, health or social welfare needs of a particular community, neighbourhood, young people, children or other particular need. CaVSA's capacity building work is to support groups in developing appropriate structures, policy procedures through one-one surgeries or through the delivery of dedicated training.

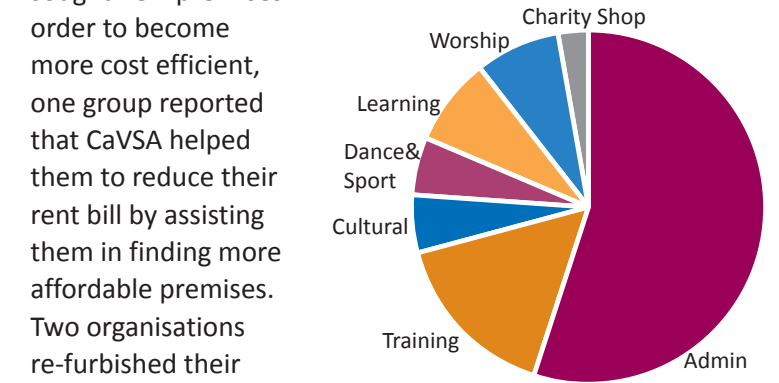
New community groups and small voluntary organisations were helped to become constituted bodies. Through working with group members or management committees these small groups were guided to focus on their main areas of activities and articulate them in terms acceptable in a Constitution. Organisations were also guided through the process of successfully applying for Charitable Status with the Charity Commission. Organisations of various sizes were also helped to understand and implement policies on issues surrounding Disclosure Checks.

CaVSA seeks to develop a vibrant and dynamic sector that responds to the needs of the diverse communities resident in the borough. Premises forms part of 3rd sector focus to meet need through direct services. CaVSA is developing a Premises Strategy Group to build capacity. In preparation for this we have profiled all premises enquiries received by CaVSA's Premises Officer

What are they looking for

- Around 18% were seeking evening/weekend premises
- 6% sought daytime halls for various activities
- 19% sought daytime training and meeting space
- 48% needed administrative office space

The balance comprised organisations who wished to purchase a property in the borough. Several organisations sought new premises in order to become more cost efficient,



one group reported that CaVSA helped them to reduce their rent bill by assisting them in finding more affordable premises. Two organisations re-furnished their current premises as their requirements for space, leasehold security and location could not be met at an affordable cost; whilst another moved out of the borough altogether as a central affordable space was not available. Many enquiries are received from small established organisations that look to move out of having a "home office" by renting a small office. The idea of sharing space, which could put an office into the reach of more small organisations, still needs more promoting in the sector.

Who is looking for premises?

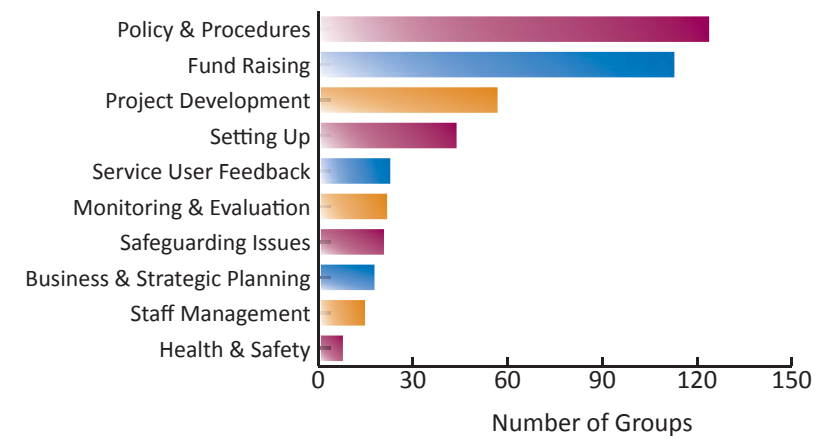
From a sample of the enquiries for permanent premises 78% came from organisations within the borough, the balance came from organisations currently located outside the borough. Just two organisations were tendering for services in the borough.

The majority of requests came from organisations established in the last ten years. 25% of enquiries came from organisations set up in 2009 seeking information on the cost and availability of Premises as part of their fundraising strategy. Thus contributing to the proportion of organisations that had no budget for premises at the time of enquiry, however CaVSA still receives a number of enquiries for free accommodation which in the current economic climate is an unlikely option as 3rd sector groups struggle meet the demands of full cost recovery.

Facts & Figures

- 87% of the organisations were BME groups and 13% mainstream groups
- Groups approaching CaVSA represented over 30 ethnic groups
- The largest group were first and second generation Somalis followed by Black (African, Caribbean and British) and then East Europeans
- The main areas of that groups wanted support in were policy and procedures (123 groups) followed closely by funding advice (112 groups), Project Development (56 groups) and setting up (43 Groups)
- 42 Groups were assisted in securing grants of over £300,000
- There were a total of 26 funders awarding grants to groups supported by CaVSA
- 12 Groups were assisted with Quality Assurance
- The majority of awards were for small grants of £5,000 to £10,000

Types of Support provided to groups



CaVSA CONTACTS

For further information please call 020 8748 6345 or contact: shad.haibatan@cavsa.org.uk
Infrastructure Development Manager

CaVSA CONTACT

For further information please call 020 8748 6345 or contact: teresa.meekings@cavsa.org.uk
Premises Officer
Visit www.cavsa.org.uk/infrastructure_premises.shtml for a list of available premises in H&F

Transform Your Teaching! Free Software for Supplementary Schools

Would you like:

- to transform your class teaching and be able to demonstrate the difference you are making to pupils' progress?
- to track progress and provide feedback to pupils and parents without spending lots of time on paper work?
- your teaching sessions to be more structured and more effective, but don't have the time to devise lengthy lesson plans every week?

If so, we are looking for you!

We are developing a very easy to use computer programme which only requires a couple of minutes at the beginning and end of classes to keep up to date and help teachers work to set learning objectives, track learning progress and communicate this progress to pupils and parents.

This valuable support is free to H&F's Supplementary Schools Network members. Full training will be provided for schools who are selected to implement this time-saving, innovative software which has already helped tutors raise the attainment and achievement of scores of students in Fulham. To find out more contact Yinka Armartey using the details below!

CaVSA CONTACTS

For further information please call 020 8748 6345 or contact:

yinka.armartey@cavsa.org.uk
Supplementary Schools Co-ordinator

Banooda Aid Foundation Supplementary School - A Profile

Banooda Aid Foundation teaches 50 primary and secondary aged local Somali pupils every week at Lillie Road's Bishop Creighton House. Running since 2007, the school is at full capacity, has a waiting list and is planning to provide classes at additional times to meet the demand from the community. Faaiza and Hamzah Munir are CRB checked medical students with tutoring experience teaching the school's science, maths and English classes every Sunday between 11am and 3pm.

Exceptional Progress

Teaching at the supplementary school since it began Faazia cites the key progress children have made. "Behaviour has changed – students' respect for each other and for staff has grown significantly. Academic progress is very encouraging, too." 6 year old Ayyub, who hardly knew any English at all and was behind in his maths when he started at the school, has made substantial strides in his learning. "Most of the children are progressing well and working hard, but Ayyub is probably one of our fastest improvers," Faazia explains. Abdirahman Haidarow, the school's volunteer coordinator, recalls another male student who came to the school some weeks before his maths GCSE exams for which he had been predicted a low grade. "After receiving intensive support from us, he achieved an A", beams the coordinator.

Added Value

Recently, additional IT classes funded by Youth Services have begun for key stages 3&4 students. Banooda Aid Foundation also supports young people from the Somali community through various programmes it runs including: a youth-to-youth mentoring scheme; a youth panel; securing volunteer placements for young people; supporting ex-offenders back into work or learning; football training; and a youth club which also runs workshops for youth on topics ranging from knife crime to self-confidence. The Foundation proactively works with the police and local service providers to support young people to gain access to education, employment or training and to prevent anti-social or self-harming behaviour.

Quality

The school is one of 5 in H&F that will soon be awarded the national Quality Framework for Supplementary Schools Bronze Award. To find out more about the organisation contact Abdirahman Haidarow at banoodaaid@yahoo.co.uk.

Deborah Richards, CASH Community Accountant at CaVSA fills you in on the latest developments relevant to your organisations finances!

Filing your Employer Annual Return (P35 and P14s) online

When to file

Your Employer Annual Return for the tax year 2009-10 must reach HMRC by 19 May 2010. You will be charged a penalty if your return is received later than this. Remember all employers are now required to file their Employer Annual Return online.

What happens when you've filed your Employer Annual Return?

As soon as HMRC receives your return online, it will be checked against the HMRC Quality Standard. You will get a message – usually within a minute, but allow up to five – letting you know whether HMRC has accepted or rejected your return. So don't leave it till the night before to submit it, just in case it is rejected.

Want to find out more?

CASH will be holding a half day training workshop on Wednesday 14th April 2010 from 9:30 till 1pm., to help you through the whole process. Book online at www.cash-online.org.uk.

CaVSA CONTACTS

For further information please call 020 8748 6345 or contact:

deborah.richards@cavsa.org.uk
CASH Community Accountant

PAYE Updates – Tax year 2010-11

Following the Chancellors Pre-Budget report on 9 Dec 09, we look at how the announcements could affect your payroll obligations to Her Majesty's Revenue & Customs (HMRC).

Income Tax Allowances

Income tax allowances for 2010-11 will remain the same as 2009-10 levels. The basic personal allowance remains at £6,475 and the tax code for emergency use is 647L. As a result there will be no increase of tax codes with suffix L for this year. If you need to change your employee's tax codes before the start of the tax year, form P9X tells you what you need to do and can be found at www.hmrc.gov.uk/payee/forms-publications.htm or on your Employer CD-ROM.

Individual tax codes for 2010-11 tax year will be issued to employers during January, February and March 2010 using the National Insurance and Pay As You Earn (PAYE) computer system. If you have registered to use the PAYE Online for Employers service, you need to check regularly to ensure that you action any 2010-11 tax codes notices that the HMRC send when your payroll was set up. For further information go to www.hmrc.gov.uk/payee/payroll/year-start.htm

Income Tax bands and rates

Income tax rates and income tax bandwidths for the 2010-11 tax year are as follows:

- | | | |
|-------------------|-----|---------------------|
| • Basic Rate | 20% | £1 to £37,400 |
| • Higher Rate | 40% | £37,401 to £150,000 |
| • Additional Rate | 50% | £150,001 and above |

New tax tables have been produced and must be used from April 2010. For further information on this go to www.hmrc.gov.uk/incometax

National Insurance contributions (NICs) earnings limits and thresholds

The only change to Class 1 National Insurance (NI) limits and thresholds for the 2010-11 tax year is an increase to the Lower Earnings Limit from £95 to £97 a week. New NI Tables should be used from 6 April 2010 and if you use payroll software make sure it includes both the tax and NI changes.

Don't forget!

Your Employer CD-Rom features tools and guidance to help you work out your employees' tax, NI and Student Loan deductions. For other information about tax and NI rates and allowances at www.hmrc.gov.uk/payee/rates-thresholds.htm

Third Sector Networks

THE REPS



Halema Phil Paul Judy Bruce Andy Marion Ben Peter

H&F Third Sector elects new LSP representatives

Third Sector Network members elected 6 Third Sector representatives to the H&F Borough Partnership (H&F BP) and 1 representative to the Local Public Service Board (LPSB) in February 2010. Visit the CaVSA website to find out more about the Borough Partnership (BP) and the Local Public Service Board (LPSB).

CVSN restructuring completed

Following an initial induction session on the 18th of March, the new Representatives were introduced at the Borough Partnership meeting on 25th March 2010 and actively participated in the workshop discussions on Third Sector Delivery – Strengthening Partnership Solutions under the following themes:

- **Creating jobs, training and volunteering opportunities**
- **Building inclusive health and social care services**
- **Strengthening community responses to antisocial behaviour**

Outcomes from the BP meeting and these discussions will be published shortly via CaVSA's website.

The Third Sectors representation broadened

Overall the election process was a huge success, with 16 nominations for the 7 representative roles! The final count resulted in 5 representatives being elected outright and 2 tied positions. Following discussion amongst nominees it was agreed that rather than go to the vote again, the tied nominees would 'job share' their representation at the BP. This has the added benefit of further widening the range of expertise and knowledge on the LSP.

All LSPs are assessed annually on their performance against a range of factors. In the first Comprehensive Area Assessment (CAA), Hammersmith and Fulham was the only London borough to receive a Green Flag for exceptional performance on driving improvements through partnership. The high calibre and range of expertise provided by the new representatives should help ensure that the Third Sector continues to play a strong role in influencing performance and local priorities.

Elected Third Sector Representatives are:

Children's Third Sector Network (C3SN)	Elected	Halema Ismael (Horn of Africa Community Group)
Community Sports and Culture (CSCN)	Elected	Phil Amos (Active Planet)
Health and Wellbeing (HWBN)	Tie	Paul King (H&F Mind) Judy Griffith (Nubian Life Resource Centre)
Regeneration, Employment & Environment (REEN)	Tie	Bruce Marquat (The Upper Room) Andy Sharpe (UPG)
London 2012 Olympics	Elected	Marion Schumann (H&F Volunteer Centre)
Environment and Climate Change	Elected	Ben Coles (Groundwork London)
Local Public Service Board (LPSB)	Elected	Peter Okali (CaVSA)

Join a Network NOW to have your say!

Network meetings are open to all Third Sector groups and organisations that provide services to residents in H&F. It is your opportunity to meet colleagues, share information, raise issues and receive feedback from Representatives on a range of partnership bodies. To fully participate in networking business, including election of representatives to partnership bodies, your organisation needs to formally register as a member of one or more networks. For more information contact Barbara or Horatio on the details below or download a registration form from our website!

For the next Network Meeting dates go to Page 11!

Third Sector Network Updates!

Health & wellbeing network - Health in the community

The more recently established Health and Wellbeing Network now has 29 registered organisations bringing together larger specialist charities and smaller community groups. Membership includes small BME community groups alongside specific disability support providers for example. Key issues for the Network are restructuring of health and social care provision over the next years, specifically developments around polysystems, personalisation and the reorganisation of the PCT into provider and commissioning arms. The Health & Wellbeing Network is also strengthening links with the Local Involvement Network (LINK) in order to maximise on the impact we can have together.

Children's Third Sector Network - Dialogue and action

68 Third Sector organisations have joined the Children's Third Sector Network to date. This is a well established network and reflects the sector's diversity of providers in H&F that deliver a cross-section of services to children and young people aged 0-19 (and up to 25 years in the case of disabled young people) and also their parents/carers. 11 elected organisations from the Children's network and an equal number of invited statutory members constitute the Children's Third Sector Partnership. This initiative enables a regular dialogue between sectors which will improve outcomes for local young people. 2 elected Third Sector C3SP representatives sit on the Council's Children's Trust Board.

Regeneration, Employment and Environment Network - You can make a difference!

The Regeneration, Employment & Environment Network now has 27 registered members ranging from training providers to large support organisations for the Third Sector. Some of the key issues for the Network includes addressing local unemployment and training needs; providing mentoring and support within the Sector; increasing the capacity of the Sector to respond to changes in funding streams; bringing in new capital and expertise to the Sector via international companies and corporations based in the Borough.

Community, Sport and Culture Network - Your influence counts!

The Community, Sport and Culture Network now has 34 registered members ranging from small neighbourhood groups to social enterprises and key local agencies. Some of the issues the Network is addressing includes neighbourhood safety and anti-social behaviour; community spaces for cultural and art activities; ensuring the Borough is ready for the London 2012 Olympics and Cultural Olympiad.

CaVSA CONTACTS NETWORK FACILITATORS

For further information please call 020 8748 6345 or contact:

barbara.shelton@cavsa.org.uk
Children's Third Sector Network
Health & Wellbeing Network

horatio.morgan@cavsa.org.uk
Community, Sport and Culture Network
Regeneration, Employment & Environment Network

THANK YOU!

To the previous representatives who all stood down for this election, Louanne Tranchell, Bill Ogden and Mulat Haregot, to all 16 candidates and to all Network members who actively engaged in these elections! It is a great achievement for the sector and a huge step toward strengthening its voice and influence.

NOTICEBOARD

Mapping Public Spending on London's BAME Third Sector

MiNet would like to encourage all BAME Third Sector organisations working in London to take part in its survey to map changes in public spending on London's BAME Third Sector by borough and area of service delivery. MiNet is currently working with 3SA to record this data in order to allow the concerns of London's BAME Third Sector to be more accurately represented at a regional level. If you are a BAME Third Sector organisation and affected by the economic downturn, please take part at http://www.rota.org.uk/pages/MiNet_NewsRecession5.aspx or contact kimerley@rota.org.uk

Experiences in Bishops Park Required!

I live locally and am looking for residents who are willing to talk about their or their families experiences in Bishops Park over the years. We are writing a book on its history and we are hoping for residents to make a personal contribution i.e. experiences, photos etc. If you are interested please contact Amanda Lloyd-Harris on 07770743224 or amandaLH1@btconnect.com

Interactivity Project

Vital Regeneration's 'Interactivity' is an innovative, participatory learning project that engages socially-excluded people to explore local family, community and business heritage. Starting April 2010, 13-80 year-olds will work with digital and media industry experts producing a series of 'history walks' (made from movies, videos and sound recordings) across Hammersmith & Fulham. To volunteer on the project, contact Jenny Irish, jirish@cwh.org.uk

Breakaway Holidays

Breakaway is providing 30 low-cost, self-catering seaside-holidays during summer 2010 for disadvantaged families with children without a recent holiday. Holidays take place at Romney Sands Holiday Park, Kent with family support provided by trained volunteers. Travel is included. Referrals are now being taken. Early application is essential so please see www.breakaway-holidays.org.uk for information or for application or referral form downloads.

Design & Communication Services

Small company offering Communications, Graphic Design and Website design services to the Voluntary and Community Sector. Whatever your needs we can help you. To find out more visit www.trottydesign.co.uk or call 07921 387 474.

Ravenscourt Park Safer Neighbourhood Panel

We represent the ward community and work with the Ravenscourt Park Safer Neighbourhood police team to set ward crime priorities and agree strategies to help the community feel safer. If you live in Ravenscourt Park ward and feel you are representative of your community please consider applying to join the panel: email lesleyspires@yahoo.com

Nubian Life

Nubian Life Resource Centre provides a range of care and preventative services to the elderly and infirm in H&F. We host a Health Club on Wednesdays for all people in and around White City. We need volunteers with a range of skills to help run a wide variety of activities. Contact Andrea: 0208 749 8017 Email: andreaemard@nubianlife.org.uk

Want to help others in H&F? Then Volunteer to provide company to those in need!

If you like to meet new people, think about volunteering as a befriender. Befriending is a flexible volunteer opportunity where you can make a real difference in the life of an elderly person who lives at home but is isolated from their community. Through weekly or fortnightly visits, you'll help them feel more connected to their local environment, people and facilities. If you are interested in becoming a befriender contact Jennette on 020 8996 8898 or email Jennette.skinner@sbhg.co.uk

For information visit www.sbhg.co.uk

Volunteers Required for Classical Music Group

Administrator of Classical Music Group welcomes volunteers, sponsors, business, artists, (from 7 to 77 years old and over) to put on an Arts Festival in the boroughs of either, LBHF, Putney, Action, Westminster, RBKC. Email : hanbarne@tiscali.co.uk

The 112 - 2010 Charity Bike Ride

Standing Together Against Domestic Violence are organising a charity bike ride to take place on the 8th May 2010. We are attempting to cover 112 miles in one day - that is one mile for every woman who dies per year as a result of domestic violence. This was a great success in 2009 and we are looking to make it bigger and better in 2010. The aim of the event is to:

- Highlight the issue of domestic violence
- Ensure people understand the damage caused by domestic violence
- Raise funds to combat domestic violence through a coordinated response to this crime

Participants can enter in one of the four following ways:

- The Challenge- the rider will complete the whole course in a day
- The Team - a group of cyclists take it in turns covering the route
- The Relay - 4/5 riders all agree to ride a proportion of the 112 miles
- The Roundabout - a group of cyclists band together to ride around Windsor Great Park

For more information visit: www.standingtogether.org.uk or contact Laura Burtenshaw on 0208 748 5717 or admin@standingtogether.org.uk Or to sponsor the event, visit our page at <http://www.justgiving.com/Standing-Together-Against-Domestic-Violence>

Got something to tell?

If you have a project, event or any other service that is relevant to groups in Hammersmith and Fulham then it can appear in this Newsletter, email charlotte.mayers@cavsa.org.uk for information.

Third Sector Network Meetings

- 7th Jul - **Children's Third Sector Network**
- 8th Jul - **Health & Wellbeing Network**
- 14th Jul - **Community, Sport and Culture Network**
- 15th Jul - **Regeneration, Employment & Environment Network**

Venue: Irish Cultural Centre, Room 11, Blacks Road, Hammersmith, London W6 9DT

Time: 9.30 - 12.00

See page 9 in this newsletter for more information about the networks and how you can join.

CSB Workshops

- 22 APR. 6.00-8.30. **Engaging Young People**
Twilight Bey (Youth Engagement Manager, H & F Homes) & Nivene Powell (Service Improvement Manager, H & F Homes)
- 27 APR. 11.00-13.30. **Engaging Older People**
Jazz Browne, Capacity Building Manager, Nubian-Life Resource Centre
- 29 APR. 6.00-8.30. **Anti-Social Behaviour**
Tony Doherty, Team Manager: Children, Youth, Community - Youth Offending Service

Venue: Rivercourt Methodist Church, King Street, Hammersmith W6 9JT (Entrance in Rivercourt Road, W6 9LD)

For more information and to book your place, please contact Charlotte Mayers at CaVSA on 020 8748 6345 or by e-mail charlotte.mayers@cavsa.org.uk

CASH Training

26 MAY. **Preparing for independent examination and audit (half day, 9.45am)**

Preparing books and providing appropriate schedules can reduce costs. The course includes Charities Act Regulations and where the charity fits in, financial records, schedules, wages control, accruals, prepayments, opening and closing entries, creditors, debtors, banking, petty cash and confirmation.

For more information and to book please contact Gabriel Agbo at gabriel@cash-online.org.uk or call 020 8960 8926. www.cash-online.org.uk

The Hammersmith and Fulham Adult Advocacy Service

H&F Group FOCUS

The Hammersmith and Fulham Adult Advocacy Service works in partnership with people to help them say what they want, secure their rights, represent their interests and obtain services they need.

Advocates support people to resolve issues they are unable to resolve themselves. We do this by meeting with a person and looking at different available options to resolve an issue, the potential outcomes of each option, and then support the person with their chosen course of action to resolve the issue. The person is then able to make an informed choice about the things which affect them.

An advocate is there to support a person's choice rather than making a decision on their behalf. We will listen without judging you, treat you with respect, help you find information, help you say what you want and take your side.

The service is funded by Hammersmith and Fulham Council and NHS Hammersmith and Fulham. It is free, independent and open to any adult who receives or is entitled to Adult Social Care and lives in Hammersmith and Fulham.

The service also provides independent Mental Health Advocacy through Mind and Advocacy for people with profound and multiple disabilities (PMLD) through Mencap.

To access the service or find out more please contact us:

By Phone: 020 7471 8538 / 8529
020 7610 8020

By Email: advocacy@hafad.org.uk

We are able to help with adult social care issues which include:

- Home care or Direct Payments or individual payments problems
- Refusal or reduction of service
- Blue badge issues
- Support at meetings
- Support to work with other professional services
- Home care
- Service delivery issues
- And much more



GETTING IN CONTACT

Telephone number: 020 8748 6345

General e-mail: info@cavsa.org.uk

Website: www.cavsa.org.uk



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