

VODANEWS

THE QUARTERLY NEWSLETTER FOR VOLUNTARY AND
COMMUNITY ORGANISATIONS IN NORTH TYNESIDE



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VODA News is a community newsletter that is sent to almost 700 groups, organisations and individuals. If you have a leaflet or a flyer that you'd like distributed, why not use VODA News to get the word out? We offer a low-cost insert service: £45 for VODA members, £60 for other VCS groups, £85 for private business and statutory organisations. Contact us for more information.

WELCOME

A MESSAGE FROM OUR CHIEF EXEC



“ Welcome to the first post-Brexit edition of VODA News. Whilst the impact of Brexit on our sector is a matter of much debate (and little certainty), I'm keen to reflect on the African Proverb “If you want to go fast, go alone. If you want to go far, go together”. If VODA had a middle name it would be Collaboration. It is our most fundamental value that guides the way we behave as an

organisation. Whilst collaborating with other organisations is not always easy, it is almost always worth any extra effort.

December's Working With the VCS event (page 3) turned out to be our best attended yet and provided an opportunity for people to come together to explore new approaches to tackling health inequalities across the borough. Our website now hosts a range of health-related resources including films, a jargon buster and links to local training opportunities. I welcome feedback from our members about how we might be able to support them to engage with emerging Primary Care Networks as well as existing Social Prescribing initiatives.

I'm looking forward to reporting back on our next Working With Event which focuses on how the VCS can add value to the work of the Safer North Tyneside Board. We all have a role to play in creating safe and cohesive communities and I believe that without the work of the voluntary and community sector our communities would be far poorer. I have taken the opportunity to use this edition of VODA news to remind our members of the support and guidance available to help you review and develop your safeguarding practice (page 14). VODA continues to offer free support in this area as part of our core offer to members.

Finally, I am really excited about the work we are doing 'North of Tyne' with our colleagues at Connected Voice and Northumberland CVA. We now have funding secured from the National Lottery Community Fund to trial some new online training courses (page 6). This is just one example of how we are pooling our collective assets to maximize the support we are able to offer our members.”

Robin Fry
Chief Executive

WORKING WITH THE VCS: POPULATION HEALTH IN NORTH TYNESIDE

Following on from our recruitment of Claire Howard as North Shields Wellbeing Facilitator in the summer of last year, VODA has continued to focus on health and wellbeing with 2019's activities culminating in our final Working With the VCS event - Population Health in North Tyneside.



Over 50 people from a range of organisations from the VCS and health sector attended the event. Hosted by VODA's Robin Fry

and North Tyneside Council's Felicity Shoesmith, the day started with a Christmas speed networking event with a health theme.

Claire introduced the film 'A Picture of Health in North Tyneside'. Social prescribing representatives from health, the public sector and North Tyneside CCG, came together to build a picture of what population health management looks like in North Tyneside. The film aims to develop confidence in the VCS around how they can become key partners.

The attendees were then encouraged to discuss in groups what they could do to work together to improve population health in North Tyneside. There was a diverse range of responses which included:

- “ *Develop one stop shops in public places to deliver health messages, provide information and signpost into services.*”
- “ *Collaboration of the sectors to enable a bigger and more comprehensive offer. This may include pooling and sharing information and data and sharing resources.*”
- “ *Empower people – acknowledge that they are the experts on their own health and lifestyles. Work with trained people to navigate through issues and problems that present as barriers to resolving health issues.*”
- “ *Provide safe and supportive spaces for people to explore their health and wellbeing options, taking into account their motivations and preferences.*”

Two local VCS organisations showcased their work and how they support people with their mental health and wellbeing. Paul Hillier from the North Tyneside Art Studio talked about art and the benefits to mental health and highlighted their new studio NTASii which has just opened in Wallsend. Janice Irving from the Linskill Centre talked about their recent CCG funding to develop a men's community shed and the support they've received from VODA's Sector Connector.

Attendees then joined one of the four themed discussions: David Fellows from North Tyneside Council discussed the Healthy Conversations training, an offer to the VCS. Rachel Martin from Diabetes UK presented on Tackling Diabetes. Collette Horner from Tyne Health provided more information on the local Primary Care Networks and Susan Meins from North Tyneside Council looked at the Dementia Friendly Community initiative.

Then, in what is fast becoming a Working With Christmas tradition, we ended the event with a short, but energetic, networking Ceilidh (must be seen to be believed).

The popularity of the event has shown there is a real desire in the borough to work more collaboratively on this topic, As a result, we intend to make Population Health an annual focus of the Working With the VCS programme, to allow us to come together and share the progress from the year as well as develop new ways to work in partnership. Throughout the year VODA will continue to share information about the emerging Primary Care Networks and any joint training opportunities.

Following on from the very positive reception of 'A Picture of Health', VODA is working on a series of films that showcases the breadth and variety of important work delivered by the Voluntary and Community Sector in North Tyneside. The films will be aimed at health professionals and will highlight how VCS organisations in North Tyneside actively contribute to and support the local health agenda.

Find out more about about Claire's role as North Shields Wellbeing Facilitator, watch 'A Picture of Health' and access online resources such as the training offers for the VCS and how to access the GP screen resource at:
www.voda.org.uk/north-shields-wellbeing-facilitator

HAPPY TO CHAT



VODA is working in collaboration with a number of local organisations including; Whitley Bay Big Local, the Beacon Centre and the SIGN Directory to develop Happy to Chat schemes across North Tyneside to help reduce loneliness and social isolation.

Happy to Chat is recruiting volunteers who are willing to engage with other residents who would like company or conversation. The aim is to encourage people to show kindness to one another, take time to listen to others and make connections in the local community.

Josie Robinson, VODA's Ending Loneliness Coordinator said:

"We believe that Happy to Chat schemes are an informal way to reduce feelings of loneliness and isolation in our community; a simple friendly conversation with someone new can really make a difference to someone's life."



Volunteers will wear Happy to Chat badges so that people know they can approach them and start a conversation. The scheme will then hopefully be extended to include cafes and recreational facilities that

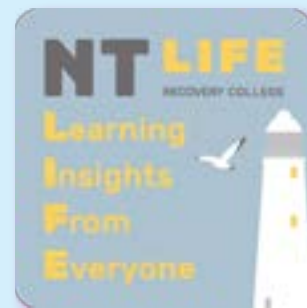
are willing to be a Happy to Chat venue.

The scheme launched at the end of January at the Beacon Centre in North Shields and Whitley Bay Big Local. The Beacon Centre now hosts events on the second and last Tuesdays of the month from 10am to 12pm. Whitley Bay Big Local is hosting sessions Thursdays and Fridays 10am to 3pm and Saturdays 10am to 1pm.

Local community organisations such as Meadow Well Connected, Healthwatch, North Tyneside Council Public Health team, the Carers' Centre, Tyne and Wear Museums and Northumbria Police are also getting involved, with representatives joining in the Happy to Chat sessions to talk about issues that impact on the local community and also to raise awareness of what is available.

To find out more email josie.robinson@voda.org.uk.

NT LIFE UPDATE



NT LIFE Recovery College has had a very successful start to 2020, alongside the existing students and volunteers, we welcomed 40 new registrations, and look forward to seeing how their journey with NT LIFE progresses as they gain new knowledge, skills and friendships.

Together we have already created fully booked courses and have some new and exciting offerings for the coming year.

At the beginning of February the team from Recoco – Sandra, Oli and Laura – delivered a WRAP Awareness course. 11 participants took part, four of whom will be progressing to the WRAP Train the Trainer course at Recoco. This means we will be able to deliver WRAP Awareness courses on a regular basis moving forward, so keep an eye out in the prospectus and social media.

Alongside our regular courses - see page 16 for details of a selection of these - we have a number of short-term courses that run, including:

- Talent Pool swimming sessions for ladies that struggle going swimming due to personal and social anxiety at Hadrian Leisure
- Understanding and Coping with Anxiety at the Hub
- The Pen is Mightier than the Sword at Meadow Well Connected



Parks United - the league team of our collaboration with Newcastle Football Foundation - is currently top of the league table. To ensure their continued success, they are always on the lookout for new players. If you like football and would like to get involved in this fantastic team, they meet every Monday 11am to 12pm at the Parks Leisure Centre (see page 16 for more details).

All NT LIFE courses are free to residents of North Tyneside aged 18 and over. If you would like to enrol, please email ali.donkin@voda.org.uk.

To find out more about NT LIFE and to view the full course timetable, please visit: www.voda.org.uk/north-tyneside-recovery-college

BRINGING GOOD NEIGHBOURS TO KILLINGWORTH

With the recent addition of Jen Hewitt to our Good Neighbours team, we are delighted to be able to extend our Good Neighbours shopping scheme to Killingworth.



The Good Neighbours shopping scheme helps people who may otherwise struggle to get out and about. The volunteers pick up their shopper from home, bring them to the supermarket, help them with their shopping and everyone meets up at the end in the cafe for a nice cuppa and a chat. It is a great opportunity to get people out of the house and socialising with others. Our scheme in North Shields has been running for a number of years now and is very popular with both the volunteers and shoppers alike.

If you know of any North Tyneside residents in the Killingworth area who may benefit from joining us on our weekly shopping trip, please email jen.hewitt@voda.org.uk. The group meets at Morrisons in Killingworth every Thursday at 1pm.

WINTER SUPPORT NETWORK

This winter, as part of the North Tyneside Winter Support Network, VODA has facilitated the distribution of draught excluders, keep warm packs and emergency food packs - which were put together by the Bay Foodbank - to North Tyneside residents who need extra support during the winter months.

The keep warm packs include a fleece blanket, hot water bottle, thermometer, thermo mug, thermal socks, hats, gloves and snood. Alongside this, volunteers have made over 200 draught excluders for distribution (see Youth Volunteering update).

The packs have been widely distributed across charities and organisations in North Tyneside, with over 30 taking part, including GP surgeries, organisations caring for homeless people and at events such as Happy to Chat.

YOUTH VOLUNTEERING UPDATE

MHA Live at Home Scheme



Young people from TyneCoast College planned, prepared and hosted activities for forty older people, in conjunction with the MHA North Shields Live at Home Scheme's Activity Club.

The young volunteers worked in teams to prepare a quiz, art and craft activities and reminiscence, all with an autumn theme. Alongside this, they designed and made photo booth props and table decorations, which gave the event a special feel. The young volunteers decorated the venue, welcomed activity club participants, hosted activity tables and ran a photo booth with special effects.



“ I gained confidence to talk to older people, and it's given me more ideas for the future.”

“ The attitude of the young people was very good.”

Winter Support: Draught Excluders



The pupils from Monkseaton High School, TyneCoast College and Norham Community Wing have been busy

this winter helping to make draught excluders for North Tyneside residents who need a little bit of help keeping their homes warm.

The young volunteers were very keen to help make a difference in their local community. They produced some fantastic draught excluders to be distributed to residents to help keep the draughts at bay during the cold winter months.



NEW VCS DIGITAL TRAINING PLATFORM

VODA is excited to be working in partnership with Northumberland CVA and Connected Voice (formerly Newcastle CVS) to develop a new digital training platform aimed at trustees, employees and volunteers.

The partnership, led by Connected Voice, has secured £15,000 from the National Lottery Community Fund's Development Fund to design and develop a suite of online training courses, which will be piloted across the North of Tyne in the first year. During this period, one hour training courses on a range of subjects will be offered free, with feedback used to improve our offer.

The new online training platform will be accessible 24/7 from anywhere with internet access and so will overcome the challenges presented by geography, time and transport that often make it difficult for people to access training. Initially we will be developing courses on Good Governance, Good Fundraising, and Volunteers and the Law and aim to expand the range of subjects as the project moves forward. We'll keep you updated on the progress!

ROBIN FRY: VCSE AMBASSADOR FOR NTCA

NORTH OF TYNE COMBINED AUTHORITY

a shared vision of a more inclusive economy that brings together people and opportunities to create vibrant communities and a high quality of life.

North of Tyne Mayor Jamie Driscoll recently appointed VODA's CEO Robin Fry as his VCSE Ambassador. This unpaid role will involve Robin working closely with colleagues at Connected Voice in Newcastle and Northumberland CVA to bring together organisations working to improve people's health and wellbeing and link them to the work of NTCA.

VODA has been working closely with colleagues from Connected Voice, Northumberland CVA, VONNE, the North of Tyne Combined Authority and Local Authorities to explore ways in which the VCSE can play a strong role in realising

DIRECTORY OF VOLUNTARY SERVICES FOR THE BUSINESS SECTOR

Sector Connector has a wealth of local businesses that provide services that might be useful to voluntary and community organisations. However, we are equally aware that voluntary organisations may wish to raise awareness of the services or facilities that they may be able to offer to small businesses or the employees of small businesses. Some of these services might be on a paid-for basis, whilst others may be free of charge.

Sector Connector is compiling a directory for the North Tyneside Business Forum which will showcase the voluntary organisations that provide services of interest to the business community. This could be anything from counselling or advice services, to room hire and catering.

If you would like to promote your services in the directory, you can provide details at:

www.surveymonkey.co.uk/r/Z78HC3G

CARNEY CONSULTANCY FREE TRAINING

Carney Consultancy, which is based at the Fish Quay, North Shields, is offering a limited number of free spaces on its Emergency First Aid at Work training courses running in March, April, May and June. If you are interested in attending one of these courses, please email ian.dodds@voda.org.uk.

WANTED: VOLUNTEERS TO PROMOTE NORTH TYNESIDE!



The North Shields Business Chamber is looking for people who would like to be part of a pool of volunteers that welcome cruise passengers arriving in North Tyneside (around 20 cruise ships visit North Shields each year).

Volunteers would provide tourists with information about places that they can visit in North Tyneside and the surrounding area. The role is ideal for anyone who is passionate about the borough, enjoys meeting people and is a good communicator. If you know of anyone interested in this opportunity, please email ian.dodds@voda.org.uk.

SPOTLIGHT ON...

FUNDING A HOLIDAY HUNGER PROJECT

If your group would like to obtain funding for summer holidays activities - and address Holiday Hunger at the same time - you need to start planning the project and applying for funding now!

Any funder will expect you to have planned and costed your programme of activities properly. They will also ask to see a copy of your Child Safeguarding Policy and expect all members of your group to know how to report any concerns and which person you report those concerns to (VODA can help you with this if you don't already have a policy in place). You will also need to consider if you need public liability insurance to cover the programme of activities and find out the cost of this in advance.

How do we go about it?

Decide what activities will guarantee your children turn up regularly as any funder will need to see numbers of participants if they have funded you.

Get your children to vote on a list of possible activities to see which ones they'd like to do most, and make sure those activities are FUN - whether it is craft sessions, sports, dance, environmental or educational

You will need to consider:

- How many hours per week do you want to provide these activities?
- For how many weeks?
- Where will the activities take place?
- Will you need to hire sessional activity leaders for these activities?

Costings should include:

- Sessional Activity Leader costs (£ per hour x how many hours total you need them for).
- Room hire if needed (how many hours per week, what rate per hour for how many weeks)
- How many meals per day (breakfast, lunch, tea, Don't forget drinks) needed for everyone taking part (children/sessional workers/carers/volunteers). how many days and weeks. Work out how many people at an average cost per person per meal then total it up.



You may choose to run a healthy cooking session

- You may decide a fun activity could be teaching the children how to cook healthy food, so be sure to include the cost of raw foodstuffs and ingredients.
- Cost of any equipment hire or materials you need to buy.

Frank Gillender, VODA's Funding Adviser commented:

“Be realistic about the amount of time your group members can commit to – two to four weeks may be more achievable than attempting the full six weeks.”

When to apply

The summer holidays in North Tyneside start on 18 July, so you need to start planning asap! Funding applications should ideally be submitted before the end of March or early April at the latest.

VODA's Funding Adviser Frank Gillender can help you to identify suitable funders and provide advice on any of the above, taking you through the application process, should you need it. You can contact Frank at frank.gillender@voda.org.uk. Please bear in mind he only works three days a week, but he will respond to your enquiry as soon as possible.

APPLY FOR FUNDING FROM RW MANN

RW Mann Trust's objectives are wide ranging, but it exists mainly to help improve the lives of people and communities. This is one of the most accessible funders for groups in North Tyneside for sums of up to £1000 and will cover most beneficiaries. It is great for one-off costs like equipment or short programmes of activity. If you are not a registered charity, you can apply to VODA to use our registered charity number to help process any grant made by RW Mann. Contact us for more information on VODA processing grants on your behalf. Email frank.gillender@voda.org.uk for more information.

FUNDING

HENRY SMITH CHARITY: IMPROVING LIVES PROGRAMME

The Improving Lives programme provides grants of £20,000 to £60,000 per year for up to three years to charitable organisations that help people when other sources of support have failed, are inappropriate, or are simply not available. The charity supports established organisations delivering services directly to beneficiaries; services that can demonstrate a track record of success and evidence the effectiveness of the work.

Applications must meet at least one of the following:

- Help at a critical moment: helping people to rebuild their lives following a crisis, critical moment, trauma or abusive situation
- Positive choices: helping people, whose actions or behaviours have led to negative consequences for themselves and others, to make positive choices
- Accommodation/housing support: enabling people to work towards or maintain accommodation
- Employment and training: supporting people to move towards employment
- Financial inclusion, rights and entitlements: supporting people to address their financial problems and ensure they are able to claim their rights and entitlements
- Support networks and family: working with people to develop improved support networks and family relationships.

No deadline

Decisions usually made within six months.
www.henrysmithcharity.org.uk

TRUEMARK TRUST

The Trust's purpose is to make grants to other charitable bodies for the relief of all kinds of social distress and disadvantage. Preference is given to small, local charities, to neighbourhood-based community projects and to innovative work with less popular groups.

Applications are considered quarterly. For more information contact 07970 540015 or email truemark.trust01@ntlworld.com.

No deadline.

CURTIN PARP FUND

The Curtin PARP Fund supports individuals in Tyne and Wear and Northumberland to realise their potential. The fund particularly prioritises support for carers of all ages, Black and Minority Ethnic people including those with asylum seeker/refugee status, disabled people, homeless people and people who are experiencing disadvantage that prevents them from realising their potential.

The fund provides grants of between £500 and £1,000 per year for up to three years, with the condition that evidence of attendance and progress/completion is provided for each year of study or one-off grants of between £500 and £1,000.

- Individuals undertaking courses which develop skills and talents.
- Activities which develop skills and promote confidence and personal development.
- Help to overcome barriers to employment/education

All applications must demonstrate clear aims, opportunity for progression, and measurable outcomes, showing how the planned activity or items will help the individual to realise their potential.

Examples of what may be supported:

- Capital items towards further education, training or developing new skills
- Course/activity costs where no other support is available
- Travel costs to attend courses
- Costs associated with CV/interview preparation

Activities which are not a priority for the Curtin PARP Fund

- Sports groups/sporting activities for the general public
- Uniformed groups
- General Arts projects
- General community activities

No deadline

www.communityfoundation.org.uk

NATURESAVE LIMITED

An ethical insurance company providing funding of £500 to £5,000 to support environmental and conservation projects. Grants cover a wide scope but may be focused on: science and education; renewable energy; sustainable communities; nature conservation.

No deadline.

www.naturesave.co.uk

WOODEN SPOON SOCIETY: CAPITAL GRANTS

Wooden Spoon is the British and Irish Rugby charity which supports projects that enhance and support the lives of children and young people (under the age of 25) who are disadvantaged – physically, mentally or socially. Each year the charity supports around 70 projects.

No deadline specified

www.woodenspoon.org.uk/apply-for-a-grant

ARMED FORCES DAY FUNDING

Grants are available for events held on or around Armed Forces Day (27 June). The grants are match funded and can cover up to half the total cost of the event (e.g. if the total cost of the event is £10,000 and groups raise £5,000, the grant could cover up to £5,000).

Funding can be used to pay for:

- road closures required to hold an event, including to allow for parades and marches
- decorations, flags and banners
- newspaper and radio advertisements to promote the event
- marshalling, security and first aid arrangements for the event
- insurance
- PA and communications systems.



Deadline: 27 March 2020

www.armedforcesday.org.uk

WAITROSE COMMUNITY MATTERS

Each branch of Waitrose & Partners donates £1,000 (£500 in the convenience shops) between three local good causes each month. Customers receive a token to place in a box of the good cause they'd most like to support. The more tokens a cause gets, the bigger the donation they receive.

Local charities and not for profit organisations that would like to be considered for Community Matters should go to the local branch, complete a nomination form and hand it in at the Welcome Desk. If successful the branch Community Matters Champion will be in touch. All applications are held for six months.

No deadline.

www.waitrose.com/content/waitrose/en/home/inspiration/community_matters.html

WAKEHAM TRUST

The trust likes to help projects that are small scale (with grants of typically £125 to £2,500), that would find it hard to get funding from big trusts and where the grant can make a real difference. It is becoming increasingly focused on education, in the broadest sense of the term.

Things the trustees ask when looking at applications include:

- Is it something new for this particular area?
- Is it small?
- Is it run by ordinary people, not professionals?
- Will it find it hard to get support elsewhere?
- Does it have the potential to become self-supporting?
- Is it outward looking, rather than being focused on its own members?

Recent grants have included:

- Helping teach English to refugees and immigrants who want to work in the social care sector.
- Young volunteers offering beach lifeguarding.
- A patchwork quilting group for vulnerable adults and OAPs.
- The creation of a Wildlife Pond and wildflower beds/banks on the expanse of landscaped grass at the rear of an 'extra care establishment'.
- A drop in cafe for 11-18 year olds.

No deadline

www.thewakehamtrust.org

ALLCHURCHES TRUST

Grants of £1,000 to £15,000 are available for projects working to promote the Christian faith or any other charitable purpose; grants normally support projects that have a Christian foundation or links and reflect these areas of focus:

- Building communities, especially where they are hurting or broken
- Helping people, especially those in particular need, to flourish
- Growing churches – spiritually and numerically.

While the trust's roots are Christian, many of the projects it funds support people of all faiths and none.

No deadline.

www.allchurches.co.uk

FUNDING

PINK RIBBON FOUNDATION GRANTS

The Foundation provides financial support of up to £5,000 to UK charities that relieve the needs of people who are suffering from, or who have been affected by, breast cancer or who work to advance the understanding of breast cancer, its early detection and treatment.

Applications should relate to a specific project, although the Foundation accept that successful grant recipients may allow 15 per cent of the total amount of grant funding awarded as a contribution towards core costs. It has also assisted with core costs at times where it was vital to the continuity of an organisation.



Deadline: 29 May 2020
www.pinkribbonfoundation.org.uk

BARCHESTER HEALTHCARE FOUNDATION

The foundation helps older people (aged 65+) and other adults with a physical or learning disability or mental health problems and favour applications that help improve people's mobility, independence and quality of life. This year the focus is about connecting or re-connecting people with others in their local community – applications that combat loneliness and enable people to be active and engaged will receive highest priority. Grants of £100 to £5,000 available to small charities.

No deadline

www.bhcfoundation.org.uk

MARGARET DOBSON FURTHER EDUCATION TRUST

The Margaret Dobson Further Education Trust makes grants to support people with a learning disability after they reach normal school leaving age, to learn skills to help them live more independent lives.

Grants are available to small UK registered charities working to support people with a learning disability to learn skills to help them live more independent lives after they leave formal education.



Deadline: 31 March 2020
www.margaretdobsontrust.btck.co.uk

ASDA FOUNDATION: SIGNIFICANT LOCAL COMMUNITY PROJECTS

The Significant Local Community Projects programme allows colleagues to nominate initiatives which will make a real long-term difference, benefiting the wider community and transforming communities to improve lives locally.

Awards are typically made to projects where:

- the charity or good cause has developed a relationship with the local store or home office at a grassroots level
- the work will tackle the underlying problems in the local community
- community needs and aspirations are evident in the development of the project
- the project benefits the wider community not just a single user group
- there is a need for this facility locally
- it will make a real long-term difference and will transform the community, improving the lives of those who live there.

Please note: Grant applicants will need to have developed a relationship with the local store prior to applying.

No deadline

www.asdafoundation.org

COMMUNITY FOUNDATION: CHANGES TO GRANT-MAKING POLICY

The Community Foundation has made a few changes to its rules on grant-making:

- First-time applicants will initially be limited to one grant. This is to ensure that such groups don't take on too many grants until they have shown they can manage them. The restriction will be lifted as soon as groups submit their first satisfactory monitoring information.
- The Foundation will no longer accept applications from groups that have not provided monitoring on a previous grant, nor non-charitable social enterprises that do not provide a business plan.
- It has clarified its position on funding to faith groups, making it clear that the only applications it would not consider are those whose primary purpose is the advancement of religion.
- Applicants must be able to show that safeguarding is a priority. This means both having adequate policies and procedures in place and the commitment to ensure they are properly implemented.

www.communityfoundation.org.uk

COMMUNITY NEWS

REMEMBERING THE PAST: THE LIVING ARCHIVE OF NORTH TYNESIDE



Remembering the Past is a volunteer-led charity which collects and manages a digital collection of stories, sound recordings and memorabilia

which reflect every aspect of local life in North Tyneside since the turn of the twentieth century, as told by those who lived, worked and played there.

They began collecting in 1997 when members of the then North Shields Library Club saw the potential in collecting memories and set up the Remembering the Past project. In addition to providing a means of reducing the effects of social isolation and loneliness, the founders wanted to address older people's fear of digital technology, using the collection of memories and life experiences as their method of engagement. Their collection, now displayed at www.rememberingthepast.co.uk, is one of the longest running and diverse community history archives in the country.

The website and archive has always been maintained by volunteers trained in the skills required to manage it. The aim was always to create a site that was easy to access by novices in the digital world and filled with content that would hold their interest. Based in the Linskill Centre in North Shields, the highly trained volunteer team has an incredible range of skills that allows them to do everything necessary to record an interesting memory from an individual, add it to its catalogue and publish it on the website, with the ultimate aim of celebrating the life of the person.

Kath Smith, Trustee and volunteer at Remembering the Past commented:

“ We are passionate about encouraging people to realise how important their life experience is and how it can add a vibrant context to what could otherwise be just bare facts. We feel strongly that this is the way to give local communities a voice and a presence in the telling of the area's history.

“ Hidden away in the minds of people all over North Tyneside are fascinating memories of life throughout the twentieth century. We are committed to ensuring that this priceless material is saved for future generations and that the special people who share their stories understand what an important role they can play in creating a unique resource.”

Remembering the Past became an independent charity in 2013 and has gone through quite a few changes in the last few years, suffering the consequences when funding all but dried up in 2018. But not to be deterred, they have used this setback to refocus on their prime objectives and are embarking on an exciting re-engagement plan for 2020. This will see them talking to a wide range of organisations which support older people about the value of active memory collection. They will also be delivering a programme of talks and activities based on the collection to groups and societies across North Tyneside.

If you would like to find out more about their work, or would like to get involved, contact manager@rememberingthepast.co.uk. They are always on the lookout for new volunteers. Full training is given, so you don't need to have the required skill set to get involved. www.rememberingthepast.co.uk

Meet Me at the Oxford



“ The men always used to go up on the balcony. They used to line the balcony and eye the talent up, make their choices and come down. I only got to know this from my husband later on. I said “I hope you didn't pick me like that” and he said “well, I'm afraid I did” and so that's how I met my husband, “being eyed up as talent at the Oxford.”

Bringing Back the Banner

The story behind the restoration of Burradon Colliery's 1954 banner. Pictures left to right show original banner before restoration, collecting memories and the artfully restored banner.



COMMUNITY NEWS

LIFE SKILLS MENTORING AT DEPAUL



Depaul UK offers homeless and disadvantaged people the opportunity to fulfil their potential and move towards an independent and positive future.

Depaul manages a range of accommodation for homeless young people in the UK and Ireland, as well as providing

resettlement, pre-employment training and other support services for homeless and socially disadvantaged young people.

From their resource centre in Whitley Bay, Depaul is working to support local young people who are homeless, or at risk of homelessness, with services such as Nightstop (providing an emergency spare bed for the night) and their mentoring scheme, which helps give young people the opportunity to learn life skills and experience. Volunteer Mentors are paired up with young people aged 16 to 25, with the aim of supporting their mentee with both emotional and practical support in a range of different areas such as independent living skills, assisting in any issues faced by the young person and helping them become more involved in their local community.

Marius from Denmark and Leah from Italy, who are both in the UK as part of the European Solidarity Corps (ESC), are Volunteer Mentors as part of the volunteering work they do with the charity. They each meet with their mentee for up to three hours per week, working towards pre-defined goals set in advance of the meeting with support from the team at Depaul. They are given a £10 budget for their weekly meet up to pay for activities during their session.

The sessions focus on health and wellbeing, with mentors coaching the young people on healthy eating, keeping fit and self-care. Learning new skills such as how to cook, do laundry, pay bills as well as developing their creativity and community work. Working on these goals over time gives the young person the confidence and skills for independent living for the future.

“It's a genuine pleasure to be able to help a young person gain their independence by learning the skills they need to get on in life.”



Benefits of having a mentor

Having a Volunteer Mentor provides a young person with support to allow them to reach their goals. Their mentor takes the role of a trusted and reliable person who can be a listening ear, something they may not have experienced previously in their life. It gives them the opportunity to get out into the community and learn new skills and knowledge and provides stability and continuity in their lives through their weekly or fortnightly mentor meetings.

“Mentoring is good fun and helps you do things that you thought you once couldn't do.”

“Mentoring is helping me learn things I did not know before.”

“My relationship with my mentor feels comfortable and I feel safe.”

Why be a Volunteer Mentor?

It goes without saying that Volunteer Mentors really do make a difference in the lives of young people, helping them to gain experience and independence and the opportunity to succeed in life. Depaul believes it is important to recognise the contribution they make with regular appreciation events.

Beyond that, being a Volunteer Mentor is fantastic for personal and professional development. Depaul offers full volunteer and mentor induction training, support, travel and out of pocket expenses and ongoing evaluations. After six months of volunteering, they will also provide you with a reference and volunteering is a great addition to your CV!

Could you be a Volunteer Mentor?

Depaul is keen to increase their number of Volunteer Mentors to allow them to support more young people to reach their goals. If you have an understanding of the issues faced by disadvantaged young people, the ability to work in a non-judgemental manner, good communication and listening skills and can commit to three hours per week for 12 months, please email emma.mohan@depaulcharity.org.uk for more information.

www.depaul.org.uk.

COMMUNITY LIFT OFF AT BATTLE HILL

The Linskill Trusts's engAGE (55+) and Encompass (adult provision) programmes were officially launched in February with an open day at Battle Hill Multi-Use Centre.



Funding officers from the National Lottery Community Fund joined representatives from regional voluntary sector organisations and residents to launch the event, featuring a range of free art and

craft taster sessions. Many visitors took the opportunity to try their hand at painting, paper weaving, knitting, crocheting and card making activities.

Following grant support from the National Lottery Community Fund the Trust has secured the appointment of two project workers to deliver the engAGE (55+) and Encompass projects at the site over the next two years.

A key objective of the event was to bring people together and engage with them face-to-face, gathering input and views on current and future provision, whilst providing the opportunity to talk to the Community Development Team.

Simeon Ripley, Chief Executive of Linskill and North Tyneside Community Development Trust commented:

“ It was great to see the centre full of people and there was a real feeling of energy and a good vibe. Having worked in the voluntary sector for many years it is days like today that are most satisfying, when you see a plan come together and the effort that goes into funding applications is rewarded. As a Trust our aim is to rejuvenate communities in North Tyneside and today the people of Battle Hill have shown the need for community activities through their support and attendance. I am looking forward to watching the programme being delivered and the impact it will have on this community.”



For more information on the Battle Hill Multi-Use Centre and its community programmes

email alex@linskill.org or call 0191 257 8000.



WATBIKE VCS BIKE GIVEAWAY

Do you know any organisation or project that could benefit from receiving a donation of

bikes? WATBike has a collection of adult bikes of all sizes which need rehoming and is looking for local projects to donate them to, such as those working with refugees, people on low incomes, or to help adults get back into work. For more information contact cycling@watbus.org.uk.

SIGN DIRECTORY: HELP END LONELINESS IN NORTH TYNESIDE

Help us end loneliness in North Tyneside and become part of the SIGN Directory!

The SIGN Directory is an online directory of community services and events for the residents of North Tyneside.

It is designed for the public and professionals to search for and find services and activities that may support people to connect to their local community and improve overall wellbeing.

The directory brings together a number of diverse providers in one place, working to support local residents and professionals to access more information and activity to end feelings of loneliness and isolation. Join over 220 providers sharing over 787 services and 100's of events. Sign up here: <https://services.northtyneside.gov.uk/sign/welcome.aspx>.



HEALTHY AGEING RESEARCH



Researchers from Healthy Ageing Psychology Research at Northumbria University are looking for adults aged 65+ to help with their latest research into reducing loneliness in older people and improving function in everyday tasks. See separate magazine insert for details.

ENSURING THE SAFETY AND WELLBEING OF BENEFICIARIES

Members of the voluntary and community sector (VCS) support some of the most vulnerable residents of North Tyneside. The sector employs a highly skilled and qualified workforce, numbering over 2,000 employees, as well as mobilising an estimated 40,000 passionate volunteers.

Ensuring the safety and wellbeing of people accessing services remains a key priority for people working in the voluntary and community sector. For some organisations this has become increasingly challenging as demand on services continues to rise. At the same time statutory provision is under significant pressure due to austerity measures resulting in VCS organisations supporting residents with increasingly complex needs.

VCS organisations are also experiencing a higher level of scrutiny from funders who have recently become increasingly liable for ensuring that applicants have robust Safeguarding arrangements in place. This means that as well as submitting copies of Safeguarding policies and procedures applicants may also need to evidence Safeguarding training undertaken by their staff team as well as having an appointed Designated Safeguarding Officer. At VODA we have already seen the impact of this development in terms of the number of small groups coming to us for support around developing their Safeguarding practice.

So what better time to recap the wide range of free safeguarding support available to VCS organisations in North Tyneside?

NCVO has recently developed a bank of free online resources helping organisations to develop appropriate Safeguarding policies and procedures. **VONNE** will soon be partnering with four local infrastructure organisations in the North East to deliver regular training sessions, develop local safeguarding networks where needed, and share the NCVO resources widely.

www.knowhow.ncvo.org.uk/safeguarding/safeguarding#VCS

North Tyneside Council continues to offer free access to face-to-face and online Safeguarding training for North Tyneside VCS organisations

working with children and vulnerable adults. This can be accessed via the Council's online self-serve booking system Learning Pool.

www.voda.org.uk/wp-content/uploads/2019/02/VODA-Safeguarding-for-voluntary-sector-advert-2018.pdf

VODA's Core Services Manager Keith Hardy

provides free information and advice to local VCS organisations helping them to develop, or review, their Safeguarding practices.

Contact Keith.Hardy@voda.org.uk

The Office for Civil Society a new online tool has been launched to support organisations to handle an allegation of abuse or harm perpetrated by one of their staff members or volunteers.

www.safeguarding.culture.gov.uk

NEW MULTI-AGENCY SAFEGUARDING ARRANGEMENTS (MASA) IN NORTH TYNESIDE

The new North Tyneside Multi-Agency Safeguarding Arrangements (MASA) came into place in September 2019, building on the Local Safeguarding Children Board (LSCB) that has been in place for a number of years.

The MASA plan is available to view online (see link below) and describes the integration of the existing Local Safeguarding Children Board (LSCB) and Children, Young People and Learning Partnership governance under the North Tyneside Strategic Partnership.

For more information about MASA and the recently formed North Tyneside Safeguarding Children Partnership visit www.northtynesidescp.org.uk.



TRUSTEES' NEWS

TRUSTEE ROLES AND RESPONSIBILITIES

Trustees are the lifeblood of your organisation. An experienced and effective board is able to make informed decisions in order to develop strategy and plans that will provide good leadership to the organisation.

However, many organisations don't invest in training and development for new and existing trustees. For whatever reason, trustees sometimes feel that investment in their development could take away for the organisation's resources when in fact it is the opposite!

Firstly, you need to identify the existing skills you have within your board. Your trustees may have untapped skills and experience from previous trusteeships, work or voluntary activity and can help you build a picture of this.

Once you have a clear picture of your trustee board's existing skills and attributes, think about what's missing and how you can fill these gaps.

Option to consider:

- build on the skills of your existing trustees
- train your existing trustees
- share expertise with other charities
- recruit new trustees to meet specific skills gaps

Our Core Services Manager, Keith Hardy, has been supporting charities and organisations, working with their boards to develop their skills and

knowledge around the role of trustees and good governance.

As well as continuing this service, Keith is now able to offer a formal half day training course open to any trustees, or those thinking about becoming a trustee. Keith comments:

“ Whether you are new to the role of a trustee or an experienced trustee looking for refresher training this free half day course will provide a good introduction. It is ideal as part of a trustees induction programme.”

FREE VODA WORKSHOP THE ROLE OF THE TRUSTEE: PRINCIPLES AND PRACTICE

Wednesday 6 May 9.30am to 12pm at VODA

Whether you are new to the role of a trustee or an experienced trustee looking for refresher training this free half day course will provide a good introduction.

The course will cover:

- Responsibilities, legal duties and liabilities of the trustee.
- Understanding and implementing good governance.

Delivered by: Keith Hardy

Venue: VODA, Queen Alexandra Campus, Hawkeys Lane, North Shields, NE29 9BZ

For further information, or to book, please go to www.voda.org.uk/training. To find out how Keith can work with your board, please contact 0191 6432626. or email keith.hardy@voda.org.uk

CURRENT TRUSTEE VACANCIES

There's always vacancies across the borough for trustees. If you are interested in becoming a trustee, here are the vacancies currently listed on VODA's website.

- Whitley Bay Young People's Centre
- Baby Equipment Loan Service and Toy Library
- Dyslexia North East
- Walking With in North Tyneside
- Shiremoor Adventure Playground
- Healthwatch North Tyneside
- Together Newcastle
- North Tyneside Learning Trust
- Rising Sun Farm

Please visit www.voda.org.uk/trustee-vacancies to view the details of these vacancies online.

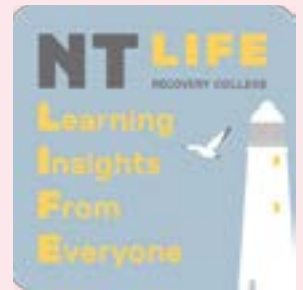
If you would like to advertise your trustee vacancies with us, please email volunteering@voda.org.uk.



TRAINING

NT LIFE RECOVERY COLLEGE

We have a range of regular and fixed term sessions running at NT LIFE, the North Tyneside Recovery College. Here is a selection of the ongoing sessions - full details of all courses can be found at: www.voda.org.uk/north-tyneside-recovery-college



MARCH

- 09 Self awareness for managers:**
Free Sector Connector Workshop
10am to 12pm
- 13 Public Speaking:**
With Kirsty Mcdowell
9.30am to 4pm
- 18 How to write an excellent newsletter:**
Free Sector Connector Workshop
10am to 12pm
- 20 Healthy Conversations training:**
Free North Tyneside Council Workshop
FULLY BOOKED

Football for Health



Improve your health and wellbeing at a friendly football session with the Newcastle United Foundation. Grow your confidence, your mental health and your circle of friends while learning

new skills or improving existing skills.

Mondays 10.45am to 12pm at The Parks

Talk tech & tinker 'Fix-It' workshops

Aimed at people who like to fix, or try to fix, things. Participants can bring along broken items and learn how to repair, rescue, remodel and upcycle small household items and get help understanding tech.

Tuesdays 5pm to 6pm at the Hub

Art Group

Are you interested in exploring your artistic side? Would you like to develop ideas, express them visually and make friends? Suitable for all abilities, from beginners to those with a broader artistic background.

Tuesdays 1pm to 3pm at the Hub



DB Cuppa T

Open to DBT attendees, past or present. This is a safe and confidential support group supporting Dialectical Behavioural Therapy, An informal, relaxed space to discuss issues with 'homework' and with people who have completed the course.

Wednesdays 1pm to 3pm at the Hub

APRIL

- 21 Introduction to the Disclosure and Barring Service (DBS):** Free VODA Workshop with Robin Fry, 1pm to 4pm

MAY

- 06 The Role of the Trustee: Principles and Practice:** Free VODA Workshop with Keith Hardy, 9.30am to 12pm

JUNE

- 02 Be a Volunteer Magnet:**
Free VODA Workshop with Robin Fry
9.30am to 12.30pm.

All courses take place at VODA - see below for our address. For full course descriptions and to book your place visit www.voda.org.uk/training.

Membership: VODA is a registered charity providing advice, training, information and support to volunteers and voluntary and community organisations working in North Tyneside. To find out more visit www.voda.org.uk or call 0191 643 2626. **Next Issue:** May 2020. Copy deadline 30 April.

Disclaimer: The information in VODA News is, as far as we know, correct at the time of going to print. However, North Tyneside VODA can take no responsibility for any changes that occur or guarantee the quality of information or services provided by others.



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