



Summer 2008 Newsletter



***Stimulating and Developing
Voluntary and Community Action in the
District of Babergh***

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Welcome to the Summer 2008 edition of the Babergh Communities Together Newsletter.

Can you believe that the summer is here already?! If you're anything like us you are probably trying to do all those things you promised yourself you'd do this year back in the dark, cold days of winter! Don't worry, summer is the perfect time to get things accomplished - whether it's holding a special event or simply spending quality time with the other members of your organisation.

So far 2008 has been a busy and eventful year for BCT. Our Funding and Development Surgeries are becoming very popular. Lots of groups, like Mpower, who are featured on page 7 & 8, are finding them to be a really good starting point when thinking about funding applications and other development issues.

In May we hosted a very successful BCT Network Event focussing on environmental issues. The Going Green event was interesting and thought - provoking and you can read all about it on pages 4 & 5. We hope to see even more of you at our next Network event in November where we'll be looking at *The Changing World of Funding*.

We've also been going through a time of change at BCT. Nicki, our Community Projects Officer, has left the BCT team to move on to a new phase in her life. We would like to take this opportunity to say a really big "thank you" to her for all her hard work over the last few years and wish her all the very best for the future.

We hope you enjoy the summer edition of the BCT Newsletter and that you all have a relaxing and happy summer time.



Marian



Jo



Ruth

Going Green Going Green

BCT Network Events are a great chance to meet, catch up with people from other groups and discuss the issues that have a real impact on your organisation.



At our Going Green event on Thursday 22nd May we met to talk about the responsibility we all have to protect the environment. We focussed on how groups and organisations can make small changes and make a big difference.

After two short presentations, one on *Climate Change* and the other on *Instigating a Green Policy within an Organisation*, we broke into smaller groups to discuss

how we could put all the theory into practice and reduce the carbon footprint of our organisations. Here are just a few of the ideas we came up with to help make our groups cleaner and greener.

Could you...

...use emails more than paper mailings?

...recycle printer

cartridges? ...shred documents and put in a compost bin?

...check insulation and seals around windows and doors to keep more heat in? ...use recycled

stationary? ...plan to use public transport more?

...organise a car pool?

Representatives from organisations who specialise in environmental matters also joined us for the Going Green event. They brought additional information and practical knowledge to the day and were a great help in making the event really informative and successful.

Anna Martin from Bright Green provided the following information and links to other websites that will help you think of ways to go green. For more information and links, take a look at the Going Green section on www.bct Suffolk.org.uk.

Bright Green Ltd raises awareness of environmental issues and provides training and education programmes. It runs projects such as;

Every Action Counts, A free training course for organisations that are looking to reduce their impact on the environment, tackle climate change and improve their local area. www.everyactioncounts.org.uk

Other local environmental projects and ideas include;

Eastex Suffolk Materials Exchange, This is a free online service for businesses, organisations and schools to help keep re-useable items in circulation and out of landfill. www.eastex.org.uk/suffolk.

Information and tips on what you can do to help Suffolk become the **Greenest County**; www.greensuffolk.org/what_can_i_do

Suffolk Travel Plan: www.suffolktravelplans.com

Suffolk Car Share Scheme www.suffolkcarshare.com



*Stimulating and developing voluntary and
community action in the district of Babergh*

AGM

Wednesday 24th September 2008

Arrival 12.30, Start of Business 12.45

**Hadleigh Guild Hall/ Town Hall Complex,
Guild Room, IP7 5DT (opposite St Mary's Church)**

Followed by:

***“Workforce Development –
use it or lose it!***

Free Learning for Staff and Volunteers”

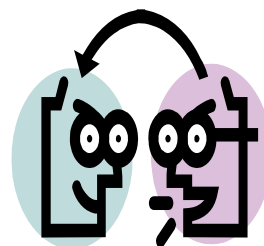
Presented by Simon Waldron & Robin Hodgkinson, Suffolk Learning Consortium

There will be a buffet lunch, so to assist with catering
arrangements,
please reply no later than Monday 15th September,
giving details of any special dietary or other needs you have.

Babergh Communities Together Ltd is a company limited by guarantee, registered in England (no.6124829) and registered charity
(no.1119569). Its registered office is at The Christopher Centre, 10 Gainsborough Street, Sudbury, Suffolk, CO10 2EU

Did you know...?

...that we want to hear what you want? We'd love to know what you think about the services we provide and whether they are useful to your organisation. If you have any good ideas about other services we could be providing we'd love to hear them too, so let us know on 0845 260 6340 or email info@bctssuffolk.org.uk



...that BCT has new display boards available for hire? If you have a big presentation coming up and need to make the right impression, get in touch to see if you can hire them for the event. And remember, we have all sorts of other IT and multimedia equipment available for hire too - for more information take a look at the Resource Loans page on www.bctssuffolk.org.uk.



...that there's now even more to do on www.bctssuffolk.org.uk? As well as keeping up to date with what's going on in the voluntary and community sector around the region, you can also keep in touch with people from all over Babergh thanks to our new Messaging page.

...that there are lots of great fundraising ideas on a friendly and easy to use website? Charities and good causes in need of inspiration should take a look at www.better-fundraising-ideas.com

...that you could feature in the next BCT Newsletter? If you have an event coming up that you'd like us to feature or some news that you want everyone to know about, let us know by Friday 5th September 2008 and we'll make sure we include it in our Autumn edition.





Mpower is a self-defence course for women, designed by women. It is the idea of Dr Karen Smith and fitness instructor Lynn Whiting.

The idea came to life when female students from their Kuk Sool Won™ traditional Korean martial arts classes expressed an interest in learning practical “street” self-defence. Karen and Lynn devised a course that stresses self-defence is more than learning a few techniques - it's about what we can do to make our lives safer on a daily basis.



Dr Karen Smith

With many years of experience in teaching self-defence to the highest standards, Karen and Lynn selected simple yet very effective techniques that can be taught quickly and easily. The Mpower course is now delivered to Companies, Hospitals, Universities, Colleges, Schools, Local Councils and Women's Groups.

After launching Mpower, Karen and Lynn needed funds to be able to run the courses free of charge to women in the local community. They were keen that money wouldn't be an obstacle to any woman interested in receiving training, so they turned to Babergh Communities Together for help and advice.

Karen attended a BCT Funding and Development Surgery and had an hour's one-to-one with Marian Sedwell, an Accredited Funding Adviser. They focused on the specific needs that Mpower was facing and Marian conducted a funding search to identify all the funding bodies that might be helpful. Karen and Lynn then applied to the relevant funding bodies and waited to hear if their applications had been successful.



Lynn Whiting

When completing the applications, Karen made a real effort to emphasise the unmet needs the course addressed and the practical benefits and outcomes to women in the community in order to maximise the chances of success.

Mpower was awarded £900 from Stowmarket Town Council and £2,600 from the National Lottery Awards for All. They plan to spend the money by running several free self defence sessions in Stowmarket, Sudbury, Newmarket and Bury St Edmunds. They will also purchase safety mats, blockers and kick paddles in order to provide a top quality training experience.

For more information and to find out when and where the next sessions are running, visit www.mpowerwomensselfdefence.com

You can also find out more about the traditional Korean martial art of Kuk Sool Won™ by visiting www.kuksool.co.uk

If your group is looking for funding or if you want advice about developing your group, why not book a slot at the next BCT Funding and Development Surgery? All the dates and details are on the back of this newsletter. If you would like to see *your* group featured in the next BCT Newsletter, contact us on info@bct Suffolk.org.uk and let us know what you've been up to!

Volunteer Centre Babergh



Hi, Jo here, Volunteering Support Officer for *Volunteer Centre Babergh*. I just wanted to let you all know what I've been up to over the last few months.

It's been really encouraging that so many of you have dropped in to see me at the sessions I hold in Hadleigh Library on a Wednesday morning, The Christopher Centre, Sudbury on Thursdays and in Shotley Village Hall on a Friday morning. It's great to know that so many of you want to volunteer to make your communities better places to live. I have really enjoyed meeting everyone who has dropped in and helping people to find volunteering opportunities that fit their life and commitments.

I've also had lots of fun starting up a new volunteering idea over the last few months. A small group of volunteers have been involved in all sorts of one-off projects like gardening, helping people move house, garage clearance and lots more.

This volunteering idea is still fairly new, so now is the time to get involved! I'm hoping to add to the pool of volunteers throughout Babergh, so I'm looking for people who are happy to help now and again, when the need arises. If you're interested in being an extra pair of helping hands, contact me on 07923 591139 or email volunteering@bctsuffolk.org.uk. Even if you only have a few hours a week to spare, you too can make life easier for people when they need it the most.



It would be great to meet you in person too, so drop in to any of the sessions listed above and we can have a chat about the sort of volunteering you're interested in doing.



New Babergh Strategic Plan to underpin Babergh Grants Process

Last year, Babergh District Council introduced a new centralised system for dealing with all grant applications. At that stage we promised that when the Council announced its new Strategic Plan, we would publicise it to the voluntary and community sector so that those who are in receipt of Babergh funding would have plenty of time to review their project or service in the light of the new priorities. The plan was developed in consultation with local people and partners and is summarised below. In future all bids to the Council for grant funding will have to demonstrate a strong link to one or more of the themes included.

Quality homes that people can afford

The discretionary grant funding process has very limited overlap with this theme which, in the main, is targeted by other funding streams. However, if your project does contribute to the housing theme, we do want to know.

A cleaner, greener Babergh

This theme aims to get the right balance between protecting the environment and promoting development, to reduce the carbon footprint for the area, to promote a clean environment with less waste to landfill and to improve transport management. It aims to ensure that Babergh continues to be a great place to live, rich in history and countryside.

A safer, healthier Babergh

Under this theme the main desired outcomes are to ensure that people living and working in Babergh feel safe, and lead active and healthy lifestyles. The theme also addresses teenage pregnancy, safer road travel and response to emergencies.

A strong and sustainable Babergh economy

To meet this theme of the plan, we expect to see Babergh's economy grow sustainably, with an increased number of small and medium sized businesses, more skilled and higher paid jobs, increased educational opportunities and improved infrastructure in our market towns.

Vibrant places, strong communities

This theme is all about encouraging access to services, reducing isolation, encouraging active, cohesive communities with increased availability of developmental opportunities for children and young people, supporting vulnerable people to remain in their own homes and encouraging involvement in the democratic process.

It can be seen from the above that Babergh District Council is serious about supporting good initiatives in the community that improve the opportunities and well-being of local residents. Even with the possibility of local government re-organisation on the horizon, the needs of the district need to be stated clearly as they will remain, whatever the outcome of the review. Supporting with discretionary funding is one of the ways that we can actively demonstrate the importance of community activity to ensure that the district continues to develop and thrive, and where strong links to the Strategic Plan are demonstrated, continued support to the voluntary and community sector will be maintained.

For more information or to comment contact Sara Jackson (Community Partnerships Manager)
sara.jackson@babergh.gov.uk, 01473 825872

Community Grants make a Big Impact!

Over the last 12 months Babergh East Local Strategic Partnership has worked hard to ensure that funding allocated to it has reached a very local level.

£42,000 has been allocated to a working group to tackle a number of issues in Hadleigh. Whilst these projects are ongoing, the progress to date is very encouraging. Following meetings with young people, improvements are to be made to the skate park in Calais Street Recreation Ground. Another project involves respraying a vehicle that will be put into service for detached youth work. This mobile facility will be staffed by the Youth and Connexions Service.

New funding has also made more targeted monitoring of the town's CCTV cameras possible. This has already resulted in the conviction of one adult for supplying alcohol to an under 18. Other projects involve trying to support young people who are not in education or training as well as providing an extended range of holiday activities for school children in the long summer break.

Other funding allocated through a Community Grants "pot" has supported a rich variety of projects in the LSP's area. These included grants towards a new village community building in Milden, support for young people who enjoy making music in Polstead and a Good Neighbour scheme in Shotley.

Babergh East LSP is so pleased with this success that it has just announced that the next round of Community Grants are ready to go!

Voluntary organisations and parish councils in the Babergh East LSP area can now apply for capital and revenue funding for projects that;

- promote independent living amongst vulnerable individuals
- offer opportunities for disadvantaged young people to participate in activities that promote their mental or physical well-being or offer them practical support to enhance their quality of life.

Lunch clubs, befriending schemes, community transport, good neighbour schemes, volunteer mentoring schemes and sports activities for disabled adults or young people are all good examples of the sort of projects that will fit the criteria during round 2.

For further information contact;

Tim Mutum
Tel: 01473 825718
e-mail: tim.mutum@babergh.gov.uk

Survivors Stories



The launch of a DVD that features first-hand accounts of domestic violence from former victims has been hailed a success.

The DVD, called **Survivors Stories**, can be used primarily as a training, educational and awareness-raising tool. It features

accounts from former victims of domestic violence and is the result of partnership working between Babergh Domestic Violence and Abuse Forum and Babergh District Council.

The DVD was also launched online through the Forum's website www.domestic-violence-survivors-stories.org.uk.

The site provides people with a secure space to email and get information and support from other people who really understand their position.

Since the launch of the DVD there has been a fantastic response from organisations as far afield as Japan and Germany as well as from local groups and councils. 50 Survivors Stories DVDs are already being used by Social Services and District and County Councils to help raise awareness and shed more light on this sensitive subject.

"We have had a phenomenal response to the launch with requests to purchase the DVD from across the UK and internationally.

The Forum owes a great debt of gratitude to the people who were interviewed and have contributed to making Survivors Stories the profound and insightful resource that it is."

Cathy Press

Chair of the Babergh Domestic Violence and Abuse Forum

making life better



A NEW ROUND OF COMMUNITY CHEST GRANTS

Local people are set to benefit from the latest round of Community Chest Grants from West Suffolk Local Strategic Partnership (LSP).

The grants follow on from last year's successful Community Chest scheme which distributed over £24,000 to 16 projects across West Suffolk benefiting play groups, village halls, conservation projects and older people.

This year's grants are available to voluntary organisations or town or parish councils for projects up to a maximum of £1500. The projects must meet the aims of the West Suffolk LSP's Community Strategy: to help children and young people; create safer and stronger sustainable communities; improve health and the lives of older people; or offer prosperity to all. Final decisions on successful projects will be made by the Board at their meeting on 3 September.



Suffolk Association of
Voluntary Organisations

SAVO is planning to run a wide range of courses this autumn and would like to gauge the level of interest so that they can be reasonably sure that they will run. If any of the following titles are of interest to your organisation contact Sue or Robin on the numbers below to register your interest.

Sue Stephens 01473 275191

Robin Hodgkinson 01473 275194

Risk Reviewing your Organisation and Contingency Planning

A one day course looking at a variety of risk areas that your organisation may face including financial mismanagement, loss of key personnel, damage to reputation, and some of the measures you can take to minimise these risks.

Level 2 Award in Principles of Risk Assessment (Health and Safety)

This is a one day certificated course with an exam at the end. Approx cost would be £50 per person.

Level 3 Award in Food Safety and Catering

A 3 day accredited course for those working in all food businesses at a supervisory level. The course would be run over a 3 week period; the cost would be approximately £150-200 (including £40 examination fee and £10 for the test book.)

Making Your Stall Stand Out

A half day course for groups who take stands at fetes and markets.

Retail Security

For charity shops and market stalls- how to deal with shoplifting, your legal rights as a retailer and theft prevention.

Customer Care

Creating the right impression, reception skills, dealing with complaints, communicating positively.

Dealing with Difficult Clients

(Non- threatening and non- physical) This course looks at how you can handle clients who are being difficult or awkward.

...A BCT Network Event date for your diary...

The Changing World of Funding

A look at how tendering and commissioning might impact upon your group.

Presented by Laura Hack, SAVO Partnership Officer

**Lavenham Village Hall, Tuesday 11th November,
2pm- 4pm.**

Look out for your invitation this autumn!

If you're looking for new sources of funding or need advice about developing your group, come to a

Funding & Development Surgery

You will receive an hour of one - to - one support where we focus on your specific needs.

Shotley Village Hall	Sudbury The Christopher Centre	Hadleigh Business and Learning Centre
Wednesday 15th October	Thursday 18th September	Tuesday 30th September
Thursday 4th December	Wednesday 5th November	Tuesday 25th November

All Surgeries run from 10am – 1pm by appointment only

Call Marian Sedwell, (Accredited Funding Adviser) on

0845 260 6340 or 0845 370 6340

(or mobile 0790 228 2573)

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