

## NEWS

**I-KNOW-HOW – Helping employees living with cancer**

RVA are pleased to announce that we are part of an Interreg 2Seas European Development Fund project, working with partners across Europe to help employees living with cancer to remain in, or return to work. This three year project will be launched on the 27<sup>th</sup> August in Ghent (more information here: <https://bit.ly/2RSs8Wy>)

and has three main aims – an interactive digital platform containing information and experiences from local people; the development of a job coaching model; and development of a toolkit and training materials for employers. RVA would love to hear from any community and voluntary group employing people in Rother and Hastings who would like to take part. Please contact [jan.cutting@rva.uk.org](mailto:jan.cutting@rva.uk.org) or 01424 217259.

**We're now seeing well-run charities go under', warns incoming NCVO CEO**

Well-run organisations face increased financial pressures, the government needs to “rethink” its relationship with the sector, and charities need to tell better stories, the incoming chief executive of NCVO said <http://bit.ly/2Xjr8vJ>

**There is an urgent need for a shift in community funding**

Janet Morrison, chair of the Association of Charitable Foundations, makes the case for using dormant funds to create a Community Wealth Fund. “Over the last ten years we have seen many local initiatives flourish from community navigators, to good neighbour schemes, to social prescribing, to Men’s Sheds and street parties and 21st century tea dances. But nevertheless there were some clear gaps. Firstly, it was obvious that the more prosperous communities had the capacity and volunteers to create and support local initiatives. Many of the most deprived did not...” more here <http://bit.ly/2XjpDO7>

**NHS long term plan implementation framework**

Following the publication of the NHS long-term plan, NHS England and NHS Improvement committed to publishing an implementation framework, setting out further detail on how it would be delivered. Local systems are developing their five-year strategic plans, which will describe the population needs and case for change in each area, then propose practical actions that the system will take to deliver the commitments set out in the NHS long-term plan. The framework summarises these commitments alongside further information to help local system leaders refine their planning and prioritisation. This includes detail about where additional funding will be made available to support specific commitments and where activity will be paid for or commissioned nationally. <http://bit.ly/2JagFyV>

**Safer East Sussex Newsletter: In focus Modern Slavery and Human Trafficking**

Modern Slavery is a priority for the East Sussex Safer Communities Partnership due to the severe and long-term impact that it has upon the vulnerable, the high level of public expectation and the need for a multi-agency response to tackling it effectively. The UK is both a country of destination, with thousands of victims arriving from other countries only to be exploited by criminals; and a source country with increasing numbers of British victims identified. Slavery takes many different forms and affects adults and children. The Partnership's latest newsletter outlines some of the work and developments taking place across the UK and East Sussex to integrate efforts in tackling this crime. <http://bit.ly/2XjQ2Lt>

**Number of new regular givers fell by nearly one third in 2018, finds report**

The number of people setting up direct debits fell in 2018, but cancellation rates also hit an all-time low, as charities scaled back fundraising activity to prepare for new rules about processing data, according to an annual tracking report <http://bit.ly/2XgnnHb>

**Health & Social Care**

The IPPR have released a report setting out the case for a new approach to public health and prevention. The report argues that one in five deaths in England could be avoided, and whilst significant progress has previously been made on the prevention agenda, "we appear to have 'hit a wall' with limited progress since 2010". IPPR argue that renewed action on prevention will help make the NHS more sustainable, Summary: <http://bit.ly/2JhuKJk>

**Community Building**

This month the Centre for Local Economic Strategies (CLES) launched its Community Wealth Building Centre of Excellence which has been set up to help support the creation of more inclusive local economies where wealth is "harnessed for the benefit of local people, communities and places, those that created it" and local economies are reorganised "so that they truly work for local people and places". The Preston Model approach to community wealth building and economic development sit at the heart of the Centre of Excellence's principles, <http://bit.ly/2FhZXE>. Further information on the Community Wealth Building Centre of Excellence can be found here: <http://bit.ly/2FJqPUL>

**Leadership & Organisational Development**

ACEVO have released an investigative report on bullying and workplace culture across the charity sector. The report follows increased "public and political concern about the possibility of misconduct taking place within charities, including bullying behaviour", it presents accounts of VCSE staff who have experienced workplace bullying, highlighting the emotional harm caused, and making six recommendations to create safer systems, processes and cultures. A summary <http://bit.ly/31Vr9cG>

**Poverty & Social Exclusion**

The Resolution Foundation has published its Intergenerational Audit for the UK, supported by the Nuffield Foundation. The report outlines that whilst there have been improvements in some elements of living standards issues such as welfare cuts, high house prices and income inequality across gender and age cohorts continue to have a significant negative impact. The report is available to read or download here: <http://bit.ly/2J87VJx>

**A citizen-led approach to health and care: lessons from the Wigan Deal**

In 2011, Wigan Council faced significant cuts in funding from central government. Drastic measures were needed, including a radical reshaping of the relationship between the council and residents. This became known as the Wigan Deal. <http://bit.ly/2XmhLLI> or film <http://bit.ly/2XlZQEI>

**Garfield Weston Foundation received £196m-worth of applications to a £5m fund**

The Garfield Weston Foundation received £196m-worth of applications to its latest £5m fund, according to a new report. It says the charity was so overwhelmed by applications to its Weston Anniversary Fund, launched to mark its 60th year, that it decided to more than double the funding it awarded to £11.1m. <http://bit.ly/2J7ROM8>

**Beyond the NHS: addressing the root causes of poor health**

This report argues that a radical change of direction is required and focuses on how to develop and deliver a social model of health. It claims that the greatest socio-economic challenges of our time – from poor-quality housing to knife crime, from skills' deprivation to in-work poverty and homelessness – are also our greatest health challenges. <http://bit.ly/2J8uRZ3>

## FUNDING

**Life More Ordinary – grant for young people who are disabled**

Grant now open for groups (3 people or more) of young people who are disabled aged 8-19 years from £500-£2,000 to cover up to 90% of project costs. Closing date for applications Friday 12th July (by 4pm) For more information contact Brenda Lynn-Smith Direct: 01424 726031 | Team: 01424 724150 [brenda.smith@eastsussex.gov.uk](mailto:brenda.smith@eastsussex.gov.uk)

**Isolation**

**Nesta** is inviting VCSE organisations to develop apply for support from a £1m funding pot to develop tech-based solutions to social isolation. The Tech to Connect Challenge is funded by DCMS as part of the 'Let's Talk Loneliness' campaign, launched during Loneliness Awareness Week, to help tackle the stigma of loneliness and encourage people to speak out. The challenge is open to organisations across England, and the deadline for applications is 7th August. Further information can be found here: <http://bit.ly/2FJ9IIX>

**Village Halls Improvement Fund**

The grant funding, managed by ACRE on behalf of Defra with support from the ACRE Network, aims to help fund the updating and refurbishment of village halls so that they are fit for purpose and provide activities which seek to achieve one or more of the following outcomes for their communities: improved

health and wellbeing/reduction in loneliness, demonstrates a positive impact on the environment and/or supports the local rural economy. <http://bit.ly/2LyJCYz>

### Rother Rural Trust

Rother Rural Trust is a registered charity (number 1067847), set up in 1998 with a mission to help individuals and organisations in need in the rural parishes of Rother, excluding Battle and Rye. Its specific aims are to relieve poverty, promote education and to do other charitable works. In the past, the Trust has for example, given grants to people in real need, to replace beds or washing machines, or has given support to promising young athletes and musicians to pay for their equipment or instruments. To apply for a grant is very simple; write to the Clerk to the Trustees at the address below stating where you live and giving the reasons why you are asking for a grant and saying what amount you need. Typically the Trust awards sums in **the region of £250**, but the Trustees can agree other amounts if they feel the need is justified. If you wish to donate to the Trust, and many parish councils and individuals have done so, for which we are very grateful, again contact the Clerk to the Trustees. Cheques should be made out to the Rother Rural Trust.

Contact details are: Clerk to the Rother Rural Trust; c/o Town Hall; Bexhill on Sea; East Sussex TN39 3JX  
Telephone: 01580 881309 Email: [stephenhardy1948@gmail.com](mailto:stephenhardy1948@gmail.com)

### HVA's Small Grants Guide

This funding guide has been produced to provide clear and up-to date information about some of the most useful small grants (up to around £10,000) that are available for voluntary and community groups in Hastings and the surrounding area. <http://bit.ly/2Lny75Y>

### SAGA Charitable Trust

Registered charities, Community Amateur Sports Clubs (CASC) or Charitable Incorporated Organisations (CIO) in the Hastings area can apply for up to £500 from SAGA Charitable Trust. They have a preference for activities that benefit older people, or intergenerational projects, that fit with SAGA's core aims.

<http://bit.ly/2Pk17IZ>

### Sussex Community Foundation

The main grants programme has three rounds in each financial year which support young people, housing and health and so, if your work involves those areas, they encourage you to consider applying. In addition, they Most grants are between **£1,000 and £5,000** and many go to community groups that are working to tackle deprivation and disadvantage. Most grants are awarded to not-for-profit organisations, working for the benefit of the people of Sussex, whose annual income does not exceed £1 million. For further details click [here](#). Deadline: 13 September at 5:00 pm

### East Sussex Funding News

Click here to download the most recent edition of the **East Sussex Funding News**

<http://bit.ly/2muXQsJ>

### RVA Payroll Service

RVA offers local organisations a Payroll Service. This service **helps groups and organisations** with HMRC's Real Time Information (RTI) reporting in respect of payroll. If your group employs even one person, compliance is mandatory. For more info, contact Lorraine on 01424 217259

[lorraine.brown@rva.uk.com](mailto:lorraine.brown@rva.uk.com) or download our leaflet from <http://bit.ly/1MSPHUD>

### East Sussex 4 Community

Are you looking for funding? East Sussex County Council **provide a free online funding search tool** called East Sussex 4 Community. Once you have registered, you are able to search within their database of thousands of funders <http://www.idoxopen4community.co.uk/eastsussex/>

## CONSULTATION

### Children's Services Early Help Public Consultation

Deadline for responses: 29 July Share your comments on East Sussex County Council's proposal on how to fund and provide Children's Services Early Help. East Sussex County Council are proposing changes to Children's Services, with the potential closure of 14 Children's Centres <http://bit.ly/2J6YUjN>

### Have your say on the meals subsidy consultation

Deadline for responses: 6 August Share your comments on East Sussex County Council's proposal to stop paying a subsidy for meals in the community. <http://bit.ly/2J5D0gF>

### Help ambulance service shape patient experience strategy

South East Coast Ambulance Service, (SECAmb), is inviting people to help shape a new Patient Experience Strategy. People are invited to take a few moments to complete a short questionnaire, available via the following link – <https://bit.ly/2Y9g45f>

## TRAINING

### Training and Events at HVA

**Introduction to Child Protection** The course aims to raise awareness of child protection issues and procedures and the signs and indicators of child abuse. To enable staff to identify and respond to child protection concerns and to become aware of East Sussex County Council Child Protection Procedures to encourage and develop effective inter-agency communication where child protection matters arise.

**9<sup>th</sup> JULY 5:30PM to 8:30PM**

**Basic Moving and Handling Awareness** The aim of this course is to raise awareness of personal safety in relation to moving objects and people in everyday life. Please advise us as soon as you can if you have booked a space but unable to attend, so that we can make the space available to another participant. Failure to attend without notice will incur a charge of £40 per person. This charge applies to all agencies.  
**30th JULY 1:30PM to 4:00PM**

You can sign up to upcoming training and events here <http://bit.ly/2HMiLoY>

### **Training and Events at 3VA**

**Adult Mental Health First Aid** (one-day)

9 July, Hailsham

**Setting Up a Community Group or Project - Top Tips**

16 July, Eastbourne

**Governance Essentials: What you need to know as a board or committee member**

18 July, Eastbourne

**How to Attract and Retain More Volunteers**

19 September, Uckfield

**A Guide to Fundraising**

30 September, Lewes

**Leadership and Management Development**

From 11 September for 15 weeks, Eastbourne

### **East Sussex College - Skills for the Future courses**

East Sussex College are running new Skills for the Future courses at all their sites for adults 19+ and on benefits. For more information contact [Elaine.Remon@sussexdowns.ac.uk](mailto:Elaine.Remon@sussexdowns.ac.uk)

### **Do you work or volunteer with children or young people?**

East Sussex Local Safeguarding Children Board offer a range of training courses to enable staff to identify and respond to child protection concerns and to become aware of ESCC Child Protection Procedures. <http://bit.ly/2CHXRmU>



**VOLUNTEER**

### **Volunteering Support**

Are you a VIO (Volunteer Involving Organisation)? Do you know that we can help you with a range of support around volunteering - such as identifying and creating new volunteer opportunities, or transforming existing opportunities for your organisation, taking into account modern lifestyles. For more information about how we can help you or to promote your volunteering opportunities, contact Luke on 01424 217259 or email [luke.sanderson@rva.uk.com](mailto:luke.sanderson@rva.uk.com)

### Help needed

Bexhill Diabetes Support Group meet on the 2nd Tuesday of the month, but not August, in the Bagnall Hall, 25 Sackville Road, Bexhill-on-Sea, TN39 3JD from 14.00 – 16.00. Looking for anyone able to help with the running of the group or those affected by Diabetes in need of support . Further information from Administrator on 01424 214103 [www.bexhill-diabetes.co.uk](http://www.bexhill-diabetes.co.uk)

***Send us your volunteer opportunities  
for inclusion in the RVA E Bulletin***

## E RESOURCES

### New micro charity Governance Code tool

NCVO have launched a new tool to support small charities to implement the Charity Governance Code. This toolkit is distinct from the small version of the Code. As a rule of thumb, this tool is intended for use by charities with an income of less than £100,000 per year with no paid staff. <http://bit.ly/2XfkBC4>

### Infrastructure explained

Non Profit AF has hit the nail on the head again with another great blog, this time showing the value of VCS infrastructure organisations (like RVA) via the mycelium model. If you like mushrooms, and you like infrastructure, you'll love this. <http://bit.ly/2X6xhvY>

### Useful Links for cyber security for charities

- NCSC Small Charities Guide to Cyber Security - <https://www.ncsc.gov.uk/collection/charity>
- NCSC Board Toolkit - <https://www.ncsc.gov.uk/collection/board-toolkit>
- NWROC Website – including the monthly cyber safe newsletter – <https://www.nwrocu.police.uk/protecting-you>
- NCSC Free online training for cyber awareness - [https://www.ncsc.gov.uk/static-assets/training/top-tips-for-staff-web/story\\_html5.html](https://www.ncsc.gov.uk/static-assets/training/top-tips-for-staff-web/story_html5.html)
- NCSC Response and Recovery Guide - <https://www.ncsc.gov.uk/collection/small-business-guidance--response-and-recovery>
- Cyber Essentials - <https://www.cyberessentials.ncsc.gov.uk/>
- Have I been pwned? (checking if your email has been leaked in a data breach) <https://haveibeenpwned.com/>

### Tech Trust Exchange

Tech Trust offer discounted software packages for charities in partnership with a number of major companies – including cloud storage solutions as well as anti-virus / security packages. You still have to

consider if the software is right for your organisation but it is worth making your IT company aware of the options as savings are significant <https://www.tt-exchange.org/>

### **The simple guide for setting up a charity**

The Small Charities Coalition has created a comprehensive guide to how to set up a charity for those that are new to the sector. It also provides charities with information on establishing themselves and registering with the Charity Commission. <http://bit.ly/2VsmE55>

### **VA Map of Voluntary Organisations**

**RVA is mapping** the location and contact details of voluntary and community organisations ([map here](#)) based or active in Rother District. If you would like your group, club, charity, social enterprise or community organisation to be listed on the map please contact [luke.sanderson@rva.uk.com](mailto:luke.sanderson@rva.uk.com)

### **Sandy Adirondack's legal update**

Sandy's latest update <http://bit.ly/2ok2Ukn> includes information on : **Employment & volunteering ; Equality ; Legal structures & charitable status ; Risk, funding, finance & property**

### **Update on East Sussex in Figures**

**East Sussex in Figures (ESiF)** is the local information system (LIS) for the county. It's a website that provides access to essential data, information and analysis. Please **contact the Research and Information team** if you have any specific data or information enquiries.

### **JSNAA website updates**

The **East Sussex Joint Strategic Needs & Assets Assessment** (JSNAA) website The site contains both local and national resources for those who commission, provide or use health and social care services in East Sussex.

### **Latest hr & employment law guide**

Free Guide to changes in HR and Employment Law [Click here to download](#)

### **Latest Health and Safety Law Guide**

Free Guide to changes in Health and Safety Law <http://bit.ly/2GtbFLy>

## **BITS & BOBS**

### **The Sussex heatAlert service**

The Sussex heatAlert service is now 'live' giving information and advice with regard to keeping safe and well in hot weather and alerts when a heatwave is due in your area. Why not register to receive alerts and check out their information: [www.heatalert.org.uk](http://www.heatalert.org.uk) There is further information on the health risks associated with hot weather and heatwaves on the NHS Choices website: <https://www.nhs.uk/live-well/healthy-body/heatwave-how-to-cope-in-hot-weather/>

### Sussex Air

If you would like to check the quality of the Air in Sussex, or check on any possible alerts, why not check <http://www.sussex-air.net/>

### National Careers Advice Service

If you are looking for support with finding a job, whether that is due to wanting a career change, redundancy or returning to work following a period of ill health, the National Careers Advice Service can offer free impartial advice. Why not find out more? Call: 0800 100 900 (8am-10pm, 7 days a week), visit their website: [nationalcareersservice.direct.gov.uk](http://nationalcareersservice.direct.gov.uk) or connect on Facebook and twitter: @CareersSE

### East Sussex Hearing Resource Centre

The East Sussex Hearing Resource Centre are making a few changes to the way that people can contact them by email or website. The new addresses no longer have .uk on them – so the website is: [www.eshrc.org](http://www.eshrc.org) and the main email address is: mail@eshrc.org. Telephone number remains the same for phone or text messaging: 01323 722505 / 07950 855580

### Free legal assistance

The Not-for-Profits Programme from Law Works is for small not-for-profit organisations that cannot afford or would struggle to pay for legal advice. Where a not-for-profit organisation needs help with a one-off legal issue, Law Works match the organisation with a volunteer lawyer from its network of member law firms and in-house legal teams who can advise on that matter. The advice is given for free (pro bono). Examples of discrete matters volunteers can help with include:

- drafting a contract
- updating a constitution/articles, or
- clarifying rights in a commercial dispute.

You can find out more about eligibility and how to apply for legal advice here. <http://bit.ly/2EDcHfy>

## DATES FOR THE DIARY

### Social Enterprise East Sussex Meetup

Join aspiring and existing social enterprises on 10th July for an evening of making new connections, tips on crowdfunding from Crowdfunder UK, support for your ideas and more.

Book here <https://www.eventbrite.co.uk/e/social-enterprise-east-sussex-meetup-tickets-63191479416>

### Active Access for Growth Celebration and Learning event

Are you a public, voluntary sector or private provider in East Sussex? Please join us on Monday 15th of July to learn how walking public, cycling, transport and other transport initiatives can benefit the organisations or people you work with. <https://www.eventbrite.co.uk/e/east-sussex-active-access->

*for-growth-celebration-and-learning-event-tickets-62507875739* or email [marina.littek@sustrans.org.uk](mailto:marina.littek@sustrans.org.uk)

**Bexhill Dementia Action Alliance – upcoming events:**

- Film Screening of Summer Holiday – 17th July
- Memory Walk 2019 – Sunday 15th September 11.00am De La Warr Pavilion

To book or find out more please contact: Email [Bexhilldaa@gmail.com](mailto:Bexhilldaa@gmail.com) Text/phone 07786 024036

**Bexhill Environmental Group - things to do for July**

- Downs Clean – 13th July and 14th September 9.30-11.00
- Glyne Gap Garden project – 26th July 10.00am
- Bexhill Cemetery – Clearing and Tree Planting - July 27th August 31st, September 28th 9-11 If you can bring a scythe, sickle or fork that would be very useful.
- Beach Cleans start again in October, look out for details!

<https://www.bexhillenvironmentalgroup.org.uk/>

**Transition Rye and Extinction Rebellion events for July**

- Garden Party & Potluck Picnic, 17:00-19:30 on Mon 8 July at the Rye Community Garden on Love Lane. Bring along some food and drink to share, meet new people and enjoy an evening at the garden!
- Recycle Swap Shop, 09:30-11:30 on Sat 13 July at the Tilling Green Community Centre, Mason Road. If you're bringing stuff, please come as soon after 09:30 as you can, and by 11:00 at the latest. If you're able to help run the event between 09:00-12:00, please email [mikepepler@yahoo.co.uk](mailto:mikepepler@yahoo.co.uk)
- Heading for Extinction (and what do do about it) 19:00 on Mon 15 July - a public talk being run by Extinction Rebellion Rye at The George in Rye, in the Benson Room. Come and hear the latest on the climate emergency and what you can do about it. Free entry, but you need to book a ticket here. Any questions, please contact [xr-rye@protonmail.com](mailto:xr-rye@protonmail.com).

**The More Radio East Sussex Awards 2019 are coming**

On Friday, 26 July, More Radio will be at The Cooden Beach Hotel to celebrate all that's great about our area, recognising everything from flourishing businesses and true community spirit to sporting brilliance and individuals with a heart of gold. But YOUR help is needed. Do you know an individual, organisation, business or charity that deserves recognition? Search the categories and submit your nominations now.

<http://bit.ly/2J5TeGE>

**Deaf Outreach Summer Diary**

These are drop-in sessions, so no need to book. However, all visits are subject to change, so please do check before making a special trip. Times: 10:30am-3.30pm

- Thurs 11 Jul Peasmarsh Jempson's Car Park, TN31 6YD
- Thurs 25 Jul Bexhill Devonshire Square, TN40 1AU

- Thurs 1 Aug Herstmonceux Village Hall Car Park, BN27 4JX
- Thurs 29 Aug Fairlight Village Hall Car Park, TN35 4DA

### **Hard of Hearing Support Groups - Summer Timetable**

#### **Bexhill**

- Thursdays: 18 July and 15 August 10.30am to 12.00 pm

Parkhurst Hall, Parkhurst Road, Bexhill TN39 3JB

#### **Drop-in days (Tuesdays and Wednesdays)**

- Information & advice 10am-4pm
- NHS hearing aid maintenance 10am-12noon and 2pm-4pm

Held at ESHRC premises: 8 St Leonard's Road, Eastbourne, BN21 3UH

### **Electric Blanket Testing 2019 - East Sussex Fire & Rescue Service**

East Sussex Fire & Rescue Service (ESFRS) has arranged Electric Blanket Testing sessions across East Sussex and Brighton & Hove this autumn between 9 and 18 October. Please spread the word among those with whom you work to help ESFRS reach people who may benefit from this service. ESFRS will not be able to collect electric blankets this year and suggests that if people are unable to attend an event, they ask a family member, friend, carer or neighbour to bring their electric blanket along to the event on their behalf. If you require any further information on these events or if you would like copies of either a poster or flyer, please contact Alex Hayward on 01323 462 444 or at [alex.hayward@esfrs.org](mailto:alex.hayward@esfrs.org).

- Monday 14th October 9am-3pm at Bexhill Caring Community, Sackville Road
- Friday 18th October 10am-12pm at Battle Fire Station and 2-4pm at Bohemia Road Fire Station, Hastings

<https://www.esfrs.org/your-safety/safer-homes/electric-blankets/>

### **CCG Commissioning reform events – July 2019**

As part of the NHS long term plan the way that healthcare in Sussex is commissioned will be changing with a greater focus on prevention and outcomes and a move towards Integrated Care Systems and Population Health Commissioning. There will be more information, frequently asked questions and a short animation on the CCG website soon <http://bit.ly/2J7LwvW> There are also events planned around Sussex at Eastbourne on 10th July 3.00pm – 4.30pm :

<https://www.eventbrite.co.uk/e/commissioning-reform-event-tickets-63739944891> or Horsham on 17th July 4.00pm – 5.30pm; <https://www.eventbrite.co.uk/e/commissioning-reform-event-tickets-63739177596>

### **The Hastings and Rother CCG Annual General Meeting**

will be held on 11th July at Manor Barn and the annual report is out now. Use the link below to book your place and download the report:

[https://www.hastingsandrotherccg.nhs.uk/news/annual-general-meeting-2019-and-annual-report-now-available/#.XQtL\\_OhKjD4](https://www.hastingsandrotherccg.nhs.uk/news/annual-general-meeting-2019-and-annual-report-now-available/#.XQtL_OhKjD4)

**Survivors' Network Drop-In & Self Care Workshops Cafe North, North Street, Eastbourne.**

Second Thursday of the month , July 11th

- Self-care Workshop: 12.30 - 13.15
- Drop-in: 13.30 - 15.00 Please use the back stairs or come through the cafe.

The Drop-in is a safe, welcoming space for self-identifying women ages 18 or over, who have suffered any unwanted sexual experience, at any point in their life. If you would like to be met at the door by a volunteer or want to ask any questions about the drop-in, please get in touch. You are welcome to bring a female friend with you to the first three sessions. Email [info@survivorsnetwork.org.uk](mailto:info@survivorsnetwork.org.uk) or call 01273 203380 to find out more, and to ask what the topic is for the selfcare workshop each month.

**High Weald Walking Festival - save the dates!**

Explore our historic landscape and stunning scenery from 14 to 22 September this year. We're planning a host of inspiring free walks on themes such as local history, creative writing, wildlife and geology. If you could lead an interesting themed walk, we'd love to hear from you at [info@highweald.org](mailto:info@highweald.org). Sign up for Walking Festival updates at <http://bit.ly/2WA27fN>

**Save the date! The Big Event**

The Big Event 2019 will take place at the International Lawn Tennis Centre, Eastbourne on Tuesday 24th September. The theme for the event will be announced shortly, with programme and booking details to follow closer to the date. To receive Big Event email updates, please email [speakup@3va.org.uk](mailto:speakup@3va.org.uk)

**Farmers Markets**

- **Rye: Every Wednesday** – 10am till noon Car Park of the Cinque Ports Inn, Cinque Port Street
- **Bexhill:** Every Friday morning - Devonshire Square
- **Robertsbridge** Village Market: First Saturday of every month 10am in the Village Hall
- **Brede** : Village Hall 10-12.00pm; Fridays
- **Beckley** : Second Saturday of the month Village Hall 10am-12pm
- **Crowhurst** : First Saturday of the month Village Hall 10am-12pm
- **Peasmarsh** : Memorial Hall the last Saturday in every month 9am to 12noon

**Health Walks**

- **Rye:** every Monday 10 am - meet at Gibbets Marsh Car Park
- **Combe Valley:** every Monday 11am – meet on Sidley Green outside the New Inn
- **Robertsbridge:** every Tuesday 9.30am - meet outside Robertsbridge Youth Centre
- **Bexhill:** every Friday 11.00am - meet in the foyer of the De la Warr Pavilion
- **Battle:** every Friday 10 am – meet on The Green opposite Battle Abbey
- **Fairlight:** specific Mondays 10.30am – Meet outside Fairlight Village Hall. 20th March; 3rd April; 17th April; 1st May; 15th May. For more information, contact: Lorna Neville, Health Walks Project Officer [lorna.neville@tcv.org.uk](mailto:lorna.neville@tcv.org.uk)

**Other Walks**

- **Ticehurst:** every Monday 10.30am - meet at Pickforde Lane car park – Contact Peggy Langdown for more information on 01580 200599
- **Ticehurst:** every Friday. The Friday walk is for 30 minutes, and starts at 10.30am at Pickforde Lane car park.

- **Battle Ramblers offer** a full WALKS PROGRAMME for October to December 2017 For more information, see [www.battleramblers.org](http://www.battleramblers.org)
- **TCV health walks across East Sussex**  
<https://www.walkingforhealth.org.uk/walkfinder/east-sussex-health-walks?mini=2017-12#schemedetails>
- **Bexhill TCV East Sussex Health Walks** : 1st and 3rd Wednesday of the month. Meet at 11 am at Ravenside outside the swimming pool. Free friendly regular walks No need to book. Just turn up

#### Events In Bexhill

- Community Supporters Bexhill <https://www.facebook.com/groups/614823751995650/>
- Discover Bexhill <http://www.discoverbexhill.com/>
- **TeamUp Bexhill** support community action, organise local events through our volunteer events group Bexhill Event & Support Team (BEST), offer training courses and workshops, and offer help and advice to individuals looking to set up or organise community activities. Their monthly update is available here <http://www.teamupbexhill.community/>

#### Events In Battle

- Try the Battle town diary here <https://www.battlesussex.co.uk/events/>

#### Events In Rye

- Try the Rye town diary [here http://www.ryesussex.co.uk/event-diary.asp](http://www.ryesussex.co.uk/event-diary.asp)
- Rye News: What's on? [here http://www.ryenews.org.uk/whats-on-guide](http://www.ryenews.org.uk/whats-on-guide)

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Feel free to send us details of events or news you would like circulated to communities in Rother. The RVA E-Bulletin is sent monthly to over 700 organisations operating in Rother monthly. Submissions are free. Please note we reserve the right to shorten submissions without approval from the original authors. Send any news or diary dates to [martin.fisher@rva.uk.com](mailto:martin.fisher@rva.uk.com)

**Disclaimer: we check the authenticity of the sources of information in the newsletter and associated links as we can, but we give no warranties or endorsement of information herein, and views expressed do not necessarily represent those of RVA. We would encourage active checking of information in this newsletter before you make any decisions.**



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