HEALTH BODIES 'ROUTINELY IGNORE THE SOCIAL VALUE ACT'

Public sector health bodies 'routinely ignore the Social Value Act' when they commission services that charities could deliver, an audience of charity delegates heard.

LATEST FROM HEALTHWATCH

Health Watch East Sussex has published a comprehensive update on its work. Please find it here http://bit.ly/1kdSC2e

ONE MILLION OLDER PEOPLE IN NEED 'STRUGGLE ALONE'

A million older people in England struggling with everyday tasks, such as washing and dressing, are being left to fend for themselves, campaigners say.

OPPORTUNITIES FOR LOCAL ORGANISATIONS TO IMPROVE CHILDREN'S MENTAL WELLBEING

A new resource from Public Health England’s (PHE) Mental Health Intelligence Network highlights the importance of local organisations measuring and acting to improve the mental wellbeing of children and young people.

TIME SPENT TRAVELLING TO WORK 'IS WORK'

The time spent travelling to and from the first and last jobs by employees without a fixed office should be regarded as work, European judges have ruled. Until now, mobile workers who travel to get to or from their first or last appointment of the day were not required to count that time as work. http://bit.ly/1LZfji8

PREPARING FOR WINTER WEATHER – A HEALTH & SAFETY WARNING

Organisations should plan to minimise the impact of these conditions. In winter we can reasonably expect extreme weather conditions such as snow, ice, excessive rainfall, low temperatures and reduced hours of daylight. These conditions will impact on external activities
but may also impact on operations within your organisation. What precautions should employers take in extreme weather conditions? Read More... [http://bit.ly/1LZfiui](http://bit.ly/1LZfiui)

**CHRISTMAS VOLUNTEERING OPPORTUNITIES**

It’s that time of year again and we’re starting to get enquiries from members of the public interested in volunteering around Christmas time, especially on Christmas day, but also during the week before and after. **Do you have any short-term opportunities** during the festive season for which you’d like to recruit volunteers? If so, please get in touch with Brenda Bruzon, Volunteering Advisor at Volunteer Centre East Sussex, [Brenda.Bruzon@vces.org.uk](mailto:Brenda.Bruzon@vces.org.uk), and provide them with a short role description, so that they can put the details on their website.

**VOLUNTARY ORGS IN COVENTRY COULD ‘DISAPPEAR’ AS COUNCIL LOOKS TO AXE FUNDING**

Voluntary and community organisations in Coventry look set to be hit hard by cuts totalling £1.2million. Councillors have admitted it is likely to mean the disappearance of some organisations or some of the services they provide. Voluntary Action Coventry is one of the many organisations that may be affected.

**CHARITY LEADERS CALL FOR FLEXIBILITY OVER THREE DAYS PAID VOLUNTEERING LEAVE**

Charlotte Hill, chief executive of Step Up to Serve, and Julie Bentley, chief executive of Girlguiding UK, urged the government to make its plans for **three days paid volunteering** leave flexible.

**EMPLOYMENT LAW: MINIMUM/LIVING WAGE, HEALTH AND SAFETY**

**National Minimum Wage rates went up on 1st October.** There have also been other recent changes, e.g. around penalties for not paying NMW and guidance for local authorities on taking NMW payment into account in the tendering process for care and support contracts. [http://bit.ly/1LZyyrl](http://bit.ly/1LZyyrl)

**NEW GROUP FOCUSES ON HERITAGE VOLUNTEERING**

A group of professionals who are passionate about volunteering in the heritage sector have started to meet and discuss ‘Heritage Volunteering’. This has developed into a Heritage Volunteering Group, which seeks to **support and champion volunteering best practice across the heritage sector** - from natural to built environment, national or regional to fully volunteer led organisations. [http://bit.ly/1LZyzf8](http://bit.ly/1LZyzf8)

**LOCALLY LED SERVICES FOR THOSE WITH COMPLEX NEEDS**

A new report looks at previous reforms to public services for socially excluded groups and makes the case for a locally-led and coordinated programme to support people with multiple and complex needs. [http://bit.ly/1LZySqf](http://bit.ly/1LZySqf)

**STATE OF SOCIAL ENTERPRISE REPORT**

CHARITY CREATES INTERACTIVE CAMPAIGN TO HIGHLIGHT HIDDEN KILLERS IN THE HOME

The safety charity Electrical Safety First has joined forces with digital agency Code Computerlove to create an interactive game that highlights the horrors of unsafe appliances. It challenges UK consumers to identify potential lethal appliances within the home by tapping areas of the screen. You have just 30 seconds to discover all of the potential culprits. http://www.akillerlurking.com/

CONFIDENTIAL HEALTH ‘SIGNPOSTING’ SERVICE STARTS

Surgery Signposters is a two-year pilot project to direct patients registered at GP practices to voluntary and community services available in Gosport - services that many GPs might not know are available. So far, 11 volunteer 'surgery signposters' have been recruited in a scheme being run in partnership by the Fareham and Gosport Clinical Commissioning Group (CCG) and our member Gosport Voluntary Action (GVA).

CHARITABLE INCOME IN ENGLAND AND WALES UP BY OVER £4.6BN

Income of registered charities in England and Wales grew by £4.6bn compared to the previous period, according to annual returns filed with the Charity Commission. The total number of staff working in the sector increased by 46,000 to 947,000, but the number of volunteers reported in annual returns fell by over 500,000 to around 3.2 million. Total income for registered charities rose to £69.5bn.

FIRST STEPS ENTERPRISE FUND

Launched on 19 Oct, the Social Investment Business (SIB) First Steps Enterprise Fund. First Steps Enterprise Fund is a £300,000 pilot fund offering loan-grant packages to charities and social enterprises working in communities in England. Small community-led organisations can apply for up to £30,000 to help them grow their services and become more sustainable. The investments are the first steps towards accessing the wider social investment market and more financing options. More info at - http://www.sibgroup.org.uk/firststeps/ The deadline for applications for the next investment panel is 11 December 2015.

WARR FUNDING

EU grants totalling £1.472 million are now available to businesses in the rural areas of Wealden and Rother through the reactivated WARR (Wealden and Rother Rural) partnership funding. It is available to rural businesses, farmers, foresters, growers, landowners, environmental organisations, cultural, heritage and community providers, as well as voluntary and charitable...
organisations. The Partnership will be encouraging projects that will assist, strengthen and develop the local economy and deliver jobs, growth and community benefits in rural East Sussex. Guidance on project eligibility will shortly be available on the WARR Partnership website: www.warrpartnership.org.uk

PLASTIC BAG CHARGE: WHERE WILL THE MONEY GO?

Environmental charities are likely to get the biggest share of an expected £70m windfall from the new plastic bag levy being introduced at larger English retailers. A number of shops are still deciding how to allocate the money, however Tesco, which is expected to collect up to £30m, will donate the money to environmental improvement projects. http://www.rva.uk.com/tesco-community-scheme/

GOVERNMENT MATCHES GROW YOUR TENNER

Cabinet Office has announced match funding of £122,500 for Localgiving’s Grow Your Tenner fundraising campaign, which helps small, local charities and community groups with an annual income of up to £1 million. The fundraising campaign will match one-off donations pound-for-pound up to £10, and monthly donations up to £10 per month for 3 months, helping make donations from the public to UK local charities and community groups go further. Grow Your Tenner launched on 13 October 2015 and runs until the match fund is fully allocated, or 5pm on 18 November 2015 – whichever comes first. The campaign offers each local group taking part the opportunity to access up to £10,000 of match funding. find out more, to register or donate go to - https://localgiving.com/gyt/about

SMALL GRANTS FOR ROTHER GROUPS

A £255,000 Grant Fund for Projects to Support Healthy Hastings and Rother NHS Hastings and Rother Clinical Commissioning Group (CCG) has created a £255,000 grant fund as part of its Healthy Hastings and Rother programme. Local voluntary and community organisations from Sidley, Bexhill Central and Eastern Rother wards can apply for grants of up to £1,000 or £10,000 to help improve health and wellbeing. Groups can apply for grants to: • Encourage and support people to make healthier lifestyle choices • Help people look after their own health better • Improve access to local healthcare and/or other support services that will benefit health. Examples might include projects focused on helping people get involved in sport or exercise, support groups for people with physical or mental health conditions or initiatives that improve access to education or employment. The deadline for applications for standard grants of up to £10,000 is 6 November 2015, with successful applicants notified in mid-December. Fast-track grants of up to £1,000 are available to small voluntary and community groups and may be applied for from now. The fund is being administered by the charities Sussex Community Foundation, Hastings Voluntary Action (HVA) and Rother Voluntary Action (RVA). To obtain an application form and guidance notes contact Sussex Community Foundation on 01273 409440 or visit www.sussexgiving.org.uk For help with completing the application form contact:: HVA (for projects in Hastings): Tel 01424 444010, email: peter@hvauk.org RVA (for projects in Rother): Tel 01424 217259 email gina.sanderson@rva.uk.com
GALAXY HOT CHOCOLATE FUND

Launching on 2 November 2015 and continuing for the following 17 weeks, the Galaxy Hot Chocolate Fund will be offering 85 grants of £300 each to help small, local community projects and community-minded people through volunteer groups. The Fund is also offering a free jar of Galaxy Hot Chocolate (email galaxyfreejars@escapedepr.com) and an opportunity for five organisations to hold a Galaxy Tea Party (email galaxyteaparty@escapedepr.com).

WALLACE AND GROMIT CHILDREN’S CHARITY

Deadline for applications: 11 December 2015. Wallace and Gromit Children’s Charity grants of between £100 and £10,000 are available to hospitals or hospices to enrich and improve the quality of life of sick children in any area in the UK.

WOODWARD CHARITABLE TRUST - SUMMER PLAYSCHEMES

The Woodward Charitable Trust makes small grants for summer playschemes taking place during the long summer holidays for children between the ages of 5-16 who come from disadvantaged backgrounds. The grants range from 500 to 1,000. http://bit.ly/1kdH0ft

HEDLEY FOUNDATION

The Hedley Foundation assists and encourages development and change. Most grants are capital or one-off, but the Trustees sometimes agree to help fund the introduction of new and innovative projects with a series of up to 3 annual grants. http://bit.ly/1kdH52S

HENRY SMITH’S CHARITY - OUTINGS FOR YOUNG PEOPLE

Applications can be made for grants towards holidays or outings within the UK for children aged 13 and under who are from areas of high deprivation, are experiencing disadvantage, or those who have a disability. http://bit.ly/1kdHaDR

ALEC DICKSON TRUST

The Trust is passionate about volunteering and about young people making a difference. Grants of up to 500 are available. Grants are available for projects in the applicant’s local area that involve local people and can demonstrate that through volunteering or community service they can enhance the lives of others, particularly those most marginalised by society. http://bit.ly/1kdHhze
MEET THE FUNDERS EVENT

The Meet the Funders event will take place on Wednesday 4 November at Sussex Coast College, Station Approach, Hastings, TN34 1BA. Registration will open from 1.30pm, with a start of 2.00pm, and the event is due to finish by 4.00pm. Representatives of Awards for All and Sussex Community Foundation will give a short presentation about the funding that they have available, and there will be an opportunity to ask questions directly to the funders. You can book a place at https://www.eventbrite.co.uk/e/meet-the-funders-tickets-18153184664 or call 01424 444010.

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, so please contact Lorraine Brown lorraine.brown@rva.uk.com on 01424 217259 or download our leaflet from http://bit.ly/1SDQNyM

RVA DBS CHECKS

RVA now offers a DBS Checking Service. For more information on costs and the process go to http://bit.ly/1kdVigj

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/

FUNDING ADVICE

Sam Stone, the RVA Community Services Coordinator is available to talk to groups about funding opportunities. She has been accredited as a Funding Advisor through Fit 4 Funding and can be contacted at sam.stone@rva.uk.com or on: 07722298692

CONSULTATION

NHS PARTNERSHIPS AND INVESTMENT IN THE VOLUNTARY SECTOR

The second phase of the major review of partnerships and investment in the voluntary, community and social enterprise sector is now underway, with people and organisations involved in promoting health, wellbeing and social care invited to respond. The VCSE review advisory group has released two consultations. The first consultation asks for views from the
voluntary sector and from those working in health and social care about the current state of investment, partnership working, and how closer collaboration could be fostered. Click here to learn more and complete the consultation. The second consultation asks for views on the role and effectiveness of the government’s current ‘Voluntary Sector Investment Programme’ suite of grants. Click here to learn more and complete the consultation. To view the advisory group’s interim report please go to the VCSE review website. The consultations are open until Friday 6 November.

CQC ASKS FOR VIEWS ON FUTURE OF QUALITY REGULATION

The Care Quality Commission (CQC) has published a discussion paper that sets out some of the choices it faces in responding to changes to how health and social care is delivered, so that regulation continues to help people receive safe, high-quality and compassionate care. In ‘Building on Strong Foundations’ (BSF), CQC asks for views on how regulation can develop ahead of the next stage of consultation on its new strategy in January 2016. http://bit.ly/1ILZfHg

HAVE YOUR SAY ON THE COMMISSION’S RESOURCES

The Charity Commission is seeking your feedback on 6 questions around the quality and use of their online resources. The Commission are developing their digital content and are particularly interested to hear from organisations supporting smaller charities as to how they can make resources more accessible.

HAVE YOUR SAY ABOUT THE COMMUNITY SUPPORT SERVICE

East Sussex County Council is consulting about a proposal to ask people to pay for the community support service. People would only pay if they could afford to. The community support service helps adults with a learning disability to be more independent. Everyone at the Council has been asked to find ways of saving money. The money people pay would be used to help run the service. The consultation closes on 23 December 2015. The Council will make a decision on whether to ask people to pay for the service in February 2016. Survey link: https://consultation.eastsussex.gov.uk/adult-social-care/community-support-service2015 Any questions? Tel: 01273 481 565 or email: ASCLDDPSconsultation@eastsussex.gov.uk

CHARITY ANNUAL NATIONAL SURVEY

You can be part of the biggest annual survey of charities and voluntary organisations #biggestcharitysurvey. The survey is gathering evidence about the support charities need and will be used to influence politicians, key decision makers and funders. All charities, voluntary organisations and community groups are being asked to take part. By taking part you will be helping make sure that funders and decision makers know more about your needs and hear what you have to say. The survey can be completed in 15 minutes.

ESCC BUDGET DECISIONS – ADULT SOCIAL CARE SAVINGS

Deadline for responses: 18 December 2015. East Sussex County Council is undertaking a public consultation on the Adult Social Care savings proposals. The consultation will inform the budget decision-making process and all responses will be shared with elected councillors. Cabinet will consider the savings proposals alongside the consultation outcomes and equality
impact assessments on 26 January 2016. Following this, final decisions will be made at County Council on 9 February 2016. A series of drop-in sessions around the county will be run where anyone can come and complete the survey or share their views with the Council and their feedback will be recorded. Information about these sessions can be found on the consultation website. If you have any queries, please email adultsocialcare@eastsussex.gov.uk.

TRAINING

TREASURER’S ESSENTIALS

17 November 2015, King’s Church, Lewes. This course will look at the roles and responsibility of the Treasurer; understand what financial records are; be familiar with setting and using budgets and look at different types of accounting; understand the legal aspects of accounts. This Masterclass is for newly appointed or potential Treasurers; those responsible for the organisation’s finances or for existing Treasurers who want a refresher session. BOOK NOW

GETTING THE BUDGET RIGHT

8 December 2015, King’s Church, Lewes. This course will help groups understand why they need to plan their budget in advance, how to develop their skills in preparing and using budgets, how to predict costs and the best way to use it throughout the year. Pick up simple tips on how budgets can help you control your organisation’s finances and allow you to plan for the future. This Masterclass is for Treasurers, financial officers and any Trustee who want to understand the importance and value of having a budget. It will also enable existing Trustees to ensure they are up to date. BOOK NOW

SKILL SHARE TRAINING BURSARIES AND FREE COACHING

Don’t forget that if you are a voluntary and community group or organisation that works with children, young people and families in East Sussex you can apply for a training bursary (www.sparknetwork.org.uk/training-bursary) of up to £500 to help staff and volunteers attend training courses and events or to gain a qualification. You can also apply for up to eight hours of free coaching (www.sparknetwork.org.uk/free-coaching) through the Skill Share programme. If you have any questions about the scheme please email hilarythompson@sparknetwork.org.uk

WORKING WITH YOUNG PEOPLE TRAINING

This interactive two-day introductory course on Sat 7 & 21 November in Eastbourne will give you the basic foundations for working with young people safely and effectively. The course is aimed at staff and volunteers who want to build their confidence or refresh their knowledge about working with young people and is subsidised at £40 for both days. http://www.sparknetwork.org.uk/free-working-with-young-people-training-7-21-november-2015
FREE LSCB CHILD PROTECTION AWARENESS FOR VOLUNTARY AND COMMUNITY GROUPS

This course aims to raise awareness of child protection issues and procedures and the signs and indicators of child abuse, 19 November, 10-1pm, Hastings.  www.sparknetwork.org.uk/free-lscb-spark-child-protection-awareness-for-voluntary-and-community-groups-19-nov

E RESOURCES

NEW – RVA 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

NEW CHARITY LEGAL RESOURCE - VAT ISSUES, GIFT AID FOR STARTERS

Solicitors Bates Wells and Braithwaite have a new resource service, Get Legal, for charities and social enterprises. There is a Blogs and Knowledge section which will provide regular perspectives and insights on third sector matters - first up is 'Q and A: Tax and VAT for charities'. BWB also cover updated guidance on charity audits by HM Revenue and Customs http://bit.ly/1M3fy5e.

WEIGHING UP CHARITY AND 'COMMUNITY' LEGAL STRUCTURES

Solicitors Russell Cooke takes a look at the Charitable Incorporated Organisation legal model two years on from its introduction. http://bit.ly/1M3fYCq Plus a short article on the Scottish version, the SCIO, puts it 'head to head' against the Community Interest Company (CIC) model

SETTING UP A CHARITY

The Charity Commission has published revised guidance on setting up and registering a charity. How to set up a charity is designed as a practical and concise "how-to" guide, broken down into seven steps. It is accompanied by more detailed guidance on writing charitable purposes, choosing a charity name, recruiting trustees and applying to register. The Commission has also published revised guidance on Charity types: how to choose a structure and on How to write your governing document. http://bit.ly/1mWv25r

DEPRIVATION STATISTICS

The English Indices of Deprivation 2015 have just been published. This provides information that you can use to understand and demonstrate local need. It can help you in funding bids and also can help you when supporting local groups. There is a guidance note that explains how the index of multiple deprivation can be used, and expands on the headline points in the infographic. It will also help you to navigate the various data files and documents available
ONS WELLBEING STATISTICS

September also saw the release of the latest ONS personal wellbeing statistics for the UK and includes interactive maps and charts. This release presents the latest findings on personal well-being from the fourth Personal Well-being Annual Population dataset for April 2014 to March 2015, with analysis by country, region and local areas and individual characteristics and circumstances. The analysis also looks at year-on-year changes since 2011/12, when the personal well-being data was first collected.  http://bit.ly/1M3qkqd

SHORT GUIDE TO ZERO HOUR CONTRACTS

A short guide on zero-hour contracts aimed at employers has been produced by the Department for Business, Innovation and Skills. This explains how zero-hour contracts work, appropriate and inappropriate use, best practice and alternatives. http://bit.ly/1M3grVi

EXAMINING THE PLACE OF PUBLIC SERVICE VOLUNTEERING

The first paper from the People Shaped Localism programme being run by the RSA is on the rise of public service volunteering as a critical element of local public service delivery. As well as the report, there is a Volunteering Map showing relative rates of volunteering, adjusted to levels of deprivation. http://bit.ly/1M3grVi

THE ESSENTIAL TRUSTEE

The Charity Commission, the independent regulator of charities, has published the new version of its guidance ‘The essential trustee’. http://bit.ly/1MnQu3G

MONTHLY EMPLOYMENT LAW GUIDE

Many UK organisations aren’t aware of the legislative changes due on a quarterly basis and the tasks these may entail. Moorepay offer a free guide that includes advice on employment legislative updates as they happen in an easy-to-read format http://bit.ly/1LZfo58

ANNOUNCING A NEW GOOD NEIGHBOUR SCHEME FOR BEXHILL

RVA is supporting several Community Friends groups around Rother and we have now started a good neighbour scheme for Bexhill – Bexhill Community Friends. If you would like to volunteer or know of anyone in need of help with transport, shopping, gardening, or befriending, or set something up in your area (Bexhill or rural Rother) please contact Jan Cutting jan.cutting@rva.uk.com or call 01424 217259
CHANCES FOR CHANGE – A SECOND YEAR

RVA are pleased to announce that we have an extension to this project for another year where RVA support communities to get more active and adopt healthier lifestyles. If you are interested in setting up an exercise group, thinking about helping others making a change with their eating or wellbeing contact Sam to see if we can support you sam.stone@rva.uk.com or call 01424 217259

AUTO-ENROLMENT FOR SMALL CHARITIES

Charity Finance Group has produced further guidance on the pension auto-enrolment process for small charities. The report emphasises again the importance to prepare early and provides useful case studies and examples of how other small charities have completed the process. If you need any help with auto enrolment please contact Lorraine.Brown@rva.uk.com

MEASURING, EVALUATION, IMPACT - MAKING THE MOST OF YOUR DATA

The Hastings Exchange would like to invite organisations working in the community to attend a pilot workshop on Monitoring, Evaluation & Impact on Friday 27 November 12.30pm-4.00pm at Room 103 Lacuna Place, University of Brighton, Hastings, TN34 1BE. The workshop is an opportunity to explore monitoring, evaluation and impact through the practical learning of bringing together a Data Management Strategy. This workshop is designed for established groups/organisations who are already in the routine practice of gathering data and monitoring their activities. For more information and to book a place visit https://www.eventbrite.co.uk/e/measuring-evaluation-impact-making-the-most-of-your-data-tickets-19144539834

HOW CAN WRAP HELP...

...when you have a physical long term health condition? Living with a long term health condition can have a big impact on how we feel and how we manage life. A WRAP group provides a safe space to explore all areas of your life from maintaining your wellbeing through to action planning for when life is challenging. Follow the link for an example of a WRAP for managing diabetes. If you have a long term health condition and you would like to attend a WRAP course, please get in touch. This course is FREE of charge and booking is essential. Please contact the facilitators if you have any questions or would like more information. Molly is on 07507 734 370 or molly@coastalwellbeing.co.uk Lucy is on 07598 323 254 or lucy@coastalwellbeing.co.uk
DATES FOR THE DIARY

BATTLE HARD OF HEARING SUPPORT GROUP

The next meeting will be held on **Monday 2nd Nov 2015**, (or the first Monday of each month for future meetings) from 2pm to 3:30pm at St Martins, Mount Street, Battle, TN33 0DR. This is an excellent opportunity to meet other hard of hearing people and to make new friends in a relaxed and welcoming environment and to learn from their personal experience of living with hearing loss. It’s also an ideal opportunity to learn some useful communication skills that will help to reduce the feeling of isolation. Free refreshments and raffle. All welcome so put a note in your diary. For more information, please contact East Sussex Hearing Resource Centre on 01323 722505.

SKILLED FOR HEALTH

A free workshop (and lunch), delivered by Rother Voluntary Action. **Thursday 5th November**, 9.30-4.00pm at Hastings Voluntary Action, Jackson Hall, Portland Place, Hastings, TN34 1QN. This event may be useful for people working with individuals and communities where there are opportunities to help people with “soft” health advice. For more info or to Book please Contact Sam Stone sam.stone@rva.uk.com or call 0772 229 8692

BEFRIENDING WEEK

2-6 November 2015. Did you know that the first week of November is Befriending week? Do you have volunteers who undertake a befriending role? If so, why not show your appreciation by giving them a Befriending certificate. Further details or information on befriending can be found at: [http://www.befriendingweek.org.uk](http://www.befriendingweek.org.uk)

CRAFT WORKSHOPS - BEXHILL

5th, 12th, and 19th November, Community Meeting Room, Bexhill. A series of free adult craft workshops available for Bexhill Central residents. Topics include; adult colouring, glass painting, and making a beach mobile. For more information or to book contact Lindsay at lindsay.white@rva.uk.com or call 07984445604

TRUSTEES WEEK

runs from 2nd to 9th November. There are all sorts of activities running around the country to celebrate, support and recruit these essential charity volunteers and their contribution. Many events are listed at [http://trusteesweek.blogspot.co.uk/p/events.html](http://trusteesweek.blogspot.co.uk/p/events.html). NCVO has an article giving some ideas of how trustees can benefit from the week’s focus, [http://blogs.ncvo.org.uk/2015/10/27/how-will-you-celebrate-trustees-week/](http://blogs.ncvo.org.uk/2015/10/27/how-will-you-celebrate-trustees-week/).
STAY WELL THIS WINTER

10:00am – 12:30pm, 12th November, Town Hall, Priory Meadow, TN34 1TL. Free half day event about fuel poverty and winter illness, introduce the national Stay Well This Winter campaign and provide details of services you can refer your clients to, along with resources to help you. To reserve your place contact amelia.brickle@eastsussex.gov.uk with your name, voluntary organisation and contact details and any access requirements.

COMMUNITY RESPONSE TO A CHANGING LANDSCAPE

4 November, Battle | 17 November, Peasmarsh
Are you part of a parish council, village hall committee or community group in the area surrounding Battle or Peasmarsh? Do you know what projects and support that is available for you and your community? Do you have a problem that you need help with or a success that you would like share with others? If so, you’re most welcome at an upcoming Community Response to aChanging Landscape event. Places are limited, so please book your place as soon as possible on any of these events by emailing Claire Reynolds at claire.reynolds@ruralsussex.org.uk or jan.cutting@rva.uk.com

CARERS RIGHTS DAY

20th November. Do you juggle work and care? Let your workplace know that you are a carer and find out what support is available. There are over 6.5 million unpaid carers across the UK and over 60,000 in East Sussex, many of them balancing employment and caring responsibilities. Studies show that one in five carers give up employment to care (Carers Trust 2013), but many of these carers may not be aware of the rights and support that are available to assist them in the workplace. If you are a carer you can learn more about your rights here via Carers UK. You can also contact Care for the Carers, your local carers’ centre for free support and advice, on 01323 738 390 or at info@cftc.org.uk.

SELF-CARE WEEK

16 - 22 November. The theme for the week is 'Self-Care for Life' and aims to help people understand what they can do to better look after their own health and that of their family, as well as living as healthily as possible. http://bit.ly/1Wxn4T2

HVA AGM

25th November. Hastings Voluntary Action’s Annual General Meeting will take place on the morning of Wednesday 25th November 2015 at Sussex Coast College Hastings. We will be reflecting on our achievements during 2014/15, and bringing you up to date on some of the things that Hastings Voluntary Action is currently doing. Registration will open at 9.00am and the AGM will start at 9.30am and the event is due to finish by 12.30pm. We will publicise updates on HVA’s website. To book a place visit http://www.hastingsvoluntaryaction.org/civicrm/event/info?reset=1&id=136 or call HVA’s Admin Team on 01424 444010.
3VA AGM

26 November, Lewes. 3VA would like to warmly invite you to our AGM from 4:00 pm to 6:00 pm on Thursday, 26 November 2015 at King’s Church, Brooks Road, Lewes BN7 2BY. Come meet us and our trustees, find out what’s going on with voluntary action in Lewes and tell us how we can support your group or organisation’s development. Book online now.

RVA AGM

The RVA AGM will be held at Centre Stage, London Road Bexhill. 10.00am on 9th December. This will be followed by a “Meet the Funders” event where you will be able to find out more information about various funding opportunities. Please contact luke.sanderson@rva.uk.com for more information or to book a place

COMMUNITY NETWORK DATES

- **Bexhill Network**: Wednesday 2nd December 2pm-4pm Bexhill Town Hall

Contact sam.stone@rva.uk.com for more info.

FARMERS MARKETS

- **Rye**: Every Wednesday –10am till noon at The Strand Quay
- **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

WALKS

HEALTH WALKS

**Rye**: every Monday 10 am - meet at Gibbets Marsh Car Park

**Ticehurst**: every Monday 10.30am - meet at Pickforde Lane car park – Contact Peggy Langdown for more information on 01580 200599

**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

For further information on all the above Health Walks telephone Paula Hubens, Healthy Walks Project Officer on 01424 446395 or email her at p.hubens@tcv.org.uk
EVENTS IN BEXHILL
Discover Bexhill here http://www.discoverbexhill.com/events/
Community Supporters Bexhill https://www.facebook.com/groups/614823751995650/

EVENTS IN BATTLE
Try the Battle town diary here http://www.battle-sussex.co.uk/event-diary.asp

EVENTS IN RYE
Try the Rye town diary here http://www.ryesussex.co.uk/event-diary.asp

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. 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

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