





FAREHAM EDITION

AUGUST 2018

### **40th Anniversary Communitea**



On Monday 23 July we celebrated One Community's 40th birthday with some of our Fareham team of staff and volunteers at the One Community Information Centre in Fareham Shopping Centre. This was a way for us to say thank you for all that they do, particularly the support provided to local people - putting them in touch with services, activities and volunteering opportunities - and to the voluntary and community groups who access the Centre.

We are very grateful to Kari Pratt, Community Champion at Tesco Fareham, and Zoe from Costa in Tescos, for providing the tea for the Communitea event - a wonderful spread of sandwiches, cakes and hot and cold drinks.



The beautiful 40th anniversary cake was kindly provided by Barbara Griffin of "Occasional Cakes by Barb". Pictured above is Jean Roberts-Jones, Chief Executive of One Community, cutting the cake.



Everything in life, in my experience, is a mixture of good and bad. I love the warm weather, wearing sandals rather than boots, ice lollies

rather than soup, but I have to be mindful of applying factor 30, drinking more water and parking in the shade.

Running a charity is the same, the delight of seeing your clients enjoy the club or getting the help they need, against having to fundraise and review policies. Budgets are set in the autumn for the following year, so while you enjoy the summer sunshine please start thinking about resources for the year ahead. Start to plan and if you need advice our team is here for you.

Meanwhile we continue to develop our own services to reflect local requirements. Please be our ambassadors, tell people about our Information Centre in Fareham Shopping Centre (opposite Millets, tel 0770280 2556), where we can provide information to people looking for volunteering opportunities; assist organisations with funding, governance and volunteer recruitment, and signpost individuals to the information, help and services they need. For information about our regular drop-ins from support organisations, please see page 4.

Please come to our AGM on 18th September (details over the page), we would love to see you. Take care.

> Jean Roberts-Jones Chief Executive

### If you have information or events to share in Network, please send to Julia Allan on jallan@1community.org.uk

### **Green Tips**

There are a few things we can all do to have a positive impact on the planet, to avoid waste, conserve resources and fight climate change. Here's our monthly tip from our environmental friend:

### Join in the Big Butterfly Count 2018



The **big butterfly count** is a nationwide survey by Butterfly Conservation aimed at helping us assess the health of our environment. It was launched in 2010 and has rapidly become the world's biggest survey of butterflies. Over 60,000 people took part in 2017, submitting 62,500 counts of butterflies and day-flying moths from across the UK.

#### Why count butterflies?

Butterflies react very quickly to change in their environment which makes them excellent biodiversity indicators. Butterfly declines are an early warning for other wildlife losses. That's why counting butterflies can be described as taking the pulse of nature.

The count will also assist us in identifying trends in species that will help us plan how to protect butterflies from extinction, as well as understand the effect of climate change on wildlife.

#### How to take part

Simply count butterflies for 15 minutes during bright (preferably sunny) weather during the **big butterfly count**. The survey is planned for this time of year because most butterflies are at the adult stage of their lifecycle, so are more likely to be seen.

Further information is available here: https://www.bigbutterflycount.org/about

Download the handy <u>identification chart</u> to help you work out which butterflies you have seen. You can submit separate records for different dates at the same place, and for different places that you visit. Remember that your count is useful even if you do not see any butterflies or moths.

You can send in your sightings online at <u>www.bigbutterflycount.org</u> or by using the FREE **big butterfly count** smartphone apps available for <u>iOS</u> and <u>Android</u>.



### One Community AGM 2018 Tuesday 18 September at 2pm



One Community's 40th Annual General Meeting will be held at The Point, Leigh Road, Eastleigh SO50 9DE. Our presentations will look back over those 40 years, as well as looking forward to the next. Keep the date! **To book your place call 023 8090 2400** or email info@1community.org.uk



### Regular Drop-Ins at the One Commuity Information Centre Osborn Mall, Fareham Shopping Centre PO16 0PW Tel 07702802556

Organisation	Day of the Week	Frequency	Time
British Legion Fareham	Wednesday	Second	1.00 - 3.00
Providing financial, social and emotional support to veterans of the British Armed Forces and their families.			
Cops 'n Coffee	Wednesday	Every	10.00 - 12.00
Meet your local PCSO – talk to them about crime prevention and discuss other crime issues.			
Cllr Keith Barton	Monday	Second	11.30 - 1.00
Councillor Barton is available to discuss local council matters and for you to seek advice.			
Disabled People's Voice	Monday	First and Third	1.00 - 3.00
Disability support and advice on daily activities, documents and much more.			
Fareham Disability Forum	Friday	First	1.00 - 3.00
Open discussion and support regarding all manner of disability issues in and around Fareham.			
Fareport Talking News	Friday	Third	10.00 - 12.00
Free service for the blind and visually impaired – Home delivered talking newspapers.			
Friends Through Pain	Thursday	Third	1.00 - 3.00
Chronic pain support and social group for all ages, come along and find out more.			
Home Start Hampshire	Monday	First	10.00 - 12.00
Supporting families with life's challenges if they have an under 5-year-old within their family.			
Marvels and Meltdowns	Thursday	Second	10.00 - 1.00
Parent led group supporting families with children affected by ADHD, Autism and SPD.			
Open Sight	Thursday	First	10.00 - 3.00
Information, demonstrations, advice and guidance for visually impaired people.			
Parkinson's Local Support Group	Friday	First	10.00 - 12.00
Local support group offering all manner of guidance and advice for families and individuals.			
Quit for Life	Tuesday	Every	11.00 - 1.00
A dedicated team supporting you to give up smoking and facing the challenges it imposes.			
Southern Domestic Abuse Service	Monday	Second and Fourth	10.00 - 12.00
Runs refuges for women and children escaping domestic abuse, come along for information.			
Richmond Fellowship	Friday	Second and Fourth	10.00 - 12.00
We believe that mental health is everyone's business so come and speak to us about yours.			
The News	Tuesday	Third	1000 - 12.00
Fareham based journalist; bring in details of your events and stories from the local area.			
You Trust	Thursday	Fourth	10.00 - 12.00
Everything we do is about ensuring the people we support can have the life they want.			

### Fareham Borough Council Hosts First Rough-Sleeping Conference

One Community was pleased to participate this recent Rough Sleeping Conference. Here is a report from the council.



Fareham Borough Council has hosted the first ever conference to tackle rough sleeping in the town.

More than 70 delegates attended, and included key agencies who work in partnership to provide help and support to rough sleepers. The Two Saints Hostel, Hampshire Constabulary and Inclusion Recovery Hampshire joined the Council to explain how they work and highlighted some of the major challenges and successes they face. Representatives from local churches, voluntary groups and other local councils and public-sector organisations were also in attendance.

The aim of the conference was to share information and identify strategies that will further support the work of the agencies and to launch 'Fareham Street Aid', a new initiative through which joint communications can be published. A series of key messages will be developed to support the work of all the agencies and help members of the public who either feel intimidated by being asked for money by rough sleepers, or would like to find a way to help, but are not sure of the best way to do this.

It was made very clear that giving money directly to rough sleepers is not advisable. Charity outreach workers pointed out drug addiction is one of the many complex issues they are dealing with on a daily basis, so it is highly likely that any money

given will simply be used to fund that habit. A better solution for those wishing to give money might be to donate to one of the many charities that has staff specifically trained to help rough sleepers.

Equally, it was highlighted that voluntary groups working outside of the specialist agencies, such as those providing regular meals, might unwittingly be helping someone to continue to live on the streets rather than seek the help and support that they need to get off the streets. Rough sleepers can access free meals, and somewhere to sleep, at the Two Saints hostel. Whilst there, they would also have access to invaluable help and advice from staff who have training in dealing with the many complex issues.

That does not mean however, that voluntary groups should stop trying to help. They can make a really big difference by working with all or some of the many specialist organisations that are working in Fareham to try to help those sleeping rough.

Executive Leader of the Council, Councillor Seán Woodward, said: "Tackling rough sleeping is one of our key priorities and it is heart-warming to see such a huge turnout today both from agencies and the many volunteers that are giving up their own time and trying to help. By bringing everyone together I think that those not involved in the day-to-day activities will have gained a much deeper understanding of the range of complex needs that people sleeping rough have and the many services that are in place to help them.

"We will be working together to help rough sleepers off the streets rather than helping them to stay on the streets. That's why it is so important that people who wish to offer support such as money, food, sleeping bags, clothing, etc should give it to the local charities who, together with the appropriate support agencies, are equipped with the necessary resources to deliver what is needed to these vulnerable people.

"I am grateful to all those who have taken time out of their busy schedules to come along today and share their experiences and expertise."

The conference was held at the new conference suite at the Fareham Innovation Centre at Daedalus on 11 July.

### **Governance Guidance**

If you are an **Organiser or a Committee Member** then you are most likely a **Trustee** for your organisation and you should be aware of your responsibilities and requirements. At One Community we realise the complexities of your roles and this regular column is designed to support you with this.

"Trustees have overall control of a charity and are responsible for making sure it's doing what it was set up to do. They may be known by other titles, such as: **Directors, Board Members, Governors, Committee Members.** 

Whatever they are called, trustees are the people who lead the charity and decide how it is run. Being a trustee means making decisions that will impact on people's lives. Depending on what the charity does, you will be making a difference to your local community or to society as a whole.

Trustees use their skills and experience to support their charities, helping them achieve their aims. Trustees also often learn new skills during their time on the board."

From: Charity Commission /Charity trustee: what's involved (CC3a)/:

https://www.gov.uk/guidance/charity-trusteewhats-involved#find-out-more-about-being-atrustee

#### We are here to help



At One Community, we are always happy to offer direct, specific support and advice to you and your organisation, whenever you need it. Please contact Carol Grant (pictured), our Community Development Manager on 023 8090 2460 <u>cgrant@1community.org.uk</u> with any queries about being a

Trustee or governance issues

such as constitutions, policies, safeguarding, funding.

Be confident that if we don't know the answers, we'll know someone who does!

Topic this month:

Changes to automatic disqualification rules for people who run charities

### Changes to Automatic Disqualification Rules from 1 August 2018

From 1 August 2018 changes to the automatic disqualification rules mean that there will be more restrictions on who can run a charity.

For most charities, taking some simple steps to update recruitment and appointment systems is all that is needed.

From 1 August 2018 there will be 2 key changes to the automatic disqualification rules:

- an increase in the number of legal reasons that disqualify someone from acting as a trustee. The new reasons include being on the sex offenders register, and certain unspent convictions - such as for terrorism or money laundering
- people who are disqualified from acting as a trustee are also disqualified from holding certain senior manager positions at a charity

Relevant senior manager positions are both Chief Executive (or equivalent) positions and Chief Finance Officer (or equivalent) positions.

It is important to understand how the rules define the senior manager positions that are affected because it is the function (and not the title) of the position that matters.

Your charity will need to check which, if any, posts qualify as senior manager positions under the new rules.

The senior manager section of the automatic disqualification guidance explains what a senior manager is, for the purposes of the new rules. Under the new rules, there will be no change to the following:

 acting whilst disqualified will still normally be a criminal offence

The automatic disqualification rules do not disqualify people from all involvement with charities. There are other ways in which a disqualified person can be involved with charities, such as through appropriate employment in positions that do not count as 'senior manager positions', volunteering, or in advisory roles.

You need to check that current trustees or senior managers will not be disqualified when the new rules come into effect. Your charity should also have systems in place so that, before it appoints a new trustee or relevant senior manager, it can make sure that the person is not disqualified under the current automatic disqualification rules. You should check that

### **Governance Guidance/Information**

you are doing this. It can be done by asking a prospective senior manager/trustee to sign a declaration to confirm that they are not disgualified. Further information and a template declaration are available here

### Are you looking for a fulfilling career?





- Flexible hours of work full time and part time positions available
- Variety of tasks and activities carried out
- Good rates of pay
- Job satisfaction

Personal Assistants in Care assist people who need support to lead an independent and fulfilling life - the way they choose to live it.

Being a Personal Assistant in Care is an interesting and rewarding career. You will form a close, trusting relationship with the person you work with, helping them to reach their potential - and have fun!

You can make a difference!

Visit our website www.hampshirepafinder.org.uk







NHS

### "Top Tips" From Hampshire County Council's **Procurement Team**

The following points may sound obvious but are some of the biggest reasons for potential providers scoring badly and failing to win business.

### Read and refer to the specification

Ensure that you are demonstrating how the service you are offering fulfils the specification.

### Read the question and examine the criteria

Providers who fail to specifically address the criteria will score poorly. We can only score against the criteria we have set. Make sure each of the points in the questions have been clearly and specifically addressed in line with what we have asked for in the specification.

### Do not assume we know how you work

We cannot allocate marks based on anything other than what is written for the specific question. Our experience working with you and answers to other questions cannot be considered.

### Focus answers on the contract

Make sure answers are relevant. Focus on how you will deliver this contract not what you have done elsewhere in the past.

### Evidence

Providers who are able to articulate how and why they work in a certain way achieve higher scores. Use clear examples or evidence.

### Clarification

If you are unclear about what we are asking or looking for, use the clarification period to ask questions. Keep an eye out for clarifications we publish in answer to other Providers questions. Clarifications will form part of the final contract.

### Check and double check

Proof reading is vital. Make sure your tender is complete, you have adhered to word counts, no sections missed out, all required signatures are in place and submit in good time. Do not leave submissions to the last minute!

### Benefit Mythbuster - factchecking myths and misconceptions about universal credit

Benefit Mythbuster (https://benefitmythbuster.net) is a new online web tool designed to help address commonly held myths and misconceptions about universal credit.

People can choose from three options -'Starting a New Claim', 'Managing your Claim', and 'Solving Problems' to find out more about their rights, including information on job search, the claimant commitment, in-work conditionality, sanctions, and more.

People can also get in touch to add a myth that needs busting. Or help to bust a myth!

Benefit Mythbuster is one of a range of web tools from the advice and technology charity Lasa,





### Funding/Training

who also deliver **rightsnet** – the social welfare law information & advice site for advisers. Find out more at: <u>https://www.rightsnet.org.uk/resources/webtools</u>

Lasa is a social welfare law and tech charity. Established in 1984, they're dedicated to supporting organisations in their use of technology and the delivery of social welfare law advice to the disadvantaged communities they serve.

Find out more about their services:

Website: <u>www.lasa.org.uk</u> Email: <u>info@lasa.org.uk</u> Follow them: @lasacharity Call them: 020 7377 2748

### FUNDING

### **Building Connections Fund**





Following the Prime Minister's wider endorsement of the Jo Cox Commission recommendations on Loneliness in January 2018, the £11.5 million Building Connections Fund has been set up to support projects that are

able to prevent or reduce loneliness.

#### Area: England

Suitable for: Voluntary or community organisations Funding size: £30,000 to £100,000 Total available

Main fund: Close to £9 million

#### **Application deadline**

Main fund: Friday 24 August by 12 noon. Awards will be made by December 2018 and projects can be funded until March 2021 Further information <u>here</u>

### Hampshire County Council 0-19 Children's Services Grant

The 0-19 Children's Services Grant supports projects delivered by the voluntary and not-for-profit sector operating within Hampshire. The key principles of the funding will be to:

- support local priorities set by the 11 Local Children's Partnerships or equivalent groups targeted at levels 2 & 3, on the <u>Children's Trust</u> <u>threshold chart</u>
- support the delivery of the <u>Hampshire Children</u> and Young People's Plan 2015-2018

Grant applications will be received via In-tend from Tuesday 31 July (12 noon) and closing on Tuesday 25 September 2018 (12 noon). This grant round will fund projects from 1 April 2019 – 31 March 2020. For more information, visit <u>Hantsdirect</u> or contact the Children's Services Grants team by phone 01962 833359 or

email childrens.services.grants@hants.gov.uk.

Please note: applications for the Short Breaks grant will also open on the same timescales more information about applying will be available on the Short Breaks website in due course. *Thanks to Action Hampshire* 

### One Community Training, Workshops and Information Service



### FOOD SAFETY LEVEL 1 AND 2 FOR VOLUNTEERS

TUESDAY 7 AUGUST, 9.00AM – 5.00PM *This course is for members of the Fareham Community Buildings Network only.* If you are a Fareham-based group interested in joining this network, please contact us on 02380 902400. Volunteers must be able to commit to attending both this Food Safety course and the First Aid course on 14 August.

This course, in which level 1 and level 2 candidates study together, is aimed at volunteers. The course at Level 1 is suitable for volunteers who have minimal or no prior food safety knowledge and those working with low-risk or wrapped foods. The course at Level 2 is suitable for volunteers who prepare, cook and handle food.

#### ONE COMMUNITY NETWORK: PAGE 8

Both level 1 and level 2 candidates will be required to undertake written assessment at the end of the course in order to gain their qualification. Objectives of the course are:

- know how to safely store food in a fridge
- work safely in a kitchen
- prepare food in a safe environment.

Cost: Free (tea, coffee and biscuits provided – please bring your own lunch).

Venue: Portchester Community School, White Hart Lane, Portchester, Fareham PO16 9BD

### EMERGENCY FIRST AID AT WORK MONDAY 10 SEPTEMBER 2018, 9.30AM -4.30PM

This one day training session will cover all aspects of Emergency First Aid at Work. At the end of the course learners will have demonstrated competence in basic life support skills and increased their awareness in managing a first aid incident in the workplace. A certificate of competence will be issued and is valid for three years.

Cost: Voluntary Sector £70, Others £85 *Tea and coffee included in the price – please provide your own lunch* Venue: Titchfield Community Centre, Mill Street, Titchfield, Fareham, PO14 4AB

### DYSPHAGIA FRIDAY 14 SEPTEMBER, 9.30AM -12.30PM

This course is aimed at health and social care workers and healthcare professionals with a responsibility to provide care or support to people who suffer from dysphagia. It will give the care worker the knowledge and understanding to recognise the different signs, symptoms and complications of dysphagia and the skills required to deal with a choking emergency and to provide ongoing after care.

On successful completion of the course learners will be qualified to:

- operate within the legal boundaries with regard to caring for people who have dysphagia
- recognise the signs, symptoms and complications of dysphagia
- recognise the causes of dysphagia
- practise treatments and follow care planning
- deal with a choking incident
- understand how to comply with company policy

and procedure.

Cost: Voluntary Sector £55, Others £65 Venue: One Community, 16 Romsey Road Eastleigh SO50 9AL

#### FUNDRAISING THROUGH TRADING THURSDAY 4 OCTOBER, 9.30AM – 12.30PM

Achieve both financial and social return

- Legal structures
- Pros and cons of trading
- What is 'trading'?
- Some myths about trading
- Why you should consider trading
- Charity Commission guidance on trading
- How to start
- Some examples
- Where to get help

Cost: free (donations welcome for refreshments) Venue: One Community, 16 Romsey Road. Eastleigh SO50 9AL

#### EMERGENCY FIRST AID AT WORK WEDNESDAY 31 OCTOBER 2018, 9.30AM -4.30PM

This one day training session will cover all aspects of Emergency First Aid at Work. At the end of the course learners will have demonstrated competence in basic life support skills and increased their awareness in managing a first aid incident in the workplace. A certificate of competence will be issued and is valid for three years.

Cost: Voluntary Sector £70, Others £85 *Tea and coffee included in the price – please provide your own lunch* Venue: One Community, 16 Romsey Road Eastleigh SO50 9AL

For further information about One Community Training and Workshops, or to book your place please contact Rachel Webb 023 8090 2400

info@1community.org.uk

### National Careers Service Executive Workshops

National Careers Service Executive Workshops are run on a regular basis across the region and cover Skills Analysis and Transfer, Labour Market Information, CV hints and tips, Job seeking, Digital and Social Media, Interview skills. This day long workshop is open to management level clients as well as graduates or those looking to upskill.

The National Careers Service is a FREE service for adults 19+ (18 if on benefits) for information, advice and guidance relating to work or learning. If you would like to book an appointment, or would like to arrange a bespoke workshop for your customers, please call the number below.

Dates:

Wednesday 2 August EDT Office, Whiteley

Wednesday 9 August Havant Basepoint Cente

Thursday 17 August Shaw Trust, Southampton

Thursday 24 August Cosham Community Centre

Monday 4 September Havant Basepoint Centre

Wednesday 6 September EDT Office, Whiteley

Tuesday 19 September Shaw Trust, Southampton

Monday 25 September Village Hotel, Farnborough

Wednesday 4 October EDT Office, Whiteley.

To book please call 01329 559169.

### Digital Skills training from Media Trust -Interested?

#### Did you know...

more than 70% of charities believe strengthening their digital skills would help their organisation to grow its network and deliver a more effective strategy

#### but despite this...

45% of charities don't have a digital strategy

That's why Media Trust is offering FREE digital skills training for charities and community groups. The halfday masterclasses, with support from Google Digital Garage, will cover a range of topics from Social Media Strategy to Building a Digital Marketing Plan. At these events, attendees will have the opportunity to discuss their specific digital communications challenges with, and receive advice from, a range of media partners and communications experts, learn from other charities as well as receiving digital skills training from a team of Google mentors. You can find out more about the programme via the <u>Media Trust</u> website

Media Trust is offering free digital skills training for groups of 25 or more. Action Hampshire is looking to gather expressions of interest from staff, volunteers and trustees in local charities. If you are interested in taking part in this training, please email <u>info@actionhampshire.org</u>

### **EVENTS**

St Peter's Church Summer Show Church of St Peter, Titchfield PO14 4AG Monday 23 July to Saturday 1 September 10am-4.30pm each day, except Sundays

Entrance free; coffee, tea, juices & biscuits available. Crafts, jewellery, cards, jams, chutney, History Society, books, information, stoneware, wood turning, glass engraving, prints, paintings, bags, textiles, toys, etc.

10% of proceeds to MacMillan nurses, Rowans hospice, Mountbatten hospice & St Peter's Church.Spinners will be demonstrating their craft. Open Studios will be held in the church 18 August-26 August (Sunday 19 & 26, 2- 4.30pm).

### **Events**



### Gismobots Westbury Manor Museum Exhibition on till 13 October



"My name's Mark and 40 odd years ago I used to sit in front of my parents' electric fire making robots and spaceships out of cogs, wheels and bits of wood

that my dad bought back from his job as a clock repairer.

Fast forward to the present day and here I am making Gizmobots.

Gizmobots are found object robots that start life as finds from skips, second hand shops, car boot sales and scrap yards. Each robot is carefully crafted by me so that all the parts come together to create a very desirable quirky robot, each with their own personality.

As a qualified electronics engineer, I

sometimes re-appropriate old electronic equipment to give some of the robots I make a purpose, such as being an I-pod dock, a desk light or a working radio. As a writer I give each robot a quirky (hopefully humorous!) back-story that I can also customise to form part of a truly unique gift.

I am passionate about recycling and repurposing objects that have come to the end of their useful life and I teach children (young and old!) the value of an object (whether it can be easily repaired for example-rather than thrown in landfill) and, if it it's not able to be saved, then its value as part of a sculpture.

I hope you enjoy meeting my creations!"

**Family Fun** - Inspired by the Gizmobots, the museum is running a range of fun craft activities (£1-£2 charge) to get involved in each Tuesday in August drop in and have a go! There will also be a trail to follow around the museum and a make and take activity pack available throughout the summer holidays.



## PORTCHESTER VILLACE FETE Portchester Community Centre Saturday 18th August 2018 10am to 4pm

### www.portchestercommunitycentre.co.uk

# Come and visit the One Community stand at the Portchester Village Fete

### **Lunchtime Concerts**

Holy Trinity Church, West Street, Fareham PO16 0EL Lunchtime concerts, 12.30-1.15pm, are held on the last Tuesday of every month from April to November. Everyone is welcome! Bring your sandwiches if you like; tea, coffee and soft drinks will be available. Admission is free. There will be a retiring collection in aid of church funds.

This month Judith Wolpe (violin) & Karen Kinsley



Your Network Send submissions for inclusion in Network to Julia Allan: jallan@1community.org.uk by the middle of the month.



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