

Mascot March



It was a beautiful hot, sunny day for One Community's second Mascot March in Fareham, on Saturday 30 March - quite a challenge when you're wearing a full fur suit!

More than 50 people representing a wide range of charities, voluntary and community groups followed the Mayor of Fareham, Cllr Susan Bayford, in the march along Fareham's West Street shopping precinct.

The March was all about raising awareness about the voluntary and community organisations in the Fareham area, and we'd like to say a big thank you to everyone who took part—above all it was great fun!





I am delighted to inform you that One Community has been awarded the contract from Fareham Borough Council to continue to offer support to the voluntary sector in the

Borough of Fareham. Our team is led by Hayley Hamlett supported by other members of the Voluntary Sector Support Team, managed by Julia Allan. All do a great job, ably assisted by a troop of lovely volunteers. They will continue to help you find volunteers, offer advice and information on funding and any other aspect of running a charity.

The team looks forward to hearing from you with any query or concern, or simply to ask us to help with publicising an event. Please contact us, and please keep us informed of the great work you do.

One Community is very excited to be your support service and your advocates over the coming years.

Thank you Fareham Borough Council. Please see their press release over the page.

Jean Roberts-Jones
Chief Executive
One Community

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:

Don't Waste Food

**LOVE
FOOD
hate waste**

If we stopped wasting food, we could avoid 18 million tonnes of carbon dioxide equivalents being emitted each year in Britain.

We'd also save ourselves loads of money! It is believed that

in the UK we throw away £13bn worth of food that could have been eaten.

Fareham Borough Council Press Release
12 April 2019

Residents to continue getting first class support services



The charity 'One Community' will continue to offer first class services to residents living in the Fareham Borough after the Council renewed their contract.

Fareham Borough Council will carry on funding One Community

to deliver a package of community services in the Fareham Borough after a strict tendering process.

The Council provides the funding to deliver the 'Big 3' initiative which provides a focused package of support for the benefit of individuals and local groups.

The 'Big 3' are:

Volunteering and skills exchange

Funding advice and support

Governance and building community resilience

One Community was first awarded the Council contract in 2015. The contract was awarded again this year after the service was put out to tender.

Organisations submitted proposals which were assessed on best quality of service, best value for money and the proposed service being offered.

Executive Member for Leisure and Community, Cllr Sue Bell, said: "One Community have offered an excellent service and have made a difference to so many community organisations that operate for the benefit of people living in the Fareham Borough.

"We are delighted that One Community is going to continue to offer this fantastic service. There is so much evidence that people benefit from opportunities provided by volunteering and engagement with community groups, so it is of paramount importance to offer well-supported, effective community and voluntary activities."

Anyone who wants to get help and support from One Community can contact info@1community.org.uk or for more information look at www.1community.org.uk.

Quiz & Supper Night

In aid of One Community & Fareham Area Disability Forum

8th June 2019 | 7:00 pm - 10:30 pm
Wallington Village Hall, Broadcut, Fareham PO16 SST

Choice of food

Fish / Sausage / Veggie
All with Chips

Food must be ordered when booking Tickets
Bring your own drinks

Ticket Price £10

Tickets available from One Community, Fareham Shopping Centre or
Madeline on 07900 914318



One Community Information Centre Advice & Support, Crafts and Groups April 2019



No appointments needed - just drop in

Wednesday 1

One Community Knitters 11am-1pm

Thursday 2

Open Sight 10am-2pm

Friday 3

Fareham Area Disability Forum 1-3pm

Tuesday 7

Quit4Life 11am-1pm

Wednesday 8

One Community Knitters 11am-1pm;

Friday 10

Richmond Fellowship 10am-12 noon

Tuesday 14

Quit4Life 11am-1pm

Wednesday 15

One Community Knitters 11am-1pm

Monday 20

Disabled People's Voice 1-3pm

Tuesday 21

Quit4Life 11am-1pm

Wednesday 22

One Community Knitters 11am-1pm

Osteoporosis Arthritis Advice & Support from QA 1-3pm

Tuesday 28 May

Quit4Life 11am-1pm

Wednesday 29

One Community Knitters 11am-1pm

For further information contact
the Information Centre on 0770 2802 556
Osborn Mall, Fareham Shopping Centre

LIVE AT HOME Just Crafting Around



Arts and Crafts Club

Try different crafts from pebble painting, collages and card making.

This is a weekly club starting on 27 June. Each week, there will be the chance to try out a different art or craft medium.

All are welcome!

Where: Abbeyfield Court 46 Locks Road, Locksheathe, SO31 6BF

Time: 2:00pm - 3:30pm

When: Every Wednesday



£2.50pp

Fareham Live at Home

Bridgemary Methodist Church, Prideaux-Brune Ave, Bridgemary PO13 0PP

Tel: 01329 234409

www.mha.org.uk/liveathome



Governance Guidance

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-trustee-whats-involved#find-out-more-about-being-a-trustee>

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 cgrant@1community.org.uk

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:

All voluntary organisations should have a Safeguarding Adult Lead (SAL)

All Voluntary Organisations Should Have a Safeguarding Adult Lead (SAL)



SAFEGUARDING

The Safeguarding Adult Lead (SAL) takes the lead on safeguarding for their organisation and should be:

- Someone with authority in the group such as a manager or team leader
- A paid member of staff if possible
- Checked with the Disclosure and Barring Service (DBS)
- Have at least two references which are followed up

They will be the first point of contact for all staff and volunteers to go to for advice if they are concerned about a vulnerable adult (this may also need to be out of hours staff and volunteers should always know how to contact the SAL or a nominated Deputy).

They should also have a higher level of safeguarding training and knowledge than the rest of the staff and should have completed multi agency safeguarding training.

For medium (and above) sized organisations they should also be responsible for ensuring that the organisation’s safeguarding policy is kept up to date and complete the Organisational Self Audit every two years; (this can be a Trustee responsibility) and ensure that they comply with safe recruitment procedures for new staff members/volunteers at their induction.

It is not the responsibility of the Safeguarding Adult Lead to decide whether a person has been abused or not – that is the responsibility of statutory agencies such as adult social care or the police. However keeping adults safe is everybody’s business and all staff should know who to go to and how to report any concerns they may have about an adult being harmed or at risk of being harmed.

Hampshire Safeguarding Adults Board offers free training, see www.hampshiresab.org.uk

How Charities are Responding to Cyber Security Threats

From the Charity Commission, guest blog by Kate Sinnott, Head of Charity Engagement – National Cyber Security Centre (NCSC)

The Cyber Security Breaches Survey is an annual report by The Department for Digital, Culture, Media and Sport (DCMS). It reports on how businesses and charities are responding to the cyber security threats they face.

It's welcome news that more charities than before have taken positive steps to improve their cyber security, according to the Cyber Security Breaches Survey 2019.

Since launching the National Cyber Security Centre (NCSC) small charity guide in March 2018, NCSC have worked in close partnership with bodies across the sector.

Together we are working to raise awareness about the cyber crime threat and provide practical actions charities of all sizes can take to protect themselves.

Results from the charity sector

These survey results are the first indication that collective efforts across the sector are contributing towards a positive change.

Amongst charities, the biggest statistical shift in the survey has been how cyber security is viewed by trustees and senior managers, with an overall 22 point increase over 2018's results.

Strong increases are seen across small, medium and large charities, with cyber security now being seen as a high priority in 68% of charities with an income under £100,000; 82% of charities between £100,000 and £500,000.

We know that cyber security breaches can be costly and disruptive for charities, and this year's report backs that up. The average cost of all breaches or attacks identified in the last 12 months by a charity is now £9,470.

But the costs of a breach vary, with organisations quoting figures between £300 and £100,000 depending on the severity. At the top end, this amount could be crippling for some charities.

Phishing attacks and prevention

Phishing remains the most common form of attack on charities, with 81% of those who identified an attack or breach listing fraudulent emails as the cause.

Technical measures are important in stopping these attacks but the strongest link remains staff, trustees and volunteers.

It's vital to help staff, trustees and volunteers understand their critical role in protecting the organisation and we give them the information on [how to report a phishing email](#).

The General Data Protection Regulations (GDPR) impact

The introduction of GDPR in May 2018 has influenced the sector's approach to cyber security.

A third of charities made changes to their cyber security as a direct result of GDPR. Most commonly, these changes were new policies and staff training.

The report also indicates that GDPR will have sustained impact as charities continue to adjust their approaches to cyber security.

Just ask for help!

47% of charities have looked for external help with cyber security in the last year, up from 36% in 2018. This is very positive news but we shouldn't be complacent.

There are still many charities who are yet to take action and, even for those that have, they still need to keep up to date with advice as the cyber crime threat to charities continues to evolve.

NCSC will continue to work with our partners across the sector to share our advice and guidance in places that charities know and trust. We will also be providing even more local training and workshops with sector partners over the coming year and beyond.

[Information and dates for NCSC training](#) will be added to our website regularly over the coming months - so keep a look out!

Useful links

[Action Fraud website](#)

[Charity Commission guidance: protect your charity from fraud](#)

[NCSC Cyber Security: Small Charity Guide](#)



LIVE AT HOME **Crofton Variety Club**



ERENDSHIP

Drinks and refreshments alongside a variety of activities
Every 2nd and 4th Tuesday of the month

This is a friendly group meeting twice a month. We enjoy home-made cakes and refreshments alongside a variety of activities and interesting talks.

Where: Crofton Community Centre

Time: 10.30am - 12.30pm

When: Every 2nd and 4th Tuesday of the month.

£3
per session

Fareham Live at Home

Bridgemary Methodist Church, Prideaux-Brune Ave, Bridgemary PO13 0PP

Tel: 01329 234409

www.mha.org.uk/liveathome



Rathbones Sponsors a Practical Guide on How to Recruit Trustees for Your Charity

Rathbones is delighted to have sponsored the production of this practical guide by **Getting on Board**, which aims to help charities navigate one of their most low profile, but high impact decisions - how to effectively recruit trustees to lead and govern their organisations.

From assessing skills gaps in an organisation's trustee board, to effective advertisement, to developing meaningful inductions for a new trustee, this guide seeks to demystify the process and promote the practice of open recruitment for charity boards.

Please click [here](#) to download the full digital version of **How to recruit trustees for your charity**. If you would like to receive a printed copy, please email Christina.mina@rathbones.com.



Getting on Board

How to recruit trustees for your charity

A practical guide

Supported by: COME RELIEF, THE ANJOLI STEWART FUND, Pears Foundation, Reach Volunteering

Proudly sponsored by: Rathbones Look forward

FUNDING

Action Hampshire

Communities Against Cancer

Communities against Cancer is a new project helping people to reduce their risk of cancer, be aware of the signs and symptoms of cancer, and seek help at an earlier stage.

WHY are we running the project?

In parts of Hampshire and Dorset, there are very significant health inequalities in relation to cancer. This means that some groups of people experience far worse health than other groups of people.

We are trying to reduce these inequalities by making sure that **everyone** knows how to spot the signs and symptoms of cancer and how to make their cancer risk as low as possible.

WHO is the project targeting?

The project aims to benefit people who are **less likely to know** how to look after their health or are **less able** to do so.

WHERE is the project focused?

The project will focus on:

- Portsmouth (and surrounding areas such as Havant and Gosport)
- Southampton (and surrounding areas such as Eastleigh and Hedge End)

- Isle of Wight
- Bournemouth
- Christchurch
- Poole
- Weymouth & Portland

HOW will the project work?

We are offering grants to people who have great ideas about how they can help their community to reduce their cancer risk and get earlier help. There are two types of grant:

Small grants (up to £500) are for anyone who wants to carry out activities in their own community that will help to improve cancer health and reduce health inequalities. Grants are available to community groups, informal groupings, or even individuals.

Large grants (up to £10,000) are for constituted not-for-profit organisations that work closely with people likely to have poorer cancer health outcomes. They need to be able to reach deep into target communities and **empower** and **enable** people to get help earlier and reduce their risk of getting cancer.

DO you need knowledge of cancer?

You do not need to be knowledgeable about cancer to apply for a grant. We will run Cancer Champion training sessions to inform you about cancer screening and early diagnosis, so that you can share the knowledge with your community.

WHEN is the grant deadline?

- Small grants deadlines – 13 May 2019, 21 October 2019, 2 March 2020
- Large grants deadline – 20 May 2019 (1pm)

Further information is available [here](#)

Masonic Charitable Foundation - Small Grants

Funded entirely through the generosity of Freemasons and their families, the Masonic Charitable Foundation is one of the largest grant-making charities in the country. Current target areas are:

- Creating the best start in life for disadvantaged children and young people
- Reducing isolation in later life
- Medical research into degenerative disease
- Care services in the hospice sector

The target areas are reviewed regularly to ensure their grants are making the greatest possible impact.

Deadline for this round 31 May

Further information [here](#)

National Churches Trust—Gateway Grants Programme 2019-2023



Grants of up to £10,000 are available for listed and unlisted Christian places of worship of any denomination in the UK to support developing a church building project.

Deadline 9 May 2019

Further details [here](#)

Austin and Hope Pilkington Trust

The trustees welcome applications for projects within these areas on a three-year rotation:

- Music and The Arts / The Elderly
- Homelessness / Refugees and Asylum Seekers
- Children and Young People

Priorities for 2019 are for Children and Youth and will fund projects focusing on: -

- child exploitation
- mentoring and support
- clubs and activities

They will prioritise awards to projects that address mental health. Grants are available up to £5,000 depending on the organisation's annual income.

Further information [here](#)

Jean Sainsbury Animal Welfare Trust



The objectives of the Trust are to donate to UK registered charities whose purposes encompass one or more of the following:

- to benefit or protect animals
- to relieve animals from suffering
- to conserve wild life

There is a questionnaire to download from the website, complete and send with other documentation as detailed. Contact: Jean Sainsbury Animal Welfare Trust, PO Box 469, London, W14 8PJ, orchardjswelfare@gmail.com.

One Community Training, Workshops and Information Service



For further information about training, to discuss your needs or to book your place please contact

Rachel Webb 023 8090 2400

info@1community.org.uk

or click [here](#) to book online

ATTRACTING VOLUNTEERS TUESDAY 7 MAY 2019 10.00AM – 11.30AM

Venue: The Point, Leigh Road, Eastleigh, SO50 9DE
This course is aimed at the people in an organisation whose role it is to recruit and support volunteers, whether they are volunteers themselves or paid staff. This session looks at:

- seeing things from a volunteer's point of view – planning an effective advertisement
- identifying the tasks, skills required and key elements of a role description
- your approach to interviewing.

Cost: free

ATTRACTING VOLUNTEERS TUESDAY 7 MAY 2019 2.00PM – 3.30PM

Venue: Priory Park Community Centre, Upper Brook Drive, Locks Heath, SO31 6PT
This course is aimed at the people in an organisation whose role it is to recruit and support volunteers, whether they are volunteers themselves or paid staff. This session looks at:

- seeing things from a volunteer's point of view – planning an effective advertisement
- identifying the tasks, skills required and key elements of a role description
- your approach to interviewing.

Cost: free

TRUSTEE WORKSHOP MONDAY 20 MAY 2019, ARRIVE

6.30PM FOR 7.00PM START – 8.30PM

Venue: The Point, Leigh Road, Eastleigh, SO50 9DE
Come along to this **free** session to find out about the role of a charity trustee.

All you ever wanted to know about being a trustee – the high points and the not so high! This is an opportunity to find out if being a trustee is for you.

- What can you offer a local charity?
- What are local charities looking for?

CELEBRATING VOLUNTEERS TUESDAY 21 MAY 2019, 10.00AM – 11.30AM

Venue: The Point, Leigh Road, Eastleigh, SO50 9DE

- What does celebrating mean?
- Effective ways to celebrate the contribution volunteers make to your organisation
- Simple thank yous

Cost: free

CELEBRATING VOLUNTEERS TUESDAY 21 MAY 2019, 2.00PM – 3.30PM

Venue: Priory Park Community Centre, Upper Brook Drive, Locks Heath, SO31 6PT

- What does celebrating mean?
- Effective ways to celebrate the contribution volunteers make to your organisation
- Simple thank yous

Cost: free

GDPR ACTIONS WORKSHOP WEDNESDAY 22 MAY 2019, 9.30AM – 11.00AM

Venue: The Point, Leigh Road, Eastleigh, SO50 9DE
The General Data Protection Regulation came into effect on 25 May 2018 to protect personal and business information from being abused, misused or mismanaged. This course is designed to act as a checklist for those who have already taken action following the GDPR and to provide practical guidance on actions to take for those who have not yet undertaken a full review.

The course will cover:

- overview of GDPR and data protection
- principles, accountability and proportionality
- actions required

- structure for policy documents
- how to manage the process
- question and answer session.

Cost: Voluntary Sector £30, Others £40

KEEPING VOLUNTEERS

TUESDAY 18 JUNE 2019, 10.00AM – 11.30AM

Venue: The Point, Leigh Road, Eastleigh, SO50 9DE

- What motivates individuals to volunteer
- how motivation can be maintained
- the aims and skills of supervising volunteers
- the skills involved in giving praise
- matching rewards to individuals' needs.

Cost: free

KEEPING VOLUNTEERS

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- What motivates individuals to volunteer
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- the aims and skills of supervising volunteers
- the skills involved in giving praise
- matching rewards to individuals' needs.

Cost: free

ABSHOT
FAMILY FUN DAY
SUNDAY 26th May 2019
1PM – 6PM
FREE ENTRY

FAIRGROUND RIDES
 COCONUT SHY
 BURGER VAN
 LICENSED BAR
 REPTILES & AMPHIBIANS
 LIVE MUSIC
 BOUNCY CASTLE
 PUNCH & JUDY

Saturday 29th June

COMEDY

On The

GREEN

Star of Live At The Apollo, Mock The Week and The Mash Report

Geoff Norcott
 South Coast Comedian of the Year

Jarlath Regan
 Irish comedian from Live At The London Palladium

Mike Cox

James Alderson
 MC award winning comedian

Tickets: £15.00 (£13 SGCC Members)
 Doors 7:15pm Show 8pm Over 18s Only
 Tickets available from www.ticketsource.co.uk/sgcc,
 In Person or call 01489 573114
www.salisburygreen.org.uk
 Sarisbury Green Community Centre, The Green, Southampton, SO31 7AA

Registered Charity 301938

BEERFEST

On The Green

hog roast*
 25+ ales & ciders

SARISBURY GREEN COMMUNITY CENTRE map info SO31 7AA

LIVE MUSIC - FOOD - DRINKS - FROLICS
FRIDAY 24th - SATURDAY 25th MAY
 TICKETS: 01489 573114 OR TICKETSOURCE.CO.UK/SGCC

E7 Friday session 17:30 - 22:30 / E9 *Saturday 13:30 - 22:30 (Hog Roast)
 Friday over 18's only & Saturday after 6pm is over 18's only
 (This only applies to the beer festival not the centre)

Proudly sponsored by ecosupport.co.uk

Friends of Fareham Community Hospital

Wednesday 8th May 2019

At the new time of 6.00 pm for 6.30 pm start

Fareham Community Hospital

Brook Lane
Sarisbury, Fareham, SO31 7DQ

Awakening the Immune System

Dr Edd James PhD
Assistant Professor
Immunology Department, Southampton General

white blood cell (yellow), attacking anthrax bacteria (orange)

defences

B lymphocytes secrete antibodies that lock onto antigens

Entry charge £5 per attendee
Includes refreshments on entry; please pay on the door

All proceeds go to Friends of Fareham Community Hospital funds
Memory B cell **Charity Registration No. 1144072** Plasma cells

Don't miss the Quiz & Supper Night

In aid of One Community & Fareham Area Disability Forum

8 June 2018

7-10.30pm

Wallington Village Hall,
Broadcut, Fareham PO16 8ST

Choice of Food:

Fish/Sausage/Veggie option
All with chips

Food must be ordered when
booking tickets

Bring your own drinks

Ticket price £10

Tickets from One Community
in Fareham Shopping Centre

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

Catisfield & District Gardening Club
Auction of Garden Plants & Items
Thursday 9 May, 7.45 for 8pm
Catisfield Memorial Hall, Catisfield Lane PO15 5NN
Free Entry, All Welcome



Please follow us on Facebook, LinkedIn and Twitter

