



Network

FAREHAM EDITION

FEBRUARY 2018

Thank You Asda Foundation!



We are very fortunate to have been awarded a £1,000 grant from the Asda Foundation to help furnish and equip our Information Centre in Fareham Shopping Centre. The money will go towards furnishings, heaters, computer equipment and a printer for the Centre, which will help us to disseminate information on volunteering opportunities, services and activities to all comers to the Centre.

We have a team of volunteers at the Information Centre who need access to equipment to provide the best possible service to visitors.

Pictured above are Hayley Hamlett, One Community Voluntary Sector Support Development Worker, and Sharon Noble, Community Life Champion from Asda Fareham.

INSIDE YOUR NETWORK

**One Community's 40th Anniversary—Can you rise to the challenge?
Mascot March—Saturday 24 March—Book Your Free Place!
Community Showcase—16 June—Book Your Free Place!**

One Community News



Some of you will know that I had the misfortune to break my elbow on 1 January, while on holiday, and it will be at least the end of February before I can think of driving. Apart from the obvious discomfort, it has really made me look at the world differently. I started thinking about all I couldn't do – using the

iPad, cutting up supper ... but now I'm into what I can do despite the limitations, eg writing left handed is slow, but readable!

The parallel to life in the voluntary sector is clear. We work out what we can do with the resources we have, however limited, and we see people's abilities rather than what they cannot do.

2018 is One Community's 40th Anniversary and we are celebrating this by running an event in each month of the year, with the aim of raising awareness and funding for our work.

We started with the first Eastleigh Community Showcase on Sunday 28 January. The third Fareham Showcase will be held at Ferneham Hall on 16 June— see page 5 for details (you can book your stall now). February sees the launch of our Anniversary Challenges (see next page), and March our Mascots March in Fareham, Saturday 24 March (see over page). Please spread the word!

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:

The Air We Breath

As I write this late in January, the UK Government is back in court, facing a third legal challenge from Client Earth on its continued failure to protect people's health against the harmful effects of air pollution.

Since 2010 Nitrogen Dioxide (NO₂) pollution, mostly from diesel cars, has been illegally high in

many of Britain's urban areas. The Government is required to produce a plan to include measures that will bring the UK into compliance with air pollution laws "as soon as possible". The plans produced so far are "woefully inadequate" and Client Earth has returned to court to press the Government into action.



Fareham Borough Council has more than 40 nitrogen dioxide monitoring sites throughout the Borough. The survey sites include facade and kerbside sites which reflect the maximum concentration of nitrogen dioxide to which people may be exposed.

Fareham Borough Council

monitors nitrogen dioxide manually using more than 40 passive diffusion tubes which can be fixed to lamp posts, soil and vent pipes. The tubes are left in place for a month, collected and analysed at an accredited laboratory.

Unfortunately, poor air quality is invisible and it affects our health. It isn't like the great London smog in the 1950s when you couldn't see your hand in front of your face and it isn't just NO₂, there are other gases and tiny particles too small to see. But breathing them in affects the respiratory and inflammatory systems and can also lead to more serious conditions such as heart disease and cancer.

What can we do when pollution is high? Strangely sitting in a car in a traffic jam has been shown to be the worst thing you can do. Unless set otherwise, the ventilation system sucks in polluted air from the car in front and traps it inside. You are better off walking or cycling, but air pollution is highest along main roads so avoid these if possible.

Above all else, to reduce NO₂ pollution does mean driving less,. A move to electric cars will reduce NO₂ emissions but they do still produce particulate pollution and are not the whole answer.

All in all, another good reason to walk or cycle around town.

One Community Fareham Challenges



1. Join our Mascots March on 24 March
2. Sponsor a One Community event
3. Have a One Community charity pot in your office
4. Sign up to volunteer through our Volunteer Centre
5. Give us your used stamps and foreign coins/notes
6. Follow us on Facebook and share our posts
7. Follow us on Twitter and retweet our tweets
8. Donate a raffle or tombola prize
9. Hold a fundraising event for One Community
10. Volunteer in our Fareham Information Centre
11. Donate second hand books/CDs/DVDs for us to sell in our Information Centre
12. Put an article about One Community in your work staff newsletter—we'll write it for you!

Please phone One Community's Fareham Information Centre on 07702802556 for further information, or drop in to the Centre in Fareham Shopping Centre, Osborn Mall.

Please help us to celebrate our anniversary in Fareham!

WELLBEING FAYRE

SUNDAY 25TH FEB - 1PM TO 4PM

PORTCHESTER COMMUNITY CENTRE

STALLS, LIVE DEMOS, TASTER SESSIONS



ENTRY £1

Portchester Community Centre, Westlands Grove, Portchester, PO16 9AD
Tel: 023 9232 1787 Email: info@PortchesterCommunityCentre.co.uk

Come and visit the One Community stand at the Portchester Wellbeing Fayre Sunday 25 February 1-4pm



Saturday 24 March—One Community's First

Mascot March

From noon in Fareham town centre

Charities, services, voluntary and community groups

Bring out your mascots and celebrate—great chance to promote what you do in your community

You must book in advance (for risk assessment)

Free to join in—please call 07702802556 to book your place





Come to the One Community Information Centre, Osborn Mall, Fareham Shopping Centre to meet these groups in February



Date			Time	Come along to speak with your local representative
Thursday	1 st	February	10am – 3pm	Open Sight
Friday	2 nd	February	1pm – 3pm	Fareham Disability Forum
Saturday	3 rd	February		
Monday	5 th	February		Disabled Peoples Voice
Tuesday	6 th	February	10am – 1pm	Quit4life
Wednesday	7 th	February		Cops n Coffee
Thursday	8 th	February	10am – 1pm	Marvels and Meltdowns
Friday	9 th	February		Two Saints
Saturday	10 th	February	10am – 1pm	Fareham Community Responders
Monday	12 th	February		Southern Domestic Abuse Services
Tuesday	13 th	February	10am – 1pm	Quit4life
Wednesday	14 th	February		Cops n Coffee
Thursday	15 th	February	1pm – 3pm	Friends Thru Pain Support
Friday	16 th	February		Fareport Talking News
Saturday	17 th	February		
Monday	19 th	February		Disabled Peoples Voice
Tuesday	20 th	February		The News
Tuesday	20 th	February	10am – 1pm	Quit4life
Wednesday	21 st	February		Cops n Coffee
Thursday	22 nd	February		
Friday	23 rd	February		Southern Domestic Abuse Services
Saturday	24 th	February		
Monday	26 th	February		Southern Domestic Abuse Services
Tuesday	27 th	February	10am – 1pm	Quit4life
Wednesday	28 th	February		Cops n Coffee

For further information please contact the Information Centre on 0770 2802 556

Fareham Community Showcase



Saturday 16th June 10am-2pm

FREE ENTRY

ferneham hall

The 3rd Community Showcase offers more than ever before with over 60 stands, including a huge selection of local health support services, information about community groups, local volunteering opportunities and educational stands with things for you to try.

Stalls, games and free gifts!

Guaranteed to have something for everyone

www.1community.org.uk

volunteer@1community.org.uk

023 8090 2458



Registered charity number 1052978 Registered in England as a company limited by guarantee Registered number 3132524

Book your stand now—call 023 8090 2458, or 07702802555

Email volunteer@1community.org.uk

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:

Reviewing your charity’s safeguarding and governance arrangements

Review your charity’s safeguarding and governance arrangements, Charity Commission advises

The Charity Commission is alerting all charities to the importance of providing a safe and trusted environment for anyone who comes into contact with them, including staff and volunteers.

The new alert follows a number of recent reports to the Commission of serious incidents involving concerns about the welfare of charity volunteers and beneficiaries, and media reports of safeguarding incidents in charities.

The alert reminds charities that, if something goes wrong in a charity, trustees are accountable and responsible for putting things right. The Commission says trustees should therefore assure themselves that their safeguarding practices are robust.

It is specifically advising trustees to:

- review their charity’s safeguarding governance and management arrangements and performance if they have not done so within the last 12 months.
- contact the Commission about safeguarding issues, or serious safeguarding incidents, complaints or allegations which have not previously been disclosed to the regulator or the appropriate authorities.

The Commission’s recently revised **safeguarding strategy** makes clear that safeguarding should be a key governance priority for all charities, not just those working with groups traditionally considered at risk.

Harvey Grenville, Head of Investigations and Enforcement at the Charity Commission, says:

The public rightly expects charities to be safe and trusted environments where people are protected from harm, including the charity’s own staff and volunteers. So all charities need to be alert to the importance of safeguarding those who come into contact with them. What that means in practice will of course depend on the nature and circumstances of a charity’s work. Trustees of charities in which, for whatever reason, individuals may potentially hold significant authority or power or over others, including their colleagues, must take account of that in setting and implementing safeguarding policies. This includes environments in which individuals, by virtue of their formal position or their experience or

personality, are held in high regard and respect by those around them.

The regulator has also published a [report of a case involving Oxfam](#); the Commission engaged with the charity over its handling of a number of concerning allegations about recent and non-recent safeguarding incidents involving senior staff, including allegations of sexual harassment.

The report concludes that the charity demonstrates elements of good practice in its safeguarding management and how it responds to allegations, but that there is further work for the charity to do around HR culture, and the overall governance and management of safeguarding in the charity. As result of the Commission's involvement, the charity has committed to a number of significant steps, including an externally led review of its HR culture. The full report is published on gov.uk.

Please see this information from the Charity Commission:

<https://www.gov.uk/government/news/watch-out-for-payment-diversion-fraud-keep-your-school-funds-safe>

NHS Turns 70



70
YEARS
OF THE NHS
1948 - 2018

The NHS is turning 70 on 5 July 2018. It's the perfect opportunity to celebrate the achievements of one of the nation's most loved institutions, to appreciate the vital role it plays in people's lives, and to recognise and thank NHS staff—the everyday heroes—who are there to guide, support and

care for us. Working with NHS Improvement and other partners, NHS England is planning to mark the occasion at a national, regional and local level. [Why not get involved?](#) There are lots of things you can do, from organising an event to sharing your NHS story. You might also want to take a look at this [short animation](#) which looks at some of the key milestones from the NHS's last seven decades.

Place of Safety / Rescue Centre Needed for Victims of Modern Slavery

Please see the following request for assistance and support from DCI Neil Corrigan:

Throughout recent modern slavery operations we have removed to safety a number of adults. As you can appreciate the resource requirements around victim management are very demanding. This is the phase before referral to the NRM and relates to the initial rescue management over the first 48 hour period.

Are there any partners who are able to help in this phase of the operation with a building that could be used by the Police to take victims to? This needs to be somewhere that victims could spend some time, be debriefed and rest. They would be accommodated overnight in a hotel. Police officers would be present with the victims all of the time it is just the use of a building that is required.

If you are able to help in any way, or you have any suggestion of a contact who may be able to assist, then please contact DCI Neill Corrigan directly on: Neil.Corrigan@hampshire.pnn.police.uk

Conference

Transition From the Inside and Out

Monday, 9 April 2018 from 10:00 to 16:00

Hampshire County Council

Ashburton Hall

Queen Elizabeth II Court

SO23 8BH Winchester



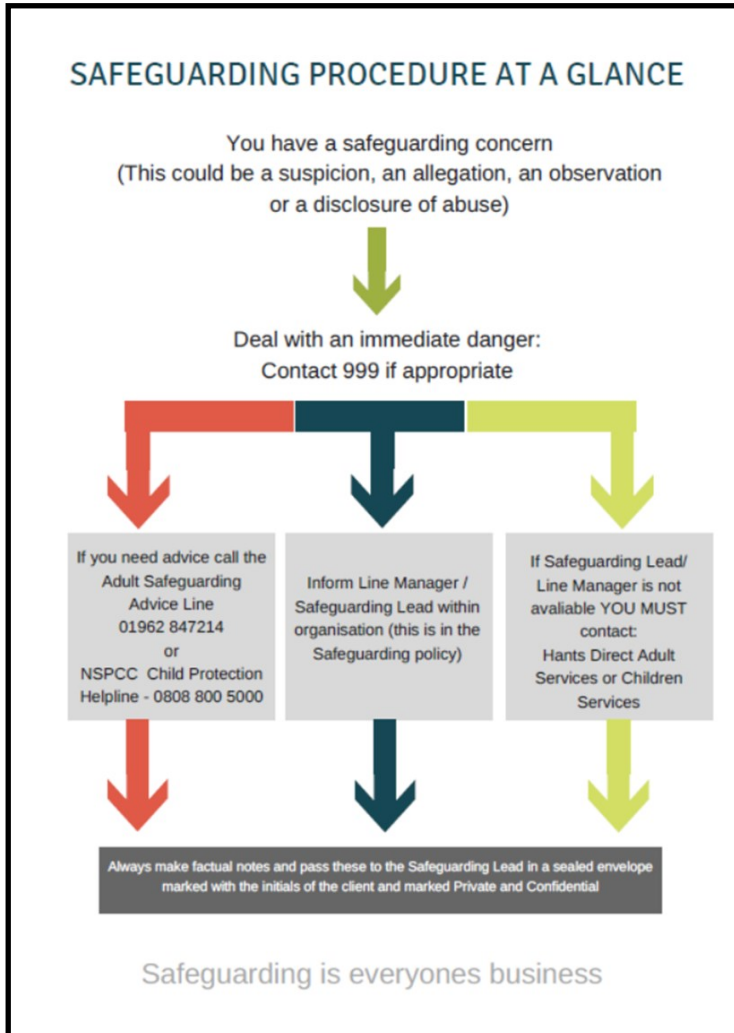
Conference exploring transition from the inside and out, including speakers from local

and national support organisations, counsellors, the police and those who have been directly affected by transition.

We are delighted to announce that the Keynote Speech will be given by Chief Inspector Julie Fry MBE, the chair of the LGB&T; Resource Group. Further details on the agenda and speakers for the day will be advised shortly. Please contact us for further information, or to book a stall: <http://www.chrysalis-gii.co.uk/>

Safeguarding Flowchart

Here is a useful safeguarding flowchart to prompt appropriate action in your organisation should a safeguarding issue arise. Please let us know if you need support with a safeguarding policy. Contact our Community Development Team on 023 8090 2400.



Hand-washing technique with soap and water



© Crown copyright 2007 283373 1p 14 Sep07
Adapted from World Health Organization Guidelines on Hand Hygiene in Health Care



Hampshire Tobacco Control Strategy 2018-21

Would you like your organisation to be involved in helping to shape activity around tobacco across Hampshire? If you would like to have say and contribute to the plans, please come along to one of the three workshops taking place across Hampshire.

Basingstoke – Monday 5th February 2018

Havant – Monday 19th February 2018

Eastleigh – Monday 26th February 2018

All sessions will run from 9.30am – 12.30pm

Teas and coffees will be available

What is tobacco control?

- Supporting smokers to stop
- Promoting smoke free communities, including smoke free homes and public places, under-age sales, illegal tobacco
- Preventing young people from starting

Who should attend?

Anyone working within the community, including local authority staff, stop smoking advisors, community nursing staff, acute trusts and mental health services, housing officers, occupational health staff, communications leads, Clinical Commissioning Groups, Community Safety Teams, youth workers, voluntary organisations, etc.

The workshops will include:

- Review of Hampshire Tobacco Control Strategy 2015-18 and achievements.
- Priorities for 2018-21.
- Action planning for 2018-19.
- Future engagement and partnership working.

Please email sarah.preece@hants.gov.uk to book your place at one of the workshops.

Preventing the Spread of Infection

The NHS and social care have been under sustained pressure lately, particularly with high levels of respiratory illness, meaning there is limited capacity to deal with any demand surges. Information to date is highlighting increasing flu prevalence and some reports have suggested a rise in the severity of illness among patients arriving at A&Es with outbreaks of Norovirus.

We all need to do everything we can to reduce the spread further and protect as many people as possible from infection. Here is a useful reminder about effective handwashing to share with others in your organisation.



Children are being exploited by gangs involved in drug crime. Know the signs to spot.

County lines gangs use children and vulnerable people to courier drugs and money. A young person who is involved in county lines activity might exhibit some of these signs:

 Persistently going missing from school or home, or being found out-of-area	 Unexplained acquisition of money, clothes or mobile phones	 excessive receipt of texts or phone calls	 Relationships with controlling, older individuals or gang association	 Leaving home or care without explanation
 Suspicion of self-harm, physical assault or unexplained injuries	 Parental concerns	 Significant decline in school performance	 Significant changes in emotional well-being	

If you have concerns, follow your safeguarding procedures and share your concerns with local authority social care services.

Home Office Working in partnership with **CrimeStoppers.**

One Community Training, Workshops and Information Service



SAFEGUARDING ADULTS AND CHILDREN THURSDAY 1 FEBRUARY 2018, 9.30AM – 12.30PM

The aim of this course is to give learners the essential knowledge and skills required to recognise abuse and how to alert others to abuse.

On successful completion of this course the learner will be qualified to:

- operate within the legal boundaries with regard to safeguarding adults and children
- recognise the categories of abuse

- recognise the signs and symptoms of abuse
- consider where abuse is likely to occur
- understand who may commit abuse
- report and alert the relevant authorities to abuse
- understand who can make a report and how to go about it.

Cost: Voluntary Sector £55, Others £65

MOVING AND ASSISTING PEOPLE FRIDAY 23 FEBRUARY 2018, 9.30AM – 12.30PM

This course is suitable for staff and carers who move and assist people or for those who have a supervisory role in a care environment. The course helps to manage the risk of injury and ill health and reminds learners of the need to maintain dignity and to safeguard people.

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

- Operate within the legal boundaries with regard to the Manual Handling Regulations and the moving and assisting of people.
- Carry out risk assessment (PEACE) and understand biomechanics.
- Understand safe and unsafe moving and positioning techniques.
- Carry out safe sitting to standing and assisted walking techniques.
- Select, use and inspect equipment.
- Understand the correct use of wheelchair, rotunda and electric stand aid.
- Understand and comply with company policy and procedure.

Cost: Voluntary Sector £55, Others £65

MOVING AND ASSISTING PEOPLE TUESDAY 27 FEBRUARY 2018, 9.30AM – 12.30PM

This course is suitable for staff and carers who move and assist people or for those who have a supervisory role in a care environment. The course helps to manage the risk of injury and ill health and reminds learners of the need to maintain dignity and to safeguard people.

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

- Operate within the legal boundaries with regard to the Manual Handling Regulations and the moving and assisting of people.
- Carry out risk assessment (PEACE) and understand biomechanics.
- Understand safe and unsafe moving and positioning techniques.
- Carry out safe sitting to standing and assisted walking techniques.
- Select, use and inspect equipment.
- Understand the correct use of wheelchair, rotunda and electric stand aid.
- Understand and comply with company policy and procedure.

Cost: Voluntary Sector £55, Others £65

TRIGGER TOOL TRAINING: RISK AWARENESS AND SUPPORTING INDEPENDENCE

TUESDAY 6 MARCH 2018, 9.30AM – 11.30AM

FREE training is being provided for anyone who has contact with vulnerable adults in the community through their professional, voluntary or carer role to help people to stay well, independent and safe in their own homes for as long as possible. With a focus on helping people to help themselves, this training introduces the Connect to Support website which offers information and a directory of services for Hampshire residents. The learning objectives of this training are to:

- identify some of the risks that adults may have in their homes
- feel more confident in talking to the person about these risks
- know how to work with someone in a 'strength-based' way to ensure they are able to participate fully in their community and to support their independence
- know where you can get support and advice in your local area.

The Trigger Tool pulls together in one useful document the contact details of a range of agencies and organisations that can be of use when in contact with vulnerable people.

GENERAL DATA PROTECTION REGULATION (GDPR) AWARENESS WORKSHOP **WEDNESDAY 7 MARCH 2018, 9.30AM –**

11.00AM

Does your voluntary or paid work involve handling and storing personal data?

The General Data Protection Regulation comes into effect on 25 May 2018 to protect personal and business information from being abused, misused or mismanaged. *It is vital that all organisations are aware of these changes.*

Potential issues discussed during this informal awareness workshop will be tailored to the requirements of the learners and may include:

- basic definitions of data protection and the drivers behind the GDPR
- policies and privacy notices
- obtaining data and consent
- storage and retention of data
- access to, sharing and processing data
- security – data, physical, IT, remote.

By the end of the session learners will have an understanding of what processes they need to put in place before the introduction of the GDPR, and their responsibilities from May 2018 onwards.

Cost: £25

EMERGENCY FIRST AID AT WORK **TUESDAY 13 MARCH 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.*

INTRODUCTION TO SOCIAL ENTERPRISE **THURSDAY 22 MARCH 2018, 9.30AM – 12.30PM**

This workshop will benefit community groups or individuals thinking of setting up a social enterprise and the main learning points will cover:

- what is social enterprise?
- how could my organisation benefit from it?
- things to consider when starting to trade
- examples of successful social enterprises

- what help is available and next steps.

Cost: £5

CHOICE AND CONTROL IN COMPULSIVE HOARDING: A COURSE FOR PROFESSIONALS WHO WORK WITH PEOPLE WHO HOARD

Date to be confirmed, 9.30am – 4.30pm. Please contact us to register your interest in this course.

The learning outcomes for this one day course are:

- understanding hoarding disorder
- risk/risk assessment
- legislation including safeguarding and the Care Act 2014
- overview of positive engagement
- supporting hoarding disorder through the term of the relationship using Motivational Interviewing and the Cycle of Change.
- techniques to challenge compulsive acquisition and the failure to discard.
- case study work (throughout).

Cost: Voluntary Sector £75, Others £110 *Tea and coffee included in the price – please provide your own lunch.*

Electrical Fire Safety Fund



Max. Value: £ 5,000

The fund has supported the delivery of project-based fire prevention initiatives in local communities. These aim to effectively tackle the causes of electrical fires by increasing the public's awareness of electrical safety and promoting appropriate behaviour changes that will lead to the safe use of electrical appliances and installations.

If you would like to find out more about the scheme and how to apply for funding, please contact Neelam Sheemar at

neelam.sheemar@electricalsafetyfirst.org.uk

Heritage Lottery Fund - Resilient Heritage

Max. Value: £ 250,000

Resilient Heritage grants of £3,000-£250,000 can help you to strengthen your organisation, and build the capacity of your staff and volunteers to better manage heritage in the long term.



Click [here](#) for further information.

FUNDING

European Youth Foundation

Max value: €50,000

Grants are available for European youth activities which serve the promotion of peace, understanding and co-operation in a spirit of respect for the Council of Europe's fundamental values such as human rights, democracy, tolerance and solidarity.

Click [here](#) for further information.



For information on training, funding or governance contact our Community Development team on 023 8090 2400 or info@1community.org.uk

Events

Hampshire & Isle of Wight
Wildlife Trust 



Swanwick Lakes Nature Reserve and
1Community Fareham present

Love Your Green Spaces

Wednesday 14th February 2018

Drop into the 1Community Fareham Information Centre to meet Jess from Swanwick Lakes Nature Reserve. Join in with hands on activities and get inspired about the green spaces and wildlife in our lovely town of Fareham.

There will be plenty of information to take away, plus a winter wildlife spotting challenge to give you an excuse to get outside.

Time: 10am until 1pm

Booking: No need to book, just turn up.

Location: 1Community Fareham Information Centre, Fareham Shopping Centre

Event charge: No charge but donations welcome

NATS

Swanwick Lakes Nature Reserve is part of a partnership project between NATS and Hampshire and Isle of Wight Wildlife Trust.

Charity No. 207081 Registered Company No. 638223

www.hiwwt.org.uk

Protecting **wildlife**, inspiring **people**



Please follow us on Twitter, LinkedIn & Facebook

1st Catisfield Scout Jumble Sale

Saturday 17 February
1st Catisfield Scout
Headquarters, 134
Blackbrook Road
2pm Admission 10p
Contact:

catisfieldscoutgroup@icloud.com

Musical Afternoon In Aid of Cancer Research UK

Friday 9 February
2.30-4.30pm
Catisfield Memorial Hall,
22 Catisfield Lane
PO15 5NN

Music from the 50s and
60s

Cost: £10

Refreshments served

To book

contact: sandra_hands@yahoo.com

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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Tel 023 8090 2400 www.1community.org.uk info@1community.org.uk

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