

## Fareham Community Showcase 2018



One Community's Third Fareham Community Showcase at Ferneham Hall on Saturday 16 June was alive with community spirit, from the all-day programme of community choirs in the Octagon Room, to the almost 70 tables setting out their community offer around the building.

The sheer scale of the event was awesome, attracting a diverse range of visitors, including a special guest, the Mayor of Fareham, Cllr Mrs Susan Bayford, who delighted in visiting every stall and chatting to charities, voluntary and community groups from across the borough.

One visitor I spoke to had been recently widowed and was looking for ways to engage with the community and meet new people after a prolonged period as a carer; another was delighted to find a club for young people with extra support needs for her son, which she had no idea existed.

Stalls included a fine display of colourful handcrafts and delicious home-baked goods and the halls were abuzz with networking. Stallholders had the opportunity to speak on stage to raise awareness about their organisation. And so, volunteers were recruited, services accessed and connections made that will make a positive difference to many people's lives.

Event organiser, Hayley Hamlett, pictured above with some of the charity mascots, said: "I want to thank everybody who contributed to the success of the event, particularly Ferneham Hall, our partners for the Showcase, all the amazing organisations here today, and the staff and volunteers who ensured the smooth running of the day."

# One Community News



Someone once said, "The two most important words you can say to someone are Thank You." And over the past few weeks I have said and heard many

others say these incredibly important words to our local volunteers who keep the sector going.

One Community has had three volunteer certificate nights this year, in Eastleigh and Fareham, and it has been our biggest year ever for nominations. It is important to recognise the contribution of volunteers of all ages - we all like to be appreciated.

As usual we have lots of information in these pages for your attention, but I would urge you to read the notice of Hampshire County Council's consultation about Street Lighting and Transport (see page 5). You can respond online or phone for a form. Whatever way, I would ask you to give your views and encourage others in your organisation to do likewise.

Dial-A-Ride and Community Transport have been cut this year. We need people to put their views or those of their loved ones forward.

As ever, thank you for your contribution to the sector. Do contact me or my team if we can help in anyway, we are never too busy to listen.

Jean Roberts-Jones  
Chief Executive

## 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:**

### Environmentally Friendly Picnics

- If possible, walk, cycle or get public transport to your picnic spot.
- Pack local, in-season produce and remember that fruits have their own natural wrapping so

don't need additional packaging.

- Find a reusable bag, backpack or basket for carrying your picnic.
- Pack food and drink into reusable containers. If you can't take reusable cups/plates then choose biodegradable items.
- Bring washable and reusable napkins and tablecloth (you can use an old sheet or bedspread).
- Use sunscreen and insect repellents made with the fewest chemicals .
- Take your waste home with you, and have a container to hand to carry home uneaten food.



## One Community AGM 2018 18 September at 2pm



One Community's 40th Annual General Meeting will be held at The Point, Leigh Road, Eastleigh SO50 9DE at 2pm. 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](mailto:info@1community.org.uk)

## Fareham Volunteer Awards 2018



Volunteers' Week (1-7 June) was celebrated to the max in Fareham this year. It was announced on Saturday that One Community has won the Queen's Award for Voluntary Service, and on Wednesday and Thursday the charity held its already organised annual Volunteer Awards events at Ferneham Hall.

One Community Development Worker, Hayley Hamlett, said, "It's been an incredible week.

We had so many nominations this year that we had to hold two certificate presentations on consecutive evenings to make sure all the nominated volunteers were recognised. The announcement of the Queen's Award has made it extra special, and we were pleased that some of our own One Community volunteers were included in the presentations."

The Volunteer Presentation Night is an annual event hosted by One Community, where volunteers who either live or volunteer in the Borough of Fareham are recognised for the vital role they play in the community.

Mayor of Fareham, Councillor Mrs Susan Bayford, and Councillor Sue Bell, Executive Member for Leisure and Community at Fareham Borough Council, presented the certificates of service on the respective evenings, and both warmly thanked the volunteers for their invaluable contribution.

This year saw the biggest number of nominations One Community has ever received, with certificates being awarded to 99 volunteers from 21 organisations: 2<sup>nd</sup> Stubbington Scout Group, Acts of Kindness, Breast Cancer Haven, Bursledon Brickworks, Citizens Advice Fareham, Citizens Advice Outreach, Fareham Meon Rotary Club, Ferneham Hall, Friends of Holly Hill, Friends Through Pain, Hampshire Cultural Trust, Help in Bereavement, Home-Start Hampshire, One Community, Open Sight, Samaritans, Solent Mind, Stubbington Ark, The Henry Cort Community College, Two Saints, and Y Services.



# One Community News

## One Community 'Drop In' Sessions Information Fareham Shopping Centre

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

Any further information is available on our website [www.1community.org.uk](http://www.1community.org.uk)

Tel: 07702 802 556 Email: [hhamlett@1community.org.uk](mailto:hhamlett@1community.org.uk)

Registered charity number 1052978 Registered in England as a company limited by guarantee Registration Number 3182524

**Have your say about**

- **street lighting**
- **supported passenger transport services**
- **concessionary travel scheme**

Hampshire County Council is asking for views on proposals to:

- switch off street lights for part of the night
- reduce the frequency and or days of some supported public bus services
- replace some supported public bus services with alternative forms of community transport
- reduce the amount of printed material
- reduce the support available to organisations involved in transport
- remove the use of the Older Person's Bus Pass on Taxishares, Dial-a-Ride and Call and Go services.

**Have your say:**

[hants.gov.uk/consultations](https://hants.gov.uk/consultations)

Alternatively email [environment.bus.review@hants.gov.uk](mailto:environment.bus.review@hants.gov.uk) or phone **0300 555 1388\*** for a copy of the Information Pack and Response Form.

**The consultation closes Sunday 5 August 2018.**

\*0300 calls are usually included in most landline and mobile call packages, and if not, are charged at no more than a local rate call.



# 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](mailto: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:

Updating your charity’s details

**Update your charity details:  
improved service coming soon**



**CHARITY COMMISSION  
FOR ENGLAND AND WALES**

All charities must keep their details up-to-date by law. The Charity Commission will be launching an improved service so you can keep a regular check on your details, and update them when they change.

Over the next couple of months the Commission will provide regular updates to the charity sector about this and the benefits it will bring.

You can sign up for [GOV.UK email alerts](#) to keep up-to-date with the latest information the Charity Commission publishes on its website.

### **Make sure your charity details are up-to-date now**

Check that your charity details are correct, including the names of your current trustees and their contact details (such as email addresses).

You can sign in to the current [change charity details](#) service to do this.

These details are used to populate the [charity register](#), which the public use to find information about your charity. It is important that your information is correct.

The Charity Commission also emails trustees on the register with important regulatory updates. These communications help trustees to comply with charity law and run their charity effectively.

**If you need help with any aspect of running your organisation—governance, policies, funding, recruiting volunteers—One Community is here to help you. Please contact us on 023 8090 2400 or [info@1community.org.uk](mailto:info@1community.org.uk)**

## Hampshire & Isle of Wight Community Foundation Grants

Please apply online before **13 July 2018**. If you have any queries, please contact [grantsadmin@hiwcf.com](mailto:grantsadmin@hiwcf.com)

**#iwill** is a Youth Social Action Fund awarding grants of £1,000-£5,000 across all of Hampshire and Isle of Wight, which encourage young people aged between 10 and 20 (up to 25 for disabled young people) to lead change and make a positive contribution to their communities. Social action involves activities such as campaigning, fundraising and volunteering, all of which enable participants to make a positive difference in their local area. <http://www.hiwcf.com/funds/youth-social-action/>

**Michael Austin Harlick Sports Awards** provide grants of up to £1,000 to sport organisations in Hampshire, Portsmouth and Southampton towards the cost of awards that recognise the sporting achievements of young people in Hampshire, Portsmouth and Southampton, and are available to help with the purchase of challenge cups, individual medals, team award and colours.

<http://www.hiwcf.com/funds/michael-austin-harlick-sports-awards/>

**Red Funnel** has established a 'Travel Support Scheme' to support voluntary and community groups based on the Isle of Wight and Hampshire. The scheme can help groups by contributing towards travelling across the Solent on Red Funnel vehicle ferries and Red Jet services.

<http://www.hiwcf.com/funds/red-funnel-travel-voucher-scheme/>

## Transform Foundation Website Funding Programme

The Transform Foundation offers funding of up to £18,000 to cover the strategy, design, build, content strategy, training, QA and launch of a new mobile optimised website, with sophisticated marketing, fundraising, appeals, social media, e-commerce and website management tool. Applications are accepted on a rolling basis. The grant covers 100% of the website design and build costs with their current grant partner. Your organisation will need to cover ongoing costs for a minimum of a 12 month commitment. For further information click [here](#)

## Magic Little Grants

Localgiving has teamed up with the Postcode Community Trust to provide over 400 grants of £500 to small charities and community groups. Thanks to support from the players of People's Postcode Lottery, the Magic Little Grants Fund provides small charities and community groups the opportunity to access funding to deliver engaging physical activities, which help to overcome barriers to participation.

**To benefit from funding, projects need to meet either of the following themes:**

- Overcoming barriers to participation in physical activities in creative ways
- Increasing social cohesion through developing access to sports and other recreational activities

Applications are able to be made from **15th May to 31st October 2018**. As part of the grant, organisations who are not currently members of Localgiving will also be awarded an annual Localgiving membership, worth £96, that will enable them to benefit from Localgiving's online fundraising support and services. For further information click [here](#)

## Architectural Heritage Fund



The Architectural Heritage Fund

The Architectural Heritage Fund promotes the permanent preservation for the benefit of the public of historic buildings, monuments or other edifices or structures of particular beauty or historical, architectural or constructional interest in the United Kingdom. Grants can be awarded to assess the viability of a project or to help fund development costs. For advice on a project, contact your relevant regional support officer, the contact details of whom are provided on the fund's website. For further information click [here](#)

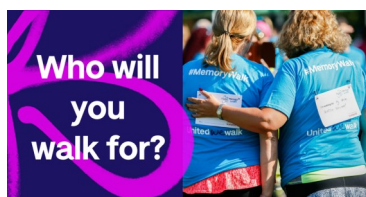
## The Veolia Environmental Trust

The trust supports community and environmental projects that fulfil the objectives set out in the regulations of the Landfill Communities Fund. The objects of the trust are: the reclamation and reduction of polluted land the protection, preservation and improvement of the environment for the benefit of the public; the delivery of biodiversity conservation for UK species; and the restoration or repair of historic buildings. Applicants must be based within five miles of a Veolia site. For further information click [here](#)

## Alzheimer's Society Memory Walk

### 2018 Memory Walk

registration is open, so register (with a team or on your own) and join 110,000 walkers across the country this autumn.



The atmosphere is amazing! You are welcome to join any walk - go to [memorywalk.org.uk](http://memorywalk.org.uk) to find out more. Dementia doesn't care who you are; it could affect us all. It's time to come together to walk towards a cure and improve care.

## One Community Training, Workshops and Information Service



### FREE DEMENTIA FRIENDS INFORMATION SESSION MONDAY 9 JULY 2018, 2PM - 4PM

Dementia Friends is an Alzheimer's Society led initiative which aims to increase dementia awareness and change the way the nation thinks, talks and acts about dementia.

A Dementia Friend is someone who has attended a one hour information session and has committed to an action that will make the lives of people living with dementia a little bit better. Anyone of any age can be a Dementia Friend and every action counts - from helping someone to find the right bus to spreading the word about dementia on social media.

Come along to this free session to learn more about dementia, what it's like to live with dementia and how to turn that understanding into action.

Cost: Free

Venue: Lockwood Community Centre

### EMERGENCY FIRST AID AT WORK WEDNESDAY 11 JULY 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

### FOOD SAFETY LEVEL 1

#### THURSDAY 19 JULY, 9.30AM – 12.30PM

The aim of this course is to give learners the essential knowledge and skills required to safely prepare and serve food in the workplace.

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

- operate within the legal boundaries with regard to food safety
- recognise and avoid common food hazards
- recognise and avoid the causes of food poisoning
- carry out good personal hygiene procedures
- keep work areas hygienically clean and reduce contamination
- recognise vulnerable groups
- understand how to comply with company policy and procedure.

Cost: Voluntary Sector £55, Others £65

Venue: One Community, 16 Romsey Road. Eastleigh SO50 9AL

### MEDICATION SAFE HANDLING

#### THURSDAY 19 JULY, 1.30PM – 4.30PM

The aim of this course is to give learners the knowledge and skills required to accurately administer medication in the workplace.

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

- operate within the legal boundaries with regard to administering medication
- to understand the audit trail including receipt, administration and disposal of medicines
- understand the pre-medication checklist
- identify the routes of administration
- understand the different types of medication
- understand how to correctly store and secure medication
- how to recognise adverse reactions and how to



deal with them

- understand Medication Administration Records (MARS)
- understand the importance of good record keeping.

Cost: Voluntary Sector £55, Others £65

Venue: One Community, 16 Romsey Road. Eastleigh SO50 9AL

## **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.

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 FOR VOLUNTEERS**

**TUESDAY 14 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 First Aid course and the Food Safety course on 7 August.

This national award in Emergency First Aid at Work satisfies the requirements of the regulatory body for First Aid, the Health and Safety Executive (HSE). On successful completion of this course learners will have the skills and knowledge to provide treatment to their casualties in a prompt, safe and effective manner.

The course will cover:

- Responsibilities and reporting
- Resuscitation
- Burns
- Assessment of the situation
- Anatomy
- Choking
- Dealing with an unresponsive casualty
- Minor injuries
- Epilepsy
- Basic hygiene in First Aid
- Bleeding control
- Shock

Assessment is ongoing by the instructor, along with a multiple choice question paper. A three year qualification will be issued to those who satisfy the criteria. In addition, the HSE strongly recommend that all students undergo an annual refresher programme of three hours.

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

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

## **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

**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](mailto:info@1community.org.uk)**

# Events

*New for 2018*  
**Mini Market**

## SUMMER FETE & FUN DAY

**SATURDAY 7<sup>th</sup> JULY**  
**..... 10am - 3pm.....**

**at**  
**1<sup>st</sup> Fareham Scout Group HQ**  
**Crescent Road,**  
**Fareham,**  
**PO16 0HJ**  
**(behind ALDI)**

**ALL WELCOME**

**COSTA Refreshments**

- \* Bacon Rolls
- \* Burgers
- \* Hotdogs
- \* Pancakes

Food donated by Fareham

**TESCO**

- Plant Stall
- Raffles
- Coconut Shy
- Splat-the-Rat
- Hook a Duck
- Bouncy Castle
- Craft Stalls
- Cake Stall
- Candy Floss
- Face Painting
- and much more.....

**Your Network**  
Send submissions for inclusion in Network to Julia Allan:  
[jallan@1community.org.uk](mailto:jallan@1community.org.uk)

**One Community Out and About in July**

- Highlands Hub 5th, 9am-12 noon
- Scouts Fete July 7th, 10am-3pm (see left)
- Fareham Library 9th, 10am-12 noon
- Tesco Fareham 10th 10am-3pm
- Portchester Library 11th, 10am-12 noon
- Stubbington Library 13th, 10am-12 noon
- Fareham Shopping Centre 16th, 9am-4pm
- Broadlaw community Centre Drop-In 18th, 9.30-11.30am
- Tesco Fareham 31st, 10am-3pm

Come and see us to talk about volunteering opportunities you seek, or the volunteers you need, or get support for your group.

All proceeds will go to 1st Fareham Scout Group. Registered Charity no. 268181 Enquiries please message via 1st Fareham Scout Group Facebook page or contact mobile 07754479880. We look forward to seeing you and appreciate the support.

*Come and visit the One Community stand at the Summer Fete and Fun Day!*



Please follow us on Twitter, LinkedIn & Facebook