

Chelmsford Centre Supporting Voluntary Action

Connecting, developing, promoting and supporting thriving, caring communities



CHELMSFORD CITY COUNCIL

What we do

Chelmsford Centre Supporting Voluntary Action (CVS) is an independent charitable company established in 1994 to champion, support and strengthen local charities, voluntary and community groups. We work with local people and key strategic partners to improve local neighbourhoods, activities or services.

Several Essex-wide charities are based in Chelmsford but the majority of our work is with smaller charities, voluntary and community groups - a diverse range of independent organisations working to make Chelmsford a better place for all who live and work here. Find out more about them at: EssexConnects.org.uk

We give specialist support and practical help on all aspects of running a voluntary organisation, supporting new groups to develop, drawing up constitutions, project planning, budgets, policies, fundraising,

“Without your continued support we would not have received the funding which has allowed us to purchase a portable hoist and finally get onto the water!”

Hanningfield Sailability

monitoring and evaluation. We hold regular networking and learning events; facilitate and connect groups into local forums.

The Centre offers affordable meeting space, loan of equipment, a specialist library and is a conduit for information sharing between voluntary and community groups, statutory agencies and businesses. Our website had 20,000 hits last year and, along with the Update newsletter and popular weekly e-bulletin, offers many opportunities to promote voluntary and community activity. The Centre also hosts a busy Volunteering Centre brokering over 1600 enquiries a year.

Hylands House Conference Centre and Estate

325

325 member groups; worked with 317 last year.

£740,000

assisted local groups to bring in £740K of funding.

47

47 charities used the Centre for meetings, drop in, training & crisis intervention.

103

103 local businesses approached for pro bono support.

OUR CORE FUNDERS:

- Chelmsford City Council
- Essex County Council (public health)
- Essex County Council (adult social care)

Hanningfield Sailability



CASE STUDY 1

M&S visual merchandising team train local charity shops.

The Centre has developed a strong working relationship with M&S, maximising opportunities for the voluntary sector in Chelmsford:

M&S has an employee volunteering scheme but were struggling to find good placements. Our Volunteering Co-ordinator spoke to staff about 100s of activities they could be getting involved with and now brokers M&S staff into local opportunities.

The Centre runs groups which are a lifeline to people with support needs. Needing to fundraise, one group asked M&S to help run a craft stall in the High Street. Staff were fantastic, helping to train volunteers who lacked confidence with the public.

M&S Manager offered to help a charity shop with window dressing. With over a dozen shops in Chelmsford we suggested a group session. 15 charity shop representatives attended a unique visual merchandising training event delivered by their team. Retired M&S shop mannequins are now given to us for re-homing in local charity shops.

This year M&S Chelmsford chose a local charity as their Charity of the Year!



CASE STUDY 2

New conversations in health & social care.

With changes in the funding and delivery of local health services beginning to impact on local charities, we organised a major event to enable lead providers to recognise the voluntary sector as a key partner in improving the health of local people. Thanks to support from Mid Essex Clinical Commissioning Group and Chelmsford City Council the first Mid Essex Health & Wellbeing Showcase attracted 154 delegates from all sectors. Chair of 'Who Will Care?' Commission, Sir Thomas Hughes-Hallett, spoke and 30 charities, Healthwatch, five health & social care providers, Chelmsford City and Maldon District councils all exhibited.

Farleigh Hospice, Broomfield Hospital, Stroke Association, Provide, Essex Cares and the Linden Centre stepped up to the microphone during the afternoon to share their stories of how local voluntary action supports their service delivery.

"It really helped to start a different conversation and new relationship between the voluntary sector, other sectors and commissioners."

Chair, MECCG

We received fantastic feedback and determined to organise another with more exhibitor space and open to the general public – Mid Essex Hospitals Trust has agreed to host.

KEY DISTRICT STATISTICS

- Chelmsford was awarded Jubilee City Status in 2012. Beyond the city centre and large town of South Woodham Ferrers the area is characterised by villages surrounded by open countryside.
- Major new housing development will increase 169,500 population to over 200,000.
- Essex County Council and Anglia Ruskin University are based in the city and 30% of employment comes from the public sector and education.
- 2011 census reflected marked growth in population among the number of over 90 year olds which increased by 53%.
- 13% of children are living in poverty and local agencies report significant increase in people seeking debt advice.
- Chelmsford is relatively healthy and free from crime yet has pockets of deprivation which, in a relatively affluent area, heighten the challenges of sustaining support services for vulnerable people.



**Centre Supporting
Voluntary Action**

Chelmsford City

HOW TO GET IN TOUCH

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Charity number 1112483
Company number 05586169

Colchester Community Voluntary Services (CCVS)

Thriving Local Communities



What we do

Colchester Community Voluntary Services is an independent, charitable organisation which has been operating in the Colchester area since 1968.

We work with new and established voluntary groups, members of the public, businesses and the public sector to achieve positive outcomes. We act as a voice for the sector with all of these partners.

We help people to set up new voluntary or community groups, fundraise, bid for contracts, provide and access training, and plan and address any unmet needs that they may have.

We facilitate events to provide networking opportunities, information and showcase the value of our sector.

We are a Centre of Excellence in Essex for Community Accountancy Services, offering payroll, management accountancy and

“Our mission is to enable effective communities and voluntary action by empowering and inspiring our local society through our five core values – Support, Development, Liaison, Representation and Strategic Partnership Working.”

independent examinations.

We recruit and train volunteers through our Volunteer Centre and Time Bank project, offering reciprocal, flexible volunteering.

We have established a Business Bank in order to generate in kind and pro bono support for the voluntary sector.

We run a Transport scheme in Colchester and Maldon and a Shopmobility scheme in Colchester.

▼ **CCVS staff and volunteers taking part in Colchester Carnival**



◀ **A view of Colchester High Street**

281

How many groups/organisations assisted in the 12 months 01/04/13 to 31/03/14.

£729,000

A total of the amount of funds raised including those raised for CVS.

18,000

18,000 volunteer hours generated.

40

40 businesses involved in the Business Bank.

OUR CORE FUNDERS:

- Essex County Council
- Colchester Borough Council

Other funders:

- Essex Community Foundation
- Timebanking UK
- Health and Social Care Volunteering Fund
- Grassroots
- Cory Environmental Trust
- Fowler, Smith and Jones
- Waitrose
- Co-operative Society
- Garfield Weston
- Essex County Council – Community Initiatives Fund
- Whole Essex Community Budgets
- Donations

▼ Meeting with one of our groups



▼ Fundraisers Network Group Meeting



CASE STUDY 1

Only Cowards Carry is a Community Interest Company (CIC) formed in late 2012 to campaign for and provide weapons awareness training to secondary and primary school children.

Since first contacting CCVS in February the project team has conducted an initial health-check, helped them to develop robust safeguarding policies, secure insurance and held funds whilst the group registered for a community bank account. Fundraising was another priority as the group quickly grew. CCVS identified funders, helped complete and submit their first applications. As a consequence, OCC has generated more than £8,000 in grants and additional funds through merchandise and donations.

Caroline Shearer, founder and director of Only Cowards Carry, has described the work as, "Excellent (we) couldn't have done it without their continuous help and support... nothing is too much and we so appreciate their time and effort to (help us get to) where we are now".

CCVS are still working with the group as they register as a charity and manage their growth and change.



KEY DISTRICT STATISTICS

- Colchester is the most populous Borough or District in Essex and the population is expected to continue to rise by more than 30% over the next 20 years.
- Colchester is a University Town supporting more than 9,000 students and a garrison site housing thousands of troops.
- Colchester has the highest population of adults with learning disabilities in Essex.
- Between the 2001 and 2011 census, the BME percentage of the population of Colchester nearly trebled.
- It is expected that Colchester will see a significant increase in the number of 0-4 and 5-9 year olds in the coming years.

CASE STUDY 2

Community Accounts Service (CAS) – In April 2013 we were contacted by a trustee of Essex Dementia Care asking if we could advise them on their finances.

At the time, they employed a finance officer, contracted to work 20 hours a week, who also worked overtime as necessary. We assessed the finances, identified that they needed to change some systems and calculated that CAS could provide 7 hours a month support, which would be ample to complete tasks. We began by moving all of their accounts over to Quickbooks and going back to the beginning of their financial year. We now visit every month and complete their monthly book keeping, bank reconciliations, raise their sales invoices and produce management accounts. We have established budgets, attend Trustee meetings when required and additionally act as a payroll bureau. The Groups Director commented "You have helped us to set up budgets and shown us that we can work in a much smarter way. This has cut our core costs and helped Essex Dementia Care to be more self sustaining".



HOW TO GET IN TOUCH

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Charity number 1092567
Company number 4426567

Council for Voluntary Service Uttlesford

Working with local groups to strengthen communities



What we do

Council for Voluntary Service Uttlesford (CVSU) is a charitable company with over 27 years' experience of supporting the voluntary sector.

CVSU's primary purpose is to support, advise, develop and strengthen the voluntary and community sector in Uttlesford, as well as providing representation at a strategic level.

We are very proud of the contribution the voluntary sector makes to the lives of people in Uttlesford and we work in partnership with local organisations to ensure that we have an inclusive and successful voluntary sector with a positive future.

We work with a wide range of groups, providing professional specialist services and advising on a range of issues, including funding, governance and set up and we also have an important role in disseminating information throughout the sector.

CVSU also provides a signposting service to local people through hosting and managing the online searchable directory Essex Connects. www.essexconnects.org.uk

In addition to our main services we are delighted to be working in partnership to deliver an exciting new pilot project (supported by Big Lottery), the Uttlesford Advice Network. This project incorporates an innovative new online referral system called Uttlesford Frontline which is to be rolled out to GPs and key frontline health and social care professionals.

www.uttlesfordfrontline.org.uk

OUR CORE FUNDERS:

- Essex County Council
- Uttlesford District Council

Other income:

- Management
- Project work
- Membership

▼ Janice Yates – CVSU Administrator



“27 years supporting the voluntary sector in Uttlesford”

CVSU Statistics for 2013/14

167

Number of groups receiving support in line with key services.

658

Number of individuals signposted to local services.

27

Number of groups provided with personalised funding advice.

115

Number of individuals receiving monthly funding bulletin.

£480,000

Amount of funding secured in this period.

519

Organisations on Essex Connects database.

▼ Well Being Hub, Great Dunmow



▼ Time Bank Volunteers



▼ CVSU Volunteers



CASE STUDY 1

CVSU in partnership with West Essex Mind, has been successful in obtaining grant funding worth £338,000 which has allowed us to purchase and extensively renovate the Old Police Station in Great Dunmow, to create a Well Being Hub for the local community.

CVSU manages this Hub, which not only provides accommodation for several charities but also has meeting rooms, a café and a drop-in information service for members of the public to use. We are also able to host drop in sessions for other organisations not located in the Hub.

Purchasing the property not only gives additional security to the charities who work here but together we are building a true community asset for the future and retaining this historical building for public benefit.

The charities located in the Hub with CVSU include: West Essex Mind, Uttlesford Carers, Voluntary Sector Training, Crossroads Care East Anglia and Essex Council for Voluntary Youth Services.

CASE STUDY 2

CVSU has managed to secure funding for the pilot project Time Bank Uttlesford which is being delivered in partnership with Uttlesford Volunteer Centre.



Time Bank is a new way to volunteer, allowing individuals and organisations to exchange skills and services between each other. Everyone's time is valued equally and for every hour of help you give, you can request an hour of help in return. Time Bank recognises that everyone has something to offer and builds community resilience by mobilising local people to help each other through volunteering and exchanging

We believe Time Bank responds to the needs of our local communities. If individuals feel they are unable to exchange due to ill health or frailty, they can still receive help if they become a Time Bank member.

We are now recruiting members to Time Bank and many of these are people who may not have previously considered any form of volunteering.

Organisations and groups can become mini time banks too!

KEY DISTRICT STATISTICS

- Uttlesford is a predominantly rural district in North West Essex comprising the main towns of Saffron Walden, Great Dunmow, Stansted Mountfitchet and Thaxted, with 56 parishes.
- It is geographically the largest district in Essex. The population of Uttlesford is 81, 300 (census 2011)
- 2011 Census data – 21% of Uttlesford population is over 65 years. 10 % of Uttlesford residents are unpaid carers.
- We know that at least 7,933 people in Uttlesford provide unpaid care for family, partners and friends.



HOW TO GET IN TOUCH

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Charity number 1098627
Company number 4709512

▼ Time Bank Volunteers



▼ CVSU Volunteers



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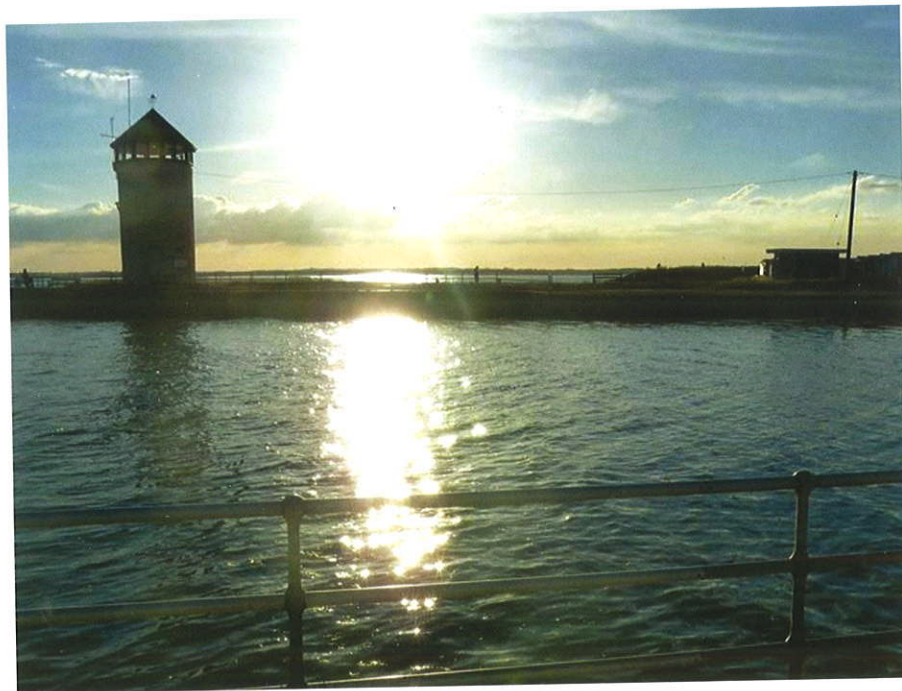
@CVS_uttlesford

www.cvsu.org.uk

Charity number 1098627
Company number 4709512

Community Voluntary Services Tendring

Developing and supporting voluntary action in Tendring and empowering local people



What we do

Community Voluntary Services Tendring was established in 1973. It operates from its vibrant community information centre in central Clacton and over 70 organisations utilise the building for meetings, training, counselling, presentations and day care to name just a few examples.

CVS Tendring serves the local community and voluntary sector by helping with funding advice, mentoring, partnership work and providing information through its newsletter, e-bulletin and website. Regular networking opportunities take place including an annual conference, trustee network events, community breakfasts and funding forums and with nearly 900 organisations on the CVS Tendring database our reach is wide.

CVS Tendring promotes quality assurance for the benefit of service users and has encouraged several local charities to gain a quality standard.

“CVS Tendring really is the heart and soul of the community. If anybody needs anything they should just come to CVST!”

At a meeting of the Tendring Older People’s Forum, for which CVS Tendring provides the secretariat, Kaz Day from Colne Housing said “CVS Tendring really is the heart and soul of the community. If anybody needs anything they should just come to CVST!”



230

How many groups/organisations assisted in the 12 months 01/04/13 to 31/03/14.

£922,600

A total of the amount of funds raised including those raised for CVS.

40th

In 2013 CVST celebrated its 40th anniversary.

OUR CORE FUNDERS:

- Essex County Council
- North East Essex Clinical
- Commissioning Group

Other funders:

- Anglian Water
- Big Lottery
- Colchester Catalyst Charity
- Community Development Foundation
- Tendring District Council

CASE STUDY 1

A small local organisation, providing day care services and outreach to isolated frail elderly people contacted CVS Tendring and asked for help.

The organisation was struggling with a number of issues including financial, governance and personnel and was facing immediate closure. CVS Tendring worked closely with the organisation over six months, undertook an internal audit and health check assessment and over a number of weeks, drew up a plan of action, contacted funders, arranged meetings with staff and trustees and managed the process to incorporation.

As a result, the charity has rebranded, is now a charitable incorporated organisation, trustees' liability is limited which in turn has attracted new trustees, it has streamlined its activities, is more financially stable and sustainable delivering daycare facilities, lunch and trips out over 5 days a week and is planning to extend. The charity helps to reduce loneliness and improves social interaction to over 140 clients who also enjoy healthy eating and participating in physical activities, some of whom live in the most deprived ward in England.



CASE STUDY 2

CVS Tendring organised a Health and Wellbeing Day for organisations across North East Essex to promote their services.

The event brought together a wide variety of voluntary, community, statutory and private organisations who were able to provide information and support to people with long term health conditions, physical or mental disabilities or those wishing to lead a more healthy lifestyle. A large scale consultation seeking views and opinions on the 'Big Care Debate' also took place on behalf of the North East Essex Clinical Commissioning Group.

Almost 350 people attended the event and organisations covering everything from diabetes to healthy eating and carers support were able to publicise their activities to many people that would not normally access these services.

As a result of this event organisations were able to raise their profile and many visitors advised that they would increase their levels of



physical activity following the event. In addition, during screening an Abdominal Aortic Aneurysm was found in a 67 year old man from Clacton. This intervention almost certainly saved his life.

KEY DISTRICT STATISTICS

- Tendring has the second highest proportion of older people in the East of England with over 25% of residents over the age of 65 (England average is 16%)
- The number of people suffering from long term health conditions is significantly greater than the rest of England (people living in Pier Ward have an 18 year shorter life expectancy than those living in another part of the region)
- The proportion of resident working population who are unemployed in Tendring ranks in the bottom 20% of districts nationally
- Tendring has the longest coastal and river frontage of any district in the UK with the vast majority of its population living within two miles of the water.



HOW TO GET IN TOUCH

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t [@cvstendring](https://www.instagram.com/cvstendring)

www.cvstendring.org.uk

Charity number 1108177
Company number 5325167

Maldon and District CVS

Supporting the Voluntary Sector in the Maldon District



ALL PHOTOGRAPHS: PHIL CARPENTER



What we do

Maldon and District CVS is a small registered charity dedicated to supporting the local voluntary and community sector. Our work aims to enable local groups to offer consistent and high quality services for the Maldon District through a range of services.

Our services include governance and good practice advice, set up advice, funding support, promotion and signposting, networking opportunities, information dissemination and representation. In the last twelve months we provided over 150 hours of free consultancy to the sector helping new groups to set up with constitutions and policies in place and existing groups to develop their services and access funding.

In addition to one to one support we also facilitate the Mid Essex Forum with Chelmsford and Braintree CVSs to provide representation and networking for our members, facilitate training

“The help was amazing. It’s so supportive to know you’re there”

events and funding workshops, produce regular newsletters and bulletins for our members and work in partnership with local groups and partners to develop the support available to the Maldon District. We also host the Volunteer Centre for the Maldon District listing over 150 current volunteering opportunities from organisations in the district, and we are a founding member of the Essex Connects partnership.



◀ **One to one community support for groups**

43

The number of groups who received direct support from Maldon and District CVS in 2013/14.

£473,292

The amount of money brought into Maldon District through support from Maldon and District CVS (2012-13).

13

The number of years MDCVS has been providing support.

150

The number of hours of VCS consultancy given in 2013–14.

OUR CORE FUNDERS:

- ECC public health
- ECC adult and social care

▼ **Young Carers Community Day run by a partnership led by MDCVS**

CASE STUDY 1

Men don't talk face to face they talk shoulder to shoulder

In 2012 Maldon and District CVS became aware through conversations with local organisations and people that the District was missing a project providing support specifically for men. There was a multitude of W.I.'s, craft and knitting groups and coffee mornings which attracted women and gave them the opportunity to be involved with their community and peer group but for men at risk of isolation fewer options were available.

Maldon and District CVS undertook to research this further and in partnership with Maldon District Council identified the potential for a Shed project. Funding totalling over £20,000 was sought to bring the old mortuary building on Maldon Cemetery back in to use and the building work was completed in May 2014.

The Shed project aims to enable peer support for men at risk of isolation where they can take part in practical projects in a community setting. It provides new friendships, mental stimulation, a sense of purpose



and an increase in feelings of wellbeing.

In 2014 the Shed project was recognised by the Who Will Care? Commission as a conduit for community mobilisation and plans are being made to enable replication across Essex.

KEY DISTRICT STATISTICS

- Maldon District is situated on the east coast of Essex and has over 75 miles of coastline, a rich maritime and agricultural heritage and has recently been named by the Times as the best place in the countryside to live. The district is predominantly rural and covers an area of 36,000 hectares. It wraps around the Blackwater Estuary where the iconic Thames Sailing Barges still sail and the River Crouch to the south.
- The District is the least populated in Essex with a population of approximately 629000 people. As one of the three largest districts in Essex it is also one of the most sparsely populated with under 180 residents per sq km
- Maldon District is a popular retirement destination and it is predicted that Maldon will see one of the largest population increases (78%) in over 65s by 2030. This is considerably above the Essex average of 57% and the national average of 53%.

CASE STUDY 2

Good practice advice in the changing world of Safeguarding.

Maldon and District CVS is also a Disclosure and Barring Service (DBS) umbrella body. Through this service we are able to offer members of Essex CVS affordable access to quality safeguarding processes. In addition to processing DBS forms we offer advice on following good practice in regards to risk assessing staff and volunteer roles and safeguarding.

In recent years the Criminal Records Bureau (CRB) has made its transition to the DBS and with that transition there have been many changes. Maldon and District CVS has worked with local groups to keep them up to date with the changes including the switch to one disclosure form, the introduction of the update service and changes to eligibility of roles. We process over 100 checks per year and in the last year spent nearly 100 hours supporting groups with their safeguarding needs.



HOW TO GET IN TOUCH

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