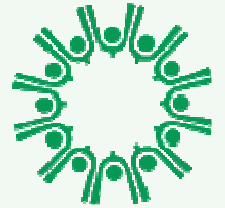


You'll have to indulge us this month as we've just had our AGM and have a lot to tell you about what we and the team have been up to recently. So this issue is a bit VANEL, VANEL, VANEL...

But there's still some news from our Members & there's always room for more in December ... (to [editor@vanel.org.uk](mailto:editor@vanel.org.uk) please)



# voluntary *action*

## **The VANEL AGM: 7th November 2013 - our report to you**

**On 7th November we held our AGM.** This year we were kindly hosted by Grimsby Institute of Further and Higher Education in the Boardroom at the University Centre. We were joined by a good number of our Members and Friends for the AGM - (thanks for coming) - and we followed up the AGM with an excellent keynote presentation, discussion and interactive voting session entitled

"Healthy Lives Healthy Futures" and delivered by Dr Peter Melton, Clinical Lead for the CCG (above). Over 50 people crowded into the room, and the discussion was lively and informative.



The AGM was reporting back on our 2012/13 financial year, which despite ongoing economic challenges, was a busy, successful and active year for VANEL. Our Annual Report - which again this year has been entirely electronic and online - demonstrates the huge diversity of our activities that year. You can visit the report itself at [www.vanel.org.uk/report](http://www.vanel.org.uk/report) and the summaries of the year from Paula Grant, Chief Officer, and Allen Young, our Chair of Trustees will give you a flavour of the rest of what the report contains.

Our thanks go to our Trustees who volunteered to support the organisation during the past year, to our staff, our volunteers, and of course, to our Member and Friend organisations who, through their membership, both have access to our support and services, but in turn help support VANEL in its work.

To start things off on the day we also held a "Community Fundraising" workshop in the morning which, according to feedback was very useful to the participants. And before and after the AGM proper we all had a chance to mingle and network together. The MindWorks team was being interviewed on their recent work, we were presented with our Healthy Workplace Silver Award, and we in turn presented SVA certificates to a number of organisations who recently achieved their accreditations. And our growing team of enfuse apprentice community development workers were showing off their (self-designed) marketing materials and sporting their new t-shirts whilst doing a great job escorting our visitors around the building! Thanks again to everyone involved. Read on for a few more follow ups from the day, visit the website for more news ([www.vanel.org.uk](http://www.vanel.org.uk)) and read the Annual Report at [www.vanel.org.uk/report](http://www.vanel.org.uk/report).



# NEWS from Members and our community...

A small selection of news from VANEL and our members. Visit the VANEL website to read much more news relevant to our sector. If your organisation is a VANEL Member or Friend then you can advertise any news you have via our website. [editor@vanel.org.uk](mailto:editor@vanel.org.uk)

## Food Larder help needed

**Care (Christian Action Resource Enterprise)** run the Daily Bread Food Larder to help residents of North East Lincolnshire, who find themselves experiencing poverty, hardship and distress. Last year Care gave 1080 food parcels out. In the first 6 months of this year they have already given out over 1,300 parcels! (This is before we head into winter which is normally are the busiest months!)

Some other significant statistics:

- there has been over a 200% increase since last year in the number of food parcels Care have given out
- Care have fed over 2000 adults and children since April this year
- Care have helped feed over 350 families since April this year

Care are carrying out some supermarket collections to stock up the larder. If you could help out with any of these (or in any other way) you can contact Care direct via 01472 232310 or email [enquiries@carenelincs.co.uk](mailto:enquiries@carenelincs.co.uk) or contact the North East Lincolnshire Volunteer Centre on 01472 231123.

- **Wednesday 4th December - Tesco, Hewitts Circle, Cleethorpes**
  - **Friday 6th December - Asda, Grimsby**
  - **Thursday 12th December - Tesco, Grimsby**
- All are from 10am-4pm**

More information about care and the food larder on their website [www.carenelincs.co.uk](http://www.carenelincs.co.uk).



## Quick Fundraising Tips

**Liz Baghurst from Seafox Consultants** was kind enough to deliver our "Community Fundraising Services" training session in the morning prior to our AGM. And in summary here are a few of her top tips for success when submitting grant applications:

- Have a good, concise, well articulated story which stands out from the crowd.
- Plan ahead allowing for all the time required.
- Address deliverability with realistic timescales, targets and costs.
- Present a well researched plan – understanding the beneficiary needs.
- Explain how the benefits of your project are going to be shared beyond your client group or organisation.
- Provide all the information required and check that all boxes have been completed.
- Choose the right fund in the first place!

Questions about fundraising? Contact VANEL on 231123 for advice or get in touch with Liz via [liz@seafox.no](mailto:liz@seafox.no)

## Tidy up Together

**North East Lincolnshire Council** began an exciting new programme of works in September this year which will last for around six months.

"We're investing £150,000 in a borough-wide, ward-by-ward clear up campaign. We are encouraging residents, community groups and partners, such as the social housing provider, Shoreline, to get involved – from helping us find those problem spots, to getting involved in community clear up days. And this is where we need your help.

Over the coming weeks and months, we need residents and local businesses in each ward to nominate areas that need particular attention – in any of the work areas below. Ward councillors are also getting involved – some doing hands on work in the wards, others helping to co-ordinate work around the borough.

So far, we've removed 350Kg of dog fouling, and in the first four weeks of the campaign alone, we removed 115 tonnes of waste – that's nearly eight single decker buses worth!

We've been in Humberston, New Waltham, Waltham and Immingham, as well as the rural parts of our borough. We're currently in Freshney, and then we're moving to West Marsh, Yarborough, South and Scartho.

We've been working with local schools on an education programme, and have people who can come to a school or group near you if you want. Perhaps you've spotted a street sign that needs repairing, or have an idea about transforming an alleyway near you? We want to work with you to help tidy up your area, but we want you to help us so we can sustain the life of this project.

Each area will have its own particular issues, and the more information we have from the people who live and work there, the better we can allocate resources when coming in to your ward and sorting out local problems for the good of the whole borough.

We are looking to tackle:

- removal of weeds, dog fouling, fly posting, fly tipping;
- grounds maintenance, such as grass cutting, litter picking, hedge trimming, attending to young trees and cutting grass;
- hard landscaping and utility works, such as replacing broken flags, relaying uneven paving, filling in small pot-holes, replacing street signs and repairing street furniture, and repainting lamp posts where required."

Councillor Ray Oxby, portfolio holder for environment and housing, said, *"I implore communities and groups to please get involved. Whether that's educating younger children or getting your group involved in tidying up, it's important that the work that's being done at the moment is sustained. We want people to be proud of their area - and help to keep it looking welcoming, inviting and a generally attractive place to live."*

Call 01472 324500 or email [customer.requests@nelincs.gov.uk](mailto:customer.requests@nelincs.gov.uk)



# The Enfuse news page...



## Changes to the Enfuse Team!

**The enfuse team keeps on evolving!** Mike Hobbins is the latest addition to the team following the additions of Bayard, Phil, Claire and Anneliese last month. And it's time for us to say a fond farewell to Natalie. Natalie is no longer one of the enfuse team, but she's only moved upstairs to move into a full-time role as Family Group Conference Practitioner. Her position in the Enfuse team will now be filled by Mike. Hello Mike & congratulations Natalie.

## Congratulations Sophie

Congratulations too to Sophie Wilson for being awarded the Recognition of Best Achievement award for her work at Humberside Probation Trust. We are so proud of her! Well Done!

## High Sheriff Tribune Trust Funding Bid (success)

It's great to be able to report that Sophie Wilson from the enfuse team has been awarded an amazing £2,000 from the High Sherriff's Tribune Trust.

The funding will be used to help support and put more resources in the South ward reducing re-offending scheme that is run by The Humberside Probation Trust.

The Scheme was set up in January 2013 for a pilot of 6 months, but due to it being a major success it has now been made into a scheme.

So the Scheme will be using the money to help support offenders into work and also to help fund the drop in session that has been set up to help with job searches, benefit support, housing support and many other things.

Contact Sophie on [sophiew@vanel.org.uk](mailto:sophiew@vanel.org.uk) for more.

### AGM follow up

- ⇒ Ongoing news from the event will be online at [www.vanel.org.uk](http://www.vanel.org.uk)
- ⇒ The Annual Report is entirely online at [www.vanel.org.uk/report](http://www.vanel.org.uk/report)
- ⇒ For MindWorks contact Ian Disley on 231123.
- ⇒ For Winter Planning contact Vicky Campbell on 235311.
- ⇒ The enfuse team are on 315437.
- ⇒ The Volunteer Centre is on 231123 to talk both about Volunteering or the Supporting Volunteers Award.
- ⇒ For anything else, including support with fundraising, please call reception on 231123.



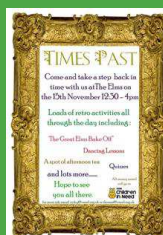
## Promoting Enfuse

The enfuse promotional material is all now coming together well. We have our new banners, flyers, business cards, badges and our sponsored T-shirts ready. Watch out for us at an event near you soon!

## Sponsor a Child

Enfuse have decided to run a 'Sponsor a Child' campaign for Women's Aid this Christmas. We have decided to focus our attention on the teenagers and the mothers who currently stay at the refuge as after feedback from them, they are the ones that get forgotten about. We have started handing out sponsorship forms now and we are hoping to give them a Christmas to remember.

For more information contact the project leads Sophie Johnson and Kelly Smaller via email [sophiej@vanel.org.uk](mailto:sophiej@vanel.org.uk) or [kellys@vanel.org.uk](mailto:kellys@vanel.org.uk).



## What's else is coming soon?

Also don't forget that it is **Children in Need on the 15th November** and The Elms is going back in time to help raise some money. We have lots of different activities going on throughout the day

from 12:30 – 4:30pm. Come and sample the delights of the Great Elms Bake Off. Learn how to dance. Play some parlour games in our reinvented 'Paula's Parlour'

We have a few big events coming up that enfuse will be promoting the work we are doing. We have the launch of the YPSS new building. This will be located where the Grimsby Learning Centre used to be in the town centre. The team will be out in Freshney Place giving out leaflets and promoting volunteering at the event on **Saturday 9th November** from 12:30 until 5pm so if you're around town then keep an eye out for us.

The **Local Democracy Conference 2013** is being held at the own Hall on the **22nd November**. This event is being run by the Council for Young People and Young Advisors, a couple of our team work very closely with these groups and have been asked to help participate in the day which we are really looking forward to!



# Mental Health Volunteering - by Ian Disley, Mindworks at VANEL

A supportive environment and colleagues you know you can trust aren't always guaranteed in a work environment, but they're always available to volunteers.

There are organisations that offer volunteers support and space to talk about anything – whether it's connected with a volunteer's role or not. Volunteers are essential to Mind Works. We run an information centre and a mentoring programme for people experiencing mental health problems, as well as their families, friends and carers.

Volunteers often listen to service users who need to talk about issues they're currently experiencing, which can include thoughts of suicide, worries about loved ones and fears about long-term mental illness. This means that for volunteers, support, space and trust are essential.

The volunteers' roles sound tough, and some of the situations they work with are distressing but with one in four adults suffering from a mental health problem at any one time, many of the issues volunteers deal with are close to home.

A caring atmosphere is just one of the many elements of the role that attracts volunteers. The sense of teamwork can bring a real reward. You have to really work as a team: there are no right or wrong answers to the service user's questions and concerns, volunteers often talk through the issues together and share each other's ideas.

## Building Skills...

Developing the life skills required for the role is part of what attracts new volunteers. For example, volunteers for Mind Works based at the Volunteer Centre provide potential volunteers with one to one mentoring and group Life Skills Training to support those experiencing mental health problems.

We do ask for our volunteers to have prior knowledge and personal experience with mental wellbeing and they don't need any professional experience or training, but they do need listening skills and to be able to project empathy, it's about connecting with people – being able to be there for them in situations that are difficult and isolating.

Mind Works volunteers are well supported in their roles. As well as receiving training, each volunteer is assigned a mentor and can speak to paid members of staff and experienced volunteers about any difficult situations they come across during their shifts.

**Voluntary Action are currently recruiting volunteers for the Mind Works Programme, a new initiative offering Life Skills Training, mentoring, information and**

**advice, a team of voluntary mentors based at the volunteer centre here in Grimsby. Aimed particularly at those who want to use volunteering as a pathway to mainstream employment. Potential volunteers can be of any age and will receive full training.**

## Breaking down Barriers...

Volunteering can also be a way for former service users to build their confidence and fight the stigma that can still be attached to mental health problems.

Many of Mind Works volunteers are former service users, and we believe that their involvement with the organisation is vital, as they have a unique insight into the mental health system.

## Giving Voice...

There are plenty of other ways of volunteering, depending on your own experience and the way you can commit. Many organisations offer voluntary placements in their offices, helping with administration, and some – including research projects that need input from volunteers.

If you want to be surrounded by interesting people, I'd definitely suggest working or volunteering within mental health, we come across so many different viewpoints on life and it's never dull.

Contact [ian@vanel.org.uk](mailto:ian@vanel.org.uk) for more information.

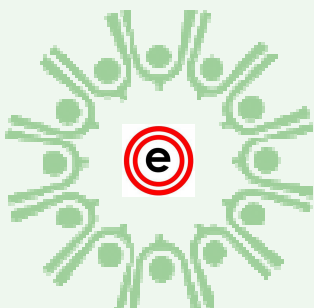
## Full of Christmas Spirit – Of the charitable kind!

Does your organisation need a volunteer on Christmas Day? Most host organisations close over the Christmas period, but there are still people who are willing to give their time – but with nowhere to channel their energies.

We know they're out there because they contact us at the Volunteer Centre to see what they might do. But we can always do with more opportunities for them to fill.

So if your organisation needs volunteers on Christmas Day, please let us know. We will put our volunteers in contact with you.

Please call the Volunteer Centre Team on 01472 231123.



[www.vanel.org.uk](http://www.vanel.org.uk)

Follow us @vaneltalk @vaneldigital @enfusegy  
and [www.enfusegy.org.uk](http://www.enfusegy.org.uk)

## Opening Hours

The 14 Town Hall Street office is open 9am-4pm Monday-Thursday.

Voluntary Action

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Grimsby, DN31 1HN  
01472 231123