Welcome to our SUMMER 2017 newsletter

Page 1  Gosport Voluntary Action News
Page 2  Trustees
Page 3 & 4  Training
Page 5 & 6  Volunteering
Page 7 - 10  Information
Page 11  Funding
Page 12  Children, Youth & Families
Page 13 - 16  Local News
Page 17  Organisation Focus
Page 18  Contact Details
Page 19  Dates for your Diary
It's Volunteers' Week! This national annual event celebrates the contribution made by millions of volunteers across the UK. Gosport Voluntary Action will be in Gosport market on 6th June, so come along and visit our stall. We will also be in the Discovery Centre on 8th June if you would like more information on volunteering in your local community.

You can always contact Lisa Powell, our Volunteer Placement Officer here at GVA, on 023 9258 8347 or email her at go-volunteer@gva.org.uk

Good News for Community Transport

Although the Executive Board of Gosport Voluntary Action has decided to cease running Community Transport for the Borough of Gosport, our Sub-Committee for Transport signed a partnership agreement with Community Action Fareham (CAF) who successfully won Hampshire County Council's contract for Fareham and Gosport.

This has resulted in GVA’s buses being loaned to CAF to continue its service to Gosport groups and residents from 31st March 2017. This larger fleet of vehicles includes large minibuses for 16 passengers or smaller buses for 6. All vehicles are available 24 hours a day, 7 days a week and are fully accessible.

“Increased mobility for you and your community groups”

If you would like to hire a minibus, please contact CAF on 01329 223152 or email ct@actionfareham.org.uk

You can also find further information on their website www.actionfareham.org.uk/ct
Resignation and Removal

Length of Service
Your charity’s governing document may include a set number of years trustees can serve. A trustee who has reached the end of their set term can be re-appointed for another term, unless your governing document says otherwise. If your governing document does not specify a length of service, trustees continue in their role until they die, resign or are removed.

Resignation as a trustee
Generally, trustees are able to resign before the end of their set term. The trustee will need to put their resignation in writing. Your charity’s governing document might also include certain rules you will need to follow if a trustee wants to resign.

How to remove a trustee from the board
You usually need a good reason to remove a trustee, such as if they have done something that damages your charity’s reputation. Check your charity’s governing document to see if it has a procedure for removing trustees.

If your charity is a company, you have the right to remove a director, providing you follow the correct procedures. You have this right under the Companies Act 2006, regardless of what else is written in your articles of association.

Vote of no confidence
You can hold a vote of no confidence to encourage someone to resign as a trustee. This could be part of your charity’s rules for removing a trustee, or written into its governing document. If it is not part of your charity’s rules, the vote has no legal power and the trustee will not have to resign.

Legal procedures to remove or replace trustees
It is usually straightforward for a trustee to leave if your charity is a company or if there are procedures written in your governing document.

If this is not the case, the Trustee Act 2000 may allow you to replace a trustee – for example if they want to retire or refuse to act as a trustee.

How to update your charity’s details
When a trustee leaves, update the records the Charity Commission holds about your charity – either in your annual return or online.

If the retiring trustee had some special responsibilities, it is a good idea to arrange a handover. This might involve the trustee who is leaving: handing over the charity’s password for the commission’s website, training others in how to complete the annual return, telling the commission your named contact has changed.

If the trustee who is leaving is named on your charity’s title deeds to land or property, you will need to update the title deeds. There is a set legal procedure for this and you can take professional advice. Always have at least two trustees if your charity holds land.

For further information - https://www.gov.uk/guidance/charity-trustees-resignation-and-removal
Breathing Space  Practical support for parents and carers of children with additional needs. These 5 workshops will help you as a parent or carer to make positive changes such as finding time for you, looking after yourself, returning to work or study, managing meetings with education, health or social care professionals. Through discussions based on real life scenarios and sharing ideas with other parents and carers, you will learn new tools to recognise, manage and reduce your stress levels.

**Dates:** 19th June, 26th June, 3rd July, 10th July & 17th July 2017  
**Times:** 10:00am - 12:00pm  
**Cost:** £30 per person  
**Venue:** Oak Meadows Children’s Centre, Tewkesbury Avenue, Fareham PO15 6LL

Dementia Awareness  For anyone working or volunteering in an organisation where they may have contact with a person or people living with dementia. Occasionally staff/volunteers visiting older people may notice issues or concerns, which are beyond the boundaries of their role but do need some kind of action. Dementia Awareness, offers an insight into how dementia may affect people and how best to support them.

**Date:** 20th June 2017  
**Times:** 9:30am - 1:30pm  
**Venue:** Community Action Fareham  
**Cost:** £55 per person, reduced to £40 per person for community groups and charities.

Lone Working  For front-line staff and volunteers delivering support directly to vulnerable people with diverse support needs in one to one situations. This course aims to provide front-line staff with the skills and knowledge required to keep themselves and their clients safe when working alone. It also aims to ensure that organisations have suitable policies and procedures to protect those staff and keep them and the people they support safe.

**Date:** 20th July 2017  
**Times:** 9:30am - 1:30pm  
**Venue:** Community Action Fareham  
**Cost:** £55 per person, reduced to £40 per person for community groups and charities.

For further information or to book a place, please call 01329 223 155 (Monday, Tuesday, Thursday & Friday 9:00am - 4:30pm) or email bookings@farehamaction.org.uk or go to http://www.actionfareham.org.uk/index.php/support/training/current-courses

Community Learning at the Discovery Centre

Courses are running at the DC throughout June and July in Art and Craft, Archaeology, Employability and Music.

For more information or to book a place, call 02392 523463 or visit www.hants.gov.uk/gdc
Out There Project
Adult Education Courses

The Out There Project is now taking enrolments for a wide variety of adult education courses. All course descriptions can be found on the St Vincent College website: [http://www.stvincent.ac.uk](http://www.stvincent.ac.uk).

For further information or if you would like to reserve a place, please telephone 023 9252 5704 or call into the Out There Project office at the Nimrod Community Centre, Gosport. Email: outthere@stvincent.ac.uk

### JUNE

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<th>Course</th>
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<tr>
<td>Emergency First Aid at Work</td>
<td>1st June</td>
<td>Alton Maltings Centre</td>
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<td>Grant Applications and Applying for Funding</td>
<td>1st June</td>
<td>Bordon Working Men’s Club</td>
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<td>Creating effective teams at work</td>
<td>5th June</td>
<td>Dickinson Centre, Havant</td>
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<td>Safeguarding adults and children</td>
<td>5th June</td>
<td>The Beacon, Havant</td>
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<td>Introduction to Mailchimp (2 day course)</td>
<td>6th and 13th June</td>
<td>Rowlands Castle</td>
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<td>Fundraising and Fundraising Strategies</td>
<td>6th June</td>
<td>Dickinson Centre, Havant</td>
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<td>Effective Presentations &amp; Public Speaking Skills</td>
<td>6th/13th June</td>
<td>Cowplain</td>
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<td>Family Practice Creating Marketing Publications</td>
<td>7th/14th June</td>
<td>Havan</td>
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<td>Microsoft Excel for Beginners</td>
<td>8th &amp; 15th June</td>
<td>Dickinson Centre, Havant</td>
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<td>Coaching and Mentoring Skills</td>
<td>12th June</td>
<td>The Beacon, Havant</td>
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<td>Being An Effective Administrator</td>
<td>12th June</td>
<td>Havant</td>
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<td>Minute Taking and Effective Meetings</td>
<td>15th/22nd June</td>
<td>The Beacon, Havant</td>
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<td>Food Hygiene (level 2 accredited)</td>
<td>19th June</td>
<td>Winchester</td>
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<td>Basic First Aid and How to Save a Life</td>
<td>19th June</td>
<td>The Beacon, Havant</td>
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<td>Building Resilience</td>
<td>20th June</td>
<td>Rkdia, Horndean</td>
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<td>Time Management (2 day course)</td>
<td>21st &amp; 28th June</td>
<td>Rkdia, Horndean</td>
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<td>Safeguarding adults and children</td>
<td>22nd June</td>
<td>Winchester</td>
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<td>Emergency First Aid at Work</td>
<td>26th June</td>
<td>Winchester</td>
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<td>Hygge in Everyday Life</td>
<td>26th June</td>
<td>Rkdia, Horndean</td>
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<td>How to use your iPad (3 day course)</td>
<td>27/28 &amp; 29th June</td>
<td>Dickinson Centre, Havant</td>
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<td>Monitoring and Measuring Outcomes</td>
<td>27th June</td>
<td>Winchester</td>
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<td>Being Assertive at Work</td>
<td>29th June</td>
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### JULY

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<tr>
<td>Creating Effective Teams at Work</td>
<td>3rd July</td>
<td>Rkdia, Horndean</td>
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<td>Lone Working and Personal Safety</td>
<td>4th July</td>
<td>Winchester</td>
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<td>Basic First Aid and How to Save a Life</td>
<td>5th July</td>
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<td>Microsoft Excel Improvers</td>
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For more information and prices for individual courses please visit [www.cfheh.org.uk/events](http://www.cfheh.org.uk/events) Email: bookings@cfheh.org.uk or call 0300 500 8085
We are looking for Trustees

We are searching for a Trustee to join the Executive Committee of Gosport Voluntary Action who will ensure that we continue to provide excellent support to voluntary and community organisations in Gosport and caring and professional services for its most disadvantaged residents.

GVA provides the Council of Voluntary Action for Gosport and is an independent charity and company limited by guarantee. It runs several projects that support vulnerable older people and adults with mental health issues and other support needs. It also manages a Surgery Signposter project for Fareham and Gosport Clinical Commissioning Group. Currently it has a turnover of around £350,000, 34 paid staff (mainly part-time) as well as over 100 volunteers.

For more information or to answer any queries or to come in and see us to talk over the role, please get in touch with either Margaret Wilkinson, Chair, or Nicky Staveley, Chief Officer, on 02392 583836 or at chair@gva.org.uk or chiefofficer@gva.org.uk.

Gosport Voluntary Action are very excited to announce the launch of our brand new website! Please visit www.gva.org.uk, where you will find information about our services for groups and individuals, as well as our online searchable directory of volunteering opportunities in the community. We will be adding more functionality as we develop further, so watch this space!

Any comments or feedback would be gratefully received.

Preparation for Volunteering

This free course is open to people of all ages, regardless of mental or physical ability, who wish to gain confidence generally and hopefully go on to volunteer.

Preference for places on the course is given to mental health service users.

By the end of the course, it is hoped that you will have sufficient information on what is expected of a volunteer and have the confidence to commit to a voluntary role.

Starts Wednesday 14th June
8 x 2½hr sessions on consecutive Wednesday mornings.

Venue: Martin Snape House, 96 Pavilion Way, Gosport
To reserve a place or to find out more, contact
Peter d’Agostino on 023 9260 4686
or email vol.support@gva.org.uk

Help in Bereavement

Help in Bereavement is looking for new volunteers.

They are holding an Open Evening at The Nimrod Centre Gosport, Tuesday 11th July, 6.30pm to 8.30pm.

If you would like to know more about HiB and their services or how to become a Visitor, please come along.

RSVP to Linda Smith on 07834 457284
Community Connectors

Do you want to help find ways in which local people can improve the things that matter to them? Fareham & Gosport Community Connector Team are looking for volunteers to do just that. Community Connectors is a new approach to improving communities and the lives of the people that live in them. By looking at the different networks and connections that people have in their lives, the project aims to help local people identify strengths and gaps in their own communities, and come up with ideas to make them even better places to live.

As a Community Connector, you will:
- Get to play a role in an exciting opportunity to improve your community
- Get free training
- Be able to get a reference and add your involvement to your CV
- Meet other like minded people

Find out more by contacting Solent Mind on 02382 027831 or email communityconnectors@solentmind.org.uk

Carers Week 12th -18th June 2017

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK. The campaign is brought to life by thousands of individuals and organisations who come together to organise activities and events throughout the UK, drawing attention to just how important caring is. This year they are focusing on ‘Building Carer Friendly Communities’ - communities which support carers to look after their loved ones well, while recognising that they are individuals with needs of their own.

For more information on events for Carers Week, go to http://www.carersweek.org/about-us. There will also be a stall in Fareham Shopping Centre that week.

Wickham Festival 3rd - 6th August 2017

Two Saints are a local charity supporting homeless people and this year they are the Wickham Festival Charity of the year. They are looking for volunteers to help at this fantastic event.

If you are willing to volunteer to pick litter for 4 hours, you gain free entry to the festival that day or volunteer every day of the festival and get free access to the campsite and use of the super campsite facilities.

Acts this year include:- KT Tunstall, 10CC and The Levellers.
For more information, contact Jamie Hutchinson, at Jamie.hutchinson@twosaints.org.uk or call 01329 234600
Hampshire CCG Partnership

A new partnership of four Clinical Commissioning Groups was established on 1 April 2017. The partnership brings together Fareham & Gosport CCG, North Hampshire CCG, North East Hampshire & Farnham CCG and South Eastern Hampshire CCG. The recently launched Next Steps on the Five Year Forward View sets out the NHS main national service improvement priorities over the next two years.

Locally the Sustainability and Transformation Plans (STPs) for Hampshire and the Isle of Wight, and for the Frimley Health and Care System, describe the shared ambitions to improve services for residents, in the context of rising demand and the available funding. Clinical Commissioning Groups in Hampshire already work collaboratively in a number of areas. This Partnership provides an opportunity for them to adapt, to transform the way they commission, and the way they work with their partners to deliver the new models described in the STPs.

Together the CCGs commission health services for approximately 850,000 people. Through the partnership they will continue to support the development of the local care systems in Portsmouth and South-East Hampshire, in North and Mid Hampshire, and in the Frimley system. Acting together, with a strong, united voice will also allow them to simplify how they work, to be more efficient and more effective. They will continue to work closely with other CCGs including West Hampshire CCG, Surrey Heath CCG, the CCGs in East Berkshire, Portsmouth CCG, Isle of Wight CCG and Southampton City CCG, and with all of their partners, to deliver improvements for local people.

One of the first steps in the development of the partnership was to appoint a single Chief Executive for all four CCGs and Maggie Maclsaac has been appointed to this role. Maggie started in post on April 1st. Maggie joined the NHS as a graduate nurse and has worked in many sectors of the NHS at a very senior level – locally, regionally and nationally. Alex Berry, who has been Acting Chief Officer for Fareham and Gosport and South Eastern Hampshire CCGs, will be the Acting Chief Operating Officer for these two CCGs.

If you have any queries about the partnership contact Angela Baxter, Business Manager to the Chief Executive, by email at angela.baxter3@nhs.net or on 01252 335048.
Transition, intervention and liaison mental health service for armed forces personnel approaching discharge and veterans

On 1 April 2017, NHS England launched the transition, intervention and liaison (TIL) mental health service for armed forces personnel approaching discharge and veterans. Avon and Wiltshire Mental Health Partnership NHS Trust (covering Buckinghamshire, Oxfordshire, Berkshire, Hampshire, Isle of Wight and the South West of England) has been appointed to deliver this service under a three year contract.

There are three elements to the service:

1. Transition: service for those in transition, leaving the armed forces
2. Intervention: service for veterans with complex presentation
3. Liaison: general service for veterans

**Access criteria**

To access the service as a veteran, patients must: be a resident in England, have served in the UK armed forces for a full day, be registered with a GP practice in England or be willing to register with a GP and be able to provide their military service number or another form of acceptable proof of eligibility.

To access the service as a member of the armed forces approaching discharge, patients must: be a resident in England, have an identified or diagnosed mental health illness / disorder; AND have a discharge date from the MOD or be found to be unfit for continued military service by their medical board; OR have been identified by the Departments of Community Mental Health as requiring follow on psychiatric care on discharge from the MOD; OR have had their pre-release medical and been identified by their DMS GP as requiring mental health transition support; OR have had a pre-release medical before they self-refer. Those people meeting the criteria can self-refer or request referral via a health care professional or service charity.


If you have any queries, please email england.south-armedforces@nhs.net

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**In Kind Direct** is set up to support charities, voluntary groups and not-for-profit organisations with donated goods.

Goods range from cleaning products, toiletries, toys, clothes and a range of other items that can be used to run services and give to the people you support.

Items are all new and good quality but may be short dated, have slight defects in the packaging or branding.

Charities register online, for free, and order products via an [online catalogue](https://www.england.nhs.uk/). Charities then pay a handling charge, which is generally 20% of the original retail price, and includes delivery.

If you have any questions, please contact In Kind Direct on 0300 30 20 200 or [info@inkinddirect.org](mailto:info@inkinddirect.org)
Write to your MP as part of the Jo Cox Commission

The Jo Cox Commission and Age UK campaigns are asking you to write to your MP to ask them to take action on loneliness. The Commission was started by Jo Cox MP who was passionate about the issue of loneliness and the Commission is being taken forward by a cross-party coalition of MPs, charities and campaigners in her memory.

For more information on this and other campaigns from Age UK go to www.ageuk.org.uk/campaigns.

Don’t forget the Great Get Together, also in honour of Jo Cox, which takes place on the weekend on 17th -18th June this year to encourage us all to get together with our neighbours and friends and be part of a national celebration of what we have in common.

Go to https://greatgettogether.org/ for more information.

Update on the Psychiatric Liaison Service

Psychiatric Liaison Service - emergency department (ED) and Medical Admissions Unit (MAU)

Current service provision is now operating from 8am until midnight 7 days per week covering both adults (AMH) and older person’s mental health (OPMH).

The Learning Disability (LD) Liaison post for Hampshire Patients has been awarded to Solent NHS. In conjunction with Portsmouth CCG there is now an equitable liaison service for people presenting at the ED with a learning disability needing additional support and guidance.

Psychiatric Liaison Service - Inpatient Services

A 9am to 5pm Monday to Friday service is now supported for adult and older person’s mental health on the wards for PHT following the successful recruitment of a consultant psychiatrist for working age adults. There are still a number of developments which are being reviewed along with a bid for national monies to look to extend the services to a core 24 hours model in line with the five year forward view delivery expectations by 2020.

Information provided by Fareham & Gosport and South Eastern Hampshire Clinical Commissioning Groups

Shopmobility

As Gosport ShopMobility has now closed, please note that you can hire mobility scooters from Community Action Fareham http://bit.ly/2n49crL or call them on 01329 231899.

Alternatively you can try the British Red Cross 02392 794741, Care & Mobility Centre 023 9242 0052, Eden Mobility 023 9200 7580 or Solent Mobility Centre 023 9316 2206.
The Voluntary Sector and Local Health & Care System

The National Association for Voluntary and Community Action (NAVCA) has published their annual survey on relations between the voluntary sector and the local health and care system. It shows that although relationships are improving overall, in some key areas the voluntary sector is frozen out; Sustainability and Transformation Plans (STPs) where local health services are commissioned are a particularly worrying example. The findings are from an online survey that ran in November and December 2016 and attracted 72 responses. The answers provide valuable information about how local health bodies are working with their local voluntary sector, a key aim of the NHS’s Five Year Forward View. STPs bring the NHS and local councils together in 44 areas across England to improve health and care. Many are criticised for not doing enough to consult with local people and NAVCA’s survey findings bear this out - only 16 per cent of respondents described involvement as good (just one said it was excellent). However, this shows that although engagement is poor overall, good engagement is possible and STP planning teams must learn from the good examples.

Other findings are:

- Generally relationships are getting better, 43 per cent seeing an improvement and 20 per cent saying it’s getting worse. This follows a similar pattern from previous years.
- There is voluntary sector representation on 79 per cent of Health and Wellbeing Boards, something NAVCA has long campaigned for.
- Relationships with CCGs continue to improve but 20 per cent of respondents said the relationship is poor and 3 per cent said it is non-existent. This is worrying as NHS England recognises local infrastructure is crucial to working with the local voluntary sector.
- The majority of NAVCA members have good or excellent relationships with their local Healthwatch.
- NAVCA members’ involvement with Joint Strategic Needs Assessment has fallen, with nearly a half saying it is poor (23 per cent) or non-existent (25 per cent).

Neil Cleeveley, Chief Executive of NAVCA, said, “The NHS is facing unprecedented pressure and needs the help of the voluntary sector. Simon Stevens, the chief executive of NHS England, made this clear in the NHS Five Year Forward View.”

“NHS England has also said that local voluntary sector infrastructure is key to helping the NHS work with local and smaller organisations. This survey identifies where the NHS locally is getting it right and that’s to be celebrated. We need those local NHS bodies that are not engaging with their voluntary sector to raise their ambitions”.


Family Church Fun Day

For the last 10 years Family Church Gosport has been providing a Community Family Fun Day for the residents of the Borough of Gosport. They are now seeing over 2000 people attending annually. This year the event will be held at Walpole Park on Saturday 22nd July 10.30am – 4.30pm. **ALL ACTIVITIES ARE 100% FREE.** All are welcome.

Find them on Facebook at /gosportfamilyfunday or follow them on Instagram familychurchgosport
The Masonic Charitable Foundation is a major new charity, launched in April 2016
The Foundation has taken over the work of the four central Masonic Charities, providing a wide range of grants to Freemasons and their families who have a financial, health and care or family need.
Funded entirely through the generous donations of the Masonic community, the Foundation has an annual charitable expenditure which places it amongst the largest charities in the country.
The Foundation is financially strong, well-resourced and able to respond more effectively to the changing needs of Masonic families and other charitable organisations. Registered charities can apply for small grants (between £500 and £5000) for core expenditure, or a large grant (over £5000) for a specific purpose, such as salary costs, to fund a specific project or refurbishment. For large grants, funding may be granted for up to three years, where there is evidence of an ongoing need for funding.

**Large Grants Deadline: 3 July**

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### Funding Links

For more information on funding, follow the links below:-

- [http://actionhampshire.org/news](http://actionhampshire.org/news)
- [http://www.hantscf.org.uk/grants.aspx](http://www.hantscf.org.uk/grants.aspx)
- [https://www.biglotteryfund.org.uk/funding](https://www.biglotteryfund.org.uk/funding)
- [https://www.fundingcentral.org.uk/default.aspx](https://www.fundingcentral.org.uk/default.aspx)
- [https://www.zurich.co.uk/zurichcommunitytrust/looking-for-funds/where%20we%20fund/](https://www.zurich.co.uk/zurichcommunitytrust/looking-for-funds/where%20we%20fund/)

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### Accounts templates for small charitable companies

The Charity Commission has produced a pack of templates for accounts to help small charitable companies with an income of under £500,000 to prepare their accounts. The new charitable company accounts templates have been designed through a partnership between Companies House and the Charity Commission to ensure that the templates reflect the regulatory requirements, current guidance and best practice.

Children, Young People and Families Forum

GVA held its third Children, Young People and Families Forum at Gosport Town Hall on Thursday 6th April 2017. 42 people representing 24 different organisations and services attended the event where they had a chance to listen to speakers and network with each other. The theme for this forum was ‘Keeping Children Safe and Well’. Presentations were made by the Community School Nursing Team, Solent Mind’s Upturn project, Hampshire Fire and Rescue Schools Team and Southern Domestic Abuse Service who presented a particularly hard-hitting video on how domestic violence affects children.

PC Maria Carrick from Hampshire Police gave an overview of the Safe4Me Education Resource Programme, which includes toolkits available to schools and colleges to highlight the consequences of various risky behaviours. Maria also talked about the Wildfire Initiative which is a project designed by young people who were chosen as the winners of a competition for World Safer Internet Day. Their winning entry featured an original animated concept that warns of nude or sexual pictures spreading faster than a ‘wildfire’ once shared with someone else.

Feedback from the event shows the value and usefulness of these forums, which will continue to run twice a year.

For more information, please contact the Community Engagement Team on 02392 604690 or email engagementworker@gva.org.uk

LGBT+ Got a story to tell?

Y Services is pleased to announce the start of its Heritage Lottery funded project ‘Voices for Heritage’ which is a Y Services LGBT+ History Project run in Fareham, Gosport and Havant. The Voices for Heritage Project will train young people aged 13-19 in oral history research and documentary film making to enable them to record the memories of older people in their community who grew up in a society where being gay and transgender were less socially acceptable and even illegal. These oral histories, which will discuss topics including how it felt to come out, will become part of the Hampshire Archives. Led by a group of young people, the two year project will also provide a range of educational materials including posters, lesson plans and short films to raise the profile of LGBT+ history and ensure the community’s voice is preserved in history.

For more information, contact Dawn Tracey dawn@yservices.co.uk or 07503 353636 www.yservices.co.uk
Many congratulations to John Jeffs who has been made Gosport Borough Council’s Citizen of the Year 2017. John is a long-standing volunteer at GVA and is currently treasurer for Loud and Proud, our youth volunteering project. He is pictured here (right) with Linvoy Primus at the Give, Gain & Grow and Loud & Proud Awards evening in 2015 and also with Sue Greene receiving a cheque from Coffin Mew. Whilst John volunteered with GGG, he participated in the annual Wear a Hat Day event in support of Brain Tumour Research (pictured left).

Lee on the Solent Beach Clean Up!
Saturday 8th July 10am start
Please join the volunteer litter-picking team

Meeting at Elmore car park, Marine Parade East followed by a social gathering at noon at The Old Ship pub.

This Summer’s Reading Challenge at the Discovery Centre takes place between Saturday 15th July and Saturday 16th September 2017. Join in the fun and meet the awesome Animal Agents who you will find sleuthing their way around the library.
For more info go to www.hants.gov.uk/gdc

Charity Abseil

GVA reception volunteer, Janet Chapman, will be abseiling down the Spinnaker Tower on Sunday 25th June 2017 to raise funds for Brendoncare. Janet is also a volunteer there running the Thursday Club. All the best, Janet!

Marvels and Meltdowns ‘BIG FAMILY FUN DAY’
Saturday 5th August 2017 11am - 4pm at Walpole Park, Gosport

Bringing the Gosport community together

For more information, please email Tricia and Shandrika at hantsmarvelsandmeltdowns@gmail.com
Gosport Front Counter Services Move

The front counter service previously at Gosport Police Station has moved across the road to a shared base at Gosport Borough Council’s offices.

The counter services will be available at:
Town Hall, High Street, Gosport PO12 1EB, adjacent to Thorngate Way.
Tuesday 10am – 6pm
Saturday 10am – 6pm
Closed 2pm – 3pm and bank holidays.

The new front counter also has a yellow telephone installed so that the community can contact Hampshire Constabulary outside of these opening hours.

Hampshire Constabulary’s District Commander Sharon Woolrich said: “I am very happy to welcome the front counter staff to our base in Gosport’s Town Hall, and the Neighbourhood Policing Team will continue to be based in the heart of the local community as they always have been and will be out working within it.”

Michael Lane, Police and Crime Commissioner, said:
“Building effective partnerships is one of my priorities for the role of Commissioner, and our service must respond to changing demands. This move for the front counter services with the neighbourhood team, and alongside the council, will continue to keep residents safer.”

Today, the vast majority of residents contacting the police do so via telephone, via online and other methods. As a result, use of front counter services has declined considerably, as other contact methods are preferred by members of the community.

In an emergency, contact 999, or call 101 in other situations; alternatively, residents can use the yellow telephone installed outside the police office. You can also email your local team via Gosport.Police@hampshire.pnn.police.uk or visit www.hampshire.police.uk/contact-us/ to find out how else you can contact the police.

The neighbourhood teams moved to a new office within Gosport Borough Council late last year. This continues the drive to build on partnerships that use public money cost-effectively.

CYBER ATTACK ADVICE

If you are concerned about the current national cyber attack, please read the statement and advice below.

The National Crime Agency are keeping up-to-date on the current situation both nationally and locally. Detective Superintendent Craig Dibdin, said: “There are currently no indications that UK policing organisations have been infected with the ransomware. “However, we understand that some members of the community may be concerned about any further attacks. I would urge anyone concerned to read the latest national advice on the National Crime Agency website or Action Fraud. You can also follow our @HantsPolice and @HCCyberProtect Twitter accounts.

“We will continue to liaise with the NCA to keep on top of the current situation and we have plans in place to deal with any issues should they arise.” We will continue to support and share the advice from the NCA to help reduce further victims of cybercrime. Victims of cybercrime should report directly to Action Fraud and are encouraged not to pay the ransom demand. Reports can be made directly at actionfraud.police.uk or on 0300 123 2040.

The NCA is advising the public and organisations to help reduce the risk of these attacks by: - Making sure your security software patches are up-to-date; making sure you are running anti-virus software; backing-up your data in multiple locations, including offline; avoiding opening unknown email attachments or clicking on links in spam emails.

More advice can be found here: http://www.actionfraud.police.uk/
Gosport Voluntary Action introduces its Timebanking Project

If you live in Gosport and have some time on your hands, you can join the Gosport Timebank. Timebanking is a way for people to help others in the community and be rewarded for it – in time. People can build up ‘time credits’ by helping someone else and then spend their credits when they need help for themselves. You can get involved in the Gosport Timebank by sharing your skills at one of the regular events or by signing up as an individual. You need to upload some basic information, a list of the skills you would like to share and provide contact details for two referees.

Timebanking@Gosport has held a Skills Fest, a Craft Fest and a Timebanking Social event. Our next event is on Friday 9th June at Gosport Discovery Centre, so come along between 10am and 2.30pm and meet us. To join the Timebank in Gosport email timebanking@gva.org.uk or phone 02392 604694 or find us on the Timebanking UK website. Organisations can also get involved. Why not join the Timebank and offer the skills in your organisation, or some office space or a meeting room?

Relate Portsmouth – Relationship Counselling for Caring Relationships

Relate Portsmouth and District is an independent charity and a member of the national Relate Federation, working to promote health, respect and justice in couple and family relationships to help make a future where healthy relationships form the heart of a thriving community. Relate Portsmouth and District has delivered services in the City and surrounding District for over 50 years, helping people of all ages, backgrounds and sexual orientations to improve their relationships and life chances. Their core services include relationship counselling for individuals and couples; family counselling; counselling for children and young people; sex therapy and life skills training.

Face to face services are provided by 13 practitioners working from our Portsmouth Centre HQ at Cosham, and at our outpost locations in Southsea, Gosport, Fareham, Emsworth, Petersfield & Havant.

Tel 023 9282 7026 or go to the website https://www.relate.org.uk/portsmouth/contact-us where you can send them a direct message.

Portsmouth Carers Voice

Carers Thanksgiving Service
St Judes Church, Kent Road, Southsea
Wednesday 21st June 2.15pm - 3pm
Soloists Sue McClory and Simon Long
Pianist Chris Newman
Followed by tea and biscuits

All Denominations and Non welcome.

Partners Through Pain

Partners Through Pain is a pain management support group. As well as regular meetings every last Wednesday in the month at Christ Church in Stoke Road at 10am-12.30pm, the group also meets monthly at various local venues for coffee or lunch. There is a small membership fee of £17 per annum and the only criterion to join is that you must suffer chronic pain.

For more information, contact Brenda Hadfield on 023 92524220 or email brendahadfield@btinternet.com
Victim Support

Victim Support is an independent charity for people affected by crime and traumatic events. Our specialist teams provide individual, independent, emotional and practical help to enable people to cope and recover from the effects of crime. Our services are free and available to everyone, whether or not the crime has been reported to the police and regardless of when it happened. Last year we offered support to just under one million people and with over 40 years’ experience as the leading independent victims’ charity, we know the impact that crime has on people’s lives and what it takes to help them feel safer and find the strength to move forward after crime. Our charity is built on volunteers; without them we could not continue to do all the positive work for victims and witnesses of crime. Our volunteers generously give their time to help people move beyond crime. Their support helps people feel stronger and ready to move forward with their lives. We always need new volunteers to join our local teams, so if you are interested please get in touch to find out more about the roles we have available:

Email: Hampshire&IOWVolunteering@victimsupport.org.uk
For volunteering enquiries: 02380 240624
For support: 02380 240616

Square Pegs Charity and Asda

Over 50s Sewing Group

Fridays 1.30-3.30pm
Square Pegs Creativity and Wellbeing Centre, North Cross Street, Gosport PO12 1BE

Weekly sewing group. New members with all abilities welcome.
A great new group for over 50s to learn new skills or refresh old ones, share existing skills and make new friends. Sewing activities will vary each week and will include basic sewing techniques, making your own washbag and more advanced techniques, maybe a summer shirt! Plus tea, biscuits and chat.
For more information, call 02393 079676.

Gosportarians have several events planned for this summer. On June 17th there is Music Madness and Family Fun Day at Walpole Park 10am-11pm. Entertainment includes a fun fair and children’s stage entertainment as well as lots of fun for the adults!
Also at Walpole Park, there will be ‘Find My Club’ on July 29th from 10am-4pm. Come and see what activities you could be part of.
They are also running a short story competition. Write a story of 2000 words maximum to win book tokens worth up to £50. Age bands for entries are under 7s, 7-12 and 13-16 years. Children under 6 can write a ‘flash story’.
For more information, contact Malcolm Dent on 02392 583077 or 07738 585544. Email mddmuk@gmail.com or visit...
Gosport and District Sports Association for the Disabled

GADSAD is a local disabled Sports and Social organisation affiliated to Disability Sport England (DSE) and a registered charity. Based in Elson, Gosport, behind St Thomas Church Hall GADSAD is run by a team of dedicated volunteers. The Club celebrates its 40th Anniversary in 2018. In March 2009 a large extension was added to accommodate indoor archery, carpet bowls, shooting lanes and other sporting activities. The Centre is also used by Guides, Brownies, Rainbows, Scouts, Cubs, Beavers, Drama Groups and a Fitness Club during the evenings with daytime use by the Happy Days Pre-School.

GADSAD offers members of all disabilities and ages a wide range of sporting activities. As well as internal club competitions, members have the opportunity of participating in regional sporting events for the disabled throughout the year. GADSAD’s own games take place in July.

GADSAD Members’ Club Night. Friday evenings 7.30pm - 9.30pm BST & 7.30pm - 9pm GMT
New members and volunteers always welcome. Annual membership fee is currently £10.00.

Other club events: B-B-Q (pictured below left), Railway Outing, Fish & Chip Suppers, Skittle Evening, Chinese Night, Halloween Celebrations, Christmas Meal, Presentation Evening (pictured below right), Weekly Raffle, Fundraising.

Transport  GADSAD has a purpose built minibus complete with electric tailgate for wheelchairs although they are currently fundraising for a replacement. **There is currently an urgent need for more volunteer drivers for away games, club events and club nights.** Drivers must be over 25 years of age and legally licenced to drive a minibus.

GADSAD are also urgently looking for a TREASURER.

For further information please send an email to gadsad@gmx.com or correspondence to GADSAD Centre 175 Elson Road ELSON Gosport PO12 4AB.
Gosport Voluntary Action is now on Twitter.
Follow us to keep up to date with all our latest information and news.
Go to @GVATweets or click on the link below
https://twitter.com/?lang=en-gb

Gosport Voluntary Action is now on Facebook.
Follow our news feed and keep up with our latest events and information:
https://www.facebook.com/GosportVoluntaryAction/

<table>
<thead>
<tr>
<th>Name</th>
<th>Email</th>
<th>Role</th>
<th>Extension</th>
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<tbody>
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### June 2017

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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| 1st - 7th | Volunteers Week  [http://volunteersweek.org/](http://volunteersweek.org/)  
Includes GVA Market Stall on 6th June |
| 3rd    | Open Day HMS Collingwood                                           |
| 10th   | Family Fun Day St Faiths Church Lee on the Solent  
Gosport Peninsula Charity Pursuit - race through the Solent for Charity  
[www.gosportmarinescene.com](http://gosportmarinescene.com) |
| 12th - 18th | Carers Week  [http://www.carersweek.org/](http://www.carersweek.org/)  
(see page 6) |
| 17th & 18th | HMS Sultan Summer Show  [www.royalnavy.mod.uk/sultan-show](http://www.royalnavy.mod.uk/sultan-show)  
The Great Big Get Together - in honour of Jo Cox MP  (see page 9) |
| 19th - 24th | Small Charity Week  [http://smallcharityweek.com/](http://smallcharityweek.com/) |
| 27th   | GVA Volunteer Awards Ceremony - invitation only                        |

### July 2017

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<tr>
<td>15th</td>
<td>Bridgemary Carnival</td>
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<td>29th</td>
<td>Find My Club  Gosportarians event at Walpole Park  (see page 16)</td>
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### August 2017

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<tr>
<td>3rd - 6th</td>
<td>Wickham Festival  (see page 6)</td>
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<td>5th</td>
<td>Marvels &amp; Meltdowns Big Family Fun Day  11am - 4pm  (see page 13)</td>
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<tr>
<td>26th &amp; 27th</td>
<td>Pirates and Sunken Treasure at the Diving Museum</td>
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**Do you have news for the editor? The next newsletter will be published in September 2017. Final date for receipt of news items for insertion will be 20th August 2017**

E-mail: office@gva.org.uk (marked GVA Newsletter please).
Inclusion is not guaranteed for items received after this date.

**DISCLAIMER:** The information in this newsletter comes from a variety of sources and reasonable care has been taken to convey each item accurately. Please note that opinions or statements may not reflect the views of GVA, who accept no responsibility for any errors which may have occurred. Content is provided for information only and is not advice.