Welcome to our SPRING 2018 newsletter

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Celebrate your Volunteers

Do you know someone who volunteers for a local voluntary group or organisation? Or perhaps you know an individual who gives their time for the benefit of the community? Gosport Voluntary Action, in partnership with Gosport Borough Council (GBC), are accepting nominations for the 2018 Volunteer Awards Ceremony. The ceremony is held annually during Volunteers Week and is an opportunity to thank volunteers for their valued support to local organisations and the community. Nominations can be made for those who volunteer with community groups, schools, individual volunteers, young volunteers and employee volunteers. You may also want to consider nominating your trustees, committee members or school governors. Volunteers can be nominated for either a 1, 5, 10 or 20 year (Lifetime) award or an Employee Volunteer or Young Person’s award. Making a nomination is simple. Full details can be found on our website www.gva.org.uk.

Nominations that meet the criteria are agreed by GVA and GBC. A formal invitation to the Volunteer Awards Ceremony will be sent to those receiving an award.

The Volunteer Awards Ceremony will take place on Wednesday 6th June at the Jervis Gallery, St Vincent College. Presentations will be made by the Mayor, followed by a light buffet and refreshments. A bar service will be available until 9pm. The closing date for nominations is: Midday on Wednesday 28th March 2018.

For further information please contact Leah Little, Volunteer Awards Administrator at reception@gva.org.uk or 02392 583836.

SPLASH!

GVA’s new SPLASH! project is set up to consult with, research and develop resources for potential volunteers from disadvantaged groups who face barriers to volunteering. Anyone who feels they require support to get into the right voluntary role can potentially join our new SPLASH! team in Gosport. You could fill in our questionnaire, join our Splash meetings or do some research either using the computer or by visiting local groups that might be familiar to you.

SPLASH! is funded by an Awards for All Grant and will present the findings at the Gosport Voluntary Action’s AGM at the end of 2018. For more information please contact Sue Greene, Splash Co-ordinator, or Shelley Long, Splash Volunteer Administrator, on splash@gva.org.uk or ring 02392 604694.
The 6 Cs of Board Behaviour

Andrew Hind, former Chief Executive of the Charity Commission, describes the six behavioural traits that he believes ought to be part of the chemistry around any well-functioning board table.

1. **Committed and Engaged** - All trustees must ensure they have sufficient time in their busy lives to do the job of trusteeship well. This means always preparing diligently before every meeting. A fully committed trustee will make sure they are involved in their charity’s activities outside of the formal meetings cycle. The fully engaged trustee spends time with the staff as well as meeting volunteers and visiting projects on a regular basis.

2. **Challenging and Independent** - The primary way that a trustee adds value is by bringing an external perspective to add to the skills and expertise that already exist. Trustees also need to be prepared to ask awkward questions that challenge staff to justify the position they propose to take on key issues.

3. **Collaborative and Constructive** - A core aspect of trustee law is that board decisions are made collectively and all trustees are jointly responsible. It is crucial to avoid a sense of hierarchy around the board table. If all voices are to be fully listened to, it is important for every trustee to make their contribution in a constructive way.

4. **Clear-sighted and Considerate** - Effective board members will ensure that they make decisions on the basis of a full and proper analysis, but will not be pedantic. Keep the bigger picture in mind. Focus on what the charity is trying to achieve for beneficiaries and service users and always consider how the issue the board is discussing today will help deliver the organisation’s long-term strategy.

5. **Courageous** - A charity without courageous members will rarely fulfil its responsibilities effectively. Courage needs to be displayed by trustees both collectively and individually. At an individual level, it is important that trustees have the courage to adopt a minority position in a board discussion if they think a matter of principle is at stake. And every trustee must have the courage to put the charity's reputation ahead of their own.

6. **Caring and Compassionate** - A caring and compassionate trustee has no ego. They conduct themselves with humility and recognise that in a charity, the board should act as an enabler to unlock great ideas that can occur anywhere in the organisation. They should clearly empathise with the charity’s cause, demonstrating care and compassion but never lose their objectivity.

In recent years charities have got much better at recruiting trustees against a matrix of required skills and experience and now pay much more attention to trustees’ visible diversity characteristics such as gender, age, race and disability. As the sector strives to rebuild public trust it is time to ensure that diverse behaviours are also present around the board table. A healthy mix of all six behaviours represented on a board will undoubtedly have a much better chance of being truly well-governed.

Meet the GVA board — go to [https://www.gva.org.uk/about/ourboard/](https://www.gva.org.uk/about/ourboard/)

**Become a Trustee**

Citizens Advice Gosport is looking for a trustee with appropriate skills and experience to join their board and take over from the current Chair whose six years term of office expires towards the end of 2018. The Chair will lead their enthusiastic and committed team of volunteer trustees in developing the strategy for this independent charity, supporting the Chief Officer and ensuring they meet the needs of local residents. To find out more about the role and how to apply, please contact the Company Secretary, Ame Rutter, on secretary@gosport.cabinet.org.uk or telephone 02392 604605.
March 2018
Tuesday 6th - Making Every Contact Count
Tuesday 6th - Organising an Event
Wednesday 7th - Emergency First Aid at Work
Thursday 8th - Excel Intermediate
Monday 12th - Food Hygiene Level 2
Thursday 15th - Effective Time Management
Thursday 15th - Safeguarding Vulnerable Adults and Children
Tuesday 20th - Facebook & Social Media Marketing

May 2018
Wednesday 9th - Effective Presentation & Public Speaking Skills

For further information go to https://www.cfirst.org.uk/events/
To book your place go to http://www.cfheh.org.uk/training/booking/
Call 0300 5008085 ext 2 or bookings@cfirst.org.uk

Toucan Diversity Training
Disability Equality & Autism Awareness Training
29th March 2018 10am - 12noon.
Gunwharf Quays, Portsmouth
Contact info@toucan-diversity.org.uk Tel 07581 410483
For more info go to www.toucan-diversity.org.uk

If you would like to help Toucan Diversity Training raise funds by abseiling down the Spinnaker Tower, call them on 07834 885539.

GDPR - General Data Protection Regulation
14th March 2018 10am - 1pm at GVA, Martin Snape House, Gosport
£55 members £60 voluntary/community sector £90 private/statutory sector

Finance for Non-Finance People - understanding your accounts
27th March 2018 1pm - 4pm at Crofton Community Centre, Stubbington
£50 members £55 voluntary/community sector £90 private/statutory sector

Emergency First Aid at Work - 1 day accredited.
22nd May 2018 9.30am - 4.30pm at Crofton Community Centre, Stubbington
£80 voluntary/community sector £115 private/statutory sector

Direct line: 01329 223 155 Enquiries: training@actionfareham.org.uk
Bookings: bookings@farehamaction.org.uk website: www.actionfareham.org.uk

Community Action Training

Toucan Diversity Training
Disability Equality & Autism Awareness Training
29th March 2018 10am - 12noon.
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Contact info@toucan-diversity.org.uk Tel 07581 410483
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GOSPORT VOLUNTARY ACTION SPRING NEWSLETTER MARCH - MAY 2018
How to Access the Virtual College Suite of E-learning

If you would like to increase your knowledge and understanding of Safeguarding for Children you can enrol on an e-learning course. It is vital that everyone working with children or with adults who are parents or carers understands their responsibility to promote the welfare of children and young people and to recognise and report any indicators of abuse or neglect.

You can view a list of over 50 online courses (all at Level 1 as defined by the Safeguarding Children Board at http://hampshireiowscb.virtual-college.co.uk/Content/Docs/Course%20Catalogue.pdf and can register for access to the courses yourself.

Courses are free to members and partners of the HSCB, IOWSCB and to voluntary organisations. There is a list of organisations in the “department page”. Once you have started your on-line learning course you must complete it within 4 weeks; if you fail to do so your line manager may be charged a £25 non-completion fee.

How long will the learning take?

Each course takes approximately 1-3 hours to complete with a short test at the end. If you have passed, then you will be able to print a certificate of completion. You do not have to complete the training all at once but can dip in and out of the module at work or at home and the system will monitor your progress. Remember, however, that you should complete the course in less than 4 weeks to ensure that you get the full benefit of the learning.

For more information go to http://hampshireiowscb.virtual-college.co.uk/ or https://www.virtual-college.co.uk/

St John Ambulance Training

St John Ambulance is working with Mental Health First Aid England to provide mental health courses which will help raise awareness of mental illness, enabling people to support themselves and others to aid recovery. Their courses are designed to reduce stigma through education and increase the provision of care for those who have a mental illness.

For more information go to : http://sja.org.uk/sja/default.aspx or http://sja.org.uk/sja/first-aid-training-courses.aspx

MAKING EVERY CONTACT COUNT?

Making Every Contact Count (MECC) is about supporting people to make the most of every opportunity they have with the millions of people they come into contact with every day. MECC Health Conversations Skills training will enable you to develop the understanding and confidence to be able to make the most of the time you have to empower people to improve their lifestyles. Taking place over 2 sessions, each lasting 3 hours, both HCS sessions need to be attended to complete the RSPH accredited training course. Training is taking place here at GVA, Martin Snape House on Monday 12th & 19th March 9.30am - 12.30pm. To book , call Abi Facey on 07973 612451 or email her on abi@yservices.co.uk
Hampshire Safeguarding Children Board

Early Help Services in Hampshire

Early Help means ‘identifying as early as possible if a child or family need support and helping them to access services, working together to ensure that this has maximum impact. In other words, offering the right help at the right time.’

Early Help Hubs - Hampshire has ten early help hubs. Each hub meets on a weekly basis to coordinate the multi-agency response for families.

Family Information and Services Hub  For more information you can go to https://fish.hants.gov.uk/kb5/hampshire/directory/home.page  where you will find information about what is going on in your area, details on how to access services, organisations and activities in Hampshire, and the advice and support that’s available. The Local Offer area of the site is a source of information and advice for families with children or young people (aged 0 to 25 years) with Special Educational Needs or Disabilities and includes short break activities in Hampshire.

For Fareham and Gosport - Oak Meadow Children’s Centre, Tewkesbury Avenue, Fareham PO15 6LL.
The duty line is also available for advice on 023 92244023
Email  gosport.earlyhelp@hants.gov.uk   fareham.earlyhelp@hants.gov.uk
For more info, visit http://www.hampshiresafeguardingchildrenboard.org.uk

New guidance has been published by the Local Government Association and Independent Anti-Slavery Commissioner on modern slavery. The purpose of this guide is to increase awareness of modern slavery and provide clarity for councils and their role in tackling it. Whilst it has been produced specifically for Local Authorities, the guidance will also be helpful for a wider range of partners.
Go to  http://www.hampshiresab.org.uk/new-guidance-on-modern-slavery/

Lead Practitioner: Safeguarding Support Groups

The name of the Child Protection Officer has now been changed to Lead Practitioner: Safeguarding. The aim of these support groups is to provide Lead Practitioners: Safeguarding with a forum in order to develop their role as a setting leader for safeguarding children. They will be held in each area during the autumn, spring and summer terms.
This event is open to all Lead Practitioners (Safeguarding) in early years education settings, private, voluntary or independent sectors, maintained nursery provisions and EYE childminders.
Year R staff can also attend this event for a small fee. Please contact your local SFYC office to book a place . For Fareham and Gosport - Services for Young Children, X-perience Young Persons Centre, Trinity Street, Fareham, Hants, PO16 7SJ  Tel. 02392 244020   Email  sfycfg@hants.gov.uk

Fareham & Gosport  Spring Term 2018
15 March at 09:30-11:30  Thorngate Hall
15 March at 13:00-15:00  X-perience Young Persons Centre, Fareham
Hampshire Adult Services: 0300 555 1386
or out of hours: 0300 555 1373

The HSAB Multi-Agency Safeguarding Training Programme 2018-19 is now available on the HSAB website http://www.hampshiresab.org.uk/hsab-multi-agency-safeguarding-training-programme-2018-19/  All bookings are taken through their Eventbrite page.
FUNDING

Hampshire & Isle of Wight Community Foundation Grants

The Red Funnel Travel Voucher Scheme supports groups based on the Isle of Wight and in Hampshire contributing towards travelling across the Solent on Red Funnel vehicle ferries and Red Jet services. Schools that support children, youth, seniors and people with disabilities can also apply for grants of between £25-300.

The Youth Mental Health Fund supports proven programs of delivery offering advice and help on youth mental wellbeing problems, including depression, anxiety and stress, as well as projects that support the development of emotional resilience in children and youth. Grants of between £3,000-£6,000 are available.

The Montagu Neville Durnford and Saint Leo Cawthan Memorial Trust provides grants of £1,000-£5,000 to organisations in the Portsmouth area, with preference to supporting those with links to the Naval services, for those aged 50 years of age and over. Other projects, such as those focusing on helping people with disabilities or struggling with poverty and disadvantage will be considered, together with those encouraging community development and social inclusion.

The Portsmouth City Community Fund provides grants of £500-£5,000 to support beneficiaries primarily in the Portsmouth City area and in Hampshire focusing on health and disability, medical research and general community projects.

The Youth Social Action Fund aims to raise the level and quality of youth social action involving activities such as campaigning, fundraising and volunteering, all of which enable participants to make a positive difference to their communities. Grants of £1,000-£5,000 are available.

The Small Grants Small Items Fund provides grants of £250-£500 for small essential items such as new chairs or a cooker for a luncheon club, also covering volunteer expenses, hall hire for group meetings and events that bring the community together.

The Comic Relief - Core Strength – Local Communities Fund provides funding of between £1,000-£10,000 for groups’ core costs – meaning expenditure that is not connected to delivering projects but focusing on investing in the organisation as a whole, including basic running costs to enable groups to carry out their much needed work in local communities.

The Isle of Wight Grassroots Fund is offering grants of £500-£3,000 to groups based on the Isle of Wight focusing on projects that will support smaller charities and voluntary sector groups which address issues of deprivation in the community, particularly amongst younger and older people.

The Moneybarn Social Impact Fund is for groups based in Fareham, Gosport or Havant and supports local people through activities that seek to alleviate the underlying problems that prevent social inclusion and enjoyment of a full modern life including debt advice and debt management. Grants of £1,000-£5,000 are available.

The Wellbeing and Health Fund focuses on local community projects that address the challenges of obesity, emotional wellbeing, mental health, isolation and loneliness, offering grants of £1,000-£5,000.

The Michael Austin Harlick Sports Awards provide assistance to sport organisations towards the cost of awards that recognise the sporting achievements of young people in Hampshire, and are available to help with the purchase of challenge cups, individual medals, team award and colours, with grants ranging from £200-£1,000. For more information and to apply, please go to: http://www.hiwcf.com/grants/

Police and Crime Commissioner Grants

Grants are available from the Police and Crime Commissioner for Hampshire, Isle of Wight, Portsmouth and Southampton.

The Police and Crime Commissioner, Michael Lane, has an ambition, through his Commissioning and Partnerships Team, to reduce offending and support victims, enabling people to realise their life potential without being drawn into the Criminal Justice System. The Safer Communities Fund grant round will be launched in April / May 2018. The Commissioner will be accepting applications to the Supporting Communities Grant Fund throughout 2017/18. The maximum amount of funding that can be applied for per application is £500. Go to https://www.hampshire-pcc.gov.uk/transparency/commissioning-grants-and-partnerships/funding for more information.
Volunteering

Have you already given up on your new year’s resolution of keeping fit or losing weight? It’s not too late to join EBP South’s campaign to make a resolution to give back to other people and make a pledge to volunteer. The rewards of volunteering are endless; not only do people often learn new skills themselves, they also get that ‘feel good feeling for helping others’ and making a real difference to other people’s lives. Volunteering doesn’t have to be a huge commitment. You could just give up an hour, a day or half a day to volunteer on a one-off project or you could make a bigger commitment with ongoing volunteering e.g. becoming a mentor.

EBP South offers a range of volunteering opportunities that anyone can sign up to that are available on their website [https://www.ebpsouth.co.uk/Pages/Category/volunteer-with-us](https://www.ebpsouth.co.uk/Pages/Category/volunteer-with-us) or you can sign up to a one off event [https://www.ebpsouth.co.uk/Pages/Events/Category/events-for-professionals](https://www.ebpsouth.co.uk/Pages/Events/Category/events-for-professionals).

You can also contact our Go Volunteer office on 023 92588347 or join the Timebanking project by calling Sue on 023 92604694. There are so many ways to get involved. Go to our website for volunteering opportunities in Gosport [www.gva.org.uk](http://www.gva.org.uk)

Help in Bereavement

Help in Bereavement is a listening service offering support to bereaved people covering Fareham, Gosport, Portsmouth, Cosham, Waterlooville, Havant and Hayling Island. Their visitors are trained volunteers who will listen and support you regardless of when the bereavement occurred, enabling you to continue with your life.

They are a registered charity made up entirely of volunteers. Meetings are arranged convenient to you and are generally about one hour. Interested in becoming a visitor? If you have some time, are a good listener, caring and empathic please give them a call on 07432 602613 or email: training@help-in-bereavement.co.uk

Mince Pie Morning

On Wednesday 6th December, GVA held its annual Mince Pie and Coffee Morning to say Thank You to all the volunteers who help us throughout the year. This includes befrienderers, drivers and those who help us here in the office. The worshipful Mayor, Cllr Linda Batty, gave out certificates to our Preparation for Volunteering course members - Ben Doyle, Tony Heath and Andrew Wearn - who completed the course in the summer.

Volunteering for 16-25 year olds

Loud and Proud are a group of 16-25 year olds who participate in a variety of voluntary and fundraising projects in the Gosport and Fareham community and they are looking for new group members to join them! Contact loudandproud2011@gmail.com or phone 07895 939510 or find them on Facebook [www.facebook.com/loudandproud](https://www.facebook.com/loudandproud) or go to [https://www.gva.org.uk/individuals/volunteering/loud-proud/](https://www.gva.org.uk/individuals/volunteering/loud-proud/).

Whether you want to make new friends, boost your confidence, gain valuable skills for your CV or simply experience different types of voluntary work, there is a place for you at Loud and Proud.
Timebanking @ GVA is a project set up to encourage people to offer their time and skills to the local Gosport community. We meet fortnightly to plan activities and sometimes have workshops to learn new skills. We are now looking for small community projects that the Timebank members can help with.

Recently we have done some painting and decorating for Harbour Cancer Support and for Gosport Day Services. We were also able to enlist support from a member of the Gosport Shed, who helped by making a ramp for wheelchair users at the Day Services. One of our Timebank members is a skilled decorator and supervised our decorating efforts. Despite cold weather, it was good fun to all work together.

Timebanking is about helping others then getting help yourself if you need it. We are working towards offering one to one support, and would be interested in meeting anyone who would like to help take this forward.

Contact Sue Greene on 023 9260 4694 or email her at timebanking@gva.org.uk

GADSAD NEEDS YOU!
Gosport and District Sports Association for the Disabled (GADSAD) based in Elson, will be celebrating their 40th Anniversary in March this year. GADSAD’s aim is to give disabled people the chance to take part in sports and leisure activities. GADSAD are currently in need of more Trustees. Being a GADSAD Trustee is a great way to become involved in your community and support a very worthwhile, local organisation which makes a meaningful difference to the lives of others. Trustees come from all walks of life and bring various skills and experience to the Trustee Board. The time commitment for Trustees can be relatively small and is mainly to attend monthly Trustee meetings, which are held on the first Monday of each month for around 2 hours.

GADSAD are also in need of more drivers over 25 and in possession of a licence allowing them to drive a minibus.

If you are interested in either of the roles and require further information please contact GADSAD via email at gadsad@gmx.com.
Back to Back Conference  
20th April 2018  
Village Hotel Lakeshore Drive, Portsmouth PO6 3FR

Register now for the “Back to Back Conference,” where local and national experts will discuss the latest developments in rheumatological disorders with an emphasis on the use of radiological imaging to support diagnosis and management, in line with current best practice for Inflammatory Back Pain and Vertebral Fractures. The conference is open to radiographers, nurse specialists and members of the multidisciplinary team involved in the management of patients with inflammatory back pain and vertebral fractures.

Both the National Ankylosing Spondylitis Society and the National Osteoporosis Society will be supporting this conference. Both organisations have a wealth of knowledge and experience at supporting members of the public living with these conditions.

Contact Rheumatology.Conference@porthosp.nhs.uk or write to Back to Back Conference, Colin Beevor c/o Department of Rheumatology, Queen Alexandra Hospital, Cosham, PO6 3LY

Virgin Trains CharityLine

Virgin Trains West Coast offer qualifying charities a 20% discount off the full range of Virgin Trains-only Advance Purchase fares, including First Class. Virgin Trains’ CharityLine can be booked at thetrainline.com. Tickets can be bought up to 23.59 the day before travel and collected from a FastTicket machine at the station. The scheme requires the traveller to be in possession of a valid charity photo ID card or dated letter of authority on charity headed paper with discounted charity tickets.

The discount is available to registered charities that are able to prove a minimum 10% voluntary funding level. This can be validated by a letter from your Finance Director, or similar, stating your 10% minimum voluntary funding; or for charities with an income over £500,000, a link to the page on the Charity Commission website (OSCR in Scotland) that shows your charity’s funding status.

Every March Brain Tumour Research has its annual fundraising day and Wear A Hat Day 2018 is set to be the biggest, boldest and HATTIEST yet. Grab your favourite hat and raise funds to bring them closer to a cure for brain tumours. Take part with your school, workplace or simply at home with family and friends – either on Thursday 29th March or on any day during the month. Go to https://www.braintumourresearch.org/fundraise/wear-a-hat-day

Why not take on the challenge of abseiling the Spinnaker Tower for Brain Tumour Research on 8th September 2018. Go to http://bit.ly/2EGZ6m7 for more information and to register your interest or call 07802 724310.

The government are proposing changing the eligibility criteria for the Blue Badge scheme to include people with non-physical conditions.

This is part of the government’s objective to ensure that those people with the greatest need have access to badges, whilst ensuring the scheme remains sustainable. Go to https://www.gov.uk/government/consultations/blue-badge-disabled-parking-scheme-eligibility-review?platform=hootsuite to give your view by 18th March.
Voters in Gosport borough, along with those in some other areas, will have to show ID before they can vote in the local government elections on 3 May 2018.

Gosport Borough Council is taking part in a national trial of using ID when voting, as a way of making elections more secure. It comes after reports of alleged electoral fraud through voter impersonation more than doubled nationally between 2014 and 2016. The trial means that during the borough elections on 3 May 2018, you will need to bring ID to the polling station.

You can bring one form of specified photo ID, like a passport or driving licence. Or you can bring two forms of specified non-photo ID, like a council tax bill and a bank statement. If you don’t have acceptable ID, you can apply for an electoral identity letter. You will need to produce acceptable ID or an electoral identity letter before being issued with a ballot paper in the polling station. The trial will help the Electoral Commission and the Cabinet Office to evaluate the impact of asking for ID, before a decision is taken on whether or not to roll it out nationally. Many countries have already made it a requirement to prove identity at a polling station, including Northern Ireland.

For more information go to
https://www.gosport.gov.uk/sections/your-council/council-services/electoral-services/voter-id-pilot/
Or call 023 9254 5227 or visit the Town Hall in the High Street, Gosport

The Great British Spring Clean
2nd - 4th March
The Great British Spring Clean is a campaign with a simple aim: to bring people across the country together to clear up the litter that blights our towns, villages, countryside and beaches.
This year they want to inspire 500,000 people to get outdoors, get active and help clear up the rubbish that lies around us. Join the growing army of #LitterHeroes who have had enough of other people's litter and are willing to do something about it. Go to http://www.keepbritaintidy.org/get-involved/support-our-campaigns/great-british-spring-clean?

Hampshire at the Hall
Monday 23rd April Royal Albert Hall
County groups, massed ensembles, a choir of a 1000, plus dancers and drummers from across the county have been invited to take part in a spectacular showcase of young talent featuring 2000 performers from Hampshire. It will be an evening to celebrate creativity and performance with Hampshire students aged from 7 – 18. With surprise guests from the Armed Forces, there is also a special performance of Passchendaele and the anthem We Will Remember Them to mark and reflect on the centenary of the end of WW1.
Free Fruit for Kids

Tesco are currently promoting healthy choices in over 800 stores, so next time you are shopping with your children, they may be offered 1 of their 5 a day free of charge!

Go to https://www.tesco.com/ for more information and helpful healthy tips.

Mental Health

According to the Mental Health Foundation, 20 per cent of teenagers experience a mental health problem in any given year. One in 10 children and young people aged five to 16 has a clinically diagnosable mental health issue. Half of all mental health problems are established by the age of 14.

The charity YoungMinds have a campaign called #Take20, which is encouraging parents to regularly spend 20 minutes doing an activity with their child to create a relaxed environment that can encourage conversations. Remember to make the most of helplines from charities like YoungMinds (0808 802 5544), Childline (0800 1111) and Family Lives (0808 800 2222) for advice and support.

Scope are supporting Mindful Monsters at https://mindfulmonsters.co.uk/ to encourage mindfulness in young children with monthly activity cards to build important life skills while spending quality time together.

The Moving On Project is a charity working in the Fareham & Gosport area, to provide help for young people aged 11-25. They offer confidential, free counselling to local young people. If you or anyone you know would like to be referred to the service please call 01329 822331.
Training from Young Minds

YoungMinds is the UK’s leading charity championing the wellbeing and mental health of young people. They are running courses throughout the Spring in London.

**March**
- 8th: Technology, Teens and Mental Health
- 16th: Resilience: Ordinary Magic and Learnable Skills
- 20th: Teens, Turmoil and Transition
- 22nd: Looked After Children and Young People

**April**
- 19th: Self Harm
- 24th: Resilience: Ordinary Magic and Learnable Skills
- 27th: Teens, Turmoil and Transition

**May**
- 2nd: Promoting Positive Mental Health in Early and Primary Years
- 11th: Academic Resilience
- 15th: Teens, Turmoil and Transition
- 22nd: Technology, Teens and Mental Health

For more information go to: [https://youngminds.org.uk](https://youngminds.org.uk)

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Gosport Youth Council

The GYC is a small group of young people who help to get the views of young people from Gosport heard. It is an organisation run by young people for young people. They represent you if you are aged between 11 and 19 and you live in the borough of Gosport. They tackle issues that affect you as young people and they get involved in projects such as Gosport Summer Passport, the Royanne Twinning and Youth Award. They have also set up their own website, where you can find out more information about the group and the work they have undertaken: [https://gyconline.wordpress.com/](https://gyconline.wordpress.com/). They are currently seeking views from young people on how to improve engagement and involve more young people from Gosport in the work that they do. A short survey aimed at 11-19 year olds can be found via the link [https://www.surveymonkey.co.uk/r/GYC2018](https://www.surveymonkey.co.uk/r/GYC2018).

Meetings are held regularly and if you would like more information, please contact Sam Mitchell by emailing sam.mitchell@gosport.gov.uk or call 02392 545232 or text 07985 234367.

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Y Services—Keeping Young People Safe

Y Services for young people are now offering 6 week accredited courses for groups of young people focussing on personal safety, internet safety, healthy relationships and risk taking.

If you would like Y Services to deliver a course for you, email abi@yservices.co.uk
The Ritz Cinema @ St Vincent

The Ritz Cinema offers great films on Thursday evenings and Saturday mornings at St Vincent College. This March you can see Cockleshell Heroes, Transformers The Last Knight and Hugo.

Check out their Facebook page at Facebook.com/stvcinema or follow them on Twitter @stvcinema

Tickets are also available on www.eventbrite.co.uk or on the door.

St Vincent College is on Mill Lane, PO12 4QA. Tel 023 9258 8311.

Streetscene Enforcement Officers patrol daily to enforce the Clean Neighbourhoods Act and Local Byelaws.

Should you wish to report any environmental issues such as littering, dog fouling and flytipping, please report them to Streetscene on 08000 198598 or email streetscene@gosport.gov.uk.

The Great Get Together

Last year over 9 million people celebrated all we have in common. To keep the momentum going, continue to bring our communities together and show we have #MoreinCommon, the Jo Cox Foundation are holding another Great Get Together weekend on Friday 22nd – Sunday 24th June 2018.

Make it a celebration of your choosing! Arrange something with your neighbours, find an event taking place near you or join in online. Whatever you decide, you’ll be part of a huge national celebration.

Go to https://www.greatgettogether.org/ for more information and to register your event.

Or try the More In Common Facebook page.

Play at the Victorious Festival!

This year the Victorious Festival will take place on 24th - 26th August. If you would like to perform go to https://www.victoriousfestival.co.uk/2018/01/apply-perform-victorious-2018/ for further information. Closing date is 30th March.

Good Luck!
New Minister for Loneliness

Tracey Crouch has been announced as the Minister for Loneliness. A study by The Co-op and the British Red Cross showed that more than nine million people always or often feel lonely, while Age UK found 200,000 older people have not had a conversation with a friend or relative in more than a month and Scope said up to 85% of young disabled adults feel lonely. The Jo Cox Commission on Loneliness, chaired by Labour’s Rachel Reeves and Conservative’s Seema Kennedy, worked with 13 charities over the last year to help find solutions to the problem. Mark Robinson, Chief Officer of Age UK Barnet, was blunt in his assessment of the impacts of loneliness saying that it can kill. “It’s proven to be worse for health than smoking 15 cigarettes a day, but it can be overcome and needn’t be a factor in older people’s lives.”

GVA can offer support for older people through our Befriending service — contact Jean Legg on 023 9260 4681. They offer telephone befrienders, visitors or CHAT groups. See our website https://www.gva.org.uk/individuals/support-services/befriending/ for more information.

AGE UK are also based here at Martin Snape House and are open 10am - 12noon every weekday or can be contacted on 023 9260 4699.

Gosport Golden Mile

This year the Gosport Golden Mile will be held on Sunday 17th June 2018. The Gosport Golden Mile appeals to athletes of all ages, sizes and abilities. Test yourself against the best on this pancake flat, point to point one mile course along the promenade in Gosport. We host a senior race, a Junior Golden Mile, plus a wheelchair event for both classified and unclassified athletes. And, if you've enough energy left, why not try your luck in the Gosport Golden 5k that follows the Golden Mile? The 5km race is a popular addition to the Hampshire running calendar, a fast and flat, out and back dash along the promenade. There are plenty of prizes up for grabs, including cash prizes for the winners of the Golden Mile. If you would like to enter go to https://www.nice-work.org.uk/races/gosport-golden-mile.

Safer Gosport Community Day 2018

Plans are underway for this year’s annual event, which will take place on Saturday 21st April 2018. From 11am – 2pm you can enjoy the vehicle display and meet some of the organisations helping to keep you safe including GAFIRS, HM Coastguard and Wessex SERV. Community First Responders will be providing CPR demonstrations which were very popular last year and you will also be able to get your bicycle coded for free by Hampshire Police cadets. Check out http://www.safergosport.co.uk/ for more information.
Community Transport - Hiring a Minibus

If you are planning a day out or need transport for a regular meeting, contact Community Action Fareham’s Community Transport Team on 01329 223152 (between 8am-4pm) to hire one of their minibuses.

They have a selection of vehicles from 6 seats to 16, all of which have wheelchair access with either a lift or ramp. All the drivers are fully trained and the vehicles are available 24hrs a day, 7 days a week.

You can also email ct@actionfareham.org.uk

Hampshire County Council is planning to cut all Dial-a-Ride and Community Transport services from 2019. Please tell your Councillor about the effect that decision would have on you and other older and disabled people.

For more info go to www.actionfareham.org.uk

Harbour Cancer Support have moved

Harbour Cancer Support is an independent charity that provides practical and emotional support to any person affected by any cancer including the patient, their relatives, friends and carers. All their services are free of charge and are not limited to a set time scale.

Now based at 2 Stoke Road, Gosport PO12 1JH, they are open Monday to Friday 10am - 4pm and Saturday 10am - 12.30pm. Telephone 023 9250 1503

Email admin@harbourcancer.org.uk or go to www.harbourcancer.org.uk

Saving a D-Day Legend

The National Museum of the Royal Navy has announced an exciting fundraising campaign to save the legendary landing craft tank (LCT) 7074. They aim to raise £25,000 which will help restore it to its former glory. The Second World War vessel is the last of her type in the UK and was known for carrying upwards of ten tanks and armoured vehicles during D-Day. The National Museum will be undertaking a full restoration of the landing craft and display the vehicle to mark the 75th anniversary of D-Day in 2019. Every pound you are able to donate will make a big difference and help them to not only conserve LCT 7074 but remember the brave men who fought on the beaches at D-Day in 1944. Go to the Just Giving website or follow this link http://bit.ly/2FoMoYa

Good News

The Good Mental Health Cooperative are delighted to have secured Lottery funding for a third Hampshire Festival of the Mind to take place this year and plans are emerging for activities to promote community initiatives for good mental health across Hampshire. They are continuing to offer Human Library events to challenge stigma and discrimination, and three more Mental Wealth Trialogue discussions will be taking place in the Fareham / Gosport area, funded by Healthwatch Hampshire. If you would like to help raise funds to support their projects, you can either join the Portsmouth Lottery or donate via Easyfunding.

For more information:- email info@goodmentalhealth.org.uk or go to http://goodmentalhealth.org.uk/
Heritage Lottery Fund Strategic Funding Framework 2019-2024

In early 2019 the Heritage Lottery Fund will begin a new, five year Strategic Funding Framework that sets out how they will distribute National Lottery good causes money to the heritage sector. Before developing the next Strategic Funding Framework, they are consulting on how they should use National Lottery Good Causes income for the period from 2019 to 2024. There will be an online questionnaire available from the beginning of February to 22nd March 2018 which will cover topics and policy areas related to National Lottery investment in the UK’s heritage and they hope to hear from a wide range of organisations across the UK. What you tell them will help them to set their priorities for National Lottery investment in heritage from 2019 to 2024. As well as the online consultation there is an event on Thursday 15th March at New Theatre Royal in Portsmouth from 2-4pm to give you the opportunity to meet and discuss issues directly with the South East team and other regional stakeholders.


In addition to the new Funding Framework, the UK Government has recently published its Tailored Review of their performance and the Mendoza Review of Museums in England. Both of these recommend new ways of working. The changes are available to view at https://www.hlf.org.uk/about-us/our-strategy/changes-our-grant-making and will take immediate effect and run until the new funding framework opens in Jan 2019.

**Spring Charity Concert**
**Sunday 4th March 2018**
**Church of the Resurrection, Drayton**

The Portsmouth Philharmonic Orchestra are holding a Spring charity concert in aid of Rheumatology QAH. Tickets are £5.

Call 07712 279199 or email enquiries@portsmouthphilharmonic.org

**Afternoon Cream Tea and Tea Dance**
**Saturday 24th March 2018**
**St Colman’s Church**

Grab your dancing shoes and enjoy a fabulous Cream Tea and Tea Dance with Pauline, one of the very best Ballroom and Latin instructors, and a fantastic selection of old and new classic tunes!

Absolutely all abilities & toe-tapping styles are welcome! There will also be a raffle.

Tickets from Rheumatology.conference@porthosp.nhs.uk or telephone 02392 281642.
GDPR: how to prepare for data protection changes

The General Data Protection Regulation (GDPR) comes into effect on 25 May 2018 to replace the current Data Protection Act. It’s the biggest overhaul of data protection legislation for over 25 years, and will introduce new requirements for how organisations process personal data.

1. **This is not just a fundraising issue** - The question of how fundraisers can lawfully contact donors and supporters, or identify and approach potential new supporters, has been the main focus of the debate about data protection so far. However, the requirements will apply across the board in charities, for campaigning, marketing, managing volunteers and recording information about service users - anything that involves processing an individual’s personal data. Arrange an audit of what personal data you hold, where it came from and who you share it with to get a sense of what you’ll need to do next.

2. **Review how you ask for consent** - Under GDPR, simply saying “click here to read our privacy policy” is no longer enough. You need to explain clearly why you are collecting personal data and how you intend to use it. For consent to be valid, it will need to be freely given, specific, informed and an unambiguous indication through a statement or clear affirmative action, such as actively ticking a box.

3. **Opt in vs opt out** - Organisations don’t need consent for all forms of direct marketing – charities can send direct marketing by post or make calls to numbers not registered with the telephone preference service, provided they can satisfy the legitimate interest condition. However, a charity’s legitimate interest in furthering their cause must not override the rights of the individual, so the reasonable expectations of the individual based on their relationship with the charity must be taken into account. Ultimately, GDPR is very clear that an individual’s choice to say “no” is paramount.

4. **Provide user access to personal data** - One of the other key changes with GDPR is the new emphasis it places on users’ right to access their own personal data. This means people can make Subject Access Request at any time to check the data you hold and what you do with it. Plan how you will handle any requests within the new timescales to avoid making it too onerous and time-consuming.

5. **Manage the data you hold properly** - The GDPR also brings in a “right to be forgotten” where people can request the removal of personal data. Data has to be kept up to date and accurate. Charities should put a process in place, such as to include “Find out what information we hold on you” and “Remove all information about me” sections in your privacy policy to give people clear information. Think through how you will make sure you are keeping data for no longer than is necessary.

6. **Beware of data breaches** - The amount that the Information Commissioner’s Office (ICO) can fine organisations for breaches of data protection has been increased, and there is a new duty on organisations to report certain types of data breach if they occur. Charities should make sure you have the right procedures in place to detect, report and investigate a personal data breach.

7. **Don’t panic, but be prepared** - Take it as an opportunity to review how you process data already and make sure you’ve got plans in place to make any changes that you need to be ready for May.

Training is available locally, see page 3.

GVA is developing a toolkit to help organisations through the changes.

More information will be published shortly.
## CONTACT DETAILS

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<thead>
<tr>
<th>Name</th>
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For up to date information on news, events and funding go to [www.gva.org.uk](http://www.gva.org.uk)
Or follow us on Facebook: [www.facebook.com/GosportVoluntaryAction/](http://www.facebook.com/GosportVoluntaryAction/)
Or join us on Twitter: [@GVATweets](http://www.twitter.com)
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| March 2018| Friday 2nd -  
Sunday 4th  | The Great British Spring Clean  (see page 10)                         |
|           | Sunday 4th    | #March4Women event.  Find out more at  https://www.parliament.uk/vote100 |
|           | Tuesday 6th   | Voluntary Sector Health Forum  
Venue: Gosport Borough Council.  Booking required |
|           | Monday 12th & 19th | Making Every Contact Count  (see page 4) |
|           | Thursday 15th | Heritage Lottery Consultation  (see page 16) |
|           | Tuesday 27th  | Community Buildings Networking Event  
Time:  10.00 am – 3.00 pm  Venue: Jervis Gallery, St Vincent College |
|           | Thursday 29th | Wear A Hat Day  Brain Tumour Research fund raising day  (see page 9) |
| April 2018| Monday 2nd    | Easter Bank Holiday                                                   |
|           | Friday 20th   | Back to Back Conference  (see page 9)                                 |
|           | Saturday 21st | Safer Gosport Community Day  (see page 14)                            |
| May 2018  | Thursday 3rd  | Local Elections  (see page 10) Don’t forget your ID                   |
|           | Monday 7th    | May Day Bank Holiday                                                  |
|           | Tuesday 8th   | Voluntary Sector Health Forum  11.45am - 2.30pm Fareham               |
|           | Monday 28th   | Spring Bank Holiday                                                   |

Do you have news for the editor? The next newsletter will be published in June 2018. Final date for receipt of news items for insertion will be 20th May 2018. 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.

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