

Our lives in film: old and young share their talents to create a cinematic treat for the Arts Appreciation group

As the snow fell on our last Arts Appreciation event of 2009, our Older Peoples' group huddled into the fantastic media centre at Wildern School to see the final production of the intergenerational project that they have been working on with the children. This film event was a little bit different to the others, as the producers starred themselves in the production of 'My Story'.

What does 'community' mean to you?

Over the months, the students have been working behind the scenes on a BBC Raw project for their school. The One Community Arts Appreciation group have been helping them with their entry by telling stories about the past and exploring what "community" means to them.

Movie Star for a Day

It was a joy to see so many smiling faces, clearly thrilled with what they had achieved and delighted to be "a movie star for a day" up on the full size film screen.

At the helm of our Older People's group was Kathy O'Connell, who, embracing the chance to try something new, had got to grips with using a camera to film her colleagues in Hedge End. Kathy's success with her new skill was displayed to the delight of all.



A bit of singing and dancing

A Christmas musical extravaganza followed with tremendous

performances from the talented singers and musicians of Wildern School. What a sparkling festive conclusion to 2009.

Lesley Rattue, One Community's Innovations Worker

The Arts Appreciation group was formed as a project by the Community Innovations Team and the Wildern Extended Schools Partnership, for the benefit of older people in the Southern Parishes of Eastleigh.

Also inside your March Network

<p>Confused by the new vetting and barring scheme?</p> <p>We'll help you get ready p 16</p>	<p>Got a taste for training?</p> <p>New Train the Trainer course pg 7</p>	<p>Shining stars:</p> <p>Nominations open for our Volunteer Certificate Presentation pg 2</p>
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One Community news

Welcome to your March Network

A butterfly flaps its wings...

One of the many new organisations we've welcomed to our membership this year has an interesting name: Butterfly Fx. The **Butterfly Effect** theory proposes that something very small—like a tiny butterfly flapping its wings—can set off a chain of events that results in something very big—like a tornado changing its course.

This encapsulates perfectly what many of you are achieving out there in the community. Whatever your group does—supporting a client, providing a service, putting on a tea and cake afternoon for your members—each individual act contributes to making our Borough a more supportive, inclusive and sociable place to be.

Start saving the world: flick a switch

It's also the sentiment behind this month's big event, the **World Wildlife Fund's Earth Hour**. The WWF has come up with a very simple first solution to a huge issue. Last year **over 1 billion**



people took the basic step of **switching off their lights for one hour**, sending our world leaders the message that climate change needs tackling now. Closer to home, Eastleigh Borough Council (EBC) worked so hard to reduce the effects and causes of climate change that it was accorded **Beacon status** in 2009.

As part of our commitment to the environment, **One Community** joins the Council to encourage everyone to do the same this year. So come on—let's get our friends, family, colleagues, fellow group members and clients to switch off the lights for **WWF Earth Hour, 27 March 2010 from 20.30 to 21.30**. Find out more visit http://earthhour.wwf.org.uk/about_earth_hour or call the EBC Sustainability Team on 023 8068 8085.

Serviced offices available at One Community

16 Romsey Road Eastleigh SO50 9AL

Min 1 yr lease on 4 self contained offices

Full reception & photocopying services * Car parking, kitchen & cloakroom facilities * Meeting rooms & postal collection * Inclusive of heating/cleaning/lighting/buildings insurance * £198 per sq metre p.a. exc. rates.

Office 1: 17.6 sq m ** Office 2: 11.5 sq m **

Office 3: 14.7 sq m ** Office 4: 14.0 sq m

T 023 8090 2400 E info@1community.org.uk



Volunteers' Week

Volunteer Certificate Presentation 2010: nominations invited

Each year during Volunteers' Week (1-7 June) One Community, together with the Mayor of Eastleigh, holds a volunteer certificate presentation. The Mayor presents certificates to volunteers who live/volunteer within the borough and have given either 100 hours or a year's service. This year's presentation:

10am on Tues 1st June 2010

followed by refreshments

**The Molyneux Room at One Community
16 Romsey Road, Eastleigh**

To nominate volunteers from your organisation to receive a certificate in acknowledgement of their work, please contact: Volunteer Centre Eastleigh, One Community, 16 Romsey Road, Eastleigh SO50 9AL Tel 023 8090 2457 Fax 0 2 3 8 0 9 0 2 4 1 3 E m a i l volunteer@1community.org.uk

Nominations deadline Fri 30th April

Everyone nominated will be invited to receive a certificate, unless they have already had one. Nominees which cannot be accommodated on the day will be invited on another occasion.



2009: Marie Curie Cancer Care volunteers & Eastleigh's Mayor, Councillor Mrs Pamela Holden-Brown

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Carers news

Coffee Morning For Hamble/Netley/Bursledon
Wed 17 Mar 10 - 12, Blackthorn Surgery

Macmillan Citizens Advice Bureau at the Drop In Coffee Morning

Tues 13 Apr 10 - 12, Wells Place, Eastleigh

First Aid and Dementia Training available in March and April For further info call Angie or Jo on 023 8090 2421

Keeping in touch with us

Our old website at ecs-vol.org will close for good on 12 March. This means that:

You'll only be able to access the One Community website via our new address, www.1community.org.uk

When you're emailing a member of our staff, remember that the email address goes as follows:

name@1community.org.uk

For example

kdufton@1community.org.uk

Don't forget to update your email contacts accordingly!



Do you want peace of mind?

24 hours a day 365 days a year?

Then get a **LifeLine**

One Community **LifeLine** is a telephone linked support service operating across the borough of Eastleigh.



The **LifeLine** enables you to live **independently**

If you have a fall, feel unwell or in an emergency **help** is available at the push of a button

For further information
Call our friendly team on 023 8090 2416
email lifeline@1community.org.uk

A Closer Look at One Community

Day Care Centre Assistant, Transport Assistant, HISP... what do these roles actually involve? This month we talk to **Jo, Carers Centre Assistant** who works with Angie, Carers Centre Co-ordinator.



What does the Carers Centre do?

The Carers Centre supports anyone caring unpaid for an adult, child, relative or friend. We provide information, support and advice, training, counselling and alternative therapies.

What does your typical day involve?

Each day is different, but it might include:

- Helping out at the Carers Coffee Morning every Tuesday at Wells Place. This is a chance for carers to meet others in a similar situation, learn from each other and make new friends
- Booking appointments for aromatherapy, counselling, reflexology and hypnotherapy
- Answering enquiries on all and everything that could help make a carer's life a little easier, from relocating a bin to helping a desperate carer get respite
- Making referrals to other agencies and Social Services
- Creating the carers' newsletter
- Going out into the community to raise awareness amongst professionals and carers

And what are the best and the most challenging aspects of your job?

The best: meeting such a wide range of interesting, committed people and helping them to cope. The toughest aspect is helping people who can be very distressed, but with our wonderful team of volunteers we support each other.

If someone has caring responsibilities and needs help, what's the first step?

Just give Angie or Jo a call on 023 8090 2404.



Blow your own trumpet!



Does your group have cause to celebrate?

Perhaps you've secured some funding or held an interesting event? Or maybe your project achieved great success recently? Here's the place to tell us all about it!

This month we talk to **Butterfly Fx**, an exciting new creative social enterprise who specialise in making and sharing films

So tell us what your group does

The Butterfly Fx work with charities, voluntary groups and different communities to create fun workshops and participative films that give people an opportunity to be creative, voice issues and learn technical skills. We also produce promotional and documentary films that raise awareness and tell real life stories in an inspirational way.

You're a social enterprise—please explain

It means that any profits generated are ploughed back into the organisation to further our social aims, to bring about change through the making and sharing of films.

How did you get started?

Last year we worked with Socomusic, mentoring some young people filming a music video at the Soul Cellar. We then delivered some workshops for the K2 youth festival and facilitated 'Fun with Fx' workshops at the Art House, Southampton. We've recently helped the Hampshire and Wight Trust for Maritime Archaeology to produce a film made by the Southampton Young Carers and edited the Forest Mela 2009 promotional film.

How did One Community get involved?

We became a member of One Community this year. Your Community Development Worker Morris Chifunda gave us some really good advice and was very helpful in setting up our child

protection, vulnerable adults, volunteer and equal opportunity policies.

Any success with funders recently?

Yes, we've recently won some Unltd Millenium funding which we've earmarked for more technical equipment so we can provide mobile film workshops and projects to isolated and disadvantaged communities, using our solar powered film bus. We're looking for matching funding or a sponsor to help us secure all the equipment we need.

What have you got planned for next year?

So far, two promotional films, one with the Grasslands Trust for the See the Difference website and another for the Devon Community Foundation. We're also working on a participative film

with wonderfully talented artists for the Headway charity. The participants are people with impairments caused by motor accidents and the film hopes to explore themes relevant to them, using performance, music and art.

How can people get in touch if they'd like to explore making a film with you?

Please email us at info@thebutterflyfx.net. We also welcome enquiries from people interested in volunteering with us, to use their media skills or gain new ones. You can find out about upcoming workshops on our website www.thebutterflyfx.net



It's your turn...

- Want to share the good news about a recent success for your group?
- Or appeal for help to borrow a piece of equipment, track down an event venue...?

Drop the Network editor an email at ssims@1community.org.uk and she'll do her best to include it in the next edition.





Charity Awards



Nominate your charity "star" for the Wessex Charity Awards 2010

Whilst actors might dream of a BAFTA or an Oscar, the Wessex voluntary sector has its own equivalent: the annual Wessex Charity Awards, awarded to **organisations** or **individuals** who have made a real difference to their local community. If you know of a charity or not-for-profit organisation that has gone the extra mile, why not make their year with a nomination?

Last year's winners included Naomi House (Charity of the Year), Emmaus Hampshire (Fundraising Team), Martin Edwards of Julia House (Chief Executive), Phyllis Tuckwell Hospice (Trustee Board) and Volunteer Watch at Coastwatch Portland Bill (Volunteer). Next year it could be you – or your choice of nominee.

2010 Nominations

You have from 1 March to 30 April to make a nomination in any of the following categories:

- Charity of the Year**
- Chief Executive of the Year
- **Fundraising Team of the Year**

Volunteer of the Year**

Attend the event

Awards will be presented at a prestigious Gala Dinner on the evening of Thurs 30 Sept in the atmospheric surroundings of the Winchester Guildhall, Broadway, Winchester. To nominate a charity or reserve your place at the event email admin@wessexcharityawards.co.uk.

Children & Families

New online resource for parents and practitioners

The Hampshire Family Information Directory provides info about a host of childcare and family services across the country. Take a look at www.familyinformationdirectory.hants.gov.uk/

This site replaces Hantsfish.

Sad news about Hampshire Families

After more than 10 years of working for local communities, Hampshire Families have regrettably taken the decision to close following a change in funding priorities. They would like to reassure local residents that all current contracts will be honoured. **All enquiries** to Cedric Riley Tel 01962 892 584 Email cedric.riley@hampshirefamilies.org.uk

Climate Change



BTCV Greener Living Learning Project

BTCV has been running a series of FREE events where you can explore the simple actions that we can take to reduce our impact on the planet. There's still time to catch the April event in Southampton.

Energy use in the home Tues 6 April, 7pm til 8.30pm, St Andrews Church, The Avenue, Southampton. To book call Rachel Moroney on 023 8076 9719 Email r.moroney@btcv.org.uk Visit www.greenerlivinglearning.org.uk

Education and entertainment



Adult Learners' Week

Whether it's to find a new interest, meet people or to bag that new job, learning can really change your life.

Want to learn? If you haven't taken the plunge yet, there will be plenty of local events running during this week to inspire you.

Want to promote your own courses? This week is a great opportunity to hold an event. There's even an "Event in a Box" kit that provides all you need for up to 50 people.

Find out more at www.alw.org.uk

Older people

Do you work with older people with mental health needs?

Then you might be able to help create a fantastic new resource for older people and their carers.

Carers Together and Hampshire County Council are compiling a database of information that people can turn to if they need advice about who could help them.

If your club, society, services or activities involve older people who may be at risk of mental ill health-from depression to Alzheimers-please email rory.heatley@carerstogether.org.uk or give Rory a call on 01794 519495



Training at One Community

New 'Train the Trainer' course Is training part of your work role?

Would you like to

- Improve your **presentation skills**?
- Understand how to cater for everybody's **learning styles**?
- Offer training which is both **inspiring** and **effective**?
- **Involve** everybody in discussion which is focused and **productive**?
- Get the group dynamics working for you, not against you?
- **Empower** the people you are training?

Drawing on over 30 years of the trainer's experience in training and counselling, this one day course shows trainee-trainers how to use a variety of participative exercises to engage and empower their groups.

What participants said about the course:

'Informative, fun, engaging, empowering'
'Gave me more confidence in my abilities'

Cost £40 per person, light lunch included

When Wed 17 March 9.30am-4.30pm

Venue One Community, Eastleigh SO50 9AL

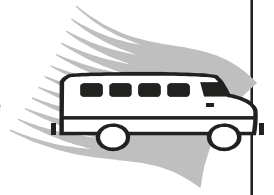
To book email ssims@1community.org.uk
call 023 8090 2444

The One Community Mobile Information Café

Hilldene Community Centre
West End

Tues 27th April 2010

10am until 12 noon



Programme

An introduction to the Independent Safeguarding Authority The rules are changing regarding voluntary & community organisations, so if you help to run a group this is your chance to ensure that you are compliant with the law

An introduction to the Community Innovations Team Information about an exciting local project that supports older people to maintain their independence

Lifeline A telephone linked support service operating across the borough of Eastleigh to help clients to maintain an independent lifestyle

Networking An opportunity to exchange info and propose topics for future cafés

Book your place on this FREE event
Call our Community Development Team
on 023 8090 2400

Coming up at One Community...

All sessions are held in the Molyneux Room here at 16 Romsey Road and are FREE to members.

For a booking form call Sarah on 023 8090 2444 or email ssims@1community.org.uk

Working with Vulnerable Adults

When Thurs 25 March
1.30-4.30

For Volunteers & Volunteer Managers who work with vulnerable adults

We'll cover all this and more

*How could I tell if one of our clients was being abused?
A client/member has told me they're being abused – what should I do?*

*What about confidentiality?
What about the paperwork?*

Kick Start Your Committee

When Wed 12 May
10.30-1.30

For Anyone involved in running a committee, old timers and new hands

What it covers

Not another meeting!

Let us help you get more out of your meetings, with tips on:

Roles and **responsibilities** of chair, secretary and treasurer

How (and what) to **prepare**

What should happen in the **meeting itself**

Dealing with **problems**

Independent Safeguarding Authority briefing

When Wed 2 June
10.30-12.30

For Any group working with children/vulnerable adults

What it covers

From Nov 2010, anyone applying to **work** or **volunteer** with vulnerable people **must** be registered with the ISA.

Make sure you understand what the new vetting and barring scheme will require of **you** and your **volunteers**.

Last words: ISA updates



Does your group support children or vulnerable adults? We'll help you stay up to date with the latest news on the new vetting and barring scheme

Some good news about the new vetting and barring scheme implemented by the Independent Safeguarding Authority. Following Sir Roger Singleton's report *Drawing the Line*, the government has **scaled back** the scheme to make it less burdensome on organisations like yours. See the full story at www.isa.gov.org.uk/Default.aspx?page=414

What do we need to know?

The key change is that individuals working or volunteering in regulated activity with children or vulnerable adults will only have to register with the ISA if they undertake the activity at least **once a week or 4 consecutive days a month/overnight**. Previously registration would have been required for as little as once a month's contact.

Does this include all volunteers/staff working with vulnerable groups?

There is an important exception: individuals providing **health, personal or intimate services to vulnerable adults or children** must register if

the contact is **once a month** or more.

What are the key changes ahead? As of Oct last year

Enhanced **CRB checks** are eligible for all new recruits to "**regulated activity**" (activity involving close contact with vulnerable groups).

It's illegal to **employ a barred individual** in regulated activity.

If you remove someone from regulated activity because they pose a risk, you **must tell the ISA**.

July 2010

New applicants/those moving jobs involving regulated activity can start registering with the ISA. **Registration becomes mandatory** for new applicants as of **Nov 2010**.

Apr-2011-July 2015 Registration phased in for **current staff/volunteers**. The CRB website will take you step-by-step through the application process at www.crb.homeoffice.gov.uk/eguide.

Need help with getting to grips with the ISA?

The ISA is confusing—we can help. We offer **FREE** briefings here at One Community; turn back to **page 7** for details.

Receive *Network* by email

Over half of you already do. Save yourself paper and effort, as you can forward your copy to other members of your group. To join, drop Sarah an email at ssims@1community.org.uk.

We won't pass on your email address to anyone else without your permission, and your group will still receive a paper copy.

Promote your group in *Network*

Reach over 200 member groups by advertising your event or featuring your news in our next publication. Contact the editor, Sarah Sims at ssims@1community.org.uk or on 023 8090 2444

Next edition due out 1st week June 2010
Deadline for copy 6 May

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We have attempted to include as wide a range of information as possible in this publication, but we cannot accept any responsibility for the quality of any services or information provided by the organisations referred to.