



At the Heart of Our Community

Issue 1 2019

NEWSLETTER

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Introducing VolunHeroes

VolunHeroes is a Wates Giving funded supported volunteering group for people aged 25+ and welcomes anyone who feels they need a little extra help to volunteer including those with disabilities, mental health issues or those who face other barriers to volunteering or work. Tackling volunteer projects in Gosport, members of the group will learn new skills, meet new people and develop their confidence.



Co-ordinator Sue Greene says:

“I am really pleased to be involved in this new community group. We are building a volunteering team, learning about other community groups in Gosport and finding out how we can help them, while at the same time developing our own confidence in a supportive environment.”

The group currently meet every Tuesday from 11am to 1pm at the Henry Cook Centre (previously Waterside Community Church). New members are welcome! For further information please contact Sue Greene on 02392 604694 (Mondays and Tuesdays) or please email volsupport@gva.org.uk

Wates
GIVING

Nominations are Open!

The 2019 Gosport Volunteer Awards are open now and nominations can be made via GVA's website. The Awards are organised by Gosport Voluntary Action and supported by Gosport Borough Council and are a way of thanking our wonderful volunteers for the time, effort and dedication they give to the local community.

Every volunteer nominated, who meets the criteria, will receive a Volunteer Award and will be invited to attend the Volunteer Awards Evening on Wednesday 5 June 2019 at the Jervis Gallery, St Vincent College. Volunteers who do not wish to attend will receive their certificates by post.

Certificates are awarded for 1 year/100 hours', 5 years', 10 years' and 20 (Lifetime) years' Service, Employee Volunteers and Young People.

To nominate your volunteers, please visit: www.gva.org.uk/volunteer-awards/ and make sure your nominations have been submitted by **Monday 25 March 2019.**



Successful Voluntary Sector Health Forum: 'Looking after your heart'

On 14 February, St Valentine's Day, the voluntary sector health forum met to hear a number of very interesting presentations from the health and voluntary sector around the theme of looking after your heart. Thank you to all who made the event a success!

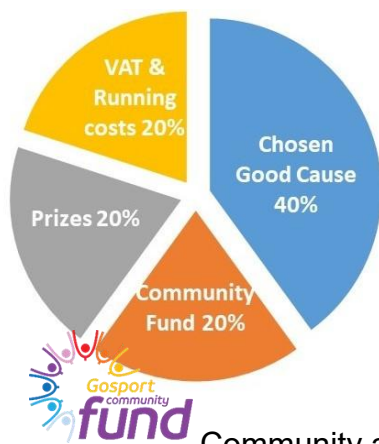


Apply for Funding Now - Gosport Good Causes and Individuals!

On Tuesday 26 February, a funding workshop was run by GVA to launch the Gosport Community Fund to local non-profit organisations. Attendees were given guidance and advice on applying for grants which support the Gosport Community.



Thanks to players of the Gosport Community Lottery, the Gosport Community Fund is offering grants to Gosport non-profit organisations as well as individual residents. For each £1 lottery ticket purchased, 20p is held in the Community Fund and organisations meeting the terms and conditions can



apply for grants of up to £1,500 and individuals can apply for grants of up to £250. **The closing date for applications is 30 April 2019 and grants will be awarded on 21 June 2019.**

Projects must be for the benefit of the Gosport Community and meet at least one of the lottery funding priorities. If you would like further information or need support, please visit our website www.gva.org.uk/grants or contact the Community Engagement Team on grants@gva.org.uk or 02392 583836.

Walking for Health

"Walking is the nearest activity to the perfect exercise"

....According to The Walking Works Report.

Gosport Walking For Health leads a variety of walks in the borough of Gosport. Everyone is invited to come along and enjoy the great outdoors in a friendly and welcoming environment.

All the walks are free and accessible and no special footwear or equipment is needed. The programme of walks has been extended and regular walks are currently being held in Forton, Priddy's Hard, Lee on the Solent and Meon Shore. Find out more on GVA's website www.gva.org.uk/individuals/gosport-walking-4-health/, email gosportw4h@gva.org.uk or call 02392 583836.



Fareham & Gosport Walking 4Health

Self Employed Opportunities at GVA!

We are looking for self-employed people who are passionate about helping older and vulnerable people in their own homes to join our not-for-profit Dustbusters and DART & Gardens Teams. An Enhanced DBS check is required and the pay is £8.40/hr. To find out more please visit our website, phone 02392 601314 or email homeserve@gva.org.uk



Hampshire & IOW Social Prescribing Network

Co-ordinated by Gosport Voluntary Action and Community First, the Hampshire & IOW Social Prescribing Network is supported by Hampshire's Clinical Commissioning Groups and was established in 2017.

- There are 4 free interactive and informative network meetings per year countywide.
- Network members share best practice and learning and keep abreast of Social Prescribing developments locally, regionally and nationally.
- There are currently 130 members ranging from those who deliver, commission, or provide services for or support, Social Prescribing in Hampshire.

The next network meeting will be 16 May 2019, 12.30-3pm (West Hampshire, TBC)

For more information please visit www.gva.org.uk/groups/social-prescribing

“Social prescribing involves helping patients to improve their health, wellbeing and social welfare by connecting them to community services which might be run by the council or a local charity.” NHS England

GVA delivers a number of life-changing Social Prescribing Projects including [Surgery Signposters](#) and [Close Encounters](#).

Surgery Signposting Free, Confidential & Friendly Service

GVA's innovative volunteer delivered project offers a free listening and community signposting service to support local people with their health and wellbeing choices. The service operates from the Willow Group GP surgeries and Northcott House Care & Residential Home.

Local people can book the free service for a 40-minute face to face confidential session with a trained Volunteer Surgery Signposter or they can book a free telephone Surgery Signposting consultation.

Signposter Volunteers listen and people can speak in confidence - they put them in touch with local or regional voluntary and community services to meet their individual needs. People can make an appointment by visiting or phoning the Willow Group Surgeries on 023 8231 1034 or by calling GVA's Surgery Signposting office on 023 92604 683.



Social Prescribing Day 14th March 2019

It was the UK's first ever International 'Social Prescribing Day' on Thursday 14th March! This is a specific annual date in the calendar when the importance and significance of social prescribing within healthcare is highlighted. GVA's PR/ social media highlighted the achievements internationally, of its social prescribing projects. For more information please visit www.socialprescribingnetwork.com

Working in Partnership to Reduce Loneliness & Social Isolation

Gosport Voluntary Action and Age UK Portsmouth have been awarded funding from the National Lottery's Partnerships Fund and are working together with South-Central Ambulance Service and the University of Portsmouth to reduce loneliness and isolation amongst older people.

The three-year project, called 'Close Encounters' aims to alleviate pressure on ambulance services, offering support, advice and companionship to older, frequent callers with no medical need.

The project is divided into independent strands which will work cohesively with one another to deliver the aims of the project.

GVA will continue to deliver their existing Befriending and Advocacy service as part of the project, however the age requirement to access the service has been lowered to 55 years old.

People who are housebound and/or very lonely but want to continue living independently could be offered GVA's befriending opportunities such as having one-to-one visitor once a week and in time can choose to attend a Come Here and Talk (CHAT) social group.

The Advocacy service can help people to understand their rights and support them to get their views across, such as at appointments and meetings. Volunteer advocates are independent of statutory services and local government. They represent wishes without judging or giving their personal opinion.

All services are free and all Advocates and Befrienders are volunteers, with enhanced DBS checks undertaken and references acquired.

For more information, please contact Dawn Ward on 02392 601314 or homeserve@gva.org.uk or visit www.gva.org.uk

Dustbusters Go the Extra Mile

GVA's Dustbusters Team were recently featured in the Gosport Globe when a GVA Dustbuster worker arrived at the appointed time but could not get a reply at a customer's home. Concerned that the person might be needing help, Dustbusters swung into action, phoning local hospitals in case the person had been admitted and then contacted the police and due to safety concerns, broke in to make sure the occupant was ok. No one was there and it transpired that the customer had been away but, as their memory was not what it used to be, they had not told the cleaners beforehand.

Dustbusters is Gosport Voluntary Action's accredited not-for-profit domestic cleaning service for residents who are older, vulnerable, or have a disability. GVA's Home Services Manager, Dawn Ward, said the incident showed, *"that people in Dustbusters are not just cleaners but have a duty of care to all our customers"*.

Close Encounters Services offered



Information and Advice

We can provide information and advice on a range of subjects and help find services to assist with practical tasks both in and outside the home.

We can attend these information sessions with you or you can attend independently.

Advocacy

Our advocates can support you, give you self-confidence and be your voice.

We take action to secure your rights, represent your interests, say what you want and obtain services you need.

Come Here And Talk (CHAT)

We offer opportunities to join a social group, which bring three or four befrienders and their befriendees together at a host's house.

This can generate confidence and help you towards joining groups such as lunch clubs.

Befriending and Facilitated Support

If you are housebound and/or very lonely we can offer befriending or facilitated support tailored to your individual needs.

This could be a visit on a one-to-one basis, a weekly phonecall or accompanying you to an activity.



1 in 4 patients see their doctor for purely social problems and welfare advice.

The NHS has promised to support at least

900,000

people to benefit from Social Prescribing by 2023.

GVA has launched a Social Prescribing page on its website! Please visit www.gva.org.uk/groups/social-prescribing to find out more

Successfully identifying funding is for many organisations a matter of survival. The hope of securing long term or on-going funding is very rare these days, and so the search for funding the component parts of the organisation is becoming an ever increasing challenge. Below is a list of funding opportunities currently available for local organisations, with varying deadlines and amounts available:

Gosport Community Fund – The new Gosport Community Lottery has enabled Gosport Voluntary Action to be able to offer one-off grants to local good causes through the Gosport Community Fund. Grants are available for charitable activities undertaken in the borough of Gosport, with a the value of £50 to £1500 for organisations and £50 to £250 for individuals. Open 25 Feb-30 Apr. www.gva.org.uk/grants/

CIL Neighbourhood Fund – A Community Infrastructure Levy (CIL) is paid to local authorities by developers and is used to help deliver infrastructure to support the development of the area. Gosport Borough Council have allocated a portion of the levy received to the voluntary sector in Gosport. Grants from £1,500 are available for infrastructure-related activities undertaken in the borough of Gosport. Opens 16 Sep-31 Oct www.gva.org.uk/grants

Southern Co-operative Local Partnerships Fund- Charities and good causes are invited to apply to their local store/funeral branch for support each year. Our colleagues at each store/funeral branch then vote for the cause they wish to support as a team and one which is close to the heart of their local community. <https://www.thesouthernco-operative.co.uk/makingadifference/local-partnerships/>

Lloyds Bank Social Entrepreneurs Programme- if you're committed to helping people in need or improving the environment and you're in the early stages of setting up a social enterprise, charity or impact project the SE programmes can help to make it happen. The programme is open to applications until 27 March. <https://bit.ly/2C2d0zd>

The Bright Ideas Fund - supports new community business ideas through the start-up and planning stages with tailored business support, to the implementation stage with grants of up to £15,000. The Bright Ideas Fund application is now open and will close on Tuesday 9 April 2019. <https://mycommunity.org.uk/funding-options/bright-ideas-fund/>

Masonic Charitable Foundation – Small Grants- Funded entirely through the generosity of Freemasons and their families. Current target areas are: Creating the best start in life for disadvantaged children and young people, reducing isolation in later life, medical research into degenerative disease and care services in the hospice sector. Small grants are considered 3 times per year, usually in January, May, and September. <https://mcf.org.uk/>

Funding Success!

Loud & Proud, Gosport's esteemed volunteer group for young people aged 16-25, have been awarded a grant of £8,070 from National Lottery Awards for All. The grant will support the members in attaining Gold, Silver or Bronze accreditation under the UK Youth Achievement Awards by undertaking a series of challenges throughout the group's busy programme of events.



Covenant Fund Workshop in Gosport

Tuesday 8 May 10:30 to 1:00, Gosport Voluntary Action

The Covenant Fund workshops are an opportunity to learn more about the Armed Forces Covenant, the Covenant Fund, our local armed forces communities and hear about local projects that have been funded by the Covenant Fund. To express an interest, please email armedforces@hants.gov.uk



Hampshire
County Council



ARMED FORCES
COVENANT

Top Tips For Writing Funding Applications from NCVO

Be positive in your application - Use positive language. Talk about what will happen when you get the money. This will help the funder feel confident that you can make a difference. It also helps you show that your project does not begin and end with this application.

Offer a human story - Try to include case studies of people you have helped or plan to help. This lets you show the impact of your work.

Avoid jargon - Keep the language simple so an outsider can understand the issues. Only use jargon if the funder has used the terms themselves.

Offer evidence for your cause - Support any claims you make with evidence, for example: government statistics, data you've collected from surveys or market research, monitoring information or extracts from reports by relevant agencies. Provide enough to back up specific statements.

Provide a budget - The budget should explain how the money will be spent on the project. If possible show how you determined the costs and remember to include things like insurance, utilities and legal fees. Your budget should be realistic and clearly relevant to your activity.

Check your application again, and again - Get someone outside the project team to read your application before you send it. They can look for errors or inconsistencies and ask for explanations.

For further information please visit www.knowhow.ncvo.org.uk/funding



Funding Success!

VoluntHeroes has been successful in a funding application for The Partnership Foundation for equipment such as litter pick tools, high-vis vests, waterproof jackets wellies and gloves as well as transport and refreshment costs. The group are looking forward to putting these items into use in the near future!





Website: www.cfirfirst.org.uk/events

Or email: bookings@cfirfirst.org.uk

Tel: 01730 777059



Course	Date	Day	Time	Location	Cost: VS/Others
Midas Refresher	01-Apr	Mon	9:30 - 16:30	Community First Fareham	£90 Standard £100 Accessible
Emergency First Aid at Work	10-Apr	Wed	9.30-16.30	Bedhampton Social Hall, Havant	£80 vs; £115 others
Safeguarding Children Level 2	23-Apr	Tue	9.30-13.30	St Johns Church, Rowland Castle	£75 vs; £99 others
Level 3 Award in Education and Training	25-Apr, 2-May, 23-May, 6-Jun & 13-Jun	Thu	09:30 - 16:00	Alton Maltings Centre, Alton	£575 voluntary £635 statutory £675 businesses
Emergency First Aid at Work	20-May	Mon	9.30-16.30	Alton Maltings Centre	£80 vs; £115 others
Midas Induction	8 and 9-Apr	Mon Tues	9:30 - 16:30	Community First Fareham	£100 standard £115 Accessible

All our courses are available to view on our website.

For more information of individual courses or to subscribe to our Newsletter please visit

Website: www.cfirfirst.org.uk/events Or email: bookings@cfirfirst.org.uk Tel: 01730 777059



April—May Timetable

Choices @ The Clocktower
Community Courses in Partnership
with Hampshire Futures

VENUE: ST VINCENT COLLEGE, Mill Lane, Gosport, PO12 4QA – 02392 583890

Course	Day	Start	End	Time	Wks	Total Hrs	Cost
Makaton 5-8 *EVE*	Tuesday	23 April 2019	21 May 2019	6.00-8.00pm	5	10	FREE
Everyday ESOL	Tuesday	23 April 2019	21 May 2019	10.00-12.00noon	5	10	FREE
Intro to ESOL	Tuesday	23 April 2019	21 May 2019	12.30-2.30pm	5	10	FREE
English – Back to Basics	Tuesday	23 April 2019	21 May 2019	1.00–3.00pm	5	10	FREE
Makaton 1-4	Tuesday	23 April 2019	21 May 2019	12.30-2.30pm	5	10	FREE
CV & Job Applications	Wednesday	24 April 2019	22 May 2019	10.00-12.00noon	5	10	FREE
Computers for Beginners	Wednesday	24 April 2019	22 May 2019	12.30-2.30pm	5	10	FREE
Mindfulness/De-stress	Thursday	25 April 2019	23 May 2019	1.30-3.30pm	5	10	FREE
IT for Retail (4 WORK)	Thursday	25 April 2019	23 May 2019	10.00-12.00noon	5	10	FREE
IT for Health Sector (4WORK)	Thursday	25 April 2019	23 May 2019	12.30-2.30pm	5	10	FREE
English 4 Retail (4 WORK)	Thursday	25 April 2019	23 May 2019	10.00-12.00noon	5	10	FREE
English for the Health Sector (4 WORK)	Thursday	25 April 2019	23 May 2019	12.30-2.30pm	5	10	FREE
Intro to Ipad	Friday	26 April 2019	24 May 2019	10.00-12.00noon	5	10	FREE
Intro to Criminology	Friday	26 April 2019	24 May 2019	10.00-12.00noon	5	10	FREE
Confidence Building (4 WORK)	Friday	26 April 2019	24 May 2019	9.15 – 11.45am	4	10	FREE
Intro to Spreadsheets	Friday	26 April 2019	24 May 2019	12.15-2.45pm	4	10	FREE

For more information or to book on, please visit www.stvincent.ac.uk/adult-education/choices-at-the-clocktower or

phone 02392 583890

Training sessions in Gosport

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 Healthy Conversation 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 by encouraging and supporting people to change behaviours that may be damaging to their health..



Session 1 venue:	Gosport Town Hall PO12 1EB
Date and Time:	Thursday, 2 May, 9:30 am -12:30 pm
Session 2 venue:	Gosport Town Hall
Date and Time:	Thursday, 9 May, 9:30 am- 12:30 pm
To book, contact:	Mandy Baggaley mandy.baggaley@gosport.gov.uk 02392 545695

Session 1 venue:	GVA, Martin Snape House, 96 Pavilion Way, PO12 1FG
Date and Time:	Tuesday, 21 May, 9:30 am -12:30 pm
Session 2 venue:	GVA, Martin Snape House
Date and Time:	Tuesday, 28 May, 9:30 am -12:30 pm
To book, contact:	Mandy Bright engage.manager@gva.org.uk 02392 604690

Social Media Training

In March 2019, GVA ran two successful social media workshops, with 16 people attending in total. With a wide range of third sector organisations attending, it was also a great opportunity for networking. It is hoped further workshops will be available later on in the year, so if you're interested in learning about using social media to raise the profile of your organisation, increasing your reach and engagement or learning how to run a campaign then you may be interested in one of our Beginner or Intermediate Workshops. To express your interest in future courses please email Emma Kemp on office@gva.org.uk



Hampshire *learning* in libraries

Personal Resilience

at Gosport Discovery Centre

Monday 29th April – 20th May 2019
 9.30 – 12.30 Free of charge

Booking is essential, so pop into the Library or call the Booking Line 02392 523463 to guarantee a place.

www.hants.gov.uk/library

Hampshire
County Council

www.hants.gov.uk

Help with Volunteer Recruitment

If your organisation needs help with volunteer recruitment, take the opportunity to use Go Volunteer, GVA's volunteering brokerage service, where individuals are matched to local volunteering opportunities. All roles listed with GVA are advertised online where potential volunteers can search and register their interest. Organisations can manage their profile and roles through GVA's website. The Go Volunteer team can also advise on best practice and provide template documents such as role descriptions, volunteer agreements and policies.

For more information please visit www.gva.org.uk/groups/volunteer-recruitment or contact Lisa Powell, Go Volunteer Co-ordinator, on 02392 583836 or govolunteer@gva.org.uk

Volunteers' Week 2019

Volunteers' Week is a chance to celebrate, raise awareness and say thank you for the fantastic contribution volunteers make across the UK. It takes place 1-7 June every year and is an opportunity to celebrate volunteering in all its diversity. GVA is planning outreach and celebratory events throughout the week, including:

Monday 3 June - 10am to 2pm, outreach at Gosport Leisure Centre

Wednesday 5 June - 6pm to 9pm, Volunteer Awards Evening at Jervis Gallery, St Vincent College (invite only)

Friday 7 June - 10am to 2pm, outreach at Gosport Discovery Centre

Please see page 2 of this newsletter for more information on the Volunteer Awards Scheme and how to nominate your volunteers.

Quick Guide to Best Practice

If you are looking to start recruiting volunteers, we suggest the following documents as a minimum are created prior to starting your recruitment:

- Volunteering Policy
- Role Description
- Volunteer Application Form/Reference request
- Volunteer Agreement
- Induction Checklist

The Go Volunteer Team can provide template documents to help get you started.



Once your documents are finalised, we suggest taking the following steps when recruiting volunteers:

1. Create role advert and promote – through GVA, put up posters, promote on social media etc.
 2. Volunteer registration – volunteers complete a registration form
 3. Informal chat/interview/placement –keep the meeting informal and friendly, this is not a paid role. Make sure you go through the role description with the volunteer so you are all clear on what is needed
 4. Volunteer agreement/references– these should be completed before the volunteer starts.
 5. Induction and training – as required
- Please do not hesitate to contact the team for further information or support.



Register Now!

Visit www.volunteersweek.org to find out how you can become involved, register your events and download the excellent resource pack.

Time Well Spent - A National Survey on the Volunteering Experience

Two years ago, when NHS hospitals – among other organisations around the world – were attacked by ransomware hackers, one of the first to have their computers back up and running was the Lister Hospital in Stevenage. It did not pay the hackers a penny. Instead, Hertfordshire police provided a team of young techies from their squad of volunteers, whose employers encouraged their staff to support local charities and public services. Welcome to 21st century volunteering!

The scale of volunteering in today's Britain is prodigious. Two in five adults – almost 20 million people – have taken part within the past year. The vast majority, 96%, are happy with the experience. 81% do their volunteering in and for their local communities.

These figures come from a survey of more than 10,000 people conducted by YouGov for NCVO. It provides the most detailed analysis of volunteering for a decade. To read the full report, please visit:

www.gva.org.uk/news/time-well-spent



Affordable Training for Chairs

Training and support is available for Chairs and Vice Chairs of charities with an income under £1m. Thanks to a Big Lottery Fund grant, online and written resources are FREE of charge.

"I found the training a lifeline and welcome such an excellent range of support tools" Attendee

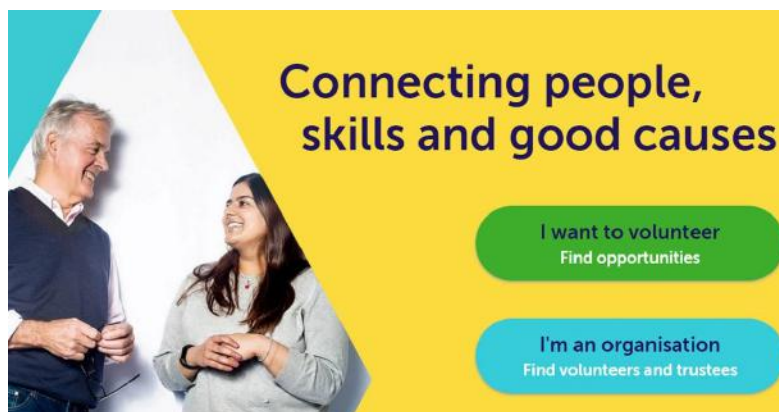
Workshops only cost £20 and a travel bursary is available to support smaller organisations with the cost of travel. For more information or to register please visit:

www.associationofchairs.org.uk/2018/03/21/about-beacon/

Looking for Trustees?

Reach Volunteering provides helps to find Trustees. Post an opportunity and search their volunteer base to find a trustee for your organisation. There is also a wealth of information and interesting resources available online from performing a skills audit to what a digital trustee can bring to a charity board. For more information, visit:

www.reachvolunteering.org.uk



During Volunteers' Week, share your volunteering stories online using #VolunteersWeek



Cakes, Companionship and Camaraderie

Monthly events are held at Queen Alexandra Hospital in Room D360 for any current or former member of the armed forces who finds him or herself in our hospital on the day of the events:

- 29th March – 13:30 - 14:30
- 30th April – 11:15 – 12:15
- 28th May – 10:30 – 11:30
- 28th June – 13:30 – 14:30
- 29th July – 13:30 – 14:30
- 30th August – 13:30 – 14:30
- 30th September – 13:30 – 14:30
- 28th October – 13:30 – 14:30
- 25th November – 13:30 – 14:30
- 30th December – 13:30 – 14:30

Free Events for the Elderly Exciting News for 2019!

Home Instead Senior Care Fareham & Gosport now offer the following free monthly events:

Friendship & Memory Café in Lee-on-the-Solent (first Thursday of each month, Methodist Church Hall, 2-4pm)

Friendship & Memory Cafe in Portchester (third Wednesday of each month, Methodist Church Hall, 1:30-3:30pm)

Friendship & Memory Cafe in Wickham (last Tuesday of each month from 26th February, Wickham Community Centre, 1:30-3:30pm)

Friendship & Memory Café in Titchfield (second Wednesday of each month from 13th March, Titchfield Community Centre, 1:30-3:30pm)

Friendship & Memory Café in Gosport (first Wednesday of each month from 6th February, Lucas Court, 1:30-3:30pm)

'Singing to Remember' in Stubbington (last Thursday of each month, Crofton Community Centre, 2-3:30pm)

Please call us on 01329 282 469 for further information



Department of Rheumatology An Easter Cream Tea Dance for your Bones



Saturday 13th April 2019
3:00 to 5:00pm

St Colman's Church Hall

St Colman's Ave, Portsmouth, PO6 2JJ

Tickets

£5:00 before the event- contact

0239228 6638 or email Rheumatology.Conference@porthosp.nhs.uk

£6:00 on the day at the door

**A Big Thank you for P Peskett
PP Dance Club for leading the
Tea Dance**



Gosport Discovery Centre Events:

For Adults:

Nelson & HMS Victory: Their Lives and Times. Weds 3 April, 7.30pm. £5. Popular speaker, Colin van Geffen, examines the key events.

The Boatyards of Forton Lake. Thurs 11 April, 7.30pm. £5. A talk by Martin Marks MBE.

Events for children and Families: (all at SEARCH, 50 Clarence Road, PO12 1BU)

Back to 1837 – Be a Victorian. Tues 16 April, 10am-2pm. £2/child. Family time travelling fun.

Back to the time of Snape – Market Day Drop-in. Tues 23 April, 10.30am-12noon. Free Drop-in opportunity for adults to explore the Victorian room set at SEARCH Museum.

Meet the Animals Sat 27 April, 10am-12noon. Free. A drop-in opportunity to celebrate the opening of International Garden Photographer of the Year exhibition in Gosport Gallery. create a frame for a photo or picture. Just drop in, no need to book. £1 per make.

To keep up to date with local news and updates, please follow us on social media:



[@GosportVoluntaryAction](https://www.facebook.com/GosportVoluntaryAction)



[@GVATweets](https://twitter.com/GVATweets)

Charity Spring Dance

Saturday 13th April 2019

8.00pm - 11.30pm

At

Thorngate Hall, Bury Road, Gosport,
PO12 3PX

Dance Demonstration

Compere: Claire Taplin

Music By: Colin Mansbridge

Tickets - £12.50

In Aid of

Bar Available



HARBOUR
CANCER SUPPORT

For tickets contact

Barry Sears on
02392 529768 Or

Harbour Cancer Support

On 02392 501503

Email: admin@harbourcancer.org.uk

Registered Charity Number 1102055

WHAT

**Wear a Hat walk,
refreshments and
hat quiz**

WHEN

Wednesday 27th March at 10.30am

WHERE

Meet at Gosport Voluntary Action for a
local walk. Wear a silly hat and join us
afterwards for a quiz. £1 donation.

CONTACT: Sue Greene

PHONE: 02392 604694

EMAIL: volsupport@gva.org.uk



**JOIN IN!
DONATE!**

Together
we will find
a cure.

Brain
tumours kill
more children
under the age of 40
than any other
cancer

**DO
IT FOR
THE
KIDS**



**WEAR A
HAT DAY**

NO CHILDHOOD SHOULD BE DEVASTATED BY A BRAIN TUMOUR

Text **HAT** to **70660**
to donate **£5**

#Hattastic



Just
1%
of the national spend
on cancer research
has been allocated to
the devastating
disease



www.wearahatday.org



FareShare

fighting hunger, tackling food waste

COULD YOUR CHARITY PUT GOOD FOOD TO GOOD USE?

At FareShare we save good food from going to waste and redistribute it to UK charities and community groups.

It's fresh, tasty and in-date food from some of the UK's top food companies.

If your organisation uses food to support people then you can sign up to receive food too.

Find out more at:

www.fareshare.org.uk/getting-food/

UNDERWATER

an exhibition of contemporary art inspired by 'underwater'

An exhibition of contemporary art by local artists will be held at The Diving Museum from Saturday 25 to Monday 27 May 2019, 11am to 4pm.

Visitors are encouraged to vote for their favourite piece and most art can be purchased. For more information visit www.thedivingmuseum.co.uk or phone 02392 602260.

On the 3rd Wednesday of each month Lee Residents host a Community Table Top Event in the Methodist Church Hall, High Street, Lee-on-the-Solent from 9am to 12:30pm. Contact Ray Harding on 02392 551706 for more information. Pop in while there and join Lee Residents, cost is only £3/person or £5/couple at same address.



Age Concern Gosport is Online!

At the Fareham & Gosport Health Forum on 14 February, Age Concern Gosport's new website was shown and then formally launched by the Mayor of Gosport Cllr Diane Furlong. The website was designed and will be hosted free for the coming couple of years by Gosport based WEB-right. The new look, easy to use website has large clear buttons on its Homepage to help people find the information they need easily. www.ageconcerngosport.org.uk



Connect To Support Hampshire

Connect To Support Hampshire, is a website that connects people to support and places within communities to help them keep independent and well for longer. It has a simple 'Information Finder' tool to find all the information and services, which are relevant to your needs, quickly and easily. You can then print or email the results and there is also an App you can download! Please visit

www.connecttosupporthampshire.org.uk



Finding Support

The Hampshire CVS Network has launched a new online search tool for people who need support and fall into one of the categories shown below.



There are many charities, community groups and social enterprises working across Hampshire to help individuals who fall into one of the 'Protected Characteristics' and the easy to use searchable directory is a quick and effective way for people to find the help they need.

Please visit the Hampshire CVS Network website to search the directory and help identify support needed locally. Please visit

www.hampshirecvs.org.uk/supportingequality

GOPF Open Meeting

Gosport Older Persons Forum is holding a free event, open to all with a theme of 'In the Know ' People Meeting People'.

Friday 12 April

10am to 12pm

**Holy Trinity Church,
Trinity Green, Gosport
PO121HL.**

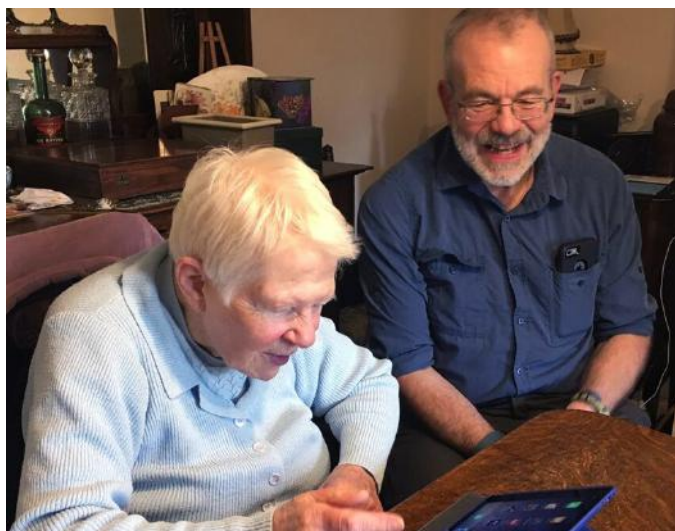


Have your say and listen to speakers from some of Gosport's social groups.

The police front counter services have reopened at Gosport Borough Council's offices in the High Street, following works to the council building. Opening times: Tuesday 10am – 6pm, Saturday 10am – 6pm Closed 2pm – 3pm and bank holidays. The front counter also has a yellow telephone installed so that the community can contact Hampshire Constabulary outside of these opening hours.

FREE IT Help at Home

AbilityNet helps people of any age and with any disability to use technology to achieve their goals at home, at work and in education. They do this by providing specialist advice services, free information resources and by helping to build a more accessible digital world. AbilityNet have special ITCanHelp volunteers who provide free IT support to older people or people with a disability in their home, anywhere in the UK. Find out more by calling their Freephone Helpline on 0800 269 545, emailing enquiries@abilitynet.org.uk or via their website www.abilitynet.org.uk



Easter Fayre

Sat 6 Apr 2019

1.30pm - 3.30pm

St Marys Parish
Centre, Green

Road, Alverstoke, Hampshire PO12 2ET

Cats Protection branded merchandise, new and nearly new bric a brac, books & jigsaws, cakes & refreshments. There's a grand Easter Egg tombola too! Gorgeous craft makes along with our popular hand made catnip mice will also be on sale so stock up and keep your cat happy!



Y Scrapstore

What is the Y Scrapstore?

The Y Scrapstore takes re-usable, clean waste product and re-distributes them to the wider community. The Scrapstore is part of Y Services, a charity with the purpose of providing and supporting youth work opportunities and development skills within the community.



Services for
Young People

Who can use the Y Scrapstore?

Our membership is open to: community groups, nurseries, residential care homes, youth groups, theatres, festivals, charity event organisers, play groups, preschool groups, after school clubs, parent/toddler groups, community centres, schools, colleges and voluntary organisations.

What materials might you find?

The service operates by distributing surplus or waste materials from local business, so it varies from week to week. That means you can find anything from fabric offcuts to tennis balls, sheets of paper and cardboard rolls. Many high-end companies donate materials, for example fabrics and leather offcuts.

How much does it cost groups to join?

A yearly subscription fee is charged, based on the size of your organisation. For more information email yscrapstores@yservices.co.uk or phone 07585 115022



Gosport Heritage Action Zone (HAZ) – HAVE YOUR SAY!

Historic England wants to unlock the potential of ancient and historic parts of our towns and cities. They are keen to understand the community's awareness and attitude to local heritage in Heritage Action Zones. Please have your say by 29 March with a 5 minute survey <https://s.surveypal.com/Hy4-Wlut5WxPg>



www.gosportcommunitylottery.co.uk



Support Gosport Good Causes



- 60p from every £1 ticket stays local:
- 40p goes directly to a nominated Good Cause
- 20p goes into Gosport Community

Win up to £25,000



- 1 in 50 chance of winning a prize
- Only £1 a ticket
- Play online or over the phone

A New Way to Fundraise



- No cost to Good Causes, ever!
- Web page & marketing tools for Good Causes
- Businesses can donate bonus prizes

Lottery update

Running since September 2018, the Gosport Community Lottery has already made a real difference to the local community. As at March 2019, we've seen Gosport good causes receive £12,923 in payments and are delighted to report the lottery has awarded £2,901 worth of prizes to 610 winners!

The Gosport Community Lottery is managed by Gosport Voluntary Action and Gatherwell Ltd (External Lottery Manager) and supported by Gosport Borough Council. It was set up to support community projects in the local area, and operates on the principle of raising money within the community, for the community. Tickets cost just £1 each and deliver 60% back to local good causes, in comparison to just 28% contributed by the National Lottery. The remaining 40% goes back into the prize fund and pays for the running costs.

If you are interested in this fun and effective way to raise funds for your good cause please get in touch today! Joining is easy and FREE. What's the catch? There isn't one! No fees, no administration, no hassle. All you need to do is shout about the Gosport Community Lottery to your supporters and the community. Please visit www.gosportcommunitylottery.co.uk or phone 02392 583836 to find out more.



Thursday Sept 12

4pm to 6pm

Good causes will be invited to a 1 Year Celebration Event at the Alverbank Hotel on 12 September 2019 from approximately 4pm to 6pm. Please put this date in your calendar and look out for further information soon!



02393 190222



support@gosportcommunitylottery.co.uk

Gosport Community Lottery is managed by Gosport Voluntary Action and Gatherwell Ltd (External Lottery Manager) and supported by Gosport Borough Council.

You've got to be in it, to win it!

Each week players have a 1 in 50 chance of winning a prize which range from 3 free tickets to the £25,000 jackpot. Don't underestimate winning the 3 free tickets - in a February draw, Age Concern Gosport supporter Angela Gill won £25, with one of the free tickets she'd won the previous week!



Could your business support the lottery?

The lottery regularly has special prize draws, where goods or experiences are donated by local businesses and can be won in addition to cash and ticket prizes. If your business would like to support the lottery and in exchange receive social media promotion and bespoke flyers provided to all good causes, please contact Lisa Powell, lottery@gva.org.uk or 02392 583836.

Looking for the perfect gift?

Fancy treating someone special to something a little different? We've got just the thing! A gift voucher from Gosport Community Lottery gives your loved ones the chance to win a cash prize whilst also helping to raise money for Gosport. Gift vouchers start from just £5 and include your choice of colour and a personal message.



Key figures at March 2019:

32,308

Tickets sold

723

Weekly players

£43,492

Being raised
annually for
good causes

£2,901

Worth of
prizes won!



These factors directly and indirectly influence people's opportunities to make healthy choices and to live healthy lives, to manage health conditions, to make changes and to be resilient in times of crisis.

Red circle - Age (life course and impact on health), gender, genetics, ethnic origin, disability, sexuality

Orange Layer - Individual lifestyle factors – diet, physical activity, sedentary behaviours, smoking, alcohol use, substance use, risky sexual behaviour

Yellow layer - Social and community networks – family, friends, neighbours, peer support, community clubs/activities/groups, community facilities, sub-cultures, 'sense of belonging', 'connectedness', faith or religion, social isolation and loneliness, poor mental wellbeing

Green layer - Living and working conditions

Unemployment – long term, seeking employment, job opportunities/market

Water and sanitation

Health care services – access to services, quality of care

Housing – tenure, security, cost, conditions, neighbourhood, adaptations

Work environment – type of employment e.g. physical or manual labour, sedentary role (courier, HGV driver, office based); job security e.g. temporary or zero hours contract; employment benefits e.g. sick pay, paid holiday

Education – access to 'good' schools, support needs, supportive home environment, opportunities for further and higher education, lifelong learning and skills

Month	Date	Event	Location	See page
Every	3rd Wed	Lee Community Table Top Event	Methodist Church Hall, Lee on Solent	13
March	25	Deadline for Volunteer Award Nominations	N/A	2
	27	VolunHeroes Wear A Hat Day Fundraising event	GVA	13
April	6	Cats Protection Easter Fayre	St Marys Parish Centre, Alverstoke	15
	12	Gosport Older Persons Forum Meeting	Holy Trinity Church, Gosport	14
	13	Dance for your Bones	St Colman's Church, Portsmouth	12
	13	Charity Spring Dance	Thorngate Halls	13
	25	Children, Young People's and Families Forum	Gosport Town Hall	-
	30	Deadline for Round 1 of Gosport Community Fund Applications	N/A	3
May	8	Armed Forces Covenant Fund Workshop	GVA	7
	16	Hampshire & IoW Social Prescribing Network Meeting	TBC	4
June	1 - 7	National Volunteers Week		10
	3	Gosport Voluntary Action—Outreach for Volunteers' Week	Gosport Leisure Centre	10
	5	Gosport Volunteer Awards Evening	Jervis Gallery, St Vincent's College	2, 10
	7	Gosport Voluntary Action—Outreach for Volunteers' Week	Gosport Discovery Centre	10
Sept	5	Fareham & Gosport Voluntary Health Forum	Gosport Town Hall	-
	12	1 Year Lottery Celebration for Good Causes	Alverbank Hotel	16





At the Heart of Our Community

ADVOCACY

Representing and helping older people to say what they want and need.

COMMUNITY ENGAGEMENT

Providing support and practical help to groups, to help them get started and move forward.

BEFRIENDING

Face-to-face and telephone befriending and group social engagement for older residents.

GO VOLUNTEER

A volunteer brokerage service, matching individuals to volunteering opportunities.

DART & GARDEN

Practical help with gardening, decorating and repairs for older residents.

WALKING FOR HEALTH

An accredited Healthy Walk scheme offering free and accessible walks across Gosport.

DUSTBUSTERS

A domestic non-profit cleaning service for older or vulnerable residents.

SURGERY SIGNPOSTING

Confidential one-to-one sessions to help people access services in the community.

DRIVING FORCE

A volunteer transport service enabling people to attend appointments and leisure activities.

SUPPORTED VOLUNTEERING

Supportive courses and groups for those with disabilities or other barriers to volunteering.

Martin Snape House, 96 Pavilion Way
Gosport Hampshire PO12 1FG
Phone: 02392 583836

Email: office@gva.org.uk

www.gva.org.uk



GOSPORT
Borough Council



Hampshire
County Council



COMMUNITY
FUND

HIRE OF ROOMS

Offering venue hire options in Gosport.

