



Voluntary Action  
Arun & Chichester

# Arun & Chichester VOICE

**Welcome to our Newsletter**

**June 2017**

## **VOLUNTEERS' WEEK 2017**

### **YOU MAKE THE DIFFERENCE**

#### **In This Issue**

[Why Volunteer Now? - Our exciting new video](#)

[Volunteer Video](#)

[Do-it website self-serving](#)

[Volunteers Week 2017](#)

[Volunteer Co-ordinator Network - highlights of 2016](#)

[Positive Feedback from](#)

#### **Upcoming Dates**

FNM Legacy giving and In-Memory Fundraising

Charity Trustee Training

Volunteer Co-ordinator Network Volunteering and Legal Matters

VAAC AGM

FNM Meet the Funders

#### **Keep Up With Us**

 [Facebook](#)

 [Twitter](#)

[Organisations](#)

[A Year in the Life of VAAC](#)

[2016 - 2017](#)

[New Members](#)

[Frame of Mind CIC 10th](#)

[Anniversary](#)



**Our volunteers mean that we can continue to provide the support that we do to other charitable organisations and community groups.**

**They provide help with administration, data entry, funding searches, communications and much more.**

**They make a massive difference to our organisation and, by extension, to our member organisations and their clients/members!**

**We can't thank our volunteers enough for all their support, YOU really do make the difference!**



**Volunteer  
Now!**



## Why Volunteer Now? - Our Exciting New Video

Have you seen our exciting new Volunteering Video yet?! This video showcases volunteers at some of our members organisations and we are hoping that it will encourage even more people to get involved in volunteering.

The video was filmed at four of our member organisations - My Sisters' House CIC - Arun & Chichester Women's Centre, Arundel Museum, Manhood Wildlife & Heritage Group and the Aldingbourne Trust (thanks also to Launchpad Breakfast Club who were due to be involved but unfortunately were not able to due to a filming reschedule). It features the volunteers answering the following questions:

1. How did you get into volunteering?
2. What do you get out of / enjoy about volunteering?
3. What would you say to someone thinking about volunteering?

As well as some background footage of the volunteers in their roles and of the organisation/location.

We are really pleased with how the video came out and would like to thank Cee Cee productions, based at Chichester College, for all their hard work in creating it. We hope that this, along with the accompanying video made by Steve Hill (then VAAC Development Office) will encourage more people to volunteer, and will help those who are unsure how to go about it to take the first steps.

If you have not already seen the video, check it out below; and please share it with your members, friends, colleagues and the public. We want even more people to enjoy volunteering as much as the people in the film do!!

Click on the image to watch the video.



Video produced by Cee Cee Productions at  
Chichester University

---

## Do-it Website



Do we advertise volunteer roles for you? Did you know that you can now manage your own adverts on the do-it website?

By choosing to self-serve, you can have access to all of your organisation information, any opportunities that you have listed and details of any potential volunteers that have registered an interest in your roles. This will mean that you no longer have to wait for us to advertise them. We hope that it will also mean that potential volunteers are responded to quicker.

We have been running training sessions to help organisations learn how to use do-it effectively; if you would be interested in coming along to one of these sessions, please email [volunteernow@vaac.org.uk](mailto:volunteernow@vaac.org.uk). We also have detailed instructions available for those who are confident using the internet and don't feel like they need to come along to the training; again, email us for more information.

---

## It's Good to Volunteer



"Our Volunteers are amazing and are at the heart of everything we do at St Barnabas House, our adult hospice, and Chestnut Tree House, our children's hospice. They give freely of their time and expertise doing anything and everything from befriending our patients and driving them to the hospice, looking after our gardens and helping in our shops to giving talks about our work, helping at our events and being our ambassadors in the local community. Last year alone, the gift of their time was equal to a staggering £1.4 million. Without their help, the hospices simply couldn't continue to provide vital care to local adults and children. Thank you to all our volunteers - you are wonderful!"

---



The Aldingbourne Trust provides a range of services for more than 550 people with learning disabilities including Autism, Asperger's Syndrome and Down's Syndrome as well as for people who also live with physical disabilities. We operate more than a dozen social enterprises as part of our forward-thinking approach to providing opportunities alongside residential care services, supported living and outreach services for people in their local communities.

Our story would not have been possible without the tireless commitment and contributions of hundreds of staff and volunteers. With over 115 volunteers across the whole of the Trust – we rely on our amazing volunteers to help us enrich the lives of the people we

support. They help with important and meaningful projects allowing the Aldingbourne Trust to make a real difference and a lot of fun is had along the way. Some of our volunteers have been with us for over 20 years!

---



The City Angels volunteers in Chichester are all amazing because they go out until the early hours of the morning in all weathers, helping anyone in need! During February this year they called for Paramedics three times in one night, to assist people who had collapsed or were unconscious.

Since starting 5 years ago in 2011 they have:

1. Helped 521 people who were drunk
  2. Helped 87 people who could not get home
  3. Given first aid/helped 62 people who were injured
  4. Comforted 282 people who were upset
  5. Helped 47 people who had lost their friends
  6. Served 4,861 hot chocolates, 2,977 coffees, 2,153 cups of tea and 2,265 bottles of water
  7. Picked up 5,940 bottles/cans/broken glass
  8. Worked with the police on an incident 182 times
  9. Given out over 1,500 pairs of flip flops
- 



At our Breakfast Club - every week from Monday to Thursday we have a team of volunteers who help cook and serve, creating a warm and welcoming environment for our clients. This would not happen without the support of volunteers.

There are over 11 volunteers who each week support the retail team to run busy and successful charity shops. Helping with visual displays, rotating stock and serving customers. A great team and great connection to the local community.

The Littlehampton Friends Group help organise and run many of their events, acting as messengers, spreading the word about the work that WCHP do in the local community.

**Last year our volunteers donated over 17,559 hours to us.** We are so very fortunate to have such a great support network, it means so much to our clients that people are giving up their own time to help them.

---



The volunteers we have working for us in the office at Cruse Bereavement Care have been fantastic. Without them, our service to bereaved people living in West Sussex, would be far less effective. Thank You to Volunteer Now for continuing to help us recruit new volunteers.

---

## Volunteer Co-ordinator Network

Three times a year, Volunteer Co-ordinators from VAAC's member organisations meet up to receive training and to share best practice and experiences.

**Here are the highlights of 2016:**

**March - Managing Volunteers, hosted by Arundel Museum**

Good attendance in the lovely meeting room at Arundel Museum. Presentation by Steve Hill on Managing Volunteers. Fully flip-chart focused - no difficult IT applications to manage. Worked well as a session: the whole topic leant itself to group interaction and there was plenty of best practice shared.

### **June - Measuring Volunteer Impact, hosted by the Cowdray Estate , Easebourne**

As we hadn't held a session like this in the Midhurst area for a while, it was another well attended session. The subject matter was quite new to most attendees, at least as a considered topic. The presentation included information about infographics and representing impact to funders and trustees. Used a mixture of flip-chart and IT, the intention had been to use a Powerpoint presentation, but the IT failed, so we had to improvise.

### **November - Rewarding Volunteers, hosted by Arun Community Church, Littlehampton**

Used Powerpoint on a massive screen. A good debate at this session, another well attended event, rewarding volunteers raises many issues. We also asked the opinion of the Network about Steve's suggestion for a 'Gold Blue Peter Badge' style award, provided by VAAC but managed by individual organisations. This was also an opportunity for Steve to show a lovely Blue Peter film about a boy rescuing his Dutch friend from drowning in a river and receiving the precious Gold Badge. Despite the sentimental pull of the film, the Volunteer Co-ordinator Network unequivocally rejected the award idea. Well, you win some.....

### **Developing the network**

Despite holding successful meetings, the network is silent in between. The challenge in future is to facilitate exchange of members throughout the year, helping to make the network more autonomous and potentially more useful to members.

---

# A Year in the Life of VAAC

## A YEAR IN THE LIFE OF VOLUNTARY ACTION ARUN & CHICHESTER 2016 – 2017



### **VOLUNTEERING**

429 Volunteers recruited representing a value of £321,235

192 New volunteering opportunities advertised

### **ORGANISATION SUPPORT**

133 Organisations given one to one support with 316 sessions

64 New members this year with a total of 409 members



### **FUNDRAISING**

Organisations told us that VAAC support helped them to raise

£ 1,760,832

### **COMMUNICATIONS**

85 Bulletins sent out to a weekly audience of 826 people

1951 monthly web visitors



### **TRAINING AND EVENTS**

21 Training courses run with 232 participants

31 Events held / attended with 683 participants

### **PARTNERSHIP**

118 Meetings held with 34 business/statutory partners



## Feedback on VAAC

VAAC is indispensable for small organisations and charities - the staff are skilled knowledgeable and dedicated

Chris went the extra mile and we are very grateful for her, she was so helpful and great advice! Thank you Chris!

I was most impressed by the thoroughness of Nina's approach and the follow up to our meeting

As always, the advice we got from Kate was first class. We are now a registered charity and the advice she has given over a period of at least 18months has helped us achieve this status. We cannot convey how grateful we are to VAAC for their fantastic service

We do not have a dedicated volunteer recruiter so your service helps us make contact with interested parties. Very happy with the work you do on our behalf

---

## VAAC New Members

Fernhurst Recreation Ground Trust

Bognor Regis Pier Watch

Abbeyfield Ferring Society

Midhurst Bowling Club

Ultimate Children Foundation

Tangmere Military Aviation Museum

Disability Challengers

Radio Respect Respect Arts

Chichester BID

MAES (Mid Arun Environmental

Chichester Bowling Club

Arun Yacht Club

Rene & Ghislaine of Paris Healing Foundation

Grandads Front Room CIC

Arun Volleyball Club

Forever Hounds Trust

Ferring Conservation Group

Bognor Pier Trust CIC

Just Different

Survey)  
Sussex Legal Services  
Chichester Forest School CIC

Sussex Traditions  
Birdham Pre-School  
Arun & Rother Rivers Trust

## Happy 10th Birthday Frame of Mind CIC!



Last month Frame of Mind CIC celebrated it's 10th Anniversary - Quite an amazing feat for this small social enterprise run by mental health service users and carers who were the first Community Interest Company to be formed in Bognor Regis and started trading in way back in 2007.

What is a Community Interest Company though? Well, it's a company that is set up specifically to provide a public benefit. Frame Of Mind do this by providing training places and assistance for local adults with mental health issues, and who are living with dementia. Don't let their social purpose fool you though, they are professional framers who are members of the Fine Art Trade Guild. They have framed work for the Pallant Gallery in the past and once framed 565 pictures for the Butlins Wave Hotel in less than a week! In fact they will frame anything from horses' tails to football shirts.

Nick Gibb local MP said; "Over the last ten years, Frame of Mind CIC has grown to become one of our town's leading centres for helping people with mental health issues. By engaging in purposeful and useful occupation of framing pictures and posters in a supportive environment, many people have had their lives changed and their mental health improved. Congratulations to Theresa, Ian and the rest of the team at Frame Of Mind on what they have achieved for our community."

Over their 10 years Frame of Mind are proud to have won a number of awards including 2 National Awards for their work with people living with Dementia, 7 Arun Business awards, a West Sussex Enterprise Innovation award, and they are also winners of several Bognor in Bloom awards for their community garden.

Volunteers are an integral part of what they do. Ian Bates Support Services Director said; "Volunteers make such a difference to our organisation allowing us to help a lot more people. As well as taking volunteers from VAAC we are training up our current clients to become volunteers in the future either here or in other community organisations."

---

## Dates For Your Diaries



Fundraiser Network Meeting Legacy Giving and In-Memory Fundraising, Thursday 15th June, 9.30am - 12.30pm at Bersted Green Learning Centre - read more [here](#)



Small Charity Week Big Advice Day, 20th June 2017, at The Town Hall, Bognor Regis. FREE advice on any charity topic of your choosing from one of our team. Book a slot now to secure your place. Appointments available from 9.30am - read more [here](#)



Charity Trustee Training for new Trustees to help them understand their roles and responsibilities and know where to get help, Wednesday 21st June 2017, 6pm-8pm at 9 Donnington Park, Chichester - read more [here](#)



Volunteer Co-ordinator Network - Volunteering and Legal Matters on Thursday 6th July 10am - 12noon at the Dementia Hub, Tangmere - read more [here](#)



VAAC AGM, 12th July 2017 at Oving Jubilee Hall, 12.15pm - 2.30pm. Look out for your invites - coming soon.



Fundraiser Network Meeting, Meet the Funders, bookable slots with Active Sussex, BBC Children in Need and Kate and Nina of the VAAC Development Team, Thursday 13th July 2017, 9.30am - 12.30pm at Bersted Green Learning Centre - read more [here](#)

Copyright © 2017 Voluntary Action Arun & Chichester, All rights reserved.

**Our mailing address is:**

VAAC  
The Town Hall  
Clarence Road  
Bognor Regis  
West Sussex  
PO21 1LD