the link

Issue 55 Autumn 2011

A Wet Summer!

The Newsletter for voluntary organisations and community groups in Rhondda Cynon Taff

Welcome

..... to the Autumn edition of Interlink's Newsletter. If you would like to contribute to the next issue please send your articles, information, job vacancies or advertisements by:

11 November 2011 to
Cara Jordan-Evans
at Interlink by E-mail:
cjordan-evans@interlinkrct.org.uk

If you require any articles translated into Welsh or any other format please get in touch.

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Office opening times are:
Monday - Thursday:
9.00am - 5.00pm
Friday: 9.00am - 4.30pm

Social Enterprises Take Off in Rhondda Cynon Taff

My name is Andrew Rowlands and I am one of the new Social Enterprise Development Officers alongside Ken Moon. The challenging climate we are facing means that organisations can no longer assume they can survive solely on grant funding. Everyone needs to start changing the way they do business and look at developing ways of generating their own income. The support we can offer ranges from helping small organisations or individuals develop their ideas into viable enterprises; to helping existing organisations build on the skills and resources they already have and using them to generate more income. My role will also support organisations go through the application process for the Community Economic Development Grant offered by RCT County Borough Council.

My background is in business development and strategic planning. I have an MBA from Cardiff University where I specialised in Marketing and Small Business Development and have worked in both the private and voluntary sectors. Most recently I was employed by a credit union where I secured funding for them to purchase and renovate high street premises, a key strategic step in their development plan.

My claims to fame are that Joss Stone had a cameo in a film I made as a student and that I won a bronze medal in the Canadian Summer Games. I am hoping to volunteer at the 2012 Olympics next year and I am saving up to buy a sea kayak to explore the Welsh coast.

Anyone interested in more information can either contact us directly at Interlink or join the Social Enterprise Forum where we will be looking to get social enterprises to share best practices and experiences as well as addressing any areas organisations feel they are lacking.

Contact me on 01443 846200 or
E-mail: arowlands@interlinkrct.org.uk

Date for your Diary!

Interlink's Annual General Meeting

Thursday 1 December 2011
9.00am - 1.00pm
Coleg Morgannwg, Rhondda Campus

This year's AGM and conference is on the theme of '**MAXIMISE RCT** (**R**esources, **C**ommunication, **T**raining)'.
More information to follow soon

Hi, my name is Ken Moon and I'm one of two new Social Enterprise Officers here at Interlink. We are here to provide one-to-one and collective practical support in developing the financial independence and business skills of individuals and new or existing community and voluntary groups in RCT.

My experience in the sector began with a grant from the Millennium fund to establish a community film and networking project in Swansea before establishing a community group delivering training in sustainable living and healthy eating in Cardiff. I then took up a paid post with the Riverside Community Market Association taking the organisation from grant dependency to income generating social enterprise in three years.

Following a three year stint supporting communities first partnerships across South East Wales I became involved in developing a loan finance fund for community energy schemes and in the establishment of the community energy network for Wales. I now bring to Interlink a strong background in Social Enterprise and a deep knowledge and passion for sustainable living and community development underpinned by social justice.

I enjoy spending time with my family, and walking and cycling in the hills around Pontypridd where I am undertaking a DIY SOS style eco-renovation of our terraced house. I am very grateful for the opportunity to support community groups and organisations in a part of Wales which I am proud to call home and look forward to working with you.

Contact me at Interlink 01443 846200
or E-mail: kmoon@interlinkrct.org.uk

Social Enterprise Forum

24 November 2011
9.30am - 12.30pm
at Interlink

The first Social Enterprise Forum workshop will be a *'getting to know you'* event...

- **Introducing:** who we all are, outlining our background and experience in Social Enterprise
- **Support needs:** what are you doing? what do you plan to do and what help are you going to need?
- What have you done that others can learn from?
- How the support organisations can work together
- Next steps

Please feel free to contact either Andrew or Ken at anytime.
01443 846200

Dates for your Diary

See CHANGE Steering Group
21 September 2011
2.00pm - 4.00pm
at Interlink
Contact Kelly Daniel / Helen Green

Community Learning Task Group
'Active Communities Network'
17 October 2011
9.30am - 12.00pm
Pontypridd YMCA
Contact Helen Green

HSCWB Forum
10 November 2011
10.00am - 12:00pm
at Interlink
Contact Anne Morris

CYD Network
10 November 2011
1.30pm - 4.00pm
at Interlink
Contact Maria Prosser

Mental Health Forum
15 November 2011
10.00am - 12.00pm
Contact Maria Abson

Social Enterprise Forum
24 November 2011
9.30am - 12.30pm
at Interlink
Contact Andrew Rowlands

For more 'dates for your diary' check out the 'What's On' section on our website www.interlinkrct.org.uk

Commission Accomplished – Training Opportunities

This is a unique opportunity for local public and third sector organisations in Merthyr Tydfil and Rhondda Cynon Taf to undertake training together on commissioning topics.

Following the launch of the Commission Accomplished Code of Practice and website in June 2011, the Commissioning Project is pleased to host a series of free half-day skill builder seminars in November 2011. They are aimed at supporting the implementation of the Code of Practice and improving commissioning skills and knowledge. They will help third sector organisations with submitting successful tenders and they will help commissioners to improve their engagement with the third sector at different stages of the commissioning cycle.

The skill builder seminars will complement the work being undertaken nationally to support the implementation of Fulfilled Lives, Supportive Communities Commissioning Framework and Guidance and the work being undertaken locally to explore the establishment of third sector provider forums for social services:

Supplier Engagement	Thursday 3 November	9.30am -12.30pm	Interlink
Influencing Commissioners	Thursday 3 November	1.30pm - 4.30pm	Interlink
Measuring and Quantifying Outcomes	Friday 4 November	9.30am - 12.30pm	VAMT
Successful Contract Management	Friday 4 November	1.30pm - 4.30pm	VAMT
Effective Bid Writing	Thursday 17 November	9.30am - 12.30pm	Interlink
Presenting Bids	Thursday 17 November	1.30pm - 4.30 pm	Interlink

To book contact Lauren Baker at Interlink on 01443 846200 or by E-mail: lbaker@interlinkrct.org.uk
Further details of the seminars along with a booking form can be found on the VAMT website:
www.vamt.net/publications&information/comissioning_policy09.htm

Margaret McLaughlin, Commissioning Policy Development Officer , VAMT/ Interlink
E-mail: Margaret.mclaughlin@vamt.net or Telephone 01685 353920

Participate in your Community

Interlink's See Change team travelled to Mid Wales this summer to deliver a new training session at Participation Cymru's residential. The two day event drew a variety of people from across Wales who use participation in their work, i.e. getting people involved in the design and improvement of services and projects. Attendees came together to learn some new tips and methods as well as sharing their own experience. Some workshops involved scenarios where the groups played roles of children, single parents and elderly people being cared for in order to trial engagement methods. These included participatory mapping (where drawings are the focus instead of words) and *'snot man'* for helping to get the views of under 10's!
The See Change team delivered a workshop on the final day called *'Turning a Problem into an Opportunity'* which was enjoyed by all and had great feedback from the event organisers.

The event included the launch of the Participation Principles which have been endorsed by the Welsh Government. The evening included a number of short speeches as Participation Cymru explained the principles will now become increasingly important for all practitioners who use people's views and experiences when planning services or projects. The See Change project have now developed a training package based on a mixture of what was successful at the session and what there seems to be the biggest need for in communities.

If you are interested in this training, contact Helen Green, Interlink's Participation Officer on 01443 846200 or E-mail: hgreen@interlinkrct.org.uk.

Broaden your horizons ..... with Interlink training

Soft Skills and Distance Travelled
30 September 2011
1.00pm - 3.30pm

Safeguarding Vulnerable Adults
4 October 2011
9.30am - 12.30pm

Introduction to Volunteering and Preparing for Volunteers
5 & 6 October 2011
9.30am - 4.30pm

Customer Service
7 & 14 October 2011
9.30am - 1.30pm

Participation Training
21 October 2011
9.30am - 12.30pm

Data Protection
31 October 2011
2.00pm - 4.00pm

Participation Training
1 November 2011
9.30am - 12.30pm

Safeguarding Child Protection
9 November 2011
9.30am - 12.30pm

Volunteer Recruitment
9 & 10 November 2011
9.30am - 4.30pm
at VAMT

Closing Down an ESF Funded Project
25 November 2011
9.30am - 1.30pm

For more information call **01443 846200** or visit **www.interlinkrct.org.uk** to download a training programme and booking form.

EPP Cymru (Previously known as The Expert Patients Programme) is a **FREE** self help programme for people and their carers who live with **any** long-term health condition. The course is designed to improve the quality of life and takes place in a relaxed and friendly atmosphere. People who live with many different conditions come together to work through techniques to help them manage their lives. Trained Volunteer Tutors, who themselves live with a long-term health condition run a 6 week course of 2 ½ hours per week.

Course Venue Area	Day	Time	1 Start Date	2	3	4	5	6 End Date
Porth Dental Training Unit, 5/6 Pontypridd Rd, Porth CF39 9PH 01443 680168	Thursday	10:00am-12:30pm	8 Sept	15 Sept	22 Sept	29 Sept	6 Oct	13 Oct
Ysbyty Cwm Rhondda Partridge Rd, Llwynapia, Tonypandy CF40 2LW 01443 430022	Wednesday	1:00pm 3:30pm	14 Sept	21 Sept	28 Sept	5 Oct	12 Oct	19 Oct
Aberdare The Cynon Valley Museum & Gallery (opposite Tesco) **Tel**: 01685 353911/900	Saturday	10:00am 12.30pm	15 Oct	22 Oct	29 Oct	5 Nov	12 Nov	19 Nov

For more information contact Minu Mandora, Coordinator/Trainer, EPP Cymru, at Interlink
Telephone: 01443 846200 E-mail: mmandora@interlinkrct.org.uk www.eppcymru.org

GwirVol Youth Led Grants - The Vol Factor

Interlink's youth-led grant scheme offers up to £800 to support youth–led volunteering projects involving 16-25 year olds in Rhondda Cynon Taff

The scheme is managed by a panel of young people from Rhondda Cynon Taff. The panel has chosen the following priority activities or projects:

- Supporting social centres for people aged 16-25
- Supporting activities in these centres for people aged 16-25
- Health activities/courses
- Access to work classes
- Dance/street dance classes
- DJ courses
- Drama projects
- Video projects
- Sports projects or tournaments
- Trips with positive outcomes
- Projects for single mothers
- Mentoring projects for young people delivered by 16-25s

GwirVol

Initial applications will require the following information:

Name of organisation Brief paragraph describing the project Project budget

Initial application deadline is Tuesday 27 September 2011

Applications will be shortlisted to a second stage when organisations will be invited to give a brief presentation to the Panel on the evening of **Wednesday 5 October 2011.**

Please send written applications to Interlink, 6 Melin Corrwg, Upper Boat, Pontypridd CF37 5BE or by E-mail to tcrockett@interlinkrct.org.uk for more information please contact Thomas Crockett, Interlink's Youth Volunteering Advisor on 01443 846200

Too Good to Waste

too**good**to**waste** offers Engagement Gateway participants experience in Retail, Customer Service, Call Centre and Warehousing and the opportunity to gain relevant qualifications.

Ann Jones from Ferndale has been on the project for two months based in the Call Centre. Ann answers telephone calls from customers and carries out administrative duties. Ann has learnt how to use a computer: this has given her new skills and a new interest in life!

'I've been out of work for a few years, my friend told me about toogoodtowaste Gateway project so I thought I would try it. Since I've started the course I feel a lot better, I now socialise a lot more. It is good to get back in to the swing of things. My experiences at toogoodtowaste have shown me how much I'd missed people, it's nice not to do shift work or nights! This project has made me realise I'm still capable of working! My confidence has grown so much I feel as if I've been here for years, I would say to anyone to try it – everyone at toogoodtowaste is so friendly!'

Craig Bowles from Williamstown has attended the Gateway project for nine months and has completed Manual Handling and Health and Safety qualifications. Craig is also completing an NVQ in Warehousing. too**good**to**waste** have helped Craig to focus and his activities at too**good**to**waste** have inspired him to get out of the house! Craig would like to find full time employment in warehousing.

Mr S from Maerdy has been unemployed for 7 years and has been on the Gateway project for around nine months. During the Gateway project Mr S helps sort out the customer donations in to what can be re-sold and what cannot. Since embarking on the project Mr S's literacy and numeracy skills have improved and he is now more confident. Mr S would like to find a full time job in warehousing.

Mrs L worked in a factory for a number of years. Mrs L has been on the too**good**to**waste** Gateway project for one month.

'This is a totally alien environment to what I'm used to, but I am trying, I panic with written work. So far I've completed a Health and Safety course and I am beginning to become more confident. I want to go back in to work; I'm keeping my eye open. I tried training for 'care' work but I am not sure if it is right for me. toogoodtowaste is ideal for me as I don't like waste, I get to meet a wide range of people!'

Annette Carson from Penygraig worked in Retail and catering from the age of 15 up until three years ago when she found herself out of work.

'Whilst on the Gateway project I tidy the shop floor, serve customers, merchandise and cheerfully greet customers! I have completed a Health and Safety course and I'm doing a NVQ in Retail. My experience at toogoodtowaste has improved my confidence I am now happy and cheery again! The people at toogoodtowaste are really nice, good people! A lovely place to be!'

For more information contact toogoodtowaste on 01443 680090
Ynyshir Branch - Unit 1, Standard Industrial Estate, Ynyshir, Porth CF39 0RF
Aberaman Branch - Unit 3, Aberaman Industrial Estate, Aberdare CF44 6DA
enquiries@toogoodtowaste.co.uk

'An Audience With ....'
10 October 2011
10.30am – 3.00pm
The Muni, Pontypridd

New Horizons Appletree Stores Open Day
11 October 2011
10.00am - 3.00pm

Quiz Night
12 October 2011
7.00pm – 10.30pm
Pentre Football Club

Venture Out Sponsored Walk for Mental Health
12 October 2011
12.00pm
Merthyr Leisure Centre

Disco
13 October 2011
7.00pm – till late
Clwb y Bont Pontypridd

Dare Valley Country Park Event
13 October 2011
10.00am – 2.00pm

High Tea
call into New Horizons for tea and cake
13 October 2011
3.00pm - 5.00pm

Walk a Mile in Rhondda
15 October 2011
10.00am – 12.00pm
Ynysangharad Park

For more information on the above events contact 0808 100 1801

World Mental Health Day 2011

'Promoting Wellbeing: Mental Health and Physical Illness'

The World Federation for Mental Health founded World Mental Health Day (WMHD) in 1992. Each year, on and around the 10 October, mental health organisations, health professionals, academic institutions, service users and carers become unified in their efforts to promote greater public awareness and understanding of mental health and emotional well-being.

World Mental Health Day makes mental health a global priority where millions of people from across the globe organise and launch educational events and many interesting and fun activities in their local communities, raising awareness and funds for mental health causes.

WMHD brings mental health issues to the forefront of public attention tackling misinformation and common misconceptions achieving greater public awareness, empathy and understanding.

Promoting mental health and well- being at a local level has important advantages and benefits for everyone in communities and goes a long way in reducing stigma and isolation creating a non-stigmatising, well informed, supportive community, which will hopefully direct new energy and effort at improving the lives of those living with mental health problems by challenging discrimination locally.

This year there are some wonderfully exciting and imaginative events and activities planned throughout RCT and Interlink would like to extend a very genuine thank you to everyone involved in WMHD this year. Without continued participation and support this event would not get off the ground. We thank everyone for his or her individual and collective support this year.

For more information contact Maria Abson, Mental Health Development Officer at Interlink on 01443 846200

World Mental Health Day 2011

World Mental Health Day Event
7 October 2011
10.30am – 2.30pm
Merthyr Tydfil
Leisure Centre

The World Mental Health Day Event is a way of working collaboratively towards addressing the needs of our local communities.

This day will provide opportunity for service users to engage with providers of services, and will also be a chance for local organisations and partners to showcase their services. There will be a range of activities, crafts and complimentary therapies available on the day, also showing is the Changing Minds Theatre Group DVD

Contact Maria Abson on 01443 846200 or Shian Neale on 01685 727421

'Walk a Mile for Mental Health' and Jazz band
15 October 2011
From 11.00am - 12.30pm
Ynysangharad Park and
Pontypridd Town Centre

Following the success of last years *'Walk a Mile'* events which raised a lot of money for the partnership to help raise awareness for WMHD, this year there will be a Carnival which will meet at the Bowling Pavilion in the park, a Jazz band will lead the *'Walk a Mile'* event to Taff Street and then back into the park. So please come along and show your support by getting involved in all the fun of the Carnival.

For more information contact Sara Davies on 01443 688770 or Nannette King on 01443 486856

'An Audience with ….'
10 October 2011
10.30am – 3.30pm
Muni Arts Centre, Pontypridd

The format for the day will be a question and answer session in the morning followed by lunch. The afternoon session will comprise of presentations celebrating good practice and achievements with opportunities to showcase services, also showing is the Chaning Minds Theatre Group DVD and the New Horizons band will be performing.

Please come along and get your voices heard and your questions answered.

Contact Claire Hughes on 01443 688770

Living Library Event
10 October 2011
10.30am - 12.30pm
Muni Arts Centre, Pontypridd

There will be a Living Library event where service users will talk about their stories.

Contact Helen Rees on 01443 846200

A Mental Health Web Directory of all local Mental Health Services is to have its official launch on **7 October 2011** to coincide with the events which are taking place around this years WMHD.

Please visit **www.mentalhealthsupport.co.uk** to view the directory and a number of digital stories from local service users.

WAW! (Walking After Work) Walking Weekend in Pembrokeshire!

The WAW! annual walking weekend took place at the end of May based in Trefin: a particularly wonderful, wild and rugged corner of the Pembrokeshire Coast National Park. We stayed at a friendly hostel that supplied us with breakfast, packed lunch and comfortable accommodation. The hostel encouraged us to be mindful of environmental sustainability; re-newable energy is supplied via solar panels on the hostel's roof and at every opportunity the owners Chris and Sue provided ideas and opportunities to work towards a more sustainable planet.

Saturday morning we embraced the Pembrokeshire coast and walked 9 miles from Caefai Bay to St Justinian's and the six fittest members walked a further 5 miles to Whitesands and St Davids! The coastline around this part of Pembrokeshire is magnificent and spectacular! Those hawk eyed amongst us spotted Peregrine Falcon, kestrel and Adder and sunny blue skies! After our walk we ate at the Farmers Arms in St Davids – really stunning pub food! Sunday was a much more leisurely day!

We walked over the Lilly ponds at Bosherston on to Broad Heaven Beach, around the Stack Pole Headland to Barafundel Bay and on to the Stack Pole Estate. The more adventurous walkers experienced the sights of 1000's of Razorbills and Guillemots fishing for their young.

The walking weekend's activities played a part in our success in achieving the **Small Workplace Health Silver Award:** the walking weekend promoted health in the outdoors something we will actively continue to promote and support within Interlink!

Come and experience WAW! for yourself, we walk every other Saturday morning from various locations around RCT and on Thursday evenings we meeting in Llantrisant.

For further details on WAW! activities contact Meriel on 01443 846223
E-mail: mgough-rogers@interlinkrct.org.uk

'Men Talking'

Contemporary performing arts company Men Talking Productions is hoping that its new show **'Men Talking'** will raise awareness about one of the most serious diseases to affect British men - ***prostate cancer.*** Worryingly, prostate cancer accounts for the highest mortality rate in British males, with more than 10,000 deaths annually. Men Talking Productions was co-founded by writer and director Dominic Rai, and creative consultant and writer, Richard Dunning, who wanted to try and make a difference through their work.

Dominic Rai explains the importance of the new project, *'Unlike women, men are much more reluctant to talk about sensitive health issues such as prostate cancer. Often Men will simply ignore health problems instead of dealing with them. We want to focus on men's health, specifically prostate cancer, in a way, which is non-threatening and humorous, but also enlightening.'*

The company is planning to take its pilot show on the road in 2012 into Cardiff and the Valleys with support from The Red Sock campaign and prostate cancer charity of Wales GLAZE.

For further information about Men Talking Productions contact Dominic Rai on 07519 634282 or E-mail: dominic@mentalking.co.uk.

Rhondda Breast Friends Receive Macmillan Centenary Awards

Macmillan in Wales celebrated their 100th birthday by giving awards in recognition of the exceptional service and dedication given by members of staff and people affected by cancer to helping improve cancer services. Most of the awards were given to Macmillan employees and two awards for the whole of Wales were given to people affected by cancer.

Chairman Diane Raybould received the campaigner's award for her work with Rhondda Breast Friends, improving cancer services through their petition to the National Assembly and her involvement with the pioneering Macmillan Library scheme. Vice Chair Sally Stoat was highly commended in the user involvement category for her time and effort with Rhondda Breast Friends, Pontyclun Bosom Pals and Breast Cancer Care. Sally also gives of her time to hold workshops on topics including early awareness of symptoms of breast cancer to various organisations across South Wales.

Diane and Sally attended the awards ceremony at the Norwegian Church, Cardiff Bay on Wednesday 29 June where First Minister Carwyn Jones presented the awards in front of an audience of supporters, professionals, AMs, and representatives from charities and public organisations. Both Sally and Diane proudly received their certificates that will be on display at RBF.

Diane and Sally with their certificates

First Minister Carwyn Jones and Cath Lindsay, Head of Macmillan in Wales, present the campaigner award to RBF's Diane.

Diane said, *'This is huge, there were only two awards for people affected by cancer throughout Wales so for two members of RBF to receive one and be highly commended for the other is amazing and we are very proud to receive them.'*

Rhondda Breast Friends provide support services and hold various activity groups at their cancer support centre in Porth. **If you would like to find out more, contact 01443 687556 or E-mail:info@rhonddabreastfriends.org.uk**

Stop Smoking Wales - Training day

Stop Smoking Wales delivers a training course for health and community workers who come in contact with smokers on a regular basis. They are pleased to offer a **free**, one-day brief intervention training course which is a method of discussing smoking and quitting in a positive, non-confrontational way to encourage smokers to think about giving up and enable them to access specialist support when they are ready.

28 September 2011 at the Innovation Centre, Abercynon
21 October 2011 at the Royal Glamorgan Hospital

For more information or to book a place contact Stop Smoking Wales on 0800 085 2219

Bright New Future

The Big Lottery Fund is responsible for distributing almost half the money that the National Lottery raises for good causes. Our mission is to bring real improvements to communities and the lives of people most in need.

About Bright New Futures

This programme aims to build resilience of young people in Wales so that they have life skills, knowledge and the ability to manage key transitions in their lives.

Research and consultation has shown us that young people have a range of complex needs. They may experience gaps in service provision, duplication of some services, and be unwilling to use services due to previous bad experiences.

Under our Bright New Futures programme, we are making £12 million available for projects across Wales, working with young parents and/or young disabled people aged 14-25.

What difference do we want this programme to make?

All projects must show that they have addressed the outcomes shown below.

- Young parents and young disabled people are less isolated and have increased wellbeing through improved social networks and stronger relationships.
- Better services are delivered which are joined up and are tailored to meet the individual needs of young parents and young disabled people.
- Young parents and young disabled people have the increased confidence and skills to successfully manage transitions and lead full and active lives.
- Learning from the programme is used to inform future policy, practice and services for young people in transition.

Who can apply?

Third sector organisations with experience of working with at least one of the target groups over a period of time.

How much can we fund?

We will make grants of between £200,000 and £1 million for projects running for between three and five years.

Key dates

- Register your interest on our website by 12 Noon, Thursday **13 October 2011**
- Attend our partnership and briefing sessions during **November 2011**
- Send us an outline proposal form by 12 noon, Friday **2 April 2012**
- We will tell you by **5 July 2012** whether you might get a grant
- Send us your project business plan by noon, Monday **1 November 2012**
- We will let you know our final decision by **7 May 2013**

Please also take some time to read the Our Bright Futures comic-style case studies of the types of people this funding could help.

There are also videos and podcasts on the website and a video of a flash mob performed by partially sighted young people to mark the launch can be found here **www.youtube.com/watch?v=teYPBXgGkBg**

For more information contact us on 0300 123 0735 or visit the Big Lottery Fund website www.biglotteryfund.org.uk/brightnewfutures

Lottery Answers SOS Call From Rural Communities

A campaign to help communities buck the trend of rural decline and revive village life by starting up new business ventures is being launched by the Big Lottery Fund (BIG).

The UK-wide Village SOS Active campaign, which includes a £5m funding pot, will inspire people-powered change, helping communities to tackle the problems they face. They might revitalise community-owned pubs, local food businesses or arts and heritage facilities, to attract visitors, create employment and rejuvenate their villages.

Big Lottery Fund Wales Committee Member and Village SOS Committee Member, Mike Theodoulou, said: *'Every year hundreds of local amenities such as shops and pubs close down in rural areas. The effects of this, along with limited transport options, rural isolation and lack of employment opportunities for young people, can all strike at the heart of village life.'*

'Through this campaign, the Big Lottery Fund will help people to tackle all this by bringing together support, information and expert advice on how to develop community enterprises, as well as the chance to get some Lottery funding to aid them. The Village SOS TV series, has been following the journey of six villages which have used Big Lottery Fund money to do just that. We want the campaign to harness the interest and inspiration that the show will generate to kick-start a rural revival.'

Central to Village SOS Active is the **villagesos.org.uk** website, which will offer a range of tools and information to help people bring their ideas for community business to life. **Villagesos.org.uk** will direct people to the best source of funding for their community business, including more details about the Village SOS Active competition. The competition has £5m Big Lottery funding in awards of £10,000 - £30,000 for the brightest ideas for new community enterprises that will make a lasting difference in rural communities with a population of less than 3,000. BIG will also offer face-to-face advice to communities at a range of learning events across the UK, and a dedicated national advice line, run by rural community enterprise experts the Plunkett Foundation, where people can receive tailored advice on different aspects of setting up a community business.

For more information contact the Big Lottery on 0845 4 10 20 30 or www.biglotteryfund.org.uk

Better Bids Means Better Projects!

If your group is applying to the Bit Lottery Fund's (BIG) People and Places programme, we can help you to develop a better bid and deliver a successful project.

The Better Bids team is part of Wales Council for Voluntary Action, (WCVA), the umbrella body that supports the 30,000 charities, voluntary groups and social enterprises in Wales' third sector. WCVA has been awarded a contract by BIG to provide a free, accessible and bilingual service to help applicants develop their applications to the People and Places programme.

We will provide a flexible yet responsive service that can be tailored to meet your group's specific requirements. Remember that you will have six months to develop and refine your bid for the full submission to BIG - so the earlier you cantact us, the more time we have to work with you!

For more information contact 0800 999 2829 or E-mail: help@betterbids.org.uk
or visit www.betterbids.og.uk

Make a Noise for Play

On the week starting 4 July, Play Wales (the national organisation for Playwork in Wales) hosted the International Play Association conference in City Hall, Cardiff. The conference was attended by delegates from 55 countries around the world. Wales' first minister Carwyn Jones delivered the primary address. For the first time in its history , the IPA presented Wales the country with an award for all the work it has done to make Wales a more play friendly place.

As part of the conference organisations from RCT were responsible in partnership with other counties across Wales in putting on a *'make a noise for Play'* event, which was attended by school children from across Cardiff.

Llanharran Drop-in, Chwarae Plant, Interlink and RCT Early Years and Family Services worked in partnership to create a water play area that got all adults who entered it soaking wet, much to the amusement of the children. They also facilitated an area where children were able to construct things out of cardboard which lead to cars, buildings and dens being created and then destroyed. All the children attended with their teachers who were very impressed with the play opportunities available to the children. It was also a good opportunity to advocate for the importance of play in children's lives. The whole conference was a huge success and highlighted the work that has been done to improve the profile of play in RCT and across Wales as a whole.

For more information contact Matt Cook, Play Development Officer at Interlink on 01443 846200.

Chwarae Plant have Fun!

July saw Chwarae Plants annual cross county playwork training event take place at Miskin Mill Scout Camp. 60 delegates had the opportunity to attend 2 of 4 workshops based on practical ideas that could be taken back to their Playschemes. They were able to choose from Fire, Structure building, Mud/Earth and Water. Lots of informative, wet, messy fun was had by all.

The training was facilitated by trainers from Bridgend County Council, Chwarae Plant and Interlink's own Play Development Officer, Matt Cook.

For any information regarding play and playwork training contact Matt Cook on 01443 846200.

Young People Say

A group of young people are currently being trained on the *'Young People Say'* participation programme, which is all about how adults can best engage with and involve children and young people in their work and organisations. By the end of the programme the young people will have become trainers themselves, delivering the training to adults who work or volunteer with children and young people. The members of this group are Mathew Cox (pictured), Andrew Williams, Carleigh Connolly and Sarika Watkins-Singh. **The aims of this participation training is:**

- To educate service providers in participation and highlight examples of good and bad practice
- To improve participation standards for all children and young people in RCT

The materials they use are very professional, having been designed and successfully piloted with previously trained young people.

For more information contact Helen Green at Interlink
E-mail: hgreen@interlinkrct.org.uk

New Rowan Tree Cancer Centre Gardening Project

Rowan Tree Cancer Care was delighted to be chosen by the customers and local staff to open the newly refurbished Wilkinson Store in Aberdare on Wednesday 29 June 2011.

The charity received a cheque for £500 towards the 'gardening project' for carers and cared for. The funding will give the charity the opportunity of having raised flower and plant beds at the rear of the building. Families will grow their own herbs and flowers and enjoy the outdoors, which is very therapeutic.

We will purchase garden furniture, garden shed, extendable garden tools and plants from the financial gift from Wilkinson, and our families can sit out on the terrace of the new property or do a bit of gardening with others while visiting the cancer centre.

The new cancer centre situated at 58/60 Commercial Street, gives families the opportunity of assessing new services such as hydrotherapy, textile workshops and glass painting as well as the complementary therapies, counselling, wig fitting, therapy through art and the free transport for any cancer related hospital appointment.

If you or a family member are touched by cancer and need our support, please contact Rowan Tree Cancer Care on 01443 479369.

In the photograph, staff of Wilkinson Store, Aberdare, with the Store Manager, Rowan Tree Cancer Care Charity Manager Rhian Dash and Rowan Tree Cancer Care Chairperson Pauline Sims MBE.

Raise Funds by Showing your Talents!

THE BOILER HOUSE PROJECT
WHERE COMMUNITY MATTERS

- Ever seen yourself as a budding Tom Jones or
- Fancy a spot of stand up?
- Well guess what now is your chance!!!!!
- Amazing prizes including a £50 cash prize.
- Come on you know you want to!!!!!

On the 21 October 2011

At Tylorstown Welfare Hall
East Road
Tylorstown, Ferndale, CF43 3DA

From 7.00pm

All acts are free and audience pay just £3 before the night and £4 on the night.
So get your tickets early to avoid disappointment!!
Get them from us on facebook and we'll send it out for a small fee or visit us at our boot sales.

All proceeds go to the Boilerhouse Project Penrhys. Check out our facebook page and follow us on twitter@BHouseProject for more information

Understanding Governing Documents

What is a governing document?
If something goes wrong with the car or a kitchen appliance breaks, what do you do? For many of us, this is the first time we consult the instruction manual - if we can find it of course!

A governing document is a charity's instruction manual, and every charity has one. It sets out the purposes of the charity and the rules the trustees must follow.

When the Charity Commission gives advice to trustees, we almost always refer them to the charity's governing document first as, often, it contains the answer to their question.

Why are governing documents so important?
It's clear from the queries the Charity Commission receives that some trustees have never seen their governing document or don't even know it exists. However, just as reading an instruction manual before you use an appliance can avoid problems, familiarising yourself with your governing document can ensure the charity operates smoothly and prevent things from going wrong.

As the people legally responsible for the proper running of the charity, it's essential that trustees know what's in the charity's governing document. We recommend that copies are issued to new trustees as part of their induction to the charity. The Commission holds copies of the governing documents of all registered charities and you can request a copy using the link on the website **www.charitycommission.gov.uk**

What are the types of governing documents?
Governing documents can be in a variety of different forms, but the three main ones are:

- **Constitutions** – used for unincorporated membership organisations;
- **Memorandum and Articles of Association** – for companies limited by guarantee and registered at Companies House; and
- **Trust Deeds** – for fairly small or simple organisations with no members.

Other types of documents include conveyances, wills, Royal Charters and Charity Commission schemes.

What do they contain?
Governing documents vary considerably, but they generally include:

- the charity's name
- objects or purposes – what the charity is set up for;
- powers – how the charity will achieve its objects;
- trustees – who the trustees are and how they are appointed;
- amendments – how trustees can change the governing document; and
- dissolution – how to wind up and what happens to any remaining assets.

Other clauses may deal with membership, meetings and bank accounts.

Our guidance **CC21 - Choosing and Preparing a Governing Document** contains more about governing documents and has links to our model documents.

Can governing documents be changed?
Sometimes trustees need to change their charity's governing document to make sure it continues to operate effectively. The Charity Commission may need to approve such changes but often trustees have the power to make changes themselves. Again, the first thing the trustees need to do is check what the governing document says about making changes. Our guidance **CC36 - Changing your Charity's Governing Document** contains more about making amendments. In all cases we need to be informed of the changes being made so we can keep the Register of Charities up to date.

Visit www.charitycommission.gov.uk for more information

Rhondda Cynon Taf

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