

PROJECT HIGHLIGHT

CHARITY MENTORS

supporting the East Sussex voluntary sector



Running a charity during such difficult times is undoubtedly, a challenging and potentially, lonely role. Managing daily operational or financial issues allows little 'thinking' time to consider the strategic direction of an organisation. Often there's no shortage of ideas although what is the best way forward for your organisation and how do you best get there?

Speaking with someone else to get a fresh perspective can often help. Working with a mentor can help release your time to look beyond the service delivery and focus on how best to adapt to the challenges that lie ahead especially during a period of lockdown and recovery from this season.

Usually on a 121 basis, a mentor can help process your thoughts to ensure that you take the necessary steps to move forward and although this is arguably best done face-to-face, our experienced team of volunteer mentors can now mentor via Zoom or Skype. Using the technology, we break through the barrier of local geography and can 'meet' you where you are and at a frequency to suit you.

We currently have mentors available with wide ranging business experience; more focused leadership, improved management and delivery of services, plus better targeted fund raising are a small selection of where our mentors have helped. It's important that the mentoring experience adds value to you and ultimately, your organisation.

If you'd like an informal discussion about how this process might help you, please don't hesitate to contact our project co-ordinator, Ian Noble. He can be reached via email mail@iancnoble.co.uk or by phone on 07801 250668.

Or visit our website for more information: www.mentoring-eastsussex.co.uk

RVA

CAN YOU HELP

We are looking to spread all the information we can on those offering Christmas lunches/deliveries/vouchers and more over the festive period in Rother.

If you know of any please contact luke.sanderson@rva.uk.com

And help us make sure that we can get the help to those who need it after such a hard year.

THANK YOU ALL

RVA AGM

Sign-Up

[RVA Digital AGM 2020 Tickets, Tue 8 Dec 2020 at 10:00 | Eventbrite](#)

RVAs AGM 10am Tuesday 8th December 2020

There will be a chance to meet our new CEO Claire Cordell

'Next steps in the voluntary sector and community response to Covid-19 in Rother'

Including a talk from Ian Noble of Charity Mentors about the support they can offer to groups

This will be a virtual meeting because of current government guidelines

Life in Rural Rother

(Healthy Aging in Rural Europe)

Would you like to share your story about your Life in Rural Rother?

Share your experience, knowledge and ideas of Rother and help contribute to making your community a great place to grow older.

We are looking for people who are over 60, with some free time living in Rye, Robertsbridge, or the surrounding areas wanting to share with one of our 12 Healthy Ageing through Innovation Volunteers

If you are interested in Please get in touch with Annette at annette.holmes@rva.uk.com or call 07369 221256.

NCVO Knowhow coronavirus updated guidance

[*delivering services and activities*](#)

[*safeguarding in voluntary organisations*](#)

[*fundraising and covid-19*](#)

[*working safely*](#)

[*supporting staff wellbeing*](#)

[*retaining and engaging volunteers*](#)

Respond, recover, reset: the voluntary sector and COVID-19

[*Full Report*](#)

COVID-19 weekly surveillance update - East Sussex County Council

[*Here*](#)

“Pre-Register for Get Growing Spring!

Get Growing is a FREE community project delivering Grow Kits and ongoing support to those who want to grow their own food no

Matter what space they have. Whether at home, at nursery, at school or part of a community garden, we can offer essentials to get you started

As well as ongoing support.

To register your interest please click the link below:

www.get-growing.co.uk

Remember Get Growing is FREE and provides:

- *Compost*
- *Fibre Pots*
- *In-season vegetable, herb & salad varieties suitable for your space*
- *Plug Plants*
- *Instruction on sowing seeds*
- *Instructions on preparing soil or pots and planting out*

HARC Financial Health Check

HARC are offering free, quality assured, confidential advice and information For those looking worried about debt a would like a financial health check and get back in control.

e-mail benefitseastsussex@harcuk.com

call 0333 344 0681

Bexhill Lions Santa Dash

Bexhill Lions Santa Dash as usual this year due to Covid 19, we are starting the festive season off this year with a Virtual Santa Dash. You can select a date between Sunday 6th December and Sunday 13th December and choose your route (2k or 5k) whether in Bexhill or the Bahamas (don't forget to quarantine when you get back). Make it a family/friend event - but please keep to the current Covid regulations on the day.

[Register](#)

Plant a Tree for Veterans this Christmas

Veterans' Growth are crowdfunding to provide horticultural therapy to veterans facing mental health issues. The physical and mental health benefits of horticulture have been widely reported.

Please [Read more](#) and consider donating if possible.

Festive Decoration Making

Arts on Prescription are offering art for wellbeing activities at Hub in Rye Hill.

On Saturday 12th December 10am-1pm

For more [click here](#)

Become Community Interpreter

DRI are pleased to offer a Level 3 Qualification in Community Interpreting as part of their training provision.

Details [Here](#)

Groundwork South

The Refugee and Migrant Integration Project in Hastings and Rother is designed to support 140 refugees and migrants by assisting them to integrate into UK society through a programme of holistic activities, coordinated and delivered through 3 key areas: Language, Preparation for Work and Cultural/Community activities.

This project has been part funded by the European Union Asylum, Migration and Integration Fund. Making management of migration flows more efficient across the European Union.

Job application packs can be downloaded using the links below. Please send to Louise Bucknell on louise.bucknell@groundwork.org.uk.

For more information regarding the posts, please contact Teresa Flower at teresa.flower@groundwork.org.uk.

Closing Date for all posts: 8th December 2020

Interviews will take place the week of : 14th December 2020

The Delivery Manager (Refugees and Migrants)

will manage and coordinate the integration project, including operational delivery, financial management, delivery team management and coordination, project delivery and monitoring and evaluation. The Delivery Manager also leads on local partnership development, fundraising initiatives e.g. identifying sources of local match funding.

<https://www.groundwork.org.uk/jobs/delivery-manager-refugees-and-migrants/>

The ESOL Tutor (Refugees and Migrants)

will deliver group as well as one-to-one conversational English Language sessions with adults and young people, under the 'Language' strand of the project. By providing conversational English language support, the programme seeks to improve participants' ability to communicate with UK citizens and access services and employment opportunities.

<https://www.groundwork.org.uk/jobs/esol-tutor/>

The Employment Advisor (Refugees and Migrants)

will provide the vital link between workless residents and the work and training opportunities available to them through Groundwork Souths Employment, Skills and Training programmes and wider local opportunities

<https://www.groundwork.org.uk/jobs/employment-advisor-refugees-and-migrants/>

The Senior Outreach Officer (Refugees and Migrants)

leads on the establishment and maintenance of partnerships across the migrant and wider community and also voluntary organisations. They also work with the wider team to deliver various aspects and components of the project.

<https://www.groundwork.org.uk/jobs/senior-outreach-officer-refugees-and-migrants/>

Greener Futures is an exciting new CHART (Connecting Hastings and Rother Together)

project being delivered by Groundwork South in Hastings Town Centre and Central St Leonards, North East Hastings, Ore Valley and Hollington. Over the next two years Greener Futures will support residents who are the most vulnerable/furthest from being able to access employment to move closer to the labour market/access work and also support any CHART area residents

who wish to get involved in volunteering on green space improvements to boost their health and wellbeing.

The Employer Liaison Officer role supports the Senior Employment Advisor in developing and maintaining relationships with employers across the capital with the aim of securing employment roles and opportunities for clients.

CHART is a Community Led Local Development (CLLD) Programme. It delivers the CHART CLLD Local Development Strategy which supports projects to bring a fresh approach to tackling deep-rooted problems in deprived communities within Hastings and Bexhill. The Programme uses European Structural and Investment Funds and Groundwork South has been awarded £195,799.67 to deliver Greener Futures across identified CHART areas in Hastings and Rother

<https://www.groundwork.org.uk/jobs/employer-liaison-officer-2/>

NHS England and NHS Improvement launched the [‘Help Us Help You - NHS Access’](#) campaign which looks to address the barriers that are deterring patients from accessing NHS services.

Healthwatch East Sussex launch

‘Ask Us - Tell Us’ campaign for Lockdown 2

This week Healthwatch East Sussex launches the ‘Ask Us - Tell Us’ campaign to encourage local people to ask questions and share feedback on health and care services they use. This is part of a Healthwatch in Sussex campaign also running in Brighton & Hove and West Sussex.

Our aim is to ensure the public can quickly find answers about local services during lockdown and to support the NHS and Social Care to understand what is and isn't working well for people.

*We want people to **Ask Us** their questions about local services so we can help them find what they want to know and help others by sharing the answers.*

*We are also encouraging people to **Tell Us** their experiences of accessing health and care services since the second lockdown began, be they good, bad or indifferent.*

Key lessons from the first lockdown were that people had lots of questions about which services were running, how they could be accessed and where to seek support, especially in an emergency. For more information on the concerns raised, please see the results of Healthwatch East Sussex's [Covid-19 survey](#) and survey of [children and young people](#).

Get in touch and have your say...

*People can **Ask** or **Tell** Healthwatch in a range of ways:*

- *Take part in our online conversation #AskUsTellUs through [Twitter](#) and our [Facebook page](#)*
- *Leave a review of services you have used during Lockdown 2 on our [Feedback Centre](#)*
- *Submit questions or feedback via our website: www.healthwatcheastsussex.co.uk/askustellus*
- *Send an email: Enquiries@healthwatcheastsussex.co.uk or text: [07860 018613](tel:07860018613)*
- *Call: 0333 101 4007*

Promote our campaign

Healthwatch is seeking feedback from people right across East Sussex and is calling on public, private, voluntary and community organisations to help spread the word by sharing information on this initiative with friends, family and work colleagues and sharing our [AskUsTellUs Flyer](#) with their networks

This campaign will run until the 11th December so that feedback from across the lockdown period and just beyond can be

captured. We will develop resources that help people easily find the information they need, both during the lockdown and longer term.

Insight captured will be published on the Healthwatch East Sussex website and provided to health and care commissioners and professionals to help inform service improvements.

Contact Us

For media enquiries about the 'Ask Us - Tell Us' campaign, please contact:

Charlie Rustem, Manager of Communications

07794 100 409 | Charlie.Rustem@healthwatcheastsussex.co.uk

Advice and support available during increased national COVID-19 restrictions

Residents who need extra help to get food, medicines, and other essentials, or who are lonely and isolated, are being encouraged to ask trusted family, friends and neighbours if they can help, in the first instance.

If people don't have anyone they trust living nearby that can help, there is community support available.

Getting advice and community support

ESCC has dedicated coronavirus help and support web pages where people can find a range of information and advice:

www.eastsussex.gov.uk/coronavirus.

Residents can find out about services that can help with specific issues and what to do if they can't get food, medicines, or are lonely and isolated, on the [community support web pages](#). This includes how to ask for help from NHS Volunteer Responders, and how to get in touch with the five community hubs in East Sussex. Please signpost people to this information, or use the pages to share phone numbers with residents who are not online.

Advice for people clinically extremely vulnerable to coronavirus

We have published advice online for people clinically extremely vulnerable to coronavirus (CEV): www.eastsussex.gov.uk/CEV.

ESCC is the lead organisation for support for CEV people. We have emailed individuals we have an email address for with lots of information about the support available. We're also phoning everyone registered as CEV whilst increased national restrictions are in place. We will start by contacting people

who needed help last time and anyone who is newly added to the shielding patient list, to make sure we reach those who are most likely to need help as quickly as possible.

The national government won't be providing food boxes to people who are clinically extremely vulnerable. People classed as CEV can use a new online service to get access to priority supermarket deliveries, ask for contact about local support, and to update their details. If someone already has a priority supermarket delivery, they'll keep it. [How to register online](#).

CEV people who need help to register on GOV.UK, or need other urgent help like access to food, can phone Health and Social Care Connect on 0345 60 80 191 (open 8am to 8pm 7 days a week including bank holidays) or [email Health and Social Care Connect](#).

The Friends of Lossie Long CHRISTMAS DAY LUNCH DELIVERY

Sadly due to COVID-19 restrictions, we are not able to hold our traditional Community Christmas lunch on Christmas Day, instead of which we are organising a;

CHRISTMAS DAY LUNCH DELIVERY

For all those who will be spending the day alone.

There is no charge for lunch however donations are welcome.

For more information, or to reserve your place, please contact Tim on:

01424 213456 or 07480 646 276 or infofoll2020@gmail.com

If you would like to make a donation towards the event or to volunteer as a driver, please contact Tim.

[Good Things Foundation](#) are looking for organisations to apply for a funded service contract to work with us on the Census Support Service.

[Census 2021](#) will be 'digital first' and accessible through an online platform, but with 11.9 million people in England and Wales lacking essential digital skills, support will be needed to help people to complete it online.

Working with the Office for National Statistics, Good Things Foundation is looking to build a network of Census Support Centres who can support people to complete the census, working with organisations across England and Wales.

looking for organisations who can deliver support to people wishing to complete the census between March and May 2021. The range of contract sizes are outlined below:

<i>Contract Size</i>	<i>Maximum Advisors</i>	<i>Minimum Service hours per week</i>	<i>Total Service Contract Value</i>	<i>Total Training Payment</i>
<i>Micro</i>	<i>2</i>	<i>35 (part-time opening)</i>	<i>£4410</i>	<i>£350</i>
<i>Small</i>	<i>4</i>	<i>70</i>	<i>£8820</i>	<i>£700</i>
<i>Medium</i>	<i>6</i>	<i>105</i>	<i>£13,230</i>	<i>£1050</i>
<i>Large</i>	<i>8</i>	<i>140</i>	<i>£17,640</i>	<i>£1400</i>

More information about service requirements is available on our [website](#). The application form is open now and we encourage you to apply as soon as possible. As this is the final stage of recruitment for the Census Support Service, we will be marking applications on an ad hoc basis and contracts will be offered based on applications received during that week

CONSULTATIONS

NHS is consulting the public about proposals to allow dental hygienists to prescribe local anaesthetics. Hygienists & Dental Therapists are qualified to deliver treatments which sometimes need a local anaesthetic. However, currently the patient has to get a prescription from a dentist for the local anaesthetic before they can be treated by the Dental Hygienist or Therapist. Allowing the change in practice could save patients time and money so that the treatment is done at a single visit, and could staff time too. See the NHS link for more details, and share your views via their survey. <https://www.engage.england.nhs.uk/consultation/dental-hygienists-dental-therapists/> The consultation closes 10th December.

[East Sussex - Citizen Space](#)

[Consultations - Rother District Council](#)

FUNDING

SUSSEX LUND AWARDS MORE THAN £210,000 FOR CONSERVATION PROJECTS ACROSS HIGH WEALD AREA OF OUTSTANDING NATURAL BEAUTY

Annual grant scheme has awarded £750,000 to 160 projects since launching in 2016

The [High Weald AONB Partnership](#) is delighted to announce that the [Sussex Lund grant programme](#) has awarded £210,000 for landscape restoration and nature recovery projects in 2020.

In a year that has highlighted the huge importance of our connection with the beautiful landscape on our doorstep – and our collective responsibility to look after it – this much-needed funding will support 50 small-scale, practical projects designed to improve the ecology and landscape of the High Weald. Recipients range from community groups, parish councils and schools to farming cooperatives, charities and landowners.

Sussex Lund is a collaboration between the High Weald AONB Partnership and [Lund Trust](#), a charitable fund of Lisbet Rausing and Peter Baldwin. The scheme offers grants of between £500 and £10,000 for projects in and around the High Weald (covering parts of Sussex, Kent and Surrey) that improve habitats, wildlife and scenic beauty.

This year's projects include:

- *Restoring hazel coppice for dormice and creating glades and rides in woodland*
- *Replacing and installing new barn owl nesting boxes across a 10km stretch of farmland*
- *Planting fruit trees and managing orchards in a nature-friendly way*
- *Creating wildflower-rich grassland to boost the number and diversity of pollinators*

- *Restoring and creating ponds and other wetland habitats*
- *Creating new woodland to provide habitat for a farm's breeding nightingale population*
- *And many more activities - [click here for a full list of Sussex Lund 2020 projects.](#)*

INSPIRED? GET IN TOUCH NOW! We are already talking to potential applicants for Sussex Lund 2021. If you have an idea for a project, please contact the High Weald team as soon as possible for an informal chat and to book your socially-distanced site visit. Call 01424 723011 or email sussexlund@highweald.org.

Sussex Lund is open to anyone who has a project that will benefit the landscape of the High Weald Area of Outstanding Natural Beauty. This includes charities, community groups, schools, church trusts, parish and town councils, farmers and landowners. For more information on Sussex Lund and the application criteria, please visit <https://www.highweald.org/look-after/sussex-lund.html>.

Note to editors:

The High Weald Area of Outstanding Natural Beauty (AONB) is a medieval landscape of rolling hills, small irregular fields, abundant woods and hedges, scattered farmsteads and sunken lanes. It was created by the Government in 1983 to conserve and enhance its natural beauty. It covers parts of four counties – East Sussex, West Sussex, Kent and Surrey, in the rural heart of South East England and is Britain's fourth largest AONB. For information on the area visit www.highweald.org.

The High Weald AONB Partnership employs a small, dedicated team to further understanding of the area's special qualities and enable action to conserve them. It is supported by 15 local authorities and Defra. The High Weald is one of 46 Areas of Outstanding Natural Beauty which are home to some of the most spectacular and valued landscapes in Britain. Information on all AONBS can be found at www.landscapesforlife.org.uk.

About Lund Trust:

Lund Trust is a charitable fund of Lisbet Rausing and Peter Baldwin. Since 2002, Lund Trust has given more than \$66 million to 350 organisations, in the UK and internationally. Find more information at <https://lundtrust.org.uk/>

Remember to check East Sussex 4 community for funding opportunities

www.idoxopen4community.co.uk

For more information on any of this work or other work we do please contact 01424 217259 or email office@rva.uk.com, we're always happy to answer any questions.

Feel free to send us details of events or news you would like circulated to communities in Rother. The RVA E-Bulletin is sent monthly to over 700 organisations operating in Rother monthly. Submissions are free. Please note we reserve the right to shorten submissions without approval from the original authors. Send any news or diary dates to Luke.sanderson@rva.uk.com

Disclaimer: we check the authenticity of the sources of information in the newsletter and associated links as we can, but we give no warranties or endorsement of information herein, and views expressed do not necessarily represent those of RVA. We would encourage active checking of information in this newsletter before you make any decisions.



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