

# thrive!

Supporting Voluntary & Community Action

January and February 2009

Inside  
Voscur's  
Magazine

**NAVCA Quality Award**

**Innovation Challenge**

**LGBT History Month**

**Equalities and Human Rights –  
Our Voices Count**

**Advice Needed?**

**A Taste of the World**

**Cycling City**

**Podcast Revolution**

**Big Up Bristol Award**

**Voscur**



# Shape a life. Be a foster carer

TACT is a well respected fostering and adoption agency. TACT will offer you excellent training with 24 hour support and respite care when you need it.

TACT pay between £322 & £574 per week per child as well as additional allowances for birthdays, festivals and holidays.

Although fostering can be challenging, it can also be very rewarding. If you believe you have the capacity and commitment to support, vulnerable children and young people between 10 -16 years old, then we'd love to hear from you.

**To make a difference call:**

**0117 927 7725.**

**Email: [e.graham@tactcare.org.uk](mailto:e.graham@tactcare.org.uk)**

**[www.tactcare.org.uk](http://www.tactcare.org.uk)**



**Brighter futures for children and young people**

Charity Number: 1018963

# Contents

<b>4</b>	<b>Editorial</b>	<b>26-27</b>	<b>How To - Funding &amp; Finance</b> Becoming sustainable New Funding Advisor Think Big – Big Lottery Fund News from Quartet Community Foundation
<b>5-7</b>	<b>Voscur News</b> NAVCA Quality Award Big Yellow Directory Update Innovation Challenge Working with Elders	<b>28-29</b>	<b>How To - Good Practice</b> A taste of the World from One Community
<b>8</b>	<b>LGBT History Month</b>	<b>30-31</b>	<b>How To - Green Pages</b> Cycling City Bike Forum European Green Capital
<b>9-11</b>	<b>What's Happening in the Sector</b> Easton Community Centre Show of Strength Theatre Company	<b>32-33</b>	<b>Voscur Training &amp; Learning</b> The Podcast Revolution Voscur Training Makes a Difference Resources
<b>12-13</b>	<b>Equalities &amp; Human Rights</b> Equalities and Human Rights Commission Project Our Voices Count Event	<b>34</b>	<b>Children &amp; Young People</b> Big Up Bristol Award
<b>14-15</b>	<b>Community Cohesion</b> Building the Bridge	<b>35</b>	<b>How To - ITC</b> Jargon Buster
<b>16-17</b>	<b>Advice</b> Advice Centres For Avon (ACFA) The Bright Project	<b>36</b>	<b>Diary</b>
<b>18-23</b>	<b>Have Your Say</b> Vox Pops – How long before the UK elects its first BME Prime Minister? UK Youth Parliament Sustainable Communities Act		
<b>25</b>	<b>How To - Good Practice</b> Constitution Corner		



<p><b>Why not advertise?</b>                  Special discounts for Voscur members.                  Deadlines for March 2009 Thrive!:                  2 February 2008 for ads, 16 February 2008 for flyers                  Details of prices at <a href="http://www.voscur.org/magazine">www.voscur.org/magazine</a>                  or phone Polly Stewart on 0117 909 9949</p>	<p>Thrive! is available on disc. Please contact the office if you would like to receive your Thrive! this way. The newsletter is also available online as a pdf at <a href="http://www.voscur.org/magazine">www.voscur.org/magazine</a></p>
--	---

**Disclaimer:** some of the views expressed in this publication are those of individual contributors and do not necessarily represent those of Voscur. Publications, events and services mentioned in Thrive! are not necessarily endorsed by Voscur.

## What's in line for 2009?

Matthew Symonds looks forward to some of the events taking place in the year ahead.

2009 looks set to be an interesting year in Bristol. Local elections for 22 out of 70 of the council seats take place on 4 June (a month later than usual to coincide with the European elections) and will determine who controls Bristol City Council. Make a date for the Voscur Assembly on 2 April when the leaders from each of the political parties represented on the council will be invited to set out their manifestos for the Voluntary, Community and Social Enterprise (VCSE) sector in Bristol and to answer your questions.

With recession looming a thriving local VCSE sector will be more essential than ever to ensure the health and well being of individuals and communities. Voscur members across Bristol provide support, advice services, community development, care services and much more, serving each and every neighbourhood and community of interest in the city. In this issue we are highlighting some of those whose services will provide essential support to so many people as times get tough.

With the inauguration ceremony of Barack Obama as the first African American President of the USA later this month, few can fail to

recognise this significant moment in the progression of the Equalities movement. On our Vox Pops page we have asked some of our members when they think we will have our first black or minority ethnic Prime Minister in the UK. We would like to know what you think, so please join the discussion using our online forum at [lists.voscur.org/forums](http://lists.voscur.org/forums)

During the USA elections you may have been struck by the huge amount of interest and excitement that the presidential race created – particularly amongst young people. Hopefully some of that excitement will rub off when in February the UK Youth Parliament elections are held in Bristol. You can find out more about this important opportunity for young people to have their say on things that affect them on page 20.

February is also Lesbian, Gay, Bisexual and Transgender (LGBT) History month. A group supported by the council's Rainbow Group have been recording memories of LGBT life in Bristol. Read more about this project on page 8. Look out for details of events taking place during LGBT history month on the Voscur website.

Keep up to date with all the events happening in 2009 by subscribing to the Voscur e-bulletin and checking the Voscur online diary – where you can also put all your own events for others to see.

Finally, we wish a fond farewell to two Voscur staff, Cheryl Wycherley (Children and Young People) and Sabrina Lee (Funding Advisor) who leave for new challenges in Gloucestershire and South Africa respectively. We welcome Asma Ahmad and Eva Pollard as their replacements. Everyone at Voscur is looking forward to working with our VCSE partners in the year ahead.

**Matthew Symonds is Voscur's Participation Manager**

### key to symbols



**Equalities Article**



**Training**



**Resources**



**Event**

## Promote your group in the Big Yellow Directory

Voscur first published our Big Yellow directory in 2002 and we know that it has been a valuable resource for public and voluntary sector organisations ever since. The directory is now on-line, and with Voscur's website receiving more than 11,000 visitors each month, it's a great place to promote your organisation.

We are currently updating this directory of Voluntary, Community and Social Enterprise organisations providing services in Bristol.

You don't have to be a Voscur member to be part of this directory, and to make sure that the information we hold is up to date and accurate, you will be able to update your entry in the directory on-line at any time.



If you are already in the Voscur directory you can log onto the Voscur

website and update your own entry at: [www.voscur.org/user](http://www.voscur.org/user)

If you don't yet have an entry in the Voscur directory yet then visit: [www.voscur.org](http://www.voscur.org) and complete a directory form.

Contact: Stephanie Guirten at Voscur on **0117 909 9949**



## NAVCA Quality Award

### Best in the West

Voscur has become one of only 34 of 290 Councils for Voluntary Service in England to achieve the NAVCA (National Association for Voluntary and Community Action) quality mark and the only one in Bristol.

During the past year, NAVCA's quality assessor has looked at the way Voscur works - the way we represent the sector and the services that we provide. We have undergone a rigorous assessment, using the NAVCA performance standards. The standards cover the following areas:

Identifying needs in communities and facilitating improvement; helping local voluntary and community sector organisations to function more effectively; facilitating effective communication and networking amongst local voluntary and community groups; enabling the views of the sector to be represented to external bodies; enhancing the sector's role as an integral part of policy making and planning.

Voscur staff, members, elected representatives and public sector partners were interviewed by NAVCA to build up a comprehensive picture of the quality of Voscur's work. Voscur scored highly in each of the categories and we were commended for the way that we evaluate our work and strive for improvement. This award helps us to demonstrate to our members and to our public sector partners and funders that we are a high quality organisation worthy of support.

## Innovation for Life Fund

Last summer, Voscur, Bristol City Council and the Primary Care Trust worked together on a proposal to the Innovation for Life Fund that will help more Voluntary, Community and Social Enterprise (VCSE) organisations understand the commissioning agenda. The outcome of our joint working was an innovative project that was one of only 6 in the country to be funded (out of fifty applications).

We identified that VCSE organisations are most likely to be involved in commissioning within the fields of health, social care, children and young people. There is a variation in involvement by size of organisation, with 69% of large organisations delivering public services compared with just 30% of small ones. VCSE organisations are still a minority provider, for example, 77% of Primary Care Trusts said that VCSE organisations hold less than 10% of their total number of contracts.

The National Programme for Third Sector Commissioning: Baseline Report (February 2008), noted that there are sensitivities and anxieties about what commissioning might mean to the way that the sector is funded. Over 60% of organisations



Phil Hope, Minister for Care presenting a cheque to Wendy Stephenson

perceived a shift from core funding to commissioning services. However, 73% saw public service delivery as a key opportunity for the future.

In Bristol, there are many VCSE organisations with the potential to meet local needs. However, there is confusion about what commissioning means in practice and insufficient capacity to negotiate and comply with contracts. Local groups have limited experience of partnering the large, national organisations that dominate public service delivery and there are smaller and newer organisations that can offer innovative solutions to local challenges.

For commissioners there are few opportunities for engagement with our sector to determine needs and service outcomes; limited knowledge

of the range of organisations with the potential to provide services; and a lack of experience in brokering partnerships between large nationals and small local VCSE organisations.

Our project seeks to address these issues locally by:  
 Linking commissioners with Voluntary, Community and Social Enterprise Organisations through training and learning events;  
 Auditing quality management systems;  
 Sharing good practice through a performance improvement network;  
 Signposting to sources of business development support.

At the time of going to press we are looking at how we will put this into practice; watch this space, and Voscur e-bulletins and website for more information.

## Shifting geographical, cultural and digital boundaries

Exchange programmes provide an opportunity for people to explore differences, find common interests, and share good ideas. School exchange visits enable students to step outside their usual lives and gain new perspectives, but there are fewer opportunities for exchange visits as we get older.

There are many older people's clubs and groups in Bristol. This year, Voscur is offering four of these groups in different parts of the city a chance to experience exchange visits. Groups from Easton, Southville, St Paul's and Stockwood will be involved. A short report will be produced, and if all goes well, the programme may be extended further.

Voscur's ICT programme has been helping older people's groups in Bristol to use and communicate over the internet. The first step is to ensure that groups have access to equipment that combines value for money with low support requirements. We've been working with local computer refurbishers to provide low cost computers (now at £30), advertising with Age Concern Bristol, direct mail to groups

and promoted the initiative at the Celebrating Age Event at the Council House last November.

Once the equipment barrier is overcome we have been getting groups' email and website communication set up. Some of Voscur's support and advice work is through email so having as many groups as possible using email and the web allows us to cut our costs and provide a better service.

We have given support to groups such as Golden Agers based in Easton. We met with them and explained what we could offer; they had recently lost their ICT tutor so we helped them in their search for alternative tutor support.

Voscur's weekly ebulletin provides a communications lifeline to some

groups, so if groups such as Golden Agers do not have electronic access they could miss out on opportunities. We identified a member of the group who was set up on email, helped them to join our e-list and now the group has someone who receives our e-bulletins and distribute them to the group. We recently filmed the co-ordinator of Golden Agers for a podcast, visit: [www.voscur.org/ict](http://www.voscur.org/ict) To subscribe to the Ebulletin – [www.voscur.org/ebulletin](http://www.voscur.org/ebulletin)



For more information about these projects contact Ruth Pitter: [ruth@voscur.org](mailto:ruth@voscur.org) or [sean@voscur.org](mailto:sean@voscur.org) or call us on 0117 909 9949.



Members of the Golden Agers group

## Taking Pride in Gay History

Lesbian, Gay, Bisexual and Transgender (LGBT)  
History Month February 2009

February sees the fifth LGBT History Month in the UK and the theme is Education and Youth. It is an opportunity for all of us to learn more about the histories of lesbian, gay, bisexual and transgender people. Until recently, most LGBT people preferred to avoid attention. Many still do.

Even today, the penalties for those who refuse to conceal themselves, or fail to do so, can be severe. They can range from ostracism and victimisation to assault and even murder. 2009 also marks the tenth anniversary of the Stephen Lawrence Enquiry Report and serves as a reminder that discrimination must continue to be addressed. LGBT month is a crucial vehicle for raising visibility of LGBT identities, and thus challenging prejudice, stereotypes and discrimination.

In the past, the silencing of LGBT people was often reinforced by legislation. The most recent example was Section 28, passed in 1988 and repealed in 2003, which was intended to restrict debate on homosexuality, particularly in schools. For the first time, the LGBT history month is being actively supported by the Department for Children, Schools and Families.

The UK Education Minister, Kevin Brennan, said: "I want homophobia to become taboo...from the flippant use of homophobic language to the

deliberate bullying of people because they're gay or 'different'. Both are wrong, both need to stop."

"And when we say that 'every child matters', we mean that every young person – straight, lesbian, gay, bisexual and transgender, black, white, disabled – girl or boy matters."

All schools now have a duty to promote all the equalities, in all their diversities, with the arrival of the Single Equality Act in 2006. LGBT History Month is a tool to support work within that duty.

It is hoped that the story of LGBT life in the 20th Century in Bristol will be included in the new Museum of Bristol when it opens next year. A group of volunteers sponsored by the Rainbow Group, Bristol City Council's self-organised group for lesbian, gay and bisexual employees, has begun gathering memories from the LGBT community. Look out for more information on this work during February.

**Thanks to the Rainbow group for providing information for this article.**



Look out for details on the LGBT History Month website:

[www.lgbthistorymonth.org.uk](http://www.lgbthistorymonth.org.uk)



See Voscur website for LGBT events taking place in Bristol: [www.voscur.org](http://www.voscur.org)

## Easton Community Centre

Liz Jones, Management Committee member, outlines how local people have taken the lead in the regeneration of one of the best community centres in Bristol.

In May 2008, Toc H announced they would cease running the Centre from July. As a result, a group of centre users and tenants took the opportunity to set a fresh path for the Centre under local management. This is what followed:

### May 2008

Statements were issued to counteract the theory that the Centre was in trouble and presenting the situation as an opportunity to reclaim the Centre as a local resource. Bristol City Council (BCC) officers agreed to lease to an established local agency, acting in partnership with the Centre.

### June 2008

Local agencies were approached to enter a temporary partnership with the Centre until a new Management Group was constituted. Agencies made presentations at a meeting of the interim users and tenants group and The Beacon Centre was selected as partner.



### July and August 2008

BCC, Beacon Centre and Easton Community Centre agreed roles and timescales for interim lease arrangements and in August the lease was signed between BCC and Beacon Centre.

The Beacon Centre is acting as the vehicle for the lease, employment, finance, insurance and building maintenance. The Centre will constitute as a Company, as the initial step to legal independence. Centre membership will be opened up to all local people and an interim management group will take the Centre forward until formal elections at an Annual General Meeting in October 2009.

The date of the AGM is the 20th anniversary of the founding of the Centre.

Local groups involved with this process are Asian Health and Social Care Association, Aspects

and Milestones Trust, Community Resolve, Christian Aid, Evergreens, Firstborn Creatives, JCK Church, North Bristol PCT, Social Enterprise Works and the Somali Advice Project.

### What's happening at the Centre?

- The kitchen has been refurbished for the community café launch.
- Free access to computers in the foyer where leading local artists also exhibit work
- BCC funding has been applied for, and grants received to improve the garden, establish a young people's project, support volunteers and employ outreach workers.
- Workshops and classes including yoga, circus skills, community choir, IT and fencing
- The development of a 'creative media suite' for local talent.

We are delighted that the Centre is back in local control, that bookings are up and it is once again a perfect and dependable venue for meetings and special occasions. Come and see for yourself!

Visit: [www.eastoncommunitycentre.org.uk](http://www.eastoncommunitycentre.org.uk)

## Trading Local: Theatre in Bedminster

Shop in Bedminster on Saturday 24 January and you'll get more than you bargain for...



Lion Stores, North Street

**“The pieces we are getting from writers are very exciting, a real mix of funny, serious, sad, contemporary, historical - one is even in verse about a North Street butcher who was also a poet.”**

Show of Strength Producer, Gill Loats

Local professional theatre company, Show of Strength, are working in partnership with The Southville Centre to put on live performances in 18 shops.

The route starts at the Ashton end of North Street and continues along Cannon Street to include East Street. Funded by Bristol City Council and the Bedminster Community Chest, 'Trading Local' aims to encourage people to 'shop local' and to get to know the wonderful wealth of independent shops in the area. Shops already taking part include Lion Stores, The Dinkie, the Polish Shop, Michael's Antiques, Compuwave, The Bed Workshop, Lush Shoes and restaurant La Sicilia.

Show of Strength is working with local writers to develop five-minute monologues, especially written for individual shops. On 24 January these will be performed by six professional actors moving from shop to shop. Each actor will perform three pieces; different characters created by different writers.

The show's Producer, Gill Loats said, 'Show of Strength' started in Bedminster in 1986, and created the theatres at the Hen & Chicken and Tobacco Factory. So we're a local business ourselves. This winter is going to be hard, particularly after Christmas when there's even less money around and the recession gets going.

The arts and live performance can really help regeneration, and we think 'Trading Local' will encourage people to go into small independent shops they may never have visited before.



Andrew Bennett, Proprietor of The Dinkie - North Street

The pieces we are getting from writers are very exciting, a real mix of funny, serious, sad, contemporary, historical – one is even in verse about a North Street butcher who was also a poet. There are plenty of restaurants, cafes and bars along the route and we want people to see a show, do a bit of shopping, have a coffee, see another show, have some lunch, do a bit more shopping, see a show, have a cup of tea... it should be a great day out, and all on the one street.'

Show of Strength are interested in working with other groups of shops and traders on similar projects in other parts of the city or further afield. If you'd like to talk about doing 'Trading Local' in your area then ring or email the contact details below.

'Trading Local' starts at 10am on Saturday 24 January. There will be regular performances in shops throughout the day, finishing about 6pm. Schedules of what happens where will be available from Wednesday 21 January at The Southville Centre, Beaufey Road; The Hen & Chicken North Street; and Quinns Bar, East Street.



To contact Sheila Hannon and Gill Loats, producers, visit:

[www.showofstrength.org.uk](http://www.showofstrength.org.uk)

or email: [info@showofstrength.org.uk](mailto:info@showofstrength.org.uk)

Tel: 0117 902 0235

Show of Strength is funded by  
Bristol City Council

## Equalities and Human Rights Commission (EHRC) Project - Partnership Works!

Voscur's EHRC project work moves from strength to strength. Find out more about this work at the 'Our Voices Count' event on 25 February (see opposite page).

### Our Voices Count

The aim of the event is to enable traditionally marginalised communities to speak out about issues that emerged for them during the project, and to highlight our partnership work with groups to help them get their voices heard, for example: In partnership with Hannah More School we ran a 'Confident to Present' course over four weeks for Somali mothers. Participants gained a wealth of skills that enabled them to deliver a cultural awareness session to the teachers and staff at the school at the end of the course.

Ruth Cochrane, Community Development Manager at the school, said the session "surpassed all expectations" and the school staff learnt about culture, personal stories, religion, food and language. The women will go on to deliver other sessions to parents and staff at other schools. Our 'Confident to Present' training has been a powerful motivator: a participant from a course we ran last summer gave a presentation on Gypsy and Traveller awareness



Somali women deliver a cultural awareness session

at the Equalities Network meeting in November.

### Tackling Hate Crime

There are active measures to tackle Hate Crime in Bristol that include partnership working within the Voluntary Community and Social Enterprise (VCSE) sector. Through the EHRC project Voscur was able to commission Support Against Racist Incidents (SARI), Education

Action Challenging Homophobia (EACH) and West of England Centre for Inclusive Living (WECIL) to deliver the first Hate Crime Awareness training to the sector.

Attendees found this really useful to help them in their work; to gain tools for supporting those affected by Hate Crime and to encourage reporting.

# OUR VOICES COUNT

## An event not to be missed

### Boards without Barriers

Voscur's EHRC work aims to encourage groups to have more diverse boards. Our 'Boards without Barriers' training has been effective for getting board members to scrutinise their own boards and suggesting ideas and tips towards achieving new look diverse boards.

Documents or information on any of the above issues are available on our website. Useful Documents include:

- [Hate Crime definitions](#)
- [Gypsy and Traveller awareness information sheet](#)
- [Somali awareness information sheet](#)
- [A-Z of achieving diversity](#)
- [What does diversity mean for trustee boards](#)
- [A checklist for boards considering diversity](#)

Do come to along to the 'Our Voices Count' event where you will have an opportunity to discuss issues with the groups we have been working with and consider how your organisation can improve its services to their communities.

### Who should attend?

Anyone who provides a service for these communities

### How much does it cost?

Free to attend, food will be served.

### Booking is essential

to book please see:

[www.voscur.org](http://www.voscur.org)

or contact:

Rebekah Hacker on **0117**

**909 9949**; [rebekah@](mailto:rebekah@voscur.org)

[voscur.org](http://voscur.org)

An event that highlights a year- long Equalities and Human Rights project that explored key issues for Gypsy and Traveller communities, Somali women, Single parents, Teenage parents, Refugee women, and Lesbian, Gay and Bisexual communities.

A chance for you to hear voices of people who can inform you, and help you to improve your services for their communities.

There will be presentations and discussion workshops.

**Wednesday 25th February 9.30am - 3.30pm**

The Greenway Centre, Doncaster Road, Southmead, Bristol



For more details visit:  
[redo.me.uk/equal](http://redo.me.uk/equal)



# Building the Bridge

Ian Quaife, Bristol City Council's Community Cohesion Team Manager, gives an update on the Building the Bridge work that Voscur was involved with last year

Since the Prevent Pathfinder Programme of 2007/8 culminating in the 'Building the Bridge' Muslim Conference, Bristol City Council (BCC) has further developed its relationship with Muslim communities. This has included the development and launch of the Muslim Women's Network. The network has brought together Muslim women from established organisations, alongside women who have not been involved with any particular group and women from refugee backgrounds. Through dialogue and discussion the network has identified a number of key issues for Muslim women. Project work is now being developed as a direct result of these discussions.

The Somali Forum is a fledgling umbrella group to bring together Somali organisations across Bristol. Kalsoom Bashir, the council's Preventing Violent Extremism (PVE) officer is supporting the development of the forum, ensuring the Somali women are 'around the table' as equal partners. A Somali youth forum has also been launched again with

support from a PVE officer.

The Mosques Together Initiative led by the police's engagement team in partnership with BCC Community Cohesion has developed through community development work on the ground. A regular event that brings together Bristol's 10 Mosques (plus others from the South West Region) will play a key role in strengthening the civic role of Mosque leaders, improving the communication between the Mosques and the statutory bodies, delivering new project work and making the Mosques more accessible to the wider community.

The Youth Offending Team's successful bid for funding to work with young Muslims will be used to develop a Muslim Youth Forum and enable young people to play a role in the civic life of the city.

As the new mechanisms of representation develop, including the Building the Bridge Stakeholder Group, (chaired by Councillor Peter Hammond, the deputy leader of

**A Muslim Youth Forum will enable young people to play a role in the civic life of the city**

the council), future delivery will be further shaped and informed by Bristol's Muslim communities. They will also act as a critical friend and highlight gaps and issues that need to be addressed.

There will be more work in 2009 with the council and partners to explain and clarify the PVE agenda, the objectives that need to be delivered, the context of PVE in Bristol and good practice in delivering PVE projects on the ground.

## Joint Action Plan

The Building the Bridge PVE Partnership has been working towards a joint delivery plan to be completed by December 2008. This will include the BCC



## Building the bridge

PVE Community Programme, the BCC Youth Offending Team PVE programme and the Police PVE programme.

A multi agency approach to all areas of PVE work will mean that there is a collective responsibility through the PVE structures on policy development, funding and resource allocations. Jon House, the Council's Deputy Chief Executive will take a leadership role (along with senior police officers) in the development of the programme.

### Good Practice

Further work next year will look at how actions can be taken forward beyond 2011 and how good practice and innovation can be embedded into day-to-day service delivery.

PVE will also continue to build its links at a regional/national level, both through the formal Government for the South West structures and by sharing good practice with individual projects across the South West and around the country.

### Monitoring and Evaluation

The PVE community programme will be measured against criteria set out in National Indicator 35 – Building Communities Resilient to Violent Extremism Assessment Framework.

In 2008/9 Grant Service Level Agreements will be agreed with organisations delivering project work and will be subject to usual BCC grants procedures, procurement protocols and SLA monitoring and reporting arrangements including under-performance.

With partners, Bristol City Council will develop a decision-making matrix and a more detailed expression of interest for 2009 project work.

From 2009 a commissioning process will be considered for larger pieces of work in the community programme. Within the Youth Offending Team's programme commissioning is underway to deliver work with

Somali communities and to develop Muslim young people's forums.

It is also planned to have an independent year on year evaluation of the PVE Community Programme and with agreement this will also cover partners' delivery.



To read this article in full visit: [www.voscur.org/equalities](http://www.voscur.org/equalities)

For more information contact: [suzanne.hands@bristol.gov.uk](mailto:suzanne.hands@bristol.gov.uk)

### Jargon buster

#### Preventing Violent Extremism (PVE) fund

The Government made available £5m in 2007-8 to support priority local authorities in their work to tackle violent extremism in their communities.

[redo.me.uk/preventing](http://redo.me.uk/preventing)

#### National Indicators

Used by government to measure the performance of local authorities and local authority partnerships

[redo.me.uk/performance](http://redo.me.uk/performance)

# Advice Services key to Thriving Neighbourhoods in Bristol

Advice agencies play a crucial role in our communities. We asked Sally Gapper from North Bristol Advice Centre and Ejaz Ahmad from the Bright Project to tell us about their work

## Advice Centres for Avon (ACFA) - Access, Diversity, Quality

ACFA was set up in the early 1980's and now has 50 members. As a long-established umbrella organisation it is an influential body in trying to improve the provision and quality of advice services. It has been recognised nationally as a model of good practice.

In 2006 ACFA agencies dealt with over 45,000 enquires and we expect the demand to increase. ACFA members are already reporting an increase in debt, repossession and domestic violence and relationship breakdown cases. Each year we help people raise thousands of pounds in previously unclaimed benefits.

### Impact of advice

The experience of civil justice problems can lead to substantial public expenditure and personal loss. According to the Legal Services Research Centre "Causes

of Action" the cost over the three and half year study was £13 billion.

- 16% of civil justice problems lead to physical ill health
- Four in five of these needs medical treatment
- Two in three who are treated by their GP's need, on average, six appointments
- One in ten who are hospitalised spend, on average, 9.5 days as in-patients
- 27% of civil justice problems lead to stress-related illness
- 17% lead to a loss of confidence

### Getting early advice can lead to:

- Enhanced sense of well being
- Reduced stress, anxiety or depression
- Improvements to physical health
- Greater sense of control over one's life
- Greater capacity for community engagement
- Improved ability to engage in and maintain paid or unpaid work

Economies of scale are the

**Given the current economic climate, social and demographic changes the demand for advice is expected to grow. However, major changes to how services are funded could pose a real threat to the quality and diversity of our services.**

driving force behind the current Legal Services Commission (LSC) proposals for CLACs (Community Legal Advice Centres) and CLANs (Community Legal Advice Networks). Procurement practices that favour larger contracts look likely to continue. This presents a challenge for small and medium-sized organisations, which may lose out to larger organisations. Well established not for profit organisations have been forced

to close because of this type of procurement process.

One of our strengths is our ability to react quickly to changing communities and needs on a very local level. By working in partnership we believe we can maintain our quality and diversity and we want to secure funds to employ staff to develop the network, to ensure that we can continue to provide a service to the most vulnerable and excluded sections of our communities.

Working alongside the Bright Project and thanks to successful funding applications to the Big Lottery and the Barings Foundation over the coming years, we will be strengthening our network and providing even more support to new and emerging services as well as being in a position to tender for contracts.

**Sally Gapper**

**North Bristol Advice Centre**



For more information about ACFA please



visit: [www.advicecentresforavon.org.uk](http://www.advicecentresforavon.org.uk)

## The Bright Project

**Ejaz Ahmad from the Black Development Agency introduces the Bright Project**

The aim of the Bright Project is to facilitate a co-ordinated and integrated approach amongst Black and Minority Ethnic (BME) organisations to develop multi-racial and multi-lingual advice service to all BME communities, meeting legal advice Quality Standards and securing adequate resources for these services in the Bristol and South Gloucestershire areas. This project is funded by Capacitybuilders until 2011.

The work of the Project is directed by a consortium of organisations led by the Black Development Agency and including Avon and Bristol Law Centre, Bangladesh Association, Black Carers Project, Bristol Pakistani Community Welfare Organisation, Refugee Action, Sikh Resource Centre and St Paul's Advice Centre.

I am the Development Manager for the project and I have considerable experience of working within the



**Ejaz Ahmad from the BDA**

BME communities and I have worked in the public sector in Bristol and South West Region. Through the project I will encourage more partnership working to develop a unified approach amongst BME advice providers. I will explore funding opportunities and organise customised training courses.

The Bright Project will have a continuous dialogue with the community to address the changing needs of the BME communities and it will evaluate its impact on the provision of advice.



To find out more about the Bright Project, please contact Ejaz on

**0117 939 6645** or email him at [ejaz@blackdeva.org.uk](mailto:ejaz@blackdeva.org.uk)

## State of Affairs

At the Bristol Partnership's second State of the City conference in early December, John Savage and Helen Holland set out their visions for eradicating poverty in Bristol.

### John Savage, Chair of the Bristol Partnership

Bristol is a great place for many of us but of course for a large number of people it isn't wonderful and hasn't been so for a very long time. I absolutely believe that we could be the first place in the United Kingdom that does away with all aspects of poverty. It's with your help and with the Bristol Partnership working for change into the future that everyone that lives here, works here, plays here will have the same opportunity.

### Helen Holland, Leader of Bristol City Council

The product of today's debate is going to be, very much, forming the backbone of our new city strategy, which has to be in the ownership of the Bristol Partnership and not just the city council. It's only by working together that we'll be able to put Bristol in the best place possible to get through these difficult times.

Modern day Bristol depends on net international migration. The Black Minority Ethnic (BME) population of Bristol is estimated to have grown by over 14,000 between 2001 and 2006, giving a BME population of about 11.2% of the city and if you look at the population within schools you will see that it's very much higher at 25%. The diversity of the city brings challenges but ones that we need to face now and also recognise that the diverse population is very much an important part of keeping the economy of the city going.

Prosperity is not shared by all of our populations. Bristol has 39 Super Output Areas\* that are amongst the most deprived areas in the country. I'm afraid that we've probably got rather complacent about saying that and we've accepted saying that is how it is, and that it might be how it stays. We need to put that attitude behind us and say that we're serious about addressing deprivation and disadvantage in this city. We need to use our own resources to address these issues and my view is that we have got to be totally focused on that.

See more on the State of the City conference at [www.voscur.org/haveyoursay](http://www.voscur.org/haveyoursay)

\*Super Output Area is a geographical area, smaller than a ward area where population data is collected.

## Future Prime Minister?

We asked a selection of Voscur members attending the Neighbourhood Partnership Seminar in November to give their views on how soon they think it will be before the United Kingdom elects a Black or Minority Ethnic Prime Minister.

### We asked:

"The USA has just elected Barack Obama as its first black president, how long do you think it will be before the UK elects its first Black or Minority Ethnic Prime Minister?"





"I'm really encouraged by how many young people and Afrikan Caribbean people have said to me (since the election) that the election of Barack Obama shows that young people can do anything. So I think that the time it will take is the time for those people to get that idea and to put in for the top job."

**Sue Webber, South West Planning Aid**



"I think it will take another 20 years. It has been a very big move forward in the United States."

**Mark Williams, Disability Equality Forum**



"The African and Asian cultures are much more vigorous than the European ones and they're bigger and their fresh ideas and their energy are what we need to get things done."

**Virginia Rowen, Lockleaze Voice**



"It would be nice to get a really senior non-white government minister never mind Prime Minister. I would have thought we're probably looking at closer to twenty years not ten."

**Steve Pearce, Brislington Community Partnership**



"Quite honestly, I knew it would happen but I didn't think I would live to see the day when America elected a black president. If it can happen in America I'm sure it will happen in England, but I don't think I will live to see the day when that happens. By the election of Barack Obama it's certainly shortened the process and made it that much quicker but at the same time to be fair and honest more black people need to get into politics because if you're not there you can't be elected and the way America elects its leaders is completely different. In England in this present day if someone of the calibre of Barack Obama rose through the system I don't think they'd be elected. Hopefully one day before my eyes are closed I'll live to see it happen."

**Kwame Bennin, Elected Resident, St Paul's Unlimited**



"I think that looking at our political system in this country from the point of view of a woman, it's taken many years for women to make any inroads at all and although we have women councillors and women MPs, their rising through the ranks has been very slow and there are still a lot of obstacles within the system itself and I think the same will apply to ethnic minorities. I don't see a 'Barack Obama' as Prime Minister in this country within my lifetime."

**Val Jenkins, Co Chair Bristol Women's Forum**



# Bristol Big Youth Vote Elections 2009

United Kingdom Youth Parliament and Bristol Youth Select Committee

Young people across the city have nominated themselves to stand as candidates for the 'Bristol Big Youth Vote' that will take place for the first time in 2009. Bristol young people are making a visible commitment to promoting youth voice and influence, whilst highlighting the positive contribution and impact young people can make to their communities.

Bristol young people will elect six representatives to the United Kingdom Youth Parliament (UKYP).

Each area in Bristol (North, South and East/Central), will elect an area Member and Deputy Member of the United Kingdom Youth Parliament. Those elected will receive the mandate from their peers to represent Bristol young people at a national, regional and local level.



To find out more information about UKYP, please visit: [www.ukyp.org.uk](http://www.ukyp.org.uk)



Candidates for the 2008 elections

A further initiative within the 'Bristol Big Youth Vote' is that young people will also hold elections and elect twenty members for the Bristol Youth Select Committee (BYSC).

Young people have stated it is important that views from all around the city are represented. To put this into action, the BYSC elections will elect representatives from each of the ten localities in Bristol. Each locality will elect two BYSC member representatives, a

Youth Select Committee Member and a Deputy Committee Member. Young people have said that,

*"It's good because each area will have a representative"*

*"I agree with the new structure because it has a wider view"*

*"New idea is more fair"*

UKYP and BYSC elections will happen at the same time. Each young person aged 11-19, will

have two votes that they may cast, a UKYP vote and a BYSC vote. The elections period will be for three weeks.

**19 January till 6 February 2009**

Votes will be counted by students from the City of Bristol College Public Services and the Outdoor Education Department. The elections will be overseen by Bristol City Council’s Electoral Services Department. Votes will be returned by the Head of Legal Services at a celebration event to be held at The Council House on:

**Friday 13 February 2009**

The ‘Bristol Big Youth Vote’ is an ideal opportunity to promote the voice of young people. Even if young people do not stand as a candidate, they may express their view by voting.

There are polling stations at various locations across the city. For further information about the ‘Bristol Big Youth Vote’, alongside a list of polling stations and candidates’ manifestos, please visit Bristol City Council’s website [www.bristol.gov.uk](http://www.bristol.gov.uk) and search for the ‘Bristol Big Youth Vote’. A consultation document is available where organisations and young people can express their views and to tell us their experience of the new elective structure. Your feedback and your say is important.

**Zaena Barnard Senior Youth and Community Worker, Voice and Influence of Young People, Bristol Integrated Support and Development Service.**



If you would like to contact the Participation Team, Bristol Integrated Support and Development Service, please do not hesitate to get in touch with them. Email: [ywparticipation@Bristol.gov.uk](mailto:ywparticipation@Bristol.gov.uk) Tel: 0117 377 3673 or write to Sefton Park Youth Centre, Ashley Down Road, Bristol, BS7 9BJ.

**Easy-Translations**

A Low Profit Social Enterprise making quality translations affordable

**All Languages**

**2ET4ET@gmail.com**

or

**info@easy-translations.co.uk**

**T 0845 200 7832**

**F 0870 762 7312**

free support and advice on Interpreting and alternative formats (BSL, Braille, Audio) through our website

**details at**

**www.easy-translations.co.uk**

Blaisdon House • 4 Bramley Close • Sandford • BS25 5NY

**Quality • Speed • Value**

## The Sustainable Communities Act

On 23 October 2007 the Sustainable Communities Act (SCA) became law with full cross party support. The Act enables local communities and their local authorities to drive central government policy and action on reversing community decline and promoting local sustainability. The Act requires central government to publish a breakdown of all public money spent (local and national) by local area. Local authorities then have the power to argue for a transfer of specific monies and function from central to local control.

### How the Act Works

The aim of the SCA is to make government do more to help promote sustainable communities - defined in that Act as having 4 categories:

1. **local economies** - promoting local shops, local businesses, local public services and local jobs.
2. **environment** - promoting local renewable energy and protecting green spaces.
3. **social inclusion** - protecting local public services and alleviating fuel poverty and food poverty.
4. **democratic involvement** - promoting local people participating in local decision making.

### Double Devolution

The Act sets up what is called a 'double devolution' process. This means that:

1. The SCA gives the government a legal duty to 'assist local authorities in promoting the sustainability of local communities'. Councils will be invited to make proposals to

central government as to how it can help them promote the sustainability of local communities. So it is local authorities, not the government, that are in the driving seat as to what the government must do.

2. The Act specifies that local authorities cannot make suggestions to central government without involving local people. Councils must set up (or recognise if they already exist) panels of representatives of local people – which must include people from usually under-represented groups, for example, minority ethnic groups, young people, older people, and tenants.

### Why this is NOT Consultation

The new process in the SCA is NOT just another meaningless consultation exercise. The Act sets up a double devolution process where local authorities must 'reach agreement' with proposals made by their communities via the citizens' panels. Government

must 'co-operate' and 'reach agreement' with the Local Government Association who will represent all the proposals that are made by local authorities. This form of decision-making is new and unprecedented in law and is why the Act has real teeth.

### Local Spending Reports

Government must publish local spending reports that will provide a breakdown by local area of all public spending. This 'opening of the books' has never been done before and is likely to generate much debate as central agencies and quangos have to show how their money is spent locally.

Local authorities can use these spending reports to then argue for the transfer of specific monies and their related functions from central to local control. Once under local control these new resources and powers could be used to promote local shops, local jobs, local services like Post Offices, local food etc.



Westbury post office



Buying groceries on St Marks Road

## Timescale

**October 2008:** Central government invited local authorities to make proposals (through the Local Government Association) on how central government can help promote local sustainability.

Councils supporting the SCA must then set up citizens' panels and must 'reach agreement' with local people, regarding the proposals on promoting local sustainability that local authorities will ultimately submit to central government. This is the point where proposals can be made by communities. Councils have until 31 July 2009 to put forward ideas.

**April 2009:** Central government must publish the local spending reports containing detailed accounts of all public money spent (by local and central government), broken down by local area.

**October 2009:** The whole process is expected to re-occur on an annual basis. Councils that have not previously put forward proposals will now have a chance to do so.

## Things the Act could help achieve

Here are some examples:

- Keeping essential community services like Post Offices open.
- Promoting small businesses by increasing the rate relief they receive.
- Forcing large out of town superstores to pay local domestic rates on their huge car parks.
- Promoting local renewable energy, e.g. by removing the restrictive barriers relating to the local grid.
- Promoting local food and other products, e.g. by giving rate relief to businesses that earn 50% of their turnover from selling local food and goods.

## Action! - What happens next?

Bristol City Council elected members are being briefed on the SCA and if they support the SCA it is anticipated that the council will then establish a SCA citizens panel to put forward proposals on what central government can do to promote local sustainability.



Look out for more details on the Voscur website and in future issues of Thrive!

You can encourage Bristol to support the SCA by contacting your local councillor. Find your councillor's details at [www.bristol.gov.uk/councillorfinder](http://www.bristol.gov.uk/councillorfinder)

This article has been abridged from a guide produced by Local Works, for more information visit: [www.localworks.org](http://www.localworks.org)

the **TRAINING** exchange

## Change through People

Bring out the best in your organisation

**One Day Courses £125**

**Two Day Courses £210**

All prices subject to VAT

**Fees include:** certificates, training pack and home-cooked lunch

**Courses run** with a maximum of 18 people  
Full course outlines on request  
We also run a specialist drug & alcohol training programme

**In-house courses:** All these courses and many more can be adapted and delivered for your organisation or in your area.

**For further details and electronic booking forms, please contact Steve, Val or Alex at:**

The Training Exchange,  
Easton Business Centre,  
Bristol BS5 0HE  
Tel/Fax **0117 941 5859**

**admin@trainingexchange.org.uk**  
**www.trainingexchange.org.uk**

# 2009

## TRAINING PROGRAMME

All courses run 9.30am - 4.30pm  
at accessible venues in Bristol

### Managing Teams

Supervision skills	20, 21 Jan
Management & leadership £250	2, 3 June
Project management £295	13, 14 Oct & 4 Nov

### People skills

Motivational interviewing	10, 11 Feb
Groupwork skills	26, 27 Feb
Brief solution focused therapy	10, 11 March
Difficult & aggressive behaviour	23 March
Lone working	25 March
Keyworking & support planning	21, 22 April
Effective Communication	9 June

### Training & presentation

Training for trainers	3, 4 March
Presentation skills	16 June

### Specialist knowledge and skills

Addiction, dependency & change	29 Jan
Mental health first aid	2, 3 Feb
Relapse Prevention	31 March & 1 April
Alcohol and poly drug use	29 April
Abuse, addiction & disclosure	7, 8 May
Engagement and assessment	13 May
Dual diagnosis	18, 19 May
Working with concerned others £295	23, 24, 25 June

## Constitutions Corner

My role in the Avon and Bristol Law Centre is to advise community and voluntary groups on legal matters, especially those concerning their legal structure or constitution; thinking through whether they are to be incorporated or not, and helping with their charity registration if required. The service prioritises newly arrived communities or assisting with groups or issues that increase the diversity of the local Voluntary and Community Sector (VCS).

In the course of this work, matters of general interest are likely to become apparent and I will be highlighting some of these in this new regular column.

One aspect that has struck me is that many groups coming to me for help are "rushing into structure". This seems to stem from a variety of pressures.

In some cases this pressure comes from within, mainly in the shape of an individual activist who is aware of a pressing social need; or a gap in the market of provision, which they feel they have the personal motivation and skills to help to fill. The system appears to block them from making their contribution as an individual unless they have the 'shell' of a voluntary group around them.

It certainly feels problematic when the only option is to set up a new and very small voluntary organisation where the only skills seem to lie with the prospective paid worker, and the trustees are extremely vulnerable through their lack of underpinning knowledge and/or training in the legal duties of running a company and/or charity.

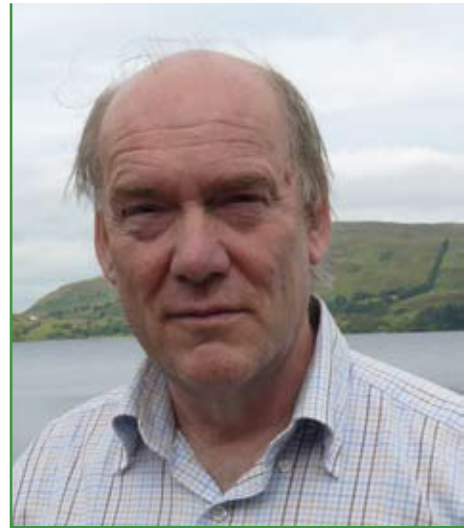
Another obvious driver for setting up a group is to get funding; sometimes there seems an almost "magical belief" that if you become a charity you will then automatically get money for your cause.

A more surprising source of pressure to set up a group "in a rush" occurs when a statutory body has a target to "do something" about a newly identified priority, but lacks the in-house skills and resources to fulfil this new requirement from within their mainstream provision. The solution then arises to "outsource" delivery: but then this can only be done if there is an independent VCS body to commission or to grant aid to provide the new service.

This "rush into structure" involves particularly high risks for the trustees of the VCS organisations that are being set up.

### In terms of "solutions":

- An emerging group could focus on what is important and



Graham Partridge

sustainable in the long term, rather than what feels urgent in the short term

- Generalist articles in VCS newsletters about what charitable status means, and what it can and cannot do for you, could help develop underpinning knowledge and understanding
- Groups being pressured by statutory bodies to set up in undue haste could maybe argue more strongly for ongoing support.

Where available a new group should seek support and guidance from an experienced community development worker to help them to develop more "organically" and sustainably.

### Graham Partridge

Community Groups Legal Advice Worker, Avon and Bristol Law Centre Telephone **0117 9248662**. Email: [grahamp@ablc.org.uk](mailto:grahamp@ablc.org.uk)

# Let's get Sustainable

From Surviving to Thriving: Making your Organisation Sustainable, Voscur and BDA's annual funding event was held on 19 November 2008. The event was based upon the Sustainable Funding Project from the National Council of Voluntary Organisations (NCVO), which promotes sustainable income generation by diversifying the range of sources from which organisations raise funds.

This one-day event offered participants the opportunity to learn more about different sources of funding, and a chance to consider the most appropriate income streams for their organisation. Workshops delivered by experienced professionals focussed on grant funding, social enterprise, commissioning public service and sound financial and strategic planning.

All presentations, group work tasks and main points to emerge from the workshop can now be found on our website, along with tools and tips on how to develop trading activities, assess the risks of initiating new projects, and how to develop winning grant applications. To find out more visit [www.voscur.org/fundersfair2008](http://www.voscur.org/fundersfair2008).

We are always looking to improve our events and make them as useful to our members as possible. If you would like to give us your views on what's important to you for next year's funding event then please fill in our online survey on [www.survey.bris.ac.uk/voscur/fundersfair09survey](http://www.survey.bris.ac.uk/voscur/fundersfair09survey)

Thank you to all those who attended for making the day useful, interactive and inspiring.



Sabrina Lee

Eva Pollard

## All change please!

Sabrina Lee, who has been Voscur's Funding Advisor since May 2007 has sadly left the organisation this month to pursue her work in international development in South Africa. She has made a great contribution to Voscur in establishing a thriving funding advice service including developing a funding health check, providing countless funding advice sessions and developing and delivering training from basic fundraising to commissioning. We wish her all the best in her future plans in Africa.

Eva Pollard has joined Voscur as our new Funding Advisor. Eva worked in Bristol's voluntary sector for 10 years in the fields of housing, childcare provision and domestic violence support services. She then spent three years with Bristol City Council's Community Development Unit before leaving to spend a year travelling in South America. Eva will be working for four days a week and will continue to offer the services listed above.

Welcome to Voscur, Eva!

## Think Big

The Big Lottery Fund (BIG) is asking people how they think money raised through the National Lottery should be spent. This will then help them to shape their strategic framework 2009 -15 including their priorities and outcomes and the process of awarding funds.

BIG have launched the Big Thinking website: [www.big-thinking.org.uk](http://www.big-thinking.org.uk), which contains a range of features to enable people to have their say. On the website people can discuss issues that matter with others, watch films of funded projects and upload their own, fill in a quick postcard poll or respond to BIG's full consultation survey.

The Big Thinking consultation runs until the end of February 2009 and is open to anyone. Voscur and BIG will be holding a consultation event in Bristol on Wednesday 28 January 2009, from 10am – 1pm to debate the issues, and give people the chance to question them face-to-face.

If you would like further information or to book onto this event please visit: [www.voscur.org/training](http://www.voscur.org/training)



## Quartet Community Foundation

Grassroots Grants are now up and running. Just a reminder about this new Government programme that Quartet is managing across the West of England; Bristol, Bath and North East Somerset, North Somerset and South Gloucestershire.

Grants of up to a maximum of £5,000 are offered to groups with an annual income of £20,000 and under.

Grants can be for a variety of activities including basic running costs or for capital equipment. Decisions are made monthly and you can apply at any time.

The Express programme is also open and running as a rolling programme. Grants of up to £2,000 are available and priority is given to groups with an income of over £20,000 per annum, during the lifetime of Grassroots Grants.

More details are available on the website [www.quartetcf.org.uk](http://www.quartetcf.org.uk) You can also contact the office on **0117 989 7700**.



## Upcoming training

### Understanding the Commissioning Process

(FREE BDA and Voscur training)

Eva Pollard and Partick Nesbitt

**20 January 2009,**

**9.30am – 12.30pm,**

**Southville Centre, Beaufey**

**Road, Bristol, BS3 1QG.** For more

information and bookings visit

[www.voscur.org/training/ucpja08](http://www.voscur.org/training/ucpja08)

### Principles of Sustainable and Legal Fundraising

Foot - Anstey Solicitors and

Fundraising Standards Board

**3 February 2009, 10am -1pm**

**Federation of City Farms,**

**Hereford Street, Bristol BS3 4NA.**

For more information and bookings

visit: [www.voscur.org/training/](http://www.voscur.org/training/pslfe08)

[pslfe08](http://www.voscur.org/training/pslfe08)

## You Say...

Here is a quote from a previous commissioning training participant:

***“A very good learning experience clearly explained - a definite positive outcome”***

Understanding the Commissioning Process training participant, 20

October 2008, Black Development

Agency



## A Taste of the World from One Community

A new community cookbook has been developed in inner east Bristol featuring 31 recipes from some of the many countries represented in the New Deal for Communities (NDC) area of Barton Hill, Lawrence Hill, Redfield and the Dings as well as neighbouring Easton and Whitehall.

The recipes, ranging from Asian pakoras to a New Zealand pavlova, have all been submitted by local residents and people working in the area. They have often been passed down through generations – and some have never been written down before.

The cookbook was commissioned by Community at Heart's race equality project with the aim of helping people learn more about their neighbours. Food is a great way of bringing people together and getting a

glimpse of another culture and some of their traditions. The book will be used to encourage people to try new foods from different cultures. It will give people new ideas for cooking using raw ingredients and encourage them to eat more healthily. Alongside the book there is a series of low-cost cookery classes now running at Wellspring Healthy Living Centre in Barton Hill.

Bruce Williamson lives in Redfield and contributed a recipe called Shwe-taung Noodle to the cookbook. Shwe-taung means golden in Burmese.

Bruce says: "When I was a child we were always eating Burmese food and this was one of the staples we'd eat every other day and it just reminds me of home – it's one of those things that takes you back. I come from a very multicultural background, I'm mixed race, Burmese and East European, so to come to an



area where you've got a really diverse population like here is amazing. The demographic seems to be changing all the time and the one thing you can say about food is that you don't need to speak the same language to enjoy it. The only thing that unifies people is food. One thing that a Burmese family will say if a stranger comes to their home is 'have you eaten? And if you have, join us anyway' – the minute you eat somebody's food you are part of their family."

Saada Jumale came to Barton Hill from Somalia in 2004. She has two recipes in the book, "I'm very proud to be part of this book and to represent my country and my culture, it makes me feel part of the community. These recipes have never been written down but were shown to me by my mum. We don't use recipe books in Somalia, we just cook by taste. We would eat Isku Karis at celebrations or you can make

it to eat every day. People like seeing this colourful dish on special days like Eid and at weddings. It can be cooked in meat stock and we would eat this with meat, like a shoulder of lamb".



If you would like a copy of the cookbook they can be collected from the Neighbourhood Shop on Avonvale Road, Barton Hill Settlement, Easton Community Centre, The Old Bank on Church Road and Beacon Centre on Russell Town Avenue or contact Andrew McLean on 0117 304 1434. If you want more than one copy of the book then a donation is welcome to support the work of these organisations, in particular to fund future Multicultural Feasts at Barton Hill Settlement.

# Cycling City

## Green Capital

Bristol has been chosen as the only city in the UK to be short-listed for the European Green Capital Award. The city has been pre-selected alongside seven other European top environmental cities out of 35 initial applications.

The seven other cities are: Amsterdam (Netherlands); Copenhagen (Denmark); Freiburg (Germany); Hamburg (Germany); Munster (Germany); Oslo (Norway) and Stockholm (Sweden).

The award aims to help cities become more attractive and healthy places, “fit for life” - and is similar to the European Capital of Culture competition. Every year from 2010 a European city will be appointed as European Green Capital by a panel of international recognised environmental experts and a jury. The award will be given to a city that has demonstrated a well-established record achieving high environmental standards and is committed to further environmental improvement and sustainable development. The winning city will act as a role model for all other European cities.

The announcement of the first two European Green Capitals for 2010 and 2011 will be made at a ceremony planned for early 2009.

## Be outspoken at the Bristol Bike Forum

If you have a question about cycling or would just like to find more about what’s happening to help make Bristol the country’s first Cycling City then the new look Bristol Bike Forum is the place for you.

From January there is a new Bike Forum drop-in session 5 - 6.30pm before the formal part of the Bike Forum meeting. Anyone can drop-in to raise issues or ask questions about cycling in Bristol. The City Council Cycling Officers will be there to speak to and there will be maps and drawings of planned improvements for cyclists look at and comment on.

Anyone who is interested may also stay for the formal part of the Bristol Bike Forum meeting to discuss provision and promotion of cycling within Bristol.

The drop-in and the formal Bike Forum meetings take place every two months at the Council House on College Green. These are the dates for 2009:

- Thursday 29th January
- Thursday 26th March
- Thursday 28th May
- Thursday 30th July
- Thursday 24th September
- Thursday 26th November

Find out more at [www.bristol.gov.uk/cycling](http://www.bristol.gov.uk/cycling)



## Cycling City Grants

Greater Bristol has recently been awarded Cycling City status - this is great news and provides a wonderful opportunity to engage with all communities to promote and encourage cycling. Cycling City will be working with a wide range of people and organisations including businesses, schools and local communities.

Doubling the number of people who cycle every day by 2011 is one of the main objectives of the Cycling City work - to do this they need your help.

Simon Carpenter has recently joined the Cycling City Team to work on the 'Community Engagement' aspect of Cycling City. They would like to work with communities where cycling levels are currently low. Gathering information about existing community led cycling projects has started - with the hope of spreading the best of these to other

areas of Greater Bristol. To support this work they are offering a number of Cycling City grants.

They are particularly interested to hear from you about any cycling projects in your area. They don't necessarily need to be projects that you are directly involved with. They need to be activities that bring new people to cycling but also, just as importantly, keep existing cyclists on their bikes. Projects could include activities where people are shown how to ride and maintain their own bicycles if they have them or provide access to recycled and refurbished bicycles if they don't. The projects should be as inclusive as possible. You may have ideas for an entirely new project or it might be looking for support for an existing cycling scheme.



Please get in touch to discuss your ideas with us. Simon Carpenter, Community Engagement, Cycling City

Team - 0117 903 6299/ 903 6285 or email: [simon.carpenter@bristol.gov.uk](mailto:simon.carpenter@bristol.gov.uk)

# The Podcast Revolution

## What is a Podcast?

Video podcasting is a new form of social media which allows people to be creative in the way they share information and communicate with the public. Videos are created and viewed in this way through popular sites like YouTube and include learning videos, entertainment, comedy, action, music, marketing and much more.

## How is the Voluntary, Community and Social Enterprise (VCSE) sector using them?

The VCSE sector is using this dynamic and inexpensive medium to create training and marketing material for organisations.

## How can they be useful?

Video podcasting can help to complement traditional learning and teaching methods. Voscur has recently started using video podcasts as a tool for developing training, including giving step-by-step instructions on how to register and use the Bristol eProcurement system, which can be viewed on our website [www.voscur.org/beps](http://www.voscur.org/beps). We have also created videos to share our network events, reps reports and addresses by keynote speakers at our Annual Conference, with wider audiences



who may be unable to get to the events themselves.

There are many benefits of podcasts. You can watch them anywhere and at any time. They are free (as long as you have access to the right technology and internet connection). You don't have to be in a classroom at a certain time on a certain day. You can be in your home, in a library, or Voscur's members' desk.

Video podcasts are also an excellent way to market your organisation and give potential funders a great insight into your work and achievements.

Voscur will be running a training session on how to use New Media such as video podcasts to promote your organisation online on 24 February 2009 Look out for further information on [www.voscur.org/training](http://www.voscur.org/training).

# Voscur training makes a difference

**Alison Keeler, plot holder and the site representative for Atwood Drive Allotments in Lawrence Weston, Bristol, attended a Voscur Neighbourhood Renewal Learning Plan course in November 2007, called 'Setting up a Group'. The course was for anyone who was running, or had an idea to set up a small group.**

Alison explains why she attended the course and what she gained from the training:

I wanted to set up an association for our allotment site. When I attended the course, I was very nervous, but the trainer and everyone who attended were all very friendly.

Attending the course has helped the association to identify what it wanted to achieve, as well as practical issues like finance, publicity and new way to get people involved.

We've now formed the association showing our commitment towards making a difference at our allotment site. Over the past year, our positive attitudes have helped

to increase tenants from 19 to 35 and with the recent clearance of overgrown plots we hope this figure will increase further.

As the allotment site representative, I would like to take this opportunity to say thank you to everyone who has helped improve our site.



If you are interested in an allotment at Atwood Drive you can find the details at [www.webjam.com/atwood\\_drive\\_allotment](http://www.webjam.com/atwood_drive_allotment)



Alison Keeler

## Useful Websites and Resources

**Voscur Resources:** for information on setting up and running a group.  
[www.voscur.org/resources](http://www.voscur.org/resources)  
**#governance**

**Bristol and Avon Law Centre:** Community Group adviser, Graham Partridge helps with legal advice on setting up groups.

**0117 9167718,**  
**grahamp@ablc.org.uk,**

**Setting up for success:** a practical guide for community organisations.  
**0207 833 1772, [cdf.vbnlive.com](http://cdf.vbnlive.com)**

**How to make a podcast:**  
[www.videojug.com/film/how-to-make-a-podcast-part-1-planning-and-preparation](http://www.videojug.com/film/how-to-make-a-podcast-part-1-planning-and-preparation)

**Pros and cons of podcasting:**  
[www.mauricecastle.com/2006/06/podcasting-pros-and-cons-podcasting-tips](http://www.mauricecastle.com/2006/06/podcasting-pros-and-cons-podcasting-tips)

**How to use eProcurement:** with Bristol City Council: forms online, hints and tips:  
[www.voscur.org/beps](http://www.voscur.org/beps)

## Big Up Bristol

Every day in Bristol, thousands of young people are learning new skills, making choices and working hard to develop themselves and their communities; being a young leader at a youth club, giving their time freely in volunteering projects, facing new challenges, being responsible citizens, caring for families. Young people often receive little or no public recognition and thanks for the valuable part they play in our community.

On Saturday 29 November 2008 at the Elim Centre on Jamaica Street there was an opportunity to say a big Well Done and Thank You to these young people and inspire others to take up the challenge, get involved in their communities and take full advantage of what Bristol has to offer them - Big Up Bristol 2008.

Think of the OSCARs, BAFTAs or the Mercury Music prize all rolled into one - glamour, glitz, lighting, big screens and music. The event has been running for three years working with Bristol City Council, Young Bristol, Connexions, the Basement Project, BREAD Youth Project and ASDAN. This year we combined forces to present both the BYCA Building a Better Bristol Awards and the Duke of Edinburgh's Award.

An invitation went out in September for five nomination categories – Healthy Lives, Education, Participation, Positive Future and Groups. A new award for this year was the Young



Penny Mallory and Laura Brain

Person of the Year Award, which recognised a young person who represented the best of young people in Bristol.

Over 100 young people were nominated from Youth Workers, Teachers, Social Workers and Connexions Workers. A dedicated group of young people went through a rigorous assessment process to choose finalists and winners in each category.

Philip Harnett, a young person and Duke of Edinburgh Gold Award holder, presented the ceremony and Cllr Helen Holland (Leader

of Bristol City Council) opened proceedings. The awards were presented by Richard Hodder - Williams, High Sheriff of Bristol, Mary Prior, the Lord Lieutenant of Bristol and Lord Mayor of Bristol, Cllr Christopher Davies. Television presenter and World Rally driver, Penny Mallory shared her experiences of overcoming challenges and was a great inspiration to those who attended.

The award winners this year were:

**Healthy Lives Award:**

Natasha Benjamin

**Education Award:**

Robert Patterson

**Participation Award:**

Rhys Jones

**Positive Future Award:**

Daniel Gardiner

**Group Award:**

The Black Carers Project

**Young Person of the Year:**

Laura Brain

Ben Silvey Manager, Young Bristol Action. [www.youngbristol.com](http://www.youngbristol.com)

## ICT Jargon Buster



It has been over two years since Voscur last did a jargon buster ([www.voscur.org/ict/jargonbuster](http://www.voscur.org/ict/jargonbuster)). The technology changes are now moving so fast that there is a whole new landscape out there in the virtual world, with applications like *Second Life* rapidly moving into the mainstream for fund-raising and voluntary sector awareness activities.

Voscur has been developing a jargon wiki ([voscur.wikispaces.com/ICTJargonBuster](http://voscur.wikispaces.com/ICTJargonBuster)) for our members to join us in collaborating and expanding on definitions.

As a taster, below is sample of what you can expect to find there, along with links to wider definitions, examples and more information, read on!

### CMS

A Content Management System (CMS) is a software application that makes it possible for non-technical users to publish content to a website. It allows one or more authors to prepare and publish information online, without needing to prepare HTML code.  
[www.joomla.org](http://www.joomla.org)

### Firefox

Firefox is an award-winning free and open source graphical web browser developed by the Mozilla Corporation and a large community of external contributors.  
[www.mozilla.com](http://www.mozilla.com)

### Flickr

Flickr is an online photo management and sharing application. It's a site where people can upload and share their photos. It was one of the earliest Web2.0 applications.  
[www.flickr.com](http://www.flickr.com)

### RSS

A technology that allows web users to receive ongoing and constantly updated information collected from many sources through a simple reader. This is supplied through an "RSS feed" to which users can subscribe.  
[en.wikipedia.org/wiki/RSS\\_\(file\\_format\)](http://en.wikipedia.org/wiki/RSS_(file_format))

### Social Networking

The process of meeting and networking with people through the use of specific Internet technology. The largest social networking site on the Internet today is Facebook.  
[www.facebook.com](http://www.facebook.com)

### Social Media

A category of sites that is based

on user participation and user-generated content. They include social networking sites like LinkedIn or Facebook that people use to share opinions, insights, experiences, and perspectives with each other.  
[www.linkedin.com](http://www.linkedin.com)

### Voip

Voice over Internet Protocol. VOIP enables broadband users to make voice calls via the Internet at a fraction of the cost of traditional telephone calls.  
[www.skype.com](http://www.skype.com)

### Web2.0

Web2.0 refers to a large set of ideas and techniques behind many new websites and services, which encourage user interaction, communication, and collaboration.  
[en.wikipedia.org/wiki/Web\\_2.0](http://en.wikipedia.org/wiki/Web_2.0)

### Wiki

Taken from the Hawaiian word for quickly. A wiki is a collaborative website where the users are responsible for creating and maintaining the content. Probably the best example of a wiki is Wikipedia.  
[www.wikipedia.org](http://www.wikipedia.org)

Sean Kenny

ICT Development Worker

## Voscur Diary January/February 2009

### January

- Tuesday 20**      **Understanding the Commissioning Process,**  
Southville Centre, BS3 1QG (9.30am – 12.30pm)
- Monday 26**      **Children and Young People's Network Meeting,**  
Southville Centre, BS3 1QG (10.00am – 12 noon)
- Tuesday 27**      **Neighbourhood Partnership Residents Forum,**  
The Council House, College Green, BS1 5TR (6 – 8.30pm)
- Wednesday 28**      **Big Lottery – BIG Thinking Consultation,**  
Barton Hill Settlement, BS5 0AX (10.00am – 1.00pm)

### February

- Tuesday 3**      **Principles of Sustainable and Legal Fundraising,**  
Federation of City Farms, Hereford Street, BS3 4NA (10am – 1.00pm)
- Wednesday 4**      **Speaking with Confidence,**  
Windmill Hill City Farm, Philip Street BS3 4EA (9.30am – 3.30pm)
- Wednesday 4**      **Voscur Community Building Network Meeting,**  
Withywood Centre, Queens Road, BS13 8QA (10am - 12.30pm)
- Thursday 5**      **How to Develop a Business Plan,**  
@ Symes, Symes Avenue, Hartcliffe, BS13 0BE (9.30am – 3.30pm)
- Tuesday 10**      **Companies Act - Legal Update,**  
Federation of City Farms, Hereford Street, BS3 4NA (10am – 1pm)
- Tuesday 10**      **Voluntary, Community and Social Enterprise  
Sector Chief Executives meeting**  
Federation of City Farms, Hereford Street, BS3 4NA (1pm - 3pm)
- Wednesday 11**      **Developing Effective Publicity,**  
Southville Centre, Beaulieu Road BS3 1QG (9.30am – 3.30pm)
- Tuesday 24**      **How to make money and promote your organisation on-line,**  
Gatehouse Centre, Hareclive Road, BS13 9JN (9.30am – 3.30pm)
- Tuesday 24**      **What does Representing your Community Mean?**  
Southville Centre, Beaulieu Road, BS3 1QG (6.15pm – 9.15pm)
- Wednesday 25**      **Our Voices Count – EHRC Event,**  
The Greenway Centre, Doncaster Road, BS10 5PY (9.30am - 3.30pm)
- Thursday 26**      **Neighbourhood Partnership Residents Forum,**  
The Council House, College Green, BS1 5TR (2pm – 5pm)