



COMMUNITY NEWS

Member Groups—in their own words

Spring 2018

Rivers LPC is a local women's charity run by local volunteers. Rivers works mostly with vulnerable women who are less likely to approach established or formal institutions for help, usually due to the woman's social or economic situation.

Rivers aims for social inclusion, provides support with tools and resources so these women can live a more fulfilling and independent life within the local community.

Rivers LPC has a learning programme and a SPACE programme. SPACE connects clients with already established local public services, support, charities and organisations acting as a point of contact for all women.

How can we help?

We pride ourselves on being accessible from first contact, and we operate informally and flexibly. We don't have waiting lists and we work with our clients for as long they need us. This makes us well placed to provide support to those who may be receiving input/treatment from other specialist local services. Not only do we assist to access these services, but we are able to support our clients throughout and once they are discharged from those teams.

We have organised visits with local employers, council services, police and community facilities to develop a meaningful relationship with the wider community. We are broadening their daily lives and helping them establish a sense of belonging within their communities.

A key focus for Rivers is supporting our clients to work towards becoming 'mentors' for new clients who join us. We encourage our clients who have accessed our programmes to use those skills to give back to others through volunteering. This enables them to take leading roles in further projects contributes to continuing their development. Rivers supports the creation of role models, and this has had such a positive impact on the women we work with. Valuable investment from local women, for local women, serving a genuine and authentic purpose.



You can contact Rivers on 07539995328 or at:

contact@rivers-space.org.uk

contact@riverslpc.org.uk



<http://www.rivers-space.org.uk/>

<http://riverslpc.org.uk/>

Welcome—New CCVS members

At the recent Crawley CVS Board meeting, our trustees approved the membership applications for the following groups, their contact details are listed if you would like to know more about them:

DIVERSECrawley <http://diversecrawl.org.uk/>

Over 50 Skill Swap Club <https://over50skillswap.co.uk/>

Montefiore Institute Management Committee

Horsham Child Contact Centre <http://www.horshamccc.org/>

The Lighthouse Project Crawley <http://www.lighthouseprojectcrawley.org/>

Over The Wall Children's Charity <http://www.otw.org.uk/>

Corporate supporters or statutory organisations can apply to become a friend of CCVS, they receive the same benefits of membership but are not eligible to vote at our AGM or nominate trustees to our board. Horsham District Council have successfully applied to become a friend of CCVS.

If you would like to learn more about becoming a member of Crawley CVS you can read about it at: <http://www.crawleycvs.org/membership.php> or contact Diane Ruban on 01293 657000.

INFORMATION

Looking after someone?

Carers UK Digital Offer West Sussex is a free digital service you can sign up to where you can find guides to help you in your caring role, information on caring, carers' rights, problem solving and much more. You can register at: <https://carersdigital.org/login/signup>. This will give you access to the West Sussex Digital Offer page. There's even a free Carers UK mobile phone app called Jointly (free code DGTL2948), for those who want to organise or share care.

Parkinson's UK will be offering it's self-management programme in Crawley this spring, it will begin in the week commencing 7th May.

It will be free to attend and partners/carers are very welcome as full participants, but places must be booked in advance.

The dates, times and venue are being finalised so further details will be available soon. If you know of anyone wishing to register for the Crawley self-management group, you can refer them or they can contact Parkinson's UK direct in one of the following ways: Via the online registration form at:

<http://www.parkinsons.org.uk/selfmanagement>; by email to: selfmanagement@parkinsons.org.uk or calling: 020 7963 3924

Are you following CCVS on Facebook and Twitter?

Crawley CVS is building up it's Facebook Page to include feedback from forums, local news and events and national information relevant to charities. Please like our page Crawleycvs, then in "following" tick "see first" so that Facebooks algorithms will keep you updated. We are also tweeting live from each of our forums using the hashtags #youngcrawley #crawleyolderpeople #crawleyhousingandhomeless #crawleymentalhealth #crawleyvolunteer and will be happy to follow your organisation in return and share your information. (if this all means nothing to you, please contact diane.ruban@crawleycvs if you would like us to arrange some training).

VOLUNTEERING

NSPCC – Tesco bucket collectors needed

The NSPCC is looking for volunteers to help with a bucket collection at the Crawley Tesco on Hazelwick Avenue on Friday 9th March, 9.30am – 5.30pm. Even just a couple of hours of your time would be hugely appreciated.

Active Prospects

Active Prospects is seeking enthusiastic, energetic and committed volunteers to ensure the success of its first Charity Shop in Horley. The role involves serving customers, accepting and processing donations, keeping the shop clean and tidy and creating attractive window displays.



Come to Crawley's Volunteer Recruitment Fair this Summer

Volunteer Crawley is excited to announce it's Summer Volunteer Recruitment Fair on Wednesday 13th June at Crawley Library.

Charities and community groups in Crawley and surrounding areas will set out their stalls packed with opportunities and ideas to volunteer and support your community. Whatever issues you care about, whatever your skills or background, you are likely to be amazed by the range of opportunities on offer. Come along and be inspired. You will be free to browse, to chat with the representatives from the local groups and ask your questions, or to sign up as a volunteer – the choice is yours. A team from Volunteer Crawley will be available throughout the day to welcome you and to help you to make the most of this event.

What can you do with around 45 minutes of your time? You could visit the Volunteer Recruitment Fair on Wednesday 13th June. You could also have a short workout or a walk, catch up on news and current events, take a bubble bath, write a letter, start a blog, or have coffee and cake. Some of these will offer you enjoyment and relaxation, challenge you, help you to develop your skills or express your views in new ways, or enhance your health and well-being. The right volunteer opportunity has the potential to do any, or all, of these for you. You will also have the pleasure of knowing that you are making a real difference to someone else's life.

So come to the Volunteer Recruitment Fair at Crawley Library on Wednesday 13th June.

Do you work or have other commitments on a Wednesday? No problem – the event runs until 6.30pm, so call in on your way home.

To register your interest, and ensure that you receive any news and updates on this event, please contact Elaine at Volunteer Crawley, on 01293 657148 or at elaine.illingworth@crawleycvs.org.

If you would like more information about volunteering, contact Elaine Ilingworth at Volunteer Crawley on: 01293 657145 or at: volunteering@crawleycvs.org

FORTHCOMING EVENTS



Cultural Cooking Demonstrations

Come chat, cook and eat – FREE ENTRY

Come join us!

At the Hub
 High Street, Crawley.
 RH10 1BQ
 11 a.m. to 1 p.m.

- Monday 5th February
- Trial demonstration of Caribbean Food

And

- Monday 2 April
- Chagossian Food

Contact: Marilyn, Tel: 07709821741







Worth Park Wanders

Would you like to learn new things, improve your fitness and meet new people in 2018?

Why not join us for this fun series of friendly hour-long walks around the beautiful and historic Worth Park.

The Worth Park Wanders are themed walks on the second Thursday of each month and are a chance to amble at a steady pace whilst learning new things about the park. The Worth Park Health Walks are on the fourth Thursday of each month and are a chance to step up your fitness by walking further and faster.

All the walks are free and led by qualified walks leaders. Tea and coffee will be served afterwards at our visitor centre in Ridleys Court.

Meet at the entrance to Ridleys Court, Milton Mount Avenue RH10 3DH at 10.30am. There is no need to book.

	8 February	Snowdrop walk
	22 February	Health walk
	8 March	A host of golden daffodils
	22 March	Health walk
	12 April	Wild about wildlife
	26 April	Health walk

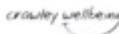
For further information please contact Alan Heaton on 01293 585 390 or alan.heaton@crawley.gov.uk

Booking is essential for the Dawn Chorus Walk, email janet.rose@crawley.gov.uk for details.

Stop press – our annual Dawn Chorus Walk led by wildlife expert Tom Forward will be on Saturday April 7 at 6am – not to be missed!

@worth_park

worthparkcrawley





www.crawley.gov.uk/worthpark

Refugees Welcome—Crawley are creating a community wall hanging for the new Crawley Museum to celebrate 70 years of Crawley New Town. The next sewing workshop is on Saturday 24th March from 12.30pm—5.30pm at St Paul’s Church, Woodfield Road, Northgate. All are very welcome and no sewing experience is needed. You can contact RWCanna@gmail.com for more details.

Military Memories Tea Party is a free event for all RAF veterans, their families and anyone who has an interest in the RAF. The event from 2.30pm – 4pm Thursday 5th April is being held at Crawley Library, Southgate Avenue RH10 6HG.

There are a limited number of spaces, if you’d like to come please contact 0330 22 23883 or: ArmedForces@westsussex.gov.uk or write to: West Sussex County Council, FAO Sally Manning, Parish & Town Councils and Local Governance Team, Room 237, County Hall, West Street, Chichester PO19 1RQ

CCVS E-Bulletins

CCVS often has information to send by email to local businesses that cannot be included in the newsletter because of timings. If you would like to receive a copy of our monthly email, Crawley Community Connect, you can sign up at <http://eepurl.com/WI9cL>



ALTHOUGH CCVS TRIES TO ENSURE ALL INFORMATION IN THE NEWSLETTER IS ACCURATE, WE CANNOT ACCEPT LIABILITY FOR ANY ERRORS. PLEASE NOTE THAT VIEWS EXPRESSED IN THE NEWSLETTER ARE

Crawley Community & Voluntary Service, The Orchard, 1-2 Gleneagles Court, Brighton Road, Crawley, RH10 6AD Tel: 01293 657000 E-mail: info@crawleycvs.org