



Crawley Community & Voluntary Service

COMMUNITY NEWS

how to get involved in your community

Summer 2018

Become a Community Access Volunteer



Help combat loneliness and isolation in Crawley
Prescription Plus works through GP surgeries to help people access non medical services and activities locally.

Many of our clients live alone and have little or no contact with their communities. Others may have recently lost a loved one. Some have complicated medical needs which hinder them from getting out and about by themselves. We work with our clients to find the right activities and services in Crawley to help them feel less alone and more connected with their communities and the things they like.

We're looking for compassionate and open minded volunteers to support our clients by taking them out to activities and helping them to settle in, make friends and get the most out of their time there. This could include taking them to local clubs and activities or sports, leisure or social events provided by organisations that are members of CCVS. Without our volunteer support many of our clients would not be able to do the things they like and need to feel less alone.

*"What a brilliant service. This has really helped me. I do not know what I would have done without this; please do not let it stop."
73 year old patient, diabetic with asthma and depression*

For more information on becoming a Community Access Volunteer please contact Kate Valentine on 01293 657157 kate.valentine@crawleycvs.org

P+ Organisations

- Action for Deafness
- Age UK West Sussex
- Alzheimer's Society
- Autism Support Crawley
- Beta Futures
- The Capital Project Trust
- Carers Support West Sussex
- Central & South Sussex Citizens Advice
- Crawley Baptist Church
- Crawley Kashmiri Women's Welfare Association
- Crawley Library
- Crawley Town Community Foundation
- Crawley Wellbeing
- Expert Patients Programme
- Forget Me Nots Club Crawley
- K2 Crawley
- Horsham & Crawley Counselling
- Huntsland Community
- Ifield Park Care Home
- Lifecentre
- Prevention Assesment Team
- The Posh Club
- Rape Crisis Surrey & Sussex
- Relate
- Royal Voluntary Service (RVS)
- SAGE Counselling
- Southdown Housing Association
- Springboard
- Sussex Oakleaf
- Sussex Prisoners' Families
- Volunteer Crawley
- West Sussex Mediation Service

Prescription Plus



Community connections for a healthier me

News & Events from C CVS Members & Friends

Happiness is... singing in a choir

Phoenix Choir of Crawley are looking for new singers to join them for their forthcoming Season.

Whether you chant on the football terraces or with your mates down the pub, sing in the shower or in the car to your favourite tracks, singing is fun.

Added to this is a growing body of evidence that singing in a group is good for you! The way we breathe together as a group when we sing is an amazing stress-buster and research indicates that singing in a choir helps improve circulation, regulate the heartbeat and boost the immune system. It is also a great way to meet new people, make friends and learn new skills.

Phoenix Choir is a friendly amateur mixed voice choir, created in 2016 from two long established choirs; Concordia Singers and The Weald Choir, so there is a wealth of experience in running rehearsals and organising concerts. While it helps to be able to read music, it is not compulsory and there are audio learning tools to help you. We perform with professional soloists and instrumentalists and come from diverse backgrounds, with differing shapes, sizes and ability. We are united by our lively camaraderie, passion for singing and a desire to bring good musical entertainment to our community.

Our encouraging and inspirational music director Sam Hayes, will lead an exciting programme this year, starting with a variety of works from 'The West Sussex Drinking Song' to Vivaldi's 'Gloria' this Autumn. A traditional Christmas Concert in December will be followed next Spring by a concert at The Hawth, which will include Mozart's 'Requiem' and a light-hearted, Proms-style Picnic Concert in June 2019.

So why not think about joining us? You can come along to our Thursday rehearsals, starting on **6th September 7.45pm – 9.45 pm at St. Mary's Church, 17 Wakehurst Drive, Southgate, Crawley RH10 6DL**. We don't hold auditions and you are very welcome to come along as a guest to a few rehearsals before deciding if you would like to join our membership. To contact us or find out more about our upcoming events, phone 01293 515287 or visit www.phoenixchoircrawley.org.

We look forward to welcoming you.



INTRODUCING
GRAVITY'S
COMMUNITY
SUMMER
FESTIVAL
SAT 18TH AUGUST, 3 - 9PM

PRESENTED BY GRAVITY, A DISABILITY SOCIAL CLUB

★ MUSIC ★ BOUNCY CASTLE ★ BBQ ★

It'll be a great event come and join us - We look forward to seeing you there!
Partridge Stud Farm, Effingham Lane, Copthorne, RH10 3HP.

Funded by the National Lottery

*** TICKETS ***
FREE ENTRY
18.08.18

Grav ity HQ
For more information contact:
Mo Hussain: 07877327567 Genca Gul: 07535978130

Gravity is a registered Charitable Incorporated Organisation (CIO) Charity Number: 1178068



NHS 70
Sussex Community
NHS Foundation Trust

You are invited...

to our
NHS70 Celebration Event and
Annual Members' Meeting
Monday 17 September

Charis Centre
Crawley RH11 7EB
Doors open to the public at 12pm
Annual Members' Meeting starts at 5:30pm

Everyone welcome!

Free parking
Tea and coffee
Cake and refreshments
Lots of stalls - come and meet local
community services



OCEANS PROJECT

LEARNING EMPLOYABILITY AND INTEGRATION SUPPORT
VOLUNTEERS WANTED
to support

**ENGLISH, LITERACY & COMPUTER
CLASSES
- for men only**



Place: Broadfield, Crawley
Thursdays, 10.00 to 12.30

FOR MORE INFORMATION
TEL/TEXT: 07943 838756
WWW.OCLANSPROJECT.ORG
CONTACT@OCEANSPROJECT.ORG
FACEBOOK: OCEANSPROJECT1

We are proud to be fundraising in support of our two
chosen charities this year!

ST CATHERINE'S
HOSPICE
and brothers

**Royal Oak
family fun day
Saturday 25th August**

Log Roast Pony rides Dance displays
Stalls Fire brigade Face painting
Auction Live Music Bouncy Castle
Ice cream van BBQ RAFFLE

..... and lots more!



PARENTS & CARERS

- MENTAL HEALTH TRAINING PROGRAMME -

A selection of mental health awareness courses
for parents & carers of children & young people
in West Sussex



Celebrating the colours of Crawley

We welcome all cultures to join in our work

Friday 14th September, 7 to 9 p.m.

DiverseCrawley AGM

Guests speakers Susan Brumpton (CCVS Manager)
& Farah Khan (Youth MP)

The Orchard, 1-2 Gleneagles Close
Brighton Road, Crawley RH10 1DD

Saturday 6th October, 11a.m. to 2 p.m.

DiverseCrawley Exhibition Launch

New Crawley Museum

The Tree, 103 High Street, Crawley
RH10 1DD

Saturday 20th October, 11a.m. to 6 p.m.

Black History Celebrations & workshops

Crawley Friary Hall, Haslett Avenue
Crawley RH10 1HR

On Monday 5th November 11a.m. to 1 p.m.

English Food Cooking Demonstration

At the Hub, High Street, Crawley, RH10 1BQ

What to expect: Cooking demonstration, Chat & good
company, Tasters, juice bar, hot drinks, Recipe card
to try at home



Black History Celebrations - October 20th 2018

Commemorating the 70th Anniversary of the Empire Windrush
& Martin Luther King's assassination 50th anniversary

> 09.30 p.m. Diverse Story Reading at the
Crawley Library

> 11a.m. to 12.30 p.m. Cultural Workshops
at the Museum, Hub, Friary Hall, Turtle
Bay and High Street businesses



**** 2p.m. to 6 p.m.
DIVERSE ACTS & FOOD AT
FRIARY HALL
HASLETT AVENUE, CRAWLEY
RH10 1HR**

WITH
MUSIC, DANCERS,
DIVERSE FASHION SHOW AND MUCH MORE

HEAD LINE ACT:
ZIMBAREMABWE BAND
(From BRIGHTON)
DIVERSE STALLS

CARIBBEAN, INDIAN, LITHUANIAN
CHAGOSSIAN FOOD TASTING

ALL ARE FREE EVENTS.

COME ONE, COME ALL



Contact: Marilyn, Tel: 07709821741; email info@diversecrawley.org.uk

Face book: www.diversecrawley.org.uk

Volunteer Crawley: Your community needs you!

Volunteer Crawley holds regular advice sessions, no appointment needed, just drop in to one of the local sessions to learn more about the wonderful variety of volunteer opportunities in Crawley.

Crawley Library: 1st Wednesday of each month – 10am to 3.30pm

Broadfield Hub: 2nd Tuesday of each month – 10am to 3.30pm

Crawley Town Hall: 3rd Thursday of each month – 10am to 3.30pm

Maidenbower Park Community Club: 4th Wednesday of each month – 12.30 to 3.30pm



Sussex Community Foundation Trust

– Sensory Play Volunteer

to help at a sensory/messy play therapeutic group for children with complex and additional needs. The Group is a 4 week programme for children who have an identified sensory need. The role involves assisting, playing and interacting with children and helping to set up and pack away the group.

Volunteers for these roles need to be confident and outgoing, and able to lift, set up and pack away equipment. Volunteers are asked to commit to all 4 sessions in a programme to ensure continuity for parents and children. The Group takes place at Langley Green Children and Family Centre each **Wednesday 12.45-3.15pm**. A DBS check will be required.

Hearing Dogs for Deaf People - Volunteer Fundraisers

This charity trains hearing dogs who transform deaf people's lives.

Could you use your passion and enthusiasm to raise awareness and funds for the Hearing Dogs within your local community? Activities could include selling merchandise and raffle tickets, organising stalls at events, coffee mornings, sponsored walks and placing and monitoring collection tins.

Volunteers for these roles will have great people skills, ability to communicate with people of all ages, and basic financial skills. Volunteers will receive full training, and will be supported in their role by the local Community Fundraising Manager.

Sussex Prisoners' Families - Court Family Support

Volunteers attend Court to promote Sussex Prisoners' Families to Court staff and legal professionals as well as to provide vital information and support to families and friends when someone close to them is sentenced or remanded to custody.

- Visits Area Volunteers at HMP Lewes greet families, listen to their concerns and offer advice. Full training is given, and applications are welcome from those with lived experience of the criminal justice system. Volunteers will need a friendly, tactful and approachable manner, good communication and interpersonal skills; ability to work with a wide variety of people. Time commitment varies according to role.

If you would like more information about volunteering contact elaine.illingworth@crawleycvs.org or call Volunteer Crawley on: 01293 657145

Are you following CCVS on Facebook & Twitter?

Crawley CVS Facebook Page includes feedback from forums, local news and events and national information relevant to charities. Visit our Facebook page [Crawleycvs](https://www.facebook.com/CrawleyCVS), and make sure you select "see first" to get the latest news.

If you would like to receive a copy of our monthly email, **Crawley Community Connect**, you can sign up at <http://eepurl.com/Wl9cL> or by scanning the barcode into your smartphone.



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Our full privacy statement is available from www.crawleycvs.org/privacy

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