

Information Exchange

Worthing CVS Forum - working together by email

This is your space to post messages, publicise events,
or seek information and answers

Contact: alison.wcvs@btconnect.com

1. NHS Hearing Tests

In April 2006 West Sussex Deaf & Hard of Hearing Association teamed up with the old Adur, Arun and Worthing Primary Care Trust to cut waiting times for NHS

patients aged sixty five and over needing their first hearing test. This partnership has been very successful and the service has now been extended to cover all patients over sixty five who live within the area covered by the new West Sussex Primary Care Trust.

Now anyone

*** Over 65 years of age**

*** Who would like their hearing tested, OR**

*** Has an NHS hearing aid and would like a re-assessment**

can be referred by their G.P. to our Centre at 51 Rowlands Road Worthing.

(Referrals can only be accepted if made via the G.P.)

The current waiting time for first referral hearing tests at Rowlands Road is about eight months but this will be brought in line with the Government's target of eighteen weeks from 1st April 2008.

2. Spring Fayre

**at the MIND Day Centre, 8 - 10 Durrington Lane, Worthing
Weds 16 May, 10am - 3pm**

A variety of beautiful plants at affordable prices as well as crafts and refreshments. Tel: 01903 693047 for more information

3. Buddys Preview Week

Weds 6 - Fri 9 June, 10am - 2pm & 7 - 9pm

Sat 10 June, 10am - 2pm

Come along and have a look at the new fully refurbished Information Centre at 121 South Farm Road, Worthing (next door to the doll's house shop)

Email: buddyswms@btinternet.com. Tel: 01903 202030

Worthing Mencap Society. Supporting people with learning disabilities and their carers.

4. WORTHING AND DISTRICT CROSSROADS

TRUSTEES (VOLUNTARY)

Worthing and District Crossroads are seeking Trustees with experience in HR, Children's Services and Social Work / Nursing background.

We provide practical support in the home to enable Carers to have a break.

The scheme is seeking new Trustees to help govern this valuable quality service. An expectation of the role would be participation in monthly board meetings, AGM and occasional training. Full induction will be given. If you would like more information or an application pack please contact:

Michele Burnett, Manager 01903 216678

or worthingcrossroads@hotmail.com

Reg. Charity no 1092624

5. Myth Busting about Migrant Workers !

If you have ever asked a question on this topic or perhaps heard someone make remarks have you ever wondered what is truth and what is myth?

The Arun Local Strategic Partnership which includes partners and organisations from across the spectrum have produced the attached document which is very helpful in explaining matters about Migrants, Asylum Seekers and Illegal Immigrants in straightforward terms.

We hope you find it useful.

6. Plant Sale, HMP Ford

9am - 1pm, 20th and 27th May

Bedding plants, baskets and tubs.

A small number of excellent perennials

There will also be an exhibition of the work and training that the prison does. Look for the 'Plant Sale' car parking signs.

7. Fundraising Walk

This year's MIND week (12 - 19 May) will focus on the positive benefits of green exercise. Worthing and Littlehampton MIND are organising a

Fundraising Walk on Saturday 12 May

from Arundel to Amberley (10 mile round trip)

Meet at the Black Rabbit, Arundel at 11:15am

Walkers are asked either to make a donation of £5 towards the 'Get Active' project or to help in the fundraising efforts by asking friends and family to sponsor them

For Sponsorship forms or more information, please contact Jackie on 07766 147773 or jackie.barlow@worthingmind.co.uk

8. Fibromyalgia and ME Awareness Event

Fibromyalgia and ME/CFS organisations are hosting a meeting on Friday 11 May, from 10:30am - 1:30pm, Millennium Hall, Crawley Road, Roffey, Nr Horsham, RH12 4DT

The speaker will be Professor Basant Puri who is a consultant in imaging and neurological disorders at Hammersmith Hospital, London.

His group is embarking on a major biological study on ME/CFS and Fibromyalgia.

Tickets at £3 and include light refreshments.

Please call Jo Fisher on 01403 255450.

9. The People's Millions

Are you looking for up to £80,000 to make your community a better place to live?

If the answer is yes, do not delay and apply today for People's Millions

- the Big Lottery Fund partnership programme with ITV – which hits TV screens this

autumn. But you will have to be quick.

Closing date for applications for the *People's Millions* is noon on the 17th May!

To find out more and apply, visit our website

www.biglotteryfund.org.uk/prog_peoples_millions

YOU decide. Swap seats with us.

Would you like to help decide which applications go forward for the public vote?

The Big Lottery Fund is looking for people in the South East region to join its **People's Millions Committee**. These will consider which applications should be put forward for the public vote.

To be considered you need to be:

- * Interested in how National Lottery money can be used to improve local communities
- * Free to attend a meeting on any one of the following dates - 30th, 31st July, 1st, 2nd, 3rd, 6th, 7th, 8th, 9th, 10th August 2007
 - * Committed to treating each application equally and fairly
- * Not involved in any group that will be applying for a grant from the People's Millions, and not connected with any group that will be applying through the involvement of an immediate family member, such as a spouse, partner, or children
 - * Not an employee of the Big Lottery Fund, Camelot Group plc or ITV
- * Not a member of the immediate family of an employee of the Big Lottery Fund, Camelot Group plc or ITV
 - * Willing to be interviewed and/or filmed by ITV
 - * Over 18 years of age on 30th July 2007
 - * Resident in the UK

If you have what it takes **apply now**. Applications to join the People's Millions Committees must be received by 5pm on 30th May 2007.

<http://peoplesmillions.national-lottery.co.uk/>

10. Do you want to be a record breaker ?

Here's your chance. Bounce Your Balls For Cancer is preparing to set a new world record for the biggest ever simultaneous Space Hopper bounce and we need your help.

The current world record is 600 and we aim to bounce that record into the history books by bringing together 1,000 happy bouncers in Hove Lawns as part of the Brighton Festival.

The historic event will take place on Monday 28th May at 12 noon (it's a bank holiday). We'll be providing the Space Hoppers so all you need to do is turn up with an army of friends, family and neighbours.

If you take part in the world record attempt you also get free entry into the Brighton Festival Space Hopper races that will take place immediately afterwards.

AND WE'LL EVEN LET YOU TAKE YOUR SPACE HOPPER HOME WITH YOU.

Entry is by donation of £10 (£6 concessions) with all profits going to the Orchid Cancer Appeal for male cancers.

You can buy tickets today at

www.brightonfestivalfringe.org.uk/listings/events (click on May 28) or by calling the Dome Box Office on 01273 709709.

11. Lay Representatives required

West Sussex Primary Care Trust (PCT) is recruiting Lay Representatives to assist with a crucial work programme. The PCT is seeking Lay Representatives for the 18 week Referral to Treatment programme. This is a national high priority initiative which aims to reduce the length of time between seeing a GP for the initial appointment, being referred to a consultant for specialist treatment and then actually receiving the treatment. The target being 18 weeks.

We require at least 5 Lay Representatives, one to sit on each of the programme's speciality work streams. These are:

- Orthopaedic services - Ear, Nose and Throat (ENT) services
- General Surgery - Gynaecology services - Cardiology services

Ideally the Lay Representative will be a patient who has experience of one of these areas but this is not essential. The Lay Representative's role is to give the patients' perspective, challenge proposals and options for service change and agree recommendations for the future.

The following level of commitment will be required:

- There will be a certain amount of initial research/learning required most of which will be on NHS web sites.
- It is anticipated that as much sharing of information as possible will be done via e-mail, telephone or similar means of communications.
- Meetings will be kept to a minimum and are expected to be monthly. Dates for the first set of meetings have already been set. These are:
 - 16 May Orthopaedic services
 - 6 June Ear, Nose and Throat (ENT) services
 - 13 June General Surgery
 - 20 June Gynaecology services
 - 27 June Cardiology services

All the meetings will commence at 2pm and last for approximately 3 hours.
All reasonable travel and subsistence expenses will be reimbursed.
If anyone is interested in becoming a Lay Representative, or would like further information, please contact Howard Lewis, Patient and Public Involvement Manager (South East) , West Sussex Primary Care Trust, 1 The Causeway, Goring by Sea , West Sussex, BN12 6BT Tel: 01903 708498, Mobile: 07957 626085 Email: howard.lewis@aaw.nhs.uk

12. Request from Worthing Philharmonic Orchestra

Do you like classical music and have a few hours to spare on Sunday 17 June ?

Worthing Philharmonic Orchestra (registered charity No 1064019) are looking for volunteers to steward their evening concert at the Assembly Hall, Worthing

No former experience required – training provided
7 - 10.30pm (very latest)

Each steward volunteer will receive 2 free tickets for family and/or friends.
Interested ? Then please contact Rachel on 01273 775634

13. Sussex Partnership Trust Patient & Public Involvement Forum (PPIF), Public Meeting

Please find attached details of the above meeting which is being held on Tuesday 15 May, 12noon - 4pm, Westfield House, Lewes.

14. Textile Day at Worthing Museum and Art Gallery

Creative local crafters share all things fabric!

Saturday 12th May 2007, 10am- 4pm is

Textile Day @ Worthing Museum and Art Gallery

* Lacemakers * Embroiderers * Knitters * Weavers
* Spinners * Dyers *Batik

Free Entry!

‘This established annual event provides the ideal opportunity to find out about today’s textile scene, try out a new craft for yourself, be inspired by the variety of ideas showcased and even join one of the friendly groups here on the day.’ - *Kate Rose, Curator*

15. Physical Health & Emotional Well-being (PHEW)Co-ordinator

HOVE YMCA in partnership with West Sussex County Council Seeks to appoint a Physical Health &Emotional Well-being (PHEW)Co-ordinator (22hrs)
£22,500 (pro rata to March 2008)

Working across West Sussex the post will be responsible for the development and delivery of training to Community Champions and Yr 7/8 children around S.R.E,

self-esteem, emotional literacy and substance misuse.

The postholder will take forward the development and accreditation of existing training toolkits. The post holder will be based in Hove.

Closing date: 11th May 2007 Interview date: 31st May

16. Intergenerational Community Worker

Age Concern West Sussex are looking for someone to work in the community promoting and developing projects between young and older people to bring understanding and fun in joint projects. The post will be based in Littlehampton but regular travel around the district and working in other locations with groups of young and older people will be the heart of this job. £15,459 per annum, pro rata, 22 hours a week (hours to be agreed with post holder).

Funded until January 2009. Closing date: Friday May 18th 2007
Please contact Age Concern West Sussex for further details and an application pack.

marion.witcomb@acwestsussex.org . 01903 731800
Suite 2 Anchor Springs, Littlehampton , BN17 6BP

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Worthing CVS Voluntary Sector Forum meets quarterly over (free!) lunch to discuss issues of concern to the voluntary and community sector, hear from speakers, and respond collectively to local issues.

Join us, keep in touch and do some networking!

Next meeting: 28th June 12.30pm
Friends (Quaker) Meeting House,
rear of 34 Mill Road (easy parking in West Avenue)

Speakers will be:

Jennie Musgrove - Voluntary Sector Representative, West Sussex PSB

Denis Yeomans - West Sussex Credit Union

Leighanna Barber - East Worthing Community House

Noeleen McNally - Warm Front Scheme

Contact Alison Lewis at WCVS on 01903 528620
to book a place.