

December 2018

Hello, and welcome to the latest edition of our newsletter, with Season's Greetings to our members, partners and supporters.

In this issue:

- Grangetown Wellbeing Web Portal, Feedback Surveys & Youth Led Grant
- Third Sector News
- Training, Events and Vacancies

C3SC News

- **'Grangetown Wellbeing Web Portal' Launch!**

[Grangetown Wellbeing Web Portal](#) was launched this week at Cardiff Third Sector Council's Annual General Meeting. The Web Portal has been developed with the wellbeing of local community groups and residents in mind. It is the result of a successful partnership between C3SC, Cardiff University Community Gateway Programme and local community groups involved in the Wellbeing in Action pilot. It supports local community groups to coordinate community action for wellbeing and better connect with local residents. Local groups are at the heart of their communities and are key contributors in tackling loneliness and social isolation; supporting these groups to grow and work together to improve local Community action is what C3SC is all about.

Organisations delivering in Grangetown are invited to add their activities on to the website <http://grangetownwellbeing.wales/>. To find out more on how you can get involved contact anna.r@c3sc.org.uk or register directly on the website members area.

- **Feedback Surveys**

C3SC is keen to hear from members about our services and events. Your feedback will help to shape our infrastructure support for the third sector in Cardiff.

C3SC Members survey – help shape our delivery by completing a short questionnaire here <https://goo.gl/forms/6nD2xeU9iVNLQYI93>

C3SC TSSW Impact survey – [Third Sector Support Wales](#) (TSSW) is a network of support organisations for the third sector in Wales, **comprising C3SC**, Wales' other County Voluntary Councils and Wales Council for Voluntary Action. Our shared goal is to enable to third sector and volunteers across Wales to contribute fully to individual and community wellbeing, now and for the future. To help us with this goal, we would appreciate it if you could complete a [short survey](#). It asks a number of questions about how local TSSW organisations (i.e. **C3SC**) have assisted your organisation in areas such as governance, funding, volunteering and influencing. The survey should only take around five minutes to complete and will help TSSW plan for the future and improve how it works with and supports third sector organisations across Wales. <https://www.surveymonkey.co.uk/r/VZMFD5X>



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- **Youth Led Grant**

The **Youth Led Grant** awards are small grants allocated **by young people to other young people** for community action projects that encourage youth volunteering.

There is a small pot of **£4000.00** available which we would like to share across 3 or 4 youth projects.

Background Information about the Cardiff Youth Led Grant Award:

The purpose of the grant is to identify ways to engage more young people in volunteering from disadvantaged and under-represented communities. The **Cardiff Youth Led Grant** panel is made up of 9 young people aged 14-25 who all live in Cardiff and are from diverse backgrounds with a variety of skills and experiences. The CYLG panel is funded by the Welsh Government and WCVA. The CYLG panel members are supported by Cardiff Third Sector Council (C3SC) to run their activities and make decisions about the funding. The aim of the funding is to help young people aged 14-25 to be more involved in their local community through volunteering.

Who can apply for the grant?

- Any project that is based in Cardiff and will encourage young people who live in Cardiff to get involved.
- Any projects that will empower and enable young people aged 14-25 years old to volunteer – either directly with the project or as a direct result of the project. (*The volunteering must occur during the lifetime of the project*).
- Projects must also have a wider community benefit.

Applicants must be voluntary or community organisations that are legally constituted.

Applicants must also have a bank account in the name of the organisation, which requires at least two signatures.

There is no minimum or maximum amount that can be applied for, but the total award available is £4000.00.

Projects or groups that have applied before can reapply (whether or not they were successful in previous years) but please ensure your ideas are in line with this year's criteria.

To download an application pack, please use the following link: <https://www.c3sc.org.uk/volunteer/>

If you would like advice about or help with becoming legally constituted, please contact us: email enquiries@c3sc.org.uk or telephone 029 2048 5722

Go to the next page for more C3SC news...



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- **Connected Communities: Tackling Loneliness and Social Isolation**

C3SC is collating a Third Sector response to the Welsh Government consultation on tackling loneliness and social isolation, by asking our members two questions:

What does loneliness and social isolation mean to you and your service users?

What is needed for the Third Sector/ Community groups to play a stronger role in reducing loneliness and social isolation?

If you would like your views to be included in the response please send to anna.r@c3sc.org.uk by the 7th **January 2019**. We would love to hear from you for a joint, stronger response.

If you wish to respond directly to the consultation follow this link: <https://beta.gov.wales/connected-communities-tackling-loneliness-and-social-isolation>

There is also an opportunity for organisations and individuals to attend, **Diverse Cymru's engagement event: Socialising and your community** on **Tuesday 11 December 2018** from 1 pm to 4 pm. (Registration and refreshments from 12:30 pm) at **Cardiff Story Museum** (The Learning Suite), The Old Library, The Hayes, Cardiff, CF10 1BH. People from all diverse backgrounds in Cardiff are welcome, including: Black and Ethnic Minority people, Lesbian, Gay and Bisexual people, Transgender people, People from different religions and beliefs, Older people, Young people, and Carers.

For bookings and further information contact Shelagh on 029 2036 8888 ext 255 or emailing shelagh.maher@diverse.cymru.

- **BME Skills Project**

The BME Skills Team recently held a 2 day Team Development Session to discuss the project and how they will support it to meet its exciting potential.

The BME Skills project is a unique partnership between EYST, C3SC, SCVS and AVOW

The project aims to support growing BME Organisations on their developmental journey

This is achieved by recruiting and matching skilled BME volunteer mentors to provide support

The project runs in Cardiff, Swansea and Wrexham.

If you are an organisation that would benefit from the support of a volunteer mentor or trustee, or if you would like to volunteer, please contact -

Cardiff - C3SC: Leticia Ellis - leticia.e@c3sc.org.uk

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Funding News

- **Heart of the Community Fund**

The Virgin Money Foundation is on a mission to support community regeneration by backing people who can make big changes happen locally. They love helping local communities thrive so every two months, they're giving three local charities the chance to win £1,000 – with awards of £500 and £250 for the two runners-up. The awards will go to the charities with the most votes from Virgin Money customers and Lounge members.

They love to support projects:

- > Run by smaller local registered charities. That means annual running costs of less than £500,000
- > Working in the parts of Cardiff City that need money the most
- > With strong local roots
- > Benefiting the wider community

Funds can be used to buy materials and equipment, make improvements to a community building or sports facility, clean up an area of wasteland or support an event. The money could also pay for staff to run an activity.

To apply, go to the [Virgin Money foundation online](#).

- **Fund for Wales**

Fund for Wales is now open for applications. Grants of £500 to £1,000 are available for small, volunteer-driven community groups whose projects aim to deliver one of the five following outcomes:

- Improving people's chances in life
- Building stronger communities
- Improving rural and urban environments
- Encouraging healthier and more active people and communities
- Preserving heritage and culture

Deadline: 31st January

More information is available on our website - <http://www.cfiw.org.uk/eng/grants/33-fund-for-wales->

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Third Sector News and Events

- **EYST Wales Routes to Public Life— Mentoring Scheme, February to July 2019**

Would you like to get more involved in public life and have an impact on the decisions that are made that affect you and your communities?

As part of the All Wales BAME (Black, Asian and ethnic minority) Engagement Programme, EYST Wales is offering a scheme for ethnic minority/BAME people to develop political skills and increase their impact in public life. The scheme, which will run from February to July 2019, will include:

- 1-1 mentoring with highly influential people;
- Bespoke training sessions at Welsh Government locations;
- A trip to UK Houses of Parliament;
- Optional opportunity to help organise or contribute to EYST's annual conference observing the UN Day for the Elimination of Racial Discrimination.

More than 25 influential “high-flyers” have already agreed to be mentors, including Vaughn Gething (AM, Cabinet Minister for Health & Social Care); Sheila Hendrickson-Brown (Chief Executive, Cardiff Third Sector Council); Professor Emmanuel Ogbonna (Cardiff University Business School); Ian Lucas (MP) and Tonia Antoniazzi (MP) to name a few.

EYST Wales invites applications from BAME people who have a clear interest in politics and/or public life and a commitment to their own and other's development. We aim to match mentees with mentors who have similar interests and come from the same geographic area.

To apply, please take a few moments to complete this survey by **15th December**: <https://www.smartsurvey.co.uk/s/eystpubliclifapplication/>

For questions, please contact Ginger Wiegand at ginger@eyst.org.uk or phone/text: 07903 074718.

- **Heads Up—the informal meet-up for Third Sector leaders in Wales**

You may remember an event earlier this year called Heads Up which featured an interview and Q&A session on the subject of leadership with the former Welsh minister Sue Essex.

Heads Up will be re-launched in the New Year, with two events scheduled. The first is an informal social after work on Friday 1st February 2019 in Cardiff city centre. This will be a chance to meet up with and talk to fellow charity leaders.

Then on Wednesday 13th March 2019 the first formal Heads Up event will feature an interview and Q&A session with Professor Laura McAllister.

More details including venue and how to register will be coming out shortly.

Third Sector News and Events

- **Review of Services for Homeless People in Cardiff with Complex Needs— Invitation to submit research proposal**

The number of people rough sleeping in Cardiff has approximately doubled since 2014. Many service users have extremely complex needs, often with a tri-morbid combination of physical ill health with mental ill health and drug and/or alcohol misuse, they lack social support and are unwilling to access services.

During 2017 the quarterly average number of rough sleepers was consistently above 60 individuals, peaking at over 80 during the months of September/October. During the first quarter of 2018 the average continues to be over 60. The main support needs identified were Substance Misuse with Mental Health as secondary need, Mental Health, Alcohol and Learning Disability.

Cardiff has a wide range of homeless hostels and supported accommodation provision, and longstanding partnerships with the third sector and housing associations. However, the high numbers of people who are currently rough sleeping, and repeatedly returning to provision, indicates that our current model of service delivery may not be wholly effective in meeting the range of needs.

Cardiff Council subsequently wishes to commission a review of the current accommodation and support arrangements for adults who are either sleeping rough, or living in homeless hostels in Cardiff.

Contact details for submissions and queries:

Charlotte Thomas, email: Charlotte.Thomas@Cardiff.gov.uk

- **Cardiff and Vale Advocacy Gateway (CVAG)**

Intended to be the first port of call, this free telephone helpline can be contacted on 0808 801 0577 for advocacy-related information, advice and assistance. CVAG is open Monday to Friday, 9am to 5pm. It is staffed by a highly skilled professional team of Helpline Advisor Advocates.

The service is available to residents aged over 18 who may need help to have their views heard, be in control and/or understand their options in relation to services they are receiving, or think they may need, around social care support. Carers and practitioners can also contact the service if they have any concerns about an individual who receives the above. Other important partners in this development are Age Connects, Advocacy Matters (Wales) and Diverse Cymru.

Further information and printed materials

If you would like further information or would like to request printed materials on the Cardiff and Vale Advocacy Gateway, please visit www.cvag.cymru , e-mail socialaction@promo.cymru or call ProMo-Cymru on 02920 462 222.

Go to the next page for our upcoming training..

Training and Events

Course Title	Date & Time	Description	Cost
Monitoring and Evaluating your Organisation	Tuesday 22nd January	Ideal if you want to develop monitoring and evaluation frameworks for your work and report on your organisation's achievements.	£20; free for groups with income less than £25,000 pa
Business & Strategic Planning	Tuesday 29th January	Ideal if you want to develop monitoring and evaluation frameworks for your work and report on your organisation's achievements.	£40; free for groups with income less than £25,000 pa
Safeguarding: Organisational Implications	Wednesday 30th January	Understand the context, legislation and guidance around safeguarding in	£20; free for groups with income less than £25,000 pa
Disclosure and Barring Service (DBS) Information Sessions	Wednesday 30th January	How does a DBS check contribute to safeguarding (what it is, what it can tell us, what it is not)	£20; free for groups with income less than £25,000 pa
Accounting Basics	Tuesday 5th February	This introductory course is interactive and gives you the opportunity to work through practical examples of accounting.	£40; free for groups with income less than £25,000 pa
Skills to Participate—Community Engagement	Thursday 7th February	You will examine skills needed for effective facilitation of participation.	£40; free for groups with income less than £25,000 pa
First Aid: Emergency Lift Support	Tuesday 12th February	The course covers: Bleeding – Severe Chest pains Choking Communication and casualty care Primary Safety Resuscitation Unconscious casualty Shock	FREE



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Third Sector Vacancies

- **C3SC Finance Officer—closing date - 7 Dec. at 5pm**

For more information/application form, go to <https://www.c3sc.org.uk/about/about-doc-lib/current-vacancies/finance-officer>

- **DPIA– Arabic Speaking Relief Worker– closing date—12 Dec**

For more information/application form, please visit www.dpia.org.uk or email faruk@dpia.org.uk or telephone: (029) 20482478

- **The Dusty Shed - Trustee**

For more information/application form, go to <http://www.thedustyshed.org.uk/> & <http://www.mensshedsymru.co.uk>

Useful Information

Useful Articles for Trustees

The following includes some useful articles for charity trustees:

- [Governance and Trustee Support from NCVO](#)
- [ICSA guidance on trustee eligibility](#)
- WCVA has produced a range of resources to help third sector organisations with GDPR compliance, including a new [information sheet](#), [web page](#) and a [short digital film](#). The [#Desktop data webinar series](#) is also [available on You tube](#).

Looking for trustees and volunteers?

- Visit Volunteering Wales at www.volunteering-wales.net/organisations/ to advertise your volunteering opportunities, and to find out about current vacancies.

Get in Touch

- You can find us on [Twitter](#), [Facebook](#) and [LinkedIn](#)
- You can also contact us on enquiries@c3sc.org.uk
- Or drop in to our office at Baltic House, Mount Stuart Square, Cardiff, CF10 5FH.



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