

The Rest Issue

Winter 2010



PAUL MONKS

exploring the creative to improve mental health and wellbeing



CEN

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NEWS FROM THE SECTOR

Read about a new eco project for the Sonshine Club

HCVS magazine for Hackney's voluntary and community sector

SPARK



In this issue:

- HCVS building a VCS strategy for Hackney
- CEN: Tell us how the cuts are affecting you and your service users
- Hackney LINK NHS White paper campaign
- Team Hackney Community Grants
- Have your say on the VCS strategy

Plus news from your local community group

getting back on track
a community approach to mental health

hcvsv: meet our team

Here are details for our team here at HCVS. If you have a question about any of our services, please give us a call on 020 7923 1962, email info@hcvsv.org.uk or drop in to our office at 84 Springfield House, 5 Tyssen Street London E8 2LY where you can also use our computers for free!

General enquiries, Bookings, Conference room and desk space



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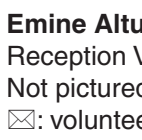
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Our Chair is Karl Frisby from Institute of Learning and our Treasurer is Maggie Cooke from ECAT. They make up our Board with the following trustees: Bekele Gessesse from Agroforep, Cyndi Smart from Community Accountancy Project, Eileen Bellot from Hands Inc, Pam Frost from Peter Bedford Housing Association and Paula Graham from Fossbox.



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SPARK is produced by Hackney Council for Voluntary Service (HCVS). The views and opinions expressed in SPARK are not necessarily those of HCVS. HCVS is Hackney's leading voluntary and community sector (VCS) support agency and your local Council for Voluntary Service (CVS). We provide hundreds of local VCS organisations with the key skills, knowledge and resources to respond to the needs of local people, especially those most in need. HCVS's vision is of an equal society where local people are empowered to tackle local problems and the contribution of all communities to civic life is recognised and supported. HCVS, 84 Springfield House 5 Tyssen Street London E8 2LY ☎: 020 7923 1962 ✉: info@hcv.org.uk 🌐: www.hcv.org.uk

Produced by HCVS - 020 7923 1962

Winter Issue 2010



Welcome to SPARK, following our Work, Home and Play issues, this issue was themed Rest or rehabilitation. However given the current climate, we are all far from doing that as the impact of cuts to services and funding on local people and the VCS deepens.

Together with CEN and City & Hackney Health & Social Care Forum we are seeking your views on cuts, our services and the new VCS Strategy to strengthen the sector's position and protect those people who need support the most. This may be the last SPARK for a while due to our own funding cuts. Gillian

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Advertise in this space

SPARK - Hackney's voluntary and community sector (VCS) magazine - is circulated to over 3,300 local organisations. To book advertising, please contact us above. HCVS members get discounts.

Get your story in SPARK!

We are always looking for stories, if you would like to submit an article or discuss ideas for upcoming features get in touch. To keep up to date with news, join our email news service, contact Katy on kathy@hcv.org.uk

STOP PRESS! Have your say on cuts, VCS Strategy, HCVS and the CEN – you could win a BlackBerry or a laptop!

At HCVS we are asking for your views in four ways. We know it's an ask but in these tough times, it's important we plan ahead and try to shape our services to meet the needs of the sector and local people.

Visit www.hcv.org.uk or call 020 7923 1962

news from the sector

Hackney Pride March



LGBT community take action

September was a turning point for the Lesbian Gay Bisexual and Transgender (LGBT) community in Hackney. After a series of serious homophobic attacks, the LGBT community decided to let the community know that they are not prepared to tolerate hate.

The response was fantastic with a turn out of about 1,000 people from all sections of the very diverse community including faith groups, Unions, and the LGBT community. The march ended with a rally in St Leonards church, with speeches followed by great music.

Eli Barnes from the Stoke Newington school Schools-out project, spoke of the impact of bullying on young people in school. Councillor Sally Mulready spoke of the need for equality to be equality for all, and the exclusion of none. Terry Stewart from Hackney Community Engagement Board said, 'there is a clear need for the Hackney community to deal with this hate crime and not allow the LGBT community to be isolated'.

Events for LGBT History month in February are planned. If you wish to engage with the LGBT community in Hackney contact Terry below. ♦

📞 **Terry Stewart**
📞 07931 844 969
✉: terrystewart@hotmail.co.uk

New Multi-Lingual Advisors

Social Action for Health



MATES Graduates 2010

A new training scheme designed to improve access to advice for non English-speaking communities has celebrated its first generation of graduates.

People from London's Turkish, Kurdish, Bengali, Arabic, French and Polish communities were all trained to offer generalist advice within their own language communities via the new Multi-Lingual Advisors Training & Education Scheme (MATES).

Based on Advice UK's Learning to Advise course, the MATES course offers trainees the chance to develop their advice skills and knowledge and to take up volunteer placements. Delivered by Island Advice, it was hosted by Social Action for Health.

The MATES course meets an acknowledged need for

more own-language advisors. Professional advice services often have only limited access to interpretation or rely on family members to translate for clients. Advice services that do offer own-language advice, meanwhile, often lack the infrastructure and resources to provide a comprehensive service.

Nigdem Sahin Bilal one of the first MATES graduates said: "I learned so many things on the course. It's going to be very helpful when I look for a job. I'm hoping to work with the Turkish-speaking community. Normally courses for advice workers are NVQ2, but at the end of the MATES course you get an NVQ3. You don't have to pay either." ♦

📞 **Sharon Hanooman**
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Grants from Thames Water Trust Fund

East End Citizens Advice Bureau have been offered funding from the Thames Water Trust Fund to provide local residents with additional access to debt advice and help

with completing applications to Thames Water Trust Fund for the next two years. Funding will also support volunteers who wish to become qualified debt advisers. ♦

📞 **Hackney Citizens Advice Bureaux**, 236-239 Mare Street, E8 1HE 📞: 0844 499 1195



Spotlight on Hackney Playbus

Hackney Playbus

Hackney Playbus is a registered charity which has provided a much loved mobile drop-in play facility for parents and carers in the borough since 1972.

Claire Kelly from Hackney Playbus says, "Over the years the playbuses have changed (Bugsie is our sixth playbus!) and we have diversified in the clients that we work for and the types of provision that we offer. Now we provide commissioned services for Children's Centres aimed at reaching families who are not accessing mainstream



A local family enjoy the Hackney Playbus this summer

provision. We provide targeted 'ready for school' programmes for children who are at risk of falling behind as a result of isolation, summer playschemes for children up to eight years old living on estates, a festival and community event service and a creche service

with and without the playbuses. We're looking forward to the festive season with glittery playdough and Christmas craft activities!" ♦ KP

① **Hackney Playbus**

☎: 0208 510 3335

🌐: www.hackneyplaybus.org

New Congolese Chair of Hackney Youth Parliament

African Support & Project Centre



Junior Bubi wins campaign for Chair

Junior Bubi has been supported by **African Support & Project Centre** since 2002. In October, Merveille was elected Chair of Hackney Youth Parliament and talked SPARK about his campaign. "From July until October, I worked and campaigned tirelessly to gain the support and votes of youths in Hackney.

The process started by all the candidates going through a series of training sessions to boost our confidence and support us to write an effective manifesto. After all the preparation sessions, all our manifestos were entered and placed on a magazine and single leaflets for us to distribute as part of our canvassing.

On October 15, all candidates and fellow supporters gathered at Hackney Town Hall to hear the results. Prior to the results, all candidates had a question and answer session with the Mayor Jules

Pipe. The results were read out and I had received enough votes to become a member so successfully got elected as a member of Hackney Youth Parliament.

All elected candidates then went on a four-day residential, where we undertook training and activities to gel as a group. At the end of the residential, we had to have an internal vote on those who wanted to become Chair. I gave a two minute speech where I told my fellow members how they can benefit from me being Chair of the parliament. I successfully persuaded the members and received the overall majority of votes and got elected with the post of Chair of Hackney Youth Parliament. I am now looking forward and am enthusiastic about the future." ♦

① **African Support & Project Centre**

☎: 07939 158 545

🌐: africanspc@yahoo.co.uk

CEN: Tenth AGM focuses on unemployment and health

Hackney Refugee Forum



Ali Aksoy, Hackney Council for Voluntary Service (HCVS) Refugee Health Coordinator and Chair of Hackney Refugee Forum (HRF) updates

SPARK on work to improve life in Hackney for our refugee and migrant communities.

Our tenth AGM was on Thursday 17 November at City & Hackney Carers Centre in Dalston. The event kicked off with entertaining opera singing and a chance to contribute to ideas on this year's topic; employment and its impact on health.

When I asked how many of the 107 people in the room were worried about unemployment and approximately half the arms were raised. Avril McIntyre, Chief Executive of Lifeline and Wayne Farah, Vice Chair from Newham Primary Care Trust then gave passionate speeches about the impact of the cuts on Hackney's most vulnerable communities. Wayne championed health care for all, 'regardless of what kind of passport you have.'



Over 107 people attended our AGM - above - which was opened by opera singing below

Avril asked attendees from Hackney's voluntary and community sector: 'Are we going to be proactive or reactive? We need a solution focused approach and we need to ask ourselves what are we as a sector going to do to help Hackney's communities?'

Mia from Hackney Migrant Centre added, 'It's important to present the damage posed to refugee and migrant communities within the general campaigns against the cuts. The most vulnerable are always the least able to fight back.'

Gary Francis, Youth Programmes Manager at HCVS ended the



discussions with an overview of the impact of the cuts on Hackney's youth, asking the VCS 'to chase agendas rather than respond to them.' ♦

① Ali Aksoy

☎: 020 7923 1962

✉: ali@hcv.org.uk

HCVS: Hackney's migrant communities have their say in the borough's first Migrant Strategy

Thursday, 21 October saw the start of Hackney's first Migrant Strategy which will recognize the different needs of refugees and other groups in Hackney's migrant population. The strategy's first consultation event was held at Hackney Council for Voluntary Service in Dalston.

This consultation, like the focus groups to come, captured views on how public services can do a better job for refugee and migrant communities and brought together local agencies and services to work together constructively and creatively around migration.

① Get involved in the Hackney Migrant Strategy?

Please contact Alex Sutton
✉: alex.sutton@praxis.org.uk
or Berhanu Kassayie
✉: berhanu@praxis.org.uk



Participants in our Migrant strategy consultations



Tribute to Lin Groves

In August, Hackney lost a champion for older people, Lin Groves, pictured right.

Lin began working in the borough in the 1980s, first at Pensioners Link on the Coldline project, one of the UK's first to help older people with their energy bills and protect against hypothermia.

After the organisation closed, Lin put all her energy into saving Coldline, which she did by joining up with Age Concern Hackney (ACH), who took on the project.

When ACH hit financial problems owing to loss of funding in 2000, Lin worked with trustees and staff to develop and stabilise ACH - launching and supporting many projects there which continue today. Including the City & Hackney Older People's Reference Group, Hackney Council for Older People, Hackney Silver Surfers and AgeWell. Lin was also a member of

Hackney Community Empowerment Network's Steering Group when it started, and was involved in many other VCS activities.

Monty Goldman from Hackney Council for Older People, who worked with Lin for many years, said:

"Lin was a very, very helpful and considerate person both in terms of her support with the work we did with Age Concern Hackney and Hackney Council for Older People. Lin was prepared to spend time listening to and discussing all points of view from people involved in the pensioners movement. I had a lot of respect for Lin, she was a delightful woman and I was very sad to hear she had passed away".

Colleague and friend, Mary Cannon, CEN Chair and CEO of the Hackney Marsh Partnership remembers: "Lin was a great person to work with, committed



Lin Groves

to older people and to ensuring that they had a strong voice in any activities that related to them. Lin had strong views and an ability to argue for her views, but was good at talking things through in order to work effectively with other people. My strongest memory of Lin though is of her infectious giggle as something amused her. Lin will be much missed by all her many friends and colleagues, and her family, particularly her partner Ange." ♦

CEN: Take part in Hackney's Community Census!

Hackney Unites

The Community Census is the latest initiative by Hackney Unites - a coalition of independent community groups determined to identify issues of concern and aspirations that are common across Hackney's diverse communities.

The Community Census explores the issues that concern us, the people of Hackney (those who live or work in the borough), and asks how we can achieve our shared aspirations.

The target is to get 1,000 people in Hackney to participate in the Community Census.

Please take the ten minutes necessary to add your views. There are a number of wide-ranging questions, mostly multiple choice, but there is also space for you to add your own concerns. ♦

① **Complete the census here**

🔗: www.surveymonkey.com/s/hackneycommunitycensus

CEN: Measuring the impact of cuts on Hackney

Hackney Council have produced an impact Assessment of the welfare benefit changes on people in Hackney. Read it here: 🔗: <http://tinyurl.com/3y5x6qa>

There still is a lot of uncertainty around this. The Social Security Advisory Committee recently published a report where it challenged the Government's decision, recommending that it "should not go ahead with the package of amendments proposed" and "a number of concerns about the scale and impact of the changes."

HCVS, the Community Empowerment Network and City & Hackney Health & Social Care Forum are asking people to give their views on the effects of cuts and changes to benefits for service users and voluntary and community organisations. This is to collect evidence on the impact of Government policy. ♦

① **You can do this by:**

- Regularly completing a short online survey here: 🔗: <http://www.surveymonkey.com/s/5J9CQ26>
- By posting your views, comments and ideas on the CEN's blog at 🔗: <http://hackneycen.blogspot.com>

How effective are your safeguarding children arrangements?



Young people at Great Nile Trust, part of our Changing Lives exhibition by Katherine Green

Photography: info@katherinegreen.co.uk

There are hundreds of VCS organisations in Hackney that work closely with children, young people and families. All staff, volunteers and trustees need to be aware of their responsibilities in protecting children and how to deal with concerns. It is very important that your organisation has safeguarding children arrangements in place.

The City and Hackney Safeguarding Children Board have introduced a new self-assessment Safeguarding Audit tool which will enable you to assess the effectiveness of safeguarding arrangements within your organisation.

We would like to invite all voluntary, community or faith-based organisations in Hackney to complete the audit by 28 February 2011.

Why should your organisation take part in the audit?

- To enable you to check whether you have appropriate safeguarding children arrangements in place
- To identify where improvements are needed
- To help you when applying for funding or being commissioned to provide services
- To demonstrate your commitment to safeguarding children.

① Safeguarding Audit : Alice Tomlinson

✉: alice.tomlinson@hackney.gov.uk

☎: 020 8356 4175

Safeguarding advice and support: Leethen Bartholomew

✉: Leethen.bartholomew@hackney.gov.uk

☎: 020 8356 6371

Article by Alice Tomlinson, CHSCB

CEN: Hackney's Children & Young People's Providers Forum and HCVS will be offering support on developing your workforce in the new year - Subscribe to the HCVS Email Service for more
✉: katy@hcv.org.uk

2011 Census – Help secure fair funding for Hackney

The next census is taking place in March 2011 and Hackney Council needs your help to make sure that as many households as possible fill in and return their census questionnaire. It could mean the difference of tens of millions of pounds of funding annually for Hackney's local services, including voluntary and community sector groups and services for the people they support.

The census is coordinated by the Office for National Statistics and is a count of an area's population. This figure is used by the government to calculate how much funding the area should receive for a whole range of services including health, education, Council and the Police.

It is also used to plan the type of services the area may need based on its demographics, for example specific services or facilities for particular community or faith groups. Therefore, it is essential that Hackney's questionnaire returns accurately reflect our population. The data collected is completely confidential and won't be shared with any other organisation, no matter what the respondent's circumstances.

The Council know from focus group research that people are much more likely to return their form if the benefits for the area, including money for services they use themselves is explained.

In addition, reassurance about confidentiality from people they trust will also make a big difference.



Hackney LINK campaign on NHS White Paper

SPARK spoke to Malcolm Alexander, Chair Hackney LINK. "Hackney Local Involvement Network (Hackney LINK), the borough's watchdog for health and social care services, believes that the government's health White Paper will damage and undermine the NHS."

We will work with MPs, councillors, community organisations, NHS workers and the public in opposition to the government's proposals and will send out a campaign pack with briefing material and model letters to MPs and councillors.

The government plans to abolish Strategic Health Authorities and Primary Care Trusts and require consortia of GPs to commission our health services. GPs are unlikely to have the expertise to commission services for patients with rare or complex conditions, mental health services, ambulance services or palliative care.



Speakers Dot Gibson, Patrick Vernon, Malcolm Alexander and Meg Hillier MP at a Hackney LINK public meeting on the NHS White Paper'

Hackney LINK is not convinced that GPs have the skills or legitimacy to act as commissioners on behalf of patients. In practice, they will reemploy PCT managers or use expensive consultancy services.

The White Paper proposals are not grounded in evidence or any mandate from the electorate. It is wholly unreasonable to expect the NHS to undertake the biggest reorganisation in its history while at the same time struggling to make huge cuts in services and staff.

I hope you will join us in our campaign to defend the NHS."

① **Hackney LINK**

🌐: www.hackneylink.org.uk/

Article written by Malcolm Alexander, Chair Hackney LINK

How you can help:

- Please talk to your customers and service users about the census, what it means for them and for the borough, and the fact that it is 100% confidential
- You can use the information and FAQs on the 2011 Census website (below) or if you would like to have one of Hackney's two census area managers brief you and your staff, please let us know - they'd love to meet you
- We'll be distributing posters and fliers early in 2011 for you to display.

If you have time, please help people who are having difficulty filling in their form. If not, please direct them to the Census hotline.

The Council will also be holding advice sessions in the New Year.

① Useful contacts:

- Hackney Area Manager: Abayomi Adesanya
✉: H115@census.gov.uk
- 🌐: www.2011.census.gov.uk
- Hotline from 4 March: 03000 201 101, text relay service 1800 1 0300 0201 160

Article by Sibhan Silbert, Hackney Council

POLICY BITES

On this page, SPARK has brings you articles by different organisations on policy, strategy and campaign news. Below are a few more links to consultations.

Public Health White Paper

o public health moves to Local Authorities - with ringfenced budgets (approx. £4bn) and new freedoms

o recognition of 7 year gap in life expectancy related to poverty and continued aim to eradicate child poverty by 2020

o an emphasis on creating pathways to employment

Closing date: 8 March 2011

See back page for a HSCF meeting on this.

🌐: tinyurl.com/32nt3sr

Reform of Legal Aid:

Over 500,000 people will lose a service, 1/3 of civil legal aid funding would be cut, and funding from (among others) most debt, all welfare benefits, all employment and about 40% of housing and 60% of immigration cases.

🌐: <http://tinyurl.com/363mdl9>

Justice for All campaign against this 🌐: www.justice-for-all.org.uk

Mental Health and Wellbeing

One in four of us will experience a mental health problem at some point in our lives.

SPARK spoke to four organisations that work with mental health issues in Hackney to find out the challenges they face and how the personalisation agenda might change the way they work.



Off Centre is a counselling, therapy, advice and information service for anyone aged between 11 and 25 who lives, works or studies in Hackney. SPARK spoke to its director, Nicola Noone:

"Off centre started 36 years ago to fill a void when young people left care. At that time, they weren't getting the emotional support they needed. Now the service is broader and adapts to young people's needs.

In the nineties there was a problem with young people sniffing glue, but drug/solvent abuse has changed. Now, for example, we have a cannabis support group in partnership with DAAT - Hackney's Drug and Alcohol team.

Because Off Centre has been around for so long, parents send their children here, but the majority of clients self-refer. Young people

find it harder to ask for help, especially men. But when young people make contact they should get an appointment within two weeks for an initial assessment. Practical situations will affect our emotional well-being but we try to take a holistic approach.

Over the summer, our peer mentoring project The Right Track set up a Come Dine With Me experience. The young people moulded the project themselves, it allowed them to manage finances, for some it involved cooking a meal for others for the first time, and the hosting element really developed their socializing skills. It was a roaring success.

We've grown in the last 18 months but our biggest challenge is funding. It's uncertain and it seems to be changing on a weekly basis. We've protected ourselves with statutory funding from trust foundations. But

there's an ever present need for our work. I'm confident Off Centre will see itself through the next 12 months. A lot of charities won't and those that are left will be there to pick up the pieces. And as services start to shrink, families will be less equipped, and so our workload will increase.

Personalisation is almost asking charities to become more commercially minded which by nature they're not used to doing. There is training on offer at London borough of Hackney but it's a huge stretch of resources to attend training. We just don't have those in house resources.' >>

Are cuts affecting you and your service users? Tell us how in our short survey CEN & HSCF: www.surveymonkey.com/s/5J9CQ26

CEN: If your voluntary or community group delivers services to improve the mental health of local people - Join City & Hackney Health & Social Care Forum's Mental Health Special Interest Group.
☎: 020 7923 1962 ✉: hscf@hcv.org.uk

📍 Contacts

Akaba: Stamford Hill Library (1st floor)
Portland Ave N16 6SB
☎: 020 8211 1656
✉: Laura.fontaine@placesforpeople.co.uk



feature: mental health and wellbeing



What should be in
Hackney's first strategy for
the voluntary and community
sector?

Give your views in our
short survey
[www.surveymonkey.com/s/
SCQ663N](http://www.surveymonkey.com/s/SCQ663N)

Launch of The Right Track Project by Off
Centre

Photography: jin@igorandfrankie.co.uk

"We actively capitalise on
the energy and ideas of the
membership, to develop and
expand all of our services.
There's a long waiting list
for Headway services and
the organisation is tailoring
its services to address the
onset of personalisation
and new commissioning
arrangements...."

Dean Harding
Headway East London



Whilst brain injury and mental
health are separate conditions,
a brain injury can also lead to
depression, isolation and a loss of
confidence.

Based on Kingsland Road,
Headway East London is a local
charity supporting up to 150 people
per week with acquired brain injury;
from 13 London boroughs.

SPARK met with Dean Harding,
pictured above, Headway's
volunteer communications officer.
Dean says 'In 1998 me and my
mate got a head injury. We got

referred to Headway House day
service from Homerton Hospital.
My mate didn't want any of it and
turned to drink but I've managed
to turn my life around'. Dean raises
awareness of brain injury and
Headway East London in the media
"I have to be really organised so
I don't forget anything. I know my
deadlines and I make sure things
get done. It's hard when people
don't understand about brain
injury; when I tell people their tone
changes. But when I get Headway
in the paper I get a real buzz.'

Director of Services, Anthony Bonfil
said 'people with brain injuries are
one of Headway East London's
greatest resources and are jointly
responsible for the production of its
services'.

Members are engaged in jointly
providing advocacy, therapy and
public relations. "We actively
capitalise on the energy and ideas
of the membership, to develop and
expand all of our services. There's
a long waiting list for Headway
services and the organisation is
tailoring its services to address the
onset of personalisation and new
commissioning arrangements with
input from its membership."

Headway East London runs the
following services: Headway House
Advocacy Support, Family Support,
Therapy Support, Young People's
Network and Occupational Support,
including Hackney's first Timebank.

>>

City & Hackney Mind: 8 -10 Tudor
Road E9 7SN
☎: 020 8985 4239
🌐: www.cityandhackneymind.org.uk

Headway East London: Bradbury
House, Timber Wharf, Block B
238-240 Kingsland Road E2 8AX
☎: 020 7749 7790
🌐: www.headwayeastlondon.org.uk

Off Centre
25-27 Hackney Grove, E8 3NR
☎: 020 8986 4016
🌐: www.offcentre.org.uk

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SPARK Winter 2010

feature: mental health and wellbeing

Akaba works with young African and Caribbean men with mental health problems, providing an employment, education and training service.

Statistics show a high proportion of Hackney's African and African-Caribbean population are unemployed, many of those are dealing with mental health issues. Project co-ordinator Laura Fontaine has a background in counseling and psychology and says, "Our main goal is that clients leave Akaba with something, whether it's motivation and self-esteem, a voluntary placement or a paid job'.

Laura says 'I'm concerned about personalization. A high proportion of our client group struggle to feed families, let alone choose a service. I know they are planning to monitor the users but I don't think people will see the money for what it's for and existing financial constrictions might make those choices harder. Men are less likely to tell their GP about depression and even

Akaba: Laura Fontaine with a client



less likely to spend money on it. Personal budgets means more responsibility and our clients already have worries like going to court, paying the gas bill, probation issues, finding the bus fare to leave the house'.

Russell* a client of Akaba, spoke about his experience. "At one stage I only came out of my house to go to the job centre, just to survive, I had to. I just couldn't be bothered with people in general, it was always one thing or another. I got referred here from an NHS counseling service. Akaba was

meant to be an inbetween thing but it was what I needed. Today I had a one to one session with Laura which was geared towards progression with my djing. I've started a DJ course through Akaba and I've been working on my mixtapes to use as a business card. I'd like to do one of those big clubs when you see millions of heads, like Fearne Cotton on radio one. But really I just want to do what I like and pay the bills."

*Names have been changed. >>



City & Hackney Mind is both the leading provider of voluntary sector mental health services in the City and Hackney, and one of the largest Local Mind Associations. SPARK spoke to Martyn Cooper, Head of Advocacy and Rights-Based Services at Mind.

Part of Martyn's job is ensuring patients at the City & Hackney Centres for Mental Health are able to effectively voice their needs with the support of an advocate – a service to which many patients now have a legal right.

"For a variety of reasons, many of our service users often feel disempowered and feel like their issues and views are not respected. Our Advocacy Service aims to redress this balance, helping the individual to have their voice heard."

City & Hackney Mind provides a wide range of services for individuals with experience of mental health difficulties. "When the welfare budget is reduced we expect that users of our Welfare Rights Service, for example, will require even more support

because mental health needs are often poorly understood therefore benefits assessors rarely take into account fluctuating capabilities and motivational factors.

We welcome the move towards the personalisation of social services provision as it puts the person, and their individual needs, at the centre of their care and support. We're currently looking at which of our services would be available through personal budgets and how we can adapt our universal services, which are available without charge, to fit the personalised model better." ♦

Give your view on Hackney's first strategy for the voluntary and community sector?
www.surveymonkey.com/s/SCQ663N

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CEN: Responds to Government Spending Cuts

Hackney Council had been expecting to have to make a 7% cut in its budget for each of the next four years. Following the government's Comprehensive Spending Review in October, it found it would need to cut 20% (more than £50 million) from its spending from April 2011 to March 2012.

Responding in the Community Empowerment Network (CEN) blog, CEN chair Mary Cannon said: "Like many in Hackney, we are very concerned about the impact on the borough's most vulnerable residents of the recent cuts announced by the Government.changes to Housing Benefit, Job Seekers Allowance, and other benefits are all likely to affect most those in need."

CEN reps and network leads met in November to think about how this scale of cut alongside benefit changes and other cuts are likely to affect Hackney residents, and what the VCS can do to help protect those who are most vulnerable.

They started a list of who would be most impacted:

Welfare cuts in particular will affect families, especially children in large households – a steep increase in poverty, overcrowding and families facing multiple levels of deprivation - more difficult again for parents who speak English as an other language and those needing advice provision

Migrants are already in the poorest segments of society; changes to

welfare will affect nutrition, health, wellbeing – and employment. Unemployment amongst migrants runs at 40% and many have additional barriers to work, like language.

People on low incomes and receiving benefits will additionally be disproportionately affected by VAT increases

Those with physical or mental health needs - the cuts, and the threat of cuts will lead to increases in people with mental anxiety. It will overall increase the numbers of people who are dependent on the state for care. Concerns too about effects of moves to GP commissioning

Women and carers will be disproportionately affected, especially with increased caring activities

Domestic Violence and Hate crime

Concerns were raised about the likely rise in levels of domestic violence and hate crime

Local economy will affect community as people have less money to spend - this is a key part of the local community

CEN reps Mary Cannon (Hackney Marsh Partnership) and Bisi Ojuri (Volunteer Centre Hackney) chair and vice chair of the CEN, and Jake Ferguson (HCVS) took these concerns to the Team Hackney Board and reported back that statutory sector partners were raising very similar concerns.

The reps also brought these ideas to the Team Hackney Board from the CEN's meeting:

- Equalities Impact Assessments (EIAs) of proposed cuts could be done jointly with the VCS, as cuts can be carried out in many ways. Reps wanted this to include a look at the cost effectiveness and impact of the VCS, and to show how widely a cut can be felt – eg the closure of an organisation affects an individual, then a family, then the wider community. One way to do joint EIAs would be to hold a big event bringing all service deliverers together, and the CEN has written to the mayor to propose this.
- Networks can do "community intelligence" round up, of what small organisations are experiencing from client groups as things change
- Grants need to be maintained to support the smallest groups who work with many of the most disadvantaged communities
- If London Councils funding is repatriated to Hackney, it should be ring fenced for the VCS
- Contracts with the VCS should be longer term (4 year) to reduce inefficiencies of the annual funding cycle
- Support is needed for VCS groups to build consortia and partnership working, including a management company to support small groups access public sector contracts

CEN: ISSUES RAISED

Our estate-based food co-ops reports a 25% increase of numbers using estate based outlets, with people reporting budget as the reason for accessing this.

Our domestic violence advice service is reports a doubling of numbers accessing twice weekly drop in domestic violence advice service since August. This was 20 per session, now it's a queue of 30 or 40.

Our disability organisations report being inundated with people being moved onto employment and support allowance and people being refused the allowance especially people with mental health problems, Fatigue (CFS/ME), Diabetes, Epilepsy.

Produced by HCVS - www.hcvs.org.uk



- They also emphasised the need to comply with the COMPACT.

The CEN also started thinking about what VCS groups and networks could do to prepare themselves for this scale of cuts:

- Partnership working is more important than ever; we need lead organisations, more partnership and consortia – and mergers
- Some reps saw this as an opportunity to be innovative- groups will have to be cleverer about what and how they deliver
- This could be the time for the community sector to come into its own – eg a community audit of all underused community facilities and the potential for these. VCS is traditionally a safety net – we need to engage more with very small community groups, and look at local networks.

Do you agree?

Read the CEN blog, and let us know your opinions and experience

🔗: hackneycen.blogspot.com

What you can do

How are the cuts affecting your organisation and service users?

Complete the Cuts Survey here

🔗: www.surveymonkey.com/s/5J9CQ26

Updates on the points the CEN raised will follow on the blog and HCVS Email Service - to subscribe

✉: katy@hcv.org.uk

📞 Liz Hughes, CEN Coordinator

✉: liz@hcv.org.uk

🔗: www.hackneycen.org.uk

Check our new website - let us know what you think!

🔗: www.hackneycen.org.uk

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CEN: Domestic violence reports highlight gaps in services

CEN reps brought recommendations from four studies on domestic violence (DV) and violence against women (VAW) issues and gaps in service for different communities in Hackney. As the Hackney Women's Forum recommendations explain, 'By advocating our needs collectively we hope to be in a stronger position to influence local policy and resources.'

The studies on which the recommendations are based are:

1. Hackney Women's Forum, Community Conversations: Violence against women and girls in Hackney, 2010
2. Hackney African Women's Network Domestic Violence Focus Groups, 2010
3. Research into Domestic Violence in the Vietnamese community by Hackney Vietnamese Network based at the VLC Centre
4. IMECE Turkish Speaking Women's Organisation research, Empowering Women or Perpetuating Victimhood: Minority Ethnic Women's Experiences of Domestic Violence Policy and Service Project, a EU funded Daphne Project, 2010.

Recommendations include:

- 'Violence against women & girls strategy' for Hackney based on equality and human rights
- Aim for community based, culturally & linguistically appropriate services
- Set up a task group to look into the urgent issue of women with "No recourse to Public Funds".
- More research on Honour based violence, Female Genital Mutilation, Forced Marriage, Sexual Violence (including gang related violence against young women and girls) and Trafficking.

A six-pronged approach is being used, building on the work of the Zero Tolerance Campaign from the early 1990s. This has been used and adapted by governments.

The recommendations are presented in the 6Ps framework:

1. Perspective
2. Policy
3. Prevention
4. Provision
5. Protection
6. Prosecution.

The recommendations were presented to the Team Hackney Domestic Violence strategic subgroup by CEN rep Feride Baycan (IMECE Chief Executive) and Marika Mason (Hackney Women's Forum facilitator).

The Domestic Violence Strategic Subgroup has overall responsibility for strategy work in this area and defines its aims as "to improve outcomes around domestic violence" with particular focus on four specific areas identified through the Hackney Domestic and Gender Violence Strategy:

- Increasing women's and children's safety
- Holding abusers accountable
- Reducing social tolerance, and promoting prevention and early intervention
- Educating (and supporting) children and young people"

We will report back in the next SPARK how these recommendations are being received and taken forward.

The studies by Hackney Vietnamese Network and the African Women's Network were funded by the CEN cross-cutting network fund - unlikely to be available with the cuts.

Hackney Women's Forum work was funded by a Grassroots Grant (now ceased to be available).

The IMECE work is part of the larger Daphne Project EU funded research comparing Domestic Violence services in the UK with those in some other European countries. ♦

📞 Read the recommendations online

🔗: www.teamhackney.org

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EDN: THE NEW WORK PROGRAMME – HOW CAN THE VCS WIN CONTRACTS?



Does your organisation help people into work or into business? Yes? **Join our directory to help get involved with the Work Programme.**

As we prepare for the announcements of who will be the prime contractors for the government's new Work Programme, the EDN's December 2010 event heard from Derek Harvey (Job Centre Plus) how important it was for VCS groups to publicise their services, and for small groups especially to think about partnerships, mergers and consortia building.

The government's new Work Programme means that services for Hackney are to be funded as part of East London wide contracts, likely to be awarded to three organisations (called primes), and each worth £10million - £50 million.

This will fund any activity that helps people on their journey to employment – from well-being and exercise classes for those furthest from the job-market, through perhaps mental health difficulties or long

term unemployment, to enterprise development, ESOL and basic skills and job search training and support.

The difficulty is, especially for small organisations, how to gain contracts to do this from extremely large organisations, even when you have a track record and a good quality service.

While the Primes holding the East London contracts will almost certainly be subcontracting the work to smaller providers with specialist knowledge of their communities, the size of the contracts and the large area over which they have to be delivered (half of London), means they will want to deal with consortia, partnerships or other quite large organisations rather than small community organisations.

What can you do?

1. Fill in the EDN directory with details of your organisation and where your expertise lies – we will publish the directory to organisations looking for partners and building consortia. You can do this here <http://www.surveymonkey.com/s/Y9S5R3B> or

contact us for a form.

2. Let us know if you are looking for partners or consortia members and we will publicise to the EDN members

3. Look out for opportunities to be part of consortia – remember you can be part of different bids, consortia and partnerships – if you want some advice on this please get in touch.

Want to know more?

visit <http://tinyurl.com/34nurpq> – or look out for the EDN enews - email Judy below to subscribe.

When we know more we publicise it through the EDN enews, alongside any opportunities made known to us on how you can engage with this new programme and the Primes. If you have information or ideas about the this, please let us know to circulate to members. ♦

① Judy Harris, EDN Project Officer

☎: 020 7923 8180

✉: judy@hcv.org.uk



CYPPE NEW TOOLS NEEDED TO PROVE EFFECTIVENESS

The threat of cuts for both public and voluntary sector providers dominate our work. Which service areas will be cut and what fair arrangements can decision makers really put in place?

Increasingly, 'funding cuts' and 'measuring effectiveness' are being used in the same sentence.

If you don't have the right tools, times and resources how will you be able to measure your results?

Unlike the voluntary and community sector's shared perspective, many statutory agencies, funders and commissioners consider evaluation based on user's feedback is nice but not essential.

At the last Forum meeting, Anastasia Mihailidou from Charities Evaluation Service came to show us how to use tools that would demonstrate our effectiveness to public sector commissioners.

Network of children and young people's Networks

It is even more important that children and young people's providers work together to share resources and challenges.

We are currently working with children and young people's interest groups and sector leads.

When our CEN reps go to Team Hackney meetings, they need to know what the children and young people's sector looks like, so they can argue the case for

continued funding by showing how widespread and crucial our services are.

Our Children & Young People's directory has had a refresh - please complete our survey and add your details to our directory.

You can complete this online here www.surveymonkey.com/s/cencyppfprepsurvey or contact me below for a paper copy. ♦

Next meeting of the Forum is Thursday, 10 February from 1 - 3pm with lunch at HCVS.

① Kristine Wellington, CYPPE Coordinator

☎: 020 7923 1962

✉: kristine@hcv.org.uk



HSCF: Transformation of adult social care update

City & Hackney Health & Social Care Forum (HSCF) has been working with the Council and HCVS to prepare voluntary and community organisations for the Transformation of Adult Social Care Services (TRASC). And through its CEN reps, feedback to the Council on needs of the sector and local people.

Tim Miller, Principal Project Manager for TRASC at the Council was at November's Black & Ethnic Minority Working Group AGM. Tim's main message was that everything is changing: the Council are working towards designing services around communities - rather than slotting people into services. This is what the TRASC is trying to achieve.

Transformation means that anyone who meets the eligibility criteria as having a critical and substantial need for social support will be offered a personal budget that they can spend on meeting their agreed outcomes.

You have more opportunities to:

- Get involved - sign up to the Council's blog 8: www.hackneytrasc.wordpress.com
- Become a CEN rep for Transformation - contact below
- Check out their feedback via HSCF meetings and www.hscf.org.uk
- Talk to commissioners, funders, CEN representatives & innovators
- Talk to your service users or potential users.

Your organisation has new opportunities to deliver because:

- Residents will be controlling their own budgets
- Borough boundaries will become less powerful
- There will be widescale re-tendering focussing on outcomes
- More focus on the impact of your services
- Possibilities for micro services.



BEMWG AGM November 2010

However, this is happening while budgets are being cut. HCVS is funded to deliver training until February 2011 to help groups get ready but this may not be repeated. The Council are anticipating a lot of savings through Transformation as some service users will be managing their own care - see opposite.

Hackney Hub – an online shop for adult social care services

The Hackney Hub is an online database where people looking for services will 'shop' for what services they want. If you want to provide these services, you will need to use this to advertise your services, including knowing how much your service really costs.

There are concerns around access in support for adults who need these services and terms of the sector. You will be competing against big organisations and it is important you use this online 'shop window' to make your services as easy to access and attractive as possible.

What you can do?

Look out for funding to improve IT skills and costs, i.e. BT Community Connections which funds community groups which help people improve their ICT skills, with 12 months' free broadband from BT. Visit www.bt.com/communityconnections or call 0845 257 6792 before 13 January 2011.

Sign up for FREE training at HCVS – see the back page or call 020 7923 1962 or visit www.hcvs.org.uk ♦

Learning Disabilities cuts

Hackney cabinet has identified almost £1million cuts to services for people with learning difficulties next year under the Transformation programme.

Including £110,000 reduction in care packages, through people be 'reabled' or made better. The respite budget is being cut by £200,000 and a further £170,000 saved by moving people on from residential care. £220,000 will be cut from day care & employment services. Finally the aim is to save £200,000 through 'brokerage' an inhouse service, that's resulted in people being moved out of borough away from their support networks as the provider was cheaper. This is part of an agreed package of £2,365,000 savings under the TRASC programme - part of £6million cuts agreed in November.

Hackney Council forecast cuts in the region of £40 to £50 million to next year's budget and so far have identified and agreed approximately £21 million savings. The grant they get from Government was announced on 9 December.

Source: <http://tinyurl.com/34pkbc8>

① Jackie Brett,
HSCF Coordinator

☎: 020 7923 8361

✉: hscf@hcvs.org.uk

🌐: www.hscf.org.uk



news from hcv

HCVS: HORIZON SCANNING

Reduce the Pressure

Reduce the Pressure is a small group recently set up by active HCVS members since summer this year. Members use the computers to check emails, recruit volunteers and plan meetings. They've had three HCVS one to one surgeries with HCVS staff Kishore and Victor, to help with advice for finding grants and writing business plans.

The organisation improves educational aspirations of young people through work with the cadets. One of the one to one surgeries focussed on horizon scanning, seeing what else is happening in what some call the 'uniform sector' in Hackney; the police ambulance, fire brigade services. The surgeries were



also used to map out existing educational services in Hackney, to secure funding groups often have to show that they are filling a gap in services.

These surgeries are free and provide a range of templates and guidance. Reduce the Pressure were pointed in the direction of HCVS whilst fundraising for another organisation, then were encouraged to start their own organisation. They use their membership to book the front meeting room, which members can use for free for three hours a month. ♦ KP **Reduce the Pressure** ✉: nicholas@reducethepressure.org.uk



HCVS: ADIAHA AWARD WINNERS

Thank you to everyone who came to Your Future, Our Focus: Hackney Futures Fair in September. Over 120 people visited us at Springfield House.

Pictured is one of our Adiaha Antigha Community Achievement Award winners, Caroline Joseph from North London Bikur Cholim, picking up the award for services to older people 'where no one is ever turned away'. ♦ **North London Bikur Cholim** ☎ :020 8802 5032

CEN: Government champion for community safety comes to Hackney

Safer Young Hackney network

Baroness Newlove is the Government's champion for active, safer communities.

In December, the Baroness paid a visit to HCVS to meet with members of the Safer Young Hackney Network and some of the young people they support.

Her Ladyship was keen to meet and hear from local young people about how the projects they have been involved with have turned their lives around. The idea was to feed this work in Hackney back to the Home Office.



If you are involved in VCS projects tackling youth crime - get involved with the Safer Young Hackney network.

Look out for our first newsletter soon packed with policy, funding and strategy news on youth crime. ♦

① **Gary Francis, HCVS**

✉: gary@hcv.org.uk

Gary is a **CEN** rep on Safer Young Hackney Sub Group and an interim CEN rep on the Safer Cleaner partnership board.



Freedom

The police are supposed to give us freedom.

But the methods that they use are inappropriate.

Freedom is to do whatever you want.

To have a smart intellect.

When I go to heaven, I'll be free.

Painting and poem produced by two local young women in Hackney as part of Hands Inc's Art Voices project where young people expressed their view on crime in Hackney. Painting has been purchased by HCVS. ♦

① **Hands Inc** ☎ : 020 3051 8626

Produced by HCVS - www.hcv.org.uk



HCVS Inspiring Young Hackney

Hold it Down



Emeka Egbuonu, Youth Engagement Officer at Hold it Down spoke to SPARK on

work funded through the Inspiring Young Hackney programme.

Hold it Down or HID is a charity organisation that works with young people in Hackney. Established in 2006, HID has actively been working with young people, we focus on creating community events and training for young people.

Young people have been part of the process in making our community happen and succeed. One of HID's most successful events is Ice disco, where families were invited to take part in a fun filled day. Our aim is to make sure young people are achieving things to the best of their abilities.

HID organises various types of training for local young people.

"HID events management training has been essential in pursuing a career in Events Planning. It has also provided me with the basic knowledge needed to start my own business"

The training focuses on NEET (not in education, employment or training) young people; we want to be able to give them an opportunity to get back into education or employment. Our courses provide a small stepping stone, where young people can get an accredited qualification.

One of the courses we provide is events management training.

Former student, Motunrayo Olaotan said: "HID events management training has been essential in pursuing a career in Events Planning and provided me with the basic knowledge needed to start my own business".

Our most recent course kicked off last month, running one day



Young people gaining events management skills

a week for six weeks. At the end of the course the young have the opportunity to use the skills they have learnt to organise an event with HID. ♦

① **Hold it Down**

☎ : 020 8525 0600

✉ : emeka@holditdown.org.uk

HCVS is funded by the Big Lottery Fund to manage the Inspiring Young Hackney project. This supports the work of local community organisations – SkyWay, MDMD Arts & Sports, The Crib and Hold it Down to improve employment and training opportunities for local young people.

HCVS: Agnes Sina - Inakoju memorial fund

Over £1,000 has been raised for the Agnes Sina- Inakoju memorial fund. Administered by HCVS on behalf of Agnes' Youth group 'The Crib', the fund celebrates the life of 16 year old Agnes Sina- Inakoju who was shot in Hoxton in April.

To contribute towards funeral costs Christian Life City (CLC) church group raised over £500 at a Sunday night concert after the event through ticket sales, food and personal donations. This money also paid towards a break for Agnes' mother.

In August young people also put on

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a play 'Are you mad?' which raised another £500 on behalf of The Crib. Beverly Hendricks from CLC church says, "We had to raise the money, as the shooting was right on our doorstep. It's hard for young people to get closure after losing a friend. We now hope to use the remaining funds to set up a support group where young people can give expression to their grief."

HCVS are no longer administering the fund but you can celebrate the life of Agnes and young people in Hackney and across London at the Borough's United Event on January 30, at The Hackney Empire. ♦ KP



Over £1,000 raised for Agnes Sina - Inakoju - pictured above

① **The Crib**

✉: The.crib@hotmail.co.uk

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HCVS: Team Hackney Community Grants



Over the Summer, 34 voluntary and community sector organisations were awarded funding from the Team Hackney Community Grants programme. Mubeen Rajabaji, Grants Administrator introduces a handful of projects funded. ♦ EB

① To see a full list of VCS organisations who have been awarded funding managed by HCVS, visit our website and click on Funding & Commissioning on the left menu. 📞: www.hcvs.org.uk



Hoxton Health: £4,500

Thanks to the grant money Hoxton Health received to finance exercise classes for the mobility impaired, they have been able to fund practitioners to run free or very low cost sessions, such as swimming, chair based exercises and support a gym users group.

Their aim is to provide older people with the chance to participate in an activity that they may not otherwise have had the opportunity or funds to do, without such grants from HCVS this support “would not be available otherwise”.

① Hoxton Health, St Leonards, Nuttall Street, Hackney N1 5LZ

☎ : 020 7683 4289

📞: www.hoxtonhealth.org



Sonshine Club: £7,500

Eco Active, is a new pr workshops aimed at ch community. They cover recycling, water usage lifestyles.

Chair, Rachel Gruber s are based on the princ does a lot’. Young peo chance to gain an ‘un individual efforts becor influencing the environ ultimately on a nationa

Rachel also said “I con HCVS... for always goi have been so helpful.”

① Rachel Gruber, 9 V Hackney N16 6DN ☎

✉: sonshineclub@o2

HCVS: Changing Lives in numbers

Our photography exhibition to demonstrate the impact of Hackney’s voluntary and community sector: Changing Lives finished its tour in October.

The exhibition grew to include 10 extra VCS groups and visited venues including: 155 Bishopsgate, City Hall, Stoke Newington and Clapton Libraries, Hackney Service Centre and Chat’s Palace.

This has discontinued now due to funding but we look forward to helping VCS groups demonstrate the impact of their work.

- **1 photographer:** Katherine Green
- **7 months of touring**
- **10 community groups** add their pictures to Changing Lives, celebrating their work to a wider audience - be it of self-defence or cycle safety



City slickers see the Changing Lives exhibition at 155 Bishopsgate

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Manor House Development Trust: £29,957

The Built 2 Work Project is a FREE four week course, offering young adults aged 16-25, in Hackney, the chance to gain experience in construction. Participants have the chance to make useful contacts within the field and gain much needed knowledge. What makes this project stand out however, is that it challenges gender perceptions. As girls are given the chance to visit an open day, to introduce them to opportunities available in construction industry.

① Caroline Tomiczek, Room D14, Robin Redmond Resource Centre, 440 Seven Sisters Rd N4 2RD

☎ : 020 8356 1626

✉: caroline.tomiczek@hackneyhomes.org.uk



£7,500

A new project run by The Sonshine Club, involving children aged 8-14, in the Orthodox Jewish community. The project covers eco friendly issues, including fuel efficiency, energy usage, and eco active living.

The club's principal said that workshops for children are given the opportunity to 'understand how they can become part of a whole, the environment around us, and the world on a national and global level.'

"I commend the staff at the club for going that extra mile. You are all so helpful."

Address: 9 Watermint Quay
Hackney, London E2 9NF
☎ : 020 8802 1152
✉: info@o2.co.uk



African Community School: £13,491.90

The African Community School have been working hard to raise the education attainment of the young people in the local community.

They do this by offering extra curricular classes in ICT and literary support, as well as regular drama classes, that run every Saturday from 9am – 1pm. Currently around 50 children attend these classes.

This was all made possible thanks to the grant money, received from HCVS, that helps to pay teachers and class room assistants.

① Kome Owusu, c/o Princess May School
Princess May Road N16 8DF

☎ : 0845 00 34 22 6 ☎: www.acschool.org.uk

classes.

- 12 voluntary and community organisations originally featured in the exhibition
- 21 venues that Changing Lives has visited on its tour since March from local estates to libraries, it has most recently been on display at City Hall, Tower Bridge reaching a huge, global audience
- 155 Bishopsgate - in July Changing Lives spent two days at this building in the

city, reaching a private sector audience on its tour.

- 9,000 visitors passing through City Hall saw our exhibition in July
- Over 30,000 people across London saw this exhibition and got a glimpse of the impact of Hackney's voluntary and community sector.

Thank everyone who supported this exhibition. ♦ KP

① Katy Palmer

☎ : 020 7923 1962



Changing Lives at Hackney Carnival with Katy Palmer from HCVS

who's who in the sector

Paul Monks

Core Arts

SPARK spoke to Paul Monks, the director of Core Arts, a charity he started 18 years ago. Core Arts exists to enhance the creative abilities of people who suffer severe and enduring mental health issues.

"In 1992 I was looking for a studio, writing to lots of places and I had a reply from Hackney hospital who gave me a room to paint in. It was at the hospital that I first met some psychiatric patients, they used to come into my studio and I discovered that these people were being creative in their own time and not sharing their experiences with each other. They were creating art works in isolation and I saw that some amazing stuff was being produced.

These guys in the hospital would give their last fiver to a friend. One guy would sit in his flat with no money for the electricity meter, with just a single candle and a can of Guinness and write 40,000 rap lyrics on whatever paper he could find. The guys from the hospital and I decided to set up Core Arts with the aim to give honest integrity to that creative process and it officially became a charity in 1994.

This year Core Arts purchased the freehold of the building which has secured its long term future. We continue to give people tools for their own development, offering 58 creative workshops a week where

"This year Core Arts purchased the freehold of the building which has secured its long term future. We continue to give people tools for their own development."



members can draw, paint, write poetry, edit their own films. Core Arts creates an open playing field and works to people's strengths allowing them to explore their creativity and realise their dreams.

My aim is to offer a quality service. The voluntary sector isn't used to showing off about what they do, their strength is that they know exactly who will benefit. A tailored service is embedded in our approach, if people are given sufficient resources they are able to expand their horizons and break the cycle of isolation.

In the future, we aim to include more community accessible workshops. The aim is to do this gradually, so members feel safe. The average member attends Core Arts for six months, some will be there much longer, others will just pass through. Although many members work by themselves, Core Arts provides the community for them to share the experience with.

As we move forward I am excited about the opportunities of opening up our building, the range of courses we can offer to the wider community and the benefits of reducing stigma around mental health that this will bring. ♦ KP

① **Core Arts , 1 St Barnabas Terrace London E9**

☎ : 020 8533 3500

🌐 : www.corearts.org.uk

CEN: Review of mental health social inclusion & recovery services in Hackney

If you provide any sort of services or support for people to improve their mental health and wellbeing, look out for the consultation of Hackney's mental health services.

In 2011, Hackney Council will be conducting a review of mental health social inclusion and recovery services in Hackney. They want the views of providers, users and carers.

Paul Monks and others from the Mental Health Special Interest Group are leading on work from the VCS. This group is part of City & Hackney Health & Social Care Forum (HSCF) - see page 17.

Members will be recruited as reps to sit on an Outcomes sub group to develop an Outcomes Framework for mental health services which organisations will have to meet if contracted to provide services as of April 2012.

① To find out more, sign up to the HSCF Wellbeing & Prevention newsletter

✉ : hscf@hcvs.org.uk



In brief

Please send in your photo and 50 words for the next SPARK to Gillian Trevethan ✉: gillian@hcvs.org.uk



STA Bikes cycle drop-in sessions for residents of Woodberry Down estate will take place on Saturdays, 26 February and 26 March 2011, 1 – 3pm. All welcome, beginners to regular road cyclists, age irrelevant. ♦

☎: 07828 154598



A new **Hackney Reach** Walk-in housing related advice service for vulnerable people opened in December on 15 Ramsgate Street, Off Dalston Lane E8. Pictured are Reach workers Ken, Jocelyn, Martin and Nina - service user. ♦

☎: 07595 780015



Clapton Arts Trust launched in October by local residents, councillors, artists and London Assembly member Jennette Arnold. The aim is to protect the area's cultural life and historic buildings such as the Old Tram Depot. ♦

🌐: <http://claptonartstrust.org>



The Community Centre for Refugee from Vietnam, Cambodia and Laos held their Mid-Autumn festival attended by about 150 revellers. Mr Le Centre chairman was on hand to welcome guests and present awards to outstanding children in community. ♦

☎: 020 7739 3650



Tunnel Vision the first ever public art happening in Hackney Downs Park was organised in Hackney Downs last Summer. Built by migrant homeless workers paid by Polish artist Eva Lis pictured, the workers used this to express their experiences. ♦

✉: Eva.Lis@Hackney.gov.uk



Disability Backup members were shown around the Olympic park in September, guided by Backup member Sarah Salem who said "we are always looking for local disabled people to get more involved in the Olympics, there are so many volunteering opportunities." ♦

☎: 0207 275 0088

HCVS: Funding journey Hackney Pirates

SPARK spoke to **Catriona Maclay** about the journey of Dalston organisation and 2010 success story, Hackney Pirates:

Early 2010: Teacher Catriona Maclay and Bootstrap's Sam Aldenton, do a five minute pitch at Youth Funding Network Funding received from Bootstrap for a co-coordinator.

Produced by HCVS - 020 7923 1962

Summer 2010: young people's workshops result in CDs, and tasty Dalston website.

October 2010: Fundraiser: abseiling off the roof of the bootstrap building, Ashwin Street to secure start up funds. Funds raised: £4500

2011: Second stage of pilot, making Hackney Pirates a permanent resource area for Dalston's young people. Looking at Awards for All and Children in Need for funding, Catriona says 'We don't want to remain grant dependent.' ♦



Hackney Pirates

☎: 0789 480 5823

SPARK WINTER 2010 - 23



I 2011 Diary

Here's a list of upcoming events, meetings and workshops organised by HCVS and the Community Empowerment Network (CEN). For weekly updates, subscribe to HCVS email service, contact Katy Palmer
✉: katy@hcv.org.uk

For all these events, contact HCVS on ☎: 020 7923 1962 ✉: info@hcv.org.uk

January 2011

Mon, 17 & 18: 9.45 – 4pm HCVS: Two day Business Planning
@ Carers Centre, 92 Springfield House, 5 Tyssen Street E8 2LY

Mon, 17: 2 - 5pm & 6 - 9pm HCVS: Have your say on the VCS Strategy consultation
@ HCVS, 84 Springfield House, 5 Tyssen Street E8 2LY Contact as above

Wed, 19: 9.45 - 4pm HCVS: Community Project Planning @ HCVS, as above

Mon, 24: 9.45 - 1pm HCVS: Time to embrace IT! @ HCVS, as above

Mon, 24: 1.30 - 2.30pm HCVS: Find out how to use GrantFinder! @ HCVS, as above

Thu, 27: 9.45 - 4pm HCVS: Fundraising Ideas and Fundraising Online @ HCVS, as above

Thu, 2: 2 - 4pm CEN: HSCF Transparency in outcomes - A framework for Adult social care with the Department of Health
@ To be confirmed ✉: hscf@hcv.org.uk ☎: 0207 923 8361

February 2011

Wed, 2: 1.15 - 4.30pm HCVS: Prevention, health and well-being – how could it affect my business? @ City Edge, 125-127 Mare Street London E8 3RH

Thu, 3: 9.45 - 4pm HCVS: Human Resources in Personalisation @ HCVS, as above

Tue, 8: 9.45 - 4pm HCVS: Research Skills Training @ HCVS, as above

Thu, 10: 9.45 - 1pm HCVS: How to apply seminar: Funders to be confirmed @ HCVS, as above

Thu, 10: 1 - 3pm CEN: Children & Young People's Providers meeting As HCVS above

Thu, 17: 9.45 - 4pm HCVS: Effective Partnership Working @ HCVS, as above

WATCH THIS SPACE!

The CEN will be holding an event in the New Year for the community to comment on cuts.

HAVE YOUR SAY ON HACKNEY'S FIRST VOLUNTARY AND COMMUNITY SECTOR STRATEGY!

Ensure there is a strong strategic and operational plan in place to support the further development of Hackney's voluntary and community sector.

Fill to the online survey your organisation's name will be entered for a prize draw for a new Blackberry 9300 mobile!

visit www.hcv.org.uk

FREE SUPPORT TO HELP YOU WRITE YOUR BUSINESS PLAN WITH TOP CITY ADVISORS!

Book your one-to-one session with volunteers from big City companies to develop a strong business plan to carry your voluntary or community organisation into a sustainable future.

Friday, 28 January, 11.30 - 2.30pm

Tuesday, 1 February, 11.30 - 2.30pm

To book your place, call 020 7923 1962

FACING CUTS TO YOUR ORGANISATION?

Apply for between £12,500 to £500,000 through the Transition Fund, to help organisations affected by cuts to public spending has opened for applications. Big Lottery Fund is delivering the Transition Fund on behalf of the Office for Civil Society (OCS), Cabinet Office. Closes 21 January 2011.

Call 0330 303 0110

or visit www.biglotteryfund.org.uk/transitionfund

Where is HCVS?

We are at 84 Springfield House, 5 Tyssen Street London E8 2LY

The map on the right shows where we are in Dalston.



HCVS is funded by:

