

## The Hunt is on for this year's Voluntary Sector Unsung Heroes

Slough Voluntary Sector Awards 2017



Last year's Group of the Year, Slough Foodbank

Slough Council for Voluntary Service (SCVS) is delighted to announce that nominations for the Slough Voluntary Sector Awards 2017 are now open. Now in their sixth year, these awards are designed to celebrate the successes of all those working to achieve a positive change in Slough, and the prestigious awards evening in November has become the event of the year for the local Voluntary Sector. All shortlisted nominees will be invited to the celebratory awards evening at the Heathrow/Windsor Marriott, where they will be wined, dined and entertained in style and the much coveted award winners will be revealed.

So why not nominate your  
Voluntary Sector unsung heroes **NOW?**

Nominate at:

[www.voluntarysectorawards.org.uk/slough](http://www.voluntarysectorawards.org.uk/slough)

### Nomination Categories

- Slough Volunteer of the Year
- Slough Young Volunteer of the Year
- Slough Group of the Year
- Business Support of the Year

## Carers Week 2017

Slough Carers Support welcomed over 100 Carers to the launch of Carers Week to celebrate the amazing contribution that Carers make everyday. Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

Photos from the Launch can be viewed at

[sloughcarerssupport.co.uk/carers-week-2017](http://sloughcarerssupport.co.uk/carers-week-2017)

The week progressed with Carers enjoying a riverboat trip on the Thames with afternoon tea, an arts and crafts afternoon, a pub quiz and an exhibition event at The Curve and many more activities. The week culminated with a visit to the Royal Opera House by Slough Carers to see a performance of La Traviata.

Nate Simpson



Photos by © Emma Shepherd

Apna Virsa



Exhibition at the Launch event



Slough Get Involved (SCVS) is the Slough Council for  
Voluntary Service

Slough Council for Voluntary Service is registered charity No. 1069086 and company limited by guarantee, registered in England No. 3523907. It is a member of the National Association for Voluntary and Community Action and the National Council for Voluntary Organisations.

## New MP for Slough

Following the General Election earlier this month, the new Labour MP for Slough is **Cllr. Tanmanjeet Singh Dhese**

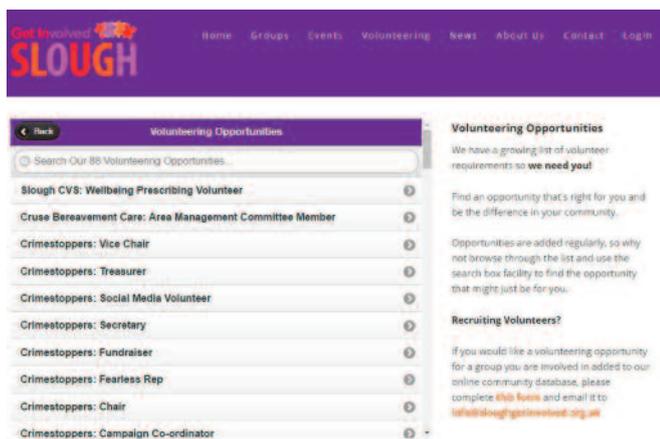


He will be setting up his constituency office soon.

Further information about the MP can be found at [www.tsdhesi.com](http://www.tsdhesi.com)  
Twitter: [@TanDhesi](https://twitter.com/TanDhesi)  
Facebook: [www.facebook.com/tandhesi](http://www.facebook.com/tandhesi)

## Slough Get Involved Recruiting Volunteers

If you would like a volunteering opportunity for a group you are involved in added to our online community database, please complete this form at [www.sloughgetinvolved.org.uk](http://www.sloughgetinvolved.org.uk) and email it to [info@sloughgetinvolved.org.uk](mailto:info@sloughgetinvolved.org.uk)



## Newsline Contributions

Thank you to everyone who contributed to this issue of Newsline. The next issue will be published in October 2017. Please e-mail contributions to Lorna Allen at [lallen@sloughcvs.org.uk](mailto:lallen@sloughcvs.org.uk) or send to Slough Council for Voluntary Service, 27 Church Street, Slough, Berks, SL1 1PL.  
Editor: Lorna Allen



## Vital Signs 2017

Berkshire Community Foundation (BCF) launches Vital Signs 2017, focusing on mental health and wellbeing, with £3,000 up for grabs for charities in Berkshire.

For the fourth year running, BCF has opened its Vital Signs Survey for people that live, work or go to school in Berkshire. In just 10 minutes or less, you can tell BCF which causes need support in Berkshire by 'giving' your virtual donations. By completing the survey, you could win one of three £1,000 grants to a cause of your choice.

The results, along with other research, enable BCF to produce a community 'health-check' report, which reveals priorities, needs and opportunities for action by measuring the quality of life in local areas. Following the results of last year's Vital Signs report, BCF has partnered with Brighter Berkshire for the 2017 Year of Mental Health. This year's survey focuses on mental health and well-being in the county.

A key part of Vital Signs is to include the views of the local community. Gerry Lejeune OBE, Chief Executive at BCF said: "Local people often have the best understanding of the problems where they live. Vital Signs continues to inform the development of effective charitable giving in Berkshire. We need to know what people think and where they want charitable efforts by donors and civil society groups to be focused for more impact."

You can take the survey here:

[www.berkshirecf.org/vital-signs-survey](http://www.berkshirecf.org/vital-signs-survey)

## Funding Workshop

Berkshire Community Foundation and Local Giving

Wednesday 19th July

10.00am - 1.00pm

Chalvey Community Centre, The Green, Chalvey, SL1 2SP

This session will look at fundraising opportunities with Berkshire Community Foundation and how best to make an application.

It will also look at making the best use of online donation portals using Local Giving as the example platform.

Book at <http://bit.ly/2rvjGhG>

## Future funding workshops

**Community Learning** - 20th September 2017

**Awards for All** - 22nd November 2017

**Arts Council** - 24th January 2018

**Heathrow Community Fund** - 21st February 2018

## The Louis Baylis Charitable Trust

*The Louis Baylis*  
Maidenhead Advertiser CHARITABLE TRUST

Maidenhead  
Advertiser

Windsor & Eton Express

Slough Express

The Trust supports all sections of the community served by the publications of Baylis Media Ltd and actively encourages applications for grants from the Trust.

The bulk of donations are made to benefit the elderly and the young, although many other groups including the arts are also supported.

Completed application forms can be sent via e-mail to [lbctrust@baylismedia.co.uk](mailto:lbctrust@baylismedia.co.uk)

[www.maidenhead-advertiser.co.uk/section/980/apply-for-a-grant](http://www.maidenhead-advertiser.co.uk/section/980/apply-for-a-grant)

## Rotary Club of Slough Winners' Dinner



Thousands of pounds were raised for local Charities at the Rotary Club of Slough's annual Walk.

The groups who had the most runners and those getting the most sponsorship received an extra funding boost from The Rotary Club of Slough, including Meet and Mingle, who received a donation for having the second most walkers of the day. A dinner was held in June to congratulate the winners.

The date of next year's walk is **Saturday 5th May 2018.**

[www.sloughrotary.org.uk/walk](http://www.sloughrotary.org.uk/walk)

## Bidding open for SPACE funding 2018



Slough Council for Voluntary Service (SCVS) is looking for organisations or partnerships delivering outcomes that prevent or reduce the need for statutory health, care or support services, under two main outcomes of information and advice services and health and wellbeing services (including physical and social activities, befriending and a volunteer driver scheme).

Contracts will start on 1st January 2018 for one year.

Bid documents can be downloaded at [spaceslough.org.uk/applications/](http://spaceslough.org.uk/applications/)

## Streets Alive Festival

Slough town centre was awash with colour, laughter and music on Saturday 17th June as HOME's first Streets Alive festival brought world class performing arts to Slough.

HOME Slough presented an array of hilarious, jaw-dropping and toe-tapping performances throughout the town from The Curve to the square.

The day started with the Deputy Leader of the Council, Councillor Sabia Hussain, welcoming performers to the town.

She commented 'As we all know, Slough is changing. HOME Slough is excited about the role arts and culture can play in reflecting and shaping this change. They want to bring new arts experiences to Slough audiences and Streets Alive Slough is part of this. The arts have a great role to play in the town centre's future as a thriving hub for shopping, business and leisure.'

Then the fun started, with dancing bodyguards giving shoppers the VIP treatment, samba rhythms and New Orleans jazz putting a spring in their step, comedy roadworkers suddenly displaying circus skills in Mackenzie Square, and breathtaking parkour performers and spoken word in the Plaza.

Inside The Curve there were a host of family activities, including Cbeebies star Nisha Anil's story time. Throughout the day the attention-grabbing Pineapple Car wound its way amongst the crowd to announce where the next pop-up event could be found.

At 3.15pm the Mayor of Slough, the Worshipful Councillor Ishrat Shah, welcomed the final act to Slough with the help (and of course protection) of the dancing bodyguards. In a spectacular finale to the afternoon, all the way from France, Les Vernisseurs transformed the Town Centre with a riot of colour and playful mayhem; filling the sky, streets, shops and onlookers with blue confetti and comedy chaos. Children and adults alike were completely amazed as the performance filled all corners of the town centre with beautiful blue streamers.

The crowds of visitors, shoppers and spontaneous audiences could be seen dancing, laughing and at times joining in with the performers as the town whole heartedly embraced the day.

The day was run by HOME Slough with vital support from Aik Saath, Slough Youth Parliament, The Curve Slough, Xtra Art, SWIPE, YES Slough, Creative Junction, Slough Borough Council, Slough Town Centre Partnership, The Queensmere Observatory, Global Streets, Arts Council England and Creative People and Places programme.



Fun in the High Street during the Streets Alive Festival Photos: © David Blood

## Cruse Bereavement Care

Cruse Bereavement Care is a national charity founded to support anyone bereaved by death. The local Thames Valley Berkshire Area (TVB) office covers the whole of East Berkshire and Reading.

We exist to provide support to anybody struggling with bereavement. We offer one to one sessions, bereavement groups, telephone and e-mail support to both children and adults through our team of 50 fully trained bereavement volunteers, who donate almost 4000 hours of their time to help over 600 people a year.



Anybody who has experienced bereavement can benefit from our free service, we do not discriminate on any basis and clients can self-refer (although around 50% of our clients come via NHS referral - for example GP practices, Talking Therapies, Crisis team etc).

It is well documented that poor mental health can have an adverse effect on health outcomes. Although between 80%-90% of bereaved people will have a "normal" grief reaction, any loss particularly that of a partner, parent or child is one of the most stressful life events that we face and the greater the stress, the higher the likelihood of illness. With our intervention and structured support, we can equip the bereaved to cope with their loss and give them the skills to look after their mental health.

All of our volunteers must complete the Cruse 'Awareness in Bereavement Care' training course before they can start volunteering, as well as committing to 15 hours per year of additional, relevant training. In addition, we also provide training/workshops in the local area to voluntary organisations, schools, churches and businesses to increase understanding and enhance society's care of the bereaved.

If you would like more information on how you can donate or get involved please contact [thamesvalleyberks@cruse.org.uk](mailto:thamesvalleyberks@cruse.org.uk) or <https://www.facebook.com/crusethamesvalley>

## Appreciating local volunteers



Giving up time in service of others is a core pillar of thriving communities. Schools, families and societies are strengthened thanks to the time and skills of volunteers and Berkshire reading charity ABC to Read have recently achieved the Investing in Volunteers Quality Standard, recognising the excellent work they do with volunteers.

ABC to Read was assessed against a range of best practice standards and proved to excel in all aspects of working with its volunteers. Like many grassroots charities, it has limited resources and the only reason it can support the children in Berkshire struggling most with their reading is thanks to its 120 strong band of volunteers who train to become mentors.

Marcia Rowlinson, ABC to Read Chief Operating and Development Officer, said: "Our schools and the families of the children we work with are eternally grateful for our volunteers. The value of the time and energy they invest in local youngsters cannot be measured and I'm thrilled that this award recognises how much we appreciate their efforts."

Investing in Volunteers is the UK quality standard for all organisations involving volunteers. It aims to improve the quality of the volunteering experience for all volunteers and for organisations to acknowledge the enormous contribution made by volunteers.

# News from the Groups

## We are all Made of Stars

To mark the national **The Great Get Together** in memory of Jo Cox MP, Creative Junction ran a community arts event attended by over 250 people and Tan Dhesi MP, Cllr Sohail Munawar Slough Council Leader and other councillors.



The National Federation for Educational Research, in the centre of Slough, opened up their beautiful and usually private grounds for this free family friendly picnic.

Local musician and composer Rob Harris created an original score and lyrics sung by the joined forces of The Herschel Stars choir and The Curve choir.



Poetry and performance was provided by The Herschel Arms Writers Group.

There was a visual art exhibition, lots of hands on art and craft activities, Slough Museum's sensory box and music instrument try outs with the Music Education Hub.

The event included a sunset Adthan recital to mark Iftar, with Deputy Leader Cllr Sabia Hussain and the Al Noor Foundation sharing samosas, fruit and cake donated by local stores and the Blarney Pilgrims played fiddle and flute until night fall.

As Jo Cox MP said - **there is more that unites us than divides us.**

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## 'Spot the Dragon' cleans up at the Slough Foodbank Quiz Night



Slough Foodbank held their first ever quiz night on Saturday 20th May and raised a whopping £1,800 which will be used to cover the transport and operational costs of keeping Slough Foodbank going. 'Spot the Dragon', the team from Slough Homeless Our Concern (SHOC) came first, and scored 42 out of 50 in a list of very challenging questions.

Sue Sibany-King, Slough Foodbank Manager, said, 'I am constantly overwhelmed by the support and generosity of our supporters and volunteers. We could not have held such a successful event without donations from local businesses, as well as the catering expertise from the Upton Park Hotel and the students and staff of Haybrook College. We estimate that it costs £100 per day to keep the charity running, so this is a substantial boost to our fund-raising endeavours.'

Slough Foodbank was founded in 2010, and provides emergency meals for over 3,000 local people every year.

## Langley Carnival



**Golden Eagles U15 , one of last years beneficiaries after winning the Thames Valley Football Development League plate final at Arbour Park in May.**

Langley Carnival will be held on Saturday 8th July 2017 with the Mayor opening the event at 12noon.

The proceeds from the rental of stalls and sale of raffle tickets is given to the beneficiaries.

Charity stalls cost £15  
Commercial stalls cost £25.

This year's planned arena events will be members of theatre company CAST performing and running a fun event and under 9's football.

The beneficiaries for 2017 are 3rd Upton Scouts, Around Langley Magazine and Slough Foodbank.

Langley Carnival would like to thank LOAF in Langley who are donating a £100 voucher for the raffle and the Flatman Partnership estate agents are advertising the event around Langley.

For more details contact the chairman Liz Barnett on 01753 539024.

Slough Youth Awards will happen on the 2nd November  
**Nominate a young person now**  
@ [www.slough.gov.uk/SYA](http://www.slough.gov.uk/SYA)

Young people aged 11-19 (up to 25 with LDD) who live in Slough can be nominated for an award in the following 6 categories:

- ★ Young artist award
- ★ Young environmentalist award
- ★ Young inspiration award
- ★ Young entrepreneur award
- ★ Young sportsperson award
- ★ SCVS Young Volunteer of the year award

For general enquiries please contact Giovanni Ferri on 01753 875510 or email [sloughforyouth@slough.gov.uk](mailto:sloughforyouth@slough.gov.uk)

THE CURVE sloughcvs Slough

## Slough Youth Awards

The Slough Youth awards aim to raise the profile of young people in a positive way by celebrating their achievements in an annual showcase. Entry deadline is 5pm Wednesday, 20th September 2017.

Nominate at:

[www.slough.gov.uk/SYA](http://www.slough.gov.uk/SYA)

## Autism Berkshire launches 2017-18 programme in Slough



Autism Berkshire's 2017-18 programme of services for families living with autism in Slough includes advice workshops and support groups for parents and carers, plus a dedicated youth group for children and teenagers with autism and their siblings.

In February and March next year, we will be providing a series of National Autistic Society Autism Seminars for Families in Slough. The three half-day workshops, taking place at the YES Shop on Fridays from 9.30am to 2.30pm, will focus on: Understanding Autism (2nd February); Managing Anger (16th February) and Sensory Needs (2nd March).

The Slough Youth Group is moving to a new venue at Burnham Youth Centre. The group meets fortnightly on Saturdays, from 2pm to 4pm, and is open to five to 17-year-olds with autism, or who are waiting for an autism assessment, and their siblings, who live in the borough of Slough.

Parents and carers can also benefit from a free home visit service, offering tailored advice in an informal setting, and a helpline service, with advice available on the phone from 10am to 1pm on weekdays on 01189 594 594, or emailing [contact@autismberkshire.org.uk](mailto:contact@autismberkshire.org.uk).

Face-to-face appointments at the YES Shop are also available.

For more information about these and all Autism Berkshire's other services and to register for places at activities, see [autismberkshire.org.uk](http://autismberkshire.org.uk) or call 01189 594 594.

## Alzheimers Dementia Support Activities

**SLOUGH DROP- IN CENTRE** at the Kingsway United Reformed Church, Church Street, Slough SL1 1SZ is open on the 2nd & 4th Tuesday of each month from 10am to 12 noon.

**LANGLEY DROP- IN CENTRE** at the Holy Family Church in St Joseph's Room, Trelawney Avenue, Langley. SL3 7UD (opposite the Library) is open on the 1st & 3rd Tuesday of every month from 1.00 to 2.30pm.

**SLOUGH INFORMATION & ADVICE** Santok Modhvardia will be at GP Surgeries across Slough and Langley during May Contact Santok Modhvardia on 07543 243613 to find out date, times and venues.

**SINGING FOR PLEASURE** This is a social get together for people with dementia accompanied by their carers. Refreshments are available. This is a fun interactive activity and a good singing voice is not required. Langley Sessions are each Monday afternoon (Term time only). Refreshments from 1pm and singing starts at 1.30pm to 2.30pm. We meet at the Holy Family Church in St Joseph's Room, Trelawney Avenue, Langley. SL3 7RE (opposite the Library)

**AAP KI SEHAT SANGEET KE SANG** (Your Wellbeing Through Music) at Age Concern, High Street, Slough (Lift to 2nd floor) A service for Asian people with Dementia and their carer's. Can help improve your mood and wellbeing through stimulation and gentle exercise. For further information contact Santok on 07543 243613

**MOVES TO MELODY – WARZISH TAAL KE SAATH** Age Concern, High Street, Slough (Lift to 2nd Floor) For Asian people with dementia and their carers. Come and join us for a fun activity to promote your health and wellbeing. Refreshments available. For further information contact Santok on 07543 243613

**DEMENTIA AWARENESS TRAINING** contact **Laura Weight** Training and service delivery support  
07871390770  
laura.weight@alzheimersdementiasupport.co.uk

**Nancy Thorn** Service Delivery Advisor  
07516 165665

[www.alzheimersdementiasupport.co.uk](http://www.alzheimersdementiasupport.co.uk)



## Meet & Mingle



Meet & Mingle is a voluntary, non-profit charity organisation, established to help women in Slough who feel lonely, isolated, depressed or stressed. The group helps to empower these women and support them through difficult stages of life and encourage them for wholesome living whilst building lifelong friendships and having fun. They currently have the following groups:

**Women Cancer Support Group**  
**Carer Support Group**  
**ASA (Achieving Strong Aims) Group**  
**Women Wellbeing Group**  
**Working Women Support Group**

Find out more about current activities at:  
[www.meetandmingle.co.uk/events-projects-branches/](http://www.meetandmingle.co.uk/events-projects-branches/)

## Slough CVS Dates for your Diary

**Slough Community Network Events**  
Wednesday 12th July  
Wednesday 11th October

**Slough CVS AGM**  
Thursday 4th October

**Slough Voluntary Sector Awards Evening**  
Friday 17th November

Booking details for all Slough CVS events  
can be found at  
[www.sloughcv.org.uk](http://www.sloughcv.org.uk)