

August/September 2014



involved

Selby District Association of Voluntary Service
Developing the future with voluntary and community organisations

Congratulations Councillor Gavin Harding MBE

Gavin Harding who is thought to be Britain's first councillor and deputy mayor with learning difficulties has been made an MBE in the Queen's Birthday Honours.

Gavin Harding's disabilities have not prevented him first becoming a Selby town councillor in 2011 and then recently the town's deputy mayor.

Gavin Harding is a founder member and a former co-chair of the National Forum of People with Learning Disabilities.

Today as well as being Councillor and Deputy Mayor, Councillor Gavin Harding MBE is a trustee for Selby District AVS and the Vice Chair for Voices for People in Selby, a group of adults with learning disabilities and their supporters. Voices for People actively encourage people with a learning difficulty to speak up, advocate for themselves and their peer group.



The former Brayton High School and Selby College student said today he was 'pleased and honoured' to accept his MBE on behalf of everyone with learning difficulties.

He said he had been one of the first pupils in the country to enter a Special Educational Needs unit within a secondary school, attending mainstream lessons, and then at Selby College he was the first person with learning difficulties to become Vice President of the Students Union.

Monday 18th August
11.00 am – 14.00 pm

Community House
"A Multi-Purpose Resource for Selby District"

Open Day

Come and see our fantastic facilities

Rooms available for:
Training /Conferences
Interviews/Meetings

Do you need Office
Space?
Short or Long Term Leases available

We also offer:
Business Incubation Units
Mailbox & phone Facilities

Tours of the building will start at 11.15 am - Scrolling presentation - Free lunch - Networking opportunities

For more information or to book a place contact:

Community House Reception: - 01757 291111 / reception@communityhouse.org.uk



BBC Children in Need

**Presentation
& Talk**
by Janet Strong
BBC Children in Need
Friday 17th October
1.00 pm — 2.30 pm

Community House
Portholme Road
Selby YO8 4QQ

Find out
what
Children in
Need
funders are
looking for

BBC Children
in Need
provide funding for
organisations
working with
disadvantaged
children and young
people who are
18 years old and
under

Learn what
common
mistakes are
made within
applications

Discover
the key to
presenting
a good
application

To register your
interest please contact:
01757 291111 or
enquiries@selbydistrictavs.org.uk



Selby District AVS
involve • develop • support

Tea & Coffee Provided



Voices for People

RESOURCES FOR LIFE PROJECT—Drop in

When : Drop- in every Monday
Where: Community House,
Portholme Road, Selby
Time: 1 - 3 pm
COST: £1.00

There will be a range of activities for adults with learning difficulties.

If you would like more information please contact Voices for People via the telephone number or email below.

Telephone: 07436547343 Email: voices4p@hotmail.co.uk
Website: www.voices4people.co.uk

[@Voices4People1](http://www.facebook.com/voices4peopleselby)

purple
patcharts
inspiring creative adventure



Health & Wellbeing

Feel Good on Friday Morning – Selby

We call our Health and Wellbeing programmes 'Feel Good'. That's because they make people feel good in their bodies and their minds. The Feel Good approach was launched in 2013 by a group of adults with learning disabilities and a dance and movement psychotherapist working at Purple Patch.

Feel Good programmes are a 3 hour long workshop that happen once a week. They involve gentle dance based exercise and visual arts to promote relaxation.

Feel Good programmes cost £21 per week (which works out at £7 per hour).

You can come along and try it out with 2 free taster sessions before deciding if you want to sign up. Get in touch with the Programmes Manager to book a taster to suit you.

Email: info@purplepatcharts.org

Phone – 07725 041 801



Inclusive Sport Opportunities- Selby District Sporting Opportunities in Selby District hosted to WLCT

Gym based exercise / Gym based fitness classes—Profiles Selby and Profiles Tadcaster Leisure Centre Opportunities by appointment / arrangement. We may be able to aid families with membership options

Group bookings for sport specific sessions Tadcaster Leisure Centre. Badminton / Table Tennis / Basketball / Football

Football run by Thorpe United

Selby High every Wednesday 6-7pm cost £3 per player

Selby Health Walks – contact Selby Health Walks directly

Swimming opportunities Tadcaster Pool – contact the pool direct

Boccia (Taster sessions)

Studio based Profiles Selby every Monday 1.30-2.30pm cost £1 per player

New Age Curling (Taster sessions)

Studio based Profiles Selby every Monday 1.30-2.30pm cost £1 per player

Table Tennis (Taster sessions)

Outdoor - Selby Park every Wednesday & Friday 10-12pm & 2-4pm Free

Goalball (Taster session)

Tadcaster Leisure Centre - August 28th 10.30-1.30pm cost £4 per player

Competitions and Leagues

WLCT has the ability to run one day festivals and competitions currently at Tadcaster Leisure Centre and from March (2015) in Selby.

Booking would be needed but this is something we would like to offer



Summer Sport Opportunities

Sport at Selby Park



Every Monday, Wednesday, Friday throughout July and August 10.00 - 12.00 pm and 2.00-4.00 pm

Outdoor Table Tennis Taster sessions

And many more – but no Football I'm afraid (weather dependent)

The aim of these sessions is to give you the opportunity to try new sports



Inclusive Sport Opportunities Summer Activity Taster Sessions



Every Monday throughout

Boccia Taster sessions £1 per player

Meet at the **Voices for People Drop in session**
Community House,
Portholme Road - Selby

Wheelchair Basketball / Handball – cost £4 per player



Tadcaster Leisure Centre
31st July 10.30am – 1.30pm

Selby High
6th & 7th August

10.30am – 1.30pm

Tadcaster Leisure Centre
28th August 10.30am – 1.30pm

The team will concentrate on those eligible to play WCBB through WCBB classification points system.

You don't have to have a disability to play disability sports.

The aim of these sessions is to create a Selby District based Team. This will form a new community club run by the community supported by WLCT. If demand dictates sessions will be split into come and try and team training.

For more information and details on any of the above sessions, or to book your place contact Heather Kennedy on 01757 213 758 / 07577 430349 or

h.kennedy@wlct.org

www.wlct.org



An exciting cycling event around Selby for all the family

WLCT

yorkshire cancer
research

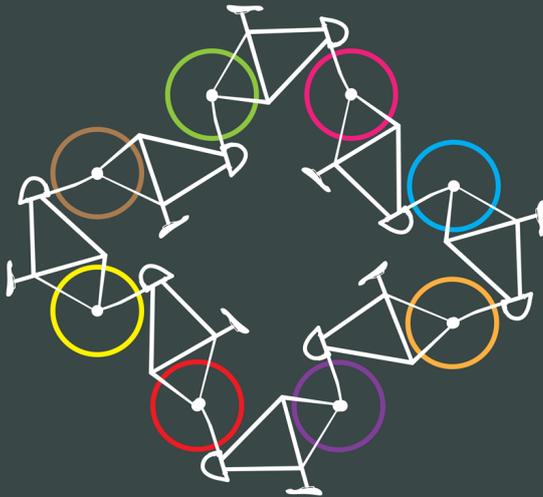
Selby Three Swans Sportive

Sunday 31st August 2014 - Start & Finish @ Selby Abbey

Cycle
Yorkshire
Selby

To raise money for Yorkshire Cancer Research

Part of Selby Festival—a Celebration of Cycling 2014



On-road routes of 30, 60 and 100 miles

• non competitive

- electronic chips for those wanting to record their times
- refreshments after the ride
- fully signed routes with support vehicle
- goodie bag for every participant
- an excellent starter sportive
- a flat route, great for people wanting to up their distance or speed

Ride & raise funds through sponsorship for Yorkshire Cancer Research -
sponsorship forms available from
<http://selbythreeswanssportive.org/TSSYCRsponsorform.pdf>
or go to www.justgiving.com/ycr



Online entry at www.selbythreeswanssportive.org or pick up a registration form from Hope Yard Café,
or Profiles Health & Fitness Centre, Selby.

For more information go to: www.selbythreeswanssportive.org



Please register
your interest for
courses to begin
in Selby/York area
in September 2014.

CASTLE

Courses available:

Level 1 British Sign Language (BSL)

Level 2 British Sign Language (BSL)

Deaf Awareness Training

Being deaf aware is a great way to show good
business practice.

Our Deaf Awareness training course will improve your
communication skills and confidence to help you
break down the barriers faced people who are deaf or
have a hearing loss.

For more information visit:

www.castlecommunicationservices.co.uk
or email
castlecommunicationservices@hotmail.com



Venue Locations

Harold Mills
House,
North Crescent,
Sherburn in
Elmet,
LS25 6DD,
Tuesdays
1-4pm

The Coultish
Centre,
Charles Street,
Selby,
YO8 4AD,
Wednesdays
1-4pm

Calcaria House,
Windmill Rise,
Tadcaster,
LS28 9HR
Thursdays
1-4pm



SELBY DISTRICT VISION

<http://www.selbydistrictvision.co.uk>

Monthly Saturday - Coffee Mornings
Kings Church, New Lane, Selby

For more information please contact
Selby District Vision
Unit 12, Prospect Centre, Prospect Way, Selby
Tel: 01757 709800
E-mail: info@selbydistrictvision.co.uk



The *Laterlife* Challenge 2014

We want to find great examples of how people are making the most of their retirement, partial retirement, or later life in general.

You can tell us about yourself or people you know and examples of what they or you are doing in later life. Whatever it is, we want to know. This can be something you or they were previously doing, or are now doing, as a result of the Challenge.

We will share these examples (anonymously if you wish) to provide ideas and encourage us all. You can win a great prize just by doing this. However, if we think it is potentially a role-model example we will invite you or the person you mention to go forward as a nominee for the **Laterlife Challenge Awards**. There are some fantastic prizes for local and national winners of the Challenge.

Nominees must be over 50 years of age.

You may just want to tell us about one thing but we would encourage you to tell us as much as possible about all your, or their, retirement activities. To prompt you we've listed a number of areas below.

- **New experiences**
- **Discovery and Ideas**
- **Active in later life**
- **Doing something for others**

and overall examples of having an enjoyable and fulfilling time.

Just by participating you will be given free entry to our prize draw with a chance to win a Kindle Fire. Nominees will have the chance to win one of the **wonderful 2014 prizes** (see terms and conditions on the website – details below)

We will publish a selection of the best ideas and examples on the website.

Nominees who go forward to the Challenge awards must be over 50.

Nominations may be made by anyone aged over 18. Nominations must be received by the closing date - September 30th 2014.

For more information on how to apply and for the application form please visit:
<http://www.laterlife.com/>



Selby Town Council with the support of Brayton, Barlby, Hambleton and Monk Fryston Parish Councils have funded the provision of a bus to Xscape from Selby on a Wednesday starting on 30 July 2014 then the 6, 13, 20 and 27 August 2014. The bus times are as follows:

Selby Bus Station dep	1200	1400	1600	1800
Brayton Green	1208	1408	1608	1808
Thorpe, Fox Lane	1212	1412	1612	1812
Hambleton, Gateforth Lane	1215	1415	1615	1815
Monk Fryston, Water Lane	1220	1420	1620	1820
Xscape dep	1240	1440	1640	1840

Return to Selby:

Xscape	1250	1450	1650	1850
Monk Fryston, Square	1315	1515	1715	1915
Hambleton, Gateforth Lane	1320	1520	1720	1920
Thorpe Willoughby Fox Lane	1323	1523	1723	1923
Brayton Green	1327	1527	1727	1927
Selby Bus Station	1335	1535	1735	1935

Please use the service, once a week, during the summer – it is a fabulous facility for all the family. For further information ring 01757 708449.



Yorkshire & Humber Region
www.wea.org.uk/yh

Workers' Educational Association

Skills for Volunteers

A FREE 9 week course



This free course provides a great introduction to what it means to be a volunteer. You don't need to be already volunteering to take part. The 2.5 hour topics covered during the 9 weeks provide adults with support and information to gain increased knowledge, skills and confidence to be useful and benefit from the satisfaction gained from helping other people. Topics include personal skills and strengths, looking for volunteer opportunities, handling difficult situations, confidentiality and safeguarding.

Starting: Tuesday 23rd September 2014
9.30am - 12.00 noon at Harold Mills Community Centre,
North Crescent, Sherburn in Elmet LS25 6DD

For more information about this course please contact:
Julia Thompson (WEA Organiser, Selby and Goole) Tel: 01757 638615
Email: jthompson@wea.org.uk
Kathy Donnelly (Selby District Volunteer Centre) 01757 241032
Email: kathydonnelly@selbydistrictavs.org.uk



www.facebook.com/WEAYorkshireHumber



@WEAYH





Cash 4 Clubs is a sports grants scheme which gives clubs a chance to win grants ranging from £250 to £1,000, whether it be to improve facilities, purchase new equipment, gain coaching qualifications, or generally invest in the sustainability of their club.

The Cash 4 Clubs scheme is funded by Betfair and is supported by SportsAid. Betfair and SportsAid have worked in partnership for a number of years and both organisations understand the importance of community sport in promoting an active lifestyle and stimulating local pride. Betfair's vision is to be a champion of regional and community sport, with Cash 4 Clubs fitting in as part of its much broader community investment programme. Betfair is committed to giving money to charities and supporting sports development both in this country and overseas.

There are four tiers of grants at £250, £500, £750 and £1,000 which are awarded on a discretionary basis.

Any sports club can apply as long as they are registered with their sport's National Governing Body or local authority. Funding can be requested for anything that will add to the sustainability and effectiveness of the sports club.

Grants are awarded once a year after selection by our committee. The judges include representatives from Betfair, SportsAid, and other independent and sports committee members.



The next round of applications will open on 1 September until 30 September 2014.

For more information and the application form please visit:
www.cash-4-clubs.com



Esmée Fairbairn
FOUNDATION

Esmée Fairbairn Foundation aims to improve the quality of life for people and communities throughout the UK

both now and in the future. We do this by funding the charitable work of organisations with the ideas and ability to achieve positive change.

The Foundation is one of the largest independent grant-makers in the UK. We make grants of £30 - £35 million annually towards a wide range of work within the arts, education and learning, the environment and social change. We also operate a £26 million Finance Fund which invests in organisations that aim to deliver both a financial return and a social benefit.

www.esmeefairbairn.org.uk



ESF Community Grants Summer Launch Event, August 2014

New Funding Opportunities for Partners in York and North Yorkshire

We are pleased to announce the next application window is now open. Grants of £2,000 to £13,000 are available to small charities and not-for-profit community organisations to provide learning opportunities that help unemployed or economically inactive people living in North and West Yorkshire (aged 19+) move closer towards employment or into further education.

We are particularly interested in applications from groups who are able to deliver and complete activities within 6 months.

For more information and to download an application pack please visit our dedicated ESF Community Grants web page. We are holding a free launch event in Knaresborough on the 13th of August which will introduce the funding and give support for potential applications. If you would like more information about this event or wish to book a place please visit our Eventbrite page. www.eventbrite.co.uk/e/esf-community-grant-launch-event-north-yorkshire-round-3-tickets-11867916257?aff=eorg#

For application packs please visit:

www.yourconsortium.org/ycl_resources_projects_community_grant.html



Funded by
Skills Funding Agency



Your Community

Selby District



These meetings are often based on a theme and are a way to 'have your say' and ask questions on what matters to you within your community.

Western Area Public Forum is on **2nd December 2014** at **6:30 pm**. The event will be held at **Primary School, Monk Fryston, LS25 5PN**

Central Area Public Forum is on **10th September 2014** at **6:30 pm**. The event will be held at **Barlow Social Club, Barlow, YO8 8EW**

Eastern Area Public Forums joint meeting with Selby Area Committee of NYCC is on **29th September 2014**. There will be the Market Place **from 5:30 - 6:00 pm** where people can speak to NYCC Highways, police and other stalls that will be attending. The event will be held at **Community House, Portholme Road, Selby, YO8 4QQ**.

Southern Area Public Forum is on **11th December 2014** at **6:30pm**. The event will be held at **Thorpe Willoughby Sports Club, Field Lane, Thorpe Willoughby**

The above events are administered by Selby District AVS, there will be stalls and information along with other organisations to answer your questions.

If you are interested in having a stall to promote your organisation please email: cefadmin@selbydistrictavs.org.uk for further information.

Tadcaster & Villages Public Forum will be held on **24th November 2014**. The event will be held at **Riley Smith Hall, Tadcaster, LS24 9AB**

For information regarding Tadcaster & Villages, please contact : davidgluck@ruralis.co.uk or Tel: 01937 831686



- Tadcaster & Villages Area
- Eastern Area
- Central Area
- Southern Area
- Western Area

Dates and information for future CEF meetings can be found at: <http://www.your-community.org.uk/>

EVENTS IN AUGUST/SEPTEMBER



August Bank Holiday Weekend
23rd, 24th, 25th August 2014

Cawood Craft festival is one of the North's premium events. We will have over 100 art and craft stalls, many with the stall holders demonstrating their particular crafts.

- craft competition - live music [brass, 60 and 70s folk etc]
- medieval reenactment - bouncy castles - dog show
- classic car show

Parking is free and the entry fee is £5-00 for adults with those under 16, free.



CLASSES

VEGETABLES	FLOWERS	CAKES
Onions Single Group x 3	6 x Roses	Victoria Sponge
Carrots Group x 3 Longest x 1 Straightest x 1	6 x Sweet Peas	Chocolate
Beetroot Group x 3	Mixed Bunch	Lemon
Beans (Runner) Group x 3 Longest x 1 Straightest x 1		Scones x 4
Cucumber Longest x 1 Straightest x 1		Cup Cakes x 4
Tomato Group x 3 Largest x 1		

UNDER 14 KIDS

EDIBLE GARDEN WITH AN EDIBLE MONSTER IN A TRAY
CONTACT 01757-228660





Selby Advice Quids In Workshop Workshop for Frontline Workers and Volunteers



Do you work with people who would benefit from:

Making their money go further?

Understanding the different types of credits?

Knowing debts consequences?

join us in a relaxed group session where we will talk
about:
Budgeting, Credit/Debt and Bank Accounts

Sessions to be held at

Community House, Portholme Road Selby

10 September 2014 10.00 am-12.00

17 September 2014 10.00 am-12.00

24 September 2014 10.00 am-12.00

send your request to

admin1@selbycab.org.uk

or call 01757 701320

to speak to Jane Ferguson or Kate
Rozanska to book your place



Site Assistant – HHA14-34
Various sites in Selby, Thirsk and Stokesley
£8.32 per hour
30 hours per week

Horton Housing Association provides a range of supported housing, day support and training services in a manner that promotes self-esteem, respect and Independence to people disadvantaged by housing and social circumstances, discrimination, financial exclusion and other forms of social need.

The GaTEWAY Site Management (GSM) services cater for long stay residential sites for Gypsy and Travellers who are in need of appropriate housing; the scheme comprises four caravan sites in North Yorkshire. GSM provide a repairs and maintenance service and is also available to provide help and support with Housing Benefit claims and personal charges payments. GaTEWAY also offers support services for occupants via GaTEWAY Floating Support Service.

We are currently seeking a Site Assistant to work across our sites in Selby, Thirsk and Stokesley. The main purpose of this role is to support the day-to-day operational management of GaTEWAY Sites in North Yorkshire. This will include maintaining property and tenant files, helping to ensure tenants comply with the terms of their licence agreement and promoting tenant applications by helping potential applicants to complete paperwork. You will encourage 'good neighbour' relationships between tenants and provide support, information, guidance and practical assistance where necessary. Promoting the service to potential tenants, you will strive to create a safe and welcoming environment for tenants and visitors. You will be expected to undertake housing management duties such as tenancy enforcement, rent collection and recording, reporting repairs, minimising voids etc.

The successful candidate will have experience of housing management and providing housing and tenancy related support. It is essential that you have vocational qualifications relating to health and safety, safeguarding or housing management. Friendly and approachable, you will have an understanding of the kinds of problems faced by marginalised groups and a basic knowledge of domestic violence and/or child protection issues. It would be advantageous for you experience of working with the Gypsy and Traveller community. You will be required to travel to different locations as part of this role so a full UK driving license and access to a vehicle for work purposes is essential.

The closing date for this role is **Monday 11 August** at 5.00 pm.

Interviews will take place on **Friday 22 August**.

Applications can be made via the website www.hortonhousing.co.uk

Selby District Community Transport

Charity No. 1146109 • Company Reg No. 7565045

The full details of how our scheme works is available from the Community Transport office or on our website at: www.selbydistrictavs.org.uk/community-transport

Need transport?

Do you struggle to use public transport easily?



Our clients are people who are unable to use public transport easily. We transport people for reasons including doctor, hospital, dentist and optician appointments, banking, shopping hairdressers and other social events.

- Volunteer drivers use their own vehicles to transport clients to various destinations.
- Bookings have to be made at least 48 hours (two days) in advance.
- All fees are payable to the driver on the completion of your journey

What it costs

There is an annual membership fee payable on your first journey.

- Annual membership is £12.00 per annum payable on 1st April or a half year fee of £6.00 payable from 1st October each year.

Clients pay a booking fee and a set mileage rate to help towards the running cost of the volunteer driver's vehicle.

- A £2.00 booking fees charged for each journey.
- A Mileage rate of 45p per mile will be charged.

MINIBUS HIRE SCHEME ALSO AVAILABLE

Voluntary and Community Groups may hire a minibus to transport their members to group meetings or on social outings. Minibus's are available 7 days a week and seat up to 12,14 or 16 passengers

For information on our hire charges please contact the community transport office.

To book a journey or a minibus

Phone Eileen or David Community Transport: 01757 708036

or E-mail: communitytransport@selbydistrictavs.org.uk

VOLUNTEER DRIVERS NEEDED



Great facilities and helpful staff within the heart of Selby District

Community House

"A Multi-Purpose Resource for Selby District"

Contact

Please contact reception where Sarah or Wendy will be happy to give you a guided tour and discuss your needs for your forthcoming event.

Tel - 01757 291111

Email: reception@communityhouse.org.uk

Community House
Portholme Road,
Selby
North Yorkshire
YO8 4QQ

Or by filling out the online form:

www.communityhouse.org.uk/contact.html

Services

- Staffed reception area to welcome visitors and to provide administrative support as and when required.
- A range of meeting, training, event and office space available for weekday, evening and weekend use.
- A range of Fair Trade refreshments including fresh coffee and a variety of teas. In addition we have cold filtered water available free of charge. We can also provide a range of catering options to meet your requirements and budget. In addition we have a small kitchen area for your use.
- Ideal location adjacent to a town centre car park and a short walk from the main Selby bus and train stations.
- Our purpose built facilities were designed to maximize access with a ramp into the building, lifts to each floor, disabled toilets and hearing loops provided.

training



event



meeting



interview



Other services managed by Selby District AVS

Community House

Community House is a modern fully equipped building comprising office accommodation, five large rooms for events, seven meeting rooms with supporting reception and other facilities.

Built in 2005 Community House is a successful social enterprise generating income for our work in developing and supporting the voluntary and community sector in Selby District .

With its central location and proximity to Selby railway and bus stations, Community House is an ideal venue for conference events of a regional and national level, while the affordability and accessibility of our rooms keep the venue well within the reach of small local organisations.

Please visit the web site for more information
<http://www.communityhouse.org.uk/>
Tel:01757 291111 Fax:01757 290311



Selby Volunteer Centre works in partnership with other volunteer centres in North Yorkshire. The centre promotes volunteering across Selby District and the benefits volunteering can bring to people in their communities.

The Volunteer Centre provides a database which offers a matching service to link people wanting to volunteer with organisations requiring volunteer support.

Volunteers and organisations are able to find out about current best practice in volunteering and access guidance, training and support.

If you are interested in becoming a volunteer or an organisation looking for volunteers please email:

kathydonnelly@selbydistrictavs.org.uk or go to the web site
<http://www.selbydistrictvolunteercentre.org.uk/>
Tel: 01757 291111 Fax: 01757 290311



Minibus Hire

Voluntary, community groups and schools may hire a vehicle to transport their members on day trips, outings etc . Vehicles are available 7 days a week 24/7 and are able to carry up to 12 or 16 passengers.

Social Car Schemes

Our volunteer car drivers use their own vehicles to transport clients to various destinations. Clients pay the driver a set mileage rate to help towards the running cost of the vehicle. Our clients are usually people who are unable to use public transport easily.

For more information email:
communitytransport@selbydistrictavs.org.uk
Tel/Fax: 01757 708036



Selby District Alcohol Service (DAS) works with any individual aged 18 or over living in the Selby District who has concerns about alcohol misuse whether it be their own or that of a friend or family member.

All contact is treated with the utmost confidentiality.

Appointments are conducted on a one to one basis at Community House or at outreach clinics in Sherburn in Elmet or Tadcaster.

For support please contact Dee
alcoholservice@selbydistrictavs.org.uk
Tel: 01757 293600

Developing the future with voluntary and community organisations

Selby District AVS is a local support development organisation and a registered charity that provides help, support and information to voluntary and community groups across the whole of Selby District.

To deliver this support we work in partnership with statutory organisations e.g.local and regional councils, police, health bodies, industry, social services and many more.

We are able to offer advice on starting up any new community group and how to ensure that your group is sustainable for the future.

We are here to help, if you would like advice or support please contact us.



Selby District Association of Voluntary Service

Community House
Portholme Road
Selby
YO8 4QQ

Tel: 01757 291111
Fax: 01757 290311
Email: supportingdevelopment@selbydistrictavs.org.uk
Web Site: <http://www.selbydistrictavs.org.uk>