


# Voluntary Action Leeds

for the voluntary and community sector in Leeds



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## Health and Well-being

This VA-L service is part-funded by Leeds City Council through the Infrastructure Support Fund





## Health and Well-being

Welcome to the Health and Well-being edition of the Voluntary Action-Leeds newsletter. Included in this edition is the announcement that VA-L and Voice are working on a merger. This is an incredibly important event in our development and we will provide regular updates.

We are also working on other key partnership arrangements and two in particular have relevance. We have been working with the "Five Forums" for a number of years - made up of Volition, Leeds Older People's Forum, Tenfold, the PSINetwork and Leeds Health and Well-being Network. The Five Forums aim to collectively represent shared

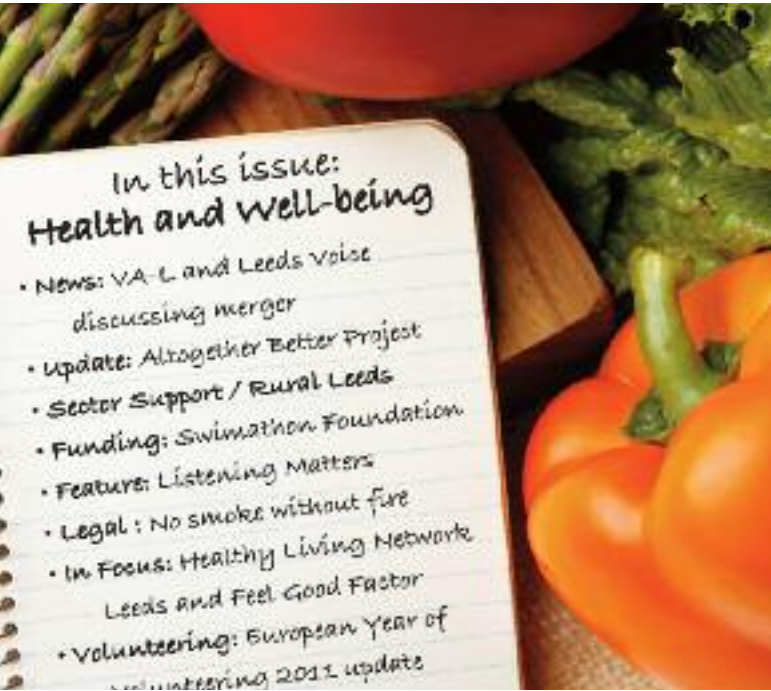
"These partnerships are key to our success in continuing to meet the needs of our users and members and are built on mutual need."

views and to influence policy and decision making for the benefit of our collective membership and the wider community.

We're also working with Inclusion Now - a group of User Led Organisations (LCIL, Connect in the North, PSINetwork and DIAL Leeds) who are working together to meet the statutory requirements each city has for provision of User Led Services a crucial development in service delivery.

We may, perhaps, make some financial savings through these partnerships but, crucially, it is not the primary reason we are involved. These partnerships are key to our success in continuing to meet the needs of our users and members and are built on mutual need.

**Richard Jackson**  
 Chief Officer  
[richard.jackson@val.org.uk](mailto:richard.jackson@val.org.uk)  
 0113 297 7920



### VA-L News

#### Voluntary Action-Leeds and Leeds Voice discussing merger

After a very constructive meeting between the Management Committee of Leeds Voice and Board of Voluntary Action-Leeds on 28 January we have agreed to explore and propose negotiated terms of a merger in good faith, with a view to a final announcement on the merger on or before 31 March.



#### VA-L is now on facebook

Become our friend on facebook and read Richard Jackson's latest tweets!  
[www.facebook.com/voluntaryactionleeds](http://www.facebook.com/voluntaryactionleeds)



#### News, Events and Jobs

Don't forget to visit [www.val.org.uk](http://www.val.org.uk) to find out about the latest news, events and jobs in the sector in Leeds.  
 If your organisation would like to publicise its event

or has a news story to promote email [news@val.org.uk](mailto:news@val.org.uk) or call 0113 297 7920.

#### New Members

VA-L is pleased to welcome two new members: Royal Park Community Consortium and Social Business Brokers.

#### Training Programme

Our latest hard copy training programme is out now. For your copy contact [tina.ashby@val.org.uk](mailto:tina.ashby@val.org.uk) or call 0113 297 7944.

For full training course details, online booking and availability visit [www.val.org.uk](http://www.val.org.uk).

#### Room Hire

At VA-L we have two meeting rooms available for hire at very competitive rates. There is free parking available and we are 1.5 miles from Leeds City Centre, with easy access from the motorway network.  
 Visit [www.val.org.uk](http://www.val.org.uk), call 0113 297 7920 or email [maxine.woods@val.org.uk](mailto:maxine.woods@val.org.uk).

## Update

## Can Community Health Champions help build Social Capital in Disadvantaged Communities?

Sarah Frost, Learning Network Development Manager at the Altogether Better Programme\* writes about social capital and health and well-being.



There is increasing interest from policy makers in the concept of "social capital", its link to health and well-being and role in addressing health inequalities. Aligned to this is a rising interest in the mechanisms that help build social capital, in particular, community development approaches to health improvement. The Altogether Better Programme uses one such approach that is beginning to show an impact on social capital in communities across Yorkshire and Humber.

### What is Social Capital?

Social capital emphasises the role of social networks, civil norms and social trust which lead to cooperation for mutual benefit. It operates at both individual and community level and is influenced by the extent to which people are embedded within their families, social networks and communities, and have a sense of belonging and civic identity.

### Social capital and health

People with high levels of social capital are generally happier, have better mental health, lower mortality rates, and are less likely to suffer from cardiovascular disease than similar people with low levels of social capital. Social capital can also be beneficial for health in terms of reinforcing healthy behaviours and enabling effective lobbying for improved health services.

"People with high levels of social capital are generally happier, have better mental health, lower mortality rates, and are less likely to suffer from cardiovascular disease and stroke than similar individuals with low levels of social capital."

### About Altogether Better

Altogether Better is a five-year, Big Lottery funded programme which aims to improve well-being in communities. Through our 16 projects we have over 12,000 Community Health Champions (CHCs) across the region. CHCs are lay people from communities who are trained to deliver health messages to their friends, family, colleagues and community members.

We have evidence from case studies of CHCs

that, as well as influencing health and well-being outcomes, our projects and CHCs can influence the following indicators of social capital:

1. Civic participation: CHCs influence community affairs, participate and volunteer in community activity, and have increased access to services.
2. Social networks and support: CHCs report increased social networks; confidence to engage with others; improved interaction with family and friends, and increased levels of reciprocity and trust.
3. Self efficacy: CHCs report improved self confidence and self esteem; feeling valued and useful and having improved self control.

In order to achieve and maintain these important outcomes in communities with the poorest health, public health projects involving lay people need adequate resources and should seek to enable greater participation and access by target groups through addressing barriers to engagement.

\*Two of Altogether Better's sixteen projects are delivered in Leeds by the organisations featured in our 'In Focus' feature on page 9.



Sarah Frost

Altogether Better Programme

sarah.frost@york.ac.uk

[www.altogetherbetter.org.uk](http://www.altogetherbetter.org.uk)

View our film:

<http://bit.ly/AltogetherBetterFilm>

Read our evidence summaries:

<http://bit.ly/ABevidence>

Ask Kathy

Advice and Guidance from Kathy Faulks, VA-L's Small Groups Development Worker



THE STORY SO FAR... Childhood chums have formed a charitable company: "Kirren Isle Community Association". Julian is the chair; Dick is vice; Anne is secretary and George (actually a woman) is treasurer.

The chums chat after a talk from Claire Welling, Leeds Community Accountant from WYCAS.

JULIAN: It's frightfully nice of Claire from WYCAS to come out and see us. It is a really useful free resource for us.

ANNE: And it is easy to understand that there should be two parts to the financial report: the story and the snapshot. What's our 'story' so far George, you're the Treasurer?

GEORGE: Well, my records show me that we've had income of £500 grant for the activities and £20 contributions. We've spent £123 on activities so far and £32 on refreshments.

DICK: So we've still got some money in the bank?

GEORGE: Yes, the 'snapshot' or balances part of the report shows that there is £365 left; but remember, we are only part of the way through the year.

JULIAN: That £32 on refreshments is quite a lot - is that the lashings of ginger beer we've been swigging?

GEORGE: Well, I will check back on the

receipts and provide a breakdown for our next meeting. We do need to make sure that we spend the grant money on activities - as that's what the £500 was given to us for.

DICK: Make sure you note that Anne - we need to be aware that we are restricted as to what we can spend that grant money on.

ANNE: I certainly will, and are we agreed that we have a financial report regularly at committee meetings, as Claire suggested?

GEORGE: I am happy to prepare those reports each quarter, especially as Claire will come out and see me, in order that I can learn how to prepare them.

JULIAN: What other support can we get from WYCAS? We should make the most of them.

ANNE: The website [www.wycas.org.uk](http://www.wycas.org.uk) is jolly helpful. There are training courses, good practice guides, a telephone advice line: 0113 270 6269, a book-keeping service and an accounts preparation service.

Rural Leeds

Rural Health Innovations

I was walking in the Dales recently and I spent the end of the day in Grassington which is in Upper Wharfedale. Anyway, I called in to the Grassington Hub which is a wonderful little building just off the town square and the building houses a library, information centre and also a consulting room where people can use a video link to speak to consultants many miles away. What a fantastic partnership between a charity, the local authority and the National Health Service. It means that people in isolated rural locations don't have to travel miles, perhaps reliant on public transport to see their

consultant. Of course, they do have a choice - they can choose to travel miles, perhaps reliant on public transport to see their consultant!

Talking of health; this year's Rural Health Week will take place from Sunday 19 September to Saturday 24

"Rural Health Week is an annual event run for the Institute of Rural Health."

September. Rural Health Week is an annual event run for the Institute of Rural Health.

The aim of the week is to raise the profile of rural health issues locally, regionally and nationally. Your organisation could join in with events in your own locality. The



theme this year is: *Achieving Rural Health and Well-being: Responding to a changing world.* The service in Grassington is a great example of using new technology to help rural communities. [www.rural-health.ac.uk/rural-health-week](http://www.rural-health.ac.uk/rural-health-week)

Kathy Faulks  
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Spotlight on the Funder

Swimathon Foundation

**What type of projects do you fund?**

The Swimathon Foundation grants scheme offers funding to organisations and individuals who provide and promote swimming to their local community - recognising that regular exercise can improve health, well-being and lives in general. In previous years The Foundation has supported community groups, swimming clubs, youth groups, clubs for the elderly, scout troops and healthy living groups, including charities for people with special needs and disabilities, synchronised swimming clubs and pool swimming coaches.

**Who can apply?** We are interested in hearing about new schemes and organisations that may benefit from the grant.

To apply your application needs to be associated with a Swimathon pool. In Leeds there are three pools involved with the Swimathon:

- John Charles Aquatics Centre
- The Edge at University of Leeds
- Aireborough Leisure Centre, Guiseley

**How much are the grants for?** Grants of between £300 and £2,500 are available to swimming pools, community organisations and charities who can demonstrate how funding

will allow them to help more people participate in and enjoy swimming and to make swimming more accessible.

**How do people apply for the grants?** Grant application guidelines are available by calling 0845 459 9016 or from our website at: [www.swimathon.org/tsfRegistration.php](http://www.swimathon.org/tsfRegistration.php) Applications can be made online.



**When is the application deadline?** Applications are accepted in one of four rounds. The closing date for Round One is 21 March 2011, Round Two is 6 June 2011, Round Three closes on 22 August 2011 and 7 November 2011 for Round Four.

**Swimathon Foundation**  
 Tel: 0845 459 9016  
[www.swimathon.org](http://www.swimathon.org)

Funding News

**Red Nose Day Cash**

For the first time ever Leeds Community Foundation is distributing a £50,000 Red Nose Day Community Cash fund to communities across Leeds.

Grants of between £500-£1,000 are available to small organisations in Leeds that are doing great work to help local people in challenging communities. If this sounds like you, make sure you apply for a Red Nose Day Community Cash grant now. Application deadline 18 March 2011. Find out more at: [www.leedscommunityfoundation.org.uk/grant-making.htm](http://www.leedscommunityfoundation.org.uk/grant-making.htm)

**Giveacar**

A new method of fundraising,

and access to a previously untapped source of donations. Giveacar is a social enterprise that raises money for charities through people donating their scrap cars. The service was developed to offer charities a new method of fundraising. At the same time, Giveacar gives members of the public a cost-free way to donate their cars to charity. [www.giveacar.co.uk](http://www.giveacar.co.uk)

**Wade's Grants**

Groups in Leeds with an income of less than £10,000, can apply for Wade's Charity grants of up to £200. The grants are available for administrative costs only. For more information download an application form from

[www.val.org.uk](http://www.val.org.uk) or contact Maxine Woods at VA-L on 0113 297 7925 or email [maxine.woods@val.org.uk](mailto:maxine.woods@val.org.uk).

**Awards For All**

Grants of between £300 and £10,000 are available from Awards for All. One of the outcomes they look for in projects is 'Healthier and more active people and communities'. If you need any advice or help with applying contact Kathy Faulks at VA-L on 0113 297 7920 or email [kathy.faulks@val.org.uk](mailto:kathy.faulks@val.org.uk)

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 For more funding information visit the Funding Support section of our website [www.val.org.uk](http://www.val.org.uk)



## Listening Matters

Nicolle Levine, Joint Founder

Jane Robinson talks to Nicolle Levine (pictured), joint founder of Listening Matters

**Can you tell me a little about Listening Matters?**

Listening Matters is a network of accredited counsellors providing external support services and counselling to people working in voluntary, community and faith groups.

We offer a range of services to help individuals in the third sector confront the issues that they face and help organisations prove that they have a responsible and supportive approach to their staff.

"We offer a range of services to help individuals in the third sector confront the issues that they face and help organisations prove that they have a responsible and supportive approach to their staff."

Our professional counsellors have extensive third sector management experience making us ideally placed to help you deal with the difficult issues you face.

**What services do you offer?**

We provide our services through our Support Package, a programme designed for managers, board members and staff.

Sometimes called External Supervision or Mentoring, External Support helps managers to think through their concerns from both a counselling and practical perspective. Regular sessions provide:

- Effective strategies for dealing with difficulties
- External input from our experts - a fresh insight from an independent, experienced and objective source
- A safe and constructive outlet for

anxieties and frustrations

**How long do sessions last?**

Sessions usually last for around one hour each month in a safe and confidential setting away from the workplace.

**Can any member of staff take advantage of your services?**

Our Initial Consultation service gives every member of the



organisation the opportunity to attend a one-off counselling assessment session.

The sessions allow staff members to explore their concerns with an experienced therapist. While these consultations may not always lead to any further action, they could lead on to a referral to outside help or ongoing private counselling. This is an optional service that is only available as part of the External Support package.

**What experience do your counsellors have?**

All of our counsellors have experience of the third sector as well as relevant counselling qualifications, meaning that not only are they well placed to provide the support that you need,

## project profile



involvement and professional support for the third sector

Listening Matters is a Community Interest Company reinvesting all its profits into the development of the organisation.

Listening Matters can be contacted in the following ways:

Call: 07722 023614 / 07722 023616

Email: [info@listening-matters.com](mailto:info@listening-matters.com)

[www.listening-matters.com](http://www.listening-matters.com)



they also know about the stresses of working in the sector.

They know about working with the most vulnerable members of society: about the needs of service users, about the funding applications and the financial cycles, about the relationships between paid and unpaid staff and about the myriad of other issues that have to be dealt with on a day-to-day basis.

#### **Is there a choice in which counsellor a client sees?**

We will match you with the Listening Matters counsellor that best suits your needs. This will be based on a variety of factors including availability, location and their area of expertise.

You are welcome to request a particular counsellor. If their availability, location and expertise fit your needs then we will do our best to match you with them.

"Listening Matters expertise enabled me to understand the deeper layers of my organisation as well as what I already knew. Working with both together helped me to bring about powerful and sustainable change."

#### **Where do the sessions take place?**

Appointments generally take place at the therapists' consulting rooms but alternative venues may be possible if this is not convenient.

#### **Is everything discussed in sessions completely confidential?**

Listening Matters abides by the British Association of Counselling and Psychotherapy ethical framework for good practice in counselling and psychotherapy in respect of confidentiality.

#### **How much does it cost?**

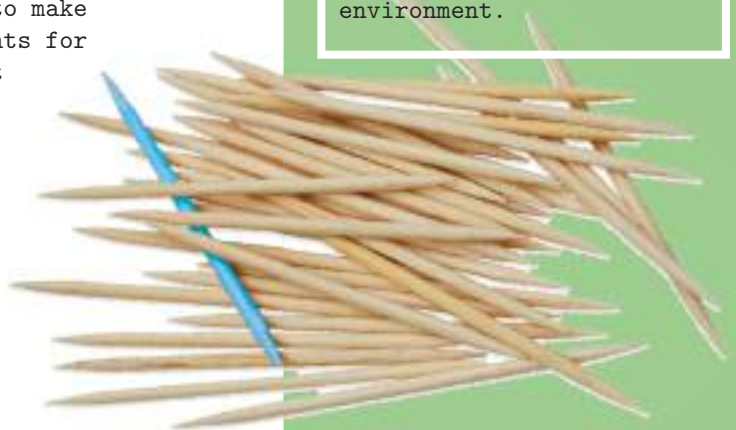
For External Support -



Individual session cost £60. If six sessions or more are booked a ten per cent discount will be applied. Counselling Assessments cost £5 per person, per year. This is free for the first twelve months.

#### **How can organisations find out more about you?**

Visit our website [www.listening-matters.com](http://www.listening-matters.com), email or call us. We will discuss your needs and match you with a suitable counsellor. The counsellor will then contact you directly to make arrangements for your first session.



## case study 1 Sarah

Sarah was concerned about a colleague, Bill, who was very short tempered with colleagues and whose attendance at work was becoming erratic. She suggested Bill could see a Listening Matters counsellor. By the end of the session, Bill recognised he was stressed and acknowledged he was drinking heavily most evenings. He went on to see a counsellor at his GP practice which he found very helpful. His attendance improved and his colleagues noticed a marked improvement in Bill's relationship at work.

## case study 2 Syed

Syed has been seeing a Listening Matters counsellor for external support for six months. The sessions have helped him support his staff through a stressful merger between his organisation and a larger charity. They also helped him to address his difficulties in being assertive in a larger and more impersonal environment.



## No Smoke without Fire

Supplied by Chris Billington at Wrigleys Solicitors LLP. Chris is Chair of the VA-L Trustee Board and advises on all matters of governance, contracts and employment.

The smoking ban has been with us for almost 4 years and despite the occasional whiff of some rule-breaking, the public debate about how much an employer should interfere with individual lifestyle choices has largely died out. That doesn't mean that it isn't still an important issue.

Employers can and should encourage healthier choice, but encouraging healthy eating doesn't help those who never get to take a lunch break; exercise is of limited interest to those whose work involves heavy manual labour or who regularly work long or antisocial hours.

Rather than questioning staff lifestyles employers should

address work related causes of ill-health, such as stress. Work

related stress is widespread and is not confined to particular sectors or high risk jobs or industries. Key contributors include how much say a person has in the way they do their work, workloads, work patterns and work environment.

Another key factor is communication, or usually the lack of it. At a time of uncertainty, where staff are understandably concerned

about job security, it is important that employers keep staff in the loop. Sometimes there may be no news and that can be good, but it needs to

be communicated. Sometimes it will be bad news, but staff need to know where they stand.

"If an employee is not fit for work then an employer will be able to dismiss. Disabled employees are not protected from dismissal if they are not fit for work."

When the smoking ban was being introduced I was regularly asked what has smoking got to do with the way an individual performs a job? What about other health related issues?

If an employee is not fit for work then an employer will be able to dismiss. Disabled employees are not protected from dismissal if they are not fit for work. Of course, there are procedures to be followed.

Any personal health issue that impacts on fitness for work must therefore be relevant for employers.

That doesn't mean that

employers should moralise over lifestyle issues, like drug and alcohol use.

"At a time of uncertainty, where staff are understandably concerned about job security, it is important that employers keep staff in the loop.

Sometimes there may be no news and that can be good, but it needs to be communicated.

Sometimes it will be bad news, but staff need to know where they stand."

## In Brief

### Unfair dismissal awards and 'Weekly pay' for redundancy pay

For unfair dismissal claims where the effective date of termination is on or after 1 February 2011 the maximum compensatory award for unfair dismissal is increased from £65,300 to £68,400. The maximum basic award is increased from £11,400 to £12,000.

Also from 1 February 2011 the maximum "weekly pay" for calculating statutory redundancy pay and certain other entitlements is increased from £380 to £400.

### Royal Wedding Bank Holiday

Statutory annual leave is 28 days (5.6 weeks) for a person working a five-day week, representing 20 days leave entitlement under the EU working time directive, plus time off equivalent to eight bank holidays. For part-time workers, the entitlement is pro rata.

If the contract of employment says nothing about holidays, a full-time employee is entitled to 28 days/5.6 weeks (pro rata for part-time) **with no additional entitlement to either ordinary or special bank holidays** (like the royal wedding holiday on 29 April 2011). If the contract specifies a certain number of days or weeks (which must be at least 20 days/4 weeks) plus bank holidays, the employee will be entitled to the royal wedding day or another day in lieu, or for part-timers a pro rata number of hours.

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0113 244 6100 • www.wrigleys.co.uk

Supplied by www.sandy-a.co.uk



A series focusing on people working in Third Sector organisations in Leeds.

### Healthy Living Network Leeds

Stephanie Lloyd, the new Volunteer Coordinator at Healthy Living Network Leeds tells us about herself and her job.

1. Give a brief outline of your experience and career path?

I graduated in 2008 with a degree in Russian Studies. I have previously worked as a teaching assistant and have enjoyed volunteering in a number of roles, realising that it is a great way of gaining experience. I started working here two months ago and am developing a volunteer programme for Healthy Living Network.

2. Which areas/client groups does your organisation support?

Healthy Living Network works in various communities across Leeds, spreading simple health messages and delivering healthy living sessions. We aim to build capacity, raise awareness and address health inequalities through sharing information and building relationships and trust

within local communities.

3. What are the most common issues that you work with? Promoting to people that small changes to their lifestyles can improve their health.

4. What do you enjoy most about your job? It's great to see our Community Health Educators as well as our new volunteers really passionate about what they're doing, and this passion rubs off on those they are working with - people really love getting involved with healthy living activities because we make them fun and interesting.

5. What do you most dislike about your job? Funding cuts that are taking money away from those who need it the most.

Healthy Living Network Leeds, Unit 4 Armley Park Court, Stanningley Road, Leeds LS12 2AE • 0113 295 1043 • s.lloyd@healthylivingnetworkleeds.org.uk



### Feel Good Factor, Healthy Living Centre

Corrina Lawrence, Chief Officer at Feel Good Factor tells us about herself and her job.



1. Give a brief outline of your experience and career path? I have worked in the voluntary sector for nearly 20 years. I started out as a PATH trainee with Black Health Initiative and was fortunate to be offered the post of Admin/Resource Worker. I worked my way up to Manager until leaving in 2003, having done every conceivable job at the project on the way. In 2003 to my delight I was offered my current post at Feel Good Factor where I have had the opportunity to be instrumental in its development and growth.

"I enjoy my staff, I am fortunate to have a great team."

2. Which areas/client groups does your organisation support?

Initially we were funded to work with the communities of Chapel-town and Harehills, but now our remit has widened and some of our projects are delivered citywide. Our service users age range from 5 to 95 and are in the main those who face social isolation, are marginalised and suffer the greatest health inequalities.

3. What are the most common issues that you work with? At the moment, same as any other organisation, trying to keep much needed activities and services going in the current financial climate.

4. What do you enjoy most about your job? There are many things I enjoy about my job. If I have to choose, it's working within an environment that strives to make a difference in people's everyday lives. Oh and I enjoy my staff, I am fortunate to have a great team.

5. What do you most dislike about your job? That's easy, when you have put blood, sweat and tears into a funding application, clearly demonstrating a need only to have it rejected!

Feel Good Factor, 53 Louis Street, Chapeltown, Leeds, LS7 4BP • 0113 350 4200 • corrina@fgfleeds.org



Would you and your organisation like to be featured in the next edition of Voluntary Action Leads? Email [communications@val.org.uk](mailto:communications@val.org.uk) or call 0113 297 7920.

## Health and Well-being for organisations



European Year of Volunteering 2011

Natasha Mort

Volunteering Development Manager



### Poverty and Homelessness

2011 has been designated European Year of Volunteering. One of the key themes for 2011 is to highlight the role of organisations whose volunteers support people in poverty or who are homeless.

If you asked most people what a volunteer working with homeless people does, they would probably describe someone handing out hot soup and blankets on the street. The reality is that there is a much wider range of roles: from providing support, fundraising, befriending, administration, cooking or helping to renovate houses to provide homes, to sitting on Management Committees, being Trustees and providing professional advice.

A number of activities are being planned to highlight the work of volunteers working with people who are in poverty or homeless in Leeds. Ideas so far include:

- A marketplace event in the city centre to publicise the work that organisations do and encourage people to sign up as volunteers.
- An event to bring organisations together with businesses that may support their work through providing volunteers or other resources.
- An event to recognise and celebrate the volunteers who work with people who are homeless or in poverty.
- A research report to demonstrate the impact of volunteers in the sector.

If your organisation is interested in getting involved there will be a planning meeting on Thursday 3 March from 12.30 - 2pm at St George's Crypt or contact Mags Shevlin [mags@latch.org.uk](mailto:mags@latch.org.uk).

### E-News

To receive our free E-News bulletin visit [www.val.org.uk](http://www.val.org.uk)

When we talk about Health and well-being in terms of volunteers we always think about what volunteering does for an individual.

Volunteering has a positive effect on people's self-esteem, helps to reduce the number of hospital visits, and can beat depression, stress and pain, says a report compiled by the University of Wales Lampeter in 2008. Most of us already know this and can show examples of the benefits of volunteering for those who come into an organisation. Here at the Volunteer Centre we see people whose confidence grows, job prospects improve and social circle increases.

"Volunteers remind us that what we do makes a difference and what we offer is something important to the community that we serve."

What about the health of an organisation? What can volunteers offer us in terms of our Health and Well-being? How about...

### Better links to the community

Many volunteers come from the areas that an organisation works in. They are some of your best advocates and can help you understand the needs of your community better.

### New skills

Volunteers have both professional and life skills that, if utilised, can enhance your organisation. Try inviting your volunteers to a staff meeting or create a suggestion box - a new perspective can work wonders when thinking of ways to improve or update services.

### Vitality

Volunteers volunteer because they want to. They are enthusiastic and this enthusiasm can spread to staff. We all know how sometimes the love of our work can dwindle and we get bogged down in the day-to-day - volunteers remind us that what we do makes a difference and what we offer is something important to the community that we serve.

So - are you using your volunteers in a way that helps your organisation's health and your staff's well-being?

Leeds Volunteer Centre  
Enterprise House  
12 St Paul's Street  
Leeds LS1 2LE  
0113 395 0405  
[volunteering@val.org.uk](mailto:volunteering@val.org.uk)  
Visit [www.val.org.uk](http://www.val.org.uk)  
for opening times

## Good Quality City Centre Office Space

Various sizes of rooms, secure, easy access.  
Ideal location, between the Town Hall and the Law  
Courts. Would especially suit social care  
and voluntary sector organisations

Contact the Administrator  
The Oxford Place Centre  
Oxford Place  
LS1 3AX  
0113 275 3503  
contact@oxfordplace.org.uk

Leeds **Methodist** Mission   
The Methodist Church at Oxford Place

## Come and Eat

Light Lunches, sandwiches, tea and coffee

Take-away service available

A quiet place to sit in the busy city

Good quality at a reasonable cost

10am -2pm Monday to Friday

The Oxford Place Centre  
Oxford Place  
LS1 3AX

Find us between the Town Hall and the Courts

Leeds **Methodist** Mission   
The Methodist Church at Oxford Place

## Payroll Service

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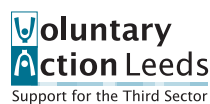
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email [payroll@val.org.uk](mailto:payroll@val.org.uk)  
call 0113 297 7929

## HEADINGLEY ORPHANAGE FOUNDATION GRANTS

The trustees of the foundation meet next to consider  
applications for grants on 18 May 2011.

Grants are available only to organisations with  
charitable objects, "serving the benefit of needy  
children and young persons under the age of 21 years  
living in Yorkshire."

Headingley Orphan Homes were first opened in 1859  
and continued in operation for exactly 100 years. In  
1959 the services they provided were assumed by the  
Local Authority and other national charities.

Following their closure the Headingley Orphanage  
Foundation was set up to administer funds arising  
from the sale.

For application details contact  
Roger Court, Secretary  
0113 293 3940 / [rogerrobertcourt@yahoo.co.uk](mailto:rogerrobertcourt@yahoo.co.uk)

Application deadline 15th April 2011  
(with no exceptions)

### About Voluntary Action-Leeds (VA-L)

Voluntary Action-Leeds is the Council for  
Voluntary Service in Leeds. We provide  
innovative and direct support, services and  
specialist advice to third sector  
organisations and community groups across  
Leeds, helping them to carry out their work.

To find out more visit: [www.val.org.uk](http://www.val.org.uk)

### Next Issue Deadlines Summer 2011

Adverts and articles: Monday 2 May

Loose Inserts: Wednesday 25 May

Posting Date: Friday 27 May

For further information, to advertise or to  
submit an article call 0113 297 7920 or email  
[communications@val.org.uk](mailto:communications@val.org.uk)

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**Publishers:** Voluntary Action-Leeds

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policies of the charity, nor does the inclusion of an item, insert or advert constitute a recommendation.



## Do you want to discover the ways that volunteers could benefit your organisation?

We offer talks to voluntary organisations and businesses on the benefits of using volunteers and how to find volunteers.

## Do you want to help your service users understand the advantages of volunteering?

Arrange for us to come and talk to your service users, community or clients to help them understand how they can benefit from volunteering.

**All talks arranged to suit you. Prices from £50.**

To find out more please contact Natasha Mort  
Phone **0113 395 0405**  
Email **volunteering@val.org.uk**  
Web **www.val.org.uk/page/volunteer-centre-leeds**



### VA-L Membership

VA-L members benefit from discounts on our services, from training to payroll. You get free job advertising on our website and in the VA-L E-News. Members can also send us news and events for promotion in the E-News, our regular email bulletin.

Free membership is available to voluntary, community and faith groups with an annual income of less than £20,000. For groups with an income of more than £20,000 we charge a fee, the fee is tiered based on your organisation's income.

Paid members receive our printed newsletter 'Voluntary Action Leeds'. Free members can choose to receive the printed newsletter, for a fee of £25 per year.

**Join VA-L  
for a range of  
benefits and  
discounts**

To find out more visit [www.val.org.uk/page/membership](http://www.val.org.uk/page/membership)  
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