An incredible shortlist has been drawn up for this year’s Spirit of Manchester Awards that really displays the diversity and creativity across the sector, turnover for the shortlist.
Spirit of Manchester Awards 2015 Shortlist

The judges have now met and decided on the shortlisted candidates. The nominations reflected all the exciting and diverse work happening in Manchester’s voluntary and community sector.

Volunteer of the year – outstanding contribution in partnership with Adactus Housing
- Lawrence McGill - The Booth Centre
- Nina Jackson - Macmillan Cancer Improvement Partnership (MCIP)
- Arnold Bradshaw - Manchester Museum

Volunteer involving organisation of the year in partnership with Southway Housing Trust
- Icebreakers
- Manchester Action on Street Health (MASH)
- Manchester Cathedral

Manchester youth volunteering award in partnership with Manchester University
- Melissa Kabluczenko, Manchester Deaf Centre
- We Tell You Community Research Team, 42nd Street
- Damarius, Manchester Young lives

Equalities award
- Manchester Lesbian and Gay Chorus
- Simply Cycling
- LGBT Youth North West
- Self Help Services - Peer to Peer

Business Citizenship award
- The Work Company
- BW3 - Business Working With Wythenshawe
- Mosscare Housing Group

Best service user involving organisation in partnership with Riverside Housing Trust
- The Booth Centre
- Partners of Prisoners and Families Support Group (POPS)

Most successful campaign
- Manchester Lesbian and Gay Chorus
- Smoke free Ramadan initiative and smoke free homes campaign

Best partnership initiative in partnership with One Manchester
- The Arc Partnership
- Imperial War Museum North, Manchester Museum, Museum of Science and Industry
- The Dementia Friendly Swimming Project - Steering Group

Health and wellbeing award in partnership with the Manchester Clinical Commissioning Groups
- Simply Cycling
- Self Help Services
- The Dementia Friendly Swimming Project - Steering Group

Contribution to the sector in partnership with Mosscare Housing Group
- Sylvia Sham
Spirit of Manchester Awards Ceremony

It's going to be a fantastic evening hosted and catered by Royal Nawaab with entertainment on the night and, most importantly, a host of inspiring community workers and volunteers from across the city!

This year we have created the Spirit of Manchester Fund which will distribute grants for Manchester community groups to support them in the vital work they are doing. There are several ways you can join the great organisations that are already supporting us whatever your budget!

Supporters receive their name / logo included in our supporter’s display, in our awards brochure and on our website, http://bit.ly/1MrFkL4, as well as a supporter logo to put on your publicity for one year, or an anonymous donation if you wish.

If you would like to be a major donor and support an award for £500 you will also get to present the award yourself!

Alternatively you can be an Event Supporter (suggested donation £250) or a Raffle Supporter by contributing a prize to our fantastic raffle! For smaller donations you can visit our donate page at: http://bit.ly/1MrFkL4

You can also support the awards by simply telling everyone you know, coming along to the Spirit of Manchester festival or putting on fundraising events in your area!
There are over 3000 voluntary and community groups in Manchester doing incredible work. Groups often put on events in order to raise their profile within the community. What if we all did this at once? We could magnify this impact and make it a city-wide celebration of the sector. This is what the Spirit of Manchester Festival is all about.

It is a symbol of what we all love about this amazing city. It is an opportunity for the voluntary and community sector to stand up and shout about just how brilliant we are. As we all know, these are uncertain times. In the face of cuts across the board vulnerable people are becoming ever more at risk. This is affecting the sector as a whole, and individual groups and organisations are feeling the pinch.

In this time of uncertainty it is vital that we demonstrate to stakeholders, local people and to ourselves, just how vibrant and essential this sector is. You are working hard. The work you do directly changes people’s lives. We need to spread our community spirit as far as we can, reaching as many people as possible. We need to work together, collaborate, share skills and support each other to show exactly what is going on in our city.

The Spirit of Manchester Festival and Awards is an opportunity to showcase everything that we are doing, by joining together to promote each other we can reach out to people and show them that it is possible to make a difference. We can empower people to get involved, celebrate the incredible things we achieve every day and attract those essential resources of funding and volunteers.

Getting involved will enable your group and cause to get that crucial publicity to help attract supporters. Joining in is easy, all you need to do is put on an event, big or small, between the 1 and 10 October.

Macc will provide you with branding and support and promote your event online, and in the press. By doing this together we can help draw attention to smaller groups and give them a voice on a larger platform.

Come and get involved!

Please contact maeve@macc.org.uk or 0161 834 9823, like us on Facebook: spiritofmanchesterfestival2015 or tweet: #SpiritofMcr15Fest
Chief Executive’s update

Like many other organisations, Macc faces increasing demand and reducing funding. We’re proud of having developed things like Manchester Community Central, Volunteer Centre Manchester, the Spirit of Manchester Awards and the VCS Assembly. We have saved the Council a lot of money compared to previous infrastructure arrangements.

But the fact is that our income has decreased by nearly 20% this year – with more expected in future years. We’ve kept costs to a minimum and worked on generating income from selling services but we know that voluntary and community sector groups and volunteers all have financial difficulties and there’s a limit to what we can expect the sector to pay for.

So we reluctantly chose to offer staff a Voluntary Redundancy scheme as a way of avoiding compulsory redundancies in the near future. A number of staff have chosen this for various reasons: new job opportunities, career changes and retirement. With great sadness, we will be saying goodbye to them between now and September:

**Mike Blaney** - Organisation Development Worker  
**Mark Pritchard** - Volunteer Centre Manager  
**Jen Halfpenny** - Volunteering Development Worker  
**Greg Harris** - Volunteering Development Worker  
**Beth Plant** - Policy and Influence Manager  
**John Butler** - Mental Health Development Worker  
**Mary Duncan** - Health and Wellbeing Development Worker

Losing these skilled and experienced staff is clearly going to have an impact on the support we can offer. We’ll talk about our plans to address that another time. For now I just want to thank my friends and colleagues all for their hard work and commitment over the years. We wish them all success in the future and we know that there are many across Manchester who will miss them as much as we will: local groups, local NHS bodies, in the Town Hall and in many local and national organisations.

**Mike Wild, Chief Executive, Macc**
Keep Volunteering Voluntary (KVV) is a campaign set up to stop the community workfare scheme that are taking full advantage of the voluntary and community sector.

Many organisations are engaging without realising the impact they are having on the sector. People on workfare have been forced to engage in community work placements to avoid sanctions; this is not volunteering.

Volunteering is a choice people make and community work placements are part of a mandatory government scheme to which the success of this is highly debatable as results are not as of yet transparent.

Many of the testimonials at recent KVV meetings talk of horrendous treatment of workfare claimants by subcontractors and explain the unbelievable hardships of being sanctioned for the most menial of circumstances. Many people believe that there is a culture of criminalisation of the unemployed growing, and this is only fuelling the government’s ability to keep workfare going.

There are people on workfare who reap some benefits from their work placements and genuinely enjoy engaging; but still it shouldn’t be mandatory.

Organisations who care about the true meaning of volunteering should at least be aware of this campaign so they can make an informed decision on whether to engage with workfare placements or not.

There is enough information on the website to make a decision and the formula is quite simple. If no voluntary and community organisations engage in workfare placements then the government will have to scrap the scheme and think of a fairer and better way to help people into employment.

For more information, visit: [www.keepvolunteeringvoluntary.net](http://www.keepvolunteeringvoluntary.net)
Don’t forget to login to VERA!

Do you advertise volunteering opportunities with Volunteer Centre Manchester?

When was the last time you logged into VERA?

A few benefits VERA – Volunteer Engagement and Recruitment Application are:

- Fast, free and easy recruitment
- Instant application notifications
- Proactive marketing of opportunities / training
- Collection of feedback on your organisation
- Collection and monitoring of data for funders
- Volunteer reward and recognition scheme

You can login to VERA at: http://bit.ly/VCMVERA

If your organisation is looking for volunteers and is not registered with VERA, you can do so at: http://bit.ly/weneedvolunteers

There’s even still time to register for a VERA Tutorial with one of our staff!

If you would like to take advantage of this offer please visit: http://bit.ly/showmeevera and we will be in touch to arrange a meeting.

Manchester Central Library, the new home of city centre inductions

We have moved into Manchester Central Library to host our city centre inductions. We feel that a location that is in the heart of Manchester and a stone throw away from St Peters Square tram will allow more people to register and volunteer.

To register and book your place, please follow this link and look out for the Central Library inductions: http://bit.ly/bitlymyvcminduction

If the city centre isn’t a convenient location then do still follow the link but look out for the other locations across the city where we host our inductions (Wythenshawe, Didsbury, Harpurhey).

If you have specific access needs and wish to discuss them, please contact the office on 0161 830 4770 and ask for Dan or email: info@volunteercentremanchester.co.uk
You’ve likely started to see the adverts on the TV and articles popping up on a number of websites advising of workplace pension reform.

By 1 February 2018 employers of all sizes must have enrolled staff into a workplace pension.

**So what is automatic enrolment?**
As stated on The Pensions Regulator website: “Every employer with at least one member of staff now has new duties, including enrolling those who are eligible into a workplace pension scheme and contributing towards it”.

This means that a number of organisations within our sector will need to act now and start planning.

Automatic enrolment is a legal obligation for all UK businesses.

Macc recently ran an Automatic Enrolment awareness seminar delivered by Community Accountancy Service who highlighted key areas such as staging dates, what organisations need to do before the staging date, implementing auto-enrolment and what the on-going responsibilities are and administration required.

**Key messages from the session are:**

- Ensure you know what your staging date is
- Create a plan of how you will gather all the information needed before your staging date – work backwards from your staging date
- Be sure to have someone within your organisation who can gather all the intelligence required and be a main contact
- Allow time to research your pension provider and ensure that they meet with the compliance requirements
- Budget – there will be costs to your organisation both in setting up schemes, and in implementing and contributing so remember to factor these into your organisational plans
- If you have any questions – seek advice
- Don’t ignore – act now and get your plan in action

We are happy to run the awareness session again (subject to interest) which covers a lot more detail into the responsibilities of employers.

If you would like to register your interest to attend an auto-enrolment session in the future please email: training@mcrcommunitycentral.org
GRIPP – healthcheck your group

How healthy is your group?

Healthcheck your group today… it takes just 10 minutes with our free GRIPP tool.

GRIPP is a set of just five questions on each of the five areas that are common to all voluntary and community sector groups.

**Governance** – you have a group of people who look after the direction, development and legal responsibilities of the organisation

**Resources** – you have funding, contracts, partnerships, equipment or premises in place to enable them to get the work done

**Information** – you know your local area, who needs what and how to get things done

**Projects** – you deliver tasks and pieces of activity that when put together make up the overall work of the organisation

**People** – you connect with people, trustees, volunteers, staff, individuals, families, neighbours or friends: everyone in the community matters as no organisation can get anything done without people

At the end of taking the tool you will get a report based on your answers, which will also compare your results against other groups that have taken the healthcheck.

The healthcheck report will help you to prioritise the changes you need to make to strengthen and develop your organisation and find support to do this.

Visit: [www.macc-gripp.org](http://www.macc-gripp.org) to healthcheck your group.
Policy and Influence at Macc - Informing, engaging, and connecting Manchester’s voluntary and community sector to encourage creativity and bring about positive change

Mike Wild, Chief Executive

Doing Good and Doing Better – Business Citizenship

A lot has been written about the need for the voluntary and community sector to work with businesses: the idea of ‘corporate social responsibility’ is not new but often it ends up with the same kinds of stories: businesses donating raffle prizes, employees volunteering to paint the community centre and help with fundraising. As part of our Civil Economy work we looked at the relationship between ‘private’ and ‘social’ sectors and the extent to which businesses take responsibility for creating and supporting higher standards of living and quality of life in the communities in which they operate, while still being profitable. There is evidence that doing good can help businesses be more successful.

So we’ve started promoting an idea called ‘Business Citizenship’. We believe it’s possible to create more social good through collaboration. Rather than focusing on the transfer of resources (e.g. money) from organisations who seek to make a profit to those which don’t, what could we achieve if we worked differently and worked together?

Voluntary and community organisations are set up to address a specific issue: a need, a social problem or a gap not filled by either the private or public sectors. The purpose of such organisations is, ultimately, to seek not to be needed any longer. So we think there’s an opportunity to work with local business by building partnerships to solve old problems and create new opportunities.

The Living Wage campaign is a great example of the kind of tough question we need to ask ourselves. What would your organisation rather have: money put into paying staff a Living Wage or money donated to your work? Our Business Citizenship campaign is about encouraging local businesses to help voluntary and community organisations achieve their mission by changing the way they operate.

We’re creating new resources to help local businesses think through the things they could do to improve the quality of life for people in Manchester. The first of these is now available and focuses on employment and skills: http://bit.ly/1JmY8F7. If you have any suggestions or ideas to add, please let us know.

We also want to hear stories from voluntary and community groups about examples of successful collaboration with local businesses. If you’ve got a great story to share, please tell us!
Macc and Salford CVS hosted the Making Safer Communities Summit for voluntary and community sector groups, with guest speaker Tony Lloyd, the GM Police and Crime Commissioner (PCC) and interim Greater Manchester Mayor on 18 June 2015 in central Manchester. The idea for this collaborative approach between Macc and Salford CVS around crime and community safety first arose as a response to the riots of 2011.

The summit focused around three key areas of work, hate crime, child sexual exploitation and domestic violence. All organisations attending the conference were asked to summit case studies, relating to these areas of work. Macc and Salford CVS will work together to continue the work developed through the summit.

For more information about this summit and Crime and Community Safety work, contact Anna Tate, on 0161 834 9823, or email: anna@macc.org.uk.
Policy trends in the next year

Below are some thoughts on key trends that Macc’s Policy and Influence team have spotted during the last year that we think will impact on Manchester’s voluntary sector over the next year. It is not comprehensive so we apologise for all the really important and vital stuff that I’ve missed out. We wanted to capture the things we’ve been discussing as a team.

I’ve not included the most obvious trend which is that there will be less money, a lot less money, as we haven’t got anything new or different to say about it.

**The resistible rise of community development**

After many years in the political doldrums it seems that community work practice might be on the rise again. As public authorities seek to do more with less they look to people to help themselves. Community work skills are seen as a way of getting people to do that. Signs include training courses, increases in number of workers described as community workers (e.g. by housing associations) and references to assets. How long before someone realises that good community development is about community empowerment, not about getting people to do what a public authority wants them to do - which means more people making demands about what they believe their communities should be getting. Then the poor old community development workers will be blamed for failing to ‘control’ their communities and that will be the end of that.

**Integration and differentiation**

Maths is hard and a lot of people never really get integration: the assembly of lots of very small things into one. In this case we’re bringing together all the various health and social care services into one seamless, co-ordinated whole. There’s been a lot of talk, a lot of bits of paper, a lot of meetings, really, a lot of meetings, vast amounts of paper, oodles of talk. We’ve been at the meetings, we’ve read the bits of paper! Not sure what has actually happened. However, it may be the tipping point has been reached. One Team, a patch-based approach to delivering health and social care has been agreed. Central Manchester is working towards an actual reorganisation of urgent care. Everyone knows something has to happen, soon, very soon… preferably before the train crashes.

**When in the course of human events**

We’ve not actually declared independence yet but there are signs that we, the broad and disparate voluntary and community sector, are chafing at the ties that bind us, ready to tip the tea in the dock, put bugle to mouth. We’re seeing the development of strategic groups, collaborations, and the campaigning around the cuts. I’d like to think we had something to do with it: a confident and outspoken voluntary sector is how things should be.
Realistically, the dwindling importance of the public sector as a funder has probably played a big role in the changing dynamic. He that payeth the piper…

How can one measure the milk of human kindness?
The answer of course is through cost benefit analysis using appropriate evidence gathered in randomised control trials …or is it? The social value movement is gathering momentum. There’s a social value policy for the Greater Manchester Combined Authorities and a Greater Manchester Social Value Network. Lots of organisations are talking about social value and how they can maximise theirs. It’s a reaction to the short-termism and inefficiency of ‘driving down costs’ but will it get sufficient traction? It’s a rather more complex idea than cost-cutting.

Co-co production
Fooled you, it’s not happening, well only in rather small pockets. There are lots of things that are calling themselves co-production but they aren’t. In the main this is for one simple and straightforward reason, they don’t involve people who use services. What we are seeing is co-design with the voluntary sector, which is good, it’s just not the same as co-production. Public bodies know they need the voluntary sector and so they are making more attempts to include us, though often it’s a bit ham-fisted.

Grrrrreater Manchester
It’s such an obvious trend it’s hardly worth mentioning. Devo-Manc is everywhere and is going to solve practically everything in some rather undefined way. It’s a good thing, probably, but we’re not sure about having a mayor, even Tony Lloyd, who we quite like because we’re not sure what the role will actually do. Now we need to get ourselves organised at a Greater Manchester level and talk to people about how we can bring about the radical change that we couldn’t quite achieve at a local level. Will Manchester take over all the other local authorities? Will there be any local authorities left by then or will they all have run out of money?

Loadsamoney
What’s better than a ‘new’ idea? A ‘new’ idea with money attached. If you want to get heard then put some money on the table as Manchester public bodies are desperate for some. There have been three examples that we know about where non-Manchester organisations have offered money in return for longer-term take-up of services by a public body but there are probably others. Two were successful. To my minds this rather ignores all the ‘new’ ideas and money that existing groups in Manchester already put into their projects and services without a guarantee of future funding.

Nigel Rose, Strategic Lead Commissioning
The Community First funding programme was an £80 million government-funded initiative, running for four years until March 2015. The funding programme was set up to help communities come together to identify their strengths and local priorities in order to plan for their future and become more resilient through awarding small pots of funding to locally based projects to positively impact the local community.

The programme aimed to support local projects that improve the quality of life for local people, promote a sense of ownership and local opportunities and resources, start more neighbourhood groups and revitalise existing groups and introduce a new approach to funding projects.

Macc supported 13 Community First panels across Manchester for three years of the funding programme and supported eight panels for the last year. Each Manchester Community First panel was made up of members of the local community, who have a great deal of experience, knowledge and expertise and want to make a difference in their community.

Community First funding distributed a total of £712,110 awarded by 13 Community First funding panels across Manchester.
A variety of projects were funded including:

- A dementia café
- Social activities for isolated older people
- Homework clubs
- Young people football projects
- A road safety awareness garden
- Friends of parks group community days
- Mental health peer support group
- An intergenerational gardening group
- Activities for young people to divert them from antisocial behaviour
- and many, many more

On the 26 June, the Lord Mayor of Manchester, Cllr Paul Murphy hosted a thank you event at the Lord Mayor’s suite to celebrate the work of this funding programme and the many hours of time, commitment and knowledge the volunteer panel members provided to their local funding panel.

If you would like more information about the Community First funding programme, please visit the Manchester Community Central website: https://www.manchestercommunitycentral.org/community-first

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Mary Duncan, Health and Wellbeing Worker

VCS and Adult Safeguarding – building a stronger strategic partnership with the public sector

Since February we have progressed with the development of a Safeguarding Leaders Group to support representatives within Manchester City Council’s revised Safeguarding Adults governance structure. There has been a slight set-back in that the new Strategic Operational Group had its first meeting without us! There have been a lot of staff changes in the Council and therefore we are optimistic that this was an oversight on their part, and that we will have an invite to the August meeting.

Meanwhile the Leaders Group continues to collect safeguarding issues identified by the voluntary and community sector, including feedback from housing associations. Macc will forward a report on our concerns to the new independent Chair of the Safeguarding Board; Julia Stephens-Row, before we meet with her on 19 August. For more information email Mary at: mary@macc.org.uk, or Pauline at: pauline@macc.org.uk
Local news and events

Foster with Action for Children

Action for Children strive to give vulnerable children and young people the chance to have a childhood. The fostering service in Manchester uses the tried and tested Multi-dimensional Treatment Foster Care (MTFC). MTFC is an intensive programme that gives young people between the ages of 11-14 a chance to break the cycle of emotional and behavioural difficulties. There are three types of carers: model, short break and follow on carers.

Follow on carers provide placements for young people from their graduation from model placement until they are adults. Follow on carers receive 24 hour phone support, have their own supervising social worker and receive support from other members of the team. Intensive weekly training through courses such as nurturing attachments are available. Carer's receive £425 per week.

Foster carers come from all walks of life and backgrounds such as singles, couples, and retired people from all races, religions and cultures. If you’re interested contact 0161 707 8508.

Manchester Deaf Centre – Deaf Crew youth group

The youth group is every Friday 7pm to 9.30pm and provides:

- Games, DVDs, drama, sports, arts/crafts, Wii games, pool, table tennis
- Trips - bowling, swimming, cinema, food
- Meet new friends
- All staff/volunteers can communicate in BSL

The group is for:
- Age 8-19 years
- 6-7 years 2 hours only
- D/deaf, HH, CODP, siblings

For more information, contact Rachel Davies, Youth Leader, on 0161 273 3415, or email: Rachel.Davies@manchesterdeafcentre.com
**HOME: Manchester’s new venue for theatre, visual art and film**

HOME is Manchester’s new arts and entertainment venue for people from all walks of life to enjoy local, national and international cinema, theatre and visual art all under one roof.

As an educational charity, HOME believes that local communities play a key part in making the venue a destination for local people where they can experience and enjoy art and culture. So, as part of their engagement work at HOME, they are developing partnerships and volunteer pathways with Greater Manchester community-based organisations and front line service providers who are able to access a discounted £1 Inspire Theatre Ticket Scheme.

Funded by The Oglesby Charitable Trust, HOME’s Inspire Community Ticket Scheme helps to provide the discounted £1 theatre tickets to community groups and service providers.

For more information on how local community organisations and group leaders can book £1 Inspire Theatre Tickets for services users, contact 0161 212 3493, or email: communities@homemcr.org

**Finding HOME**

HOME is part of the new First Street area in the city centre, just behind the railway arches on Whitworth Street West. It is a short walk from Oxford Road, Deansgate and Castlefield.

Address: 2 Tony Wilson Place, First Street, Manchester M15 4FN

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**Volunteer with Victim Support**

Help support victims of crime in your community.

Are you warm and approachable? Do you have good listening skills or want to develop new skills? Greater Manchester Victim Support is currently recruiting for a variety of volunteer roles. Hurry ends soon (an enhanced DBS is required for support roles).

For more information contact: the Volunteer Team, on 0161 200 1953, or email: rhiannon.rutter@victimsupport.org.uk
Calling all dog owners and their four-legged friends...

St Ann’s Hospice, are busy preparing for their big Halloween Paws Spooktacular, and they’d love you to come along and be a part of it.

It’s a very special dog walking event, which is taking place on Saturday 31 October at the beautiful Heaton Park in Manchester. The event will open at 12noon with the dog walk starting at 2pm.

It’s a sponsored dog walk to raise money for St Ann’s Hospice, and all they ask is that dogs raise as much as they can in sponsorship.

The 5km route is suitable for dogs and owners of all ages, shapes and sizes, and there will be lots of activities, stalls and entertainment to keep owners happy, and of course a doggie fancy dress competition!

Taking part is easy - entry is charged at £15 per adult – kids and dogs go free.

The Paws Spooktacular promises to be a great day out for the whole family and is a fun way to support a truly worthwhile local charity.

For more information and to get involved, visit: www.sah.org.uk/paws or contact 0161 498 3631.

Peak District Challenge

The Peak District Challenge is an exciting trekking challenge based in the Peak District National Park (which can be walked or run), taking place on 18-19 September 2015.

There are four fantastic challenges to suit all abilities - 25km, 50km, 75km, and 100km.

This is a great charity challenge event easily accessible by Manchester by public transport, offering opportunities for charities to fundraise and raise vital funds for their causes.

It is still open for more participants, charity partners and volunteers to help run the event.

For more information and to get involved, visit: www.peakdistrictchallenge.co.uk
Socialise Drop In

In September 2013 Jackie Betney, a previous Care Manager for Manchester Learning Disability Partnership, opened up a drop in for vulnerable adults called Socialise.

Whilst working for and with Manchester City Council Jackie witnessed a lot of cuts to services for vulnerable people.

Socialise provides a safe, stimulating environment for vulnerable adults, they aim to provide a cheap alternative to families who have lost services or were seeking alternative day time support for their loved ones.

Socialise now has five part time employees and six volunteers. Socialise is not a registered charity but any profits go back into the group for equipment, materials and events. Socialise believes in keeping the costs affordable to provide a service to local people who are vulnerable. They now have over 40 registered members from ages 17 to 80 and provide a number of activities such as bingo, gardening, karaoke, arts and crafts, board games, cooking and educational courses.

Socialise is based at Higher Blackley Community Centre from 10:30am - 2:30pm on Monday, Tuesday, Wednesday and Friday.

Survivors for Survivors

Survivors for Survivors are a group of women, all with one thing in common – survivors of abuse. Survivors for Survivors are not therapists they’re just ordinary women who have found each other as they have all suffered from abuse, in some shape or form.

When: Wednesday’s 7pm to 9pm
Where: Churchgate House, 56 Oxford Street, Manchester, M1 6EU

Being a survivor can be extremely hard – especially on your own.

Knowing that you are not alone and being able to talk to other women with similar experiences can be comforting. This group is a way of being able to make that contact. The group meet up every week and you are more than welcome to join.

No commitment, just join when it suits you. The group is for ages 16+ and is free.

For more information, contact Clare Schilizzi, on 0790 666 7941, or email: cschilizzi@gmail.com
M9 ADHD Support Group

M9 ADHD Support Group, a charitable unincorporated association, came to Macc for support in February 2015. The group was at a crossroads decision regarding whether to remain and develop as an independent group, or become part of a larger, regional organisation.

With organisational development support, M9 ADHD Support Group was able to assess which option was best suited to the group’s aims and direction. As a result, the group decided that they wanted to remain as an independent organisation with a local focus and identity in North Manchester.

A series of support sessions and informal training on roles and responsibilities helped the group to understand what it means to be a trustee and what it means to be a charity:

“Everything was explained in a way that was clear and easy to understand”.

With support from an Organisational Development Worker the trustees defined their charitable objects and activities and were supported to develop and formally adopt a constitution. M9 ADHD Support Group is currently in the process of opening a bank account so that it is ready to apply for its first round of funding.

“As treasurer of M9 ADHD the support of Macc has been invaluable. Sarah assisted us every step of the way, helping us develop our constitution and allowing us to make informed choices on how our group runs.

The sessions we had were easy to understand and for any issues we had, support was only an email away. Cheryl has helped me particularly to brush up on my basic accounting for the group.

I had some very rusty knowledge but now feel confident in managing M9’s finances going forward. I couldn't recommend Macc more if I tried. Fabulous support and service. Thank you.” Jo
One of the best decisions M9 made was to get in touch with Macc for help. We are a new group, only 12 months old and we are run entirely by volunteer parents, none of which had any knowledge or experience on the governance and legal structure of running such a group.

Macc helped us by giving our group training sessions, helping us to understand the different options we had in terms of the future development of M9 and helped us to recognise the strengths we have as a community group and what we wanted to set out to achieve in the future.

Through Macc’s intensive support we are now in the final process of setting up a group bank account; our next step to apply for funding.

Thank you on behalf of all of our Members at M9.”

Two group members also attended Macc’s Community Reporters training and are really excited about making and editing their video which will be posted on the My Manchester site:

“Everything we had learnt in the morning we had to put into practice in the afternoon… [we] chose the subject that matters to us most (ADHD) and we managed to get 15 interviews, some of them were belters we was really chuffed.”
Janice Wilson a.k.a Jazzy J, has been doing youth and community work in Manchester for over 30 years.

She was first introduced to Macc as a third party referral from Manchester City Council. They were commissioning her to provide ‘Street Dance’ sessions to children with disabilities and their families.

This was going to change due to ‘personalisation’ – a new way to deliver support to disabled people, older people and carers.

Instead of directly providing services, such as home helps, local councils now give cash directly to individuals to make their own care arrangements.

The advantage of this is giving people choice, flexibility and control known through Direct Payments.

This meant Janice was going to need support to become an independent social business individuals could go to directly.

Along with the community dance, Janice had a vision of having a community gym where those who wanted a more personal space could work out with equipment that was suitable for all abilities.

With support from Macc Janice has now set up Tone and Trim Community Gym a registered Community Interest Company in Wythenshawe town centre.

Contact Janice for more details on 0161 437 8781.

Janice Wilson
“I like the personal, private atmosphere, it’s very relaxed. My aim is to tone up.”
Jacqueline

“I’m a local lad ex-services and because of my artificial pelvis I couldn’t do sit ups, but I can with these machines”
Mike

“I have learning difficulties and I want to lose weight for my own health”
Carl
“This is a special place for him to come and be encouraged”
Sylvia

“I’m 100% behind Janice, I was gutted when beach bodies finished but now I can come here to tone up”
Sheenagh
During the last quarter Macc ran a variety of training courses which included:
Trustee roles and responsibilities, Introduction to video, Are you fit for funding and Workplace pension auto-enrolment to name a few.

Over the summer I will be developing the training programme for delivery from autumn onwards which will include running most of these sessions again however I want to ask:

**What else as community organisations are you looking for?**

I will be working with the results from the training needs analysis and evaluations from training but would like to ask what training you as staff, volunteers, trustees need that will assist in the development of your organisation?

This is an opportunity to shape the training programme so please drop me an email: training@mcrcommunitycentral.org or telephone 0333 321 3021 to let me know.

In addition – it may be that you as an organisation run training that is relevant and open to members of the sector. If this is the case and you would like us to promote your opportunities by listing them on the training calendar on our website then please send us the details.

To view courses currently listed on the training calendar visit: http://bit.ly/1jVhL0x

Cheryl McAlister,
Training Co-ordinator

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**Finally don’t forget…. Learning Zone**

Licences for the e-learning platform are available and cost £18 plus VAT which gives access to over 30 e-learn courses.

E-learning is a great way to keep up to date with training, is cost effective in terms of time and money and can be completed at your own pace.

If you would like further information on what e-learn courses are available please visit: http://bit.ly/1pt4cCJ
Do you want your news / event included in our newsletter? Let us know by emailing: info@mcrcommunitycentral.org

Do you want your own copy of this newsletter?
If you’re reading this in a library or at another organisation and you would like to receive your own copy of the newsletter then email us at: info@mcrcommunitycentral.org