

# **Annual Review**

For the year 2016 to 2017



**Community Action  
Fareham**

Given at the  
AGM on 9<sup>th</sup> November 2017

The AGM agenda, minutes of last year's AGM, the abridged accounts are presented separately. If anyone would like a copy of the full Trustees Annual Report then it will be available on request or shortly on the Charity Commission website.

**Members of NAVCA (National Association for Voluntary and Community Association)**

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# Chair's Welcome

It gives me great pleasure to welcome you to the Annual General Meeting of Community Action Fareham. In July 17 I started as Chair of the Board of Trustees; I would like to thank, my predecessor, June Powell, for her time and enthusiasm over the years.

My background has been a career managing large laboratories in the UK, France and USA in both the private and public sector. I have experienced the need to lead through changes in funding and the need to restructure – so I come with a different approach and experience to many.

There has never been a greater need for the charity, with decreased public funds available, to adapt to the new environment. Otherwise we would not survive and be able to support local groups or people.

The world will continue to change and we must change with it. We have picked the topic of volunteering as the theme for this AGM as it is so fundamental to all our organisations. Recruiting and retaining good volunteers is vital for us all and we hope that in discussion today, we can share ideas and examples to benefit us all.

Our aim is that Community Action Fareham works in closer partnership with all our members; this meeting allows you to have your say.

I wish you an enjoyable and productive day.

Steve Irving  
Chair, CAF trustees.

# The Trustee Board

It has been an extremely exciting and productive year for the Trustee team at Community Action Fareham. We have welcomed several new members to our experienced Board and this has resulted in a diverse and comprehensive range of skills that we have been able to share with staff and volunteers, ranging from commercial finance and engineering to science, health and education.

Our Trustees bring a wealth of knowledge and understanding of the importance of effective strategic leadership and management to the work of our organisation.

This year we have been able to thoroughly audit our current position, via links with key stakeholders, and set a course for the continuing success and sustainability of Community Action Fareham in the light of national and local economic challenges.

Our very considered investigation and scrutiny have convinced us all that a merger with Community First is the decision that can secure the future of our organisation for our brilliant staff and volunteers, so that we can grow and continue to help and support even more people in our community.

We have worked extensively with the Chief Executive and senior leaders to ensure that vital systems such as communication, strategic business planning, appraisal, pay structure and staff development are robust and viable, so that we can proceed with the merger in the confident knowledge that we are bringing added value to the already highly effective organisation, Community First.

We, as a Board of Trustees, look forward with confidence and excitement to the next phase in Community Action Fareham's ability to serve our community.

# More than a wish for collaboration

The essence of any charity is to improve the quality of life for people; this has been in legislation for over 400 years but has existed in communities for millennia.

Community Action Fareham was set-up in 1985 by enthusiasts for cooperation; people from many different organisations, from small community groups, from registered charities, from social services, from the Borough Council, the Health Authority and more. The vision was that activists would see common threads running through all community needs and then share a cooperative response to those needs.

Community Action Fareham has been true to that original vision; we were pleased during the year to award the Les Ballard Memorial Award to Betty Richards for her outstanding contribution over many years for working hard towards this vision. Les Ballard was one of the original founders of Community Action Fareham in 1985 and was an active volunteer until he died after a short illness in May 2015. Now the charity and its members need a different mode of support to achieve their vision. The reports of our team in this review highlight the changes we have responded to.



The heart of our community action – across all organisations – is our volunteers, both as activists and as committee members.

It is two-fold:

**Their enthusiasm;** They see the local need and the benefit that will come from the groups' activities. Most of the time the work they do is enjoyable and rewarding. Sometimes there are challenges – thank you to all for seeing us through those challenges.

**Their capacity;** It seems that there are many more demands our on time, and so the national picture of fewer volunteers being available is also true in Fareham. However their capacity is more than just time, it's having the networks, support and knowledge that enables them to undertake the role properly without it becoming onerous. Community Action Fareham is pleased that it can help put volunteers in touch with each other and provide training and support for the role.

It's great that community groups continue to begin and develop; it's always in response to a need. We have the major development of the Fareham Men's Shed; inspired by seeing the idea in action in many other areas, including Gosport, then initiated through a survey and a public meeting. Our huge thanks go to the initial and current committee of the Shed who have made it happen. With over 40 members it is a substantial group. The benefit of the spirit and reality of collaboration is hugely evident; we thank Titchfield Festival Theatre for hosting the Shed; it is a superb example of mutuality.



Other groups have been helped to establish by Community Action Fareham: – the Beau Halo Trust – to support bereaved parents, and the Pals-Society to give young people with autism critically important practical experience in IT, so that they will be more confident in the workplace. Other groups have sought advice on changing their constitution to “bring them up to date”- this sort of change can be very important for maintaining the original vision and meeting local need.

We are delighted that the “Tea, Talk and ‘Tonk” afternoon club at Fareham North West Community Centre is continuing to grow. The high number of people joining shows the need for support in the area. Everyone was delighted to dress up when the Mayor came for afternoon tea! The club is supported by a member of staff from Community Action Fareham on secondment to the Community Association.



As you will imagine, fund raising advice continues to be sought, we have provided training sessions as well as one-to-one guidance and use of the *Trustfunding* index; despite austerity there is still funding available for projects.

The Voluntary Sector Health Forum is now completing its fourth year; we continue to bring topics common to all groups so that they can understand the changes and challenges in the NHS. We are delighted that the Clinical Commissioning Group, i.e. the local NHS, actively participates in the forum so that it is a two-way learning process.

You will read from the other reports that the community services continue to be in great demand and I thank the staff, team leaders and volunteers for their dedication to meeting the variable and changing needs of the services.

Our Volunteer Service Support Manager, Jennie has reported on her work. This has changed because of the funding arrangements but the demand has not decreased; the promotion of volunteering has been successful with a number of events. The coordinators of the volunteer-led services, i.e. the Car Scheme, the Gardening Service and Walking4Health, do superb and critically important work – we thank them for it.

Christmas is a time of peace and goodwill; hundreds more enjoy that spirit thanks to Jennie, Christians Together and the many volunteers who have put on the Christmas lunches; now in their 7<sup>th</sup> year in Fareham.

Throughout the reports in this review, we can see the enthusiasm for improving quality of life in our communities; all charities wish to do as much as is possible so that means seeing how we can work together and collaborate to enable the maximum public benefit. Community Action Fareham is delighted that we can make the formal merger with Communities First Wessex. This will enable community action in Fareham to be strengthened, using the best of ideas, skills and opportunities from across the larger charity.

Our board of Trustees, have played a most important part in helping us to this new point of action. On behalf of our staff, volunteers and members I thank them for enabling our community spirit to be more than just a wish for collaboration.

Paul O’Beirne,  
Chief Executive



# A Year in the Volunteer Centre



## In-house volunteering and Supported Volunteering

Hampshire County Council recognises the value of the contribution made by volunteers to its nursing homes and day services as well as the benefits of volunteering for people with a support need. I join the two task force groups working to develop a consistent approach to volunteering in these areas. County staff are offered training in volunteer recruitment and on-going support.

**March 2017:** Students from Brookfield school spend a day volunteering at Hawthorne Court nursing home, Sarisbury Green. “The students were all great and interacted really well with the residents.” Says Jayne Dowsett, Activities Coordinator

Fareham is seeing an increase in requests from support workers for help finding volunteering placements for supported volunteers. This always begins with a face to face chat to help establish the most appropriate route to volunteering for each person. Approximately 40% of interviewees disclose a support need on application such as physical disability, mental illness, sensory loss or learning difficulty. The stats show the placement rates for supported volunteers.

Sep 16 - Mar 17	Total
Enquiries	25
Interviews	22
Referrals	32
Placements	14

The HCC Family Support Services **Innovation** volunteering strand continues following restructuring in December 2016. The Fareham and Gosport cluster has been meeting its targets for volunteer recruitment in the four youth work roles. We continue to work with the Volunteer Coordinators for the expanded East Hampshire patch to support the service.

**September 2016: The Christmas Day Lunch 2016** development group meets to plan the 7<sup>th</sup> annual lunch. Due to the popularity of this event, we decide to start a second lunch to be held in North West Fareham community centre. Over the two venues we serve 82 guests with the help of more than 50 volunteer cooks, helpers and drivers. Generous donors including the Monday lunch club, LeadStream, Right at home (Funtley), St Johns Church Locks Heath, Eaton Ltd and many individuals, ensure that no one goes home empty handed.



“A very big thank you to you and your wonderful volunteers who made what would have been a cheerless day into one to remember.”

**October 2016:** Suella Fernandes MP visits the **Fareham Men’s Shed** and is really impressed by the great work the members have done so far.

**January 2017:** The Shed’s first AGM is held and the committee sets out ambitious plans for the coming year. Community Action Fareham helps them secure funding from Co-op and the Masons, while the sale of donated equipment boosts their funds even more. Members are looking for opportunities to get involved in community activities to support groups and individuals.



**October 2016:** the Volunteer Centre and Training department attend a Fareham Job Centre 'Meet the Provider' event to speak to Work Coaches about the support we can offer to job seekers.

**December 2016:** Community Action Fareham marks Local Charities Day with a Christmas fair in Fareham Shopping Centre. Suella Fernandes MP joins us to 'Shout From The Rooftop' about local charities.

**January 2017:** We had a stall at the Apprenticeship Fair at Ferneham Hall offering youth volunteering opportunities in Fareham.

**1<sup>st</sup> March 2017:** The Spring into Action fair gives local people the chance to try out activities and find out about clubs and volunteering opportunities to help them keep active. It is well supported by local voluntary groups. Volunteers from Fareham Community Link help us all to keep fit to music and visitors arriving by Dial-a-Ride enjoy a seated exercise class.



**June 2017:** We choose Carers' Week to put on our 'Who Cares? We Care' event. A combination of caring and carer support groups, Know Your Blood Pressure testing and CPR demonstrations help local carers and those they care for to feel supported. Dep. Mayor Cllr Chris Wood meets local groups and throws himself into every activity.



Thanks to the donation of chocolate eggs from our regular supporters at Eaton Aerospace, our helpers go home with a treat.

**June/July 2017:** Continuing our good connection with the Head of Citizenship at Brookfield School, Sarisbury Green, I deliver a further 3 sessions on volunteering and community action to year 10 students.

Fareham is an active member of the Hampshire Volunteer Centre Network, a supportive forum for CVSs to exchange ideas and encourage collaborative working across the county. In this spirit of support I put on a volunteer recruitment workshop in Portsmouth for groups from across SE Hants on behalf of the Portsmouth volunteering development team.





**Fareham Voluntary Car Scheme** covers 1050 trips to hospital appointments during the year. Many passengers tell us they don't know how they would manage without us. Our volunteers aren't just drivers, they really care about their passengers and offer company and reassurance at an often anxious time. At the Driver meetings in October and June, we celebrate the commitment of our long-standing volunteers, presenting them with bronze pin badges from the Good Neighbours Network for 5 years'

service. Many of our drivers have been with us from the start in 2010. We welcome new drivers Robert, Brian and Morag.

**Fareham Walking 4 Health** has almost 200 active walkers and offers 30 varied walks a month.

**September 2016:** The management of the new Holly Hill leisure centre welcomes our plan to start a new regular walk there.

**November 2016:** Walking for Health, public health and the local CCG are very interested in our plans to introduce healthy walks starting in every GP surgery. Westlands in Portchester has been very successful.



**December 2016:** After holding promotional events during autumn 2016, Walk Leader Judy launches a Friday morning Holly Hill walk.

**June 2017:** I train 6 new volunteer Walk Leaders and, with support from Judy, new Walk Leader Louise launches the Titchfield Tuesday walk from Jubilee GP surgery.

**July 2017:** We send out our impact survey to walkers. Over 90% of respondents tell us that Fareham Walking 4 Health has helped them feel fitter and more socially connected.



New demand for the **Gardening Service** slows as the season draws to an end in October and picks up again in March. We are still giving regular support to more than 185 clients and despite taking on 7 new gardeners this year the service runs at a stretch to meet demand.

Throughout the year I continue to attend the Better Local Care Frailty team meetings to discuss the voluntary sector contribution to the local health service strategy for supporting people identified as frail.

And finally .....

Betty Richards, volunteer and good friend of Community Action Fareham celebrated her 90<sup>th</sup> birthday this year.

**June 2017:** Betty is awarded our prestigious Les Ballard Memorial award for outstanding volunteering contribution in Fareham for over 50 years as a volunteer.



# Community Action Training

As part of the voluntary group support team, our aim is to provide a variety of quality courses and workshops for charities, voluntary organisations, social enterprises, individuals and businesses. All courses are delivered by qualified professional trainers who have an understanding of the voluntary sector.

We deliver a wide range of accredited and non-accredited courses including: Risk Assessment; Bid Writing; Fire Safety; Fundraising; Safeguarding; Managing and Retaining Volunteers; Trustee Training; First Aid; Community English; MiDAS and many more. The majority of our courses are delivered by fully-qualified in-house trainers.

From September 2016 to August 2017 we delivered over 64 courses training over 320 individuals.

## MiDAS (Minibus Driver Course)

This is a nationally recognised qualification that is required by many local authorities. It sets a good practise standard for passenger minibus drivers. We delivered over 23 courses training over 70 drivers ranging from paid staff, volunteers from community groups, schools and colleges.

Groups we have aided include: Autism Hampshire, Enable Ability, Locks Heath Communicare Association, Eastleigh Good Neighbours, Botley Neighbour Care and GADSAD. This has enabled them in turn to help local people get out and stay connected to their communities..

## Community English

Our Community English courses are for people who speak english as a second language. Pupils come from all over the world not just Europe.

Many of our students are highly skilled professionals, who due to the language barrier struggle to find employment at their level. These courses give pupils the confidence to communicate and connect with others, while gaining skills enabling them to contribute to the local community.



## Working Closely with others

We work closely with other charities and organisations to deliver training that has been specifically designed for their needs. Our highly qualified in-house trainers are able to work with groups to develop bespoke courses. We have built a strong partnership with Age Concern Hampshire delivering 10 courses for their staff members this year and expect to grow that relationship in the coming 12 months.



# Sharing our Administrative Expertise

I am Michelle Addis, most of my work as the Administration Manager includes looking after the facilities, reception, and most importantly the Payroll, Book-keeping and preparing the Management Accounts. This is carried out with the valuable support from Laura our administration assistant.

To assist local voluntary groups we share our resources and expertise with our members. We do this because there are few groups that have the time to develop these specialist services themselves or who can afford to purchase them from a commercial organisation.

We have extended this efficiency measure by operating these services with other CVSs like us across Hampshire. During the last year we have supported groups with the following services:

## Payroll Services:

9/10 outside groups resulting in between 73 and 108 workers being paid each month.

## DBS Checking:

42 outside groups resulting in 594 checks for both volunteers and paid staff.

## Scrutiny of Accounts:

4 outside groups' accounts were undertaken.

## Hire of our Meeting Rooms:

We have hired out our meeting rooms to 18 groups over the past year, totalling 309 lettings. We have a large conference room and two smaller meeting rooms. Most of our room lettings are to regular customers and we offer discounted rates to members.



## Equipment Loan:

Various equipment has been hired out to 12 groups over the past 12 months, including laptop, projector, display boards, badge maker & P.A system.

## Internet Domain Registration & Hosting:

We assist groups by hosting web domains and sites for 16 local organisations.



## Fortnightly E-Newsletter:

This is sent out to 700 email addresses with useful information on funding, upcoming events and local news.

## Feedback: *We love to get feedback to understand how we are doing. Groups have said...*

*'You're a lifesaver'*

*'Thanks for sorting this out for me'*

*'The display boards we hired were perfect for our event, thank you'*

*'Projector hire for my meeting was much cheaper than others I used in the past'*

*'The main meeting room has air-con which was much needed for our meeting in the summer, would definitely book the room again'*

*'The meeting room we used was one of the cheapest I have found in Fareham'*

*'The display boards were great for our presentation, we came into the office and the staff showed us how to put them all together'*

*'We needed DBS checks done for our volunteers, it was quick to register and we now use you for all our DBS checks'*

# Community Transport and Dial-a-Ride

My name is Gavin Rowe and I am the manager for the Dial a Ride and Community Transport Group Hire Schemes in both Fareham and Gosport.

The Dial a Ride is a semi-scheduled bus service that offers a door to door accessible bus service for individuals that are unable or have difficulty using public transport.

The Dial a Ride service has had 11500 passenger trips and 1300 wheelchair trips over the last year with 900 users in Fareham and Gosport.



The Community Transport Group Hire scheme offers a larger vehicle for groups to increase their mobility and reduce social isolation in both boroughs. We also run three school contracts for Hampshire County Council.

Community Transport has 47 different groups using the service with 13650 passenger trips over the last 12 months.

We recently competitively bid for both the Fareham and Gosport group hires schemes, incorporating four vehicles and lots of new user groups with the support of Gosport Voluntary Action. There has also been a lot of work on how we can work collaboratively with

other organisations to maximise resources.

## Customers Comments:

“Dial a Ride means I can get out, meet friends and shop, I also make friends on the bus. The drivers are all so very kind and helpful. I would be lonely without DAR and look forward to it each week.”

“What would I do without you, the only way I can get out! Everyone is so very kind and helpful.”

“May I say what a blessing this service is to me. Fridays are the highlight of my week! Thank you very sincerely Gavin and your staff!! And to all the lovely drivers who make my Fridays very special, god bless you all”.



# Fareham Shopmobility

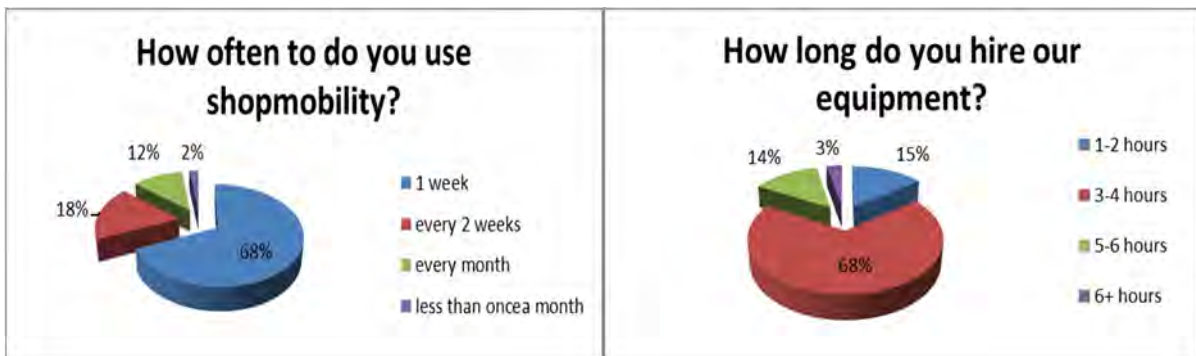


My name is Jessica Wooldridge and I manage Fareham Shopmobility Carers & Disability Centre.

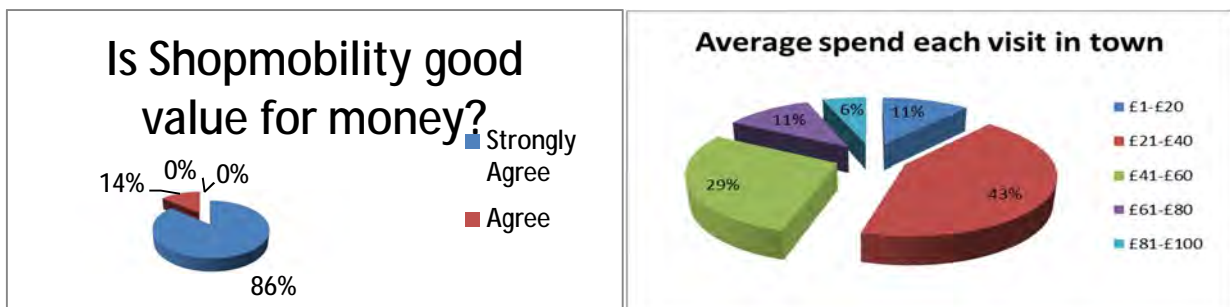
We have a wealth of information and signposting available to support people to remain independent and informed. We also have mobility scooters, power and manual wheelchairs for hire. These can be either for local access or taken away for longer periods.

We work closely with 12 other Shopmobilities and our annual Wessex membership includes them too! I am honoured to have 12 loyal volunteers & 1 part time employee who support our service and provide such amazing customer service. At present, we have around 500 annual Wessex members and 130 casual registered users.

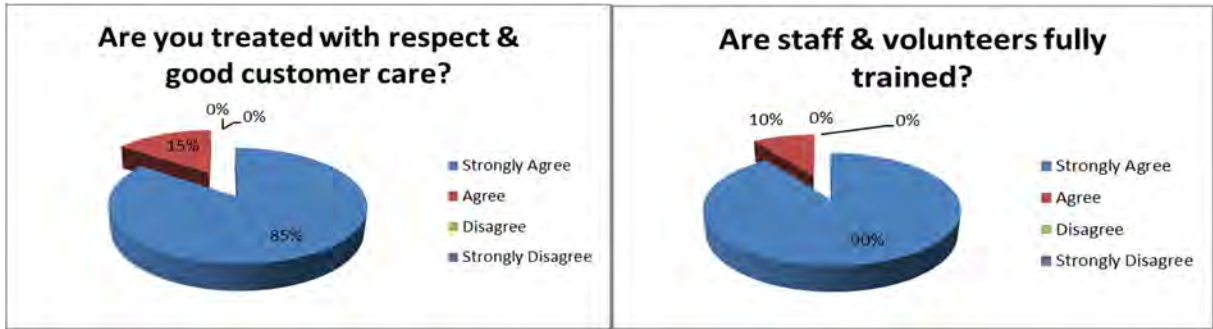
To enable us to know just how we are doing we randomly asked 100 customers to complete a survey for us this summer. We received 95 responses. We were thrilled with these responses and would like to share some of them with you.



*...I don't know what I would do without it. The people are lovely and I feel safe and secure here.*



*..without it, I would not be able to do my shopping, as I have no one to help me..*



I feel that the Service is very much needed, and all the staff are very friendly, helpful and informative —



Everyone is so helpful & kind  
It gets me a day out which I would not have normally

I would be unable to shop in Far without the mobility scooter, I find staff so friendly & helpful



We realise that times may be tough for many people and always try to help out wherever we can by offering good old fashioned excellent customer care. We fund raise continually and are amazed at the constant support of both our customers and members of the public. We also help out by offering Hearing Aid batteries to those who have NHS Hearing Aids; we support the poppy appeal and the U3A in their photographic competitions. By working with others and doing what we do best, we are proud to be part of Community Action Fareham.

# Home Help Service

I am Jean Petter, the Co-ordinator of Fareham Home Help service. Gail, Jayne and I, arrange Home Helps for clients who are unable to do their own housework.

We recruit Home Helps, who work as self-employed; carry out initial visits to clients; set up the service and liaise between clients and Home Helps, who go to each client on the same day and time each week. The service helps clients to remain living in their own homes and many who are alone look forward to that weekly visit.

We have 338 clients supported by 86 Home Helps, receiving a total of 544 hours of service per week. 75 of the clients are two person households so we are helping 413 people. When applicable we inform clients of the other Community Action Fareham services.

In June, Gail and Jayne and some Home Helps attended a Virtual Dementia Tour training session, where they were able to experience what it is like for a person with dementia.



A few of our clients have no family at all. One lady in particular was really struggling and needed additional help and was referred to Adult Services for support.

Occasionally Home Helps, concerned about a client, need to call for an ambulance. This happened when a Home Help found her 91 year old client to be particularly poorly. The paramedics said she needed to go to hospital but the lady would only agree to this if her Home Help went with her, which she did and she also visited her the next day. Sadly she died but afterwards we received this email from her son:

*“Hi Jean, Thank you. I came down on Tuesday and have just returned home. I gave (HH name) a call and we sat down and had a good long chat, a few tears and a lot more laughs. I could not really thank her enough for what she did. An absolute gem. Thank you once more to you all, for you made life so much easier for me, being far away, always helpful and caring...bless you all. Kind regards John”*

In recent months we have recruited more Home Helps in order to increase capacity to be able to take on more clients and currently have Home Helps with spare time available in most areas and we plan to further increase our Home Help and client numbers.

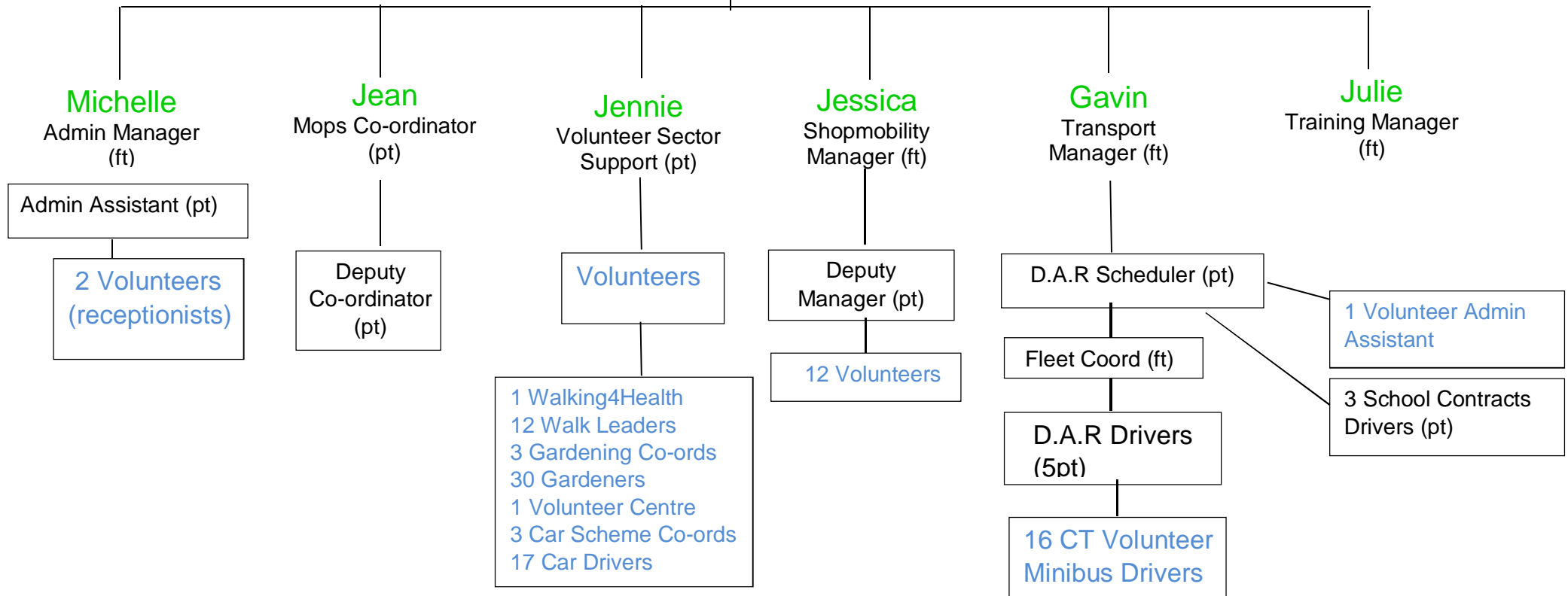


# Organisational Structure

The members of the Charity are its 'Owners'. They get their say at General Meetings. However, the ethos of 'Council for Voluntary Service' is more inclusive than that, involving partner organisations and small community groups that have not yet joined.

**Community Action Fareham**  
 Members of Charity  
 Board of Trustees  
*currently 8 trustees*  
 Chief Executive  
 Paul O'Beirne (ft)

Trustees are usually elected from the Membership but can be co-opted by the board during the year. They are responsible for governance. The trustees employ paid staff and volunteers to achieve the aims of the Charity.





# Members of Community Action Fareham

We have 148 members of the charity. Membership is open to any voluntary or community organisation that operates in Fareham.

We can also invite commercial organisations to become associate members.

2 <sup>nd</sup> Fareham Sea Scouts	Friends of Hawthorne Court
5 <sup>th</sup> Fareham Brownies	Friends of the Homeless (Fareham & Gosport)
Abbeyfield (Fareham) Society Ltd	Friends of Wallisdean Infant School
Action for Families Enduring Criminal Trauma	Friends Through Pain
Alzheimer's Society – Hants, IOW and the Channel Islands	Friendship Club (Fareham)
Associated Wizards of the South	Girlguiding Crofton District
Autism Hampshire	Gosport Active Group for the Visually Impaired
British Red Cross (Disability Aids)	Gosport (Privett)Townswomen's Guild
Cancer Research UK	Gosport & Fareham Friends of the Earth
Catholic Widows & Friends in Retirement	Green Christian, The Parish Ecology Link
Catisfield Memorial Hall	Groundwork Solent
Catisfield Village Association	Hampshire Equality Group
Chrysalis	Headway Portsmouth, South East & Hampshire
Churches Together in Fareham	Help in Bereavement
CIS-ters	Henry Cort Community College
Citizens Advice Bureau Fareham	Highlands Hub
Crofton Community Centre	Hill Head Residents Association
Crofton Day Trips	Holy Rood Church – Church of England Stubbington
Duke of Edinburgh Award (Fareham)	Home Fayre House Social Club
Eye Contact	Home Start Gosport & Fareham
Family Lives	KIDS Family Centre
Fareham & Crofton Cricket Club	Knowle Youth Project
Fareham & District Model Railway Club	Kroma
Fareham & District Society of Model Engineers	League of Friends of Ravenswood House
Fareham & District Sports Association for the Disabled	Life Education Centres (Wessex)
Fareham & Gosport Diabetes UK Group	Lincoln Sheltered Housing
Fareham & Gosport Lipreaders	Lions Club (Fareham)
Fareham & Gosport Young Carers	Lions Club (Swanwick)
Fareham College	Little Angels Pre-School
Fareham Community Church	Live Art Local CIC
Fareham East District Scout Council	Locks Heath Communicare Association
Fareham Fairtrade Borough Working Group	Locks Heath Community Association – Memorial Hall
Fareham First Responders	Locks Heath Free Church
Fareham Good Neighbours	Lockswood Active 60s+ Group
Fareham Methodist Church	Lockswood Community Centre
Fareham Music Festival	Lockswood Indoor Petanque Academy
Fareham Musical Society	Marriage Care
Fareham Stroke Club	Melvin Jones House
Fareham West District Scouts	Meon Valley Carers Group
First Wessex	Merry Hall Nursing & Residential Care Home
Friday Night Club	Moresby Social Club
Friends of Fareham Community Hospital	Multiple Sclerosis Society

Friends of Fareham Museum	Muscular Dystrophy UK
National Childbirth Trust	St Paul's Church, Sarisbury
Open Sight	Step by Step
Our Saviour Lutheran Church	Stroke Club (Portchester)
Pals Society	Stubbington & Hill Head Voluntary Care Group
Parish Church of St Peter & St Paul	Stubbington Fayre Committee
Parish of Holy Trinity Church with St Columba	Swan Court
Parkinson Disease Society Fareham & District Branch	Taking Steps
Paulsgrove Friendship Club	Tea & Company
Portchester Community Association	The Bereavement Centre
Portchester Voluntary Care Group	The Fareham Society
Priory Park Community Hall	The Fisguard Association
Priory Park Toddler Group	The Girl's Brigade – 1 <sup>st</sup> Fareham
Rainbow Centre for Conductive Education	The Moving on Project
Relate Portsmouth & District	The Portchester Society
Revitalise	The Royals
River Aid	The Solent Diabetes Association
Rotary - Fareham	The Urban Vocal Group
Rotary - Fareham Meon	Titchfield Festival Theatre
Salmiakki CIC	Trinity Pre-School
Sarisbury C of E Junior School	Victory Court Residents Association
Sarisbury Green Community Centre	Wallington Village Community Association & Hall
Sarisbury Green Pre School	Warsash Over 60s Fellowship Club
Sarisbury Parish Rooms	Warsash Residents Association
Sarisbury Sparks FC	West Paulsgrove Scout & Community Assn
Silver Tops with Brendon Care	Whiteley Community Association
Solent Fuchsia Club	Whiteley Pre-School
Solent Laryngectomy Club	Whiteley Saturday Club
Solent Speakers	William Randal Cremer Trust
Soroptimist International of Gosport, Fareham & District	Women's Institute - Warsash
South Hampshire Branch Hearing Dogs for Deaf People	Y Services for Young People
Southampton Scrapstore	
SSAFA Forces Help	
St John the Evangelist, Church of England (Fareham)	

## Fareham Stroke Club

Fareham Stroke Club continues to meet every Friday afternoon at the W.I Hall, Oak Road, Fareham from 2.30pm until 4.00pm. (Doors open at 2.00pm)

We average 30 members at meetings and have 40 members on the books.

Members come from Fareham, Locks Heath and Stubbington. Some members live in their own homes with family, others live alone or in rest homes. Although some members come with their own transport we are very dependent on Community Transport with wheelchair facility to bring in less mobile members. We give our heartfelt thanks to all the volunteer drivers who not only drive the buses, but who are so helpful to the members they are bringing. We also thank Gavin, The Co-ordinator, without whom we would not be able to find suitable drivers – he does work magic on our behalf.

We thank all of our volunteer helpers who meet the members, serve tea & coffee and assist on our outings. We thank Rachael, Elaine, David, Pam, Sue, Marilyn and Samantha for their continued help.

We always try to have a varied programme – suitable for both men and women. We have craft sessions, exercise sessions, quiz and game afternoons including skittles and horse racing. We have talks, entertainment and pottery painting sessions, as well as outings to the Wheelhouse, Crofton Pub for skittles and Lysses Hotel for a cream tea. We have cake and a very small glass of sherry on a member's birthday. We decorate a Christmas Tree for the Methodist Church Tree Festival and we were the Judges Choice in last year's festival winning a £50 donation to our funds.



It is worth mentioning that the club is run entirely by volunteers. We depend on donations and fundraising to meet the costs of transport, hall rental and speakers. We are very grateful to Mrs Shirley Henderson who runs a stall on our behalf at the Monday mini-market, held at the Methodist Church.

We hold information leaflets from the Stoke Association to whom we are affiliated. We are also affiliated to Community Action Fareham and thank them for their

continued support, and to Michelle Addis for typing our end of year accounts.

We look forward to celebrating the Club's 30<sup>th</sup> Birthday next year and have already started planning the new programme! We welcome new members to the club and of course volunteers are always more than welcome!

Lynda Young

## Fareham Fairtrade Borough Group

As always, this year has been another good year and we have continued to work on keeping Fairtrade (FT) alive in the Borough of Fareham. Thank you to all those who contribute to this work.

Our Fairtrade status was renewed in November 2016 with some very encouraging comments from the FT Foundation about our aims and what we are doing.



Our Action Plan shows that we are still having an impact, and raising the awareness of FT, in many areas of life in the Borough of Fareham:

### **1. Continue to work with Fareham Borough Council (FBC) to increase their support and commitment to Fairtrade:**

Our relationship with FBC remains good with support coming from various Councillors including:

Pam Bryant who serves on our committee and provides helpful insight and access to the Council.

Sean Woodward, Leader of the Council, who continues to support and encourage us.

The Mayor and Mayoress, who came to our stand during FT Fortnight and actively engaged with the public.

Good conversations with Councillors when we did a display before a full FBC meeting in April.

### **2. To build on the successes with national retailers by encouraging independent retailers to embrace Fairtrade more:**

We need to keep up the pressure when and where we can – always ask about FT when you don't see it available and compliment and encourage when it is offered.

We need to focus on Sainsbury's again as they are moving away for FT certified tea and creating their own Fairly Traded range.

We continue to be well supported by the local Co-op stores.

### **3. Engage with the community and develop links with other organisations:**

We have done loads in the local community from joining in and promoting FT at other organisations' events, to planning and running our own.

We supported Christian Aid week by buying Divine mini-bars for the collectors to give out in the town and at the station – this was very much appreciated!

Our decision to offer FT prizes at events is going down well and keeps the FT profile high.

We had another very successful Fairtrade Fortnight with various displays and promotions in the borough.

### **4. To nurture the next generation in tuning into Fairtrade:**

We have continued to offer activities and events for youngsters in schools, and in the uniformed organisations across the borough.

We have been invited into several schools to include FT in their topic work.

The FT Group at Fareham Academy continues to be active.

We are increasing the number of occasions when we give away FT chocolate to youngsters (e.g. Advent calendars and FT Easter eggs)

**5. Continue regular meetings and grow the committee:**

We continue to meet regularly to plan events and share ideas and successes.

**We do need to recruit more members! Could this be you?**

Thank you again for your on-going commitment and hard work. Let's keep it up!

Rachel Hicks, Chair

chair@fftb.org.uk

www.fftb.org.uk

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**Fareham & District Sports Association for the Disabled  
(F.A.D.S.A.D)**

Sports and social activities for people with disabilities.

Promoting sport as an integral part of a disabled person's wellbeing.

Mondays we have dry sports at Portchester Community Centre from 7.30pm and at Fareham Leisure Centre, 8pm – 9pm on Wednesdays, plus many more social events.



Contact: Rosemary Titcombe

Tel: 01489 584 171

Email: Malcolm.titcombe@hotmail.co.uk

## Fareham Good Neighbours

Imagine that you are unable to leave your home unaided because of a disability. Then imagine that your relatives and friends live a long way off and each day apart from a quick visit by a carer and maybe meals on wheels, you see no one to talk to all day long. **How lonely and isolated you would be!** This is the situation for **many hundreds** of people living in Fareham today.



Fareham Good Neighbours aims to alleviate the loneliness of people who live alone and are unable to readily leave their homes for social contact. We currently have 55 volunteers who are visiting over 70 people in the Fareham area. With an average of one visit each, every 10 days, that amounts to nearly 2,500 visits in a year!

We are always ready to welcome new volunteers



Our volunteers do not provide care, nor shopping, gardening, cleaning nor transport **but are there to be a friendly contact with our clients.** Each volunteer is assigned to one (or two) people and unless circumstances change, they stay with that person.

A few of our volunteers take their client out for social outings, such as shopping or to a garden centre for coffee. This very much depends on their own circumstances and the abilities of their client.

This year will be the eighth year that FGN has worked closely with Community Action Fareham to provide a **Christmas Day lunch** for people who would otherwise be on their own on Christmas Day.

**Contact: David Cockshoot 07756 864961**  
[www.facebook.com/FarehamGoodNeighbours](http://www.facebook.com/FarehamGoodNeighbours)

## Christians Together in Fareham

CTiF brings together congregations of many different traditions (Church of England, Roman Catholic, United Reformed, Baptist, Methodist, Lutheran, Community Church and Quaker) in shared witness and service to our town. In Fareham as in other places, Christians play an active role in civic life and the voluntary sector, both through the churches and as individuals, and we aim to support and enable that to happen.



A flavour of some of the things that we do or support:

- Befriending and helping asylum seekers who have to come to sign on at Fareham police station.
- Serving homeless people and others in difficulty, through Friends of the Homeless, the Basics Bank and the Lunch on Sunday project.
- Fareham Good Neighbours befriend people who are unable to get out much.
- We ran a very successful summer holiday club for primary-school age children, and a Christingle-making stall in Fareham Shopping Centre in the lead-up to Christmas.
- Christian Aid and the Fareham Fairtrade campaign.
- Active engagement with the plans for Welborne and other developments.

We welcome everyone to take part in our activities. To find out more, please visit our website at <http://christianstogetherinfareham.org.uk>, or contact Rachel Hicks (01329 312895 or [chair@christianstogetherinfareham.org.uk](mailto:chair@christianstogetherinfareham.org.uk)).

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## Friends of Fareham Community Hospital

Plans for the expanded use of FCH have been progressing throughout the year, culminating in the recently-opened Fareham Primary Care Service, offering same-day access to GPs.

The Friends have also been increasing their activities, starting a second Memory Group on Monday mornings for dementia patients and their carers. Their Monday afternoon Group continues, as does their manning of the phone line making appointments for blood tests. They have also begun an Information Service (open Mondays and Wednesdays from 9.30 am to 12 noon) for patients at the Hospital, helping them to access the latest information on the support available for a variety of conditions.

The Friends bi-monthly evening talks have been well-attended, and have included discussions on finding support for care at home, diabetes, help for those with hearing difficulties, and chronic obstructive pulmonary disease. Plans are in place for next year's talks. The flowerbed at the Hospital entrance has been cleared and planted up by the Council's Fareham in Bloom team, and will be kept tidy by Friends volunteers.

The Friends are most encouraged by the opening of the Fareham Primary Care Service, and have been happy to help fund some of the equipment required. They look forward to further projects, and to helping this expansion in any way they can.

## Fareham Musical Society

Fareham Musical Society (FMS) is now in its 34<sup>th</sup> year, performing in Fareham. We perform two musicals each year at Ferneham Hall and two other non-musical shows; usually a comedy and a thriller. We hire the Hall on more occasions than any other organisation. The intention is to provide high quality entertainment at a reasonable cost, which can be particularly beneficial to those unable to travel to or afford to pay for expensive professional shows elsewhere.



We have approximately 80 members from whom our committee of ten is elected annually. With a fully staged musical costing up to £30,000 to produce, the committee have to strike a balance when choosing what to perform between certain crowd pleasers and less popular shows of great artistic merit.

To develop the confidence and skills of children and young people we run a summer school for a week in August and have an active Youth Theatre for which no audition is required,

This year we were delighted that our founder and greatest supporter Betty Richards was the recipient of the 2017 Les Ballard Memorial Award for her outstanding volunteering contribution in Fareham.

In addition to our members we have volunteers who assist us behind the scenes and chaperones who supervise and safeguard the children at rehearsals and when performing. We are proud that we are one of very few societies to which the County Council has delegated responsibility for approving chaperones and applying the legal requirements.

We believe that we provide a good service to the local community, protect children well and help develop adults and children alike through their involvement in team performance. To prove the point six brave men had the confidence in September last year to bare all at the end of *The Full Monty!*

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## Solent speakers

Welcome to Solent Speakers, Fareham & District's award-winning, public speaking practice club. Our mission is to enable members to become accomplished speakers and leaders.



We are a volunteer-led club, having been a member of Fareham Community Action since 2005. Founded in 2003, our club has enabled more than 350 club members to become accomplished speakers and leaders. Their success has earned diplomas issued by Toastmasters International, the parent organisation to which we are affiliated. Our 'graduates' role is to help by mentoring newcomers, thereby completing a virtuous circle.

Newcomers come from a wide range of backgrounds professionals such as trainers, counsellors, health practitioners, financial advisers, technologists, and a range of services encompassing government, industry social services and voluntary organisations. This width of background enriches the club's atmosphere.



The club has regular fortnightly meetings, twice-a-year contests for impromptu speeches, story-telling, speeches and inspirational speeches. Also, we have workshops focussed on speech techniques and tips for reference.

Our meeting agendas provide for humour and laughter, making our meetings enjoyable.

Our meetings are held on the first and Tuesdays (7:30pm-9:30pm) at the Lysses House Hotel, North Street Fareham. Car Parking is available at rear of the Hotel (and free) in the opposite Civic Centre.

Guests are welcome to attend free for 3 meetings. Thereafter, the half-yearly member fee is £27 which covers venue hire, Toastmasters International membership fee, monthly magazine and stationery.

For further information: Steve Brookfield email to [familybrookfeld@gmail.com](mailto:familybrookfeld@gmail.com) by telephone on 07770 872 749 or visit [www.solent-speakers.org.uk](http://www.solent-speakers.org.uk)

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## **Portchester Community Association CIO (PCA)**

A year of volunteer support in the Portchester Community.

2016/7 has been a very busy year for PCA and everything achieved has only been possible through the hard work and dedication of our volunteers, our most valuable asset.

As a Community Association we support many causes which help to benefit the whole of the Portchester community.

What have we been up to in the last 12 months

**March 2016** Clean for the Queen in partnership with Fareham Borough Council Street Scene Team and volunteers from Fareham in Bloom cleared and planted the beds in the south car park, painted seats in precinct and general tidy of all planted beds, supported by Andy Pandy Preschool children and volunteers from PCA.

**May 2016** PCA supported a local Scottish Piping Band to play in the Precinct to raise funds for the public access defibrillator.

**June 2016** Portchester Gala – A brilliant event for all of the community with 80 volunteers working tirelessly throughout the day and many days before. Ranging from organising licences to close roads and raffle tickets, volunteers to marshal the parade, selling raffle tickets, parking, and managing the English Heritage Portchester Castle Gala site. Funds raised provide the Christmas tree and lights for the Portchester Precinct.

**September 2016** Macmillan Coffee Morning – A band of volunteers organised the sale of cakes and refreshments to raise funds for Macmillan in partnership with Sharon Idre older persons keep active clubs.

**September 2016** Portchester Fun day 2016 – Raising funds for a public access defibrillator, working with the Portchester Traders Association coordinating and managing the event our volunteers provided children's activities including, toy tombola, hook a duck and face painting. The day raised funds to match a grant to install a community access defibrillator now outside the Portchester Hub.

**November 2016** PCA volunteers marshal the Portchester Remembrance Parade

**December 2016** Christmas tree and lights – PCA volunteers install lights and the Christmas tree. Licences and insurance are provided on behalf of Portchester Traders Association. PCA organise “Switch on” event an hour of entertainment including local schools, St Marys Church and community groups providing carols and entertainment. Volunteers shake collection buckets alongside members of Portchester Society who hand out free mince pies. Funds raised volunteer bucket collections go towards following year’s tree.

**PCA** have paid for and trained three volunteers to be MIDAS drivers in Portchester which can be used for PCA sections and by other local charities such as the Stroke Club.

**PCA Volunteers** have produced and launched Portchester Remembered 1938 -1948 book and is now available at Portchester Hub.

**Community Action Fareham** organised volunteers from the National Citizen Scheme to help **PCA volunteers** to clean up and rejuvenate the Precinct car park flowerbeds. Street Scene Fareham Borough Council provided gardening equipment and 21 bags of garden waste was collected.

**Andy Pandy Preschool** volunteers assist with walking visits to Portchester Library the park and local shops

**Members of our Paradise in Portchester (PIP)** Section volunteer at Wicor Primary School to upkeep their community gardens. They have even appeared on BBC Gardeners World Portchester Petanque section of PCA offer an open afternoon term time to Wicor School children, they provide tuition and support for young people.

**Volunteers** – Our retail bookshop is dependent on volunteers, who handle enquires and also help run our variety of weekly groups. Including: Art Classes, Badminton, Borrowers Toy Library, Crafty PIP, Fit and Fun Lunch Club, Job Club, New Age Kurling, Paradise in Portchester (over 50’s group), Petanque, Computer Club and Toddler Group.

Portchester Community Association truly is a place where ‘Volunteers make it happen!’



# Contacts for Community Services

Volunteering	<a href="mailto:enquiries@farehamvolunteers.org.uk">enquiries@farehamvolunteers.org.uk</a>	01329 223154
Community Transport	<a href="mailto:ct@farehamaction.org.uk">ct@farehamaction.org.uk</a>	01329 223152
Dial-a-Ride	<a href="mailto:dar@farehamaction.org.uk">dar@farehamaction.org.uk</a>	01329 223151
Home Help	<a href="mailto:homehelp@farehamaction.org.uk">homehelp@farehamaction.org.uk</a>	01329 223144
Shopmobility	<a href="mailto:infoshopmobility@farehamaction.org.uk">infoshopmobility@farehamaction.org.uk</a>	01329 282929
Gardening	<a href="mailto:gardening@farehamaction.org.uk">gardening@farehamaction.org.uk</a>	01329 223140
Car Scheme	<a href="mailto:vcs@farehamaction.org.uk">vcs@farehamaction.org.uk</a>	01329 231899
Walking4Health	<a href="mailto:enquiries@farehamw4h.org.uk">enquiries@farehamw4h.org.uk</a>	01329 223142
Training	<a href="mailto:training@farehamaction.org.uk">training@farehamaction.org.uk</a>	01329 223155

# Contacts for Support for Groups

<b>Governance check</b>	help4groups@farehamaction.org.uk	01329 223154
Got it Right – simple quality award Committee Skills Model Policies		
<b>Training</b>	training@farehamaction.org.uk	01329 223155
Midas Make Every Contact Count Trigger Tool First Aid – a 2 hour Basic Emergency Response course is available Health and Safety support Safeguarding Using Social Media		
<b>Fundraising support and use of Trustfunding</b>	help4groups@farehamaction.org.uk	01329 223154
<b>Back office</b>	admin@farehamaction.org.uk	01329 223147
Payroll DBS checks Equipment – Projector, Badge maker, video camera Display Boards Independent Scrutiny of Accounts		
<b>Community Minibuses</b>	ct@farehamaction.org.uk	01329 223152
<b>Promotion in e-Newsletter</b>	reception@farehamaction.org.uk	01329 223157
<b>Promotion of Volunteer Vacancies</b>	enquiries@farehamvolunteers.org.uk	01329 223154

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