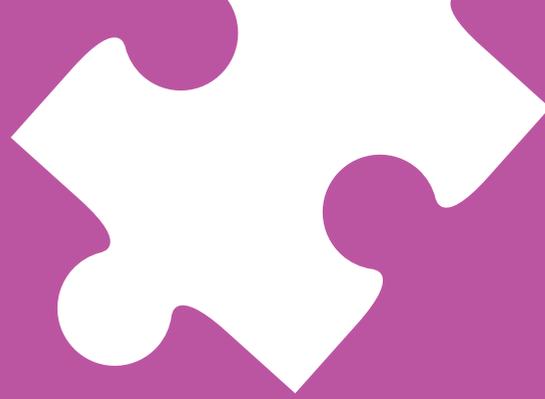


ANNUAL REVIEW 2018



WHO WE ARE



STAFF

Clive Emmett
Richard Corby
Jacqueline Davies
Agnieszka Korfel
Mark Ropkins
Sarah Eley

Chief Officer
Business Manager
Funding & Information Manager
Community Builder
Green Matters Project Lead
Dragons Apprentice
Challenge Project Lead

BOARD OF DIRECTORS

Chris Barrett
Cllr Eric Hicks
Doug Mason
Pamela Sharp
Gill Butterworth
Cathy Gooding
James Taylor
Clare Morris

Chairman



Val and Ann CVSU Volunteers

PRESIDENT

Rt. Hon. Kemi Badenoch MP

VOLUNTEERS

– WITH SPECIAL THANKS

Chis Noakes
Val Wheatcroft
Caroline Pannett
Sophie Wigan
Pat Churchill
Ann Sadaghiani
Sebastian Southcombe
Shaun Wheeler



Trustees and Patron Kemi Badenoch MP

CHAIRMAN'S REPORT

Chairman Chris Barrett



I am pleased to report that 2018 was another successful and eventful year for CVSU, despite the continuing challenges facing all voluntary sector organisations.

We continue to promote the thriving voluntary & community sector in Uttlesford, through the events we arrange and support and the different forums and networks where we are active participants. We continue to provide advice and a wide range of services, ranging from information on fundraising opportunities, or advice on good corporate governance and strategy, through to financial management, data protection and even assistance with the development of websites.

In addition to core infrastructure services, we deliver a variety of projects which are outlined in this review. We are proud of the quality of our work on all of these initiatives and of the very real benefits being delivered to some of the most vulnerable members of our community.

As CVSU becomes a larger and more complex organisation, we took the decision to strengthen our board this year and are pleased to appoint three new trustees with experience across business, the health service and public sector more generally. We are already benefiting

from the fresh ideas and enthusiasm, which they bring to our organisation. We would also like to thank Carol James, one of our longest serving trustees who recently retired from the board.

This was also the year in which we said goodbye to our President, Sir Alan Haslehurst. Sir Alan has been involved with CVSU from the outset and we shall always be indebted to him for his many years of encouragement and guidance. We are also delighted that Kemi Badenoch, who succeeded Sir Alan as MP for Saffron Walden, has also agreed to become our new President.

Finally, we are as ever grateful for the core funding which we receive from Uttlesford District Council and Essex County Council. None of our achievements this year would have been possible without their support and without the commitment shown by our excellent management team and staff and our growing number of enthusiastic volunteers. We are indeed fortunate to work with such a wonderful team of people.

A FEW WORDS

Chief Officer, Clive Emmett



As an organisation, 2018 has been a year in which we have adapted and grown to meet new challenges and demands. We have continued to provide our core business activities by supporting the local voluntary & community sector to thrive and attract new funding, but in addition, we have developed a number of new projects that support local needs through our Community Builder & Green Matters Community Gardening pilots, as well as moving into new areas of provision that fit with national agendas.

Loneliness & Isolation is a particular concern. It affects many people within our communities both young and old and can contribute to mental ill health and poor physical health. We have become increasingly involved in addressing this issue both at a strategic level and more importantly at a practical level. We take the view that connected communities are places where loneliness is reduced and so are raising awareness within our district of how it can be tackled from within. We have focused this year, on initiating local events and projects that bring people together.

Digital technology is another area that we have become involved in

over the last year. It is apparent that this technology supports our public health & wellbeing agendas, as well as areas such as independence and community connectedness. We have again been operating strategically in this arena with the 'Digital Boomers' programme and also at a practical level by raising awareness of its benefits and supporting the installation of technology in the homes of local people living with dementia. We recognise the potential benefits digital offers and have equipped ourselves with the knowledge to play a part in this emerging sector.

CVSU has adapted to the ever increasing expectation being made of infrastructure organisations, but what continues to drive us forward is the diverse and committed VCS and the partnership working which supports people in Uttlesford. We are extremely optimistic about the coming year and what can be achieved by the VCS that serves this unique area of Essex.

“Thank you for the wonderful service you provided in helping us set up Acehounds”

Elaine Sheppard – Acehounds

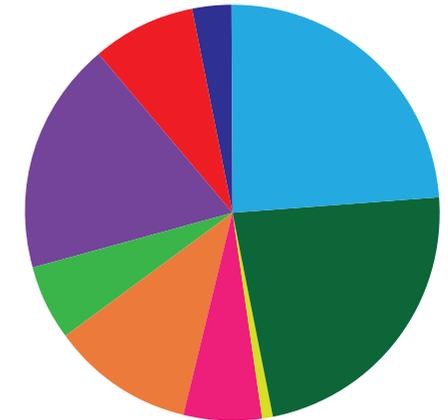
FINANCIAL DIRECTOR'S REPORT

Chris Barrett

The analysis of our income in 2017/18 is shown in the pie-chart. Our unrestricted income, which comes mainly from the ECC and UDC grants, increased from £74,308 to £75,770 as a result of a modest increase in the funding we receive from Uttlesford District Council. At the same time our restricted income, which is mainly generated through the named projects, increased from £46,158 to £66,988

Despite continuing close management of our costs, expenditure in 2017/18 grew faster than revenue, from £76,863 to £88,026. As a result our unrestricted funds at year-end reduced from £47,180 to £34,924. This last figure is equivalent to 4 months of core expenditure, which is in line with our agreed Reserves Policy.

The most significant variation in expenditure is in payroll costs. The largest part of this increase results from the creation of the new post of Finance and Administration Manager, now the third member of our senior management team. We are already seeing the benefits of this appointment in more accurate forecasting (which is vital when we are bidding for contracts) and



CVSU INCOME 2018

- Uttlesford District Council **24%**
- Essex County Council **23%**
- Other Income **1%**
- Building Management Income **6%**
- Community Sheds Project **11%**
- Frontline Project **6%**
- Green Matters Project **18%**
- Community Builder Project **8%**
- Winter Warmth Project **3%**

improved financial and management information more generally, plus the capacity it gives us to offer some additional services to the organisations we support.

With this new structure in place, we feel confident that we will be able to manage the expected significant increase in our project activity in 2018/19.

We would like to take this opportunity to thank our principal funders, Uttlesford District Council and Essex County Council, for their continued support.

KEY FACTS

800

twitter followers

149

people receiving monthly
Funding Bulletin

3

new Sheds in
development

New website

launched

Dementia Café

launched

Shed Inside

launched

**Weight
Management
Scheme**

launched

Farmers Café

launched

WHAT WE DO

Council for Voluntary Service Uttlesford (CVSU) is a charitable company with over 30 years' experience of supporting the voluntary sector.

We are very proud of the contribution the voluntary sector makes to the lives of people in Uttlesford and we work with these groups, providing a range of specialist services and advising on issues such as funding and governance. We also represent the sector at a strategic level.

We also continue to develop new projects when we identify gaps in provision. These include a gardening project, shed projects, dementia café, farmer's café and various community building initiatives.

"I would definitely recommend Uttlesford CVS to other organisations as I feel that they have a wide depth of understanding local needs and have the knowledge and expertise to be useful and inspire confidence"

Rosie Juhl – Buffy Playbus

Website Building

A number of small voluntary and community groups have asked us about help with websites. As a result, CVS Uttlesford is now pleased to offer help with building websites for small charities, start-ups and community groups.

GREEN MATTERS



This year we successfully launched Green Matters, a gardening project aimed at vulnerable, elderly and disabled residents in Uttlesford, who have lost control of their gardens.

These gardens will be fully or partially reclaimed during a visit from our team. Our gardener Mark Ropkins is helped by a number of volunteers to take back control of the garden, with the aim of improving local resident's health and wellbeing, and to reduce the risk of trips and falls.

Our aims are:

- to reduce loneliness and isolation;
- to have a positive effect on mental health and wellbeing in our community;

- increase a sense of connectedness to the local community.

Once we receive a request for help, we arrange for our gardener Mark to come and meet with the garden owner. He assess what needs to be done and agrees with the client the tasks that we are able to complete.

Funding allows us to work three days each week – normally on a Wednesday, Thursday and Friday. If you know someone who would benefit from Green Matters then please get in touch.

Green Matters is funded by Uttlesford District Council and Essex County Council Local Service Fund & Community Initiatives Fund).

COMMUNITY BUILDER SCHEME



Nationally 1 in 5 people are presenting to their GP's due to loneliness. With this in mind, we decided to pilot a Community Builder project. Community Building is an important approach to creating and/or strengthening the connectedness of our existing and new communities. We recognise that this concept is an extension of the work we already do and decided to take a proactive role in delivery.

Community Building supports neighbourhoods to thrive, increase their connectivity and develop local assets in the form of people and places. As a Community Builder, you place yourself within communities, acquire local knowledge and identify opportunities, key people and locations such as buildings and spaces that can be brought together to enable unrealised, community lead, activities to thrive in the simplest of ways.

Our community builder, Aga Korfel, has worked in partnership with others, to both rejuvenate existing activities as well as starting new projects. Initiatives include, Farmers Café, Elsenham Café, Elsenham Lunches, Volunteer Week Celebration, Shed Inside and Takeley and Stansted Tea Parties.

The second element of the South Uttlesford Community Builder Pilot, funded by the West Essex CCG is to focus on the over sixty fives who are presenting to their GP's due to loneliness and a lack of connectivity. The community Builder has one to one sessions with individuals who would benefit from engagement that is more social and supports that individual to become more involved in activities outside their home.

We are very encouraged by the outcomes and impact this pilot has made so far. We are therefore intending to grow this approach by acquiring further funding to support its spread across the whole of Uttlesford, as well as raising awareness in the local Voluntary Community Sector of how this approach can be adopted and delivered more widely.

OUR WORK THIS YEAR



UTTLESFORD FOODBANK

Foodbank is designed to help families in crisis by providing free emergency food until appropriate agencies are in a position to help. As well as receiving food, the client will be directed to further help and support if required.



Uttlesford Foodbank is delivered by a team of volunteers and there are 4 food collection points in Uttlesford; Saffron Walden, Thaxted, Takeley and the Community Hub in Dunmow – which is the collection point that CVSU manages.

In Dunmow this year, we have distributed 141 food parcels. August and September were the busiest months and benefit delays was a recurring theme for clients collecting food.

If you wish to donate food to the Foodbank, you can visit the website and see which items are most needed.

www.uttlesford.foodbank.org.uk



FRONTLINE

We continue to provide the administrative and technical support for Frontline with lead organisation Uttlesford Citizens Advice.

Frontline is a web-based system that allows both front line workers such as GP's & community nurses as well as individuals, to find out what health services are available and make a secure referral to a local service.

Access is now also available via a professional or public facing App on both IOS and Android. Public terminals which host the app are also available in the Dunmow Community Hub and local GP surgeries.

Frontline referrals continue to increase. There are now 213 Uttlesford services listed on the system and in the last 12 months there have been 734 referrals made.

www.uttlesfordfrontline.org.uk

**FIND
LOCAL
HELP
EASILY!**

OUR WORK THIS YEAR



COMMUNITY SHEDS

The purpose of the community shed is to create a comfortable environment where those attending can meet, find peer support, networking opportunities, and participate in individual or group projects. Although open to anyone, we particularly encourage men to attend, as research indicates some sections of the male population feel socially isolated.

Our community Sheds programme continues to be very popular and we now have – or are in the process of having, sheds in Barnston, Little Canfield, Harlow, Saffron Walden and Radwinter. The sessions run weekly and each Shed will have its own range of activities – decided upon by the shed members.

Dunmow Shed Inside

The Shed Inside is an addition to the Shed project and is aimed at those who would like the shed experience but are perhaps not able enough to visit an outdoor shed. Those attending the indoor sessions socialise and play board games, every 2 weeks.

DEMENTIA CAFE

DEMENTIA CAFÉ

The Dementia Café opened in the Hub this year and is managed by a team of lovely volunteers.

People living with dementia are invited to come along with their partner, carer or family member and talk/be together over a drink and snack. We talk about anything relating to life with dementia, as well as other matters that may help with daily living, such as gardening tips, fire safety in the home and first aid.

We have visiting professionals who can answer dementia-related questions, and help people navigate their way through a number of issues. For the future, we plan to offer dementia friendly outings, such as cinema, music/theatre or other ideas café goers may have.

The Dementia Café runs on Mondays, from 10.30am to 12.00pm, at the Uttlesford Community Hub.



DRAGON'S APPRENTICE CHALLENGE



The Dragons Apprentice Challenge is a community initiative linking students from local schools and colleges with local businesses and charities.

Teams of students, typically between 16 and 17 years old, are given £100 seed capital, are matched with a local business professional (Dragon) and paired with a local Charity Partner.

They have 4 months to come up with a business idea, make it happen and report on it. The aim is for teams to turn their £100 into £1000+ through executing a single or series of business ideas. All profits made by the teams are presented directly to their chosen charity.

In April we celebrated the end of our first intake of Dragons Apprentices

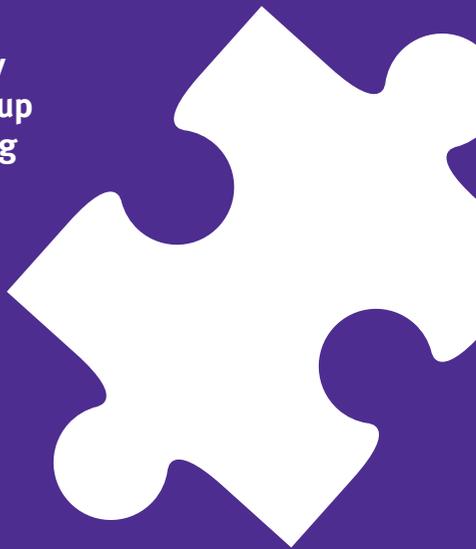
with an awards evening in Saffron Walden. Our teams of apprentices joined us for an evening of reflection, faced our “Super Dragons” panel and then following a buffet celebration, we presented our Awards across six categories: – Most Money Made, Most Innovative Product, Service or Business Idea, Best Partnership with your Charity, Outstanding Apprentice Achievement, Best Presentation and finally Overall Winning Team.

Dominic Parry (below), founder of The Saffron Ice Cream Company as our guest speaker, who gave our young apprentices and insight into the challenges and rewards of running your own business.



“Clive steered both myself and my business partner towards setting up a CIC, helping out with the wording and the application process”

Jenny Lynn – Get Diggin It CIC



WE WOULD LIKE TO THANK OUR FUNDERS

- * Uttlesford District Council
- * Essex County Council
- * West Essex Clinical Commissioning Group



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Funding Newsletters at
www.cvsu.org.uk/funding-page/

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