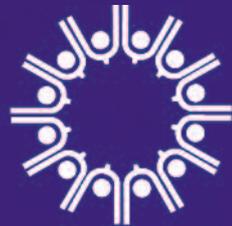


3VA



Supporting Voluntary Action across
Eastbourne, Lewes District and Wealden

Annual Report 2017-18

SHARING
KNOWLEDGE

BUILDING
CONNECTIONS

FINDING OUT
ABOUT
OTHER
PROJECTS

Lots of
great
Services

Fabulous
elderly
engagement.

cheme
oolkir.

Thriving
Service.
Raise awareness

Thriving
Community
Centre. comm.
Cafe.

Limited
resources.

FINANCIALLY
SOUND

COMMITTED
VOLUNTEERS.



**Supporting
voluntary action
in Eastbourne,
Lewes District
and Wealden**

From setting up a new group
to bringing people together
to make and grow communities
we're here for you

Talk to us today and find out more
www.3va.org.uk
info@3va.org.uk
01323 635000



About us

3VA supports voluntary action in Eastbourne Borough, Lewes District and Wealden District in East Sussex, providing advice, services and other support to more than 500 member organisations, working with them, statutory organisations and individuals.

Our vision

Communities that value all their people and enable them to achieve for themselves and others.

Our mission

Supporting community groups, voluntary organisations and individuals to improve the quality of life.

Our values

The voluntary sector is driven by its values to work for social good. It can provide space, opportunities and freedom to join with others to take action and make change.

Where we work

We work directly in Eastbourne, Lewes and Wealden to support local voluntary action, strengthen volunteering and community development.

We work across East Sussex - in partnership - to enhance volunteering, the voice of the voluntary sector and the strategic role of the voluntary sector.

NAVCA Quality Award

We proudly hold the NAVCA Quality Award, a vigorously assessed national quality mark for Councils of Voluntary Services awarded by our national body NAVCA.

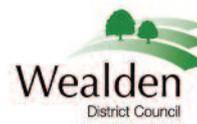
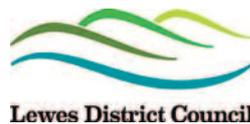


Structure, governance and management

The charity is a company limited by guarantee governed by its Memorandum and Articles of Association. The trustees, who are also the directors for the purpose of company law, and who served during the year were:

Gary Walsh (Chair) (Elected January 2017)
Dr Joerg Bruuns
Andrew Holter
Priscilla Kendall
Byron Stevens (Resigned August 2017)
Chris Strutt
John Trainor
Alan Wenham
Rachael Wood (Elected January 2018)

Funders



Welcome to 3VA's annual report for 2017-18

At 3VA, our mission is anything that supports and develops local community organisations and local communities and in 2017-18 we have been very busy!

As an example, I wanted to highlight the newly formed community networks, run jointly with East Sussex County Council, have really begun to show their worth. The groups that attend them tell us they value the opportunity to make contact with other organisations, share information and work together for the benefit of their communities. These networks have provided interesting insights into what needs and assets out there and the variety of solutions that exist.

Throughout the year we continued to support new and emerging groups. Across all three districts there is a sizeable number of entrepreneurial individuals who are prepared to tackle emerging needs and issues in new and innovative ways. Most of them are local people with passions, professional skills and ideas they want to contribute in their community.

It is hardly necessary to say that many of the groups we work with are facing financial challenges and, for some, an increasing workload as statutory services are withdrawn or reshaped. It is heartening to see the voluntary and community sector respond to these challenges with its usual vigour and energy.

However, we are well aware that the sector is going through some difficult times and that we need to ensure that the support we offer to organisations is relevant and timely, particularly for the small and medium sized groups characteristic of East Sussex. With this in mind, during 2017-18, we have done a number of things including reviewing our training programme to make sure it is up to date, investing in a new course on project management, experimenting with making some training free, revamping our website, and trying out ways of linking up businesses and communities through added social value.

A big thank you to our trustees, staff and volunteers for working so hard and making the year so successful.

I hope you enjoy reading this brief review and would be pleased to hear any feedback.



Adam Chugg, CEO



Highlights of 2017-18

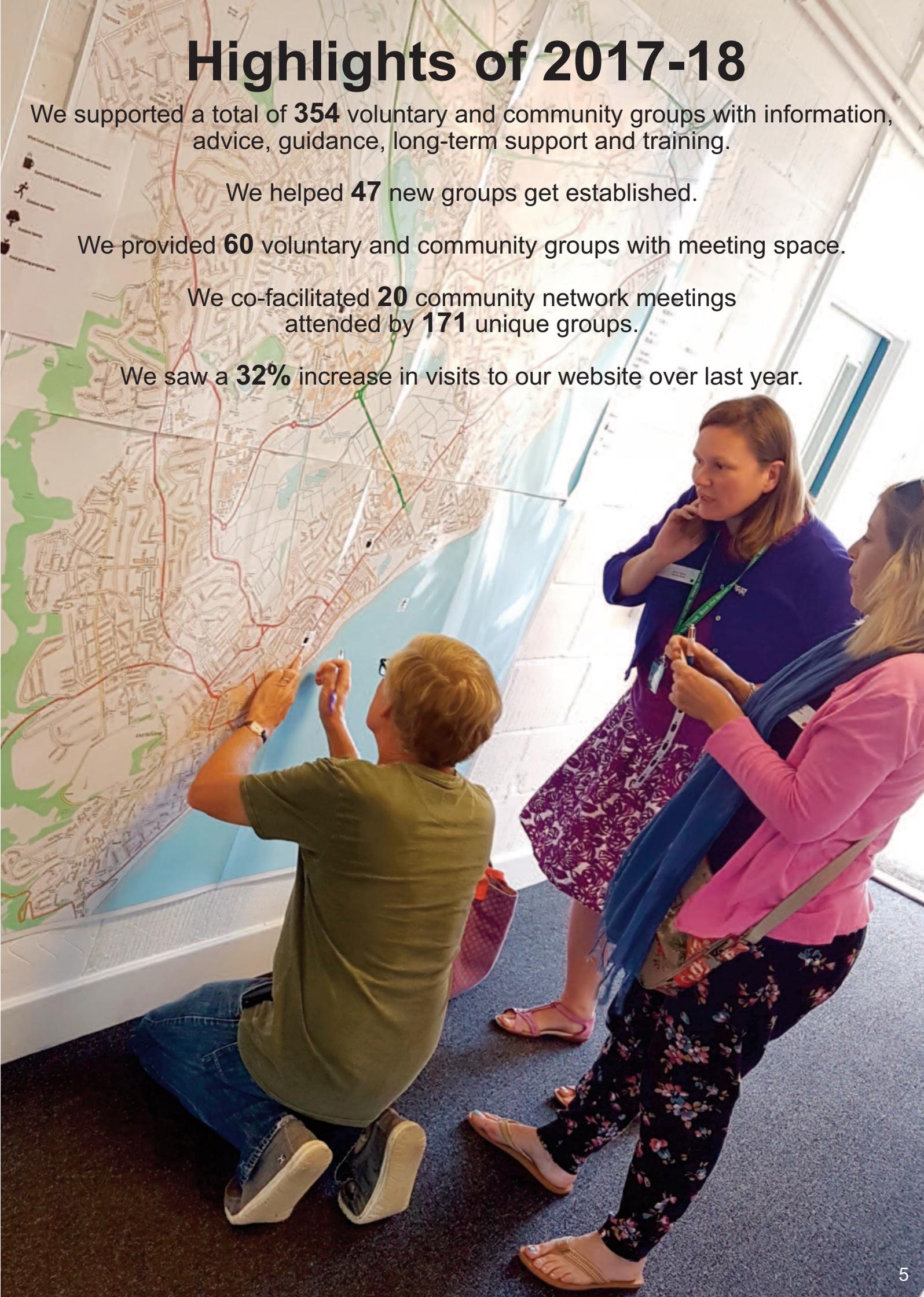
We supported a total of **354** voluntary and community groups with information, advice, guidance, long-term support and training.

We helped **47** new groups get established.

We provided **60** voluntary and community groups with meeting space.

We co-facilitated **20** community network meetings attended by **171** unique groups.

We saw a **32%** increase in visits to our website over last year.



How we made a difference

Community networks

Community networks, organised jointly by 3VA and East Sussex County Council, are meetings where the voluntary and community, statutory and private sectors can meet and learn from each other, explore ways of working together and design how we can all be more involved in local conversations and plans in the future. There are a total of eight across East Sussex, five of them - Eastbourne, Hailsham and Polegate, High Weald, Lewes and the Havens, and Seaford - in 3VA's area.

What we have learned from the community networks

The majority of groups attending networks identify themselves as working to tackle social isolation, so it is not surprising that this has been a theme across most of the networks. How each network has tackled this issue as a topic reflects local interest and practice.

In **Wealden**, the High Weald Community Network explored different models of good neighbour schemes that exist in the area, shared information and good practice and were invited to think how they could implement aspects of the models within their own communities. Access to services continues to be a priority, focusing now on transport solutions for local communities. We are supporting the development of a pilot scheme for local transport solutions aimed at improving access to existing transport hubs.

In **Eastbourne**, there are many arts and cultural community groups providing opportunities for people of all ages to participate in activities to support wellbeing, ranging from crafts and music to painting. We are looking at how they can be best supported as a group and what peer learning opportunities they can positively respond to. We are also seeing a similar increase in environmental initiatives - including food growing - seeking advice and help to establish, gain influence locally and access funding.

In **Lewes District**, emerging needs include support for older people and those with dementia, activities for young people, and mental health. In Seaford, the network has developed an intergenerational response with a life stories project and a community garden, as well as a befriending project.

Training

Our training programme is developed using participant feedback, requests from the community networks, a membership survey about priorities and through one-to-one meetings with staff. The programme is discounted for 3VA member organisations and we have experimented in delivering more free training. For example, we ran two free seminars on the new data protection regulations so that groups of all sizes could access advice. During the year we also launched a new course, Project Management. Designed in four modules, it leads participants through the process of planning and executing a project including fundraising, budgeting and planning tools. It incorporates an asset-based approach of identifying needs and creating solutions based on existing assets and has been highly evaluated by participants.

Information sharing

We have kept over 2,000 contacts in touch with local and national developments through our weekly e-Newsletter. In conjunction with the website, this is one of our most important ways of sharing information with local voluntary and community groups. We also revamped the website, making it more user friendly and attractive. We continued to make use of social media and have seen the number of Facebook and Twitter followers increase.



Community space and office services

We manage and maintain a small community hub, offering meeting and office space to local community organisations. We take care of all the visitors who come to use the community meeting rooms and interview room throughout the year, as well as providing secretarial services such as photocopying. The building and outside space has continued to be maintained and developed, all on a miniscule budget and much of the work has been done by clients of the Probation Service.

Strategic work

We represent the sector on a number of strategic groups, 14 in all, including the East Sussex Better Together Community and Personal Resilience Planning Group, the Connecting4You Programme Board and the Seaford Locality and Planning Group. This means building strong leadership and operational and strategic visibility within each of the districts within our sector, as well as with local councils and NHS partners, attending strategic meetings and ensuring that the interests of the sector are heard. We also chair the Wealden Strategic Partnership, which brings all sectors together and has resulted in stronger partnership approaches to a range of issues from economic development to Universal Credit.

Social value

We have worked with Wealden District Council to pilot and implement a new approach to the maximisation of social value. We acted as a coordination point between local businesses, the local authority and local community groups. This has successfully increased local social value around developments in Horam and Uckfield and provides a model for future practice.

Charity mentoring

In partnership with East Sussex Lieutenancy, we have developed a project whereby a team of expert mentors provide focused leadership support to local community and voluntary organisations.

Case study

Lewes Dementia Action Alliance: Towards an alliance!

It's always a challenge to bring together different stakeholders, but we have supported the development of Lewes Dementia Action Alliance (LDAA), partly through a small grant from Lewes District Council.

Initially, much of our work focused on helping the new group to articulate what its aim and objectives should be and how best to achieve them. We also wanted to enable each stakeholder to clearly voice their interests and maximise their involvement.

Supported by 3VA, regular meetings of the LDAA were held. We sourced venues, took and mailed out minutes and supported the group to raise its profile by becoming involved in community events like the 'Every Kind of People' festival held in May at Lewes Football Club. Through these efforts, more people got involved and, as time passed, it emerged that the LDAA wanted to raise awareness about dementia across all sectors in Lewes District. 3VA proactively assisted the LDAA to identify partners from the private sector and the group's success in involving a range of partners has contributed to successful events such as dementia-friendly film screenings at The Depot cinema in Lewes.

In order to sustain activities like awareness-raising sessions and community events, the group quickly realised that, in addition to voluntary contributions, it would need funds. At this point, 3VA also provided guidance to the group on how it might constitute itself within a more formal structure. In October, a meeting was held in which we set out the potential governance options available to the group with the recommendation that they apply to the Charity Commission to register as an unincorporated association. Over the next few months, work was undertaken to answer questions group members had about the potential structure and to get feedback on a draft constitution. At the meeting in January, group members decided to adopt the constitution and LDAA formally came into being as an unincorporated association.

Since then, 3VA has continued to work with the group to develop an action plan (including a funding plan) that will put in place a clear timeline for the future development of the LDAA. 3VA has also been working to help the group develop a clear set of policies and procedures, including those for health & safety, safeguarding and equal opportunities which are due for discussion at the next LDAA meeting in May.



• Collaborative Working

- Knowledge of services available through joint promotion

- Volunteer Development

- Sharing good practice

- More frequent networking opportunities



Case study

Added social value in Wealden

Through our role as chair of the Wealden Strategic Partnership, 3VA has encouraged the partnership to adopt a thematic approach to its work. One of the key themes of the partnership is economic development and at least one of the partnership meetings per year has this as its topic. As part of the strategic conversations with Wealden District Council around these issues, the topic of social value is frequently discussed and has led both us and the council to explore how it can be maximised in Wealden.

Having previously carried out a pilot programme to test how we could support businesses to offer added social value which was of real benefit to communities, we were keen to analyse the success of that pilot was being used and how we could take this forward in other areas.

We held regular meetings with the procurement team at Wealden District Council and through this have been able to share further social value opportunities with local community organisations. For example, we are now supporting businesses tendering for a large house-building contract to make contact with local voluntary groups and submit proposals that are of real value to the community.

Our joint approach with Wealden District Council has also resulted in our involvement around the bids for the upcoming waste and recycling contract. There we have been able to signpost companies to companies to community-led environmental, recycling and energy projects.

Our liaison with the companies has generated some key learning from them - namely, that many of them are already involved in delivering social value, but this is not recognised in the procurement arrangements for the Social Value Act. In other words, the methods used by Orbis - a shared services partnership between Brighton & Hove City Council, East Sussex County Council, and Surrey County Council - only counts the social value generated by the specific procurement, but not other work that is increasing social value.

One contractor has invited us to present to the National Federation of Roofing Contractors on social value and how they can involve the local community. While some companies already have a strong sense of social responsibility, others either do not or do not know how to go about it. We are also in discussions with Eastbourne Borough and Lewes District councils about how we can develop a similar process in these areas.

In short, we have been able to take forward discussions and develop models of working with a wide range of stakeholders. This is leading to greater recognition of the value of the local voluntary and community sector and a greater take-up of social value opportunities by the local sector. It also reflects 3VA's recognition of the importance of economic development and the vital role the voluntary and community sector has to play in making this happen.

Our projects

Chances4change Eastbourne

This year Chances4change (C4c) has worked intently to develop and embed the asset-based approach to community development in all areas of our work, focusing heavily on co-production and sustainability. C4c particularly supports community-led initiatives in areas experiencing health inequalities, which help tackle social isolation by facilitating community-led ideas and initiatives that bring people together linking them to local partnerships and resources. With C4c's developmental support, the use of some community assets has increased, and communities are leading on activities. Examples include:

- facilitating an intergenerational project, which has resulted in the establishment of a popular after school club, led by a volunteer teacher, that invites children to engage with elderly residents every week for craft activities, photo and memory sharing, outdoor games and gardening. chances4change awarded a seedcorn grant to the project so that it could buy start up equipment
- helping the Friends of Tugwell Park group to grow and develop. C4c awarded a seedcorn grant for equipment so that the Friends of Tugwell Park could hold two regular family events in the park each year. These events are helping Tugwell park to become a better used community asset for even more people
- supporting the volunteer leaders of The Tugwell Community Choir to develop the choir, which includes local young people and adults. A C4c seedcorn grant enabled the choir to take part in a range of community performances this year



Devonshire West Big Local

Devonshire West Big Local (DWBL) is a resident run community group that aims to make Devonshire West in Eastbourne a better place to live and work. In 2012 the Big Lottery Fund brought together a group of passionate residents to spearhead the project, giving them £1 million to invest in their community over 10 years.

For the last 6 years DWBL has offered community groups and local people grants of between £200 and £60,000 to run community themed projects in the area. DWBL has funded and supported the development of small scale, community-led projects such as low-cost activities for children and young people, healthy eating initiatives, multicultural and inter-community events and workshops and self-help groups.

3VA has continued our work as the 'Locally Trusted Organisation' for Devonshire West Big Local – a project doing so much to revitalise the Devonshire Ward. Good progress made in the year includes more successful micro-grants programmes which fits well with community need and an asset-based approach.





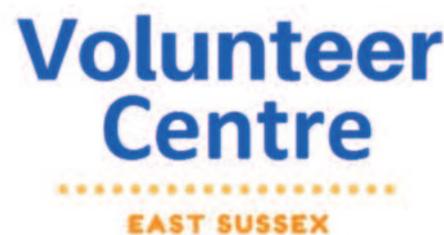
As well as locally based support, we work in partnership with the other voluntary actions in East Sussex, Hastings Voluntary Action (HVA) and Rother Voluntary Action (RVA), as a CVS partnership. On behalf of this partnership, we manage two projects - Volunteer Centre East Sussex and SpeakUp Forum - supporting the voluntary sector across the county, supporting the sector to have a voice and to share and develop good practice in volunteering.

Volunteer Centre East Sussex

Volunteer Centre East Sussex (VCES) is the volunteer centre for the county, providing support to both individuals wanting to volunteer and organisations wanting to involve volunteers in their work. VCES also works to raise awareness of the value and impact of volunteering across the county.

Our work this year supporting volunteering good practice and community-led responses to local need included the following:

- Tools and resources being made available on the VCES website to address common support needs
- VCES convening and co-facilitating (with East Sussex County Council) a first ever workshop for all volunteering support organisations across East Sussex. A report with recommendations was co-written with East Sussex County Council Public Health staff and included recommendations on developing:
 - a community involvement/volunteering marketing campaign and marketing collateral that can be adapted by communities;
 - local brokerage and recruitment; and
 - supporting communities, groups and organisations in creating opportunities for people to become involved





SpeakUp Forum

SpeakUp Forum is a countywide network for the voluntary and community sector (VCS) in East Sussex, with an ambitious and complex mission: 1) to lead dialogue and connection within the VCS to support sector sustainability and development and 2) to work with the public sector to jointly develop a culture of, and systems for, collaboration and system leadership.

This year, SpeakUp Forum enhanced its engagement with East Sussex Better Together (ESBT) and Connecting4You, helping to ensure that the VCS's contribution to health and social care is recognised and sustained. SpeakUp has played critical roles in a number of processes to improve cross-sector collaboration. Face-to-face SpeakUp meetings not only bring members together to discuss specific topics, but also to network and build long-term and trusting relationships. SpeakUp members regularly reflect informally on how valuable these networking and relationship-building opportunities are. Both the SpeakUp meetings themselves, and the cross-sector planning that has happened to decide topics for these meetings, bring together the VCS and the public sector to discuss their priorities and perspectives.

We collate and share feedback from, and to, cross sector partnerships. Collating feedback from the variety of partnerships that Speakup sits on helps the VCS to build a picture of the main issues that the public sector is working on across the county. Discussing issues arising from partnerships at SpeakUp meetings allows SpeakUp to identify themes and agree shared messages about those issues. Reps can then take back this VCS insight and perspective to the partnerships.

The VCS Alliance Development Group was initiated by SpeakUp Forum in February and has met regularly since. The group is building collaboration and collaborative approaches within the sector. By the end of 2017/18 the group is at a point where members have built enough trust to have agreed to develop a more formal framework to move forward and SpeakUp has played a vital systems leadership role in enabling this to happen.



Statement of financial activities

Statement of financial activities including income and expenditure account for the year ended 31 March 2018.

During the year under review our total incoming resources decreased by 8% to £795,186, reflecting the completion of a successful project with the Department of Health. Our income for core functions remained broadly the same and this confirmed our stable financial structure that demonstrates our organisation's ability to adapt to the changing environment whilst continuing to deliver our core services.

Our direct charitable expenditure has also decreased to £747,848, reflecting the changes in the completion of projects. Our total incoming resources exceeded our expenditure by £47,338. There was a surplus on our general fund of £55,540, and our free reserves at the year-end increased from £75,812 to £131,352.

Our major challenge continues to be to maintain effective support for our member organisations, helping them to prosper and grow in the face of difficult economic conditions, and to further develop and extend our income-generating activities to reduce our reliance on statutory funding.

Incoming Resources	2017-18	2016-17
Activities for generating income	£ 30,601	£ 52,560
Donations and legacies	£ 0	£ 0
Income investment	£ 566	£ 609
From charitable activities	£761,994	£807,468
Other	£ 2,025	£ 1,538
Total	£795,186	£862,175

Resources Expended	2017-18	2016-17
Direct charitable expenditure	£740,111	£880,617
Governance costs	£ 7,737	£ 4,427
Total	£747,848	£885,044

The summary financial information is not the statutory financial statements, but a summary relating to the income and expenditure, to give an overview of 3VA's finances.

The full financial statements have been audited and are available (alongside the trustees' annual report and auditors' report) at www.3va.org.uk.

RELATIONSHIPS
COMMUNITIES

BEING ABLE
TO SUPPORT
MORE PEOPLE

ESTABLISH
RELATIONSHIPS
WITH OTHER
PROFESSIONALS

relation
-al
a whole
community

Whole
Community
engagement

How to get
more people
using service

all our effective
project

Carer
friendly
communities

Create
stronger links
in
community.

Befriending

TO GROW TO REACH
A WIDER
COMMUNITY

CENTRALISED
DIARY.

INTERGENERATION
LINKS

Thank you to our volunteer photographers: Peter Dupont, Alison Tutt and Miriam Wilkinson.



Supporting Voluntary Action across
Eastbourne, Lewes District and Wealden

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