Roy Fletcher Centre News

The Roy Fletcher Centre

FOR VOLUNTARY CARING AGENCIES

Charities and voluntary agencies information Newsletter July 2019

Hi Everyone

It's been some years since we last had an RFC/FH Newsletter but Nicola has bravely taken on the task and I hope you like the results.

Since the last newsletter the RFC Trustees have tackled some difficult issues as a result of the desperate financial times the charity sector is going through. One of those was to allow non-charity tenants into the RFC/FH when it became evident that charities were not coming forward for office space. The proviso was that the activities /purpose of any non-charity organisation who took up office space was in keeping with the ethos of the Centre and could provide some service or complement our tenant charities and this has worked well.

When I first started working here in 2005 we would regularly receive phone calls from charities asking if we had space, so many requests that a waiting list wasn't even kept because generally by the time space became available the enquiring charity would have found alternative accommodation. The loss of charities such as Home Start, OSCA and SHARP were hard to take, not only because in one case of their long standing association with the Centre but, as with all our charities, the vital work they did. Together (supporting people with mental health issues) and Terrence Higgins Trust both had their Shrewsbury offices closed. Some charities decided relocating out of the Centre was in their best interests. There was a period of empty offices both at the RFC and FH, thankfully we are now 'full' again, though sadly another long standing charity will be leaving us very soon. Enquiries for office space have slowly started to materialise and I now have the luxury of a not-for profit organisation waiting to move in once space has become free.

At the end of June I will have been CE of the RFC for two years and I can honestly say the time has flown by and I am thoroughly enjoying the role and the challenges it brings. Sometimes certainty would be 'good' but on the other hand we have enjoyed many years of stability and little change up until a few years ago. I find it exciting and a privilege to be a part of the decision making taking the RFC into the next twenty years. Nothing that is to continue and grow can stand still or remain totally the same for ever, moving forward, evolving, adapting to the demands being asked of us by the society we are living in today is the way forward whilst remaining 'true' to the original ethos of Roy Fletcher's original vision of having a facility such as the RFC and FH.

Jenny Taylor
Chief Executive

West Shropshire Talking Newspaper

Over 40 years of service

01743 364 726
www.wstn.org.uk
www.facebook.com/westshropstn

Launch of Talking Newspaper Friends

The West Shropshire Talking Newspaper (WSTN) has launched a Friends group for people who would like to support this local charity, but who are not able to take part as hands-on volunteers. At a special event in the Roy Fletcher Centre, Shrewsbury on 6 June 2019 chairman Peter Waller welcomed some of the first Friends who have signed up with standing order donations. He thanked them for their contributions which he said were making a valuable contribution to help offset the annual running costs of around £11,000 a year. The new Friends of the West Shropshire Talking Newspaper were also able to meet members of the charity's committee of Trustees.

At the meeting they heard a detailed explanation of the service from long serving volunteers Alan and Susan Wilding, both of whom have been working for the charity for over 40 years. Extracts from the current week's recording, presented by Alan, were played and the back story of the various production processes for each of the 12 tracks was explained by Susan.

Future Friends of the WSTN will also have an opportunity to visit the studio, attend social events and will also receive updates on the service.

The free weekly service is for people who cannot read printed newspapers and it provides an easy-to-listen-to, 90-minute digest of news, information and features, including What's On, Nature, Recipes, Gardening, Sport and Women's Clubs. One of the new Friends complimented the volunteers and said how impressed she was with the all the careful planning and detailed work which goes into each issue of the talking newspaper. Some Friends offered to help with the WSTN's forthcoming supermarket and street collections.

WSTN Chairman Peter Waller thanked Alan and Susan Wilding for their work in getting the new group of Friends up and running and said he hoped more people would now join.

During the evening the new Friends were given a tour of the dedicated recording studio and associated production facilities which have recently been upgraded with encrypted data protection and cloud storage of listeners' details. The various recording and production routines were explained before Friends gathered around the studio reading table for a souvenir photograph.

Anyone interested in becoming a Friend can download a standing order form from the charity's website or leave a message on the organisation's answerphone, 01743 364726. Potential listeners can use the same contact number and also listen to the programme via the website.
The West Shropshire Talking Newspaper provides a free recorded paper each week on USB memory sticks via Royal Mail, as well as online by visiting: www.wstn.org.uk . It can also be heard on the telephone (01743 387487), on an app (Talking Newspapers), on Sonata internet radio and through Amazon's Alexa.

Crane Quality Counselling

Home Furnishing Charity Shop

51/52 Mardol, Shrewsbury SY1 1PP

Telephone: 01743 272 303

Have you visited us yet?

We sell second-hand, pre-loved furniture, soft furnishing, bric a brac.

We offer a free local collection service

Crane Quality Counselling is a registered charity that offers a range of counselling services to families across Shropshire.

Can you help us to help others?

Please donate your unwanted goods

Come along and volunteer in our shop - it's fun!

For more information call the shop on: 01743 272 303

(open 10a.m – 4 p.m. Monday – Saturday)

or call the Counselling Centre on:

01743 240 546

Your contribution could help local families

Everyone needs support at times

Crane Quality

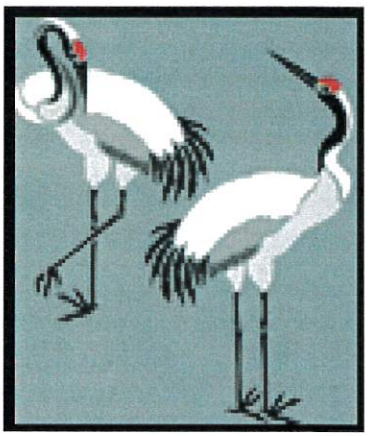
Counselling

Volunteer couples counsellor required

Maximum 3 Hours per week, at our office, Suite B in Fletcher House.

Contact: 01743 240 546

admin@cranecounselling.co.uk



Crane Quality Counselling is based in Suite B at Fletcher House

Did you know...?

Apart from eternal youth and happiness, cranes symbolize loyalty and successful marriage. The bird also symbolizes longevity. Cranes are the world's tallest flying birds.

The Effects of office temperature on productivity

Did you know that women and men work better at different temperatures, which could be problematic in a mixed office.

A recent study published in the scientific Journal Plos One, on May 22, looked at the effects of room temperature on men and women's abilities to complete certain tasks. The participants took part in three different tasks – a maths test, a verbal test and a cognitive reflection test, a task which examines intuition versus further reflection.

During each session, the temperature in the room was set at various levels ranging from 16C to 32C.

The researchers found women performed best on maths and verbal tests, submitting more correct responses as well as more responses overall, at higher temperatures. Men's correct responses declined as the temperature increased.

citizens advice Shropshire

Free confidential advice whoever you are

Citizens Advice Shropshire (Shrewsbury) aims to provide the advice people need for the problems they face and improve the policies and practices that affect people's lives.

We provide free, independent, confidential and impartial advice to everyone on their rights and responsibilities, and they also value diversity, promote equality and challenge discrimination.

Advice areas covered include welfare benefits, debt, housing, employment issues, relationships, legal problems, tax and consumer rights.

Campaigning

We use our clients' anonymous data to campaign for positive change, speaking up about the policies and services that cause people problems.

In 2018/19 we helped 7445 clients with 26,054 unique queries

Opening Times
Monday, Tuesday, Thursday & Friday:
Drop in 10am to 12.30pm
Booked appointments from 13.30

Wednesday: Closed

Adviceline: Monday-Friday 10.00-16.00

Tel: 03444 99 11 00

GO-TO

Shrewsbury's Internet Resource Centre

Don't forget we have volunteer computer experts to help with your IT needs at The Roy Fletcher Centre on Monday and Wednesday 10am-2pm
Also our lovely volunteers run the Fix. I.T clinic every Thursday from 10am-1pm
Bear this in mind if your organisation has a computer glitch or I.T problem. We may be able to sort it out for a small donation.

Our Resources:

- **Computers** with superfast fibre-optic internet connection
- Available for ***HIRE*** for training or staff and volunteer IT learning needs
- Can be ***HIRED*** *in c*onjunction with other rooms at Roy Fletcher Centre
- Our **Go-To Volunteers** may be able to assist with your group training, on request.

DROP-IN open to all **MONDAY** and **WEDNESDAY** 10am – 2pm with volunteers on hand to help

Thanks a Million... to our volunteers

Nearly four in ten (38%) people in the UK volunteered formally (ie with a group, club or organisation) at least once in 2017/18. This gives an estimate of 20.1 million people who formally volunteered during that year.

Volunteers were involved in a range of activities, most commonly relating to organising events (39%), administration (28%), raising money and taking part in sponsored events (27%) and getting others involved (27%).

Data from ncvo.org.uk

Did you know?

- There are 160,000 charities in the UK, nearly 90% of which have an income below £500k per year
- The combined income of UK charities is about £39 billion a year. This is larger than either automotive industry or UK universities and about the same as Tesco.
- Charities add more value (GVA) to the UK economy than either the arts or agriculture sectors
- 21 million people have volunteered at some stage and 14 million volunteer once a month or more
- 44 million donate to charity on a regular basis, giving an average of £16 a month
- Information from nfpsynergy.net

We hope you have found this newsletter informative. Do you have any editorial for our next issue? If so, please email it for the attention of Nicola to info@royfletchercentre.co.uk