

## AVA's Philosophy

"Adur Voluntary Action nurtures community life, encouraging diverse, sustainable and inclusive patterns of voluntary action. We work to support local ownership of services, fostering co-operation between independent and self reliant organisations and individuals."



## Services to people and groups

- Find out about local voluntary groups and activities
- Individual support tailored to your group's needs: fund raising, charity registration, business planning, learning opportunities, finding and supporting volunteers.
- Meeting rooms and office space to let at reasonable cost
- Learning opportunities in well-equipped training rooms
- Colour photocopying and printing
- Coffee, tea and sandwich bar facilities
- Internet access for all
- Regular AVA Newsletters and online information. Join our networks and forums, including Adur Community Network and Adur Older Person's Network
- Help to make things happen by linking up with Countywide and national organisations, local authorities, our MPs, councillors, Adur in Partnership, local health services and businesses

National Coalition for Independent Action

## Contact AVA

### Staff and Volunteers

Administration Volunteer	Margaret Riddle
Administrator	Karen Lewis
AVA News Editor	Euan Mumford
Business Development Officer	David Griffiths
Chief Officer	Adrian Barritt
Community Services Manager	Peter Upton
Development Officer	To be appointed
Finance Officer	Andre Suwalsky
Health Promotion Officer	Jacqueline Broadway
Health Trainer	Sandra Packham
Health Trainer	Geraldine Sharpe
Health Trainer	Sarah Leeding
IT Volunteer	Tom Dudley
Volunteer Centre Manager	Keri Hamblin

### Board of Trustees

John Lambourne (Chairman), Belinda Crockett, Rachel Pointon, Sarah Lamb, Caroline Hansen, Annick Lynn, Charmaine Skinner

### Auditors

Richard Place Dobson Ltd, 1-7 Station Road, Crawley, West Sussex, RH10 1HT

**AVA Headquarters and Volunteer Centre**  
(shared and working in partnership with WRVS)

**Chesham House**  
**124 South Street**  
**Lancing**  
**West Sussex**  
**BN15 8AJ**

Tel: 01903 854980

Email: [info@adurcvs.org.uk](mailto:info@adurcvs.org.uk)

Website: [www.adurcvs.org.uk](http://www.adurcvs.org.uk)



Introducing

# AVA

July 2009

Registered charity no 210225  
Limited Company no 06922401



# Interested in volunteering?

## AVA Volunteer Centre

Contact Keri or Karen at Chesham House

**Phone** 01903 854985

**Email:** [volunteering@adurvoluntaryaction.org](mailto:volunteering@adurvoluntaryaction.org)

We are here to help you to find a volunteering role that matches your interests, skills, and the time you have available.

The Volunteer Centre is normally open Mondays, Tuesdays, Wednesdays and Thursdays 10am – 1pm. We can be found regularly at branch libraries, the Civic Centre, public events and other venues.

And take a look at the national volunteering website, <http://www.do-it.org.uk>. You can register your interest here, and review volunteering opportunities.



## Adur Community Services

Adur Community Service (including *Adur Homefront*) provide a gardening and practical help service to older people, and supports community projects and buildings.

Our service charges are very reasonable, and we aim to find ways of supporting everyone who has need of our service. We welcome volunteers for our community services, and to help in our Centre.

Adur Community Services are open-minded about helping to meet new community needs. Get in touch with your ideas.

**Contact:** Peter Upton

**Phone:** 01903 854990

**Email:** [homefront@adurcvcs.org.uk](mailto:homefront@adurcvcs.org.uk)



HMS Shoreham

## Health and Well-being

Our Health Trainers provide personal support in living healthier lifestyles to local people. We're funded and supported by the NHS, based at Chesham House, Lancing and several local centres.



Get in touch with Sandra, Geraldine or Sarah if you think they might be able to help you lose weight, eat more healthily, take more exercise, or try any one of 1001 other ways of living a healthier life.

Contact our Health Trainers: 01903 854991

Are you or your organisation interested in contributing to health promotion?

Contact Jacqueline Workman:  
01903 854984; [Jacqueline@adurcvcs.org.uk](mailto:Jacqueline@adurcvcs.org.uk)



## AVA News

ADUR'S INDEPENDENT COMMUNITY NEWSLETTER

Communication is what we are about. Our free AVA News is distributed by email or post - make sure you and your friends and colleagues are receiving it. Contributions welcomed! AVA Newsbytes also feature in local magazines *Living in Lancing and Shoreview* delivered to nearly all Adur households

Phone our Editor Euan Mumford on 01903 854980, or email: [ewan@adurcvcs.org.uk](mailto:ewan@adurcvcs.org.uk).

### ADUR MONTHLY PRESS

News from Adur CVS  
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