



# UPDATE

THE OFFICIAL QUARTERLY NEWSLETTER OF  
THE COUNCIL OF VOLUNTARY SOCIAL SERVICES  
MARCH 2005

## CHAIRMAN'S MESSAGE

Dear Partners:

We continue to be very optimistic about the projects before us as we serve our affiliates and the wider NGO community, through the many opportunities for training, networking and advocacy - our primary mandate.

Your post Hurricane Ivan restoration efforts should be nearing completion by now, and we wish to thank the United Way of Jamaica and the Environmental Foundation of Jamaica for their allocations to the agencies to effect the necessary repairs. We have given support to the Child Development Agency's psycho-social intervention in Killancholy following the brutal slaying of three of the community's children.

Additional grant funds have been mobilized to further enhance capacity building within the sector and we do hope that more NGO professionals and volunteers will grasp these opportunities for training in project development and project management. Agencies should avail themselves of the opportunity to attend the project writing workshops sponsored by the Embassy of Japan in conjunction with the Social Welfare Training Centre - UWI.

We note the creative and innovative approaches being taken by your organizations to deliver a wide range of social services across the island. We are excited about three mini research projects being undertaken this year by students from the Department of Sociology, Psychology and Social Work - University of the West Indies. Topics are: -  
"An analysis of the impact of UWJ projects in the last three years"  
"The Society's perception of the role of the Voluntary Sector"  
"A perspective of the Volunteer involvement in agencies dealing with terminal and chronic diseases," and one major research project, "The Contribution of the Voluntary Sector to National Development".

The students will be in contact with you to gather information and your full cooperation is requested and anticipated.

Congratulations to affiliates who are celebrating special anniversaries this year, such as the Girl Guides Association and the Jamaica 4-H Clubs, 90<sup>th</sup> and 65<sup>th</sup> respectively.

The members of the Executive Committee and Secretariat staff are committed to serving you. Please assist us to serve you better by communicating your comments and other useful information to us.

Carlton Levy  
Chairman, Executive Committee

## US \$35,000 GRANT FOR TRAINING WORKSHOPS



His Excellency, Hiroshi Sakuri (right), Ambassador of Japan to Jamaica signs a contract with Carlton Levy, Chairman of the CVSS to formalize an agreement to provide training in a second series of workshops.

On Thursday, March 17, 2005 the Embassy of Japan and the Council of Voluntary Social Services formalized an agreement to provide training in a second series of workshops. The grant will be used for two main areas of focus:

- Two (2) one week training workshops, the first focusing on Project Development and Proposal Writing and an advanced workshop focusing on Project Management.
- The updating and publication of the Council of Voluntary Social Services' "Handbook of Social Services."

The training workshops will be conducted at the Social Welfare Training Centre, University of the West Indies, May 2-6 and June 6 –10, and the courses are certified by the University of the West Indies, having been developed under a sub-contract from CVSS through a previous grant from the Embassy of Japan.

We expect to train and certify one hundred (100) development practitioners at the workshops which will offer residential facilities for out of town participants. There will be pre and post-testing of the programme to evaluate the effectiveness of the workshops. The intended outcomes are improving the mobilization of funds to participating non-governmental and community based organizations as well as the effectiveness of their new project management skills.

The Council of voluntary Social Services – “Handbook of Social Services,” will provide one of the most comprehensive databases of the providers of social services in Jamaica and will also be available online when the CVSS website is constructed.

## **HIGHLIGHTS**

### National Registry of Volunteers

- We welcome Miss Joan McDonald, the Co-ordinator for the National Registry of Volunteers and Miss Lorna McPherson, Administrative Assistant for the project.
- Agencies are being asked to register all the volunteers working with their agencies. If you need additional forms, please contact the Secretariat at 967-3598. On line registration will commence in May, 2005.

Twenty-two CVSS affiliates received grant funds totaling \$42,269,475.00 from the United Way of Jamaica Restoration Fund to effect repairs to damages caused by “Hurricane Ivan.” The JAS and the Jamaica 4H Club are leading in the agricultural restorative efforts.

### Under the IDB Institutional Strengthening Project

- One hundred and Sixty-Six (166) persons have undergone training under the Practical Training Programme. The target of 225 is expected to be reached by September, 2005. Other workshops will be held in St. James and St. Elizabeth respectively. The Programme’s foci continue to be :

Project Management, Strategic Planning and Performance Management, Proposal Writing and Fundraising, Accounting and Financial Reporting.

- Twenty –three (23) NGOs and CBOs Professionals and volunteers are now participating in NGO management training programme being offered in collaboration with the UWI School of Continuing Studies. Classes are progressing satisfactorily.
- One hundred and two (102) persons participated in a one day Conference in Networking and Advocacy held on January 13, 2005 at the Jamaica Conference Centre. The main objectives were to develop awareness of the advantages of Networking, encourage the use of Networking Strategies and to highlight a system of advocacy as a tool for improved responsiveness from government and civil society. Tapes of the conference will be available by the end of April- \$800 for members and \$1,000 for non-members.

CVSS is collaborating with Child Development Agency on a public awareness campaign funded by the Environmental Foundation of Jamaica. CVSS Member Agencies will host a series of sensitization seminars from April 5 –29, 2005. Brochures on the Child Care and Protection Act are now available from the Secretariat or the Child Development Agency. Be sure to get your copy.

### **DID YOU KNOW???**

The Child Care and Protection Act makes provision for:

- The establishment of an Office of Children’s Advocate to act in legal matters on behalf of children.
- The establishment of a central Children’s Registry for the reporting of abuse of children.
- Formulation of standard principles to be upheld in dealing with matters affecting children.
- Community responsibility for the reporting of abuses against children.



## SPOTLIGHT ON CVSS AWARDEE



**T**he annual UWI Social Sciences Faculty Awards Ceremony was held on February 24, 2005. On this occasion the Council of Voluntary Social Services recognizes the final-year Social Work student with the highest grade point average. This year's awardee, Miss Cerita Buchanan was selected from a field of sixty-five students. Miss Claire Bernard, a member of the CVSS executive, presented her with the award.

Cerita is a graduate of the Montego Bay High School where she attained 8 GCE/CXC O'level subjects and 3 A'level subjects. She aspires to pursue a Masters degree in Human Resource Development or Social Work and later move on to her PhD. She is no doubt an outstanding student and this became evident when she received awards for Best Academic Performance for two consecutive years, 2002 – 2003 and 2003 – 2004 from the Department of Sociology, Psychology and Social Work. She was a member of the Social Work Student Association, Partners for Peace, Rotaract Club and President for the Irvine Hall Drama Society.

She is currently employed as a Social Worker at the University Hospital of the West Indies – Tropical Medicine Research Institute, Sickle Cell Unit.

Her philosophy is, "Reach for the moon and if you fail you will fall among the stars. What is important is that you try. Life is too precious and too short to waste, make your mark."

Congratulations Cerita! The CVSS family salutes you!

## THE WOMEN'S RESOURCE AND OUTREACH CENTRE REMEMBERS AND CONTINUES THE STRUGGLE FOR PEACE AND JUSTICE

**I**nternational Women's Day (March 8) is an occasion marked by women's groups around the world. The movement grew out of the struggles of our Russian sisters who, in 1917, left their homes and factories to protest the food shortages, rising costs, and suffering endured during the war. Their protests were instrumental in inspiring the last push of a revolution and advancing their rights.

Since that time, IWD has stood as a day of peace and solidarity for women across the globe.

The Women's Resource and Outreach Centre (WROC) and the women of the Lyndhurst/Greenwich Park communities worked collaboratively to organize the first annual Women's March for Peace and week of activities in celebration of International Women's Day.

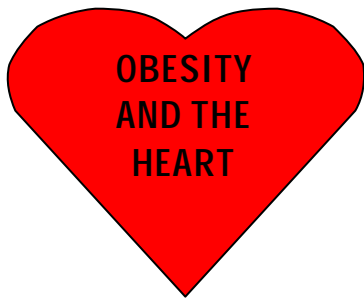
WROC staff and community members participated in multiple discussions relating their personal experience to that of their global sisters and to International Women's Day and the Beijing Platform for Action.

Women Standing Firm for Peace became the theme of a week of events that commenced with a church service, a Women's March for Peace and peace bash, and culminated with a Women's Market Day. In providing an opportunity for women to voice their concerns and stand in solidarity with women across the globe, WROC continues its efforts to facilitate the development and empowerment of women and their families.

### LOOK OUT FOR

#### VOLUNTEER CONFERENCE

**A Volunteer Leaders' Conference is being planned for November 2005 with the objective of providing motivation, education and empowerment for sector leaders in the Caribbean region. The Marion Ballysingh Award recognizing outstanding contribution of the CVSS Volunteer of the year will be presented at a formal banquet on the Saturday night of the conference.**



## OBESITY AND THE HEART

February was celebrated as Heart month and in this regard, we now share excerpts of an article written by Dr. Knox Hagley, Chairman of the Heart Foundation of Jamaica. It was printed in the January 26, 2005 edition of The Jamaica Observer.

Obesity is a chronic metabolic disorder characterized by excess body fat and results from energy intake exceeding energy expenditure over a period of time. The increase in body fat is such that it leads to an excess of ideal body weight by at least 20%.

Disorder it is, because its presence is not only a major contributing factor to premature wear and tear of the hip, knee and other joints but also puts the individual at considerable risk for chronic diseases such as hypertension, diabetes mellitus, heart disease and even some cancers. Obesity is present in approximately 50% of persons with hypertension and in about 60% of those with diabetes.

Obesity is also a high-risk factor for coronary heart disease – the type that leads to “heart attacks” and results from the hardening and narrowing (atherosclerosis) of the coronary arteries caused by deposits of cholesterol on the lining of these vessels.

Obesity has become an epidemic in Caribbean countries and is much commoner among females. Data reveal that, in Jamaica, it is at present about 40 % of adult females and about 15 % in adult males. The added concern must be

that almost 20% of adolescent females are already there.

Weight reduction, even on a small scale, will result in a lessening of the risk of hypertension and diabetes. The combination of reduction in the intake of calories and increased physical activity, if maintained over a period of time, will lead to weight loss.

### CONSUMERS TAKE ACTION

The National Consumers’ League has expanded its consumer education programme across the island, especially since Hurricane Ivan.

Consumer Rights Day was celebrated on March 15, 2005. The celebration was marked by a church service at the Meadowbrook United Church on March 13, 2005.

The Camperdown High School students performed “None Shall Escape,” at the Ward Theatre. This play was written by Mr. Carlton Stewart, President, of the National Consumers League.

#### *Tips - Water usage*

- A toilet flushed can use up to seven (7) gallons of water.
- Water taps run at about five (5) gallons per minute.
- Showers can use between five (5) to ten (10) gallons of water per minute.
- A leak can soak up hundreds or even thousands of gallons of water per day.
- A slow drip can add up to fifteen (15) to twenty (20) gallons per day.
- A 1/16” faucet leak wastes one hundred (100) gallons in twenty-four (24) hours.
- Automatic dishwashers claim the most water in the kitchen, about twelve (12) gallons per run.

- Washing machines use forty (40) or more gallons of water per load.

The garden hose can pour out six hundred (600) gallons or more in only a few hours.



### CALENDAR OF EVENTS

April 28

**Jamaica Agricultural Society  
Award’s Banquet, Mandeville**

April 29

**JAS  
Farmers’ Fish –Fry.  
Lucea Bus Park. Hanover**

**Jamaica 4H –Clubs  
National Achievement Day  
Denbigh Show Grounds**

May 1

**Child Month  
National Church Service  
Pentecostal Gospel Temple  
111 Windward Road, Kingston 2  
@ 11:30 a.m.**

May 6

**Children’s Day**

May 12 – 15

**Jamaica Foundation for Children  
Children’s Expo. National Arena**

May 13

**JAD/Optimist Club  
Oratorical Competition for deaf  
children – Alhambra Inn.**

**\$\$\$ PENSION SCHEME \$\$\$  
The CVSS Pension Fund is  
managed by Life of Jamaica  
Ltd. Please contact the  
secretariat for brochures  
and application forms.**