



# UPDATE

THE OFFICIAL NEWSLETTER OF  
THE COUNCIL OF VOLUNTARY SOCIAL SERVICES

DECEMBER 2004

## CHAIRMAN'S MESSAGE



It is with great pleasure, that I extend to members, volunteers, the wider NGO community and other stakeholders a Blessed and Merry Christmas.

It is with pride that I reflect on the performance of

Council for the year under review. Through the successful implementation of over six major projects during 2003 – 2004, there has been significant organizational development and institutional strengthening for the CVSS and its Member Agencies. You no doubt will reflect on your Agencies' achievement and feel justly proud of the contributions you are making towards national development.

My sincere appreciation to our staff and volunteers for their continued hard work and dedication which at times were beyond the call of duty.

As we look to 2005, I wish to reassure you all that we are committed to our mandate of building the capacity of our members. We are embarking on one of the most exciting phases of CVSS' history and we should be announcing some significant developments during 2005.

May I adopt this medium to wish you all a prosperous 2005.

Carlton E. Levy  
Chairman



## CVSS UPDATE

Under the IDB Institutional Strengthening Project

- Diagnostic Reviews have been completed for twenty-five NGOs.
- Three consultants have been assigned to twenty-five agencies to assist these agencies in developing 5 year strategic plans.
- Twenty-five NGOs, CBOs and volunteers are now participating in NGO management training programme in collaboration with the UWI School of Continuing Studies.
- Twenty-five persons completed the first leg of the pilot of the Practical Training Programme on November 24, 2004. Twenty-seven persons are expected to complete training in December. Modules will cover Project Management, Proposal Writing and Fundraising, Financial Accounting and Budgeting and Strategic Planning and Performance Management.
- Three workshops have been held over the period August – October, 2004. Focus areas were Information Technology and Financial Reporting, Organizational Development and Human Resources Management and Strategic Planning. Approximately thirty agencies participated in each workshop.

Phase I of the project of the National Registry of Volunteers ended officially on September 30, 2004. EFJ has approved funding for Phase II. The project is now located in the Secretariat.

Three agencies, Youth Opportunities Unlimited, Woodside Workshop and Jamaica Association on Mental Retardation, have been awarded grants totaling \$1.5m by Alcoa Foundation to develop social ventures for income generation in NGOs.

The Jamaica Business Development Centre will work with these agencies to ensure that objectives are achieved as outlined in Business Plans.

CVSS is collaborating with Child Development Agency on a public awareness campaign funded by EFJ on the Child Care and Protection Act.

CVSS is collaborating with the Child Development Agency with grant funds from EFJ to install bio-digester units in three children's homes, Summerfield Boys' Home, St. Augustine Place of Safety in Clarendon and Granville Place of Safety in Trelawny. This is a pilot project to deal with waste management.

A workshop in networking and advocacy is being planned for January 2005. You will be informed of registration.

Thirteen CVSS affiliates received grants from the United Way of Jamaica Restoration Fund to effect repairs to damage caused by Hurricane Ivan.

## **BOYS' BRIGADE**

### ***THE CVSS SALUTES OUR OLDEST AFFILIATE***

2004 marks the 110<sup>th</sup> year of existence of the Boys' Brigade in Jamaica.

Several activities were planned to celebrate Founders' Day, which began with a Road Run from King's House to Brown's Town, St. Ann.

The Governor General's message which heralded the start of the Road Run, was delivered by The Honorable Canon Weeville Gordon, on the morning of October 22, 2004.



THE HONOURABLE CANON WEEVILLE GORDON  
DELIVERS GOVERNOR GENERAL'S MESSAGE

## **THE JAMAICA RED CROSS - EXTRAORDINARY SERVICE FOR EXTRAORDINARY CIRCUMSTANCES**

**T**he Jamaica Red Cross, in its capacity as a disaster and emergency response organization is always ready to respond to disasters.

Hurricane Ivan's coming to Jamaica on September 10, 2004 was no different.

While most persons were caught up in their own interests, the members of the Jamaica Red Cross were busy ensuring that the interests of others were well protected.

The commitment and dedication of the staff and volunteers was profound during and after the disaster. The epitome of selflessness was captured in the words of Ruth Chisholm, Director of Emergency Services & Communication of the Jamaica Red Cross, "We were here right through the hurricane... ensuring that everyone and everything was in place and ready to respond after the hurricane subsided."

The Jamaica Red Cross has been playing a vital role in the Island's restoration process by responding to various needs islandwide. Volunteers served and managed over 100 of the 285 shelters across the island.



RED CROSS REP. CONDUCTING NEEDS ANALYSIS

Contributed by the Jamaica Red Cross Society

## CONGRATULATIONS

- Roxanne Daley who has Down's Syndrome has not allowed the disability to stifle her creative abilities. Roxanne is a past student of the Jamaica Association on Mental Retardation (School of Hope) and is presently an Assistant Teacher. Roxanne received the 2004 Youth Musgrave Award for excellence in dancing from the Institute of Jamaica.

Hats off to the following persons who received awards at the National Heroes Day Ceremony on October 18, 2004.

- Dr. Edward Lee, Chairman of the Scouts' Association was awarded an Order of Distinction.
- Hermoine McKenzie, President of the YWCA was awarded an Order of Distinction.
- Grace Duncan of the Jamaica Association on Mental Retardation was awarded an Order of Distinction
- Joyce Campbell of the National Consumers League was also awarded an Order of Distinction.
- Juanita Bernard from the Girls' Brigade received a Badge of Honour.

### *Christmas Cards*

to support our children.

Order Christmas cards with colourful Jamaican designs in aid of Youth Opportunities Unlimited (Y.O.U.). Designs donated by Patrick Waldemar and Sonia Richards.

To order your cards please contact Y.O.U.  
4 1/2 Camp Road, Kingston 4  
Telephone (876) 759-2080  
Tele/Fax (876) 759-2081



**D**isability Awareness Week was celebrated November 28 to December 3, 2004 under the theme, "Nothing about us without us". A wide range of activities were planned by the Ministry of Education – Special Education Unit, Combined Disabilities Association and Jamaica Council for Persons with Disabilities. Celebrations took place mainly in three parishes; Kingston, Clarendon and St James.

The CVSS congratulates the agencies involved in making the week the success that it was. Some highlights were:

#### **November 29**

Canadian Paraplegic Foundation,  
National Commercial Bank and Bank of Nova Scotia, handing over 12 wheelchairs to St. John Golding Centre and JCPD

#### **November 30**

Keynote speaker – Minister Horace Dalley  
Interviews with talk-show host Barbara Gloudon  
Speech competition  
Special forum on disability issues  
The Jamaica Conference Centre

#### **December 2**

Lunch hour concert – Emancipation Park.  
1:00 – 3:00 p.m.  
Handing out awards to recipients of the Margaret Moodie Awards  
3:00 p.m. – 6:00 p.m. – Evening of Elegance

#### **December 3**

Blind cricket match - 1:00 p.m.  
Mona Bowl, University of the West Indies

### **INTERNATIONAL VOLUNTEERS' DAY.**

**December 5 is International Volunteers' Day. Take the time to show appreciation to the volunteers in your organization. During the month of December 2005, send in the name of your most outstanding volunteer to the Custos in your parish, so that the volunteer can get his/her United Nations' Volunteer Certificate.**



# FOR YOUR HEALTH

## DIABETES AWARENESS

### TAKING CARE OF THE FEET

Diabetes continues to be among the common health problems facing us.

Dr. Owen Bernard, Chairman, CVSS Health Sector Committee, underscored the need to pay special attention to the care of the feet. He further explained some common foot conditions, which require the attention of a trained surgical chiropodist:

The involuted nails (curving of the nail). Nails become bent under the influence of heat, moisture or pressure, especially if they are not properly trimmed and cared for.

Corns (helomas) can be very painful and if not properly treated, can result in septic or inflammatory conditions.

Onchogryphosis (thick crusty nails). A thickened nail is difficult and if allowed to grow, can become moulded by shoe.

Diabetes can cause damage to the nerves of the feet reducing the ability to feel and fight infections.

Early signs of foot problems should be identified and treated promptly.

*Daily Gleaner, Thursday, November 11, 2004*

## CANCER & NUTRITION: A CRITICAL LINK

Cancer can affect most parts of the body. The most common cancer sites are the prostate, breast and cervix.

It is often believed that avoiding the disease is a matter of luck, while others fear that developing it is inevitable.

The good news is that cancer is largely a preventable disease. It is estimated that one in every three cancer deaths may be related to the food choices we make daily.

Nutrition Related factors include

- Body size
- Fat
- Physical activity
- Fruits & vegetables
- Foods
- Alcohol

### NUTRITIONAL RECOMENTATIONS

- Maintain a healthy body weight
- Eat mainly plant-based diets. Limit processed foods.

### FOOD PREPARATION

- Do not eat charred food
- Avoid food additives
- Limit alcohol intake

*Flair Magazine, October 4, 2004*

Congratulations to the staff and volunteers of the Jamaica Cancer Society for the service they are providing.



## CALENDAR OF EVENTS

December 4 & 11

Addiction Alert  
Sports Day (Remedial Group)

December 5

International Volunteers' Day

December 8

St. Andrew Care Centre  
Awards and Recognition Service  
Knutsford Court Hotel

December 10

Scouts Association of Jamaica  
Governor General's Luncheon

December 11

Boys' and Girls' Brigade  
Joint Carol Service – Scots Kirk

December 11

Y.O.U.  
Adolescents' Christmas Party

December 15

St. Andrew Care Centre  
Prime Minister's Treat –  
Vale Royal

December 19

Children & Community for  
Change  
Treat for children and parents

## PENSION SCHEME

The CVSS has established a Pension Plan to serve its members. Please contact the Secretariat for application forms.