

Wellbeing matters



Amber Valley CVS, proud to support our community and its people with voluntary action

Welcome to our July Edition

In this edition of our newsletter we are pleased to highlight the contribution that Amber Valley CVS and other voluntary organisations make to improving how people feel about themselves.

There are over 500 community groups in Amber Valley ranging from lunch and social groups to sport and activity, arts and crafts, environment and conservation all ending up with fun and games for those who take part.

In supporting the development of new and existing groups our role includes signposting volunteers to assist at the groups and also promoting all the activity to the wider public. What makes our job pleasurable are the stories we hear from those who use our services, some of which we have captured in this newsletter, which describe how an individuals life has been changed, made lighter and brighter as a result of a little bit of help and of human contact.

As we hear of cuts in statutory services, the contribution from within communities and the voluntary sector is relied upon even more and we hope to contribute to that challenge



LOOK OUT FOR JOINED UP CARE ENGAGEMENT EVENTS AROUND DERBYSHIRE LED BY THE CCG TO:

- Hear more detail about the financial challenge and what they are doing about it
- Take part in a workshop that will test out the values to be using when making difficult decisions about funding
- Find out further ways in which you can get involved and help us meet the challenge

Fri 13 July, 2pm-4.30pm

North Wingfield Community Resource Centre –
Function Room
Whiteleas Avenue
North Wingfield S42 5PW

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Befriending Service

'All is Well with Befriending'

Our Befriending service continues to grow and develop, with over 90 isolated and lonely people receiving a friendly visit or phone call every week from over 65 of our amazing volunteers. Many of them talk about the benefit and pleasure they get from befriending someone, as well as the benefit they feel they give to the person they have contact with.....



Volunteer 'A' told us....

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The training made me realise how much I could help someone else, as well as myself too. I'm ready and happy to befriend someone and make a difference to both of us

Many new volunteers who attend our Befriending training, very often say they would like to 'give something back to the community' – they then realise that they gain a lot from the training and their befriending visits themselves.....

We also get lots of positive outcomes from our visiting Volunteers.





"It feels really good to help and support someone with their day to day issues. The person I visit was feeling overwhelmed with paperwork and letters. As we chat we sort the papers out and have now created a filing system which really helps. It makes me feel useful, helps them out and we both enjoy our conversations whilst we are sorting the papers out"

Volunteer 'B' said....

Could you make a difference to someone? And to yourself?

If you would like to volunteer as a home visiting Befriender, or as a Phone Buddy and want to find out more about how an hour or two of your time can help please contact;

Diane Naylor at Amber Valley CVS on: 01773 512076

"We have a good friendship, she is a very interesting person and she teaches me a lot! She is always grateful of my visits, and this makes me feel good about what I am doing. I feel brighter in myself after a visit and chat"

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Bespoke Befriending Service

The Amber Valley CVS Befriending Service works towards the '5 Ways to Wellbeing' so that anyone within the service benefits by: 'Feeling connected to the community', 'Being active', 'Taking Notice', Giving' and Keeping Learning'.

Every individual receives a service they have shaped.



"I have been meeting M for a few months now, as his Bespoke Befriender. He needed a companion to walk with him to regain confidence. We have a regular roiute from where he lives into and around hte local shopping area. He enjoys going to the fish and chip shop where he is known by staff and a number of local customer His favourite place after his meal out is the Bookies (he likes a little flutter on the horses).

He really enjoys getting out once a week because he sometimes spent quite a lot of time in the place where he lives however, when we are out and about he forgets about his worries and he can relax, he really enjoys chatting to different people he sees in the street, in addition he can treat himself to a piece of cake!

His outlook has changed since we first started meeting up. Initially, he admitted he was nervous about meeting me, however, after some encouragement, he became a little more confident and now Suggests going to different venues.

Our "friendship" has grown and he is a lot quicker to laugh at his ability to "pick a winner, or not! This is a really good gauge of how his confidence has grown.

When we first went somewhere new, if I took a route he did not recognise, he would become anxious whereas now he will laugh and say "not been this way for a long while" he looks forward to my visits and our chats and getting out makes a real difference to his life, I believe he feels more in control and feels he makes his own choices which he feels he hasn't done for a while. He is not confident enough to go out on his own and doesn't have transport, so it's a good opportunity for him to do something different and fits with our focus of "Taking Notice", "Being Active"

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"From my
perspective I
feel that I can
give something
back, a little bit
of patience and
kindness can go
along way when
befriending
people."





To plan your Bespoke Befriending arrangement, please contact us at Amber Valley CVS for a service leaflet outlining charges and to arrange an assessment visit to plan for your support. Lynn@avcvs.org / 01773 512076

Home From Hospital Free Service

This FREE SERVICE has been provided for residents of Amber Valley since March 2017. We have a team of volunteers who support elderly people who have been discharged from hospital but have no family members or friends who can help them.

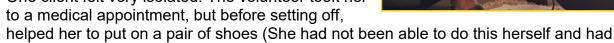
When anyone has been an in-patient, it is very unsettling and sometimes daunting to come home to an empty house. In hospital there is always someone to talk to, meals are provided and there is personal security. Leaving that behind and feeling that there is only yourself and four walls can have an adverse affect on mental health.



Our volunteers are there to fill that void. They visit once a week, for six weeks and can sit and chat, do some shopping, catch up on paperwork or other small tasks. Most of the time, just knowing that someone is checking that you are alright is enough and that they will be there on a regular day and time.

Some of the volunteers go 'the extra mile' to make a big difference to our client's lives.

One client felt very isolated. The volunteer took her



been wearing sandals). She also took her to visit her elderly mother in a care home. The client commented 'It's the first time that I've felt cared for in years'.

Subsequently, the lady had gained enough confidence to make the visits for herself.



For others, 'just being there' is enough to make a difference. Giving them confidence, helping them come to terms with a different lifestyle or getting them to see the positives.

'Making a difference' is why the volunteers do what they do - knowing that they are helping with the transition from hospital to home, with six weeks of support and signposting to other services, where necessary.

Please contact the Hospital Project Worker Pippa Woodbridge at Amber Valley CVS on 01773 512076

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How does belonging to a group affect your Wellbeing?

A sense of belonging is a basic human need, just like the need for food and shelter.

Feeling that you belong is most important in seeing value in life and in coping with intensely painful emotions.

Although a sense of belonging can come from personal relationships with family or friends, <u>research finds</u> it's belonging to groups that's most important for your health. Increasing your level of social connections can protect your future mental health.



As an Amber Valley CVS Funding and Community Development Worker, it is my role to work with individuals and whole communities to empower them to come together by forming self help groups, which could be fitness groups, music groups, social groups of any description which will improve the quality of life in the local area, increase social connections and reduce isolation.

We have over 500 community groups in Amber Valley including;

Grown Out Side CIC Crich www.growoutside.co.uk

Grow Outside C.I.C. provides primarily outdoor activities where people can work together in calm and relaxing environments, growing plants for a range of uses, and creating natural and social spaces. The sessions provide a range of opportunities, from learning new practical skills to socialising and drinking tea, and everything in between.



Amber Valley Stroke Group Tel: 01773 745346



Amber Valley Stroke Group is a social group for people who have had strokes and for their carers. The central object of the group is to open the door again to social contacts and new leisure activities in a relaxed and friendly atmosphere. There is a variety of activities as well as information and outings. Volunteers are on hand to help, talk and listen.

"Very supportive makes me feel like I am worth something, somewhere I belong" "Love the Friday Group, love the friendship, the laughter, Friday is the best day of the week for me."

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How does belonging to a group affect your Wellbeing?



<u>Frantic Families</u> <u>http://franticfamilies.co.uk/</u>

To offer support to families with children who suffer from ADHD, Autism and other associated conditions. We provide a non-judgemental safe place where families can share experiences so they understand they are not alone.

<u>Derbyshire Autism Services</u> <u>www.autismsupport.co.uk</u>

Derbyshire Autism Services Group is a registered charity that supports young people/adults with

Autism Spectrum Conditions and other disabilities and their families across Derbyshire their mission is to support children, young people and adults with autism and their families to make sure that they have

the best opportunities to achieve the most and to enjoy life as much as possible.

All of these groups have something in common, they have seen a gap in their community and have done something to resolve and fill the gap by creating a group for like minded people.

"We have all the same interest, and I try to improve my hobby, it makes me feel good, I just enjoy talking to people"

"I look forward to this time of the week I lost my wife not that long ago, but these people have made me very welcome and are lovely to me - I cancel everything to come to this group - I just love it".

Help at Home Cleaning, Shopping and Gardening Service

How our Help at Home service increases Well Being - a state of being comfortable, healthy or happy.



Help at Home encourages independent living, tailored to meet the needs of the client from basic everyday domestic support, including laundry, ironing ,shopping. A flexible service with fully trained, DBS and reference checked staff helping the clients feel secure and safe in their own home. regularly check the client's needs are met by our staff and change any services to meet their specific personal requirements to ensure we have their welfare as a priority, whilst maintaining cleanliness allowing them to comfortable in their homes. An individual's wellbeing is paramount and should there be any cause for concern we have the ability to liaise with friends and family to make sure any worries are raised.

It's not only cleaning, we bring a bit of the outside in, a familiar face, chatting to the client, listening and showing interest; which in turn brings **happiness** to the client allowing others in the family to relax knowing standards are kept and what is being done There may be jobs they worry about not being able to do themselves, they know they can ask for support and it will be done. It also ensures that we are assisting them in keeping **good health**. Wellbeing may be affected if there is limited contact with others. Lots of our clients see their cleaners as friends, they look forward to us going, can trust us, allowing them to be comfortable, happy and healthy in their own home.



Mrs Joyce started the service with us last October when she moved house. Mrs Joyce struggled with the move and it started affecting her wellbeing, our service helped her turn this around. She started with two hours cleaning a week and quickly asked us to start helping with her shopping too, with us taking her out once a fortnight.

'It was a big thing to move house, I chose the house I wanted but everything seemed to be going wrong, I couldn't keep on top of it all and my house didn't look how I wanted it too, it started to make me feel down. Maria came along and helped me get straight, she is wonderful, the best! Not only does she make me feel happy about my house, but I feel alive again when she visits, we have a laugh and a chat, she's like a friend and she is very patient when we go shopping, it's so good to get out but I need to rest and she lets me take my time. Nothing is too much trouble she makes my toilet sparkle, I really couldn't do without her or the service, I've got my confidence back and I would love to take her on holiday to Jamaica with me'

Help at Home Cleaning, Shopping and Gardening Service

One of our gentleman clients who is now still only 58 started the service for gardening in 2014 because he had back problems. His mobility decreased and together with asthma and not getting out much he sadly began hoarding and started to get depressed. So in 2016 he decided to also have the cleaning service from us.



Now two years on the same gent is a lot happier in himself as he has two cleaning visits, a shopper and a gardener. These four different members of staff see him weekly increasing the personal connections he has.



Mr Clarke said

'The service is a big help, they are very understanding of my needs, I'm very, very happy with the trustworthy service. Without it I could have lost my tenancy and I wouldn't be able to manage on my own. I look forward to seeing my cleaners and gardener and would miss them if they didn't come. I feel more independent and happier in myself, I'd be very stuck without the service'





Please contact the Help at Coordinators **Jane Massey and Rebecca Littler** at Amber Valley CVS on **01773 512076**

Connecting Communities

Step out in to your community and towards your own wellbeing

Community Organising provides a wonderful way to not only improve your own wellbeing but also link with others to improve the wellbeing of the whole community! You can help make a difference while also taking your own personal steps towards the 5 ways of Wellbeing.



Connect

Get to know your neighbours and bring your community together. by sharing news and information about local events.

Learn how to deeply listen to someone and accept what they are saying. Learn how to look deeper at where people's opinions come from.!

Be Active

Get out in to your community, walk around and count how many great things are in your local area. Are there lovely independent businesses or beautiful parks nearby? See what gems you can seek out.



Take Notice

Say hello to the people you pass on your local streets. Stop to share a few words and find out more about the people and the world right on your doorstep.



Find out more about advanced Community Organising techniques including how to deal with your own personal triggers and how to move conversations towards a solution focus. Learn about how communities work and what can influence them.





Give

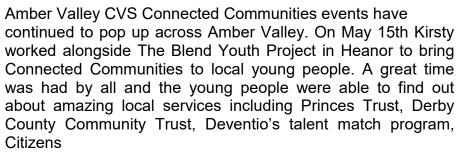
Learn how to facilitate lasting change and help your community to move forwards together. Help to make local area improvement ideas come to life for everyone to enjoy.

Here's what the members of Blue Box in Belper thought about **our Community Organiser Training**:

Great to all get-together, very good info, feel excited! Thank you, really useful and helpful info, great place to share ideas with like minded people, more please! Like the 'looking deeper' sections, made me think about my own triggers and how to sort them out for myself. Helpful session to focus minds and enable us to consider our approach to engaging with the community. Well facilitated!

Connecting Communities





Advice, Heanor Vision and the local MAT team and supporting services. We were also treated to some brilliant activities including woodworking with Mee's Marvellous Workshops, smoothie bike refreshments, lovely beauty treatments with young people from Heanor Gate's Tranquillity Salon and a

delicious jacket potato feast.

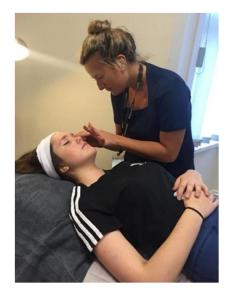


Feedback included:

"The layout of the room was fun, there were plenty of activities to take part in. Everyone was friendly. There was food for all (delicious!)"

"Lots of activities for the young attendees, clearly a lot of work had been put into the planning of the event"

"It was a useful event with a good range of agencies. There was a positive atmosphere, and those who attended seemed to enjoy it"

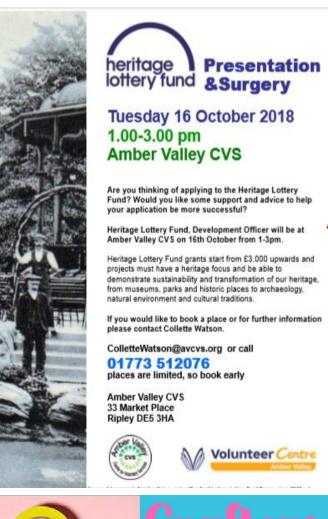


The event also provided an excellent opportunity for agencies to network which is leading to many new connections and possibilities of partnership work in the future. All of this will help to form a brighter future for the young people of Heanor.

On May 30th Connected Communities came to the Belper Parks Estate and Kirsty hosted a community lunch to encourage residents to come and meet the local services available to them. We were joined by the Community Police Team, Futures Housing Group, Blue Box and Citizens Advice. We were treated to some brilliant craft activities by Fleet Arts and My Happy Space kindly provided some lovely wellbeing goodie bags. As a result of this event several of the organizations present now have new volunteers and participants stated that they feel much more confident in getting involved in community activities which is great news.

Please contact the Community Coordinator—Kirsty Barker at Amber Valley CVS on **01773 512076**, kirstybarker@avcvs.org

Amber Valley Events & Info







M&S

Matlock Simply Food store has a café which can be available for charities to use for meetings / social gatherings. The space is available Monday -Saturdays from 6pm – 8pm and is free of charge.

The café space can accommodate up to 24 people and the café area can be fully sectioned off so that is for sole use by the group booking the space. Light refreshments can be available at request (chargeable). If you are interested in using the space as a one off or on a regular basis then please do not hesitate to contact me.

Bev Miller Plan A Champion – M&S Matlock SF Matlock Store Number: 01629 629267

Amber Valley Events & Info



Belper Rugby Club 20-22 July 2018

The amazing community of Belper made 2017 a record year for the Games...we raised £35,000 for Penny's Fund and other good causes; Pulmonary Fibrosis Trust, Atxia UK, The Scleroderma Society, and had an absolute blast doing it. This year, things are set to get even bigger with 36 teams competing. For a full event itinerary and more information about the charity visit:

http://www.pennysfund.co.uk



facebook.com/TheBelperGames







Funding News



The Coalfields Regeneration Trust is dedicated to improving the quality of life for the 5.5 million people living in Britain's former mining communities. Many of these communities still require support due to the huge impact the closure of the mines had upon them.

The Coalfields Community Investment Programme (England) is a £500,000 fund created to support activities that tackle some of the key challenges that still remain in coalfield communities.

The fund is open to projects that deliver in the top 30% most deprived coalfield communities and that will make a positive difference in addressing the following themes:

Skills: Growing the skills of people in order to increase their opportunities

Employment: Developing pathways to increase the number of people in work

Health: Supporting activities that improve the health and wellbeing of all age groups

Our offer will reopen on Monday 25th June 2018 and all the information on registering an enquiry relating to a project is on the following page:

http://www.coalfields-regen.org.uk/what-we-do/division-missing/coalfields-community-investment-programme-ccip-funding-support/

Please read all the information and the guidance notes carefully before deciding whether to complete the Eligibility Survey.







BECOME A COMMUNITY FUNDRAISER

By donating a few hours of your time, you can help us save lives, without ever picking up a first aid kit.

We're looking for bright, enthusiastic, determined individuals to join the fundraising team to help us deliver fundraising activities. You could be involved with bucket collections, pin badge sales or cheering on our amazing runners.

For more information, please contact East-Fundraising@sja.org.uk or call 07805 767526 (East Midlands) or 07825 681055 (East of England)

Alternatively, you can register your interest online by completing the short form using the link below

sja.org.uk/sja/volunteer/find-your-volunteer-role/fundraising-and-communications.aspx

or by simply scanning the code with most smartphone cameras, Escebook, Twitter or any other QR code Reader.

Registered charity no. 1077265/1. A company registered in England no. 3806129. Registered office: St John's Gate, Clerkenwell, London EC1M 4BU.





https://do-it.org

"I see volunteering as not working for free but working for experience. You can't put a price on that. Something everyone should try."

We hope you have enjoyed the articles, news and information in this edition. If you would like to promote your group, an activity or event in our Newsletter, please get in touch...





Amber Valley CVS

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www.avcvs.org



twitter.com/avcvs

For Voluntary

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