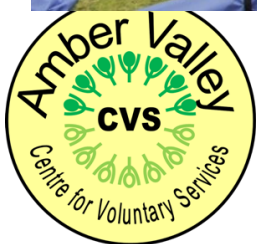


Community **NEWS**

from Amber Valley CVS

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....

“
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”

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 to a medical appointment, but before setting off, helped her to put on a pair of shoes (She had not been able to do this herself and had 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**

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. We 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 be **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 Home Coordinators **Jane Massey and Rebecca Littler** at Amber Valley CVS on **01773 512076**

Connecting Communities



Amber Valley CVS Connected Communities events have continued to pop up across Amber Valley. On May 15th Kirsty worked alongside The Blend Youth Project in Heanor to bring Connected Communities to local young people. A great time was had by all and the young people were able to find out about amazing local services including Princes Trust, Derby County Community Trust, Deventio's talent match program, Citizens

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@avcvcs.org

Amber Valley Events & Info



heritage lottery fund Presentation & Surgery

Tuesday 16 October 2018
1.00-3.00 pm
Amber Valley CVS

Are you thinking of applying to the Heritage Lottery Fund? Would you like some support and advice to help your application be more successful?



Heritage Lottery Fund, Development Officer will be at Amber Valley CVS on 16th October from 1-3pm.

Heritage Lottery Fund grants start from £3,000 upwards and projects must have a heritage focus and be able to demonstrate sustainability and transformation of our heritage, from museums, parks and historic places to archaeology, natural environment and cultural traditions.

If you would like to book a place or for further information please contact Collette Watson.

ColletteWatson@avcvs.org or call
01773 512076
 places are limited, so book early

Amber Valley CVS
 33 Market Place
 Ripley DE5 3HA



Crafters Group

Mondays
1.00 - 4.00pm

Join our social craft group
 Meet other crafters
 Bring your own project
 Share skills
 £2 per session

At Amber Trust Ripley

Contact Tracy Litchfield
 on 01773 752061 for more 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



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](https://www.facebook.com/TheBelperGames)



Volunteering Opportunities



YOUR SKILLS CAN HELP SAVE LIVES



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@sjia.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

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

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



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Registered office: St John's Gate, Clerkenwell, London EC1M 4BU
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<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...

NSPCC Will you help protect a generation of primary school children?

The NSPCC's *Speak out. Stay safe.* programme visits primary schools to help children understand what abuse is and how to ask for help.

By sparing two days a month you can help us ensure children can stay safe from abuse.

Volunteer today.
Change children's lives.
nspcc.org.uk/volunteer



EVERY CHILDHOOD IS WORTH FIGHTING FOR



Amber Valley CVS

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