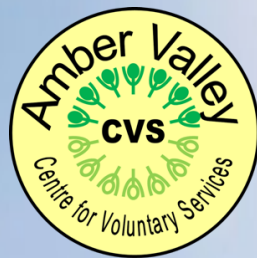


Community **NEWS**

from Amber Valley CVS

Connecting Communities



March 2018

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

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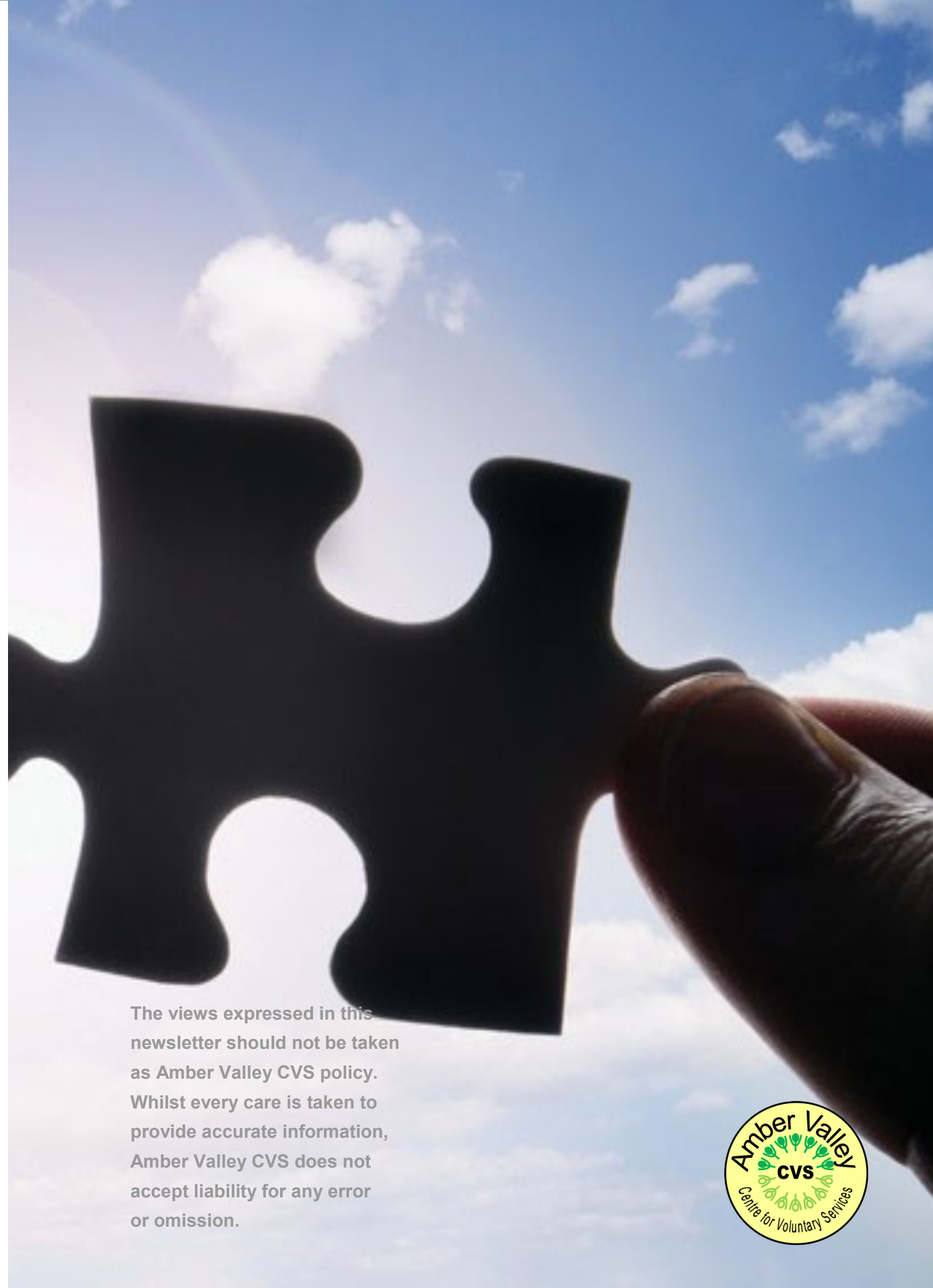
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Connecting Communities

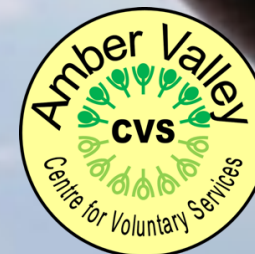


March 2018

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



The views expressed in this newsletter should not be taken as Amber Valley CVS policy. Whilst every care is taken to provide accurate information, Amber Valley CVS does not accept liability for any error or omission.



Welcome to our latest Newsletter

With more than 500 community groups in Amber Valley and a regular need to fill over 200 known volunteering opportunities at Amber Valley CVS we use every means possible to connect people with local groups and services and local groups with one another.

Although we are based in Ripley, we make our presence known across Amber Valley by using local venues for events and meetings.

At the Weston Centre in Duffield we arranged for local services and residents to come together to try new activities.

At the Wilmot Centre in Heanor front line staff and volunteers from local groups came together to see new faces and understand changes to roles.

Heanor was also where CVS took part in a joint Health, Wellbeing & Childrens Partnership meeting to ensure statutory service planners were including local organisations in their communications and work practice.

On **10th April** we will use Christ the King Church Hall, Alfreton as the setting for the **Health & Social Care forum** which is for community groups in all of Southern Derbyshire to meet, share good practice, have up to date information on health or care priorities.



Over the next 2 months, we will be in touch with all our members and local groups as we prepare for GDPR and ensure you have the correct support to understand and implement this change within your group.

If you would like to know more about the activity we are involved in as a CVS and Volunteer Centre, read more in this newsletter, check out our website and Facebook, drop in or invite us to visit you.

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Time to Help



Time Banks originated in the USA in the mid 1980s and Time Banking has been active in the UK since 1998 and there are now over 350 time banks around the UK.

The Chesterfield Time Bank involve individuals and groups in community life by creating an informal and inclusive network of people, building on strengths and recognising that everyone in a community has something to offer by helping others and themselves with a variety of tasks and activities, therefore ensuring that everyone's time is valued equally without the need for money.

This is a community system where a person or organisation offers their time to help someone else and gains a time credit for each hour given. They can then use that time credit to receive assistance themselves. It's a great way of getting to know your neighbourhood and people that live in it.

If you are interested in contacting the Chesterfield Time Bank for more information, please call 01246 204418 or email chesterfieldtimebank@gmail.com

Time Swap

Can you give an hour of your time to receive an hour of someone else's time?

Gardening - Shopping - Computer Skills
 Music Lessons - Lifts - Decorating
 Visiting People - Community Projects
 Sewing & Much More

Swap time not money!

To find out more:
 Tel: 01629 532049
 email: timeswap@derbyshire.gov.uk

We all belong to a community, whether it is at home, work, school, in the area that we live, online networks or through voluntary work. They are all vital to our health and wellbeing.

Here at Amber Valley CVS, we strive hard to join up communities and get people engaging with groups and schemes in our local area, either as members of volunteers.

There are some initiatives in Derbyshire that are trying to Connect Communities through volunteering.

Time Swap.

This Derbyshire County Council project is run throughout Derbyshire and in Erewash through the Erewash Wellbeing vanguard.

Time Swap volunteers earn 'time' by doing things in their community that they enjoy, or are good at, to help other people. They can then spend that time on getting help from other people with something that they find difficult or someone in their community could teach them a new skill.

Once you've identified the skills you're offering and what you'd like in return, your details will be recorded by a 'time broker' who matches up the right task to the right person and also issues Time Swap statements so that members can keep a record of how many hours they've given and received.

To make sure everyone is safe they check everyone wishing to become a member to give peace of mind.

Examples of time swap 'talents'

Gardening, basic DIY, sewing, knitting, help with paperwork, ironing, dog walking, reading, cooking, computer skills, hairdressing, decorating, time for a cuppa and chat, plus lots more - it really can be anything.



Costs and Benefits

The scheme is completely free to join and participate in – the only currency is time. All new members will receive an hour of time when joining to be deposited in their account.

Being involved in Time Swap activities can give you the chance to share or learn new skills in our community. People you help will be able to give you references to go on your CV and employers always see volunteering as a positive activity.

Making Space - Drivers
Location: Amber Valley
Alfreton, Belper, Quarndon, Ripley



Hours per month: Each Memory Activity & Musical Memory Session lasts for two hours per session so pick up and drop off would be 30 minutes either side of this
 Expenses: £0.46 pence per mile travel expenses reimbursed

The Derbyshire Dementia Support Service provides support, information and guidance for those living with memory loss, confusion and dementia, and also for their carers. We promote wellbeing and independence and offer peer support in friendly and welcoming environments where you can meet others in similar circumstances.

Who are we looking for?

- Are you a sociable person who enjoys helping others, aged 18+?
- As a member of your local community, would you like to help to make someone's day more interesting, sociable and interactive?
- Are you willing to give 3 hours of your time per month to do this?

What will I be doing?

- Volunteering your time as a driver, using your own vehicle to pick up and drop off our members for a few hours per month so that they can enjoy meeting others at our group sessions
- Offering assistance with a warm, caring, friendly approach
- You will undergo a volunteer induction and appropriate training
- Attending ongoing peer support and supervision sessions

As part of the application process we require two references, and you will need to undergo a DBS (Disclosure Barring Check). This is free of charge and support will be provided to guide you through the process.

Please contact us for more information: Tel: 01248 592 010
 Email: derbyshiredementia.service@makingspace.co.uk

We are making a difference...

We are dedicated to providing high quality health and social care services that are innovative, responsive and flexible to each individual's needs and choices.

www.makingspace.co.uk 01925 371680 @MakingSpaceUK

Get Involved

If you're interested in becoming a Time Swap member please contact Derbyshire County Council on **01629 532049** timeswap@derbyshire.gov.uk for further information. They will send you a questionnaire to complete so you can tell them about your talents.



Group volunteering in Amber Valley

Many people want to volunteer as a team or group. These can be employees from a company, members of a club or association or even just a group of friends or family who would like to spend time together to help others in their local community. Unfortunately, volunteering opportunities for such groups can be rather hard to find, but we will help to create bespoke opportunities for you.

Does your local group, charity or cause have a project that needs a large team of people to help with?

Some group volunteering activities could include:

- Decorating, for example in a Community Centre, Care Home, Youth Club.
- Painting a fence
- Putting up a shed
- Clean up a local area like litter picking at a park, planting trees, building new paths.
- Outdoor conservation such as clearing pathways, building walls, putting up fences, planting trees, landscaping, building raised beds and cutting grass.
- Serving food at a homeless shelter
- Assist at a local event, for example be Race Marshals at an organised run, or help out at a festival or carnival.



If you are part of a team that would like to get together to help a local group in Amber Valley, please get in contact with us at Amber Valley CVS and we will try to match you up with a group that needs assistance.

Likewise, if you are a group that needs help with any of the above, please let us know.

Time to volunteer—

You could use your professional expertise to hold a one off event, such as giving practical presentations or a training session on how to use a computer, social media, creating a website, taking photos and editing them, giving information about specialist topics like disabilities, health & safety.

To tell us about your skills for volunteering, please contact Volunteer Developments, **01773 512076** or **lynn@avcvs.org**

Help at Home Service in Amber Valley and Erewash

Help at home, a service that helps people to live independently at home and remain part of a community, and also brings people together. The Amber Valley and Erewash teams cover a vast geographical area, working and providing a service in their local area, meeting people they wouldn't necessarily meet normally and making a difference.

How does our service help individuals connect with the community?

'Being able to rely on local, friendly staff who know the area'

'People getting to go out shopping, looking forward to having a break from the house and seeing the local area'

'Meeting different people helps others feel positive and if they are carers as well it helps to break up the responsibility for a short time'

'Communication for the elderly and vulnerable is vital, whether it be from Help at Home or another source we take a little bit of the outside to them for a short period and make them feel a part of it'

'Assisted shopping enables people to do the everyday tasks we take for granted and meet old acquaintances again'

'Helping people stay at home with a little assistance helps them stay part of the community'



Amanda has been working as a domestic support for AVCVS since May 2015, and is still providing help to many who started with her, as well as new ones she has inherited along the way. Mr Honarmond has been visited by Amanda on a weekly basis since August 2015 providing help with his cleaning but also an invaluable shopping service.

Each week Amanda will collect his list and if he's forgotten something we are on hand in the office to take his call and contact her to make sure he receives everything he needs.

Recently Mr Honarmond has described Amanda as the lady 'he can't do without', which is a great compliment to her, along with the service that is provided. It enables him to feel part of the community, have a chat, be involved and know he has people who can support him, enabling him to maintain his independence at home



'An excellent service, I couldn't ask for better support and care. Nothing is too much trouble and if I need something doing I know I can ask and the office is very responsive. I feel comfortable, and

get to find out about what is happening in the community or just to have a general chat about weather and family, with someone who is local to me'.

Disclosure and Barring Service



Disclosure & Barring Service

We offer a quick, efficient and affordable [Disclosure & Barring Service](#) to voluntary groups & charitable organisations who work with children and the vulnerable.

Background

The DBS was established under the Protection of Freedoms Act 2012 and merges the functions previously carried out by the Criminal Records Bureau (CRB) and the Independent Safeguarding Authority (ISA)

CRB checks are now called DBS checks.

Amber Valley CVS are an Umbrella Body for the Disclosure and Barring Service and you can register your Voluntary Organisation with us.

A DBS check may be needed for certain jobs or voluntary work - like working with children, or in health-care.

What is a DBS Disclosure ?

A Disclosure is a document containing information held by the police and government departments. It enables organisations to check the background of job applicants (paid or voluntary) to ensure that they do not have a history that would make them unsuitable for the post they are applying for.

Disclosures will provide details of a person's criminal record, including convictions, cautions, reprimands and warnings held on the police national computer (PNC), it may also contain information held by local police forces.

How to register with us

- Choose a named person, within your Organisation, who will complete the DBS Applications and verify identification at your own premises.
- Complete and return our registration pack.
- Attend a half an hour training session, when you come into our office to collect your DBS Application Forms.

What we can offer you

- We will provide your named person with relevant training and ongoing guidance.
- We will provide the blank application forms for your DBS checks.
- We will offer guidance to your organisation on the requirement of who to DBS Check.
- We will check the accuracy of each form submitted.
- We will chase outstanding applications.
- We will safely and securely store information of applications in line with policy and good practice.



[If you would like to join our DBS Service](#)

contact **Emma Page** or **Alyson Bott-Stevenson** on **01773 512076** or e-mail DBS@avcvs.org

Befriending - Connecting People to the Community

Befriending at Amber Valley CVS is a constant flow of volunteer activity connecting to requests for support. With over 80 referrals for befriending support received during 2017 we are always looking at ways to connect people together either with the Befriending service or within their local area for activities and social outlets.

Many people referred to the Befriending service have become lonely and isolated having lost contact with family, friends and community activities. This could be due to health problems or life changes, or a combination of the two. Once referred to our Befriending service we usually arrange to visit them to discuss their needs and to find out what would really make a difference to them – whether that's having a weekly volunteer visitor or phonecall, or getting

out and about. Very often people mention that they *'don't see a soul from one day to the next'*, and *'I don't even know my neighbours'*, or *'I just don't get out because I can't walk far'*.



One gentleman I visited recently really wanted to get out more to be with other people outside of his *'same four walls'* but had poor mobility. After a good chat, he agreed that he would like to attend a local lunch club that had transport. I referred him onward for the lunch club, as well as adding him to our weekly voluntary Phone Buddy calls list, and he now regularly visits the lunch club and has lifted in mood and confidence.

He said ***"It feels good to get out and have some company, and I'm very thankful of the help – I***

wouldn't have known who to ask, or even know the lunch place was there. I really appreciate the Phone Buddy calls too, it's nice to chat with someone and I'd be lost without them- it feels like someone cares"

Having a befriending volunteer visitor also makes a great difference in connecting people to their local services & activities. One lady who now has a volunteer befriender visiting her each week said ***"It means so much to see a friendly face each week, I find out what's going on in my village and other things! I got to know about the home library service and sorted a mobile hairdresser with her. If she hadn't been visiting I couldn't have done that!"***

For more information on the service contact Diane Naylor –
Befriending Services Project Worker - 01773 512076



Bespoke Befriending



The Bespoke Befriending Charged for Service allows us to offer extended support, choice and flexibility to Amber Valley residents who need company.

What can a Bespoke Befriending Service offer?

- Regular visits for sociable conversation
- Provide companionship and support
- Accompanied outings, e.g to a garden centre, coffee shop or local activity
- Mental challenge of quizzes and games
- Other degree of activities
- We recruit male and female staff
- Days and times are dependant on staff availability

What is the charge?

What next ?

If you wish to pay for and use our Bespoke Befriending Service, we will:

- Visit you and discuss your needs
- Identify a Bespoke Befriending staff member responsive to your needs
- Make arrangements for you and your Bespoke Befriender to meet at your home
- Contact you and the Bespoke Befriender to ensure you are both happy with each other
- Send you a letter confirming the date and time of your Bespoke Befrienders visit
- Charge or invoice you for the service



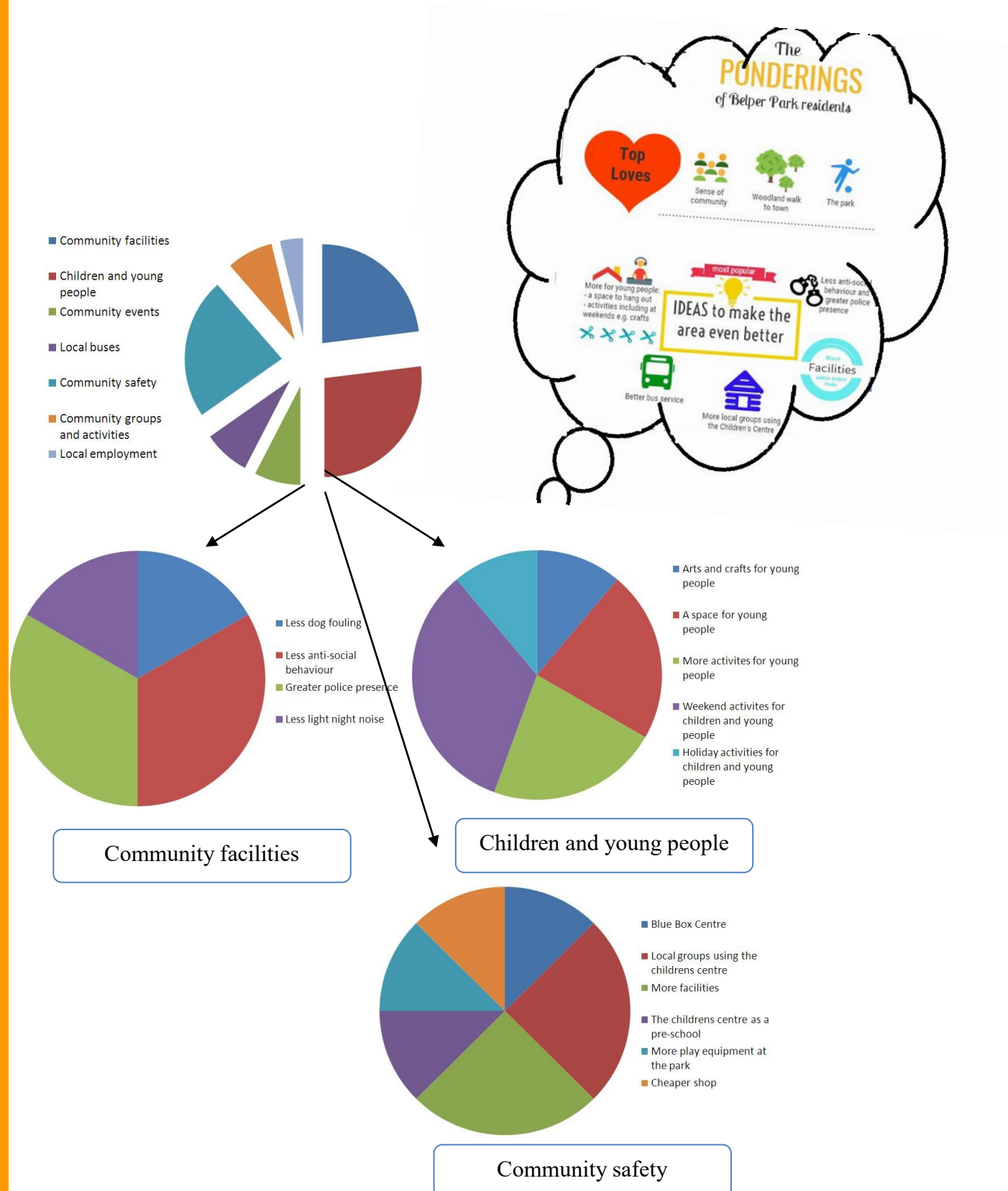
All of our staff are DBS checked and have regular supervision to ensure they are trustworthy and safe to enter your home and engage with you



Belper Parks Community

Building an even better Belper.

Over the last year I have supported Blue Box community group in Belper with their community engagement activities which has enabled the residents around the Parks Estate to share their thoughts about the area. Local people love the park, nearby woodland walk and amazing sense of community, although they also have some ideas that could improve the estate. Here is a demonstration of their main ideas...



Home from Hospital Service

The changing nature of communities means that sometimes, we no longer have family members close by, or neighbours who we know very well.

When a previously independent person has a stay in hospital their lives can change dramatically. They may lose their confidence, be unable to get out or socialize, need signposting to other services or just need to chat to a friendly, understanding person.

Do you know of someone who has recently been in hospital and has no-one to visit or support them?

A dedicated DBS checked volunteer (from the local community), will visit once a week for 6 weeks (a minimum of 1 hour) and can provide

- Emotional Support
- Essential Shopping
- Company to Relieve Social Isolation
- Reassurance
- Advice on Social Groups, Activities, Support



"I found the company of my volunteer, friendly and I looked forward to her visits".

Our volunteers can support, listen and help the person to maintain their wellbeing.


This service does not replace any statutory health or social service

care you are entitled to, but rather it should help, assist and enhance your overall care and recuperation. Over an 18 month period, 30 local residents have been supported by volunteers from the community.

Please contact the Hospital Project Worker **Pippa Woodbridge** at AVCVS on **01773 512076**

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

Are you aware of the **Home from Hospital Scheme** (for Amber Valley Residents)



Advice Support Information Advice Support Information

Our Volunteering Team could help you

TRUSTED TRADER
Volunteer Centre
Amber Valley

Home from Hospital Home from Hospital Home from Hospital

Funding Opportunities

Funding Grants

Grants are non-repayable funds that enable voluntary and community organisations to provide services or activities. There are over 4,000 grant funders in the UK, and the process is highly competitive.



Grants are ideal for supporting research and development, building capacity or for new activities which over time could become self-financing. They are also widely used for projects and to cover the core operating costs of voluntary and community organisations such as salaries and overheads.

Challenges of grants:

Short-term nature: grants rarely last longer than three years, so if you intend to your project to continue you must have a strategy for the longer term.

Specifications: many funders have specific priorities for types of activity they want to fund.

Oversubscribed funding: the total amount of grant funding received by the voluntary and community sector has fallen in recent years and is likely to fall further, coupled with more organisations looking for funding equals greater competition.

Time: it takes time to submit an application and receive a response – on average, from two to six months, depending on the funder and the scale of the grant.

Overheads: grants funders generally do not fund day-to-day running costs and it can be hard to secure the true costs of running a project from a grant-giver.

Burlington Masonic Lodge in Littleover, Derby.


They donate money to local charities and organisations and are looking for local organisations that may benefit from a donation.

If you would like to write a letter to explain the services you offer and how the donation may be useful to your services, please forward it to lewis@arcmande.co.uk



The Masonic Lodge donated £2000 to Flo Shipley at Heanor last year as well as other services, however the other services / organisations all appeared to be in the North of the County we are trying to get a few more "local" services to benefit.

Community Connections



Scams alert

Scams aim to con you out of your money. They can arrive by post, phone call, text message or email or a scammer may turn up at your home.

Follow our top tips to spot a scammer.

A scammer may:

- contact you out of the blue
- make promises that sound too good to be true - if something sounds too good to be true it probably is!
- ask you to pay for something up-front - for example, they'll ask you to pay a fee before you can claim a prize.
- ask you to make a quick decision by saying things like 'if you don't act now you'll miss out'. This puts you under pressure and you don't have time to think.
- be over-familiar and over-friendly with you.
- tell you an offer has to be kept secret.
- ask for your bank account details. **Never** give your bank details to people you don't know, especially people you meet online.
- give a mobile number or PO Box number as the contact for their company - these are easy to close and difficult to trace. It may be a sign that the company doesn't exist or isn't legitimate. Check out the company's details with Companies House or look on the internet for more details about them.

If you think you have been scammed you can find help and support here...

<p>Action Fraud Telephone: 0300 123 2040; Monday to Friday, 9am to 6pm; Website: www.actionfraud.police.uk; Textphone: 0300 123 2050</p>	<p>ActionFraud <small>actionfraud.police.uk</small></p>	<p>Citizens Advice Derbyshire Districts AdviceLine: 0300 456 8390 Monday to Friday, 9.00am to 4.00pm; Textphone: 0300 123 2050</p>
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Big Moments

All Stars Cricket gives children the chance to play, learn great skills and meet new friends!

Belper Amateurs CC
The Padhoras Ground, Belper, DE54 2RD
10:00am - 11:00am, Saturdays (May - July 14th)
Contact: phil@nightingalebely.com
Register at allstarscricket.co.uk

Includes Personalised Kit!



Derbyshire Carers Association
New Carers Connect
Amber Valley



Here at DCA we are excited to be launching a new drop in and support service for carers in Amber Valley.

Drop in, have a coffee, and have your say on shaping this group going forward.

On the launch day there will be creative activities and a range of other agencies that can give you information on help available.

Future sessions will be running monthly on the 1st and 3rd Thursdays 1pm-4pm

Launch day Thursday 1st March 10am-4pm

Belper Baptist Church,
Bridge street, Belper, DE561AZ

For more information contact
DCA head office on:
01773 833833

Registered Charity Number: 1062777







Social Singing Group

Open to All abilities
Everyone Welcome

Every Wednesday
from 1pm until 3pm

The Croft Slack Lane Ripley
DE5 3HL

For further information contact:
01773 734989 or 07484 901522

Or email:
claire.penny@rethink.org



Community Connections



TRAINING SEMINAR

Routine Playground Inspection Training

The aim of this session is to enable your organisation to carry out routine visual playground inspections safely and to take appropriate follow up actions.

Date: Thursday 26th April 2018 - Registration from 9.00am, session time: 9.30am – 3.00pm

Venue: The Whitworth Centre & Park, Dale Road, Darley Dale, Matlock, DE4 2EQ

Fee: £85 + VAT (£102)

The trainer, a member of the Register of Play Inspectors International Ltd (RPII), will lead a session on:

- Child development - the importance of play and accessibility
- Risk benefit judgments and how to minimise risks
- Management, legislation, European Standards and how they may affect the operator & the inspector
- A logical and systematic approach to inspecting including risk assessment
- Practical inspection of playgrounds, approaches and surrounding areas
- Essential aspects of inspection, maintenance and common faults
- Documentation, reporting and importance of record keeping

Come prepared: attendees need to wear appropriate warm waterproof clothing and suitable footwear. The outdoor practical session will take place even if it is raining!

For further information about this event or any other village and community building training events please contact Helena Stubbs on 01629 592973 or email h.stubbs@ruralactionderbyshire.org.uk

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

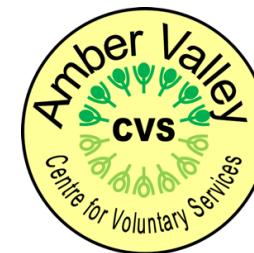
Market Place, Ripley, Derbyshire,
DE5 3HA



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