

#### **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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# **Amber Community First Responders**

The Amber CFR scheme was created in early 2015, with the initial group of 8 CFRs becoming operational in June of that year, with a supporting committee of 4. By the end of 2016 the number of responders had grown to 14, and between them, they volunteered nearly 4000 hours and attended more than 1150 patients. In 2017, this has risen to more than 20 responders, 5000 hours and about 1500 jobs. So, as you can see, CFRs are a very valuable resource.

First responders are volunteer members of the community who are trained to respond to emergency calls through the 999 system in conjunction with the ambulance service.

Community responders provide immediate care to patients in towns and rural areas where distance may delay the prompt arrival of an ambulance.

They are trained to deliver basic life support and defibrillation to patients in cardiac arrest and other appropriate calls including



giving oxygen therapy to patients suffering from a range of conditions.

Because Amber Community First Responders are based in the community where they live or work, they can attend the scene of an emergency in a very short time, often arriving within the first 4/5 minutes of a 999 call being made. The responder can then begin life-saving first aid before the ambulance arrives, thus increasing the patient's best chance of survival. In an ideal world, there would be an ambulance available on every street, in every town and village, which we know is not a viable option.

Members of the management committee are pictured above receiving an incredibly generous donation of £3000 from Rachael Grime, CEO of Foundation Derbyshire.

Many thanks from the whole team.

If you would like further information or would like to become a Community First Responder please contact: trevor.james@acfrs.org

# 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



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.

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 procees 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 procees.

Please contact us for more information: Tel: 01246 592 010 Email: derbyshiredementia.eervice@makingspace.co.uk

#### We are making a difference...

#### **Get Involved**

If you're interested in becoming a Time Swap member please contact Derbyshire County

Council on **01629 532049**<a href="mailto:timeswap@derbyshire.gov.uk">timeswap@derbyshire.gov.uk</a>
for further information. They
will send you a questionnaire
to complete so you can tell
them about your talents.

In the past year.

Time Swap has recorded a staggering 1778 hours exchanged in Derbyshire.!



# **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.

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#### 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

**Information** News

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Ideas that change health care

"The King's Fund was commissioned by the Department of Health to conduct research that would explore how and why clinical commissioning groups (CCGs) and local authorities chose to engage with the voluntary, community and social enterprise (VCSE) sector"

#### Key messages:

- There is wide variation in the way commissioners engage with the voluntary, community and social enterprise (VCSE) sector. Some commissioners saw their role solely as stimulating a market of providers, with no particular interest in creating a strong VCSE sector. Others had made a clear choice about the value of the VCSE sector as a critical player in developing asset-based approaches to care, engaging VCSE organisations as key partners in co-production of health and care outcomes.
- The primary drivers for choosing a commissioning approach are local, not national. Strong local leadership, often political, and relationships with the sector are important to creating a partnership-based approach in the face of sometimes seemingly conflicting national priorities.
- Most, if not all, of the commissioners we spoke to had heard of the Social Value Act and the Care Act, but their knowledge and use of these national legislative powers varied widely, from those that actively used them to support their commissioning intentions to those who were only minimally aware of them.
- Co-production sitting down with VCSE organisations as partners and equals requires strong and mature relationships both within the sector and between the sector and commissioners. These relationships require time and attention to develop and maintain, and leaders of commissioning organisations need to be clearer about the need to invest in relationship-building.
- While the NHS five year forward view outlines a commitment to developing stronger partnerships with VCSE organisations as part of a 'new relationship with patients and communities', in many areas commissioners are not prioritising these relationships.
- Changes to commissioning may raise more challenges for successful co-production. As integrated care organisations develop, it is unclear who bears responsibility for supporting and developing community assets. There is a risk that more transactional approaches could develop in the absence of clear incentives to involve VCSE organisations in co-producing commissioning intentions.
- Commissioners reported that they face intense pressure to deliver improved value for money and better outcomes. They were not convinced that grants were inherently better than contracts, rather they emphasised the importance of appropriate and proportionate use of whichever mechanism was chosen.
- Information governance emerged as one of the most challenging issues around commissioning health and care services from VCSE organisations. For some, this was a serious barrier that prevented VCSE organisations from entering the marketplace.
- The VCSE sector has a role in coming together to provide a strong and unified voice as it engages with commissioners. This requires leadership from within the sector to manage competition between different organisations. Strong leadership is essential to build collaboration and partnerships within the sector and with commissioners.

For much more information visit www.kingsfund.org.uk/publications/commissionerperspectives-voluntary-community-social-enterprise-sector

## 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'

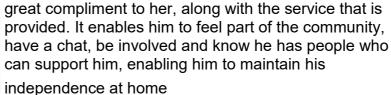
'Assisted shopping enables people to do the everyday tasks we take for granted and meet old acquaintances again'

'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





'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'.

However occasionally it comes to light that our clients need other services that we do not offer, so we do our best to source whatever a client may need. This could be anything from a mobile hairdresser or Optician to a befriender or even in the past someone to get rid of a bees nest.

So all in all we let our clients know that they only have to pick up the phone and ask for either Jane or Rebecca in Help at Home or have a chat with their cleaner or gardener and we will do our



best to signpost them to the person most likely to be able to help.

We also offer paid work for those that want to work in the community. Our employees are also living in Amber Valley or Erewash so this is another means in which we are connecting those in the community. As well as pay for the work done staff also feel that they are giving back and being useful.



Our cleaners and gardeners enjoy the interaction they have with the clients and

genuinely feel that they are helping them to stay at home which is obviously the main aim.

Most of the clients like a good chat about what is going on in the neighbourhood whilst their cleaning or gardening is carried out. There is nothing better than a friendly face when you are starting to feel a bit isolated and the feeling that you get when you know you have achieved a small part of the help towards cheering up a client is immense.

Our work positions offer holiday pay and sick pay and a non contributory pension with hours to work around your own life commitments with no nights, weekends or bank holidays to boot. All this for offering someone the peace of mind that they need to feel comfortable at home.

Help at Home, assisting people in an individual way, whilst creating a link and keeping them part of a community.



Contact Jane or Rebecca our Help at Home Coordinator's for more information on using the service or joining the team on 01773 512076 Ø

# **Disclosure and 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 healthcare.

#### 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

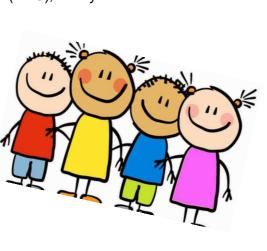
- Choose a named person, within your Organisation, who will complete the DBS Applications and verify identification at your own premises.
- Complete and return our registration pack.
- Attend a half an hour training session, when you come into our office to collect your DBS Application Forms.

#### 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

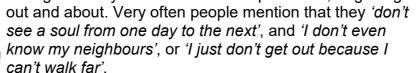
contact Emma Page or Alyson Bott-Stevenson on 01773 512076 or e-mail DBS@avcvs.org



# **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





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

MENTORING AND BEFRIENDING





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# **Community Organises a Great Success!**

As part of my Community Organising role during 2016 I supported a very special volunteer to lead some community action towards getting a road crossing on Mansfield Road, part way up the hill to Heanor.

Eileen (pictured below, centre) is a very inspiring lady, she has never given for over 60 years of her vision to see the implementation of the crossing . I was able to help facilitate the action by using my community organiser skills to break the mission down in to small manageable steps. Eileen said that my positive solution focused attitude was the catalyst to make her feel that we could really do something about a problem that local people had been complaining about for a good few years. Eileen was brilliant and made each step happen for herself, from writing letters to coming out petitioning door to door, all I had to do was help move the focus from problem towards solution, and our journey to action sped on.

Cllr Celia Cox (pictured below, left) was very supportive of our campaign and fantastic at leading us through the political process of presenting a petition to Derbyshire County Council. With the backing of 144 local residents the petition was successful and I am delighted to be able to report that the crossing point has now been built and is helping to make life easier for those needing to cross the road to get to the nearby bus stops. This achievement is such a great example of what can happen when one person takes the lead to bring a community together, communities can really make the difference!

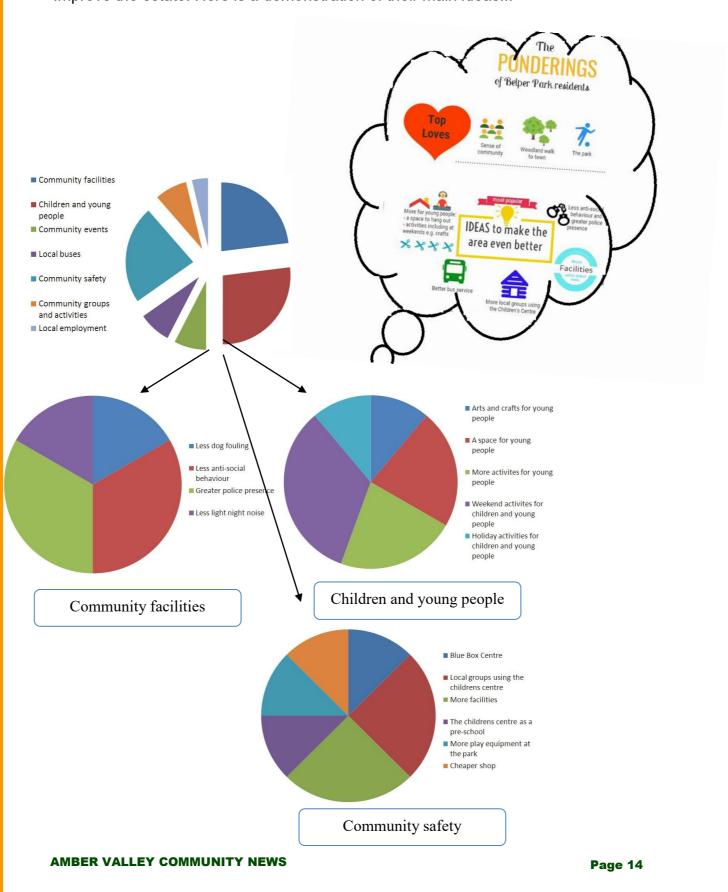


Kirsty Barker - Community Organiser 01773 512076

# **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...



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



**Home from** 

Nolunteer Centr

**Hospital** Scheme



"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** 

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# **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 <a href="mailto:lewis@arcmande.co.uk">lewis@arcmande.co.uk</a>



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.

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# **Funding Opportunities**



#### **Foundation Derbyshire**

#### Who is Foundation Derbyshire?

Established in 1996, Foundation Derbyshire (the new operating name for Derbyshire Community Foundation) now manages endowment funds of over £6.5 million and has made over £14 million of grants across Derbyshire.

It's our donors – businesses, individuals, trusts and families who make this possible. Proud to be investing in their local communities, our donors use the Foundation's local knowledge to support the issues that they care about and reach groups and projects that so desperately need their help.

#### Applying for a grant

Simple. Supportive. Local.

Foundation Derbyshire offers a wide variety of funding programmes available to community & voluntary groups working across Derby and Derbyshire.

They are proud to be an independent local funder. Their application forms are designed to be simple to use even for those new to funding Amber Valley CVS can and along with Foundation Derbyshire's staff I support you during each step of the process.

#### Keeping it local

Most of our available grants are up to £2,000 in value and usually cover a 12 month period. The programmes will cover equipment (capital) and general running costs such as rent and transport (revenue).

Each of the funding programmes offers something different. However, they would always suggest you contacting them first to have a chat about your ideas and their friendly staff team they will offer advice and support on which of the funds to choose from.

Read More.... www.foundationderbyshire.org

Unit 2
Heritage Business Centre
Belper
Derbyshire
DE56 1SW
e:hello@foundationderbyshire.org
t: 01773 525860

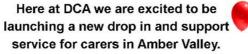
If you would like to know more about this fund or any other fund, please do not hesitate to contact our Community Funding and Development worker Collette Watson on 01773 512076 or email: <a href="mailto:collettewatson@avcvs.org">collettewatson@avcvs.org</a>.

# **Community Connections**









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













### **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:



# **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.

Thursday 26<sup>th</sup> April 2018 - Registration from 9.00am, session time: 9.30am - 3.00pm Date:

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

£85 + VAT(£102)Fee:

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

- 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

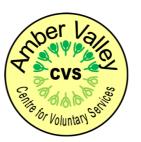
We hope you have enjoyed the articles, news and information in this edition. If you would like to promote your group, an activity or event in our Newsletter, please get in touch...





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