

Community **NEWS**

from Amber Valley CVS

Changes...



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

Welcome to our latest Newsletter...

This edition focuses on “Changes” and since our last Community News there has been both positive changes, as a number of local organisations heard of their success in re-commissioning with Derbyshire Adult Care and CCG or had an injection of new funds from the Locality Health & Wellbeing grants. This includes the offer of Befriending from Amber Valley CVS, telephone support from Crich Careline and support following discharge from hospital for a range of Derbyshire voluntary sector organisations.

Some of the changes see new partnerships emerging—Home from Hospital providers are identifying shared service offers and referrals. Mental Health services have been reviewed and a new offer of Recovery & Peer Support is being offered by Rethink with P3 and Derbyshire Federation for Mental Health.

Other organisations have had a rockier road through this period and our organisation and other CVS are providing support, advice and voicing concerns for the impact these changes will have on local communities in our representation role at partnerships and Place meetings.

Change does have an impact on staff and volunteers. Amber Valley CVS have been fortunate to manage the return of Hannah from maternity leave and retain Kirsty in her continuing Community Organiser role. We have also supported the expansion of Home-start activity in our area and links to other voluntary support through the collaborative work with vSPA.



We have recruited to deliver Home from Hospital and are working with DCHS to encourage all the current volunteers involved in this to continue with our support.

Kirsty reflected on the change that she herself has undergone since joining us 3 years ago: “Little did I know how my journey would progress and how much my working life would grow and change. After completing a week long intensive introduction to this unique approach to

community engagement, over the following months AVCVS supported us to get to know our new communities of focus, and in turn we helped to spread word about what was happening to the wider area. I am privileged to have discovered the hidden gems of the area, especially the fantastic sense of community and friendship. I enjoyed this so much that I am now studying in my own time with the Open University learning about how community engagement can have a positive impact on public health. This will all help to build up to finally completing my degree which I had to give up ten years ago due to ill health.”

Such is the opportunity, support and creativity within the community and voluntary sector.

Promote your Organisation

Did you know that as an Amber Valley CVS member group you are entitled to discounts on all of our admin fees and free use of the window displays.

We are currently taking bookings for our front window display which looks out across Ripley Market Place and attracts a lot of attention from passers by.

The display system is available to book weekly at just a small cost for printing. So if you have an event that you would like to promote or just raise awareness of your groups activities then please let us know.



Time for a Change ?

If your Promotional literature needs updating, we can help you with that too. Whether it's a logo design, a leaflet or poster to gain more volunteers, or even to advertise a meeting or fund raising event.

In the last year we have helped Riddings Park Community Centre, Excercise Roadshow, Belper Stroke Group, Amber Valley Access Group, Amber Valley Talking Newspaper, Ripley Rotary Club, Codnor Castle Heritage Trust, and Royal British Legion Ripley Branch, to name but a few.

The organisations that use our design service say: "We are extremely pleased with the creativity, and affordable printing costs"

**Please call Emma Rodgers
on 01773 512076 for more info**

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

Does your **Promotional Literature** need updating

Design Service Design Service Design Service

We offer a quick, efficient and affordable **Design Service** to voluntary groups and charitable organisations.

Make a Change in your Community

2017 brings a fresh set of New Year's Resolutions for people and more often than not, that includes doing something to benefit others and themselves. Volunteering is a perfect way to do this but it's finding the time to commit what with some people having full time jobs and families to look after.

Here at Amber Valley CVS, we would like to encourage volunteering, specifically in medium to large size businesses in Amber Valley. Most businesses have a Corporate Social Responsibility (CSR) which means they believe they have a duty to act in the best interests of their environments and society as a whole.

Derbyshire procurement will in the near future include "Social Capital" objectives in contracts for businesses. Some national organisations allow their staff paid time off throughout the year to undertake a volunteering activity, helping out in their local community. We will target local businesses to see more of this happening in Amber Valley.

Through the year, we will be carrying out a piece of research to find out which businesses have a Corporate Social Responsibility policy and whether it includes volunteering in it. If it doesn't, we will then talk to them about the possibility of volunteering and making a difference within Amber Valley. Whether it is:

- Organising a fundraising event in their workplace to raise money for local voluntary groups. (See photo of food donation from Amber Valley Total Care)
- Allowing their staff to go in to a school to listen to children read or do activities with them.
- Helping to decorate a community centre.
- Doing gardening or shopping for an elderly person.
- Getting a team of employees together for a team building exercise.
- Volunteering for a day building paths in a woodland.
- Using their professional skills and knowledge to help out local volunteering groups by joining their Board of Trustees.



It is our ambition through helping local groups and individuals to make Amber Valley a great place to live, work and volunteer. We do this by being the one-stop-shop for giving advice, offering training or by signposting them in the right direction to get the results they seek.

Hannah Curzon, Volunteer Development Team
 HannahCurzon@avcvs.org

Changing lives through volunteering

Back in January I met with a lovely lady who was looking to make a positive change in her life for the New Year. She has some learning difficulties which meant she had been unable to work all her life, but nearing the age of 50 she felt ready to make a leap towards more independence. After spending some time volunteering for someone she already knew to help build her confidence, now seemed like the perfect time to take the next step and look for somewhere new. The appeal of learning some new skills and making lots of new friends was enough to convince her that Leonard Cheshire Disability would be a great place to spend some time.



By applying to volunteer through Amber Valley CVS I was able to provide some extra support such as helping her to find a suitable bus route and timetables, which helped to alleviate any anxieties that she had. I was confident that the warm welcome at Leonard Cheshire Disability would make her feel comfortable and we parted in good spirits for the future.

A few days later I received an excited phone call full of stories about new bus journeys and budding new friendships made during the first days of volunteering.

“It was extremely rewarding to hear her high spirits and also listening to her Father talk about the amazing change in her already. This all goes to show that volunteering really can change lives!”

Kirsty Barker, Volunteer Development Team, kirstybarker@avcvs.org

Crich Careline - Growing in the Community

Crich Careline was established in 2011 as a telephone befriending service. The service has gone from strength to strength with it initially starting with eight volunteers and today it now has an average of 20 every week. It provides a lifeline for local people who are housebound or lonely. Crich Careline began with volunteers telephoning people one evening a week and due to the popularity of the service, it now needs volunteers every day of the week to make these calls, with the aim of being able to provide telephone befriending, 365 days of the year. The service is free of charge and Crich Careline relies on donations and fundraising to keep it running. Volunteers commit as much or as little of their time that they can give and can



specify the days that they are available to make the calls. They need to be good listeners and have a sympathetic ear. Full training is given to all volunteers.

Peter Yates, Crich Careline Coordinator said, ‘The service we receive from Amber Valley CVS is excellent. The quality and regularity of the referrals we receive from them is very successful as we often take on the volunteers that are recommended to us.’



Crich Careline are always looking to welcome both new volunteers and people in the Crich area who can benefit from the service. To find out more, please contact them on 01773 852846.

All change at Ripley and Alfreton Tennis Club

Since the closure of the Watchorn Tennis Club in 2008 when the land was sold for housing, its members have been trying to find other sites to relocate. Although several sites were looked at but due to planning problems and highway restrictions, it was all to no avail.

In 2014, the Watchorn merged with Ripley to form the above club. Ripley had the land and Watchorn had monies from the 106 agreement from the sale of the club, and we also managed to secure funding from Sport England Inspired Facilities for £75,000 for the new clubhouse. It has taken two long years for our project to come to fruition and we now have four brand new courts and a new clubhouse, new fencing around the perimeter of the club and floodlights on two of the courts.



There is still a lot to do, resurfacing the car park, landscaping the area around the clubhouse and the painting of the other two courts but we are nearly there and wish to inform everyone that we are open for business. We are organising an Open Day in April (date to be arranged) and would welcome all tennis enthusiasts of all ages and ability to come and have a look at our new facility. We will be offering coaching for both juniors and adults, also a Rusty Rackets group for those who have not played tennis for some time.

During the winter, we are playing on Monday and Tuesday evenings from 5.30 pm onwards and Saturday afternoons from 1 pm onwards at Heage Road, Alfreton DE5 3GG

**If you require any further information, please call Dean on 07986 149810
Joan on 07974 174499
or Rachel on 07792 513644**



“ We would like to say how supportive Amber Valley CVS have been since we started our project and given us advice and help along the way. They have kept us informed of funding opportunities and also helped us with the writing of the bid to Sport England. They have also kept us informed of various workshops that we could attend which have been very informative. “

People Need People - Befriending Making a Difference!

No special qualifications are required to volunteer as a Befriender, just the ability to listen, share time, and take an interest in someone else's life – which is what new volunteer Mandy decided to do..... “I was a bit nervous at the start, but I really wanted to get out and socialise and share my day with someone” Mandy has now completed all her training as a volunteer, and was introduced to Joan recently as a visiting befriender.

Joan welcomed Mandy as her visiting befriender and said “I sit on my own such a lot with the TV on, I don't go out, I don't have the chance to now. It will be nice to have a chat with someone and have some company”

Once introduced to each other Joan and Mandy found a joint creative interest in colouring books and crafting, which they are both looking forward to talking about and doing together.

They were both happy to plan future befriending visits, and looking forward to getting to know each other and enjoy the difference it will make to both of them.



Can you or someone you know make a change and make a difference to someone?

We currently support 65 people with Home Visiting Befriending in Amber Valley, providing much need company and conversation, as well as 35 people through our weekly Phone Buddy calls.



However, the need for Befriending is always greater, as we receive around 10 new referrals for support every month – we are always looking for new volunteers to help and currently have 59 people waiting for Befriending support in the area.

If you would like to find out more or become a volunteer Befriender with us, please contact Diane Naylor – Befriending Project Worker on 01773 512076

Have you got the time, to share some time?

“Two fifths of older people (about 3.9 million) say that the television is their main company” - *Campaign to End Loneliness*

“I look forward to my weekly call. It keeps me going, knowing that someone cares”

Changes

Help at Home has seen many changes since it started in 2004. From 1 Coordinator, we have now evolved to 2 Coordinators, one full time and one part time for Gardening and Domestic support with Coordinator responsibility for either Amber Valley or Erewash.

Since then we have smudged the borders and extended to include Shirland, Blackwell, South Normanton, Pinxton, Selston and Jacksdale all just over the border of Amber Valley. We did the same in Erewash and so now also offer Allestree, Spondon, Stapleford, Toton and Beeston just over the Erewash borders.

On average we have just over 500 clients, with over 50 cleaners and gardeners to facilitate this. We have had a few of our clients reaching the grand age of 100 in the years that we have been running. They will obviously agree that they have seen many changes, during this time, not necessarily to do with Help at Home. We always strive to offer the very best service that we can. We all work together to try and recognise the needs of both the young and the older clients alike showing empathy when required and support to allow clients to remain at home.

Staff tell us that they get a lot of job satisfaction and love to meet new clients. They like the interaction with the elderly particularly and of course the reassurance of paid work with holiday and sick pay if and when required.

If you are looking for paid work in your local area and have access to a car and a desire to support people to stay in their own home, please contact us as we have regular openings to employ new staff.



Just a few of the many comments received from our Clients, over the years:

- **Would highly recommend**
- **Flexible**
- **Lost without it**
- **Life saver**
- **Reliable**
- **Reassurance and peace of mind**
- **It's the little things**
- **Company and Conversation**
- **Enriched my life**
- **Excellent service**

So even though a lot has changed we can safely say that we still offer the same steady fast service that we have always offered and will continue to do so.

Jane Massey
Amber Valley Help at Home Co-ordinator



Changes

There have been many changes to the services available to older people during my working years. Many years ago older people received visits from a 'Home Help' usually provided by or through the local Council. These workers would help by cleaning peoples' homes, collecting their shopping and also providing an element of companionship, they took on the role of a helpful neighbour. When this level of service was not enough people would move into a Residential Care Home.

Today there is a much stronger emphasis on keeping people in their own homes for as long as possible but less local authority support. The Government has made available Attendance Allowance (which is not means tested) so that people who qualify for it receive some financial support to enable them to purchase some of the help that they need and choose who provides that.

The services an older person may require could be something as simple as a home visit from a hairdresser or a chiropodist. Most of the larger opticians now offer home visits for eye tests and I understand even hearing tests can now be done at home. Additionally most GP Practices work in conjunction with pharmacies for the collection and delivery of repeat prescriptions. Community Nurses are very active, visiting people at home to attend to medical needs and advising on the support people may need and how to access it.



For help with the more practical tasks Amber Valley CVS 'Help at Home' service is an Independent Living service providing support to older or disabled people. Workers will carry out domestic tasks such as; vacuuming, mopping, dusting, cleaning the bathroom and kitchen, changing the bed and helping with laundry. Many clients also benefit from the accompanied or unaccompanied shopping service. All enjoy the additional support and friendly conversation with the Help at Home workforce.



Amber Valley CVS also offers a gardening service which provides regular general garden maintenance visits, carrying out tasks such as; mowing of lawns, weeding, pruning, hedge cutting and fence painting. This service is invaluable to the many people who use it, as they are still able to enjoy their gardens without the back breaking work of doing the gardening themselves.

Other complementary services for older people from the voluntary Sector which have evolved over the years are 'Befriending', Tootsies Foot Care, Social Car Scheme and Community Transport, Lunch time clubs and physical activity sessions which provides an opportunity for social interaction for older people. Help at Home Co-ordinators have gained knowledge over the years to provide information about all voluntary sector provision to support and enhance the service we give to clients in Amber Valley or Erewash.

These are just a few of the types of services available in our communities that will help older people to maintain their independence and remain living in their own homes.

Please contact us for up to date advice on 01773 512076.

Diane Topping, Erewash Help at Home Co-ordinator

Villagers fight to save their Local

Villagers in Holbrook, Derbyshire are fighting to save their Local, the Spotted Cow following plans being submitted to re-develop the site for housing.

The Pub has been closed since 2014 and the owner of the building initially promised to refurbish it and keep it as a going concern but then changed his plans for the site which didn't include keeping the Pub.

This alerted locals to its plight and the Holbrook Community Society were formed who applied for an Asset of Community Value (ACV) which was granted in September. Amber Valley Borough Council then turned down the development plans for the site which gave the Community the chance to bid on the Pub as an ACV and safeguard its future.

So on Friday 25th November the Holbrook Community Society launched a share offer to raise a bid to buy the Pub. They believe it is not just about buying a pub but also about preserving the history of their village and investing in the future of Holbrook. They want to create a community owned asset in the heart of the village to incorporate the pub, a café and bed and breakfast. A community facility owned by the village, run for the good of the village and providing support to the whole community.



They believe the share offer is a once in a generation chance to safeguard their local services. The Village is also likely to lose the Post Office within the next year if it cannot be housed within another business so buying the Spotted Cow would allow them to bid for the Post Office contract as well. So the investment would not just be about saving the Spotted Cow but saving the Post Office too.

They hold up the Angler's Rest in Bamford as Derbyshire's shining example of a pub owned and run successfully by its community. And indeed since 2004 not one community owned pub has closed down. As for the Spotted Cow, it has been a focal point for village life for over 150 years and is housed in a building which dates back to 1604 and was first listed as an alehouse in the 1861 census, then owned by James Sheldon who was listed as a "beer retailer and carpenter". There are two other pubs in the long sprawling village of Holbrook, the Wheel and the Dead Poets Inn but the Spotted Cow is the only pub at one end of it and previous trading figures indicate that it is a viable proposition so there is no reason why the Village couldn't sustain all of them.



If you would like to know more then please visit:
www.holbrookcommunitysociety.co.uk
or contact **holbrookcommunitysociety@gmail.com**

Making changes with Amber Valley Access Group

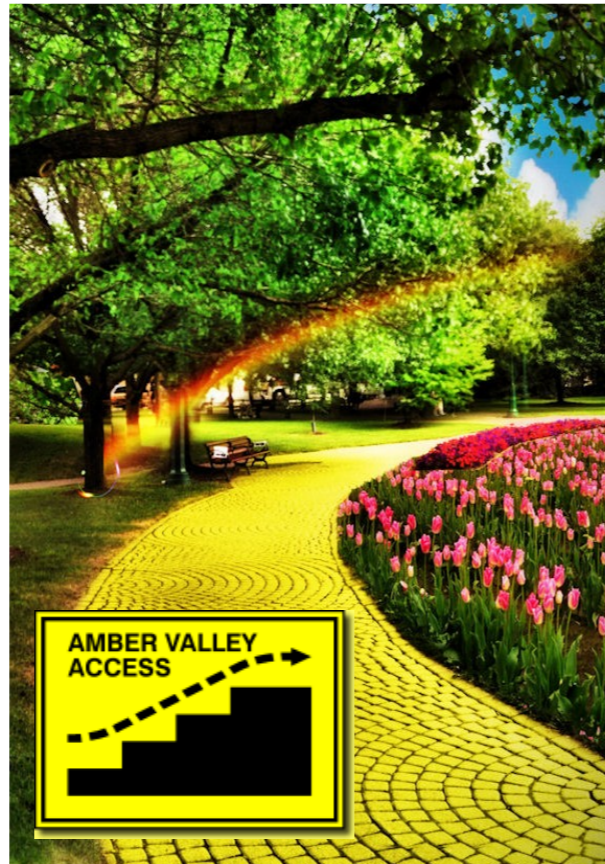
Do you experience difficulties like these:

- Does the street seem like an obstacle course ?
- Are the buildings impossible to access ?
- Are any areas without dropped kerbs or tactile pavings ?
- Are steps and stairs making essential services unusable ?



...The Amber Valley Access Group aims to solve these and other similar problems and seeks to make Amber Valley a more accessible place for everyone.

We need people from **Alfreton, Ripley, Heanor and Belper** to attend our group meetings.



We meet on the second Thursday of each month at the Field Terrace Community Rooms, Malthouse Yard, Ripley at 2pm.

Please call
07866 162432
for more details

or e-mail info@avag.org.uk



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.