

# Community **NEWS**

from Amber Valley CVS

*Summer Successes...*



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



## Welcome to our latest Newsletter...

Amber Valley CVS have been supporting communities and community groups towards many interesting successes recently.

In **Belper**, community members have received training to listen and record what people want to see happening and to get involved with, including the “**Blue Box**” project.

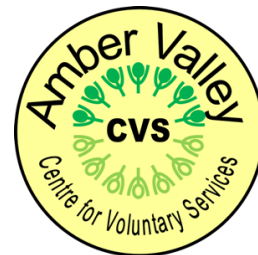
In **Somercotes**, the medical centre Patient and Participation group and other people in the community have completed the **VCI Passport Training**, to give practical support at the Somercotes Coffee Morning and Langley Mill Activity group for young people.

In Duffield the **Duffield Good Neighbours Wheel** has been collated and prepared by an action group so that older, isolated adults or their families and carers know where to get free or other support. The action group are also increasing local communications by circulating this in the Duffield Scene newsletter, on line at the Parish Council website and to a local email contact list. I am sure there is more to follow from this community action.

In **Ripley**, we are actively seeking men to join the **Man Cave** for social interaction and practical activity, or if you live closer to **Swanwick**, Amber Trust are organising a **Men in Sheds** activity....Call us on 01773 512076 for more information on all local activity.

We have held a successful networking meeting for Amber Valley front line development workers to encouraging more awareness and use of voluntary sector activities at “Place” meetings. For more information please speak to Lynn Allison at Amber Valley CVS. As a result of partnership working with Amber Valley Locality Health Partnership a number of local organisations have had successful applications for funding. I’m sure you will find more about all of this in the newsletter.

Our own very personal organisation success is that we have completed a visit from the Mentoring and Befriending Foundation on our practices with befriending. As we are extending this offer to “**Bespoke Befriending**” and “**Home from Hospital**” support, this is a crucial standard for us to obtain. Well Done Diane and the team on the successful preparation of the day.



## Amber Valley CVS have launched a Man Cave !

Back in June, we established a friendly and inclusive group, a place of skill sharing and informal learning...just for men.

We have a self contained indoor and outdoor space next to our office on Ripley Market Place standing empty. We've been scratching our heads for a while wondering how we can utilise it then we came up with the idea of a Man Cave.

The concept of the 'Cave' is a little similar to Men in Sheds which are popping up around the country. The aim of the Man Cave is to reduce social isolation, predominantly for men between 40 and 60 years of age, but all ages are welcome.

It is somewhere where men can take part in community projects with a purpose, make new things from scratch, with a sense of leisure and enjoyment and meet new friends.

**All men are invited to attend the Ripley Man Cave meetings on Tuesdays, between 10am and 12.30pm.**

Our group of male volunteers come up with ideas for activities which take place in the Man Cave, such as making items with hand tools, woodwork, painting or gardening. The group will be helping others whilst at the same time, they will be meeting new people, building new skills, experiencing new challenges, gaining work experience, sharing their knowledge, increasing their confidence and socialising.



Here we have some of our volunteers restoring benches which were unearthed in our overgrown garden.

We would love for other men to come along to our Man Cave which is open every Tuesday, 10am until 12.30pm. It's free to attend and so are the refreshments and banter!

**Hannah Curzon – Volunteer Development Worker. Tel: 01773 512076**

## Summer Celebrations

As part of the 2017 National Volunteers' Week, we thanked some of our wonderful volunteers who attended a special event we held at No. 28 in Belper on 6 June.



Thank you to the 20+ volunteers who came along on the day, to enjoy the lunch and witty entertainment from Barbara Daykin. Barbara shared thoughtful and fun stories and memories and exerts from her own books with everyone – and then discovering that one of our Volunteers at the event visits a lady that Barbara grew up with!



With tea and food aplenty, our Volunteers had a chance to catch-up with each other and chat to Barbara and the CVS staff, before launching into a 'just for fun' quiz, with CVS Home from Hospital Worker, Pippa, as our MC!

'An Ode to Amber Valley CVS Volunteers' was written and read out by our Community Funding and Development Worker, Collette Watson, and Diane

Naylor (Befriending Project Worker) also read out a poem by Spike Milligan, all about getting the world smiling.

Thank you to everyone who made the day special, and to all our Volunteers for all their ongoing time and commitment they give to the people in our community.

**Diane Naylor – Befriending Project Worker**

## Home from Hospital update

Home from Hospital started at the end of February at Amber Valley CVS. It is a free service and its aim is to ease discharge from hospital for vulnerable, isolated patients, give them support and prevent re-admission. The service is available for residents of Amber Valley.

A volunteer is matched with the client and will visit once a week for a maximum of 6 weeks providing low-level support – making a drink, having a chat, paying bills, signposting etc

**To date we have had 14 referrals and made 6 referrals onto other services.**

We have had some positive feedback from clients, saying that they found the service very useful and helped them to adapt and regain their confidence.



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.

**If you are currently in hospital and think you might benefit from this service, please ask the ward sister or the hospital social worker to contact the Home from Hospital Development Worker Pippa Woodbridge on 01773 512076**















### **Shipley Project Partnership**

As a former student of the University of Derby and Derby College, I am a big believer of students undertaking ‘real world’ experiences, i.e. instead of sitting in a lecture theatre and being told how the ideal world of nature conservation should be run, they actually get out and see the real side of it, warts and all. With this in mind, I have also built an excellent working relationship with the university, who I already engaged last academic year to build our group website. I also attend regularly at the University for networking events and presentations with the careers department. I have recently engaged the Business School, Education Department, School of Arts and Psychology Department, all to work in partnership with our group. I currently have two students working with me, one from the University of Derby on work placement, and one from Szent István University in Hungary on an Erasmus+ which I obtained through Amber Valley CVS.

The ethos of the group is not to only undertake our projects, but for the volunteer/student to actually achieve something on a regular basis, to which, we are looking at designing a programme where they acquire ‘credits’ which work towards an accredited qualification. We also try to facilitate volunteer/student needs in their own projects.

We have been undertaking woodland surveys, teaching the volunteers how to undertake such surveys simply, yet effectively, and in September, we will start undertaking practical conservation work again within the wood.

So where do we go next? We’ve now had thirty five referrals from Amber Valley CVS and I have managed to retain eleven of those (31% is a good retention rate in my opinion), I’ve recently applied for funding from the Heritage Lottery Fund (Our Heritage) to improve the Burial Ground, this will entail rebuilding of the walls, landscaping, some tree works, new gates and cross, as well as improved access via a boardwalk from Shipley Lane to the site.

Also Amber Valley CVS have granted us a £250.00 start up fund, which we will use for purchasing a gazebo, display items and a printer - Can’t thank you enough CVS – I just wonder how many people out there realise what an asset the CVS is to the Amber Valley Community”.



*Collette Watson, Amber Valley CVS Funding and Community Development Worker and Paul Smith, Chair of Shipley Project Partnership*

## Shipley Project Partnership



Our next project will probably be the rebuilding of the Ha-ha on Shipley Hill which will be a community focused activity. We are also hoping to obtain a site for a community allotment garden within the park and our website will be going live soon we are also looking at several activities next year such as a Halloween event in 2018, which will cover a large proportion of the park.

I have re-established relationships with people from the past, and met some great new people. I can say

with all honesty, that without the support from organisations such as the University of Derby and Amber Valley CVS, I don't think I'd be where I am now with the project.

I have to confess, it has been a long hard journey, frustrating at times, with plans not going the way I wanted, having to go through steep learning curves, especially on such subjects as funding streams, and decisions not going the way I wanted, or taking months for one to be made, but it has been a journey of learning, and a massive sense of achievement. 2017/18 is looking very busy indeed. So the question is; has it been worth it?...oh yes, most definitely!

*Paul Smith* - Chairperson

For more information on funding or development for your organisation, please contact **Collette Watson – Community Funding and Development Worker Tel: 01773 512076**

## Derbyshire Environmental Trust

**Amber Valley CVS will hold a Derbyshire Environmental Trust presentation on September 12<sup>th</sup> 2017 at 11.00 am - at Amber Valley CVS –** So if you have an Environmental project and you would like to discuss it with Sarah from the Trust, then **contact Collette Watson on 01773 512076 email: [collettewatson@avcvs.org](mailto:collettewatson@avcvs.org)**

Derbyshire Environmental Trust was set up in 1997 to raise landfill funds for community and environmental projects across the county. The trust also has experience of managing other grant funding including Aggregates Levy Sustainability Funds and the Lodge House Surface Mine Community Fund.





## The Women's Institute in Amber Valley



Since joining the WI 6 years ago I have cooked with young mums, for older people, for parties. I have heard speakers on all topics from bee keeping to assistance dogs to Tudor dress. I have sung, danced, laughed and chatted... I have been to group meetings, county meetings, national meetings. I have learnt to do machine embroidery, paint in watercolours, crochet. I have walked, visited and organised. I have seen Adam Henson, Jenni Murray, Ian McMillan. I could have (but didn't) try Archery, visit JCB, join a choir, swim the channel, visited the WI's own Denman College... I have heard tales from women who flew fighter planes, who walked the Arctic, who made a difference...and lots more!!

The Amber Group of WI joined Amber Valley CVS last year, taking advantage of their comfortable meeting facilities. There are currently 7 WIs in the Amber group:

**Alfreton WI** is looking forward to an exciting re-launch in October, an opportunity to join in and help shape the direction of this WI over the coming years.

**Codnor WI** has its own choir and its annual cream teas are famously good events.

**Fritchley with Crich WI** meets at the Glebe centre and has craft and book groups.

**Riddings WI** is an important evening out for a lot of ladies who live alone.

**Ripley WI** has lots of keen walkers and its members regularly take part in county events.

**South Wingfield WI** has a craft group, walks each month and runs a lunch club.

**Swanwick WI** is so popular that it cannot take any more members at the moment!

Each WI meets monthly with a speaker or an activity. There is always a cup of tea (or similar) and an opportunity for a good chat and a laugh. Go to the website [thewi.org.uk](http://thewi.org.uk) search for WIs near where you live and find out when and where they meet. All WIs are similar but different, you can try several until you find the one that suits you, it does not have to be where you live.

The group of all 7 WIs have a joint meeting twice a year and some meals out. Pentrich and South Normanton WIs may join us in 2018.

The WI exists to give women opportunities for friendship, learning and community action.

Why not try the WI this autumn?

**Kate Hazell-Coordinator Amber Group WI**



## New Erewash Co-ordinator



I'm Rebecca and I joined Amber Valley CVS on 21<sup>st</sup> June. Before starting this role I worked for an IT company for 5 years as an Account Manager, looking after projects for Retail Clients, previous to this I was a Regional Manager for a childrenswear retailer for 10 years. I live with my partner and have two boys, in my spare time I enjoy family time, watching them play football, socialising with friends and keeping fit with a Clubercise class! I'm really enjoying my new role, being part of a friendly team, and helping people in the Erewash Area, ...every day is busy.

## Positive Staff Feedback

Summer has arrived and what better way to measure how our teams are feeling than to ask them for their feedback on what they do on a day to day basis. So we recently carried out a employee survey to ask exactly what their thoughts on working for Amber Valley CVS were. Not only did we have a great response with over 50% of the questionnaires returned but the results were extremely positive.

So many of our team members had real job satisfaction with them providing a service to our clients, getting to meet new people and building a relationship with the people they are working for, with many saying there isn't anything they would change about their job. They enjoy turning up to provide a service but also know they can have a chat giving both social and practical help. The general feeling across the board was supporting people and making a real difference in their lives was why they enjoyed the role, their job description was clear and their expectations met. Not only are our staff caring and kind, they also go above and beyond to meet the needs of the clients and ensure they can live independently.



We provide a flexible service for both domestic and gardening support which works for our clients and our teams, where they know they can approach us to change the diaries if needed and its this flexibility and understanding that creates a happy team, which in turn means happy clients.

**Rebecca Littler**  
**Erewash Help at Home Co-ordinator**  
**Telephone 01773 512076**





## Successfully working together

Summer is here at last even though the weather at times does not suggest this. Help at Home as usual is extremely busy at this time of year as gardens are growing in abundance and not only the flowers.

One of our new clients Mrs Smith decided that she was desperate for someone to help her in her garden and got in touch.

Mrs Smith was assessed on the 17<sup>th</sup> July and started the service on the 25<sup>th</sup> July. It soon became apparent due to all the weeds that had accumulated that to begin with more time was required to get the garden more manageable.



It was decided that the front garden was the priority as obviously this is what everyone sees as they walk past and Mrs Smith is happy to start on the back garden when the front is in order.

Mrs Smith loves her garden and always used to manage to do this for herself and finds it very frustrating now that she cannot do this due to mobility issues and all the bending and stretching that is required. She has always enjoyed walking around her garden tidying up a little as she went along.

Mrs Smith now wishes that she had decided much sooner to employ our services instead of trying to carry on struggling. It means a lot to have this service and she is getting on so well with her gardener. When I arrived today to have a chat about the service, I could see them both in the front garden. Mrs Smith doing whatever she was able to and the gardener getting stuck in with the heavier work. Working together well to achieve what is required.



Lots and lots of bags of rubbish have been filled already and it will soon be ready to put some new plants in. A Hydrangea had already been purchased to take centre stage in the front garden.

**Jane Massey**  
**Amber Valley Help at Home Co-ordinator**  
**Telephone 01773 512076**



## Befriending Project - Assessment Day Achievements

The Befriending Project here at the CVS has recently undergone a full review and assessment by the NCVO (National Council for Voluntary Organisations) which will go towards the renewal of our APS Quality Mark for the service.

On Wednesday 12 July 2017 we had our Assessment visit from Val Barritt (NCVO / MBF Assessor), who vetted all things Befriending. She spoke with me (Diane Naylor - Befriending Project Worker), Lynn Allison (CEO), and some of our Volunteers and people who receive befriending visits, to see how the service works, runs and is managed. She also checked all the paperwork, the data systems, database, outlook backup calendars....everything!



Gaining the NCVO Quality Mark will give the Befriending Project the acknowledgment of a sound, safe project with good practices, policies and procedures. The APS Quality Mark for Befriending services is also recognised nationally.

**We are now waiting with baited breath on the official outcome of the Assessment visit – so ‘watch this space!’**



Overall feedback from Val Barritt on the day was really positive and high praise was given to all involved with the project – particularly when Val spoke to some of our volunteers and service users. Val said “I was impressed with the fact that they all understood the boundaries and limits of the service, and they knew who to contact at the CVS for support or with any queries”.

Frank and Jared (pictured to the left) were here to speak with Val about the Befriending Project and share with her what the support means to them. Frank said “I really enjoy Jared’s company, we get on well and the time flies when he visits. It means I get the chance to reminisce and talk about where I grew up and used to live”.

Val spoke to some more volunteers and service users on the phone. She said “It was very positive speaking to them about the Befriending they have. They all, without exception, are pleased to have the company and contact, and thankful of the support”.

And so, a HUGE thank you to everyone who helped out on the day, but also to all of our Volunteers for their ongoing and valuable support.

As soon as we have the official news from the NCVO, we will share it with you. Let’s hope it is a ‘Thumbs Up’ for us all...!

**Please contact Diane Naylor – Befriending Project Worker on 01773 512076 for more information about the Amber Valley CVS Befriending Service.**





## DBS - Eligibility Tool and Recommendation

Find out if you can check someone's criminal record.

Use this tool to find out if you can apply for a DBS check (formerly a CRB check).

[www.gov.uk/find-out-dbs-check](http://www.gov.uk/find-out-dbs-check)

You can only check someone's criminal record if they're applying for certain roles. You will be asked questions about the role such as...

1 What type of role is it?

- Healthcare or working in a hospital
- Caring for or working with children (under 18) or working in a school
- Working with elderly, ill or disabled adults
- None of these

Next step



**If you're applying for the role yourself...**

You can't get a check for yourself, but you can use this tool to see if your criminal record can be checked.

If your employer can't check your record they may ask you to request a 'basic disclosure' instead, which you can apply for here:

[www.disclosurescotland.co.uk/basicdisclosureonline/index.htm](http://www.disclosurescotland.co.uk/basicdisclosureonline/index.htm)

...Home Start Derby relies upon volunteers to deliver its service, we ensure every volunteer has a current DBS. Due to the nature of volunteering this leads to a high turnover of DBS requests. ***"Amber Valley CVS has been consistent in providing super administrative support in the DBS process"***

**If you require any more help or advice regarding DBS checks please contact Emma Rodgers on 01773 512076 or e-mail [emmarodgers@avcvs.org](mailto:emmarodgers@avcvs.org)**

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**

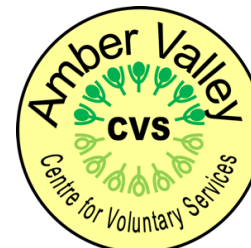
Market Place, Ripley, Derbyshire,  
DE5 3HA



**01773 512076**



**admin@avcvs.org**



**www.avcvs.org**



**twitter.com/avcvs**



**facebook.com/avcvs**





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.