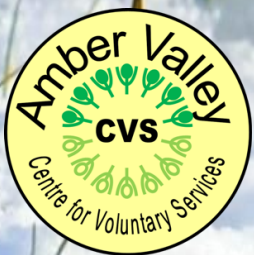


Community **NEWS**

From Amber Valley CVS

Proud to Support
Our Community



March 2019

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

Welcome

This is a great time of the year to look forward and revive our plans and activities. At Amber Valley CVS we have also been checking through an annual survey from our AGM in December and responses from groups throughout January about which services YOU need from US.

We also continue to discuss with Derbyshire CCG and others the importance of our work to develop new community groups, promote volunteering opportunities, support community members in need and also be a partner in planning services in this area which involve volunteers and voluntary organisations in efforts to have safe, healthy, vibrant communities.

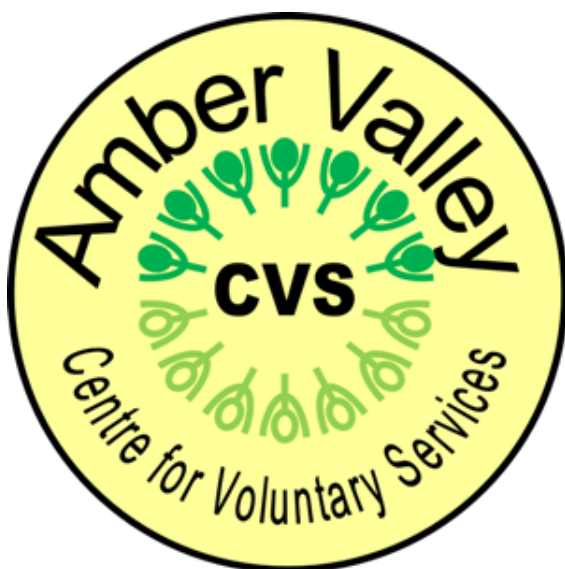
In this newsletter, we are proud to remind you of all the ways we will continue to support your efforts as volunteers and community organisations.

Not everything stays the same though—Derbyshire CCGs are merging and Amber Valley is a recognised PLACE for planning better delivery of health, integration with social care and other providers. Last year we involved ourselves in Amber Valley Place meetings with GPs, public health, social care, housing, DCHS and EMAS to gain a sense of the priorities for them and remind them how your community group would help. In Amber Valley PLACE there are now working groups for Reducing Falls (especially those which cause injury), Social Prescribing (ie pointing people and patients to other appropriate community support), Care Planning. All groups intend to meet targets to reduce admissions to hospital by 6 per quarter.

Having set the priorities, this year should see an invitation to further involvement of community groups, so I would welcome anyone interested in further information to contact Lynn Allison or Collette Watson.

While Place arrangements are new, look out for the Locality Health partnership, Locality Children's partnership and CVS led community forums for Health & Social Care, Front Line workers to continue. New from us will be a Children & Families network meeting.

The above are all times for you to meet people doing similar things in Amber Valley, share successes and problems and give your views directly to us and statutory partners.



***Proud to Support our Community
and its People with
Voluntary Action***

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Setting up a Community Group in Amber Valley

Forming a group is a great way to change your community for the better. These types of groups are called 'Voluntary and Community Groups' - often written as VCS. Projects that enable people to work together to build strong **communities**, improve the lives of local people, or the environments around us are the usual reason for forming a group.



Before taking any steps toward setting up a group, ask yourself a few key questions about whether or not your new group is needed.



You should ask yourself:

- Are there any other organisations carrying out similar activities in your area?
- Do you really need to set up a new organisation or could you team up and support an existing one? Duplicating what other groups are doing can make it more difficult to access support and funding. Ensure that what you want to do is new or unique before you start.
- Who might be interested in getting involved in the group?
- Who might want to become members of your group?
- What is the evidence for there is a need for the group?

Thinking through these key points will help you ensure that your group will meet a real need, add value and be valued by your community.

There are many reasons for setting up a community group - they usually start with an individual or group of people who feel there is a lack of something in their community. This could be an activity club for young people, a support group for the elderly or a project that will raise funds for a community facility (such as a park).

Once the vision is in place there are various factors that need to be considered and good planning and thorough forethought at the beginning stages can save a lot of wasted effort or work further down the line. Here are some points to consider if you're thinking of starting your own community group.



Have you done your homework?

Once you have an idea for a community group, delve a little deeper to see whether there is a gap in the market. Is there anything similar that already exists? Is there a need within the community for this particular group? Consider conducting a survey to see if people in your community would join the group and if they think there's a need for it.

Learn from others

Do some more research and find out if a group similar to your idea has existed in the past. If someone has previously set up a group like yours and it failed to succeed – why did it fail? Think how you could learn from their mistakes and adapt your ideas accordingly. If there are similar groups already, you should avoid any overlaps between them, or consider working in partnership.



Setting up a Community Group in Amber Valley

Set aims and objectives

The aims and objectives of the group need to be defined from the outset. This is usually set out in a constitution .If you need assistance setting a governing document or constitution, speak to Amber Valley CVS who have templates and experience on such matters. Next , set a work plan with a time line and actions that are SMART (specific , measurable, achievable, realistic, timely)

Create S.M.A.R.T. Goals



Committee and management roles

Gather a small team around you .The team will need a varied skill set and committee members that will run the group. The key roles are:

Chair

As leader of the committee, the chair will oversee the group's overall direction, work with the secretary to prepare meeting agendas, lead meetings, ensure actions from previous meetings are completed and manage recruitment and training of the committee's members.

Secretary

The secretary's role is wide ranging and includes preparing meeting minutes, taking notes, distributing actions and keeping an up to date member database. They are also likely to have responsibility for arranging insurance, marketing and booking events.

Treasurer

The treasurer looks after the financial operations of the group. They have a responsibility to ensure accounting is undertaken correctly, as well as budgeting for the future. The treasurer should also be aware of what should be submitted to the



Generating funds

Do you plan to generate funds through donations at events, membership fees or grants? Cash flow is a significant factor for your group and having enough income over the first 12 months is vital. As a community-based organisation, you may be eligible to apply for funding. Look out for Amber Valley CVS e bulletin with funding information .CVS has a dedicated member of staff that will guide you through the maze of starting a community group. Collette Watson is the Community Funding and Development Worker at Amber Valley CVS with 10 years knowledge and experience in group funding and development. Collette's time and guidance is free of charge, and Collette will steer the group from the initial concept, right through to the group being fully constituted, venues, policies and funding advice. If you need access to equipment or admin support, Amber Valley CVS have equipment for hire. The administration team can help with any admin requirements such as photocopying, design and marketing of promotion material and leaflets ,attractive window displays to advertise you.

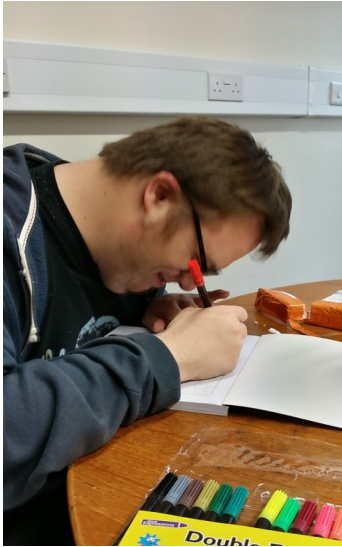
If you live in the Amber Valley area and you have a good idea for a community group, then come along and talk with Collette or email collettewatson@avcvs.org

Ripley Mancave



Ripley Mancave was set up as a Men-In-Sheds project in 2017 and has had a substantial number of members come through the door since, (around 35 at the last count), some have stayed, some haven't. The main idea of the group is for men, of any age, to come in and have a cuppa with other men in a social

environment, where we can talk about any subject in a confidential manner.



We have two main rooms at the project The Shed and the Garden Room. The Shed is intended to serve as a place with projects can be undertaken, these may be your own projects or one of our own using our ever-growing range of tools and equipment and you can either work alone or in a group. The Garden Room is intended to be a comfortable place to socialise by either playing games reading or just talking (often with a cuppa and much laughter). Our intention is to fit out and decorate both rooms by ourselves and so we are always looking for people to donate materials, tools and time to help us achieve these projects.

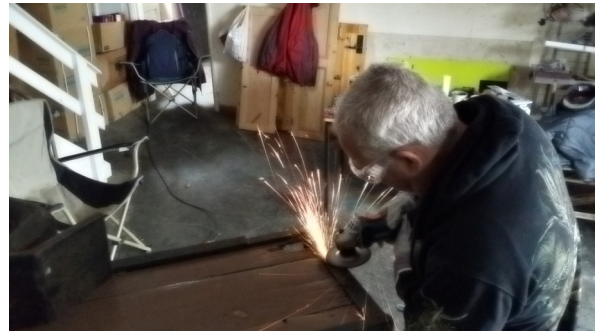


We also have a garden that we are working on to make this a comfortable and accessible place for all to enjoy, so if you have green fingers and like working outside this may be a project for you too.

We are also currently looking for people to fulfil committee roles for the group as in the future we will need to be financially sustainable and we can achieve this by such means as renting out the room as a community space, selling goods made on site, and repairs undertaken for the community. We have a contributory tea fund that we pay into weekly and we have recently bought their own kettle that has already had much use and is anticipated to have a lot more.

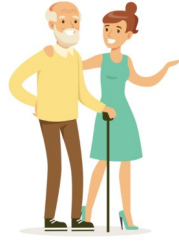
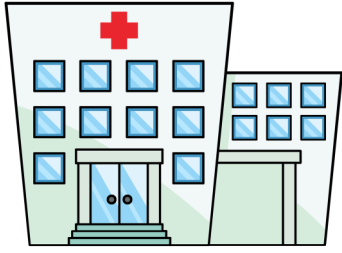


While the project is currently open on Tuesday mornings, between 10 and 12:30 a.m., you can drop in at any time for as long as you like, and you don't even have to come every week if you so wish.



So if you would like to come by any point whether its just a say hello, play a game, or get involved in the project with us, come on in!
For more details—01773 512076

Home from Hospital Service



Amber Valley CVS has been involved with this volunteer led service for almost 2 years. As the co-ordinator I have been in post from the beginning and met quite a few people through the referral process and subsequent placements.



This week, I had a lovely reminder that Home from Hospital is a service that definitely supports our community and makes a difference to people's lives.

The HfH process takes the form of a referral and then a visit to the client in hospital/home. Thereafter a volunteer is matched for post hospital support. After this point, I have no more face-to-face contact with the client, usually just phone calls to check that everything is going well or if there is a need to change the visit day for the volunteers/client.

I recently had an opportunity to re visit following a request for the Befriending Service one of the ladies whom I met after her hospital discharge. When I originally met this lady, she was still very unwell, very anxious, had lost her confidence because of a fall, had poor mobility, was very down and had little interest in anything including herself. What a difference!!!

On this second occasion, she met me at the door and welcomed me into her home. She was walking really confidently, she looked really well and was taking a pride in her appearance. We had a lovely chat, there was lots of laughter. She even sounded different and was interested in everything.

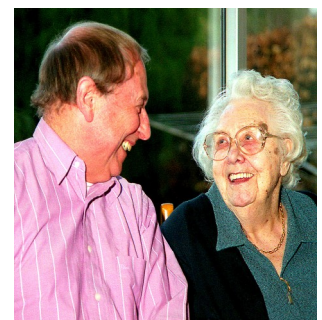
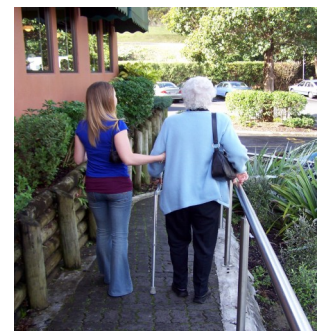
It was a lovely experience and made me realise that I see these people when they are at their lowest.

The volunteers spend 6 weeks with the clients and may not see a big change, but for the clients their visits can make a huge difference. Giving them confidence, relieving their isolation, just being there and having someone to talk to.

Home from Hospital does make a difference. Without the dedicated team of Volunteers we could not achieve this.

How rewarding for us all to know that **AVCVS is proudly supporting our community and its people with the support of volunteers from our community.**

If you could give some time, to support someone to feel comfortable at home after a hospital stay, please call Pippa on 01773 512076 for more information about volunteering



Connecting the Dots to Build Stronger Communities

Over the last few months Kirsty has continued to organise Connected Communities sessions across Amber Valley with the most recent events taking place at Somercotes and Riddings. We are excited to be able to say that these days have been the most successful so far claiming our highest number of both attendees and local groups coming together to celebrate their local community.

23 local organisations contributed to the two events, which just goes to show how much is happening in the local area! Often residents may think that there's nothing going on locally, but often it is getting word out there that is the actual barrier.

Kirsty works to solve this problem by linking local organisations together to encourage partnership working and joint publicity, as well as encouraging residents to link in with local services that can help them to stay 'in the know'.



Building these links helps to make sure that the whole community is working together to become stronger and that local groups have the support from others around them to flourish. Each new connection also brings with it new opportunities for the community to grow.



Connecting the Dots to Build Stronger Communities

As a direct result of the Riddings and Somercotes Connected Communities events the community group OSCARI have benefited from a new free family education course provided by DACES, local business owners have benefitted from new commissions.



Somercotes Community Café built their network of people who can help them with future planned events, The Church of Christ in Riddings became a DCC Safe Place and Somercotes library have developed a new outreach service to bring story time to the residents of Riddings via the local play group. Hopefully each of these new connections will lead to even more opportunities and the network will continue to grow!



Kirsty has loved getting to know all of the amazing people helping to make Somercotes and Riddings vibrant villages that residents can be proud of. Now that the initial dots have been joined and connections made the communities will continue to become stronger for themselves and Kirsty can look forward to getting to know a new community.

Help at Home Domestic, Shopping and Gardening Service

The service we offer is for those who find it difficult to carry out their cleaning, shopping or gardening due to age related problems, disability or because of an unexpected accident.



You don't have to be referred by Hospitals or Social Services or the like, you can simply call Amber Valley CVS and ask for the Help at Home Department if you think you come into our remit.

We offer all our clients the possibility of having the same worker each week or fortnight so that continuity is gained and together with the knowledge that all members of staff are Police checked you can be assured that you are letting someone into your home that is known and safe too.

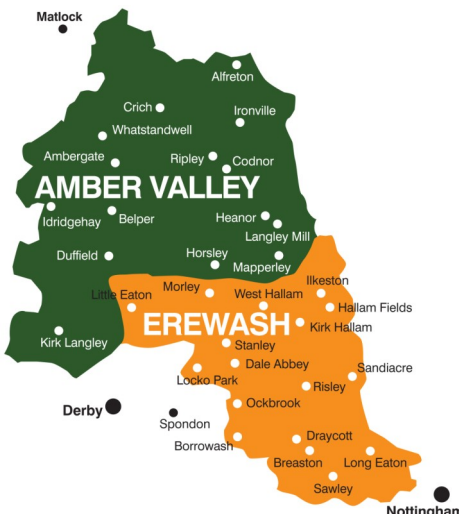


The service gives our clients support so that they can live independently in their own homes and we regularly work alongside social services, etcetera. Some of our clients see a lot of different people during the day starting with a visit from Social Services to get them 'up and at em', a visit from ourselves to do some cleaning or shopping or both and then they may get a Befriender or a hairdresser to their home, all making sure that a client is well looked after in their own home.

This has also turned out to be a very trusting service where we can get calls from our clients for all sorts of things from finding someone to fit a key safe, to getting rid of a wasp's nest, which opticians do home visits?.. and do we know anyone to take us to hospital or the doctors or whatever.



The beauty of our service is that there is always someone here during working hours to deal with any problems that a client may have ranging from swapping days due to an appointment, cancelling for a week due to holiday, needing to add to what they have or to discuss having less now as they can manage to do more for themselves as they're starting to get over whatever accident or temporary illness that they may have had.



All in all Help at Home is a well trusted service delivered to around 500 clients with the support of 50 members of staff and 2 co-ordinators.

We cover both Amber Valley and Erewash and over the boundaries a little bit to include;-

Allestree, Blackwell, Broadmeadows, Chillwell, Jacksdale, Pinxton, Pye Bridge, Selston, South Normanton, Spondon, Stapeford, Westwood, Wessington Toton and surrounding areas.

Call Jane or Rebecca for more information 01773 512076

Help at Home Job Opportunities

THOUGHTFUL

chatty



SUPPORTIVE 

Caring

TRUSTWORTHY

FRIENDLY

respectful

....Words that clients have used to describe our team.... does this sound like you?

We can offer you a rewarding, flexible position working Monday to Friday, 9-5, no nights, no weekends....and hours to suit you!

Holiday pay, sick pay, a non-contributory pension and a supportive team.



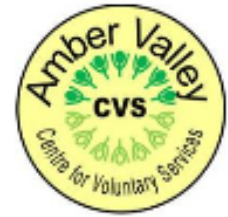
A role suitable for any age, as many hours as you choose, a nil hours contract we build your diary up around the times requested by you, so we can work round existing jobs or school hours....our domestic service offers cleaning and shopping and we also offer gardening too, take your pick.

Our clients describe the service as invaluable. It provides structure to their day or week, they look forward to seeing you, having a chat, often bringing the outside in, keeping them updated, listening and being interested. We work to make lives easier, understand people's needs.....our teams care and make a real difference....you could be part of that too.

Being part of the community and helping people to live independently in their homes, if this sounds like a role for you then please contact us we would love to hear from you

Call Rebecca or Jane 01773 512076

Community Organiser News



We need your help!

Planning is underway to hold a community fun day at Charles Hill Recreation Ground, Loscoe in the summer of 2019. The aim of this event will be to bring the whole of the community together to enjoy a brilliant day and see what kind of amazing things their green space can be used for. Are you a local resident with a little time to spare who could help us with this? We are looking for people who could volunteer just for the day to help with the smooth running of the event and others to help with some of the preparation before hand. There is also an opportunity to attend some free training for those who would like to get more involved. Whether you can commit to a few weeks or can only spare half an hour we need you!

How you can get involved



Give some time.

Even half an hour can help make a difference. Could you help us to deliver some flyers around your area and help us tell everyone about our event?



Share your skills.

Are you a great cake baker? Do you know some fun games you could run on the day? Are you a social media whizz? Get in touch to share your skills!



Help spread the word.

Tell your neighbours, tell your friends, stop and tell that dog walker that you always say good morning too. Lets get everyone talking about it!



Get organised.

Do you love 'to do' lists? Do you like throwing parties or running events? Could you help to plan and keep track of how the fun day is coming together? Let us know!



Share your contacts

Do you know of a group that would be perfect to run an activity at the fun day? Do you know someone that just MUST be involved? Share your local knowledge with us!

Fantastic FREE training opportunity

The Charles Hill fun day will be taking place thanks to funding through a Derbyshire County Council Community Action Grant. As part of the funding bid we have promised to provide community engagement training free of charge to local people within Amber Valley. You will learn how to listen effectively to what people say, how to design fantastic fun activities that can collect people's thoughts and ideas, and how to put all the information together so that it can be used to guide developments in the future. Those who come along to the training will be able to put their new skills in to practice and spend time engaging residents at the fun day to see how local people would like to Charles Hill used in the future. Dates and details are to be confirmed but if this sounds of interest to you get in touch with Kirsty to have a chat using the details below.

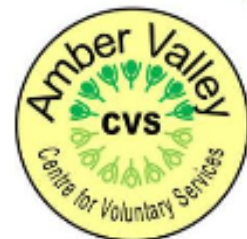


Get involved and contact your community organiser!

Kirsty Barker

kirstybarker@avcvs.org

01773 512076



Volunteering and Partners News

Befriending— we need 30 volunteers around Amber Valley to visit isolated individuals . Call Lynn for details on 01773 512076

Support for Community transport—Ambassadors and Event volunteers needed to promote Lunch Outings for Derbyshire Community Transport

Retail Volunteering—new opportunity from Air Ambulance in Alfreton , or help at Lighthouse , British Heart Foundation , Childrens Society, or British Red Cross– call us for more details or speak to the shop manager

Get wet & dirty—**Waterway Recovery Canal Camps**- £70 for a week long residential. For further details order a brochure from enquiries@wrg.org.uk.

Turner Farm— there are a range of opportunities to develop and support educational activity at this lovely venue OR Join their Men in Shed group to put practical skills to use.

Other volunteering opportunities to support local organisations can be found on Do-It.org or www.avcvs.org

Remember Good Neighbours Week 24—31st March what is your street planning ? This is Duffield Good Neighbours Plan ;

Join in through the week events to highlighting all the neighbourly activity in Duffield

Monday - Weston Centre lunch

Tuesday- Walk for Health meet at Weston Centre

Wednesday - Dementia Friends training

Thursday - Emmanuel Church Community Meal

Friday - Chairobics, Weston Centre

Saturday - Coffee Morning , Baptist Church AM

Saturday - Bring & Show Tea party, St Margaret's

To confirm all details contact: dmtaulbut@btinternet.com



Dates for the “Connect 4” Health & Social Care forums in Amber Valley and Southern Derbyshire

Wednesday 13th March 2019, 10am to 12.30pm

Don Amott Memorial Hall, Peacroft Lane, Hilton, DE65 5GH

Wednesday 22nd May—Amber Valley

Wednesday 17th July - Derbyshire Dales

Wednesday 2nd October at Erewash Voluntary Action , Long Eaton



vSPA ; this voluntary sector led service ends on Mar 31st.

However if you require information about local services , for yourself or a family member please contact Amber Valley CVS by phone or email to receive details of local support.

01773 512076 admin@avcvs.org

Member Services



As a member, you are able to access our full range of membership services, including:

- Access to a vast wealth of advice and information on topics such as Funding, Governance, Human Resources, Training Opportunities, Volunteering and Volunteer Management/Recruitment
- Constitution and Policy Advice
- **FREE** articles published in our Newsletter
- **FREE** publicity on our Website and E-bulletin
- **FREE** subscription to our quarterly Newsletter
- **FREE** use of our window displays for marketing
- Invitation to special marketing events arranged by Amber Valley CVS

We are also able to offer our members reduced rates for:

- Room Hire
- Hire of Equipment
- Stationery and Print Services
- Amber Valley CVS Training Courses



Amber Valley CVS Annual General Meeting

Amber Valley CVS cordially invite you to attend their AGM which is being held at:

**St Josephs Church Hall
Butterley Hill
Ripley
DE5 3LW
Tuesday 4th December 2018
at 3.30 pm to 5.00 pm**

The Annual Report will be available on the day. The Annual Report contains a summary of the Annual Accounts. Should you wish to view the accounts in full, please contact the office to arrange a suitable time.

3.15 - 3.30 pm	Refreshments
3.30 - 4.00 pm	Guest speaker— Andrew French , Derbyshire County Council Presenting on 'Shared Lives' -new support in the community
4.00 - 5.00 pm	AGM Business Including Consultation on Amber Valley CVS priorities
Amber Valley CVS, proud to support our community and its people with voluntary action	

To attend our **Annual General Meeting** please reply to:

Amber Valley CVS, 33 Market Place, Ripley, Derbyshire DE5 3HA

or email admin@avcvs.org, telephone 01773 512076

by Friday 30th November 2018

It will also give you:

- A say in how Amber Valley CVS is run
- The right to vote at the AGM
- The opportunity to nominate individuals to join the Executive Board
- A copy of the Annual Report

Disclosure and Barring Service (DBS)

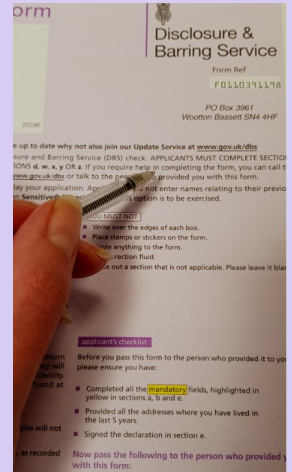
Amber Valley CVS are an Umbrella Body, we act on behalf of the DBS to process applications for voluntary and charitable organisations. We offer a quick, efficient and affordable service .

You can register your voluntary organisation with us to carry out a DBS check for certain jobs or voluntary work—like working with children, vulnerable adults, 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 other police forces.



How to register with us

1. Choose a named person/s within your organisation who will complete the DBS Application Forms and verify identification at your own premises.
2. Complete and return our registration pack.
3. Attend a half an hour training session when you come into our office to collect your first batch of DBS Application Forms.
4. Provide us with job descriptions for the roles you require checks for.



What we can offer you

- ✓ We will provide you named person/s with relevant training and ongoing guidance
- ✓ We will provide the blank application form for your DBS checks.
- ✓ We will offer guidance to your organisation on the requirements 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 us:


on 01773 512076

or email DBS@avcvs.org



Disclosure & Barring Service

**This
Window
Display**



**could be
advertising
your
Organisation**

FREE!
...for



We can help you



**your
advert including**

**photos
graphics
Colour
text &**

**to get
your
message
across**

You could *take advantage of this space* to promote your service, recruit new volunteers, advertise events etc.

**We are now taking weekly block bookings
Book early to avoid disappointment.**

Pop in now or call 01773 512076



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.

