Community NEXS from Amber Valley CVS

Return to Nature...



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



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Welcome to our latest Newsletter...

At last the "year of discontent", whilst funding changes were discussed and initiated, is over and we have time to look forward to Spring, longer days and if we are lucky better weather to encourage us out of our usual routine...The volunteering opportunities we are featuring are the tip of the iceberg for outdoor activity for all ages.

The coming months will see uniformed groups of Brownies, Guides, Cubs Scouts and Cadets undertaking camps. Derbyshire Kids Clubs will take children from our area to Skegness. Local sports clubs will be active in training and competitive leagues, all of this is led by willing volunteers and management committees who regularly need more hands on the decks.

Locally, Charles Hill CIC remain committed to developing Loscoe Playing Fields , using the fantastic outdoor space as a blueprint for environment, sport and community activity. There are opportunities to be involved in planning, fundraising and managing this site by becoming part of the management committee.

There is also an opportunity to give short term support to those who are discharged from hospital, by shopping, sharing a cup of tea and being a listening ear or undertaking practical tasks until they can cope on their own.



If you recognise there is a gap in your place about groups and services from volunteers or good neighbourly acts that would make your street or area resilient and reduce higher level input from social care or health, this is the time to come forward and speak about it. Locality planning for the STP (Strategic Transformation Programme) is beginning and your individual voice is welcomed.

Finally, Amber Valley CVS look forward to 'getting back to nature' and the basics of our work in our contact with you, face to face, by phone and social media to ensure green shoots are nurtured and our voluntary sector patch is growing and in the best possible condition. We will have new groups to support, new councillors and statutory partners to influence in the times ahead.

NEW Service - Bespoke Befriending

Our voluntary Befriending scheme is regularly oversubscribed and needs to target those without other support. Consequently, we are proposing a new Bespoke Service...



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Friends of the Cromford Canal



Hi - I'm Chelsea, that strikingly good looking horse in the photograph! Although I only pull this lovingly restored canal narrow boat Birdswood on Cromford Canal on special occasions, it goes out under its own power three days a week (four in summer) and the volunteer crew who all have different jobs - steering the boat, serving coffee and tea, giving commentary, walking the towpath for a mile, or so - all seem to enjoy it so much.

We get to Leawood Pumphouse, where a huge steam engine runs once or twice a month also manned by volunteers. Then we return to Cromford Wharf, where the small souvenir shop is manned by volunteers too! And usually every fortnight, work parties clear the canal of invasive shrubs, pull up reeds, or remove rubbish, and guess what? They're enthusiastic committed volunteers too!

I know that Birdswood's owners - the charity, **Friends of the Cromford Canal** – are really appreciative of all their volunteers, and are looking for more, so if you know anybody who'd enjoy volunteering in one of these roles for one day per month (many enjoy it so much they do more) in the beautiful setting that's part of a World Heritage site.

Contact Rob Sutherland 07976 010417 (or Vix Wilding 07552 055455)

Hannah Curzon Volunteer Development Team HannahCurzon@avcvs.org





Who's coming out to play?

I am happy to report that I am now back community organising in Heanor, with my current focus being around the Marlpool area. I am excited to learn how opinions have changed over the last few years and to help new ideas blossom in to life as we look to the future. At the moment it seems local green spaces remain in the top 3 loves of the area, with a particular emphasis on Shipley Park and the Memorial Park. You also all still love how welcoming and friendly the community is and how many facilities are on your doorstep. It seems the community are generally happy with the Marlpool area, although ideas are brewing to make it even better!

Local parents and care-givers suggest that there are plenty of indoor activities for young children around Heanor, which is great to hear, however there is an idea to balance this out with more opportunities for outdoor fun to complement existing provision. As the benefits of a forest school approach and learning through nature are becoming more widely known, many local schools and nurseries are including outdoor activities in their curriculum and local children love it! Wouldn't it be fantastic if these activities could be available for families to use in their spare time as well? If facilities could be available for all to enjoy these benefits? There is an idea forming in Marlpool that could just make this happen...

The benefits of outdoor play:

- Encourages imaginative play
- Stimulates hand-eye coordination and motor skills Learning about real life through play
- Learning self-care and self-risk assessment skills Learning through experience and experimentation Free or very affordable

Fresh air, freedom and fun!



Ideas for where this could happen:

Shipley Park – Supported by Shipley Project Partnership (above)

Marlpool United Reform Church garden – supported by Marlpool United Reform Church (below)



Get involved and grow the idea!

We are still at the planning stage with this idea, so it is a perfect time to get involved. Do you know of any other sites that would make a great messy outdoor play space? What outdoor activities would you like to see? Is this a facility that you would use? Get in touch and share your opinions and ideas!

Donations

We would love to start a messy play/ muddy kitchen session as soon as possible and would greatly appreciate any donations of old kitchen equipment that is no longer fit for food use, but would be great for mud!

I would love to know any of your thoughts and ideas for Marlpool, Heage, Heanor or Belper Parks. Get in touch to have a chat!

Kirsty Barker, Community Organiser Tel: 01773 512076 kirstybarker@avcvs.org

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Be at one with Nature, through volunteering!

In Amber Valley and the surrounding towns and villages, we are lucky to live and work in an area that has such a diverse environment. We have fields, woodland, nature reserves, parks, meadows, moorlands and wetland. This all needs to be looked after and preserved for generations to come.

If you are the kind of person that loves the great outdoors and being at one with nature or if you have green fingers, these volunteering opportunities could be right up your street.

All of the following volunteering opportunities can be seen in more detail on our website:

www.avcvs.org/volunteering/volunteering-opportunities

Hannah Curzon - Volunteer Development Team

HannahCurzon@avcvs.org

Background: This is a volunteer management group which aims to promote, restore and protect the inspiring heritage of Shipley Country Park in Derbyshire and make it accessible to

Where: Shipley Country Park, Shipley, Derbyshire. Volunteers needed: Events Coordinator, Volunteer Coordinator, Conservation Bank Volunteers, Garden and

Nursery Volunteers.



DERBYSHIRE WILDLIFE TRUST & DERWENTWISE Background: Derbyshire Wildlife Trust is one of 47 local Trusts around the UK working to promote and protect local Wildlife. They are the only organisation in Derbyshire working to protect all wildlife across the whole county. They manage 42 nature reserves, including moorland, wetlands, woodlands Where: Various locations across Amber Valley and

Volunteers needed: Practical Conservation volunteers



WIRKSWORTH

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Celebrating Alfreton's Party in the Park Lottery Success!



Left to right; Shane Walker, Liam Connell,

Council)

Wayne Taylor, Lynn Kingaby, Corrine Taylor, Sheila Price, Sarah Connell, Steve Marshall-Clarke (Derbyshire County Council), Rob Roughton, John Marsden.

Members of Alfreton Party in the Park committee Including Steve Marshall-Clarke (Derbyshire County

Alfreton Party in the Park have been successful in applying for a grant from the National Lottery Celebrate fund. The £5,309 grant will go towards buying much needed equipment including new marguees for the annual event.

A spokesperson for the organisation said "this grant is a great boost for our voluntary committee and will go a long way to making sure the event will take place next year and carry on into the future, it is the only event in the area and is very popular with the towns folk".



LOTTERY FUNDED

Raising this amount of money each year is getting harder and harder so this grant is a massive boost to the "Party in the Park" organisation.

Party in the Park was founded in 2002 when a group of local people got together to organise a "one off" event for the Queens Golden Jubilee. The event was so popular and a great success, on the day that committee decided to make it an annual event. The committee is made up of a small group of local people who work tirelessly to promote the event and to raise the profile of Alfreton and the wonderful park that is situated in the heart of the town. Their goal is to create a fun, family friendly day for the people of Alfreton and the surrounding areas...The committee has gone from strength to strength and in 2017 will see the 15th Annual Event being held on Sunday September 3rd

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Celebrating Alfreton's Party in the Park Lottery Success!

The core committee works very hard throughout the year, planning and fundraising for next year's event. A further 50+ volunteers from all walks of life including local cadet squadrons kindly help over the weekend setting up on the day as stewards guiding the procession, directing traffic, assisting security, dealing with incidents such as lost children plus the big "clean up" afterwards. These volunteers also support other local events such as, Remembrance Sunday road closure,



Alfreton Park fun run marshalling, and this year's Pentrich Revolution Centenary event.

Party in the Park is a registered charity relying on grants and fundraising events to rise around £18,000 each year to pay for items such as stage hire marquees, entertainment, fencing, toilets, first aid, insurance etc. Entrance is free on the day however, there is a charge for car parking - the amount we receive contributes to 10% of the total budget cost for the event. The bars, caterers and fairground pay a contribution to attend; Local bands and dance schools perform free on the day. The Police and Fire Brigade also attend, however they are still on duty, so may be called away at any time to attend an incident.

Any local businesses that would like to sponsor or donate, or anyone interested in helping to organise the event please contact Liam on 07904 564603.



The committee would like to say a "huge thank you to Amber Valley CVS and Steve Marshall – Clarke for supporting us. Also a personal thank you to Collette Watson (Community Funding and Development Worker for Amber Valley CVS) for all the help, and guidance she have given us over the last few years.

Steve Marshall – Clarke pictured here with the Alfreton Party in the Park with the kind donation of £2000.00 from DCC

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

Befriending and Gardening...A 'blooming' good match!



Now that Spring is in the air and days are longer & lighter, many of our befriending matches are thinking about their gardens to either sit in, look out at or talk about. I recently went to see keen gardener Roy, who is visited weekly by John, to find out what befriending means to them and how important it is to keep in touch with nature and the outdoors.....

Roy said "I look forward to seeing John, we often talk about what I plan to plant next. I also gave John the grand tour of the garden and shed!" (both pictured on the left in Roy's garden).

"Every time I visit Roy he has something new growing" explained John, "We talk about the world and other things... It gives both our minds some exercise!"

Roy is very proud of all that he's grown, which includes many flowers and vegetables from seed and cuttings, particularly roses, dahlias, strawberries and garlic. Roy is pictured below, in his shed with some potted onions that he is currently waiting to split and plant separately.

He also has a bumper crop of onions and cabbages in the garden in nearly full growth. Roy recalls that he once won First prize in the local 'garden in bloom' for the area in 2015, which he reminisced about with some photos.

Roy laughed about the time he grew 'miracle lettuce' which came out of a seed packet for lettuce, but grew into tomatoes!

When asked about whether Roy and John will sit out in the garden as the weather warms up, Roy said "I don't think we'll be sitting out there, we might be attacked by ants! There's a problem with them in the garden". They agreed that they'll definitely have a walk round to look around the garden as the flowers and plants grow and change through the seasons.



Roy and John share many stories and reminisce about similar times past, like their experiences of keeping animals and surviving their first jobs after leaving school. Roy has recently started keeping a few chickens, which have started to lay eggs and keep trying to escape!

Roy explains...."We've always got plenty to talk about. John and I get on like a house on fire, I enjoy his visits".

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

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'The Lodge' Derbyshire Autism Services



Spring is finally here! What better way to get out and about and explore the beautiful countryside that we have on our doorstep, than by staying at Derbyshire Autism Services' lovely log cabin, just outside of Ashbourne, at the Ashbourne Heights Holiday Park in Fenny Bentley.

'The Lodge' has two comfortably furnished bedrooms (one double ensuite and one twin); two spotless bathrooms with bath and shower; a generous sized and well equipped kitchen and dining area and a

comfortable and elegant living area, looking out over our lovely little terrace, complete with garden furniture and sandpit!

The Lodge has a flat screen television and DVD Player, DVDs, books, games and indoor and outdoor toys to keep the youngsters amused, while the grown ups will love the peace and quiet that comes from being situated on the edge of the park, backing onto fields and fronted by a large grassy area. It's just a two minute walk from the Tissington Trail, where there is cycle hire available, as well as beautiful, safe (flat!) walking through lovely countryside.

The park facilities include:

- Peaceful countryside environment
- · Indoor heated swimming pool (free to guests)
- Children's play area
- · Family room equipped with games etc.
- On site shop
- · Within walking distance of a family friendly pub
- 5 minutes' drive from Ashbourne

We are happy to offer stays at The Lodge to families at a very reasonable cost - just enough to cover our own costs - drop us an email or give us a call to check availability.

We also offer overnights and longer stays at The Lodge to children and adults with autism on a supported basis to:

- 1:1 staffed or 2:1 staffed
- Sleeping night staff or waking night staff
- Stays from 1 night to several weeks
- 24 hour packages or 'home to school' packages

Janette Ashworth - Autism Services Manager enquiries@derbyshireautismservices.org Telephone 01773 741221 www.derbyshireautismservices.org







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Spring is here and Summer is on the way



Traditionally this was the time of year to spring clean your home; long ago when people kept their houses shut tight against the winter cold, and used coal, oil and wood for heat and candles for light, the arrival of the good weather was an opportunity to make the house fresh again. Imagine the soot and grease that would have covered every surface!

Every single member of the family would be involved in the 'Spring Clean' from the youngest to the oldest, from the smallest to the biggest.

Nowadays, with central heating and electric light there is no need for a major clean up once a year, most people are able to clean and maintain their homes on an ongoing basis.

Vacuum cleaners, carpet shampooers and steam mops help to keep modern homes clean and hygienic. There are hundreds of cleaning solutions in the supermarket specific to each and every task you carry out in the home.

Modern day washing machines and tumble dryers make light work of the laundry. Steam irons or the new steam generators help you to plough through your ironing in super quick time.

However some people can struggle with some of these tasks due to age or illness – in those instances Help at Home domestic workers may be able to help.

Diane Topping Erewash Help at Home Co-ordinator Telephone 01773 512076



Bringing nature into the garden

It's that time of year when we get some sunshine and a lot of showers. Everything is starting to grow in the garden. All of a sudden what looked fairly neat and tidy (if kept up to date last year) is all out of hand.

Help at Home is an Independent Living service set up when the old fashioned Home Helps turned into Care Packages. As a general rule, Care Workers deal with getting clients up and out of bed, washed dressed and fed. Maybe also dealing with medication. Whereas Help at Home deals with cleaning, shopping, ironing and gardening, which is also required if clients are struggling to maintain their homes as they used to.

Spring is definitely in the air. There are lots of daffodils about and Easter has been and gone. Birds are starting to come back into our gardens and all in all it is very slowly beginning to get warmer.

So we need to prepare our gardens so that they are inviting to sit in and for the birds to visit of course. Nothing nicer than watching the birds, bees and butterflies darting around, whether from inside the house or sitting enjoyably outside.



So if you are struggling to get your garden ship shape please get in touch. We can arrange to come out and have a look to discuss your needs.

We mainly carry out gardening and cleaning needs in Amber Valley and Erewash, however over the last couple of years we have broadened our horizons and we try to nurture other areas just over the boundaries.



Allestree, Spondon, Stapleford and Toton in Erewash and Jacksdale, Pinxton, Selston, Shirland, South Normanton for Amber Valley. The last areas to be addressed have been Shirland and now we have an assessment in Newton too. Trying to nurture the new areas so that they receive the same service that we offer in Amber Valley and Erewash.

Most of our clients are pleased with the service we offer. Some would go as far as to say: "Highly delighted!"

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



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The Home from Hospital Scheme

- Are you about to be discharged from hospital?
- Do you live alone or have no support network?
- Are you worried about returning home, wondering if you'll cope?
- Would you like a little bit of help to support your return home?

Then maybe we can help...

We can provide a FREE short term service to ensure that you feel safe and confident when returning home from hospital.

Referrals can be made by a hospital member of staff, who will contact us on your behalf. We will assign a volunteer to you who will hopefully meet with you in hospital to agree the support you will need from us. The same volunteer will support you for the next few weeks.

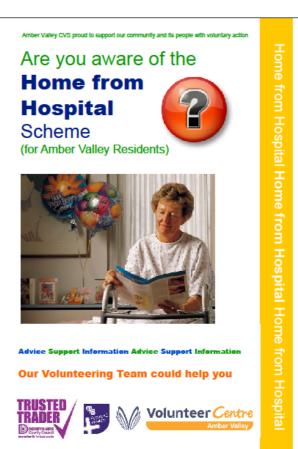
Amber Valley CVS run this scheme, through a team of volunteers, who are trained and fully supervised. This is a flexible support service which will compliment the support being given by your family or Social Services.

A Volunteer can provide:

- Emotional support
- Essential shopping
- Company to relieve social isolation
- Reassurance
- Advice on social groups, activities and support

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



We've moved...



We officially moved to our new premises in February 2017, after previously operating from Phoenix Street. Being in the Cornmarket, in the heart of the Cathedral Quarter of Derby City centre, means we are more accessible and visible for all. With a brilliant new office, it now means we are able to physically meet and engage with more members than at previous and are determined to deliver great customer service in the heart of the city. So pop in store, talk to an advisor and find out what lending and saving options are best for you!

Alongside our move to Derby City centre, we will be holding a loans surgery the last Friday of every month at Amber Valley CVS from 11am – 1pm.

Here you can pop down to discuss your loan application with us, ask any queries you have regarding your application or just find out some information about ourselves. Make sure you check our social media for extra dates, information and make a note in your diary!

Facebook - @derbyshirecommunitybank Twitter - @DerbyshireCB



where **local** really counts

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...





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.

