

Community
NEWS

from Amber Valley CVS

Return to Nature...



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

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.

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**



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.

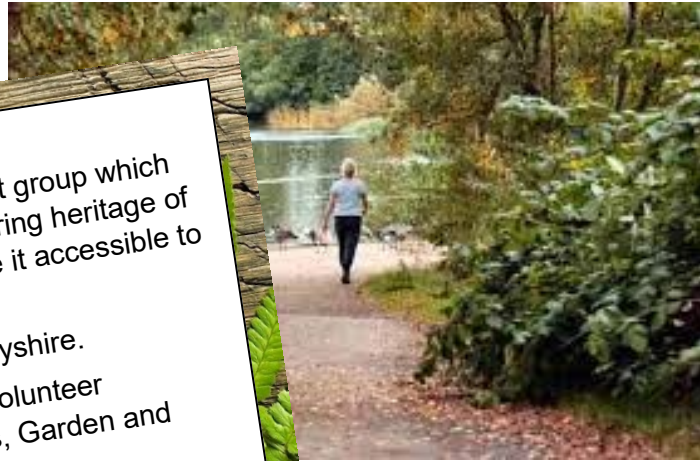
If you are the kind of person that loves the great outdoors and being at one with nature or if you have green fingers, these volunteering opportunities could be right up your street.

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



SHIPLEY PROJECT PARTNERSHIP

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 the wider community.

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 and wildflower meadows.

Where: Various locations across Amber Valley and Derbyshire

Volunteers needed: Practical Conservation volunteers



AMBER TRUST

Background: Derbyshire based charity providing housing and social support services to clients with mental and physical health conditions. They have an allotment where people can go along and help grow plants and vegetables and socialise at the same time.

Where: Swanwick, Derbyshire.

Volunteers needed: Allotment Volunteers



GROUNDWORK

Background: Groundwork is a federation of charitable trusts, each working with their partners to improve the quality of the local environment, the lives of local people and the profitability of local businesses. Their purpose is 'to build sustainable communities through joint environmental action'. They help maintain local nature reserves so wildlife can thrive.

Where: Various locations throughout Amber Valley and Derbyshire

Volunteers needed: Local nature reserve Volunteers

WAINGROVES COMMUNITY WOODLAND TRUST

Background: They promote the conservation and protection of wildlife and the physical and natural environment in Waingroves and Strelley Woods. They have a team of volunteers that meet up on a Monday morning to carry out maintenance in the wood. All tools and materials are provided, all you need to supply is your own suitable clothing.

Where: Waingroves, Derbyshire

Volunteers needed: Woodland volunteers



GO WILD IN WIRKSWORTH

Background: Offers kids the chance to discover their inner adventurer through holiday clubs designed to teach children about the outdoors through a variety of exciting activities. They offer holiday club sessions with activities including Bush Craft, Den Building, Camp Fire Cooking, Woodland Art, Wildlife Identification, Bug Hunting, Mud Slides and Foraging (at certain times of the year).

Where: Wirksworth, Derbyshire

Volunteers needed: Outdoor Volunteers

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.

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



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


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

Are you aware of the

Home from Hospital Scheme

?

(for Amber Valley Residents)




Advice Support Information Advice Support Information


Our Volunteering Team could help you

TRUSTED TRADER

Approved by Amber Valley Council



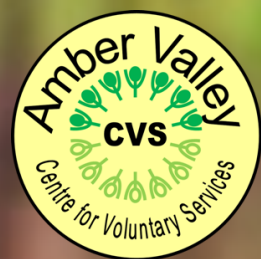
Amber Valley Council



Volunteer Centre
Amber Valley

Home from Hospital Home from Hospital Home from Hospital





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.