



COMMUNITY SECTOR NEWS

AMBER VALLEY CVS EXISTS TO DEVELOP AND BE PART OF A VIBRANT VOLUNTARY SECTOR SUMMER 2011

Does your local voluntary or community group need help?

Is your local voluntary or community group in need of FAST?

F unding	Help, Information and Applications
A dvice	Or Guidance on reference materials, constitution and policies
S upport	In volunteering or development
T raining	Quality, accredited or tailored to your groups needs.

If the answer is yes we have just the event for you.

Thursday 7th July 2011

4.00pm to 8.00pm

at Amber Valley CVS, 33 Market Place, Ripley

Book an appointment to discuss your groups needs

Each appointment will last up to 20 minutes. This event is by appointment only. To book or for more information please call Angela Quinn at Amber Valley CVS on **01773 512076**

If you are unable to attend this event but would like some support for your group please call one of the Amber Valley CVS Team on 01773 512076



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CIRCULATION LIST

(Please tick)

CHAIR	[]
MANAGER	[]
TREASURER	[]
SECRETARY	[]
.....	[]
.....	[]
.....	[]

FUNDING

Funding success for Amber Valley groups

Congratulations to Amber Valley voluntary and community groups on your successful funding applications throughout last year.



Angela



Voluntary and community groups in Amber Valley have been advised and supported to access funding. The total amount for this year is

£193,783.25p



Photographs from the latest Belper Funding Event

Coalfields Community Grants

Your organisation or group may be eligible for a Coalfields Community Grant.

If your organisation or group is based in any of the following areas you could be eligible for a community grant - Level 1 £500 - £5,000 and/or Level 2 £10,000 - £100,000.

- Alfreton
- Codnor & Waingroves
- Heanor West
- Ironville & Riddings
- Langle Mill & Aldercar
- Somercotes

If your organisation or group is based in the following two areas you would only be eligible for Level 1 £500 - £5,000 grant.

- Heanor East
- Heanor & Loscoe

For more information please contact Angela Quinn on 01773 512076 or email angelaquinn@avcvs.org



VCI PASSPORT SCHEME

VCI (Voluntary Community Independent) Passport Scheme



The VCI Passport scheme is aimed towards volunteers who are working or thinking of working with children and younger people. i.e. children's centre, sports clubs etc.,

FREE Quality Standard Training for Volunteers in the Amber Valley Area.

All you need to do to receive your passport is:

Complete the following.....

- 5 x ½ day training sessions
- Safeguarding
- Health & Safety
- First Aid Introduction
- Involving and Consulting Children & Young People
- Equal Opportunities

Sample VCI Passport



“Volunteers are important! They make up a large part of the VCI children and young people’s workforce and they deserve to receive the support that they need to help them continue to develop their skills, knowledge and abilities so that they can improve the service they give to children and young people”. Mandy Mangold. SNAP Development Project

Following completion of the requirements, the volunteer will be awarded with a certificate and a badge which allows him/her to identify themselves as an accredited volunteer for Derbyshire’s Children’s Trust. Badges will not be issued until we have proof of a current CRB check.

For more information please contact Jo Glossop at Amber Valley CVS on 01773 512076 or Matt Ford on 07917053400

TRAINING

Training Opportunities

Introduction to Presentation Skills – June 7th 2011 – 9.30am to 12.30pm at AVCVS.

This training is £10 for members of AVCVS and £15 for non members.



Jo
Glossop



This session will help you to understand what makes a good or bad presentation, understand the elements that go into making a successful presentation and then plan, create and deliver a short presentation.

Feedback from last course includes:

- More organised, good tips and ideas for selling an idea to a group of people. Improve and progress the charity
- More comfortable with presentations therefore should be more effective – very useful
- Very welcoming environment – feel that it has given me the confidence to present a good presentation – lots of useful information

Introduction to Minute Taking Skills – June 14th 2011 – 9.30am to 12.30pm at AVCVS.

This training is £10 for members of AVCVS and £15 for non members.

By attending this session you will learn how to use a variety of techniques to enable you to produce an accurate record of any meeting where minutes are required. You will look at what to include and what not to include in the minutes you take.

Feedback from last course includes:

- Very helpful tips and informative
- Very useful and worthwhile
- It will give me a greater understanding of what is required for the minutes of all meetings so that I can check nothing has been omitted – the tutor is very clear in her explanations



We are committed to providing and promoting learning and development opportunities for the voluntary sector in our area.

We operate a continuous programme of short courses in many subjects.

If there is any area where you require assistance with training please contact us. If we have no current courses for this topic we can research and advise you where to go or arrange the course in the near future.

If you would like to book on any of the above training sessions please contact Jo Glossop on 01773 512076 or email joglossop@avcvs.org

Please feel free to contact us if you wish to discuss any details of the AVCVS training programme e.g. Costs, venues, times etc.

TRAINING

Training Opportunities

Safeguarding Vulnerable Adults – June 22nd 2011 – 9.30am to 4pm at AVCVS.

This training is £10 for members of AVCVS and £15 for non members. Lunch is not provided.

Does your group have or work with vulnerable adults? This one-day session will give you all the relevant information you need to know. It will provide information on Derbyshire's Multi-agency definition of vulnerable adults and the categories of abuse covered within Derbyshire's agreed policies and procedures.

Feedback from previous courses include:

- Well worthwhile
- Tutor was very good
- Relaxed – important update – keeps things fresh in everyone's mind

Report Writing – July 6th 2011 – 1pm to 4pm at AVCVS.

This training is £10 for members of AVCVS and £15 for non members.



This session will give you the skills you need to produce clear and concise reports as and when required. You will look at what makes a good structure and format for a report and how you can make an impact with your report - **If you need to write a report - then this is the course for you!**

Event Planning – July 12th 2011 – 9.30 to 12.30pm at AVCVS.

This training is £10 for members of AVCVS and £15 for non members.

If you need to organise an event big or small for your group then this session will cover all the things you need to know to make it a success

Feedback from last course includes:

- A good two way dialogue. Overall very good
- Some good points which will be used when planning our event
- Gave me insight into licensing etc. that I had not considered
- Will be useful – checklists and ways of organising – all useful

Free First Aid Sessions from the British Red Cross – Community Based First Aid (CBFA) Education

The British Red Cross are offering free 2 hour training in everyday first aid skills. If you think your organisation would benefit from this training please contact:

Deborah Webster, CBFA Coordinator
Derbyshire, Nottinghamshire and Cheshire, British Red Cross
Tel: 01629 593 335, Mob: 0791 2080 894, dwebster@redcross.org.uk

If you would like to book on any of the above training sessions please contact Jo Glossop on 01773 512076 or email joglossop@avcvs.org
Please feel free to contact us if you wish to discuss any details of the AVCVS training programme e.g. Costs, venues, times etc.

VOLUNTEERING

Update from Elaine Broadhurst

Placings from January to March were 69 in opportunities in retail, care homes for visiting and trips out including swimming, community transport, disability groups, wildlife and environmental projects, sport related and classroom assistant for adult literacy programmes.



Elaine

Derbyshire LINK recruited 5 volunteers and had the highest numbers of volunteers taken on by one organisation in this period!

National Volunteer Celebration Week 1st to 7th June

As we go to print, we are in the throes of organising a Celebration event for our volunteers. As this year is The European Year of Volunteering we are going for a European theme!



The European Commission, the European Parliament and the Council of the European Union have officially announced that 2011 will be the European Year of Volunteering.

This is an exciting opportunity for voluntary organisations across the EU to join together in a celebration of volunteering, and a discussion on the importance of volunteering on a local, national and international level.

Whatever we decide upon, it will be our way of saying thank you for all the valuable time they contribute, assisting with administrative tasks or events, promoting the work of Derbyshire LINK or improving lives by the wonderful effect they have on those they befriend, simply by going for a weekly visit. This year we are joining forces with Hearing Help Amber Valley to appreciate all our volunteers.

Send us your Celebration Event News!

If you or someone you know wants to volunteer, contact us at Amber Valley Volunteer Centre and speak to Elaine Broadhurst on 01773 512076 as we have 144 opportunities to offer to volunteers.

Come and take your pick!

VOLUNTEERING

Volunteer Opportunities

URGENTLY REQUIRED x 6

Fab fun play!!!

Are you an enthusiastic team worker with a passion for sports or working with children and event management?



WE NEED YOU to help organise Belper Wakes

Family Funday, with lots of activities and sports day style races.

The event takes place on Sunday June 5th 2011

We also have another opportunity for volunteers to encourage people to assist with a short play and physical activity session for children 3 + and their parents, to encourage parents to join in.

You will engage with a range of abilities and to develop the core fundamentals each week in session. You will be helping a fully qualified coach and given opportunities to help set up activities.

There will be the opportunity to gain a qualification and lead sessions after the initial 6 weeks. Having a Coaching or leadership qualification would be great but if not you are still more than welcome to come along.

Grow your own Support Volunteer

Volunteers are required to support tutors working with schools and community groups to support and inspire people to work together and learn skills to produce their own food

Are you: ???

- Enthusiastic about supporting others to learn new skills
- Good communicator & listener
- Team player



Luncheon Clubs

Several luncheon clubs in Kilburn, Duffield and Marlpool are in need of extra help to either cook or serve meals.



WILL YOU HELP?

Spoted

Spoted provides organisational development support and funding for groups that use sport and physical activities to improve the lives of young people in disadvantaged communities.

For providers we will support them in developing the business side of their project enabling them to become more successful

Derby Kids Camp

In order for Derby Kids Camp's strength to continue and for successful expansion of the programme, we are looking to recruit and support a number of high calibre, experienced managers/ project managers to join our "hands-on" Trustee Management Team.

We would like to hear from anyone who has experience and an interest in team management, project co-ordination, funding and grant applications (and an interest in the great outdoors is beneficial but not essential).

Migrant communities outreach project

Events Volunteer: Supporting the project by giving information at events. Act as stewards for events which will involve communicating with the public and give information highlighting services of local partners. In addition volunteers will practically support the community events working on a refreshment stall, serving drinks and snacks, cleaning the work surfaces, restocking the stall and some cash handling.

HEALTH AND SOCIAL CARE INFORMATION

Southern Derbyshire Health and Social Care Forum Update

Forum Update - The latest Forum was held on 22nd March and was well attended by representatives from a range of Voluntary and Community Organisations who heard presentations from NHS Derbyshire County, Derbyshire County Council Adult Social Care and the Micro Providers Project. Full copies of the presentations are available from Pam Wood at South Derbyshire CVS.

NHS Derbyshire County - The White Paper – Future Consortia - Janet Baker and Jill Badger, Clinical Commissioning Managers

Janet and Jill gave an update on the current position regarding GP Commissioning Consortia. They explained that it is hoped that the new arrangements will produce better outcomes for patients, cut bureaucracy and improve integrated working between organisations and sectors.

Although the situation is still fluid the current position in Derbyshire is that there will be 5 consortia:

- High Peak (excluding Glossop) 60,000 population
- Erewash 100,000
- North Derbyshire (Chesterfield) 200,000
- Independent Cluster (East Derbyshire) 100,000
- South Derbyshire City 500,000

(Amber Valley, South Dales, South Derbyshire, Derby City)

There was concern about the size of the South Derbyshire City Consortium and worries that the needs of people in the smaller, more rural districts might get overlooked in such a large and diverse population. However, Janet assured everyone that this consortium would have a 'locality'

focus to ensure that this was not the case and that there would be locality groups which would feed into the Consortium Board.

When asked how the consortia would be structured, it was explained that no firm decisions have been made about who will be on the Boards but they will include GP representatives, who may be elected, Health Watch (currently Local Involvement Networks or LINks), and patient representatives. There were no plans to include Voluntary Sector reps but Janet said she felt this should be considered and she would take the issue back to NHS Derbyshire County for discussion.

Concern was expressed that the GPs don't have a very wide knowledge of what is currently commissioned and funded in the Voluntary Sector. However, they explained that the GP Consortia will be supported by managers who are likely to be the same managers who currently work for NHS Derbyshire County so there will still a link between the old and the new systems. In addition, Janet explained that an exercise is currently being conducted to ensure that every consortium manager is aware of what voluntary sector services are currently being funded via NHS Derbyshire County in their consortium area so that they are able to make the GPs aware of services supporting their patients.

Jill explained, whilst some voluntary sector organisations might be worried about the new arrangements and what it might mean for funding, there will be many opportunities for organisations to provide services and that there is a strong commitment to encourage as many service providers as possible to enter the market.

This information has been supplied by the Connect 4 newsletter.

HEALTH AND SOCIAL CARE INFORMATION

Southern Derbyshire Health and Social Care Forum Update

She stated that tenders are formulated to ensure that new providers are not at a disadvantage and that commissioning will follow the 'Any Willing Provider' model. All NHS contracts are advertised on the website www.supply2health.nhs.uk.

Janet and Jill finished by stressing that what they had told us regarding the new consortia was the current position today and that it might all change again tomorrow! However, they also said that they would keep us informed of any developments via the Forum.

Derbyshire County Council - Adult Social Care

Derbyshire County Council - Fiona Worrall, Service Manager (Community Contracts).

Fiona gave an update about the changes to Adult Social Care. The transitions have now happened and a new organisational structure is in place.

She also explained that the eligibility criteria for services have increased from 'moderate' to 'high' and 'substantial' although there is still some discussion about people who have needs at the high end of the moderate scale. She told us that some people who receive certain benefits or have savings above a certain level are now asked to contribute a proportion of the cost of their services. Generally if people have an income over £175 per week they will be asked to contribute £24.65. DCC have produced a number of leaflets and documents which give an in depth explanation of how this works. If you would like a copy please contact Call Derbyshire on 08 456 058 058 and ask for information on 'Co-Funding Arrangements for Non-Residential Services' or check out the website www.derbyshire.gov.uk.

Everyone who comes into the service now comes through the Personalisation route and if they are eligible for services are given an indicative budget using the Resource Allocation System (RAS). A support plan will be agreed with Adult Care and they can then take this budget, either wholly or partly, as a direct payment and manage their own services or if they wish to use DCC's services

the budget will be allocated to this. The Brokerage Team will help anyone, including people who do not have a Social Care Budget, to find the services they need to help them stay healthy, safe and independent. The Brokerage Team use the Derbyshire Directory, amongst other sources of information, to find appropriate services so it is very important to be registered if you supply services which might be able to support people. Fiona told us that the Group Managers in the Brokerage Team have a remit to identify gaps in services so communication routes such as our Forum could play a vital role in ensuring voluntary sector organisations know where they might plug these gaps.

Fiona was asked if, when assessing people's needs, there was any support for people with specific conditions such as mental health issues or people with brain injuries. Some of the delegates felt that social workers didn't always understand the particular needs of people with these issues, for example, a person with a mental health problem might be fully able to get up and dress themselves if they have the motivation to do so but it is support to provide the motivation which is needed not personal care. Fiona said that she was aware of this and would feed it back to the assessment teams.

If you would like a copy of Fiona's presentation please contact Pam Wood on 01283 219761 or email pamw@sd cvs.org.uk

This information has been supplied by the Connect 4 newsletter.

HEALTH AND SOCIAL CARE INFORMATION

Micro Provider Development Programme

Dan Zamoyski - Programme Development Coordinator, Adult Care, DCC.

Dan delivered a presentation about the Micro Provider Project which aims to support the development of small organisations with up to 5 full-time-equivalent staff or volunteers which would be able to supply low level “ancillary” social care services to anyone at all, including people with personal budgets.

There are already a large number of Micro Providers involved in the project, providing services ranging from Lunch Clubs to Laundries and Transport Schemes to Care Farms. The project provides support to the Micro Providers no matter what stage they are at, from a “developing concept” to a fully fledged business. Support can include business planning, marketing, organisational development and sign posting to information sources such as the Derbyshire Observatory (“D.O.”). The D.O., amongst other things, can help provide statistics and information to help organisations find out more about the numbers and locations of people who may want their services.

Dan explained how the personalisation of Adult Care has provided opportunities for small organisations to sell their services, but that they need to be able to demonstrate that they are well run and efficient organisations. They need to provide a quality service which

helps customers achieve the Outcomes that have been agreed in their care support plan – Micro Providers need to show what difference they will make to people’s lives.

Dan also reiterated what Fiona had explained regarding the Brokerage Team and that it is vital for voluntary sector service providers to register on Derbyshire Directory and develop a relationship with the Brokerage team. He also told us about the Trusted Trader Scheme, a quality-mark scheme run by Derbyshire CC for all those organisations providing services to the public. This quality mark aims to reassure consumers that they are buying goods and services from a reputable and quality provider.

For more details regarding the Micro Provider Development Programme please contact Dan by at dan.zamoyski@derbyshire.gov.uk. If you would like a copy of the presentation please contact Pam Wood on 01283 219761 or email pamw@sd cvs.org.uk.

The Next Forum Meeting is Thursday 23rd June 2011 - 10am to 1.30pm including lunch
Long Eaton Art Room, Granville Avenue,
Long Eaton, Derbyshire, NG10 4HD

For more information or to book a place please call Pam Wood on 01283 219761 or email pamw@sd cvs.org.uk

This information has been supplied by the Connect 4 newsletter.

HEALTH AND SOCIAL CARE INFORMATION

Next Forum Meeting

Southern Derbyshire
Health and Social Care Forum

Next Forum Meeting

Thursday 23rd June

10.00am – 1.30pm

The Art Room, Granville Centre

Granville Avenue

Long Eaton

NG10 4HD

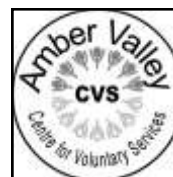
**Guest speakers from
Derbyshire PCT & Derbyshire County Council.**

Refreshments available and networking lunch from 12.30

For more information or to book a place please contact:

Angela Quinn on 01773 512076 or e -mail

angelaquinn@avcvs.org



MEMBER NEWS

Funding success for Belper Cottage Project

The Belper Cottage Project (BCP) has been successful in obtaining funding from Grassroots to recruit a Development Worker for six months - the funding received was £2,500. The role of the Development Worker is to:

- Raise Awareness about the BCP
- Fundraise through various methods
- Secretarial / Administrative work
- Assist at the Child Contact Centre
- Assist at the Luncheon Club for Older People
- Provide IT support
- Look into starting a Women's Health Group

If you don't already know, the BCP was founded in 1995 and is run completely by volunteers. It provides a service to the community in two ways:

- Rooms can be hired by individuals or groups
- The BCP runs groups of their own: Child Contact Centre, Knit & Natter, Drop In Tea/Coffee Morning and Luncheon Club

Some of external groups that use the cottage are:

- Belper Depression Self Help Group
- Bereavement Support Drop In
- Counselling
- Family Mediation Form Ltd
- Mencap

If you are interested in volunteering, coming along to a group or booking a room, please contact the BCP on 01773 880364 or belpercottageproject95@btinternet.com The BCP is located on the A6 directly opposite the Belper Bus Station.

Alfreton Golf Club Junior Section

Alfreton Golf Club Junior Section would like to thank Amber Valley CVS for their kind grant of £250 to support youth interests, social and sporting training.

The Junior Section meet every Thursday at around 4.30pm and welcome anyone aged between 8 and 16 who is interested in learning to play golf.

Part sponsored PGA standard tuition is also available.

Please contact our Junior Organiser Diana Riley on 01773 835514

Would you like to share your news with us?

In 2011 we would like to dedicate a section of our newsletter to hearing about **You**.

Do you have any Good News Stories that you would like to share? Are you currently commemorating any special events? We would love to hear from any of our Member Groups. To include your stories in our next newsletter please email your information to Mandy Rafferty at mandyafferty@avcv.org by Monday 25th July 2011 or call Mandy on 01773 512076.

MEMBER NEWS

The Autumn Group

The Autumn Group kindly invited us along to see the beautiful Easter Bonnets that they had made themselves. The Amber Valley Mayor, John Nelson, and his wife Maureen kindly came and judged the bonnets, and with great difficulty had to choose first, second and third from the beautiful collection. As you can see he even took to wearing some of the bonnets himself.



Mayor John Nelson



(from left to right) First prize went to Peggy, second prize Jean and finally third prize went to Kitty.

The Autumn Group meet socially every two weeks on a Monday 1.30-3.30pm at the Herbert Strutt Centre in Belper. The group have a variety of guest speakers throughout the year and are also hoping to organise trips and days out with transport provided.

If you would like more information about the group and how to join, please call Amber Valley CVS on 01773 512076 and we can pass your details on.

Hearing Help Amber Valley

Hearing Help (Amber Valley) is an organisation funded by Amber Valley Primary Care Trust & Derbyshire County Council to provide practical help and information for hearing impaired people in the Amber Valley area.

Hearing Help are based in Ripley, they cover the whole of the Amber Valley region and can offer many services to anyone living within this area.

They are the only organisation of this type in Amber Valley and their extended services include, social groups, lip reading, gardening clubs, bereavement assistance, a befriending scheme and advice on equipment to help hearing impaired people improve their lives.

For more information on the clinics and their other service please contact them on 01773 570976 or visit www.hearinghelpambervalley.co.uk

MEMBER NEWS

South Wingfield Youth Club

South Wingfield Youth Club has been running for almost a year and in July 2010 Amber Valley CVS were able to present the group with a £250 Small Grant.



This money was given to the group in order to help with the start up cost. The group have purchased football goals, footballs, rounders equipment, art and crafts materials and a Wii fit machine.

“We just could not have started the group without the money from Amber Valley CVS” said Michael Hobbs – Chairperson.



“We are still actively fundraising wherever we can as we would like to buy a couple of laptops for the children to use, and to raise funds in order to take the children out on trips to a working farm”.

The group which meets every Tuesday 7.15pm – 8.45pm at South Wingfield social club has approximately 40 boys and girls, ranging from 6 to 14 years of age. The youth group have a number of activities that the children can take part in which includes football games, rounders, karaoke and the cooking group which is very well attended with very enthusiastic budding chefs.

“We love cooking, we made pizzas they were brilliant, and we could eat them after”, said one girl

“We love the karaoke, me and my friend love singing, we would like to do a talent show if we can” said a 9 year old girl.”

“It’s great here we get chance to meet all our friends we can just hang out and chill, it stops us from hanging around the streets and getting into trouble”



We are a very welcoming youth club, with a good group of youngsters, anyone is welcome to come along and join us. We are also very keen to have any parents who have some spare time to come along and help out.

If you are interested in joining our youth club please call Michael Hobson – Chairperson on 07545938794

COMMUNITY AND MARKETING DEVELOPMENT WORKER

Update

Hello my name is Mandy Rafferty and I have recently taken on the role of Community and Marketing Development Worker. I will be working very hard to market Amber Valley CVS and all the wonderful services that we provide. I am sure I will have lots of good news stories and events to report on in our next newsletter.



Elaine Broadhurst will be taking over the Home from Hospital and the Befriending schemes; I will still be providing the Befriending /Home from Hospital Training in order to continually increase our number of volunteers. We are always looking for dedicated individuals who are willing to join our committed team of Befrienders, people from all different backgrounds who have an interest in people. We run the Befriending Training course throughout the year offering them during the day as well as evenings so that we can accommodate as many people as possible. The course covers Listening & Communication Skills, Relationship Guidelines & Boundaries as well as Health and Safety. The next training sessions are

Tuesdays 6th, 13th, 20th, 27th September 2011

10am to 12pm

Book now to reserve a place

As a thank you to our volunteers we like to celebrate the good work they do. We will be celebrating all of our volunteers during 1st – 7th June, as this is the official 'Volunteers week' where we will be saying a big thank you for all their hard work and efforts throughout the year.

Once you join Amber Valley CVS you become part of our valued team of volunteers and will receive our continued support. Part of our service to you is to run a number of drop in sessions where our volunteers can get peer support and information on the service, as well as having an informal chat with us and light refreshments and a chance to meet fellow Befrienders.

Once our volunteers are trained they are then given the opportunity to volunteer for either Befriending or Home from Hospital or both. We are very pleased to introduce our newly trained volunteers into the local community.

If you require any further information regarding the service or about volunteering please contact me on Amber Valley CVS 01773 512076 or email me at mandyafferty@avcvs.org



AMBER VALLEY CVS & DDCIL IT TRAINING



Amber Valley CVS and Disability Derbyshire have been working together to enable voluntary groups to find out the benefits of using computers and the internet.

The sessions covered

- how to use the Internet safely and effectively,
- using email,
- online searches,
- understanding shopping online,
- public services online,
- banking online,
- job hunting online.

The courses consisted of 2 sessions, one of 2 hours and one of 2 ½ hours, over 2 days. The course aimed to increase confidence and develop ICT and Internet skills.



Mrs Watson with her certificate

Mrs. Watson attended the IT training and said “The tutor was very professional and made me feel at ease.

I have learnt more about computers in the time I spent at the training than I have learnt in a few years.

I would definitely recommend this course to other people.”

HELP AT HOME NEWS

Meet Mrs Margaret Sharratt



Jo with Margaret



Margaret is 77 and recently moved to Long Eaton from Derby. Her two sons live in the area and wanted their mother to be nearer to them. Margaret suffers with arthritis and needs to use a walking frame to be able to get around.

When Margaret moved to her new bungalow she needed to make a few necessary adjustments to the building. Social Services were able to fit a ramp to the front door and Margaret had her bathroom changed to a wet room. It was at this point that Social Services advised Margaret about the Help at Home service run by Amber Valley

CVS.

Margaret started using the Help at Home service in January 2010. Jo, Margaret's domestic worker, visits her once a week for an hour and a half. Jo does various tasks such as cleaning the bathroom, emptying the dishwasher, hoovering and putting the washing on.

Margaret said "The service is great; it is not just about the cleaning, Jo has become a friend. If Jo is on holiday then the office always send a replacement worker so I am not left without help. I find it difficult to move around and can no longer Hoover; I have to use a long arm picker to get items out of the washing machine so Jo's help and the Help at Home service is so valuable to me".

Margaret misses Derby and being able to pop to the shops as she is no longer able to go alone, but has settled into a new area and has found new ways to shop.

"I really enjoy crafts and make various cards; I find new ideas from watching the "Create and Craft" programme on Sky and have been busy buying new products from the programme and on-line".

The aim of the Help at Home service is to enable elderly and disabled people in Amber Valley and Erewash to live independently in their own homes through the support of domestic and gardening help. The domestic and gardening workers carry out tasks which many of our clients have undertaken in the past but are no longer able to do due to age, disability or illness.

The Help at Home service is a Trusted Trader. All the domestic and gardening workers are paid members of staff, fully trained and CRB checked.



If you are elderly or disabled and have help from a family member to maintain your independence, and you would like to give them a day off, then call The Help at Home Team on 01773 512076

SOS UPDATE

AVEDASS TEAM

We are currently working with 30 young people who have witnessed Domestic Abuse.

The AVEDASS team have delivered 42 domestic awareness sessions in schools across Amber Valley and Erewash.

AVEDASS Good News Story

No names have been used in this story to protect the individuals involved.

AVEDASS were working with a ten year old boy who had witnessed domestic abuse. He struggled with anger management; this caused conflict for him both at home and at school. We looked at coping strategies and ways to implement these in different situations. He is now dealing with his anger in a positive way both at home and school, which is steadily improving. When a children's questionnaire was completed he stated that "I've changed from being angry to happy" the questionnaire highlighted how confident and happy he now is.

AVEDASS were working with a ten year old girl who had witnessed domestic abuse. As a result the girl had incredibly low self esteem and no confidence. She also found it difficult to talk to her parents about her feelings. Whilst building up a therapeutic relationship we explored different ways to express both good and bad feelings. It was highlighted in the children's questionnaire that the child has dramatically increased levels of confidence and has now got a stronger relationship with both of her parents.

SOS Team

We are currently working with 30 families in both Amber Valley & Erewash providing signposting and support.

SOS Good News Story

No names have been used in this story to protect the individuals involved.

A referral came from an organisation in Alfreton regarding a family from the area consisting of Mum, Dad, a 2 year old and a new baby:

The Family had just moved to the area and did not have much furniture or clothes for the baby. Boots the Chemist in Ripley had donated a range of baby clothes to Amber Valley CVS so we were able to provide the family with much needed support and supply some of the clothes for the baby.

We had also been donated by various people, a table, chairs, a small chest of drawers and some cot blankets, and again we were able to support the family by providing some of the basic items.

The family can now move forward with their lives.

ADMINISTRATION

Amber Valley CVS CRB Service

Amber Valley Volunteer Centre are an Umbrella Body for the Criminal Records Bureau.

We aim to provide a quick, efficient and affordable service.

From 6th April 2011 - The following prices will apply:

Volunteers £6

Paid - Standard £32

Paid- Enhanced £50

ISA Adult First £10



Volunteer Centre
Amber Valley

For more information Call Emma Rodgers on 01773 512076 or email emmarodgers@avcvs.org

DERBYSHIRE LINK UPDATE

Derbyshire LINK Spring Event

Derbyshire LINK's Spring Event, held at Lumb Farm, Marehay on the 25th March was deemed a resounding success by all.



With 21 health and wellbeing stalls exhibiting and over 130 people attending, the afternoon had a really great atmosphere; it was fantastic to see so many members of the public come along. Exhibitors, many of whom described the event as fabulous, came from Statutory and Voluntary sectors. They were able to inform the general public of their services and network with other organisations; forging new leads and contacts.

The afternoon went really quickly with lots to see and do. Everyone had a chance to participate in the many free activities which included, holistic therapies, massage, beauty treatments, Appy Feet (Garra Rufa fish treatments), Peak Foot Care, face painting, caricature, jewellery making, craft table and a Smoothie Bike.

Over 30 people listened to a very informative presentation from Pam Purdue, Head of PPI/PALS entitled '*What Changes are Happening in the NHS?*'



Gary Topley (Free from Addiction) receives his Garra Rufa fish treatment.



Pam delivering her presentation.

Pam spoke about plans the government has for the NHS in the future, how these plans are being put into practice locally and how Derbyshire residents can get involved in the NHS to help shape decisions that are being made about the changes.

The presentation ended with a really vibrant question and answer session which gave everyone time to ask many questions regarding the planned changes and NHS services generally. Comments from those who attended the presentation expressed how useful the presentation was and how they especially appreciated the time given to answering their questions.

Derbyshire LINK staff would like to thank all exhibitors, members (including those who joined as a member on the day) and the four participating Derbyshire LINK volunteers - you know who you are - for making the event so enjoyable.

Relocation of the Movement Disorder Clinic

Derbyshire LINK Development Worker for Erewash, Jas Dosanjh, recently received a copy letter from The Long Eaton and District Parkinson's UK Group voicing their concern about the relocation of the Movement Disorder Clinic (MDC) at the Queens Medical Centre (QMC) campus, Nottingham.

Jas subsequently contacted Nottingham University Hospitals about this concern and received a comprehensive and compassionate response. It confirmed that the MDC is to be transferred within the QMC campus. The planning team are very mindful in considering the needs of their patients in accordance with this move and will ensure that patients are fully involved in the design of this new service.

DERBYSHIRE LINK UPDATE

Enter & View Visit

Following some recent focus group work carried out with both staff and service users of the St Mary's Gate Mental Health Unit in Chesterfield, Derbyshire LINK decided to carry out an Enter and View visit at the unit. A report based on the findings that initiated this visit is now available.

The announced visit was carried out by two trained Enter & View representatives in order to independently observe and comment on particular aspects including the functionality and suitability of the unit for the purpose.

An unbiased report based on the findings is to be produced later this month and copies of which will be made widely available to representatives from Derbyshire Healthcare NHS Foundation Trust, service users and other professional bodies for comment.

Footcare Questionnaire

Derbyshire LINK's Community Services Sub Group is currently focusing on footcare, its aim is to show the importance of healthy feet in the Prevention Health & Social Care Strategy.

As part of the research process we are inviting anyone who has difficulty managing their own footcare to take part in a short questionnaire. The questionnaire can be found on the AVCVS and Derbyshire LINK websites and will be available in a number of randomly selected Medical Centres/GP Practices across Derbyshire from the middle of May.

For more information contact Jacqui Willis on 01246 558924 or go to www.derbyshirelink.org.uk.

Development Worker to become Community Involvement Workers!

Derbyshire LINK Development Workers are to have a change in job title, they will now be known as Community Involvement Workers. It was felt by both the hosts and the team alike that this title change more reflected their roles.

As a reminder below are the LINK workers representing your district. Please feel free to contact them if you wish to discuss any health or social care matters that may be affecting you, your family or your organisation.

Jas Dosanjh	Erewash & South Derbyshire
Amy King	Chesterfield & High Peak
Tanya Nolan	North East Derbyshire & Bolsover also County worker for the Seldom Heard
Jacqui Willis	Amber Valley & Derbyshire Dales

Contact Derbyshire LINK: Tel: 01246 558924
Email: info@derbyshirelink.org.uk - Web: www.derbyshirelink.org.uk

We can also be found on Facebook!

LOCAL NEWS & INFORMATION

Alfreton Golf Club

We are actively seeking new members to enjoy the delights of our superb golf course.

New membership deals are currently available from £55.00 per month or £520.00 for the year plus £150 joining fee. Discounts apply if joining with a friend(s).

We are also running the following promotions:-



Taster Sessions.

Before you take the plunge into full membership, why not try out the course and facilities on a temporary basis. For £55.00 per month you can have unlimited play on the course and full access to the Clubhouse and facilities. Terms and Conditions apply.



Occasional Play.

For golfers and potential golfers who can only spare the time to play from time to time we offer a "book" of vouchers (12 in all) at a discount to our normal green fee rate. You can play when it suits you (excluding Competition days). The cost is £168 and the tickets are transferrable to family and friends. Terms and Conditions apply.



Friends Rates.

Join with 2 or 3 friends and enjoy significant savings.



Coaching sessions

Held from time to time for new members and golfers to improve their skills. Run by a PGA qualified professional.



Twilight Green fees.

After 18.00 on weekdays and weekends for £10.00 - Please ring the Clubhouse on 01773 832070 to confirm availability.

If you are interested in any of the above offers or would like further information, please contact our Secretary, Mr Alwyn Brooks on 07966547334.

LOCAL NEWS & INFORMATION

Is your group holding
an **Event** that you would
like people to know about...



Do you need to Promote
your Group or activities?

Do you have any
Good News Stories
that you would like to share?

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

Telephone: 01773 512076

E-mail: mandyrafferty@avcvs.org

Website: www.ambervalleycvs.org.uk

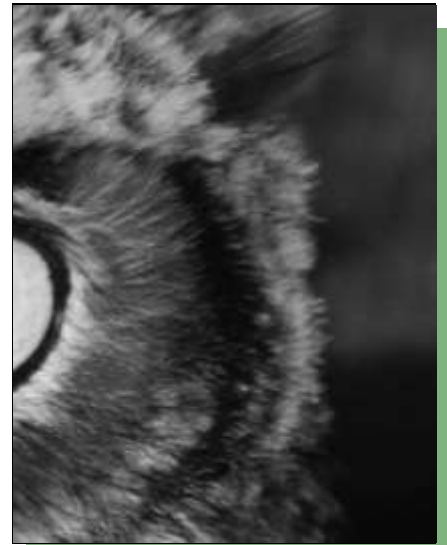


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You could take advantage of this space to recruit new volunteers, advertise events, promote your services etc.

Call 01773 512076 for more info

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.