

# COMMUNITY SECTOR NEWS

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

AUTUMN 2013

## Amber Valley CVS gives thanks to volunteers at their Race Night Celebration

In June, Amber Valley CVS held its Volunteer Celebration race night at Langley Mill Welfare as part of the National Volunteers Week celebrations.

Amber Valley CVS regularly hold events to thank their Volunteers for all the time and effort they contribute to their local community.



The event was thoroughly enjoyed by both the Volunteers that attended from across the area and the Staff from Amber Valley CVS.

At the event we asked volunteers to comment on “What is the most rewarding part of volunteering to you?”

Their responses made us burst with pride. Here is a selection of them.

“I love how I get to help people and how I can give something back to the people I care about. Volunteering is something I take pride in”

“To know that you have made a difference (all be it small) to someone’s life”

“The most rewarding part of Volunteering is improving the quality of people’s lives, even if it is only seemingly a small impact... ..Sometimes you never really know the difference you can make!”

“Having a smile and a chat with the elderly and vulnerable is the **best feeling** and everyone should try Volunteering.”

“The ability to help people get the most out of life, to share the abilities and skills I have and to meet other people.”

More information about the services Amber Valley CVS offer can be found on their website [www.avcvs.org](http://www.avcvs.org) or by contacting 01773 512076.

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### CIRCULATION LIST (Please tick)

|           |     |
|-----------|-----|
| CHAIR     | [ ] |
| MANAGER   | [ ] |
| TREASURER | [ ] |
| SECRETARY | [ ] |
| .....     | [ ] |
| .....     | [ ] |
| .....     | [ ] |

# MEMBER NEWS

## Amber Valley Stroke Group

Amber Valley Stroke Group are running a grand prize draw to raise funds for transport costs which will be drawn on November 22<sup>nd</sup> 2013

Prizes are

1<sup>st</sup> £100

2<sup>nd</sup> £50

3<sup>rd</sup> A grand hamper



Tickets are available from:

Amber Valley CVS, Market Place, Ripley  
Norma Gent, The Studio, New Street, Alfreton  
The Talbot Taphouse, Butterley Hill, Ripley  
J Ward, 8 Hammersmith, Ripley

## SH, SH, Stop Hiding Self Harm Self Help Group

The SH, SH, Stop Hiding Self-Harm Self-Help group is a free support group for people over the age of 18 years old who have been affected by self-harm. The group offer support through a self-help basis and there are various activities available at each session.

The group meet every week in both Ripley and Chesterfield  
Tuesdays 5.45pm – 7.45pm at Hope Springs, Springwell House, Chesterfield, S41 7PS  
Thursdays 6.00pm - 8.00pm at The Croft, Slack Lane, Ripley, DE5 3HF

An attendee at the group commented;

“I feel the group is great. It is good to be around people who won’t judge you. They make you feel comfortable.”

You can contact SH,SH via: Twitter: @selfharmhelpshs, Facebook: Sh Sh Chesterfield  
For further information please contact on 07989 755052

## Heanor & District 50+ Forum

### EVENTS

#### 23 September 2013

The Open Forum meeting will be a Race Night. This will take place at Heanor Community Centre on Wilmot Street between 6.00 and 8.00pm. Refreshments will be provided and all over 50s are welcome.

For any further information about this event please contact Louise Hiron on 01629 532049.

#### 5 October 2013

Following the successful visit to Newark, the Forum has arranged a visit to Lichfield. If required, the coach can drop people off at the National Memorial Arboretum at Alrewas and pick them up on the return journey.

The non-refundable cost is £8.00 per person from Heanor and is payable in advance. For further information, please contact Ken or Glenys Tucker on 01773 717572.

# MEMBER NEWS

Amber Trust

**AMBER TRUST**  
Supporting wellbeing



**Volunteers needed ....**

## .... For our Grow It allotment project

providing a working and learning environment to improve mental wellbeing, health and confidence.

People are keen to come; they have a sense of purpose and a reason to get out of the house.

Our motto is 'Gardening is good for you!' and it really is!



**Do you love gardening and horticulture?  
Would you like to share your knowledge with other people?**

**The role of an Allotment Volunteer is to assist staff to:**

- ✓ Create a safe and supportive environment for the people who attend the allotment.
- ✓ Provide support and encouragement for people to participate in allotment activities.
- ✓ Ensure the smooth day to day running of the allotment.
- ✓ Maintain the allotment.

**Although having an interest and knowledge in gardening is desirable, the most important thing is to be able to contribute to a supportive environment for the participants.**

**For more information visit our website [www.ambertrust.co.uk](http://www.ambertrust.co.uk)**

**Or telephone Tracy Litchfield on 01773 599599**

# HELP AT HOME NEWS

## Continuing to support independence



Nathan Hutchinson our Marketing and Communications Development worker recently visited Jean of Belper. Since April 2004, Jean has received weekly support from the Help at Home project. Nathan wanted to discuss what the project has offered her over the years, to help maintain her independence in her own home.



Jean first accessed the Help at Home service after deciding that to remain living independently at her home, she would require domestic and gardening support. Jean who is now in her early 90's has lived in the family home in Belper for many years. She commented that whilst she can safely stay in her own home she requires additional support which the Help at Home service assists with.

“I wouldn't be able to stop where I am without it. I do see my son regularly, but he is not able to be here all the time. So really it was to assist with my independence.”

Jean receives two visits weekly from the domestic service and also a weekly visit from her gardener. The domestic worker provides support with cleaning tasks within her home and the gardener helps to ensure that her garden is kept safe and accessible. Jean commented that whilst she has family who visit regularly, she feels reassured to know that the visits from the Help at Home service offers her peace of mind. She knows that the domestic and garden requirements for the house are being fulfilled, but also likes the security of knowing that the Help at Home team have the ability to notify her son of anything that may cause concern.

“The Help at Home service has been wonderful, not only for me but also my son. It is very reassuring that he knows someone is coming and that they have his contact details should they need to alert him to anything.”



**Help at Home is currently offered to residents of Amber Valley and Erewash. Due to its success, we have expanded into the following areas:**

- **Allestree, Spondon, Stapleford**
- **South Normanton, Pinxton**
- **Jacksdale, Selston, Pye Bridge, Westwood**



**If you know of someone who is elderly or disabled and may benefit from the Help at Home service please contact the team on 01773 512076 for more information.**



# Amber Valley CVS NEWS

## New Trustees

Amber Valley CVS are delighted to have 4 new Trustees volunteering on their board.

### Brenda Whittaker

I am a non-practising Solicitor having worked largely in the area of Criminal Law for over 30 years. I left my employment with the East Midlands Crown Prosecution service a year ago having spent 22 years as a Prosecutor and Case Manager.



Since then I have been looking for opportunities to volunteer and began to have contact with Amber Valley CVS by embarking on a training course. It was during this time that I was informed that they were looking for new trustees.

I researched the role and felt that my experience in Law and Management might be of some use to Amber Valley CVS as well as providing me with the volunteering opportunity I was looking for.

### Ian Hill

I have lived and worked in Derbyshire for the last 14 years.

My background is in housing and I have extensive experience of working with people from a broad range of backgrounds and with a wide range of needs.



I have previously worked in several roles within the community and the voluntary sector so was keen to bring this experience to my voluntary work and continue working with and contributing to the local community.

### Valerie Bacon

I am a recently retired Ward Sister, qualified nurse teacher and district nursing sister. I also used to run my own business.

Having retired I became a Trustee in an effort to help my community as I was born in Amber Valley and have always lived here.

I have also recently become a Public Governor for both Sherwood Hospitals and Derbyshire NHS.



### Cath Woodman

I have many years' experience of public service having worked at a senior level in Local Government, primarily in Environmental Services.

My work has included managing frontline services, procuring complex, high-value contracts and delivering savings and service improvements against a challenging economic backdrop.

I decided to become a Trustee for Amber Valley CVS because I want to continue working for my local community in a useful capacity; I believe I have the strategic and operational knowledge and experience to help positively shape the future of the organisation.



# VOLUNTEERING

## Befriending

We successfully recruited 7 Befrienders to our service and they are now out in the community making a difference to an elderly person's life.

We still have a large number of people needing a Befriender, particularly in Belper and Heanor. Do you know someone with an hour to spare each week that could do a home visit to an elderly person and brighten their life with a conversation?

Currently we have 37 Befrienders supporting 41 elderly people across Amber Valley, with a further 6 about to complete our most recent course.

Come and join us and help to give much needed support to elderly residents in Amber Valley.

We've found lots of things in common to chat about



She's a lovely lady and I do enjoy her visits

## Current Opportunities..... URGENTLY REQUIRED

### **SH,SH – Stop Hiding, Self Harm, Self Help Group Group Facilitator**

Our mission is to support anybody who self harms through our self harm self help group. We need the vital help of volunteers to become part of our friendly team of committee members, who will help make the SH,SH grow/develop and be the catalyst for change.

The role will involve being part of the team who decide how SH, SH will be funded, how we will grow and most importantly help to make the group be there for people who are affected by self harm.

### **Guide Dogs**

#### **Support Group Organiser / Co-ordinator**

Guide Dogs have a range of activities for volunteers to get involved with from fundraising to raising puppies!

Can you help by organising and co-ordinating a support group in your area? Organise events, collections and fun days—anything you can think of to raise money.

You would be asked to bring in your own ideas and skills and develop a small team of like minded people in your area.

**For more information about any of these opportunities or queries about volunteering issues please contact Elaine Broadhurst on 01773 512076.**

# VOLUNTEERING

Between April and June 2013 we have supported 54 people in finding a volunteer placement . These have been in a broad range of different roles in a variety of organisations.

**These roles include:**

|                                   |   |
|-----------------------------------|---|
| ◆ Events Organiser/General Helper | ◆ First Aider                             |
| ◆ Finance Assistant               | ◆ Help-Line volunteer                     |
| ◆ Lunch Club volunteer            | ◆ Independent Monitoring Board Member     |
| ◆ Meet and Greet volunteers       | ◆ Medical Loans Delivery Service - Driver |
| ◆ Retail Assistants               | ◆ Mini Bus Driver                         |
| ◆ Appropriate Adults              | ◆ Music & Play Session helper             |
| ◆ Befrienders                     | ◆ Stay and Play Volunteer                 |
| ◆ Child Line Switchboarders       | ◆ Support Group Member                    |
| ◆ Community “My Guide”            | ◆ Supported Child Contact Volunteer       |
| ◆ Creative Workshop helpers       | ◆ Trustee                                 |
| ◆ Volunteer helpers               | ◆ Youth Mentor / Befriender               |

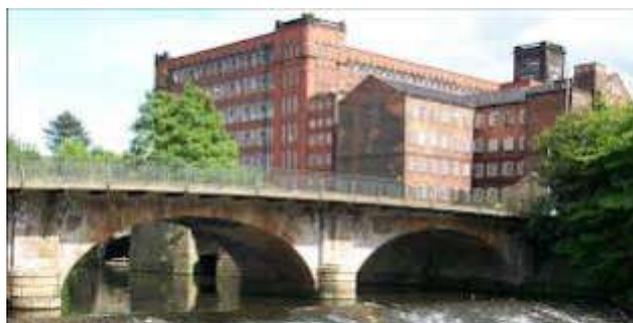
**With 200 roles on offer let us help YOU find yours!**

**Current Opportunities..... URGENTLY REQUIRED**

## **Strutt’s North Mill Volunteer Tour Guides**

Volunteers will be giving information to visitors and could also get involved in giving guided walks with a heritage theme if they wish to.

Giving guided tours of the museum the volunteers will explain the history of the mills in Belper, the Strutt family, the processing of cotton and cottage industries.



We would like to meet people who have an outgoing personality, who are good communicators and are interested in history & heritage to become volunteers for our World Heritage site.

**For more information about any of these opportunities or queries about volunteering issues please contact Elaine Broadhurst on 01773 512076.**

# VOLUNTEERING

## Current Opportunities

### **Erewash Credit Union (Amber Valley) Committee Member**



The largest credit union in Derbyshire is looking to recruit some new blood to help it as it continues to grow.

They need new directors for the Board and new members of the Supervisory Committee.

Based in Ilkeston, Erewash Credit Union now covers the whole of Derbyshire, including the City of Derby, and has offices in Ripley, Heanor, Alfreton and Long Eaton.

As with other credit unions, it has expanded rapidly and developed products and services to meet the current needs of people living and working in Derbyshire.

It needs up to three new directors - people who live or work in the county who have experience of accounting, business planning, human resources, developing policy and procedures, governance, marketing, and partnership working.

They also need three members the Supervisory Committee which ensures that staff and volunteers abide by the Board's policies. They should have experience in checking numerical and written data. Experience of internal auditing would be an advantage.

### **Sure Start Children's Groups – Ripley and Ironville Centres Group Volunteer**

Can you help to facilitate the running of a group for parents and carers of pre-school children in various locations in the Ironville and Ripley Childrens Centre areas?

Group volunteers help in the preparation of the venue and assist in organising quality play activities (e.g. art and craft, story time).

They also offer support to new parents and carers to settle into the group and encourage parent and carers to play and interact with children. Volunteers with an interest in child development and families would be an advantage although this is not essential.



**For more information about any of these opportunities or queries about volunteering issues please contact Elaine Broadhurst on 01773 512076.**

# VOLUNTEERING

## Current Opportunities

### **The Stroke Association**

#### **Communication Support Volunteer**

Can you spare some time once a week, or once a month to help at your local Communication Support Service?

Do you have good listening and speaking skills and patience? Our service in Heanor needs volunteers to help drive it forward. This offers an excellent opportunity to work with members on a one-to-one and group basis to help them develop their communication skills following a stroke. You will be welcomed, trained and supported by a great team.

Clients now attend for a time limited period (up to a year) on Tuesdays 1.30-3pm at the Heanor Health Centre. The groups run in blocks of 8 weeks, with a 6 week break between blocks.

### **The Derbyshire Fire and Rescue Service**

#### **Administration Support Volunteer**

Derbyshire Fire and Rescue Service (DFRS) are looking for a volunteer to support with various administrative tasks. The volunteer will work as part of the Prevention and Inclusion team.

A volunteer would need to have good Customer Service experience, I.T. & general administration skills along with knowledge of Microsoft Office programs.

Creative skills and an interest in the Prevention and Inclusion agenda would also be desirable. Good organisational skills and an ability to work as part of a team are highly desirable for this role.

**The opportunities above are just a small sample of the range on offer here at Amber Valley Volunteer Centre. We offer individuals a one to one interview to help find their best match!**

### Benefits of Volunteering

Some people have benefitted in the following ways by:

- Using and improving their skills and experience
- Meeting new people
- Improving confidence
- Being valued for what they can offer
- Even a Reference towards that new job!

Volunteering should not affect your benefits.

Whatever spare time you have to contribute there is an organisation just waiting for **YOU!**



**For more information about any of these opportunities or queries about volunteering issues please contact Elaine Broadhurst on 01773 512076.**



# TRAINING

## Befriending Training

Our Befriending course will run at Amber Valley CVS offices from 1-3pm starting on September 19th. A second course starts on November 12th. The scheme is approved by the Mentoring and Befriending Foundation.



This four week course (2 hrs weekly), provides you with the basic skills needed to become a Befriender. Each session is two hours long and will concentrate on a different aspect of befriending such as listening, communication skills, advice on health and safety and lone working.

**To complete this course, all sessions must be attended.**

Come and join us and help to give much needed support to elderly residents in Amber Valley.

### “Well Done” to our new befrienders.

Since April 2013 we have completed two training courses and we are delighted to say we have 10 additional befrienders. Photographs show our volunteers receiving their certificates.



Special congratulations to Jessica Long our youngest befriender.

Jessica completed the course on her 18th birthday.



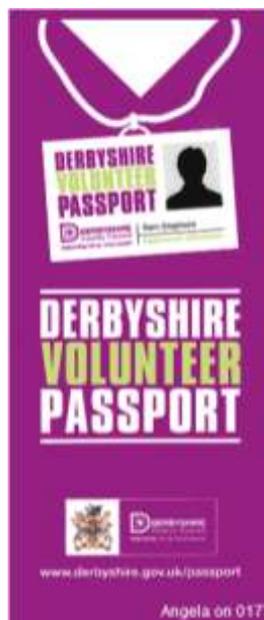
Plenty of helpful info

The course has given me confidence, knowledge and understanding of what befriending is all about

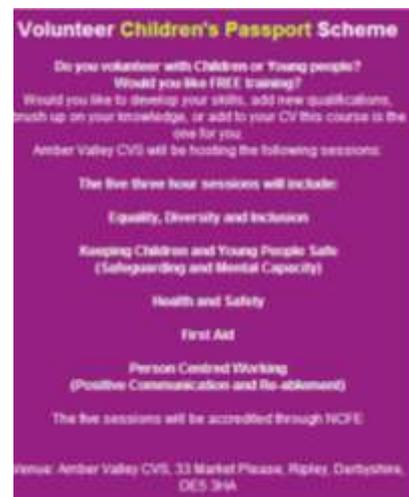
Gave me an insight into the befriending service, I felt very at ease, Thank you

# TRAINING

## VCI (Voluntary Community Independent) Passport Scheme



- Complete the following  
5 x ½ day training sessions**
- Safeguarding
  - Health & Safety
  - First Aid Introduction
  - Involving and Consulting Children & Young People or Person Centred
  - Equal Opportunities



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

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

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. Badges will not be issued until we have proof of a current DBS check.

## Can we help your Community Group with training?

We can provide specialised training tailored to your group's needs in a suitable venue. We have previously offered the following courses:

|  |   |
|--|---|
| ◆ Attracting and Recruiting Volunteers | ◆ Managing Difficult Volunteer Situations |
| ◆ Basic Book-Keeping                   | ◆ Minute Taking                           |
| ◆ Befriending                          | ◆ Presentation Skills                     |
| ◆ Benefits of Volunteering             | ◆ Risk Management                         |
| ◆ Committee Skills                     | ◆ Safeguarding Vulnerable Adults          |
| ◆ Communication Skills                 | ◆ Support & Supervision                   |
| ◆ Confidence in Meetings               | ◆ Sustainable Funding                     |
| ◆ Event Planning                       | ◆ Time Management                         |
| ◆ Funding & Making Applications        | ◆ Volunteer Management                    |
| ◆ Health & Safety                      | ◆ Volunteers & the Law                    |
| ◆ Managing a Mixed Team                |   |

# TRAINING & FUNDING

## Training

All training courses are listed on our website at <http://www.avcvs.org/training.htm>

### Resources

We hire out equipment like flip chart stands, projectors and display boards for a nominal hire charge. We can also photocopy handouts, put together training material packs or laminate posters for a small fee.

### In need of a venue?

We have information on rooms available to hire for training courses, catering arrangements and charges as well as having our own training room that you can hire.

Amber Valley CVS Training Team are able to write bespoke training that is tailored to the needs of specific groups as well as generic training. If you have a training enquiry please contact us on 01773 512076 or by e-mail [training@avcvs.org](mailto:training@avcvs.org)



Angela Quinn - Community Development Manager

## Funding success for Amber Valley groups

Congratulations to Amber Valley voluntary and community groups on their successful funding applications

| Name of Group                 | Funding Body                      | Amount | Project Awarded                     |
|-------------------------------|-----------------------------------|--------|-------------------------------------|
| Heage Allotments              | Greenwatch Action Grant           | £500   | Towards the new compost toilet      |
| Swanwick Luncheon Club        | Friends and Good Neighbours Grant | £1000  | Towards new equipment for the club  |
| Waingroves Woodland Trust     | Biffa Grant                       | £40000 | Disabled footpaths for the woodland |
| Duffield Carnival             | DCC Art Fund                      | £1000  | Towards this year's Carnival        |
| Amber Valley Frantic Families | Amber Valley CVS Small Grant      | £250   | Rent for the premises               |
| Holbrook Sports Football Club | Amber Valley CVS Small Grant      | £250   | New footballs for the club          |

# FUNDING

## Wilfred Marshall Family Charitable Trust

(Registered Charity Number 1150632)

**Persons under 25 who reside in or around Ripley, Derbyshire may apply for financial assistance towards the cost of education or for assistance in preparation for a trade, profession or calling.**

All grants are at the discretion of the Trustees and Application Forms for grants can be obtained from the correspondent.

Stephen F Marshall

Correspondent to Wilfred Marshall Family Charitable Trust

c/o Robinsons Solicitors

10-11 St James Court

Friar Gate

Derby DE1 1BT

*PLEASE NOTE: ALL APPLICATIONS IN RESPECT OF HIGHER AND FURTHER EDUCATION MUST BE LODGED WITH THE CORRESPONDENT BETWEEN 1ST SEPTEMBER AND 30 OCTOBER IN EACH YEAR*

*THE TRUSTEES WILL ONLY IN EXCEPTIONAL CIRCUMSTANCES AWARD GRANTS RECEIVED OUTSIDE OF THE APPLICATION TIMEFRAME*



## B&Q Waste Donation Scheme

The B&Q Waste Donation Scheme donates unsaleable products to community groups and charities who may be able to use them

Contact the store manager at your local B&Q store to discuss project details.

Schools, registered charitable organisations or other 'recognised community groups', for example residents' association, youth centres, Scouts and Guides are eligible to apply.

[www.diy.com/diy/jsp/corporate/content/environment\\_ethics/ethics/community/waste\\_donation.jsp](http://www.diy.com/diy/jsp/corporate/content/environment_ethics/ethics/community/waste_donation.jsp)



## Funding Event



Are you looking for funding to continue your existing services?

Are you developing new projects / activities that need funding?

Are you a new group that hasn't applied for funding?

Would you like to find out which funders to approach?

Looking to start a Social Enterprise?

**Then put a date in your diary to come along to the Amber Valley Funding Event**

**26<sup>th</sup> September 2013**

Somerlea Park Community Centre, Sherwood Street, Leabrooks,  
Derbyshire DE55 1LB

**3.00-6.30pm**

Final details to be confirmed nearer the time or please call Collette Watson on: 01773 512076

# NEWS AND INFORMATION

## DBS Service DBS Service DBS Service DBS Service

The Disclosure & Barring Service (DBS)

Update Service lets applicants keep their DBS Certificates up to date & allows employers to check a certificate online

Applicants

You can register here:

<https://secure.crbonline.gov.uk/crsc/subscriber> when you apply for a DBS certificate, or within 14 days of getting one (you'll need the certificate reference number)

**Registration is renewed annually, costs £13 per year for employed staff & is free for Volunteers**

When you join, you'll get an online account that lets you:

- **take your certificate from one job to the next**
- **give employers permission to check your certificate online, and see who has checked it**
- **add or remove a certificate**

<https://www.gov.uk/government/publications/dbs-update-service-applicant-guide>

Employers and other Organisations

Can check someone's DBS certificate status online and get a result straight away, here:

<https://secure.crbonline.gov.uk/crsc/check>

There's no registration process or fee for employers to check a certificate online, but employers:

- **must be legally entitled to carry out a check**
- **have the worker's permission**

<https://www.gov.uk/government/publications/dbs-update-service-employer-guide>

**The Update Service is only accessible to the applicant or employer**

**Amber Valley CVS, as an Umbrella Body, can not access this service on your behalf.**

## Whistle Blowing law has changed

**For whistle blowing disclosures made after 25 June 2013:**

Whistle blowing disclosure – a disclosure which tends to show

- a criminal offence has been committed
- failure to comply with a legal obligation
- a miscarriage of justice has occurred / is occurring/ is likely to occur
- health or safety of any individual has been / is being/ is likely to be endangered
- the environment has been / is being / is likely to be damaged

### ACTIONS

- Check your existing whistle blowing and disciplinary policies to ensure they make

bullying or harassment of a whistle blower a disciplinary offence, and spell out the possible penalties.

- Make sure whistle blowers know who to complain to if co-workers pick on them because they have blown the whistle.
- Make sure contractors are told about the process for making whistle blowing complaints internally before they approach outside agencies or the media.
- Train HR team members and managers to be alert to whistle blowing disclosures made during disciplinary or capability procedures, and to follow them up, rather than discount them as being made for mixed or malicious motives.

# NEWS AND INFORMATION

## Derbyshire Fire & Rescue

Helen Marriott is employed by Amber Valley CVS to work as the Volunteer Co-ordinator for Derbyshire Fire & Rescue. The photograph shown is from a recent event at Elvaston Castle to promote fire safety awareness. Several volunteers attended the event to help on the day.

Derbyshire Fire & Rescue Service (DFRS) are seeking volunteers who come from a variety of backgrounds and can bring a range of skills and experience to the organisation. All the volunteers are valued because they give their time and skills freely to make a difference to community safety.

If you would like to volunteer, please contact your local Volunteer Centre for details of volunteering opportunities.



**Derbyshire Carers Association**

**VOLUNTEER Forum**

A celebration and thank you to our current volunteers with lunch and refreshments. potential volunteers also welcome.



Friday 13th September 2013

Chesterfield Carers Centre

69 West Bars,

Chesterfield S40 1BA

For more information call Kelly or Sarah on

01246 222373

Friday 15th November 2013

Derby Carers Centre  
17 Babbington Lane

Derby DE1 1TA

For more information call Lisa on

01332 200002

### Amber Valley CVS Annual General Meeting

The Amber Valley CVS AGM will be held on Wednesday 20th November 2013

3.00pm—5.00pm

St Josephs Church Hall

Butterley Hill

Ripley

### Christmas Volunteer Celebration

The Christmas Volunteer Celebration is currently being planned.

We want to thank you for your contribution over the last year and look forward to seeing you there.

Keep an eye out for more information coming soon!



# A FOCUS ON.....

## Malcolm Gee — Amber Valley CVS Chair of Trustee Board

If you have attended one of our Annual General Meetings over the last few years you have met Malcolm. He has been an active member of our board since 2006 and stepped in to the role of Chair for Amber Valley CVS in 2011

Our Marketing and Communications Worker, Nathan Hutchinson, recently met with him to discuss why he volunteers with us and what he gets out of being a trustee.

For many years Malcolm worked within Human Resources for the rail industry. He retired from his role as HR Director and soon decided he would need something to occupy his time.



Malcolm in action at a Board Meeting

As Chair of his local Scout Group (1<sup>st</sup> Alton Manor Scouts) he was already involved in his community as a volunteer. When he received an invitation to Amber Valley CVS's AGM, he decided to attend and see what it was all about. A few conversations with the Amber Valley CVS staff later and he was soon signed up to be a Volunteer Trustee.

Malcolm said of the role as Trustee; **“It interested me because my background is all about people, for forty years I was in Human Resources. My career had always been focused on people and this voluntary role was predominantly about people; helping people, volunteering myself and sourcing volunteers etc. Amber Valley CVS appealed to me as it was very much a people organisation; it seemed to fit the bill perfectly. Equally, with my background in HR, I felt that I could bring some expertise into the organisation.”**

In addition to his role at Amber Valley CVS, Malcolm also volunteers with the social housing association, Affinity Sutton. He has been there since 2008 as an independent member on the North Regional Scrutiny Board and he also attends their resident area panels and comments:

**“I find this great, because it's a totally different environment from when I was working, and I've met some absolutely marvellous people; the Affinity Sutton staff who I've gotten to know very well, and the residents who are brilliant.”**

Malcolm greatly advocates volunteering and reflects that whilst the Role of a Volunteer Trustee can be challenging at times anyone with a genuine interest in their local community and an understanding of business, can both offer and receive a great amount from the role; **“It gives you the opportunity to put something back into the area in which you live. In my personal experience you also have to opportunity of working alongside some truly fantastic people and being associated with some superb projects and an organisation that is held in high regard within the voluntary sector.....**

**.....You can also see something for your efforts. We get the testimonials from people that have been helped, who have been provided with a service that has changed or improved their lives and it gives you a warm feeling, even though it was not directly you that did it, as a trustee you oversee and make sure the organisation delivers and continues to be able to deliver. I think it's a very rewarding role; not too demanding on your time and you can make a difference.”**