



# COMMUNITY SECTOR NEWS

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

SPRING 2013



The Credit Union is a community bank where the community save and borrow together. Most members use us to save some money for bills, holidays, Christmas or just for a rainy day. Money is lent out to some of the members at low interest rates. First loans tend to be for £200 - £600 depending on the members' income. The interest charged on the loans is put back into the Credit Union to pay for running costs. Any "profit" at the end of each year is paid back to each member when a Dividend is announced at the Annual General Meeting. This Dividend in the past years has amounted to 2% gross.

You'll be surprised how quickly your savings build up.

If you save	£5 per week	£10 per week	£20 per week	£100 per week
Year 1	£260	£520	£1040	£5200
Year 2	£520	£1040	£2080	£10400
Year 3	£780	£1560	£3120	£15600
Year 4	£1040	£2080	£4160	£20800
Year 5	£1300	£2600	£5200	£26000

These figures do not include any dividends or interest payments you would receive.

The Credit Union also runs ISA and Junior ISA savings accounts.

Erewash Credit Union has provided over 11,000 loans to people in Amber Valley & Erewash the last 5 years from as low as £20 for an urgent gas bill to £800 for a long-term member who was desperate to move property with her children to be near her parents.

We cater for people who can't get bank loans or overdrafts or who prefer to use the Credit Union to save or borrow. Loan interest rates are much cheaper than doorstep lenders, payday lenders and high street furniture shops. These all charge huge

interest rates and fees which often put people into even worse terrible debt.

How ECU compares on a £500 loan over 12 months

LENDER	WEEKS	WEEKLY REPAYMENT	INTEREST RATE (APR)	INTEREST CHARGED	TOTAL REPAY	YOU SAVE
ECU	51 weeks	£11	26.8%	£62	£562	
Loans at Home Ltd	52 weeks	£16.67	29.92%	£366	£866	£304
Shop at Home	50 weeks	£17.50	25.44%	£375	£875	£375
Prudent Financial Services	60 weeks	£15	20.1%	£400	£900	£338

www.lenderscompare.org.uk July 2012

The Credit Union operates in 5 different locations in Erewash and Amber Valley. There are three cashier branches located in Heanor, Alfreton and Ripley where there is also an Administration Office. Erewash Credit Union has been supported by Amber Valley CVS in developing Credit Union services in this area. This would not be possible without volunteers. Amber Valley CVS have:

- ~ Promoted Erewash Credit Union.
- ~ Supported as part of the steering group.
- ~ Recruited and placed volunteers.
- ~ Are arranging savings with Erewash Credit Union.

There are currently 6 volunteers in the area and the Credit Union would be delighted to train more local people for vacancies in the cash office, savings and loans admin, credit control and money management programmes.

Please contact Adele at AVCVS on 01773 512076 or email admin@avcvs.org for further details as we would love to hear from you.

Inside this issue:

AVEDASS	2
Derbyshire LINK	3
AVCVS News	4 & 5
Funding	6 & 7
Volunteering	8, 9, 10 & 11
Help at Home	13
Training	14 & 15
DBS News	16

## CIRCULATION LIST

(Please tick)

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

# AVEDASS

## AVEDASS the end of an Era



From 1st April 2013 the Domestic Abuse Support Service, AVEDASS, will no longer be offered by Amber Valley CVS.

The service ends after 6 years of Amber Valley CVS working with Victim Support, NCHA and Derbyshire Constabulary to provide interventions to identify those affected by domestic abuse and provide practical, emotional and behaviour support to children and adults. The service operated in Amber Valley and Erewash, building links with social care, schools, children centres and other agencies during that time.

Derbyshire County Council re-tender of the service in September 2012 has led to a change of provider with TRIDENT being successful in their application.

AVEDASS also delivered an Awareness Programme, based on the "Expect Respect" training package to secondary schools, more recently providing this to young people in community groups and primary school teachers. This service is not being delivered as a result of changes in the service specification that Derbyshire County Council CAYA have made.

AVEDASS staff members have supported over 450 families and offered the school awareness programme to every secondary school in Amber Valley and Erewash during that time.

Michelle Woodley and Helen Marriott who currently provide AVEDASS support to families have the opportunity to transfer employment to TRIDENT. Referrals for support for children should therefore continue to be forwarded to Michelle and Helen.

Amber Valley CVS will continue to promote the anti-bullying messages and signpost families to the new support provider. We will continue to work with AVEDAAG, a partnership Domestic Abuse Action Group, to ensure that gaps in provision, such as access to the Freedom training programme, drop-in support sessions and awareness raising for young people and professionals are highlighted, and funding secured in the future.

In the meantime, the Ladies Circle have been fund raising this year and are donating the money raised to Amber Valley CVS to support Domestic Abuse work in the coming year. Many thanks to the Chair, Marie Crawley, for nominating this as her charity.

Contact details for TRIDENT are as follows ;  
FREEPHONE 0800 088 4194  
[www.reachdomesticabusesupport.org](http://www.reachdomesticabusesupport.org)  
Manager :Anna Preston

# DERBYSHIRE LINK

## Derbyshire LINK/Healthwatch Derbyshire Update



Five years ago Amber Valley CVS, along with our co-host NDVA, were successful in a tender to develop Derbyshire LINK with the objective of collecting views from the public about local health and social care services, and using this intelligence to influence service delivery.

Derbyshire LINK staff team have operated across Derbyshire and involved many members of community groups and organisations by attending their events and gaining experience based comments, as well as engaging with the general public through media, website and open events.

Derbyshire LINK has built engagement which includes more than 1500 individual members, over 300 groups and has a monthly average of 40,000 web hits. This provides a potential reach into the population of Derbyshire of nearly 50,000 i.e. 6.5%.

As a host organisation, supporting the development of a Steering Group to prioritise the areas for investigation, and, as Managers of the LINK staff team we have seen the beginning, middle and now a re-birth of independent public engagement in health and social care.

With a team of 7 staff members, we have had 32 Steering Group Members who have guided the LINK team in their work plans. Whilst not all have been with LINK since 2008, we fully appreciate the input of each and everyone who has given up their time to support LINK in their activities.

During the 5 years the team have been successful in gaining an impressive total of close to 5000 comments from the patients and public of Derbyshire concerning their health and social care services.

It is this public focussed intelligence that has enabled LINK to influence the design of service delivery, ultimately ensuring that the voice of the Derbyshire public has been heard by those who commission and provide services.

It was there imperative that LINK forged relationships with key Stakeholders for the purpose of information sharing. Overall, we are pleased with our efforts in this area and confident that the relationships developed, both formal and informal,

with over 31 key organisations will continue to flourish under Healthwatch Derbyshire.

Over the last 5 years, Derbyshire LINK has completed and submitted Annual Reports to the Department of Health which have provided an overview of activity.

Furthermore, and importantly, to Health and Social Care users in Derbyshire are the LINK generated formal letters, reports and recommendations on service delivery. It is these formal communication routes that have allowed LINK to obtain current and accurate information from providers. Following focussed work in areas brought to our attention through patient and public engagement, we have produced formal reports and recommendations. These have been submitted to the relevant service provider and a formal response has legally been required with 20 working days.

The work of LINK would not have been completed without the input of our Active Volunteers who trained as Champions, Enter and View Representatives or supported LINK in other areas such as Readers, Researchers, Event Helper, Data Entry, Focus Group facilitators, Issue Taking volunteers etc. Over the years, we estimate that this figure is in the region of 43 people and we thank each and everyone one of them for their support.

For the last year we have awaited the implementation of new Government legislation and a timetable for transition to Healthwatch. This will now take place on 1st April 2013 with the Derbyshire LINK staff team transferring employment to the new Healthwatch Derbyshire Board and operating from new premises in Milford, near Belper.

A legacy of Derbyshire LINK will be the continuing input of volunteers to Healthwatch Derbyshire and the close relationship that has been built with CVS organisations, community groups and statutory contacts that have been built up by the LINK team members.

Farewell to Derbyshire LINK and good wishes for Healthwatch Derbyshire!

# AVCVS NEWS

## Amber Valley Borough Council Cuts

Amber Valley Borough Council is in discussion with a number of voluntary organisations, including Amber Valley CVS, regarding the Council decision to stop grant and service level agreement funding in order to manage their own budget deficit.

Recent years have seen Amber Valley Borough Council reduce staff including the loss of its Chief Executive, advertise the sale of the council building and close the tourist information bureau. Further changes are likely within the current structure to continue to deliver its statutory services.

For many organisations the receipt of grants and the delivery of additional support work through a service level agreement are a vital contribution to the diversification of income necessary to support community and voluntary activity.

The loss of funding to Amber Valley CVS comes at a time when two contracts with Derbyshire County Council also end and the impact of this is being considered in relation to our activity in 2013.

We would urge voluntary and community organisations affected by these funding decisions to contact us so that we can consider any joint action that could be taken to stabilise the sector.

Please contact us on 01773 512076 or email [admin@avcvs.org](mailto:admin@avcvs.org)

## Moving On

Derbyshire LINK will move from Amber Valley CVS on or around 31st March in its transition to Healthwatch Derbyshire. We will also see the AVEDASS service move to a new provider.

To ensure best use of the accommodation we have, there is an opportunity for collaboration with other voluntary or community groups to share office space, make use of storage areas, benefit from sharing functions such as reception, admin support and to seek joint funding.

If your organisation is looking to change or move on please contact us to consider a shared solution.

Please contact us on 01773 512076 or email [admin@avcvs.org](mailto:admin@avcvs.org)

# AVCVS NEWS

## AVCVS Accredited members of Derbyshire Trusted Befriending Network

Amber Valley CVS have become accredited members of the Derbyshire Trusted Befriending Network:



A celebration was held on 29th January 2013 at County Hall Matlock, to showcase the work of befriending services across Derbyshire. Certificates were presented to organisations who have become accredited members and also to volunteers who have undergone the Befriending Champions training early in January.



### Christmas Tree Raffle

Congratulations to all the raffle winners from the Langley Mill St. Andrews Church Christmas Tree Decoration Event. Amber Valley CVS would like to thank everyone who attended and collected information.

### Design Service



Need help with your  
graphic design



Does your  
promotional  
literature  
need a facelift



Whether it's a leaflet, poster or window display to gain more volunteers or advertise an event or meeting, **we can help you**

Contact Emma Rodgers or Nathan Hutchinson to discuss your promotional needs on 01773 512076

# FUNDING

## Funding success for Amber Valley groups

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



Name of Group	Funding Body	Amount	Project Awarded
Bullbridge and Sawmills Area Civic Society	Amber Valley CVS	£250	Equipment room hire and copier paper
Holbrook Table Tennis Club	Amber Valley CVS	£250	New table and running costs
Somercotes Walking Group	Amber Valley CVS	£250	3 way radios
Langley Mill Scout Group	Long Lea Valley Brass Band Trust Fund	£1,000	Towards Camping Equipment
Inclusive Education	Amber Valley CVS	£187	Hire of Venue
Amber Valley Stroke Club	Future Homescapes	£600	Towards transport cost

## Santander Foundation



**We are committed to supporting charities to help them make a difference for disadvantaged people in the UK.**

Welcome to the Santander Foundation

The Santander Foundation now has two grants programmes to help disadvantaged people in the UK. You are welcome to apply to both grants programmes, but a grant from one programme will prevent you from getting a grant from the other.

Santander Community Plus provides grants of up to £5,000. The scheme is open to small local UK charities or local projects of national charities with funding available to cover salaries, equipment or materials.

The Central grants programme offers grants of up to £10,000 to charities and Credit Unions anywhere in the UK.

Full details of this programme can be found on What We Fund and How to Apply. Click on [www.santanderfoundation.org.uk/spotlight](http://www.santanderfoundation.org.uk/spotlight)

**For more information about funding for your voluntary or community group please contact Collette Watson on 01773 512076.**

# FUNDING

Amber Valley CVS Funding Event

## Amber Valley Funding Event



Monday 25th March 2013  
3:15pm - 6:15pm

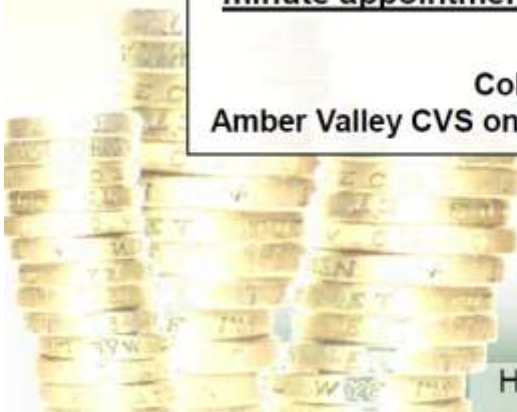
St Joseph's Church Hall  
Butterley Hill,  
Ripley, Derbyshire,  
DE5 3LH

You are invited to meet National & Local  
funders including

**Derbyshire Community Foundation**  
**Heritage Lottery Fund**  
**Children In Need**  
**Derbyshire Environmental Trust**  
**Amber Valley CVS**  
**Big Lottery Fund**

**Bookings are through an appointment only system, for a 15  
minute appointment with a funder or for more information**

Please call  
Collette Watson or Vicki Ilic  
Amber Valley CVS on 01773 512076 or email [funding@avcvs.org](mailto:funding@avcvs.org)



Hosted by Amber Valley CVS

# VOLUNTEERING

## **New Year, New Opportunities.....Time to get thinking!!**

**Volunteer England offers the following advice about creating new volunteer roles. We recommend it as Good Practice**

### **Overview**

Spending time thinking through what roles volunteers are needed to undertake will reap dividends. Being clear about roles makes recruitment easier and means that potential volunteers understand the volunteering opportunity available. A straight-forward role description that sets out clearly the skills, experience and time commitment required means that organisations are more likely to attract volunteers with the most to contribute to each role.

In organisations with paid staff, setting out volunteer roles can also help to reassure staff about what volunteers are being recruited to do and minimise confusion about the different roles of staff and volunteers.

### **Thinking about creating volunteer roles**

One of the keys to working with volunteers successfully is to plan for their involvement before recruitment even begins.

Think realistically about what an individual volunteer or group of volunteers could achieve.

Alternatively, sometimes organisations prefer to design a role specifically for a volunteer. This might be a good approach to adopt if a willing volunteer or group of volunteers offer both their time and a specific set of skills.

### **Elements of volunteer roles**

In order to cater for a range of potential volunteers and promote diversity, organisations should try to design a variety of volunteer roles which suit people with varying motivations, skills and interests, as well as planning for the different amounts of time people are able to offer.

Mixing and matching these volunteer role characteristics will help to create a range which offer a diverse selection of roles and time availability.

Thinking about current volunteers, or volunteers you have previously worked with, will also help you to cater for a wide range of motivations. A volunteer wanting work-related experience will look for a different experience from a volunteer hoping to meet new people or find an activity which gives them a change from their daily routine.

### **And finally....**

When creating new kinds of volunteer roles, think carefully about the position your volunteers will be placed in. Voluntary activity should complement the work of paid staff, rather than substitute work which staff currently do or recently did.

**DON'T FORGET.....We can help you with all of this...JUST CONTACT US!**



# VOLUNTEERING

## Volunteering News

We placed 103 people from October to December 2012 in a wide variety of volunteering roles

These roles included: Befrienders, Sports Mentors, Retail assistants, Mother and Toddler group helpers, Minibus Driver, Advocates, Appropriate Adults, Youth Project volunteers, Disability Football, Footcare helpers, First Aiders, Medical Loans Delivery, Finance and Marketing assistants, Book-keeper, Grounds maintenance and Practical Conservation Volunteers, Helpline Counsellors, Press and Media Co-ordinator, Lottery Promotions Assistant and Events Co-ordinator.

**Call us to get involved yourself!**

## Urgently required - New Volunteers!

Amber Valley CVS Befriending Scheme – part of the Derbyshire Trusted Befriending Network

Befriending volunteers urgently needed in all areas, particularly Belper, Ripley, Codnor, Heanor and Langley Mill. If you have an hour a week to spare and would like to help provide companionship and emotional support to an elderly person in Amber Valley, then please get in touch.



**There are at least 45 elderly people on our list who need a volunteer to befriend them.**

Our current volunteers continue their sterling efforts on behalf of our clients in helping to reduce social isolation. Our clients have reported that the support their Befriender offers is always much appreciated.

So come and join our friendly team of Befrienders and make a difference to someone near you!

## Why Volunteer

### Have you thought about volunteering?

Whether it is:

- Helping at conservation events
- Sports
- Befriending
- Social groups for older people
- Family support groups
- Organising or helping on trips
- Getting involved in tourist and heritage groups
- Information and advice opportunities
- Computer and IT skills or
- Working in charity shops

**There is something for everyone!**

### Rewards Offered...

Volunteering can be most rewarding, giving you an opportunity to put something back into your local community and giving you the chance to:

- Use and improve your skills and experience
- Meet new people
- Improve your confidence
- Be valued for what you can offer

And even get 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.**

# VOLUNTEERING

## Current Opportunities

**There are currently 193 opportunities registered with us across Amber Valley**

**Here is a selection:**

### **Amber Valley Resource Centre – Get Fit for Life**

We need someone qualified and experienced in supporting people with mental health problems to become more physically fit and active. This could include blood pressure monitoring, smoking cessation, weight management and dietary advice. NVQ or equivalent in Fitness and Leisure is required.



### **Derbyshire Toy Library - Toy Library Fundraiser**

Identify and think up small and larger scale fundraising opportunities for the network and Toy Libraries and help co-ordinate as necessary. Support the network with grant applications to Trusts, Charities etc and gather statistics from various sources. Support Toy Libraries formulating fundraising strategies.



### **The Stroke Association – Heanor Group**

Join us now on our next training course! - 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 in its latest exciting phase.

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. The groups now run in blocks of 8 weeks, with a 6 week break between blocks for clients though volunteers can continue from block to block.



### **Guide Dogs - Community 'My Guides'**

Offer support to blind and visually impaired people, to access their community; enabling confidence, independence and the opportunity to take part in activities or personal development.



After training, the volunteer provides a time limited commitment to support someone needing help, and in agreement with the service users needs. This is not a full time long term commitment and the skills gained can easily be transferred and are fully endorsed and accredited.

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

# VOLUNTEERING

## Current Opportunities

### Ripley Friendship Circle- Befriender (Group setting)



A Befriender is needed to volunteer at Ripley Friendship Circle to meet and greet members and sit and chat with them on a 1-1 basis within the group to help in reduce loneliness. This the most important task of the volunteer. They may also help with refreshments. This is a fun opportunity that will take place once a week on a Thursday morning between 9:45am and 11.45am and will give the volunteer the chance to help a really worthwhile group and make a difference to the lives of the socially isolated people who attend the group.

### Twistin Tots- Music & Play Session helpers for Ripley and Belper

Sociable individuals required to assist at local pre-school music and play sessions. No experience necessary. Duties will include chatting to parents about the group, making tea/coffee, serving cakes and taking payment for these. Laying out of toys and putting toys away. It may include some lifting of boxes.



### The Blend in Ripley - Project volunteer



The Blend Youth Project has been running a successful youth project in Ripley for many years now. At Ripley we have had the privilege of impacting hundreds of young people's lives in a positive way raising their aspirations and releasing their potential through providing activities, projects and support through a passionate and committed staff and volunteer team.

As a volunteer for Blend Youth Project in Ripley you will have the opportunity to make a difference in many young people's lives. We have a wide range of volunteering needs and if you have a passion to make a positive difference to lives of young people within the local community then we could use your help.

You could get involved in our healthy eating workshop and help young people create the first ever Blend Cook Book. If you are more actively minded we could use your help in our many fitness classes including rock climbing. If you are creative we could use your skills in our creative art projects ranging from jewellery making to graffiti art. You can even help out serving behind our youth coffee bar or as a volunteer minibuss driver for the many trips and outings we run for young people.

We also have places in our Heanor project based at Mundy Street from which provides a similar range of provision for young people including; a youth café, healthy eating workshops, dance workshops, art workshops and many more exciting projects and activities.



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

# SPOTLIGHT ON.....

## Volunteering

**Wendy Keeton** - Wendy originally came to the CVS back in 2002 following completing her City & Guilds Level 2 training in I.T.

After speaking with her son, who had managed to pursue a new career following volunteering, Wendy decided that volunteering would be an ideal opportunity to put what she had learnt into practice.

Wendy has been volunteering with Amber Valley CVS for almost 11 years now, in which time she has assisted various departments with their administration tasks. She now feels "settled" as part of the Help at Home team, assisting with the entering of information onto their database and many other administration duties which contribute to the overall accomplished operation of the service.

Wendy makes a 20 mile round trip with her husband / chauffer come rain or shine (and in some cases snow!) to volunteer with the CVS twice a week which illustrates the passion and

dedication many volunteers have. Although as Wendy says, she doesn't just come to the CVS to work, she comes to see her friends.

"I enjoy coming to the CVS, I don't see the people there as my colleagues, but as my friends and I think it does me good, it helps keep my brain active, it also gets me out the house and gets me mixing. As I say my colleagues are my friends, so I come to work happily"

"If it's someone who is not mixing very much, I would say it's a great chance to get you out of the house and mixing with people. I also think volunteering for younger ones is a good way of getting employment, my son has done it and his partner has done it 3 times."

Would you like to see what volunteering could offer you?

Contact us on: 01773 512076



## AVCVS Befriending Service

Could you help make a difference to isolated people in your community?

Amber Valley CVS operates the befriending scheme which has provided social contact to isolated people across Amber Valley for over 10 years.

Mr Wilson has been receiving weekly visits from his befriender John for the last three months.

Mr Wilson was originally matched with John through Amber Valley CVS' Home from Hospital Volunteer support service following Mr Wilson's return home from hospital and has gone on to receive weekly visits from John through the befriending service.

Unfortunately due to health conditions, Mr Wilson is not able to have the same amount of social contact that he used to visiting various groups, but the regular befriending visits enable Mr Wilson, who has a keen interest in literature, history and sport, to enjoy chatting to someone who is like minded and shares his interests.

John decided to join Amber Valley CVS' team of trained volunteer befrienders after observing whilst visiting a local café there were many people who had no one else to speak to.

John mentioned this, and the fact that he wanted to make a difference, to a local community warden, who suggested contacting Amber Valley CVS to enquire about becoming a volunteer befriender.

John now sees first-hand the real benefit volunteers make to people's lives in the community every day.

*"I think it gives him something to look forward to as he knows when I will be coming, I really enjoy it. It draws us both out and shows someone is interested in him and someone cares about him."*

To join or team of trained volunteer befrienders, contact the Volunteer Department on 01773 512076 or email: [volunteering@avcv.org](mailto:volunteering@avcv.org)



John and Mr Wilson

# HELP AT HOME NEWS

## Amber Valley CVS' Help at Home Scheme More than just a 'Cleaning Service'

The Help at Home service is a non-profit making project run by the registered charity Amber Valley CVS. The aim of the service is to enable elderly or disabled people of Amber Valley and Erewash to live independently in their own homes. The service provides practical support with domestic and gardening tasks which many of us have undertaken in the past but are no longer able to do because of age, disability or illness.

Nathan Hutchinson (Marketing & Communication Development Worker) recently visited Mr & Mrs Turner of Long Eaton to get their views on the service, and found out just what a difference it can make.

Help at Home have supported Mr & Mrs Turner (pictured) for almost a year. They receive both the domestic and gardening service.

Mr & Mrs Turner used to have a private arrangement for cleaning and whilst they received a good service they felt that it was very limited.

After speaking to a friend, Mr Turner decided to contact the Help at Home service, he also found that Help at Home cost less than the previous arrangement.

After the initial assessment visit, Mr & Mrs Turner were then matched to their regular worker, Catherine (pictured right).



Mr & Mrs Turner with their regular cleaner, Catherine

Mrs Turner explained that ***"Catherine visits us for a couple of hours every week, and generally goes through the house cleaning, tidying, polishing, and whatever else that needs doing."***

Mr Turner discussed the advantages of the service; ***"I think the main advantage as far as we're concerned is that it is a reliable service, we know that it is going to be done permanently. We can say in six months or whenever that the service received is still going to be the same and our home is not going to deteriorate"***.

Mr Turner also explained ***"It's the little extras that the service can offer that makes the real difference. Catherine does help us with odd little tasks. For example the other day I had some problems with my video player. Due to my sight, I just wasn't able to sort it out. Catherine said 'Oh yes I can sort that out' and she basically installed it and set it up so that now we've now got a thing that we can watch DVD's on"***

***"It's the little things Catherine does that help us its not just general cleaning"***

Mr Turner stated that ***"Also when my garden needs doing I ring the office and they send a gardener to me. Last year Alan the gardener came for a couple of hours for a few weeks, and cleared all the paths and tidied the garden for me"***

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

To see the whole interview with Mr & Mrs Turner, please visit our website [www.avcvs.org](http://www.avcvs.org)

# TRAINING

## Safeguarding & Befriending Training

Congratulations to 12 people who attended the Safeguarding, Recognising and Alerting Others to Suspected Abuse training delivered in December 2012.

Congratulations to 5 representatives of Derbyshire Link who have completed Enter & View training delivered by Amber Valley CVS, the skills gained will be carried forward when Derbyshire Link becomes Healthwatch.

If you would like to know more about any of our training courses please contact Amber Valley CVS, where we will be more than happy to answer any of your questions.



Safeguarding, Recognising and Alerting Others to Suspected Abuse training



Enter & View training

## Do you or Your Community Group Need Training?

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

For more information please call 01773 512076 or e-mail [training@avcvs.org](mailto:training@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 Angela Quinn at Amber Valley CVS on 01773 512076.

# ADMINISTRATION

Amber Valley CVS DBS Service

**CRB**  **DBS**



Disclosure &  
Barring Service

**On 1st December 2012  
the Criminal Records Bureau (CRB) merged with  
the Independent Safeguarding Authority (ISA)  
to become the Disclosure and Barring Service (DBS)**

The DBS was established under the Protection of Freedoms Act 2012 and merges the functions previously carried out by the Criminal Records Bureau (CRB) and Independent Safeguarding Authority (ISA)

You will see the DBS branding on all of our literature from now on.

The application forms have changed slightly too.  
**From February 1st we can no longer accept old style CRB forms**  
Only new style DBS forms will be accepted from this date.

**If you are one of our DBS Service users, don't delay**  
Please call 01773 512076 to order your new DBS forms.

Or if you are registered with us and you require training  
on the latest legislation relating to DBS checks  
or how to complete your forms please e-mail [emmarodgers@avcvs.org](mailto:emmarodgers@avcvs.org)

**If you're a voluntary organisation and would like to join our DBS Service contact  
Emma Rodgers on 01773 512076 or e-mail [DBS@avcvs.org](mailto:DBS@avcvs.org)**

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# NEWS AND INFORMATION

## 5 New Year's Resolutions for Your Organisation

Reflecting on the previous year, do you ever get the feeling that you haven't been quite as diligent as you could have been, gained a few unwanted pounds, or not done as much exercise as you know you should have? Often, organisations can be just the same - so why not think about adopting these five New Year's Resolutions this month?

**1 - PLAN YOUR YEAR** - We all know it's a really tough climate to be operating in so why not take half a day out to look carefully at your plans for the year? This should be a very structured session designed to revisit all your organisation's current plans and future activities to make sure that they're going to deliver the future the organisation requires.

**2 - LOSE WEIGHT** - Over the years organisations tend to pile on the pounds – in terms of undertaking activities they ought to have stopped doing years ago or accumulating files, information and data that is no longer required. This is a good time to think about slimming down these areas so you can concentrate on what really matters in the future.

**3 - GET FIT** - It's hard getting fit but every organisation feels better as a result. Work out where the room for better performance is within your organisation and develop a plan to work towards it. Such 'fitness' can mean working out your cost of delivery (and how it compares to other, similar, organisations), calculating the social impact that you are making or looking carefully at the costs of running your organisation. They will all result in leaner delivery and a more sustainable organisation.

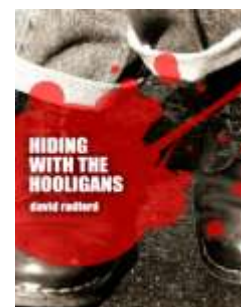
**4 - TRY SOMETHING NEW** - In a tricky trading environment, some of the organisations that we see doing best are those who continually look for ways in which they can diversify their activities. Obviously any new venture needs very careful assessment in terms of ensuring that the expenditure (of funds or staff and volunteer effort) can be justified but the rewards can be significant and can provide additional protection against funding cuts.

**5 - WORK OUT WITH A PARTNER** - It can be easier when we 'work out' with a partner and organisations are no different. There is a range of ways of taking advantage of such closer working which can really benefit most organisations. Options range from meeting similar organisations to discuss the issues of the day, to working towards sharing resources. They can also involve collaborating on joint projects right up to full partnerships and even merger.

## Hiding with the Hooligans

Dave Radford is the Volunteer Centre Manager in Chesterfield. He is also the author of the bestselling book in Waterstones in Chesterfield. The book is based upon his recollections of being a fan of Chesterfield FC during the dark days of football violence, days when pre-match entertainment usually consisted of a pint, a pie and a punch up!

The book is in danger of immortalising northern town football in the 70's and 80's and might also be read as a work of fiction from a man who obviously watched too much Monty Python and Father Ted. *Hiding with the Hooligans* is the story of a large group of young men expressing themselves in ways their grandparents were doubtlessly ashamed of, all in the cause of football supporting. With *Hiding with the Hooligans* in your hands you can have a very deep think, or just sit back and enjoy a slice of social history that hasn't yet been forgotten, because no one bothered to preserve it in the first place.



# NEWS AND INFORMATION

## Fee for intervention - What you need to know

Congratulations to our former Chief Executive, Lisa Vernon for receiving an MBE in the New Years Honours List.



Lisa was awarded her MBE for her work within the voluntary and community sector.

Lisa Vernon commented: "It was lovely to find out that I had been included in the New Years Honours list. It's been a great privilege for me to represent the fantastic work of the voluntary and community sector. Charities, community groups and volunteers make a significant contribution to learning and skills, particularly for those most in need of support or furthest away from learning. I am really grateful for the nomination and I would like to say a huge thank you to all the members of Derbyshire Learning & Development Consortium, Proactive East Midlands, the Third Sector National Learning Alliance and the Learning & Skills Improvement Service for all the support I have received. I'd also like to acknowledge the important contribution that DLDC's partners in the Derby Community Learning Trust, Derbyshire Public Service Compact and ONE East Midlands have made to raising the profile of third sector learning provision and meeting the learning needs of our communities."

DLDC would like to wish Lisa luck with her new upcoming adventures as a VSO volunteer.

## Eat Well Classes

CARERS can benefit from a free adult education class run by Derbyshire County Council to help them tackle malnutrition in older people.

There are nine one-off, three-hour classes across the county. They can also be attended by anyone who thinks they could help an older friend, neighbour or relative who has lost weight but struggles with a small appetite.

The free session has been developed specially for the Eat Well campaign by the County Council's adult community education tutors. People who sign up can look forward to food demonstrations, menu plans and cooking tips. It will help people spot the symptoms of malnutrition, learn why it's a problem and hear about strategies to tackle it.

There are about three million older people in the UK who are malnourished.

A booklet is also available that helps us all take practical steps if we, or people we know, are elderly and losing weight. The booklet,

which has the support of Age UK Derby and Derbyshire and the NHS, is available from local libraries or can be downloaded from [www.derbyshire.gov.uk/eatwell](http://www.derbyshire.gov.uk/eatwell).

The sessions take place between January and March and should be booked in advance.

Eat Well free sessions:

Swadlincote Adult Community Education Centre, Rink Drive  
Tuesday, March 5 - 6pm - 9pm  
Contact 01283 228400

Clay Cross Adult Community Education Centre, Market Street  
Tuesday, March 26 - 6pm - 9pm  
Contact 01246 862383

For more information please call Derbyshire County Council (Lynwen Davison) on 01629 538215.

# NEWS AND INFORMATION

## Mobile Changing Places Toilet

Derbyshire County Council has recently purchased, with Government grant funding, a Mobile Changing Places Toilet, which is larger than a standard accessible toilet and designed for people with severe disabilities and complex needs.

Standard disabled toilets do not meet the needs of all people with a disability – or their carers. People with profound and multiple learning disabilities, as well as other serious impairments such as spinal injuries, muscular dystrophy, multiple sclerosis or an acquired brain injury, often need extra facilities to allow them to use the toilets comfortably. Changing Places toilets are different to standard disabled toilets with extra features and more space to meet these needs, and they enable people who would otherwise be unable to do so to take trips which involve being away from home for extended periods.

We will be using the Changing Places toilet at our own public events, and it is available for other public, community and charitable events free or for a minimal hire charge to cover

some of the operational costs.

We are looking for volunteers to drive the towing vehicle and set up the Changing Places toilet at events and venues around the county. By using volunteers, who will be paid expenses, we will be able to keep the costs as low as possible and therefore ensure it is used widely to benefit as many people as possible.

Further information can be found on our website at: [http://www.derbyshire.gov.uk/leisure/countryside/news/volunteers/changing\\_places\\_drivers/default.asp](http://www.derbyshire.gov.uk/leisure/countryside/news/volunteers/changing_places_drivers/default.asp)

More general information about Changing Places can be found at: <http://www.derbyshire.gov.uk/changingplaces>

If you have any queries about Changing Places please contact me, or for more information regarding the Volunteer Driving opportunity please contact Brian Hattersley on 01629 532221 or [brian.hattersley@derbyshire.gov.uk](mailto:brian.hattersley@derbyshire.gov.uk)

## RoSPA called 'The Big Book of Accident Prevention'.

The Big Book contains an introduction from Professor Yvonne Doyle who is a Director of Public Health and a RoSPA Trustee, and then endorsed by eminent figures such as Professor Ronan Lyons (Chair – Injury Observatory for Britain and Ireland [www.injuryobservatory.net](http://www.injuryobservatory.net)) and Professor Mike Kelly (Director – Centre for Public Health Excellence, NICE [www.nice.org.uk](http://www.nice.org.uk))

There is a Why page, a fresh look at the evidence for accident prevention page and a few Case Studies to review.

One of the Case Studies is the National Safe at Home Equipment Scheme and the evaluation has shown that in the ten best performing Safe at Home areas, a 29% reduction in hospital admissions is apparent.

From a purely monetary perspective, it has been estimated that for an investment of £1.7 million in the prevention of accidental injuries in the under 5's, this has resulted in a cost saving of £27 million (based on an estimated cost to society of £33,200 for a serious non fatal injury to an under 5).

Other case studies include:

- Laser Alliance
- 20 MPH zones
- Falls Prevention in Older People

The document looks at how accident prevention can make a contribution to the delivery of Public Health responsibilities.

To obtain your copy of this document, please contact the RoSPA Public Health Advisor Sheila Merrill on [publichealth@rospa.com](mailto:publichealth@rospa.com)

# ADMINISTRATION

Membership  
Admin Services



Admin Services

We can offer our members:

**Equipment Hire - Digital Camera, Display Boards, Flip Chart Stands, Laptop, Portable Screen, TV/Video**

**Full Colour Photocopies & Laminating Service**

**Modern Window Display**

**Discounted Stationery**

**Meeting Room Hire**

**Leaflet and Poster Design Service**



**Call the one of the team to discuss your Admin Requirements on 01773 512076**

The views expressed in this newsletter should not be taken as Amber Valley CVS policy. Whilst every care is taken to provide accurate information, Amber Valley CVS does not accept liability for any error or omission.