

COMMUNITY SECTOR NEWS

AMBER VALLEY CVS EXISTS TO DEVELOP AND BE PART OF A VIBRANT VOLUNTARY SECTOR WINTER 2013

Winter Warmth in Amber Valley



Lynn Allison with Amy from Polka Dot Florists, Donna from Ripley E-Cigarettes and R&K Mobility and Wendy from Inspired Interiors

Amber Valley CVS invited local businesses in Ripley to take up the challenge of clearing snow from pavements around their business to ensure that during any snowfall the pavements are kept clear and accessible for all.

Volunteers from businesses in Ripley represented on the "Ripley Reckoning" business forum will be wrapping up and heading out with brushes, shovels and grit to clear away snow and keep the town an attractive place for people to shop during bad weather.

Amber Valley CVS Chief Executive Lynn Allison says " I look forward to seeing the results of this local challenge and welcome all businesses to contribute their staff time to make it easy for customers to visit us and use our services"

Inside this issue:

News & Info	2,3,4,8
Volunteering	5,6,7
Member News	10,11
Help at Home	12, 20
Funding	13
Training & Support	14,15
Admin & DBS	17,18

Festive Events

Are you planning any special events over the Festive period?

We would like to know what activities Voluntary Organisations have planned within the community for the Festive Period.

Can Amber Valley CVS support your organisation in any way?

Please get in contact and we will help in any way we can.

Christmas Calls

Could you help make the warmth of Christmas a reality in your community?

This year we are offering the service on Christmas Day and Boxing Day.

Could you help us with this year's appeal by making a telephone call on one or both days at a time that suits you?

Training will be provided by Amber Valley CVS.

CIRCULATION LIST

- CHAIR []
- MANAGER []
- TREASURER []
- SECRETARY []
- []
- []
- []



NEWS AND INFORMATION

Winter Warmth



As summer draws to a close, our thoughts turn to the many elderly residents of Derbyshire who will once again struggle to afford expensive fuel bills and may have to choose between eating & heating or face isolation and depression.

Derbyshire Community Foundation's Surviving Winter Appeal is an easy way for pensioners who feel able to donate their Winter Fuel Payment, to support vulnerable people in their local community.

Donations are also welcomed from general members of the public who wish to support elderly residents at risk in winter.

The Foundation's Patron, the Duke of Devonshire, is a supporter of the Appeal: "Staying warm and healthy in our cold winters is something most of us take for granted. It is distressing to think that in today's society it is possible for older people in our communities to be severely affected and even die due to not being able to keep warm. Passing on my own winter fuel allowance is a simple but incredibly effective way to help those who are at risk."

Working with Age UK Derby & Derbyshire, who use workers on the ground to identify those most in need, the Foundation has already been able to make over 60 vital grants to older residents, thanks to the generosity of Derbyshire residents.

Rachael Grime, Chief Executive of Derbyshire Community Foundation, hopes that even more people will get behind the campaign this winter: "We have already been able to make a real difference to a number of older people and would love to make fuel poverty a thing of the past in our county. Thanks to the support of Rolls-Royce, who have funded the start up scheme costs from their Community Foundation fund, every penny donated goes to those that need it most."

For further information on how you can donate to the Surviving Winter Appeal, call Rachael on 01773 514851 or e-mail rachael@derbyshirecommunityfoundation.co.uk



"It is wonderful to be part of such a caring appeal", explains the Duke of Devonshire, "which is targeting only those who can really afford to give and I would encourage anyone who wants to support those who are vulnerable in Derby & Derbyshire to join us and donate to the Surviving Winter Appeal".

Stamp & Deliver

The Scouts are working hard to raise funds for Charity by delivering as many Christmas cards in the Derby and Belper areas as possible.

Stamps are charged at 25p each and the cards must be placed in the specific boxes by 16th Dec 2013 if they are to be delivered.

Not all areas are covered so please double check before posting. For more information go to <http://www.stampanddeliver.com> where a list of sales points and delivery locations can be found.



Amber Valley CVS are proud to be supporting this cause by selling stamps and having a post box in the office for cards to be delivered in Derby and Belper.

CVS staff are also offering their services as volunteers making deliveries in the Belper area.

If you feel you could volunteer some of your time to help the Scouts raise funds then please contact the Amber Valley CVS office on 01773 512076 for more details.

NEWS AND INFORMATION

Lower Derwent Valley wins the lottery



A partnership which will safeguard and restore the iconic landscape of the Lower Derwent Valley has been awarded £1.767 million by the Heritage Lottery Fund.

The DerwentWISE partnership, led by Derbyshire Wildlife Trust, applied for the funding as part of a £2.45 million, five-year project involving 14 partners.

The project is about rediscovering and valuing the landscape of the Lower Derwent Valley for its beauty, wildlife and its resources of wood, water and stone which have inspired mankind's development through time. It focuses on the landscape around the Derwent Valley Mills World Heritage Site, where the factory system began at the start of the Industrial Revolution.

Derbyshire Wildlife Trust's Director of Living Landscapes, Matthew Croney, said: "We are delighted by this announcement and are looking forward to starting work on the project".

Winter Warmth

Amber Valley Borough Council is working hard to help residents access funding and advice to help residents keep warm. Schemes frequently change so you are advised to contact your energy supplier or seek advice from the Council (01773 841339).

<http://www.ambervalley.gov.uk/housing/home-energy-advice.aspx>

Warm Homes Discount

<https://www.gov.uk/the-warm-home-discount-scheme/overview>

For winter 2013 to 2014, you could get a £135 discount on your electricity bill through the Warm Home Discount Scheme. The discount won't affect your Cold Weather Payment or Winter Fuel Payment. Not everyone gets the discount - you have to qualify.

If you have a general query regarding the scheme or think you may be eligible, call the Warm Home Discount Scheme helpline.

Telephone: 0845 603 9439 (charges apply) Monday to Friday, 8.30am to 4.30pm

ECO (Energy Company Obligation)

You might be able to get help for energy-saving improvements to your home if you're on certain benefits and own or privately rent your home.

Green Deal

The Green Deal helps you make energy-saving home improvements, like insulation, to make your home more comfortable. This scheme lets you pay for some or all of the improvements over time on your electricity bill. Repayments will be no more than what a typical household should save in energy costs.

<https://www.gov.uk/government/collections/green-deal-quick-guides>

General Energy Advice

As well as the Borough Council you can get advice from the Energy Savings Trust

0300 123 1234 –you pay at a national call rate.

<http://www.energysavingtrust.org.uk/>

NEWS AND INFORMATION

Consultation on Derbyshire Fire & Rescue Service

Your views are welcomed on a number of proposals to form a new emergency response model for the provision of fire and rescue services within Derbyshire, which proposes to alter the location and number of our fire stations, emergency response vehicles and staffing.

Derbyshire Fire & Rescue Service would also welcome discussion on how these plans integrate with your own service planning, particularly in relation to potential opportunities for site sharing or greater collaborative working.

The consultation documents and further supporting information can be found at www.derbys-fire.gov.uk where you can also complete the on-line survey. The consultation period is from 1 October 2013 to 23 December 2013.

Derbyshire Fire & Rescue



12 Days of Christmas

On the 1st day of Christmas

Check your Christmas tree lights conform to the British Standard.

On the 2nd day of Christmas

Never place candles near your Christmas tree or furnishings.

On the 3rd day of Christmas

Make sure your family and visitors staying for the festive period know what to do in an emergency.

On the 4th day of Christmas

Decorations can burn easily - don't attach them to lights or heaters.

On the 5th day of Christmas

Never overload electrical sockets. Take special care with Christmas lights. Always switch Christmas lights off and unplug them before you go to bed.

On the 6th day of Christmas

Celebrate Christmas and New Year safely. The risk of accidents, especially in the kitchen, is greater after alcohol is consumed.

On the 7th day of Christmas

Most fires start in the kitchen - never leave a cooker unattended.

On the 8th day of Christmas

If you are planning to celebrate with fireworks, store them in a metal box, read the instructions, never go back to a lit firework and keep a bucket of water nearby.

On the 9th day of Christmas

Make sure cigarettes are completely extinguished before going to bed.

On the 10th day of Christmas

Check the battery in your smoke alarm every week and use Christmas as a reminder to clean it and remove dust.

On the 11th day of Christmas

Keep candles, lighters and matches out of the reach of children. Never leave burning candles unattended.

On the 12th day of Christmas

Take the time to check on elderly relatives and neighbours this Christmas - make sure they are fire safe.

VOLUNTEERING

60 people were placed from July to September in the following roles.

- ◆ Events organisation
- ◆ Family Support
- ◆ Retail
- ◆ Saturday and Holiday volunteers
- ◆ Swimming and Activity assistants
- ◆ Train Crash Reconstruction
- ◆ Trustees
- ◆ Administration and IT Assistants
- ◆ Support Group Members
- ◆ Toy Library
- ◆ Victim Support
- ◆ Adult Learner Support
- ◆ Communication Support
- ◆ Environmental Events volunteers
- ◆ Guides
- ◆ Youth projects
- ◆ Playschemes
- ◆ Day Trip Helpers
- ◆ Resident Visitors
- ◆ Supported Child Contact
- ◆ Treasurer
- ◆ Befrienders

You can see from the range of opportunities above that there are plenty of activities to choose from.

Opportunities..... Urgently required!

Amber Valley Village Games - Group Assistant



Amber Valley Village Games are looking for a friendly volunteer to lead a weekly 50+ social activity morning. The group are a friendly bunch but are unable to get the equipment out/put it away due to limited mobility.

The volunteer will be responsible for setting up and putting away the equipment (with the help of the participants), collecting the money and providing general encouragement and support to participants. Full support will be given to volunteers by Amber Valley Village Games.

No specific skills or qualifications are needed- however, volunteers must be comfortable taking responsibility. Having a friendly and supportive manner is vital.

Befrienders

We have a total 39 volunteers supporting a total of 41 clients through our Befriending Service and as there are always new referrals coming through we are always looking for new volunteers to join our growing team.

We are looking especially for volunteers from the Heanor and Langley Mill area.



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

VOLUNTEERING

Opportunities..... Urgently required!

Phone Buddy



Volunteers needed to make a weekly telephone call to a list of elderly and isolated people to check they are safe and well and have a general chat.

Will keep a short manual record of the conversation and note any action to be taken by a staff member, e.g signposting to other services.

This service is operated by volunteers on a Thursday evening between 4pm and 6pm. (Summertime service is between 5-7pm).

Come and join the team - if you wish to volunteer on a relief basis we can also consider this!

Staff members are also available at this time for information and support to the volunteer and a short induction/training is given.

Family Support

Volunteers needed to support families with children under 5 who are experiencing difficulties in coping. Volunteers must be parents themselves and must be able to attend a "Preparation for Home Visiting" course.

The course involves Values and Attitudes, Child Protection and Domestic Abuse Awareness, Confidentiality.

Volunteers then visit families in their homes to provide emotional and practical support and need to commit to supporting a family for up to a year.

This can involve playing with the children, going on walks with families and supporting and listening to parents.



Youth Mentor/Befriender



As a volunteer for Barnardo's Leaving Care Service in Derbyshire you will be supporting young people aged 16-21 who are leaving care and moving into independent living.

You will support young people in the South Derbyshire, Burton and surrounding areas with a variety of things such as befriending, mentoring and practical support. The role will provide you with lots of experience to gain skills in working with young people.

No specific skills are needed but an interest and desire to support and assist young people would be beneficial.

Family Entertainment Centre volunteer

The Genesis Centre are offering a great opportunity to volunteer within their family entertainment centre which consists of a ten pin bowling alley, American pool room, children's soft play area and cafe.

They have multiple opportunities including general leisure assistants, cooks, counter service and reception work. Full training is provided. This is a great opportunity to meet people, gain valuable work experience and make a difference within the community.

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



VOLUNTEERING

FOCUS ON Youth Opportunities

We have recently delivered presentations to pupils in secondary schools about the benefits of volunteering.

Some benefits highlighted are shown below but there are many more.

- Using and improving skills and experience
- Meeting new people
- Improving confidence
- Being valued for what you can offer

And even a Reference towards that new job!

Pupils taking part in the Duke of Edinburgh Award Scheme and those on Health and Social Care courses are required to participate in voluntary activities and with increasing competition young people face to get onto Degree and college courses, course providers often look at what other activities the young person has else the young person participated in.

VOLUNTEERING
is playing an increasing role in
applying for places in further and higher education.

Currently about 10% of our opportunities are open to young people 16 and over.

Roles include:

Practical conservation work, Woodland volunteers, First Aiders, Dog walkers, Youth coaches, Saturday and Holiday Helpers, Project Volunteers, Retail assistants, various opportunities in a Family Entertainment Centre, Support Group Members, Community Representatives, Heart Helpers- including fundraising, paperwork and taking donations, Promotion events, Tour Guides and even some Digital and ICT opportunities.

No matter what your age or the times you have available, just ask and we will find you a role to match your needs.

We look forward to hearing from you soon.

Please contact:

Elaine Broadhurst On 01773 512076 elainebroadhurst@avcvs.org

You can now also have your volunteer interview via Skype (by appointment)

Supporting Young Volunteers

We encourage organisations to offer young people the chance to get involved and contribute their energy and enthusiasm!

Volunteering is always a two-way street so please let us know if your organisation can support young people in your volunteer roles!

For more information about how to promote your volunteering opportunities please contact Nathan Hutchinson on 01773 512076.

NEWS

Health & Social Care

Do you have something to say about health and social care services?

We want to hear what you think about health and social care services, whether it be praise, criticism or ideas for improvement.

Why talk to Healthwatch Derbyshire?

- We tell services about your experiences of care, which will work towards changing them for the better.
- Service providers have to listen to us, so they will be listening to you.
- Because if we can't help you, we will know someone who can.
- Because we are powerful, well connected and will make sure your voice is heard.



To have your say...

Email: enquiries@healthwatchderbyshire.co.uk
 Web: www.healthwatchderbyshire.co.uk
 Telephone: 01773 880786
 Text: 07943 505255
www.facebook.com/healthwatchderbyshire
[@HWDerbyshire](https://twitter.com/HWDerbyshire)



Amber Valley CVS - Befriending Service

Home from Hospital Home from Hospital Home from Hospital

Are you aware of the Home from Hospital Volunteer Support service



- Are you 50 or older?
- Are you about to be discharged from hospital?
- Would you like a little bit of help to support your return home?

Then maybe we can help...
 We can provide a FREE short term service if you are aged 50 or over, to ensure you are safe and confident when returning home from hospital.



Amber Valley Centre for Voluntary Service, through a team of volunteers, who are trained and fully supervised can provide:

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

Call 01773 512076
For more information







Volunteer Befriending Scheme Volunteer Befriending Scheme

Can you volunteer to support and provide company for Isolated People in Your Community?



Be a Volunteer Befriender

Do you have 1-2 hours per week to provide companionship and support?

We provide training, expenses and ongoing support.

No qualifications are required, just the ability to listen and be interested.



Call 01773 512076
For more information







Amber Valley CVS

Membership

By becoming a member of a vibrant voluntary and community organisation you could benefit through:

- ◆ Fortnightly e-newsletters
- ◆ Quarterly newsletters
- ◆ Discounted prices for Amber Valley CVS training courses
- ◆ Inclusion in forums and networks
- ◆ Reduced rates for:
 - Newsletter inserts and flyers

- Hire of equipment
- Room Hire

Other benefits include:

Inclusion in information sharing with other local agencies.

Using our window display to advertise your group

It will also give you:

A say in how the Amber Valley CVS is run

The right to vote at the AGM

A copy of the Annual Report

Amber Valley CVS - Social Media

You can now keep up to date with all our latest news and information by visiting us at:



Website: <http://www.avcvs.org/>



Amber Valley CVS Blog: <http://ambervalleycvs.wordpress.com/>



Facebook: <http://www.facebook.com/avcvs>



Twitter: <http://twitter.com/avcvs>



E-Bulletin: <http://www.avcvs.org/bulletin.htm>

Amber Valley CVS Services

DBS Disclosures

Groups or individuals requiring a DBS Check.

Help at Home

A domestic and gardening service for those that are elderly or disabled, helping to maintain their independence in their homes.

Membership Services

Support for community groups requiring membership services, i.e. room hire, equipment hire, photocopying.

Volunteering

Information and guidance for individuals looking to volunteer in the Amber Valley area.

Befriending

A support service for the elderly and isolated people of Amber Valley using trained volunteers.

Community Group Support

Advice support and guidance on funding, constitution, H&S and HR.

Funding

Guidance, support and information on funding and funding applications.

Home from Hospital

Free short term befriending service to those over 50, who have just been discharged from hospital.

Training

Free training opportunities and courses for community groups and volunteers.



MEMBER NEWS

Outdoor Exercise Gym Launched in Aldercar

Residents of Aldercar & Langley Mill and members of the Community First panel attended the recent launch for the new outdoor gym which is located on the Aldercar Recreation Ground.

People are now being invited to make use of the outdoor gym by attending a gentle exercise group on Friday mornings.

Amber Valley Village Games are inviting those who are looking for a relaxed and gentle exercise to come along every Friday morning at 10am to use the brand new equipment with sessions lasting 30 minutes.

Beth Turner, community sports activator for Amber Valley Village Games, said: "The outdoor gym is a fantastic resource for the community. There are various pieces of equipment which will give you a full body workout without having to sweat profusely! Everyone is welcome regardless of age or ability".

For more information about the group Contact Beth Turner from Amber Valley Village Games on 07584 904519 or email beth@villagegames.org.uk



Amber Valley Parkinson's Support Group

Founded in late 2004 when it was called the Derby Younger Person's Support Group (a group for working age people with Parkinson's and their families). The group has since been transformed into a family group with the name 'Amber Valley Support Group' - supporting all people affected by Parkinson's in the Amber Valley area.

The regular monthly meetings are a social event with refreshments and a raffle for funds. This provides an opportunity to chat and mix with others of the group. We have speakers to talk on various subjects such as:

Parkinson's, Welfare Rights, Benefits, Social Topics, Local Preservation Groups and other interests of our members. Sometimes a group member may be prepared to share some of their experiences if they have had an especially interesting life.

Our group consists of approximately 12 – 15 people, both Parkinson's sufferers and their carers / family who live in the Amber Valley District.

If you think you may benefit from joining our group then why not come and talk to us you will be most welcome! Alternatively please feel free to contact our leader for more information.

The group meets the 2nd Saturday each month at Ripley Leisure Centre 2:30 to 5.00pm.

For more detail please contact Mike & Karen Smith

Tel: 01773 718753

Email: mikeandkarensmith@talktalk.net

Visit: www.ambervalleyparkinsons.org.uk

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

**Amber Valley
Support Group**



Registered Charity in England and Wales No. 288187 and in Scotland No. 8052788
Parkinson's UK company since 2008 no.048276

Emmas Williams Social Group

The Emmas Williams Social Group has received £250 from the Small Grants Fund.

The group have used the funds to purchase equipment.

"On behalf of the group we thank Amber Valley CVS for the grant, it will be used wisely and again thank you very much and just to say thank you to Collette for all your support".



MEMBER NEWS

Amber Valley CVS continues to support local group development

Amber Valley CVS have been supporting the Sh, Sh (Stop Hiding Self Harm Self Help) group since its beginnings earlier in the year, during which the group has gone from strength to strength.

The group have received valuable information and guidance from the CVS regarding policies, training, marketing, funding and most recently the group have received £250 start up grant from the Amber Valley CVS Small Grants fund. The group have also featured as the Community group of the week in partnership with Amber Sound FM.

The Sh,Sh (Stop Hiding Self Harm Self Help) groups give people affected by self harm the opportunity to meet on a regular basis. Members explore ways of breaking the cycle of self harm and raise awareness to those who support and care for people affected by self harm and to the general public.

The groups regularly meet in Ripley and Chesterfield with an additional group to start in Derby city in the near future, for more information about the groups you can contact them via twitter: @selfharmhelpshs or by telephone: 07989 755052

Amber Valley CVS aims to support groups and individuals involved in a wide range of activities and initiatives, which will help improve the quality of life for people in our area. If you would like more information about the support they can offer, please contact them on 01773 512076 or visit www.avcvs.org



Pictured Left: Claire Shortland

Health & Safety

RIDDOR is changing

From 1 October 2013 the revised Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013 (RIDDOR 2013) come into force.

RIDDOR is the law that requires employers, and other people in charge of work premises, to report and keep records of:

- work-related accidents which cause deaths
- work-related accidents which cause certain serious injuries (reportable injuries)
- diagnosed cases of certain industrial diseases
- certain dangerous occurrences' (incidents with the potential to cause harm)

What is changing in RIDDOR from October 2013?

The main changes are to simplify the reporting requirements in the following areas:

- the classification of major injuries to workers is being replaced with a shorter list of specified injuries
- the existing schedule detailing 47 types of industrial disease is being replaced with eight categories of reportable work-related illness
- fewer types of dangerous occurrence require reporting

There are no significant changes to the reporting requirements for:

- Fatal accidents
- accidents to non-workers (members of the public)
- accidents which result in the incapacitation of a worker for more than seven days

Recording requirements will remain broadly unchanged, including the requirement to record accidents resulting in the incapacitation of a worker for more than three days.

<http://HSE.gov.uk> - October 2013

HELP AT HOME

Meet our clients.....

Meet Olive, one of our regular Help at Home clients in the Erewash area. Olive started with the service in 2006, when she realised she was having difficulty keeping on top of house cleaning and getting to the shops. The only close family she has is her brother who is 92 so Olive contacted us for some assistance.

Olive, who is in her 90's, has always been very independent and is always the first person to help others. This meant that receiving visits from the Help at Home service was a very strange feeling. Now Olive wonders how she would have coped without it.

"I'm very grateful to tell you the truth, I've had no one to help me do anything, although until recently I've never needed anyone to help me. I really don't know what I would have done without having Help at Home."



Pictured: Olive (Right) with her regular worker Theresa

The Help at Home team regularly visit to assist with the domestic duties, things like general cleaning of the home, dusting, vacuuming and taking Olive out to the local shops.

Olive has also been able to build a friendship with her worker Theresa. Together they ensure that Olive is keeping well, with Theresa assisting Olive with visits to the dentists and doctors, most recently to get Olive's flu-jab.

Olive commented that she is grateful for the way the service aims to keep the same worker visiting.

"It doesn't worry me so much when I know that I've got someone that I've always talked to about things and so they know how I am, I don't like having a stranger."

If you would like more information about how the Help at Home service could help you or a loved one, please contact.

**Amber Valley CVS - Help at Home Team
Operates Across Amber Valley and Erewash**

Telephone: 01773 512076

Email: admin@avcvs.org

Website: www.avcvs.org/help at home



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
Amber Valley Stroke Club	Futures Homescapes	£330.00	Towards an outing for the group
Emmas Williams Social Club	Futures Homescapes	£250.00	Towards the running costs for the group
Codnor Park and Ironville OAP	Futures Homescapes	£440.00	Towards the costs of group trips
Waingroves Community Woodlands	Derbyshire Community Foundation	£1000.00	Towards first aid training
Duffield Village Carnival	Arts Festival Grant	£1000.00	Towards the running costs for the carnival
Sh, Sh Stop Hiding Self Harm Self Help	Derbyshire Community Foundation	£1200.00	Towards the training of volunteers
Amber Valley Chill and Chat	Coalfields Regeneration Fund	£2000.00	Towards rent for the next 12 months

Sport England Launches Get Equipped Fund

Sport England has launched the new Get Equipped grants programme with £1 million in funding from the National Lottery.

Grants of between £300 and £10,000 are available for not-for-profit organisations to buy specialised sports equipment so that more disabled people (aged 14 years and older) who are regularly playing sport in England may become more active.

Sport England's Inclusive Sport Fund Opens for Round 2

Sport England has opened Round 2 of its Inclusive Sport Fund with £7 million in National Lottery funding for projects that aim to get more disabled people playing sport regularly.

The Inclusive Sport fund offers disabled people more opportunities to play sport by investing in organisations with good ideas and the right expertise to make this happen.

Funding Training

Funding & Making Applications

Date 25th February 2014

Time 1.00 – 3.00pm

Venue Amber Valley CVS Offices, 33 Market Place, Ripley, DE 3HA

This session will help you identify potential sources of funding as well as looking at application forms, the skills required for fundraising, criteria of different funders and how to complete an application form.



TRAINING & SUPPORT

Are you a
Parent or a Carer



Are you thinking about joining a group
...but can't find the right one?

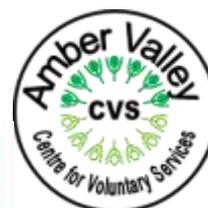
What about starting one of your own ...



It's easier than you think !



We can support you,
so please give us a call
on [01773 512076](tel:01773512076)
and ask for [Collette Watson](#)



Parent Groups Parent Groups Parent

Do you or Your Community Group Need Training?

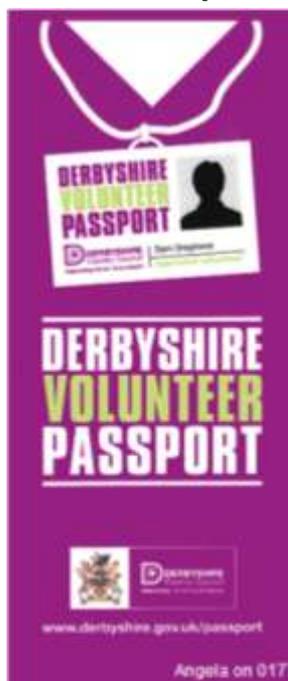
If so, we can provide specialised training tailored to your group's needs in a suitable venue. We have previously offered the following courses:

- ◆ 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](tel:01773512076) or e-mail training@avcvs.org

TRAINING & SUPPORT

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

Upcoming Course Dates

Adult - 9.30 am – 12.30pm Wednesday

22nd January 2014

29th January 2014

5th February 2014

12th February 2014

19th February 2014

Children - 1.00pm – 4.00pm Wednesday

22nd January 2014

29th January 2014

5th February 2014

12th February 2014

19th February 2014

Derbyshire Fire & Rescue

Amber Valley CVS delivered support and supervision of volunteers training to ten employees of Derbyshire Fire and Rescue Service. The aims of the session were to give an understanding to the importance of volunteer involvement, and give practical support and supervision methods.

Derbyshire Fire and Rescue Service are currently recruiting for a variety of volunteer opportunities. For more information contact Amber Valley CVS volunteering department at volunteering@avcv.s.org or telephone 01773 512076.



VOLUNTEERING NEWS

How many people regularly volunteer in the UK?

During August 2012 to January 2013, 44% of adults in England said that they had formally volunteered at least once in the previous 12 months and 29% of people reported that they formally volunteered at least once a month.

This equates to 19.1 million people in England formally volunteering at least once a year and 12.6 million people in England formally volunteering once a month.

If the survey results were equally valid for the UK adult population as a whole, these estimates would increase to 22.7 million (once a year) and 15.1 million (once a month)

Number of UK adults who formally volunteered at least once a year

22.7 MILLION

Would you like to be part of a growing group and help in your community ?



Contact Elaine Broadhurst for more details of how to become a volunteer

elainebroadhurst@avcvs.org

01773 512076

Information from NCVO data.

Safeguarding & Befriending Training

Safeguarding

Date 28th February 2014

Time 9.30 am - 3.30pm

Venue Amber Valley CVS offices Market Place Ripley

Befriending

Date 04th March - 25th March 2014

Frequency 4 x 2 hour sessions

Time 1.00 – 3.00pm

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



Derbyshire Community Health Services **NHS**
NHS Trust

Derbyshire County
Stop Smoking Service
would like to wish you a
Healthy Christmas and
a Wealthy New Year...

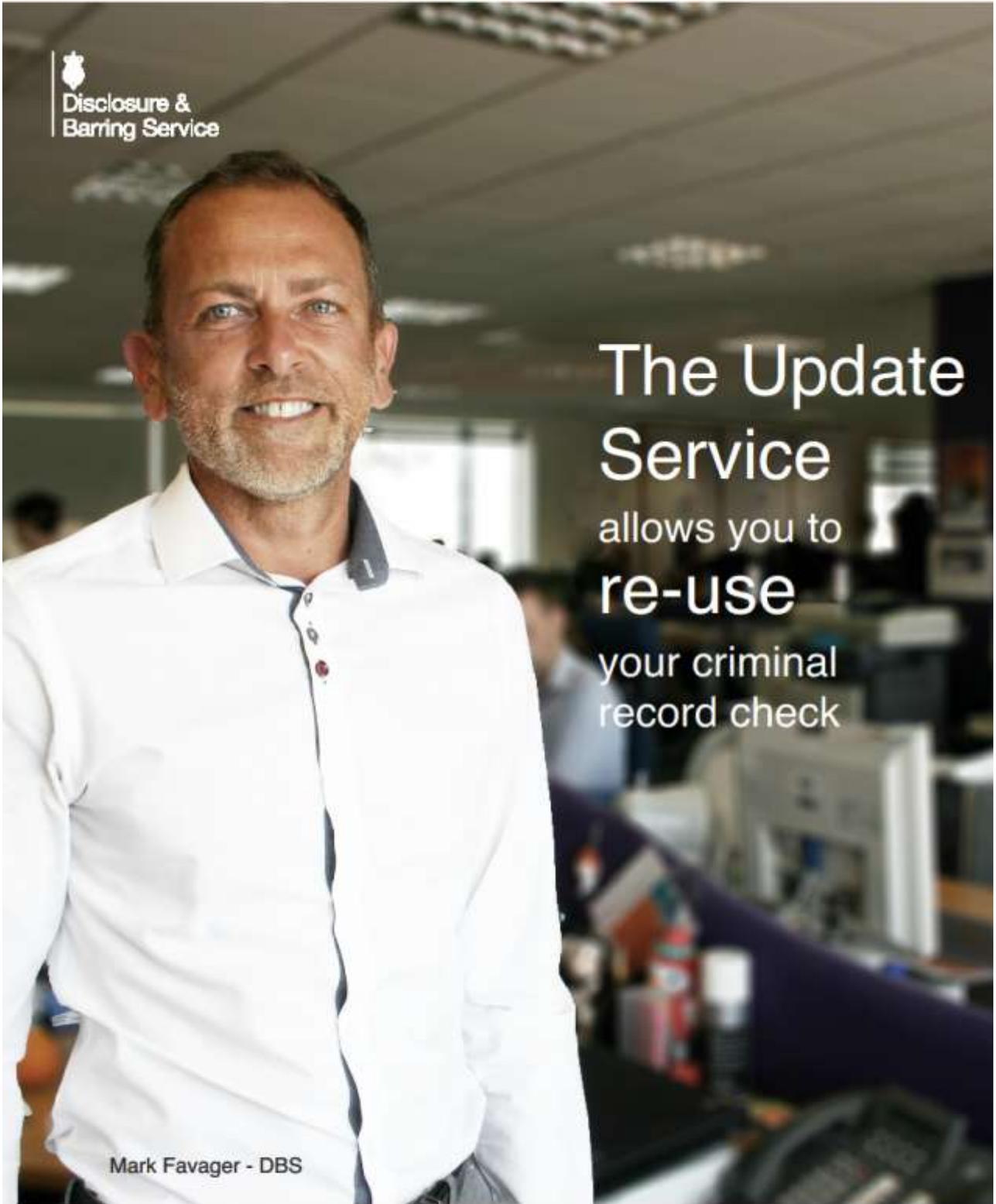
Free local support to help you stop smoking for good plus stop smoking products on prescription. For a New Year Resolution we can help you keep,
0800 085 2299 / 01246 868 425

Visit us online at
www.dchs.nhs.uk

ADMINISTRATION

Amber Valley CVS DBS Service

DBS Service DBS Service DBS Service DBS Service DBS Service DBS Service DBS Service DBS Service DBS Service DBS Service



Mark Favager - DBS

The Update Service allows you to re-use your criminal record check

Find out more at www.gov.uk/dbs-update-service



Watch the Update Service YouTube video

ADMINISTRATION

New Staff Members

Helen Radford Joined us in June 2013 as Senior Administration Support. Lisa Tagell joined us in October 2013 as Part Time Reception and Administration Support.



After working in Manufacturing for 11 years I decided it was time for a change!

As the Senior Administration Support I work closely with the Amber Valley CVS Board Members which is a really interesting and

challenging part of my role.

Working in the main reception area of the Amber Valley CVS office means I come into contact with a lot of our clients and being face to face with our clients is a massive change to me. I really enjoy the interaction.

If there is anything that Amber Valley CVS can do to support your group please pop in or give us a call and we will do our best for you.

Hi, my name is Lisa Tagell, I have recently joined Amber Valley CVS having just enjoyed a year off on maternity leave with my family. I shall be working part time, Wednesday to Friday on reception and providing admin support for the CVS teams (and probably a lot of tea making!). I have previously worked in various admin roles within the legal, property and motor trade sectors.

I am very much looking forward to learning all about the voluntary sector and playing a part in assisting Amber Valley CVS to support the local community.



Membership 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**

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



NEWS AND INFORMATION

Health & Social Care

Southern Derbyshire Health & Social Care Forum connects the four Derbyshire Districts of Amber Valley, Derbyshire Dales, Erewash and South Derbyshire in discussions with health & social care professionals for information sharing and forward planning.

A recent meeting was held to explore how Derbyshire Community Health Services (DCHS) and voluntary and community sector organisations could work together for mutual benefit.



DCHS strategic objectives and priorities of DCHS include;

- ◆ working closely with VCS organisations developing and delivering health related services and activities
- ◆ Providing care to patients as close to home as possible
- ◆ Providing properly joined up services

At an additional meeting in November we also heard from Derbyshire County Councillor Clare Neill, responsible for adult care, that savings of £157 million need to be made over the next 5 years by DCC. This will have an impact on funding to VCS organisations in the near future although it was unlikely to have an impact before September 2014.

Cllr Neill described a review would be undertaken that included the contribution that grant funded services made to the following criteria;

- ◆ The strength of evidence that the service addresses health inequalities
- ◆ The number of people benefitting
- ◆ Capability of the service to meet national requirements or local priorities for improving health
- ◆ The effect of the intervention and its impact
- ◆ The scale of benefit to health improvement or life expectancy
- ◆ Value for money of current provision
- ◆ The impact on wider stakeholders if the service is reduced or removed
- ◆ Levels of satisfaction with the service
- ◆ Scale of reputational risks
- ◆ The extent to which the service meets the expectations of local authorities commissioning responsibilities and the requirements of the Public Health Outcomes Framework
- ◆ Compliance with conditions applying to the public health grant

VCS organisations were asked to contribute information relating to the above and also to consider

- ◆ What does DCC do that the VCS could do cheaper/better?
- ◆ Is there activity that we think DCC duplicate and therefore could save money by cutting back?
- ◆ Are there alternative sources of funding?
- ◆ How can we work more collaboratively?

The health & social care forum and its organisers (Southern Derbyshire CVS organisations) will be finding ways to champion VCS contribution to health & social care to minimise potential cuts.

Self Harm Awareness Day

Date: 26th February 2014

Time: 9.00am – 5.00pm

Venue: Research & Development Centre, Kingsway, Derby

For more information or to book a place on any workshop please phone;

Claire on 07989 755052 or Dora on 01246 540750

HELP AT HOME NEWS



Meet Rachael Garner, as she shares a day in her life as an Erewash Domestic Support Worker.....

Rachel joined Amber Valley CVS in April 2011 and works 2 full days a week. Rachel has provided a snapshot of one of her working days to show the “personal touch” that a worker provides and how they can adapt the service to the needs of each client.



- **7.00am** - Alarm goes off, let the dog out, in the shower, make-up on. Get dressed and get breakfast.
- **8.30am** - Out the door and in the car thinking about who I'm going to see today
- **9.00am** - Arrive at Mrs & Mrs A's. Mrs A isn't there first thing as she has dialysis three times a week. Mr A is there and is feeling tired. He is in his 80's and has a long term illness. I start in the lounge to dust and vacuum and then clean the kitchen. Once its done Mr A makes us both a cup of tea with a biscuit, we have a little catch up and then it's on with the rest of the clean; 3 bedrooms and the bathroom. As usual Mr A pays my money and gives me 2 chocolates and says 'see you in 2 weeks', and then I'm on to my next client.
- **11.15 am** - Ms X is in her 70's and has had a knee operation so finds it hard to bend. I'm always greeted by her and her dog. This week I'll change her bed sheets, dust and vacuum upstairs. We stop for a coffee and a quick chat (I live nearby so we know some of the same people), then I finish off the vacuuming. Next week I'll be dusting and vacuuming downstairs. She hands me her shopping bags and climbs in my car, I drop her off at Asda on my way to my next job as she can't walk far, she will then get a taxi to take her home. I grab some time in the car to eat my lunch.
- **12.30pm** - Arrive at Mr & Mrs Y's. I'm always greeted with a smile, Mrs Y usually shouts to her husband that “our Rach is here”. My job here is to vacuum throughout as both clients are ill so they are unable to do it themselves. Whilst I'm vacuuming Mrs Y usually makes me a coffee and I stop for a chat. When I leave they send me away with a can of drink and a chocolate bar, they say they like to spoil me as she they haven't got children of their own. I think it's lovely as it's nice to feel appreciated. I'm soon on my way to my next job which is the last of the day.
- **1.45pm**—Mr Z is at home waiting for me as usual; he lives in a small flat so there is not a lot to do but he is inclined to be a bit messy, so lots of sorting out and throwing rubbish away. He does not speak much so it's mainly me chatting away to him whilst I work. He tells me his Social Worker is coming later to take him shopping. Once I've finished at Mr Z's it's off to the nursery to collect my son.
- **3.00pm**—Collect my son and then home to make a start on tea, walk the dog and start my own housework.
- **7.30pm** - Partner home, tea eaten and pots all washed.
- **8.30pm**—Son in bed, story read, hugged and kissed. Now I've got time to see if there's anything on the television.....



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

