



# COMMUNITY SECTOR NEWS

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

SPRING 2014

## Funding Cuts

The news that Derbyshire County Council must save £157 million over the next 5 years was reported by Cllr Clare Neill at a countywide Health and Social Care Forum meeting held in Belper on the 18<sup>th</sup> November. Cllr Neill, Cabinet Member for Adult Social Care, attended the forum to give an update on the current position which has implications of cuts to voluntary sector grants.



Below is a brief summary of Cllr Neill's key points.

### Current Position with regard to Voluntary Sector Funding

- A balanced budget for the financial year 2014/15 must be signed off by a Full Council in February 2014. Failure to set a balanced budget could result in the removal of DCC's Cabinet and replacement by a management team from central government.
- Original proposals were for potential cuts of £750K in both financial years 2014/15 and 2015/16 with papers outlining budget cut proposals to go to DCC Cabinet in January 2014 followed by a period of formal consultation.
- However, funding may be available (**although this is not confirmed**) which could be used to support the Voluntary Sector during 2014/15 whilst a comprehensive process and set of priorities is developed which will guide voluntary sector funding and cuts in 2015/16.
- A paper was put to DCC Cabinet on 3<sup>rd</sup> December 2013 which recommended the development of a Public Health Resource Fund to reduce the impact of reductions to preventive services across Derbyshire. This could form one route through which Voluntary Sector funding is protected but it is just one of several processes which will be implemented to guide where scarce resources are targeted.
- Derbyshire Partnership Forum will also develop a wider set of shared priorities for the County so if an organisation's activities do not meet Public Health criteria its work may be picked up as part of a wider review.

Following this meeting a report with responses, feedback and suggestions from voluntary sector organisations has been forwarded to Cllr Neill. In addition to these meetings a "Call to Action" challenge day organised by CVS organisations took place at St James Centre in Derby.

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### CIRCULATION LIST (Please tick)

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

**To make your views known and for further information on future Health and Social Care Forums and events contact Angela Quinn at Amber Valley CVS on 01773 512076**

# AVCVS NEWS

## Our Successful Winter Campaign

Amber Valley CVS successfully promoted a Winter Warmth campaign during December and January. Our last Newsletter showed the range of support available across multiple agencies for improving your warmth during the colder months and also improving fire safety.

In addition to this Amber Valley CVS also circulated additional information relating to social activities and support over the festive period.

The Scouts Stamp and Deliver Scheme was supported in the Belper area and we have gained interest from the Alferton District Scouts Commissioner for a potential extension of the scheme this year.

When the snow arrives we also have a commitment from the Alferton & District Commissioner for help with snow clearing by the Scouts.

As promoted in our Winter Newsletter, some businesses in Amber Valley have agreed to keep the pavements in the town centre free of snow to ensure that Ripley stays open for business and is an attractive place to shop.

Amber Valley CVS have a shovel on hand to do our bit too!



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

## Care With a Call & Befriending



**As part of the Amber Valley CVS Festive Campaigns the “Care with a Call” project was run on Christmas Day and Boxing Day.**

**14 volunteers made a call on Christmas Day and 9 volunteers made a call on Boxing Day to lonely and isolated people in the Amber Valley area.**

The Radio Derby Presenter Sally Pepper volunteered to make a call on Christmas Day. The call was recorded and played on air.

The Gentleman who received the call said

*“Amber Valley CVS Befriending Service and the Christmas Care with a Call is a wonderful example of community concern, it is a lovely job they do and I was surprised a Radio Derby presenter was my volunteer caller, and Thank You for making Christmas day so pleasant as I was on my own”*

For more information about our Befriending Service or to become a Volunteer Befriender please contact our office on 01773 512076 or at 33 Market Place, Ripley, DE5 3HA

# AVCVS NEWS

## Ripley Neighbourhood Scheme Luncheon Club

The Ripley Neighbourhood Scheme Luncheon Club have received £250 from the Amber Valley CVS Small Grants Fund. They used the fund towards rent and to meet the cost of transporting members to their Christmas Lunch.



“A big thank you to Amber Valley CVS and to Collette from the CVS. Your help and the money was very much appreciated.

Sometimes some of us get lonely and the club enables us to come and socialise and see old friends and meet new ones.

Again thank you Amber Valley CVS the money really has made a difference to our club.”

## Design Service

### Need help with your graphic design



### Does your promotional literature need a facelift



Whether it's a leaflet, poster or a 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.

Name of Group	Funding Body	Amount	Project Awarded
Horsley Woodhouse Over 60's Group	Environmental Lodge House	£250.00	Towards the Christmas Lunch
Codnor Park and Ironville OAP	Barchester Charitable Foundation	£500.00	Towards transport for the groups outings
Horsley Woodhouse Ladies Group	Co-op Fund	£500.00	Towards the Group's Christmas Lunch
Ripley Residents Association	Derbyshire Community Foundation	£250.00	Towards the rent for the next 12 months
Horsley Woodhouse Over 60's Group	Derbyshire Community Foundation	£250.00	Towards the Christmas Dinner 2013
Amber Valley Stroke Club	Derbyshire Community Foundation	£500.00	Towards running costs for the Stroke Club
Amber Valley Stroke Club	Ripley Lions	£200.00	Towards transport for the Club's outings

## The Tesco Charity Trust Community Award

The Tesco Charity Trust Community Awards Scheme provides one-off donations of between £500 and £4,000. The funding given goes towards providing practical benefits, such as equipment and resources for projects that directly benefit children, the elderly and adults and children with disabilities, who live in the local community.



### Projects we have previously supported include:

- Part funding to purchase minibuses
- Befriending schemes
- Luncheon clubs
- Specialist equipment for disabled people
- Day trips / social trips - for elderly / disabled people

How to apply:

Applications should be made via the website,

[www.tescocharitytrustcommunityawards-applications.co.uk](http://www.tescocharitytrustcommunityawards-applications.co.uk)

Applications should be made between:	Expected Decision date:
1st February & 31st March	End of June
<b>OR</b>	
1st August & 30th September	End of December

**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



**Tuesday 18th March 2014  
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  
Derbyshire Environmental Trust  
Amber Valley CVS  
Derbyshire Sports  
The Cooperative Fund  
Big Lottery Fund  
Futures Homescape**

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

Please call  
Collette Watson or Helen Radford  
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!!**

## **Footcare Volunteer**

"Tootsies" is a footcare service being offered to people aged 50+ in the Amber Valley area. This service is a partnership between Age UK, Amber Valley Housing and the NHS. They require volunteers to join their friendly team of footcare volunteers and staff working in a variety of community venues throughout the Amber Valley area. You will be provided with basic footcare training from a local NHS Podiatrist and an induction from Age UK staff. Volunteers are required to take part in the footcare sessions where duties involve meeting and greeting clients, administrative tasks such as taking bookings and payments, delivering footcare (foot assessment, a foot soak, nail cutting and filing and foot massage) and generally providing a warm, welcoming social environment for clients.



## **Day Trip Helper**

A care home are looking for volunteers who are willing to accompany up to 15 of their residents on day trips to different events locally. They would like to take their residents to various locations such as Matlock Bath, garden centres, local cinemas and parks. If you could spare some time to assist the residents and enjoy activities or days out with them then please get in touch. Tasks include assisting residents on and off the minibus, pushing wheelchairs, socialising and having fun to ensure the residents enjoy their day!



All travel costs, lunch and any admission fees will be covered.

## **Communication Support Volunteer**

Do you have good listening and speaking skills and patience? Can you spare some time once a week, or once a month to help at your local Communication Support Service? The 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). The groups now run in blocks of 8 weeks, with a 6 week break between blocks, on Tuesdays 1.30-3pm in Heanor.

## **Volunteer Shopping Assistants**

Volunteers are needed in Amber Valley towns to help elderly and disabled people access their local shops or banks/building societies/post office etc.

Volunteers need to be able to drive, have a cheerful disposition and want to help other people who cannot complete their shopping by themselves.



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

# VOLUNTEERING

## Urgently required - New Volunteers!

### Resident Visitor / Friend

Do you have any talents, skills or hobbies you could share with care home residents? If you could spare an hour to come along and chat or read to residents, play games or teach them new skills then please get in touch. The residents enjoy any kind of company and it is good for them to see people from the community. There are centres in Ripley, Heanor, Smalley and Codnor.



### Home from Hospital Volunteer with Amber Valley CVS



Meeting and supporting older people who have recently been discharged from Hospital within the community.

We offer help with essential shopping, opening post, giving reassurance and company whilst people return to their own homes after a hospital stay.

### Volunteer Helper for Social Group

Volunteer required to help at a social group meeting for people with a hearing impairment. Lunch preparation and waitressing is a key part of this role. It also includes communicating with guests to improve social isolation and provide company. Food hygiene qualification is desirable but training will be provided. Other roles within the social meeting may be available.



## And Finally.....

From October to December 2013 we placed 52 people in the various voluntary roles below. It shows the wide range of opportunities we have to choose from.

Activities assistant, **Administration**, Appropriate adults, **Befrienders with various organisations**, Phone buddy, **Telephonist/call handler**, Allotment volunteers, **Retail assistants**, Community ambassador, **Day trip helpers**, Car and minibus drivers, Family support, Help-line volunteer, **Practical conservation work**, Baby and toddler group supervisor, **Supported child contact volunteer**, Youth mentor, **Volunteer caseworkers**, Various opportunities within a family entertainment centre, **Environmental events volunteer**.

**We currently have 200 opportunities to choose from. Come and take a look!**  
**Please contact Elaine Broadhurst on 01773 512076 or email: [admin@avcvs.org](mailto:admin@avcvs.org)**  
**to find what's right for you.**

# Befriending

## WORDSEARCH

Hidden below are 12 words associated with the befriending project.

S	A	E	M	P	O	W	E	R	B	D
W	I	T	H	D	R	A	W	I	N	G
B	R	G	H	C	H	A	T	G	E	A
E	E	P	N	O	F	J	A	R	E	D
F	C	S	U	P	P	O	R	T	D	L
R	O	V	O	J	O	T	T	S	S	W
I	R	I	J	L	I	S	T	E	N	I
E	D	S	B	D	R	W	T	G	H	J
N	S	I	X	T	C	A	R	I	N	G
D	Y	T	W	U	C	V	B	M	N	F
F	R	I	E	N	D	S	H	I	P	G

EMPOWER WITHDRAWING CHAT SUPPORT  
LISTEN CARING FRIENDSHIP BEFRIEND  
SIGNPOSTING VISIT NEEDS RECORDS

**For more information about our Befriending Service or to become a Volunteer Befriender please contact our office on 01773 512076 or at 33 Market Place, Ripley, DE5 3HA**





# SPOTLIGHT ON.....

## Amber Valley CVS Befriending Service

Since 1998 Amber Valley CVS has run a Befriending Service. The aim of the service is to provide companionship and support for socially isolated people.

We recognise that social isolation can occur for a variety of reasons and accept referrals for people who are elderly, have learning difficulties or a mental health problem.

### What does a Befriender do?

- Volunteer to visit someone once a week
- Provide companionship and support
- Support individuals to access lunch clubs or other social activities.

### All of our volunteers are Police checked

### What do we offer your Befriender?

- Training
- Travel expenses
- Volunteer support sessions



### Referrals can be made by:

A professional involved in your care, e.g. social worker, care worker or doctor. We can also accept self or family referrals.

### Be a Befriender with Amber Valley CVS

Activities involve visiting someone's home for coffee and a chat to help reduce social isolation. No formal skills or qualifications required. It would be beneficial if volunteers have good listening skills and compassion.

All volunteers must complete an eight hour course that takes place over four weeks in two hour slots. Ongoing support and supervision is available.

These training courses run throughout the year and below are the details of the next course

**Dates:** 4th March 2014  
11th March 2014  
18th March 2014  
25th March 2014

**Time:** 10.00 - 12.00

**Venue:** Amber Valley CVS

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.

**For more information and course bookings please contact Elaine Broadhurst on**

**01773 512076 or email: [admin@avcvs.org](mailto:admin@avcvs.org)**

# HELP AT HOME NEWS

## Focus on Gardening Support

Mrs Jenny Baker started using the gardening service in August 2012 after a spell in hospital. On her return home Jenny quickly realised that her garden would be too much for her. Following a recommendation from Social Services, Jenny contacted the Help at Home service. After the initial assessment, it was established that Jenny's garden was in need of some urgent attention and she agreed to have the service weekly.

Since 2012 Jenny decided to extend the service from Help at Home, and now receives Domestic Support in addition to Gardening Support.



Jenny's garden before

Speaking with Jenny she said "Since the initial recommendation by Social Services I have never looked back. I was a little worried at first, in fact I was a nervous wreck! I now trust both the gardener and the cleaner implicitly. It gives structure to my life to have the visits weekly and gives me an incentive to do what I can myself.



Jenny's garden after



Jenny's garden before

Jenny feels very comfortable with her workers, she feels that they are both a real asset.

Having the service has been a big factor in her recovery therapy. It has given her confidence to go and meet old school friends and she now attends a poetry class. Jenny feels pleased with herself that she is slowly beginning to get out and about more.



Jenny's garden after

Jenny has since recommended the cleaning and gardening service to members of her family.



Jenny with Michael her gardener

**If you know someone elderly or disabled who would like help in their garden, or domestic support within their home, then please call the**

**Help at Home Department on 01773 512076**

**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**
- Jacksdale, Selston, Pye Bridge, Westwood**
- South Normanton, Pinxton**



# Training

## VCI (Voluntary Community Independent) Passport Scheme



The VCI Passport Scheme is aimed towards volunteers who are working or thinking of working with adults or children and younger people.

**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 / Keeping Adults Safe

**Children - 9.30 am – 12.30pm Wednesday**

3rd March 2014

10th March 2014

17th March 2014

24th March 2014

31st March 2014

**Adults - 1.00pm – 4.00pm Wednesday**

3rd March 2014

10th March 2014

17th March 2014

24th March 2014

31st March 2014

## 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@avcvcs.org](mailto:training@avcvcs.org)

# NEWS AND INFORMATION

Want to know more about developments and services in Amber Valley?



## Community Development Workers Network Meeting

This event is an opportunity for front line community or development workers to meet and take a few minutes to discuss each others roles or projects.

Wednesday 12th March 2014

9:30am - 12:00pm

Polygon Centre

Alfreton DE55 7AH

For any queries and bookings, telephone Angela Quinn on 01773 512076 or email [angela.quinn@avcvsv.org](mailto:angela.quinn@avcvsv.org)

**Charles Hill Centre CIC:**  
Building a facility and environment for Sport and Community Activity. Bringing surrounding communities together.



Loscoe, Heanor, DE75 7RN

The Board of Directors includes local individuals with a long history of living and working in the area .

Board members have different interests which drive their passion to see a facility built which is fully used by the community and is the home of sport for people of all ages.

Events to look forward to at Charles Hill in the following year include;

- Inter school sports tournament
- Football tournament
- Commemorative events for World War 1
- Christmas Wreath making
- Youth cricket training
- Charity events, table top & car boot sales

If you wish to find out more about how you could make use of the Charles Hill site, please contact Lynn Allison on 01773 512076

**PARKINSON'S<sup>UK</sup>** CHANGE ATTITUDES. FIND A CURE. JOIN US.

## Amber Valley Parkinson's Support Group Garden Party

Amber Valley Parkinson's Support Group invite you to attend their garden party in June. There will be Tombola, Cake Stalls, Garden Produce, Raffle, Cream tea and Strawberries. The group also welcome other groups that wish to hold a display.

**Date:** 21st June

**Time:** 1:00pm to 4:30pm

**Venue:** 97 Breach Road, Heanor, DE75 7GQ

**Cost:** Admission cost of £3:00 for adults which includes a Burger and Sausage bun, children £1:50

For more details, please contact Mike Smith on 01773 718753 or email [mikesmith@ambervalleyparkinsons.org.uk](mailto:mikesmith@ambervalleyparkinsons.org.uk)

## Amber Valley CVS Disclosure & Barring Service (DBS)

Amber Valley CVS are an Umbrella Body for the Disclosure and Barring Service and you can register your Voluntary Organisation with us.

A DBS check may be needed for certain jobs or voluntary work

If you would like to join our DBS Service contact **Emma Rodgers** on **01773 512076** or e-mail [DBS@avcvsv.org](mailto:DBS@avcvsv.org)

# NEWS AND INFORMATION

## Help at Home

**If you, or someone you know requires practical support with domestic tasks, then Help at Home may be the solution.**

The service provides regular domestic support to elderly or disabled people who live in Amber Valley or Erewash.

Help at Home workers are trained and Police checked, they can clean your home throughout, ensuring kitchen and bathroom hygiene. They can change bedding and assist with laundry and ironing if required.



If getting to the shops is proving difficult, a Help at Home worker can drive you to your local supermarket and accompany you through the store, they will take you home and unpack your purchases. Alternatively the worker can do your shopping for you.

Help at Home aims to give you the same worker, at the same time, on the same day each week or fortnight, and offers a high quality, reliable service at a reasonable price.

**For further information Contact the Help at Home Team**

01773 512076

Working Closely with:



## Volunteer Murder Mystery Evening

The Amber Valley CVS Christmas Volunteer Celebration was a Murder Mystery themed evening, which was performed by the Shaggy Dog Theatre Company.

The evening was attended by volunteers from Amber Valley CVS, the Amber Valley Befriending and Phone Buddy service and Derbyshire Fire and Rescue volunteers.

Even though no one solved the crime the volunteers thoroughly enjoyed the evening. One attendee said "Very professional actors, a brilliant evening, Thank you".



Work has already begun planning our Summer 2014 Volunteer Celebration.

# NEWS AND INFORMATION

## Carers Holidays



Carers Support Centre is a charity providing low-cost holidays to carers from all over the UK in our modern 2 and 3 bedroomed caravans in Torbay and the Cotswolds. The 2 bed holiday homes have a range of accessible features including ramped access, sliding doors and grab handles.

Our holidays are designed for carers and their friends and families to have an affordable break. Carers can choose whether to go on holiday with or without the person they care for.

**Prices for Carers Holidays frozen at 2013 rates**

Visit our website for more information and for full details [www.carersolidays.org.uk](http://www.carersolidays.org.uk)

## Derbyshire Fire & Rescue Service



**Make a new year's resolution: test your smoke alarms on the first of every month in 2014 - and beyond**

With the New Year underway, Derbyshire Fire and Rescue Service are asking people to make their resolutions in 2014 to make sure that their smoke alarms are up to date, in the right place and that they test them on the first of every month. In addition to this there is a Twitter feed that reminds anyone that signs up to test their alarms.

Why not circle the first of every month on your new calendar and tick it off when you have tested your alarms?

Many people see January as an opportunity for a fresh start, and safety should be top of the list. So this month Derbyshire Fire and Rescue Service are encouraging everyone to make sure they have enough smoke alarms in the home and that they work. It only takes a few seconds and saves lives.



## Derbyshire Residents Miss Out on Legal Aid

Staff at Chesterfield Law Centre and at Direct Help and Advice in Derby both report that people are not coming forward for free legal advice on housing and homelessness funded by the legal aid scheme. The number of tenants falling behind with rent payments has more than doubled over the past six years, according to the Money Advice Trust charity.

Tony McIlveen, senior solicitor at Chesterfield Law Centre, said: "A recent report featured by Money Advice Service, stated that rent arrears has doubled in six years. People think there is no longer any legal aid for housing problems so they don't seek advice. But if you have rent or mortgage arrears and are threatened with losing your home you can get free legal advice funded by legal aid. Both the Law Centre and Direct Help and Advice can help."

Residents in Derbyshire and Derby City can get free legal aided advice from Chesterfield Law Centre's main office in Chesterfield and Direct Help and Advice office in Derby, plus 3 other locations across Derby City. Both organisations also have branch offices at: Bolsover, Buxton, Clay Cross, Ilkeston, Matlock, Ripley, Staveley and Swadlincote.

For more details on getting free housing and homelessness advice, contact free phone number 0800 707 6990. Or contact: Teresa Waldron, Tony McIlveen or Lisa Haythorne at **Chesterfield Law Centre** on 01246 550528 or email to [clc@chesterfieldlawcentre.org.uk](mailto:clc@chesterfieldlawcentre.org.uk) or **Direct Help and Advice** on 01332 287850

# ADMINISTRATION

## Amber Valley CVS DBS Service

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Find out more at [www.gov.uk/dbs-update-service](http://www.gov.uk/dbs-update-service)



Watch the Update Service YouTube video

**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)**



# ADMINISTRATION

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**

**Leaflet and Poster Design Service**



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

Admin Services Admin Services Admin Services Admin Services Admin Services

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.