

Community NEWS

From Amber Valley CVS



February 2025

Amber Valley CVS, a local front door, open since 1989 and working together to benefit and strengthen our community, groups and volunteers

Welcome

This year has started with bad news for the voluntary and community sector due to Derbyshire County Council decision to end discretionary grant funds. With the government increase in both minimum wage and Employer NI contributions many organisations including Amber Valley CVS will be facing difficult budgeting times.

We wish to ensure that the services to groups and communities delivered from within our organisation continue so that we deliver on our mission to be an open front door for the whole of Amber Valley.

There will be changes and we wish to discuss this with local organisations and members - this will be done in local meetings during February and March so we are prepared for the new financial year .

Here is a thought for you - if every resident in Amber Valley contributed £1.20, or every household gave £26.00 then the shortfall and loss of funding from Derbyshire County Council would be covered.

We have approached all Parish and Town Council's in Amber Valley to secure from them either £5000 (Parish) or £25000 (Town) to be able to continue our work across the borough. This is in recognition that their resident population are receiving all community development services and Befriending from CVS at no cost. We have included in this newsletter information on our approach to Legacies and Donations as a reminder of all possibilities open to you.

In the meantime, we continue working with partners including Public Health, ARCH PCN, Active Partners and Amber Valley Borough Council to both deliver project work within CVS and to ensure funding is available for voluntary groups.



Partnership Meetings

The Public Health team have been strengthened with Jane, Annette and Jay now operating in Amber Valley to lead the Amber Valley Partnership and build connections with all organisations in Amber Valley. Meetings are scheduled on 25th February, 27th May, 26th August and 25th November.

For a meeting invitation, please email; annette.appleton@derbyshire.gov.uk

Frontline network meetings are being planned and David has been contacting people to increase access to as many as possible.

If connecting people socially in Amber Valley is your passion, email lynn@avcv.org for dates of the district Connected Amber Valley meetings Glynn will be inviting groups and organisations to events with funders to encourage bigger and better funding bids this year.

Member groups will receive an invitation to discuss our forward plan and bring ideas of what CVS should be doing for you and to strengthen our funding position.

Cover photographs by Ashley Franklin

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Befriending

Befriending - start your year off with something positive, for yourself, and make someone else smile along the way

In today's fast-paced world, forming meaningful friendships can be challenging. Whether you've relocated to a new town, are navigating life changes, or simply feel the need to expand your social circle, Amber Valley CVS is here to help.

We believe that everyone deserves the joy and comfort of genuine friendship, and our befriending service is designed to make that possible. Currently we have around 30 people in need of support, in all areas of Amber Valley.

Not only do we support you with visiting a housebound member of the community for an hour each week, we also hold a weekly coffee morning for volunteers to meet and build friendships with each other.



Volunteers enjoying an afternoon trying something new, making Wax Melts

Join Us Today!

If you're ready to build new friendships and enrich your life, please contact Clare Salmons – 01773 512076 or pop along to our weekly coffee morning at "The Salvation Army" Heath Road, Ripley.

Every Tuesday 10am – 12 noon, to find out more.



A simple conversation could lead to a lifelong connection

Friendship starts here - let's take the first step together.

Benefits of Volunteering as a New Years Resolution

This is the time of year for New Year resolutions. We talk about starting them and a few weeks later quit! I spent years in the fitness industry and know this well from an exercise perspective. Psychologically, a new year makes us think we can become the person we always thought we should be, and what a good time to start. We could look at our fitness, the most common goal, but why repeat the same thing each year? Try a volunteer role.

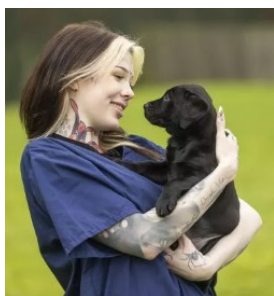


This year your goal can be to be 'get more involved in your community'. You get self-satisfaction in doing a good deed, whether donating money, starting a charity or gaining sponsorship for a local cause.

Commitment to others, always means people do it for longer, so increasing the benefits and chances of keeping on with a resolution. It increases your social circle helps with unwinding from work or life stresses and can increase your physical activity and time away from mundane home tasks without huge gym or leisure fees.

Volunteering can give you the same high that runners get that comes from switching off whilst doing the run or making plans and decisions whilst ironing!

One of the best ways to gain ALL OF THESE BENEFITS is; **VOLUNTEERING**



There are so many, many things that you can do in volunteering, from helping a family member, a neighbour, or a charity that means something to you.

It can be some administration, social media, physical task for a gardening project or a heritage project. It could be involving sports, or baking and serving at a café, driving people to medical appointments, supporting dog training for the blind or medical dogs.

You could volunteer for the Wildlife Trust or Peak District National Park, in magnificent surroundings.

There are Heritage locations that need help, from a 250 year windmill, to stately homes. Every voluntary group needs people with specific skills to be a Trustee, Secretary, or Chairperson.

All of these will give you the chance to be involved in your community making your space a better place to live. You can increase your fitness by doing things you want to do and of course help your own mental health through your altruistic actions as well as 'Taking Time for Me', doing what you want.



So, make a decision to volunteer this year. It might be the best decision you make and change not only your life but the life of so many others.

For more information please contact David Brough on 01773 512076 or email davidbrough@avcv.org



The Gate Inn Swanwick

The Delves, Swanwick, Derbyshire DE55 1AQ
thegateinnswanwick@outlook.com



A spotlight on organisations Amber Valley CVS work with.

Michelle the landlady at The Gate Inn Swanwick made the decision to get even more involved with her local community and start a 'Warm Welcome' on a Wednesday and Thursday. She researched what was already around and contacted those closest to ensure she was offering something not available near by.

The Inn with a main road running straight outside, and a bus stop makes it an ideal place for a group meet up. They welcome dogs, and have a variety of dog walkers come in. They even did a Fun Dog Show in September. Along with a successful Defibrillator Fund raiser, and involvement with the local football team, Michelle is already a big part of this community.

I have been to the 'Warm Welcome Club' several times now, where we sit and discuss idea's for the warm welcome club with Michelle and whomever is visiting at the time.

We are assisting with connections between them and the local organisations. Developing the depth of help in this wonderful community.

The atmosphere is friendly and welcoming, so if you have some time during your day, either walking your dog, on your own, or in a group, call in and enjoy the hospitality.

This is for YOU to help develop in ways that are what you need, Michelle is open minded to any suggestions, and always happy to get new idea's. Pop in this Wednesday or Thursday.



Funding & Development

At this time of year there are two things that always happen: funding pots can be empty until the new financial year and people decide that they are definitely going to exercise more.

To help with each of these situations, here is information on funding that is still available: Amber Valley Public Health Small Grants, and two funding opportunities for groups encouraging people to move more.



Our Funding

We fund projects and organisations, small and large, that help people get more people active. Every penny we spend ties into our vision that everyone in England should feel able to take part in sport and physical activity.

Apply for our funding

Our Movement Fund offers crowdfunding pledges, grants and resources to improve physical activity opportunities for the people and communities who need it the most.

We offer investments up to £15,000. If your project aligns with our priorities, we can fund a broad range of costs and items.

How we prioritise

Our main focus is to support projects that match our goal of getting more people active, reducing the number of inactive people and tackling long-standing inequalities.

Uniting the Movement is our 10-year vision to transform lives and communities through sport and physical activity.

We believe sport and physical activity has a big role to play in improving the physical and mental health of the nation, supporting the economy, reconnecting communities and rebuilding a stronger society for all.

For too long, people with the most to gain from being active have been the least able to take part.

Get Out Get Active (GOGA) is an exciting programme that supports disabled and non-disabled people to enjoy being active together. It is made possible by founding funder Spirit of 2012 and additional investment from Sport England and the London Marathon Charitable Trust. All partners are focused on getting some of the UK's least active people moving more through fun and inclusive activities.

The ground-breaking programme began in 2016, created to bring disabled and non-disabled people together to be active. It engages the least active communities in fun, inclusive ways.

If you would like to host a community activity session such as chair based exercise, tai chi, dance, walking, jogging we could help.

We can support room hire, coaching fees, training for delivering sessions and equipment. Get Out Get Active is more than being active. It strengthens community spirit, increases confidence and improves mental health. It increases the demand for, and the accessibility of, activities. These may be provided by local authorities, sports clubs or the voluntary sector. The success is through tapping into people's real-life motivations to be physically active. In Amber Valley the 'Active Amber Valley' network is leading on delivery and the project officer is based with Amber Valley Borough Council.

Check out this video: <https://www.youtube.com/watch?v=xGCOiLEwoSU>
it gives an insight into what the project has meant for their communities and the opportunities it has brought.

Need further help or information?
Contact Chris Frost directly on 01773 512 076
or email chrisfrost@avcvs.org



Amber Valley Public Health Partnership, Small Grants Scheme

What is the grant scheme about?

The aim of the fund is to improve the wellbeing of people living in Amber Valley by providing support around all aspects of health. This may be through projects related to Public Health Priorities in Amber Valley. These are:

- Older People/Ageing Well
- Physical Activity/Healthy Weight
- Social Isolation Loneliness
- Mental and Emotional Health and Well Being
- Supporting communities to Share important health information and respond to Cost of Living Crisis/Financial Inequality. Reduce Health inequalities between different communities

Who can apply?

Applications are welcome from voluntary, community or faith groups / organisations delivering services in Amber Valley who have:

- A constitution or set of working rules which clearly states the aims of the group/organisation.
- A management committee comprising of at least 3 unrelated people.
- A bank account in the name of the group with at least 2 unrelated signatories.
- Appropriate safeguarding policies and procedures (for projects involving vulnerable adults, children or young people).
- Community Interest Companies
- Unconstituted groups if they can provide a sponsor (a constituted group) who can hold and be responsible for the grant (limit of £250)

How much can you apply for?

Grants are for up to £2,000 (£250 for unconstituted groups) Grant money must be spent and your project completed, within one year of receiving the award.

How to apply - application process

If you are interested in applying and are eligible to apply, please request an application form and further information from Glynn Wilton at Amber Valley CVS.

Tel: 01773 512076

E mail: glynnwilton@avcvcs.org



Social Prescribing

Many people see the New Year as a fresh start. A time to reset and focus on new or reimagined goals.

However, life is unpredictable and there can be times when a 'new start' is thrust upon us. This is often due to a change in circumstances that is not expected or welcome. For example, losing a job or a bereavement.

The Social Prescribing team support many people that find themselves in this situation. Read on to hear about Mr A.

BACKGROUND

Mr A came through as a referral from Social Care who were working with his wife before she passed away. The referrer stated that Mr A had called her to say he was feeling very low, depressed and lonely since losing his wife and wanted to get out and meet new people and have a purpose again. He drives and is willing to travel.

SUPPORT GIVEN

I rang Mr A and did a home visit soon after. Mr A was clearly grieving and finding life very hard since losing his wife, they had been married for over 50 years and did everything together. I sat and listened while he told me stories of what they did together, the hobbies and interests they shared and all he missed.

He asked for lots of information about local groups and activities in the area.

He loves music and can play the guitar, loves poetry and has a keen interest in history. He was signposted to Green Hillocks Fellowship in Ripley; they meet every Wednesday and have different musical acts performing as well as Bingo, comedians and speakers. They also organise regular day trips.

Ripley U3A was also useful: they have lots of different interest groups, for example Wine Appreciation, Games Group and a Local History Group. I also supplied information for Bereavement Groups in Amber Valley.

OUTCOMES

He now attends the Green Hillocks Group weekly he has met new friends but also rekindled past friendships, he meets these friends outside of the group too. He has recently started to take his neighbour along as they are also on their own.

He attends the U3A meetings and has made valuable contributions to the History group as he knows a lot about the local area.

He didn't feel ready to try the Bereavement Group just yet but he may in the future.

I have just discharged Mr A after a long conversation with him about all the above, he was very grateful for my help and in his words stated that I had, "Made his life better again".

Mr A still feels sad about his wife but is no longer isolated or lonely, his mood is better and he is enjoying meeting new people.

As is illustrated, through this case study, Social Prescribers work with people to identify what is important to them, whatever point in their life they are at. With this information they identify community groups, organisations and services that can be accessed. For example, Social and creative activities or Befriending and support groups. The end goal is to help people improve their mental health and wellbeing. Moreover, it is enabling people to embrace the new start that they are facing; empowering them to take control of their own health and wellbeing.



Every Wednesday 2pm at Wood Street Methodist Chapel, Wood Street, Ripley.
More information: 01773 423854
feel free to call in and give us a try



Coffee Morning at 11am,
third Tuesday of the month at the
Willow Wood cafe for those thinking
of joining or just wanting more
information about u3a.

<https://ripley.u3asite.uk/>



Mondays, fortnightly
From 13th January 2025
10.00 – 11.30
The Croft, Slack Lane,
Ripley, DE5 3HF

Help at Home Domestic, Shopping and Gardening Service



New Year
New You



As the new year gets underway, it tends to be a time to reflect back and encourage us to make new plans or change our goals for the future.

Our goal at Help at Home has always been to support people to maintain their independence, whilst still living in their own homes. Our team can help with general cleaning, laundry and ironing, shopping, all aspects of gardening, and bespoke befriending.

We currently have a team of about 75 individuals that service a client list of over 600.

We are always on the lookout for additional members to join us – either in the Amber Valley or Erewash areas. If you are a caring, hardworking and trustworthy person, looking for more flexibility in the hours that you work, we'd love you to apply to join our team.

"I always feel supported by the Office team, and it is such a comfort to know your clients on your weekly diary, and know what you are doing. Being paid for mileage and admin is an absolute bonus and very much appreciated. I have been in the work force for many years, but never felt as appreciated by any employers as AVCVS. THANK YOU ☺"
G. Amber Valley Cleaner



"I have worked for the Help at Home service for 15 months now, and it suits my circumstances very well, as I've been able to gain practical experience, whilst at the same time studying towards further horticultural qualifications and caring for a family member, who continues to need considerable support. It gives me the flexibility I need, but the security of regular employment. I am thoroughly enjoying doing the job, especially as I have so many lovely clients and the team in the office are always so helpful. I would wholeheartedly recommend coming to work for the Help at Home service."

S. Erewash Gardener

"Just wanted to let you both know how much I have appreciated your support, understanding and kindness throughout the time I have been unwell. AVCVS are the best employers I have ever worked for."

J. Amber Valley Cleaner

Amber Valley & Erewash
Help at Home Services.
01773 512076.

**Ask for Alison or Sally for an informal chat
about the great benefits of
working with us.**

We are a non-profit making organisation and
are part of the registered charity of
Amber Valley CVS

Funding - Some Good News Stories

Over the last year, we have been able to once again help groups by finding funding. In addition to our partnership with DCC and the Public Health Small Grants, we also worked with Amber Valley Borough Council to administer the UK Shared Prosperity Fund grants up to £5,000

The UKSPF helped a range of groups with a variety of different projects. In total, we were able to share almost £40,000 between ten successful applicants. Projects included the creation of an accessible pathway for a bowls club, money to enable a choir to purchase music for a new program, the creation of a base to enable a Care Farm to install a covered space for its users and enabling a group to deliver exercise classes to those with special needs by funding necessary alterations and additions to the toilet and exercise room.

Another success was at the Railway Carriage Youth Club in Ironville. The Club has been providing a service the young people and community of Ironville for over 20 years, but in 2024, the Youth Club faced a two pronged problem which threatened to bring its vital community service to an end. After many years of dedicated service, the governing committee was aging, with very few people coming forward to take their place and, as faced by all community groups, there was a substantial rise in running costs.



**Funded by
UK Government**



A plan was put in place to re-vitalise the Club and secure its future. Amber Valley CVS were able to introduce the Club to the Make Shift project who provided an artist in residence to work with the young people to come up with a design and paint the outside of the carriage. Alongside this, we were also able to help the Club source almost £20,000 from the National Lottery "Awards for All" fund to enable them to meet costs for the next 18 months and be able to establish a new committee to take the Club into the next 20 years.

However, the mainstay and our 'go to' small grant, is always the DCC Public Health Small Grants pot. Although some groups do need funding for larger projects, the greater majority just need something to help them carry on doing what they do so well: delivering services to their communities.

Over 2023 and 2024 we distributed just over £52,000 to 38 groups, which is an average of £1,374. These included a dementia help group, running club, choirs, pre-school groups, fellowship clubs, luncheon clubs, community centres, food banks, woodland activities, cancer and bereavement support groups amongst others.

FREE COMMUNITY
TAI CHI
FOR BEGINNERS



MONDAY 6TH JANUARY- MONDAY 31ST MARCH

2.30PM- 3.30PM

SOMERCOTES VILLAGE HALL, NOTTINGHAM
ROAD, SOMERCOTES DE55 4LY

TEA & COFFEE AFTERWARDS

FOR FURTHER INFO CALL
KAREN - 07971/126382

Amber Valley Ambles

Check out our low-level walking groups in Riddings.

Meeting at Riddings Community Centre for a 12.30pm start.

Next walks - Friday 3rd and 17th January,

Friday 7th and 21st February.

Our walks are on the 1st and 3rd week of the month.

Walk as little or as much as you like...It's your choice!

Suitable for people with disabilities, limited mobility and long term health conditions.



For further information please contact

Helen Kellett 07393 780488

or email chrisfrost@avcv.s.org

Follow our blog -

<https://www.facebook.com/share/14ueVjoBJx/>



Amber Valley Ambles

Check out our low-level walking groups in Somercotes.

Meeting at Somercotes Village Hall for a 12.30pm start.

Next walks - Tuesday 7th, Thursday 23rd and Friday 24th January

Friday 14th and 28th February

Friday 14th and 28th March.

Walk as little or as much as you like...It's your choice!

Suitable for people with disabilities, limited mobility and long term health conditions.



For further information please contact

Helen Kellett 07393 780488

or email chrisfrost@avcv.s.org



FOR AGES 11+

**FREE
COMMUNITY
BOXING**

COME AND JOIN US
FRIDAY 17TH JANUARY -
FRIDAY 21ST FEBRUARY

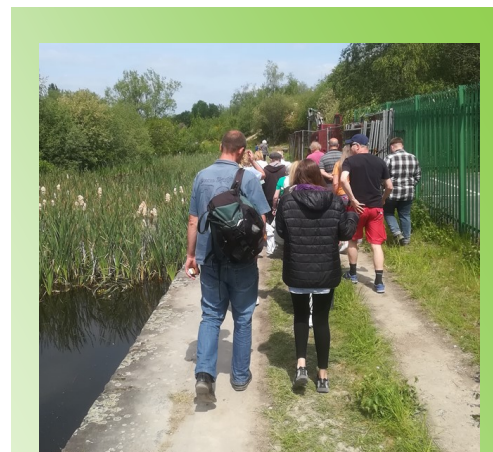
SOMERCOTES VILLAGE HALL
7.30-8.30PM

PLEASE CONTACT KAREN -
07971/126382

Partners News

Aldercar and Langley Friends, a small social group, for local people has been running for nearly two years and has 170 members. It was set up and is run by a few local residents in order to upend some of the more local issues related to social isolation, anxiety, lack of transport, bereavements, illness, affordability, fear, personal safety, places to go and just about anything that gets in the way of sociability. Oh, did I mention, it's also free to join?

Events, in the main, are held locally, supporting local businesses and enabling you to socialise close to home in places that you already know, and can get to and from fairly easily. From smaller gatherings to facilitate easy chatter to regular breakfast meetings of 15 to 20 people. Always more when food is involved! Free games afternoons, coffee mornings, bingo, local walks, quiz nights, Christmas meals, chat and a pint afternoons, 10 pin bowling for £3.50, classic film cinema afternoons, lunches, hobbies and crafts taster sessions, guerrilla gardening, treasure hunts, bank holiday walks, drive outs, fish and chip suppers, local guided tours, short holidays (we can help with the bookings and arrange a room share where possible to cut the costs), free tickets to various local places and yes, in 2024 we even appeared on East Midlands Today, but not before we'd been filmed at the Antiques Roadshow in Cromford!



What have you got to lose? If you are going to live, work and grow old among the community, you may as well come out and get to know a few more of them and that's exactly what we aim to help you do.

Call it future proofing if you like and anyway where else are you going to hit such dizzy heights of TV fame!?

You can catch up with the group online at www.meetup.com/aldercar-langley-friends scan the QR code below, join our facebook page A.L.F – Aldercar & Langley Friends or follow us on Nextdoor.co.uk. groups



In your Will, are you planning to leave a Charity a **Legacy or Donation**



Perhaps you have benefited from volunteer support, or from a service that Amber Valley CVS offers. Maybe you have been part of a community group that has grown through our help. **To help us carry on with our work, we do accept legacies and other donations to continue our work.**

Amber Valley CVS is a registered charity (CharityNo.1102412) whose activity in the borough could be increased and enhanced by your contributions.

We would value any time you give to us as a volunteer, however if you wish to give in a different way, we do accept **legacies and donations**

Your Legacy or Donation will help somebody in your community , someone you know, friends and family in Amber Valley;

Your donation or legacy will be used by us to make your local community and people flourish in years to come.

Please consider how a legacy to our organisation and your local charity could be used to good effect with your generosity;

- We can go on supporting voluntary groups across Amber Valley
- We can go on recruiting volunteers
- We can go on training Befrienders and other volunteers
- We can continue to support elderly and isolated people by visiting to provide social conversation
- We can maintain a staff team to clean and garden for those who wish to remain independent in their own home
- We can work in schools and colleges to tell the next generation about giving to their community
- We can go on supporting local groups so they remain active and viable
- We can lobby health, social care and local government to keep our community buildings and improve our community spaces

Please think of us when you plan a legacy or donation. Contact us or check our website for FAQs.

Thank you

Infinite Wellbeing Youth Timetable



Monday

Board Games & Dungeons & Dragons
Infinite Community Centre
3-7pm
Open to the public, all ages

Tuesday

Performing Arts and Music (£2)
Infinite Community Centre
4:00-5:15pm
Ages 8 - 15 Years

Wednesday

Gaming and Youth Hangout
Infinite Community Centre, Heanor
4-6pm
Ages 11-16 Years

Thursday

Girl Power: Sports and Arts
Aldercar High School
3-4pm
Ages 11-16 Years

Friday

Derby County Football
Aldercar High School
5:30-6:30pm
Ages 11-16 Years

For more info please contact Kevin Hatton
youthservices@infinite-wellbeing.co.uk
or 07741787749

All sessions are free of charge (unless stated)



Golf Coaching at the Bunker every Thursday 4-5pm. Limited numbers, booking essential

VOLUNTEER WITH US MAKE A DIFFERENCE



By volunteering with our charity you will:

Gain new green skills
Boost mental & physical health
Give back to the community

Be part of a passionate team
Meet new people
...and have fun!

Visit: www.groundwork.org.uk/gwfc-volunteer

Introducing..

SALCARE WINTER COMMUNITY PROJECT

- ♦ Access FREE HOT FOOD*
- ♦ FREE cooking skills lessons*
- ♦ FREE Pantry Membership
- ♦ FREE Advice on fuel costs and benefits
- ♦ FREE access to the WARM HUB
- ♦ FREE Winter warm packs

*Group sessions — booking required



Salcare

*The little place that does big
things for lots of people!*

Our funders..



*For more details and booking
call*

01773 764562

Email foodbank@salcare.org.uk

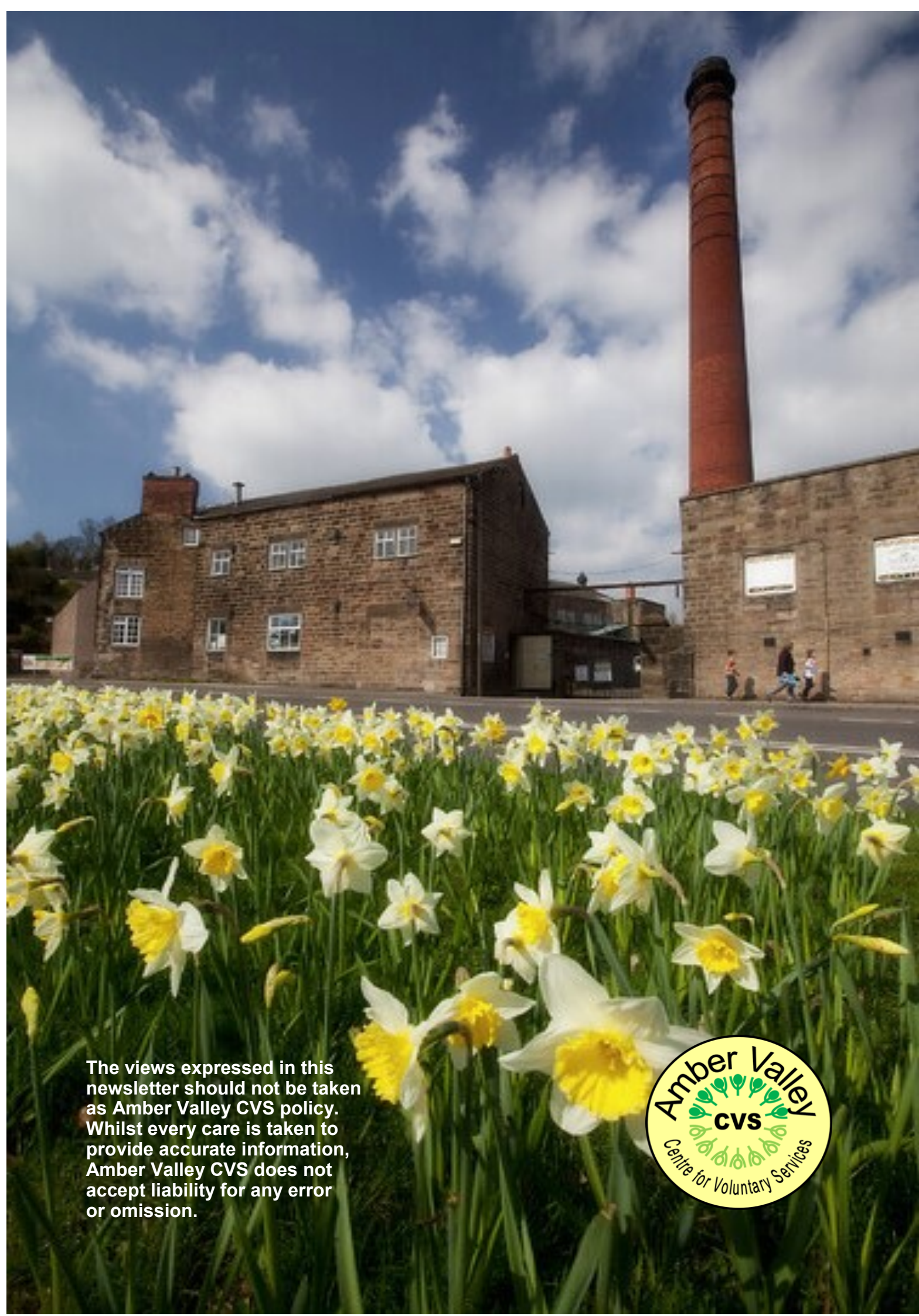
nationalgrid

Or pop in

Open weekdays 930-4pm

The little place that does big things for lots of people!

59 Ray Street, Heanor, Derbyshire, DE75 7GF Tel 01773 764562



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