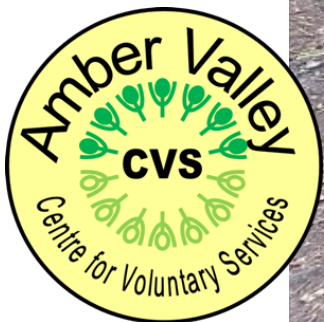


Community **NEWS**

From Amber Valley CVS



August 2025
Nurturing Our
Wellbeing

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

Welcome

Its summer and I'm hoping it didn't peak early and there is some fine weather to come for any annual leave people have.

Since the last newsletter we launched a membership refresh. Can I thank those who have paid to remain as members and encourage others to take the chance to update contacts with us and support costs of the work we do with you. Thanks also to Parish Councils such as Langley Mill and Town Councils in Amber Valley who are financially supporting us this year.

Foundation Derbyshire have consistently recognised the benefit of infrastructure community development, giving a grant to enable us to support applications from groups to their local funds.

Alongside this we have been able to disseminate around £100,000 from Public Health, through Social Connectedness and UK Prosperity fund. Now we need to work a bit harder for ourselves to remain a local front door for volunteers and community groups.

We have over 80 volunteers and approximately 120 clients who are extremely pleased that trustees of the Vernon Robert Bowmer Trust have supported befriending to enable us to reconsider the model of delivery with the withdrawal of funds from Derbyshire County Council. To be able to support the well being of residents in Amber Valley for a further 18 months is fantastic.

Information in this newsletter will show that Amber Valley CVS is a constant and supportive presence in the area but doesn't remain the same. With partners we have been involved with service mapping for Over 50's, dementia support and supporting a new community transport offer in Belper - more about those in the following pages.

There are many more networking opportunities for you to share views and influence priorities, with dates throughout the newsletter. You can also connect with us by visiting the office or inviting us to meet you at your group. We love visitors of all ages and descriptions (babies and dogs especially increase our work place wellbeing)! Please also make your views known on local government re structuring which could see dramatic changes to Amber Valley—bit.ly/Derbyshire-consultation



Feeling underdressed during a visit from the High Sherriff

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Who have recently been awarded Community Fund grant money to support their fantastic wellbeing and family sessions	

Befriending



Building Bonds Through Befriending Creating Connections, Enriching Lives



A Message from Clare

In this month's issue, we shine a light on the simple but powerful act of befriending. Whether you're reaching out to someone facing isolation or offering a listening ear during hard times, befriending changes lives—and not just for the person being helped.



Why Befriending Matters

Isolation is more than a feeling—it can have real consequences on health and wellbeing. Befriending creates a bridge between loneliness and connection, offering:

- **Social contact and companionship**
- **Emotional support and reassurance**
- **Stronger mental health and self-esteem**



Mutual Benefits: Volunteer & Client

Befriending is a two-way street. Here's what both sides often gain:

CLIENT	VOLUNTEER
Reduced loneliness & social isolation	Sense of purpose and fulfilment
Renewed confidence and independence	Improved communication & empathy skills
Regular routine and emotional support	Broader perspective and emotional resilience
New friendship and meaningful connection	Joy of making a difference

"I thought I was helping someone else, but really, the experience helped me just as much." – Volunteer testimonial



Volunteer Spotlight: Meet Louise

After retiring, Louise signed up as a befriender with us—and never looked back. "Every Friday morning, I visit Margaret. We talk about our gardens, old movies, and life in general. I've learned so much from her wisdom and she says our chats make her week."



Want to Get Involved?

We're always looking for compassionate, friendly people to join our befriending programme. If you're interested in becoming a volunteer—or know someone who could benefit from this service—get in touch today!



Call us at 01773 512076



Email claresalmons@avcv.org

Funding

Amber Valley Health and Wellbeing Partnership Funding - Small Grants

The funding aims to reduce health inequalities and improve the health and wellbeing of our communities by providing support to community groups to run projects that meet the needs of the local population.

Projects should align with the Amber Valley Health and Wellbeing Partnership priorities and key areas of focus as outlined in the table overleaf.

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

Applications are assessed by a panel who meet monthly. There is no closing date for applications. Applications are considered on a monthly basis, and you will be informed of the next grant panel meeting when you submit your application. The grant is administered by Amber Valley CVS, so for more information, please contact Glynn Wilton 01773 512076 or – glynnwilton@avcvs.org

“Meet the Funder” are always popular events as was shown at the recent launch of Health & Wellbeing Locality funding. Representatives from groups were able to hear directly from Public Health about the criteria for grants of both Locality and small grants funds. Annette and Glynn are looking forward to receiving completed applications over the next 2 years to improve life in Amber Valley.



Get prepared for writing funding application by completing a “health check” of your constitution, charity commission status, policies, budget planning and setting. Remember that funders will want you to report back either informally or formally so learn about evaluation of projects—ask about Assist to Learn one to one and workshops. Contact Glynn or Lynn on 01773 512076

Social Prescribing

As a team the Social Prescribers have been delighted to be involved in the Wellbeing Events organised by ARCH PCN. These have taken place in Somercotes, Alfreton, Ripley, Heanor and Crich. They give people the opportunity to have access to a number of services all in one place – and they have proved incredibly popular.

This year, so far, the Social Prescribing team have had the opportunity to speak to over 100 people at these events; providing them with the help and support they are seeking. An excellent example of this is given by Sarah, one of our adult Social Prescribers. She was attending an event at Ripley Leisure Centre alongside various partner organisations, including Futures Housing, Live Life Better Derbyshire, and Hearing Help, among others.

“During the event, I had the opportunity to meet a client I’ve been supporting for some time, although we had only ever spoken over the phone. He is sight impaired but recognised my voice instantly and came over to speak with me. We had a warm and friendly conversation, and I was pleased to hear he was in the process of moving into his own accommodation — something we had previously discussed. Given our past conversations about tenancy support, I introduced him to the Futures Housing team, who were present at the event. They spoke with him and agreed to arrange for a tenancy support worker to contact him as soon as possible. Additionally, he engaged with the Hearing Help team and had the chance to try out some assistive equipment. Remarkably, it enabled him to hear from one of his ears for the first time in a long time. He was absolutely thrilled with the level of support and the positive impact the day had on him.”

The poster features the Arch Primary Care Network logo at the top right. The main text reads 'Free Health and Wellbeing drop in'. Below this is a QR code with the text 'Find Out More' above it. To the right of the QR code, it says 'Join us for a free cuppa at the wellbeing drop in, organised by Arch Primary Care Network.' Below that is an image of a blue cup and saucer. Further down, it states 'Local services will be available to chat to you about groups and activities available to support your health and wellbeing and any support you may need.' At the bottom right, a white circle contains the text 'Free blood pressure checks will also be available' next to two red hearts. The background is blue with white clouds and green hills at the bottom.



Overall, it was a successful and meaningful interaction that demonstrated the value of multi-agency collaboration in supporting individuals with complex needs.”

In addition to providing this immediate support the Wellbeing Events have also generated 19 referrals.

“At one event a lady came over to talk with me. She was anxious and tearful. She found it difficult to express herself clearly. I suggested that she completed a self-referral so that we could arrange a separate meeting. I called her and we agreed a date for a home visit. Meeting her in her own home made a huge difference; she felt comfortable and had the confidence to speak to me at length. I was then able to signpost her to the groups and activities that she was looking for. “

Finally, the Wellbeing events have given the Social Prescribing team the opportunity to advertise our service. To let people know that help and support is there for them to improve their physical and mental health and wellbeing. Look out for Wellbeing Events near you!

The graphic consists of five colorful speech bubbles arranged horizontally. Below each bubble is a short tip:

- CONNECT** (teal bubble): TALK & LISTEN, BE THERE, FEEL CONNECTED
- BE ACTIVE** (purple bubble): DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD
- TAKE NOTICE** (orange bubble): REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY
- KEEP LEARNING** (green bubble): EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF
- Give** (pink bubble): Your time, your words, your presence

Why Volunteering Matters in Amber Valley

One thing that really stands out to from feedback that volunteers give is how much volunteering can support a sense of well being and improved mental health. I've spoken to people who've said that getting involved gave them a sense of purpose, helped them feel less isolated, and even improved their confidence. It's not always talked about, but that kind of impact is huge—especially in times when so many people are struggling with their wellbeing. Volunteering has for some people led to moving into employment as individuals realise their full worth.



Across Amber Valley, volunteers are supporting older adults, helping with community events, leading social activity like coffee and crafts, offering companionship, and reaching out to make sure people don't feel forgotten.

It's not just about ticking boxes—it's about building a stronger, more connected community by connecting people who want to help with those who need it most.

There are volunteer roles that take a long time commitment and other roles that can be a regular but monthly input as well as ad hoc pick when you are free .



Amber Valley CVS makes it easy for anyone to get involved. You don't need loads of experience or a big chunk of free time. They take the time to match people with roles that suit their interests and availability, and they're there to support you along the way.

It's clear that the work of volunteers is felt across the whole area. From helping people stay independent in their own homes to simply being a friendly face, the ripple effect on the volunteer, to an individual and affecting wider family members is real. And the more people who get involved, the stronger that impact becomes.

If you've ever thought about volunteering—even just a little—I'd really recommend checking out what Amber Valley CVS has to offer. There is something very powerful about a few hours per week that make a real difference to wellbeing in life.

You can visit avcvs.org , use Volife or call **01773 512076** to find out more.

Volunteering

Volunteering has many different volunteering opportunities.

Here is a sample taken from Volifeambervalley.com currently offering another 115 volunteer vacancies



Volunteer Drivers

Volunteer Drivers required for cars based in Belper. Used for short and long journeys. One electric Car and one Wheelchair accessible vehicle. Full drivers license required, volunteers need to be over 25 , less than 7 points on licence. We provide training regarding WAV, how to load and un load. Also training regarding working with people living with disability.



Collections Research



Researching the records we hold on specific topics, including Staff and Company Records or collections donated from significant individuals.

Developing more detailed descriptions of the archive collections we hold to put on our website.

Using external websites such as the National Railway Museum, National Archives, and Transport for London as guides to create and develop our own subject research guides for objects in our collection.

This role will suit you if:

- You have an interest in museum collections and archives.
- You have a keen eye for detail and accuracy.
- You are happy to deal with repetitive tasks.
- You are computer literate. Knowledge of databases would be helpful, however this isn't essential as we will provide full training.

Walk Derbyshire Volunteer Leaders

If you are looking for an opportunity to make a difference to the lives of people in Amber Valley then look no further. We currently have an opportunity for volunteer walk leaders in Belper and a supportive role at Ripley.

If you are an organised, friendly person who loves the outdoors and exploring your local area then we want to hear from you.

We are looking for walk leaders to lead short walks (up to 3 miles) to get the community active.

Skills and Qualifications required; Knowledge of walks in their local area / willingness to learn these. Organisation skills; Planning skills; Strong leader; Friendly people person; Good listener; Basic computer literacy skills including Microsoft Word and Outlook emails.



If you've ever thought about volunteering - even just a little, I'd really recommend checking out what Amber Valley CVS has to offer. You can visit avcvs.org or call **01773 512076** to find out more.

Couch to 5X is a flexible, beginner-friendly fitness program inspired by the popular **Couch to 5K** running plan—but with a twist. Instead of aiming to run 5K, the “5X” lets you define your own goal. The “X” can be anything meaningful to you: for example five minutes of daily movement, five yoga poses, five flights of stairs, or five strength exercises. It’s all about **building a habit of movement** in a way that suits your lifestyle and fitness level.

What Makes Couch to 5X Unique?

Personalized Goals: You choose what the “5X” means—it’s not limited to running.

Focus on Movement: The emphasis is on **moving and getting active**, not on speed, distance, or competition.

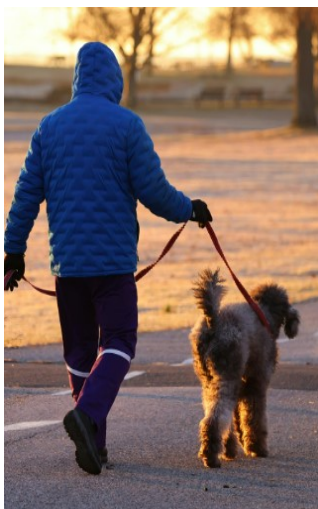
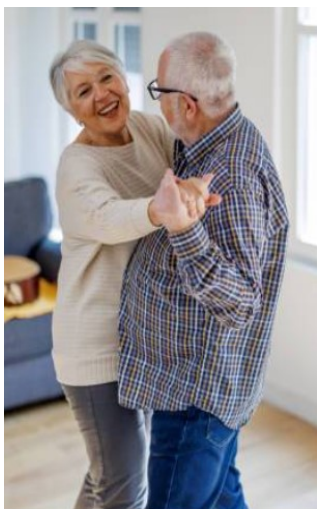


The referrals are sent to Chris Frost, Community Physical Activity and Wellbeing Lead, who then visits the client.

One such referral was a 50-year-old gentleman who had experienced a stroke the previous year and had undergone intensive rehabilitation. He had become housebound due to losing confidence and a fear of falling.

During our initial consultation, we discussed his concerns, fears, and barriers to exercise.

His personal goal was simple but meaningful: to be able to go walking with his wife in the local area again, something he used to do regularly each morning. On our first visit, we took a short walk along his street. For additional support, we provided him with walking poles to borrow, which gave him increased stability on uneven pavements. He expressed a great sense of achievement—it was his first walk since the stroke, and he was incredibly proud.



A few weeks later, I visited him again to check on his progress. He shared photos of himself walking around the local River Gardens. Impressively, he had walked there and back—nearly two hours in total. He described the advice he received as “life-changing,” saying it had motivated him to “go that bit further each time.”

Help at Home Domestic, Shopping and Gardening Service



How Do Our Services Improve Health and Well Being?

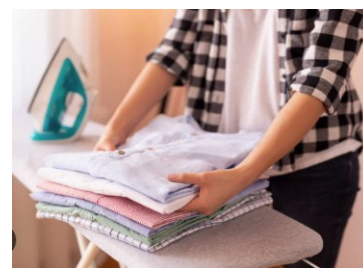
At Amber Valley CVS, we offer a service called Help at Home. Our services include cleaning, shopping, gardening, and bespoke befriending. The goal of Help at Home is to enable and support people across Amber Valley and Erewash to live independently in their own homes. We take care of the tasks that they can no longer manage due to age, disability, or illness.

Imagine the frustration and helplessness of not being able to keep your home clean or your garden tidy. These everyday tasks, which once seemed so simple, can become overwhelming. Our regular maintenance visits help alleviate the stress and anxiety that come with struggling to keep up with housework and gardening.



Loneliness is a significant issue among the elderly in the UK. Nearly a million older people in the UK often feel lonely. This loneliness can have severe health implications, increasing the risk of heart disease and stroke. For those whose families live far away, our visits can be a lifeline, reducing feelings of isolation. Having a familiar face from our team visit regularly gives customers something to look forward to, often leading to strong friendships. Where there is no family close by, this connection can be incredibly comforting, knowing that someone cares and is there to help.

Our services also provide peace of mind for families who live nearby. They can now spend quality social time with their loved ones instead of using that time to help around the house. By handling more challenging tasks, we reduce the risk of injury to our customers, who might otherwise attempt these tasks themselves. For example, we take care of jobs that require a lot of bending and stretching, such as weeding, changing beds, and lifting heavy shopping bags.



If you or someone you know could benefit from our Help at Home services, please reach out to us. Together, we can make a significant difference in the lives of those who need it most. Let's work together to combat loneliness and improve the health and well-being of our community.

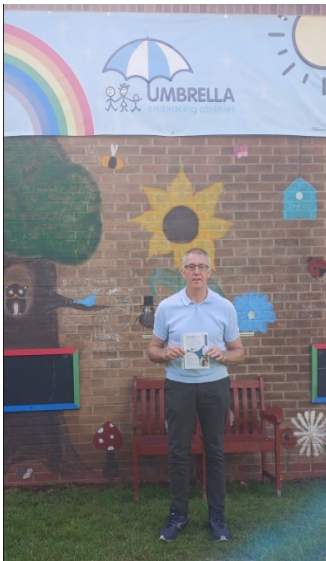
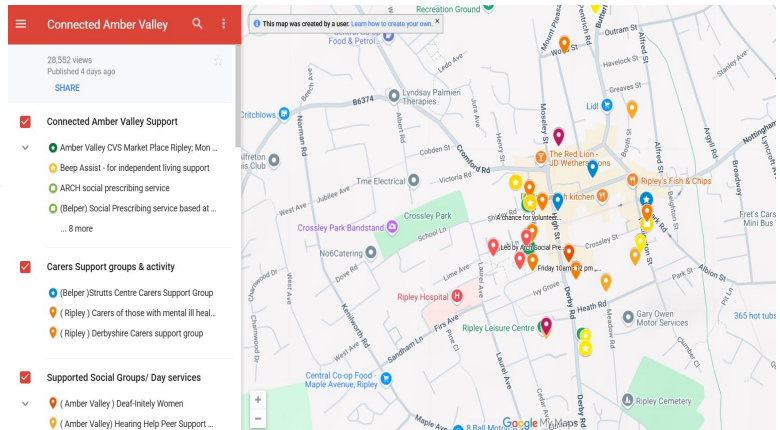
The number to ring is 01773 512076 and ask for Alison (Amber Valley area) or Sally (Erewash area)



Social Connections

Accessing information about activity to improve your social connections and help well being is possible anytime if you have access to the internet—search for Connected Amber Valley— reducing social isolation for information on nearly 300 social and physical activities for people of all age groups.

[https://www.google.com/maps/d/viewer?mid=1vSd1jVz4Hi4LqHmkflrnFm68NFx0wDk&ll=53.0496039862803%](https://www.google.com/maps/d/viewer?mid=1vSd1jVz4Hi4LqHmkflrnFm68NFx0wDk&ll=53.0496039862803%3)



David is seen out and about in Amber Valley, even travelling to Derby, to meet with and learn about social connecting.

Many groups ask about funding, or ideas to bring more people to a group or to be more sustainable.

David is pleased to give advice , but last year was able to direct them to his colleague Glynn for a Public Health support fund for social connecting



Free of Charge— a single page news sheet of social activity in Amber Valley is prepared on a monthly basis. If you would like a copy of this, to read yourself for ideas of what's on in Amber Valley or to provide to your clients for interest and motivation to join with something to improve their wellbeing please ask us—we can provide electronically or by hard copy .

Networking for Voluntary and Statutory workers involved with supporting people in Amber Valley

Next meeting September 2025—if you wish to give a brief introduction to around 30 people about your work or receive an invitation to attend, contact David and ask about “ Front Line Workers meeting” davidbrough@avcv.org



Partnership News

Amber Valley Public Health team have taken time with a wide range of partners to identify priorities for the area, based on data input from a wide range of partners and progress of existing project work in the area. Regular partnership meetings are now being planned. For your invitation and links to any teams meeting please contact Annette Appleton; Annette.appleton@derbyshire .gov.uk



Living Well Collaboration

Amber Valley CVS are maintaining connections between Living Well team and voluntary sector providers to ensure ongoing dialogue and links for the benefit of those with mental ill health.

We will have two different meeting arrangements, one with formal discussion and alternative meeting face to face in venues that community members meet in so we learn from their lived experience and feedback. If your group would be happy to host the next meeting, please contact lynn@avcvs.org

National news has informed us to changes in health structures. These do affect Amber Valley as “ Place” operational teams will now change to “Neighbourhoods”. This does not change plans to create Local Navigation Hubs, to further integrate collaboration of health, social care and voluntary sector providers. How these plans unfold will be the testing point—more news in partner events and next newsletter

On 1st July 2025, the Derby and Derbyshire Integrated Care Board (DDICB) held a public information session to gather feedback on the Prioritisation Process. The session was held online and welcomed a total of 18 attendees including members of the public, healthcare professionals, and community representatives.



Derby and Derbyshire
Integrated Care Board

The purpose of the session was to explain the rationale behind the prioritisation process, share the proposed Key Test definitions, and invite feedback on whether they make sense for decision-making, are clear, and whether anything is missing. A feedback report has been prepared .This report summarises the key themes raised during the session and reflects the valuable insights shared by attendees. You can receive a copy of this report from: Hannah.morton10@nhs.net or from Lynn@avcvs.org



The Derbyshire
VCSE sector
Alliance

VCSE Alliance—Wynne Garnett continues to use strategic links with the ICB and its directors to champion Voluntary Sectors contribution to health.

Current topic of interest are the Community Transformation Programme, Workforce Data Baseline and Local Navigation (Doing Hubs Once) To be part of the Alliance contact wynnegarnett@googlemail.com

Partnership News

National Association of Child Contact Centres

Promoting safe child contact within a national framework of Child Contact Centres

This Child Contact Centre is a member of the National Association of Child Contact Centres (NACCC).

NACCC holds the following values:

- Ensuring safety.
- Child-centred within the family.
- Promoting equality, celebrating diversity.
- Independent and impartial.
- Respecting individuals, preserving confidentiality.
- Valuing and supporting voluntary service.
- Sharing skills and expertise to achieve better outcomes for children and their families.

NACCC's member Child Contact Centres have an endorsed accreditation process which shows that all NACCC Child Contact Centres work to agreed and approved national standards, which ensure that families using the Child Contact Centres are safe and well cared for.

NACCC supports around 350 Child Contact Centres throughout the British Isles, with an additional 35 supported by the Scottish Association.

If you would like to find out more about the National Association of Child Contact Centres, please contact:



Tel: 0845 4500 280 (local rate)
email: contact@nacc.org.uk
www.nacc.org.uk

NACCC, 1 Heritage Mews, High Pavement
Nottingham NG1 1HN

Registered Charity Number: 1078636
Company Limited by Guarantee Number: 3886023
(Registered in England and Wales)

cdps communications (4019) www.cdps.com

Your local Child Contact Centre



Belper Child Contact Centre

Belper Community Cottage
16, Chapel Street,
Belper
Derbyshire
DE56 1AR
Tel: 01773 880364



Equal opportunities and diversity

We aim to offer an equal service, regardless of race, skin colour, ethnic origin, cultural beliefs, nationality, gender, age, HIV/AIDS, disability, sexual orientation or religion, and to anyone who is disadvantaged by conditions or requirements which cannot be shown to be justifiable.

Child Contact Centres

... so that parenting needn't end when a partnership does



Promoting safe child contact within a national framework of Child Contact Centres



Workforce Baseline Data Survey for voluntary, community, social enterprise and faith organisations .

The Integrated Care Board, VCSE Alliance and Local VCSE infrastructure organisations have worked together to develop this survey. The survey aims to gather comprehensive baseline data on workforce issues and trends within the VCFSE sector to understand the current state of the workforce, culture, areas of best practice, challenges and risks.

Please use the link below to complete your response :

<https://forms.office.com/e/84q65kF1Xj>

What's On in August.....

Summer Holiday Camp

£17 A DAY
IF BOOKED BEFORE 25TH JULY OR £19 AFTER

ARTS & CRAFTS, FOOTBALL, BASKETBALL, DODGEBALL, WATER ACTIVITIES, NERF WARS, AND MORE...

@ LITTLE EATON PRIMARY & WESTON-ON-TRENT PRIMARY
AUG 4TH - 29TH
EXCL. BANK HOLIDAYS

@ ST JOHNS PRIMARY
AUG 18TH - 29TH
EXCL. BANK HOLIDAYS

@ DERBY ARENA (VELODROME)
AUG 12TH - 14TH

@ HOLBROOK PRIMARY
AUG 5TH - 7TH, 12TH - 14TH,
19TH - 21ST, 26TH - 28TH

BOOKING NOW LIVE:
WWW.RS-COACHING.CO.UK

8.45AM - 3:30PM
RECEPTION TO YEAR 6
NUT FREE CAMP

FARM SUMMER CLUB

10AM - 3PM
6-11

TIME OFF SCREENS + FUN ON A FARM!

6TH - 8TH AUGUST
11TH - 13TH AUGUST
1ST - 3RD SEPTEMBER

EMAIL TO BOOK + FIND OUT MORE:
HELLO@HANDLEYFARM.ORG.UK

ACTIVITIES:
GOAT FEEDING + GOAT CUDDLING
NATURE ART
OUTSIDE GAMES
COUNTRYSIDE WALKS
TIME OUTDOORS

£35 PER DAY OR £95 PER BLOCK
HANDLEY FARM, BELPER, DE56 2DT

Mickley HAF Group
Welcomes you to our
Summer Spectacular!

We're going to be having lots of new experiences, exciting games and activities and fantastic fun with food at

Mickley Community Centre
(The Hut) Tennyson Street, Mickley.
DE55 6GJ

BOOKING IS ESSENTIAL!!!

Use the link below to register for each session
<https://stonebroomcommunityvolunteergroup.coordina.te.cloud/project/69193>

All ages and abilities welcome.

All Activities and food are provided FREE of charge.

All children under 11yrs must be accompanied by a responsible adult at all times.

Please Contact Mickley HAF Group or Jenny Hill for further details; 07986 989280

FROM 25TH JULY TO 2ND SEP
FOR CHILDREN IN SCHOOL YEARS 1 TO 6

s.c.cerstarsuk

SUMMER HOLIDAY COURSES

SCORE BIG THIS SUMMER - JOIN THE ULTIMATE 6-WEEK FOOTBALL ADVENTURE!

RUNNING AT A VENUE NEAR YOU

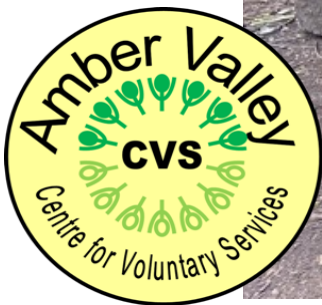
ETWALL LEISURE CENTRE	MELBOURNE SPORTS PARK
THE PINGLE ACADEMY	DERBY RUGBY CLUB
KIRK HALLAM COMMUNITY ACADEMY	
FRIESLAND SCHOOL	BELPER TOWN FC
LANDAU FORTE COLLEGE	THE LONG EATON SCHOOL
RIPLEY ACADEMY	SPRINGWOOD LEISURE CENTRE

WE ARE A HAF PROVIDER
FREE SPACES AVAILABLE!
at all Holiday Course venues, with an eligible HAF code

Enjoy 10% OFF your Holiday Course booking by using the code: **GRASSROOTS**

Community Action
it's about me
Ofsted
s.c.cerstarsuk





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.