

# Community **NEWS**

From Amber Valley CVS

May 2025

**Sustaining the Future**



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

## Welcome

Welcome to Spring—gone are the dark and uncertainty of the last few months as we now try for a bright future.

In planning sustainability for Amber Valley CVS we have re-visited the charges to groups who are members and will be reviewing costs to non-members (of some services). This is in light of cutting cuts amidst rising costs. Membership charges were paused some years ago as, both during and after covid, our concentration has been on ensuring the return to full strength and activity of local groups and organisations.

The membership charges are still on a sliding scale, based on the income of your group and give good value for money based on the breadth of communications we maintain and the provision of access to our staff and facilities. Membership charges will only ease the pressure we face as an organisation. We welcome at “Talk to the Chair” sessions your input on what you need and how we can adapt and deliver.

A strange “thank you” from me - thanks to the builders who took the time and care to save our bear. Many years ago ‘Teddy Roosevelt’ was painted on the wall that enclosed the CVS garden space as a reminder of Ripley Zoo and our premises links to the Marshall family who operated the zoo. The wall was past its best but was rebuilt as part of a small new housing development adjacent to our space. Builders, who declined to be photographed, saved bricks from the original design and reset them in the newly built wall. It’s a pleasure to see ‘Teddy’ back in his place within our garden area.



Thanks to local Parish and Town Councils for their donations and grants for continuation of Amber Valley CVS funding, volunteering and befriending services which support local people and groups. We hope to encourage greater connectivity between us this year.

Local Government changes—what are your thoughts as a local group or organisation to the changes, proposed by government (to district boundaries)?

Amber Valley CVS co-operates with colleagues in Derbyshire CVS, volunteer centres and other infrastructure organisations as DDIA (Derby and Derbyshire Infrastructure Alliance). This works where we can offer a similar product such as Community Directory Derbyshire or in shared delivery of a project (latterly Hospital Discharge).

Our strongest and best connections come from within the borough that we are based in. We reach volunteers and people locally, connecting them to community groups.

Please give us your view on how this might change or affect you or your group .

<b>In this Issue</b>	
Help at Home	2
Befriending	3
Social Prescribing	4
Volunteering	5
Funding	6
Connected Amber Valley	8
Get Out Get Active Amber Valley	9
Legacies or Donations	10
Belper Shed	11
The Older Person Connector	13
Belper Community Transport	14

Cover: Heage Windmill, Roger Sharp, Miller

## Help at Home



Can we help to sustain your future via Help at Home?

We are pleased with the support we give by looking after our existing clients, ensuring they feel safe and in a pleasing environment within their home.

To sustain our services we continually need to extend our client base by getting the word out about our services and welcoming new clients from a variety of sources – referrals from GP Surgeries, Adult Social Care, Care Agencies, family members and the list goes on. Our favourite calls come from prospective clients who have been recommended by existing users of the service.

Recommendation from a satisfied customer is the best as it fills us with pride that our service is recognised, valued and welcomed.

This led me to thinking about what 'sustain' actually means. The dictionary definitions are as follows:

- **to continue** - to cause or allow something to continue for a period of time

Our service is provided on a regular basis – weekly, monthly or 4-weekly to help people who are struggling and wish to remain to



independent in their own home for as long as possible. By assisting with **cleaning, shopping, laundry and gardening**, we are able to keep things looking pleasant around

the home and garden, keep the cupboards and fridge stocked or help you to feel better in freshly laundered clothes. We often receive comments from family members when the service is no longer required, thanking us for what we've done and to tell us that their loved one would never have been able to stay in their property for as long as they could without our help.

- **to keep alive**

Whilst we don't physically keep people alive, we certainly help to promote people's wellbeing by making them feel better about themselves and their surroundings, which we hope has a knock-on effect of enabling them to feel well both mentally and physically.

Our **Bespoke Befriending** service is designed for those who wish to have some company and to take them out from their home – to a coffee shop, garden centre, for a walk, to look around the shops etc. Our Befriending team may possibly be the only people someone has seen or spoken to throughout the week, so this is a valuable service to help prevent people from being unable to go out or becoming lonely.

- **to support emotionally**

We feel that this is the biggest support we provide for each and every one of our clients or family members we communicate with.

Whilst we may be appointed to clean or garden, the fact is that our staff are regular friendly faces who get to know each client and build up a sociable, yet professional relationship. Either

as they arrive or as they are working, they enjoy a friendly chat, which also enables them to keep an overseeing eye on the client and report any changes in mood or health. By providing a friendly ear and passing the time of day, we hope we may help to brighten someone's day.



So, can we sustain a healthy future via Help at Home? Yes, we certainly can!!

We are here to help our clients in the long-term. You can help us to sustain our future by talking to others about our service. If as we hope, you know someone who is pleased with our service, please encourage them to recommend us to your friends and neighbours.

## Befriending

### Sustaining the Future of Befriending Services

Together, we can make a difference

Befriending services hold a special place in our communities, offering comfort and connection to those who need it most. In our busy lives, it's easy to forget how much a small act of kindness or a listening ear can mean to someone feeling isolated. As we look ahead, we want to ensure these vital services continue to flourish and touch lives for years to come.

With a waiting list of 62 people this highlights both the growing demand for befriending services and the challenge of meeting that need. It's clear that people value these services deeply, but the backlog also emphasises the importance of additional resources and support.



**Companionship & Connection**



**Start or Rekindle a Hobby**



**Increase Happiness & Lower Stress**



**Enhanced Quality of Life**

We currently support 120 residents with either a face to face conversation or telephone call. We have 70 wonderful volunteers that provide this support each week.

If you would like to support your community as a volunteer, or with a donation to support the service as Ripley's Mayor did in 2024 please contact:

Clare Salmons – 01773 512076 / [clare.salmons@avcvs.org](mailto:clare.salmons@avcvs.org)

or pop along to our weekly coffee morning at "The Salvation Army" on Heath Road, Ripley. Tuesdays 10am



## Social Prescribing

As a Social Prescribing Team, we want to support people to focus on their future and create goals to improve their current situation.

This can be through signposting people to courses, volunteering and support with employment. 'Do something today that future you will thank you for'.

By linking people to local groups, we improve the sustainability of voluntary activity.

Please see below case study of a client one of our Social Prescriber has supported:

### BACKGROUND:

*Miss S was referred to the Social Prescribing Service by her GP. Miss S has autism and has been out of education for a couple of years and struggled to find the confidence to get out of the house and find activities that she finds purpose in. After leaving education, she did not know what jobs to apply for and felt she didn't have a lot of skills to mention on a CV. Miss S has spent a lot of time staying indoors gaming and has struggled to make social connections.*

### SUPPORT GIVEN:

*At the first Home Visit, I worked on writing some goals with Miss S on what she wanted to achieve and find out what interests she had. Miss S was keen to learn some basic life skills and wanted to build up to start volunteering.*

*I provided information to Miss S on various services that could support her including employment support services, volunteering vacancies and free courses. Miss S wanted to try cooking sessions and pottery/craft classes. I agreed to attend the first session of these classes with Miss S so she felt comfortable with the environment and could be introduced to people if she was feeling nervous. I also booked Miss S an appointment with an employment support service that would offer her guidance on things she can do to improve her CV and preparation for interviews. Miss S had a Gold Card so we were also able to spend some time practicing the bus routes. Voluntary groups that were suggested to Miss S are shown below.*

### OUTCOMES:

*Miss S's confidence improved and felt more comfortable in social settings. Miss S received guidance and pointers on how to manage in an interview setting so would feel more prepared for when she begins to apply for jobs. Miss S is in the process of applying for volunteer vacancies to have some work experience. Miss S learnt new cooking and craft skills. Overall Miss S is now leaving the house more and in turn working towards her future self and future goals.*



**DERBYSHIRE**  
TIME SWAP

**TimeSwap Derbyshire-** <https://www.derbyshiretimeswap.org.uk/>



**Adult Education Centres-** <https://www.derbyshire.gov.uk/education/adult-education/centres/our-adult-education-centres.aspx>

**Disability Employment Service-** <https://www.derbyshire.gov.uk/working-for-us/equal-opportunities/disability-employment-service/disability-employment-service.aspx> .

*Infinite Wellbeing*

**Infinite Wellbeing Classes-** <https://www.infinite-wellbeing.co.uk/>  
Crafts, exercise & wellbeing.



**Salcare**

**Salcare Free Cooking Sessions-** <https://www.salcare.org.uk/> Thursdays  
11am-1pm. Ray Street, Heanor.

# Volunteering

## The Sustainability of Volunteering: A Call to Action

In today's rapidly evolving world, traditional community structures are being reshaped; ageing volunteers stepping down, longer working lives and by internet services which have become new hubs for social interaction and support. While this digital shift offers new opportunities, it also presents challenges, particularly as older generations have long been the backbone of volunteer efforts.

### **The Changing Community Landscape**

In the UK, 97.8% of the population uses the internet, with 79% active on social media. However, this digital transformation can leave older generations feeling isolated and disconnected. These individuals have been the pillars of our communities, tirelessly volunteering their time and energy, but now they face difficulties in maintaining their roles and of getting support.

### **The Growing Need for Assistance**

The demand for volunteer services is on the rise, driven by an ageing population and an increase in health conditions. In the UK, 18% of people are aged 65 and over, expected to rise to 26% by 2046. Requests for adult social care have reached record highs, with nearly 2 million requests in 2021/22. This imbalance places additional strain on already over-burdened systems.

### **The Impact of Funding Cuts**

Significant funding cuts threaten many volunteer organisations. Reduced financial support means fewer resources to train and support volunteers, leading to a decline in services. A report by The King's Fund highlighted that the number of people receiving long-term care has fallen despite increasing demand, primarily due to financial challenges faced by local authorities.

### **Call to Action**

We must act now to ensure sustainability of volunteering. By giving our time, we help others and invest for our own future. For more information on how you can help, please contact David at 01773 512076.

Volunteering can fit around your free time. Let's work together to create a brighter, more supportive future for all.



### Give yourself time.

We are now just days away from the fifth month of the year, time flies and I am only just getting used to 2025 as the date, but maybe that's an age thing.

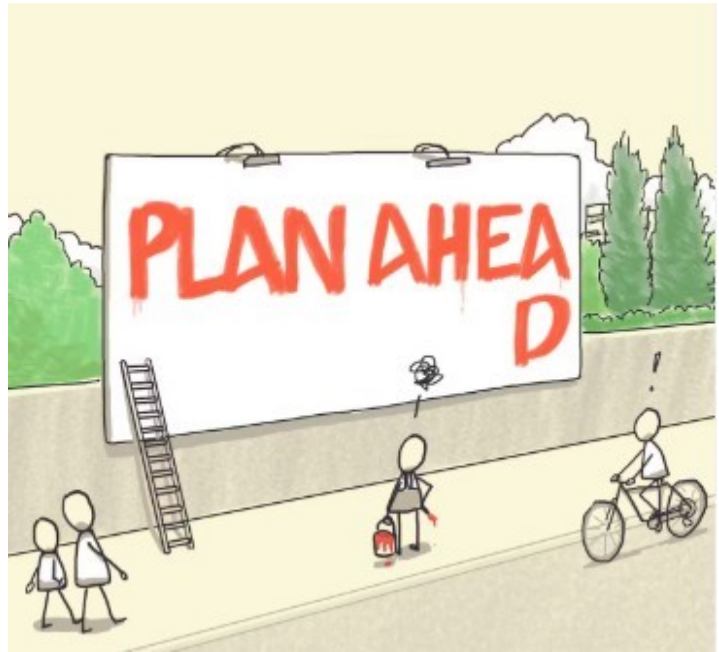
If you are thinking of applying for funding for a project, you will need to consider how the timing works and just how long these things can take. Planning ahead is an essential part of all business, and community groups are no different.

If you are thinking of applying for funding many funders have quarterly deadlines, but even those who don't, for example the Community Lottery Awards for All grants, have a turn around time for applications. Awards for All, at the moment, is 16 weeks. This is simply due to the volume of applications they have to deal with.

Many funders have a quarterly panel meeting and if you are not aware of the date, you can just miss a meeting and have a three month wait until the next one. Locally, the lovely people at Foundation Derbyshire have quarterly meetings and however much they would like to fund everyone as soon as they can, it is not possible process individual applications as they come in.

From your own point of view as a community group, when you are putting together an application you may need information from the Treasurer or Secretary and they may be planning to go away on holiday, which can cause a delay.

If you have a project which might include an information board about the village, you will need to investigate planning permissions



You could possibly need the final application approved by your committee, so that might also take time to arrange and it is possible that people will come up with good idea which needs to be included. This is more likely than you think, so many times I have had an idea, or been working with someone who has an idea, and it evolves into something different as you work through it and think about it.

Sometimes it is as simple as 'this thing has broken and we need a new one', but there are still processes to go through which can take time. Do we need a faster one next time, or a smaller one? Do we want a different colour?

Even after you have put in the application, the funder might come back to you and suggest changes, which again may cause delays.

The long and the short of this is that it will probably take longer than you think, but if you have an idea and you need to get funding, drop me an email, or give me, Glynn Wilton a call on 01773 512076 and let's start the process, hopefully it won't take too long...

### Membership of Amber Valley CVS

**It is time renew your membership of Amber Valley CVS—this means we can update contact details but also confirms your role in shaping what and how we deliver to support your group. This year we will need to implement a membership charge, on a sliding charge based on your income which will aid our sustainability.**



## Connected Amber Valley

Isolation and loneliness can creep up on anyone but we are working towards connecting people in Amber Valley whether they are home alone, isolated through caring or family responsibilities or working in a role without colleagues or team mates.

Our action plan includes;

Raising awareness of available social activity - use this link for the google map -



Connected  
Amber Valley  
Reducing  
Isolation  
My Google Maps

Identify groups/individuals who may be lonely and plan targeted intervention—this has seen a Bereavement Support Group start in Ripley as well as continued support to “Warm Spaces”

Development of initiatives and interventions to address loneliness - for those who are deaf or hard of hearing, new socials groups have been formed.

Manage & administer grants for social connections to be made; If you have an idea or need your group to extend to meet demand please contact us as we have funding available until September 2025.

To share knowledge, discuss gaps and log progress you can join us face to face at a Front Line Network meeting or on the Connected Amber Valley teams meeting.

Contact: [lynn@avcvs.org](mailto:lynn@avcvs.org) or [davidbrough@avcvs.org](mailto:davidbrough@avcvs.org) for further details

## Amber Valley Partnership



Dates for the year will be available soon. With new Public Health team members now embedded in their

roles, data and planning of priorities for improving health and wellbeing in Amber Valley are being finalised.

If you wish to receive a weekly round up of information from statutory and voluntary organisations activity in Amber Valley, please contact :

Annette Appleton,  
PH Service Development Officer -  
[Annette.Appleton@derbyshire.gov.uk](mailto:Annette.Appleton@derbyshire.gov.uk)

## Community Safety

If community safety is your interest, Amber Valley Borough Council have a new Community Safety Officer for you to introduce yourself to, Claire Kilcommons.



Claire will need some time to gather information about Amber Valley. A responsibility Claire will have is to prepare a local community safety plan. This will likely include actions for serious violence, domestic abuse and violence against women and girls, which are included in the Derbyshire Safer Communities strategy.

## Make/ Shift

### Movers & Shakers Community Fund

Funding from the Arts Council is increasing the visibility of all things made in Amber Valley. Amber Valley residents are invited to drop in at “ Ideas Cafes” to share ideas, meet neighbours and speak with panel members of the “**Movers and Shakers**” Community Fund.

If you're connected to Amber Valley and want to bring people together, kickstart a new idea or have a go at something new ... then our fund is for you!, in villages and towns across Amber Valley from April. Spring applications open 19th March - 18th May 2025. Autumn applications open 20th September - 16th November 2025 to October 2025.

Spring applications open 19th March - 18th May 2025. Autumn applications open 20th September - 16th November 2025.

# Get Out Get Active Amber Valley



In today's fast-paced world prioritising our physical health often falls by the wayside for so many people. Many say, "I don't have time". In order to lead a long, sustained healthy life physical activity and increasing movement remains a cornerstone of overall well-being. Here in Amber Valley we have so many opportunities for the community to get involved. We have Get Out Get Active Amber Valley, numerous Walk Derbyshire walking groups, four leisure centre sites and numerous community classes you can come and take part in!

There are so many great reasons to join our classes in Amber Valley. Participating in our classes and groups can strengthen your heart, improve lung function, and can help maintain a healthy weight. Beyond the physical benefits, exercise releases endorphins—often referred to as "feel-good" hormones—that combat stress and elevate mood. It's not just about staying fit; it's about feeling good inside and out whilst increasing your life expectancy.

Our community fitness classes and walking groups provide the perfect opportunity for anyone looking to make exercise a regular part of their routine.



Milo Says:

Get Out & Get Active  
It's great out here!

(Milo's human is  
Chris Frost - GOGA  
Community Physical  
Activity & Wellbeing  
Lead, Amber Valley)



Whether it's our chair-based exercise classes, Tai Chi, strength and conditioning class, inclusive dance sessions, men's yoga or others, these sessions cater to various skill levels and interests. Why not give one a try? It could be life-changing in so many ways.

For further information on any of the opportunities around Amber Valley call Chris on 01773/512076 or email [chrisfrost@avcvs.org](mailto:chrisfrost@avcvs.org).

We visit the regular Primary Care Network wellbeing drop-ins hosted in Somercotes, Alfreton, Heanor, Ripley and Crich. These wellbeing sessions host a number of health services for local residents to speak to including Amber Valley CVS, Walk Derbyshire, Amber Valley Borough Council, Places Leisure, Live Life Better Derbyshire, Deafinitely Women and many more.

There have been many good stories which have come out of these sessions – one lady was introduced to the local walks about Amber Valley and now regularly joins three Amber Valley walking groups. She describes going to the wellbeing session as 'life changing' due to the improved life quality through exercise and socialisation.

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



Perhaps you have benefitted 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.**

## Belper Shed

**Belper Shed, serving Belper, Ripley and Amber Valley**

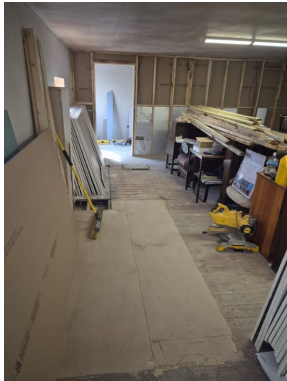
**Belper Shed CIC, established in 2024, is part of the UK Men's Sheds Association (UKMSA) network. Recently relocated to our new location in Ripley, Belper Shed will provide a space for members to make and create.**



### UKMSA

UKMSA supports a network of over 1200 sheds across the UK, helping them with setup, connecting with other sheds in their area and linking them to sponsors. Each shed is unique and established as an independent organisation, reflecting the specific needs and interests of its local community.

The UK Men's Sheds Association supports a growing movement that recognises how community spaces centred around practical activities can transform lives. The Men's Sheds concept originated in Australia and has spread globally, addressing fundamental human needs for purpose, belonging, and meaningful activity. Local man, Chris Fisher, known as the Blind Woodturner, is Patron of the UK Men's Sheds Association. His inspiring journey from sight loss to becoming the UK's only completely blind accredited Woodturner, epitomises the transformative power of making and creating that defines the Shed movement. Building connection through shared activities rather than face-to-face conversation is key to the success of Men's Sheds. Members learn new skills through the mutual exchange of knowledge rather than formal instruction. Each Shed belongs to its members, who determine its projects, activities and direction.



Though historically focused on men (particularly older men), many Sheds including Belper Shed welcome all adults regardless of gender, age, or background.

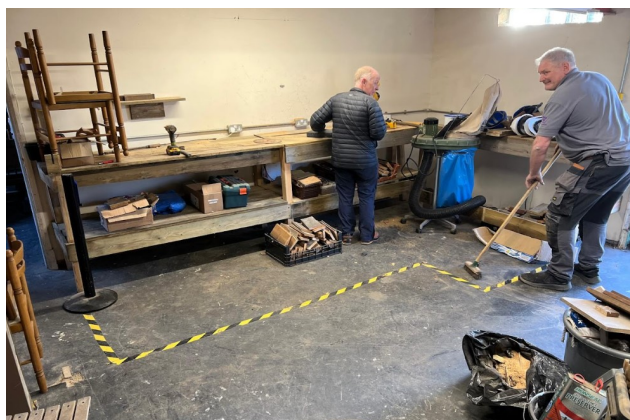
### The Healing Power of Making

Making and creating can have a profound impact on mental wellbeing. For those facing depression, anxiety, or other mental health challenges, the act of creating something tangible offers many benefits. Working with your hands demands focus and presence, providing a natural form of mindfulness. Completing a project, however small, provides the satisfaction of creating something from nothing and that, in itself, is transformative.

One member recently shared: "When I'm working on a project, everything else melts away. For those few hours, I'm not defined by my depression—I'm just a maker, creating something meaningful."

Regular attendance at a Shed provides structure and social connection that combats loneliness, particularly following life transitions like retirement or bereavement. Studies show Shed participation reduces depression and anxiety, improved self-esteem, and greater life satisfaction. Sheds contribute to their wider communities through volunteer projects, intergenerational skill-sharing, and repurposing waste materials.

As one Shed member from elsewhere in the network put it: "I came for the wood-working, but I stayed for the friendship."



# Belper Shed

## What We Offer

At Belper Shed, we offer a supportive environment. Our facilities, once complete, will include a fully-equipped woodworking shop with lathes, bench saws, and hand tools; dedicated areas for metalwork and basic engineering projects; garden space for horticultural activities; and craft space for textile work, painting, and other creative pursuits. Members will have access to all equipment under the guidance of experienced volunteers.

Whether you're a skilled craftsman or a complete beginner, you'll find a welcoming space to pursue your interests or discover new ones. Regular skill-sharing sessions will allow members to learn from one another, with workshops covering everything from basic tool safety to specialised techniques. Community projects will be an important way for the Shed to contribute to local initiatives.

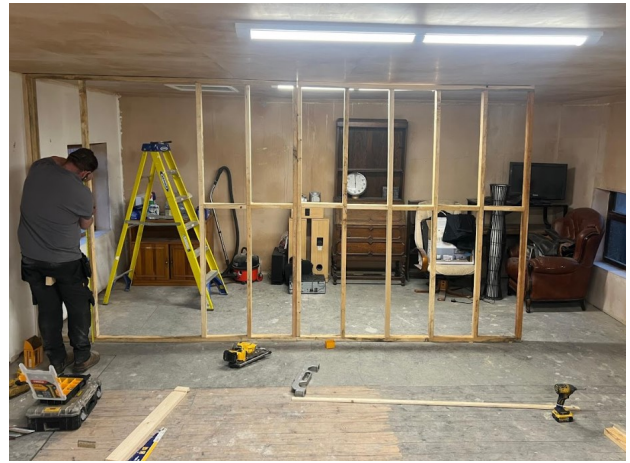
## Join Us

Whether you're looking to learn new skills, find a supportive community, or simply enjoy the therapeutic benefits of making, Belper Shed welcomes you. No prior experience is necessary - just a willingness to participate. Becoming a member is straightforward and affordable. We charge a nominal annual fee and per session - this includes hot drinks and snacks. Your membership fee helps cover our running costs while keeping the Shed accessible to all. When you visit, you can expect a warm welcome followed by a brief safety induction for newcomers. You can work on personal projects or join in with community initiatives. Some members come with specific plans, while others discover new interests through trying different activities. All skill levels are welcome - we learn from each other, and there's no pressure to be an expert.

## Building Community Through Shared Activity

Perhaps most importantly, Belper Shed addresses the isolation that often accompanies mental health challenges. Here, social connection happens naturally, without pressure or expectation. Conversations flow easily when people are working side by side on projects, creating opportunities for friendship and support that might feel impossible in more conventional social settings.

The shed becomes a place where members can share not just tools, but experiences. Many find it easier to discuss personal challenges while engaged in an activity, making the shed an informal but effective support network.



## Get Involved

There are many ways to support Belper Shed beyond becoming a member. We're always looking for volunteers to help with running sessions, maintaining equipment, or sharing specialist skills through workshops. If you have experience in woodwork, metalwork, crafts, or gardening—or if you're simply good at making tea and facilitating conversations—we'd love to hear from you.

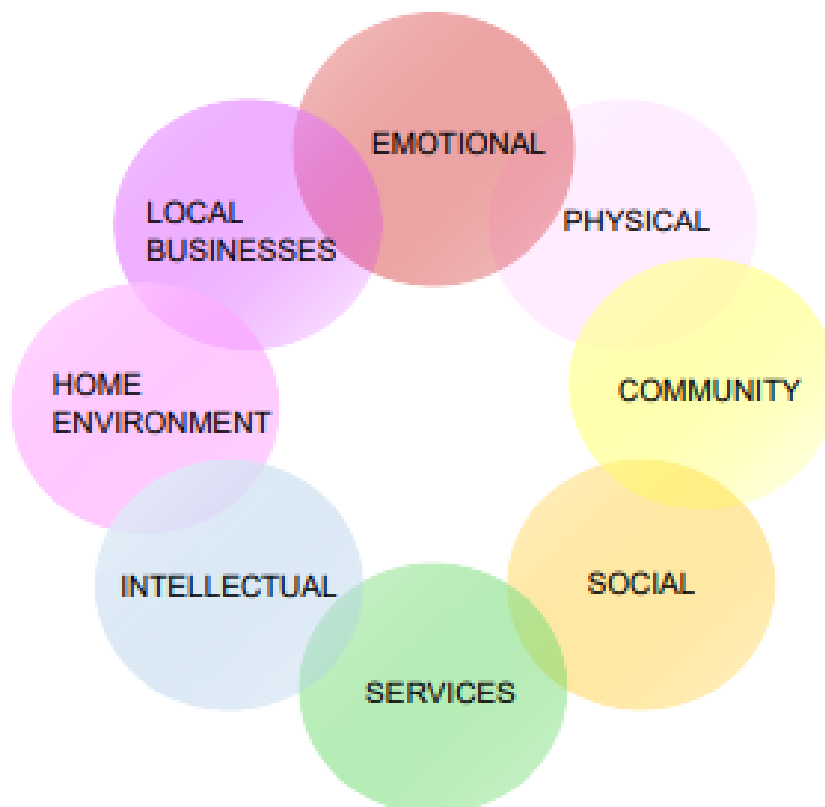
Donations make a tremendous difference to what we can offer. Tools and equipment in good working order, materials for projects, or financial contributions all help us create better facilities for our members. A big thank you to the local businesses who have already supported us with donations of timber, hardware, and other materials - every contribution helps us make a difference.

To find out more, follow us on Facebook and Instagram (@BelperShed). Whether you're interested for yourself, a friend, or a family member, we look forward to welcoming you to our making community.



# Amber Valley Services for Connecting People Over 50

What information can you give us to support a  
“Healthy Living Framework” in Alferton  
that includes:



Call or email Clare Salmons  
01773 512076  
[claresalmons@avcvs.org](mailto:claresalmons@avcvs.org)

The Older Person Connector  
will listen to your story,  
signpost you to helpful  
services and feedback on  
gaps to providers.



We are pleased to announce that Belper Community Transport will be in service from the 1st June 2025.



We are pleased to announce that Belper Community Transport will be in service from the 1st June 2025.

**There are two cars. The wheelchair accessible vehicle must be booked with one of our volunteer drivers. The electric car can be self driven (minimum age of 25 with no more than 7 points on your licence).**

Annual membership fees are £25 individuals— £100 for organisations or care homes.

Membership is for residents living in the DE56 area. Hourly hire rate £6

**This service is totally run by volunteers and is primarily for those who have disabling conditions or don't have their own vehicle.**

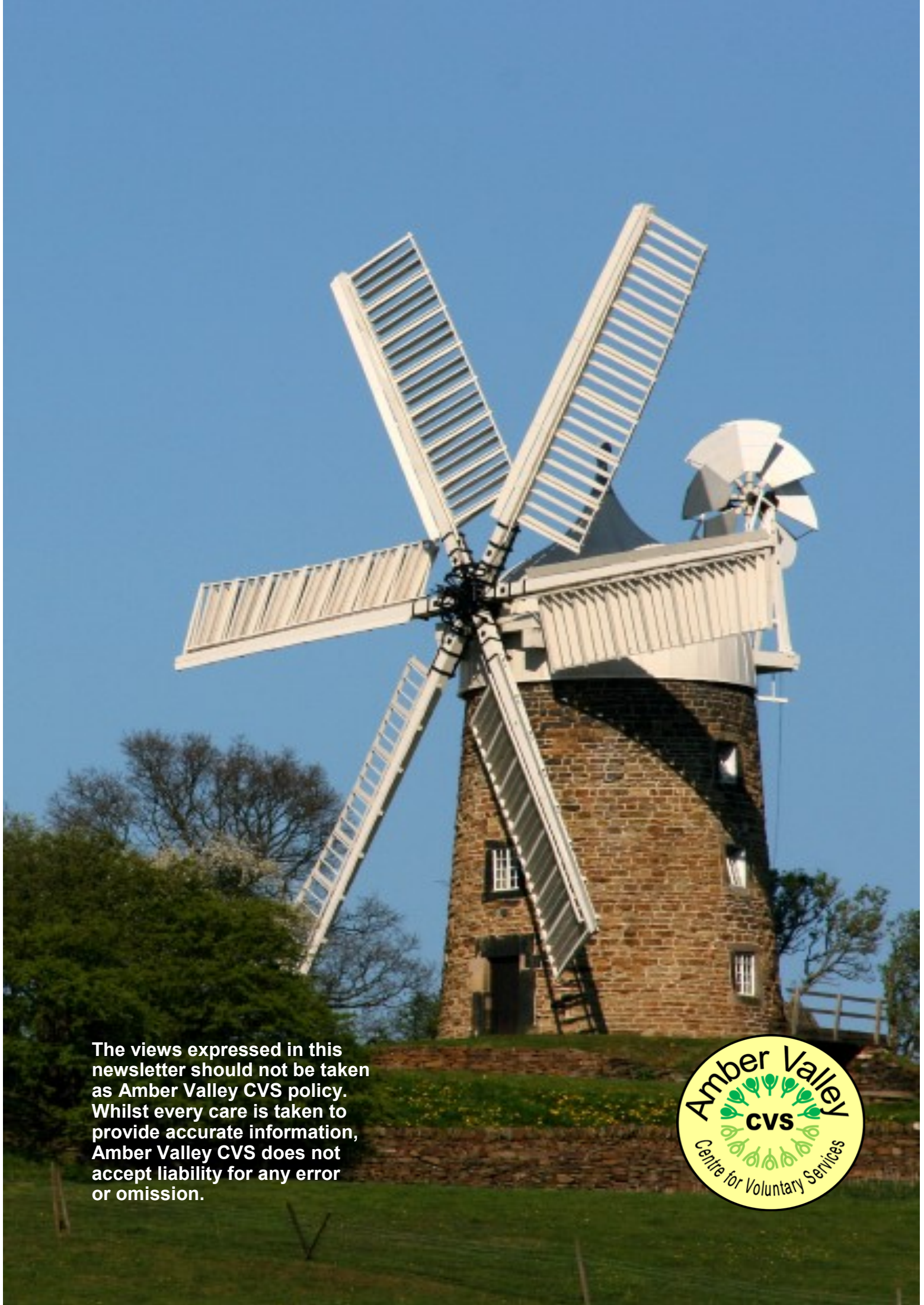
**Members can book on:**

**WWW.BELPERCOMMUNITYTRANSPORT.ORG**

**Or telephone: 07982376697 (leave a message and somebody will ring you back)**

**Fees and donations to our PayPal account: info@belpercommunitytransport.org**

**Or send a cheque made out to: Belper Community Transport to our treasurer:  
Paul Terry, 121 Belper Lane End, Belper DE562UH**



**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.**

