

NETWORK

HOME EDITION

Issue 1



derbyshire voluntary action
Supporting Health & Wellbeing

Hello

Hello and welcome to Networks first ever Home Edition!

First of all, we hope you are all safe and well and managing to find happiness in these strangest of times. Whilst this situation feels challenging, here at Derbyshire Voluntary Action we are taking comfort in still being able to remain in touch with people, whether by phone, email or video conferencing. We feel proud to be a part of a sector that is battling through, managing change and continuing to support our communities and colleagues in the voluntary sector.

As a sector we continue to prove our importance in supporting those that need us most, and as always we are proud to be in this together, with all of you.

What is Derbyshire Voluntary Action up to?

Derbyshire Voluntary Action remains open for business during this unsettling period and we will continue to support our members, clients and our community, albeit in a more virtual way.

The Derbyshire Voluntary Action team is dedicated to supporting you and your group to stay connected and continue to support your beneficiaries wherever possible. Our projects, 'Community Chesterfield' and 'Connect to...' continue to be fully operational and are working virtually too. If you want to speak to a member of our teams, contact us in the usual way.



We already have a variety of ways to keep the Derbyshire Voluntary Action community connected, including our telephone calls, emails, bulletins and newsletters, but we are also exploring new ways of networking virtually so that you can see familiar faces and engage in discussions from your laptop. We are also exploring ways of helping you to connect with your members through online platforms and for us all share in this learning as we go along.

We have made the difficult decision to postpone upcoming Derbyshire Voluntary Action face to face forums and events until the ongoing situation becomes clearer. At present, this includes all events up to the end of June 2020. Be assured we are not going anywhere and you will definitely see us, just in a different format.

If you are a Derbyshire Voluntary Action member please send us your news, experiences, any advice you may have, or general updates on your group, so that we can continue to raise awareness of your good work and of course, support one another.

With best wishes,

from all at Derbyshire Voluntary Action

Social Media

We have made a Facebook page, where we are sharing positive and creative information and activities. If you don't already follow us you can find us at:

<https://www.facebook.com/covid19connect>

If Facebook isn't your thing, you can still receive plenty of information from our e-bulletin and Twitter pages. Which can be found at:

- * @dva_info
- * @dvamentalhealth
- * @ComChesterfield
- * @Connect2_



If there is anything you would like sharing through our media and marketing channels or anything you would like more information on, please just get in touch at: info@dva.org.uk.

Be Inspired

Community response unit

We're involved in the coordination of a massive community response across the county to make sure vulnerable residents are supported through the coronavirus outbreak.

There's information here for those who need help, people who want to volunteer and our partner organisations who are going to co-ordinate help in their local area.

If you need help

If you need help and have no friends or family you can call on, you can register to get help online.

There is also guidance available on how to get an online supermarket delivery slot if you are shielding.

If you want to volunteer

You can register to volunteer online and help people in your local community who don't have anyone else to call on.

Offering PPE or other support from your business

If you are interested in offering personal protective equipment (PPE) or other support you will first need to register to offer coronavirus support from your business. The government are keen to ensure that PPE meets the required quality standards and they are able to coordinate a national supply.

Partner volunteer organisations

We're calling on Derbyshire's strong network of community groups, voluntary organisations and

businesses to help by joining the Derbyshire Community Response Unit. Do you belong to a business or group that could help supply goods or services?

The Community Response Unit will help those in need by delivering services such as:

- * food shopping and delivery
- * checking up on people who are isolated with a phone call or online help to prevent loneliness and check whether there is anything they need
- * collecting and delivering prescriptions

Residents who could be helped by the Community Response Unit include those who are self-isolating because they, or a member of their household, is at risk from coronavirus. Support will be offered to residents struggling to meet their basic needs because of financial, social and health restrictions – including pregnant women, people with some underlying health conditions and those aged 70 or over.

If you're involved in a community group, voluntary organisation or business and you have members who are below the age of 70 who are fit and well then we want to hear from you.

For more information, visit: <https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/health-protection/disease-control/coronavirus/community-response-unit/community-response-unit.aspx>





“This is a very challenging time for all of us and I know that we are having to adapt very quickly to maintain that support for our service users.

Here at the Derbyshire Recovery and Peer Support Service our 1-1 support is being done over the phone with those on our caseload. This is done on a regular basis trying to support those individuals work towards their goals that they identified the best we can in the in the present situation. We are still open to receive new referrals during this time.

We have embraced the use of technology in the form of video conferencing. This has enable the service to hold team meetings, meetings to management and to other organisations. Where it has helped immensely is with the groups and group facilitators. The group development element of the service has been working on developing virtual group sessions that have benefited the Peer supporters and the members. We also have a general support group on a Thursday evening that is open to all. Other sessions that we are looking at holding is general wellbeing, Yoga, and support sessions led by qualified counsellors and therapist.

We have set up an Emotional Helpline. This cover the whole of Derbyshire except for Derby City however we will not turn anybody away! It is open Monday to Friday 09.00 until 17.00. We are looking into extending the hours to early evening and weekend cover. Times will be agreed and notification sent out.

Through this time it has shown me how resourceful we can be and how we as a team can get together and overcome challenges that are set before us to produce a positive outcome for those experiencing difficulties with their mental health.”

Many thanks to Rob Passey, Service Manager for the Derbyshire Recovery and Peer Support Service

For more information, visit: <https://www.rethink.org/help-in-your-area/services/community-support/derbyshire-recovery-and-peer-support-service/>

“In a world of COVID-19 there have been many challenges and changes and one of them being the way in which we support those with mental health. We as therapists have learnt to quickly adapt and provide therapy via other portals such as phone and webcam sessions; It’s new for some of us but it mean we still have the privilege of supporting those in need. To be able to still connect with my clients and to support them through this chaos and to know we can still come together and do what we do best is the most rewarding feeling one can have.”

Many thanks to Nikita,
Counsellor at Relate
Chesterfield & North Derbyshire

**For more information, visit:
<https://www.relate.org.uk/find-my-nearest-relate/centre/chesterfield-north-derbyshire-relate-centre>**


relate
the relationship people

Be Inspired

Social distancing doesn't mean we have to stop talking about mental health

All of us can appreciate some degree of negative impact on our own wellbeing with the current advice on self-isolation and social distancing. As somebody with mental health problems the current situation is both increasing my anxiety levels and reinforcing my negative thoughts and subsequent low mood. Indeed all the 'usual' things I would do to help manage my mental health are out of bounds; Park Run, meeting friends or going to the cinema.

As a Time to Change Champion, I was feeling a bit overwhelmed and wondering what difference can I make now? A large part of the work I do involves having conversations about mental health with strangers. However, I've got to prioritise my own self-care. The tools we've been trained to use so effectively over the years – sharing some of our lived experience of mental health through conversation with others – does not feel compatible with current restrictions and self-isolation.



"It made a difference thinking I could still do something as a Time to Change Champion, and maybe help change an attitude along the way."

Angela

However, there has never been a time when so many of us are experiencing the negative impacts of the lockdown on our own mental health. Bearing that in mind, I've had conversations remotely over the last couple of days which, on reflection, aren't all that different to the conversations I was previously having in person.

I was checking in with an acquaintance on the phone as she was self-isolating. It felt totally natural and appropriate to ask how this was all making her feel. She replied, "Really anxious I'm physically shaking." During the conversation, I mentioned that I had previous experience of anxiety and this situation was making it worse. I ended by saying how important it was to talk about it and seek help if needed. This person was not previously aware that I had mental health problems, and I doubt very much if I would have shared this if she wasn't anxious herself. This everyday conversation was a mixture of empathy, expressing concern for her wellbeing, and me sharing some of my own lived experience to help change attitudes.

The second time I was speaking with my postman through an open window. Again, it's somebody I wouldn't normally see to speak with. I thanked him and asked how he was doing? He replied, "This is really getting to me now and I don't know what I'll do if I lose my job."

We spoke for a few minutes and I shared that I too struggle with negative thoughts and had to seek help for depression. I said it's ok not to be ok and talking about it and seeking help is important. He paused, nodded and smiled and I think I may have planted a seed around changing an attitude to seeking help, or a stereotype about mental health problems.

Having those conversations took energy and I don't always feel like it, but I did feel better afterwards. I still need to prioritise my own self-care and wellbeing, but it made a difference thinking I could still do something as a Time to Change Champion and maybe help change an attitude along the way.

time to change

let's end mental health discrimination

**Many thanks to Angela and Time to Change
for this incredibly inspiring case study.**

**For more information, visit:
<https://www.time-to-change.org.uk/>**

Be Inspired

Blythe House Hospicecare Here to Help

Blythe House Hospicecare is increasing the level of community care to support the most vulnerable people as the coronavirus pandemic continues.

The hospice is providing 24/7 end of life care in the comfort of patient's homes. In addition, a team of hospice staff and volunteers is posting 'kindness cards' to let people know about support including shopping, prescription pick-ups, telephone chats and food parcels.

Nurses, counsellors and healthcare assistants are also on-hand to provide telephone support to all patients and their families.

Janet Dunphy, CEO, said: 'Our community have supported us to develop to meet the increasing needs of people in the High Peak, and this is payback time, we will be there for them even more now. We are stronger together.'

'The well-being of the people we support, hospice visitors, staff and volunteers is our first priority and that's why we are following advice and guidance issued by Public Health England and the UK Government.'

'At the present time, we are taking each day as it comes with regards to the ongoing situation. We have taken on-board Government advice and have made decisions to implement some changes to services whilst continuing to support the most isolated and vulnerable people in our local area.'

If you or someone you know is feeling lonely or isolated due to the current situation, or you'd like to find out more about support from Blythe House, please contact Vicci Wild or Julie Forrest on 01298 816990.



Blythe House Hospicecare

Here to help

If you or someone you know is feeling isolated or lonely due to the current circumstances we would like to offer our support.

- Undertake light shopping duties
- Post mail
- Pick up urgent supplies and prescriptions
- Walk pets
- A friendly phone call.
- Offer cold light lunch food parcels

Call: 01298 816 990
Email: volunteering@blythehouse.co.uk

Connecting our Community

Coronavirus Mental Health Response Fund

Due to the coronavirus pandemic, demand for mental health services is increasing.

To help VCS organisations based in England continue to provide mental health services - or provide additional support - organisations can apply for a Coronavirus Mental Health Response Fund (CMHRF) grant.

Thanks to £5m support from government (the Department of Health and Social Care), grants of £20,000 or £50,000 are available for projects lasting up to 12 months.

For more information, visit: <https://www.mind.org.uk/news-campaigns/campaigns/coronavirus-mental-health-response-fund/>

Support for smaller organisations or groups

As part of this funding programme, the National Survivor User Network (NSUN) will be administering a fund to support user-led organisations and smaller, unconstituted community organisations, who might not otherwise be eligible for a grant.

Details are available from: <https://www.nsun.org.uk/>



Holme Hall Unite

There's not an awful lot that we can do during these difficult times - we just do what we can. Today we sent a dozen lovely potted orchids



to Woodlands Care Home - to help to lift the spirits during this stressful period.

Tony Hedley
Holme Hall Unite

Derbyshire Voluntary Action would like to thank Tony for his continued effort to support his community. Through the Covid 19 Community Response Unit, Tony has been collecting prescriptions and groceries for isolated people.

Find out more about Holme Hall Unite on their website: <http://www.holmehallunite.co.uk/>

Be Inspired

Junction Arts needs you!

The Junction Arts team took part in the 2.6 Challenge on Sunday 26th April 2020.

The Covid-19 pandemic has had a catastrophic effect on the charity sector with the cancellation of thousands of events and the loss of billions in income through fundraising events. In response the organisers of one of the largest fundraising events, The London Marathon, created the lockdown-friendly-event, the 2.6 challenge.

On Sunday 26th April the Junction Arts team took to their social media channels to complete their own challenges. They were as follows:

- * Jane walked through 26 (small) fields and taking 26 photos along the way.
- * Jemma hosted an Instagram Live Dance-a-thon to 26 songs.
- * Paul and family created/performed 26 artworks using a variety of art forms, from dancing to ballet, singing to ceramics.
- * Aly performed with Fire Poi for 26 seconds (she hasn't done it in a while!)



- * JJ hosted an Instagram Live Karaoke For 26 minutes.
- * Hannah raced against her family in 3 mini competitions of painting a self-portrait, space hopping round the garden 3 times and throwing 26 balls into a bucket, each within 2 minutes 6 seconds.

You can show your support to the teams efforts by donating through the charities fundraising page: <https://uk.virginmoneygiving.com/Team/JunctionArts1>

All donations are a huge support to the charity! They make a huge difference to ensure the charity can operate until long after this crisis and quickly adapt to deliver creativity in other ways now, when it is most important.

Online Links

Junction Arts website: www.junctionarts.org

Facebook: www.facebook.com/junctionartsuk

Twitter: www.twitter.com/junctionartsuk

Instagram: www.instagram.com/junctionartsuk

For more information about the charity or ways people can fundraise for Junction Arts, please contact us at info@junctionarts.org

Our Outreach Bases and our Social Groups are suspended until further notice.



However, our services are operational for information, advice and support including telephone referrals and emergency interventions, please contact us on:

01773 570976

Please be assured that we will re-start our Outreach Bases and our Social Groups at the earliest SAFE opportunity.

The Government advice is as follows:

- * Stay at home - no unnecessary journeys or social contact.
- * Only leave home for essential shopping, medical needs and one for of exercise per day always following good hand hygiene and social distancing guidelines.
- * Use online retailers to deliver essentials wherever possible.
- * You can travel to and from work if absolutely necessary.
- * Public gatherings of more than 2 people are banned - excluding people you live with.
- * Don't visit other peoples' houses or socialize outside your home.
- * If unwell, isolate yourself and your family.

For more information, email: info@hearinghelpuk.uk

Be Inspired

Friendship Letters with Age UK Derby and Derbyshire

People needing to shield themselves from the coronavirus COVID19 will find the coming weeks a struggle as they are unable to meet friends and family or leave their home. Age UK Derby and Derbyshire are working to find ways of making sure older people feel valued and in contact with the outside world. If you would like to help writing a letter might be one way.

We are in contact with many older people who normally attend our services and places like our Chaddesden Park Centre for activities and social contact. We are working hard to ensure they get regular telephone contact from a familiar voice but a letter would give a real boost too.

To make sure everyone stays safe, and your letter or card does nothing but good, please follow the guidance on the next page:



Don'ts:

- * Please only sign the letter with your first name only or 'from a well-wisher' type neutral sign-off.
- * Don't share personal details like your address, age, date of birth or anything that would identify you.
- * Please don't make personal or discriminatory comments.

Do's:

- * It is ok to share some personal circumstances like 'I live with my husband' or 'I have a cocker spaniel', and a little about what you do or did for a living.
- * It's good to describe positive things such as things growing in your garden, things you are doing to keep yourself cheerful, activities you enjoy, memories and reminiscence, the view from your window (keeping your exact location secret).
- * Ask questions to stimulate an older person reading the letter to think about how they feel: 'I've cooked myself a hot meal tonight, I find a nice hot dinner really makes me feel better when times are tough – do you find this too?' or 'I love this time of year when the air is cool but the sun is warm, what is your favourite time of year?'.
- * Encourage your reader to follow the Government guidance and to use support services if they need help.

When you have finished your letter or card put it in an envelope marked '**Letter Friend**' and send it to:

Age UK Derby and Derbyshire

29A Market Place,

Heanor.

Derbyshire.

DE75 7EG

(If you have lots of letters post them all together in a large envelope)



Be Creative

Arts Derbyshire Project for Housebound Older Adults

Older adults aged 65+ from across Derbyshire are being invited to take part in a new project 'A Necklace of Stars'. During the Covid-19 crisis, instructions and support for making embroidery, poetry and lullabies will be provided via post, online and on the phone for those who are housebound.

A Necklace of *Stars* is an Arts Council England supported collaboration between Arts Derbyshire, DCC Public Health, Derbyshire Library Services and arts organisation arthur+martha. Collectively, we will make an embroidered quilt with a poem and song soundtrack, inspired by lullabies. Lullabies bring calm and comfort, and also tell insightful stories that pass on the depth of human experience from generation to generation.

Using embroidery, poetry and repurposed bed sheets, pillow cases and pyjamas, stars will dance across the quilt. At a time when so many of us are suffering the negative effects of isolation lock-down, this project couldn't be more timely. It will help to build confidence and wellbeing, reduce loneliness, forge connections and re-ignite creativity.

This project will culminate in a 12-month exhibition showing the quilt, poems and soundtrack in a variety of cultural venues across Derbyshire.

If you are interested in taking part in this project (whether you have no experience or plenty), or know of someone who might enjoy getting involved, please contact Sally Roberts on 07395 904386 or email sallyartsderbyshire@gmail.com

You can also visit arthur+martha's website to find out more, or express your interest <https://arthur-martha.com/portfolio/a-necklace-of-stars/>



#FIXATHOME

Now that more and more people are forced to stay at home, it's time to fight the corona blues. What can be better to do this than making repairs? Over the next week, iFixit, Repair Café International and other organisations are running the hashtag campaign #FixAtHome.

The campaign will run on Twitter, Instagram and Facebook. Participating is very easy. Share social posts with the hashtag #FixAtHome about things like:

- Repairs/projects/builds you're currently working on at home
- Instructions for projects that can be done at home
- Food for thought: Why repair is a good thing (e.g. evergreen blog posts, podcasts)

For more information, visit: https://repaircafe.org/en/wp-content/uploads/sites/2/2020/03/iFixit_FixAtHome_Campaign_Brief.pdf

Another useful site is the Restarters Community, a global community of people who make local repair events happen and campaign for our right to repair. They have a very useful wiki page with lots of advice/tips on how to repair items. They are supporting the #FixAtHome campaign.

And remember that if you want any bike repairs doing, you can either take it to a bike shop, or businesses such as Monkey Park and Brampton Cyclery offering bike repairs, which are still open as classed as essential services. Alastair, who runs Dr Bike has also kindly offered a **remote Dr Bike service**, to discuss and offer advice by video call. Contact him via secretary@chesterfieldcc.org.uk

Thanks to Transition Chesterfield for this information



Be Creative

Celebrate VE Day 75 at Home!

Due to the unfortunate events surrounding the Covid-19 outbreak, the Dronfield Arts Festival has been postponed. Originally due to take place next month, the Festival will now coincide with Victory in Japan (VJ) Day, which marks the end of WWII, over the weekend of 15th & 16th August.



This will be a joint celebration of both VE & VJ day and we will be continuing with the 1940s theme. Most of our performances and events are still able to join us over the new dates. All tickets already purchased will still be valid for 15th & 16th August. Keep an eye on the Dronfield Arts Festival website to keep up to date with our revised plans.

Join our Stay at Home Party! On Friday 8th May

Even though we can no longer host celebrate the 75th anniversary of VE Day in Dronfield, we still want to help our community to come together in a safe way, to mark this historic day. So, we would love for you to celebrate with us in a community wide "Stay at Home Party" on Friday 8th May!

Much like the street parties that were held across the country 75 years ago, with your help, we hope to recreate the feeling of hope and wartime spirit that swept the nation at the close of WWII.

We can still celebrate by holding our own patriotic parties from our front rooms, gardens, doorsteps, and balconies and commemorate the 75th anniversary of VE Day together.

Visit the VE Day "Home Party" page on the Dronfield Arts Festival website to see how you and your family can get involved.

For more information, contact Ann Wright: 01629 532886 or Email: ann.wright@derbyshire.gov.uk





Indoor Plant Care

<https://www.patchplants.com/gb/en/care/indoor-plant-care/>



Guitar Lessons

<https://www.justinguitar.com/categories/beginner-guitar-lessons-grade-1>



Explore Your Creativity

<https://www.skillshare.com/>



Great Artists and Their Works

<https://alison.com/course/great-artists-and-their-works>



Digital Photography Classes

<https://alison.com/courses?&category=photography>



Bread Baking

<https://www.skillshare.com/browse/bread>



Online Barista Training

https://www.youtube.com/channel/UCnIN1_vQvSzzBElyPPu2xIA

Be Active

Useful links for being active at home:

- * Mr Motivator - <https://www.youtube.com/channel/UCfwfmls3bDdK1TzhmSBF-g>
- * Camp Fit - <https://www.facebook.com/hiyacampfit/>
- * Joe Wicks P.E. - <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>
- * Dance to Beat - danceplug.com/classes
- * Alo Yoga - <https://www.youtube.com/watch?v=8CaQuPOG7vc&list=PLc0asrzrjtZKH MqSGRZSWNRsRRjJfKjCN>
- * NHS - <https://www.nhs.uk/live-well/exercise/10-minute-workouts/>
- * HASfit - <https://www.youtube.com/channel/UCXIJ2-RSIGn53HA-x9RDevA>

CHAIR & SEATED YOGA POSES

yoga.love.com

Practice each pose using your breath. hold between 3-5 breaths.

SEATED FLOOR POSES



CHAIR POSES



How to do wildlife yoga

wildlife
watch



You will need

- Some indoor or outdoor space
- A yoga mat (ideally)

What to do

You can make your yoga session a bit more 'wild' by trying out some of our wildlife poses!

Make sure to warm up and stretch properly when starting yoga, and always be careful to give yourself plenty of space.

Butterfly



Fox



Pine marten



Frog



Snail



Starfish



Heron



Adder



Be Connected

Our current world feels very strange, this new reality means that those we care about are a little bit further away than we would like. With that in mind it is so important for us to look to new ways of remaining in touch, and there is nothing like seeing a friendly face and having a laugh with friends, family and colleagues to lift morale in these separated times!

WhatsApp

WhatsApp is a great way to keep in touch with people, this free app allows you to have private and group conversations in an easy and efficient way. WhatsApp has end-to-end encryption, meaning your conversations are secure. This of course is very important for groups and organisations discussing work related or personal matters.

As we are all trying to remain connected to one another in digital ways, using WhatsApp for video calling is easy, and as you can see from the photo - fun!

All you have to do is enter your group chat or personal chat and click on the little video camera in the top right corner, once you are calling someone you can easily add participants by clicking the little human logo which has a plus sign on it.



ZOOM!

Forgive us, you are probably fed up of being told about Zoom... but it is brilliant and definitely deserves a shout out. The Zoom free service allows you to host up to 100 participants, have one-to-one



meetings within a 40 minute time limit no subscription needed to attend. You are however, able to have unlimited meetings, so the 40 minutes doesn't have to end there! For groups and organisations missing that social aspect, Zoom definitely hits the spot. **For more information, visit: <https://zoom.us/>**

There are a number of other platforms available, including; Skype Business, Google Hangout, Houseparty, Signal, Telegram and Microsoft Teams. Not all of these services however, are subscription free. We will feature these in more detail in future issues.

If you want any advice on how to remain connected to one another please don't hesitate to get in touch, email: info@dva.org.uk

Your Derbyshire Voluntary Action Team

Jacqui Willis	Chief Executive
Julia Cook	Business & Operations Manager
Rachel Bounds	Community Engagement Worker
Bryony White	Senior Administrator
Kim Grant	Finance Administrator
Sam Taylor	Macmillan Expert Patient Manager
Jenny Raschbauer	Community Centre Manager
Alison Gibson	Community Development Worker
Kate Burns	Community Skills Coordinator
Susannah Brewer	Community Support & Marketing Officer
Charlotte Higgins	Connect to... Community Coordinator
Natalie Evans	Connect to... Support & Outcomes Officer
Roger Kerry	Connect to... Link Worker
Richard Colgrave	Connect to... Link Worker
Lisa Motais	Connect to... Link Worker
Helen Walker	Connect to... Link Worker
Aaron Lesser	Connect to... Link Worker
Jess Solly	Connect to... Link Worker
Pete Bird	Connect to... Link Worker

Our Board of Directors

Heather Fawbert (Chair)	Amy Harris
Roland Brown (Vice Chair)	Lynn Tory
Robert Audis (Treasurer)	Julie Dixon
Angela Parnell	Ann Sullivan
	Narinder Sharma



Supported by



Registered Charity number 1134329. Company Limited by Guarantee — Registered in England No. 6956527