

# NETWORK

Issue 116 Autumn 2019



## **Alpaca Trekking Adventure!**

Read all about Our Vision Our Future's  
*Happy & Healthy* project on page 4.

## DVA news and project updates...

### Claire Connects with the Community



My name is Claire. I was referred by my Occupational Therapist to *Connect to...* as I was unsure what clubs and activities are in the area. I recently moved back home with my parents after a relationship breakdown, which affected my well-being for a short time. I have cystic fibrosis which makes paid employment a huge barrier, so for me committing to voluntary projects is vital for me to connect socially.

Soon after being referred I was contacted by my Community Link Worker Roger, who came to visit me. We discussed my strengths and weaknesses in the form of a star which is scored. At the time I did not need much help other than support in meeting new people. Roger asked me if I would like to join the *Connect to...* project as a Social Connector. The following week I heard from Charlotte, who is the Community Coordinator. During conversation between us we discovered a mutual love of art. She offered to take me along to an art group where I gladly met others and have since been enjoying getting creative. At the art group I met a lady who told me about nature therapy and I went along with her to her nature therapy group. Here I have learned how to make things with biodegradable materials such as natural raffia crafts, and I enjoy the chance for a chat, cuppa and piece of cake.

Once I had completed my Social Connector training with Charlotte I went along with Roger to meet Mr B, a gentleman who feels lonely and is keen to share memories of the past. For the first couple of weeks I shared photos with Mr B of Brimington and Chesterfield. Mr B said, "I always look forward to your company and don't want you to get bored. I would love to share your art interests in my kitchen by doing some arts and crafts together." I was very pleased to hear Mr B's positivity and look forward to encouraging activity with him on future visits.

I am glad volunteering is helping my confidence and making a difference to Mr B's life in a happy and positive way.

For more information or to get involved email: [charlotte@dva.org.uk](mailto:charlotte@dva.org.uk)



Thanks to Claire who is pictured here with Charlotte

## Community Chesterfield Update

We are proud to announce our new website  
[www.communitychesterfield.org.uk](http://www.communitychesterfield.org.uk)

### What's new:

**Community Corner:** a new weekly pop-up drop-in run by one community organisation each week at St Helena. Community Corner will raise your profile and enable face to face conversations about joint opportunities with staff and students. Held 11.00am-1.00pm Wednesdays starting 16<sup>th</sup> October. Contact [susannah@dva.org.uk](mailto:susannah@dva.org.uk) to book your Wednesday.

**Free community training venue:** The first voluntary sector group will be using our training space at the University this autumn: the Elm Foundation is running its 'Freedom' programme around domestic abuse over 10 weeks. Space is available at St Helena Mondays – Thursdays.

**Free training for community groups:** Our first free training course, 'Marketing and PR for Beginners' will be running on three consecutive Tuesday mornings during October. Delivered by expert Kate Dawson (Well Read PR), the course is open to community groups operating within Chesterfield. If you're interested, please contact [hannah@dva.org.uk](mailto:hannah@dva.org.uk) for more information.

### Things already happening:

**Postcard from St Helena.** A monthly colourful one-page update including how to access the latest opportunities. To subscribe, contact: [Susannah@dva.org.uk](mailto:Susannah@dva.org.uk)

**Drop-in at The Hub at St Helena.** Monday – Thursday 9.30am-2.30pm. Come in and have a chat about new developments!

**Community group connections.** Appointments with our fab Community Development Officer, Alison, to explore and advance joint opportunities between your organisation, our project and the University. Contact: [Alison@dva.org.uk](mailto:Alison@dva.org.uk)

**Volunteer recruitment for community organisations.** We are busy collating and promoting volunteer roles as required by voluntary organisations, in order to recruit skilled University staff and students to volunteer in the community. Contact: [Jenny@dva.org.uk](mailto:Jenny@dva.org.uk).

### Community Chesterfield

The Hub, Incubation Unit 3, St Helena Campus,  
2 Sheffield Road, Chesterfield  
S41 7LL. Tel: 01246 555908.

[community@dva.org.uk](mailto:community@dva.org.uk)  
[www.communitychesterfield.org.uk](http://www.communitychesterfield.org.uk)  
[@comchesterfield](https://twitter.com/comchesterfield)



community chesterfield  
"putting the uni in community"





## The Macmillan Expert Patient Volunteer Programme is gathering momentum!

The programme aims to provide high-quality, holistic support for people living with and beyond breast, colorectal and bowel cancer: the most common cancers in North Derbyshire. Volunteer Manager, Sam, has brought together a network of volunteers with lived experience and they have played a valuable role in developing a fit-for-purpose programme to support volunteering activity. Sam's future plans include a focus group in September to listen to breast cancer patients' views on non-clinical emotional support, as well as a bespoke training package to be delivered later in the year for volunteers aspiring to help others by becoming Expert Patient Buddies.

Sam is now seeking additional volunteers who have been affected by cancer to join her Volunteer Advisory Group and/or to help develop and deliver a project which will aim to connect with cancer patients, carers and supporters living in North Derbyshire's rural communities. The project will to share information, signpost to existing services and identify gaps in non-clinical emotional support.

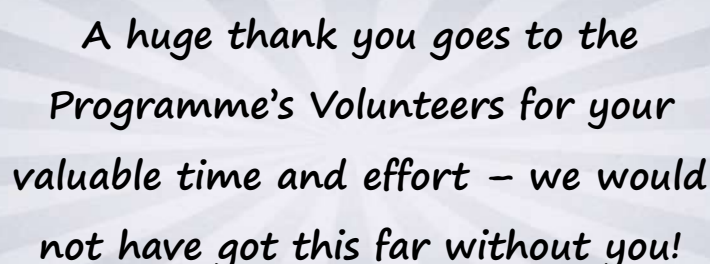
**We would like to hear from you: If you have lived experience of colorectal or prostate cancer and are interested in joining the Volunteer Advisory Group**

or

**If you have been affected by breast, colorectal and prostate cancer as a patient, carer or supporter and interested in becoming a North Derbyshire Community Information Champion**

Please contact Sam for more details: Email: [sam@dva.org.uk](mailto:sam@dva.org.uk)  
Telephone 07926 361183

**MACMILLAN  
CANCER SUPPORT**



*A huge thank you goes to the  
Programme's Volunteers for your  
valuable time and effort – we would  
not have got this far without you!*

## *Member's success stories...*

# Healthy & Happy

Our Vision Our Future (OVOF) is a self-advocacy group, run by and for adults with learning disabilities. It provides opportunities for adults with learning difficulties to build healthier, happier lives with a focus on having fun, making friends and doing the things they want to do.

With funding received from the Healthy North East Derbyshire Small Grants Scheme and the Chesterfield Health and Wellbeing Partnership Small Grants Scheme, OVOF ran the Healthy & Happy project which raised awareness of healthier lifestyle choices.

The funding allowed members to take part in new activities including: healthy choice lunch club, walking group, swimming, accessible cycling, horse riding and alpaca trekking. These activities all promoted a healthier lifestyle and increased physical activity levels, as well as increasing social connectedness through shared experiences.

OVOF member Sally comments about going swimming for the first time in years, "When I got to the pool I felt nervous and didn't want to get in, but I did it and I felt good. I joined the leisure centre afterwards." Sally has since started swimming weekly with a fellow OVOF member. The Healthy & Happy project inspired members to successfully take part in a sponsored swim and they are now considering doing a sponsored walk and/or cycle later in the year.



**For more information call: 01246 556694 or  
email: [ourvision\\_ourfuture@yahoo.co.uk](mailto:ourvision_ourfuture@yahoo.co.uk)**



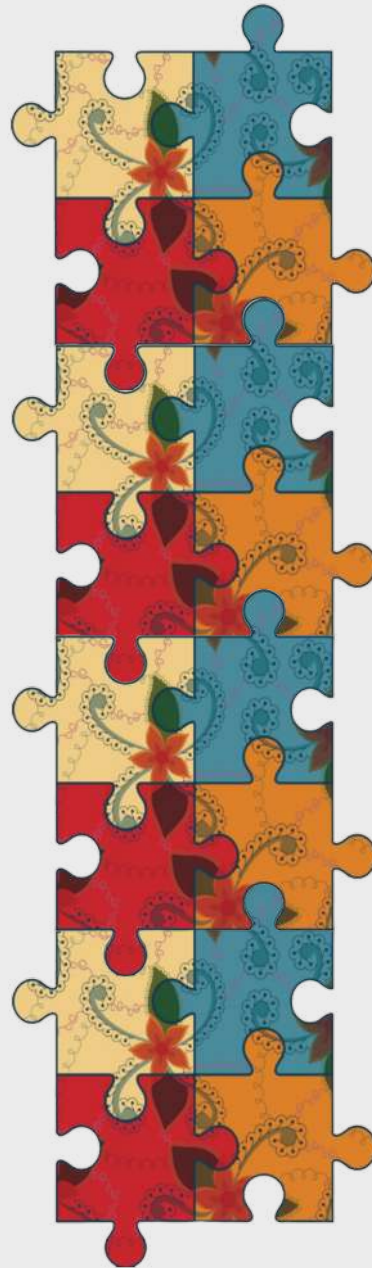
## I'm Just Me

So, I am Autistic  
But what does it mean?  
AS its an invisible condition'  
That can't be seen  
Although sometimes you hear it,  
In the way I talk.  
Sometimes it makes me clumsy,  
When I run or walk.

So, I am Autistic,  
But what can I do?  
Virtually everything,  
The same as you.  
Although sometimes I do it,  
At a different speed.  
I can read a book in a flash,  
But changing for P.E?  
Its extra time that I need.

So, I am Autistic,  
But what have you heard?  
That we are all weird?  
Or a bunch of nerds?  
But look back through the books,  
Of History,  
So many famous people,  
And inventors-You will see!

So, I am Autistic,  
And they were too,  
Albert Einstein, Mozart, Newton  
To name but a few,  
Satoshi Tajiri, creator of Pokémon  
Hans Christian Anderson, Bill Gates,  
Steve Jobs  
The list goes on.



So, I am Autistic  
What can you do?  
To help me be happy,  
Like all of you.  
Talk to me, include me, be my Friend  
Accept who I am,  
I'm just Kenzi,  
The End!



**Thank you to Chris Pienaar, Chief Executive of Derbyshire Autism Services, for sharing this beautiful and inspiring poem by Kenzi.**

**For more information, visit: <https://www.derbyshireautismservices.org/>**



## Let's Talk about Your Wellbeing

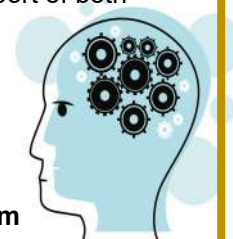
Dronfield Hall Barn played host to a wellbeing event organised by local resident Tricia Black. *Let's Talk about Your Wellbeing* aimed to reduce stigma around talking about mental health. Members of the public dropped in to pick up a leaflet or talk to friendly faces from organisations such as the Samaritans, Men+Talk, Arts and Minds, Andy's Man Club, Live Life Better Derbyshire, CAMHS and Derwent Rural Counselling Service.

Tricia has been working for improved mental health for the past year, following the suicide of her father at Dronfield Station. She said, "Feedback from the experience has been very good. It was a good turnout, especially considering it was the first event of its kind in Dronfield. I hope to make it an annual event."

Rachel Bounds, Community Engagement Worker for Derbyshire Voluntary Action, went along to the event. She said, "It's always inspiring to see someone take a challenging life experience and use it in a positive way. Tricia has enabled members of the public to engage in conversations about mental health in a welcoming and non-judgemental environment - and with the support of both public and voluntary sector, she has shown how much can be achieved when we work together!"

Thanks go to North East Derbyshire's Public Health Service Development Officer, Louise Hall, who helped Tricia to organise the event.

**For more information, email: [derbyshirewellbeing@gmail.com](mailto:derbyshirewellbeing@gmail.com)**





## Greenhouse Declared Open

The Spare Thyme Community Allotment Project's new greenhouse was officially declared 'open for business' by Stephen Wright, Chair of Grassmoor Hasmoor Big Local at the Mill Lane Allotments Open Day in August.

The greenhouse was purchased through the support of the Healthy North East Derbyshire Small Grants Scheme to enable Spare Thyme's gardeners to nurture seedlings and grow delicate fruit and vegetables.

Produce from the allotment is enjoyed by the project's team members, with any excess going to the Pit Stop Diner at Grassmoor Community Centre or to other plot holders in exchange for new plants and seeds. A forager has recently joined the project and she is busy collecting up fruit from the plants and trees on the plot to make into jams and chutneys.

Spare Thyme offers a warm welcome to anyone interested in joining in the planting and harvesting.

**For more information call: 01246 239897.**



The Elm Foundation has had a great year supporting and working with its placement students and volunteers.

The Foundation provides services to support men, women and children who are affected by domestic abuse across Derbyshire. Its counselling team is made up entirely of volunteers and students who offer support through humanistic, person-centred, CBT, integrative and psychodynamic counselling. Placements are available for students at diploma and degree level.

Sadie Betts, Therapeutic Services Manager, said, "Our placement students

have been committed, driven and motivated this year. We offer them the support, training and experience they need to succeed. Many stay on to volunteer with us after they become qualified, which is really valuable to our organisation and for the people we support."

Amanda, an art therapy student, joined on placement last year and has recently set up two new art therapy sessions for children and adults, which are becoming very popular.

The Elm Foundation is looking for art therapy students and volunteers to join their therapeutic services team, and they look forward to welcoming new counselling placement students in the Autumn.

**For more information call 01246 540464 or visit [www.theelmfoundation.org.uk](http://www.theelmfoundation.org.uk)**



## **Sarah finds support and learns tools in mindfulness and relaxation**

Tinnitus is a condition which is characterised by noises and/or ringing that have no external source, in the head or ears. The onset of tinnitus can be very frightening and can lead to anxiety and depression. However, help and support is available from people who experience tinnitus themselves.

### **Sarah's Story**

I have had tinnitus for a long time. I remember speaking to my mother about it nearly thirty years ago. Over the years it has got worse, but it's something I've always felt I just had to put up with. I did not see the point of wasting my doctor's time – it was just an inconvenience, after all.

One day, just over a year ago, I was walking through the Pavements Shopping Centre in Chesterfield and I saw a notice in one of the vacant shop windows. "Do you have tinnitus? Give us a call". Well maybe, not those exact words - but I took out a pen and paper nevertheless.

Making the call is one of the best decisions I have taken in a long time. Soon afterwards I went along to my first meeting. Yes, I felt nervous – who doesn't when you're taking on a new experience and you don't know anybody? And yes, I wondered if I was a fraud – my tinnitus, whilst with me and making its presence known, isn't there 24 hours a day and over the years I have got used to the persistent ringing in my left ear.

My worries about joining the group were unfounded. The Chesterfield and North Derbyshire Tinnitus Support group are so friendly I was immediately put at ease. I met others who are more afflicted than I am but they still smile and get on with life.

Shortly after I joined I attended a series of workshops run by the group: four sessions at fortnightly intervals which explained the causes of tinnitus and were designed to help us to come to terms with the problem. Discussions took place as to what each of us found helpful, and we were encouraged to exchange experiences.

During these sessions I was introduced to the practice of mindfulness, relaxation and reducing stress – I believe that stress is the reason my tinnitus has got worse. As a result I have started listening to a mindfulness tape each night before I go to sleep, helpful indeed. And when I feel stressed I try to slow my breathing and relax.



**Sarah with friends from Tinnitus Chesterfield and North East Derbyshire**

### Continued...

As well as the workshops there are social gatherings at The Badger and coffee mornings at Monkey Park Café. And I have really got involved in the Poetry Buzz sessions where a small group of us spend the afternoon trying to write poems. My tinnitus rarely accompanies me to these meetings, which are truly enjoyable.

One thing that I have come to realise is that if you are fully focused on something else - be it reading, listening to music, writing poetry or maybe going to the theatre – the distraction takes over, the tinnitus “melts away”.

I would encourage anyone else suffering from tinnitus, who maybe feels there is no escape, to come along.

**To find out more contact Chesterfield and North Derbyshire Tinnitus Support Group on 01246 380415**



## Rhubarb Farm's Denise Hickman shares news of the farm's celebration event for its volunteers in July

We held our annual Volunteer Celebration to recognise the work that our wonderful volunteers have done over the last year. We welcomed the Mayor of Mansfield, Andy Abrahams, who presented all the certificates. We had a lovely evening with about 130 people attending, including families of volunteers, stakeholders, funders and supporters. It started with the Rhubarb Farm Music Group performing The Rhubarb Farm Song which they had composed with Ben Linacre, WEA Music Tutor who has been working with the group. The evening ended with a great buffet made with Rhubarb Farm produce and with food that we receive from Fareshare, the charity that recycles food from the food industry and a fabulous cake made by Wendy, our bookkeeper. We value the contributions of all our volunteers and this event celebrates all their hard work and commitment.

For more information visit:

<https://rhubarbfarm.wixsite.com/rhubarbfarm>



## *The best thing about my loved one being part of this project is to see him smiling*

Matlock social enterprise, The Connection Space, has recently facilitated a successful care farming project for residents of North East Derbyshire who are living with dementia. The project, which took place at Matlock Farm Park, provided unique opportunities for 17 participants to connect with nature, land and animals through carefully selected therapeutic and meaningful activities. In addition, 13 carers directly benefitted from the project by getting involved in the farming activities or by taking the opportunity to have time to themselves.

As well as bringing therapeutic value to the participants and their carers, the project benefitted others in several different ways, as Mary Derrick from The Connection Space explains:

"We had the help of a great team of 11 volunteers of mixed age groups, stages of life, personal stories and journeys. They came together with a common interest to support this type of community project and they gave us great feedback: 'this helps me get out the house and help someone else'; 'I am due to retire soon and helping others is supporting this transition; I still have many skills to give'; 'I have lived experience when I was supporting

my mum with dementia and am very happy to support such a fab project'".

"Matlock Farm Park is a farm which welcomes members of the public every day and they have been keen to learn how they can become a more 'Dementia Friendly' organisation. This will impact on the service they provide to the local community, by making their visitors feel more welcome and catered for."

Robyn Hughes, a counsellor, and Mary Derrick, an occupational therapist specialising in dementia, joined forces to create The Connection Space Community Interest Company last year. They wanted to be able to provide an individual service to people whose needs were not being met by existing community services.

**For more information email [mary.derrick@hotmail.com](mailto:mary.derrick@hotmail.com) or call 07450 195051.**



## **Wearing a Beard with Pride!**

In the run up to Chesterfield Pride in July, Daniel Botham from Chesterfield Interfaith Forum dyed his beard in rainbow colours to raise funds for Derbyshire LGBT+'s new centre on Rutland Road.

Daniel explains, "Last December I raised funds for the Interfaith Forum by dying my beard green to create a facial Christmas tree. I was chatting with a friend about ideas for this coming Christmas and she suggested rainbow stripes for Pride. I posted on Facebook asking my friends what they thought to the idea and everyone seemed to love it, so I booked myself in at a local hair salon."

"Derbyshire LGBT+ is the only specialist LGBT+ support service in Derbyshire. I wanted to help because Chesterfield Interfaith Forum stands in support of the LGBT+ community, particularly those who may be struggling to reconcile their faith and sexual identity."

**For more information visit:**

**<http://www.chesterfieldinterfaith.org.uk/> and**

**<https://www.derbyshirelgbt.org.uk/>**



## **SOROPTIMIST INTERNATIONAL, Buxton & District**

Buxton Soroptimists hosted several events to highlight mental health issues during Mental Health Awareness Week. Stephen Hollings gave a heart-wrenching talk about his daughter's experience of the eating disorder anorexia nervosa and the difficult journey his family went on over several years during her treatment and recovery. As a child, Fiona received paediatric care, but she was discharged at the age of 18, and the family coped as best they could until she was admitted to a specialist unit in Scotland. On many occasions the family would make the long journey to visit her, only for her to refuse to see them. They are now reunited as a family and Fiona has given us permission to print this photo of her with Stephen, as a sign of encouragement to other families who are experiencing a similar journey.

**Visit: <https://sigbi.org/buxton-and-district/>**





## *What's happening in the Sector ...*

### **Derbyshire Safeguarding Adults Board**

#### **Your Feedback Will Help DSAB Design Future Resources And Support**

Derbyshire Safeguarding Adults Board (DSAB) has begun a new project to support deaf people and people who are hard of hearing to recognise and report when they, or someone they know, is at risk of harm and abuse. There have been a number of reports in the national press about the lack of information available for deaf people in relation to harm and abuse, and DSAB would like to make some improvements in Derbyshire.

DSAB is working with the British Deaf Association, Communication Unlimited and the North Derbyshire Deaf Forum on this piece of work, as well as Derbyshire County Council Adult Social Care safeguarding and deaf teams.

DSAB would like to better understand how they can support people in the community who are deaf or hard of hearing. The feedback received will help to shape the content of videos, posters and leaflets, which will be shared widely across Derbyshire and Derby City.

To let them know your views, please complete the safeguarding adults survey at <https://www.derbyshiresab.org.uk/what-is-abuse/safeguarding-adults-in-the-deaf-community.aspx> which is open until 30 September 2019.

#### **There's No Excuse for Abuse**

There's no excuse for abuse, which is why DSAB has produced a set of eight posters to deliver this message. The posters use imagery to reinforce the message and contain information about how to report abuse and neglect. Community services, groups and venues are urged to share and display them, where appropriate. They're available to download from the DSAB's website at: <https://www.derbyshiresab.org.uk/what-is-abuse/how-to-report-abuse.aspx>.

The **'What is abuse?'** section of the DSAB website has been put together in consultation with the Derbyshire Stakeholder Engagement Board. It has information in clear language about different types of abuse and how to report them, as well as explaining what safeguarding is.



## Dance Your Way to Better Health

An accessible dance class which aims to boost health, happiness and community engagement is coming to Chesterfield.

The Dancing for Health organisation creates partner dancing programmes to help people with long term health conditions. The programmes are suitable for people of all ages and abilities. They offer a physical and social activity in a supportive environment for those who wouldn't ordinarily be able to go along to a public dance class.

Dancing for Health Chief Executive Tracey Barnes says, "Psychologically, dancing offers an opportunity to be with others, which helps alleviate stress and fatigue. The music that accompanies dancing creates a sense of shared enjoyment and can improve energy, motivation and mood."

The programme begins in mid-September and runs for 12 weeks at Loundsley Green Community Centre. No previous dance experience is necessary and volunteers will be on hand to ensure that everyone has a partner. Everyone is welcome, particularly residents of Loundsley Green and Holme Hall. Booking forms are available from the Community Centre.

For more information contact Tracey Barnes on 07721 046757 or email [tracey@traceybarnes.com](mailto:tracey@traceybarnes.com)

You can also visit: [www.dancingforhealth.co.uk](http://www.dancingforhealth.co.uk)



## GREAT DRONFIELD GET 2GETHER

**10am till 2pm, Tuesday 8 October**

There'll be over 30 stalls from;

- ▶ Public services - health, care, housing & sports
- ▶ Community Groups - leisure, crafts & learning
- ▶ Voluntary groups - advice, information & volunteering



The event is free to attend and is for anyone over age 55, and is taking place at; Main Sports Hall, Dronfield Sports Centre, The Civic Centre, Dronfield, S18 1PD.

To find out more, contact Shelley Hinson, Dronfield 2gether Coordinator on: 07890 843166



# The Voluntary Sector Awards 2019

22nd October 2019

at the Pomegranate Theatre, Chesterfield at 7.15pm

All voluntary organisations work extremely hard to provide a service, but we never make a song and dance about it - we just do it. Sometimes, however, it's nice to be recognised for what we do and winning can be just the tonic your organisation needs. **Winning a Voluntary Sector Award can...**

- ◆ Elevate the status of your organisation.
- ◆ Help to raise the profile of your organisation in the community
- ◆ Help in providing evidence when you are applying for funding.
- ◆ Give you the opportunity to step back from your hard work and appreciate just how much you do.

For more information call  
01246 276777 or visit  
[www.chesterfieldvc.org.uk](http://www.chesterfieldvc.org.uk)



**The Volunteer  
Centre**  
Chesterfield &  
NE Derbyshire



## Joined Up Care Derbyshire - Get involved

The Citizens Panel is a really exciting development that will give local people living in Derbyshire the opportunity to share their opinions and feedback on health and care services, helping to ensure that services are designed and delivered to take into account 'what matters most to people'. There are many benefits of being a citizens' panel member:

- \* You will be helping to ensure that better quality care is provided to local residents.
- \* You will have the opportunity to have your views heard by local health and care decision makers.
- \* You will find out about new plans and ideas for Derbyshire.
- \* You can get involved as much or as little as you like.



Further details on how to apply to join the Panel are available here: [joinedupcarederbyshire.co.uk/get-involved](http://joinedupcarederbyshire.co.uk/get-involved)

**Joined Up Care**  
Derbyshire



# SAVE THE DATE

## Derbyshire Voluntary Action Health & Social Care Voluntary Sector Forum + AGM

Wednesday 16 October 2019

9.30am-12.30pm

Agricultural Business Centre

Bakewell DE45 1AH



## Improving Physical Healthcare for People with Severe Mental Illness



People living with severe mental illness (SMI) face one of the greatest health inequalities in England and their life expectancy is significantly lower than that of the general population. NHS England has recognised this as a priority and in Derbyshire, Mental Health Together has been granted funding from Health Education England to engage with people living with an SMI and their carers and supporters.

All GP practices in Derbyshire hold an SMI register for their patients who have a recorded diagnosis of schizophrenia, bi-polar disorder or other long term psychotic illness. Everyone on the register is offered an annual physical health check; unfortunately many people do not take up this offer and as a result they are at risk of a decline in their physical health.

Mental Health Together's project aims to encourage dialogue around this topic in order to understand the barriers and challenges experienced by those with SMI and their carers when accessing physical health checks and services to support physical wellbeing. Information collected will influence the way physical wellbeing services are designed and delivered in the future.

**If you feel you could assist the project please contact Mental Health Together on 01773 880786 / 07704 005303 or email [enquiries@mentalhealthtogether.org.uk](mailto:enquiries@mentalhealthtogether.org.uk)**





# Health & Social Care Forum

Derbyshire Voluntary Action's summer Forum was a well-attended and lively affair, with two of the invited speakers publicly commenting on the positive energy and buzz in the room.

We had a diverse agenda and heard from some excellent speakers. Highlights from the agenda include:

## **Derbyshire Voluntary Action Project Updates**

Project team members from Connect to..., Community Chesterfield and Macmillan Expert Patient Volunteer Programme gave presentations to report on their work since the last Forum in May. Their updates can be found in the DVA News and Project Updates section on pages 1-3.



## **Partner Governors – Chesterfield Royal Hospital**

Angela Parnell reminded the Forum that she and Lynn Tory are elected Partner Governors at Chesterfield Royal Hospital and that they are working proactively to promote the value of the voluntary sector at the hospital. Members can contact Angela or Lynn via Derbyshire Voluntary Action if they have issues to raise or comments to make about the hospital.

## **Derbyshire Autism Services, Chris Pienaar**

Chris gave an informative and enlightening presentation about autism and role of Derbyshire Autism Services (DAS). DAS supports people with autism and their carers and supporters through its field support workers, parent groups and children's groups.

Chris explained that autism is a genetic condition affecting brain function; it is not a mental illness or learning disability. Derbyshire has the highest diagnosis rate in the country. He finished his presentation with a poem 'I'm Just Me' written by a young person with Autism.





### **Melusi Ndebele, Public Health Lead for Localities and Place**

Melusi explained his role as a coordinator of Public Health's input across Derbyshire's Place Alliances and as a connector between Public Health and the CCG in making health and wellbeing a collective responsibility. He spoke about the social determinants of health and wellbeing, and the crucial role that the Voluntary and Community Sector plays in influencing and supporting these determinants. Melusi can be contacted on 01629 532392 or [Melusi.Ndebele@derbyshire.gov.uk](mailto:Melusi.Ndebele@derbyshire.gov.uk)



### **10 Minute Slot – Dronfield 2gether, Shelley Hinson**

Shelley gave a brief history of Dronfield 2gether, from its beginnings in 2015 as a CCG project initiated by a local GP, through to the present day as a fully constituted independent group. She described the project's aim to work collaboratively with others for the benefit of Dronfield residents, by: hosting bi-monthly meetings to share information, coordinate activities and facilitate support amongst local groups and organisations; bringing together partners to organise the annual 'Great Dronfield Get2Gether'; and running a monthly Dementia Friendly Cream Tea session in a Dronfield cafe in partnership with a nearby residential home. Shelley ended by saying that Dronfield 2gether puts the unity into community.

### **Derbyshire Gypsy Liaison Group 'Life On and Off the Hard Shoulder' - Siobhan Spencer MBE**

Siobhan gave an interesting talk about some partnership research work the Gypsy Liaison Group has undertaken with elders in the community. The Report 'Life On and Off The Hard Shoulder' explores the reasons for some Gypsies choosing to go into housing whilst others continue to live life on the roadside, and the associated challenges and benefits for the Gypsy community.

**For more information on any of the forum news  
email: [info@dva.org.uk](mailto:info@dva.org.uk) or call: 01246 555908**



# Funding

## Healthy North East Derbyshire, Chesterfield and Bolsover Partnership Small Grants Scheme

Open to voluntary / community groups or even a group of local people within the North East Derbyshire District, Chesterfield Borough or Bolsover District Council area, who come together to support the health and wellbeing of their community.

Grant funding of up to £1,000 per applicant is available.

*The next closing date is  
22 November 2019*



**The next closing date is  
the 15 November 2019.**

**For more information call  
01246 555908 or email  
bryony@dva.org.uk.**

## **Derbyshire Voluntary Action Small Grants Scheme!**

The scheme aims to help groups with their running costs, e.g., room hire, insurance, stationery etc.

There are four application rounds each year, in February, May, August and November.

**The next closing date is  
18 October 2019**

**The maximum grant available is  
£1,000**

Derbyshire Voluntary Action will continue to prioritise voluntary groups that have limited sources of alternative funding.

## **Support to new groups**

Please note that Derbyshire Voluntary Action's Start-up Grant is £200. This is to support new or potential groups (or individuals trying to start a group), at any point in the year.

For more information on the Small Grants Scheme or Start-up Grant call Derbyshire Voluntary Action on:  
01246 555908 or  
email: bryony@dva.org.uk

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