

NETWORK

Issue 118 Spring 2020



Sam Taylor and members of the North Derbyshire Expert Patient Volunteers Advisory Group celebrate achieving the Macmillan Volunteering Quality Standards

Read about this new community-based service for people affected by cancer on page 3.

DVA news and project updates...

Staveley Talent & Hobby Share

The Connect to... project welcomed people to a community event to showcase their skills, talents, interests and hobbies. The event encouraged people to come together to make friends, form groups, demonstrate their craft whilst reducing isolation and loneliness. Massive congratulations to Charlotte and Natalie for organising this amazing event. A special thanks to Helen Marples, Bev Isaksen and Wendy Blunt for their support.

For more information, contact Charlotte Higgins on 07907484835 or charlotte@dva.org.uk



Community Chesterfield starts 2020 buzzing with activity!

Since Christmas the team has been busy with hosting a Breastfeeding Support Group at St Helena, training sessions provided by the Elm Foundation, and some brilliant Community Corner events. If your group would like to pop in to talk to students and staff in the refectory, get in touch.

We have also delivered training for community groups in Volunteer Management and First Aid. A really positive initiative to set up a support group for volunteer managers is in the pipeline, which we're delighted to be facilitating.

We held a stimulating and productive co-production workshop at St Helena in early February to share ideas about a potential community hub in Chesterfield. It was attended by around 50 community organisations who took part in playful activities to encourage creative thinking. We are planning to continue and widen participation in this

co-production process and work towards a long-term project. If you'd like to be involved and receive updates and future invitations, please contact us here at Community Chesterfield.

A really positive event on Men in Care is coming up on 31 March. The event will explore the exciting and varied opportunities available to men, as well as women, in a career in health and social care.

On 14 May we are planning a panel debate at St Helena, to discuss issues connected with end of life, as part of the national Dying Matters Awareness Week.

Nine months into the project, we are enjoying getting to know an increasing number of the charities and community groups in Chesterfield. The team looks forward to more collaborative working in 2020. Do get in touch!

Email: community@dva.org.uk
Tel: 01246 555908 ext 2



Best foot forward towards a new community-based service

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Local prostate cancer patients have recognised the significance of 'buddying up' with others who have previously been on a similar cancer journey to themselves.

Some regard the ability to speak directly and honestly with someone who understands what they are going through, as crucial to their emotional wellbeing and recovery. To this end, the North Derbyshire Expert Patient Programme has established a group of trained prostate cancer buddies, who began their roles in North Derbyshire community settings in February 2020.

The Macmillan Expert Patient Volunteer Programme has been established with breast, colorectal and prostate cancer patients, survivors and carers for people affected by cancer, to ensure that it meets quality standards and the needs of service users. To date, the Programme has received a complimentary Macmillan Service Review in December 2019, a Volunteer Annual Survey Review in November 2019 and a Macmillan Volunteer Quality Standards Award in January 2020. Bespoke volunteer training sessions have also been evaluated positively.

Get involved and:

access support from others who have been affected with breast, colorectal and prostate cancer

or

become a volunteer to help others during their cancer journey

Interested? Then please contact Sam – she would like to hear from you!
Email: sam@dva.org.uk or call: Mobile: 07926 361183

**Thank you goes to the North Derbyshire
Expert Patient Volunteers Advisory Group –
we couldn't have got this far without you!**

Mental Health Liaison Service

In December we were delighted to hold our North Derbyshire Mental Health Forum, which was a co-production event themed around social prescribing and the introduction of NHS Link Workers.

We welcomed a wide variety of voluntary and community sector colleagues, and also some Occupational Therapists from the Hartington Unit at Chesterfield Royal Hospital.

The event was very engaging, and many interesting conversations took place. Groups were invited to discuss how they could best be supported when taking on new clients. Participants shared their knowledge and ideas, which have been incorporated into a document to guide Link Workers in adopting best practice when working with mental health clients. A second document, which will be provided to mental health group leaders to offer them support and guidance when welcoming Link Worker referrals, has also been produced.

The documents are going through the final stage of review and then the Mental Health Liaison Service team will be working to get them implemented as part of social prescribing good practice.

The next North Derbyshire Mental Health Forum will take place on Monday 30 March 2020, 1pm - 3pm at the Imperial Rooms, Matlock.

We are keen to meet with mental health groups and other colleagues from Derbyshire Dales and High Peak to discuss gaps within services, and how our Mental Health Liaison Service can best support its members.

For more information, contact: Rachel@dva.org.uk or call: 01246 555908



Member's success stories...

Volunteering with East Midlands Ambulance Service

East Midlands Ambulance Service (EMAS) is delighted to welcome its first intake of volunteers for 2020.

Volunteers are an integral and valuable part of the EMAS Patient Transport Services Team. After completing their training, they help out in the community, transporting patients with non-urgent medical needs, to and from their appointments.

Volunteers are offered ongoing training and support and are provided with a kit pack and uniform. They are also entitled to claim out-of-pocket and mileage expenses.

Service Improvement Lead, Debra Dudley says, "Volunteering with EMAS is a great way to give something back to the local community, and a good way of building up experience for a future career in health and social care."

Anyone interested in learning more about volunteering with EMAS can contact Debra on 07501 248 299 or by email: debra.dudley@emas.nhs.uk



East Midlands Ambulance Service
NHS Trust



You get back more than you give when you volunteer...

Staff and volunteers from Helen's Trust share their thoughts on the benefits of volunteering:

Helen's Trust helps people across North Derbyshire with terminal illness who want to stay in their own home during the final stages of their lives. It relies on an army of volunteers to help raise funds to support its work.

Jo from Chesterfield, volunteers at many of the events that the charity organises. She hadn't heard of Helen's Trust when she first saw the Chatsworth 10K Run advertised three years ago but nonetheless, she took the plunge to volunteer. "I really wanted to make a difference to a local charity and I found helping to be such a positive experience that I now volunteer at many of the events they hold. Everyone is so friendly and you really feel like you're part of a team that's making a big difference."

Jo continues, "I've found that volunteering gives you a sense of community spirit and a way to connect with people in a positive way. It's given me the opportunity to have new, exciting experiences and I've done things I never imagined I would - from serving behind the bar at a pub quiz to marshalling our 10K run at the gorgeous Chatsworth Estate - every day is different."

Community Engagement and Fundraising Officer, Rosie Aston started out on her journey with Helen's Trust as a volunteer, after her family received help from the charity. Now she enjoys working alongside the volunteers, coming up with creative ideas to raise funds to keep the service going. She says, "We never forget that volunteering should be fun and our offices in Bakewell are always open to people to pop in for a chat."

If you would like to find out more about the many and varied volunteering opportunities Helen's Trust has available in 2020, contact Rosie on 01629 812759, email: rosie@helenstrust.org.uk or visit www.helenstrust.org.uk.



Project eARTh

Project eARTh is an arts and health programme in the High Peak for adults experiencing mental distress or other long term conditions. Now in its tenth year, Project eARTh makes high-quality artworks for the community – and with over 50 projects completed, you may well have seen their work in a GP surgery, railway station, park, care home or church hall near you! If you know of a spot, indoors or out, that needs enlivening (or calming) with art, High Peak Community Arts would be pleased to hear from you.

Project eARTh welcomes new members, and participants can self-refer or be referred by professional agencies. Weekly sessions take place in New Mills and Buxton and free transport is provided for anyone who needs it. Each workshop is led by a professional artist and supported by mental health workers and volunteers, to create a safe and welcoming environment. The project enables people to get out, meet others, make friends, be creative, learn new skills and have fun. In the process participants make lovely artworks for their communities, and thoroughly enjoy unveiling and celebrating them afterwards.

Project eARTh has secured sufficient funding to enable it to run through to May 2021, including continuation funding of £170,615 over three years from the National Lottery Community Fund's Reaching Communities fund.

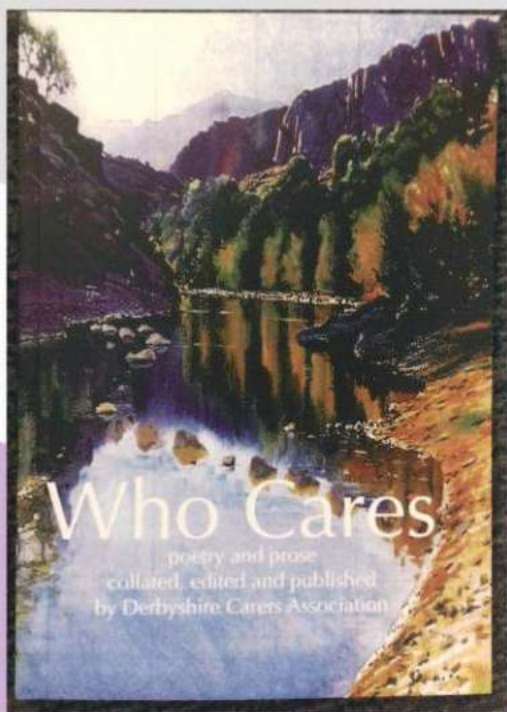
To contact High Peak Community Arts, call 01663 744516, email alison@highpeakarts.org or check out the website <https://www.highpeakarts.org/project-earth-2/>



high peak community arts 

Booked For Success

Derbyshire Carers Association (DCA) would love to hear from budding writers who would like to put pen to paper (or indeed finger to keyboard) as they reflect on the life and role of a carer. DCA are appealing for short stories – or poems – which can be drawn from real life experiences or imagination, and can be in any style, serious or funny, or a bit of both.



Amanda Gowing explains, "We published a beautiful little book just before Christmas called 'Who Cares'. It features over 20 poems written by carers and staff, as well as a hand-painted front cover by our very own Deb Gough and wonderful and whimsical cartoons by Peter Dawson. It has gone down so well that we would like to do a second edition in time for next Christmas."

Over the coming summer, DCA also has plans to produce a more practical book of helpful hints and top tips – by carers for carers. They want to hear from anyone who would like to share useful ideas or bits of advice with other carers. Amanda continues, "Whether it is only a line long or takes up a whole page, we are certain that ideas and encouragement from 'the grass roots' will be of great value to other carers. It could be a recipe, or a time-saving tip, or a recommendation of a place to go – anything and everything will be gratefully received."

So please get writing! You have things to say that are helpful, creative and quite beautiful!

Send in your entries to Amanda

Email: Amanda.gowing@derbyshirecarers.co.uk

Or post to: Amanda at Derbyshire Carers, 3 Park road, Ripley, Derbyshire, DE5 3EF



Accolades for Cathy

First Steps founder, Cathy Cleary, was awarded an MBE for services to people with eating disorders in the Queen's New Year Honours List.

Cathy founded First Steps in 2004 whilst working as a substance abuse criminal justice worker. Having battled with her own eating disorder, she found that there was little understanding and professional help for those who were similarly struggling with eating difficulties. Determined that others should not suffer alone, Cathy set up an eating disorders self-help group in Derby, which over the years has grown to become First Steps ED – a community eating disorders service which operates across the East Midlands.

First Steps offers understanding and support to children, young people, and adults with eating disorders - and their carers and families. As well as self-referrals, First Steps receives professional referrals from the NHS and other sectors.

Its inspirational work has been recognised by GSK, The Kings Fund and NHS England. The team was awarded the Queen's Award for Voluntary Service in 2016 and was delighted to win Volunteer Team of the Year at the East Midlands Charity Awards in 2019.

We would like to congratulate Cathy and First Steps ED on their many achievements.

For more information, visit: <https://firststepsed.co.uk/> or call: 01332 367571



Chesterfield & North Derbyshire Tinnitus Support Group

New resources for a better night's sleep

People with tinnitus often have trouble sleeping and as a result, experience increased levels of tiredness, stress and anxiety. Chesterfield & North Derbyshire Tinnitus Support Group will be holding a special meeting on 6 April 2020 at Monkey Park Café, 128a Chester Street, Chesterfield, S40 1DN from 1pm – 3pm to offer up tips, information and resources to help with this problem.

Audrey Carlin, founder member of the Group explains, "In a survey by the British Tinnitus Association, around six out of ten respondents reported trouble sleeping because of their tinnitus - and we find that this is a common problem for many of the callers to our helpline too. We wanted to help so we have launched a project about sleep."

As well as books and periodicals on sleep and mindfulness, there will be resources such as sound therapy systems, under pillow speakers, and speaker headbands available for loan at the meeting.



For more information or to get help and support with tinnitus please contact Chesterfield and North Derbyshire Tinnitus Support Group – call: 01246 380415 or email: mail@tinnitussupport.org.uk

DORA 2017

"Championing people's mental health in Chesterfield"

DORA 2017 is excited to announce the launch of its new small grants scheme in April. There will be two funds available: an Adult one aimed at groups with a membership aged 18 and over, and a Youth one aimed at groups with members aged between 13 and 17. Grants of up to £200, subject to match-funding, will be available for projects to enhance people's lives, such as:

- + **Day trips**
- + **Theatre visits**
- + **Coffee mornings / Drop-in Sessions**
- + **Publicity for raising awareness**
- + **Manning market stalls**

Please contact **DORA 2017** for more details about eligibility and an application form: **DORA 2017 c/o Monkey Park CIC, 128a Chester Street, Chesterfield, S40 1DN. Email: doLra17@gmail.com or call: 07922 520057**

What's happening in the Sector ...

Take Action on Plastic Pollution: Become a 'Community Ally' and Make the 'Plastic Free Communities' Pledge

Plastic Free Chesterfield is calling on community groups, charities, community centres, schools, and scouting and guiding groups, to join its campaign to take action on single-use plastics.

It has set itself the goal of signing up 60 Community Allies: organisations and groups who support its aims, and who pledge to cut down the amount of single-use plastic they use in their day-to-day work and activities. Community Allies are integral to helping Chesterfield gain momentum in its journey to turn the tide on plastic pollution.

Those who make the Plastic Free Communities Pledge will receive a certificate and online publicity. Most importantly, Community Allies will know that they are playing their part in combatting plastic pollution.

To be a Community Ally, organisations need to make a simple pledge to:

Remove at least three items made from single-use plastic from their day-to-day activities (e.g. use bunting instead of balloons, don't buy plastic drinks cups);

Support plastic free initiatives in the community (details of these are regularly updated on Plastic Free Chesterfield's social media);

Mention their stand on single-use plastic in their communications.

Contact Plastic Free Chesterfield to discuss how your organisation can become a Community Ally:

Email: plasticfreechesterfield@gmail.com / **Facebook:** Plastic Free Chesterfield / **Twitter:** @plasticfreechez / **Instagram:** @plasticfreechesterfielduk

**WORKING WITH THE COMMUNITY TOWARDS
REDUCING SINGLE USE PLASTICS!**



Workers' Memorial Day

Workers' Memorial Day takes place on 28 April every year to remember those who have died through workplace injury and disease.

The theme for 2020 will be 'Tackling psychosocial hazards at work – taking the stress out of the job.'

Derbyshire Asbestos Support Team (DAST) will host an event at Masson Mills, Derby Road, Matlock, DE1 3PY from 1.30pm – 4.30pm, to 'remember'

victims of asbestos-related diseases.

There will be a memorial with the names of those who have died and the event will highlight the ways in which a work-related death has an impact on the health and wellbeing of the whole family.

For more information call DAST/ TRUST on 01246 380415 or email mail@asbestossupport.co.uk



SAVE THE DATE

**Derbyshire Voluntary Action Health & Social Care
Voluntary Sector Forum**

Wednesday 6 May 2020

9.30am-12.30pm

Agricultural Business Centre
Bakewell DE45 1AH



Sleep Out 2020 with Pathways

On 27 March Pathways of Chesterfield will host its second sponsored sleep out. Sleep Out 2020 will be a unique opportunity to spend the night in the grounds of The Proact Stadium, as well as an exciting and thought-provoking event for all involved.

Participants will get an insight into the conditions that many individuals experiencing homelessness, face every day. In addition to the unpleasantness of sleeping in uncomfortable circumstances and often unforgiving weather conditions, rough sleeping is a dangerous, isolating and often traumatic experience. Prolonged periods of rough sleeping can be hugely detrimental to a person's physical and mental wellbeing and can increase the risk of them being subjected to violence, and developing substance misuse issues.

The Sleep Out will raise funds for Pathways to continue its work in providing housing and tenancy support, specialist mental health nursing, outreach services, emergency food and clothing provisions - and groups for support, advice and companionship. Last year, it worked with 363 people who were either homeless or at risk of losing their tenancy – 154 of whom were supported into accommodation. The organisation relies heavily on the contributions of regular supporters and one-off donations to continue this vital work.

For more information, visit: <https://www.pathwaysofchesterfield.co.uk/>

Registration for the Sleep Out 2020 is open online at:
www.pathwaysofchesterfield.co.uk/sponsored-sleep-out/



Sleep Out for the homeless

Homelessness in our community has increased 65% in the last 10 years.

Help us to ensure everybody has a place they can call home.

- Help raise money to support the homeless of Chesterfield, North East Derbyshire & Bolsover.
- 7pm Friday March 27th 2020.
- Chesterfield FC Proact Stadium Community Centre.



Happy to Chat Bench



Buxton Soroptimists, led by their President, Jo Holdway, have donated a "Happy to Chat" bench to the local community. The Pavilion Gardens is a favourite place for visitors and residents alike. In the bad weather (well, it is Buxton!) people often take shelter in the Conservatory. While they are there they enjoy the beautiful flowers and exotic plants, as well as the soothing sight and sound of the water in the pond.



Soroptimist International is a women's organisation working for human rights and for betterment of women worldwide, and this includes local people too.

Please come, sit and enjoy the view, and hopefully some conversation too.

For more information, email:
sooby@rocketmail.com

Intergenerational Work At It's Best Fairplay

Chesterfield charity Fairplay, which supports young people with disabilities, hosted a Christmas Afternoon Tea for members of Age Concern in December. It was a fantastic example of intergenerational work and a marvelous collaborative effort from two local charities which support people at opposite ends of the generational spectrum.

Young people from Fairplay's Moving Forward Group, who are being prepared for independent living by being taught housekeeping and social skills, made the food. There was a great selection of sandwiches, and cakes galore. The young people waited on their guests, gave out handmade Christmas cards and gifts, and provided a free raffle. They had also put together a book of local events and activities which they thought would be of interest to Age Concern's members.

The event was enjoyed by all and was such a success that the two charities plan to work together again later this year.

For more information, visit:
<https://www.fair-play.co.uk/>
or call: 01246 203963



Helping an Older Person is Just a Length Away

Chesterfield Volunteer Centre will host a sponsored swim on 6 June at Queen's Park Sports Centre in Chesterfield to raise funds for its Elderfriends Befriending Service.

Dave Radford, Manager of the Centre, says, 'Elderfriends currently offers one-to-one support for people who feel they are lacking social networks and not making new friendships or relationships. With cuts to funding coming up we are uncertain how long we can maintain this important community initiative. It is vital we continue to provide services like Elderfriends for the benefit of lonely and socially isolated people. All we are asking for is a few lengths of your time.'

Adult swimmers are asked to commit to a set number of lengths and to collect sponsorship in the usual way. Dave is hoping that each swimmer will collect a minimum of £25. All of the money raised will go towards maintaining the Elderfriends project for the future.

Dave continues, 'we welcome teams and families too - we want 6 June to be a day everyone enjoys and a day that has a massive impact on the local community. It really doesn't matter how far you swim because every length will count; every length will help someone. Just sign up, come along, and help change the life of an elderly person; oh – and have fun into the bargain too.'

Find out more by phoning 01246 276777 or go to www.swimagainstloneliness.online



**THE SWIM
AGAINST
LONELINESS**

An enormous sponsored swim
supporting the isolated elderly.

6th June 2020, Queen's Park,
Chesterfield

Health & Social Care Forum

Derbyshire Voluntary Action hosted a lively and well attended forum on 12 February 2020.

Highlights from the agenda include:

Deputy to the Lord Lieutenant of Derbyshire, David Coleman

David shared with the forum how he works on behalf of the Queen and Lord Lieutenant of Derbyshire. David informed the forum about how Derbyshire make fewer honours nominations than any other county.

David explained to the forum that the Queens Award for Voluntary Service is the highest award given to volunteer groups and is awarded for outstanding work in local communities. A crystal award and certificate signed by Her Majesty the Queen are presented by HM Lord-Lieutenant.



Nominations can be made at: www.qavs.culture.gov.uk

The IsLAND Project, Helen Frudd, Development Worker

Helen informed the forum that the IsLAND Project is based at South Derbyshire CVS but covers the whole of Derbyshire. The project aims to develop the work of the Derbyshire Trusted Befriending Network (DTBN) which ended in March 2019.

The project provides specialist training that enables services to offer effective support to people with complex needs. They are expanding the DTBN to include a variation of organisations and services that tackle loneliness and isolation, and quality assuring their services.

The project is looking to expand membership to any group tackling isolation and loneliness in Derbyshire. Along with this the project is raising awareness of social isolation and its impact, recruiting more volunteers and encouraging informal social action.

For more information, contact:
befriending@sd cvs.org.uk



Social Connectedness - Julia Cook, Derbyshire Voluntary Action & Neil Moulden, Derbyshire Dales CVS

The Government have published a national strategy to tackle loneliness, with the aim of developing an evidence base, developing a national conversation and embedding loneliness as condition across Government.

Social connectedness is about a person's social support network - their personal relationships and interactions with others that make them feeling good and bring them happiness.

Neil told the Forum that Derbyshire Dales CVS have been awarded just under £54,000 to promote social connectedness in the Derbyshire Dales district. The money will be used to award grants to local voluntary sector groups that will provide innovative projects that promote social connectedness or expand existing services in the Dales.

Julia explained that the Chesterfield/North East Derbyshire approach is to pool resources across both districts; a Social Connectedness Action Group (SCAG) has been formed focusing on reducing the impact of loneliness and isolation.

SCAG will develop a Social Connectedness Action Plan (SCAP), the initial part of this involves mapping, consultation and engagement. The funding awarded will be used to enable the SCAP.

Update from Jacqui Willis, Chief Executive of Derbyshire Voluntary Action

The Sustainability and Transformation Partnership (STP) is morphing into Integrated Care System (ICS), underneath ICS there are going to be Integrated Care Partnerships (ICP); there will be 4 across the County underneath 8 Place Alliances. ICP and Place Alliances sit under Place Board where decisions are made as to what happens locally; the voluntary sector are represented and have a strong voice.

Jacqui also informed the forum that Derbyshire County Council have a 12 week consultation period on Voluntary and Community Sector infrastructure provider funding, the consultation survey can be found at: <https://www.derbyshire.gov.uk/council/news-events/news-updates/news/consultation-on-funding-launched.aspx>

For more information, contact: info@dva.org.uk or 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
8 June 2020*

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.

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, April, July and October.

**The next closing date is
16 April 2020**

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

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

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

Although we print 1500 copies we can't provide one for everybody. If you found this interesting, please pass it on to someone else!

Network is available in **large print** on request.
It is also available on our website.

Why not use 'Network' to publicise and promote the work of your group or organisation? There is no charge. The contributors' deadline for the Summer Issue is 5 June 2020. Contact: rachel@dva.org.uk

In the interest of saving trees, please let us know if you would prefer to receive your 'Network' electronically.

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Bryony White	Senior Administrator
Kim Grant	Finance Administrator
Sam Taylor	Macmillan Expert Patient Manager
Jenny Raschbauer	Community Chesterfield Manager
Alison Gibson	Community Chesterfield Development Worker
Susannah Brewer	Community Project 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
Jess Solly	Connect to... Link Worker
Lisa Motais	Connect to... Link Worker
Helen Walker	Connect to... Link Worker
Aaron Lesser	Connect to... Link Worker

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