

NETWORK

HOME EDITION



Issue 2



Hello

Hello from all at Derbyshire Voluntary Action! The whole team continue to work hard representing our voluntary and community sector, promoting health and wellbeing and supporting those who are vulnerable, lonely and isolated. We hope you enjoy reading this second Home Edition of our Network Newsletter, and you know where we are if you have any questions.

Stay safe, from all at Derbyshire Voluntary Action.

Happy Retirement Roger Kerry!

Roger Kerry retired this month after many years as part of Derbyshire Voluntary Action's Mental Health Liaison Service and most recently as a Link Worker with Connect to. Roger has always been a well respected part of the voluntary sector, and has built brilliant relationships with colleagues and community groups.

Roger will be missed by his colleagues at DVA, and by those who he has worked with in the voluntary sector over many years.

We wish Roger all the best for his retirement and hope he has lots of adventures planned.



Thank you Angela Parnell!

Angela Parnell has stepped down from the Derbyshire Voluntary Board of Directors after almost 8 years. The Derbyshire Voluntary Action Board and staff would like to thank Angela for her commitment to DVA and the voluntary sector over many years. Angela has generously given her time and contributed her knowledge, which has been greatly appreciated by all those she has worked with.

Angela has also resigned from her role as a Partner Governor representing the Voluntary Sector at Chesterfield Royal Hospital NHS Foundation Trust. We would like to thank Angela for always being proactive and championing the voluntary sector.



Rachel Bounds appointed Governor for DHFT

Rachel Bounds is delighted to take over the reigns as appointed governor for Derbyshire Healthcare Foundation Trust.

Roger Kerry has been an appointed governor, along with Angela Kerry, for the last two years. Roger really enjoyed his time as a governor, and Rachel is excited to continue his hard work on behalf of the voluntary and community sector.



**Have you seen our amazing new website?
To check it out, go to: www.dva.org.uk**



[Want To Connect?](#) [Covid-19 and DVA](#) [Need Funding?](#) [What's Happening](#) [About Us](#) [Join Us](#)

Connecting health & wellbeing services to Derbyshire's communities.

We are connected to 300+ support organisations



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

Online hub launched to share Derbyshire's NHS COVID-19 info

Derbyshire residents can get the latest NHS Covid-19 information while staying safe at home with the launch of a new online hub.

A one-stop shop of latest updates, advice, information and direct 'signposting' to other helpful websites has been added to the Joined Up Care Derbyshire hub at:

<https://joinedupcarederbyshire.co.uk/covid-19-information-and-advice>

The information will help keep people safe, informed and able to access services during the country's continuing lockdown in response to the pandemic.

All seven NHS organisations working across the county and the city and county councils will have their service updates covered as they are all partners in the 'Joined Up Care Derbyshire' health and care partnership.

A postcard is being delivered to homes across Derby and Derbyshire to make sure everyone knows where they can find this information, and make arrangements to help those who do not have access to the internet.

Healthwatch Derbyshire has also provided their number so residents who want to speak to someone to get support in accessing the information.

The site also has updates and resources for NHS staff to provide some additional mental wellbeing support and other useful information for everyone working in health and care during these challenging times.

You can contact Healthwatch Derbyshire for help and assistance on 01773 880786.





AFFECTED BY CANCER? WE CAN HELP

North Derbyshire Expert Patient Volunteer Buddies

are people who have been diagnosed with cancer or cared for someone with cancer. They support others who are affected by cancer in North Derbyshire.

being there with
a listening ear

providing a
confidential
space to talk

sharing experience
of their own
cancer journey

**A Buddy can
support you by**

signposting to
relevant information
and/or support

If you are a **cancer patient, survivor** or **carer** who would like to contact a Buddy or if you would like to **make a difference** to local cancer patients and carers by **volunteering** some time Sam would love to hear from you!

Mobile: **07926 361183** Email: **sam@dva.org.uk**

North Derbyshire Expert Patient Volunteer Programme



COVID-19 Book Project

CONTENT WANTED!

Derbyshire Voluntary Action is to publish a book documenting the Covid-19 Pandemic as seen through the eyes of Chesterfield and surrounding areas residents...but we really need your help in doing this.

Submissions will be welcomed from amateur and professional artists, poets, photographers, creative writers and crafters. Whether you are young or elderly we want to hear from you!



DERBYSHIRE
VOLUNTARY
ACTION

For more information visit
dva.org.uk or email
charlotte@dva.org.uk

In order to make this happen we
are raising money.
To help please visit:
<https://gf.me/u/yc9r45>

Be Inspired

High Peak Scrub Hub

A community group of sewers and knitters offering non-PPE products and services free of charge, in order to support the High Peak community through the coronavirus pandemic.

Offering 5 different non-PPE products. Items are made of 100% recycled material - mostly cotton, with some elastic. You can reuse all products by washing at home at 60 degrees at the end of a shift and they're ready to go again. All products are donated to you free of charge with free delivery of the items either via a team of drivers, or by bicycle.

- Laundry bags- these are really convenient and have proved really popular, allowing for easy separation of work clothes from your clean ones at the end of a shift and clothes can freely tumble inside.
- Face masks - comfortable, breathable cotton for sessional use.
- Scrub hats - cool cotton for comfort and style.
- Mask extenders and headbands - help take the pressure of elasticated masks off the ears.
- Aprons - useful for care home residents to enable them to carry on participating in their activities, as well as kitchen staff to maintain hygiene.

The group are keen to reach as many in our community as possible so would love you to get in touch if you think their items could be of any benefit to you. This project is time-limited and as there is limited stock they can't necessarily respond to all requests. Therefore please get in touch as soon as possible.

Just email us on: highpeakscrubhub@gmail.com
To make a donation www.gofundme.com/f/high-peak-scrub-hub



Living Well with Dementia Online Programme

Here is a link to an online version of the Living Well with Dementia Programme: <https://surveys.derbyshcft.nhs.uk/s/LivingWellWithDementia/>

It has been developed by Derbyshire Community Health Services & Derbyshire Healthcare NHS Foundation Trust who are currently unable to provide their face to face Living Well with Dementia groups due to COVID-19.

This resource could be helpful to people with mild dementia and their carers & families. It has some useful links to activity ideas & resources towards the end of the course.

Futures Housing Group – supporting tenants throughout the Covid-19 crisis

Coronavirus has made life difficult for many people, including our tenants across Derbyshire and the East Midlands. Being forced to stay inside the house and not be with friends and family is extremely challenging. As an organisation we quickly responded to the crisis, with our major concern being the welfare of our tenants and staff.

We're exceptionally proud of our staff who have gone above and beyond to provide help and support to tenants. We've made over 1600 calls to vulnerable customers, delivered over 100 care packages, and our income and customer services teams are helping people with money and employment concerns. While our Beep Assist team, who operate our independent lifeline service, have helped to keep people connected with friends and family by installing fall pendants, GPS devices and sensors.

Many tenants have got in touch to say thank you to staff for going the extra mile.

A lockdown birthday is no fun for anyone, but one tenant received a special birthday care package complete with balloons delivered to her door!

We're regularly updating our website with information on how we're helping tenants <https://www.futureshg.co.uk/latest-news/2020/coronavirus-what-were-doing-to-support-our-community/> in addition to posting updates on our social media channels.

If you're a Futures tenant and need support, then contact our customer services team on 0300 456 2531.



Be Inspired

Insight Healthcare have sent us their latest update as follows:

Insight Healthcare is a free and confidential service commissioned by the NHS to provide talking therapies to those who are struggling with mild to moderate mental health issues. This includes common issues such as low mood, anxiety, depression, stress, anger, trauma and or bereavement. We offer a range of therapies, advice and support to help people understand, work through their feelings and develop strategies for coping better. We are available to anyone over the age of 16 years in Derbyshire.

Following the Coronavirus (COVID-19) outbreak, It is crucial that during this time of uncertainty, people are still able to access talking therapies to support them with any issues they are experiencing around their mental health, especially those who are key workers and being impacted by COVID-19 on a daily basis.

Currently we are unable to offer any face-to-face support, however we are able to provide therapy via telephone, skype and online to you, your families, friends, colleagues and clients/patients.

To self-refer to Insight Healthcare:

Call 0300 555 5582 and leave a message stating they wish to make a referral – someone will call back to book an assessment. If risk is disclosed, we can have a practitioner call back the same day to assess.

Complete an online referral at www.insighthealthcare.org

Send an email with your name and contact details

to: admin.notts@insighthealthcare.org

Our current estimated waits for therapy in Derbyshire are as follows:

CBT - 4 weeks

Counselling - 4 weeks.



Healthwatch Derbyshire Telephone Helpline

In response to Covid-19, there is now a telephone support line for people looking to access health or care services.

If you don't have access to the internet or can't find the information you are looking for online at: www.joineducarederbyshire.co.uk/public-info-covid-19 please get in touch.

Telephone: 01773 880786 — 10am - 3.30pm, Mon - Fri
Email: enquiries@healthwatchderbyshire.co.uk



Jump Back July

Action for Happiness create monthly calendars packed with actions you can take to help create a happier and kinder world.

This **Jump Back July** Calendar has daily actions for **July 2020** to help us look for what's good even in difficult times.

You can sign up to receive monthly calendars and there are also other language versions available too.

<https://www.actionforhappiness.org/jump-back-july>



Be Inspired

Hospice volunteers provide over 800 support visits during coronavirus pandemic

Volunteers at Blythe House Hospicecare in the High Peak have provided over 800 support visits to local people who are elderly, vulnerable or isolated during the coronavirus outbreak.

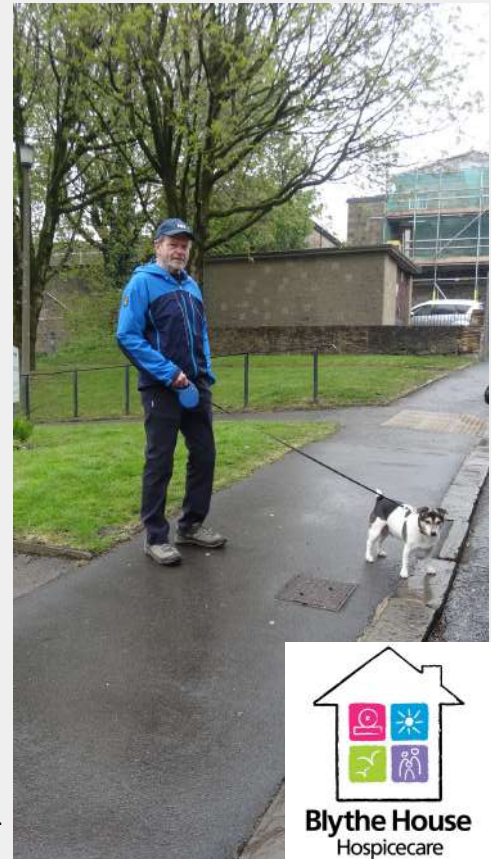
The Community Volunteer team has been on hand to help with tasks including shopping, prescription collections, transport to medical appointments, telephone companionship and pet walking, over the last three months.

Dedicated volunteers have also collected personal protective equipment, kindly donated by local individuals and businesses, for the hospice's nurses and healthcare assistants to continue providing palliative and end of life care safely.

The Community Volunteer programme provides support and companionship to Blythe House patients, who are affected by life-limiting illnesses such as cancer, heart failure, chronic obstructive pulmonary disease and neurological conditions like motor neurone disease.

Following the lockdown announcement in March, the team offered to help anyone across the local community, who needed extra support during the unprecedented circumstances.

Volunteers helped to spread the word about the service by giving their time, in-line with Government exercise restrictions, to post over 5,000 Here to Help leaflets in more than 300 residential streets and 65 essential shops.



Blythe House
Hospicecare

Vicci Wild and Julie Forrest have taken the huge task of coordinating the volunteer efforts across the High Peak, including in Buxton, Chapel-en-le-Frith, Chinley, Combs, Dove Holes, Furness Vale, Hayfield, Longnor, New Mills, Quarnford, Tunstead Milton and Whaley Bridge.

Vicci said: 'We send our sincere and heartfelt thanks to our volunteers who have gone above and beyond over the last few, difficult months, to support local people who are in need. Volunteers have been creative in thinking of substitutions for items on a shopping list that were not available; returning twice to the pharmacy for prescription mix ups; phoning daily to a vulnerable person with limited support to check they are OK; and so much more.

'We want our volunteers to know that they have not just been filling requests for medication pickups, filling transportation needs, filling cupboards and pantries; they are filling hearts. Their simple gestures of kindness resonate across our community. Just knowing that this service exists is enough to get some people through.'

Julie added: 'When lockdown was announced, we were not quite sure what the community response would look like, but we could not be prouder of our fantastic team of volunteers and supporters! Our flexible team, which has grown from 22 members to almost 50 since March, has ensured that every single request for help has been filled.

'We listen to the needs of those around us, and adapt our services to fill those needs in the here and now. Sixty-one of the families that the Community Volunteer team is helping have had no prior connection to the hospice. The sense that we are in our community, *for* our community has never been clearer.'

Read more about the hospice's services during the coronavirus pandemic: <https://blythehousehospice.org.uk/keeping-you-safe-information-on-coronavirus/>

Find out more about the Community Volunteer team, including how to volunteer: <https://blythehousehospice.org.uk/community-volunteer-programme/>



Be Inspired

Derventio

People Really **Do** Matter



#IsolationCreations

Growing Lives is still closed for the time being, but that hasn't stopped people from being creative and using their skills. Wayne, for example, made a bird table for his sister. He liked it so much that he went on to make 3 more! Visit Facebook for more home creativity and updates:

[https://](https://www.facebook.com/dhtgrowinglives/?mc_cid=d66d397b7a&mc_eid=509bb1c5c8)

[www.facebook.com/](https://www.facebook.com/dhtgrowinglives/?mc_cid=d66d397b7a&mc_eid=509bb1c5c8)

[dhtgrowinglives/?](https://www.facebook.com/dhtgrowinglives/?mc_cid=d66d397b7a&mc_eid=509bb1c5c8)

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[mc_eid=509bb1c5c8](https://www.facebook.com/dhtgrowinglives/?mc_cid=d66d397b7a&mc_eid=509bb1c5c8)



Double Celebrations for Deaf-initely Women!



All staff and Management Committee members at Deaf-initely Women are celebrating at being chosen as finalists for two East Midlands Charity Awards:

- * **The Best Social and Digital Media award**
- * **Small Charity: Big Impact award.**

Deaf-initely Women is a local charity for all deaf females including B.S.L. users, deafblind and hard of hearing women. The charity is run by deaf women and delivers services to their peers across Derby and Derbyshire through provision of accessible events, workshops and classes.

Teresa Waldron, Managing Director, who is deafblind herself said: "We are absolutely thrilled to have been chosen as finalists for both East Midlands Charity Awards. It is a testimony of staff and volunteers' commitment and hard work in making this charity the success it is today."

<https://www.deafinitelywomen.org.uk/%f0%9f%8c%ba%f0%9f%8c%9fdeaf-initely-women-is-a-finalist%f0%9f%8c%9f%f0%9f%8c%ba/>

Key worker bike services

Inclusive Pedals has been given funding by Cycling UK to provide a number of free basic bike services for key workers (as defined by the government list).

It includes collection and delivery within 10 miles of Chesterfield, if more extensive work is required it will act as part payment.

We are also restarting the popular Dr Bike workshop in the Queen's Park north car park on Saturday June 6th. Again this provides free repairs but for anyone, any new parts used are charged at more or less cost. We are operating a booking system to aid social distancing although you can just turn up but may have to wait.

Slots can be booked here <https://cal.smoothbook.co/5ec245e8368405403b21ee6#/class>

Alastair Meikle, Inclusive Pedals CIC

www.inclusivepedals.org.uk

07834 838076

Inclusive Pedals CIC

Be Inspired

Our Vision Our Future receives the Queen's Award for Voluntary Service!

Our Vision Our Future is a voluntary group based in Chesterfield Derbyshire. We have been honoured with the Queen's Award for Voluntary Service, the highest award a voluntary group can receive in the UK.

Our Vision Our Future is a self-advocacy, self help group run by and for adults with learning disabilities, we offer a safe place to meet 3 times a week. We are an essential circle of support for people who otherwise have little choice or opportunity to socialise, access their community, meet and make friends or have relationships. We have celebrated two weddings! We access ability and aim to fulfil potential by encouraging and supporting our members to use their skills and talents to get involved in valuable and worthwhile work. Having purpose, new experiences, learning new things results in a more active and fulfilling life. "Without Our Vision Our Future we would be stuck at home with nothing to do, lonely, bored and isolated."

Our members volunteer their time to help and support not only each other but also their community. We work with and support many local and national organisations and value the support they give to us.

Our Vision Our Future is one of 230 charities, social enterprises and voluntary groups to receive the prestigious award this year. The number of nominations remains high year on year, showing that the voluntary sector is thriving and full of innovative ideas to make life better for those around them.



The Queen's Award for Voluntary Service aims to recognise outstanding work by volunteer groups to benefit their local communities. It was created in 2002 to celebrate the Queen's Golden Jubilee. Recipients are announced each year on 2nd June, the anniversary of the Queen's Coronation. Award winners this year are wonderfully diverse. They include volunteer groups from across the UK, including a community shop in Cornwall, an environmental group in Swansea, a group working with refugees and vulnerable people in Stirling and a thriving community arts centre in County Down.

Representatives of Our Vision Our Future will receive the award from Lord-Lieutenant of Derbyshire, Mr William Tucker later this summer. Furthermore two volunteers from Our Vision Our Future will attend a garden party at Buckingham Palace in May 2021, along with other recipients of this year's Award.

Maria Britland (Chair Person) and Emma Kellet (Vice Chair) wish to say a big thank you to everyone at Our Vision Our Future for their hard work, for their friendship and the way everyone supports each other. This has continued throughout covid-19. Receiving the Queens Award is wonderful news, it makes us proud and means a lot to us. Having our work recognised makes us very happy and gives us much to smile about during this difficult 'stay at home' time. We wish to thank Julia Cook - Derbyshire Voluntary Action for nominating us for the Queens Award, Simon Rose – Derbyshire Healthcare NHS Trust Foundation and Toby Perkins Member of Parliament for their letters of support.

Thank you to all our funders who have kept us going, (28 years!) without this our work and the joy it brings would not be possible.



Be Creative

Creative activities to keep communities connected. Remarkable ideas, suggested by you.

Since the start of the lockdown, we've been asking people to share with us ways they are enjoying their own creativity to connect with neighbours whilst safely social distancing. We have been sharing these as Tiny Revolutions - easy steps anyone can take to connect a little more in their local community or pass time creatively in self-isolation. We are particularly keen on including the many people who have very limited or no internet access (around 12 million in the UK) and so many of the Tiny Revolutions are also available as a one-page download to print and share with care or food deliveries for the vulnerable or isolated. We are also happy to print and post them to you or your organisation to deliver in your community. Details on the Tiny Revolutions page.

Fun Palaces has always been about tiny, person to person connections which are at the heart of community. Right now, making local connections and including those who are isolated or lonely matters more than ever before.

So here is a short round-up of creative actions. They are brilliant, and many of them show how an idea in isolation has the potential to reach and bring some joy to people we are separated from.

For more information, visit: <https://mailchi.mp/funpalaces/july-newsletter-introducing-ravina-4056757?e=3162f2ced4>



Sowing Hope for life after lockdown

Age UK Derby and Derbyshire have been working with local businesses and organisations to bring home-horticulture packs to older people across the city and county.

As a result of the current advice that people over 70 should shield at home for 12 weeks, many of our older people are facing an extended period of isolation and uncertainty. Along with the loneliness, worry and practical difficulties this brings, many people are also finding that boredom and a loss of meaningful occupation through volunteering, socialising or getting out and about is having a detrimental impact upon mental health.

Growing kits

In response to this hidden crisis, Age UK Derby and Derbyshire are working to deliver home-horticulture kits to older people living alone and in care homes.

The kits will include a booklet of activities, seeds and planting instructions, and in the case of individuals with no garden, a pot and enough compost to grow their seedling. They have been developed with the help of Horticultural Therapist Caroline Cook, who has a background in working in the NHS and in care homes.

Therapeutic effects

The therapeutic effects of growing and gardening are well documented. In times of stress, the tactile process of planting and simple act of caring for a seedling can be calming and grounding. Recipients won't need a propagator, seed dibber or any fancy equipment, and don't need to have any experience of gardening. The first packs will allow recipients to grow a Pot Marigold, or Calendula, which carries the meaning of courage, and are being delivered this week by volunteers from LifeCycle Derby. Delivery by bicycle where possible and use of recycled, biodegradable and paper packaging means that this project is able to have minimal environmental impact, in keeping with the green-fingered spirit it is driven by!

Further kits are planned for flowers to be planted later in Summer. If you or somebody you know would like to receive one, please get in touch via email:- lindsey.coombs@ageukdd.org.uk or call 01773 766922

<https://www.ageuk.org.uk/derbyandderbyshire/about-us/news/articles/2020/sowing-hope/>



Be Creative

Bike Workshop Keeps The Wheels Turning At Monkey Park

With the arrival of Covid-19 in the UK and the Governments advice to close down cafes and small businesses, the Monkey Park Directors had some tough decisions to make, one of which was to close the community hub and furlough myself, the manager and our cafe team.

As you can imagine this was a very difficult decision as the idea and ethos of Monkey Park is to support the community and now we were shutting the doors on the community just as they perhaps needed us more than ever, but safety of all involved had to be paramount in these uncertain times.

From the need and desire to keep what we could running, Jonathan Symons, Bike Workshop Co-ordinator requested that the bike workshop remain open and offer the opportunity for the sale and repair of bikes for local people. He saw a need for this service and was willing to work through the challenges faced by offering it in such difficult times. Jonathan has been wonderfully supported in this venture by his partner Lindsay, who herself is unable to work due to the crisis and has therefore turned her hand to becoming Jono's admin assistant – answering facebook messages and calling people to let them know bikes are ready or a suitable bike has been sourced for the many individual enquiries received weekly.



From a start of Saturday only opening and working on his own, due to space and safety restrictions, Jono, his team of amazing volunteers and the directors have thought long and hard about how to run a service that not only meets the needs of the community at this time but is also safe for staff/volunteers to work in together to achieve maximum support to the community.

This is where having such an amazing community space comes into its own, what was once (and will be again) a welcoming, supportive cafe area, is now a fully functioning bike workshop, set up following careful thought and the dedication to keep the wheels of Monkey Park turning!

There are enough social distanced work spaces for Jono, our second Co-ordinator Kingsley and the amazing team of volunteers to work safely on the bikes completing repairs and ensure sales of recycled bikes to the many people needing them. Customers are allocated a space to wait or a time to visit the space to ensure the workshop is never overwhelmed by too many people and thereby keeping everyone safe.

The Bike Workshop is now open 2 days a week – Wednesday - for repairs and pre-booked sales and Saturday 10am-4pm – and has so far been able to mend and supply bikes to a wide range of different people - our own staff members needing a bike service, parents home-schooling their children and needing to get them out for exercise and our amazing key workers wanting to cycle and stay safe in these unprecedented times.

For more information, visit: <http://www.monkeyparks.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... Link Worker
Richard Colgrave	Connect to... Link Worker
Lisa Motais	Connect to... Link Worker
Helen Walker	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



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