

# NETWORK

HOME EDITION

ISSUE 4



# Hello

# DVA is 30!



How time flies! Derbyshire Voluntary Action turns 30 this year. Set up in 1991, we were originally an alliance of eight organisations, who came together to develop relationships with statutory health and social care partners, and to pool resources to support the voluntary and community sector. As DVA, we continue to be ambitious for what we can achieve as a joined up network, and we're planning to use our 30<sup>th</sup> anniversary celebrations to champion the local voluntary sector and shout about the great work our member organisations do. In order for us to do this, we're asking for you to share your stories about the difference DVA has made to you.

Are you an individual who has:

- \* Benefitted from social prescribing through VSPA or ConnectTo... project?
- \* Got something out of volunteering with us?
- \* Had their awareness raised through campaigns such as Be Cancer Safe?

Are you a group who have:

- \* Used a DVA small grant to make a big impact?
- \* Met a key connection at a forum or other DVA event?
- \* Taken part in training and development, through projects such as Community Chesterfield?

**Get in touch via [info@dva.org.uk](mailto:info@dva.org.uk) if you'd like to share your stories and help us celebrate 30 years of being stronger together!**

# Connect to...

There have been many changes to Connect to... since the beginning of the year. The Chesterfield NHS link workers have returned to their PCN, meaning Connect to... now has 4 social prescribing link workers covering Chesterfield and North East Derbyshire. We are currently supporting around 45 clients in a variety of ways. In line with government guidelines we have been able to re-start some face to face visits with clients who are happy to meet us in the park or go for a walk. As the weather improves and further restrictions are lifted, we will be able to increase these face to face visits.

Our zoom activity sessions have continued and we have so far had poetry writing, chair based exercise, bingo and free writing sessions. Our latest zoom was an open session where our clients reminisced about Chesterfield in years gone by and gave suggestions for future sessions.

**For more information,  
contact: [Natalie@dva.org.uk](mailto:Natalie@dva.org.uk)**



**Connect to...**

## 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 to share through our media and marketing channels or anything you would like more information on, please just get in touch at:  
[info@dva.org.uk](mailto:info@dva.org.uk).**

# Be Inspired

## ***Feeling Connected in North East Derbyshire and Chesterfield***

'Feeling Connected' is a partnership project led by Derbyshire Voluntary Action which aims to improve local approaches to social connectedness in Chesterfield and North East Derbyshire. It will:

- \* raise the profile of the benefits of being socially connected
- \* raise awareness of existing services which support social connectedness
- \* identify interventions, initiatives and activities which help people to feel socially connected and which could be further supported and developed in North East Derbyshire and Chesterfield.



The first phase of the project was to better understand the ways in which local residents keep themselves socially connected and the challenges and barriers people experience which can lead to them losing their connections and becoming isolated. Using this intelligence, together with the learning and experiences of communities during the coronavirus lockdown, an action plan to support social connectedness over the coming months has been developed. This will include support for informal volunteering, a campaign to nurture neighbourliness, and funding support for initiatives to address some of the key barriers people experience which stop them feeling connected.

Introducing Debbie Fennell as the Social Connectedness Development Worker for the 'Feeling Connected in North East Derbyshire and Chesterfield' project. Debbie started in her role in November and has spent the first few months in lockdown understanding the plan, linking up with key partners and finding out who in local communities are nurturing 'good neighbourliness' as well as supporting existing and developing projects. As the COVID restrictions are slowly lifted Debbie will be seen out and about more in the communities and supporting them and residents to create and take up opportunities to be better socially connected.

In the forthcoming months Debbie is particularly interested in the areas of Killamarsh, Eckington, Renishaw and Marsh Lane in NE Derbyshire as well as Newbold, Dunston, Sheffield Road and neighbouring areas and Old and New Whittington.

**If you have ideas about keeping your community connected, would like to link up with Debbie individually or through a group or organisation or indeed can help identify the key residents who Debbie should be in contact with in please call her on 07547 342251, email [debbie@dva.org.uk](mailto:debbie@dva.org.uk)**



# Derbyshire Mental Health Community Groups Network

Do you volunteer or work within mental health in Derbyshire or Derby?

If so we would love you to join us for a relaxed networking meeting for community groups.

**Next meeting - 1.30pm - 3.00pm Wednesday 5 May 2021**

To join:

<https://zoom.us/j/92990606980?pwd=UmFIOEVFL1NweJJuV0RZS1dydXJldz09>

Meeting ID: 929 9060 6980 Passcode: 835864

To confirm attendance please email:  
[natalie@erewashcvs.org.uk](mailto:natalie@erewashcvs.org.uk) or [bryony@dva.org.uk](mailto:bryony@dva.org.uk)



# Be Inspired

## Dronfield Community Market Update

Huge strides have been made in the last few days with the progress of our new 'Dronfield Community Market'. This is the new name we decided on at our meeting on the 19<sup>th</sup> of March 2021.

We have now been informed by the agent of the Cecil family that Mark Cecil is happy to grant a Licence to Dronfield 2gether, subject to formal agreement. We have received the funding to pay for the Licence, which was gratefully received from the NEDDC. We are contacting a Solicitor this week to act on our behalf (to get a quote).

We are setting up, in this next few weeks, a Community Interest Company, and a separate Market Management Committee, which will be responsible for the Licence and the smooth running of the market.

Our new Secretary has been creating the new Rulebook for the traders, which is near to completion.

Now that the Cecil family have given permission for us to hold the Licence, the NEDDC have said that permission to use their car park will be given to us very soon (hopefully this week).

The times of trading that have been agreed on is: 0800 hrs. to 1500 hrs. and that traders should be off-site by 1600 hrs.

We are still aiming for the new market launch date being the 6<sup>th</sup> of May, if all the legal documentation is in place by then.

For more information, visit: <https://www.dronfield2gether.org.uk/news/dronfield-market-is-almost-back/>



# P3 Derbyshire Independent Living Service

If you are experiencing mental ill-health and need support to maintain your home or to find a more suitable place to live, we can help.

We have properties becoming available soon in Supported Housing in Amber Valley and High Peak; please see the website for eligibility.

We have a short waiting list for Community Based support in Amber Valley and High Peak

Our service focuses on people's housing needs, delivering personalised support to enable people with mental ill-health to maintain their home and be in control of their housing needs.

We offer a choice-led approach to support people's wellbeing whilst enabling them to maintain their tenancy, working with people to rebuild confidence in a number of areas - such as budgeting, improving daily living skills, developing supportive local networks and accessing specialist services - to ensure they are able to stay independent within their home.

Our service aims to keep the person receiving support in control, making them an active participant in all the plans made and any actions taken, so they receive the right level of support and can just get on with life.

The Derbyshire Independent Living Service offers support across Amber Valley, Bolsover, Chesterfield, North East Derbyshire, Derbyshire Dales, Erewash, High Peak, and South Derbyshire.

**For more information or to make an online referral please visit  
[Derbyshire Independent Living Service - P3 \(p3charity.org\)](https://www.p3charity.org)**





# Be Inspired

## Social Work Training Opportunities.

I am a staff tutor in social work at the Open University (and a life long supporter of DVA-formerly NDVA). In my new part time role I am promoting social work as a career which is a protected title, requiring a degree in social work and registration with the regulator Social Work England. The training is over 3 years but did you know that for organisations with a turnover of less than £3 million you as an employer may be able to access 95% of funding to train a member of your staff to become a qualified social worker? This can be worth around £23000 over 3 years and your member of staff receives pay in return (so no student debt!).

As an employer you have to provide placement opportunities and support as well as release the staff member for 20% of their time for study and skills development. Want to find out more? Please email me at [\*\*Jackie.king-owen@open.ac.uk\*\*](mailto:Jackie.king-owen@open.ac.uk)

The Open University is a national registered provider agency for social work training. Staff tutors can offer advice and support to upskill your staff and promote better integration of Health and Social Care. Working in partnership with employers, the OU can access funding for social work training and placement opportunities.

## 'Spring Wellbeing Activity Pack'

Marking the moving of time through COVID secure activity and connectivity

A Spring Wellbeing pack including ideas and activities to engage and inspire designed around the 5 Ways to Wellbeing



To receive a pack, contact Mary or Robyn...

Tel: 07450195051/07774309745

Email: [theconnections-spacecic@gmail.com](mailto:theconnections-spacecic@gmail.com)

Facebook/Twitter/[www.connections-spacecic.org](http://www.connections-spacecic.org)

Funded by Derbyshire Dales Social Connectedness Grant



# Are you affected by Cancer?

**Derbyshire Cancer Buddies have all gone through cancer and actually understand how you feel.**

Derbyshire Cancer Buddies provide online group and confidential 1-1 telephone support to community members who are diagnosed with, and/or affected by, cancer.

We are a team of friendly and compassionate volunteers who have lived experience of cancer and now support others through their cancer journeys. If you need to talk we are here to listen. You can join us on our Facebook page or contact us by telephone or email if you would prefer 1-1 telephone Buddy support.

**“I find it really helpful talking to my Buddy probably because she has been through a similar experience. I can ask questions or just offload and that’s been really helpful to be honest...” Debbie - a cancer patient and working mother of a young family.**

Cancer patients, survivors, carers and other supporters, who are seeking 1-1 telephone Buddy support, can call us and/or request a Referral Form using the contact details below. Likewise, we are happy to take referrals from healthcare professionals who may also contact us using the telephone and email details below.

## **CONTACT DETAILS:**

**Telephone: 07547 698081**

**Email: [sam@derbyshirecancerbuddies.co.uk](mailto:sam@derbyshirecancerbuddies.co.uk)**



# Be Inspired

## **Could you help with research into COVID-19 community testing sites?**

Researchers at the University of Nottingham are looking to explore people's views of asymptomatic COVID-19 community testing sites set up in Derbyshire. To date, the researchers have spoken to individuals who have attended the community testing sites but they would also like to speak to people who have not attended the sites to obtain as many views as possible.

### **Who is eligible to take part?**

We are looking to talk to people over the age of 18 who live or work in the Chesterfield or Amber Valley area who have **never** attended a COVID-19 community testing site.

### **What does the research involve?**

If you agree to take part, we will arrange a convenient time for you to carry out an informal interview with one of our researchers over the telephone. The interview should not take longer than 30 minutes.

### **Will I receive anything for taking part?**

People who take part will be offered a shopping voucher as a thank you for their time.

### **How many people can take part?**

We have capacity to interview a small number of people. We will work through those who are interested in taking part in the order in which they contact us.

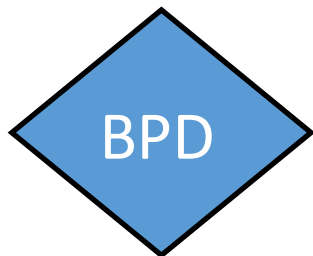
### **I'm eligible, who should I contact if I'm interested in taking part?**

Please contact Leah at the University of Nottingham ([leah.jayes@nottingham.ac.uk](mailto:leah.jayes@nottingham.ac.uk)) who will be able to provide you with more information and answer any of your questions before you decide whether you would like to take part. One of the researchers will let you know if we have reached our target recruitment figure.



University of  
Nottingham

UK | CHINA | MALAYSIA



**Vicky**



**Sue**



**Jodie**



**Ryan**



**John**

## **Our Committee**

# **Derbyshire Borderline Personality Support Group Info & Chat!**



**Zoom meetings every Sunday!**  
**Now Nationwide!**



**For more information, contact Sue: [derbyshireborderlinepd@gmail.com](mailto:derbyshireborderlinepd@gmail.com)**

# Be Inspired

## Citizens Advice North East Derbyshire – adapting our service and making positive changes

### **Pandemic**

Similar to many other organisations, at Citizens Advice North East Derbyshire we were forced by the first lock down in March 2020 to change the way we operate. Fortunately we had the equipment and technologies to do this seemingly and so we switched to working from home on a telephone only service instantly.

In the summer of 2020 we were able to offer some pop up face to face advice sessions under a customised Gazebo in various community outdoor venues and in September and October we re-opened our main office to give face to face advice via appointment. We are currently planning our roadmap to re-starting face to face advice again for the spring.

Despite closing our doors for face to face advice we have remained accessible and in demand.



### **Launch of a free phone number!**

In January, we made a switch to a new, more sophisticated telephone system with the added bonus of a free phone number. This has meant that clients are able to contact us for free. Also outside of our advertised Adviceline hours calls are answered by national backup centres. In addition to this we also have installed a free to use telephone outside of our main office in Clay Cross for accessing Adviceline for people to reach us who do not have access to a phone.

### **Accessibility**

We promote the use of the Relay Service for clients to contact us if they struggle to hear or speak and we have training arranged in April for our whole organisation on the subject of Deaf Awareness to again help to improve our accessibility.

We offer Language Line for interpretation for non-English speakers.

### **New volunteer opportunities**

Prior to the pandemic the majority of our volunteer roles were for face to face advice however many of our existing volunteers adapted to give telephone advice and others switched to roles that supported our work such as research.

In the autumn of 2020 we were part of a pilot to recruit, train and supervise new volunteers completely remotely. This pilot was a success and we were able to build on our numbers of volunteers with this new initiative allowing them flexibility to train and work from home.

We are continuing to recruit new remote based volunteers to train as advisers, help us with research and help with social media. For any further information on this contact [ismith@nedcab.org.uk](mailto:ismith@nedcab.org.uk)

### **Podcasts**

With the help of new dedicated volunteers we have raised our social media profile and produce regular podcasts on advice related issues. You can subscribe to those on [https://linktr.ee/Sound\\_Advice](https://linktr.ee/Sound_Advice)

**How to contact us: Clients can access our local service by calling our Adviceline for free on 0808 250 5702 Mon-Friday 9am-2pm.**

**We have a web enquiry form for call backs <https://www.citizensadvicened.org.uk/>**

**Clients can also book telephone appointments with Citizens Advice through their GP surgery (most surgeries in Bolsover and North East Derbyshire Districts participate in this).**



**citizens  
advice**

**North East  
Derbyshire**

# Be Inspired

## Barnard Bulletin

In January 2020, as a resolution to re-engage with the neighbours, I invited about twenty to a 'Coffee and Catch-up' at our house. Many of the immediate houses have had the same occupants for more than forty years and we had all been quite close in the early days but as children grew and work commitments developed, most conversations had dwindled to a simple, "Good Morning". Twelve people came, including one (heavily pregnant) new to the area, and we enjoyed sharing stories of our lives in a way we had not done for such a long time. So enjoyable was the day that we vowed to repeat it every two months – then Lockdown came!



In an effort not to lose the connections we had reignited, I offered a little newsletter to keep us from feeling isolated. Thus in March 2020 the Barnard Bulletin was borne. The group suggested that I extend my circulation option to the whole of Barnard Avenue to see who else might enjoy the link. Thus hard copies were put through sixty plus doors and thirty or so requested to be involved. Originally I was going to do it alternate weeks but so much information was coming out each week that it became a weekly affair. We used it to share stories of neighbours' hobbies or their involvement in local voluntary work, to pass on information about Covid regulations and contact details of support services or of socially distanced activities they could get involved in, but I also added in poems, cartoons and puzzles for a bit of light relief.

Neighbours forwarded their copies to friends living further away and I got requests from various organisations for permission to send copies to their group members. People in surrounding streets contacted me to ask to be included on my circulation list and before I knew it I had over ninety households on my email list plus twenty five folk, who were not comfortable with the computer, requesting hard copies. However when you count those receiving it via the groups, my Bulletin appears to be reaching five to six hundred households.

The intention was just to do it for a short time but here I am now a full year since I started with just a short break during the Autumn, only to be requested to re-start when Lockdowns began again. It began as six sides and after a few weeks grew to ten sides. The pregnant neighbour produced a beautiful little girl and the Bulletin is up to number 46 and so this week both our Barnard Baby and the Barnard Bulletin celebrated their 1<sup>st</sup> birthdays.

**For more information, contact: Jean Hertzog - [jrhertzog@hotmail.com](mailto:jrhertzog@hotmail.com)**

# Derbyshire Beacon of Hope Awards

While the pandemic is still ongoing, Derby City Council, Derbyshire County Council and their Leaders, the High Sheriff and the Lord-Lieutenant feel it is important now to recognise that many across the county have committed themselves to response and relief efforts since the beginning of the outbreak.

The award will seek to highlight those in every sector and community of the county that have played a key role.

Nominations are open to the public, and we want to hear your stories. If you feel you know of a group or an individual that has gone above and beyond to help others during the pandemic, then we'd like to know about it. You can send in their details and a short explanation using the Derbyshire Beacon of Hope nomination form as to why you believe they are deserving of an award and we will be in touch.

This award is a great opportunity for all residents of Derbyshire to show their appreciation and reflect on the hard work done by others. When the situation allows, we will be paying visits to winners to present them with their awards and to take a moment to speak to them about what they have been doing during the crisis and the impact it has had.

**For more information, visit: <https://www.derbyshire.gov.uk/council/news-events/beacon-of-hope-awards/derbyshire-beacon-of-hope-awards.aspx>**





# Be involved

## Counselling Skills for Non-Counsellors Training Course

- Are you finding more of your time is being used listening to colleagues at work or home who need support and a listening ear?
- Do you wish you or your teams had more knowledge or skills to offer support?
- Are you looking for some ideas to help you deliver this support without taking up too much time?

...then this half day course may be the answer!

Relate Chesterfield & North Derbyshire are offering an online half day course to support you to develop the skills to support others.

The course is not designed to train members to be fully qualified counsellors, but to enable attendees to use counselling skills in whatever context they operate.

At the end of the course, participants will:

1. Understand the key differences between offering counselling and using counselling skills.
2. Learn about how to facilitate helpful conversations utilising skills they have had an opportunity to practice.
3. Develop strategies to safeguard their own wellbeing and understand circumstances for onward referral.
4. Be able to offer inclusive and culturally sensitive practices.

**This course is currently being delivered online, and we have limited free funded places.**

**For more information, email: [admin@relatechesterfield.org.uk](mailto:admin@relatechesterfield.org.uk)**

### Current Available Dates

- **Monday 26th April 12.30—4.30pm**
- **Thursday 6th May 9—1pm**
- **Monday 10th May 12.30—4.30pm**
- **Monday 24th May 12.30—4.30pm**

relate  
the relationship people

# DAST Poetry Competition 2021

It's time for the DAST biennial poetry competition. This year, we're giving you two themes to work with:

## **-Trees**

The DAST logo is a tree, representing lungs. Throughout our organisation's history we have planted memorial trees for asbestos victims, and we are currently investigating the possibility of carrying out a fundraising drive to dedicate an acre of woodland. Trees are known to be good for us - as well as cleaning the air, a walk in the woods can do wonders for your sense of wellbeing. So, we are looking for positive poetry about trees. Do you have a favourite tree? Do you have any childhood memories connected to climbing or swinging from trees? Do you have one in your garden that you planted yourself - what does it mean to you?

## **-Journey**

We are keen to hear your life stories, or about experiences from your younger days. Tell us about your journey through life. How did you get to where you are today?

You can enter as many poems as you like, there are no rules on the format of the poem or on how many words you use - they just have to stick to one of the two subjects listed above. We ask that those entering read the rules first and then send their entry in with an official entry form. In order to obtain these you can email [sarah.walters@asbestosupport.co.uk](mailto:sarah.walters@asbestosupport.co.uk) or telephone 01246 380415. There is an entry fee of £3 per poem - this money will help to fund our Action Mesothelioma Day activities. The closing date is Wednesday 30 June 2021 and there will be a small prize for the winner of each category.



# Be Creative

## Chesterfield in Lockdown

*Chesterfield Museum is working with local people and organisations to put together an exhibition that conveys experiences of Lockdown and the pandemic in Chesterfield. We really need your help with this project so please get in touch and get involved. Some ideas of what we'd love to display...*

Please contact  
Chesterfield Museum at...

[museum.collections@chesterfield.gov.uk](mailto:museum.collections@chesterfield.gov.uk)

[rachel.fannen@chesterfield.gov.uk](mailto:rachel.fannen@chesterfield.gov.uk)

### Photographs

- **Images** of 'Lockdown' in Chesterfield (signs, queues, empty parks or streets)
- **Photos or Videos** of life in Lockdown. Taking comfort from nature, your garden, cooking, reading, screenshots of chats with friends and family online).

### Items

*(items can be donated to Museum or borrowed for display and returned)*

- The **objects** that will always remind you of this time / period...PPE, home-made mask, walking shoes, comfy trousers, signs, toilet roll, a bottle of hand gel.

### Creations

*(items can be donated to Museum or borrowed for display and returned)*

- **Artworks**, pictures, paintings, models, textiles.
- Any **projects** that you've embraced and focused on.
- All the **rainbows** you made.

### Stories and Thoughts

- Your **thoughts** about the past six months and 'Lockdown' expressed through...journals, diary extracts, blogs, letters
- **Stories and poetry** expressing things you've experienced.



## ***'Chesterfield in Lockdown'***

### ***Community Textile Artwork / Hanging***

As well as the planned exhibition 'Chesterfield in Lockdown', Chesterfield Museum is promoting a new project to create something special.

A wall hanging, a textile artwork made up of fabric squares, that will commemorate a shared narrative of Lockdown in our town.

The Museum wants to encourage local people, community groups and schools all over the Borough to take part.

Each square will be a personal creation; sewn, knitted, decorated, designed, painted, dyed or printed by individuals, families, friends and groups from all over Chesterfield.

These squares, once brought together, will convey a wide range of experiences, memories and stories, forming a stunning textile artwork and legacy for the future.

The Museum will be posting plenty of images and videos over the next months to give you lots of ideas and inspiration for your own designs.

We have a provisional deadline for submissions of the end of July 2021, but this will be subject to any future Government restrictions.

## 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
Debbie Fennell	Social Connectedness Development Worker
Emma Holt	Community Response Worker
Charlotte Repton	Community Project Manager (Maternity cover)
Alison Gibson	Community Development Worker
Kate Burns	Community Skills Coordinator
Viv Lisewski-Hobson	Community Project Support Officer
Hannah Johnson	Marketing & Communications Officer
Charlotte Higgins	Connect to... Community Coordinator
Natalie Evans	Connect to... Support & Outcomes Officer
Richard Colgrave	Connect to... Link Worker
Jess Solly	Connect to... Link Worker
Pete Bird	Connect to... Link Worker

## Our Board of Directors

Heather Fawbert (Chair)	Julie Dixon
Roland Brown (Vice Chair)	Ann Sullivan
Robert Audis (Treasurer)	Bev Crighton
Amy Harris	Wendy Munro



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