



**Erewash
Voluntary
Action**



SPRING NEWSLETTER

Welcome to our seasonal Erewash Voluntary Action Newsletter.
We will bring you updates about our activities all year round.
For more information contact: emma@erewashevs.org.uk

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Erewash Voluntary Action - CVS is a Company Limited by Guarantee Registered in England & Wales No 3537038 and a Registered Charity (England & Wales) No 1069838.

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Edited by Emma Duthie
Communications Officer



Welcome to the Spring edition of our newsletter.

“Since returning to the office in January we have, once again, seen many changes here at EVA.

We have now launched our Hobby Buddy scheme and Lacemaker Court project.

The **Buddy Scheme** is in partnership with the Erewash Primary Care network and will be working with Team Up who support people who are unable to leave their own home. We will be recruiting Volunteer Hobby buddies who would like to share a hobby or interest with clients in their own home.

Our **Lacemaker Court** project is funded through Derbyshire County Council and will provide a wellbeing service to the people who live there. We will be looking at what the residents would like to see and providing monthly wellbeing sessions. This is a first for us, but we are excited to be working on the project.

Our Social Prescribing Children and Young people work is starting to take shape and referrals are starting to come in.

The Living Well collaborative work has just been re funded for a further year, so we are now able to continue delivering the growing networks across Erewash, Amber Valley and South Derbyshire.

On the job front side we are now recruiting for several posts including GP Link Worker, Community Development Worker, Community Activator and Mental Health Suicide Prevention officer. All these posts are on our website.

A few of our staff have left recently including Laura from the Social Prescribing team, Sonia from our Mental Health team and Becky as Community Activator. We wish them all the best in their new ventures. Cat has decided to take early retirement in early May, and we wish her well for the future. Cat has given many years of service to EVA and will be missed by the whole team.

On a positive note, we have now recruited my replacement as CEO and James Bromley will be joining us on June 17th. This will give us two weeks handover before I finish on June 29th.

James is currently the CEO at High Peak CVS and brings a great wealth of skills and experience that will enable EVA to continue to develop and grow.

Thank you all for your continued support to us here at EVA. We have such an amazing voluntary and community sector in Erewash.”

Stella Scott

Chief Executive Officer
stella@erewashcvs.org.uk



At the end of this month, the Home from Hospital service will be operated by South Derbyshire CVS. They'll continue to cover the Erewash area but the service will no longer be carried out by EVA. If you'd like to make a referral, please contact them on 01283 817417 or email them on home@dhfh.org.uk

Volunteering Update



A big hello!

Since the last newsletter was published, we have been very busy developing new projects, creating further volunteering opportunities and working 'behind the scenes' to give our Volunteer Centre promotional materials a make-over.

Here's some updates on our EVA-managed projects:

Shopping project – We've continued to run our ever-popular Shopping Service, benefitting many vulnerable residents within Erewash.

This service is for residents who are unable to carry out their own shopping and/or don't have anyone else who could shop for them. We're always looking for volunteers to help and support the service.

We launched our Volunteer Coffee morning in December 2023 and it's continued to have proven popular. We run it every 3rd Monday of the month at our Centre.

This session is for anyone who volunteers with us, (current and new) and for anyone who might be thinking of volunteering.

The next session is on Monday 15th April. It's a great opportunity to meet the team and other volunteers in a safe, friendly, and relaxed atmosphere. Free drinks and biscuits are always on offer.

No booking required, just pop in between 10.30am-12.30pm.

Volunteer Centre

VOLUNTEER SHOPPERS REQUIRED

Come and be part of a very friendly, caring team and help your local residents with their shopping.

For more information contact: 0115 9466740
Kathryn@erewashous.org.uk | www.erewashvoluntaryaction.org.uk
Erewash Voluntary Action, Granville Avenue,
Long Eaton, Derbyshire, NG10 4HD

A promotional graphic for the Volunteer Centre. It features a smiling woman with long brown hair, wearing a purple shirt and an orange lanyard with a badge. The background is a blurred outdoor scene. The text is overlaid on the image in white and yellow.

NEW! Our Hobby Buddy service – We're pleased to announce that we officially launched our Hobby Buddy service on Monday 11th March.

This service is working in partnership with 'Team-up' to provide a befriending service with a 'twist' – Do you have a hobby or interest that you'd like to share with others? (or even just like to talk to others) This could be the opportunity for you!

The service is for those who are unable to leave their properties and would benefit from some social interaction. We're currently seeking more volunteers.



Volunteer Centre

Hobby Buddies

VOLUNTEERS NEEDED

Can you spare a little time to talk to an isolated person?

Chat about your interests and hobbies

BECOME A VOLUNTEER TODAY!
EMAIL: jenni@erewashcvcs.org.uk

Team Up
Derbyshire

Wellbeing and Advice Service at Lacemaker Court – We've now officially launched a new service for the residents of Lacemaker Court Assisted Living Complex.

We provide a support service to enhance the wellbeing of residents, Monday-Friday, 9.30am-1.30pm. We've had a really positive start and have already supported many residents with all sorts of queries such as benefit and pension enquiries, accessing local community groups, IT and rental queries.

As we develop the service further, we'll be on the lookout for volunteers to support us, likely working with small social groups and introducing further activities within the complex.

“ I've built up a keen passion for engaging with supporting, and developing, people's skills in local communities. ”

If you would like any more details or information on any of our projects please contact
Kathryn Russell
Volunteer Co-ordinator
& Team Leader
kathryn@erewashcvcs.org.uk

Volunteering Update



We've also continued to build up our volunteering opportunities through our brokerage service. All opportunities outside of EVA-managed projects are advertised through our volunteering website, *Volife Erewash*.

The website address is erewashcvsvolife.com. If you'd prefer to speak to us about what opportunities are on offer, please feel free to contact us directly on 0115 9466740 or email kathryn@erewashcvs.org.uk



New opportunities are coming through regularly so if we don't have something that could be of interest of you right now, please keep in touch as there maybe something coming up shortly.

DO YOU WANT TO MAKE THE DIFFERENCE?

VOLIFE

Erewash

Volife is the Derbyshire brokerage platform for you.

WHY VOLUNTEER?

People volunteer for many different reasons.

Some of the most common are:

- To do something they really enjoy
- To make use of special interests, skills and talents
- To meet new people and make friends with similar interest
- To gain valuable training and experience which could lead to paid employment
- Make a difference - help to change and shape your own community.

We recruit from all sectors of the community including, Voluntary, community, public and private sectors.

Volife has been created to help recruit volunteers and to support people to find more volunteering opportunities across Erewash.

Volife is more appealing to many people who want to volunteer because the app will help to identify more opportunities for people here in Erewash.

People thinking about becoming a volunteer can search for opportunities within a chosen radius, by location, by theme, by type of work, by time available or for a specific charity.

It makes sense to have your volunteer vacancies there on the database!

If you can't find anything please do contact your local Volunteer Centre who may have opportunities not listed and will be able to help.

Contact details are overleaf.
Confidential interviews are available.

Social Prescribing

Update for March 2024

Funded by Erewash Health Partnership

Social Prescribing can help you find local groups, social activities and support in your community it is a way of connecting patients to benefit their health and wellbeing.

The team celebrated National Social Prescribing Day on 14th March by hosting two 'Celebrate and Connect' tea parties, at both the Project Café Ilkeston and Infusions Café Long Eaton. We invited a mixture of past and present Social Prescribing clients. Both events were enjoyed by all those who came along.



Clare Sedgwick
Senior GP Link Worker &
Team Leader
clare2@erewashcvs.org.uk

Promoting and Supporting Mental Health Within the Voluntary Sector

In our dedication to supporting mental health within the voluntary sector, we are committed to promoting and empowering these vital services and significantly enhancing their reach and impact. Through our 'Mental Health Forum' we share best practices and strengthen our relationships to benefit and inspire better service provision within the community.

Our Network

We have a range of organisations, groups and social enterprises that are subscribers to our Derbyshire Mental Health Forum, sharing news and success within our community.

Visit: www.erewashvoluntaryaction.org.uk/dmhf to find out more.



Our Aims

- ✓ Enable the voluntary sector to become an equal and effective partner in the design and delivery of local services.
- ✓ Support the mental health voluntary sector to share and promote good practice.
- ✓ Inspire confidence in mental health provision across voluntary and statutory sectors.
- ✓ Build and develop the sector to meet new challenges and opportunities.
- ✓ Provide a support network for organisations and individual workers.
- ✓ Support commissioners to communicate with the sector - through meetings, focus groups, consultation and task and finish groups.

Forum Meetings

We hold regular Forum Meetings, including joint countywide meetings with Derbyshire Voluntary Action. These meetings offer networking opportunities, discussions with commissioners, and updates on mental health projects and policies for providers within the voluntary sector.

Forum News

We regularly share informative content through our Forum News e-bulletins.

These cover a range of topics concerning the mental health voluntary sector in Derby and Derbyshire, including funding opportunities, training courses, events, news, and much more.

www.erewashvoluntaryaction.org.uk/dmhf



Since April 2023 Erewash Voluntary Action have been at the forefront of delivering change to our local mental health approach, through the county wide Living Well programme. Working closely with Community Mental Health, primary care network, PLACE, local organisations and experts by experience, together we are not just talking about change but making it come to life.

If you are interested in being part of this collaborative forum and a passionate about helping change our local approach to mental health then please get in contact to join our monthly collaborative at Erewash Voluntary Action.

What is a Living Well Collaborative?

The collaborative is a group of passionate individuals comprising of commissioners, providers, the statutory sector, the voluntary sector, local authority and people with lived experience of mental health.

Effective change takes place when it's led by the users of service and the staff delivering it!

Living Well is not just a new way of working but also a new way of thinking. Our focus is local but shared across the county.

“As the Living Well Co-ordinator for Amber Valley, Erewash, and South Derbyshire, I'm passionate about our approach to mental health and how together we can create a better more connected community”

What do we do?

We work together on behalf of the wider system to reimagine the future of community mental health and look after the health and wellbeing of our local community



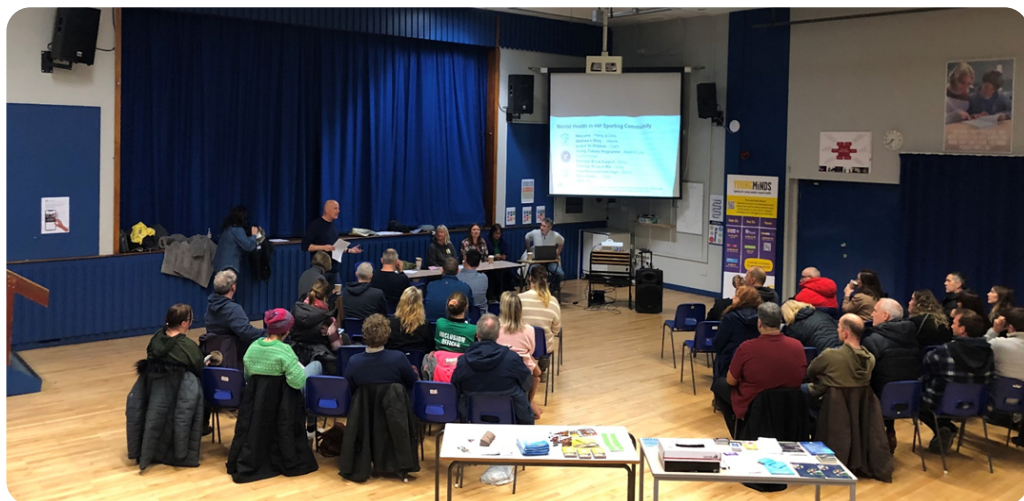
Liam Statham
Operations Director & Living Well Co-ordinator
liam@erewashcvs.org.uk

Mental Health and Suicide Prevention Outreach Project



The Outreach Project exists to support small organisations, clubs, and businesses with fully funded training options, signposting and links to other services. Help with action planning and policy writing to embed mental health into the ethos of the organisation.

The project offers access to a Support Network Group for Mental Health First Aiders, which includes guest speakers and access to other training and resources. You'll receive encouragement and confidence building from the Development Worker at Erewash Voluntary Action.



1st presentation evening – inspirational Chris addressing the audience

A Success story: Wirksworth Mental Health Initiative - Wellbeing Community

Initiated by Dr Penny Blackwell from the Hannage Brook GP Surgery a contact arrived in my inbox from the Wirksworth Colts Chairman Chris Whittall via the MHSP Public Health Team.

In Sept 2023 a first meeting took place between myself, (EVA Development Worker), Chris Whittall (Colts Chairman), Sam North (Vice Chair) and Darren Greatorex (Development and Comms Officer).

What started with the signing up of Mental Health First Aid training, quickly became the realisation that this Club wanted to make a real difference in their community.

By October 2023 the Colts had neighbouring Football Clubs and the Safeguarding Lead from the Anthony Gell School on board.

A second meeting planned the launch of a presentation evening for the 30 Nov 2023, where emotive stories really got the message across of 'we need to do more'.

The club had a clear plan to embed an ethos of Mental Health Support and Awareness that would be an enduring part of Wirksworth. Darren wanted to go beyond the reach of Wirksworth Colts FC.

As interest grew Darren worked on a support plan for the community. He pushed and completed all the training on offer and joined the Network for Mental Health First Aiders provided by the Project.

By the New year Darren had developed a new website, www.wirksworthmhi.co.uk social media and communication to support a wider Wirksworth Mental Health Initiative and invited other sports clubs and organisations to their Launch evening marked by the **Time to Talk Day** on the 1st February.

After the success of the launch and recruitment of several members, their inaugural meeting this March will officiate the Wirksworth Mental Health Initiative. They have a clear constitution of what they want to achieve.

For me it has been a pleasure to be a small part at the beginning of what I expect to be a lasting legacy of this amazing community and to share one of the successes of the Outreach Project. Coming up - look out for the Wellbeing Festival in the Dales in September 2024.

Thank you to the Wirksworth Colts, guest speakers, Young Futures, Anthony Gell School, Adult Social Care and Health, Action for Children, Build Sound Minds, Youngminds. Mentell. Tough Enough to Care, The Hannage Brook Surgery, Joined up Care Derbyshire and the CVSS. DACES and Harmless for the training. Schools, individuals, businesses, and grassroots sports clubs undertaking training, and those who have joined the Initiative.

Thank you to Chris and Darren for the amazing feedback.

"I would like to say that without your informed and measured counsel and your unflinching support of our work in Wirksworth I am sure we would not have progressed so far so quickly. You have ensured that we have laid down foundations that will enable Wirksworth Colts and the wider community to more confidently create a 'Wellbeing Community'". (Chris)

"Your support has been incredible and Wirksworth Colts wouldn't have made it to where we did without you". (Darren)

If you are interest in training and support for your organisation

In memory of all those we have lost to suicide; may all the great work continue.

WE NEED YOU!



Mental Health First Aider Network

A safe space for people who have completed Mental Health First Aid Training to continue their learnings and support one another.



To join please contact:
sonia@erewashcvs.org.uk

Mental Health & Suicide Prevention
Derbyshire and Derby City



**Joined Up Care
Derbyshire**



**Sonia Richardson
Development Worker -
Mental Health & Suicide
Prevention**
sonia@erewashcvs.org.uk



Connecting Erewash Week

Growing Community Connections

Erewash Voluntary Action is organising a Connecting Erewash Week from 22 – 28 April 2024 as part of the Connect Erewash initiative to combat loneliness and isolation in Erewash.

The Connecting Erewash week aims to highlight community groups and their activities, support people to build connections and raise awareness about loneliness and social isolation.

Along with the fantastic Erewash community groups and organisations, we are looking forward to welcoming you to our Connecting Erewash Week events.

Connection and Wellness Day – Monday 22 April 2024

Long Eaton

Local Health Walk 10:00am

Erewash Canal South Loop

Meeting Point – outside the Town Hall, Long Eaton.

Whether you are a seasoned walker or just looking to stretch your legs and meet new friends, everyone is welcome to join their friendly walk along the Erewash Canal South Loop on Monday 22 April 2024 and every other Monday.

(Taking a route through the Town centre, side streets and Twitchell to Tamworth Road we join the canal towpath. Following this to the junction leading us to Midland Street we walk back to the start.)



Monday 22 April 2024
Connection and Wellness Day
Tea with Friends 2:00pm
Methodist Church Hall
Market Street,
Draycott

Join us for a warm and welcoming afternoon tea and sandwich gathering at the Methodist Church Hall, Draycott hosted by the Tea with Friends! You are invited to enjoy delightful refreshments in good company. There is also the exciting opportunity to participate in a game of Bingo. We look forward to having you for an afternoon of fun and friendship.

Monday Café 10:30am
Ashbrook Community Centre
Ashbrook Avenue, Borrowash

Open to over 60s living in Ockbrook and Borrowash.

Do you fancy meeting up for a bite to eat and a good chat? Borrowbrook Home Link are hosting their weekly Monday Café at the Ashbrook Community Centre in Borrowash and you are invited. Doors open at 10:30am and lunch is served at noon.



Tuesday 23 April 2024
Walking Tennis
10:00am-11:00am
Ockbrook and
Borrowash Tennis Club

Come out and join us for some fun on the court. Walking Tennis is a simplified version of the traditional game. The rules have been tweaked a little to make the game less demanding physically. Players can't run or jump. Lace up your trainers and grab your racket. See you on the court! With a cuppa and chat after. Every Tuesday at 10am. Call message Ros 07850 203036



Thursday 25 April 2024
Ilkeston Town Walkers 10:00am
Meeting Point
Ilkeston Library, finishing at Erewash Museum

Are you looking to start or get back into walking? Looking for a steady, gentle stroll? Ilkeston Town Walkers is welcoming individuals to make new friends and have fun while walking.

For more information contact ken_foster82@hotmail.com



Growing Community Connections

COMMUNITY INFORMATION DAY

Thursday 25th April 2024

10:30am - 2:30pm
Pop in anytime

No booking required.

Join us for a day of community interaction.

Visit stands from various Erewash community groups and organisations.

Explore your interests.

Let us combat loneliness together.

Thursday 25 April 2024
**Community Information
Day**

10:30am – 2:30pm

A Community Information Day will be taking place at:

Erewash Voluntary Action
Granville Avenue
Long Eaton
NG10 4HD.

There will be a variety of community groups and organisations with information stands providing details of their group activities and how to join and build connections.

Everybody is welcome to pop down anytime, teas, coffees, and snacks will be available, and it is all free of charge.

This is a great way to find out more about local community groups and how to connect with others.

Venue:
Erewash Voluntary Action
Granville Avenue
Long Eaton NG10 4HD



**For more information
contact:**
gloria@erewashcvcs.org.uk



**If you would like any more
details or information on any of
our projects please contact**
Gloria Umoru - Connect
Erewash Development Worker
gloria@erewashcvcs.org.uk

Connect Erewash Conference **2:30pm – 5:30pm on Sunday 28 April 2024**

A Connect Erewash Conference will take place from 2.30pm until 5.30 pm at Erewash Voluntary Action. The theme of the conference is ***Building Community Connections to Reduce Loneliness and Isolation in Erewash***. This is an event to highlight loneliness and isolation and to showcase the Connect Erewash work. The conference will include three expert speakers who will talk about loneliness and isolation from different perspectives and how this affects people and communities.

There will be a panel question and answer session with the speakers. Participants will take part in group discussions to share views, ideas and solutions and a call for action to make Erewash more connected!

The conference is open to anybody interested in the topic and includes Erewash community groups and organisations, clubs, charities, not-for-profit organisations, statutory services and organisations and individual residents. There is no charge to attend.

Please share the publicity and help spread the word about these events.

Places to attend the conference need to be booked with Lee at Erewash Voluntary Action email lee@erewashcvcs.org.uk



Growing Community Connections

CONNECT EREWASH CONFERENCE

An event to highlight loneliness and isolation and showcase the Connect Erewash Work

Sunday 28th April
2:30PM - 5:30PM

You are invited to attend !

Listen to three expert speakers, engage in a question and answer session and participate in group discussions.

A call to action to make Erewash more connected!

Further information contact Gloria - Connect Erewash Development Worker
gloria@erewashcvcs.org.uk

Venue:
Erewash Voluntary Action
Granville Avenue
Long Eaton NG10 4HD

To book your place contact
lee@erewashcvcs.org.uk or
call 01159 466 740

Erewash Small Grant Scheme

The Erewash Small Grant Scheme is funded by Derbyshire County Council Public Health, Adult Care and Erewash Borough Council.

Organisations can apply for up to £1,500. There are three key priorities and applicants must meet a minimum of one of the themes to be eligible to apply.

The following organisations are eligible to apply:

- Voluntary or community groups with a constitution
- Registered charities or charitable incorporated organisation
- Community interest company or social enterprise
- Other not-for-profit organisations

Statutory organisations are not eligible to apply to this grant scheme including Parish Councils.

If you are thinking of making an application contact Catriona our Community Development Team Leader to discuss your ideas and to check eligibility.

Group Development

Development advice and support is available to help existing groups continue to flourish and develop. Advice will depend on the needs of individual organisations and their members.

Advice and support are also available to new groups that would like to set up.

This can range from help with writing a constitution and relevant policies, searching for grant aid, marketing, and promotion as well as any other relevant advice.

Our Development Worker can help signpost to a wide range of resources including, funding information and training.



Monthly Grants and Funding Bulletin

A monthly funding bulletin is produced containing local and national funding and grant aid opportunities. This can be found on the Erewash Voluntary Action web site: www.erewashvoluntaryaction.org.uk/grantsandfunding

Erewash Voluntary Action manage and organise several network meetings including:

- **Erewash Development Workers Network**
- **Erewash Children and Young Peoples Mental Health and Emotional Wellbeing Network**
- **Erewash Small Groups Network**

Networks exist to bring together community, voluntary and statutory partner organisations in the Erewash area to share skills, information, experiences, good practice and resources. Network meetings offer a valuable space for colleagues to network, exchange and help improve the support to clients and the wider community. Colleagues value the network meetings and case studies demonstrate the impact of attending meetings and how this has made a difference to their work and services.

The Sawley Community Network and Sandiacre Community Network are made up of local community and voluntary groups, organisations, statutory partners and residents.



Members of the networks meet every eight weeks and are open to anybody to attend. Network members identify the needs and priorities of the community and have developed a Community Wellness Action Plan. This helps people of all ages in Sawley and Sandiacre have access to activities and opportunities to improve their health and wellbeing.

Although the networks have different priorities and objectives to work on, promoting community activities and involvement for residents is a common purpose. Members of both networks are always keen to create opportunities for people to give feedback in order to develop activities based on needs to help improve health and wellbeing.

Erewash Voluntary Action are commissioned by Derbyshire County Council Public Health to lead and coordinate the Sawley and Sandiacre Community Networks.

**Our Community Activator Becky Daykin has now sadly left EVA.
We will be recruiting into the role soon.**

*The Erewash Small Groups Network
has been running for a number of years.*

The network meets virtually on a quarterly basis and is organised by the Erewash Voluntary Action Community Development Team Leader.

The network provides a great place for small groups to come together and learn from each other especially when a group has success and can share with other groups. The network helps groups communicate with each other, find out relevant information that can support their group and is a fantastic place to have conversations and build connections.

During each meeting the network welcomes a guest speaker and there have been various topics covered including – marketing and promotions, Erewash Sound, how to use social media, fund raising and group insurance.

The network is for any group in Erewash that is voluntary with no paid staff.

All are welcome to attend.



EREWASH SMALL GROUPS NETWORK MEETING

The network is open to all Erewash voluntary groups, clubs and organisations and charities who are purely voluntary with no paid members of staff

Wednesday 17 April 2024

10.30am - 12.30 pm via Zoom

Guest Speaker - Ben Gough Group Development Worker—Derbyshire Recovery and Peer Support Service who will explain the service and provide information and details about the numerous Erewash mental health peer support groups

The Erewash Small Groups Network exists to support local groups to develop sharing and learning from each other. Network aims include:

**Networking
Information sharing
Training
Speakers
Mutual support and help**

For further information contact
Catriona Paterson - Development Worker -
catriona@erewashcvcs.org.uk or Tel 0115 9466740

For further information about any of the networks and which may be the most appropriate to attend contact

Erewash Voluntary Action Community Development Team Leader

Cats Paterson catriona@erewashcvcs.org.uk