

Summer Newsletter 2026



**Erewash
Voluntary
Action**



Welcome to our quarterly Newsletter.
We will bring you updates about our activities all year round.

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James Bromley**

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Welcome to Our Summer Newsletter 2026

As we move into the summer months, I am delighted to welcome you to the latest edition of the Erewash Voluntary Action Newsletter.

This edition showcases the incredible work taking place across our organisation and the wider voluntary and community sector. From volunteering and community development to mental health support, social prescribing and community networks, it demonstrates the positive difference that dedicated staff, volunteers, partners and local residents continue to make across Erewash every day.

There is certainly a great deal to celebrate. One of the highlights of this newsletter is the fantastic work of our Volunteering Team, who continue to create meaningful opportunities for local people to give their time, skills and experience to support others. You will also read about the continued growth of our Derbyshire Mental Health Forum and Suicide Prevention Outreach work, helping to strengthen communities, reduce stigma and promote positive mental wellbeing across the county.

Our Social Prescribing Team continues to deliver life-changing support, helping residents improve their health and wellbeing through connection, community activities and personalised support. We are also pleased to share updates from our Community Networks, which continue to bring together organisations, residents and partners to improve health and wellbeing in Sawley, Sandiacre and beyond.

Alongside these achievements, I am incredibly proud to announce two major funding successes that will help secure and strengthen our work for years to come.

Firstly, Erewash Voluntary Action has been awarded **£403,933 from The National Lottery Community Fund over the next three years**. This significant investment will enable us to further develop services that improve health, wellbeing and community resilience, whilst ensuring local people continue to have access to the support they need.

In addition, we have secured **£220,000 over two years from the Erewash Borough Council Investment Fund**. This funding represents a huge vote of confidence in the work we do and will help us continue providing vital infrastructure support to volunteers, community groups, charities and residents across the borough.

Together, these investments total more than **£620,000 of new funding**, placing Erewash Voluntary Action in a strong position to expand our impact, strengthen local communities and develop innovative services that respond to emerging needs. At a time when many organisations continue to face financial pressures and increasing demand, these awards provide both stability and exciting opportunities.

I would like to place on record my sincere thanks to our dedicated staff team, trustees, volunteers, partners and supporters. These achievements are only possible because of the collective commitment, passion and hard work of so many people who share our vision of creating stronger, healthier and more connected communities.

Finally, I hope to see many of you at our Erewash Community Celebration Event, taking place on Saturday 6th June at Long Eaton Rugby Club. It promises to be a fantastic day recognising volunteers, celebrating community achievements and bringing people together.

Thank you for your continued support of Erewash Voluntary Action. I hope you enjoy reading this edition and learning more about the positive impact being made across our communities.



James Bromley
CEO

james@erewashcvcs.org.uk

Volunteering Updates



'As we're approaching the summer season, we're certainly getting into the spirit at EVA. We're continually working on our exciting developments coming with the success of some new funding which will see us launch some new services bringing even more volunteer opportunities.'

Since our last edition of the magazine, we've continued to pop up at lots of other local events, continued to develop new volunteer opportunities, supported with recruitment for other organisations seeking volunteer support, engaged with even more volunteers, current and new, and getting the word out there about the benefits of volunteering.

Volunteer Centre

Invitation

VOLUNTEER COFFEE MORNING

OPEN TO ALL VOLUNTEERS
AND THOSE THINKING ABOUT
VOLUNTEERING

Every 3rd Monday of the month
10:30 - 12:30

Our monthly Volunteer Coffee mornings continue. We run them 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 June**. 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

Invitation

ILKESTON VOLUNTEER COFFEE MORNING

Launches Wednesday 3rd December
and then every 1st Wednesday of month:
10:30 - 12:30

Direct Help & Advice
153 Bath Street, Ilkeston DE7 8AS

Our Ilkeston Volunteer Coffee morning and now up and running! It's been a long time coming but I'm so pleased we've got there in the end. These run every 1st Wednesday of the month at Direct Help & Advice, 153 Bath Street, Ilkeston DE7 8AS (opposite the Coffee Bean Café).

Our next one is **Wednesday 3rd June**. A huge thank you to Direct Help & Advice for accommodating us. You're welcome to come to either, or both coffee mornings – it'll be great to see as many of you as possible.

Events news and what's coming up:

During this period, we've attended several events, promoting the benefits of volunteering, and actively recruiting new volunteers:

- We've continued to host our joint Network meeting, combining our Community Development Network and our Erewash Volunteer Organisers Network. The joint network is now called, 'Erewash Community Network'. Our next meeting is on Monday 29th June, 9.30-1pm. Please come and join us. We have some exciting updates to provide, and some great Guest Speakers will be joining us.
- Jenni & kat attended a National Befriending Networks Roadshow – We had the opportunity to link in with lots of other befriending services around the UK and share information and ideas.
- We hosted two more awareness sessions for volunteers – 1st Aid Awareness and Dementia Awareness. Both were delivered in partnership with Derbyshire Adult Community Education Service.
- We continue to be an active member of the Derbyshire Befriending Network. It's exciting to be a part of a network that will help shape local Befriending services and work in partnership to seek new opportunities to support vulnerable people in Derbyshire.

We've also continued to build our volunteering opportunities through our Brokerage service. Unfortunately, our Volunteering opportunities website, Erewash Volife is not currently working. To find out about what opportunities we have on offer, please contact us to find out more directly on 0115 9466740 or email kathryn@erewashcvcs.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. Please also keep an eye on our socials as we'll be promoting opportunities on there, too.

We continue to advertise our very own EVA Volunteering opportunities – if you're interested, please contact us for more information or take a look on our website.



Did you know we're an organisational member of Erewash Timeswap?

It's a great opportunity to work in partnership with the timeswap team and benefit local communities. We're really excited to now be an official member and look forward to developing new opportunities/projects in the future.

EVA volunteers can also automatically become Timeswap volunteers and bank the time they volunteer to use for anything they need support with.

Please visit <https://www.derbyshiretimeswap.org.uk/>

Swap your time with others to find out how it works.



**18-30s
GROUP**

Are you interested in a weekly peer support group for 18-30 year olds, to socialise, grow friendships and share experiences in an open & understanding community?

If so we are running peer led sessions every Thursday
No referral needed

11am-1pm

@ Erewash Voluntary Action,
Granville Ave, Long Eaton,
Nottingham NG10 4HD
To find out more call - 0115 9466740

Derbyshire Recovery & Peer Support Service

Erewash Voluntary Action
Community Connections
Erewash Voluntary Action

Volunteering Updates



Shopping Project

We've continued to run our ever-present 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.

Please see our attached leaflet for more information and who to contact if you're interested in volunteering.

One of our shopping clients said recently "I don't know what I would do without you"

Training:

- Volunteer Passport is a great way of learning more about volunteering. Local courses are starting regularly. Please use this link to find out more: [Volunteer Passport - Derbyshire County Council](#)
- We're running another round of workshops for our volunteers, being delivered by Derbyshire Adult Learning Service – **1st Aid awareness on 14th July and Dementia Awareness on 20th July, both 10am-4pm.** We have a very limited number of places left so please let us know if you would like to attend.
- Did you know we can support with digital queries? We were awarded some funding to deliver our Erewash Digital Support Project – if you need any assistance with IT, please get in touch, we'd love to help, however large, or small.
- I'm always looking at ways of how we can improve our support to our volunteers and opportunities for training is just one way that we can do that. I've already started sending out opportunities to attend courses and will continue to do so once I have the information. We will of course, support you to link up with providers if required. Please contact us if you need any support.

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@erewashcvcs.org.uk • www.erewashvoluntaryaction.org.uk
Erewash Voluntary Action, Granville Avenue,
Long Eaton, Derbyshire, NG10 4HD



If you would like any more details or information on any of our projects please contact:

Kathryn Russell
Volunteer Centre Manager
kathryn@erewashcvcs.org.uk

Trustees

Why Volunteer?

Erewash Voluntary Action CVS works towards a caring and more inclusive society by developing and supporting individual and group voluntary action that responds to local community needs and wishes.

We are seeking passionate volunteers to help us continue providing valuable support to the community. Whether you're a business professional, manager, employee, or retiree, your skills and experience can make a meaningful impact.

If you're looking for a fresh challenge and would like to be a part of shaping the future for supporting many local community services, we need you!

By working alongside dedicated individuals, you'll receive the training and support needed to contribute effectively while experiencing the personal fulfilment that comes from volunteering.

We are keen to hear from anyone who feels they that could help support EVA in the role of a Trustee. In particularly (but not exclusively) we are keen to hear from anyone with one or more of the following skills/experience:

If so, your expertise could be invaluable:

- ✓ Financial management
- ✓ Advising or mentoring
- ✓ Project planning
- ✓ Personnel or legal expertise
- ✓ Decision-making skills
- ✓ Leading and managing teams
- ✓ Human resource experience
- ✓ Strategic planning and leadership
- ✓ Fundraising



By dedicating just a few hours each month, you can make a huge difference to our organisation and the whole of the voluntary & community sector in Erewash.

Ready for a change?

Whether you want to share your expertise or gain experience in preparation for a career shift or retirement, volunteering offers a rewarding way to stay engaged and make a real difference.

Volunteering Updates



Befriending Service.

Since launching our Hobby Buddy service last year, the service has continued to grow and grow.

“Due to new funding, we’re in the process of creating a new and expanding offer of services for vulnerable Erewash residents. Look out for more information in the next couple of months!”

We’re supporting many residents already and have been able to create some lovely relationships between clients and volunteers.

The service is for those who are unable to leave their homes and would benefit from some social interaction.

We’re currently seeking more volunteers across Erewash. Please see the poster opposite for more information and/or contact us directly.

Lacemaker Court

- **Wellbeing and Advice Service at Lacemaker Court** – This service for the residents of Lacemaker Court Assisted Living Complex has continued to grow from strength to strength. We were successful in extended funding to continue to deliver the service for another 16 months from December 2025. The service provides support to enhance the wellbeing of residents, Monday-Friday, 9.00am-1.30pm. We support residents with all sorts of queries such as benefit and pension enquiries, accessing local community groups, IT and rental queries.
 - We’ve continued to run a number of wellbeing sessions for residents including eating healthily for the spring including Parkinsons advice and Easter celebrations.
 - Our ‘Lacemaker Wellbeing Garden’ project is still progressing nicely, we’re almost there with completing the garden. Plants are about to be planted and it’s really starting to look fab. A huge thank you to Jenni, Housing 21 and the team of volunteers for the tireless hard work they’ve put into creating this lovely space. If anyone would like to support with this, please get in touch. Photos and an ‘official opening ceremony’ will be arranged soon.
 - Other projects - the monthly quiz sessions continue and we have some lovely wellbeing sessions coming up to celebrate the summer months.



Volunteer Centre

Hobby Buddies

Working with Team Up and Erewash Health Partnership this service will provide Buddies for people that are at home and can not get out to groups.

Know someone ?

Contact your local GP surgery ,
Social Prescribing team
or Erewash Voluntary Action

✉: jenni@erewashcvs.org.uk
☎: 0115 9466 740 📞: 077842 443686

Team Up Derbyshire
Erewash Health PARTNERSHIP



Jenni Alsbury
Hobby Buddy & Lacemaker
Court Coordinator
jenni@erewashcvs.org.uk



Rebecca Henry
Shopping project &
Lacemaker Court
Coordinator
rebecca@erewashcvs.org.uk

We need you!

Erewash Voluntary Action is looking for enthusiastic and dedicated individuals to join our team.

Ambassadors

As an EVA Ambassador, you will play a key role in promoting volunteering and EVA services within the community, helping to inspire and guide individuals who want to volunteer their time, skills, and energy. You will represent Erewash Voluntary Action at events, support local organisations with their volunteer needs, and help create positive connections between volunteers and opportunities in the area.

Do you have?

- A passion for volunteering and community development.
- Excellent communication and interpersonal skills.
- A friendly, approachable, and able to engage with a variety of people.
- A proactive attitude with a willingness to learn and grow.
- The ability to represent Erewash Voluntary Action with professionalism and enthusiasm.

Micro-Volunteering Social Media Assistant

As a Social Media Volunteer, you will play a key role in helping EVA raise awareness of our work, promote volunteering opportunities, and celebrate the amazing achievements of volunteers in Erewash. This is a great opportunity for someone creative, digitally confident, and passionate about community engagement.

- Help manage and schedule posts on EVA's social media platforms (Facebook, X/Twitter, Instagram, etc.)
- Create engaging content to promote volunteering opportunities, events, and news
- Assist in designing simple graphics using tools like Canva (training can be provided)
- Monitor social media channels for engagement and respond to messages or comments (with guidance)
- Support campaigns and awareness days relevant to our mission
- Help grow EVA's online presence and follower engagement

Time Commitment:

Completely flexible! Spend as little as 5-10 minutes a day engaging with content or contribute whenever you have time.

Erewash Community Celebration Event



Coming up:

To celebrate Volunteer's week this year, we're excited to share that we'll be hosting our Erewash Community Celebration Event on **Saturday 6th June, 11am-4pm** at Long Eaton Rugby Club, to recognise and thank the incredible individuals who give their time and energy to support our community - and we'd love your support in making it a vibrant, memorable day!

This is more than just a thank-you party - it's a community gathering! Everyone is welcome.

During the event, we'll be providing the following:

Over 30 information stalls providing information about local services, groups and volunteer opportunities

Activities and taster sessions running through the day

Entertainment including music, dance, wrestling shows

Food and drink stalls

An awards ceremony to celebrate the great work of Erewash volunteers

It's a great chance to connect with the community, local volunteers, network with other community groups, and celebrate the spirit of giving back. It's a free family friendly event and all are welcome.

We're still on the lookout for any donations for our Tombola. If you can spare a prize or know of anyone who could provide one, please get in touch by emailing Kathryn Russell at kathryn@erewashcvs.org.uk or contacting us on 0115 9466740.

Any funds raised on the day will help to support us to continue to provide the vital support and services in your local communities.

Keep an eye on our socials for further details leading up to the event!

We look forward to seeing you there.

As Volunteers Week celebrations
come to a close **Erewash
Voluntary Action** presents...

Erewash Community Celebration Free Event

SATURDAY 6TH JUNE

**LONG EATON RUGBY CLUB,
WEST PARK, NG10 4AA**

11AM-4PM

Included on the day – stalls, music,
entertainment, activities, information
about local groups and volunteering



FUN FOR ALL THE FAMILY



**SPECIAL
THANKS TO**



Hello from your Derbyshire Mental Health Team! 

It's been a very busy few months and we have so much to share with you.

Out and About Across the County

As always, our team has been busy getting out and about across Derbyshire over the past couple of months. For World Health Day, we were invited to join other groups and organisations for a market stall event at Green Bank Leisure Centre in Swadlincote.



A huge thank you to Kyle Walters, and his amazing team, who made us so welcome. We love getting out into communities and supporting the amazing work happening across the county.


Always learning...

We are committed to continuing professional development across our team, recognising the importance of ongoing learning in helping us provide the best possible support to our communities. Taking part in training, workshops and development opportunities enables our staff and volunteers to build knowledge, strengthen skills, share good practice and continue growing both personally and professionally. As a team, we're always learning.

Recently our team has undertaken new courses including:

- Mental Health Awareness and Suicide Awareness via the Harmless Academy
- Prevent Counter Terrorism Awareness via Derbyshire County Council
- Mental Health First Aider Training via MHFA England
- Neurodiversity Awareness via Ability Smart Training.



Mia working on her Mental Health First Aid course with MHFA England 

If you are interested in mental health related training opportunities, contact us on mentalhealth@erewashcvs.org.uk, and we'll be happy to share details with you

Derbyshire Mental Health Forum / Loneliness Week Event

The Derbyshire Mental Health Forum is a team of mental health focused professionals, dedicated to supporting voluntary sector organisations that are working to improve mental health and emotional wellbeing across Derbyshire and Derby City.

The forum mission is to strengthen the local mental health landscape by empowering community-based groups and charities with the tools, resources, and networking opportunities they need to thrive. To collaborate with partners with an aim to create a more connected, resilient, and effective support network for individuals experiencing mental health challenges.

Derbyshire Mental Health Forum & Community Development Loneliness Week Event

**Thursday 11th June 2026
9.30am - 12pm**

Taking place at: Erewash Voluntary Action, Granville
Avenue, Long Eaton, Derbyshire, NG10 4HD

- Join us to hear our inspiring guest speakers
- Learn how loneliness can affect our Mental Health
- Reduce the stigma and help to meet loneliness together
- Share your groups work on mental health

To book your ticket please use the QR code



On 11th June the Forum will hold a joint Derbyshire Mental Health Forum & Community Development "Loneliness Week Event". This meeting will feature guest speakers passionate about combatting loneliness and social isolation.

To get your free ticket for this event scan the QR code or contact

Joanne@erewashcvs.org.uk



Joanne Keeton
Mental Health Team
Coordinator

joanne@erewashcvs.org.uk

Listening Lounges - Now Online!

Our popular programme of Listening Lounges – supportive peer spaces for Mental Health First Aiders who are using their skills in either paid or voluntary roles across Derbyshire – has evolved for 2026.

Following feedback from last year, the sessions have now moved online, making them even more accessible for people across the county. Each session begins with Mindfulness Minutes led by our wonderful volunteer Nikki Hall, an NLP Practitioner, who helps everyone settle in with a moment of calm and relaxation.

Our most recent event was on 12th May where we were joined by Joe Heeney from Derbyshire Mind and Nikki Hall from Sofa2Stroll, who shared valuable insights around mental health, lived experience, and community support.

Small actions, supportive conversations, and acts of kindness can make a real difference.

If you'd like to join our next session on 10 August, please contact isabelle@erewashcvs.org.uk to book your free place or scan the QR code on the poster.



Nikki, Work-Life Balance Coach, NLP Practitioner, and Derbyshire Mental Health Team Volunteer ❤️

Volunteer Voice

Our wonderful Derbyshire Mental Health Team volunteers add quality and experience to our work – they are vital and central to what we do.

Nikki: “One of the things I’ve most enjoyed is helping create space for genuine connection and supportive conversations within the community, especially through the Listening Lounge sessions. It’s been incredibly meaningful to volunteer alongside such a compassionate team and to see the positive difference kindness, listening and wellbeing support can make to people’s lives.”

MENTAL HEALTH FIRST AIDERS NETWORK

THE NETWORK IS A PEER GROUP FOR ANYONE IN DERBYSHIRE OR DERBY CITY WHO HAS COMPLETED MHFA ENGLAND ADULT OR YOUTH TRAINING AND USES THEIR SKILLS THROUGH WORK OR VOLUNTEERING.

WE'RE EXCITED TO HOST A BRAND-NEW SERIES OF ONLINE LISTENING LOUNGES FOR 2026, RUNNING FROM 10-11AM ON THE FOLLOWING DATES:



MONDAY 10TH AUGUST



DROP IN, AND BE PART OF A SUPPORTIVE SPACE WHERE VOICES ARE HEARD AND WELLBEING COMES FIRST. WE CAN'T WAIT TO WELCOME YOU!



THE NETWORK INCLUDES:

- ✓ COLLABORATIVE PEER SUPPORT & COLLECTIVE LEARNING
- ✓ ENHANCED ACCESS TO RESOURCES
- ✓ MEANINGFUL NETWORKING OPPORTUNITIES
- ✓ HOLISTIC SELF-CARE GUIDANCE & WELLBEING PROMPTS
- ✓ ADVOCACY & INFLUENCE



**TO JOIN THE NETWORK, EMAIL MHFA@EREWASHCVS.ORG.UK
WITH YOUR CONTACT DETAILS AND A COPY OF YOUR MHFA
CERTIFICATE**



2026 Derbyshire Mental Health and Suicide Prevention Conference kindly supported by Toyota Manufacturing UK Charitable Trust

We're incredibly grateful to Toyota Manufacturing UK Charitable Trust for their generous donation of £2,552 to support our 2026 Derbyshire Mental Health and Suicide Prevention Conference.

We had the pleasure of attending their Celebration Event at the Burnaston site recently, alongside a range of inspiring local groups and organisations. It was fantastic to be there with our wonderful volunteer Joe Ward and his group, Man Club.


The afternoon was a great opportunity to learn more about — and celebrate — the incredible work happening across the county to support people through Toyota's key priorities of road safety, social inclusion and health.

Since production began in 1992, Toyota Manufacturing UK has contributed over £8 million to local charities and community organisations. Through the establishment of the Charitable Trust in 2008, they have continued to champion and invest in meaningful local initiatives

This kind donation will directly support our 2026 Derbyshire Mental Health & Suicide Prevention Conference, taking place on 16th September at the Post Mill Centre in South Normanton. Events like this are vital in bringing people together, sharing knowledge, and strengthening support for our communities.

Thank you again to TMUK Charitable Trust for your continued support — it truly makes a difference!



What a wonderful picture! – all of the groups supported by Toyota Manufacturing UK Charitable Trust in 2026 

Join us for our 2026 Derbyshire Mental Health & Suicide Prevention Conference. Our second conference event bringing together professionals, community organisations, advocates and individuals passionate about improving mental health and suicide prevention across our communities.



Some pictures from our 2025 Mental Health & Suicide Prevention Conference ❤️

The conference will provide an opportunity to connect, learn and share best practice through a range of speakers, discussions and networking opportunities focused on mental health awareness, suicide prevention, community support and wellbeing initiatives. Whether you work within health, education, local community support, sport, voluntary organisations or simply have an interest in mental health and wellbeing, this event aims to inspire collaboration, encourage open conversations and strengthen community action

The Derbyshire Mental Health and Suicide Prevention conference is kindly supported by Toyota Manufacturing UK Charitable Trust.

Tickets will be available soon – check our social media for more updates!

Mental Health Friendly Clubs

Mental Health Friendly Clubs is a collaborative initiative led by Active Derbyshire and Erewash Voluntary Action, supported by partners including Compass Changing Lives, Derbyshire Mind and Derbyshire Public Health.

**Understanding, Inclusive,
Supportive**

The initiative aims to help clubs create safer, more supportive environments with a culture of listening, understanding, and positive mental wellbeing.

Through tailored support, clubs can access mental health awareness training, practical signposting resources, peer mentoring support, and bespoke workshops to help reduce isolation, improve wellbeing, and contribute to suicide prevention across Derbyshire.

By becoming a recognised Mental Health Friendly Club, organisations demonstrate a genuine commitment to supporting the mental health and wellbeing of their members, volunteers, and wider community.

Find out more or register your interest:

Isabelle@erewashcvs.org.uk or
Franky.boyland@activepartnerstrust.org.uk

[NEW! Derbyshire Mental Health Friendly Clubs - Making Our Move](#)



**MENTAL HEALTH FRIENDLY CLUBS PROGRAMME
AIMS TO SUPPORT SPORT AND ACTIVITY CLUBS
TO PROVIDE A SAFE AND INCLUSIVE
ENVIRONMENT FOR ADULTS AND YOUNG PEOPLE.**

**MENTAL
HEALTH
FRIENDLY
CLUB**

SUPPORTIVE, INCLUSIVE, UNDERSTANDING

**BY PARTICIPATING IN THE PROGRAMME, YOU WILL GAIN
ACCESS TO FREE MENTAL HEALTH & SUICIDE PREVENTION
TRAINING, AS WELL AS CLUB WELLBEING AMBASSADOR
TRAINING, A RANGE OF RESOURCES TO SUPPORT
MEMBERS, MENTAL HEALTH PACKS FOR YOUNG PEOPLE,
AND A DIGITAL BADGE TO SHOW YOUR COMMITMENT TO
BEING A MENTAL HEALTH FRIENDLY CLUB & LOTS MORE!**

✉ FRANKY.BOYLAND@ACTIVEPARTNERSTRUST.ORG.UK / ISABELLE@EREWASHCVS.ORG.UK



Empowering Young Voices Through Our Dragons' Den Project 🐉

Recently, we were delighted to be part of an inspiring Dragons' Den-style funding event as part of the Children and Young People's School Micro Grants Project commissioned by Derbyshire County Council Public Health Team — and what an incredible afternoon it was.

This pilot designed with staff and students at Kirk Hallam Community Academy, provided a creative, engaging and youth-led approach to awarding funding, moving away from traditional application processes and instead empowering young people to develop and present their own ideas for improving mental health and wellbeing within their school community.

Inspired by the Dragons' Den format, students were invited to pitch directly to a panel of "Dragons", building confidence, communication and presentation skills while ensuring that funding decisions were informed by the ideas, ambitions and lived experiences of young people themselves.

The event showcased exactly why this approach is so powerful.



The 'Dragons' Den Team!

We saw four fantastic funding pitches, all developed and presented by members of the School Council. The students demonstrated outstanding confidence, professionalism, enthusiasm and teamwork throughout the afternoon. Their presentations incorporated videos, slide decks and detailed supporting documents outlining project costs, anticipated outcomes and the positive impact their ideas could have on mental health and wellbeing across the school.

The School Council team truly embraced the opportunity and should be enormously proud of everything they achieved. The quality of the pitches, the creativity of the ideas and the passion shown by the students impressed everyone in the room.

We are thrilled to share that all four projects received full funding from the Dragons.

A huge congratulations and thank you to all of the students and staff involved for making the event such a success. And special thanks to Claire Thornber, Amanda Speake, Joanne Keeton and Debra Dudley for their contributions.

We cannot wait to see these projects come to life and to hear about the positive difference they will make for children and young people across the school community.

Wear it Green for Mental Health Awareness Week!

May 11 to 17th this year was Mental Health Awareness Week, and we shared a picture on social media of us wearing green to mark the event.

Wear It Green Day takes place on 14th May as part of Mental Health Awareness Week. It's a chance for people, workplaces and communities to come together, wear green, and show support for positive mental health and wellbeing. By starting conversations and showing solidarity, we can help reduce stigma and remind people that no one has to struggle alone.

As a part of Mental Health Awareness Week, we are proud to support the Derbyshire County Council Public Health Team "Be Kind" campaign, which promotes kindness, connection, and supportive communities. [Mental Health, Suicide Prevention & Neurodiversity's Digital Business Card](#)

Find out more about mental health awareness week here: [Mental Health Awareness Week | Mental Health Foundation](#)



Celebrating 'Wear it Green Day' as a part of Mental Health Awareness Week!
L-R Mia, Izzy, Joe, Jo and Debra ❤️

Derbyshire Mental Health & Suicide Prevention Outreach Project

Izzy is our lead for the Derbyshire Mental Health and Suicide Prevention Outreach Project, and she is working hard with a wide range of small businesses, community groups and organisations to build stronger, more supportive communities by raising awareness, increasing understanding, and creating a positive culture around mental health.

This project is commissioned by Derbyshire County Council Public Health and can offer:

- Fully funded training opportunities – Gain the knowledge and confidence to support yourself and others through a variety of mental health and suicide awareness courses.
- Support to develop action plans and policies – Embed mental health support into the heart of your organisation.
- Join our Mental Health First Aider network – Connect, share good practice, and access peer support and signposting resources.
- Engaging workshops/sessions – Ideal for team meetings, group sessions, and youth engagement to spark open conversations around mental health.
- Access to resources and signposting information – Stay informed with practical tools and up-to-date information.



Isabelle Grainger Mental Health & Suicide Prevention Development Worker
isabelle@erewashcvs.org.uk

If you're part of a small business, community organisation, charity, sports club or local group, we can support you to create a mentally healthy environment for everyone.

Join the project community via our website:

www.erewashvoluntaryaction.org.uk/mental-health-suicide-awareness

To keep up to date with all of our team's activities follow our social media channels:

Facebook: <https://www.facebook.com/DerbyshireMentalHealthForum>

LinkedIn: <https://www.linkedin.com/.../derbyshire-mental-health.../>

Instagram: <https://www.instagram.com/derbyshirementalhealthforum/>

Got feedback? We'd love to hear your thoughts: <https://www.erewashvoluntaryaction.org.uk/feedback>

You can contact the team:

www.erewashvoluntaryaction.org.uk

Erewash Voluntary Action, Granville Avenue

Long Eaton, NG10 4HD

Telephone: 0115 9466740

isabelle@erewashcvs.org.uk

joanne@erewashcvs.org.uk

debra@erewashcvs.org.uk



Together, we're building a kinder, more connected Derbyshire—one conversation at a time.

— The Mental Health Team ❤️

Hello from the Social Prescribing team!

The Social Prescribing team continue to make a real difference across Erewash, supporting local people with their health and wellbeing in non-medical ways.

Through community activities, wellbeing support, and personalised conversations, the team help individuals improve confidence, reduce isolation, and connect with services and opportunities within their local community.

This newsletter highlights recent projects, inspiring client journeys, volunteer success, and the continued growth of our accessible community groups.

“Helping people build happier, healthier lives through connection and community.”



Welcome to Our New Volunteer!

We are delighted to welcome Sue to the Social Prescribing team as a volunteer.

Sue was originally referred by her GP 18 months ago to attend the Living Life Well With Pain Programme (LLWWP). During the programme, she became an integral part of the Pain Support Café, building strong connections with others and supporting fellow attendees.

Earlier this year, following her retirement, Sue approached the Social Prescribing team wanting to give back through volunteering and community support.

Sue is now helping support clients to access local services and activities, including accompanying a Social Prescribing client to attend CBE in Ilkeston.

Her journey highlights the powerful impact of peer support and lived experience.

COMMUNITY IMPACT

Over the past few months, the team have been involved in the PCN-wide pilot project, WE:Flourish, helping to shape and develop the model across Erewash.

WE:Flourish supports people to build healthier and happier lives by connecting them with local opportunities, groups, and community support.

This work strongly reflects the core values of Social Prescribing.

As part of the programme, Social Prescribers have been:

- Having quality conversations with participants
- Creating personalised wellbeing plans
- Working collaboratively with health professionals
- Supporting people to access local activities and services

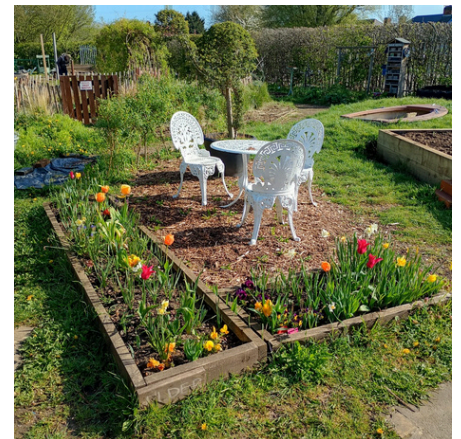
The pilot has now been running successfully for three months and continues to make positive progress.

What is Social Prescribing?

Social Prescribing connects people with community-based activities and support to improve health and wellbeing in non-medical ways.

This can include:

- Exercise groups
- Social activities
- Volunteering
- Mental wellbeing support
- Financial and practical advice
- Community groups



SUCCESS STORIES



“I swapped my mobility scooter for running.”

One of our Social Prescribing clients- Mark, has recently been featured across local TV and news outlets after transforming their wellbeing journey through community support and encouragement.

Their story demonstrates how Social Prescribing can empower people to improve both their physical and emotional wellbeing by helping them access the right opportunities and support networks.

Mark’s inspiring progress has highlighted the life-changing impact that Social Prescribing can have within local communities, and has also highlighted how absolutely fantastic our Social Prescribers are in Erewash.

Well done!

WORKING TOGETHER ACROSS DERBYSHIRE



The team have also been working alongside the Social Prescribing Programme delivered by The Hub+ Derbyshire.

The programme brings together Social Prescribers from across Derbyshire, creating opportunities to:

- Learn together
- Share good practice
- Build connections
- Celebrate successes



The Erewash team were proud contributors to the first Derbyshire-wide Social Prescribing newsletter of the year.

ACCESSIBLE WALK

Our Social Prescribing-led Accessible Walk at Rutland Gym continues to grow and thrive. The walks provide a safe, welcoming, and accessible environment where participants can:

- Improve physical wellbeing
- Build confidence
- Make new friendships
- Feel part of a supportive community

The sessions continue to receive positive feedback from participants, many of whom say the walks have helped reduce isolation and improve wellbeing.



Ilkeston Track Walk

PACE, PAUSE, PRESENCE

Your three gentle rules for an accessible walk:

1. Pace yourself – There's no rush. Move at a speed that feels right for you.
2. Pause when needed – Breaks are part of the journey, not a setback. Rest, Breathe and continue when ready.
3. Stay present in the moment – Listen to your body and focus on how you feel right now.

Friday 10am – 11:30am @Rutland Gym Ilkeston
Contact Aaron at Aaron@erewashcvs.org.uk

Community Networks



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.



JOIN THE SANDIACRE COMMUNITY NETWORK



Are you a group based in Sandiacre and looking to start a project, or already running one?

Join our network of local groups and gain access to a range of support and resources - all aimed at benefiting the Sandiacre community.

JOIN THE SAWLEY COMMUNITY NETWORK



Are you a group based in Sawley and looking to start a project, or already running one?

Join our network of local groups and gain access to a range of support and resources - all aimed at benefiting the Sawley community.

For more details contact Clare on

clare3@erewashcvs.org.uk 07849 115938



Clare Ejiyor
Community Activator
clare3@erewashcvs.org.uk

Erewash Small Grant Scheme

The Erewash Small Grant Scheme is funded by Derbyshire County Council Public Health.

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 **Colin Haughton, our Community Development Officer** on colin@erewashcvs.org.uk 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.



Colin Haughton
Community Development
Officer
Colin@erewashcvs.org.uk

Monthly Grants and Funding Bulletin

A monthly funding bulletin is produced containing local and national funding and grant aid opportunities. To Receive this bulletin please contact us regarding membership for your organisation.

MEET THE FUNDERS



Community Development

**TUESDAY 30TH JUNE
2026 AT EREWASH
VOLUNTARY ACTION
10AM-2PM**

ARE YOU LOOKING FOR FUNDING?

There will be several grant giving organisations attending who will be available for you to talk to, seek advice and ask questions about your ideas and projects. This event is for clubs, community groups, not for profit organisations and charities.

The event is FREE

Register with link below

[https://app.tickettailor.com/events/erewashvoluntaryaction/
2206235](https://app.tickettailor.com/events/erewashvoluntaryaction/2206235)



For further details please contact: Tel: 07907362956 or email:
enquiries@erewashcvs.org.uk

Address: Erewash Voluntary Action, Granville Avenue, Long
Eaton, NG10 4HD