

Spring Newsletter 2026



**Erewash
Voluntary
Action**

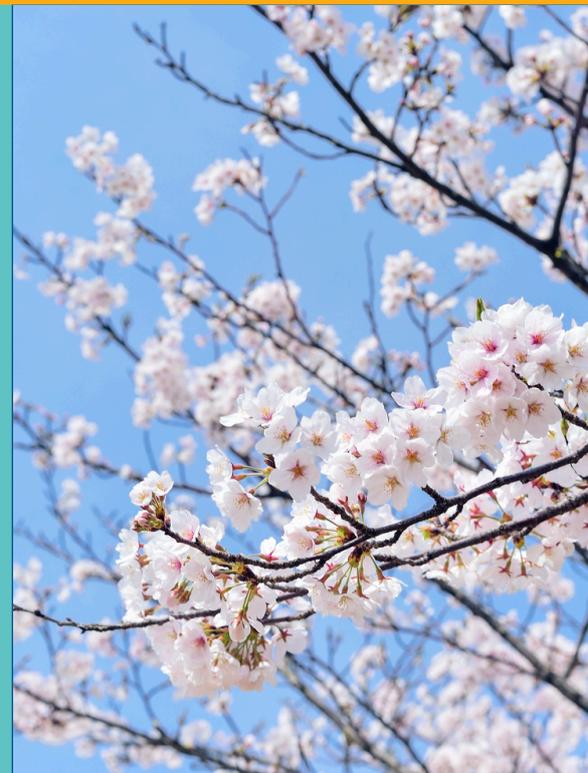


Welcome to our quarterly Newsletter.
We will bring you updates about our activities all year round.

Contents



- 3. Introduction from James Bromley**
- 4 - 11 Volunteering Update**
- 12- 16 Derbyshire Mental Health Forum**
- 17. Suicide Awareness**
- 18-20 Social Prescribing**
- 21. Community Networks**
- 22. Funding**
- 23-24 EVA Funding Secured - FUTURE**



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

We gratefully acknowledge support from Derby & Derbyshire ICB, Erewash Health Partnership and the people of Erewash

Copyright (C) 2026 Erewash Voluntary Action. All rights reserved.

Welcome to our Spring Edition of our newsletter which contains lots of updates regarding what we have been up to and some exciting events scheduled in 2026.

The last 18 months have shown significant challenges for Erewash Voluntary Action and the wider Voluntary and Community sector so I am delighted to be able to share 2 pieces of incredible news in regard to funding.

Firstly, we are proud to announce that we have been awarded an incredible £403,933.00, over the next 3 years, from the National Lottery Community Fund to help improve the health, wellbeing and community resilience across Erewash. In addition to this we have also secured a further £220,000.00, over the next 2 years, from the Erewash Borough Council Investment Fund to support our work and I would like to say a huge thank you to everyone that has been involved in these opportunities. Both funds enable us to continue the vital infrastructure support to volunteers, groups and the wider community but it is also a recognition of the importance of the work organisations like EVA do and we are incredibly grateful for the show of trust and commitment shown by both the National Lottery and Erewash Borough Council.

After the huge success of our inaugural Erewash Celebration Event last year - we are really pleased to confirm that this will take place again on Saturday 6th June 2026 at Long Eaton Rugby club. All the details can be found later on in this newsletter but if anyone is interested in getting involved please do get in touch.

A huge welcome to our new Community Development Officer!

Hi everyone. My name is Colin Haughton. I've been in the Voluntary sector since 2019 when I set up my own charity focused on family wellbeing. I joined Erewash Voluntary Action on 23rd February 2026. Prior to this, I was based in South Nottinghamshire, as a Community Development Worker covering Rushcliffe, Gedling, and Broxtowe.

As a community development officer at Erewash Voluntary Action, I am looking forward to getting to know organisations and partners across Erewash.



Please feel free to get in contact with me directly to set up meetings in due course. My email address is colin@erewash.org.uk.

Over the winter months, thanks to funding from Derbyshire Voluntary Action and Derbyshire County Council, we relaunched our Warm Spaces provision 'Toasty Thursdays' which provided a safe and welcoming drop in space for anyone to escape the cold, socialise, and access practical support. As always this was a real success with themes including Mental Health, Digital Inclusion plus much more. These sessions have now come to an end but our office in Long Eaton is a registered safe space and we will always welcome anyone that needs support or advice.

I'm also delighted to welcome Eva Woods to Erewash Voluntary Action as our newest Trustee. Eva comes with an array of knowledge and experience and will be a huge asset to the organisation as we look to the future. You can read more about Eva below and I'm really excited to be working with her in the coming months.

I am also really excited to be able to welcome Colin Haughton to our team as our new Community Development Officer. Colin is hugely experienced in working within communities and supporting local groups and will be a key part of our focus on membership and ensuring we offer the advice and guidance needed across Erewash. Below is a quick introduction from Colin himself and please do reach out and introduce yourself to him as he is keen to meet everyone as soon as possible.

"I live in Sandiacre and work as a youth and community worker and policy adviser down in Cambridgeshire. I also volunteer as a trustee, non-executive director and fundraiser for charities across the East Midlands, including the Peterborough CVS.

During my three years as Vice-Chair at PCVS, I've seen the essential role of infrastructure organisations as advocates for the sector and would love to support EVA in this role on behalf of our own local community, drawing on my policy and public affairs experience."



Eva



James Bromley
CEO
james@erewashcv.org.uk

Volunteering Updates



“The spring season is always seen as the season of beginnings and we’re certainly into the spirit of that at EVA. We have some 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.” - Kat

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 20th 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

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 is 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).

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.
- 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 delivered some basic IT drop-in sessions. A huge thank you to Derbyshire Adult Learning Service for delivering these.
- We hosted a visit for 10 students from Brackenfield SEND school to talk about what services EVA provides and how we can support with volunteering opportunities for them.

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 28th April** and **Dementia Awareness on 21st April**, 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@erewashcvs.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@erewashcvs.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.

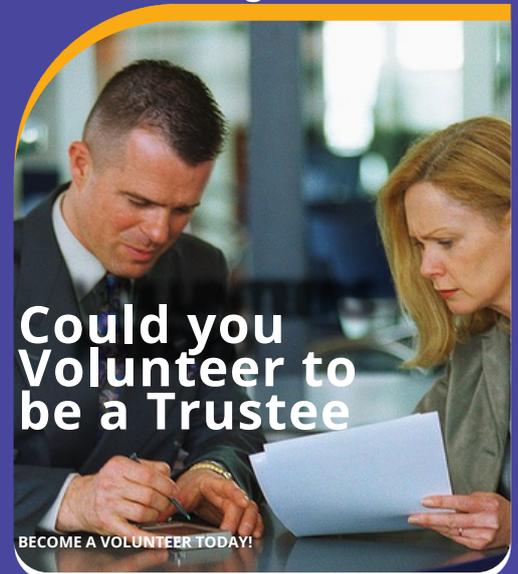
If you're looking for a fresh challenge and would like to be a part of shaping the future for supporting many local community services, we need you!

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



Hobby Buddy Befriending Service.

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

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

The 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 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.



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

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 provide a support service to enhance the wellbeing of residents, Monday-Friday, 9.30am-1.30pm. We support residents with all sorts of queries such as benefit and pension enquiries, accessing local community groups, IT and rental queries.
- **Some exciting news to share** – we've been awarded an extension of funding from Derbyshire County Council for another 16 months to deliver this service.
- We've continued to run a number of wellbeing sessions for residents including eating healthily for the winter months, Mental health awareness, and Diabetes awareness.
- Our 'Lacemaker Wellbeing Garden' project is still progressing nicely, and the great news is, the paths for the garden are being laid at the end of this month. Once the paths have been laid, we can then start the exciting task of planting. If anyone would like to support with this, please get in touch.
- Other projects - the monthly quiz sessions continue and we have a Christmas trip arranged for the residents to McArthur Glen to give them chance to do some Christmas shopping. A huge thank you to the Helpful Bureau (based in Stapleford) for providing us with the hire of their Minibus.



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.

Celebration Event



To celebrate Volunteers 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 25 information stalls providing information about local services, groups and volunteer opportunities
- Activities and taster sessions running through the day
- Entertainment including music, dance, chair-based exercise demonstrations
- 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.

A limited number of stalls are still available. Please contact me directly for more information. **The deadline for stall bookings is 30th April.**

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

Hello from your Derbyshire Mental Health Team! ❤️

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

Welcome to our new team members!

We're delighted to welcome two fantastic new volunteers, Joe and Mia, to the Derbyshire Mental Health Team.



Joe joins us bringing a wealth of experience from his own charitable concern, Man Club, which he set up 18 months ago. Alongside this, Joe is currently a student with plans to study psychology, specialising in mental health. He also brings some great administrative skills and, in his own words, "loves a nicely formatted spreadsheet." Luckily for Joe, there will be plenty of those to keep him busy with our team!

Mia has also joined us to support with general administration and help out at events. She's already made a brilliant start – on her very first visit she appeared in a recent video produced by Erewash Borough Council featuring our CEO, James Bromley. Check out our social media and see if you can spot Mia in the background. What a superstar!



Did you know that Joanne sends an average of 26 bulletins per month? These updates are packed with news, event details, job opportunities, and local resources to keep you informed and inspired.

Derbyshire Mental Health Forum's 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. It's your one stop-shop to share your group or organisations events, activities or to reach out for support, or feedback.

By collaborating with our partners, we aim to create a more connected, resilient, and effective support network for individuals experiencing mental health challenges.

Forum events for 2026:

- June 11 - Loneliness Week Network Meeting
- September 16 - Mental Health & Suicide Prevention Conference
- November 3 - Meet the Commissioners



Joanne Keeton
Mental Health Team
Coordinator

joanne@erewashcvvs.org.uk

To subscribe to the forum, see our website: www.erewashvoluntaryaction.org.uk/dmhf

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.

We've had the pleasure of attending a wide range of community events, including a Memory Café in Melbourne, a Support Through Sport event in Petersham, and the Stand To Corporate event in Chesterfield.

Our team has also been hosting information stands with some fantastic local organisations, including Etwall Everyone Active, Killamarsh Active, Perinatal Support CIC, and Green Bank Leisure Centre, helping to raise awareness of mental health support and connect with local communities.

Along the way, we've delivered bespoke training sessions for Walk Derbyshire and Jog Derbyshire and hosted a Brew Monday event at Erewash Voluntary Action.

A huge thank you to everyone who has made us so welcome. We love getting out into communities and supporting the amazing work happening across the county. ❤️



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, an NLP Practitioner, who helps everyone settle in with a moment of calm and relaxation.

We then welcome our Special Guest, who will be a speaker, linked to a current awareness campaign, before finishing with a Bring and Share open forum where members can share challenges, successes, and news with peers who understand the important work they do.

We also have a brand-new Derbyshire MHFA toolkit for members to download, with links to resources, posters and support to help them in their role.

The new format was introduced at our first session of the year on 12 February, and the feedback was fantastic, with everyone who attended saying how much they enjoyed the new approach.

If you'd like to join our next session on 12 May, please contact isabelle@erewashcvs.org.uk to book your free place.



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

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:

TUESDAY 12TH MAY
MONDAY 10TH AUGUST
THURSDAY 12TH NOVEMBER



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

Derbyshire Mental Health Forum Countywide Market Stall Event

In February we were also delighted to host our second annual Derbyshire Mental Health Forum Countywide Market Stall Event, bringing together 30+ groups and organisations from across Derbyshire at our centre in Long Eaton.

It was a busy, vibrant and colourful day, full of conversations, connections and collaboration. Colleagues from across the county came together to share the fantastic work happening in our communities, learn from one another, and build new relationships that help strengthen mental health support locally.

A huge thank you to everyone who joined us, hosted a stall, and helped make the event such a positive and welcoming space. It was wonderful to see so many people connecting and celebrating the incredible work taking place across Derbyshire.

We're already looking forward to the next one! ❤️



L-R Nikki, Debra, Jo and Izzy



Lots of networking opportunities...



Busy and bright a fabulous day ❤️

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 ❤️

The start of a new year is always a good time to pause, reflect and think about what we would like the months ahead to look like. For the Social Prescribing team here in Erewash, 2026 has already begun with energy, growth and some wonderful community achievements.

Supporting People to Live Well with Pain

We are delighted to share that our “**Let’s Live Well With Pain**” course has started the year with its biggest group yet. This shows just how many people in our community are looking for support to manage long-term pain in a positive and practical way.

The course runs six times throughout the year and is open to people across Erewash. Over a series of friendly, supportive sessions, participants learn:

- Practical tools to self-manage pain day to day
- Gentle movement and pacing techniques
- Ways to improve sleep and wellbeing
- How to build confidence and feel more in control

The team have worked incredibly hard to develop and grow this programme, and it’s fantastic to see so many local people benefiting from it.



Adapting and Growing

Like many services, we have also been adapting to changes in referral systems and the way we record information. While this work often happens behind the scenes, it helps us make sure we can support people safely, efficiently and in a joined-up way.

Social Prescribing in Erewash continues to grow, develop and adapt to meet the needs of our community.

Social Prescribing

As part of adapting and growing, our team is proud to be part of a PCN-wide pilot called **WE:Flourish**. This project takes a holistic approach to health and wellbeing. That means looking beyond medical needs and focusing on the whole person which includes emotional, social, practical and mental wellbeing.

WE:Flourish is about helping people build happier, healthier lives by connecting them to local opportunities, groups and support. We look forward to supporting the development of this pilot scheme within the PCN.



Celebrating a Young Person's Achievement

We are especially proud to share some inspiring news about one of our Children and Young People (CYP) Social Prescriber's clients.

He was nominated for the **Active Young Person Award** at the **Active Lives in Erewash Awards**. This achievement highlights the power of encouragement and community support.

When Sarah, our CYP Social Prescriber, first met Lucas, he wasn't involved in any sport. He was quiet, unsure of himself and hesitant to try new environments. After a challenging year at school and personal difficulties at home, he understandably felt withdrawn. Sport was something he had never felt confident enough to explore.

With patience, encouragement and consistent support, Lucas took his first brave step and tried rugby. That alone was a huge personal victory.

Not long after, he made another courageous decision to join a local football group that meets every Friday evening. At first, he felt anxious and out of place. But he kept going back. Week after week, he faced those fears and pushed himself outside of his comfort zone.

His nomination recognises not just participation in sport, but resilience, courage and personal growth. It's a reminder that small steps can lead to big changes.

Looking Ahead

As we move further into the year, the Social Prescribing team remains committed to supporting the people of Erewash to connect, grow and thrive. Whether it's managing long-term pain, improving wellbeing, or helping a young person build confidence through sport, we are here to help.

If you would like to know more about Social Prescribing or how to access support, please speak to your GP practice or contact the team directly.

Here's to a healthy and connected year ahead for our Erewash community.

Social Prescribing

Do you have social, emotional or practical concerns and would like some support? Our Social Prescribing Team may be able to help.



Motivation

Supporting you to reach your goals



Signposting & Planning

Supplying you with information



Social Isolation

Helping you to find new opportunities within your community



Connections

Making friends and building your support networks



Coping Strategies

Supporting you to find ways to cope with life's challenges



Wellbeing

Taking time to find wellbeing strategies that fits you and your lifestyle



www.erewashvoluntaryaction.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 Ejiofor
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.



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

£220,000 FUNDING AWARD SUPPORTS FUTURE OF COMMUNITY SUPPORT IN EREWASH



Erewash Voluntary Action (EVA) has welcomed the award of £220,000 in funding from Erewash Borough Council over a two-year period, securing the continued delivery of vital voluntary sector infrastructure and volunteering support across the borough.

The investment will enable EVA to continue its essential role as the local Council for Voluntary Service (CVS) and Volunteer Centre, supporting community groups, charities and volunteers throughout Erewash. The funding will strengthen community development work, enhance volunteering opportunities, and provide much-needed stability to plan for long-term sustainability and growth of this key service.

Like many organisations within the VCSE (Voluntary, Community and Social Enterprise) sector, EVA has faced a prolonged period of uncertainty, with increasing demand for support alongside challenging funding conditions. This announcement represents a significant commitment to the value of infrastructure support and the role it plays in empowering local communities.

Through this funding, EVA will continue to:

- Provide practical support and development advice to local voluntary and community groups
- Recruit and match volunteers to meaningful opportunities across the borough
- Strengthen partnerships and collaboration within the VCSE sector
- Explore future sustainability and long-term development to ensure continued resilience

Erewash Borough Council and EVA have a long history of working closely together to support residents and community organisations. This funding award demonstrates continued confidence in the importance of a strong local voluntary sector infrastructure.

James Bromley, Chief Executive Officer of Erewash Voluntary Action, said:

"We are incredibly grateful to Erewash Borough Council for this significant investment in EVA and the wider voluntary sector. The past few years have been particularly challenging for many VCSE organisations, with rising demand and funding uncertainty placing real pressure on local groups.



This funding not only helps towards the continuation of essential CVS and volunteering support across the borough, but also gives us the opportunity to focus on long-term sustainability and development. Strong infrastructure support is fundamental to empowering communities, and we are proud to continue working alongside the Council to strengthen and grow Erewash's voluntary sector for the future."

EVA remains committed to championing the voluntary and community sector across Erewash, ensuring that local organisations and volunteers have the support they need to thrive and make a lasting difference

EREWASH VOLUNTARY ACTION SECURES £403,933 NATIONAL LOTTERY FUNDING TO BOOST COMMUNITY HEALTH AND WELLBEING



Erewash Voluntary Action (EVA) has been awarded £403,933 from The National Lottery Community Fund to deliver a new three-year initiative aimed at improving health, wellbeing and community resilience across the borough of Erewash.

The funding will support the Erewash Community Wellness Project, an ambitious programme designed to tackle health inequalities and strengthen the role of local voluntary, community and social enterprise (VCSE) organisations. Through the project, EVA will work with individuals, community groups and partner organisations to ensure residents have better access to support and opportunities that enhance their wellbeing.

The project will focus on helping people connect with local services, improve their mental and physical health, and reduce social isolation. It will also support residents to build confidence, develop skills and increase digital inclusion so they can access services and participate more fully in community life.

Alongside supporting individuals, the project will provide practical support for local voluntary and community groups. This includes helping organisations increase their funding and income generation capacity, strengthen governance and organisational resilience, and better demonstrate their impact. By strengthening local organisations, EVA aims to ensure community services are more sustainable and responsive to the needs of Erewash residents.

As part of the programme, EVA will continue to develop its role as a key community infrastructure organisation, strengthening partnerships with public sector bodies and increasing engagement with voluntary groups across the borough.

James Bromley, Chief Executive of Erewash Voluntary Action, said:

"We are delighted to receive this significant investment from The National Lottery Community Fund. This funding will allow us to work even more closely with residents, community groups and partner organisations to improve health and wellbeing across Erewash. The project will help people access the support they need, strengthen local organisations, and ensure communities themselves play a central role in shaping the services that affect their lives. We are incredibly grateful to National Lottery players for making this funding possible."



The project is expected to deliver wide-ranging benefits for the wider community, including more inclusive and community-led service delivery, stronger collaboration between organisations, and services that are better aligned with local needs. Funding from The National Lottery Community Fund is made possible thanks to National Lottery players, whose support helps communities across the UK thrive. Erewash Voluntary Action would like to thank The National Lottery Community Fund and National Lottery players for making this important investment in the health and wellbeing of the Erewash community possible.