

Autumn Magazine



**AGM Thursday
31st Oct
10.30am-11am**

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

Contents



3 Interview with James Bromley
Our new CEO chats to Emma Duthie.

4 - 7 Volunteering Update
All the latest from volunteering in Erewash.

8 Derbyshire Mental Health Forum

9. Mental Health Small Grants Funding
New Funding grant.

10 - 11. The Gallery
Out and about in the community.

12. Mental Health & Suicide Prevention

13. Living Well Collaborative Update

14 - 15. Connect Erewash Conference
Event news and speakers

16. Funding
Group Development.

17. Community Networks
Erewash groups.



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Edited by Emma Duthie
Communications Officer



It's been a couple of months since James joined us at Erewash Voluntary Action as CEO, so I caught up with him to ask how he is getting on and discover what led him into a career in the voluntary sector...

"I went to Teesside University and studied criminology with the original plan of following in my dad's footsteps of joining the police, but as happens in life, plans changed and I began work as a Customs and Excise Officer at Felixstowe Docks, I then came back up north and did a similar role at East Midlands Airport."

"I then had a complete change of career and spent five years working as an RSPCA Inspector, an amazing role that saw me working in Scarborough, Sussex, St Albans, and Watford. I loved it, but it was very full on as you can imagine, so I came back to Nottingham and worked at South Derbyshire District Council in the Safer Neighbourhoods team for a short period of time."

"Another career change beckoned, and I went over to work at Marie Curie, as a Fundraising Manager, to cover a maternity leave vacancy. I loved it and had learnt loads at this point."

"An opportunity then arose to join Notts County in the Community, which is now the Notts County Foundation which was the charity arm of the club which allowed me to mix my love for sport and football with charity which was ideal I did that for four years when the CEO vacancy came up at High Peak CVS."

"It started off as a part time role but they were really struggling with funding and the business had shrunk massively. I had worked with a CVS before in Nottingham, but I still didn't think people knew exactly what they did and how much they offered communities, so it was a real learning curve to step into."

"The pandemic hit not too long after I started so it was tough, but I think the realisation came about when people started seeing what a positive impact we had on the surrounding community. Funding came in and things really improved and I stayed for five brilliant years."

"And now here I am at EVA, which is great. I live in Erewash so that's a good start, but again it's a new challenge. I knew the idea behind how a CVS is run but obviously each one is different. I think there's a real value in how the EVA is run and what elements it offers in the ways of community development, social prescribing, mental health services and so on."

"I see us being respected from a strategic level down to a service delivery area and this is what I want to see being maintained and developed as we go forward. The team are very friendly and are being so patient with me, some days it feels like I've been here forever and others it's like a brand-new start and that's what I love about it!"

"We've got a great structure in place, a strong management team, and the staff are very passionate and knowledgeable and I think for me, that's a great place to start."



James Bromley
CEO

james@erewashcvs.org.uk

Volunteering Update



“ Hello! Summer has seen us grow from strength to strength – we’re engaging with even more volunteers, people interested in volunteering and new organisations working with volunteers are approaching us for support all the time. ”

We’ve continued to run our ever-popular Shopping Service, benefitting many vulnerable residents within Erewash. Please see our leaflet for more information and who to contact if you’re interested in volunteering.

The 40th anniversary of Volunteers Week ran from Monday 3rd June to Sunday 9th June. During that week, we ran two ‘Volunteer Thank You’ events; the main event was Wednesday 5th June at our Centre in Long Eaton. We provided free refreshments and enjoyed some entertainment provided by Tim Saddler, an acoustic singer. We also held a smaller, more intimate event at Littlewick Medical Centre on Monday 3rd June. Both events were a great opportunity to celebrate our very much valued volunteers and say a huge thank you for all the work you do.

I was interviewed on Erewash Sound to promote volunteering and I visited another volunteer event at Sight Support Derbyshire to talk about ‘all things volunteering’ with their very own volunteers.

On 8th July Debra, our Community Development Manager and I promoted volunteering at Morrisons in Ilkeston. It was a great event and gave us the opportunity to talk to lots of people of all ages and backgrounds about volunteering the benefits it could provide.



We’ve presented to many community groups and educational sessions during this last quarter, further promoting the benefits of volunteering. These have included Jumpstart groups at Community House (Derbyshire Adult Learning Service), the Buddies Coffee morning at the Arena church, Ilkeston and a DWP partnership event at the ACE Ilkeston and Cotmanhay Centre.



The next session is on Monday 21st October.
No booking required, just pop in between 10.30am-12.30pm.

In addition to this coffee morning, I’m also looking at launching one in Ilkeston to engage with further volunteers that find it difficult to travel to Long Eaton. Watch this space when a suitable venue has been secured.



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

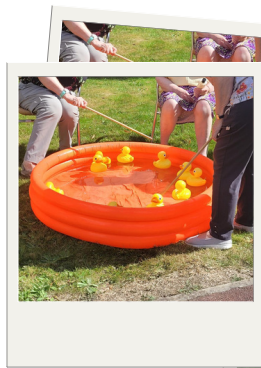
Wellbeing and Advice Service at Lacemaker Court.

Our service for residents has continued to grow from strength to strength. We support residents with all sorts of queries such as benefit and pension enquiries, accessing local community groups, IT and rental queries.

We're looking for volunteers to support us, likely working with small social groups and introducing further activities within the complex.

The Gardening Group mentioned in our Summer magazine, is progressing well. We've acquired a part of the Lacemaker Garden for residents to create something lovely and make it their own space.

If you'd be interested in supporting us, please contact our Volunteer Centre for more information. Other groups are being looked at all the time, following resident feedback so if gardening is not your 'thing', please still contact us and we'll see what we can offer.



Rebecca Henry
Shopping project &
Lacemaker Court
Coordinator

rebecca@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@erewashcvsvolife.com



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.

Hobby Buddy Befriending Service

Since Launching our Hobby Buddy service in March, the service has successfully grown.

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 properties and would benefit from some social interaction. We're currently seeking more volunteers across Erewash.

Please see our leaflet for more information and/or contact us directly

Please get in touch if you can spare an hour to make someone's day.

We are always looking for volunteer shoppers for our shopping project as well.



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



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!
E: jenni@erewashcvcs.org.uk
t: 0115 9466 740 m:07842 443686

Erewash Health PARTNERSHIP



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

Mental Health Forum



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.
- ✓ Support commissioners to communicate with the sector - through meetings, focus groups, consultation and task and finish groups.
- ✓ Build and develop the sector to meet new challenges and opportunities.
- ✓ Provide a support network for organisations and individual workers.



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.



Joint Countywide Mental Health Forum Meeting

Tuesday 12th November
1pm - 3pm

Taking place at: Coney Green Business Park,
Clay Cross, Chesterfield, S45 9JW



For more information contact Debra Dudley - Mental Health Policy Manager
debra@erewashcvcs.org.uk

MENTAL HEALTH SMALL GRANTS FUNDING

Funded by Joined Up Care Derbyshire, working alongside key partnership organisations led by Erewash Voluntary Action, we are pleased to announce a new Mental Health Small Grants Fund.

The objective of this fund is to enable local voluntary and community groups and organisations to improve or extend their work supporting Derby and Derbyshire residents aged 18 plus to maintain good mental health.

Maximum Grant Award 5k per Organisation

Grants can be used for a defined 'one off' project. All funds need to be spent and evaluations completed by 31st March 2025. Groups will need to provide evidence of how the grant has been spent and it's impact on local residents.

Application Deadline: Monday 21st October at 5pm

Please Note:

This grant is for Capital expenditure only. This could involve the purchase of assets or the refurbishing of existing assets. As such, grants can be used for small items of equipment to support delivery. Examples include (but are not limited to) laptops, kitchen equipment, repairs to building etc.



Joined Up Care
Derbyshire



Mental Health Small Grants Funding

**Deadline to apply:
21st October**



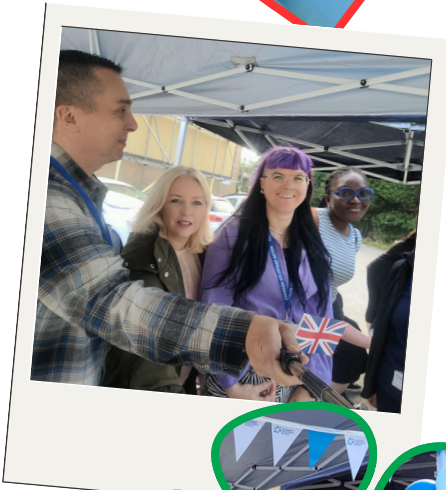
FUNDING →



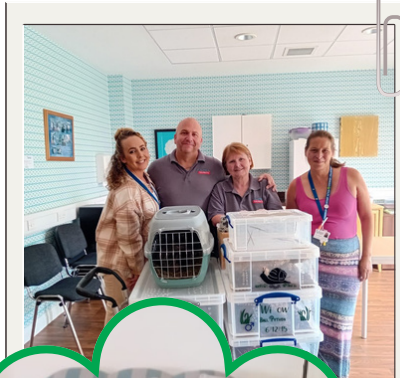
Joined Up Care
Derbyshire

Gallery

In August, our lovely staff ran a volunteering stall at the Ilkeston Heritage Car Show and attended the Tour of Britain event in West Hallam at the start of September. Many goodies were given away too!



Over the summer we organised some lovely wellbeing events including an animal handling session, our summer beach party, and we supported Housing 21, who manage the site with their anniversary event which was a great success and well attended by residents....



Mental Health and Suicide Prevention



World Suicide Prevention Day
Toolkit 2024 is now LIVE

A range of resources can be used
and shared by visiting:
www.bit.ly/DerbyshireSPToolkit



#WSPD24
#Startaconversation
#Letschatderbyshire

World Suicide Prevention Day Football Match Engagement:

Across August, September and October we are linking with local football clubs and visiting a match at each to engage with fans, have conversations and hand out information leaflets. We will be visiting:

- Chesterfield FC. Sat 21st September.
12.30pm kick off
- Sheffield FC. 28th September.
3pm kick off
- Long Eaton United FC. 5th October.
3pm kick off

To support World Suicide Prevention Day this September, Public Health Derbyshire have put together a toolkit of resources you can use and share within your organisation, workplace and community.

It can be found in the Suicide Prevention Toolkit which is updated all year round:

<https://bit.ly/DerbyshireSPToolkit>



EVA have previously attended matches and are always welcomed.

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.

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.

Debra and Jo from our Mental Health team travelled over to South Derbyshire CVS for the Living Well Collaborative on the 5th September.

They had a great presentation from Derbyshire County Council on the Bright Side Project There were plenty of insightful conversations, enthusiastic engagements and joined up working opportunities!



“ **Thank you so much to our colleagues at SDCVS for looking after us so well, we can't wait to do it all again in November!** ”

Another Erewash Living Well Collaborative was hosted at EVA on 12th September. The event was well attended by charity and volunteer organisation colleagues as well as delivery partners. Guest speakers were Caroline Pilia from DACES and Julie Barker from FibroActive. Discussions around the Living Well Structure and function, as well as sustainability were entered into.



CONNECT EREWASH CONFERENCE

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

Thursday 31st October

11AM - 1:30PM



Connecting Erewash

You are invited to attend.

Listen to 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 Umoru - Interim
Community Development Manager
gloria@erewashcvs.org.uk

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



To book your place contact
gloria@erewashcvs.org.uk
or call 01159 466 740

Connecting Erewash Conference – 31st October 2024 Conference Programme

11:00am -11:10am Welcome Address

11:10am-11:30am Speaker 1: Dr. Jo Hall, Consultant Clinical Psychologist,
Derbyshire County Council – The Psychological Aspects of Loneliness.

11:30am -11:50am Speaker 2 TBC

11:50am-12:00pm Speaker 3: James Green, Derbyshire County Council Public
Health - Derbyshire County Council Overview of the Social Connectedness
Initiative

12:00 midday -12:10pm Break

12:10-12:30 Panel Discussion – audience questions and engagement with
speakers

12:30pm-12:40pm Speaker 4: Gloria Umoru, Interim Community Development
Manager – Connect Erewash project successes and Strategies (overview of the
last 12 months)

12:40pm-12:55pm Break

12:55pm-1:15pm Discussion groups

1:15pm-1:25pm Discussion feedback

1:25-1:30 Call to action, closing and evaluation form



Connecting Erewash



***If you wish to attend the conference please contact
Gloria Umoru - Interim Community Development Manager
gloria@erewashcvs.org.uk***

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 Gloria Umoru our Interim Community Development Manager 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 Community 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.

JOIN THE TEAM...

[Community Activator for
Sawley & Sandiacre
Community Networks](#)



**Deadline to apply:
30th September, 12 noon**

**Interviews:
Week commencing 7th October 2024**