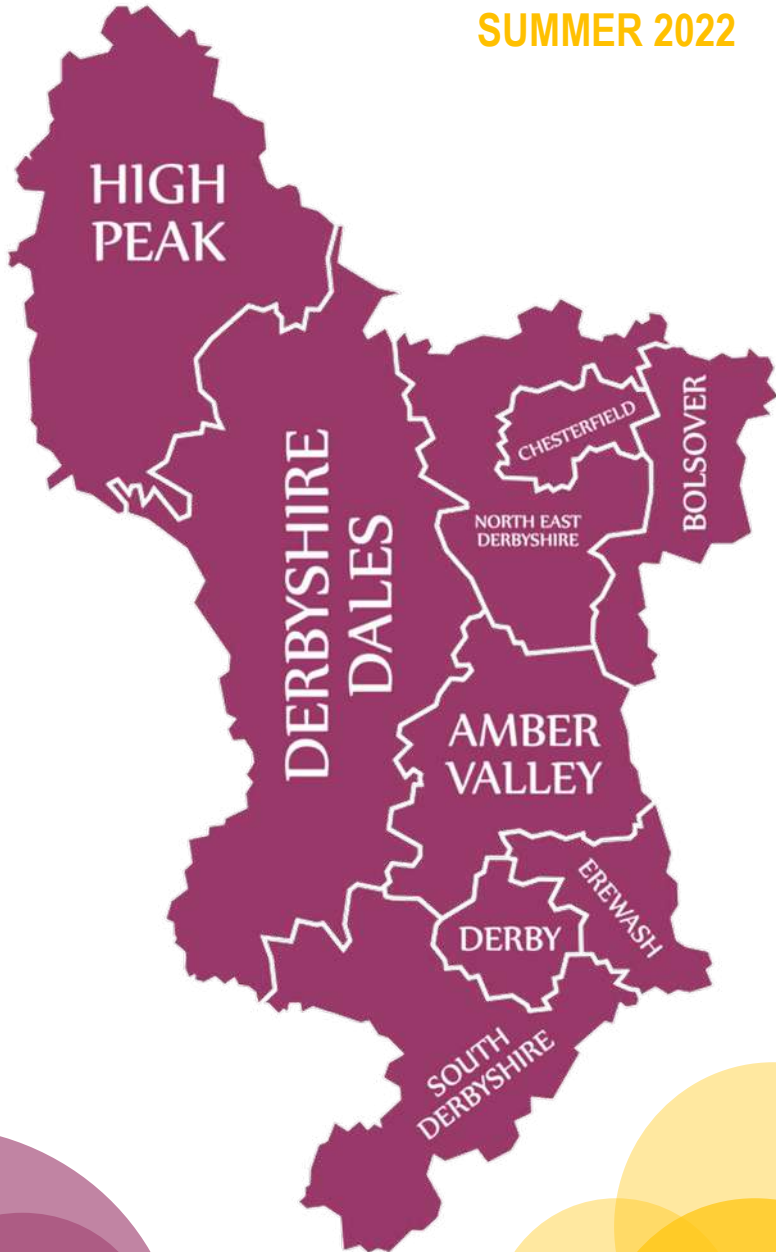


# NETWORK

SUMMER 2022



Hello

# The Last Photo

An impactful exhibition sharing real life stories  
around mental health and suicide in a safe  
supportive space

Support, advice and resources available

Inspired by



05/09/2022 - 10/09/2022, 10am-3pm

The Hub @ Low Pavement, S40 1AP



# The Last Photo

Derbyshire Voluntary Actions Mental Health Liaison Service and The Georgia Bird Foundation are very proud to be working in collaboration with SoBS Chesterfield, The Tomorrow Project, Mentell, Kakou and a number of amazing volunteers to hold an impactful exhibition, sharing real life stories around mental health and suicide in a safe and supportive space. The event will also be highlighting the power of art and creativity in supporting people's mental health and will be showcasing the wonderful work of our mental health community sector. The event is already garnering a lot of attention from other counties, who are keen to visit the exhibition and use this model to support other communities to have similar events.

The event has been inspired by CALM's last photo exhibition in London, which saw the displaying of peoples last photos before taking their lives. CALM's event has raised so many important questions around how suicide doesn't always look suicidal, and how we can spot signs of when people may be struggling.

Jacqui Willis, Chief Executive of DVA said "I'm so proud of the initiative Rachel and Ellie have shown to approach this incredibly triggering but important subject, in such an innovative way. They are fantastic advocates for reducing the stigma around mental health and showing us the power of working in collaboration across all sectors of our communities. Please take the opportunity to see the exhibition. Working with others makes anything possible!"

Our community exhibition will take place from 5 September until World Suicide Prevention Day on the 10<sup>th</sup> September from 10am to 3pm at Derbyshire Voluntary Actions Hub @ Low Pavement. On Saturday the 10<sup>th</sup> September we will be holding a public living room in front of the outdoor cinema screen at Vicar Lane, where members of the public can chat to mental health workers about mental health awareness and suicide prevention.

**To get involved or to find out more, please email [rachel@dva.org.uk](mailto:rachel@dva.org.uk) or [georgiabirdfoundation@gmail.com](mailto:georgiabirdfoundation@gmail.com)**

# Be inspired

## Feeling Connected – Social Prescribing

Natalie is the Feeling Connected social prescriber and works with people who are lonely and isolated but wanting to re-connect into their community. Following an initial assessment including sections such as finance/employment/mental health/physical health, an action plan is formed and then worked on together until the client has linked back into the community. Each client journey is individual. If you are interested in social prescribing or want to refer someone to the programme, Natalie is in The Hub most Tuesdays between 10am-3pm if you want to call in for a chat, or she be contacted on [natalie@dva.org.uk](mailto:natalie@dva.org.uk)



Sue Dickins was introduced to The Hub by The Chesterfield Bipolar support group around February 2022 and subsequently referred to the social prescribing programme with Natalie. She has struggled with communication and interaction with others for many years. She is a talented artist specialising in oil paintings and, through social prescribing, was linked to West Studios and gently persuaded that her work was so good she should hold an exhibition to show it off. Sue has worked tirelessly since February on new paintings whilst at the same time dealing with her mental health. With the support of the Bipolar group and social prescribing Sue held her exhibition “This Woman’s Work” at West Studios for 3 weeks in August. It was extremely successful with fantastic reviews and feedback. Sue has found that the mental health side of her work proved to have a huge impact on so many who visited the exhibition and spoke with her. So many people are suffering and can’t express how they are feeling. Sue said “its given her great hope and encouragement and that she’s achieved something you never thought possible though through having this exhibition...confidence

**The Chesterfield Bipolar group meet on the 1st and 3<sup>rd</sup> Wednesday of the month between 7pm – 9pm at Saint Parish Centre, 5 Mary’s gate, Chesterfield and on the 1<sup>st</sup> Wednesday of the month at The Hub, Low Pavements, Chesterfield between 10am – 2pm.**

To view Sue's work, follow her on Instagram: [susan-Elizabeth-dickins.artist](https://www.instagram.com/susan-Elizabeth-dickins.artist)



01773 833 833  
youngcarers@derbyshirecarers.co.uk  
www.derbyshirecarers.co.uk



## SPRING/SUMMER 2022

**The Young Carers Service continues to support Young Carers across Derbyshire and is open for new referrals.**

**Our support is tailored to each individual Young Carer can include:**

- Support with a support worker in school
- Telephone support with a support worker
- Group Activities to meet other Young Carers
- Emails with information and guidance
- Texts with a support worker and a small group of young people
- Activity Packs
- Activities and outings during the school holidays
- Support accessing different funding, support and activities through other organisations
- Outdoor visits or walks with your support worker

**Examples of support we have offered over the last few months:**

- Bowling
- Golf
- Visits to Shipley Country Park
- Rock Steady Event
- Co-op Celebration Event
- Visit to the Cinema



Please get in touch:  
**Email** [youngcarers@derbyshirecarers.co.uk](mailto:youngcarers@derbyshirecarers.co.uk)  
**Facebook** [@dcayoungcarers](https://www.facebook.com/dcayoungcarers)  
**Twitter** [@derbyshirecarer](https://twitter.com/derbyshirecarer)  
**Instagram** [@youngcarersderbys](https://www.instagram.com/youngcarersderbys)

# social fuse

FESTIVAL

11TH - 18TH SEPT 2022



Derbyshire is home to a thriving entrepreneurial community that we don't often get to see or hear about.

SocialFuse Festival will celebrate the collective impact that our local social enterprises bring to the community – putting people, purpose and planet first

If you are a not-for-profit, profit-for-purpose, or community organisation of any shape or size - we want you to be involved!

For more information visit [www.festival.socialfuse.org.uk](http://www.festival.socialfuse.org.uk)  
or email [hello@kakou.org.uk](mailto:hello@kakou.org.uk)



# Hello

## SCAMWhere?


Raising awareness of scams for communities  
across Derbyshire

YOU CAN FOLLOW SCAMWHERE?  
ON SOCIAL MEDIA AT:

 [FACEBOOK.COM/SCMWHRE](https://www.facebook.com/SCMWHRE)

 [TWITTER.COM/SCAMWHERE](https://twitter.com/SCAMWHERE)

EMAIL:

 [SCAMWHERE@GMAIL.COM](mailto:SCAMWHERE@GMAIL.COM)





# A day in Parliament

Thank you to Rethink Mental Illness  
for inviting me to their 50th anniversary event at the House of Commons  
and for allowing me to speak about, and raise awareness of, BPD

*Sue Wheatcroft*

Sajid Javid resigned shortly before the event and was replaced by Secretary of State for Care and Mental Health, Gillian Keegan MP.

Unfortunately, the Shadow Minister for Mental Health, Dr Rosena Allin-Khan MP was taken to hospital shortly before the event and was unable to attend.

Speaker of the House of Commons, Sir Lindsay Hoyle, attended the event along with several other MPs.

A number of attendees approached me after my speech to talk about someone they knew who has BPD. **For more information, email: [sue.wheatcroft@aol.co.uk](mailto:sue.wheatcroft@aol.co.uk)**



Raising awareness of BPD



With Secretary of State for  
Care and Mental Health  
Gillian Keegan



Mark Winstanley, CEO of  
RETHINK Mental Illness



## Compassionate Voices

Compassionate Voices is a women's only wellbeing and empowerment community. We have a monthly hub that takes place every third Thursday of the month at The Hub, Low Pavements Chesterfield 6:00pm - 7:30pm. Our next meet is Thursday 15th Sept Here is the link and I have also attached image too

<https://www.acompassionatevoice.co.uk/events/step-out-at-the-hub-chesterfield/>

We also have two free wellbeing & empowerment workshops funded by The National Lottery taking place in September too. The first is at The Green Enterprise & Training Centre, Loundsley Green on Saturday 10th September 10:00am - 5:00pm - a light lunch is included

Link to register

<https://www.acompassionatevoice.co.uk/events/the-greens-the-power-of-you/>

The second is at The Hub, Low Pavements on Sunday 18th Sept 10:00am - 5:00pm - a light lunch is included

Link to register

<https://www.acompassionatevoice.co.uk/events/the-hubs-the-power-of-you/>

**We are delighted to announce, that we have recently been awarded funding from Feeling Connected, meaning we are now able to deliver more workshops and open more hubs across Derbyshire. for more information, or to get involved, please visit: <https://www.acompassionatevoice.co.uk/>**





# The power of YOU

## Wellbeing & Empowerment Workshop



Step out with  
Compassionate Voices  
each month



**THE HUB LOW PAVEMENT CHESTERFIELD**  
**EVERY 3RD THURSDAY OF THE MONTH**  
**6:00PM - 7:30PM**

Compassionate Voices is a women's only wellbeing and empowerment community.

To find out more and register your place visit  
[www.acompassionatevoice.co.uk/events/step-out-at-the-hub-chesterfield/](http://www.acompassionatevoice.co.uk/events/step-out-at-the-hub-chesterfield/)



## Community Chesterfield Project goes University Wide

We are delighted to announce that over the next two years we will be working with members of the University of Derby from all subject areas. For the past three years our focus has been working with the college of health and social care, which has meant bringing student nurses together with unpaid carers for a mindfulness walk, hosting the Weston Park bus at St Helena's, nursing placements and bringing the community sector into university sessions about health as well as many other projects. This work has seen almost 4000 connections between the university and community members over the last three years.

Going forwards we will be able to support community organisations in new ways through working with staff and students who study a wide range of subjects, including: sports therapy, nutrition, therapeutic arts, journalism, creative writing, photography, art, history, occupational therapy, product design, computer sciences and even engineering! We are so excited about the opportunities which this will lead to.

We would love to hear from you if your community group:

Has a need or a challenge which you think could be solved with this support

Could host a student placement

Has members who could share their personal experiences of life with: medical conditions, caring responsibilities, addictions and financial challenges etc. for students to gain a real life understanding of some of these issues. (We call this Experts by Experience)

Students who have heard an 'Expert by Experience', someone sharing their personal journey with students as part of their course have said how incredible the experience has been for them:

"It'll teach me to always consider the carer as much as the patient and to thing what i would want if this were my own family member."

“It has been helpful because the real experiences that have been shared allow me to better understand content”

And those who have shared their stories as part of the Experts by Experience programme have said:

“This helped me a lot. It brought back my confidence and I was able to share my own personal experiences with students. I’m very grateful I was able to share my nursing experiences with the up and coming, new nurses. The experience was lovely and brought tears to my eyes.”

“The process helped me look back at the last few decades in a way I haven't really done before, so the experience has been quite cathartic.”

“It was nice to give something back to the nurses after all the great work they’ve done for us over the years.”

Community Groups who have worked on a challenge with university members have reported:

“The collaboration has been a wonderfully positive experience. Not only could we educate and bring awareness on the issues and struggles surrounding domestic abuse but we in turn were able to have students partake in research that helps provide information that we can use in a variety of ways. It will help with evidence, with providing resources, with providing awareness videos and booklets for clients, it will also help with funding applications that will enable us to continue to improve the services and support victims and survivors have access to.”

We are really looking forward to working with you over the next two years and can’t wait to see what projects and opportunities the Community Chesterfield project can bring to Derbyshire. For more information about the project please visit [www.communitychesterfield.org.uk](http://www.communitychesterfield.org.uk)



# Hello



**ALL WORDS**  
**ALL ACTIONS**  
**ALL WEATHERS**

**CALL FOR  
PAPERS AND  
CREATIVE  
WORKS**

A Conference and Exhibition on Wellbeing, Mental Health and Suicide Prevention in the VCSE sector

The Voluntary, Community and Social Enterprise sector (VCSE) is vital in enabling people in the community to live fulfilling, healthy and independent lives.

The VCSE sector keeps going; whatever the weather. They don't just talk about doing the work, they action with intent, to make a difference to lives.

Derbyshire County Council's Mental Health and Suicide Prevention team in collaboration with Relate Chesterfield, are delighted to announce the first, annual, VCSE sector conference and exhibition focussing on Wellbeing, Mental Health, and Suicide Prevention within the sector. We would therefore like to invite people to submit papers, presentations, creative outputs (such as short films, art, craft, design, photography pieces etc), session/group presentation ideas; relating to the theme of wellbeing and mental health. If you think you may have an idea and you're not sure it's a fit, just get in touch with us!

Exhibition Private View  
Thursday 24th November  
2022 6.00pm to 8.00pm

Conference Day  
Friday 25th November 2022  
9.00am to 5.00pm

Exhibition open to the public  
Friday 25th November To  
Monday 28 November 2022  
9.00am to 5.00pm

**TO SUBMIT PAPERS OR  
CREATIVE WORKS PLEASE  
CLICK HERE or go to  
[https://awaaaw.call.  
eventbrite.co.uk](https://awaaaw.call.eventbrite.co.uk)**

Venue: Relate Chesterfield,  
3rd Floor, Dents Chambers,  
81 New Square Chesterfield  
S40 1AH

**Submission Deadlines  
Sunday 2nd October  
2022**

**Successful Submissions  
will be informed by  
Monday 10th October  
2022**

For further information contact  
Dr Melanie Hani [melanie.hani@derbyshire.gov.uk](mailto:melanie.hani@derbyshire.gov.uk)

relate



Mental Health  
Neurodiversity and Learning  
Disability

# Alliance Festival



## ENGAGING ZONES

### Market Place:

Learn about different services available in Derby and Derbyshire

### Looking after you & us:

Sample wellbeing support offers, both for yourself and for those you support

### Creative Natter:

Make connections whilst doing something artistic



### Speakers Corner:

Hear about different roles, careers and experiences

### Performance Patch:

Enjoy community groups showcasing their great work



Organisations working together with a shared purpose and collective voice

**23 Sept 10am-4pm**  
**THE POST MILL CENTRE**

South Normanton, Alfreton DE55 2EJ

**BOOK NOW: <https://bit.ly/3PJ9VYi>**



**Joined Up Care**  
Derbyshire



# Hello

## **Get the kettle on, Training and Tea is back: FREE\* online bitesize sessions alongside your morning cuppa!**

Training and Tea sessions are held Wednesday mornings 9.30am – 10.15am. Lasting for 45 minutes these courses are short, convenient and held online via Zoom. Booking is via Eventbrite and all the sessions can be found here [bit.ly/CommunityChesterfieldEventbrite](https://bit.ly/CommunityChesterfieldEventbrite)

FREE for Community, Voluntary or Third Sector organisations and groups in Chesterfield & NE Derbyshire\* AND staff / students of the University of Derby – funded for you by Community Chesterfield.

£20 for everyone else\*.

**5th October. Working Styles & Preferences: understanding yours and flexing to help others** - We've all got our own preferred working style. This may or may not be the same as those of our team members, our colleagues, our boss or our service users. None of these are good or bad, right or wrong, they're just different. This session will introduce some key aspects about your style and help you to start to think about how that impacts the people around you. We'll also consider how you can flex your style to make working with others more effective if their style is different to yours. [bit.ly/TrainingTeaWorkingStyles](https://bit.ly/TrainingTeaWorkingStyles)

**19th October. Building and Developing an Exceptional Team** - This session will share an overview of a practical framework to help you build and develop an exceptional, high performing, team. We'll consider the key areas to focus on and talk about how to prioritise them so you don't waste your time and money on the things you're already good at or don't need. [bit.ly/TrainingTeaBuildingTeam](https://bit.ly/TrainingTeaBuildingTeam)

**9th November. Managing Difficult Conversations** - Having difficult conversations is part of managing people. Whilst difficult conversations may feel uncomfortable, if we avoid them or deal with them in an unplanned way, very little will change. With good preparation, a willingness to listen and clear communication, we can minimise the discomfort and create a more positive outcome than expected. This session will explore some tools and techniques to help you feel more prepared and comfortable when going into difficult discussions. [bit.ly/TrainingTeaManageConvo](https://bit.ly/TrainingTeaManageConvo)

**23rd November. Facilitation Skills** - A facilitator's role is to help a group of people to work together better, understand their common objectives and plan how to achieve them during meetings or discussions. A facilitator helps to make things easy, to make progress and succeed, whilst remaining 'neutral' and not taking a particular position in the discussion. [bit.ly/TrainingTeaFacilitation](https://bit.ly/TrainingTeaFacilitation)

**See you there!**





# Her Game Too

A partnership has been agreed between Chesterfield FC Community Trust (CFCCT) and HerGameToo.

HerGameToo was founded by 12 passionate female football fans who are committed to growing the campaign with the aim of fostering an ethos in football in which women are welcomed and respected equally.

The individuals involved with Her Game Too are helping to build a more welcoming environment for young girls and females at stadiums, championing women who play football, work in football and support football, whilst also continuing to campaign against the online abuse women suffer and sexism attached to the game, to ensure women are respected equally and can feel safe doing something they love.

With the support of the club, the non-profit organisation is aiming to create further awareness, carry out research, educate the next generation, offer support for reporting systems in place at clubs, develop a strong sense of community and create strong relationships with other relevant partners, among much more.

Alyss Jackson, who is the Trust's women and girls' inclusion officer, has welcomed the link-up with HerGameToo.

Alyss said: "The organisation's aims include creating awareness, providing education, developing a strong sense of community and building a more welcoming environment for women and girls within football. This reflects what we are trying to achieve as a Trust. A strong women's programme is being developed, which includes girls' academy sides and a women's first team.

We are also launching women's walking football sessions and Weetabix Wildcats sessions for girls aged 5 to 11.

We look forward to a long and mutually beneficial relationship between HerGameToo and CFCCT"

If you would like more information around the organisation, visit: <https://www.facebook.com/hergametoo>



## DRONFIELD WOODHOUSE COMMUNITY SUPPORT HUB

We are a new group based in Dronfield Woodhouse providing a safe meeting place for people to improve their mental health and wellbeing.

**Location:**

Moray Place Community Building  
Moray Place, Dronfield Woodhouse, Derbyshire, S18 8ZN



**Local Health and Wellbeing Group** - Mondays 10:30am to 1pm  
Come join us for a cuppa and a chat.

**Mental Health and Wellbeing Support Group** - Thursdays 10:30am to 1pm  
We are joined by F.R.I.E.N.D.S, another local group. Come and join us and become friends of the Hub too!

**Relaxation At The Hub** - Tuesdays 10:30am to 1pm

**Derbyshire Long Covid Group**  
Anyone from Derbyshire can attend this group.  
Contact: derbyshirelongcovidfund@hotmail.com

**Men's 1/2 An Idea Club** - Wednesdays 10:30am to 1pm  
Beginning on 28th September - A meeting place for men who have 1/2 an idea floating round

**Get in touch:**

☎ 07821 691192

✉ DWCSH@outlook.com

🌐 [dronfield-woodhouse-community.com](http://dronfield-woodhouse-community.com)

# Breastfeeding Support Group

with Feeding Together - Breastfeeding Support - Bolsover & Chesterfield

**launching 15, September 2022**

1st and 3rd Thursdays of every month at

**St Helena Campus, University of Derby,  
2 Sheffield Road, S41 7LL**

**10.30am - 12pm**



Scan for more info or to  
find other breastfeeding  
support groups in your area

Groups run by local breastfeeding mums who are trained in peer support. Come for support with a specific problem or to meet other local breastfeeding families.

 the  
**Breastfeeding**  
network

# THE WILLOW PROJECT

Rural Domestic Abuse  
Awareness Training & Talks

FREE training for people  
who live or work in Derbyshire

[https://www.ruralactionderbyshire.org.uk/  
training-dates-domestic-abuse-awareness](https://www.ruralactionderbyshire.org.uk/training-dates-domestic-abuse-awareness)

01629 592970 | 07594 088 858



THE WILLOW PROJECT  
SHALL NOTICE COMMUNITIES



Derbyshire  
Police and Crime  
Commissioner

Protecting Communities,  
Fighting Crime



@TWillowProject



@TWillowProject



@TWillowProject

## **DON'T IGNORE THIS ARTICLE!!!**

If I had started this piece with "Rural Domestic Abuse Awareness", how many of you would have thought "This isn't relevant to me, domestic abuse doesn't happen in my village!"

Domestic abuse doesn't just affect unemployed people who live in towns and cities. It can happen to anyone, anywhere. Statistics show that 1 in 3 women and 1 in 5 men will experience domestic abuse at some point in their life. That means that when you go to market, or the pub or to a WI meeting or other group, it is more than likely that someone there is affected by domestic abuse.

Domestic abuse isn't always about a black eye or a split lip, coercion and control is also a crime.

In 2015 a law came into effect which includes coercion and control. The Government definition of Coercive behaviour is "an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim".

So, whilst you might not know of anyone who is hitting their partner, do you know of anyone who is isolating their partner from family and friends? Or anyone who controls where their partner can and can't go and monitors every minute of their day?

At The Willow Project, we deliver free training to help you spot the signs of abuse. The training, which is free to anyone living or working in Derbyshire (the cost is £35+VAT for those who live outside of Derbyshire), will help you become more aware of signs of abuse and how to support and signpost a victim.

**If you would like to attend our training, please visit our website at <https://www.ruralactionderbyshire.org.uk/training-dates-domestic-abuse-awareness>**

**Or for further information please email [e.brailsford@ruralactionderbyshire.org.uk](mailto:e.brailsford@ruralactionderbyshire.org.uk) or call 07594 088 858**

**Please remember if you are in danger call 999.**





## EXCITING PROGRESS WITH OUR FILM!

We're making great progress with our upcoming film 'On The Borderline' - an exciting collaboration with Smith & Smith Productions.

The scriptwriting is really moving forward now. Gav has completed Acts 1 & 2 and is working on Act 3.

The film is set in a Dialectical Behaviour Therapy (DBT) group - all the group members have BPD). It shows the reality of life with BPD, as we see

the characters' struggles as they learn to manage BPD symptoms in day to day life. But we also see their unique qualities and we're falling in love with them & their quirky ways!

We see the friendships that develop in the group & their strength - both as individuals & as a group - in not letting BPD win.

We hope that this will offer hope and reassurance to those watching.

The film will premiere at Quad in Derby and a DVD will be produced!

We also plan to develop an educational resource package to go alongside it (aimed at professionals & students working in medical/social services).

We're very excited about this project's potential to increase awareness and to decrease stigma & feelings of isolation. Watch this space for more information!

## FUNDING & WINNING AWARDS

We are delighted and so grateful that St Peter's Church in Littleover have chosen to support us for the next three years with a financial donation of £500 per year. We've also been awarded £2000 from the Patient and Public Involvement Fund! This will be invaluable in enabling us to continue to support those with BPD and in our quest to raise awareness of this little understood, yet very serious, mental health condition.

Sarah, our founder & coordinator, was chosen as the winner of the Mental Health & Addiction award at Derby Volunteer Awards 2022 at the Museum of Making in the Silk Mill on June 7th. We're very proud of Sarah for her tireless determination to help others with BPD & as a team it's great to know our work is making a positive difference.



As always, thank you so much for all your continued support! We appreciate it very much! To contact us, please email [contact@borderlinearts.org](mailto:contact@borderlinearts.org)

## Buddy Buddy

Buddy Buddy is a group set up by the Community Trust designed to support veterans in Chesterfield and the surrounding areas.

The group will meet on a monthly basis and it is hoped that it will expand in the future with plans to include day trips and group meals.

The Trust's Oli Barnes, who has been instrumental in setting up the initiative, said: "The programme is designed to help former veterans in the area.

"Buddy Buddy is a term used in the Army to say, 'I'm going to watch your back'. It's all about safety with your mates. It's all about sisterhood and brotherhood.

"Veterans in this area might not say they need help, but they do. It's a support and friendship group. We want to help people."

Oli, who is a former veteran himself, said that he wants to create a space that provides people with support. "When I left the services, I felt a bit lost and didn't know what to do. We want to create a group to help people and provide a safe space for people to get together.

"It's all about getting people together to have a laugh and a joke with each other. It's important."

Oli is encouraging people to come down and explained a little bit more about what will be going on. He said: "We will have a guest speaker at the event with a buffet on for anyone in attendance.

"We will run our first event at the end of August and then it will be the last Thursday of every month from then on. It will run from 6pm to 8pm."

For more information, please email: [olibarnes@spireitrust.org.uk](mailto:olibarnes@spireitrust.org.uk).

Chesterfield FC COMMUNITY TRUST

CALLING ALL VETERANS!

LAUNCHES AUGUST 2022

BUDDY BUDDY



# Looking for a care home or care at home? We can help

CHS Healthcare is one of the UK's leading specialists in helping people to find the right care. We work with over 3,000 care homes and providers across the UK to ensure we can find the right care for you.

- ✓ We offer a **free and independent** service to you and your family that can help you find care.
- ✓ We assign a dedicated adviser to support you every step of the way to find the right care.
- ✓ We work evenings and weekends, so we are available when you are.

We can support you in finding:



Residential Care Home



Dementia Care Home



Nursing Care Home



All packages of care, including Live-In Care Services.

Our aim is to help everyone live their lives as fully as possible.



For more information please contact us on

 **0800 210 0357**

 [Midlandsplacements@chshealthcare.co.uk](mailto:Midlandsplacements@chshealthcare.co.uk)  
[carehomeselection.co.uk](http://carehomeselection.co.uk)

**CHS**  
Healthcare

Part of Acacium Group

We carefully compile information, which we believe to be helpful in choosing a care provider or care home, such as the location, facilities available, capabilities etc. We make this information available free of charge. When a care home or provider is chosen from this information and a successful placement is then made, we may receive payment from the care home or care provider.

## Bereavement Support Groups

throughout the High Peak  
Buxton | Chapel | Glossop | Hope Valley

Have you have suffered a bereavement whether this be recently or a while ago? Do you still feel stuck?  
Are you struggling to find local support?

**Our groups** are for **adults** struggling with **bereavement**, who may benefit from some **support** from others in a similar situation.

*'The group helped me to move from a dark place... You can't get that from tablets or somebody telling you to feel differently.'*

**Our meetings** are **safe, friendly, welcoming** and **confidential**.

We offer a chance to share experiences and feelings, to swap coping strategies and, above all, to be there for each other.

Our groups are referral only, but you can call and refer yourself.  
We want to ensure the service is suitable for you, your relative or your client.

**Please call us for more information or a chat about the service.**

HIGH PEAK CVS BEREAVEMENT TEAM:

01663 735350 Option 3

or email: [bereavement@highpeakcvcs.org.uk](mailto:bereavement@highpeakcvcs.org.uk)



Scan here for more info or visit  
[highpeakcvcs.org.uk/bereavement](http://highpeakcvcs.org.uk/bereavement)



Chesterfield Fibromyalgia Support Group have been receiving support from Derbyshire Voluntary Action and their Feeling Connected Project. Their support helped the group to relaunch their daytime meetings and they have now been successfully meeting at The Hub for 6 months.

WITH THE HUB BEING SELF CONTAINED IT ALLOWS THE GROUP TO PLAN VARIOUS ACTIVITIES AND GUEST SPEAKERS, OFFER THEIR OWN REFRESHMENTS AND GENERALLY OFFER A CENTRAL CHESTERFIELD MEETING AT A REASONABLE COST.

MEETINGS START AT 12 NOON ON THE LAST SATURDAY OF EACH MONTH WITH INPUT OF SOME SORT - AN OPPORTUNITY TO LEARN AND GAIN FROM AN ACTIVITY OR SPEAKER TO HELP LIFE WITH FIBROMYALGIA IN SOME WAY.

IF INDIVIDUALS DON'T WISH TO TAKE THIS OPPORTUNITY, THEN THEY ARE WELCOME TO JOIN THE GROUP FROM 130PM UNTIL 3PM FOR THE SOCIAL HALF OF THE MEETING. TEA, COFFEE AND HOT CHOCOLATE WILL BE AVAILABLE PLUS A BISCUIT.

THE GROUP HAVE SPLIT THE MEETINGS TO CATER FOR EVERYONE AND FOR THE DIFFERENT THINGS THAT PEOPLE LOOK FOR FROM A SUPPORT GROUP.

INDIVIDUALS WISHING TO CONNECT WITH THE GROUP ARE ALWAYS WELCOME. THE COST OF A MEETING IS £2 INCLUSIVE OF DRINKS AND YOUR FIRST MEETING IS FREE!



Find us on



Email us at  
[chesterfieldfibro.group@gmail.com](mailto:chesterfieldfibro.group@gmail.com)

## HUNLOKE COMMUNITY GARDEN



**A community garden developed and maintained by the local community. It has become a haven for wildlife.**

**Come along and join our small friendly group of volunteers, we have a range of garden activities for you to get involved in and have a cuppa, cake and a chat!**

**How to contact us:**

**Off Church Street South, Birdholme, Chesterfield, S40 2TF**

**[hunlokegarden@gmail.com](mailto:hunlokegarden@gmail.com)**

**Mobile: 07846 271968**

**[hunlokecommunitygarden.co.uk](http://hunlokecommunitygarden.co.uk)**

**Opening Times: Tues – Fri 9:30 AM-Midday**



**Follow us on Facebook**

# Hunloke Community Garden

Hunloke Community Garden is a fabulous secret oasis in Chesterfield a place to connect with nature, an opportunity to do some gardening at your own pace, be part of a friendly group of volunteers or just a place to come & reflect. The garden has lots of different spaces to enjoy: Flower raised beds, sensory garden, pond, veg & fruit patches, orchard, individual allotments, green spaces & cabin. The garden have stepped forward to be part of GreenSpring (a national Green social prescribing pilot ). Green social prescribing is the practice of supporting people to engage in nature-based activities to support & enhance their health & wellbeing. Karen Wheeler (Occupational Therapist) will be working with the garden & it's volunteers to develop the opportunities offered. So considering those "5 ways to Wellbeing" .....Hunloke Community Garden can offer your 5 -a-day !

**CONNECT: Connect with nature ,outdoors and connect also with people in a friendly environment**

**LEARN: Learn as much or as little as you wish about the garden, plants, habitat**

**ACTIVE Be as active as you wish from digging the rhubarb patch , to working at the raised beds or sitting in the sensory garden**

**NOTICE: Being in the garden enables time to be mindful, relax & notice from the smell of the flowers to the sounds of the birds**

**GIVE: Being part of the project you are volunteering your time & skills & giving back to the local community**

For more information please do call us on 07846271968 or email:  
hunlokegarden@gmail.com

*Thanks to Arc PCN Social Prescribing Team, Chesterfield & Dronfield*



**Feeling  
CONNECTED**



## Your Derbyshire Voluntary Action Team

<b>Jacqui Willis</b>	<b>Chief Executive</b>
<b>Julia Cook</b>	<b>Business &amp; Operations Manager</b>
<b>Rachel Bounds</b>	<b>Community Engagement Worker</b>
<b>Bryony White</b>	<b>Senior Administrator</b>
<b>Kim Grant</b>	<b>Finance Administrator</b>
<b>Jenny Raschbauer</b>	<b>Community Chesterfield Project Manager</b>
<b>Lauren Lupton</b>	<b>Community Chesterfield Project Officer</b>
<b>Alison Gibson</b>	<b>Community Chesterfield Development Worker</b>
<b>Kate Burns</b>	<b>Community Chesterfield Skills Coordinator</b>
<b>Joanne Bowman</b>	<b>Social Prescribing Project Manager</b>
<b>James Starky</b>	<b>Feeling Connected Project Manager</b>
<b>Natalie Evans</b>	<b>Feeling Connected Social Prescribing Link Worker</b>
<b>Debbie Fennell</b>	<b>Feeling Connected Development Worker</b>
<b>Brett-Morgan Nielsen</b>	<b>Feeling Connected Development Worker</b>

## Our Board of Directors

<b>Julie Dixon (Chair)</b>	<b>Ann Sullivan</b>
<b>Tony Hedley</b>	<b>Bev Crighton</b>
<b>Wendy Yap</b>	<b>Wendy Munro</b>
	<b>Dom Rees Jones</b>

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