
The Volunteer Centre Newsletter

On Friday night, Jeff King, Chesterfield FC (pictured) presented our very own Dave Radford with a shirt signed by every member of the Chesterfield FC Squad, in recognition of the Volunteer Centre's Kings Award.





Being a massive Spireites fan Dave had to admit this was almost as good as the award itself and he looked forward to sticking it up Mansfield very soon!

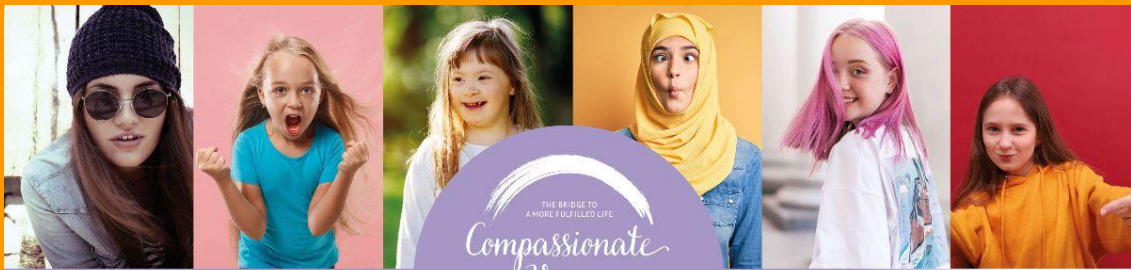
(The Volunteer Centre would like to thank Luke Waller and Armisteads Bar for making this possible.)

This photograph has not been manipulated by Photoshop or had any AI interference whatsoever.

The Voluntary Sector Awards 2024



Who will you nominate?
Stay tuned coming October



THIS IS ME

SUPPORTED BY
BBC
CHILDREN
IN NEED

THIS IS ME / MAP TO FANTASTIQUE WORKSHOPS

After a successful 'This is ME' Workshop with YR 11 students at Outwood Academy, Newbold, we are now in discussions with other schools and third sector organisations organising further This is ME/Map to Fantastique journalling workshops. Working together to help reduce the increased anxiety and mental health issues with girls.

We have now published a further 4 X This is ME Workshops during the Easter, late May & Summer school holidays. Funded by Children in Need and DVA, these will take place at The Hub at Gladstone, Clay Cross and Chesterfield Football Club. All will include Pizza lunch.

ABOUT THE WORKSHOPS

This is ME Workshop & journal is a fun way for girls to discuss such issues as body image, anxiety, depression, panic attacks and the after effects from the covid pandemic much more easily.

The journal's beautifully laid out sections will take attendees on a step by step journey, asking easy questions to enable discussion about emotions and fears. The workshop/journal also focuses on positivity and discusses future hopes and aspirations.

Map to Fantastique Workshop & journal is a great follow on to 'This is ME'. The gorgeously designed journal contains over 20 wellbeing & empowerment mapping pages, some guided and some blank. These will help girls to navigate their own path and consider their feelings & emotions.

Both workshops are funded by BBC Children in Need and are free for girls (11 - 18 years of age) residing in the Derbyshire area. This is ME can be broken down into 2 or 3 sessions. (Overall running time 4.5 - 5 hrs). Map to Fantastique. (1.5 - 2 hrs)

To find out more or book a This is ME/Map to Fantastique Workshop please email info@acompassionatevoice.co.uk or call 07894 101995 Mon-Thurs 8:30am - 6:00pm Fri 8:30pm -5:00pm

Compassionate Voices CIC have safeguarding policies for young people and children, and all facilitators are DRB checked.

OUTWOOD ACADEMY ATTENDEE QUOTES

WHAT DID YOU ENJOY MOST ABOUT THE WORKSHOP?

You can be who you want to be. Don't listen to anyone. Go down your own path.

The chosen life picture board and the paper we put in the shredder

Being able to talk

Sharon's story!

Activities + freedom. Interesting talks & honesty

I enjoyed everything especially the part where we wrote stuff down and shredded it. Also, the mood boards.

That you can be who you want to be.

IN ONE SENTENCE DESCRIBE 'THIS IS ME' WORKSHOP

Great, I learned a lot

Shows that no matter what you're going through you're not alone

Very good and helpful

Very interesting and you get to understand a lot

Interesting

Very fun, a great place to express feelings and to help become more confident.

For Dates for This is Me workshops please see below-
[This Is Me/Map to Fantastique Workshops for girls | Eventbrite](#)

Photo Competition



Walk Derbyshire Photo competition

We're excited to announce we are developing a new app to support people to walk more as part of their everyday lives in Derbyshire.

As part of this, we'd like to include your local open spaces to walk, along with some less well known walking routes.

So we need your help.

We'd like you to send us photographs of local open spaces or parks within your community and can include anywhere in Derbyshire or Derby. We'll include these images in the app and everyone who sends us a photograph will be entered into a draw to win a prize of a £50 Love to Shop voucher.

Photos can be submitted between **Monday 04 March 2024 and Friday 29 March 2024** and should be submitted to marketing@activepartnerstrust.org.uk Please include the name of the park/open space and its location within the submission.

For terms and conditions, please head to the website:

<https://walkderbyshire.org.uk/2024/03/04/photo-competition/>

Do you want to be
part of something
SPECIAL?

Join our Derbyshire
policing family as a

**SPECIAL
CONSTABLE**



Volunteer at least 16 hours
per month within different
operational departments



Make a difference in your
community and meet new people



Gain new transferrable skills,
Directed Patrol Status (DPS)
and face new challenges



Once training is complete, you will
have the opportunity for specialist
training, such as Taser

X @DerbysPolice | f derbyshireconstabulary

☎ 101 non-emergency,
in an emergency always call 999

www.derbyshire.police.uk

Making Derbyshire Safer **Together**



Everything you need to know about joining our

POLICING FAMILY

Age:

You must be 17 ½ years old to apply

Location:

Various locations throughout Derbyshire

Training:

17 weeks training (weekend and/or some evenings for home learning). TEAMS is offered occasionally but it is mainly face to face.

Recruitment Process:

Online Application Form, National Sift, Force Assessment Centre and Pre-employment checks.

To apply or for information visit:
[Careers.derbyshire.police.uk](https://careers.derbyshire.police.uk)



SCAN ME

Ready for the challenge?

We are often open for Special Constable Recruitment and to find out more about our latest and upcoming campaigns, please visit our careers page or contact the recruitment team. We particularly welcome applications from Black, Asian, Minority Ethnic and Neurodiverse candidates as these groups are underrepresented in our organisation. It's a priority for us to have a workforce which reflects the communities we serve.

[Careers.derbyshire.police.uk](https://careers.derbyshire.police.uk)

Clay Cross Wellbeing Walk In.

Pop along to a free wellbeing session including blood pressure checks, health and wellbeing advice, information about local services and free taster sessions.

**Wednesday 20th March
11am - 3pm.**

**Hub S45,
Gladstone Buildings,
Broadley's, Clay
Cross. S45 9JN.**



Chat with us and get a
free cuppa!

**Live Life
BETTER
DERBYSHIRE**

Our friendly teams will offer free health and wellbeing information and chat about local services on offer.

Free taster sessions and activities

Information stalls to browse

Free Blood Pressure checks

Health and Wellbeing MOTS

Five Ways to Wellbeing

Support to get more connected

Information about local walks

Carers drop in and support

Digital support and group information





**The King's Award
for Voluntary Service**