

the ECHO

*The newsletter of The Volunteer Centre
Chesterfield and NE Derbyshire*

The Volunteer Centre Chesterfield and NE Derbyshire

The Voluntary Sector Awards 2024



What next?

Well it's that time of year when we look back on our Awards night and take stock. From the post show comments, it looks like everyone really enjoyed the night and we were glowing from the praise received.

Sadly, when we looked at the budget, this year has cost us dearly. There was a time when Chesterfield Borough Council would sponsor the Winding Wheel but economic pressures have meant this gratuity has been withdrawn. While we never set out for this event to make a profit, we didn't want it to lose money either. So, what now?

Well these are the options as we see them

- Move the Awards to a bi-annual event
- Move the Awards night to a smaller, cheaper venue
- Increase the ticket price
- Call time on the awards -perhaps it has had its day?

Please let us know what you think.

Please email your thoughts to - info@chesterfieldvc.org.uk or dave@chesterfieldvc.org.uk

We really do want to hear your thoughts about the future of the evening.

So after what seemed to us like a very successful night, you may be wondering who the winners were. If so, here is a list of everyone who walked away with a trophy.

Young Volunteer- Alivia Dawson (Junction Arts)

Volunteer Long Service- Brenda Reynolds (Hardwick Hall)

Trustee- Lucie Maycock (Junction Arts)

Partnership Award- Snapp-it

Team of the year- Seniors Ministry Team

Innovative Project- Time For Dads

Volunteer of the year- Brian Taylor (Sue Ryder Charity Shop)

Manager of the year- Jacqueline DeVeaux (Chesterfield Foodbank)

Employee of the year- Jemma Burton (Junction Arts)

Organisation of the year (Medium)- Sue Ryder Charity Shop

Organisation of the year (Large)- RSPCA

Outstanding Contribution- John Stubbs (Hardwick Hall)



This years AGM will take place at The Saints Parish Centre on St Mary's Gate
Chesterfield between 2pm - 5pm.

Please let us know if you can attend by emailing - info@chesterfieldvc.org.uk or
calling 01246 276 777.

Mince pies provided.

If you are interested in joining our Board of Directors feel free to come along to find
out more about us.



“Exciting news, From October 1st 'STAND TO' DERBYSHIRE VETERAN COMMUNITY SERVICES (STDVCS) have increased their presence in Chesterfield and have expanded into new accessible premises in the town centre, offering a “Veteran Community Hub” to the Veterans of Derbyshire and their families. This can be found opposite the Vintage Tea Rooms on Steeplegate, just off the Vicar Lane shopping centre.

We have been able to offer a cuppa, a chat and a friendly ear to over 150 Veterans. We have had pension enquiries, offered welfare support, housing queries, signposted and made referrals into our specialised alcohol treatment service. We can provide 1:1 support if needed and using our extensive resources for Veterans/family members, can also put you in touch with veteran specific organisations that are there to help. Let us do the work for you.

Our veterans face an array of challenges from deployment to resettlement; the risk of injury, being away from loved ones and upon returning from serving, adjustment back into civilian life. Different coping mechanisms, some healthy some not so healthy are often used during these difficult times.

Although 1,000s of veterans need assistance with the issues they may face, many do not receive treatment. If you or someone you know is struggling, call in at our Veteran Community Hub off Vicar Lane Chesterfield where you will be greeted with a smile, no matter how big or small your problem may seem we are here for you. If we can't help directly, we will know someone who can, so drop in or call our Veteran Information Point line and get support today.

Tel 01246 959333.

We have your back! Together we are stronger”

Support for your mental health and wellbeing

Mental Health and Suicide Prevention
Public Health Derbyshire

Local and National mental health support Dial 111. Press option 2. (Connected to local support).
Access to talking support, safe havens, crisis drop in locations and more

Services and community support to help improve your mental wellbeing
dccmhsp.com/Support

Everyday wellbeing like connecting with people, being active and helping others
Search **Let's Chat Derbyshire**

Facebook, Instagram, X, @DCCMHSP, YouTube, Spotify, Pinterest, SoundCloud

Keeping warm and well

Information around how to keep safe
in the cold weather.



[www.derbyshire.gov.uk
/staywellthiswinter](http://www.derbyshire.gov.uk/staywellthiswinter)

The cold weather can cause problems for some people. So we've put together some useful information about how to keep you and your family well during winter.

Be prepared!

If you are not on mains gas or electricity, make sure you have a good supply of heating oil or LPG or solid fuels, so you don't run out of fuel over winter

Ensure all heating and cooking appliances are checked by a Gas Safe registered engineer

Stock up on tinned and frozen food to avoid going out when it's cold or icy

Watch the weather forecast and prepare for the colder weather. You can sign up for cold weather alerts on the Met office website at www.metoffice.gov.uk

Contact your water and power suppliers to see if you are eligible to be on the Priority Services Register. Find out more at www.derbyshire.gov.uk/priorityservicesregister

Try to prevent any trips, slips and falls as these are one of the biggest causes of hospital admissions for older and more vulnerable people.

Find out more about falls prevention at www.derbyshire.gov.uk/falls and contact Age UK Derby and Derbyshire for information about falls prevention classes

Get winter tyres fitted to your car and keep items such as jump leads, warm clothing and a blanket in your car in case of break downs.

Medications

- Take up any winter vaccines you are offered to help you stay well this winter.
- Make sure you have enough medication at home in case you are unable to go out due to bad weather
- If you want more advice about protecting your health during the winter visit www.NHS.uk/keep-warm

Keep your home warm

- Heat your home to at least 18°C
- Draw your curtains at dusk to help keep the heat generated inside your room
- Insulate and draft proof your home
- Check if there are any grants or benefits available to you to help with bills and/or energy efficiency
- There's lots of advice at www.derbyshire.gov.uk/staywarminwinter



Keep yourself warm

- Make sure you are layered up with lots of thin layers of clothing made from wool, cotton, or fleecy material
- Always wear socks and good fitting slippers with good grips when inside and change into shoes with a good grip when heading outside to prevent trips, slips and falls.
- If you use an electric blanket always use it as instructed. Get it tested for safety every three years. Don't use it with a hot water bottle
- Have plenty of hot food and drinks throughout the day.

Keep moving

Exercising can help you keep warm - If possible, move around at least once an hour.

If it is difficult to move about then stretching your arms and legs can also help you keep warm

If you have a health concern then please speak to your GP before starting any exercise plans.

Watch out for symptoms of hypothermia such as shivering, lips going blue, slurred speech and unusual clumsiness. Find out more at

www.nhs.uk/conditions/hypothermia

Keep in touch with neighbours, family and friends in cold weather. Make sure you let someone know if you need some practical help, are feeling unwell or if you just want a chat

Other useful information

If you are struggling to pay your energy bills then we recommend that you talk to your energy supplier as early as possible.

Ofgem rules state that your supplier has to help. This will usually be by negotiating a payment plan with you. In addition some suppliers have financial help funds.

Think Which Service

Get the right healthcare advice, support and treatment as quickly as possible. Visit: joinedupcarederbyshire.co.uk/stay-well/think-which-service

Welfare Rights

Our Welfare Rights team can check you're claiming all the benefits you're entitled to.

Call: 01629 531535.

Visit: www.derbyshire.gov.uk/welfarebenefits

Marches Energy Agency

Warmer Derbyshire (MEA) can give advice on energy costs.

Call: 0800 6771332

Email: wdd@mea.org.uk

Affordable Credit Team

Find out about safe, lower cost borrowing options with Credit Unions and Community banks. Visit: www.derbyshire.gov.uk/creditunions

Citizens Advice

Citizens Advice can offer support and information around debt and energy costs. Find your nearest branch at www.citizensadvice.org.uk

Mental health support

If you find yourself feeling isolated or overwhelmed over the winter months you can reach out for support. Visit: www.derbyshire.gov.uk/mentalhealth

Calling all carers!



Are you a carer, caring for a family member, friend or neighbour with a long term illness or disability?

The Chesterfield Equality and Diversity Forum would like to invite you to our drop-in day.

Tuesday 12th November 10am - 2pm

Grace Chapel, New Square, Chesterfield, S40 1PH

Between 10am and 2pm there will be an opportunity to meet local groups who will be there to provide information and signposting on matters such as benefit entitlement and support for carers.

Tea, coffee and cake will also be available, free of charge.

Booking is not necessary, but if you have any questions please contact by email or telephone:

 policyteam@chesterfield.gov.uk

 **01246 959644**

 **CHESTERFIELD**
BOROUGH COUNCIL

