



Federation
for
*Positive
Ageing*

NEWS BULLETIN JULY 2015

Dear Colleagues

We've been busy throughout June looking at ways and means of putting into practise all the things you told us you would like the Federation to do for your clubs and groups. Heres the plan.....

We will be holding a series of half day networking events with plenty of time for clubs and groups to share information with each other and providing a focus for each meeting on a series of topics which reflect the things you told us you want to know more about including:

- How to promote your group
- Fundraising
- Intergenerational Work
- Dementia Awareness

So that we can choose the right venues in the right places for the right number of people ***we need you*** to tell us which of these you are interested in. An expression of interest form is attached with this newsletter covering these.

We had several comments that groups would like to arrange exchange visits with one another - so if you would like to your group to visit with another please let us know on the form.

In addition we are planning local roadshows in public places to provide the opportunity for clubs and groups to recruit new members and volunteers and for service providers to reach out to more people. This is a bit more complicated to arrange. We're planning to have more detail in the next newsletter.

There's been a great response from many of you to share news - please keep it coming.

We've also made progress in establishing a new mens group BOSA Blokes for older men in Bolsover district. This is a partnership activity with Clowne Community Transport. The next meeting is 21st July when Bosa Blokes are going to visit Thom's Blokes who you'll hear more about later in this newsletter . For more information contact Jill at Clowne Community Transport 01246 573040 or email jill@clownect.org.uk

Don't groan please - but now is the time to think about planning Autumn Fairs and Christmas activities. The Federation wants to support as many of your successful events as we can. If you need funding, now's the time to start thinking about it - let us know if you need any help. If you need people, tell us and we can publicise through our networks and this newsletter. If you think working with others will help you make a bigger impact, we'll do our best to help you do so.



It's your Federation, so we need your involvement. We are still looking for people to join the steering group. It's a good opportunity to make your views heard and to represent the interests of older people in our area. Please do get in touch if you're interested. It's not going to be a huge commitment, but the knowledge and skills of all of you working out there on the frontline will really help take the project forward.

In the meantime if your group needs any help, contact Diane on 0755 396 7087 or email dsheppard444@gmail.com.

News

Banner Jones Solicitors are offering all community groups a free talk on Wills and Inheritance Tax planning. This is an informal talk that has been designed to give you the top tips about how to get your affairs in order and lasts about 20 minutes. Please call 01245 560 560 and ask to speak to Ann-Marie Lowe to arrange a suitable time

Looking for a venue? Holmgate Derby and Joan Club at Clay Cross have a lovely accessible building with kitchen and parking facilities. Rental for the whole building is £10 per hour and it can be available at times to suit. To find out more contact Ken Savidge Tel. 01246 863203, mobile: 0796 838 9508 email: kensavidge@btinternet.com

For other venues Links CVS has an online Venues Directory covering all Derbyshire. You can add your venue to the list, or search <http://www.linkscvs.org.uk/venues.htm>

If you don't have access to the internet phone Links CVS (01246 274844, tell them your requirements and ask for a search



Cinnamon Trust is appealing for dog walking volunteers. The charity helps people who are struggling to care for their pets by matching pet owners with volunteers who provide a little bit of help to keep pets well and healthy with thereby reducing stress and worry for their owners. It's a great opportunity if you love dogs but aren't in a position to have one yourself. You might even meet new friends - and not just the canine kind! If you want to find out more the website is

<http://www.cinnamon.org.uk/cinnamon-trust/> or phone 01736 758707, email volunteer@cinnamon.org.uk

Keyboard Offer Mike from Clowne Community Gardeners Association has had to withdraw his kind offer of free musical entertainment due to a frozen shoulder. We'll keep you updated and wish Mike a speedy recovery.

North Derbyshire People's Assembly. On Monday 13th July at 7.15pm there will be a meeting in Chesterfield Labour Club to set up the People's Assembly. Guest speaker will be Bill Greenshields, who has been active in organising with the People's Assembly in the Derby area. The meeting will be taking place shortly after the Chancellor's budget and so will be an opportunity for people across the area to discuss our response and what can be done in the future. Further information from Colin Hampton, Chesterfield Unemployed Workers Centre Telephone 01246 231441 Email colin.hampton@hotmail.co.uk

Deaf and Hearing Support will be at the following Shows:

Medieval Market, Chesterfield – Tuesday 28th July – all day
Bakewell Show – Wednesday 5th and Thursday 6th August – all day
Ashover Show – Wednesday 12th August – all day

50+ Forum Meetings.

Bolsover & District 50+ Forum - 4th September, Pinxton
Chesterfield Inspired 50+ - 10th September, 10.15-12.15pm – Chesterfield Town Hall
Clay Cross & Surrounding Communities 50+ Forum, 17th September, 1.30pm – 4.00pm, North Wingfield Community Centre

All 50+ Forum events are free to attend and offer refreshments and free transport for those who can't get there using either their own or public transport. Events include a wide variety of speakers and activities with a chance for a cuppa and a chat too. Everyone is welcome.

For more information, please call 01629 532446, 532466, 532049

Chesterfield 750 This is the commemoration of a battle in 1266 near the Crooked Spire. Planning is underway and it's a great way to have some fun and promote your group.

To commemorate the 750th anniversary of the battle, an event will be held in New Square on May 15th, 2016 starting at 11am. All local groups, of any sort are invited to call themselves a Guild, make their own banners and join in; there will be the opportunity to publicise your group as well as a variety of stalls. This is a once-in-a-lifetime event, and we're looking for volunteers to help with practical stuff, ideas, planning or organisation – get in touch at the email address below (or message via Facebook) if you would like



to help. info@chesterfield750.co.uk; www.chesterfield750.co.uk or find us on Facebook at Chesterfield 750 or ring Wendy Blunt, Community Development Worker on 01246 345344 and your details will be passed on.

Gardening , Flowers and Nature crafts

Would you like to get your group planting up tubs to encourage butterflies and wildlife, make gifts from the garden, plan a sensory garden, grow potatoes for their Christmas dinner, share their advice and stories about gardening? All activities can be done sitting at a table or using raised planters – either inside or outside. For more information contact Caroline on 07583 551705

GardensbyCaroline.cook@gmail.com

(If funding is an issue then maybe this could be a chance to put in a bid to get some funding to set up a horticultural therapy project!)

Promote your Group. Clowne Gala Saturday 12th September at Heritage high school Boughton Lane, Clowne S43 4QG from 11am - 3pm. Stalls just £10 per 3 metre stall. **Book before 17th July.**

A great event bringing together people in Clowne for fun, entertainment, food and a great atmosphere. Just come along, or join us with a stall to raise funds or publicise your group or organisation. Phone 01246 810259. Email gala@heritage.derbyshire.sch.uk



Chesterfield and North Derbyshire Tinnitus Support Group

The Tinnitus support group will help you to understand your emotional reactions to tinnitus (which may be stress and anxiety) and will help you to retrain your responses to it, and give you advice on ways to manage your tinnitus. As well as providing advice and information about tinnitus, we are here to listen. Talking to someone about any anxieties you may have about tinnitus and any distress it may cause, can be therapeutic in itself.

"I can only say that the relief was amazing – I felt that I had arrived at a place where the condition was understood and even from that first Conference I took away advice and help to start the process of managing the condition. I began to realise that there is life after tinnitus and took away such inspiration when I heard how others had turned their lives around."

We offer a range of support and advice services. Please contact us either by email or by telephone.

"What the group also does is to bring together fellow sufferers and I have to say that I have been very grateful to some lovely people who have been more than happy to share their experiences since suffering tinnitus. Some of the ways in which it affects you are quite personal and I have been touched that people are willing to share those thoughts and feelings, so I knew I was not alone."

I can't even begin to imagine where I would be today without this truly unique group. "

Lay Counselling Course/WorkshopThe new course (of 4 sessions) will begin again in September at St Thomas' Church Centre, Chatsworth Road, Brampton, Chesterfield, S40 3AW from 1.30pm – 4.00pm. Course session dates are: Thursday 10th September , Thursday 15th October, Thursday 12th November and

Thursday 10th December

The course is free to members. Non-members £10.00. Anyone wishing to join the group (£10.00 pa) would also receive bi-monthly newsletters and invitations to meetings and coffee mornings.

To book on the workshop/course or to find out more about the group, please contact us on 01246 380415 mail@tinnitussupport.org.uk
Website: www.tinnitussupport.org.uk

First Thursday Rendezvous, for seniors over 60, who meet at St Thomas Church Centre, Chatsworth Road continue to welcome any seniors from the Brampton community to their gatherings held on the first Thursday of every month. We begin at 10.30am and finish at 1.30pm and have various speakers, quizzes, board games etc and our aim is to have fun, make friends, enjoy a two course lunch and a short 'Time of Reflection'. Remaining dates this year are Sept.3, Oct.1, Nov.5 and Dec.3 when we look forward to Christmas as we learn how the Tudors celebrated it. If you wish to know more please contact Nanette on 01246 231115

Thoms Blokes This thriving social group for retired men has been up and running for three years. Last years average attendance was eighteen which involved forty different men with a highest attendance of thirty one. Activities have included: session by two World War 2 veterans, both were shipwrecked; visits to Laxton mediaeval village and holocaust museum and Newark Air museum. Talks on disused railways, a talk on astronomy and a visit to the observatory at Newbold. Coal Mining Museum, Chesterfield Bowl; talk on the Chesterfield Canal; visit New Mills and Bugsworth basin, Talk on a visit to Afghanistan, Visit to Dukes Wood, 'Tales of the Railways' and, of course, a Christmas Party.
For more information contact David 01246 231115 /853741

Funding

Chesterfield Public Health Small Grants Scheme

Derbyshire County Council Public Health department has set up a small grants scheme for the Chesterfield area to help support local groups and communities improve the health and wellbeing of local residents.



Any voluntary/community group or local people within the Chesterfield borough area who come together to support the health and wellbeing of their local community are welcome to apply. We want to hear from people who'd like to make a difference to their community. It doesn't matter if your group doesn't have formal constitution or working rules, or you are a just group of people with a good idea; don't let it stop you applying!

Speak with NDVA for advice and if the application is successful they can support you to deliver your project. Grants on offer are up to £1000 (In exceptional circumstances and where resources allow we might be able to provide a higher sum)

Don't delay apply today! The grant scheme will be administered by NDVA. For more information or to request an application pack please phone NDVA on: Tel: 01246 555908 or Email: info@ndva.org.uk Or download an application pack off their website: <http://www.ndva.org.uk/learn-more-about-us/funding> **Closing date: Friday 24th July 2015 at 5pm.**

The Community Assembly Community Chest funding stream is now open for projects in 2015. This funding stream is £40,000 in total for 2015/16. The funding will be awarded to help projects, services and activities that improve the quality of life and wellbeing of residents in Chesterfield borough. Registered charities and community and voluntary groups based in Chesterfield borough or with a strong link to the borough that meet the funding conditions can apply for funding. Groups can bid for a minimum of £1,000 and a maximum of £5,000. Funding will be allocated in: November 2015 — deadline for applications is **18 September**.

Application forms can be found on the Community Assembly webpages on CBC's website at: <http://www.chesterfield.gov.uk/Community-Assembly-CommunityChest-1403.html>

Otherwise please contact Wendy Blunt, Community Development Officer if you require paper copies or more information Tel: 01246 345344
Mobile: 07811 117015 Email: wendy.blunt@chesterfield.gov.uk

How to submit your news and events:

By post to Age Concern Chesterfield and District, address below - please mark the envelope Federation of Positive Ageing. By email to Diane Sheppard dsheppard444@gmail.com or telephone Diane on 0755 396 7087

Send us your news for the next edition by 7th August. Lets promote and celebrate all the good work groups and organisations are doing!

Federation of Positive Ageing is a project run by Age Concern Chesterfield and District.

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