

News from High Peak CVS

Great Win for Gamesley Villa – Again!

Congratulations to Gamesley's trophy-winning childrens football club which won another prestigious award at our AGM.



Gamesley Villa, with five cup final wins and a host of other trophies in just eight years, has now lifted our coveted annual Celebrating People Award for significant contributions to the local community.

The judges described the clubs contribution to the community as 'absolutely outstanding'. It was unanimously voted No 1 from five finalists selected from our 377 member organisations.

Villa was the runaway choice of all the judges because it had achieved so much with so few resources in so short a time.

'We were particularly impressed by its strict disciplinary code on drugs, alcohol and cigarettes. Its firm values are already having an impact on schools where teachers report improved behaviour from team members.'

Villa's chairman and chief coach Peter Aldred said he was stunned and delighted by the award.

'We feel really honoured. We just set the club up to keep the kids off the streets and we had no idea it would have such an impact.'

Villa's co-founder and ex-Blackburn Rovers star Danny Jenkins said the new award was 'fantastic'.

'The only thing we need now is a new playing ground. This is really essential if the club is to continue its work on and off the field.'

Gamesley Villa, founded in 2002, has 120 boys and girls in training each week. It lost its playing field earlier in the year because the local primary – which owns it - decided to turn it into a community farm. The club needs a playing ground close to the estate. We will continue to work with the Villa to create a new training ground soon.

The runners up also received special mention Buxton's Wednesday Luncheon Club for senior citizens.

Only a week after its founder Kathleen Wharton won a Derbyshire County Council Excellence in the Community Award, the club has won a second prestigious prize.

The Wednesday Luncheon Club has become a beacon of hope for the elderly around Buxton. The company, kind words and activities are sometimes the only contact these most vulnerable people in the community have.

Founder Kathleen Wharton said she was delighted by the award. She founded the club four years ago and it now has almost 50 regular diners. All are over 70 and many are in their 80s and 90s.



'We've got a fantastic team of volunteers who turn up faithfully each week to put on a great two-course meal for the elderly. It's very much a team effort.'

The luncheon club is now expanding its activities to support elderly people at home who are unable to travel to the weekly meals.

Welcome to... James Cross



How long have you been working at High Peak CVS?

I started on July 1st 2010 at the CVS members meeting, on a Future Jobs placement.

What does your new job involve?

I am employed as a youth arts network development officer, so I am involved in the setting up of a youth arts network in the High Peak. At the moment we are at a research stage, so I've been doing a lot of ringing people up, sending out questionnaires and internet research which is fun to do. It is interesting seeing a youth arts network start to be formed. I also spend some time working with High Peak Community Arts, recently I helped out with a film workshop for young people which was great fun to do.

What's the best thing about your job?

I think meeting new people who are doing things which are really beneficial to people. I also find doing research quite interesting, phoning people and getting their views and opinions on things or the history of their organisation.

What are your favourite things to do?

In my spare time I like socialising with friends going out around Buxton and spending time with my girlfriend. I also enjoy keeping fit going to the gym a lot and doing boxing occasionally. I also love playing guitar and playing on my Xbox.

Arts & Creativeness News

CONCERNED ABOUT YOUTH ARTS SURVIVING?

Then take part in the Online Campaign Day 24 November 2010 as part of the new ENYAN National Campaign '**Youth Arts Transforms Lives- FACT!**'.

ENYAN are calling upon the Youth Arts Sector to fight its corner at this uncertain time of public sector cuts.

ENYAN can provide you with a flash animated banner, text and images to add onto the homepage of your web site ready for the launch on Wednesday 24th November 2010.

To take part email enyan@artswork.org.uk or telephone the ENYAN Team via 023 80682 535. For more information outlining the campaign background, aims, objective and programme, please visit www.enyan.co.uk/

ENYAN is the English National Youth Arts Network.

**National Enterprise Week
15th—21st November**

**Inspiring young people to turn their ideas
into reality**

Just a reminder that Nigel is focussing on support to develop local festivals, creative industries and encouraging young people's participation in the arts.

If you are involved in a local **festival, carnival or welldressing** we have a similar network for you. To get added to the list for either of these please contact Nigel on nigel@highpeakcvs.org.uk or phone 01663 736423. Don't forget there is plenty of help from the online Festival toolkit on www.artsderbyshire.org.uk.

Comprehensive Spending Review

As the dust starts to settle on the governments Comprehensive Spending Review many of us in the voluntary sector are facing a very uncertain future. Personally, this is the most unclear financial picture that we have seen in the 8 years of operations.

What is clear is that we are in for some very difficult years ahead. Karl Wilding, the Head of Research at NCVO speaking at our recent AGM highlighted that the sector is going to reduce in size to where we were in 2003.

The Government's Comprehensive Spending Review is where the Chancellor sets out the Government's four year public spending plans announced on Wednesday 20th October. It allocates resources across all Government departments, according to the Government's priorities.

Positive announcements include a new £100 million transitional fund and £470m over the next four years to implement the Big Society agenda, this is in the context of promised cuts of £83 billion in public spending.

Councils in England will face cuts of more than 28%, but they will have greater powers to borrow.

£1 billion will be taken from the 'protected' NHS budget in England to help meet the costs of social care.

Clearly we are facing very challenging times and many organisations lack the financial resources to cope with sudden cuts in income.

Kevin Skingsley, Chief Executive
High Peak CVS

**International Day of Disabled Persons
3rd December 2010**

**Promotes an understanding of disability
issues and mobilises support for rights,
well being and dignity**

Further information

It is difficult to choose between the various articles and analysis of last week's Comprehensive Spending Review, but the following seem to cover the key issues for the sector without too much repetition:

-- For the raw numbers, and some sector response, Civil Society Media news item at <http://www.civilsociety.co.uk/finance/news/content/7589/>

-- Urban Forum's Quick Guide to the Spending Review is useful, unless education or health are your main concerns, <http://www.urbanforum.org.uk/briefings/quick-guide-to-the-spending-review>

-- New Philanthropy Capital gets some views on the impact for education charities, the community sector, health and social care plus the overall capacity of the voluntary sector.

-- The youth volunteering charity v is likely to have its funding from the Office for Civil Society reduced substantially, according to Third Sector, with the new National Citizen Service becoming the main youth volunteering programme, due to offer opportunities to all 16-year-olds from 2013, <http://www.thirdsector.co.uk/News/DailyBulletin/1036695/>

Extract from www.volresource.org.uk

Cheap Insurance for small groups!

Public liability insurance for small voluntary organisations and community groups which costs less than £10 a month or £75 a year has been developed by Zurich Insurance in collaboration with sector support umbrella NAVCA and charity specialists Tennyson Insurance. Third Sector news item <http://www.thirdsector.co.uk/news/1019278/>, Tennyson Insurance at <http://www.tennysoninsurance.co.uk>.

Sustain Project

Help for Groups that Want to Earn Money

With the decrease in the availability of grants, there is a trend nationally to encourage community groups and organisations to consider other ways of funding their activities. One way groups can do this is through developing activities that earn them money, that's to say through trading.

Of course groups may need help to do this. In 2008, SEEM – Social Enterprise East Midlands – carried out a consultation. It showed that there was concern that advisors in the region weren't generally confident and competent to give advice to community organisations wanting to explore their ideas for trading activities.

High Peak CVS, jointly with Enterprise Solutions Northamptonshire and the Development Trusts Association won funding to try to address this issue, and last year embarked on a project called 'Stepping Up to Enterprise'. Through the project a number of advisors across the region are being trained to help groups to spot trading opportunities, and to explore whether they are viable both for their group and in terms of whether there is a market.

A website has been developed as part of the project (with help from Digital Umbrella of course). This provides tools for advisors to help groups think about trading as a means of earning some income, and these tools are currently being piloted by 12 advisory organisations across the region. We have also developed a series of 20 case studies illustrating how a variety of organisations in the region have already developed trading activities, with some success.

The website is accessible to community groups and organisations as well as their advisors – and you don't have to sign up to look at it! So do have a look at :

www.steppinguptoenterprise.org.uk, explore the tools and resources and get inspired by the case studies.

If you would like to discuss how your group or organisation could become more grant-independent by earning some income, then please contact Esther Jones at High Peak CVS on 01663 736 429 or email esther@highpeakcvs.org.uk

Where I went on my holidays....

Usually if you ask me where I went for my holiday I will enthuse about the coastal scenery of Pembrokeshire or walking in the Scottish Highlands. This Summer I went to visit friends in Germany, to a little place called Salem right in the south near Lake Constance.

When I agreed the dates of my visit with my friends, they said, "Oh good, you'll be here for the festival. You must come to the Schloßsee Fest!"

I was intrigued! What was this Schloßsee Fest (pronounced 'shlossee')? I quickly learnt a little German and found that just as the name described, the festival was to be held by a lake (See) in the grounds of an old castle – Schloß Salem. (Incidentally, Schloss Salem has for many years housed a famous public school with a history of educating the royalty of Europe – Prince Philip went there).

It was indeed an idyllic setting for the 3-day music festival. The programme was varied, with an evening each of brass band music where local and more professional bands played, a pop and rock night with spectacular fireworks over the lake, and folk concert. Food and drink stalls abounded selling anything from burgers to salads and locally caught fish, and a fairground offered an adrenaline rush for anyone needing that sort of fix.

As my friends talked I began to gather that this event was a huge community effort, with the middle night attracting an audience of around 11,000.

Sustain Project

So who organised it and how was it funded, I began to ask.

The community of Salem is made up of five or so small villages with a total population of under 15,000. Each village has its own brass band, and it was this group of brass bands that had got together to put on the festival – in fact they had been doing so for 30 years!

They had decided to put on the festival as a fund-raiser to fund the purchase of their instruments and uniforms. They received some sponsorship for the festival from their local energy provider who paid for a covered stage and elaborate canopy for the dance floor. Other costs of the event – professional security, toilet hire, etc - were shared between the bands. Each band provided a food stall and a drink stall, staffed by volunteers from their band, and the takings from these and the gate fees on Saturday night provided each band with a net income sufficient to cover all their costs for the year.

The message I came home with was that collaboration isn't just for big organisations with paid staff – it can also work well for small community groups. It can work between groups with a common interest, such as the Salem brass bands, or between groups within a geographical area. You can collaborate for mutual benefit with your competitors too – those Salem bands will be competing for performance commissions throughout the rest of the year, but in late July they come together to create something for the community which no one of them alone could achieve.

And what's more, they all benefit financially out of it – and in these days of stricken grants, to be able to say that your group independently earns all it needs to fund its equipment and running costs is quite something!

Esther Jones
Sustain



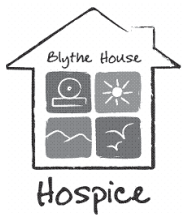
The Queen Elizabeth 11 Fields Challenge is an exciting new programme to mark her Majesty The Queen's Diamond Jubilee led by its Patron HRH The Prince William of Wales. It is a landmark project to create a permanent, tangible and relevant legacy from the two major events scheduled to occur in the UK in 2012; Queen Elizabeth 11's Diamond Jubilee and the London 2012 Olympics.

The campaign aims to create a branded network of 2012 permanently protected playing fields in communities all across the UK – the Queen Elizabeth 11 Fields - as a visible, permanent, grassroots legacy arising from 2012. This initiative, developed by Fields in Trust, replicates the memorial project created following King George V's death in 1936 when 471 playing fields were protected in perpetuity for local communities.

Fields in Trust is working with the larger local authorities to identify any potential sites for inclusion into the scheme and many local authorities, in both urban and rural areas are already fully engaged in the process.

However, FIT will also accept submission of individual fields that are not owned by district councils. They want to encourage any town or parish council, sports club, recreational charity, voluntary body or private landowner who might want to get involved with the initiative, providing they meet the set criteria. This will provide a great opportunity in some cases to create some brand new playing fields.

If you wish to learn more about the Queen Elizabeth 11 Fields Challenge and site eligibility please contact Helena Stubbs at Rural Action Derbyshire on: 01629 821925 or email h.stubbs@ruralactionderbyshire.org.uk. Alternatively, contact your local authority or refer to the challenge's dedicated website: www.qe2fields.com



NEW GROUP!

**HIGH PEAK
PROSTATE CANCER SUPPORT
GROUP**

AT

Blythe House, Eccles Fold Road, Chapel-en-le-
Frith, SK23 9TJ

**MEETING 5PM – 7PM ON THE FOLLOWING
DATES**

Tuesday 30th November, 2010
Tuesday 21st December, 2010

WHO CAN COME ALONG?

Anyone who is affected by prostate cancer
Including wives, partners & carers

WHAT DO WE DO?

We organise monthly meetings that provide
help, support and information about coping
with, living with and managing prostate cancer.

HOW DO YOU ACCESS THE GROUP?

Visit our monthly meetings or for further infor-
mation contact **David Oldham 01298 875085 /**
Mike Harrison 01298 813450 / Ann Burgoyne
01298 875080

**Macmillan Information & Support
Centre opens at Blythe House**

Macmillan Cancer Support is working
again in partnership with Blythe House in
order to extend and enhance its services
for residents in the High Peak by provid-
ing funding for three years to open and
run a Macmillan Information & Support
Centre based at Blythe House.

The centre is now open and provides ad-
vice and support to anyone in the High
Peak affected by, concerned about or just
wanting to understand more about can-
cer. It offers a calm and relaxed environ-
ment together with a warm welcome from
its skilled and experienced staff and vol-
unteers who will guide visitors around the
wide range of resources, services and
support that are available.

The service also includes;

- Links to local and national support groups
- Referral and signposting to appropri-
ate services and agencies including the
Living Well Services at Blythe House
- Advice on financial matters; accessing
benefits; travel; holidays and practical is-
sues
- ♦ Information and support relating to
end of life care.

The Macmillan Information & Support
Centre is open from Monday to Thursday
10am – 4.30pm. For help and advice, just
drop in during normal opening hours or
phone 01298 875080 for an informal chat
or to make an appointment with Ann Bur-
goyne, Macmillan Information & Support
Manager or Jane Butler, Macmillan Infor-
mation & Support Assistant.



The **Mental Health Carers
Group** which meets on the 1st
Wednesday of every month at
the Methodist Church Hall from
12 to 2pm with lunch pro-
vided...usually fish and chips!



There is a free therapist provided for stress re-
lieving massage or relaxation and support
from others who know the difficulties of caring for
a family member or friend with a mental illness.

For further information ring Linda on 01298
23980

GLOSSOP RECIPE CLUB

Vegetarian, vegan and special diets
including gluten free

Bring one recipe and go home with lots!
Bring something you have made for people
to taste or just come along...

Entry £1.50



At Norfolk Square (side entrance)
Second Tuesday of the month
7.30pm—9pm

Contact by email – glossoprecipe-
club@mail.com

Or speak to Ann at Peak of Health
Tel – 01457 865678

Your Community Space!

These pages are an opportunity for you to
promote your group or advertise your
events for FREE!

Please submit articles to
gina@highpeakcvs.org.uk or call 01663
736424

Great Goal—Tacking Rural Poverty!

An entertaining and informative short
film has been produced by High Peak
CVS in association with AMTV.

The focus is on the formation and
success of Gamesley Villa FC and the
support the club has received from
High Peak CVS.

This short film (as seen at our AGM
and distributed nationally) will be
shown in the European Parliament as
part of the European Year 2010—
'Combating poverty and social
exclusion'.

The 5 minute film can be viewed at

[http://www.youtube.com/watch?](http://www.youtube.com/watch?v=sCvEaQiOABo)

[v=sCvEaQiOABo](http://www.youtube.com/watch?v=sCvEaQiOABo) or

[http://highpeakcvs.org.uk/video/
GamesleyVilla.asp](http://highpeakcvs.org.uk/video/GamesleyVilla.asp)

*'I think it's probably the best demon-
stration of CVS impact I have ever
seen'*

Laura Smith, NCVO



Small Group Project News

Tasty partnership working!

Kathleen from the Wednesday Lunch Club kindly agreed to give voluntary cooking lessons to the members of the Action Men Group over the summer.



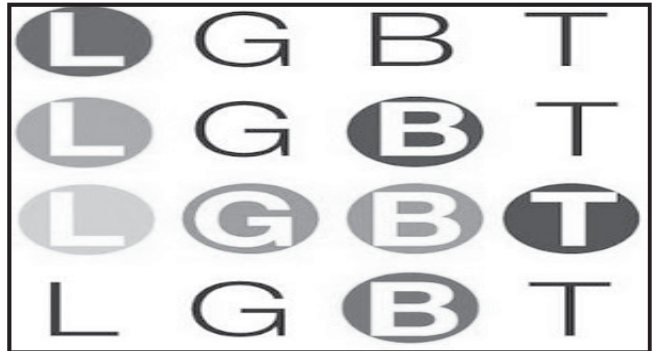
Robert pictured here with Kathleen did so well, he's been recruited onto the regular volunteer rota for the lunch club, we hear he is fast becoming a valued member of this hard working team and also helping out with trips to the seaside.

The Small Group Project want to say a really big thank you to Kathleen for all her planning, preparation and hard work!

Kathleen has recently been recognised for an Excellence in the Community Award from Derbyshire County Council presented on the 12th of October. Really well done and well deserved.

Action Men is a voluntary group offering support and social activities for men with issues around mental health. They are open and welcoming to new members. Call Robert on 07811953840 for more information.

New Group!



High Peak CVS are currently working towards setting up a social / support group for people in and around the Buxton area.

If you are Gay, Lesbian, Bi-sexual or Trans-sexual and would like to join, help set up the group or just find out more, call Liz at the CVS on **01663 736426**.



Does your group need help from SGP??

Don't forget we're here to help small groups in the High Peak – especially disadvantaged, marginalised and rurally isolated groups. If you know of any groups that need a little support – tell them to give us a try. Ring Liz at 01663 736426 or email lizsgp@highpeakcv.org.uk; Louise 01663 736431 or email louise@highpeakcv.org.uk.

**World Hello Day!
21st November 2010**

Greet ten people to demonstrate the importance of communication for preserving peace

ICT Champion

East Midlands

Promoting ICT in the 3rd Sector

A brief guide to free and low-cost ICT resources

There are now a wide range of free and low-cost ICT resources which can help, many of which are web-based. This article lists some of the key resources available.

Open Source Software

Open source software is free to use, so you can download and start using it legally without paying for it. www.osalt.com lists open source alternatives to common paid-for software. For example, Ubuntu is a free, open source operating system software that provides an alternative to Windows: www.ubuntu.com

Office productivity

There are a number of free office productivity suites which can be used to replace Microsoft's Office suite. Options include: Open Office and IBM Lotus Symphony. Both of these are free to download and include a word processor, spreadsheet, and presentation software. Visit: www.openoffice.org or symphony.lotus.com

Low Cost Software

Alongside free, open source software, there is also scope to obtain other software (including Microsoft products) at low cost. A number of organisations provide software to charities at a donated or discounted rate. For a list some of these suppliers, see: www.ictknowledgebase.org.uk/charitysoftwaresuppliers

Document sharing and collaboration

Need to work with others on a document or file? Save those emails flying around by working on documents centrally - Google Docs docs.google.com provide a suite of free web based tools (word processor, spreadsheet and presentations). Another option for document sharing is Windows Live SkyDrive www.officelive.com/en-GB/

Social networking

Social networking tools provide a variety of new ways of working, either free or at low cost, and include popular applications such as Twitter, Facebook and MySpace. In some situations these can enable organisations to connect with members, users and communities more easily and quickly than with mail-outs or telephone calls. See the '*Social planning media guide for voluntary sector organisations*' at www.ictchampions.org.uk/downloads

Sharing content

As with social networking, there are now a whole range of web-based tools for sharing photographs, videos, presentations and other content – many of which are free / low-cost. These include:

Flickr - photo sharing (and short videos)

www.flickr.com

YouTube – video sharing

www.youtube.com

Slideshare – sharing presentations (and videos) www.slideshare.net

For further information

This article is an extract from a more detailed briefing paper '*How to do more with less*'. It is one of a series being developed by **ICT Champions**. To download the full briefing visit: www.item3.org.uk/documents.asp



The **ICT Champions** website provides a range of useful resources, including short, jargon-free 'ICT answers', useful links, briefings, sample policies to download and a calendar of ICT-related events and workshops. Visit: www.ictchampions.org.uk

Steve Webster

East Midlands Regional ICT Champion

Tel: 07595 119182 (direct line) or 01663

735350 (High Peak CVS office)

Email: steve@highpeakcvs.org.uk

Web: www.item3.org.uk

First Social Enterprise Mark Awarded in the High Peak

Congratulations to Good News Family Care who earlier this year became the first High Peak-based organisation to gain the new Social Enterprise Mark!

The Social Enterprise Mark provides a branding for social enterprises which identifies them as distinct from private sector businesses. To be a social enterprise you don't need to carry the Mark, but if you want your customers or purchasers to know the type of business you are, and your values, the Mark can help.



The Mark offers consumers an instantly recognizable logo that represents enterprises working for social and environmental aims, trading to benefit people and the planet. With increased interest in ethical purchasing the Social Enterprise Mark is set to become as well known as, say, the Fairtrade mark, and an important selling feature.

The idea of a Mark for social enterprises was originally pioneered in south west England by RISE, that region's social enterprise support agency. RISE and the Social Enterprise Coalition, with government approval, have now set up a nationally recognised Social Enterprise Mark which identifies and aims to raise awareness of social enterprises and what they do.

To qualify for the mark your organisation needs to be able to demonstrate that:

- it has social and / or environmental aims
- has its own constitution and governing body
- at least 50% of the profits are spent on socially beneficial purposes

- it earns at least 50% of its income from trading
- it can demonstrate that social and / or environmental aims are being achieved
- If it ceased trading the remaining assets be distributed for social / environmental purposes.

There is an annual cost to the mark – it's currently set at £99 + VAT per year though in time this will be revised and be based on your enterprise's turnover.

For more information about the Social Enterprise Mark see www.socialenterprisemark.org.uk or call the helpline on 0845 504 6536.

The United Nations Convention on the Rights of People with Disabilities

If you are a disabled person, the United Nations Convention on the rights of People with Disabilities (the Convention) is for you.

The Convention is a new international human rights agreement that:

- recognises that we are all equal. Disabled people have the same rights as everyone else to freedom, respect, equality and dignity.
- brings together all our basic human rights in one place
- ◆ describes what government has agreed to do to make these rights real.

The Equality and Human Rights Commission is working hard to raise awareness of the Convention among disabled people, legal advisers and public bodies.

The Commission's role is to ensure Britain makes rapid progress towards making the Convention rights a reality for disabled people. They have produced a free guide downloadable at:

http://www.equalityhumanrights.com/uploaded_files/publications/uncrpdguide.pdf. Or, for a plain English / easy read version visit <http://www.un.org/disabilities/>

.....**Funding news.....funding news.....**

People's Postcode Trust

The People's Postcode Trust, set up by People's Postcode Lottery, opened for funding applications on 11 October.

Applications should come from small organisations and community groups involved in the following areas:

- poverty prevention;
- advancement of health;
- community development;
- public sports;
- human rights; or
- environmental protection.

Funding of between £500 and £10,000 is available. For more information and an application form visit

www.postcodetrust.org.uk/ or call 0131 555 7287

The Henry Smith Charity

The Henry Smith Charity makes grants for work throughout the UK. Applications can be made for revenue and capital activity. Priority is given to work with groups experiencing social and/or economic disadvantage, for example, people with disabilities; and work that tackles problems in areas of high deprivation, by which we mean those that fall within the bottom third of the National Indices of Deprivation.

Further information can be found at www.henrysmithcharity.org.uk or telephone 020 7264 4970.



Charity Bank is offering charities and community groups a preferential rate for new loans drawn before the 31st December 2010.

Charity Bank is a not-for profit bank that offers affordable finance to third sector organisations, including those that might not be able to borrow from commercial lenders.

The preferential rate being offered is a reduction of 0.5%p.a. on its standard interest rate. Interest rates depend on size, type and length of loan but typically vary between 5.5% and 7.5%.

Since 1995 Charity Bank has made loans of £120 million to over 830 charities, social enterprises and community groups that reach 3,500,000 people through their work.

For more details, or to see if loan finance is right for your organisation please contact Charity Bank's loan team on 01732 774050 or visit www.charitybank.org/loans. For details of Charity Bank's savings accounts visit www.charitybank.org/savings.

The Allen Lane Foundation

Aims to fund specific groups or generalist work that significantly benefit older people, mental health, violence and abuse, gay and lesbian groups and ex offenders of grants between £500—£15,000.

Visit www.allenlane.org.uk or telephone 01904 613223.

The Charity Employees Benevolent Fund.

The CEBF exists to assist and relieve UK residents in need, who are or have been in paid employment with a UK charity, and their widows, partners and dependent children. Web: www.cebfb.org.uk Tel: 020 7415 7004

Seeking other funding?.....

Try the NCVO searchable database of funders at

www.fundingcentral.org.uk

It's FREE to use

Digital Umbrella is delighted to have been asked to develop a website for the Suicide Awareness Partnership Training (SAPT) project. This project is funded by the Big Lottery to develop and provide suicide awareness training in Derbyshire, Leicestershire and Rutland, Nottinghamshire and Northamptonshire over the three years 2009 to 2012.

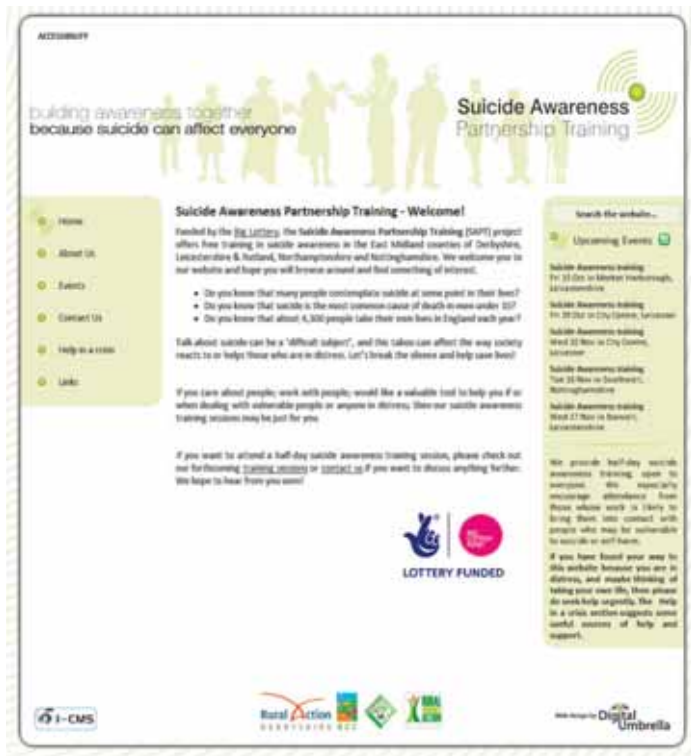
The project aims to increase the awareness of good emotional health and mental well-being, and reduce the stigma of suicide - which can be a barrier to those that may need to seek help.

SAPT believes that everyone can play a role in saving lives; suicide is not solely a mental health issue. Those in rural areas may be at increased risk of isolation and economic hardship; which, with many other issues such as (for example) debt and relationship breakdown, can cause distress and, in some cases, trigger thoughts of suicide.

Within Derby and Derbyshire, the SAPT project is managed by the voluntary agency Rural Action Derbyshire (based in Wirksworth).

The suicide awareness training provided by Rural Action Derbyshire takes two main forms:

- ◆ half-day suicide awareness seminars, open to the general public as well as to those whose work is likely to bring them into contact with people at greater risk of suicide
- ◆ shorter (30 minute) presentations in the workplace to small groups of senior managers/selected employers who will benefit from increased suicide awareness



The half-day suicide awareness training addresses the myths about suicide; enables delegates to examine their own attitudes; discusses known suicide risk factors, to assist identification of those vulnerable to taking their own lives; and provides guidance on how to help those suffering stress or having suicidal thoughts.

The SAPT project officer for Derbyshire is Sharon Lovell, based at Rural Action Derbyshire. Sharon can be contacted by email S.Lovell@ruralactionderbyshire.org.uk or phone 01629 821921 and would welcome your interest in the suicide awareness training. The project website, developed by Digital Umbrella, is at www.sapt.info

International Volunteers Day
5th December 2010

The annual celebration of the contributions of volunteers to various causes and communities around the world.