

# View From The Peak

The Newsletter Of  
The Small Group Project

Issue No: 21  
Spring 2008

*The Small Group Project supports small voluntary and community groups in the High Peak and particularly those who are disadvantaged, marginalised or rurally isolated.*



## Visit to Westminster

Danny Jenkins, long time vice-chair of the Small Group Project advisory group and founder member of Gamesley Villa, donned his British Heart Foundation cap in December. Along with other representatives from the North West, he visited Westminster to lobby for all patients in the UK to have equal rehabilitation rights after heart surgery. Danny said that 'in the High Peak there are only 18% of people having rehabilitation after heart surgery'.

Currently, **2.6 million people in the UK** are living with the burden of heart disease. Quality cardiac rehabilitation can **reduce the chance of dying from heart disease by 26%**. Rehabilitation can also massively improve quality of life, enabling heart patients to escape the fear and isolation that being diagnosed with heart disease or suffering a heart attack can bring.

Danny and the other lobbyists were given a tour of Westminster. Danny even had time for a pint in the Members Bar before taking a glimpse of the House of Lords!



## Special Event 2008

After the success of last year's Special Event in Glossop, we've another equally exciting event planned for Saturday 17<sup>th</sup> May this year. We have managed to secure the University of Derby's Dome building in Buxton in which is a fantastic venue to hold a celebration of Groups' achievements. We have some



great entertainment and workshops for everyone to look forward to. One of the themes this year will be based around group dynamics and we have a speaker coming along to talk about how we can all work well together by recognising each others qualities. Alistair Macdonald, well known in his past role as reporter at GMTV and now one of our CVS Trustees, will be running one of the workshops. We will have a University led I.T. session in the computer suite and a funding 'surgery' to help groups identify potential sources of monies. If this isn't enough, we will have lots of other activities such as a dance/pilates session, and entertainment in the form of a quiz and a choir to serenade us during lunch. The University has been really supportive of our plans and several of the students have already volunteered to help us on the day.

The Special Event is a great way to celebrate the successes of all the work that the groups do and a chance for everyone to mingle, exchange ideas and learn from others. We are very much hoping that many of our partner community and voluntary support organisations will have stands and a general presence at the event and would invite them to contact us.

If you would like to find out more, please contact either Sandy, Nancy or Louise who will be delighted to help.



*Louise, Sandy and Nancy—here to help!*

The Small Group Project (SGP) is a project of High Peak CVS. Our address is 1a Bingswood Trading Estate, Whaley Bridge, High Peak. SK23 7LY. Tel: 01663 735350. [www.highpeakcvs.org.uk](http://www.highpeakcvs.org.uk)

# News from the groups



**Harpur Hill Residents Association** is going from strength to strength. This active Association has over the last few months conducted traffic and local needs surveys, held a Halloween party,



organised a 'seniors' Christmas dinner in conjunction with the local primary school and made local councillors and MP's generally sit up and take notice! Oh, and as a pleasant side-line they ran a logo competition amongst the local school children - results pictured here - to create a unique 'brand'. Their next project is to look at Youth Services in the area, they hope to be bringing a climbing wall session to the area very soon in conjunction with Derbyshire Youth Service.

The Association has a meeting on the last Thursday evening of the month starting at 7.30pm at St John's Hall in Harpur Hill. If you're a resident you're a member so why not go along and get involved.



## Don't stay locked in!

The Small Group Project was recently contacted by a brave Buxton resident who had taken a deep breath and made the first move toward starting a group. "What's so brave about that?", you might ask. Well, this lady suffers from panic or anxiety attacks. What can be a crippling condition often leads to people being unable to live a normal life - a simple shopping trip, for example, can become a nightmare of sweating, palpitations and an overwhelming need to 'get out'.

*"As well as the horrible physical symptoms, you are terrified of making a fool of yourself in public - in the end you will do anything to avoid the 'fear of the fear', and that means you miss out on so much", she says.*

It was during one of her regular Cognitive Behavioural Therapy (CBT) sessions that she realised that her therapist, whilst giving excellent advice and support, could never really understand what it felt like to have a full-blown panic attack - she needed to be with people who did.

So now the challenge is to reach others who find it so hard to make that first move. We have received help and information from a national association, No Panic ([www.nopanic.org.uk](http://www.nopanic.org.uk)) and would love to hear from others with this condition who would like to support one another. Please contact Nancy on 01663 736427, or e-mail [nancy@highpeakcvs.org.uk](mailto:nancy@highpeakcvs.org.uk). All communication will be treated with the utmost confidentiality.

*As our brave lady says "drug and CBT therapy are useful, but self-help is central to overcoming panic attacks".*

**Buxton Opportunity Club** is a long established charity which helps children with special needs to have one-to-one care in pre-school nurseries and playgroups. Like so many groups, they find it hard to raise the funds to carry on doing what they are doing so well, as so many funders will only consider new or different projects. However, they were recently delighted to receive nearly £7000 from the, sadly now ended, Local Network Fund after some help from SGP.

If any other groups need help, guidance or just encouragement with their funding issues - we are here to help!



*Learning through play is essential*

**REMEMBER—The Small Group Project is here to help any marginalised, disadvantaged or isolated groups. We can come out to visit you and give you the support you need. Contact Sandy, Nancy or Louise on 01663 735350 or now on our direct dial numbers - 01663 736426 (Sandy) or 01663 736427 (Nancy) 01663 736431 (Louise)**

# News from the groups

## Glossopdale Fibromyalgia Syndrome Support Group

The group have welcomed several new members since the move to their new meeting place at St Mary's Church, Hollingworth. They also had their first Annual General Meeting on Valentine's Day which was a chance to reflect on their journey together since forming the group.

They are planning an exciting and informative programme over the coming twelve months including speakers, alternative therapy taster sessions, I.T. training and trips out, like the one pictured below where the group enjoyed a lovely day on the canal at Marple.

The group meet on the second Thursday of the month from 1.00 - 3.00pm. If you or anyone you know suffers from this debilitating and frustrating condition - why not go along to the meetings or you can contact the group on 0845 345 2638.



*The group enjoying their canal trip*

## Twins and Multiples — double the joy?



*Leila, Annabel and big sister Sadie*

High Peak Twins and Multiples Club have recently been successful in applying for some funding from the Local Network Fund and are keen to use this to reach those parents who are on a limited income and struggling both with the cost of twins and the limitations having two children of the same age can bring. They meet at Busy Bees in Buxton and Monkey Magic in New Mills for a play session, refreshments and support. In addition, they have links to a national body that addresses issues such as the inequality of family tax credit and the impossibility of travelling by public transport with a double buggy! If you would like to go to these lively sessions please give us a call - we can put you in touch.

### And speaking of kiddies....

*Young children growing up in a rural village can often be left out of activities that their city cousins take for granted. Kinder Playgroup is doing its best to meet some of these needs. This small but friendly and welcoming group meet every Tuesday morning from 10 to 12 at Edale Village Hall. The pre-school children have a great time playing with each other and the wide selection of toys, whilst the parents and carers can have a drink and a chat and share experiences. If you know of anyone who would like to join this lively group just turn up at the Hall (in the big public car park) or ring Lauren on 01433 670229 for more information.*

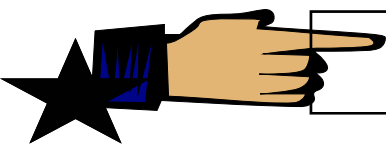
## Glossop Aerobicas

Last year, three of the sheltered houses complexes in the High Peak joined forces and formed the group 'Glossop and District Aerobicas'. They made a successful funding bid to the Big Lottery's 'Awards for All' which has enabled them to purchase sports equipment, employ physical activity and craft workers and generally improve the health and happiness of their older residents and neighbours.

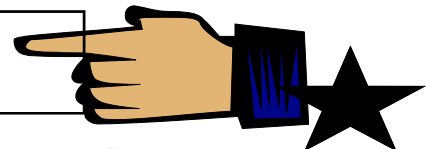
There are regular sessions held at Acre Court in Glossop with indoor bowling on Monday evenings, exercise on Tuesday afternoons and craft on Wednesday afternoons. At Robinwood in Gamesley they have a craft session on Monday from 2.30 - 4.30, with an hour of exercise on Wednesdays and board games on Thursdays. Primrose Court in Hayfield are



*The Aerobicas keeping active* currently running their exercise classes every other Tuesday afternoon and are planning more craft sessions shortly. The sessions are open to any elderly person from the surrounding areas at nominal cost.



# Noticeboard



*It's not QUITE this bad!*

## Sandy — 'Back to the fray!'

For the past three months I've been off on sick leave but have just returned to work as this latest View from the Peak is being produced. I would just like to pay tribute to the sterling work that Nancy has done while I've been away and also to thank Louise and Nigel for their support. I've missed all my friends in the groups and look forward to catching up with you all in the very near future.



**V a u g h a n Parker**, a talented local artist and member of GLOSS (Giving Lots of Sensitive

Support) has been completing an ambitious project of a mural depicting many of the people who are involved in the Glossop Mental Health project. This is to be unveiled at 1.00pm on Thursday, 29<sup>th</sup> May at a ceremony to be held at the project office in Charles Street. At the same time he will be launching GLOSS' pottery enterprise, the design and production of a unique collection of eleven figurines which will be marketed to raise funds for the group.

Tom Levitt MP will be also be in attendance at the event and Vaughan hopes that as many people will attend as possible. So if you want to be inspired by what can be achieved by our local group members – do come along. You'll be very welcome.

## 'Stress Busting' for Carers

North Derbyshire Forum for Mental Health Carers have local groups who meet in Dronfield, Clay Cross, Chesterfield and Bolsover. They are now looking to re-launch a Buxton and surrounding areas based group to provide support and relaxation to this often hidden and stigmatised group of people.

*If you care for a mentally ill person, or know of someone who does and would like to be involved with a group like this, please contact us.*

## Have Your Say on Pensions and Services for Older People

Tom Levitt MP is inviting pensioners to a couple of meetings to talk about the challenges faced by elderly people realising their pension. Tom states 'As the proportion of elderly people in society rises, new challenges have to be met. How do those of us who have not yet retired want to be treated when the time comes? Do we want to work as long as we can or to enjoy 30 years of retirement? How can we afford to give our elderly relatives the dignity they deserve? I am asking for your help to discuss issues which affect all families today or in the future.'

The meeting will be informal to encourage people to chat about their hopes and experiences and what can be realistically done.

The meetings take place at St Nicholas Hall, Victoria Park Road, Fairfield on Saturday 1<sup>st</sup> March from 2.30-4.00pm and at St George's Parish Hall, Church Lane, New Mills on Saturday 15 March from 2.30-4.00pm



## Call for Funding Panel members in Glossopdale

The Health is for Life Community Grant is a fund which will be open to health-related voluntary and community groups in Tameside and Glossopdale through the Primary Care Trust. A decision-making panel is being created to assess the applications. This panel will be made up of a mixture of Statutory and Voluntary and Community Sector Representatives. Two places have been allocated to the Glossopdale area. There are also two places allocated for Tameside voluntary sector representatives.

The elected representatives will:-

- Assess the submitted bids against the Health is for Life Community Grant funding criteria before the panel meets.
- Attend the Health is for Life Community Grant Panel 4 times a year. (These dates to be confirmed)

The representatives' time commitment will depend on the number of applications received for each panel meeting however it is envisaged that at least one day per quarter will need to be allocated.

Out of pocket expenses will be provided and training will be given.

**If you are interested in representing the Glossopdale sector on the Panel, please get in touch with Sandy 01663 736426 or Nancy 01663 736427 for more information by Monday, 25th February.**

### 'View from the Peak'

We try to make our newsletter interesting and informative and from your feedback we feel that most people welcome it as a way of keeping in touch. However, we know circumstances change and would be pleased to know if you no longer wish to be on our mailing list or if you would like it to be sent to someone else in your group. We would love to hear your comments on 'View from the Peak' and any suggestions you have for making it better. Tel Sandy (01663 736426) Nancy (01663 736427) or Louise (01663 736431) or e-mail sandy@highpeakcvs.org.uk, nancy@highpeakcvs.org.uk, or louise@highpeakcvs.org.uk. The newsletter is available in Braille or large print.