

View From The Peak

The Newsletter Of
The Small Group Project

Issue No: 25
Winter 2009



**HAPPY
XMAS**

*From Liz and
Louise*



Some of the SAFE members

SAFE

**Young person?
Sat at home bored?
Want to hang out with
others? Not sure how
to change things for
the better?**

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

There's a great new group that might be just your thing!
Sociable And Friendly Environment - **"SAFE"**

A brand new young person's group is meeting on Monday evenings at the United Reformed Church Hall in Buxton and they are welcoming new members from anywhere in High Peak. The **SAFE** group is for vulnerable youngsters over 18 who would like to socialise and meet some new friends, (those nearly 18 can still come along). £3 per session, refreshments are provided and the group are planning lots of fun projects and activities.

Monday evenings from 7.30pm at the URC Hall, Hardwick Square East SK17 6PT. Just come along for a warm welcome or call Cath Sterndale if you would like to find out more 01298 78631.

News from Hayfield Over 60's Group

This busy bunch of Hayfield older people belong to a group that's been in existence for nearly 40 years and they get up to all sorts! They held a very successful coffee morning and bric a brac sale recently, well attended by locals and some tourists on their walks through the lovely area. The Christmas party is booked at the Hayfield Royal Hotel for December and they have had guest speakers on lots of interesting topics this autumn; they also enjoy a game or two of bingo, quizzes, shopping trips and recently enjoyed a trip to Chelmorton with afternoon tea. The group often work with the local primary school and will be collaborating on the planned Community Orchard project for Hayfield, (the ideas so far are around jam and jelly making when the trees begin to produce fruit). If you are interested in being a part of all this activity, meetings are every second Tuesday, Hayfield Cricket Club from 1.45pm. The cost is £1 each meeting which includes refreshments and entry into a raffle.



At the time this picture was taken, Doris Greaves, group secretary was in hospital. Get well soon Doris!

News

Still together stronger than ever!

The "Write From the Heart" creative writing group were really pleased to receive a Health Is For Life grant from Tameside & Glossop PCT. THEN they found themselves without a creative writing tutor!!

..... *Arghh!!!!!!* But that didn't stop this lot!

After a bit of worry about the future of the group, they decided to stick together, pool their strengths and managed to interview and recruit a great new tutor, Rob Stevens, to motivate and steer their wonderful work towards producing a book. Busy scribbling and writing away at present, they are always keen to meet and welcome new members. They meet on a Thursday morning from 10.30 – 1pm at Bradbury House, Glossop. If you would like to find out more about this group call Liz at the CVS.



Some of the Group with Rob Stevens, tutor

My Family as a Hand

Alan would be my thumb.
Sturdy, strong, with him we keep
a grip on life.
Bethan my index finger. Dependable,
always there, ready to point out
the right direction.
Thomas is my middle finger,
standing out on his own.
Amy my ring-bearer, delicate, important, precise.
And Jessica my little finger,
smallest of all but of no less importance.
The rest of my family make up
the knuckles and palm
which holds past, present and future
cradled in my arms.
Together they make my right hand
and tightly clenched fist,
and working together we can overcome
anything and everything there is.

© Kate Curtis— Write From The Heart

Those busy Action Men!

This group are quickly getting established supporting each other and enjoying some feel good activities. In early November they enjoyed a trip to see "Mercury", the Queen tribute band at the Opera House, Buxton. Members said, *"It was really good and we all enjoyed it, there were great costumes, lots of them! It was a really glam rock night."* *"The lead guitarist was brilliant and the drummer did an amazing solo spot."*



LET'S SUPPORT EACH OTHER
FOR BETTER MENTAL HEALTH

They also have a Christmas lunch booked for December, so they are off to a busy start, gaining in confidence as a group and supporting each other to take part. Plans for the New Year include swimming, bowling and a trip to the cinema.

They are keen to attract new members to their group, so if you are male, live in the Buxton area and want to take better care of your mental health through group social and support, come along to a Monday afternoon meeting at 4, St James Terrace, Buxton or call the secretary Robert on 01298 72283 for more information.


IT Services from High Peak CVS

Websites for Small Groups

Are you thinking of updating your website or would you like to set a site up from scratch? High Peak CVS run their own not for profit Web Design enterprise, Digital Umbrella, who are happy to provide advice and no obligation quotes for their Web Design Services. If you would like to talk to Digital Umbrella, please Contact Rachel Harman on 01663 736 432 email Rachel@digitalumbrella.co.uk

News

Vaughan's latest success!

Local football teams in Glossop were recently invited to attend Wembley Stadium and Vaughan Parker from the GLOSS group has been asked to paint the scene of North End Football Club's prestigious appearance on the day. The painting, a small part seen here, is actually 6ft x 8ft and when complete next year will hang in the football club house.

Vaughan's picture "Allotment People" on permanent display in the GLOSS community garden is now featured in Derbyshire NHS information literature.



**Ever get distressed?
Stuck for somewhere supportive
and welcoming to go?**

New Mills Action is a mental wellbeing, support, social and craft group meeting every two weeks on a Wednesday afternoon in New Mills. This group have tried all sorts to attract new members and are wondering why they are still a small group; maybe you could come along and see if it's for you or offer ideas and feedback from your own group experience. The group members would be more than happy to hear from you. Contact Liz at the CVS 01663 736426 for more information.



Some of the group working with Christine Waygood, textile artist

Residents Of Fairfield Association

have launched **"Gamezone!"** Only 50p per session!



There's a new evening games facility for the youngsters in Fairfield. You can come along and play loads of computer games or have fun on the Wii fit with your friends or meet up with some new mates in your area. Game sessions are every **Tuesday** and **Friday** evening and fully supported by 3 adult

helpers. Under 12's 6 – 8pm or, over 12's 8 – 10pm. Call first to book a place 01298 73904 or call in and pick up a form from; **133 Victoria Park Road, Fairfield, Buxton, SK17 7PE**. If you are interested in volunteering to support the project, please give them a call, they would be delighted to hear from you.

Liz Martin of Peak VIP- busy as ever!

The Chair of Peak VIP collected a charitable award from Waitrose on the 12th of November. There has also been a successful application to the Derbyshire Community Foundation Grassroots fund for transport and running costs for the Peak VIP group. Well done Liz!

This organisation is a social and support group for adults in the High Peak with a visual impairment; they meet regularly in Buxton, organise activities, speakers, go on trips together and generally support each other to be more active and included in the voluntary sector and in the community as a whole. This is a lovely group of people with a great atmosphere and if you have a visual impairment and would like to join them, or know somebody who would benefit from this group, they would offer a very warm welcome. Contact Liz at the CVS for more details 01663 736426.



Liz being presented with her cheque from Waitrose

Notice Board

Could you help TOWN END FRIDAY CLUB?

Some of the over 70's in Chapel meet every Friday for lunch, activities, craft sessions, bingo, trips out. It's such a great group, there's often a waiting list of members waiting to join in!

This lovely group are on the look out for volunteers to help with the cooking and making cups of tea. If you have some time to spare and are interested in working with this group please contact Liz at the CVS 01663 736426.



*Attention all healthy
Glossop Groups!*

This fund is up for review, so get those applications in for any health related projects you'd like to try. The next round opens in December and the deadline is the **22nd of January**. If you'd like Liz at CVS to check through your application before you submit, send or email a copy at least 10 days before the deadline, (12th January 2010). lizsgp@highpeakcvs.org.uk. Call Louise for an application and if you need more information, help or support in thinking through your project, call Liz on 01663 736426.

CARING WITH CONFIDENCE



"Do you look after somebody?" If so there are some free and informal information sessions from the Department of Health. You can choose from six sessions which will help you build on your strengths. To find out more, please see the enclosed flyer or contact Derbyshire Carers on 01773 743355 or e.mail cwc@derbyshirecarers.co.uk.



Town End Friday Club

TRAINING WORKSHOPS

Training workshops have made a very healthy start this Autumn with the majority of them almost fully booked up until Christmas. For the first time, Liz ran mental health awareness training which was oversubscribed, indicating that there is certainly a demand for this kind of workshop in the future. Places are still available on the following sessions:-

Wednesday 27th January 2010 – Role of the Treasurer

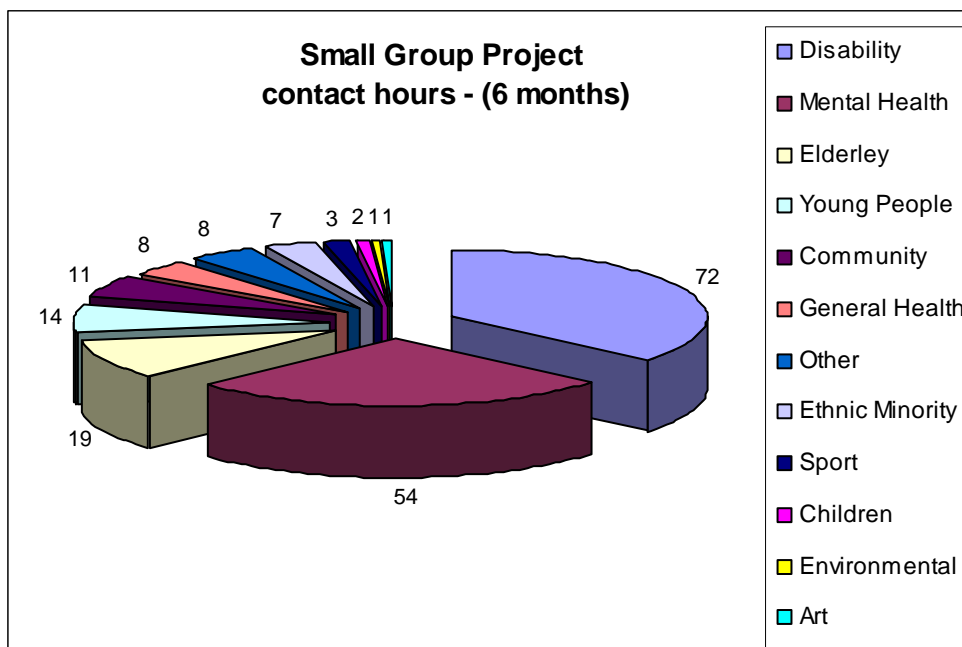
Monday 25th January 2010 – Food Hygiene

Wednesday 3rd February 2010 – Role of the Chair

Tuesday 9th March 2010 – Basic Health and Safety

Our new brochure for 2010/11 will be published in the New Year so, if you have any ideas or would like specific training, please do contact Louise McNeil at the High Peak CVS on 01663 736431 or by e.mail louise@highpeakcvs.org.uk.

And What Have We Been Up To?



Your Group?

Three times a year, we send out over 400 of these newsletters to groups and organisations across the High Peak. If you would like to promote your voluntary group in our next issue, please get in contact with us. We also appreciate any feedback on this newsletter.

Tel Liz (01663 736426) or Louise(01663 736431) or e-mail lizsgp@highpeakcvs.org.uk, or louise@highpeakcvs.org.uk. The newsletter is available in Braille or large print.