

View From The Peak

The Newsletter of the Small Group Project — High Peak Community and Voluntary Support Issue No 26



An extra special group!

The Small Group Project is supported by an advisory group made up of representatives from the small voluntary groups throughout the High Peak, the Volunteer Centres, CVS board and High Peak Borough Council. This group have input into all the work of the project and help to steer the work and resources in the right direction. This lively group is crucial for keeping the project supported and on track, with useful news and advice from the communities and feedback on any of the work in progress. 16 months into the job, I would like to express my appreciation to this group and let you all know how much I rely on the input, find the regular process of reporting my work incredibly grounding and a good check on whether we're on the right track.



Not everybody is in this photo, the really good looking ones were busy that day!

A really big thank you to all our members! Liz Fletcher, Coordinator.

Lots of Good News! - GLOSS

The Gloss Group, (Giving Lots Of Sensitive Support), is a voluntary group which provides a range of services to people experiencing mental health problems. We have recently received a lottery grant, Awards For All, to set up our own website. This has been designed by Digital Umbrella at High Peak CVS and will be going live very soon. The website will help members of the group to keep up to date with developments and will provide information about events and activities. Gloss has also been successful in an application for a laptop computer from the BT Community Connections scheme. We've now got plenty of incentive to become more confident in computer skills. Finally, Gloss is embarking on an exciting new ceramics project, master-minded by local artist Vaughan Parker, where a range of exciting and attractive pottery figures will be produced to raise funds for the group. This picture shows some examples of the work produced by GLOSS artist Vaughan Parker.



Fibromyalgia support group welcomes the new chairperson.

From February this year Leigh Ann Williamson took over as the new chair.

"I would like to thank you all for putting your faith in me ... I am determined to do you all proud. I am currently working on some promotion ideas so we can reach more people with fibromyalgia in our area so they can come to us for information and benefit from the wonderful support we give each other through this illness."

Many thanks to Iris Richards who founded this important group and held the office of chair for three successful years.

The group also have a new contact number 0844 887 2363 or call Liz at the CVS to find out more.

News

High Peak Visually Impaired People Support Group

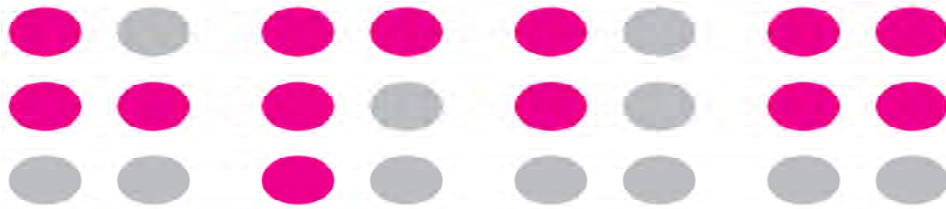


This fabulous, friendly and busy group meet at the Surestart building in Fairfield each month on a Thursday afternoon. They welcome people with a visual impairment from anywhere in the High Peak, here's what some of the members have to say;

"You lose so much when you lose your sight, all sorts of activities and pastimes become less possible or seem so. This group fills those gaps, this group replaces a lot of what we have lost."

"I don't get out a lot to meet anybody new, this group is so important for the companionship and for learning from each other about how to cope. We also have a really good time."

Thanks to sponsorship from the Derbyshire Community Foundation Grassroots Fund, and the Hall Bank Trust in Buxton, they are planning a trip to Charlesworth for a pub quiz, a boat trip in May, Llandudno in June and lots more. They also invite entertainers and speakers to their group. Contact Liz at the CVS if you like to join in or would like more information Tel 01663 736426.



HIGH PEAK BRAILLE GROUP

support for the blind and visually impaired

We feel that the needs of blind and visually impaired people tend to be forgotten. We cannot read signs, menus and price labels, directions and so on and constantly have to ask for assistance from passers-by. Developing our Braille skills has given us a new-found independence. The only problem is that there is so little material available in Braille. High Peak Braille group offer a service to partially combat some of the problems through being able to Braille information in order to give a wider service and increase social inclusion. We can translate and print newsletters, service flyers or information, menus, greetings cards, knitting patterns and even books. So for all your large print or Braille needs and a free no obligation quote contact Liz Martin on 01298 79707 or Sue Walker on 01298 871150.

Congratulations to the new committee!

Hayfield Over 60's held their Annual General Meeting in March this year and an all new committee was voted in to take over the management of this important group. Pictured below are the new chair, secretary and treasurer, Pat Mellor, Jean Beresford, Sheila Barnes; (left to right).

These three are off to a busy start planning a group trip to Chester and due to popular demand will change their regular meeting place to Hayfield Village Hall in April. If you want to join them or find out more about this group call Liz at the CVS on 01663 736426.



Many thanks to Doris

Doris Greaves retired as secretary to the group after eleven years of tireless service. The group wish to thank her for all the hard work and are delighted she will remain a group member.



News



A brilliant merger! New Access group to cover High Peak

A brand new group has been formed to champion the cause of access for disabled people living, working or visiting the High Peak and surrounding areas.

The new group, High Peak Access, will act as an information resource, promote awareness in the local community of the problems relating to access for disabled people and positively promote equality for disabled people.

Despite the Disability Discrimination Act there is still much to be done to change attitudes and ensure there is equal treatment for disabled people. The new group will promote positive images of disabled people and challenge anti social and unequal treatment.

High Peak Access has formed out of the previously more localised access groups in Hope, Glossop, New Mills and Buxton believing that the pooling of resources and talents will make it a stronger unit to take on the work and raise funds. There will still be local points of contact so that local issues can be addressed but all work will be supported and directed by the new High Peak group.

The group has already attracted new members and are keen to hear from anyone else who wants to support the cause or can volunteer some time for this essential work. For further information contact the Secretary, Mrs Alison Salmen by email on ali.salmen@btinternet.com or tel 01433 620503.

Wish you were Fit as a fiddle?



There's a great free resource for groups for the over 50's, it doesn't matter why you meet, if most of your members are over 50, you are eligible. It doesn't matter how fit you are, there's a session to suit your group.

People with an active lifestyle feel healthier and have an improved sense of wellbeing. Exercising



with others can help with motivation and can be a lot of fun and something different to do in your group.

Age concern "Fit as a fiddle" service offer all sorts of exercise sessions from chair based dance and aerobics to Aqua Fit, Yoga, health walks and lots more. There is also hand massage, healthy eating sessions and information talks on alcohol, food labelling, hydration, ... too many to list here, so give Sue a call and find out about this great free service for groups.

Sue Hannan Tel 01629 813657 or email hannan.susan@yahoo.co.uk Day Care Centre, Orme Court, Granby Road, Bakewell DE45 1ES.

Funded by the National Lottery.

"The Last Laugh!"

A play starring Fiona Paul and written and produced by the voluntary group High Peak Writers is showing at the Eagle Hotel Buxton, **13th and 14th of July, 7pm.**

For tickets, (£4.50—£5.50) contact Louise Glasscoe 01298 77623.

This work has been funded by Derbyshire Community Foundation, Open Up, (Mind), and the Mayors Charity in Buxton.

Notice Board



High Peak Autism and Asperger's Support Group

A friendly support group for those with Autism, Asperger's, parents and carers. Mostly an adult group, but older children can attend with support.

Based in Buxton, with meetings held every other Monday at The Grapevine Café, we provide a supportive environment for people to mix socially, give or gain help and exchange information with each other. To find out more call 01663 763959 or 07515465280 or have a look at the website

<http://www.hpaasg.co.uk>

This group is supported by Peaks And Dales Advocacy service, Buxton. Visit their website

<http://www.peaksanddalesadvocacy.org>

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



Training Programme and workshops

The CVS are delighted to launch their colourful new training brochure offering a wide range of new and regular courses to help with your group and community work. Coming up: -



Fundraising for Beginners – Wednesday 16th June.

This introductory session is for those with little or no experience of making applications for grant funding. You will be equipped with the skills to find out who to apply to, how to make your cause look attractive to the funder and inspire you with the confidence to have a go!



Groups Working Well – Wednesday 7th July.

This workshop will look at how to make the best use of your most valuable resource—your groups' members. We will explore how to communicate well to make sure that everyone is included, involved, motivated and have some practice dealing with awkward situations.



Mental Health Awareness – Wednesday 6th October.

This half day workshop will explore some of the myths and pre conceptions about mental health problems and explore ways we can responsibly work and be more inclusive. We will also explore how to create and promote a mentally healthy workplace or group. This workshop is a general awareness course and not intended as a medical/clinical course.

Please look at our website www.highpeakcvs.org.uk/training for more information on any of the courses and to download the booking form. Call Louise on 01663 736431 for further information or a copy of our brochure. We look forward to hearing from you.

Please note there are new charges for our courses but we have kept them as low as possible. However, if your group would like to attend any training but are unable to because of the cost, we can offer concessions to help you join in. Please call us to discuss.

FURNESS VALE FUN DAY !

Come and join in the fun at the Furness Vale Field Day on Saturday 22nd May from 12 noon to 6pm. Enjoy an afternoon of live music, provided by local bands and lots of activities and stalls including interactive art for children in a beautiful yurt. There will also be a chance to have your say on future plans for the development of the field at the back of Yardsley Lane.

This event has been supported / funded by the 'Bringing People Together Fund', Derbyshire County Council's Leadership Fund through Barrie Taylor and Whaley Bridge Town Council. Free admission.

Your Group?

Twice 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.