

News

Happy birthday fibro! 5 years old



Tameside & High Peak FM & CFS Support celebrated their 5 years anniversary on the 5th of October this year. They enjoyed a lovely big party for 30 members at St Mary's Church, Hollingworth and Christine Brown FMAUK regional coordinator gave a presentation about Fibromyalgia and about her work for FMAUK. This brilliant support group welcomes members from all over the High Peak and many report feeling so much better about managing their condition with the support of others who understand. They are a busy lot, inviting health speakers along to meetings, organising fundraising events, running a help line, going on boat trips and earlier this year they invited Andrew Bingham MP along to a group meeting for their version of question time. Well done to Sheila Webster, chairperson (love the hat Sheila!) and all of the committee (pictured with the cake) for their work and dedication to this really valuable and successful group.

GLOSS

GLOSS (Giving Lots of Sensitive Support) is a small voluntary group, based in Glossop, which provides support and activities for people experiencing mental health problems. In the past the group has offered an out of hours telephone support service and has run a series of anxiety and anger management groups.

Information about Gloss and the services it provides can be found on the group's website at www.glossgroup.org.uk

An activities evening is held on the first Wednesday of every month. Activities over the past twelve months have included 10 pin bowling, creative writing sessions, quiz evenings and visits to the theatre, the cinema and restaurants. Gloss group members taking part in these activities are asked to pay a subscription of £1 for each event they attend.

Gloss Group services are available to anyone experiencing mental health problems or emotional distress. The Group is keen to widen its membership and will welcome new faces. If you are interested in joining in any of the activities, or know someone who might wish to do so, then please contact Roland Javanaud (Gloss Group Secretary) for further information on telephone number 01629 532686.

News

New Well Being Group in Chapel

No need to be alone and struggling with anxiety, loneliness or difficult feelings. Come and join a new group and be a part of making a safe space where we can support each other and try some new activities. Meeting in Chapel en le Frith Town Hall every Wednesday afternoon from December. Call Alison McKenna 01298 22321 / 07775690774 Or Liz at the CVS 01663 736426



Incredible Edible



Incredible Edible Glossop is currently a group of about ten people. We began our organisation in April 2011. In May we took over the neglected and litter-strewn site between the Curly Cornet cafe and the Glossop Co-op steps and set about installing raised beds and turning it into a productive vegetable, herb, flower and fruit garden. This site has fed a number of people over the summer who have been free to come and help themselves to the produce.

A few months later, we became a constituted group and set up a bank account. We'll soon start looking for funding. We're investigating new sites and hope to launch them soon, with a team of both regular and occasional volunteers for each. Please get in touch if you'd like to know more or to get involved.

Take a look at our website and email us;

www.Incredible-edible-glossop.co.uk

Small Group Project says farewell and a big thank you to Louise McNeil



"It is with great sadness that I say good bye to the Small Group Project after a very rewarding and enjoyable six years. It has been a privilege to work with many of you and see the groups going from strength to strength even in the current economic climate! I have fond memories of working with Sandy and Nancy on the Special Events which brought everyone together in celebration of all the wonderful work that the groups do within their communities.

I have been privileged to work with Liz in continuing to raise the profile of small groups as well as support the Advisory Group meetings. I feel immensely proud of being part of the project and all things that the groups have achieved. I shall miss working with you all but will make sure I keep up to date with progress by reading the newsletter and, you never know, I may even bump into some of you at events in the High Peak!

I wish you all a very happy and healthy Xmas and a prosperous 2012."



The BIG S, Brian Injury Support Group meets every Friday from 11 –2pm . Central Methodist Church Glossop. Call 07597 543671

This vibrant and friendly group have lots of members and have been running for almost a year and have all sorts of social and therapeutic activities planned for the next year including a parachute jump! New members welcome. Call or email thebigprojectlive@live.co.uk.

Notice Board



Bright Choice is a fantastic Saturday social group for adults with learning disability. Meeting every Saturday morning at Buxton Working Men's club, Lightwood Road. Come along at 11 am and one of our friendly volunteers will help you fill out a small membership form. Everyone is excited for the Xmas party on Saturday 10th December 11-2pm. Join us for a disco, buffet, party games and prizes and lots of fun. Donations and volunteers are always welcome. Contact Brightchoice87@yahoo.co.uk

AGM Sat 21st Jan - 1pm

PIE—Partnership Impact Evaluation
A report on the quality of the development work from High Peak CVS and Derbyshire Dales CVS, based on 20 interviews with groups across both areas. If you are interested in this project and would like a to see a copy of the report, check out our website in the next few weeks or give Liz a call to request a copy.

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

Chapel-en-le-Frith Rambling Club

This club was formed by John Bailey in 1993. John, who is now the club's President, had a desire to create a friendly local club with as few rules and regulations as possible, a philosophy the club still maintains to this day. Members meet each Wednesday at 9.30am in the lower free car park behind the Co-op in Chapel unless stated differently in the programme. Walks take place throughout the Peak District in both the White and Dark Peak and we operate a car sharing scheme for walks which require us to drive beyond Chapel.. The club holds an Annual General Meeting in March each year, whilst there are a number of social events throughout the year including an annual Christmas Dinner, a summer bar-b-que and a three day Youth Hostel trip in May to another part of the UK. The club charges an annual subscription of £6 per person. For this members are covered by a group insurance covering civil liability, club membership of the YHA and affiliation to the Ramblers Association. The club's membership card gives members a 10% discount at Jo Royle's Outdoor shop in Buxton and at Hitch'n'Hike outdoor shops in the Hope Valley. We hope you will enjoy walking with us.

For further information contact any of the following:

Brian Bethune 01663 75050

Tom James 01663 733519



Greetings!

As it was announced at our recent AGM, I am leaving for pastures new having obtained a new job as Head of finance and admin for Age UK. Whilst I am looking forward to this new challenge, I am obviously sad about leaving High Peak CVS, my colleagues, trustees and the VCS groups whom we support. Having been here since 2002, it has been a pleasure to see the difference the CVS has made to the communities in the High Peak over the years. I wish High Peak CVS, it's staff and trustees all the very best for the future. High Peak CVS wouldn't exist, however, without you the groups, and it's thanks to you and your voluntary and community spirit and dedication that the CVS is still in existence, needed and respected. Congratulations to you all, well done and much love!
Gina

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.

Call Liz (01663 736426)

e-mail lizsgp@highpeakcvs.org.uk

This newsletter is available in Braille or large print.