



Who would have thought when we published our last December newsletter the world would look so different now? The last nine months have been a real challenge for many of us.

I want to firstly thank our staff and volunteers for all their hard work and dedication in these challenging times. Despite all the chaos and upset in the world they have continued to help to provide vital services to our community.

We have continued to provide our shopping service and have added to this prescription collections and emergency shops at the request of the Derbyshire County Councils Community Response Unit. For up to date guidance please see link [www.derbyshire.gov.uk/social-health/health-and-wellbeing/health-protection/disease-control/coronavirus/coronavirus-covid-19.aspx](http://www.derbyshire.gov.uk/social-health/health-and-wellbeing/health-protection/disease-control/coronavirus/coronavirus-covid-19.aspx)

All our networks have now gone on to Zoom so we can still keep in touch with groups and members. New Mutual Aid Groups that have set up as local response have also been supported with funding and advice.

Working with the Erewash Primary Care Network our Social Prescribing team has expanded (see articles inside) and the demand is rising as more people struggle with isolation and loneliness.

The Derbyshire Mental Health Forum also saw new members of staff joining the team with Angela retiring. Mental Health and Suicide Awareness project also started, more information inside.

With £500 from Tesco we set up a buddying scheme to support people who had not been out of the house for a long period of time. Currently they can have a buddy to go on a socially distanced walk as we can only meet outdoors. We hope to expand this service in the future as it is proving very popular.

The centre has remained open for staff but closed to groups and visitors to ensure we keep the team safe. We hope that in the New Year we can start to open the Centre once the Government guidelines allow. It is certainly quiet without the groups and network meetings.

So I just want to say a big thank you to all the staff, trustees and our wonderful volunteers for being brilliant as always.

I wish you a very safe festive season and hope to see you in 2021.

Stella Scott

Chief Executive Officer



## Erewash Voluntary Action staff - Meet the Team



**Catriona Paterson**  
**Development  
Worker**



**Stella Scott**  
**Chief Executive**



**Linda Brown**  
**Volunteer  
Manager**



**Lee Tivey**  
**Facilities,  
IT Administrator and  
Finance Worker**



**Jodie Cook**  
**Mental Health Policy  
Officer**



**Clare Salmons**  
**Home From Hospital &  
Shopping Project  
Worker**

**PHOTO  
TBC**

**Sharen Morgan**  
**Mental Health and Suicide  
Prevention Awareness Officer**



**Natalie Park**  
**Administrative Assistant**



**Christie Milne**  
**Mental Health and Suicide  
Prevention Awareness Officer**



**Naomi Martin**  
**GP Link Worker**



**Laura Cowley**  
**GP Link Worker**



**Clare Sedgwick**  
**GP Link Worker**



**Zoe Wynn**  
**GP Link Support  
Worker**



**Tanya Gedvillo**  
**Cleaner**



**Cassie Hartshorne**  
**Shopper**



**Sue Gordon**  
**Shopper**



# EREWASH

Currently we are supporting vulnerable individuals with tasks such as Telephone Befriending, Home From Hospital Support Service, Shopping Project, Medication Collections and the Buddy Project.

Our volunteers have been helping with the above services and we are so grateful for all their help which has been invaluable.

Many new volunteers have been recruited, most of whom came to us via the Community Response Unit at Derbyshire County Council.

Please contact us on 0115 9466740 for more information if you would like to volunteer or access any of our services. Office hours are 9am to 5pm Monday to Thursday and 9am to 4.30pm on Fridays.

Jon Coutts-Walker, Community Champion at Asda in Long Eaton kindly nominated us for their Community Hero Awards 2020 and we have been successful in being awarded £300. A huge thank you to him and everyone at Asda for their support, it is much appreciated.

We would like to wish everyone a very happy, healthy and peaceful Christmas and hope that 2021 is a much better year.

Linda Brown  
Volunteer Manager



One of our shopping clients has recently celebrated his 100<sup>th</sup> birthday.

He enjoys seeing our volunteer Kate who shops weekly for him.

Congratulations Bill just a shame your 100<sup>th</sup> was in lockdown



**Erewash Voluntary Action  
office will be closed from  
Christmas Eve.**

**Re-open on Monday  
4<sup>th</sup> January 2020.**

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# **DATES FOR YOUR DIARY**

## **EREWASH VOLUNTEER ORGANISERS' FORUM**

Do you support Volunteers...  
If so, our friendly and informative forum is for you!

**18th January 2021**

10.00 am start on Zoom

## **EREWASH DEVELOPMENT WORKERS NETWORK**

The network is open to all development workers operating in the Erewash area.

**1st March 2021**

10.00 am start on Zoom

## **EREWASH CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH and WELL BEING NETWORK**

The network is open to all groups, organisations and development workers operating in the Erewash area.

**15th March 2021**

10.00 am start on Zoom

## **EREWASH SMALL GROUPS NETWORK**

The Erewash Small Groups Network is open to all Erewash voluntary groups and organisations where there are no paid members of staff.

**3rd February 2021 11am - 1pm on Zoom**

To Book your place on a network meeting contact Lee at  
Erewash Voluntary Action, Granville Avenue, Long Eaton, NG10 4HD  
Tel: 0115 9466740. Email: [lee@erewashcvs.org.uk](mailto:lee@erewashcvs.org.uk)



Hi, I am Jodie Cook and I work for Erewash Voluntary Action as the new Mental Health Policy Officer for Derbyshire Mental Health Forum. I started in post on the 7th September. I am very excited about being hosted by Erewash Voluntary Action and have had the pleasure of working on joint projects with the team over the last eight years in two other roles.



I have been employed in the voluntary sector for 8 years, but have been involved for much longer than that as a community development worker and as a trustee and eventually chair of a community centre. I am currently vice chair of governors at Tibshelf Community School.

I look after my own mental health in a variety of ways. I love walking in the countryside and am a member of a book club. I also love crime drama and enjoy a good binge watch.

My passion for working within mental health comes partly from personal reasons due to having a close family member with a diagnosis. I have a strong background in facilitating networks and forums and hope that this coupled with my energy and enthusiasm to learn from you all will mean we can work together to continue to strengthen the mental health voluntary sector.

### **How to contact us**

For policy queries please e-mail [jodie@erewashcvs.org.uk](mailto:jodie@erewashcvs.org.uk) or call 07849 115971. You can telephone our office on 0115 946 6740.

## **Spotlight on Derbyshire Mental Health Forum**

We held our latest Mental Health Forum meeting by the power of Zoom on Tuesday 24<sup>th</sup> November. This was well attended by organisations across the voluntary sector as well as governors from Derbyshire Healthcare NHS Foundation Trust and representatives from the Local Authority.



Tracy Lee and Jenny Appleby from Derby and Derbyshire Clinical Commissioning Group gave a presentation on the alternatives to emergency department admissions and the Community Mental Health Framework.

We were then joined by Jude Boyle from Adult Social Care and Jane Yeomans from Derbyshire Carers Association who provided us with an update and presentation on supporting mental health carers.

We had a lively discussion about the future of the forum, and this will really help shape our plans for 2021. We will be recruiting new voluntary sector representatives who will support the various mental health meetings facilitated by Joined Up Care Derbyshire. Their role is to feed information to and from the sector about a range of issues to do with mental health and act as the voice for voluntary organisations supporting strong partnerships and representation. We will report back about who is nominated in future newsletters.

If you would like to know more about Derbyshire Mental Health Forum, please contact [dmhf@erewashcvs.org.uk](mailto:dmhf@erewashcvs.org.uk). Lastly, we are now on twitter. For up to date information follow us at [@Derbyshire Mental Health Forum \(@mental\\_forum\)](https://twitter.com/mental_forum) / [Twitter](https://twitter.com/mental_forum)

# GP Link Workers

Hi, I am Laura and I work for Erewash Voluntary Action as a GP Link Worker in Social Prescribing. I started my post on the 14<sup>th</sup> September 2020. Since my start date I have been working closely with Naomi Martin GP Link Worker who has been supporting me whilst I am new in post.



My passion for helping people achieve their goals and to focus on what matters to them lead me to apply for this role. My background is Occupational Therapy working as a Technical Instructor for the NHS on an older persons rehabilitation ward.

You can contact me on [laura@erewashcvs.org.uk](mailto:laura@erewashcvs.org.uk) or call me on 07895 384267.

Hello, my name is Clare, I am one of the team of Social Prescribers. I started at the end of September and I am already feeling quite at home. I live locally and I am enjoying finding out about all the great projects that are happening in Erewash. I enjoy walking and rowing. The challenges of 2020 were made more bearable by the addition of a lovely puppy dog "Lockdown Lola" to our family!



You can contact me on [clare2@erewashcvs.org.uk](mailto:clare2@erewashcvs.org.uk) or call me on 07801 287051

## Erewash Social Prescribing Service

**Social Prescribing can help you find local groups, social activities and support in your community**

**Please ask at your GP Practice Reception**

Email: [wellbeing@erewashcvs.org.uk](mailto:wellbeing@erewashcvs.org.uk)

<https://twitter.com/SocialErewash>

[www.facebook.com/ErewashSocialConnectors/](https://www.facebook.com/ErewashSocialConnectors/)

During Covid the Social Prescribing workers have continued to take new referrals whilst also provide ongoing emotional support calls to existing clients. Supporting via phone contact they have helped clients to access other relevant services such as welfare rights, IAPT, carers support and the EVA Covid response services.





# Volunteer with Derbyshire Home from Hospital Support Service

and provide practical support for vulnerable people leaving hospital, or those living at home but at risk of being admitted.

**V O L U N T E E R**  
*All that's missing is **U**!*

## Why Volunteer for Home From Hospital Support Service?

- ♦ It is short term, practical interventions for up to six weeks
- ♦ Very flexible, fits around other commitments
- ♦ Choose what tasks you do depending on availability

## What tasks could I be doing as a Volunteer?

- ♦ Simple shopping
- ♦ Collecting medication prescriptions
- ♦ Making sure the home environment is warm and comfortable
- ♦ Helping to arrange for key safes and community alarm to be fitted
- ♦ Supporting people to pay bills and make appointments
- ♦ Helping people to find out about community activities and how to access them



## For More Information Contact:

Clare

Home from Hospital Co-ordinator

Email: [clare@erewashcvs.org.uk](mailto:clare@erewashcvs.org.uk)

## Derbyshire Home from Hospital Support Service



The Derbyshire Home from Hospital Service provides practical support for vulnerable people leaving hospital, or those living at home but at risk of being admitted.

### Who can use the service?

Anyone who lives in Derbyshire (outside Derby City) or is registered with a GP in Derbyshire and has limited support from family or friends.

### What sort of help does the service offer?

- Undertaking simple shopping
- Making sure the home environment is warm and comfortable
- Arranging for key safes to be fitted and community alarm or telecare systems to be provided if needed
- Supporting people to pay bills and make appointments
- Collecting medication prescriptions
- Helping people to find out about and access community activities to keep them connected to their communities
- Helping people to understand care options and plan what they need for the future
- Signposting people to other statutory, voluntary sector and community organisations as appropriate.



### Who can make referrals?

Anyone can make a referral including self-referrals.

### How to make a referral:

Please call **01283 817417** Monday to Friday, 8.30am - 4.30pm (an answerphone is available outside these hours) or email [home@dhfh.org.uk](mailto:home@dhfh.org.uk).





# “Volunteer Today”

## **BUDDY**

We provide volunteer buddy's to provide short term support to individuals who have not left their home for some time and have lost confidence to go out.

## **HOME FROM HOSPITAL SUPPORT SERVICE**

We provide practical support for vulnerable people leaving hospital, or those living at home but at risk of being admitted.

## **SHOPPING**

We provide a shopping service for people who are unable to shop for themselves and have no family or friends to help. Shopping can be carried out on a weekly basis by volunteers if available. **Shopping Project referrals are received from Social Services, and / or Health professionals.**



## **TRANSPORT**

We provide a transport service for people (paid for via groups and organisations) who are unable to access public transport.



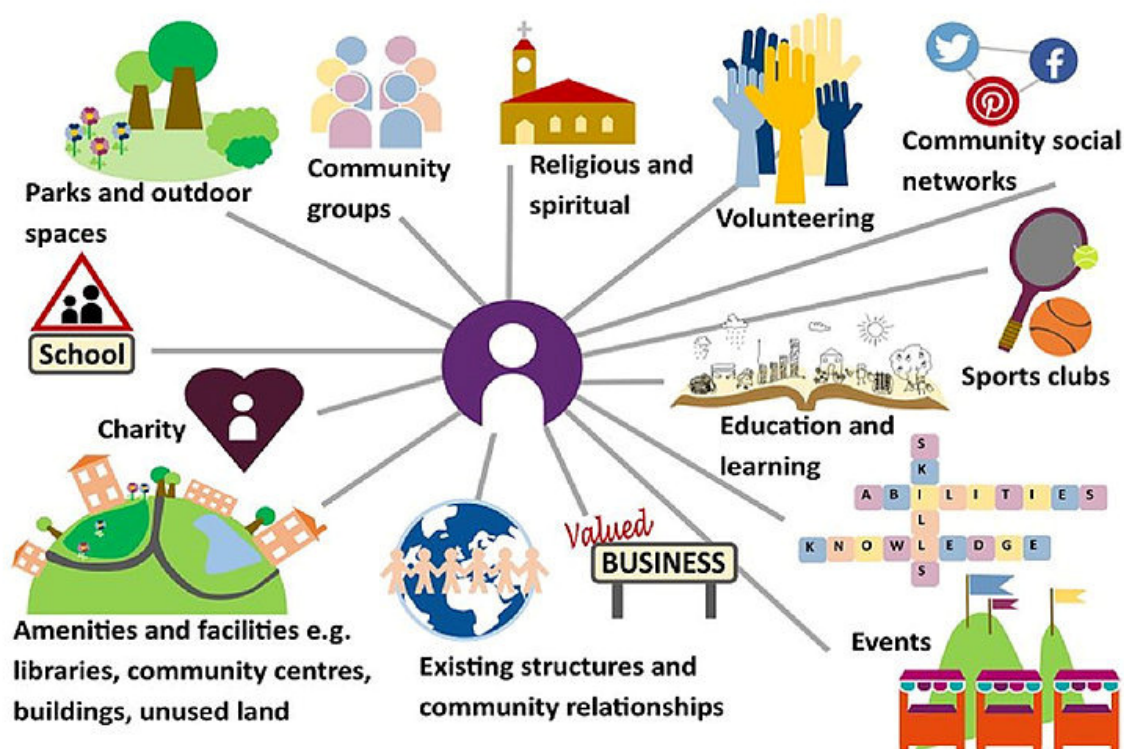
# “Make a Difference”

*Contact the Volunteer Centre  
for more information*

# Erewash Signposting Service



## Your link to the Health and Care Voluntary & Community Sector



**Erewash Signposting Service** provided by Erewash Voluntary Action provides information and a referral route into the health and care voluntary & community sector; helping people to receive services in their community, they would have otherwise struggled to find out about.

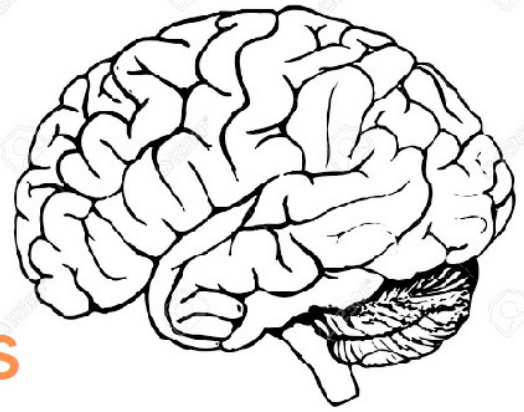
The service helps to combat social isolation, supports wellbeing, helps people to remain independent and helps them to remain living at home as a valued member of their local community.

**For More Information Contact:**

Email: [wellbeing@erewashcvs.org.uk](mailto:wellbeing@erewashcvs.org.uk)

# Mental Health and Suicide Prevention Programme

## It's Everyone's Business



### DID YOU KNOW?

- Men are 3 times more likely to take their own life than women.
- In Derbyshire 80% of people living with a mental illness never seek treatment.
- Poor mental health costs workplaces up to £45 billion per year.
- Less than 1 in 5 men take time off work due to poor mental health.

### OUR AIM

Erewash Voluntary Action are delivering this programme across Derbyshire (including Derby City) on behalf of Derbyshire County Council. Our aims are:

- To increase awareness of mental health problems in targeted populations.
- To reduce male suicide rates, particularly in young to middle aged men.
- To embed a positive culture for mental health and wellbeing within Rugby Clubs.
- To reduce self-harm.

### OUR OFFER

- Fully funded Mental Health Awareness and Suicide Prevention Training.
- Expert support to develop a tailored Mental Health Policy and Action Plan.
- Exclusive access to a Mental Health and Suicide Prevention Toolkit.
- Support in signing up to national mental health charters and accreditations.

### OUR FOCUS

The programme will support young people and young to middle aged men in non-clinical settings such as:

- Amateur football, rugby and cricket clubs.
- Independent boxing gyms and fitness centres.
- Routine and manual workplaces
- Voluntary organisations i.e. food banks and credit unions.

**If your organisation needs mental health support, take advantage of this fully funded package today!**

For more information please contact Christie

Phone: 0115 9466740

E-mail: [christie@erewashcvs.org.uk](mailto:christie@erewashcvs.org.uk)

Website: [erewashvoluntaryaction.org.uk](http://erewashvoluntaryaction.org.uk)

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**Joined Up Care**  
Derbyshire



# Mental Health and Suicide Prevention Officer

Hi, I am Christie Milne and I work for Erewash Voluntary Action as the new Mental Health and Suicide Prevention Project Officer. I started in post on the 1st September. For the last couple of months, I have been building up relationships with different networks and forums and have been linking in with organisations like Derby FA and England boxing. I have been using them to help me contact clubs and reach out to people who may need help to improve and use mental health within their club. I am very excited to see where this project takes us and how many different clubs/organisations I can reach out too.



I look after my own mental health in a variety of ways. I love playing hockey, going for walks around the park. I also love and enjoy binging a good Netflix series. My passion for working with mental health comes from my time at university and working a lot with people with disabilities. I have good relationship building skills and love to learn about people and different organisations and I am keen to put them to use with the people I will be working with.



## CHRISTMAS VIRTUAL RAFFLE

**£1 a ticket**

Payment via BACS 20-25-85; A/c 23201473  
Or via PayPal to [admin@umbrella.uk.net](mailto:admin@umbrella.uk.net),  
Please use the friend/family option.  
Please use the Reference  
"Winter Draw"

Once payment has been confirmed Michelle Brown  
Our volunteer coordinator will email you a virtual ticket.  
Any queries please contact [michelleb@umbrella.uk.net](mailto:michelleb@umbrella.uk.net)

Winners will be announced via Live stream on  
Umbrellas Facebook page on  
Monday 14th December at 2pm.







ILKESTON

*Christmas*

# PRESENT APPEAL

## PLEASE DONATE

This year we will support those most in need and are giving special focus to working families affected by Covid 19. We are helping local people who may have lost their jobs, had hours reduced or struggling to make end meet due to the pandemic...

GIFT  
DROP!!  
12th  
December!



**WE ARE DISTRIBUTING CHRISTMAS PRESENTS THIS YEAR TO CHILDREN AND YOUNG PEOPLE ACROSS ILKESTON, COTMANHAY & KIRK HALLAM! CAN YOU HELP US SUPPORT OUR BRILLIANT COMMUNITY IN THESE DIFFICULT TIMES BY DONATING GIFTS TO OUR APPEAL**

**Collections will be warmly received at the following locations:**

**Cotmanhay Community Network**

**EVERY TUESDAY & WEDNESDAY**

9am - 3pm

Old Bennerley Site

39 Vernon Street

Cotmanhay, DE7 8PD

cotmanhaycommunitynetwork@gmail.com

**Parkside High CIC**

**EVERY MONDAY & FRIDAY**

9am - 3pm

The POD (formerly Abbotsford)

77 Summerfields Way South

Ilkeston, DE7 9JJ

info@parksidehigh.co.uk

PARKSIDE HIGH



All Enquiries 0115 930 1000

With the heaviest of hearts  
The Kinton Family have come to  
the difficult decision to NOT host  
Christmas Day Dinner  
for anyone on their own this year.  
We can't see how we can do this safely  
during this 2020 Covid - 19 pandemic, not  
only for our volunteers and ourselves but  
especially for the vulnerable people that  
come for dinner.

This is where we now ask for  
**YOUR HELP!**

*Can you be someone's Christmas Buddy?*  
On Christmas day can you plate up one or  
two more meals and deliver them to  
someone in your local area, (hopefully in  
walking distance to your own home) and  
also spend just a little time with them safely,  
maybe just on the doorstep and watch  
them open a Christmas Present.

If you can, please message us via the  
Kinton's Facebook Page Only

[www.facebook.com/KintonDaughterFamilyFuneralDirectors](https://www.facebook.com/KintonDaughterFamilyFuneralDirectors)

(We are unable to take phone calls at this time)

(please only message if you are 100% committed  
to helping us to help our community and giving  
up some of your precious time on Christmas  
Day)

We will post again with updated  
information and we will still be asking for  
donations of gifts / presents for the  
Christmas Buddy to give out with the meal.



# Introducing Census 2021

**census**  
2021

## What is the census?

The census is a survey that happens every 10 years and gives us a picture of all the people and households in England and Wales. By taking part, you'll be helping make sure you and your community get the services needed now and in the future.

## The history of the census

The first census was in 1801 and the most recent in 2011. The Office for National Statistics (ONS) runs the census in England Wales and the next one will happen on Sunday 21 March 2021.

## Why does the census matter?

The information it collects helps plan and fund services in your area. This could include transport, education and healthcare.

Charities also use census information to help get the funding they need. Businesses use it to decide where to set up, which creates job opportunities.

## The census must be completed by law

You must complete the census by law. If you do not, or if you supply false information, you could be fined up to £1,000.

## Moving the census online

Census 2021 will be the first 'digital-first' census. It's easy to do and can be done on any device. Should you need a little assistance there'll be locally based Census Support Centres. And if you prefer you will still be able to fill in a paper version.

**To find out more about the Census 2021 contact Leon Taylor, Census Engagement Manager**

**Tel: 07452 942702 Email: [leon.taylor99@field.census.gov.uk](mailto:leon.taylor99@field.census.gov.uk)**

**Visit <https://census.gov.uk/>**







## **Strictly No Falling Service Update – November 2020**

Due to the current guidelines all SNF sessions are closed. – see information below for further details on Zoom sessions, YouTube videos and links to our websites.

### **Class Lists.**

To find out more information about the project and where classes are – see link below

<https://www.ageuk.org.uk/derbyandderbyshire/activities-and-events/snf-classes/>

### **Referring**

SNF is accepting referrals into the service. On receipt of the referral we will contact the client and signpost them to a session that meets their needs. The instructor will make contact, provide our homework and information booklet and stay engaged until the class returns. The easiest way to refer is through our online form, see link below.

<https://www.ageuk.org.uk/derbyandderbyshire/our-services/exercise/snf-referrals/>

If you would rather discuss a referral then please contact me on the number below.

**YouTube Links** (from a couple of SNF instructors)

<https://www.youtube.com/channel/UCZFFyiyFwsROZzpIUUVS9LA>

[https://walx.co.uk/vimeo-videos/home-walx-virtual/?post\\_types=vimeo-video](https://walx.co.uk/vimeo-videos/home-walx-virtual/?post_types=vimeo-video) - scroll down to the Super Six Challenge workout!

### **Falls Awareness Training ( Falls Friends)**



If you are interested in taking part in our Falls Awareness Training please contact – Lindsey Combs for more information. [lindsey.combs@ageukdd.org.uk](mailto:lindsey.combs@ageukdd.org.uk)

07745 273333

<https://www.ageuk.org.uk/derbyandderbyshire/activities-and-events/fallsawareness2/>

### **Falls Prevention Talks**

If you lead a group or know of a group who would like to have information on how to prevent a fall, what to do if they have a fall and learn to plan ahead if they did have fall – please contact me on 07837 277252 / [jo.briggs@aukdd.org.uk](mailto:jo.briggs@aukdd.org.uk)

**SNF Zoom sessions** – <https://www.ageuk.org.uk/derbyandderbyshire/activities-and-events/snf-classes/> Scroll down to Zoom sessions to find the contact details of the instructor. Please refer people into these sessions using the referral form on the link above under **Referring** stating it is for a Zoom session.

# FUNDING



## EREWASH SMALL GRANT SCHEME

### Community groups and organisations can apply for up to £1,500



The Erewash Small Grant Scheme is funded by Derbyshire County Council Public Health and Adult Care Services and Erewash Borough Council.

Applications can be made if you are one of the following:

- Voluntary or community group with a constitution
- Registered Charity or Charitable Incorporated Organisation
- Community Interest Company or Social Enterprise
- Other Not-for Profit
- Parish Council

The Erewash Small Grant Scheme has three priority themes.

Applicants must meet at least one of the themes to be eligible to apply:

- Health Inequalities
- Community Wellness
- Building Resilience

#### APPLY AT ANYTIME

If you are thinking of making an application contact the Development Worker to discuss your ideas. For further details and an application pack contact the Development Worker at Erewash Voluntary Action – email [catriona@erewashcvs.org.uk](mailto:catriona@erewashcvs.org.uk) or telephone 0115 9466740 or find the forms on the web site.

[www.erewashvoluntaryaction.org.uk](http://www.erewashvoluntaryaction.org.uk)



## Derbyshire Police and Crime Commissioner – Vulnerability Fund – Micro-Grant Funding



PCC Hardyal Dhindsa has developed a new Vulnerability Fund to tackle the issues that affect quality of life in communities and to make communities stronger. The fund is to tackle social problems known to increase the risk of crime or victimisation to support and improve lives and make Derbyshire a safer place to live.

Micro-grants are available up to £1,000 from Erewash Voluntary Action for projects that:

- Help individuals to live safely and without fear of crime in their homes.
- Empower the local community to tackle problems in their neighbourhood areas.
- Organised by (and involving) community/neighbourhood group
- Can demonstrate that they can make a difference to local communities.
- Take a new and sustainable approach to tackling long term problems.
- Foster good relations between partner agencies and communities and do not work in isolation.

Grants are available to the voluntary and community sectors, charities and non-profit making associations on behalf of the individuals and communities they work with.

For the criteria, application form and to discuss your ideas and find out more about the fund contact the Development Worker Catriona Paterson at Erewash Voluntary Action email: [catriona@erewashcvs.org.uk](mailto:catriona@erewashcvs.org.uk) Telephone 0115 9466740

**The deadline for applications is 1 March 2021**

# **CONNECT EREWASH**

## **TELL US YOUR VIEWS**

Erewash Voluntary Action is leading the Connect Erewash project on behalf of Derbyshire County Council Public Health.

Connect Erewash is a project to reduce isolation and loneliness, and to work with communities and groups to identify activities to help improve or reduce isolation in communities.

We would like to find out how you connect with other people, barriers you experience and if you would like to get more involved in your community.

Please complete the Connect Erewash questionnaire using the online link to the survey. The questionnaire is short and will only take a few minutes to complete. All completed questionnaires will be entered into a prize draw for a £25 supermarket voucher.

**<https://www.surveymonkey.co.uk/r/F2QPDZP>**

If you would like a copy of the questionnaire emailed or sent in the post, contact Lee Tivey at Erewash Voluntary Action email [lee@erewashcvs.org.uk](mailto:lee@erewashcvs.org.uk)

Connect Erewash contributes to the community wellness approach ensuring people live happy and healthy lives and know where to get help when required. Community Networks have been established in Erewash in the areas of Sawley, Kirk Hallam, Petersham and Cotmanhay.

For further details about Connect Erewash contact Catriona Paterson at Erewash Voluntary Action email [catriona@erewashcvs.org.uk](mailto:catriona@erewashcvs.org.uk) Tel: 0115 9466740

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### **CONTACT US:**

**Erewash Voluntary Action,  
Granville Avenue, Long Eaton,  
Derbyshire, NG10 4HD**  
Entrance on Shakespeare Street

**☎: 0115 9466740**

**✉: [enquiries@erewashcvs.org.uk](mailto:enquiries@erewashcvs.org.uk)**

**Website:**  
**[www.erewashvoluntaryaction.org.uk](http://www.erewashvoluntaryaction.org.uk)**

**Check out the National  
Volunteering Website**  
**[www.do-it.org](http://www.do-it.org)**