



Federation  
for  
*Positive  
Ageing*

## NEWS BULLETIN AUGUST 2015

Dear Colleagues

Well, we may have been quiet but the Federation has certainly been busy. We've a programme of new events with more under development, news from Age Concern Chesterfield and District and info from groups and organisations across Bolsover, Chesterfield and North East Derbyshire so here goes....

***Send us your news - we know you're busy - share what you're doing.  
You never know you might inspire someone to try something different!***

### ***Federation Events***

*All events are free to attend.*

**Bosa Blokes** - a regular get-together for men in Bolsover District  
15th September 2.30pm at Freedom Project Room,  
Bolsover Methodist Church, Hill Top ,  
Bolsover S44 6NN



Outings, talks, games, good company. Join us for a **Free** try at Boccia and Kurling - competitive sports for anyone regardless of age, ability or mobility.

Bolsover District Council are providing us with a free 1 hour session, afterwards we'll plan our next adventures over a cuppa. Join us to add your interests to our list!

This is a partnership project with Clowne Community Transport who will provide free transport for this session. **To book transport please phone 01246 573040 or email [jill@clownect.org.uk](mailto:jill@clownect.org.uk)**

To hear Jill and myself making our radio debut on Elastic fm talking about Bosa Blokes, click on this link <https://soundcloud.com/ljholmes/bosa-blokes>

***Please help us get the word out about this new group by circulating the information and flyer attached.***

### **Federation Networking Meeting**

18th September 10am - 1pm Community Room, Tesco, Clay Cross

An opportunity for any local organisation or group working with or run by older people to get together, share news and learn more about what's going on in the area of interest to older people.

### **Dementia Friends Information Session and Federation Networking Event**

Thursday 1st October 2015 2 - 4pm at St Thomas's Church Centre, Chatsworth Road, Brampton, Chesterfield.

Dementia Friends Information Sessions are run by volunteer Dementia Friends Champions, who are trained and supported by Alzheimer's Society. Each Information Session lasts around one hour. Dementia Friends is about learning more about dementia and the small ways you can help.

This session is being run in partnership with St Thomas's Church and takes place as part of Chatsworth Road Festival. **Places are limited and you will need to book. Please contact Jane Simmonds - mobile: 07974 483 1274 email: jane.stthomasbrampton@gmail.com or contact St Thomas Centre 01246 279916**



### **Group Visit and Federation Networking Meeting**

12th October, 1 - 4pm, Loundsley Green Community Centre, Cuttholme Road, Loundsley Green, Chesterfield, Derbyshire S40 4QU

Come and meet thriving local group Young at Heart, hear about their activities, share information about your own club or group and maybe arrange an exchange visit to your own meeting.

A partnership initiative with Loundsley Green Community Trust.

### **Fundraising and Federation Networking Meeting**

30th November 10 - 2.30 Doe Lea Community Centre, Mansfield Rd, Doe Lea, Chesterfield S44 5PD

Foundation Derbyshire are providing a funding surgery from 10 am - 1pm . This will provide opportunity to gain an insight into the work of the Foundation, and how we can help you with any funding requirements you may have. The sessions will cover hints and tips for applying for funding in general and there will be a chance to discuss your particular project and which of the funds administered by the Foundation is suited to your needs.



Foundation  
Derbyshire

**To book a place please contact Lindsay Sowter on 01773 525860 as soon as possible as places are limited.**

A Federation of Positive Ageing Networking event with a focus on Fundraising will begin at 1pm at the same venue. You are welcome to attend both sessions or just

come along for Positive Ageing networking session at 1pm . If you want to attend the funding surgery you **MUST** book with Foundation Derbyshire.

### *Other events*

Still in the pipeline, we will send information out as soon as final details are in place.

- October Networking meeting for older peoples clubs and groups in Bolsover District and a showcase event to support local groups in attracting new members and volunteers at the end of October.
- Networking meeting for older peoples clubs and groups in South Normanton mid October
- We are working with Rykneld Homes to run a "How to promote/advertise your group" session.
- More Dementia Friends workshops.
- "How to Fundraise" sessions.
- Networking meeting for older peoples clubs and groups in North East Derbyshire early November

If anyone has any good ideas for other sessions please let us know.

### *Other activities*



Holmgate Darby and Joan Club, Clay Cross. The Federation is working in partnership with Rykneld Homes and Sue Smith Tesco Clay Cross Community Champion to help the club develop new activities, attract more members and increase usage of the building. We have set up 4 fortnightly Wednesday afternoon sessions 2 - 4pm commencing 16th September.

*"Fun, Games and Afternoon Tea"* Entry requires

£1per person donation to the Darby and Joan Club. Publicity is being produced and will be circulated as soon as possible.



***Don't forget! if your group needs any help, contact Diane on 0755 396 7087 or email dsheppard444@gmail.com.***

## **NEWS FROM AGE CONCERN CHESTERFIELD AND DISTRICT**



### **Chesterfield Voluntary Sector Hub**

We are pleased to announce that following negotiations with Chesterfield Borough Council, Age Concern Chesterfield and District have secured the temporary "Free" use of a room within Chesterfield Market Hall.

The premise allocated is up for let by the Council and we have use of the room on the strict understanding that if let to a paying business, we will need to clear the room. The council have stated that if this happens and the venture proves beneficial to the voluntary sector and the public, they will examine the possibility of making other similar space available.

***This is a unique opportunity for Chesterfield Charities and community sector groups to showcase their work and to demonstrate and promote the services that they give.***

***The premises are of a suitable size in order to allow 2 or 3 charities or community associations to use the space on a rota basis each day.***

It is a condition of the permission that the premises are not to be used for commercial reasons; sales or "active" fund raising. This does not however prevent each of the attending users from having a collection box on display.

If this opportunity is of interest to your organisation then please ring Age Concern Chesterfield on 01246 273333 or contact John Siddall for further details by email [siddall@ageconcernchesterfield.org.uk](mailto:siddall@ageconcernchesterfield.org.uk)

### **Careline Appeal - Sponsored Walk**

Saturday 17th October 2015, starting at 11am.

Careline is our charity's telephone befriending service which provides up to 3 telephone calls per week to elderly, socially isolated people - many of whom are severely disabled. The Christmas party Age Concern Chesterfield and District holds every year will likely be their only outing over the festive period.



We need to raise funds to provide a really happy, social and festive experience for people who spend so much time alone. Do join us - let's make this the best ever and really make a difference!

The route: Leave the Trans Pennine Trail Car park (close to the Sitwell Arms) at Renishaw, and follow the Trans- Pennine Trail to Rother Valley Country Park. Circle round both lakes and back to the Sitwell Arms. This is all off road mainly level walk for a distance of 7 miles. We estimate that, with an optional lunch stop at the Rother

Valley Information Centre, (under cover picnic area toilets and cafe) the walk will take approximately 3 to 4 hours. The event is open to all ages. Participants may walk, run, cycle or push a wheelchair along the route. Well behaved dogs on leads are most welcome.

***Every £20 raised by your sponsorship will enable an older and isolated person to participate in a Christmas party and an opportunity to socialise with others over the Christmas period.***

To sign up or for more information contact ring Age Concern Chesterfield and District on 01246 273333 or contact John Siddall for further details.  
email: [siddall@ageconcernchesterfield.org.uk](mailto:siddall@ageconcernchesterfield.org.uk)

### **Trustees needed.**

Are you interested in being a Trustee for Age Concern Chesterfield and District? We are a small, thriving, entirely local and independent charity. We provide a range of services for older people, their families and carers across Bolsover, Chesterfield and North East Derbyshire:- telephone befriending, advocacy, advice information and our Federation for Positive Ageing project which provides support for local older peoples clubs and groups. You can find more information on our website <http://ageconcernchesterfield.org.uk/>

To have a chat about what is involved, please contact John Siddall Chief officer Telephone 01246 273333 email: [siddall@ageconcernchesterfield.org.uk](mailto:siddall@ageconcernchesterfield.org.uk)

## ***YOUR NEWS***

### **Chesterfield Theatres Access Group**

We want to make our shows and events accessible to all our audiences. We are constantly seeking to find new and effective ways to enable attendance by the widest range of people.

An Audio Description Booth will be introduced later this year, in time for our Pantomime, which takes to the stage at the Pomegranate Theatre from Fri 4 Dec – Sun 3 Jan. We will also be offering captioned, signed and a relaxed performance.

Our aim is to roll this out to be part of our regular future programmes.

We are looking for volunteers to join our new Access Group to meet, discuss and share ideas on how we can improve our accessibility at Chesterfield Theatres.

If you are interested, we would like to invite you to our next meeting;



**Tuesday 15<sup>th</sup> September**  
**5.30pm – 7pm**  
**Pomegranate Theatre Bar**  
*Refreshments will be provided*

For further information and to register your interest please contact;

**Carole Copeland**  
Arts Officer – Development, Community and Education  
Office hours – Wed, Thurs and Friday morning  
Pomegranate Theatre  
[Carole.copeland@chesterfield.gov.uk](mailto:Carole.copeland@chesterfield.gov.uk) 01246 345215

**Dronfield2gether** everyone is welcome to the Dronfield 2gether Champions meeting on:



**Thursday 17 September 2015, 13:00 to 14:30, Dronfield Library**

The meeting welcomes existing Champions and anyone interested in helping Dronfield to become the happiest and healthiest that it can be. Champions can do as little or as much as they want, so please feel free to invite anyone you know who would like to come along.

There is free parking to the rear of the library and in the Civic Centre car park. Please reply to confirm/decline your attendance. I am very much looking forward to meeting with you.

Best regards  
Elsa MacPherson  
Development Worker  
07870 208866  
[Elsa.Dronfield@ndva.org.uk](mailto:Elsa.Dronfield@ndva.org.uk)

### **Dronfield Gentle Exercise Class**

This class is fun and friendly, suitable for over 60's. We meet before we start exercising to enjoy time for a coffee and socialising - exchanging opportunities and challenges of the 3rd age

Thursdays 11am - 12 noon.  
School Room, Baptist Church, Stubble Lane, Dronfield S18 1PE (opposite Sainsburys car park) £3 per session  
For more information please phone 01246 410710

### **New Group Started**

Tea and Coffee afternoons are taking place at Bainbridge Hall, Carr Vale Road, Bolsover, Derbyshire S44 6JD

1.30 - 3.30pm Tuesdays 11th, 25th August, 1st September. It is hoped to run them weekly thereafter. Transport can be arranged if needed. The first meetings went well with a good turnout of participants and volunteers.  
For more info phone Brian Veasey 828388 or Jon Dale 827505

### **Free Venue**

Tesco Clay Cross has a well equipped community room available free to groups and organisations in the local area. The room can be available from 9am to 9pm, is accessible with tea, coffee making facilities, toilet and holds 20 - 30 people. To find out more contact Sue Smith Tesco Community champion 07514 411859 email [goodwin2969@gmail.com](mailto:goodwin2969@gmail.com)

### **Clay Cross 50+ Forum**

I am writing with the sad news that Linda Henstock who took over as Chair of Clay Cross 50+ died suddenly in July.

Linda was known by many people. Not many knew that she had been supporting various charities and groups for over 40 years.

If anyone wants to contact me or has any questions about the Forum my e-mail is: [ann.61.burnham@sky.com](mailto:ann.61.burnham@sky.com)

We will be meeting in September to elect another Chair  
Ann Burnham (Secretary )

### **Local Councillors Surgery**

Recently elected North East Derbyshire District Cllr Shay Boyle (Labour) is planning to hold surgery sessions in Arkwright on Tuesdays in the morning and afternoon and evenings. Sessions will be held in the Arkwright Community Lounge, known locally as the thruppeny Bit because of it's shape. Notices will be posted in the windows of the times and dates.

### **New Groups**



#### **Strictly No Falling - Chair Based Exercise Class**

The groups improve strength, balance and co-ordination seated and standing exercises for all abilities. New sessions are:

Tuesdays 2.30 - 3.30 Tibshelf Village Hall De55 5NU

Wednesdays 2.30 - 3.30 Holymoorside Village Hall  
S42 7DX

Cost £3.30

Begins August 26<sup>th</sup>

To find out more contact Jen (class leader)07757 726239  
Diane Falls prevention Co-ordinator 01246 515657

## The Arc Social Activity Hub



Friday morning sessions for 50+ The Arc, High Street, Clowne S43 4JY

10am - 12noon.

Boccia, indoor bowls, badminton new age curling and much more. Completely accessible activities for all levels of mobility - and really good fun! (we know because we've taken part - it's great!)

To find out more contact Shane Turner  
Sport Development Officer  
Bolsover District Council  
01246 242363 [shane.turner@bolsover.gov.uk](mailto:shane.turner@bolsover.gov.uk)

## Groups in Loundsley Green, Chesterfield

Young@heart and Thursday Chit Chat groups are for the people in the Loundsley Green, Holme Hall and surrounding area.



Everyone welcome to come along and have a good time and good company,  
**Meetings are every Monday from 1.30pm to 4pm, and Thursday 1.30pm till 4pm.** £1 per session includes tea and biscuits and a variety of speakers and/or activities each week.

If you would like to come along and have a look at us and see what it's all about, just turn up and have a cup of tea and a biscuit,

The activities are advertised in a by monthly flyer and may change and alternatives may be offered on the day

We pride ourselves on offering a diverse programme each week, special one off events may incur a higher fee for that days' events - however the coordinator will always discuss with the group in advance.

We are always looking for new groups and speakers from local community groups – Why not invite a friend or neighbour to share with you and us all. Everyone welcome!

For more details contact Michael at [yah@lgct.org.uk](mailto:yah@lgct.org.uk)

***We're inviting all other older peoples clubs and groups around and about to join us for free on 12th October at the Federation for Positive Ageing Networking event . We really hope you will take part - so we can start exchange visits, learn from one another and give our members a better and more varied programme of events.***



## Tools with a Mission

*Recycle your old or unwanted tools and provide the means to enable people in poorer parts of the world to earn a living.*

Web site: [www.twam.co.uk](http://www.twam.co.uk) or [facebook.com/toolswithamission](https://facebook.com/toolswithamission).

**Chesterfield Tools with a Mission group** (TWAM) is part of a nationwide registered charity which collects and recycles old and unwanted tools refurbishes them and sends them out to places such as East Africa so that people can use them to earn a living.

At Chesterfield there is a storage place where such tools are stored and then sent on to the workshops at Coventry or Ipswich where they are refurbished and eventually packed into containers and sent overseas.

Tools sent out recently include: Sewing machines (with sewing kit), treadle, manual and electrical; Carpentry kits; Computers and printers; Motor mechanics kits; leather workers kits; Typewriters; Plumbers kits, Builders tools; Educational books, agricultural tools and the like. All the consignments are sent to overseas agencies for defined needs.

If you are able to help local contacts are David 01246 231115; Alan 01246 274775 or 01246 569179.

### **LIFE IN BOLSOVER TODAY**

This is a great project and a real opportunity for anyone or any group in Bolsover District to make their voices heard. Views of older people who have witnessed the changes in their communities need to be included - so please do get involved.



Big Lottery and Awards for All have funded a Poverty Audit in Bolsover. Bolsover CVP in partnership with Junction Arts, have been successful in their application to the Big Lottery, for funding to produce a video that asks local people "What is it like to live in Bolsover district today and what are the key challenges and opportunities facing us?"

The video which forms part of a district wide Poverty Audit currently being undertaken by CVP, will not only document local people's views and opinions on

what it's like to live in Bolsover district today, but will also give ten local young people the opportunity to learn a host of new skills, including filming, audio recording, interviewing techniques, and editing processes. The project will also facilitate a Bronze Arts Award for those involved, equivalent to a GCSE grade D-G which will inspire young people to grow their arts and leadership talents.

CVP has already started to talk to people in local communities to capture their views. They also plan to work in partnership with local radio station Elastic FM who will interview people across the district. They want to ensure that those who experience poverty and social exclusion first hand are able to describe what poverty actually means to them, how it affects them, what their needs are and what support and resources are needed to help them deal with and overcome poverty and its impact on their lives.

The audit seeks to create a better understanding of local people's lived experiences in order to inform service providers, policy makers and decision makers; and to ensure that the services, activities and support provided are the best, most effective, accessible and well targeted. CVP also hopes to build community confidence, capacity and cohesion and to raise aspirations amongst those most affected by poverty and social exclusion as part of the process. The video documented by the young people, along with all of the other collated evidence will be showcased at a Poverty Conference early next year to demonstrate the effects of poverty on local people in a unique and powerful way in a bid to influence key decision makers locally, regionally and nationally.

Anyone wanting to take part in the video project should email [heather@bolsovercyp.org.uk](mailto:heather@bolsovercyp.org.uk). or telephone 01623 749730



### **Links CVS Free Funding Workshop**

***Do you have a project or an idea to help your community?***  
**Awards for All and Reaching Communities Funding**

Awards for All is the Big Lottery Fund's small grants programme and is an easy way to get lottery grants of between **£300 to £10,000**.

Reaching Communities is the larger grants programme starting from £10,000.

Big Lottery Fund would like to encourage groups from Chesterfield and North East Derbyshire to apply for our funding.

We are running a local workshop session for interested groups to find out more on

**Wednesday 23<sup>rd</sup> September 2015**  
**10:30am – 1:30pm**

**at the Asian Community Centre, Unit 3, Penmore Business Centre, Saxton Close, Hasland Road, Hasland, Chesterfield S41 OSJ**

There will be a presentation about Awards for All and Reaching Communities grants, Questions and Answer Session and an opportunity to meet 1-1 with Big Lottery Local Funding Officer for the area.

For more information or to book a place please contact Links CVS, telephone 01246 274844

***Please do keep your news about what's happening in your group or organisation coming in to us. One of the key aims of the Federation for Positive Ageing is to enable anyone working with older people (even if you work across generations) to share information and facilitate joint working.***



Federation  
for  
***Positive  
Ageing***

***We're stronger together!***

**How to submit your news and events:**

By post to Age Concern Chesterfield and District, address below - please mark the envelope Federation of Positive Ageing. By email to Diane Sheppard dsheppard444@gmail.com, or telephone Diane on 0755 396 7087

***Send us your news for the next edition by 10th September.  
Lets promote and celebrate all the good work groups and  
organisations are doing!***

Federation of Positive Ageing is a project run by Age Concern Chesterfield and District.

87 New Square, Chesterfield S40 1 AY  
Telephone 01246 273333