

NETWORK



North Derbyshire Health & Social Care Network including the Mental Health Liaison Service

NETWORK is available in large print or on tape on request. It is also available on the NDVA website. Please contact NDVA if you prefer to receive Network in either or these versions.

The next distribution date for 'Network' newsletter is 3 March 2010. If you would like an article included, please ring or e-mail NDVA to discuss and send copy to us by 5 February 2010.

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'Shaping the Future of Care Together' - Your Views



Forum October 2009

Following our AGM on 21st October (see page 7), the NDVA Forum for Health and Social Care Voluntary Groups discussed the Government's Green Paper, "Shaping the Future of Care Together". The outcome of that debate was fed back to the Department of Health and is summarised here.

Forum participants were concerned that, as there may be a change of Government shortly, responding could be pointless. They wanted reassurances that responses to this consultation will be properly considered and used to help shape policy rather than consigned to a black hole. Some participants felt that those Scandinavian countries having more of a welfare state may provide us with positive pointers as a way forward. There was strong feeling against American style health and social care systems.

Contents

Page 1	Shaping the Future of Care Together – Your Views
Page 3	Hellos and Goodbyes
Page 4	Contracts and the Third Sector
Page 6	Derbyshire LINK / Healthier Structures
Page 7	Annual General Meeting
Page 8	Notice Board
Pages 10	Mental Health News
Page 12	More Notices
Page 13	'One East Midlands' Health Network
Page 14	Events & Funding
Page 15	Events
Page 16	Contact details

In relation to specific questions posed by the Government the feedback was as follows:

1. The list of six key things was generally viewed positively but in relation to information and advice people felt two things were missing:-
 - Independent advocacy is seen as a vital right if people are to access all the support they need.
 - The information and advice service needs to be separate from any of the existing services. People were concerned that, when resources are tight and needs are growing, service providers might be tempted to manage resources by making information, advice and advocacy less accessible.
2. The three elements to making the vision a reality were seen as essential but insufficient. There was some cynicism about anything changing in terms of things being joined up whether at government or local level, due to the complexity of the different elements. The ideas put forward that were seen as possibly helping a little with this were:
 - More joint training of people working in different professions/parts of the system.
 - Formal training in partnership working provided for all and having a key contact co-ordinating effectively on behalf of a vulnerable person.
 - Job shadowing and swapping.
 - Better analysis of the consequences of change so as to reduce the incidence of unintended negative consequences.
3. In terms of the funding options there was no overall agreement on the best option, though, of the three options outlined in the Green Paper the general trend of opinion

was towards a comprehensive state insurance scheme. However there was a strong body of opinion that were unhappy with the exclusion of a tax based system.

In relation to adding other funds into the pot, people were split fairly evenly between those that did or did not think things like attendance allowance should be added to the pot. Those that were concerned about this idea felt that it went against the ideas of personal choice, promoting independence and encouraging the preventative agenda.

One other option suggested was to make National Insurance payable on all income rather than having a cut off point as at the moment.

4. In relation to national or local decisions on funding the group were again divided. People saw the benefit of avoiding a postcode lottery, but were concerned about whether a national system could have sufficient flexibility to deal with the very different costs and service availability in different parts of the County, let alone Country. If, and only if, the issue of flexibility can be built in then slightly more people favoured a national decision on amounts.

The next Forum will take place on 20th January 2010.



Debbie Race

Farewell to Debbie

We are sorry to be saying goodbye to Debbie Race, our job share Chief Officer, who is leaving NDVA at the end of November. Sue Howard, Chair, paid tribute to Debbie's role in helping to develop the charity since she joined us in April 2007. Sue said that Debbie's broad knowledge of social care issues, her extensive experience gained within local authorities and the third sector, together with her direct experience of being a family carer, have been invaluable assets to NDVA in supporting groups and organisations, and in serving as a link with the statutory agencies.

David Timcke is taking over Debbie's current responsibilities, including overseeing NDVA's role in co-hosting Derbyshire LINK. Jacqui Willis, our former Healthier Structures Project Worker, is taking up a new part-time post of Liaison Officer, helping David to ensure that groups and organisations are provided with relevant and timely information, and in representing their views and concerns at every opportunity.

Goodbye North Derbyshire Voluntary Action – Hello NDVA!

Members attending our AGM resolved unanimously to dissolve the Charity, North Derbyshire Voluntary Action, transferring all assets and activities to NDVA (just that), a dual registered limited company and charity, which will become active on 1st April, 2010.

NDVA will operate from the same offices in Chesterfield and with the same staff.

A meeting of all members of the new NDVA will held early in April to appoint Directors to the Company. Our website (www.ndva.org.uk) and next newsletter will provide further information.

We cannot automatically transfer to the new NDVA those groups, organisations and individuals who are currently members of North Derbyshire Voluntary Action. So, if you wish to have a voice in the future direction and development of NDVA - and have not already 'signed up' - please complete the membership application form enclosed with this copy of 'Network', download the form from our website, contact us on **01246 555908** or email **ndva@btconnect.com**.

Applications from new groups, organisations and individuals with an interest in health and social care issues are also very welcome.

Contracts and the Third Sector

Derbyshire Contracts Advice Network (DCAN) is a project run by Links: the CVS for Chesterfield and N.E. Derbyshire in partnership with many infrastructure organisations. Carol Lawton, DCAN Project Manager, recently produced a briefing paper for Sir Clive Booth, UK Chair of the Big Lottery Fund, following his visit to the Project. The paper concentrated on key issues faced by the third sector in gaining contracts.

In her paper, Carol wrote that, at the end of year two of the project, certain trends in contracting had become apparent. The main issue raised was the increasing difficulty for smaller, local voluntary and community sector (VCS) groups in gaining contracts: this not only affects the outcomes of the BASIS funded project but is symptomatic of trends in the third sector generally. Sir Clive is in discussion with Angela Smith, Minister for the Third Sector, and is interested in overcoming some of these blockages.

Carol accepted that most of the problems DCAN has encountered in the two years are not new and have been well documented. However, the severity of the problems seemed to be increasing lately particularly in view of the recession and actual/forecast public spending cuts. The issues raised included:

- Increasing complexity of finding out about tenders
- The trend towards e-tendering, which disadvantages small third sector groups who lack ICT support.

- Increasing complexity of contracts. Suggestions for “unblocking” include:
 - Clearer PQQs (Pre Qualification Questionnaires) which weed out providers unlikely to meet full contract specifications, thus saving a great deal of time and resource on all sides;
 - More pro-active encouragement by commissioners re sub-contracting; Active consideration of grants or modest Service Level Agreements for niche providers particularly those serving specific communities;
 - More support to PCT commissioners on using the tools to decide when grants are appropriate
- TUPE and pensions are major barriers to third sector groups taking over public services. Suggested ways forward include:
 - Commissioners making payments outside the contract to compensate for the added pension burden. (However, in cash strapped times will Commissioners be reluctant to offer this?);
 - Changing the requirements!
- PQQs create unnecessary restrictions. For example, insistence on ISO 9001 when this may not be the most appropriate quality measure. Suggestions for ‘unblocking’ include:
 - Encouraging commissioners to be flexible and adopt appropriate standards.

- Commissioners and procurement/legal officers seem not always to be ‘singing from the same hymn sheet’. Suggestions for ‘unblocking’ include:
 - Regulations from central government on tendering thresholds;
 - Encouragement to procurement officers to work jointly;
 - Encouragement to procurement officers to try out the third sector outside the tendering process.
- Costs of partnership working, consortia formation and sub-contracting – tendency for contracts to be aggregated. Working together costs a lot in terms of time (let alone legal advice) and this has to be funded. There are issues of trust, ownership and due diligence processes before partners take the risk of working together on real money. Sub-contracting is a clearer relationship which may enable third sector to have a valuable role as a niche supplier. However this calls for a culture shift.
- Recession & public sector spending cuts. The Audit Commission has already found that 17% of district councils and 8% of other types have already embarked on cuts to programmes delivered by third sector partners, with services either scrapped or brought back in house. This is before the massive public sector spending cuts that all political parties are saying will happen in the next three years. All political parties have the same rhetoric of loving the third sector and social enterprise but public sector cuts have a knock-on effect.

Conclusions:

Valiant attempts are being made throughout layers of government to open up opportunities for contracts for the third sector. However, the prevailing threats of public sector spending cuts may militate against the third sector being able to take on as many public sector contracts as we had all imagined. What is important is that third sector organisations view the risks and challenges of contracts firmly in the context of their overall aims and the ethos of the organisation. It is as important for third sector organisations to walk away from a risky, burdensome contract and concentrate on some lower level activity that helps them fulfil their real purpose as it is for them to be innovative, clear and good at selling themselves as niche providers to whoever does get the contract.

Sir Clive’s Response:

Sir Clive Booth said that he had met with Angela Smith, the Third Sector Minister, had forwarded a copy of the briefing paper to her and invited comments on the possible solutions that were put forward in the paper.

We are grateful to Carol Lawton for allowing us to include this article in Network



Derbyshire LINK Update...

Local Hero Award

The evening of 23rd October saw Derbyshire LINK acting as the main sponsor of Peak FM's Local Hero Award ceremony, held in Chesterfield.

Nick Whitehead, LINK Manager, had the nerve racking experience (his words!) of delivering the evening's opening speech to a large audience and Catherine Clarke, LINK Volunteer Development Worker, presented the award for Volunteer of the Year.

The sponsorship meant that the Derbyshire LINK name and brand was associated with all elements of the awards, including on air promotions, printed materials, 'on the night' promotions and sponsorship association through external media sources.

The ceremony was well attended and everyone present found it enjoyable. However, all agreed that the most important part of the evening was the heartfelt and inspirational stories of normal people who have acted in extraordinary ways and all truly deserving of the description 'Local Hero'.

The Green Paper

LINK has successfully organised three 'big care debates' on the Future of the Green Paper, all well attended and generating excellent discussions on the full range of issues.

The first was a group-focussed event held immediately following the North Derbyshire Voluntary Action AGM (see front cover of this issue), followed by public events at Derby College Enterprise Park and the Imperial Rooms, Matlock.

LINK Steering Group

Elections for the LINK Steering Group have now concluded and 'new and old members' gathered for an informal handover / induction event in Matlock Bath on 10th November.

The first formal meeting of the new steering group will appoint a chair and, for the first time, a vice-chair.

Healthier Structures Project

The Healthier Structures Project has concluded.

Health and social care frontline groups operating in Southern Derbyshire now have access to a regular health and social care forum, called the Southern Derbyshire Health and Social Care Forum, which will rotate venues around Southern Derbyshire. This should put them in a similar position to groups in the North of the County. They will be regularly updated with health and social care news either by a dedicated section in each of the Southern CVS newsletters, an insert or a flyer and by email as and when necessary. The Southern CVS partnership will work together to share information and disseminate this information in a timely and coherent way across all areas in Southern Derbyshire. There will also be co-ordination with the North over information and agenda items. Statutory agencies will now have an easier route into Southern Derbyshire via the Southern Derbyshire Health and Social Care Forum (SDHSCF) and through a named contact based at South Derbyshire CVS.

Summary of Annual Report

Annual General Meeting

The AGM, which took place on 21st October 2009 at the Agricultural Business Centre, Bakewell, was well attended. Sue Howard, Chair, welcomed everybody and the Minutes of the 2008 AGM were quickly approved as an accurate record.

The AGM then unanimously approved a resolution that will see the charity (North Derbyshire Voluntary Action) dissolved on 31 March 2010 to be succeeded by a dual registered limited company and charity, to be known simply as NDVA.

Consequently, the existing members of the Committee will remain in office as Charity Trustees and will ensure the orderly winding up of its affairs (in accordance with the Constitution).

The AGM approved the Annual Report and Audited Accounts for 2008/09 following overviews from Sue Howard, who thanked Staff and Trustees for their commitment and hard work, and Teddi Carslon, Treasurer.

Barber Harrison and Platt were confirmed as Auditors for the remainder of 2009/10.

With regard to the future, Sue Howard said the Trustees would ensure that NDVA continues to provide its current functions in North Derbyshire as effectively as possible, moves forward with Derbyshire LINK and continues its efforts to reach a wider audience.

The AGM concluded with an assurance that a meeting of all members of the new NDVA would be called in April 2010, where nominations for Directors of the company would be considered.

Annual Report & Accounts

Inserted into this issue of Network is a summary of the NDVA Annual Report and Accounts. However, if your copy is missing, please check our website, call us on **01246 555908** or email ndva@btconnect.com



Direct payment for health care: a consultation on proposals for regulations and guidance (closing date: 8 January 2010)

This DoH consultation document seeks views on the Government's proposals for piloting direct payments for health care. This is part of the wider pilot programme to explore personal health budgets announced in High Quality Care For All.

PCTs are already able to offer personal budgets that do not involve giving money directly to individuals. The Health Bill, which has now completed its main Parliamentary stages, would extend these options by providing power to allow Direct Payments, where the individual would be given the money to buy their own health care as agreed in a care-plan. The consultation document describes how it is intended to use the power in the Bill to make regulations to enable pilot sites to test Direct Payments.

Use of resources in adult social care: A guide for local authorities

This DoH guide is to stimulate discussion and debate for local authorities on how to commission and shape services for tomorrow by making best use of resources. DoH is encouraging every local authority to learn from each other about how to take this innovation forward and spread best practice around the country.

Response to consultation on the framework for the registration of health and adult social care providers and consultation on draft Regulations

This document served two main purposes:

- it provided the Government's response to the consultation held during spring 2008: the future regulation of health and adult social care in England: a consultation on the framework for the regulation of health and adult social care, on the new registration framework to be introduced from 2010; and
- it launched a consultation on the wording of the draft Regulations on the scope of registration and the registration requirements that DoH were planning to set before Parliament this year under the Health and Social Care Act 2008. The consultation ran from 30 March to 29 May 2009.

This DoH publication will be of interest to anyone providing or working in health and adult social care, and to patients and people using services, who are interested in how the reforms are going to improve these services.

Report of the Standing Commission on Carers 2007 to 2009

The Standing Commission on Carers has published its first annual report, "Carers at the heart of 21st century families and communities – work in progress". The Report concludes the first stage of the Commission's work (2007 to 2009) and highlights progress made against the main themes of the national Carers Strategy. It sets out future challenges and opportunities, and contains a number of recommendations and suggestions for the Government, delivery partners and the next phase of the Commission. See the DoH website.

Age equality in health and social care

This review analysed evidence about the nature, extent and variability of age discrimination in health and social care services. It also considered what reforms are already in train to tackle age discrimination and support greater age equality. It looked at evidence from a wide variety of sources, including academic research, stakeholder submissions, personal testimony and the conclusions of a number of workshops and engagement events.

The review published its report to the Secretary of State, Achieving Age Equality in Health and Social Care, on 22 October 2009. The Government intends to publish and consult on its response to the review's recommendations in December of this year. See the DoH website.

World class commissioning - an introduction

World class commissioning is about delivering better health and wellbeing for the population, improving health outcomes and reducing health inequalities. In partnership with Local Government, Practice Based Commissioners and others, Primary Care Trusts, supported by Strategic Health Authorities, will lead the NHS in turning the world class commissioning vision into a reality. This guide provides a brief introduction to world class commissioning. See the DoH website.

Charity Commission: New model constitution for small charities

The Charity Commission has published a simplified model constitution aimed specifically at small charities with an annual income below the registration threshold of £5,000. The purpose is to provide a concise and clear framework, explaining all the requirements that a small charity must satisfy.

See: www.charity-commission.gov.uk/registration/smallcharity.asp

Chesterfield Law Centre Launches "TextBox"

The Chesterfield Law Centre, which offers free legal advice, information and representation service to individuals and groups, has launched an improved service for hard of hearing, deaf or speech impaired people who use textphones (also known as minicomms).

"TextBox" will give textphone users equal access to Chesterfield Law Centre's free legal advice service. As with a voice telephone system, TextBox offers the textphone user direct one to one confidential advice.

This development allows the Law Centre to receive textphone calls using a PC application. Live text chats take place from the PC desktop to the textphone and, as with a voice phone system, calls can be transferred to Law Centre Advisers.

For further information contact the Centre on

Tel: 01246 550674

Minicom: 0845 833 4252

SMS/Text: 07781 482826

Fax: 01246 551069

Website:

<http://www.chesterfieldlawcentre.org.uk>

Commissioners and the Voluntary Sector

It has always been difficult for the voluntary sector to get its view across as an important provider of mental health services to the heart of the commissioning process.

In the past our Voluntary Sector Mental Health Network (VSMHN) has sought to influence commissioners and get the sector's views across via the Voluntary Sector Strategy Group (VSSG). Roger and Angela (Rogers' counterpart in the south of the county) attended along with members elected by the VSMHN. The problem with this group has been in trying to get attendance from commissioners. At recent meetings the only commissioner representation has been from Derbyshire PCT.

Roger and Angela have been meeting the Head of the Commissioning team on a regular basis, which has been very useful. It will be proposed to our network meeting that these meetings continue. There will also be two meetings a year where commissioners will be

attending from Derbyshire County Council as well as the PCT and possibly from the City Council and PCT. All members of the VSMHN will be invited along with the members of Angela's forum in the South. The idea is that members are elected from our Network to a new VSSG and aim to feed our ideas into the two meetings with commissioners.

The first of the two large meetings will be held in March and will be discussing: funding for 2010-11, forthcoming tender opportunities, reviews of services and any changes in strategies etc.

We hope that with the input from VSMHN and the South we will be able to put together a constructive meeting where our questions can be answered by the appropriate people and our views and influence can really count.

Roger and Angela's regular meetings with the Head of Commissioning should ensure that more immediate issues can be dealt with. These proposals will be discussed at the VSMHN meeting on December 2nd and comments will also be invited from members via e-mail. After similar consultations in the South the proposal will go to the Strategic Partnership Group.

Changes to Direct Payments

Direct Payments are monetary payments made by councils directly to individuals who have been assessed as having eligible needs for certain services. Subject to a few exceptions, councils must offer people who qualify for services the option of having a Direct Payment if they are eligible for this.

The Department of Health has announced that, from 9 November 2009, new regulations will extend the Direct Payments Scheme to people who lack the capacity to consent, and to people with mental health problems who are subject to mental health and certain criminal justice legislation. Guidance for councils on Direct Payments has been updated to reflect these changes.

Guidance for councils, an updated user guide and the new regulations can be found on the Department of Health website at:

www.dh.gov.uk/en/SocialCare/Socialcarereform/Personalisation/Directpayments/DH_076522

Outcomes Monitoring

Commissioners are increasingly wanting to measure the performance of organisations they fund against positive outcomes for service users. This has always been a difficult thing to do in the field of mental health, particularly for organisations that do not follow a rigid medical model in their work.

Ruth Stretton, the Training and Development Officer based at South Derbyshire Voluntary Sector Mental Health Forum but covering the whole of the county, is hoping to be able to offer development opportunities for organisations wanting to introduce or develop their outcomes monitoring.

Roger has circulated a questionnaire which aims to give an insight into groups' current position and what may be needed in the future.

Improving Access to Psychological Therapies

As most of you will probably know the IAPT contract for Chesterfield, North East Derbyshire and Bolsover was awarded to Lincolnshire Partnership Trust in partnership with Mental Health Matters. The service is called Steps to Change.

Roger would be interested to know if any local voluntary sector groups have had contact with Steps to Change through referrals in or out or other arrangements. Please let Roger know about your experiences.

IAPT's services in the Dales and the High Peak will be eventually awarded to this provider or

the partnership of Derbyshire Mental health Services and Turning Point, currently providing the service in Amber Valley and Erewash. It would be useful to know which partnership is best from a voluntary sector point of view.

Delivering Race Equality Mental Wellbeing Roadshow

Roger and Bryony attended the Delivering Race Equality Mental Wellbeing Roadshow, which was held on November 11th at the African Caribbean Community association in Chesterfield. The event was put together by the team of mental health Community Development Workers (CDWs).

We would like to congratulate everybody involved on a very successful event. It was good to see people from many different communities getting together and involved in a wide range of activities.

Buxton Stressbuster Group

Congratulations to the Buxton Stressbuster Group run by North Derbyshire Mental Health Carers' Forum, which was chosen by Waitrose as one of their nominated groups to receive a share of the £1,000 monthly Community Awards in November.

Care First Careers

The Adult Social Care Workforce Team has announced that there will be a new opportunity in early 2010 for employers, which offers them a recruitment subsidy for taking on a young person in an adult social care role.

The scheme, Care First Careers, has been jointly developed between the Department for Work and Pensions and the Department of Health with joint objectives of increasing youth employment and awareness of opportunities in the adult social care sector, whilst also supporting employers in the sector around recruitment and retention.

Employers will be eligible for a £1500 subsidy, administered through Jobcentre Plus, for every 18-24 year old jobseeker they take on who has been receiving Jobseekers Allowance for 39 weeks or more. The employee will need to be in post for a minimum of 6 months working an average 16+ hour week throughout that period.

For more information on the scheme, go to www.jobcentreplus.gov.uk/carefirstcareers

Making Care Personal - DVD

Derbyshire County Council's Adult Care has produced a DVD for people wanting more information about the new initiative, called 'Making Care Personal: Your Choice, Your Life'.

Some people who receive direct payments, where they receive money from the County Council and buy in their own care and services, talk about the flexibility this gives them and how it gives them more choice and control over their lives.

The DVD touches areas of life from care at home, leisure and transport to health and housing.

From the end of the year the DVD will be available in most County Council libraries and will also be sent out to a number of voluntary organisations across the county so they can show it to their members and other groups.

A limited number of DVDs will also be available on request by ringing County Council contact centre "Call Derbyshire" on **08456 058 058**.

Trumpet Blowers Wanted!

Why not use 'Network' to tell others about you (whether you are a group, organisation or individual) – how you are organised, what you are doing and what concerns and interests you have in health and social care issues? 'Network' is published quarterly; so contact us now and we will do our best to feature you in the next issue. **Telephone 01246 555908 or email ndva@btconnect.com**



One East Midlands - Health Network

Around 30 representatives of the VCS attended the first meeting of the One East Midlands* Health Network, which took place in Nottingham on 18th November. The Derby City and County contingent were Linda Dearden (Erewash Volunteer Centre), Mark Blaney (Derby LINK), David Timcke (NDVA) and Nick Whitehead (Derbyshire LINK)

Open to all third sector organisations with an interest in health and social care, the meeting was primarily concerned with identifying what should be the regional health priorities for the Network to address.

Following presentations from representatives of the voluntary and statutory sectors, participants considered several key topics:

- Is there a role for a Health Network in the East Midlands?
- What are the key health inequality issues that the Network could begin to address?
- How could the issues be addressed in a way that is most useful to third sector organisations?

Lively and well informed debates took place on each table and many points were raised including:

- the need for our sector to share information across the East Midlands;
- for there to be greater consistency in commissioning across the Region;
- the need for better understanding by Commissioners of the Sector (including the huge range of groups / organisations and activities);

- contracting should not be seen as the automatic / only way forward;
- unrealistic expectations of the third sector and volunteering capacity;
- Commissioners need help in understanding who represents the third sector;
- excessive scrutiny of contracts won by the third sector (compared with the private sector);
- importance of the Network supporting and engaging with LINKs across the Region.

The top two issues identified by participants were:

- Personalisation – one system will not work for all; different needs have to be acknowledged.
- It is vital for health and social care to be joined up.

There was strong support for going forward with the Network and one of the early actions will be to identify representatives with the expertise and time to help develop a strategy and plan of action.

*** One East Midlands is the regional voluntary and community sector infrastructure organisation in the East Midlands.**

Season's Greetings

North Derbyshire Voluntary Action Small Grants Scheme

If you are a health related voluntary group active in North Derbyshire, then you may be eligible for a small grant.

The Small Grants Scheme, which is administered by NDVA on behalf of Derbyshire County PCT and DCC Adult Care, aims to provide financial support for activities such as postage, transport, room hire, volunteer expenses, etc. Priority is given to voluntary groups with limited access to other sources of funding and we aim to distribute the funding equally across the localities of North Derbyshire.

The maximum grant is up to £1,000, with the average grant being between £500 and £600. There are four application rounds each year and these will be advertised in Network and on the NDVA website. Decisions on the funding are made at the NDVA Committee Meetings.

For further information about this fund, please contact NDVA on **01246 555908**, or email ndva@btconnect.com

Derbyshire Community Foundation Annual Funding Surgeries

The Foundation's annual funding surgery is travelling around North Derbyshire. Half-hour slots are available for groups to speak with a member of the grants team about their project ideas and find the Foundation fund that's right for them.

Whaley Bridge (High Peak CVS)	1st February	10.00 am to 4.00 pm
Shirebrook, Bolsover (CVP)	2nd February	1.30 pm to 6.30 pm
Chesterfield (Links)	15th February	1.30 pm to 6.30 pm
Bakewell (Medway Centre)	15th March	4.30 pm to 6.30 pm

To book a place please call Lindsay Sowter on **01773 514856**

Derbyshire County PCT Board Meetings

25th November
at Santos Higham Farm, Alfreton

16th December
at Robert Robinson Room,
Scarsdale, Chesterfield

For further information including agendas, minutes and times, see www.derbyshirecountypct.nhs.uk/board-meetings-dates.asp or telephone Debbie Donaldson on **01246 514231**

Derbyshire Mental Health Services NHS Trust Meetings

2nd December
at Buxton & High Peak Golf Club,
Townend, Waterswallows Road,
Buxton, SK17 7EN

6th January 2010
at the Boardroom, Derbyshire Mental
Health Services NHS Trust HQ,
Bramble House, Kingsway Hospital,
Kingsway, Derby DE22 3LZ

3rd February
also at the Boardroom, Bramble House

High Peak Health Champions

The Health Champion scheme is run by Buxton and Derbyshire Dales Volunteer Centres and wants to get information about healthy lifestyle choices to all members of the community.

Would your organisation and the communities you work with benefit from one of your members being trained and supported to promote health and wellbeing? Health Champions can help by signposting people to local services, support groups and clubs. They will have access to the Health Champions database of services as well as build up their own knowledge of local and relevant opportunities. They also have access to the Derbyshire County PCT resource library giving them access to information and supplies of leaflets not usually available.

Your Health Champion will be supported to create displays, run events and talk to individuals who want some advice and support as to how to improve their wellbeing. This could be in relation to healthy eating, taking more physical activity or stopping smoking. The role that they take can be tailored to what your organisation and members would most benefit from. Although there will be opportunities to get involved in more activities with the Health Champions Project, Health Champions can focus solely on their small community group and would take up only a small amount of extra time, including two days training to get a nationally accredited qualification and occasional network meetings to stay up to date on local and national initiative and services. Anyone interested in volunteering need not have any medical or health background, as training and support is given. More important is their ability to relate to their community with good communication skills.

For further information please contact Ross at healthtrainer@buxtonvc.org.uk or call **01298 23970**

Help Save Lives

Could you recognise someone at risk of suicide? Would you know how to help them? Through a new project offering FREE training in suicide awareness it is hoped more and more people will be able to answer 'yes' to these questions.

The Suicide Awareness Partnership Training (SAPT) Project, funded by the Big Lottery Reaching Communities programme and run by Rural Action Derbyshire (formerly Derbyshire Rural Community Council), aims to help reduce suicide by 20% in line with the National Suicide Prevention Strategy (NSPS) by delivering training across Derbyshire to encourage an openness about the subject of suicide.

"Rural communities are a high risk group because of the isolation often experienced," says Sharon Lovell, the SAPT Project Officer. She explains, "Social exclusion has been exacerbated by the closure of post offices and village shops, and the reduction in public transport, and farming communities have been hit by many difficulties in recent years. Being cut off from essential services can often lead to depression and stress."

The free training will commence in January 2010 and is open to everyone. All that is asked is that those attending the training aim to help or influence a total of five people over the three year period.

For further information please contact Sharon Lovell on **01629 821921** or email s.lovell@derbysrcc.org.uk