The brand new chair of High Peak CVS, Karen Rigg, presented the winning trophy to Owen Russell and Grenville Castree of Glossop Men’s Gang at our October AGM. Successful for nearly 5 years now, this older gents group succeeds where many others fail and regularly welcomes in excess of 25-30 older men to their lunches, interesting talks, sing a longs and trips out. Exclusively for gents over 60, this group ensure that their members stay socially connected with their peers and regain some confidence that may have been knocked due to older age or health issues. “Together our self esteem comes back, we don’t feel vulnerable, we feel we still matter, have more to learn and more to contribute. We never stop nattering and laughing” Over the next 12 months the group are aiming to have more trips out and hope to get the gang to Blackpool for the day, for sea air, fish and chips and lots of memories from childhood holidays. For info or how to join contact Liz at CVS.

We had some fantastic runners up also doing such a great job for our communities: High Peak Fibromyalgia, ME and CFS Support Chinley & Bugsworth Transport, Bamford Community Society, and New Mills Women’s Group

Bamford Community Society 2018 Runners Up

CVS Celebrating People has been renamed the ‘Crompton/Woodcock Award’ in special memory of former CVS chairs Chris Woodcock and Mike Crompton.

High Peak CVS wish a very Happy Christmas and New Year 2019 to all the fabulous small groups across the whole of the High Peak. We hope all your wonderful efforts continue to provide a rich and diverse range of support, activity and resource for the lovely people of our communities.

Well done and big thanks to all of you!
It’s Been Pretty Scary in Sterndale Moor!

This new group hosted a fantastic ‘Scarefest’ with all sorts of ghouls and scary folk allowed to roam freely throughout the village, making scary story telling come to life for the night of Halloween. Off to an amazing start this community group are ensuring that the folk of Sterndale Moor come together and get to know each other. Through community effort and having a great time there will be regular events to attend, volunteer for, or both. Having an identity as an independent group for the benefit of local folk, they intend to consult with the community regularly to ensure they have a strong voice that really matters on issues affecting them.

There’s more coming up very soon! Christmas arrives on the 14th of December with a community tree lighting, great fun community disco, Santa and lots of presents.

All sounds brilliant fun! The new committee are well represented at the parish council and have already worked hard and secured support from the local quarries surrounding Sterndale Moor.

To find out more you can use Facebook ‘The only way is Sterndale’
Or email SMCTF@gmail.com

Glossop Blind Social Club

This group have been having a busy time recently thanks to Tesco’s bags of help success. They’ve been getting involved in activities that stimulate the non—impaired senses, a trip to a donkey sanctuary to get up close to the animals, a basket weaving workshop, singing and musical entertainment and lots more, no wonder there’s some big smiles on these pictures.

For more information contact Harry on 01457 852119
Gamesley Youth Gatherings or GYG’s for short have just got themselves established as a family focussed activity and events group in Gamesley. There’s a brilliant Christmas event planned for the 22nd of December at the Children’s Centre from 2–5pm. There will be a disco, tombola, raffle, craft room, decorating Christmas biscuits, hot drinks and packed lunches... lots of Christmas fun for all the family... and guess what... SANTA is paying an early visit and may well have some presents to give out. 50p per child entrance fee and 50p for a packed lunch. All children must come with a parent/carer or relative over 18. To find out more contact Liz at CVS.

Kerry Adamson, Sarah Steele, Helen Adamson and Kerry Leary, GYG’s fabulous new committee 😊

PEOPLE OF WHITFIELD—POW

This new community group recently held the launch of their fantastic new Food Club at Pure Vibes centre. At 2pm every Friday the doors open and folk living in Whitfield can come along, have a cup of tea, bring the kids, meet each other and take home a bag of very useful surplus food to help with their weekly budget. Only a £1 donation at the door. Chairperson Stuart Coles said ‘We are only on week 4 and we already have 35 adults and 25 local children benefiting from food club!’ And Julian from the committee said ‘Folk are naturally staying for a cuppa and chatting to each other, so it’s also a great place to stay connected to your community meet folk and find out what else is going on’ Brilliant job guys and great news for Whitfield! Too find out more you can email peopleofwhitfield@mail.com or call CVS and we can forward your enquiry.

And don’t forget there’s more food clubs around, Hadfield Coming Together—HTC are open at Carmel Church in Hadfield every Thursday from 1–2pm, serving soup and sandwiches as well as sharing surplus food to take home each week. Contact Gillian on 07709 515094 Just a £1 donation for food bags. And G52 Gamesley have their community pantry open each week Thursday afternoons and Friday mornings at their Gamesley shop. Contact Pat or Kim on 01457 858035

POW committee, Stuart, Pete and Julian (back L to R ) and all their lovely volunteers ready to help and share the lovely food. Far right, Gill from Hadfield Coming Together 😊
NEW FUNDING! On behalf of Public Health DCC High Peak CVS are running the Public Health 5 Ways to Wellbeing grants again this year. The aim of the fund is to improve the mental wellbeing of people living in Derbyshire by providing community based activities and services that help people to access the “Five Ways to Wellbeing”. Evidence based actions which promote people’s wellbeing. Connect, Be Active, Take Notice, Keep Learning, Give.

Grants are up to £1000
Applications are invited from voluntary, community or faith groups active in High Peak.

HURRY HURRY!
Closing Date
30 November 2018

More grant money available soon!
The High Peak Health & Wellbeing Partnership are opening a grant scheme to support activity or projects that support the wellbeing of our communities.
Launch in January 2019. Grants of up to £1,000 will be available to groups and organisations delivering on one of the current strategies: Financial inclusion, healthier lifestyles, hard to reach groups, addressing disadvantage.
Check our e-bulletin, website and Facebook in the New Year as there will be a closing date in early February 2019. Or just give us a call at CVS.

Bereavement & Loss
Glossop Support Group

Our group is here for people who are suffering the effects of bereavement - and could do with some support from others in the same boat - over tea and biscuits.
Our meetings are informal, safe, friendly, welcoming and confidential - a chance to share experiences and feelings, to swap useful information and, above all, to be there for each other.

Please join us if you have suffered a recent bereavement and are struggling to find local support or if you were bereaved some time ago and still feel stuck - and if you feel you have managed to come through and are ready and able to help others.

If you want to join us, refer somebody or just want to find out more call Liz at the CVS (see below)

Your Group?
Twice a year, we send out over 800 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. Please also let us know if you no longer wish to receive this newsletter.