View From The Peak

The Newsletter of the Small Group Project — High Peak Community and Voluntary Support    Issue No 42

High Peak CVS are delighted to welcome James Bromley our new Chief Executive Officer (CEO), taking over from Nigel Caldwell who retired in January 2019.

Please contact us through hello@highpeakcvs.org.uk Or call on 01663 735350

James comes from a charitable background and will be working on the future strategy and operational development of High Peak CVS. James -“Firstly I’d like to say thank you to everyone that I have met in my first few weeks in this role. The positive stories I have heard about the community of High Peak and the work we have done together has been fantastic and I look forward to working with you all in the coming months. High Peak CVS is primarily an infrastructure organisation aimed at supporting community and voluntary groups and services across the district. Whether it’s helping set up a group, developing the service they provide, offering training, help securing funds or the various other work we do, I’m immensely proud to be part of the team and I would love to hear from you about ways in which we can support you and the local community. High Peak CVS is YOUR support network and your input is vital to how we deliver our service. Shortly we will be offering a chance for all members, partners and supporters to feedback your thoughts on how we work and how best we can serve you. Finally I’d like to say a huge well done for the amazing work you all do to make the local community a more inclusive and supportive place to work and live”.

Celebrating Peak VIP Group! We are a social and peer support friendship group with visual impairments. We have been meeting regularly for more than fifteen years which in itself is testament to the value and need for a group such as ours. We ensure inclusion, plenty of socialising and are often a lifeline for those most vulnerable to social isolation. We meet monthly in Dove Holes and plan a year ahead so that our members can have plenty to look forward to. We also get out and about together at least three times a year to places of interest. These outings are crucial for inclusion, enhancing confidence, mixing with others, creating lovely memories and making new friends. Many of our members struggle with mobility and would not get a chance to get out and about without these supported trips. Confidence is again enhanced as people are challenged to come out of their comfort zone and with the support of our sighted volunteers realise that they can get out, have new experiences and a lovely day out together. New members are always welcome. Please contact me, Liz Martin, Chair, for more information 01298 79707 Or Liz Fletcher at High Peak CVS 01663 736426

The Small Group Project (SGP) is a project of High Peak CVS, 105 Buxton Road, Whaley Bridge, High Peak, SK23 7HX. Tel: 01663 736426. www.highpeakcvs.org.uk SGP Coordinator — Liz Fletcher
**High Peak and Hope Valley Community Rail Partnership**

Recently many of our stations have celebrated bringing trains to the Peak District for over 100 years; and some for over 150 years. The High Peak and Hope Valley Community Rail Partnership want to make sure travelling by train is an enjoyable experience that is available to all. The Partnership was set up to improve rail stations and services in the High Peak and surrounding area. Its aim is to address the rail transport needs of people living in or visiting the area through improvements to rail services, infrastructure and information. We are concerned with enabling better access to the train services by improving passenger rail facilities, also trying to get some co-ordination between buses and trains. **Information is important.** How many of you know about Passenger Assist, where train companies have a duty to assist those with a disability. Northern Rail, which serves most of our stations, has a commitment to helping all passengers and particularly older and disabled passengers to travel more easily. This includes offering assistance at their stations and trains or when making connections, as well as offering alternative accessible transport when their stations or trains are inaccessible. If you are elderly or registered disabled and are unable to get on the platform of your local station let alone the train, then telephone Passenger Assist and they will arrange an accessible taxi to take you to the nearest station which is accessible. To call Passenger Assist **0800 138 5560** or visit their website at [https://www.northernrailway.co.uk/help/travel-assistance](https://www.northernrailway.co.uk/help/travel-assistance). The Partnership works with local communities and interest groups to identify rail transport needs and issues. The train service is there for all to be able to use and enjoy. On many stations just getting onto the platform can be a struggle. We would like to hear from you about your experiences using the local train services, whether about problems that make it difficult, suggestions for improvement or indeed anything that has made it particularly enjoyable. There are active groups connected to most stations working to make travelling by train pleasant and agreeable. I am the Voluntary Sector representative on the Partnership.

Feel free to contact me at carol.evans@phonecoop.coop.

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**Positive Image Foundation**

A new non-profit organisation providing therapeutic photography sessions to help people who are suffering from low self-esteem or experiencing a hardship due to illness or adversity. We provide makeover and portrait photography sessions and present people with self-esteem boosting images of themselves to help improve their mood and outlook on life. Seeing yourself in a professional styled photograph boosts a person’s confidence and raises dopamine levels. Therapeutic photography can help people with illness or adversity (whether long term or short term) to maintain their identity and resist being defined by their illness or experiences. All of our work is carried out at our comfortable studio based in Glossop. We help a wide array of people, suffering from both short or long term difficulties, for example: people suffering from an illness or disease, someone with a mental health issue or someone with a disability or disfigurement.

For more information go to [www.positiveimagefoundation.org](http://www.positiveimagefoundation.org) or contact us on **01457 290028**.
High Peak Access Group campaigns for better access to facilities for disabled people in everyday life. We are a small group, who over the last year have focused on our contributions to the High Peak Borough Council’s local plan, we have also managed to achieve additional guidance on the provision of accessible parking bays in new developments. We are now consulted on major proposals for changes to public open space, most recently the Crescent development in Buxton and footpaths and parking provision for the new shopping complex in Woodsmill Glossop. We continue to campaign for better access and car parking to the Howard Town Mill, retail park Glossop. If you are concerned about, or interested in access issues in High Peak, then we would love to hear from you. We believe that good accessible design helps everyone, not only disabled people. You can find out more about us by looking at our website: www.highpeak.org.uk and can make contact with us through it as well.

Dave Bennett (Vice Chair and Secretary).

Tea and chat in Chapel does what it says in the name – we drink tea (and eat sandwiches and lovely home made cakes) and chat, and when we say chat we really mean chat! The volume of conversation and laughter at our meetings is high! We were founded at the end of last year by a small team of older local residents because many of us knew friends and neighbours who were isolated and cut off by age, and sometimes infirmity, from friends of many years. So we decided to do something to bring us together again, renew old friendships and make new ones. We meet once every couple of months in the old Bakery in Chapel and about 30-40 of us simply catch up with each other and have a good time. For those with mobility problems we can arrange transport to and from the meetings. We send out birthday cards, keep an eye out for each other. Anyone is welcome to join us, and we are expanding into a third space in the old Bakery at our next meeting because so many people come along. We’d also like to run trips out next year. If you would like to join us then you would be made very welcome indeed, whether you can bring a cake with you or not! There are no membership fees, though some do make a donation to help cover costs but it’s not expected.

Our next meeting is a garden party on July 11th. **We are already looking forward to it!**

If you’d like to know more, join in or refer somebody, then please call Andrew on **07812453230** or Email andynw6@icloud.com or call Fran **07946838493**.

Our next meeting is a garden party on July 11th.
Farewell to Nigel – CVS General manager
Working for CVS since 2006!

“Hi - Nigel here with a voice from the past – now preoccupied with allotment, pensioners lunches, bus passes and my increasing DIY list! Just wanted to say a farewell to all the small groups who achieve so much, with so little practical resources, in order to support people and develop services in our communities. It has been a real pleasure to have been part of High Peak CVS and seen the blossoming of great groups who emerged from an idea to a reality with support from Liz and others. I never had a day when I didn’t want to go into work.

When High Peak CVS started up, the first funding to be secured was a Comic Relief grant to initiate the small Group project. It has been at the heart of CVS since then and continues to extend the range of groups it supports.

I know that Liz is totally committed to the work and with her skill at steering and building group’s capacity the underfunded voluntary sector is safe in High Peak.

So signing off I will keep a look out for the work of all our community groups and am pleased to be able to leave High Peak CVS in the capable hands of my successor James Bromley, also Liz, Jane, Jackie and the full Board of trustees. Best wishes to you all, Nigel Caldwell (retired!)”

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Bereavement & Loss
Glossop Support Group

This group is for those suffering the effects of bereavement-who may benefit from coming together with others who understand. The meetings are a safe space, friendly, welcoming and confidential. A chance to share experiences and feelings, a chance to swap useful information and coping strategies, above all to be there for each other.

Please get in touch with us if you have suffered a recent bereavement and are struggling to find local support, or if you were bereaved sometime ago and still feel stuck.

We would also like to hear from you if you have managed to come through and are ready and able to help others.

Our main meetings are during the daytime in the centre of Glossop, but we are currently piloting an early evening meeting to reach out to those who work during the day. To find out if this group could help you, please call Liz Fletcher at High Peak CVS (see below) or Helen Sharples –Tameside and Glossop NHS 0161 922 5848 or 07523 315709

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

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.