



## December Newsletter

The inspiration for this newsletter is to be an informative way members of the community learn about current activities, groups or opportunities in the area. We want to provide people with a more in depth knowledge so they can choose to get involved and learn how to support the groups or organisations.

This Newsletter also includes updates and information about what Ashfield Voluntary Action has available for local people and what activities or groups will be coming up and available for people in the Ashfield Community. We have also included advice and tips for going into the New Year.

In this edition, we have included a New Year inspired word search to get everyone ready for the New Year that's approaching, so go to page 7 and try it out! The answers from the Christmas Crossword from the November edition is also on this page so check them out!

Merry Christmas and Happy New Year!

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# Spotlight on the community

What's  
Happening  
Locally...

## Groups for January:

21st of January there is a Craft and Chat group is for families with young people. The session is in the Teversal Village Hall, next door to the Carnarvon in Teversal NG17 3JA, Between 10am and 12pm. All material will be provided with voluntary donations of £2 per person or £5 per family. Bookings for this event are essential.

Every Wednesday - Our Centre - have a Coffee and cuppa group 1.30pm to 3.30pm at £2 per session. Go along to enjoy a cuppa and chat, making new friends. For more information call: 01623 753 192.

Mill Waters - Willow Tree Memory Café - Every Second and fourth Wednesday of the month. Drop in anytime between 1.30pm to 3.30pm and no need to book. This group has free activities for people living with dementia, their friends, families and carers including short walks, crafts and games, or relax and socialise.

## Food Clubs, Hubs and Foodbanks.

Food Cycle: Sutton-in-Ashfield welcomes anyone to attend as a guest and enjoy a FREE hot meal. No need to book, just turn up on the day. Every Wednesday at 6pm. Location: The Magdalene Centre, Church Avenue, NG17 2EB. Contact: [Sutton-in-ashfield@foodcycle.org.uk](mailto:Sutton-in-ashfield@foodcycle.org.uk) for more information.

Kirkby storehouse - Foodbank - The Ashwood Centre, open every week on Tuesday 2-3pm. They operate on a referral process, to ensure that the right people are able to benefit from the foodbank provisions. However, everyone is welcome and will be asked a few questions privately to help understand circumstances. Often where possible they will provide an emergency food service for a three week period. Check out: [www.kirkbystorehouse.co.uk](http://www.kirkbystorehouse.co.uk)

Under One Roof - Community Resource Centre - Open Monday to Friday 9.30am till 2pm. Run by volunteers it is home to many organisations one being a foodbank and another being a 'Warm Space' in the winter period. Where you can go and sit to keep warm with a hot drink and various warm snacks. Donations are welcome. Location: 3A Vine Terrance, Hucknall, Ng15 7HN.

## Be a wise owl don't get caught out by scams

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Follow the link to gain information about the Scams and Fraud that could affect you: [rb.gy/tjbx9s](http://rb.gy/tjbx9s). Content includes: Energy-related scams, Holiday scams, shopping and postal scams plus information about who to contact if you're a victim.



# Community Volunteering

## Do you run or take part in a group or activity in Ashfield?

If so, we would want to hear about the difference this makes to local people. Let us know about what's going on and we can help you to promote the fabulous work you are doing in our community.

Did you know that we produce a directory of activities and groups in the area? Make sure we know all about yours! If you run a local group, or activity, and you want us to help you to get the word out, these are the steps to take...



- **Contact us** by email at: [info@ashfieldvoluntaryaction.org.uk](mailto:info@ashfieldvoluntaryaction.org.uk) or call: **01623 555 551**.
- **Promote your activity or group with us** - we will send you a link to our Google form (a simple online form) for you to fill out with the information about the group or person you would like to be included in the newsletter. We will contact you when your group or activity will be featured.
- **Information we'll need** - Send any posters/images you would like us to include in our next newsletter, and contact information for your group.
- **No internet access or email?** - We can help. Call the number above to make an appointment with us.

## What is volunteering all about?

Volunteering is the giving of time and energy to help other people or good causes. You benefit by supporting the community, helping yourself, and supporting individuals or groups.

Although you're not paid to volunteer, we will pay your expenses so you are not out of pocket, and with volunteering you'll gain something priceless. Volunteering is a way for you to learn, meet new people, and gain confidence through supporting others. Volunteering could also lead to potential job opportunities by strengthening your CV, all while you make a difference to your community.



# Groups at AVA

At AVA, we currently run 9 groups for the local community, but are always open to new suggestions for groups and activities.

Our sessions provide a welcoming environment for you to learn new skills, whilst making friends. All groups are supported by our wonderful team of volunteers.



## Our Groups are:

**In Touch** - Mondays from 10am till 12noon and 1pm till 3pm. Drop-in, informal and friendly sessions where you can learn how to use a laptop, tablet, smart phone or the internet, at your own pace.



**LGBTQ+** - Mondays from 1pm till 3pm in our garden room. This is a relaxing, respectful and welcoming space to chat with other people from the LGBTQ+ community.

**Talking Tuesdays** - this group is on Tuesdays as the title suggests, 1:30pm till 3:30pm in our lovely garden room. A welcoming place to chat, and enjoy a cuppa amongst new friends.

**Grief & Loss Group** – Tuesday's every two weeks, people gather to share memories about people they have lost within a supportive environment.

**Chatty Crafters** - every Wednesday at 10am till 12:30pm, in our Garden Room. Let your creative side come out to play!

**Women's Wellbeing Group** - every Thursday, 11am till 12 noon, the women's group welcomes local women to come, make new friends and enjoy a good natter, all in a social environment.



# Groups at AVA

**Men's Meet up group** - Thursdays from 1pm till 2pm every two weeks. This hour long session gives men the chance to chat to others about shared interests and meet new people.

**Garden, Game and Chat Group** - every Thursday 1pm till 3pm. Come along and enjoy boardgames, puzzles, a friendly chat and enjoy our lovely garden.

We also have weekly sessions at Willets Court in Leamington to bring the community together. This community centre is a great local space to have organisations provide advice, information, fun activities and support to the people of Leamington and the local people in Sutton-In-Ashfield area.

Disability Notts comes on the first Tuesday of the month and Nottinghamshire County Council (NCC) Benefits Team attend on the last Tuesday of the month. On the run up to Christmas we will have a member of the community come to provide a 'sing along' session of popular songs and throughout December there will be Christmas carols and mince pies!



## Volunteer Interview - Jamie

Jamie has been a Volunteer for 8 years, as a teenager he volunteered at the Ashwood Centre in their after school clubs. He has been with Ashfield Voluntary Action for 5 years now! The first Volunteer role with AVA that Jamie did was under the 'Step by Step' Project in 2016-2022 which he started by helping in the groups and has grown into becoming a group facilitator. Currently, Jamie is a group facilitator, gardener and supports the kiosk and most recently Jamie has creatively decorated our offices for Christmas. Jamie really enjoys seeing the community get support, advice and socialisation out of what AVA provides. He says it's a wonderful place to work and volunteer for. We really appreciate you Jamie and thank you for all you do at Ashfield Voluntary Action.

# Closing for Christmas

Please check out our website and our Facebook page for updates throughout the Christmas time.



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## FAVA Shop



Come and have a look around, and see what you like or buy a present for any upcoming birthdays or anniversary for someone you know!

We have bags, cards (for all occasions), paintings and much more!

Every things been made in our craft groups or very kindly donated to us.



We also have a portable version of the shop that we take to the kiosk every morning which has a variation of items like; bags some with little treats inside too, teddies, crocheted nurses and a selection of cards for different occasions.

**Have a look around and see what you can find!**

Ashfield Health and Wellbeing Centre, Portland Steet, Kirkby in Ashfield, NG17 7AE

Find out more or contact us: [info@ashfieldvoluntaryaction.org.uk](mailto:info@ashfieldvoluntaryaction.org.uk) - 01623 555 551

[Ashfield Community Enterprise - Ashfield Voluntary Action](#)



# New Year Word Search!

I	E	S	N	O	E	R	A	D	N	E	L	A	C
B	E	G	I	N	N	I	N	G	S	G	I	O	S
I	F	N	B	I	I	R	A	E	Y	W	E	N	N
N	G	A	T	H	E	R	I	N	G	I	F	S	M
N	Y	C	O	S	F	K	C	E	C	S	S	E	I
C	A	O	I	T	R	N	L	B	D	I	C	G	D
H	N	N	E	N	I	G	O	G	K	B	N	Y	N
A	A	F	P	E	E	C	C	I	U	I	L	R	I
M	M	E	A	S	N	T	K	B	C	I	N	A	G
P	G	T	R	E	D	T	B	N	M	M	S	U	H
A	O	I	T	R	S	L	A	A	F	O	T	N	T
G	H	I	Y	P	Y	D	F	E	D	C	I	A	N
N	R	F	I	R	E	W	O	R	K	S	N	J	C
E	A	C	C	E	L	E	B	R	A	T	I	O	N

## Try to Find:

- \*Beginning \* Big Ben \* bubbly \*Calendar \*Celebration  
\* Champagne \*Clock \*Confetti \*Dancing \*Family  
\*Fireworks \*Friends \*Gathering \*Hogmanay \*January \*Kiss  
\*Midnight \*New Year \*Party \*Presents**

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## Christmas Crossword Answers:

1. Presents 2. Nativity 3. Elves 4. Stockings 5. Snowman 6. Advent Calendar  
7. Holly 8. Mistletoe 9. Santa 10. Candy Canes 11. Chimney 12. Hot Chocolate  
13. Cracker 14. Tree 15. December 16. Party 17. Tinsel 18. Turkey  
19. Christmas 20. Reindeer

# AVA going to Kirkby event in November

Ashfield Voluntary Action had a stall at the Kirkby lights switch on event, we had three staff members and two volunteers help set up. Our trading arm Ashfield Community Enterprise provided lots of gifts, lucky dip presents and many crafting items that were sold and enjoyed by the local people that attended the event. This was a great event for AVA and we look forward to many more coming in the new year!



## Do you feel isolated? Would you like to get out more and make new friends?

Sometimes changes in our life can mean that it is very easy to become isolated. The breakdown of a relationship, bereavement, children flying the nest, coming to terms with a long-term health condition, or simply moving to a new area, all can mean that we can find ourselves isolated and lacking the confidence to make new friends.

Our groups and activities are funded through income we generate ourselves and by funding from external bodies. These activities support people who may be feeling isolated through a wide-range of activities and groups all of which are low-cost or no-cost. So, if you would like to try your hand at a gardening group, working on you're craft skills by joining our craft group, becoming a volunteer, or going to coffee groups and meeting like-minded people then AVA is the charity for you. Providing a wide-range of opportunities to socialise in a friendly, welcoming and supportive environment.

We also have our 'Five Ways to Wellbeing' cards to help you to get the most out of life - use them to help you to make positive steps for change. If you would like a free set of cards, want to know more about the project, or the wide-range of activities on offer please get in touch on **01623 555 551** or email: [info@ashfieldvoluntaryaction.org.uk](mailto:info@ashfieldvoluntaryaction.org.uk) and we look forward to seeing you soon.



# AVA Website & Facebook

Ashfield Voluntary Action has two ways to contact the Community via Social media, one being our Ashfield Voluntary Action Website: <https://www.ashfieldvoluntaryaction.org.uk/> and the second being our Facebook page: <https://www.facebook.com/ashfieldvoluntaryaction>.

On our Website you can find out:

- About when and what groups are happening and what days we will be closed for bank holidays.
- You can 'Meet the team' and find out what roles people have within the organisation, See how we operate and the past work we have done for the community.
- We also have information on 'Our work' page and what that entails. For example how to get involved in 'Volunteering' or 'Support for Voluntary & Community Groups', multiple links to ways to get help in the 'Getting Help' portion, information about 'Training', 'Dementia', our FAVA shop or kiosk on the 'Ashfield Community Enterprise' page and many more.
- Lastly, we have information about ways to become a Trustee, sponsorship opportunities and support our work, with ways to contact us.

We also have a Facebook page where we promote:

- Groups and sessions that we provide.
- Job opportunities.
- Volunteering roles other organisations have available.

Our posts are shared with other community organisations which enables us to get the word out to local areas. Why don't you go and follow our page! Keep updated about what events and activities, community information or important dates are coming up.

## Be a wise owl and look out for scams about packages

Citizens Advice reports that **parcel delivery scams** are the most common type of scam of 2023. These can involve texts or emails that look like they're from delivery companies. The sender might say they need to reschedule a delivery or that you need to pay a shipping, or delivery fee. Remember, you can report any suspicious SMS **messages to 7726** and **emails to [report@phishing.gov.uk](mailto:report@phishing.gov.uk)**.

For information and advice go to: <https://bitly.ws/UvZq>



# Healthy eating Tips For the New Year.

Try to eat five serving of fruits and vegetables every day. Buy pre-cut, this will make you more likely to choose them when hungry.

Don't make big changes too fast, for a longer lasting difference change small dietary habits because this will be easier to uphold.

Don't ban foods. Its more effective to include these foods but in smaller portions, this will stop you craving and feeling like you have ruined any progress made.

Switch carbohydrates to wholegrains and vegetables as this removes starchy and sugary foods while still giving nutrients and fibre.

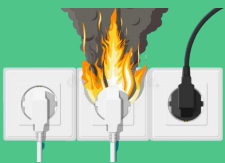
Stay hydrated, NHS recommend drinking 6 to 8 glasses everyday. Healthy choices are water, tea or coffee (low or no sugar) and low fat milk. Drink more water during hot weather and exercising.



Grains	Veggies	Fruits	Protein	Dairy	Fats and Sweets
oatmeal	broccoli	apple	tuna	milk	oil
bagel	carrots	berries	baked chicken	yogurt	avocado
crackers	celery	bananas	lean deli meats	string cheese	butter / margarine
muffin	cherry tomatoes	orange	hard boiled eggs	coltajo cheese	cream cheese
popcorn	peppers	kiwi	nuts	ice cream	salad dressing
rice	squash	grapes	peanut butter	pudding	chocolate
pasta	green beans	peach	tofu	cheese	candy
bread (ie whole and enriched)	lettuce	watermelon	red meat	frozen yogurt	veggie dip

## 7 tips for keeping safe while celebrating the New Year

Christmas lights -  
Check the  
electrics on lights  
as house fires can  
be started



Road Safety-  
Be aware of your  
surroundings.



Don't drink and drive.  
Don't let friends or  
family drink and drive.



Be seen -  
Wear/use reflective  
clothing or strips to make  
sure your seen when  
walking home

Do Not  
serve  
minors  
alcohol.



Sensible shoes -  
For getting home  
safe and walking.



Handle Food Safety -  
Heat food adequately  
and refrigerate leftovers  
promptly, thought, to  
prevent food poisoning.



# GARDENING

We have four lovely gardens:

- 🌸 Garden Room - is our lovely private and secluded garden for our service users or visitors.
- 🌸 Corridor - This an enclosed garden that attracts birds and provides beautiful colours with different flowers all year around.
- 🌸 Reception - Here we have planters with fruits and veg growing, and an area with benches for any visitors or service users that come to the centre to sit and enjoy the wildlife.
- 🌸 Hidden Gardens - Our fourth garden has a wonderful oak tree with benches surrounding it and is a quiet place to sit and relax.

We grow fruits and vegetables in raised beds in the reception garden. This is a great way for the staff and visitors to the centre to enjoy any produce or blossoming flowers. In the 'Garden room' garden we grew cucumbers which we used to make the sandwiches made in the kiosk. Flowers are planted seasonally; providing beautiful colours and variety throughout the year. These are tidied up, re-organised and replenished to keep the gardens looking inviting. (Photos included below of our gardens).

Our Garden and Chat group is well attended and people come to either sit outside and admire the gardens while interacting with others, enjoying conversations that support their sociability or take part in some kind of gardening task such as; pruning, weeding, watering or general sort and organising. This is all done within their own skill set or physical ability.

Please contact Ashfield Voluntary Action on: 01623 555 551 if you feel you would grow from joining either the group or our volunteering team, we are always ready to welcome you and any amount of time you can give would be greatly appreciated and valued.

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# Our Volunteers

Our volunteers are an integral part of our charity, and without them the work we do wouldn't be possible. We are always looking for more volunteers as we'd love to involve the community. Training and support is provided to each individual role.

Some people spend between 2 and 4 hours volunteering in our kiosk. Providing a friendly smile and serving food or drinks to the community.



Many volunteers work behind the scenes as administrators for our charity the role requires; answering the phones and door, being a friendly face to incoming visitors, as well updating information into our databases.



You can volunteer to help in our gardens for an hour or two a day throughout the week; planting fruits, veg or seasonal flowers. Current volunteers alternate between our four gardens cleaning and freshening up the pathways, planters and benches.

Become a befriender to help members of the community with shopping or isolation. Encourage people to join groups or meet for coffee.

We also have volunteers that facilitate our groups so people from the community can attend and be creative, social or interactive whilst in a welcoming environment.



One big thank you to all of our volunteers past and present.  
Thank you to those have helped to create this newsletter and the amazing work you continue to do on a daily basis at AVA.