|  |  |  |
| --- | --- | --- |
| What’s Been Happening  2018-2019  18-19 |  |  |
| Email: admin@ldvg.org.uk  Website: www.ldvg.org.uk | Tel: 01698 888893 | Larkhall & District Volunteer Group |



A close up of a sign

Description automatically generated

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

3

**Larkhall & District Volunteer Group**

Company Registration No. 28557

Charity Registration No. SC028557

55, Victoria St, Larkhall ML9 2BL

**Aim**:

The aim of **Larkhall and District Volunteer Group**, hereafter referred to as **LDVG**, is to promote the wellbeing of the 55+ community in South Lanarkshire.

We provide a range of services and social activities which have a significant positive impact on the ability of older people and/or those with a disability to live independently, improve health and wellbeing, and stay connected to their community.

**Trustees**

A Alston, E Budgell, M Gibson, P McLaughlin, J McAllister, J McCann,

L McDonald, M Murray, R Nisbet, A Rodger, M Vaughan, S Murray (resigned Dec 18)

4

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

4

Nature of Governing Document

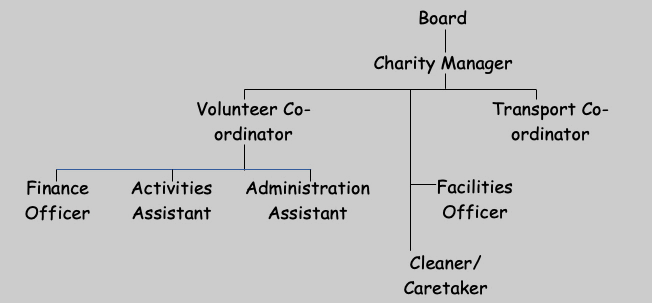
LDVG is a charitable company, limited by guarantee, incorporated on 18th January 2000 and is a registered charity. The company was

established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1

Management

The Charity Manager, Sandra McCrory is responsible for day-to-day management.

**Staff Structure**



5

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

5

A close up of a sign

Description automatically generated

What do we do?

**Background**:

established in September 1994 we were registered as a charitable company limited by guarantee in 2000.

Funding from Big Lottery in 2014, secured larger premises, creating a mobility friendly facility. LDVG expanded our provision of activities and services for the community in Larkhall and the wider Lanarkshire area.

# "celebrating 25 years clipart 82169" by Clipartroo.com is licensed under CC BY 4.0 ClipartroCo.com



A picture containing person, music, brass, holding

Description automatically generated

**Services include**:

* lunch clubs
* call line
* community transport
* handy person
* Thursday night group
* IT groups
* genealogy group
* garden group
* exercise groups
* walking group
* monthly tea dance
* football classics

# "celebrating 25 years clipart 82169" by Clipartroo.com is licensed under CC BY 4.0 ClipartroCo.com

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

6

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Volunteering**

With busy lives, it can be hard to find time to volunteer but … it’s worth it – to you, your family and to your community. It can help you reduce stress, make friends, learn new things, help your career … have fun!

**Our Volunteers said:**

|  |
| --- |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |

6

***Volunteers are unpaid - not because they are worthless but because they are priceless!***

**A group of people sitting at a table eating food

Description automatically generated**

**Volunteers** give their time and skills … but can get so much back.

The next page tells one volunteer’s story.

Thanks to a generous grant from ASDA Foundation, we were able to thank our wonderful volunteers with a Valentine themed party in February … a great night!

" …volunteering has given me a new lease of life by giving me a purpose to get out and about. It is also great to feel that you are helping others. Self esteem is very important …volunteering has helped to bring this back into my life and made

me feel so much better about myself”

"I think volunteering is rewarding and fun. It's a

brilliant way to meet people and make new friends. It's also a great way to learn new skills"

"Volunteering has led to gaining new friends and also provides the satisfaction you get

from doing something you know is really worthwhile"

"I thoroughly enjoy my time as a volunteer helping out, meeting new people

it has a beneficial effect on my life"

"Enjoy coming, gives me something to do, meet lots of people"

# A person standing in front of a fruit stand Description automatically generated

7

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

7

**Volunteer’s Story**

I was being supported by Lanarkshire Association for Mental Health as I felt really isolated and severely lacking in self-confidence. They suggested calling in to LDVG. I had seen the buses around the area and had wondered what the group was about and how to access it. My long-term aim is to get back to work and I was interested in joining the Computer Class, to increase my skills. I also asked about the volunteering opportunities thinking this would be a good starting point.

Shortly after signing up I was invited to join the Volunteers’ Christmas Party and although finding the thought quite daunting, I decided to go. This was difficult for me as it required a lot of decisions that I was unused to making; even finding out where the place was, was a challenge. When I arrived, I sat next to a volunteer I’d met the previous week. I thoroughly enjoyed the night and found everyone to be very welcoming and inclusive and I was glad I had gone.

At first the centre seemed to be a massive place, quite daunting, and I was surprised by how many activities and services were on offer. I have enjoyed a variety of roles and am always keen to try something new.

Everyone has been amazing, so accepting and supportive and it’s brilliant. I now have a sense of purpose, am enjoying meeting new people with lots of different personalities and although I still experience good days and bad days it’s good to know I’m not alone. I have found out things about myself which I hadn’t realised, including how adaptable I can be and I’ve overcome some long term fears about meeting other people and knowing what to say. I am enjoying everything at LDVG, getting used to new places, new people and new tasks. I need to stop panicking and stay focused, be less nervous and more confident and I am starting to achieve all of these things. It’s nice to be out and about, seeing people I recognise and chatting in the street. I feel part of something that makes a difference and want to do more. My favourite area of work is with the Lunch Clubs but am happy to help anywhere I’m needed.

I was really anxious about joining as a volunteer but the support has been really great with clear instructions and introductions to other volunteers.

I remember coming here on that first day, as I had a good feeling inside, thinking ‘I’m going to help’ and that’s what I’m doing. Nobody else can give you that.

**Members**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

8

8

The men and women who use our services all have a story to tell. For some,

it is just a small part of an otherwise busy life but for others, it is a huge part

of their life, sometimes a lifeline, providing a much-needed support at a

difficult time in their life.

A person sitting at a table with a vase of flowers

Description automatically generated

**Barbara’s Story.**

I nursed my husband for 20 years after he had a stroke aged 42. Prior to his illness, we had led active busy lives but that changed and through his ongoing ill health, he was rarely able to go out and my life revolved round his. When I lost him a few years ago, I became severely depressed and family helped at this difficult time.

About 8 years ago a diagnosis of diabetes and deteriorating eyesight left me unable to drive. This stopped regular visits to my sister who sadly passed away shortly afterwards.

I found myself very alone.

One day my granddaughter came home to find me sitting crying and at that point took command to get me out and about again. She spoke to an Occupational Therapist at Social Services who provided a list of organisations in Hamilton and surrounding areas. The only organisation to respond was Larkhall and District Volunteer Group who got in touch to explain about the lunch clubs. I wanted to attend on the three different days before deciding which one to regularly attend but enjoyed it so much I still come three times a week. Initially I came in a taxi but after finding out about My Bus, now use that service. Joining the lunch club opened up other opportunities with LDVG and I come to other activities during the year.

Coming to the lunch clubs has saved me, I don’t know where I’d be if not for this. My daughter is also a lot happier as she was worried. Everyone sees such a big difference in me, including myself. I’m happy to keep coming, and constantly spread the word about LDVG telling my new friends on My Bus. I’ve made lots of new friends here and when I’m here feel free, different, with improved confidence. Everyone is so helpful, friendly and obliging and I can’t praise them enough.

**Other members said:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

9

9

"Keep up the good work, without this group

I was getting very depressed. Thanks to you I am a much happier person. Also enjoying the company of new-found friends"

"Very responsive.  Good collection of

people made everyone welcome. Always

willing to talk to you and very friendly. Every week when I arrive you always get a welcome smile and a wave, always willing to help"

"I already feel accepted by the others in this group. They are all most friendly and helpful although I had never met any of them before. The room was comfortably warm, the equipment was ready for use.  I do not have equipment like this at home"

"I definitely have met a new network of friends. I enjoy their company and I look forward to my activities"

"Enjoyed the help and assistance from the members of the History Society. Staff at LDVG have been very helpful too and the rest of the group have helped each other with tips"

"Any problems that you need to fix, all staff are willing to help whenever possible, with a smile. Thanks LDVG"

“Through the group I met a guy I used

to work with in Larkhall and I hadn't seen him since 1958.  It's been great catching up on old times. I'm 86 now and we enjoy a good natter about what’s happened over the years”

"It's the good company and the lunch club sessions and bingo I enjoy the most. When you're older and on your own it can be pretty lonely. My family are grown-up and live hundreds of miles away.  It's amazing the number of pals I've made through LDVG. I wish I'd started coming here a while ago"

A group of people posing for the camera

Description automatically generated

A picture’s worth a thousand words!

10

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

10

Call - Line



Lunch club

A group of people standing around a table

Description automatically generated

Community Transport

A white bus is parked on the side of a road

Description automatically generated

Thursday Night groupA group of people sitting at a table

Description automatically generated

Handyperson

A person sitting on top of a wooden fence

Description automatically generated

IT Groups

A group of people sitting at a table

Description automatically generated

Coffee Morning – April 2018

A screenshot of a cell phone

Description automatically generated

Genealogy

A group of people sitting at a desk

Description automatically generated

Walking Group

A group of people posing for a photo

Description automatically generated

Christmas Coffee Morning – 2018

A group of people standing around a table

Description automatically generated

11

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

11

Gala Day May 2018



Gardening Group

A group of people in a garden

Description automatically generated

Exercise Group

A group of people standing in a room

Description automatically generated

Celebration 2018

A close up of a sign

Description automatically generated

Tea Dance



Football Classics

A group of people sitting at a table in a room

Description automatically generated

12

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

12

A Busy Year

2018-19 has been another busy year with Activity groups growing and membership increasing. We have also built successful partnerships with other services/groups including Heart of Africa Community café and Citizen’s Advice

At our last AGM we noted our aims as:

* Successful exit from Big Lottery Funding
* Increase funding from self-generated sources
* Explore the need for different accounting software and

management information

* Expand Community Transport fleet and income
* Continue to review service requirements

**We met most of our aims … ✓**

**… and we developed a new, 3-year Business Plan …to help steer our way to 2022.**

A screenshot of a cell phone

Description automatically generated

# 



13

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

13

67

(56)

Volunteers

558

(558)

Walks with walking group

>8000

(7388)

Volunteer hours

641

(680)

Minibus journeys

21612

(20703)

Miles covered

3678

(3447)

Lunches served

Facts and Figures

(last year’s figures in brackets)

A group of people standing around a table

Description automatically generated

6192

(5443)

Attendances at all activities

10280

(6430)

Calls through call line

A van parked on the side of a road

Description automatically generated

A group of people standing in a room

Description automatically generated

**High Points**

14

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

****

14

In 18-19 we achieved Volunteer Friendly award. This is a quality standard which recognises groups who are good at involving volunteers. We were really proud to gain this as we have always understood how important our volunteers are … they are the heart of LDVG.

**Community Supports**

We really appreciate the huge amount of support we receive from individuals, groups and businesses within our community.

Our main corporate funders in 18-19 were:

* + - National lottery
    - Morrisons
    - Asda
    - Robertson Trust

**Looking Forward**

In 19-20 we will continue to:

Develop our services, including community car scheme.

Strengthen our partnerships, particularly with local businesses.

Celebrate our first 25 years!

**1994**



**2019**

A close up of a sign

Description automatically generated

15

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

15

**Volunteers Thank You Song** (thanks to A Nisbet)

(… to the tune of **‘Dancing Queen’)**

All geared up and set to go, headin’ out to a place we know

All of you good people, giving up your time, you are all friends of mine

All of you are what gets us through, helping others in all you do

Making sure all our members, are having a good time

And no-one’s left behind, making them all feel fine

You are our VOLUNTEERS, young and old, all of different years

VOLUNTEERS, helping folks in their senior years – oh yeah

We couldn’t do, without you, all of these wonderful things

Lets give you three big CHEERS, THANKS ma dears, you are our VOLUNTEERS

Your contributions help a lot, sharing all the skills you’ve got

Members are glad to see you, going the extra mile

Making it all worthwhile, making our members smile

You are our VOLUNTEERS, young and old, all of different years

VOLUNTEERS, helping folks in their senior years – oh yeah

We couldn’t do, without you, all of these wonderful things

Lets give you three big CHEERS, THANKS ma dears, you are our VOLUNTEERS

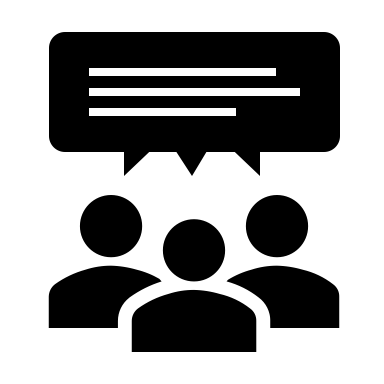
**Contact us**:

Address:

Registry House, 55 Victoria St.

Larkhall, ML9 2 BL

Phone: 01698 888893



Website: <http://www.ldvg.org.uk>

 Larkhall & District Volunteer Group

@LarkhallVolGrp

e-mail:

general – [admin@ldvg.org.uk](mailto:admin@ldvg.org.uk)

transport – [Transport@ldvg.org.uk](mailto:Transport@ldvg.org.uk)

room booking- [Finance@ldvg.org.uk](mailto:Finance@ldvg.org.uk)

Board – [Board@ldvg.org.uk](mailto:Board@ldvg.org.uk)

A picture containing vector graphics

Description automatically generated

… as a volunteer? Come and talk to us.

There are lots of opportunities to fit in with your time and skills.

… as a **trustee**? Why not think about joining the Board?

Why not come along to a meeting to see what it’s like.

Join us?

|  |
| --- |
| You can donate via   * collection tins out in shops in the community * through our Facebook page or * into our bank – our details are below;       Help us?  **Our bank details:**  Bank - TSB, sort code 87 37 52  Account number - 80318860.    . |