

The LDVG Newsletter



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Supporting our community since 1994



COMMUNITY FRIDGE

January saw the public launch of our community fridge thanks to help from hubbub and the co-op. This service provides us with surplus food donations from local supermarkets such as Tesco, Aldi, Co-op and Asda.

Every week we open our doors to the whole community for a few hours on a Friday, giving everyone the opportunity to pop down and help themselves to the excess food on offer.



This service is about reducing waste sent to landfill and we encourage everyone to take advantage by visiting on a weekly basis! Stock will vary depending on store donations.

We are unable to accept donations directly from the public, however if you have any food items you would like to donate, we ask that you take them to the Trinity Church food bank instead.



THURSDAY NIGHTS JUST GOT A LOT MORE EXCITING

After a long hiatus, we are delighted to see the return of our Thursday Night Social Group. Our Volunteers and members have been champing at the bit to get back to enjoying their Thursday nights here at our LDVG centre.

This revamped event brings with it a lot of opportunities for people to take part in games, learn a skill and make friends. From dominoes and bingo to crochet lessons, there really is something for everyone.

Thanks to funding from Age Scotland we have been able to offer free transport for local residents to attend this group.



FEEL THE WARMTH

Larkhall & District Volunteer Group are delighted to have secured The National Lottery Community Fund Awards for All funding to help heat our community.

Our project will be looking at heating the person and not the place, through the use of Feel The Warmth heat belts/pads. We can't wait to see how these belts/pads help those who feel the cold most keep themselves warm - and that's not to mention the other health benefits to be had.

Feel the Warmth belts/pads are great to keep you warm whilst out and about or sitting at home. They also help with a number of other things:

- Joint Stiffness
- Muscle Spasms
- Poor white cell function
- Low immune response
- Pain
- Poor range of motion
- Inflammation & oedema
- Slow healing of soft tissue injury



LOCAL CO-OP..ERATION

It was a pleasure to join Jackie and Rosie, Co-op Pioneers in February to help promote both the co-op membership and everything that is currently happening at LDVG.

We were overjoyed that the Co-op Larkhall had chosen us as one of their three local causes to support this year.

This means that any co-op member can help raise funds for us while also saving money for themselves. All you need to do is download the co-op app and choose us as your chosen charity, then when you save, the co-op matches that for us. It really is that simple.



Help us continue to make a difference in the community and choose us today!



One quick month later... we were back in the co-op again. Jackie and Rosie invited us along to celebrate "Fairtrade Fortnight" with them, this time informing everyone about the community fridge that had just been set up at LDVG thanks to funding from hubbub and the co-op.

It was great to speak to so many people and spread the word in the community. A very pleasant morning enjoyed by all and we look forward to being involved with the next one.

We are grateful for all the ways in which the co-op supports us and thanks to everyone who has chosen us through the co-op membership scheme. Your contribution means a lot to us and everyone you are helping in the community.



I AM A VOLUNTEER, AND I VOLUNTEER ALL DAY

February 24th saw the return of our annual volunteer celebrations. Catered by McFarlane Catering, our volunteers were welcomed with a delicious hot and cold buffet upon arrival. They received a thank you gift, a ticket for a free drink at the bar and a coloured ticket along with two pegs, which would all become clearer a little later on...



Once our wonderful bunch were happily fed, we continued the celebration with a "welcome & thank you" provided by our Project Co-ordinator Ann Nisbet, including a personal poem from the heart.

Then the fun truly began...

"The Peg Game" started and ended with laughter and enjoyment. The aim was to attach a peg to as many people as you could without them noticing. A big shout out goes to Lunch Club Volunteer, James Dallas who somehow managed to go from his two pegs to winning with over 20 in his name! This was then followed by an "obstacle challenge" as we liked to call it. Everyone divided into their respective teams by ticket colour they received on arrival. It was an activity of organised chaos and everyone loved it. It definitely brought out everyone's competitive sides. The challenge consisted of a few skill based obstacles and questions regarding LDVG. It was great to see everyone getting involved and having a really fun time.



The night continued with a volunteer song written to the tune of "I am the music man" and everyone got on their feet to join in.

We concluded the night with music and karaoke thanks to Peter & Jackie who provided us with songs to dance and sing the night away to.

WELCOME TO THE #CHARITYFAMILY

This quarter we welcomed two new members to our board.



Alan Blyth (Vice Chair)

Alan joined the Board in 2023 as Vice Chair and has a background in Information Technology having worked across many sectors of the industry including financial, manufacturing and retail, but most recently as a Global IT Director. Alan has previously held several senior positions in various market leading organisations over the last thirty years and is also involved with MCR Pathways as a mentor and the Independent Monitoring Boards (IMB). Alan is looking forward to working with the team.



Sandra Gilfillan

Sandra joined the board in 2023 and has a background in Drama and education, completing training at RSAMD, Edinburgh and Strathclyde University. She is currently a Depute Head Teacher at a local high school. Sandra was born in Larkhall and has supported a number of local community initiatives. She is looking forward to supporting the growth of LGVD.

WARMER PLACES

Thanks to the National Lottery Community Fund we are able to provide our centre and its facilities for longer to our members. We will be able to assign rooms to our groups before and after their scheduled times to allow them to sit in a warm space, enjoy a coffee and a blether.

This will benefit all of our activity groups. Our walkers will be able to come back from their walk, relax and warm up after enjoying being out in the fresh air for a while.

Our gardeners, after a session of planting, can come in and have a nice hot coffee in the company of others.

Even our exercise, genealogy, craft and IT groups will have the opportunity to use a room before or after their classes.



INVESTING IN VOLUNTEERS

We currently hold the 'Volunteer Friendly' award which has to be re-applied for every 3 years. As a charity we have outgrown this award and are now involved with 'Investing in Volunteers' (IiV).

This is the UK quality standard for good practice and assesses the quality of volunteer management and involvement within the organisation. Achieving the standard shows how much we value our volunteers and working towards this provides an ideal framework to help us improve the effectiveness of our work with volunteers and enhance the organisation's reputation.



What we hope to achieve:

- Enhance our volunteers' experience and increase your motivation.
- Strengthen our reputation and encourage more people to volunteer.
- Minimise risk, maintain knowledge, and plan for the future.
- Develop, review, and strengthen our volunteer programmes processes and procedures.
- Build confidence and ensure safe, effective practice in line with the UK standard.
- Plus, much more!



LARKHALL
DISTRICT
VOLUNTEER
GROUP

SERVICES TIMETABLE 2023

Day	Service	Time	Description	Price
Monday	Call Line	9.00am—2.00pm	A friendly check up call	N/A
	LDVG Lunch Club	11.30am—1.30pm	A delicious , nutritious meal	£3.50/£6
Tuesday	Call Line	9.00am—2.00pm	A friendly check up call	N/A
	Dalsersh Lunch Club	11.30am—1.30pm	A delicious , nutritious meal	£3.50
Wednesday	Hareleeshill Lunch Club	11.30am—1.30pm	A delicious , nutritious meal	£3.50
	Strutherhill Shopping Bus	10.00am—12.00pm	Transport to /from local supermarkets	N/A
	LDVG Lunch Club	11.30am—1.30pm	A delicious , nutritious meal	£3.50
Thursday	Strutherhill Lunch Club	11.30am—1.30pm	A delicious , nutritious meal	£3.50
	Hareleeshill Shopping bus	10.00am—12.00pm	Transport to /from local supermarkets	N/A
	Call Line	9.00am—2.00pm	A friendly check up call	N/A
Friday	Community Fridge	1.00pm—3.00pm	Reduce landfill by helping yourself to a variety of excess food	N/A

SCAM AWARENESS

Mark's & Spencer "Golden Ticket" Scam

Millions of Facebook users are being warned over an M&S scam which offers shoppers a "golden ticket" to spend on their shopping.

The giveaway is nothing but a scam - causing tech experts and consumer experts to issue alerts and warnings to consumers nationwide.

The fake scam promises that 500 lucky winners will receive £100 to spend at M&S stores in the UK - all by liking the post on social media and then sharing it. A representative for M&S confirmed that the posts are fake. Criminals often pretend to be supermarkets on Facebook offering giveaways, competitions and prizes if people "like" and "share" the post. Unfortunately, the prizes don't exist and the purpose of these scams is to gather peoples personal information so they can be targeted with more scams in the future.

Planning A Holiday? Here are a few tips to avoid scams:

Remember to "take five" before parting with your hard earned cash, as some deals that are advertised online may not be all they seem.

Stay ahead of the criminals by following our tips:

- Read online reviews from reputable sources to check websites are genuine
- Only use the secure payment method recommended by reputable online retailers
- If possible, use a credit card when making purchases over £100 and up to £30,000 as you can receive protection under section 75 of the Consumer Credit Act

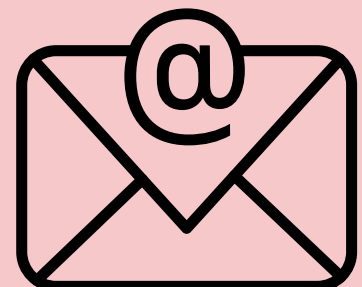
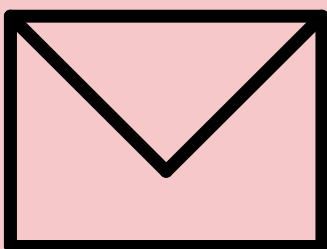
If you have visited a website you think is suspicious you can report it to the National Cyber Security Centre using the 'report a suspicious website' form on their website.

Take Five Explained

STOP: Taking a moment to stop and think before parting with your money or information could keep you safe

CHALLENGE: Could it be fake? It's okay to reject, refuse or ignore any requests

PROTECT: If you think you've been a victim of fraud, contact your bank immediately



STAY UP TO DATE WITH LDVG

To stay up to date with everything going on with LDVG and its partners, please consider following us on social media. This is where we post updates and news and it's a great way to stay in touch.

Facebook

facebook.com/LarkhallDistrictVolunteerGroup

Twitter

[@LarkhallVolGrp](https://twitter.com/LarkhallVolGrp)

Instagram

[@LarkhallVolGrp](https://www.instagram.com/LarkhallVolGrp)

You can also find more information about LDVG and what we do at the following:

LDVG Website

www.ldvg.org.uk

LinkedIn

www.linkedin.com/company/11639116

HOW YOU CAN GIVE TO LDVG

There are lots of ways that you can help LDVG to continue making a big difference in the community! Check our website or scan the QR codes for more details.

You can support us while shopping online using Easy Fundraising, which contributes a donation to LDVG at no additional cost to you! Easy Fundraising is supported by over 3,600 retailers including Amazon, ASOS and eBay.



We have recently set up a Just Giving page which you can use to donate to or fundraise for LDVG, contributing to the continuation of all our services.