

The LDVG Newsletter



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Supporting our community since 1994



SYMPOSIUM IN STIRLING

Sandra and John attended Age Scotland's "Wellbeing in Later Life" symposium in Stirling.

They were delighted to take part in this activity driven morning which involved several organisations hosting quickfire rounds of activities, demonstrating who they are and what they do. It was a great morning getting to know other organisations, eg. Trellis, were a great inspiration to us and have helped us structure our garden group rainy day activities. They also got to meet Donna from Sporting Memories, who gave a great insight into transitioning our pre-Covid football classics group into Sporting Classics which will be starting very soon at LDVG.



COMMUNITY IMPACT



We are thrilled to announce that we have been shortlisted as a finalist in the Lanarkshire Business Excellence Awards 2023 in their "Community Impact" category.

Our team will attend the awards ceremony in September where the winners will be announced, but we are extremely pleased to even have been chosen as a finalist. Fingers crossed.

COMMUNITY CAFE

Due to high demand, our LDVG lunch clubs are at full capacity. We now have a waiting list for all three days.

The community cafe was introduced recently to accommodate those people and let them get a taste of what the lunch club would be like. This is a free service and is open to the whole community. Anyone can pop in and enjoy refreshments while meeting new people and having some company.



With the cafe being a lot quieter it allows people to ease themselves in slowly as the lunch clubs can be loud with maximum members attending.

This service is open Fridays 1pm - 3pm exclusively coinciding with our Community Fridge project.

LECTURERS FOR A DAY

It's been a particularly busy quarter for all of us here at LDVG. May started off with Ann and John delivering a 90 minute presentation to a group of 260 Nursing Students at UWS, Hamilton.

The presentation itself focused on who we are, what we do and the impact we have in the community along with the part we play in reducing the demand on the NHS and local authority. We included a few interactive elements including Age Scotland's Power Quiz which went down really well and was enjoyed by all.

It was a great opportunity, not only for us to show the impact we have on the community, but also for them to see how we can work together moving forward.



SPRING CELEBRATIONS

May 27th saw the return of our annual Spring Coffee Morning here at LDVG. Not only were we blessed with glorious sunny weather, we were also overwhelmed with the community support we received throughout the preparation/on the day.



The building was buzzing with people, with our tombola stand busy, start to finish. All of the items we received for this stall was appreciated and we couldn't believe how many prizes we ended up with on the day.

We also received enough food related items to create a hamper for our main raffle prize. We were delighted with the support and contributions and would like to thank volunteers, members, trustees, staff and the community for all your donations.

Our gardening group have been hard at work as usual, providing our event with many beautiful planters for sale. Once again they did not disappoint and the community were amazed by their skills and professionalism. Thank you to all of you for your continued support and hard work, it doesn't go unnoticed.

We also had a few fundraising items such as "second hand book sale" and our "guess the flower board" which were well received.

Our large room was once again transformed into a cafe area offering tea, coffee and a tremendous array of home baking provided by our very talented volunteers. There was a great selection of scones, meringues, sponges, pancakes, crumpets and chocolately goodness.

We were supported by our friends over at Sky, Uddingston who provided us with a lovely assortment of gift items to include in our tombola and raffle,, including a tassimo coffee maker, amazon Alexa, signed Liverpool football, fragrances and jigsaws. Thank you for these great additions.

We raised over £1900 for LDVG and we thank all of you for helping us achieve this. Its been our most successful coffee morning to date. We are thrilled at the support and extremely happy to see the community all come together to make this an amazing event.



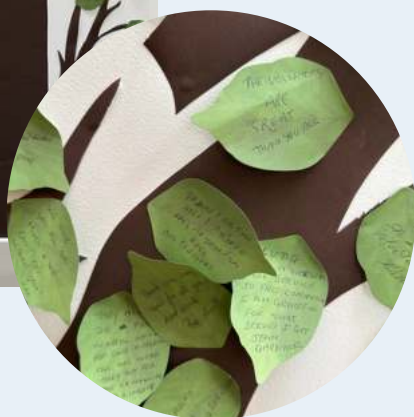
VALIENT VOLUNTEERING



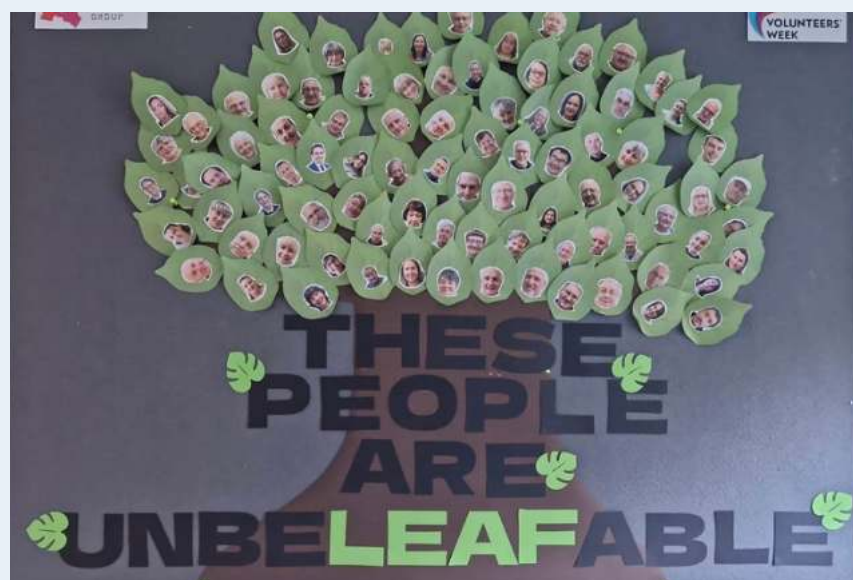
Volunteers' week is celebrated UK wide from 1st to 7th June every year – a time to sing the praises and thank all our volunteers for the fantastic work they do.

We celebrate our volunteers every day but make a special effort during this time to ensure they know how much they are valued by everyone at LDVG.

We asked members to support the event by adding their messages of thanks to our tree. Letting the volunteers know how much they are appreciated and the impact their dedication and service has on their lives.



Our theme this year was the 'LDVG FAMILY TREE' highlighting the important individual parts our volunteers play within the organisation. They are the roots, the branches and the nourishment supporting the growth and development of our organisation and its members. There is strength in teamwork and without their commitment and dedication we would not be able to achieve what we do.



Look at all these brilliant people who give up their time to help us provide a huge variety of services and activities to our members.

What an amazing group of volunteers we have!!!



SUPPORT FROM SKYCARES

Our partnership with Sky has been incredible and we couldn't thank them enough for the support they showed us at the end of June. Sky funded an event for our Armed Services Community Group and provided volunteer support to help us on the day.

This event started off with our group enjoying a buffet style lunch provided by Lettuce Catering, on behalf of Sky. The food was delicious and everyone kept raving about how nice it was.

Once this was over the group split into two smaller teams, half of them participating with a bean bag toss game and the others in a hoopla style ring toss game. By this time there was definitely some competitiveness shining through. The teams then swapped over to participate in the other games and the winners were announced. Our champions were John McLeish and Raymond Hymas winning the first two prizes of the afternoon. Well done guys!

It was then time for BINGO! The members were all very eager, maybe even slightly more competitive. First to a full house was John Bacon, winning the third of the prizes.

To end the day we held a quiz that had all the members brains swirling. A variety of categories kept it fair and John Ritchie was crowned the quiz champion, winning the final prize of the day.

Thank you Sky for funding this fantastic afternoon full of fun, laughter and great food. Here's to the next!



LARKHALL GALA DAY



On June 17th we joined a number of other organisations to celebrate Larkhall's Gala Day.

We were joined by Sandra and Carole from our Garden Group who along with the rest of the group provided us with many beautiful planters to sell to help raise funds for LDVG. It was a lovely sunny day, enjoyed by all and we thank everyone who popped along to see us.

Congratulations to the Gala Committee for once again providing the community with another glorious event.

LOCAL CAUSE UPDATE

Once again, we visited Rosie, our Co-op Member Pioneer, at our local Co-op store in Larkhall.

We were joined by Universal Connections, one of our fellow local causes in an attempt to raise awareness of the Local Community Fund. This fund allows those with co-op memberships to choose a local cause to support. Anytime they buy co-op branded products, a donation is allocated to their chosen charity. We are delighted to say that we are currently sitting at over £1300.

Thank you to all who currently choose us, we are overwhelmed at your continued support.



DROP IN SESSIONS

When June started, so did our monthly drop in sessions. Every Monday we have an organisation here to help the public with any relevant issues they may have.

On the first Monday of the month, members of South Lanarkshire Housing and Rent income Support Team will be here offering advice on both these subjects.

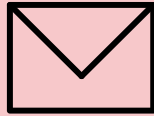
The second and fourth Mondays, we have The Citizens Advice Bureau here offering free and impartial advice on financial or legal problems, including debt and money advice, working out benefit entitlements and employment issues

The third Monday, Money Matters will be providing residents of South Lanarkshire with debt, welfare benefit and tax credit advice and assistance. The service is free and is confidential.

In addition to these services, every Friday we have Skills Development Scotland here to support people and businesses to develop and apply their skills, helping them with job prospects.



CURRENT SCAMS TO BE AWARE OF



1. The “pig butchering” scam (fake crypto investments)

This year, cybercriminals started playing the long game. In “pig butchering” scams, what begins as a chance online encounter or wrong number text slowly turns into a romance scam.

The fraudster “fattens the pig” by building trust over time, eventually luring the target into a financial trap – the “butchering” phase, during which the victim loses everything.

- Scammers reach out via text, social media, or dating websites and start to build a relationship (whether friendly or romantic).
- Eventually, the scammer starts talking about how much money they’ve earned on their “secret” or “exclusive” cryptocurrency investments.
- They convince their target to try a small investment on their “special” app or platform (which is really just a bogus website that steals the victim’s money).
- The scammer makes it look like the investment was successful, and encourages the target to keep investing and earning.

Be suspicious of any stranger on the internet who initiates a close personal relationship with you out of the blue. Cut off all contact if someone starts pressuring you into making risky investments, such as via cryptocurrency – especially if they promise “guaranteed” returns.

2. Amazon imposter emails, calls, texts, and more

Of all the well-known businesses out there, Amazon inspires the largest number of imposter scams. Since it’s a powerhouse online retailer with a vast customer base, most people won’t think twice when they receive a communication that looks like it’s from Amazon.

- Fraudsters create phishing emails or texts that impersonate Amazon customer service agents or include security alerts. They fool targets into responding or clicking on malicious links that infect their devices with invasive malware.
- Amazon phone scams convince victims to share personally identifiable information (PII) over the phone or make payments to resolve a fake issue or bogus security concern.
- Some internet criminals create Amazon lookalike websites (that trick people into entering their payment information) or bait their targets by sending fake Amazon invoice emails for items that they didn’t purchase.

Ignore unsolicited emails or text messages from Amazon, and never use the links or phone numbers they include. If you have any concerns about your account or order history, navigate directly to your Amazon app or the official Amazon website, and call the customer service phone number to get answers.

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/1163911

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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.