

# The LDVG Newsletter



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*Supporting our community since 1994*

## CORONATION CHAMPION

In April this year we were proud to announce that one of our volunteers, Anne Alston, was selected from 5000 nominations as one of the official 500 Coronation Champions.

The Coronation Champions Award is all about celebrating the work of extraordinary volunteers across the UK and Anne was recognised for her contributions by their Majesties the King and Queen Consort as part of the official Coronation celebrations in conjunction with the Royal Voluntary Service. She impressed the judges with over 10 years of voluntary service supporting LDVG in various



roles and latterly as Chairperson on the Board of Trustees. Anne received an official Coronations Champions pin badge, a signed

certificate from Their Majesties and was invited to attend the Garden Party at Holyrood. Anne's plus one on the day was her sister Marion and they thoroughly enjoyed their day out despite the terrible weather. When asked to comment Anne said "It has been an unexpected honour to be named a Coronation Champion for my volunteering efforts at Larkhall and District Volunteer Group. This is a charity which has a great team of staff and volunteers who are greatly appreciated by all who access the services and activities provided".



# LANARKSHIRE BUSINESS EXCELLENCE AWARDS



LDVG were honoured to be finalists in this year's LBEA in the Community Impact category. Sandra, Ann, and John attended a panel interview where they had to complete a 10-minute presentation on all that LDVG do. The feedback on the day was extremely positive and the panel were blown away by the work the team and volunteers do.



The awards ceremony was hosted at Motherwell Civic on the 1st September with the night compered by Fred Mcauley. Unfortunately, we weren't winners this time around and would like to take the opportunity to congratulate the winners MorphFit.

Congratulations to all the finalists and winners, getting this far was a massive achievement and something to be proud of.

## KEEP CALM & CARRY ON

LDVG were thrilled to welcome back mindfulness teacher and author, Martin Stepek from Ten for Zen.

Martin has over 20 years mindfulness experience in calming the mind and focusing on yourself. He arranged to host an eight week program for a small selection of our members who were interested in learning more about what mindfulness sessions are about.

Taking time for yourself can sometimes be at the bottom of your priority list but Martin showed our members how easy it can be to take time for yourself, whether its ten minutes in the morning before you start your day or when you are settling down for the night.

We'd like to thank Martin for his time and dedication to helping our members and we look forward to your next visit.





## CHARTERED INSTITUTE OF FUNDRAISING

LDVG are members of the Chartered Institute of Fundraising who are a charity representing and championing the work of individual fundraisers, charities, and their partners.

On Tuesday 5th and Wednesday 6th September Sandra and Ann attended their annual conference in the Doubletree Hilton in Glasgow.

The event includes inspirational speakers, workshops, interactive presentations, and a variety of stalls providing beneficial information for fundraising for large and small organisations.

It was a great 2 day event and Sandra and Ann came back with some good ideas and information beneficial to LDVG.



## BECOMING SPORTING MEMORIES

August saw us reintroduce our Football Classics group under the new name of Sporting Memories.

Thanks to a close partnership with "Sporting Memories" a nationwide Charity in its own right, we have been able to collaborate and create our own Sporting Memories group here at LDVG.

This group brings together lovers of all sports, not just football and encourages them to chat, share stories, reminisce and connect with each other. Whether you have a love of boxing, darts, baseball, swimming.. this group may be exactly what you have been looking for.



From legends cards and quizzes to the sporting pink activity sheets, there is always something fun and interesting to take part in thanks to our dedicated volunteers.

Recent funding will allow our Sporting Memories group to embark on a few sport related outings.

# CHRISTMAS AT LDVG

On Saturday 4th November 2023 we held our annual Christmas coffee morning and plant sale.

**What a turnout we had!!! We think it's the best yet!!!**



As soon as the doors opened the people started flooding in to enjoy the event. It was exceptionally busy and there was a great atmosphere all through the morning as we welcomed members of the community as well as current members, volunteers and trustees. Our home bakers provided the usual feast and our raffle, tombola, and plant sale along with a variety of craft stalls went down a treat with our visitors. This as

always was a great fundraiser bringing in over £1500 towards our activities and services and we are aware that without the support of our volunteers we could not put on such a great show. A huge thank you is extended to everyone who helped, for the generosity of donations received and the support of everyone involved.



One short month later, we participated in the annual community Christmas market. Staff and volunteers united to promote LDVG and fundraise by selling planters and craft items made by members here at Larkhall & District Volunteer Group.



The weather may have been frosty, but our spirits were warm! The town was buzzing with life, and our stall was busy! The day was full of live performances, games, and a festive vibe that had everyone fired up.

As the stars came out, the Christmas Light switch on began. The whole town was buzzing with joy.

We hope you all enjoyed a magical Christmas and are looking forward to a happy and prosperous New Year!



# SKY REALLY DOES CARE

## sky cares



On September 13th our walking group attending their Sky party. After enjoying their lunch, they all took part in several small activities including bingo, quiz, and games

In November, it was time for our exercise group ladies to enjoy what Sky was offering. It was good to get both groups together and they appreciated everything that Sky did to create a relaxed and enjoyable afternoon.

Our latest event was for our Thursday Night Group! A fantastic time was had by all who attended. A Christmas theme was welcomed and it was a jolly way for our group to end the year. It was great to see so many members get into the Christmas spirit and have a really fun night.



Thanks to Sky for their generous donations providing prizes, activities and catering etc.

Their volunteers were friendly, attentive and contributed greatly to the experience.

We look forward to more events in the new year.



## KEEPING DOORS OPEN

Thanks to funding from Age Scotland's "Keeping Doors Open" grant we were able to help some of our groups in various ways.

Firstly our Armed Services Community Group were able to enjoy a hearty meal during their fortnightly visits to the centre. These meals were prepared by Tuoyo and his team at Heart of Africa. The gentlemen were very grateful for this and remained a busy group throughout the whole period. The guys liked the food so much they decided they would like to keep this going even after funding ended!



This funding also helped our Armed Services Community Group get out and about. We were able to use our minibuses to provide trips to places such as David Livingstone Centre, Tibetan Buddhist Temple and the Burrell Collection. All our members had a great time on these outings and were very thankful for the opportunities.

We saw the return of our Thursday Night Social Group in January and were delighted to welcome them back.



Thanks to this funding we were able to offer a bus service for local members. This has been well received by all who use it and it ensures safe journeys to and from the centre on a weekly basis. Some of our members have mobility issues and by using our transport they are able to attend and return home safely especially in the dark winter nights.

Our weekly walking group regularly use our buses to take them further afield to enjoy their walk. Thanks to this funding, they were able to fit in an extra special outing to Millport. After a pleasant trip on the ferry, they went a lovely walk around the island. What a great day and an excellent opportunity for our Walk Leader/Driver Ronnie to celebrate his retirement from the group!





## COMMUNITY FRIDAYS

Friday 13th October, although unlucky for some, was a day of success for us here at Larkhall & District Volunteer Group.

Although our fridge and cafe have been open for a few months now, due to new funding from Hubbub and Starbucks, we are able to guarantee the continuation of this service.

Initially set up to accommodate those on our lunch club waiting lists, this service soon became popular with local residents who were visiting our community fridge.

The fridge and cafe run simultaneously every Friday serving snacks and light refreshments and offering a variety of provisions to the public. These services not only benefit people on our lunch club waiting lists but are used by current members and others in the community.

It has been great to see everyone come together, to take advantage of our warm, safe space and enjoy the company of others.



## COOP LOCAL CAUSES EVENT

This year, we had the honour of being selected as one of the Co-op's Local Causes, which allowed anyone with a Co-op membership to contribute to our fundraising efforts by purchasing Co-op-branded products from the store.

The support we received was truly remarkable, resulting in an incredible £3,475 raised. Our gratitude towards the community for their unwavering support cannot be overstated.

We also dedicated time at the Co-op, assisting individuals in signing up for a membership to take advantage of the cost-saving opportunities available to them.

We extend our best wishes to the new local causes and hope they encounter the same level of success we experienced here at LDVG.



## FUNDED WELLBEING TRIPS



Lots of members went on our Community Health & Wellbeing Shopping Trips over the past few months. From Dunelm, to East Kilbride, Wishaw and the Garden Centres, our members have enjoyed going for lunch and visiting various shops. We offer a variety of locations and this is determined by our Scottish weather!

These trips are currently funded by VASLan (Voluntary Action South Lanarkshire) but unfortunately this funding came to an end in December 2023. The good news is we are expecting to continue these monthly trips but there will now be a charge for the bus (which is currently free from LDVG). If this is something you would still be interested in then please let us know! Any destination ideas are also welcome.



Some quotes from our members who have attended our trips...

“Being out and about in company helps me feel better mentally and physically”

“I hope this bus will continue to run as it lets you visit shops but most importantly meet people”

“I get to visit new shops and have coffee with friends instead of sitting watching the television on my own day in, day out”





# INVESTING IN VOLUNTEERS AWARD

## What an achievement. We are so proud!!

In August this year we achieved this prestigious award after months of hard work and the support of staff, trustees and our wonderful volunteers.

To become an iIV achiever an organisation needs to demonstrate their commitment to their volunteers and be able to evidence high-quality volunteer management in practice. A self-assessment of our current practice was required, taking into account 6 areas of volunteering each with 5 – 6 categories:



1. Vision for volunteering
2. Planning for volunteers
3. Volunteer inclusion
4. Recruiting and welcoming volunteers
5. Supporting volunteers
6. Valuing and developing volunteers

Feedback on our initial assessment was very complimentary confirming that all areas were met, no additional support was required, and no improving practice plan needed to be put in place. This was followed by volunteer interviews carried out by the assessor and chosen from a list of all volunteers sent for consideration.

The final report highlighted LDVG's strengths and stated that during the interviews it became apparent that we demonstrated an exceptionally high level of commitment to supporting our volunteers, a feature which all volunteers appreciated.

The award is now in pride of place alongside our volunteer picture boards and is valid for 3 years before a renewal update is required. This is an award which is recognised nationwide by businesses, funders and charities and can be extremely advantageous and beneficial when applying for funding and support in the community and further afield.



## AGM 2023

Our annual general meeting was held on Tuesday 26th September and was well attended. The official business of the night was conducted by our Chair, Anne Alston, and included agreeing the minutes of the previous AGM, electing the committee, and presenting the accounts. Attendees were then treated to a presentation by Ann Nisbet and John Downs on the history of LDVG, where we were to where we are now.



Our Charity Manager, Sandra McCrory, then offered an update on the future of LDVG, welcomed our new staff and thanking the current staff and volunteer teams. She then invited Joanne McMann of VASLan to present our Investing in Volunteers Award to Ann Nisbet. The night concluded with a vote of thanks conducted by our Vice Chair, Alan Blyth.



## STAFF DEVELOPMENT DAY

In July this year, we had our annual staff development day - only this year it was spread over 1 ½ days. The first day started with a scavenger hunt around the building to find important items (first aid kit, defibrillator etc) and to get the staff warmed up and ready for a day of action.

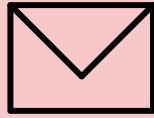
We then moved on to team challenges and communication games to get the staff working together, with the day finishing with a scavenger hunt around Larkhall - the aim of which was to visit key partners or places of interest.

The second day saw the team work on their “elevator pitch” and ended with a look at who we work with and why. The staff all agreed it was a fun and useful couple of days.





# CURRENT SCAMS TO BE AWARE OF



The Financial Conduct Authority (FCA) says it has received 7,700 reports of attempted scams, impersonating the FCA so far this year, more than double the total reports of last year.



This particular scam is where a phone call, text message or email comes out of the blue claiming to be from the FCA, stating that you either owe, or are owed money as compensation, and then asks for bank details or a processing fee to arrange 'payment'.

The FCA has reiterated that it does not contact members of the public in this way and that unsolicited requests for your personal information should be ignored.

- If you're suspicious about a call claiming to be from the FCA, just hang up. You can check to make sure a call is genuine by contacting the FCA on 0800 111 6768
- Check the senders email address. If you're not sure the email is from FCA, then you should ignore it and contact the FCA directly.
- You should check the spelling and grammar of the email. If it doesn't look right, ignore the email and forward it to "report@phising.gov.uk".
- Criminals can make an organisations phone number appear in your called ID. To protect yourself, don't give out any personal information following an incoming call, and don't call back using the contact details the caller provides.

## **Useful Numbers & Websites**

### **Action Fraud**

0300 123 2040 - [www.actionfraud.police.uk](http://www.actionfraud.police.uk)

### **Police Scotland**

101 (from within Scotland) - [www.scotland.police.uk](http://www.scotland.police.uk)

### **Citizens Advice**

0808 223 1133 - [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

### **Citizens Advice Scotland**

0800 028 1456 - [www.cas.org.uk](http://www.cas.org.uk)

## 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](https://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](http://www.ldvg.org.uk)

### LinkedIn

[www.linkedin.com/company/1163911](https://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.