

The LDVG Newsletter



Issue #8
September
2022



Address

Registry House, 55
Victoria Street,
Larkhall, ML9 2BL

Phone

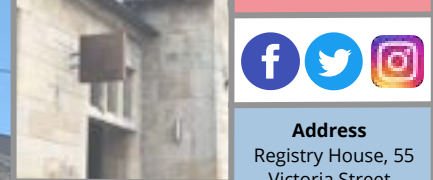
01698 88 88 93

Email

admin@ldvg.org.uk

Scottish Charity:
SCO28557

Company No:
203087



Scottish Charity:
SCO28557
Company No:
203087



Supporting our community since 1994

ALWAYS AIMING FOR EXCELLENCE

We were delighted to be shortlisted at the Lanarkshire Business Excellence Awards for the "Lanarkshire Community Impact Award". It was such an honour to be nominated and to make it to the finals was very overwhelming. Several staff and board members went along to represent LDVG and a great night was had by all.

Unfortunately on this occasion we didn't walk away with the prize but to be recognised for our contribution to the community was a great achievement. LDVG are very proud of the work achieved during and post covid and we look forward to the future.



GARDEN MAKEOVER

Thanks to funding from the LandTrust and a lot of hard work from Baillie Landscaping Services Ltd, we were able to revamp and update our outside garden area. We had recently added a new transport cabin and new Garden shed so it felt quite fitting to continue with a complete makeover. We have to admit the area looks larger, incredibly brighter and much more accessible.



THERE'S NO 'I' IN 'TEAM'

During the summer holidays, while the building was closed to the public, the staff here at LDVG had a teambuilding day.

This involved a lot of fun and interesting tasks and games that were based on communication. These games tested how well you follow instructions, how you explain instructions to others and how you work together as a team. It was a fun day enjoyed by all.

Below are pictures showing a few examples of the tasks that we all took part in, From finding your way through a "minefield" to back to back drawings to "the Human Knot".

We highly recommend these tasks to anyone who wants to host a teambuilding experience. We all look forward to our next one.



QUEENS JUBILEE LUNCH CELEBRATION

Thanks to the ASDA Foundation's Bringing Communities Back Together Fund, we were able to host a number of "Jubilee Lunch Celebrations". This funding was for current members and volunteers from our activity groups and lunch clubs. There was such a positive response to this that we ended up holding 5 events over the span of four days. It was a very busy, hectic week but it all paid off when we saw how much everyone enjoyed the events.

We were lucky enough to get Mr T and his Heart of Africa team involved, providing a delicious buffet style lunch for everyone to enjoy. There were raffles, a tombola and lots of fizz to go around.

We look forward to our future lunch events and can't wait to welcome everyone along.



SUMMER FUNDRAISING AT LONG LAST

On July 2nd we hosted our first post covid fundraising event in the form of a coffee morning and plant sale. It felt fantastic to finally open the doors to the whole community and not just our regular members.

There were many things on offer at this event. Our tombola stall went down a treat as always, lots of items were donated by trustees, staff, volunteers, members and local shops and businesses and a big thank you went out to everyone involved.

Our planters, made up by our very own garden group were well received and sold quicker than ever.

We had a few usual fundraising items such as the "name the plant" and "guess how many sweets are in the jar" which everyone got involved with.

We had a new area that we called "The Games Corner". This consisted of two quick games, the cup stack and the softball darts. This was made even more interesting as we used our new interactive communications system to have a live scoreboard on the screen at all times to keep everyone aware of who was in the lead. It is amazing how much interest a little friendly competition can spark up.

The day then continued with tea, coffee and plenty home baking to go around. We had a great selection of scones, cakes, and traybakes supplied by our generous and very talented volunteer bakers.

Overall we raised a grand total of over £1300 for LDVG and we thank everyone who helped us reach this target.

We were so glad to see the community come together and take part in this event, especially after such a horrendous time.



WELCOME TO THE #CHARITYFAMILY



Charlene McGilvray

Transport Assistant

Charlene joined LDVG at the start of August this year and has settled into the #charityfamily quickly and effortlessly.

Charlene comes to us after working extensively with the community in both hospitality and administrative roles so we have no doubt that she will enjoy working with our members and volunteers.

When Charlene is not busy working she is at home spending time with her two young kids who we can imagine keep her on her toes



George Darroch

Facilities Officer

I joined the team as the Facilities Officer on a part time basis in August and was very quickly made welcome by everyone this went a long way to help me settle into the role.

I come to the role with 40 years experience within the engineering and inspection sector, over that time I have learned many skills that I can adapt to suit this new role,

Away from work I enjoy playing guitar, reading, walking my dogs and spending quality time with my wife, children and grandsons.

I have recently purchased a campervan so I plan to do a bit of travelling around Britain and possibly Europe.



Kerry Hardie

Cleaner/Caretaker

Kerry initially joined us as a volunteer cleaner, covering for Jackie in times of need. When the opportunity presented itself, she was very keen to join the team officially. Kerry has settled in very well and is doing a fantastic job of looking after the building. This vacancy came at the perfect time for Kerry as she has 3 young kids and was finally able to get back into work.

UP UP & AWAY

September saw the return of the annual Strathaven Balloon Festival.

John and Rachel went along to represent LDVG as part of Scotmid's Community Hub. This was an excellent opportunity to promote LDVG and let people know who we are and what we do in the area.

It was also a brilliant opportunity to meet other local organisations and find out more about what they do and how we can work together to help the community. We thank Scotmid for including us in their event.

We were very happy with the level of interest and both John and Rachel found this to be an excellent event to be part of.

We hope to return next year for another great day and we pray the weather is as fantastic as it was this year.



COMMUNITY GRANT

We were lucky enough to receive a Scotmid Community Grant to help provide materials for our Gardening and Craft Groups and are grateful for their support.

Scotmid

Our Craft Group members were delighted to receive this funding as they had their heart set on a new sewing machine. This grant let them get the one they wanted along with some essential tools and gadgets.

Planting has been our gardening groups main focus recently but with the weather changing we want to be able to offer them an inside garden related task so that they don't have to cancel any sessions. They decided on plant pots that they can design and use for personal use or for fundraising at our Christmas events. Along with these pots they also got paints and all the accessories needed for a successful plant pot painting project.



CLEAR MIND, HAPPY HEART



LDVG were thrilled to be joined by mindfulness teacher and author, Martin Stepek from Ten for Zen.

Martin came along to LDVG with his 20 years' experience of mindfulness techniques to encourage our members and volunteers, along with staff, to make time for themselves and to calm our minds.



This session was entitled "An introduction to mental wellbeing and mindfulness". It highlighted how important it is to keep your mind at ease by simply taking some time out for yourself to reflect, breathe and appreciate what you have and the beauty of everything around you.

After a brief introduction, Martin talked us through how to relax with some simple breathing techniques and some meditation. He showed us how to incorporate these techniques into our everyday lives and routines which was interesting and successful, Everyone involved really enjoyed the session and left feeling a lot more relaxed than they did upon arrival.

KEEP UP TO DATE WITH LDVG



Do you like to keep up with LDVG? Are you interested in hearing all about everything we have been up to this year?

The latest edition of our "what's been happening" brochure is out now and covers all our activities, services, funding and transport events during 2021-2022.

It's been a very busy year for us here at LDVG having to adapt and overcome the challenges and changes we have experienced due to the pandemic.

Copies of our brochure are available from the centre.

SCAM AWARENESS

Postal Scams

There are many different types of scam mail, such as fake lotteries and prize draws, get-rich-quick schemes, bogus health cures, investment scams and pyramid selling.

Top Tips:

- You can't win a lottery that you haven't entered, and no legitimate lottery will ask for payment to claim a prize.
- Watch out for letters with too good to be true offers. It's probably a scam.
- Watch out for lotteries, prize draws, clairvoyants, catalogues, secret deals, "get rich quick" schemes and inheritance notifications.
- If you get lots of junk or suspect mail, get a trusted friend or family member to help you sort through it.
- A common tactic used by criminals is to ask you to reply to a PO Box or use a pre-paid envelope.

Delivery Company Scams

There is an ongoing scam text claiming to be from delivery companies such as Yodel, Royal Mail, and DHL etc, telling you about the delivery of your parcel. Beware! It is a scam.

Lots of people have received this scam text message recently. Unsurprisingly, the text has nothing to do with the delivery company. It contains a link to a fraudulent website.

The delivery company parcel scam text is a fraudulent text sent by criminals to get your personal and financial information with the ulterior motive to defraud you. This text claims to be from a delivery company saying that your parcel is waiting for delivery. Do not be tricked. It is a scam! It has nothing to do with the delivery company.

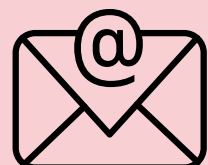
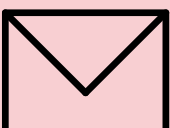
For suspicious emails, forward the email to report@phising.gov.uk, do not click on any of the links or attachments and then delete it from your inbox. Suspicious texts should be forwarded to 7726.

Doorstep Salesman Targets Elderly Widow

Bosses were disgusted after a doorbell camera caught a callous door-to-door salesman targeting a 71 year old woman. The double-glazing firm employee was seen discussing targeting the widow on his mobile phone in a property driveway.

After the video was posted on Facebook the widow's son saw it and contacted the firm where the man worked in a self-employed capacity.

If you think you have been targeted you should report it to your bank and contact Action Fraud on 0300 123 2040.



IN MEMORIA

LDVG is sad to announce these losses. We would like to invite all of those who knew them to take a moment to reflect on your memories and what they meant to you.

Condolences to the family and friends of. Margaret McNeill, John Wallace, Annette Tollan, John McFindlay, Edith Bell, Margaret Weir & Jim Nisbet who were all members of our call line service.

LDVG are saddened by the loss of the above people and we will miss them all.



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 places:

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.