



LARKHALL  
+DISTRICT  
VOLUNTEER  
GROUP



## What's been Happening 2017-18

“There is no exercise better for the heart  
than reaching down and lifting people up.”  
– John Holmes



Local

Knowledgable

Caring

Helpful

# Larkhall & District Volunteer Group

Company Registration No. 28557  
Charity Registration No. SC028557

55, Victoria St, Larkhall ML9 2BL

## Aim:

To promote the benefit and welfare of the elderly, chronically ill, disabled or people experiencing social isolation or in need of rehabilitation and other inhabitants within Larkhall and Clydesdale areas by seeking the relief of poverty, the alleviation of sickness and distress and the advancement of education.

## Trustees

A Alston	J McCann	J Dallas
M Gibson	S Murray	(resigned Apr 18)
P McLaughlin	A Rodger	S Casserly
J McAllister	M Vaughan	(resigned May18)

## Structure, Governance and Management

### Nature of Governing Document

Larkhall and District Volunteer group 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 Funding and Marketing Co-ordinator, Sandra McCrory is responsible for day-to-day management.

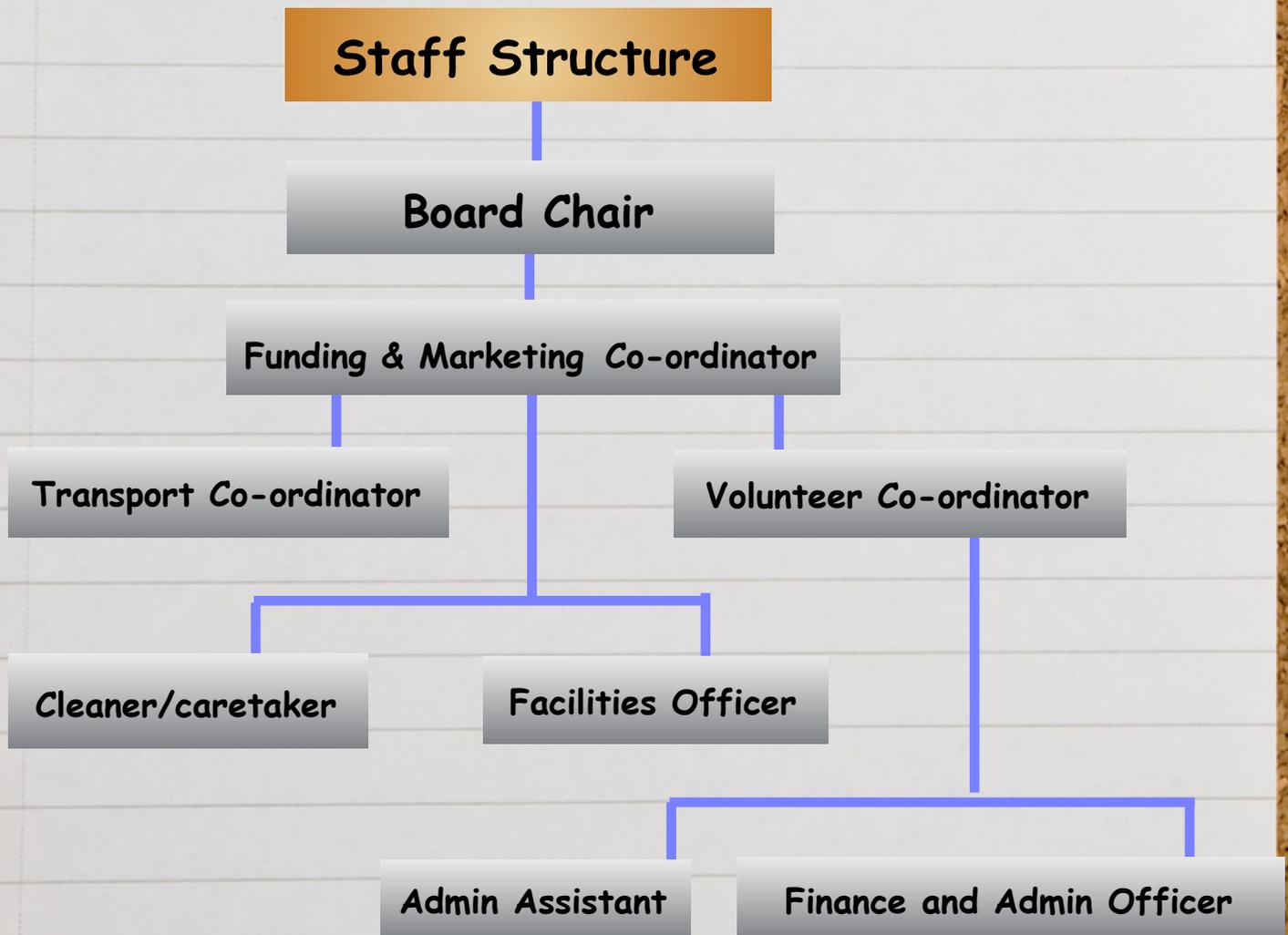


## What do we do?

Larkhall & District Volunteer Group started life in 1994 as "Avondale Careline" to provide a friendly chat on the phone to elderly, disabled and housebound people.

Our services have expanded since then to meet recognised needs within the community and some of these are described later.

We always welcome enquiries about our services both from people who would find them helpful and from potential volunteers who help us deliver them,



# VOLUNTEER



We are a Volunteer led organisation and currently we have **56** volunteers who between them, contributed over **7000** hours! Some work with us occasionally and others are regulars – it depends on what they can offer: we have

Drivers  
Gardeners  
IT 'gurus'  
Fitness folk  
Walk leaders  
Bakers  
Lunch helpers  
Escorts  
Admin helpers  
Call line callers  
Handypersons

so many helping hands!

**We cannot do  
without them.**

**A huge thanks to all  
our volunteers!**

## Volunteer's story

"I retired recently and I had a fairly demanding job. I felt that I just wanted to relax. However, a year later I realised that I was fed up watching daytime television and was beginning to get a bit depressed."

I am now a volunteer with LDVG and also a member of two of the groups. As well as putting back something into my community, I am also benefitting myself, and feel happier"

**You don't need to give a regular commitment or many hours ... come and chat to us about how we can work together.**



# VOLUNTEER



**Do you have some time available?**



Come and join us -  
bring your skills ...  
Why ?

Benefits of Volunteering  
(from Volunteer Scotland)

## Volunteer's story 2

Losing my husband suddenly when I was only 53, I struggled to cope and had to give up work due to ill health. I helped babysit my grandchildren but needed more. I began volunteering with LDVG as a transport escort, then as a driver, then helping at lunch clubs. I found comfort and support from the group and enjoyed the company and friendship.

I have been volunteering here now for 21 years, helping with several services. I have also joined a few of the activity groups and have used other services on occasion.

**Q. What do you get from volunteering?**

**A. 'My life is now more complete, I feel happier . '**

**Gain confidence.** Volunteering can help you gain confidence by giving you the chance to try something new and build a real sense of achievement.

**Make a difference.** Volunteering can have a real and valuable positive affect on people, communities and society in general.

**Meet people.**Volunteering can help you meet different kinds of people and make new friends.

**Be part of a community.** Volunteering can help you feel part of something outside your friends and family.

**Learn new skills.** Volunteering can help you learn new skills, gain experience and sometimes even qualifications.

**Take on a challenge.** Through volunteering you can challenge yourself to try something different, achieve personal goals, practice using your skills and discover hidden talents.

**Have fun!** Most volunteers have a great time,

We provide training for our volunteers. Following on from a general induction, training is tailored to the roles they want to take on.



## Activities

**Lunch Clubs** run 3 times/week in our premises and we support others in 3 local Primary schools:- Wednesday in Hareleeshill, Monday and Thursday in Strutherhill. and Tuesday in the community wing of Quarter Primary

Lunch clubs generally run 11am until 1.30pm

Members receive a 2 course meal and have time for a social activity e.g. a card game, , quiz, bingo, dominoes ... whatever the group prefers.

Transport is provided to our centre.



**“My Husband is house bound so it’s great to get picked up from home and brought home”**

**“I love getting out and and meeting new and old pals at the lunch club. The bingo afterwards is good fun.”**

**Lunch Club Members**



**Call Line** is a telephone call service where one of our volunteers calls a list of people, each morning Monday - Friday, for a chat and to check they are OK.

Many people are alone and suffer from Social isolation, and it can be very cheering to have a conversation with someone first thing in the morning. This service has developed into a 'telephone befriending' rather than simply the original emergency contact service.

**“It is nice to know that someone cares. It’s just a telephone call but it really helps me to feel more secure.”**





## Activities

**Thursday Night Group** is a social group which meet weekly, on a Thursday from 6pm - 8pm.

Members meet for a cuppa, a blether and some activities - mainly dominoes, cards etc but other activities can be offered

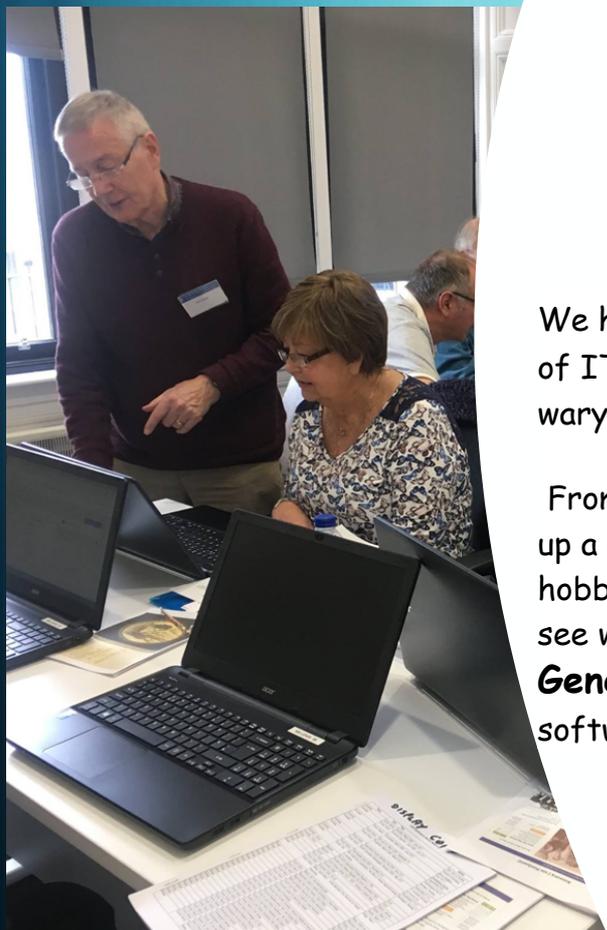
**Everyone is welcome to join ...**

..... it's good to talk!



Our **Handyperson Service** involves a volunteer visiting the home, to carry out a small, **non-emergency**, free labour, task e.g changing light bulbs, small repairs, hanging curtains etc.

"I only needed light bulbs changed but there was no way I could safely reach them myself. This service helped me a lot."



We have an **IT suite** where we can introduce the benefits of IT to people who have never had the opportunity, or are wary about taking their first steps.

From the very basics, like how to switch it on, you can open up a new world of information and fun. Find out about your hobbies, catch up with distant relatives, buy things online, see where you're going on holiday. We also have a **Genealogy Group** using our equipment, support and software to trace family trees.

# Activities

Our **Gardening group** meet every Wednesday at 10am. Indoor and outdoor activities to suit the seasons, demonstrations, propagation techniques, plate decorating using vegetables, and bread/scone making are just some of the activities on offer. They also visit gardens and nurseries, provide us with a range of plants and arrangements for sale and keep our outside areas looking bright



Our **Walking Group** is pretty well travelled covering local and more distant walks in all types of weather. Walks can be organised for all levels and this year the group was involved with 'Make Your Way' project which focused on connecting communities in Hamilton, Larkhall and Quarter with Chatelherault Country Park.



**Exercise Group** meet twice a week for some light exercise relaxation while enjoying some good company. New members are always welcome.

This year has also seen the introduction of a regular **Tea dance** and, more recently a **Football Classics group** who share their love of football, stories and experiences. They have been watching some classic games whilst enjoying traditional 'stadium grub' and have planned outings to visit various stadiums and hear the history behind the clubs.

“Through the Walking Group I’ve now been to places I’d only seen on the telly.”

“It’s a pleasure to walk with people in a group like this. We have a great chat and tell each other about any family events and highs and lows in our lives. It’s made a great difference to me becoming more active.”



# A Learning Organisation



**Safe**

**Effective**

**Efficient**

We have done a lot of work this year to ensure a safe, effective and efficient delivery of our services through;

- ~ staff training
- ~ volunteer training
- ~ consultancy



We have established a set of Health and Safety guidelines and policies and developed our volunteer handbook.

This year we have also reviewed our Data Protection procedures in order that we continue to comply with current good practice in this area.

We aim to ensure that ...

- we have just enough information about our members
- it is accurate and up to date
- it is securely stored
- it is held only as long as possible
- it is never shared without consent



# Successes



I enjoy the company Lunch Club member

I've learned so much!  
(service user)

Motion S5M-10867: Christina McKelvie, MSP Larkhall and District Volunteer Group

That the Parliament congratulates the Larkhall and District Volunteer Group, which has recently received £9,988 from the Big Lottery Fund's Awards for All Scotland programme; notes that the group provides a friendly phone chat with older people and ... welcomes the great strides that the group has made in Larkhall, providing a vital service for those in need of companionship and support, and wishes the group every success for the future.

Finalists in **Scottish Charity Awards 2018** - Celebrating Communities category.



Tea Dances are great fun  
Tea Dancer

I love hearing your cheery voice!  
(call-line user)

Walking group is the highlight of my week  
Walking Group member

Fantastic fun!  
(service user)



# Facts and Figures

**3447**  
meals  
served

**6430**  
Calls through  
Call-line

**558**  
walks with  
Walking Group

**680**  
journeys

**20,703**  
Miles travelled



**236**  
members

**5443**  
attendees  
at activities

**56**  
volunteers

**7388**  
volunteer  
hours

# Contact Us



Want to find out more?

Call us on 01698 888893

e-mail: [admin@ldvg.org.uk](mailto:admin@ldvg.org.uk)

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Registered Charity SC028557  
Company Registration No. 28557

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