



OUR CENTRE MAYBE CLOSED BUT WE ARE VERY MUCH OPEN AND HERE TO HELP!

Hi Everyone - NMVC has remained open and operational throughout this strange and difficult period supporting members of our community. We have had to adapt and change the way we provide support and we've had a huge influx of new volunteers with people showing amazing compassion and thoughtfulness in wishing to help others less fortunate and isolated. We are keen to harness this energy going forward and are working with our local partners in the High Peak to move to the next stage of our COVID response.

Our part time team have been incredibly busy and creative in developing the way we provide support. A glimpse of what went on in April!



NEW CHECK IN & CHAT SERVICE

It has been key keeping in touch with everybody during lockdown and our 'check in & chat' service has worked brilliantly; a life line to many, a way to make new friends, a way to try and learn new things, having regular chats and so much more.....

With face to face befriending visits not possible and our various groups being cancelled we launched our 'check in and chat' initiative to ensure our Clients felt supported. Our new service links clients and volunteers together using the telephone. Many Clients are in weekly contact with a volunteer, forming new friendships. Regular attendees of groups are also receiving lovely calls from the group volunteers, catching up and hearing how everybody else is. The service has not only helped people who are isolated but identified where help is needed – shopping, prescription collection etc with our wonderful volunteers we have been able to respond immediately.

VOLUNTEERS REALLY DO MAKE A DIFFERENCE

What a fabulous bunch you are, you have always been here to help, before, during and after this. Some of things we have got involved with are; delivering items to hospital, chatting on the phone, shopping, gardening, chemist dashes, taking much need reading material and wool to clients, the list is endless. Help has also been at hand for many of our existing Volunteers who are shielding and / or isolating themselves. We are extremely grateful to our new volunteers (we've had over 70!!!) who have stepped up to help us during this time. YOU HAVE BEEN AMAZING!!!

Recently one Volunteer struggled to answer his phone as he was busy searching for his pet Boa Constrictor that had escaped! He still managed to get to the chemist and deliver vital medication for a client. Thank you

Please continue to be our Ambassador's - we really do need you!

NEW VOLUNTEER TRAINING VIA ZOOM ON 3RD JUNE – INVITATIONS WILL GO OUT VIA EMAIL

CHAIR BASED EXERCISES CLASSES GO LIVE

We are conscious that people are unable to exercise and we have heard of a number of clients falling at home, some due to not getting regular exercise, so we've decided to bring our exercise classes to you!

Every Tuesday at 11am we are LIVE with Adele's Chair Based Exercise Class. We are doing this using the platform, Zoom. We will also post our weekly class on Youtube, so you won't miss out! If you would like help setting up Zoom on your computer please do call us, our IT volunteers are ready to help. Email hannah@nmvc.org to be added to the class invitation list. Look forward to seeing you on Tuesdays. The classes are free, but a donation is welcome (£2 is suggested).

DID YOU KNOW WE HAVE A LOTTERY SCHEME?

With the Centre being closed to groups and our transport service not running, our income has reduced significantly and we rely on our regular income to be able to continue to support our community.

We are continuing to apply for funding from outside organisations and grants. Please do let us know of any funding opportunities that you think may suit our organisation. Often applications for nominating organisations arise in the work-place, please feel free to put our name forward!

The NMVC Lottery sells over £130 worth of tickets every month - tickets cost a £1. If you have not already joined our Lottery then why not join up, it is a great way to support us and there is a chance you could win up to 40% of the monthly takings. It's so easy to join. All you need to do is set up a Direct Debit to NMVC and we make the Lottery draw on the last Friday of the month.

Contact Lorna (lorna@nmvc.org) for our bank details!!!!

WHAT'S NEXT

Armed with a new survey, we will shortly be contacting clients and volunteers alike to get feedback on how you have been managing, how you are feeling and how can we help you further. We are looking to align our services over the next six months, to meet our client needs, and this survey feedback will be the foundation for our service changes. We will email regular Bulletins to keep you up to date.

HOW TO REACH US

Twitter
[@NMandDVC](https://twitter.com/NMandDVC)

Email
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Regular Zoom Meetings

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WE MISS YOU ALL