

Sid Valley HELP

01395 892 011 info@sidvalleyhelp.org.uk

www.sidvalleyhelp.org.uk



SID VALLEY HELP SEEKS TWO NEW TRUSTEES



Photo credit Kyle Baker Photography

Sid Valley Help is a small East Devon charity working in Sidmouth Town, Sidford, Sidbury, and Salcombe Regis. Our objectives are to:

- Provide signposting to health and care support services
- Build a network of local support organisations
- Identify gaps in non-statutory health and care support services and help to fill them.

Current priorities are reducing loneliness in all age groups and improving mental health provision for children and young people.

We registered as a charity, number 1181458, in January 2019 and have six Trustees. Our budget is currently about £35,000 a year split broadly as £15,000 for core costs and the salary costs of a part-time Volunteer Manager and £20,000 to commission mental wellbeing support for children, young people and their parents or carers. Sid Valley Help is funded by private donations and by grants from Sidmouth Town Council, EDDC, DCC and local charitable trusts.

WHAT WE DO

BEFRIENDING SERVICE



Our befriending service arranges for a volunteer to visit a lonely or isolated person at home every week for an hour or so. This is often the only outside contact a client will have apart from paid carers. Currently we have 30 active volunteers and 42 clients. Befriending is managed by our part-time paid Volunteer Manager who reports to a nominated Trustee. The Manager attends the weekly NHS Sidmouth Community Health Team meetings who provide many of our referrals.

SIGNPOSTING AND INFORMATION

We maintain an information website at www.sidvalleyhelp.org.uk and a phone and email helpline that gets about 25 enquiries a month. We hold three



or four Network meetings a year to share information between local statutory and voluntary health and social care organisations. One of our Trustees is a member of the East Devon VSCE network and she is the Volunteer Sector Representative for Sidmouth.

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SUPPORTING CHILDREN AND YOUNG PEOPLE

Our support for children and young people is guided by the Wellbeing & Health Action Team, a local community action group that includes representatives from the Sidmouth and Sidbury Primary Schools, Sidmouth College, Young Devon, Sidmouth Town Council and other organisations. The group sets priorities and suggests what should be done to improve children and young people's mental wellbeing through early interventions. Sid Valley Help provides governance and finance for this activity.



Currently we commission two qualified organisations to provide drop-in hubs in Sidmouth for parents and carers of children with mental wellbeing issues with phone and one to one mentoring for around ten students at any one time at Sidmouth College.

RUNNING GROUPS AND CLASSES

- Weekly Strength & Balance Classes, part funded by NHS, and led by a NHS physiotherapist. It is mainly for people who have had a fall or are at risk of falling. The fourth course started in November.
- A monthly Young at Heart Ladies group which has been very successful at connecting isolated women who are over 50 years old.
- Occasional mental wellbeing courses for the public.



ADDITIONAL TRUSTEES

Two additional Trustees are now being sought to join our Management Group. We are particularly interested in people who can bring skills or experience in the areas of charity management, fund-raising, and marketing and communications.

CAN YOU HELP?



Trustees Di, Keith, Jan, Ron, Hazel and Andy

The time commitment of Trustees is broadly as follows. The Management Group meets every eight weeks for a couple of hours usually from 4 pm on a Tuesday. Trustees generally each take on additional administrative tasks such as updating the website, organising classes, writing grant applications, attending meeting with outside bodies such as NHS or VSCE and putting up posters. We are a flexible group and tasks are re-assigned as individual Trustee's circumstances change due to other commitments. Trustees usually attend our regular Network meeting every three or four months and our quarterly Volunteer Get Togethers.

CONTACT US

If you are interested in joining us, either as a Trustee or as a Volunteer, please look at our website www.sidvallehelp.org.uk and then email us at info@sidvalleyhelp.org.uk and a Trustee will call you back for an informal chat.

