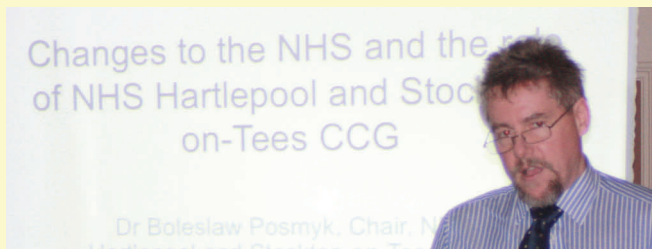


JANUARY 2013

HVDA, THE VOLUNTARY SECTOR AND HEALTH RELATED WORK

HVDA held its Annual General Meeting at the Grand Hotel on 20th November 2012 with a focus on health issues.

The main speaker was Dr Boleslaw Pozmyk who is the Chair of the Clinical Commissioning Group (CCG) who accepted questions from the floor. He explained the role and membership of the CCG and the importance of its Clear and Credible Plan.



Other speakers from Voluntary & Community Sector (VCS) groups were: Jacqui Gettings from Epilepsy Outlook, Claire Jewson from Hartlepool Carers, Linda Howlett from Hartlepool Families First who all spoke about the work of their groups with regard to health matters; and finally Julie Laking from HVDA's Volunteer Centre who spoke about the health benefits of volunteering.

Keith Bayley, the Manager of HVDA, provided information on the role of the VCS and HVDA in relation to health and social care.

In 2010 HVDA had information on 550 VCS groups, 50 with paid staff. 11,700 people volunteered in Hartlepool in 2010/11. Many people volunteered with health, disability and social care groups. Hartlepool has 40 self help/mutual support groups covering conditions such as: types of cancer; palliative care; colostomy; stroke; miscarriage; hyperactivity; infertility; asthma; autism; Parkinsons Disease; carers; blind and partially sighted; learning disabilities; Motor Neurone Disease. VCS groups also deliver a range of public services in the following areas:

- ◆ Residential care for the elderly and people with disabilities
- ◆ Childcare, after school care and other activities for children
- ◆ Counselling and practical support to those in distress
- ◆ Day care provision and social support, eg for people with disabilities, learning difficulties, older people and people with mental health problems
- ◆ Work with drug and alcohol users
- ◆ Support for carers
- ◆ Healthy lifestyle initiatives and sport
- ◆ Work with diverse groups including BME communities
- ◆ Service navigation work to access health and social care services
- ◆ Guidance on the use of personal budgets
- ◆ Low level support services
- ◆ Providing a voice for those that use services

HVDA's Health Related Work

HVDA has provided direct support to setting up, and ongoing support to, health related groups as well as supporting individuals to volunteer with health focussed groups.

HVDA has been a conduit for Primary Care Trust (PCT) grant funding worth £137k for 13 VCS groups delivering a range of services: ADDvance; Epilepsy Outlook; Hart Gables; Hartlepool Blind Welfare Association; Hartlepool Deaf Centre; Hartlepool PATCH; Headland Future Limited; Making a Difference; Manor Residents Association; Owton Manor West Neighbourhood Watch and Residents Association; PINS (Parents in Need of Support); Solid Rock Youth Café; Tees Valley Dyspraxia Support Group; West View Advice and Resource Centre; Hartlepool Families First. Over 10,800 different individuals benefited from the services funded by the Primary Care Trust (PCT) which has included: receiving advice such as on welfare benefits; counselling; benefiting from group/children/family support; engaging children and young people in activities; healthy lifestyle activities; supporting people to live independently in their own home; supporting drug/alcohol users and their families; awareness raising/training/classes on public health and condition management; undertaking voluntary work; referrals to other agencies/medical support; provision of specialist equipment (including safety/baby equipment).

Also in 2011/12 the PCT Public Health Grant Scheme, administered by HVDA, allocated a total of £14,125 to 15 groups who, in turn, supported 1,520 different people. The following groups have benefited from this programme and further funding has been confirmed for the forthcoming year: Grange Road Living Skills Group; Hart Gables; Hartlepool Carers: Hartlepool Deaf Centre; Hartlepool Hearts Coronary Support Group; Incontrol-able CIC; Stranton Seniors; The Healthy Wellbeing; The New Hartlepool MS Support Group; The Wharton Trust; Collection of Year 10 Students; South Youth Forum; CHAT/Drop In; ESINH CIC; Manor Residents Association.

Health Benefits of Volunteering

In addition to the general benefits of volunteering such as filling gaps in employment records, maintaining or developing new skills, gaining work related experience and providing a chance to make new friends; volunteering can help people stay physically healthy. Volunteering is good for your health at any age but it's especially beneficial in older adults and has been shown to lessen the symptoms of chronic pain and heart disease. Regular volunteering can also increase life expectancy.

As well as physical benefits, volunteering has mental health benefits too. These include a healthy boost to confidence, self esteem and life satisfaction and feelings of pride and identity. Doing work for other people in the community provides a natural sense of accomplishment and enables people to feel better about themselves thus they are more likely to have a positive view of life. Volunteering combats depression by reducing social isolation (a key factor of depression) and keeps people in contact with others which helps to develop a solid support system.

Many GP's view volunteering as therapeutic and recommend it as a means to give life purpose, reduce stress and anxiety and enable people to do something they love and what truly matters to them. Having purpose can provide meaning and when life has meaning people are able to deal better with life's trials and tribulations. Voluntary work is empowering in that people choose the type of work they do and are given a choice in the role and duties to match their values and allows them to spend time doing things that reinforce a sense of meaning. For further information on volunteering, please contact Julie Laking on 01429 262641.

For further information on any aspect of this Bulletin, please contact Liz Ashton on 01429 262641.



Hartlepool Voluntary Development Agency
Rockhaven, 36 Victoria Road, Hartlepool TS26 8DD
Telephone: (01429) 262641 Fax: (01429) 262641
E-mail: info@hvda.co.uk Website: www.hvda.co.uk



HVDA is supported by Hartlepool Borough Council, Hartlepool Primary Care Trust, the Big Lottery BASIS programme

HVDA is a Charity (Number 1098248) and is a Limited Company (Number 4682579)