



# NEWS

Autumn 2014

Healthy Valleys, 31 Stuart Terrace, Rigside, Lanark, ML11 9NN  
Tel: 01555 880666 www.healthyvalleys.org.uk

## Could you fill Pam's shoes?

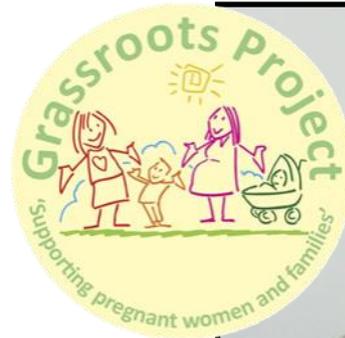
*Pam started volunteering with Healthy Valleys in September 2013. Since then she has been an unstoppable force, willingly giving her time, skills and experience to help others. However, life moves on and Pam is going back to her roots in the Highlands. We will be sorry to lose her but it does mean there is a vacancy.. .....could you fill Pam's shoes?*

### Pam's Story

*My early adult years were complicated. At 19 I married my first husband and had 3 children. It was a violent relationship due to his alcoholism and I had to move to a women's refuge with my children for safety. I got divorced, endured the deaths of my parents and then last year lost my brother. After 12 years as a single parent I married again and had another daughter. My role in life was to be a good Mum. Once my children grew up I took on a job as a housekeeper and was then asked to be a booking clerk at a local business.*

*My second husband originally came from Kenya. We took a 5 week holiday reminiscing about his childhood and visiting the places where he grew up. However, on my return to work I was made redundant without any warning at all. This was a complete blow to me. For the next 3 years I felt very low and would never understand why - I had always been praised for my work. Then the following year my brother died of a heart attack whilst he was working away. From this point I realised I needed to find some sort of work, but with very little confidence I knew it was going to be hard. I knew of Healthy Valleys and being quite local, I plucked up the courage to go and introduce myself. My forte was looking after children and I am a good listener. My friends always called me Mary Poppins in my younger days and an agony aunt.*

*Healthy Valleys work with and support families, the elderly, young people and many other groups who need help and assistance. Healthy Valleys are a charity and need support from volunteers in order to help others. Through the Grassroots Project I was given a family to support on a 1:1 basis and although it was daunting at first, once trust on both sides started to develop we shared fantastic days together. The family went to many parenting courses and the time we spent travelling to them was very important to me as we were able to discuss their problems and worries. They started off as clients, we progressed to acquaintances and now at the end of my year, we are all great friends.*



*I feel 1:1 support has been very beneficial for the following reasons:*

- Confidence boosting
- Understanding problems, health or otherwise
- Social interaction
- Support
- Reliability

*I'm sure there are many other reasons to be a volunteer, but I have to say, they (the Grassroots family from Healthy Valleys) have helped me as much as I have - hopefully - helped them. For me, volunteering has been very rewarding and I have thoroughly enjoyed my time with Healthy Valleys. Clare and Christine have supported me through this role and thanks to them for matching me with the family I worked with. It has to be said, that the reason for leaving Healthy Valleys is because I am moving north to be near my own children and grandchildren otherwise I would have continued volunteering and helping others.*

*I have been through some traumas in my life but if I can give something to someone else then I can say 'I have come out at the other end with positive thoughts'.*

*"Thank you for helping me and my son grow with confidence and being a friend when I needed it. If it wasn't for you supporting us to attend activities and get out of the house then I wouldn't have went anywhere. Going to miss you and wish you all the best"*

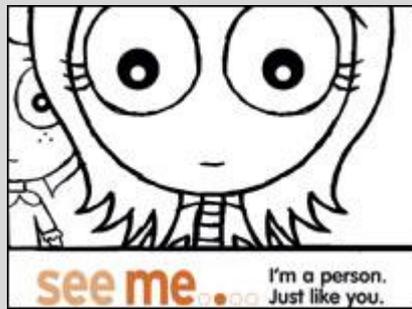
A wee note from Pam's matched family



www.facebook.com/HealthyValleys



# Take Time Out to help others



Our Time Out project supports young people who are facing challenges to their mental health and wellbeing.

Taking a holistic approach we provide them with the social and emotional support they need to better self manage their mental health and deal with their emotions. A varied programme of counselling, stress management, group social activity, physical activities, volunteering and training opportunities as well as one to one buddying take place on a weekly basis throughout the rural area.

We are particularly keen to recruit new volunteers who have lived experience of mental ill health and perhaps have been or are still on their own journey of recovery. Helping others is a great way to help yourself. In fact, our current Time Out volunteers have also developed amazing friendships, bonds and support amongst themselves. We would also welcome anyone who has an interest in working in mental health, perhaps as a counsellor or therapist.

If you think you have the skills, experience and understanding to support a young person, please get in touch with Wendy Kyle, Young Persons Development Worker. Email: [wendy@healthyvalleys.org.uk](mailto:wendy@healthyvalleys.org.uk). Tel: 07859 062 831

Healthy Valleys works across the rural South Lanarkshire area, bringing people together from all different towns and villages to help them improve their health and wellbeing. Activities and services take place all over, but sometimes it can be really difficult for those who most need the support, to physically access it.

That's why we need people who love driving, have business insurance on their own vehicle or are over 21 so can drive the community mini buses, to be volunteer drivers for us.

All expenses are reimbursed and mileage paid, you'll get to visit lots of places and meet lots of different people. From our monthly walking group to family trips or people just needing to get to hospital or health professionals, the role can be very wide and varied. We might need you once in a while or on a regular basis, whatever best suits you.

Contact Kate on 01555 880666 for more details.

## Love Driving?



Got spare time? ✓

## Want to join the team?

Interested in using your skills, knowledge and experience to help others? ✓

### Then get in touch!

Call Kate Williamson, Volunteer Co-ordinator on 01555 880666

[Kate@healthyvalleys.org.uk](mailto:Kate@healthyvalleys.org.uk)

Full training provided and personal development opportunities, and all out of pocket, mileage and travelling expenses re-imbursed.

Reliable? ✓

Friendly? ✓

# Getting Out and About!



Hi I'm Mary and I started as Community Health Navigator with Healthy Valleys Out & About project in October 2013. My role is to help link people who have long term health conditions and have become socially isolated get "Out and About".

The project is gathering momentum and we need volunteers (**people like you?**) who would like to do a small thing which could make a big difference to someone else. It's not a huge time commitment but is very rewarding. You'll learn more about your community and the people in it.

Since starting I have helped 9 people to re-engage with their community. I get to know about people's interests and find activities to suit such as arts and crafts, physical activity, computer classes etc. It can be as simple as going for a walk or meeting for a coffee to help build someone's confidence to get out and about in the community again.

**You don't need any specific qualifications or experience – a friendly, welcoming and understanding personality is important.** If you have a few hours a week to spare, please get in touch and find out how you could help others.  
Mary Hastings, Community Health Navigator, Email: [mary@healthyvalleys.org.uk](mailto:mary@healthyvalleys.org.uk) Tel: 01555 880666 / 07743 473 623

Hi I'm Louise and I've recently joined Healthy Valleys as the Family Support Worker for the Parents Supporting Parents project, which works with mums, dads, aunts, grandparents and every type of adult who looks after children under the age of 5.

# Parents Supporting Parents

This is what I'll be doing, and it would be great if you could get in touch and take part as either a volunteer or as a participant with your wee one(s)!

- Identifying local voluntary groups working with children under 5 and providing support and information to encourage a wider range of activities and get more people involved.
- Identifying isolated parents and carers and encouraging and supporting them to become more involved in local groups and activities with their children.
- Working with parents and carers to develop activities which are suitable for people living in rural areas.
- Bringing parents and carers together to share ideas and provide essential support from people leading similar lives.

Please get in touch if you would like more information on the project in your local area and if you would like to be kept informed of future developments.

Louise Higgins, Family Support Worker, Parents Supporting Parents Email: [louise@healthyvalleys.org.uk](mailto:louise@healthyvalleys.org.uk) 01555 880666 / 07525 687964



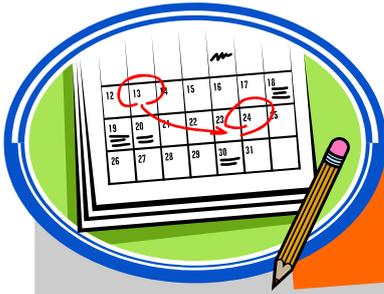
Some of the activities we've already helped parents to get off the ground - buggy walking groups, arts & craft groups and story telling groups. A bus to take families to local leisure centres is in the planning stages!





# Coffee and Cupcakes

It was "hats off" to our volunteers as we celebrated Volunteers Week in June. Young people from the Time Out project thanked their volunteers by throwing a Mad Hatter tea party, whilst a more sedate "Thank You" of coffee and cupcakes took place in St Nicholas Church Hall, Lanark. Our next volunteer thank you event will take place in January. Before then however, we will have our AGM on November 26, which will include a ceilidh. Bring your dancing shoes!



## What's On

### Walk the Commonwealth

Lanark Loch, Friday 26th September, 1—4pm.  
A celebration of the Commonwealth Games and Commonwealth Culture. All welcome, free event. See our website or Facebook for more details.

### Annual General Meeting and Ceilidh

Wednesday 26th November 6 - 9pm, Rigside Hall.

### Volunteer Friendly Award

Just waiting to hear if we have achieved this!

### Re-Connect South Lanarkshire

Official pilot has finished. We are delighted to be able to continue to support isolated older people living in the Clydesdale area. For more information on how to get involved, please contact Fiona Gairns, Re-Connect Development Worker.

Email: [Fiona@healthyvalleys.org.uk](mailto:Fiona@healthyvalleys.org.uk).

Tel: 01555 880666 / 07872 160 992

### Healthy Bump Course

For mums who are newly pregnant or trying to get pregnant. Practical cookery course, hints and tips on how to eat healthily during your pregnancy to allow your baby to grow and develop. For more info contact Christine Foster, Grassroots Project Worker. Email: [Christine@healthyvalleys.org.uk](mailto:Christine@healthyvalleys.org.uk) Tel: 01555 880666 / 07859 818 728

### REHIS Food Hygiene Course

An essential qualification for anyone working with food. Free training to all volunteers, public welcome but a cost is attached.

### REHIS Practical Cooking Course

A certificated course which demonstrates your capability to follow recipes and safely produce a 3 course meal. Please contact Simone who runs our Community Food & Health project for details on any REHIS course. 01555 880666 / 07872 160 995



## R U Connected?



Want to keep up to date with what is happening at Healthy Valleys? Check out our Facebook page: [HealthyValleys](https://www.facebook.com/HealthyValleys). We update this every few days with the latest info. Please "Like" us and let your friends know about us too.



We are also on Twitter! [Twitter.com /healthyvalleys](https://twitter.com/healthyvalleys)