

the ECHO

The newsletter of The Volunteer Centre
Chesterfield and NE Derbyshire

The Volunteer Centre

It's Volunteers Week

Here we are in Volunteers Week here are the final 5 animal pictures. Today we celebrate the Bee, look out for another tomorrow

Volunteers Week

Bees do not just produce Honey, they are pollinators and their eco system is crucial for the survival of many plants. Such a huge and valuable contribution from one so tiny.

Don't be insignificant this Volunteers Week.

Be more Bee



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The Volunteer Centre
Chesterfield & NE Derbyshire

VOLUNTEERS WEEK

Female Elephants help each other by taking care of each others calves making sure they are safe, they are called - allomother

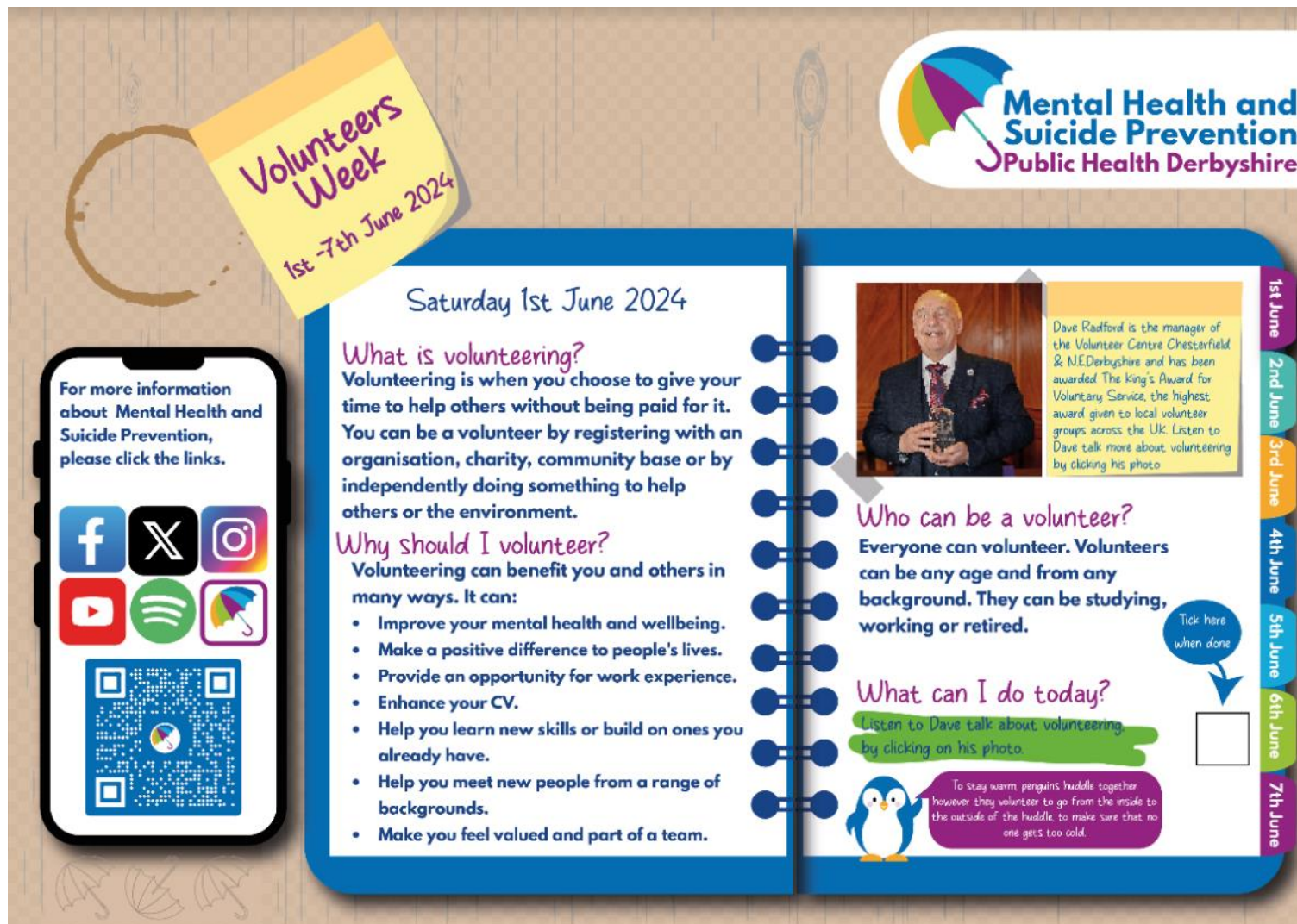
They also show care by helping injured Elephants

Help out in your community
Be more Elephant

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Below are the first 3 days of our Volunteers Week interactive calendar. Please play along and enjoy!



DAY 1 DAVE 02 - Volunteers Week 2024 on Vimeo



Volunteers Week
1st - 7th June 2024

Mental Health and Suicide Prevention
Public Health Derbyshire

Monday 3rd June 2024
Learn new skills by volunteering

Learning new skills can improve your mental wellbeing. It can:

- Boost your self-confidence and raise your self-esteem.
- Help you to build a sense of purpose.
- Help you to connect with others.
- Help increase your job opportunities and experiences.
- Help develop your skills.
- Help expand your knowledge.

What can I do today?

Listen to Paul talk about the volunteer passport by clicking on his photo.

Click here to find out more about the volunteer passport and volunteering in Derbyshire.

Tick here when done

How can I learn by volunteering?
There are lots of different ways to learn. Volunteering is one of them. Lots of free training is available to volunteers such as the 'Mental Health First Aid' course or the 'Volunteering passport'. You can also just learn by experience. You can learn new skills in talking to people. You can learn new things about nature if you help out with gardening.

Click here for the Derby and Derbyshire Emotional Health and Wellbeing Website or scan the QR Code.

Paul is a Service Development Officer and involved with lots of training opportunities for volunteers. Listen to Paul talk about one of them by clicking on his photo.

1st June
2nd June
3rd June
4th June
5th June
6th June
7th June

Podcast



Here's a Podcast which stars The VC's own Dave Radford

<https://youtu.be/ZMGp8Z8hgn4>

Coming Soon To A Theatre Near You!

The Voluntary Sector Awards



Our Voluntary Sector Awards are coming up this October, please send your nomination through using the link on our website (below).

[Nominations – Chesterfield and North East Derbyshire Volunteer Centre \(chesterfieldvc.online\)](https://chesterfieldvc.online)

Music Event



Music Festival



19th - 21st July 2024

Stainsby is a well-established, intimate and very family friendly event in a beautiful rural setting, held in large marquees on a greenfield site in the picturesque hamlet of Stainsby, Derbyshire. Stainsby is all about live music and performance: hearing, playing, writing, performing, learning. All proceeds go back into the event. Period.

If you are interested please
contact:

cossackvince@gmail.com or
stuards@stainsbyfestival.org.uk



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