

Ashfield Voluntary Action Supporting Self Help Groups

Ashfield Voluntary Action is an infrastructure organisation supporting the voluntary and community sector across Ashfield in Nottinghamshire. From April 2009 to December 2010, they supported self help groups to develop and increase their knowledge, become more involved in health issues and have a voice in shaping services.

Funded by the Coalfields Regeneration Trust, the project developed and ran training courses and assisted people in their personal skills development. During its duration, 117 people attended training, including eight people from blind, partially sighted and hearing impaired groups who achieved a Level One in British Sign Language.

The project also supported 45 volunteers involved with starting new groups, including self help groups for prostate cancer, thyroid disorders and strokes.

Over 500 support requests were completed during the project, including funding support, which accessed over £30,000 for self help groups.

In addition, the project organised “Let’s Get Together” events for self-help groups, used additional funding from NHS Nottinghamshire to provide health awareness raising activity and events for 800 people, and produced a booklet on slips, trips and falls for older people.

For further information on Ashfield Voluntary Action visit www.ashfieldvoluntaryaction.org.uk or telephone 01623 555551.



Peer massage at Let's Get Together Event