

CVS Stirling e-Bulletin – 25th April 2008

WELCOME to our revamped, re-energised e-Bulletin, which we hope you will find a useful resource, providing news and information on a local and national basis of interest to voluntary groups and organisations. The e-Bulletin will be distributed on a regular weekly basis, on Fridays.



We are keen that the format and content of the e-Bulletin meets your needs, so we welcome feedback - both positive and negative!

If you would like us to feature information about your group's activities, news, needs etc., please email your contributions to lee.stevenson@cvS-stirling.org.uk. Deadline for Friday's bulletin is the previous Monday.

If you have any queries, please call 01786 469916 and ask for Lee or Donald.

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FORTHCOMING EVENTS

Race Night & Disco

Alloa Rugby Club
10 May 2008, 7pm - Late

This event will raise funds for Clackmannanshire Women & Girls Group (WAGG), which has been running for a year now. It promises to be a fun night, with music and karaoke from CRAZY SUE, a chance for a flutter and a buffet to keep up your stamina for all that dancing!

Everyone Welcome - but remember to buy your tickets in advance as it's going to be a busy night! They cost £5 and can be purchased from Heather on 07709 189 880.



Family Fun Run

Sunday, 11th May 2008, at 11 am
Strathclyde Country Park, near Hamilton

This is the 20th Fun Run, and this landmark year will be the biggest and best yet! You can run, jog or walk the 4 or 6 mile route around the loch whilst raising money for the Scottish Motor Neurone Disease Association. There also will be a range of entertainment for the whole family, and every entrant will receive a commemorative T-shirt and medal.

To register, please contact the Fundraising Department on 0141 945 1077. You can also download entry forms and sponsor forms from www.scotmnd.org.uk

The entry fee for this year's event is £10.



MakeIT4Africa Charity Launch

Friday 2nd May
SCVO Edinburgh

MakeIT4Africa is a new Scottish Charity working to improve the quality of life and alleviate poverty among disadvantaged population groups within Ghana. The charity aims to provide greater access to education programmes using Information and Communication Technology (ICT).

Celebrate the launch of this new charity from 7pm until late on Friday 2nd May. Entertainment, free food and soft drinks will be provided.



Edinburgh Marathon

Sunday 25th May 2008

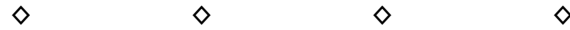
Individual ballot for places is now closed but there are charity assured places available. Join in and you'll get all the support you need before, during and after the event, including:

- personalised running vest
- post race reception
- massage
- fundraising ideas
- training and dietary advice

There will no doubt be blood, sweat and some tears involved but you would also be helping to support the vital work of the Meningitis Trust.

So if you are thinking of running the marathon in 2008, visit www.meningitis-

trust.org/running/Edinburgh-Marathon.html for a free information pack, or phone 0845 120 2123.



Back Walk & Gowan Hill Countryside Action Day

Tuesday 27th May 10am – 3pm
meet at Smith Museum car park

Volunteers wanted! It's always a challenge keeping the Back Walk and Gowan Hill free of litter, so come along and lend a hand to remove it from the paths, woodlands and grasslands around the castle.

Booking: Please phone Steve Cole 01786 442932



Race for Life

Sunday, 15th June
University of Stirling

Cancer Research UK's Race for Life is the country's largest women-only fundraiser, with 260 events across the UK. Most take place on a Saturday or Sunday morning, but Stirling is one of the venues that also host a second, afternoon event.

Though places are running out for the morning event, there are still places for the afternoon one, which begins at 3pm.

So if you're up to walking, jogging, running – or just staggering – the 5 kilometres to raise money to help beat cancer, visit www.raceforlife.org/Scotland and sign up, or call the hotline on 0871 641 2278.



In Brief

The following national events will be coming up in early May. To find out more, phone or visit the website in question.

MAY

1–31 Save a Baby Month

t: 020 7222 8003

www.fsid.org.uk/Save-a-baby-month.html

People around the country are being asked to take part in a 1 mile sponsored walk in memory of babies lost to cot death.

5–11 Deaf Awareness Week

t: 01206 274 075

www.deafcouncil.org.uk/daw/index.htm

A UK wide series of national and local events.

6 World Asthma Day

t: 020 7786 4900

www.ginasthma.com

The theme is You Can Control Your Asthma. Emphasizing that asthma control is the goal of treatment and can be achieved in the vast majority of asthma patients with proper management.

11–17 National Breastfeeding Awareness Week

t: 020 7972 1339

www.breastfeeding.nhs.uk

This website has suggestions for ways you can help at local level.

11–17 ME Awareness Week

t: 0845 123 2380

www.afme.org.uk

GROUP NEWS

SFSS Back from the Brink

Stirling Family Support Service (SFSS) found itself on the brink of closure last year through lack of funds. But now, thanks to a Big Lottery Fund award, the future of the charity, founded in 1999 by mothers whose children had drugs problems, is secure for the next 5 years.

For more information on SFSS, visit their website,

www.stirling.familysupport.org.uk

FUNDING & RESOURCES

Heritage Lottery Fund Deadline

Please note that the deadline for applications to the Heritage Grants programme (grants over £50,000) under our previous Strategic Plan has now passed. The last deadline for small grants (Your Heritage and Young Roots) using the old forms is **30 June**. Log on to www.hlf.org.uk and let HLF know if you are intending to apply before this deadline



National Voluntary Youth Organisations Support Fund

National Youth Organisations in Scotland can apply for grants of up to £50,000 through a new fund set up by the Scottish Government. The National Voluntary Youth Organisations Support Fund 2008-11 will provide funding for up to three years to projects that work with young people to do the following:

- build self esteem and self-confidence
- develop the ability to manage personal and social relationships

- create learning opportunities and develop new skills
- encourage positive group atmospheres
- build the capacity of young people to consider risk, make reasoned decisions and take control
- develop a 'world view' which widens horizons and invites social commitment

During 2008 there will be two application deadlines: **Friday 30 May** and **Friday 31 October**. To find out more, go to the Youth Link home page at www.youthlink.co.uk



Coalfields Regeneration Trust Mini-Grants

Voluntary organisations in former mining areas across Central Scotland can qualify for a range of mini-grants.

The Coalfields Regeneration Trust is offering Community Grants ranging from £50 to £500. These can be applied for using a new, simplified form and are usually paid out within 8 weeks of application.

The first round of payments saw £10,136 shared among 27 groups. Among them was Polmaise Community Council, who received £499 for computer equipment.

For more details, and how to apply, call Coalfields Regeneration Trust on 01259 272-127.



Skill Scotland Bursaries Available

Bursary awards are available from Skill Scotland for disabled students to go to conferences and events.

The Robert and Edith McMillan Disabled Students Bursary Fund, (administered by Skill Scotland) was setup to enable disabled students studying in Scotland to attend conferences and events in Scotland and elsewhere. It can help pay for registration fees, travel, accommodation, personal assistance, interpreting and other types of support.

The fund is open to any disabled person over the age of sixteen on a full-time or part-time course of study in Scotland. The event or conference should be relevant to education, training or employment opportunities for disabled people, and should not be a part of your course of study.

Successful applicants will be asked to feedback what they have learnt to other students. For example, they could write a short piece about the event for Skill Scotland E-news.

Contact Skill Scotland on 0131 475 2348 or email admin@skillscotland.org.uk for details.



OPFS – New Rights Guide

One Parent Families Scotland have produced a new rights guide for lone parents. This is available free from their website (www.opfs.org.uk) or from the LP Helpline on 0808 801 1323.

An updated version of their directory of family support, including over 110 organisations, is also available, cost £20.



SCVO Briefing Papers

Does your community group want to apply to the Rural Priorities part of the Scotland Rural Development Programme? Do you have questions about the application process? Don't know where to start?

Then, a new series of Briefing Papers from the Scottish Council for Voluntary Organisations (SCVO) is just the thing you need.

The first, 'SRDP Briefing 1: Getting a Business Reference Number', is aimed at community groups and voluntary organizations and will take you through the essential first step of applying to Rural Priorities, which is getting a Business Reference Number. You can download this and the other briefing papers now from www.scvo.org.uk

TRAINING OPPORTUNITIES

Heart to Heart – Support for those affected by divorce or separation

New Course

Mondays from 12th May-16th June, 7-9.30pm

Central Stirling

Are you or is someone you know suffering from the effects of a broken relationship?

Feeling overwhelmed, lonely, depressed, hurt, lacking confidence, bitter or angry?

This 6 week course may be of help.

For more information, and to register your interest, please contact Cathy on 01877 339966 or 07790 437713, or email your query to

info@hearttoheart.org.uk



Minute Taking Class

Balfon Campus

Tuesday 13th May
7.30pm – 9.00pm

Good minute-takers are worth their weight in gold! Minute-takers can do more than record the outcomes of meetings concisely - they can also help the Chair run the meeting more effectively.

This course is aimed at people who want to develop skills in compiling concise meeting notes covering all key points. The course will cover

- the purpose of holding meetings
- the duties and responsibilities of those involved,
- the arrangements required in organising meetings,
- the skills involved in compiling structured notes and producing minutes

THIS IS A FREE COURSE. For more information please contact Jo Polak, Community Worker (Adult Learning) email polakj@stirling.gov.uk telephone 01786 432365 or Pam Campbell (Rural Development Worker) 01786 432320, email campbellp@stirling.gov.uk

LEGISLATION & POLICY

Tackling Poverty

Over the last month the Scottish Government has issued two major consultations which will be of interest to people living and working in our poorest communities. At the very end of January it published *A Discussion Paper on Tackling Poverty, Inequality and Deprivation in Scotland* (www.scotland.gov.uk/Resource/Doc/210689/0055711.pdf) and in February it published *Glasgow 2014 - Delivering a Lasting Legacy for Scotland* (www.scotland.gov.uk/Resource/Doc/212495/0056525.pdf). Both of these documents give people the chance to help to inform Government policy.

If you would like to make your own contribution to this debate then please email Mike Palmer, Deputy Director for Social Inclusion, on mike.palmer@scotland.gsi.gov.uk before the closing date, 9th May.

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Travel concessions extended

Plans for free, unrestricted national bus travel for disabled people in Scotland from April 2006 have been announced.

Currently, local authorities have responsibility for running concessionary travel schemes but the new scheme will be national. This will give disabled people free bus travel across Scotland, plus two free ferry trips a year for disabled residents of Scotland's islands.

For details, contact www.transportscotland.gov.uk/concessionarytravel

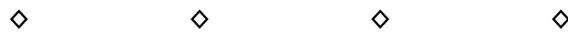


Gift Aid to remain unchanged for charities

Despite initial fears, charities will not lose out under the new lower rate of income tax. The voluntary sector had been concerned about losing more than £90m a year in Gift Aid donations when the basic rate of income tax falls from 22% to 20%.

But Alistair Darling's announcement included provision for Gift Aid, which enables charities to reclaim the tax paid on one-off donations, to be paid at a transitional rate of 22% for three years, meaning the level of benefit will remain the same.

If you don't already claim Gift Aid, and would like to know more about it, the Voluntary Arts Network briefing is a good place to start. You can download it at www.vascotland.org.uk/uploaded/map174.pdf



Water Rates - Voluntary Sector still exempt

The Scottish Parliament's debate on the voluntary sector on 17th April resulted in an extension of the current exemption to water rates.

Other outcomes included a revamped compact between the Scottish Government and voluntary sector, and promises to slash red tape.

You can find the official report of the debate on the SCVO website, www.scvo.org.uk

OTHER NEWS

Helping to halt the tobacco epidemic

Smoking is the biggest single cause of cancer in the world, and Stirling is at the forefront of research into prevention.

Work at the Cancer Research UK Centre for Tobacco Control Research at the University of Stirling, directed by Professor Gerard Hastings, is aimed at preventing the harm smoking causes.

They are monitoring the effects of the 2002 UK Tobacco Advertising Ban on teenager's attitudes, beliefs and behaviours towards smoking. They are also tracking how the ban has affected tobacco companies' marketing strategies.

Researchers at the Centre are also collaborating in a large three-year international study involving the UK, USA, Canada and Australia. It aims to

assess the effect of various tobacco control initiatives, such as education, policy legislation and cigarette taxation, on smokers' attitudes and behaviours toward smoking.

We know almost nothing about how and why tobacco policies work or don't work, so this information is essential for guiding tobacco control efforts.

Professor Hastings' team will also examine the effect of smokefree legislation on people's attitudes and behaviours towards smoking.

For more information, visit Cancer Research UK's website, www.cancerresearchuk.org



STOP PRESS.....Last chance to nominate someone for the Nationwide Community & Heritage Awards!

Closing **date is 28th April**. So, if you know of a local volunteer – an unsung hero who deserves recognition for his or her efforts - complete the form now. You can submit your nomination online at www.nationwide.co.uk

