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As you can see, we've made some changes to the e-Bulletin ...

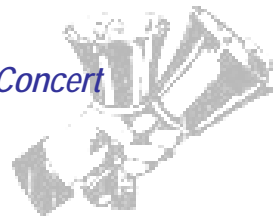
We hope we have managed to enhance the overall appearance while maintaining ease of navigation (in the **Word** file, just click on the subject heading in the contents box).

Comments and suggestions for the [website](#) and e-Bulletin are welcome. Emails to: lee.stevenson@cvs-stirling.org.uk or donald.saunders@cvs-stirling.org.uk Deadline for contributions for Friday's bulletin is the previous Monday. If you have any queries, please call 01786 469916 and ask for Lee or Donald

FORTHCOMING EVENTS

Music in Motion - *Handbells in Harmony Concert*

Tuesday 22 July at 7.30pm
Dunblane Cathedral, The Cross, Dunblane
FREE (Donations welcome)



..... Featuring: *Bells in Motion* from Illinois, US, with *Celtic Carillon* - Scotland's national handbell ensemble and *Dunblane Cathedral Handbell Ringers*

Gershwin, Cole Porter, Glen Miller and Dave Brubeck are just some of the names whose music is featured in this concert, which features the 15-strong Bells In Motion ensemble from Central Illinois, Wisconsin and Iowa.

The wide-ranging programme will also include performances by Celtic Carillon, Scotland's National Handbell Ensemble, and a trio from Dunblane Cathedral Handbell Ringers. **All Welcome.** Phone 01786 825388 for details.

Heart to Heart Support Course

Wednesdays, 3rd September – 8th October 2008



Heart to Heart, the group for those affected by divorce or separation, will be holding a 6-week support course at a venue in Central Stirling.

Each meeting will last 2 ½ hours. The evening starts with a meal and is followed by short talks and group discussions on the week's topic. Some weeks include someone from the previous series relating their experience regarding a particular topic.

Topics of Support Sessions:

Session 1 *Effects of the Past* - introduces the recovery process and helps people to locate where they are at present and what they hope to get out of the course

Session 2 - *Communication & Conflict Resolution* – includes a section on listening skills and personal conflict style

Session 3 - *Forgiveness* – looks at the importance of forgiving others and self in order to move on in the recovery process.

Session 4 - *Moral and Legal Issues* surrounding the decision to divorce. This session includes input from a family lawyer and includes discussion of the possibility of mediation. Additional material of specific interest to Christians regarding divorce in the Bible is also available for those who wish to explore this.

Session 5 - *Relationships and Boundaries* – this includes a look at parenting and relationships with children as well as boundaries with the ex-partner.

Session 6 - *Moving On* – covers being single, dating, sexuality and remarriage.

For more information, contact Cathy or Lynne on 01877 339966 or 07790 437713, email info@hearttoheart.org.uk. ***This is a confidential service.***

GROUP NEWS

Happy Birthday WRVS!

Members of the **WRVS Association Central Scotland branch** celebrated the service's 70th anniversary last week at the Crawford Hall in Braehead. The Stirling event was one of almost 300 anniversary tea parties held across the UK.

The Women's Royal Voluntary Service, which has 11,500 volunteers in Scotland helping older people, turned 70 in May.

TRAINING & RESOURCES

Community Engagement Fact Sheets

Establishing a good relationship with the wider community is an important factor when developing community projects. A new range of **Fact Sheets** provides additional



guidance and information on this theme. Developed by Highlands & Islands Enterprise, they are of relevance to communities across the country.

The topics covered are

- getting people interested
- getting people's views and ideas
- getting people working together
- getting people to stay together

To download a fact sheet (PDF format), visit www.hie.co.uk/community-engagement-factsheets.html

Breaking Barriers - Free Training Events Across Scotland

Lesbian, Gay, Bisexual & Transgender (LGBT) Youth Scotland

20th August – all day

FREE (but £50 charge for late cancellations)

“Making your service accessible for lesbian, gay, bisexual and transgender young people”



LGBT Youth Scotland is holding fourteen multi-agency training events across Scotland, looking at ways in which services can be made more accessible to Lesbian, Gay, Bisexual & Transgender (LGBT) Young People experiencing a range of service needs. This Training is funded by the Scottish Government as part of the Multiple and Complex Needs Initiative

Stirling's event takes place on 20th August (details of venue, times etc. will be forwarded on booking.)

The training will include both theory and practice, making it relevant for both service design and delivery. It will be of relevance to those involved in: Youth Work, Education, Mental Health, Social Work, Helplines, Sexual Health, Through Care & After Care, Staff from **any organisation who work with children and young people.**

What will the training cover?

- LGBT young people and multiple needs: exploring links between identifying as LGBT and experiencing a range of service needs
- LGBT young people: confidentiality and information sharing
- Service barriers to engaging with LGBT young people, and how to overcome them
- Monitoring sexual orientation and gender identity
- Demonstrating your inclusiveness and accessibility

If you'd like to attend, fill out the online booking form at:

http://www.surveymonkey.com/s.aspx?sm=UfBZ6_2foNHBQK3vO7YNTKkQ_3d_3d_or
alternatively email: training@lgbtyouth.org.uk

Women Leading

A dynamic, practical two day course for women in or aspiring to leadership roles
September 18th and November 4th 2008
Callander, near Stirling



Women remain under represented in managerial positions across Scotland. Many women have the ability to lead but may lack experience and/or confidence to apply their skills to the greatest effect.

The new Gender Equality Duty requires public authorities to design their policy, employment and services with the different needs of women and men in mind. It also applies to private and voluntary sector organisations when they are providing public services.

Are you taking steps to promote a gender balance at all levels in your workforce?

The course is aimed at women from voluntary, public and community sectors who are new to leadership roles, or aspire to such roles.

The aim of the training is to give women confidence and skills to take on and expand leadership roles. The course will be delivered over two days, separated by a month, to allow action plans developed on Day 1 to be practiced and then reviewed and explored further on Day 2.

The Course will look at

- Theories and models of leadership - is it different for women?
- Exploring leadership styles - what is your 'style'?
- Giving and receiving feedback on different leadership approaches
- Exploring dimensions of power and influence

Women will have the opportunity to explore leadership styles in a safe environment. The emphasis will be on trying out different approaches and receiving constructive feedback on personal styles. We will use a variety of mediums - both indoors and outdoors.

Costs: - £120+VAT per day for small community and voluntary sector organisations (£240 + VAT for 2 days) ;

- £160 +VAT for public sector organisations and medium to large sized voluntary organisations. (£320 +VAT for 2 days)

For more information and an application form contact:

Fran at 01764 670541 email fran@breathingspaceoutdoors.com or follow this link www.breathingspaceoutdoors.com/l4w/index.html#14

(If the dates are not suitable and you are able to bring together at least 12 women we can arrange a tailor made programme to suit the needs of your organisation.)

"The new Gender Equality Duty applies to private and voluntary sector organisations when they are providing public services."

Introduction to Business Planning Course

Thursday, 25th September

(Delivered twice) 10 am – 1pm; 2pm – 5 pm

The course is designed for **voluntary organisations, community groups** and **social enterprises**. Its aim is to take the pain out of writing a Business Plan and actually see if we can't help you to enjoy the process!

You don't need to have written a Business Plan before or claim to know anything about Business Plans. But even if you have, you'll still learn something useful that will make writing your next Business Plan much easier.

The session is very practical, with lots of opportunity to spend time thinking about your own organisation. We do a number of group exercises throughout the session and so, if possible, bring one or two other people from your organisation with you.

What Will Be Covered

The session will provide answers to many common questions about how Third Sector Organisations can write a great Business Plan.

Here are some examples of the issues we will look at:

- what to include
- what the different terms mean
- how to get your vision across
- how to get started
- making your business plan exciting
- how to make the process easier
- time-saving tips
- sorting out the finances for your business plan
- making your business plan stand out

"You will leave feeling motivated and energised ... you may even be looking forward to writing your Business Plan!"

We will be looking at The Tool Factory's *Business Plan Writer* software as we go through the session - showing you how different tools and resources can take the pain out of writing your Business Plan.

What You Will Go Away With

Our aim is to show you that writing your Business Plan is not the daunting task it first seems. Because we like to make the session as practical and dynamic as possible - you will have already started on your Business Plan by the time the session is over - you will leave the session feeling motivated and energised. You may even be looking forward to writing your Business Plan after all!

The course fee is **£40 per person**, including refreshments. **This fee must be paid in advance** by organisations, and be received by our CVS Administrator, Anna Fraser, by

Friday 12th September at the latest. People should indicate their preference for the morning or afternoon session.

Anna can be contacted by telephone at 01738 567076 and by e-mail at afraser@pkavs.org.uk."

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FUNDING

The Joanie's Trust (UK)

Registered charities working with young people aged 11 to 25 are eligible to apply for grants through the Joanie's Trust.

Each year, the Trust makes approximately 30 grants with an average value of £1,000 to support projects that offer intensive support to young people as well as those that promote preventative work, and especially those that are designed to lead to individual development through integration, work opportunities or accreditation. Grants are given for running costs, both project and core costs, and capital costs

In particular the Trust is looking to support projects that show innovation and imagination as well as evidence of close consultation with young people in developing their project.

The next deadline for applications is the **31st August 2008**. For further information go to [Joanie's Trust](#)

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VOLUNTEERING & RECRUITMENT

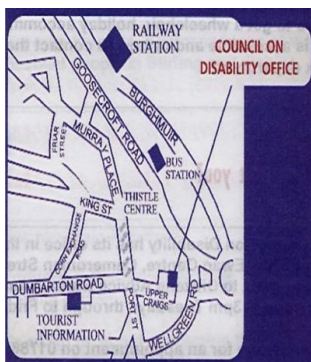
Wanted: Volunteers for Council on Disability

Stirling's Council on Disability is urgently seeking volunteers.



The Council on Disability is a voluntary organisation, set up and run by volunteers with disability. For over twenty years it has been providing information and help on specialist disability issues, and campaigning on issues that affect the lives of people with disability.

If you think you might be able to spare some time to help, give them a phone on 01786 462178 to find out more. Or you can just drop in: if a volunteer is available you will be attended to immediately.



The Council on Disability's office is in the Norman MacEwan Centre, Cameronian Street, Stirling (next to Citizen Advice Bureau) and is open from 10am-3pm Tuesday through to Fridays. **The premises are fully accessible.**

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OTHER NEWS

Nominations for Active Citizens of Europe (ACE) Awards 2008

Six outstanding active citizens from Europe who have made an exceptional impact on their community either locally, nationally or internationally will be recognised during **Volunteurope 2008**.

This year's Volunteurope – held in Genoa, Italy – will be the 17th of the international workshop events co-ordinated by CSV, bringing together over 120 participants from all over Europe to share good practice on volunteer action.

If you would like to nominate an 'unsung' hero or organisation for an award in one of the following six categories -

1. Lifelong Achievement,
2. Innovation,
3. International,
4. Senior Volunteer,
5. Young Volunteer
6. Corporate Social Responsibility (CSR)

- you can download a Nomination Form from www.csv.org.uk/About+Us/CSV+International/European+Network/ACE+Awards.htm and e-mail it to volunteurope@csv.org.uk. The closing date for nominations is **Friday, 29th August 2008**.



Scotland's Commissioner for Children and Young People Annual Report 2008

Scotland's Commissioner for Children and Young People, Kathleen Marshall, has published the SCCYP's Annual Report for 2007-08 in June.



The report covers the issues addressed by the Commissioner's office over the past 12 months, many of which have generated significant debate and discussion. While much of SCCYP's work has focused on situations in which children might be described as "over protected" through extreme risk aversion, equally the Commissioner has addressed situations in which children are currently under-protected.

The main areas of work included:

- A report on **adult attitudes to contact** with children and young people which highlighted the fear that adults have of being wrongly accused of harming a child
- A study of the **regulation of outdoor play** for children and young people in residential care, which explored how risk adverse practice is preventing children from enjoying play and leisure

- Research into the policy and practice relating to the moving and handling of **children and young people with disabilities**, that promises to lead to revised guidelines
- Research into young people leaving care in Scotland aged 16, and the standard of **accommodation and support** provided after they leave
- A report on the rights of children who have a **parent in prison**
- A major conference on **physical punishment**

A copy of the report is available to download from the VHS website at:
www.vhscotland.org.uk/library/misc/sccyp_AR_2008.pdf

Study needs NHS patients

A lack of information and knowledge is seen by members of the public as the biggest barrier to caring for their own health. This was the finding of a recent Department of Health survey on public attitudes to self-care.

The researchers are hoping to hear from individuals from the following groups:

- *people who care for a family member with dementia*
- *people with lymphoma;*
- *people over 18 who have been diagnosed with Hodgkin's or non-Hodgkin's lymphoma;*
- *women who are a minimum of 22 weeks pregnant and who have been offered antenatal screening;*
- *women who have recently had a baby;*
- *women who have given birth in the past six months and who were offered antenatal screening.*

Now the Government wants the NHS to provide patients with better information to help them manage their health.

To help the NHS to find out the best kind of information to give people who are making decisions - such as which kind of treatment to have, whether to undergo screening and how to care for a loved one - researchers at Stirling University are looking for local people who use the NHS to take part in discussion groups.

The NHS-funded study will involve up to 90 members of the public taking part in discussion groups in the Stirling and Forth Valley area. These are being held in **July and August** and will last for up to two hours. Each group will involve around six other people who have had similar experiences.

Travel expenses will be paid and participants will receive a £20 gift voucher. Further details from Emma France on 01786 466116 or 466392.

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FUNDER OF THE WEEK – Lloyds TSB Foundation for Scotland

The origins of Lloyds TSB Foundation for Scotland go back to the early 19th century, to the Rev'd Henry Duncan who founded the Trustee Savings Bank in Ruthwell, Dumfriesshire in 1810. Something of an idealist, Duncan believed that everyone, regardless of wealth or position, should be able to benefit from a savings bank.



In 1995, with the spirit and principles of its founder in mind, the Trustee Savings Bank Group set up four independent charitable trusts (Scotland, England & Wales, Northern Ireland, Channel Islands) to distribute 1% of pre-tax profits. Almost 20% of this goes to the Foundation for Scotland.

That same year the TSB Group merged with Lloyds Bank, significantly increasing the Foundation's income. To date, Lloyds TSB Foundation for Scotland has received over £62 million from Lloyds TSB Group plc, and this money has improved the lives of hundreds of thousands of people across Scotland and, more recently, overseas through Scottish Charities working abroad.

What is funded?

The Foundation distributes its funds to recognised charities in Scotland which are focused on improving the quality of life and creating equality of opportunity for people in Scotland. This applies particularly to those who are disadvantaged and marginalised, with particular emphasis on grassroots charities, and organisations which help those most in need become self-sufficient or improve the quality of their lives.

"Funds go to recognised charities focused on improving quality of life – particularly for those disadvantaged and marginalised"

Funding is distributed through various award programmes, each of which has its own criteria, application form and deadline. Prospective applicants should consult the detailed information about the relevant programme, which can be found on the website at www.ltsbfoundationforscotland.org.uk

The award programmes comprises:

- Standard Grants
- Capacity Building Grants
- Overseas Awards
- Staff Matched-Giving Scheme (*only applies to staff of TSB and its subsidiaries*)

The website also gives examples of previous grant awards, which can help give a picture of the sort of projects that are funded.

As a service to prospective applicants, the Foundation holds surgeries around the country, giving people the opportunity to discuss their application before it is submitted. This means over 80 opportunities a year to get face-to-face support with an application, as well as the option of speaking to someone by phone (0870 902 1201)

The Foundation stresses that attending a funding surgery is in no way a requirement, and that it's not something they take into account when we assessing an application.

However, they point out that generally people who have been to a surgery complete better applications and so are more likely to receive an award.

A schedule for the 2008 surgeries can be viewed on the website. For more details about the above, visit the Foundations website at www.ltsbfoundationforscotland.org.uk .
Contact Number: 0870 902 1201.

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Council for Voluntary Services - Thriving and Connecting Communities in Stirling

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