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The schools are back, folk are returning from their holidays, summer draws to a close... but there's no shortage of upcoming events and opportunities for the Third Sector – see below!

This week's featured group is based in the centre of the city: the *Rock Community Project*. Now in its 5<sup>th</sup> year, it's a well-established part of Stirling's community landscape – and for good reason, as we found out.

Comments and suggestions for the [website](#) and e-Bulletin are welcome. Emails to: [lee.stevenson@cvs-stirling.org.uk](mailto:lee.stevenson@cvs-stirling.org.uk) or [donald.saunders@cvs-stirling.org.uk](mailto:donald.saunders@cvs-stirling.org.uk)

Deadline for contributions is the previous Monday. If you have any queries, please call 01786 469916 and ask for Lee or Donald.

## FORTHCOMING EVENTS

### Scribbler's Picnic

Sunday, 24<sup>th</sup> August, Stirling Rugby Club grounds  
From 12 noon



The 8<sup>th</sup> Scribbler's Picnic will kick off this Sunday, and it promises to be a great day out for music lovers and for families. There will be no less than four performance areas: the Main Stage (sponsored by Fubar), the Rock Tent, an Acoustic Café, and a Folk Arena (inside the Rugby Club building). Also featured will be a licensed bar, children's rides, dance and drama displays, and a football match.

Several local charity groups will have stalls at the event. Proceeds from the Scribbler's Picnic go to the following charities: CHAS, Strathcarron Hospice, Maggie's Centres, MacMillan Cancer Support, and Marie Curie Cancer Care. For more on the event, visit [www.scribblerspicnic.com](http://www.scribblerspicnic.com)

### Supporting Young Parents Workshop

Stirling Council Chambers, Old Viewforth  
Thursday 28<sup>th</sup> August 2008, 9.30-12.45

Recent figures show that across Forth Valley, 13.6% of first-time mothers are aged 19 or under. These 561 young women and their partners may need support not just to be parents, but to be the individual young people they are. How will they access learning? Or employment? How will they identify their goals, and build the confidence and the skills they need to achieve them?

Only eight of over 60 initiatives or services in Stirling which provide some form of support to young people said that "being a young parent" is one of the issues with which they felt able to provide support.

*"In Forth Valley, over 13% of first-time mothers are aged 19 or under"*

### ***So how can services improve support for young parents among their client group?***

This morning workshop is a chance for both frontline staff and managers from all services that work with young people to get together, gain an understanding of the issues around working with young parents, identify solutions and share good practice.

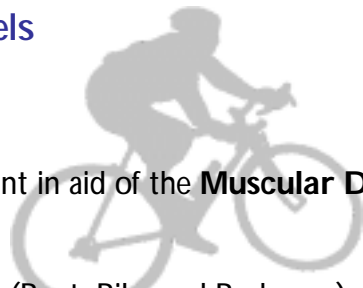
It will be an opportunity to:

- Identify the nature of support required by young parents, who may face a range of barriers to participation
- Examine the support currently provided by partners in Stirling
- Find out how support is provided in other areas
- Shape planning on how support could be developed to better meet needs

Those interested in attending should contact Elaine MacDonald, Stirling Council Youth Services on [macdonalde2@stirling.gov.uk](mailto:macdonalde2@stirling.gov.uk) For more information, contact Rosa Oswald on [oswaldr@stirling.gov.uk](mailto:oswaldr@stirling.gov.uk), phone 01786 432035.

## **Trossachs on Two Wheels**

Sunday, 21<sup>st</sup> September  
Callander – Loch Katrine



This sponsored charity event in aid of the **Muscular Dystrophy Campaign** is looking for volunteers.

Trossachs on Two Wheels (Boat, Bike and Barbecue) will involve participants taking a trip on Loch Katrine before cycling back towards Callander. (There is a choice of distance and degree of difficulty to offer cyclists of all ages).

- First stage is a trip on the steamer from Loch Katrine Pier to Stronachlachar.
- Cycling follows - 13 miles of ups and downs back to the other end of the loch, followed by a specially designed 10 mile route avoiding traffic to Loch Venachar, finishing via a private road to Wheels Hostel near Callander for well deserved refreshments. *This 23-mile route is for those aged over 12.*

But if this sounds a bit too exhausting, there's an alternative: you can start from Loch Katrine Pier and follow the *10-mile family-friendly route* to Wheels Hostel. This can also be combined with a trip on the loch, and ends with the barbecue. All participants will receive a certificate on completion of the route.

The Muscular Dystrophy Campaign is working with Wheels Hostel and CNDo Scotland to ensure a good day out for all with support and first aid cover provided. Bike hire from Wheels is available at a special rate and entry fees include the cost of the steamer and transport of cycles. There will be a small charge for the barbecue.

Participants are encouraged to raise funds for the Muscular Dystrophy Campaign which supports hundreds of families in Scotland and there is a range of prizes on offer.

For more information, or to get an entry form, please phone 01324 810958 or email [scotland@muscular-dystrophy.org](mailto:scotland@muscular-dystrophy.org)

## CSV Make a Difference Day

Saturday, 25<sup>th</sup> October



**CSV (Community Service Volunteers) Make a Difference Day** is the UK's largest annual day of volunteering, an opportunity to get together and organise an activity to help make a difference in your area.

If you need some inspiration on starting a project, the CSV's activity ideas page can help. Or if you'd like to join an existing one, their activity locator will point you in the right direction. To find out more about Make a Difference Day or to register your activity visit [www.csv.org.uk/campaigns/make+a+difference+day/](http://www.csv.org.uk/campaigns/make+a+difference+day/) or call freephone 0800 284533

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## TRAINING & RESOURCES

### RADAR Leadership Development Day

Wednesday 12<sup>th</sup> November,  
Glasgow  
FREE



Are you someone who likes taking initiative and longs to change the world around you? Do you want to influence public life in the UK? Would you like to be a school Governor, part of a community forum, a tenants association, a Non-Departmental Public Body? Or do you think you might like to, if only you knew where to start?

**Radar is interested in equipping disabled people and people with long-term health conditions to be leaders and influencers in public life.** That is what our new series of Leadership Development Days is all about. Radar won funding earlier this year from the Equality and Human Rights Commission (EHRC) to deliver a series of leadership events for disabled people, especially those from black or minority ethnic backgrounds, following on from our previous work with the Disability Rights Commission (DRC).

The 2008 Leadership Development Days will offer a blend of skills training and personal development work. They will be open to anyone experiencing ill health, injury or disability who has aspirations to lead and positively influence the world they are living

and working in. A number of places on both days will be reserved for disabled people from black or minority ethnic backgrounds, as these groups are under-represented in leadership and influential positions.

Only 6.1% of people taking up public appointments experience ill health, injury or disability, compared to 20% in the wider population. As well as delivering leadership skills to individuals, Radar believes the Development Days can play a part in getting disabled people's voices heard in public life, and in changing cultures for the better.

### **What will I get from attending a Leadership Development Day?**

The Development Days will equip you with some of the skills crucial to being a leader and influencer. The programme is likely to include sessions on:

- understanding your strengths and personality and making them work for you
- successful networking
- personal presentation
- making the most of mentoring
- one-to-one coaching on your personal priorities

There will be inspirational speakers, professional coaches and plenty of tips and advice from other disabled people who have experience in leadership and influential positions. The aim is to help you create your own self-sustaining networks and plans, so that you can start to achieve your leadership aspirations.

*"Radar believes the Development Days can play a part in getting disabled*

The Development Days are free for delegates. You will need to meet your own travel costs. If you are offered a place and then do not attend at short notice, we reserve the right to charge you a cancellation fee of £25, as the place could have been used for someone else.

*people's voices heard in public life, and in changing cultures for the better."*

### **How do I know if I have the right experience?**

We are not looking for in-depth experience of leadership already, more for ambition, willingness and aptitude, so the advice is, if you're interested, put in an application – don't deny yourself the opportunity through feeling unsure of your abilities.

If you don't feel confident writing about your skills or ambitions, you could talk to a friend or colleague for advice on how to present yourself on the application form. Or, if you want to talk it through with us before filling in the application form, give us a ring on 0870 224 6351 and we can help you.

### **How do I apply?**

Anyone wishing to apply for a place on a Leadership Development Day can download an information pack and application form at [www.radar.org.uk](http://www.radar.org.uk) Alternatively, email [Judith.Simpson@radar.org.uk](mailto:Judith.Simpson@radar.org.uk)

Applications must be received by **Friday 5<sup>th</sup> September**. You will know whether you have a place by Friday 26<sup>th</sup> September.

## Social Enterprise Courses in Stirling

The Social Enterprise Academy is running the following two-day courses in Stirling during September and October 2008.



Social Enterprise Academy

### 1. Financial Management & Income Generation

Monday 8<sup>th</sup> & Tuesday 9<sup>th</sup> September  
Stirling

A course that will appeal to those interested in developing the trading potential of their organisation and to anyone new to financial management. It will ensure that you have a good grasp of management accounting and that you understand the requirements for the sound stewardship of your resources, challenging you to look at the opportunities within your organisation for generating income.

### 2. Tutor Training Course

Tolbooth Arts Centre, Stirling  
27<sup>th</sup> & 28<sup>th</sup> October

This course is specifically aimed at deaf workers or workers who are working with deaf, deafened, hard of hearing or deafblind people. BSL (British Sign Language) interpreters and electronic note-takers have been organised.

For further information, visit [www.theacademy-ssea.org](http://www.theacademy-ssea.org) for a booking form. Those involved in the Third Sector will be able to access all Social Enterprise Academy courses for only £95. To contact the Social Enterprise Academy, telephone 0131 243 2670 or e-mail [learn@theacademy-ssea.org](mailto:learn@theacademy-ssea.org).

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## VOLUNTEERING & EMPLOYMENT

### Wanted! Young Scots for Health Panel

**Young Scot** and **NHS Health Scotland** have established a **Young People's Health Panel** which helps to improve the health information available to young people on the Young Scot website ([www.youngscot.org](http://www.youngscot.org)) and InfoLine.



And they need some new members! Each member of the panel will be invited to attend up to four meetings a year and you will have the chance to receive a Bronze level Youth Achievement Award - it will look great on your CV! Current member, Kay McMahon says: *"It's a great opportunity to have my say around young people's health services and issues in a very active, fun and creative way."*

No formal qualifications are required, but applicants must be between 14-26, and you will not end up out-of-pocket. For more information and an application pack, please call Alison Hardie on 0131 313 2488 or email [alisonh@youngscot.org](mailto:alisonh@youngscot.org)  
Closing date for applications is Friday 19<sup>th</sup> September 2008.

### Programme for Tomorrow's Community Leaders

British Council Scotland is looking for 25 people based in Scotland who have a passion for community development to take part in **InterAction** a transformational leadership programme for participants from Scotland, Jordan and Egypt.

The aim is to develop future community leaders to become agents for positive social change. The programme will bring participants in Scotland together with their peers in Jordan and Egypt to share learning, good practice They will learn from each other and discover opportunities to build mutually beneficial networks to support intercultural dialogue between community organisations and across country borders.

InterAction is distinct from other leadership training in that it inspires individuals to identify themselves as leaders and equips them with the tools to engage constructively and enable them to remove the barriers to positive social change within their communities.

The InterAction programme focuses on community development - particularly in relation to youth, social inclusion and positive social change. One of the strengths of InterAction is that participants come from diverse backgrounds, both culturally and professionally. We aspire to attract applications from many sectors such as education, voluntary sector and local government.

This is a pilot year for InterAction between Scotland, Jordan and Egypt and we aim to roll out to other countries in the Arab region over the next two years.

The programme will run between November 2008 and April 2009. It consists of four residential modules, each three days long, including an International Networking Event, to be held in Egypt.

If you are interested in being involved, visit the website [www.britishcouncil.org/scotland-enews-interaction](http://www.britishcouncil.org/scotland-enews-interaction) for guidelines and a downloadable application form. For more information telephone Alison Jeffrey on +44 (0) 131 524 5738 or e-mail [scotland-interaction@britishcouncil.org](mailto:scotland-interaction@britishcouncil.org)

Applications close on 5<sup>th</sup> September 2008.

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## POLICY & PLANNING

### Enterprising Third Sector

The Scottish Government has launched its "Enterprising Third Sector" strategy. This indicates the government's priorities for the Third Sector over the next 3 years, and is linked to the £30m **Scottish Investment Fund**.

The SIF will go 'live' next month (September 1<sup>st</sup>). Over three years it will invest an average of £400k in approximately 70 Social Enterprises. Some of this investment will be repayable. The fund will be available to organisations that, in the government's words, "can demonstrate that they can operate in an effective, enterprising and financially sustainable way." - that is to say, 'top end' enterprises which can already demonstrate a business model which is sustainable.

As for social enterprises that show promise but are not yet ready for substantial investment, Senscot ,along with CEIS and Forth Sector, is discussing with SIS a special programme of support . The aim is that some of the 70 SIF beneficiaries can be newcomers to the 'premier league.'

The £12m Third Sector Enterprise Fund (EF) is not so far advanced as SIF, with no announcement yet who will manage it, and is not likely to go 'live' before the turn of the year. EF will make around 150 investments averaging £75k – aimed at making social enterprises financially sustainable.

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## FUNDING

### Grants to Promote Walking

The Paths for All Partnership has announced that it has funding available to fund new and innovative ways of promoting walking for health. The aim of **Paths to Health** is to increase the health and well-being of inactive people by promoting regular walking within local communities.



The funding is available to any organisation, group or partnership within Scotland, which can demonstrate that it is working in the interests of the wider community. Funding is available through two funding streams:-

- The small grants schemes for grant of up to £2,000; and
- The large grants scheme for grants of between £2,000 and £40,000 for projects lasting up to three years.

Applications should demonstrate the involvement of the local community in planning and running local projects. The development of volunteers within the community to help run the scheme is integral to achieving long-term sustainability of led walk programmes. In addition grants of up to £2,000 are available to businesses that introduce walk to work initiatives.

The Paths for All Partnerships encourage potential applicants to discuss their proposals with the Paths to Health team as soon as possible. Applications for small grants can be made at any time and for large grants the application **deadline is Wednesday 1<sup>st</sup> October 2008.**

For more details, visit [www.pathsforall.org.uk/pathstohealth/grants.asp](http://www.pathsforall.org.uk/pathstohealth/grants.asp).

## Local Grant Awards



### Coalfields Regeneration Trust:

The following grant was awarded recently to the Stirling area

- Polmaise Bowling Club - £2,975

Awards were also made to the following organisations who work across all regions:

- Linkwide - £47,247
- Community Enterprise - £76,613



### Lloyds TSB Foundation for Scotland:

- Central Scotland Chinese Elderly Project - £2,500
- Forth Valley Sports Association for People with a Disability - £6,120

## TalkTalk Community Awards - Grants for Technology Related Projects

TalkTalk's Innovation in the Community Awards are offering thirty grants of £2,000 to charities and community groups throughout the UK to harness the power of the internet. There are five categories of award:

1. Work & Training (Recognising organisations that improve training or access to work/employment opportunities)
2. Play & Sport (Recognising organisations that focus on sport related activities)
3. Learning & Knowledge (Recognising academic based organisations)
4. Creativity & Culture (Recognising artistic, creative, cultural organisations)
5. Body & Soul (Recognising health, religious or spiritual organisations)

In 2007, 30 winning UK charities and community groups used the grants to implement essential technology projects, from chat rooms on health issues to web-based support networks and other digital technologies.

In addition to the thirty winners, five overall winners will also get technology equipment of their choice.

To find out more, or to complete an application online, click [here](#) . Deadline: 30 September 2008.

## New Category for FunderFinder

FunderFinder have added a new section to their website resource (under 'Looking for a grant?') called **Awards and Competitions**. This lists schemes that they've come across, or been asked to publicise, and can be found at

[www.funderfinder.org.uk/links\\_awards.php](http://www.funderfinder.org.uk/links_awards.php)

## OTHER NEWS

### Red Cross Hunt for inspirational young people

Do you know of a young person (25 or under) who deserves recognition for his or her positive impact on an individual or community?

The British Red Cross's annual **Humanitarian Citizens' Awards** celebrate the contributions made by young people to the lives of others, and the search is now under way for nominees for the 2008 awards.

These awards, unlike other schemes, have been specially designed to allow young people to not only decide who wins, but to also enable young people themselves to decide what constitutes humanitarian acts. The judging panel is made up of young people – including previous winners – who pick their top choices for the group and individual categories ahead of the awards ceremony in November.

You can make a nomination online at [www.redcross.org.uk/hcanominations](http://www.redcross.org.uk/hcanominations), email the British Red Cross Schools and Community Education Department at [fhitie@redcross.org.uk](mailto:fhitie@redcross.org.uk) call them on 020 7877 7240 or write to Schools and Community Education Department, British Red Cross, 44 Moorfields, London EC2Y 9AL (Nominations). **Closing date for nominations is September 26th.**

## GROUPS IN FOCUS: The Rock Community Project

Walking down Murray Place, unless you looked up you could easily miss The Rock Centre. It's up there on the first floor of No. 61-63, a complex of facilities offering a range of community services in the centre of Stirling.



*< The Rock Centre overlooks Murray Place, in the heart of Stirling.*

The charity known as the Rock Community Project has been running for 5 years now. It arose out of an initiative of Stirling Baptist Church, already well known for its community involvement. But The Rock Project is at pains to stress that it serves the whole community, regardless of faith, culture or background.

There are three main strands to The Rock's work: youth, family life, and Stirling's working community. I visited the Rock to find out how these are addressed, and to see just what goes on there.

Showing me around the suite of rooms that make up the Rock Centre premises, Manager Christine Hancox explained how no less than six voluntary groups used the facility on a regular basis.

*"And next week," she says, "We'll have a new addition, the Stirling School of English. This is a volunteer organisation teaching English to immigrants in a social and informal environment. We're expecting around 70 to come for that ..."*

The Rock is indeed a busy place, not surprising considering the wide range of services it provides. Next on the tour is Café Cast (CAST is the Rock's youth department).

Open evenings from Tuesday to Saturday, the Café is a popular and lively venue where 11 to 18 year olds can meet, relax, enjoy a variety of recreational activities (free internet browsing, pool, table football, computer games, listening to and performing music, etc) Or just chill out over a drink and a snack in a safe, drug- , alcohol- and smoking- free environment.



**Café Cast – before the young people arrive.**

As well as traditional youth-club activities, Café Cast holds popular live music evenings on Saturdays, featuring local bands, but also the kids themselves.

You get the feeling that Christine is quietly proud of the young people that use the place.

*"They can be noisy and lively, but there really isn't any trouble," she says. "In all the years the Café's been going - and that adds up to a lot of people using it - I think the police have been called maybe once or twice."*

In the current climate of hysteria about youth criminality, 'job culture' and a general tendency to demonise anyone under 20, the youthful clientele of Café Cast may have something to teach us...

...as in fact they did! In May one of the series of REFRESH lunchtime seminars held in the Rock was called 'The ASBO Generation' and was presented by the young people themselves.



**Christine Hancox, Manager at the Rock Centre, in Café Cast**

Some of the young people who become regular users stay on as volunteer workers. Volunteers of different ages support the three permanent youth staff (and three summer staff, for the holiday programme).

Families are another area where the Rock Community Project is active. A recent initiative, Money Matters, seeks to address the financial problems faced by more and more in these difficult times. A dedicated Money Matters Team provides Money Education, Personal Budget Coaching, and Money Clinics to help people get in control of their finances (the emphasis is on financial management and preventive measures, rather than debt counselling).

Another Rock initiative is the City Centre Chaplain, whose role is to reach out to the 6,000+ people working in the city centre with care and support. The first Chaplain is Douglas Wright, who has held the part-time post since it started in 2006. A well-known face in and around the Thistle Centre, he sees one of his biggest challenges as "*making the church more relevant to society, at a time when people are wrestling with key issues and pressures caused by modern life.*"

Other Rock services worthy of mention are the Refresh Lunchtime Seminars (*the e-Bulletin will give details of forthcoming topics*), the Rock Community Project Newsletter, Health and Wellbeing Events, partnership with charities Heart-to-Heart and Start-Up ... the list seems endless. How can such an exhaustive programme of activity be sustained?

Christine is buoyant about the future. The Rock is supported by a wide variety of sponsors and donors, from organisations like the Big Lottery Fund and Stirling Council, to private donors, some of them anonymous, and its financial prospects, for now at least, seem secure.

**Rock Services in brief:**

- **CAST Youth programmes**
- **REFRESH Seminars**
- **City Centre Chaplain**
- **Money Matters**
- **Health & Wellbeing**
- **Parenting**
- **Counselling**
- **Start-up**
- **Heart-to-Heart**

What about problems? Being on the first floor, the Rock does have access issues. But they're working hard at trying to get round them, and in the mean time deal with any disability access problem as it arises. Once up there, the area is easy to get around. *"Though we could do with new floor covering,"* Christine says wistfully.

I asked her what she sees in store for the Rock Community Project over the next few years.

*"Maintaining and improving existing services," she says. "Maintaining and strengthening links with other groups, reaching out to other volunteers ... and I think the youth aspect will continue to be especially important. We're always exploring new ways to contribute to the community."*

As the young people of Café Cast might say - "Rock on!"

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**Council for Voluntary Services - Thriving and Connecting Communities in Stirling**

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