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We've had a good response to our idea of 'Groups in Focus' – regular articles on a different CVS Stirling member organisation.

First under the spotlight is **Third Age Group (TAG) Strathendrick**, whose community commitment and sheer energy is a real inspiration. If you'd like *your* organisation to be featured, please let us know. (First come first served!)

From this issue on, the e-Bulletin will appear fortnightly. This should allow us to deliver a more streamlined, focused service while avoiding 'information overload.'

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

TV Appeal Aids Home-Start

Home-Start Stirling is set to benefit from a BBC Lifeline appeal presented by former Coronation Street and Bad Girls star Debra Stephenson.



The Lifeline appeal was broadcast on BBC1 on Sunday 20th and again on Wednesday on BBC2.

Home-Start Stirling is one of a network of 340 local Home-Starts who will be sharing the proceeds of the appeal. Home-Start is a leading family support charity, recruiting and training volunteers to support parents with at least one child under the age of five. Volunteers visit families in their own homes – parents support other parents in a variety of situations including isolation, bereavement, multiple births, illness or disability.

The local branch has supported 168 families since 2000 and earlier this year the Stirling Observer ran its own appeal for the charity to help raise funds to set up a family group.

Stirling coordinator Brenda Simm said, *"It's great to get national recognition for our work and the money raised will be greatly appreciated, as we are always looking for extra funds."*

For more on the work of Home-Start Stirling, visit their website: www.homestartstirling.co.uk

Free Pet Checks in Plean

Plean Country Park car park
Saturday 26th July, 10am to 5.30pm



Is Lassie putting on the pounds? Is Rex's MOT long overdue? Tomorrow there's a great chance to get a free PetCheck from the PDSA and make sure your pooch is in good fettle.

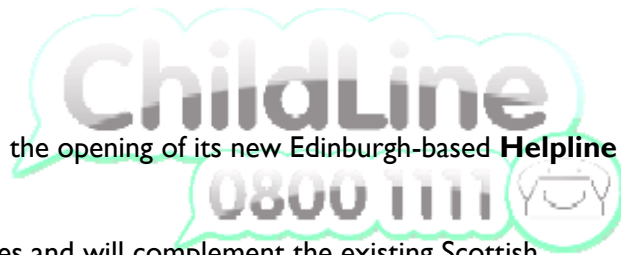
Learn how to check the general fitness of your dog, as well as the key health concerns - pet obesity and dental disease. The ranger service will also be there with information on paths for you to explore on your dog walks and information about the Scottish Outdoor Access Code for dogwalkers.

Although only dogs should be brought to the PetCheck vehicle, the PDSA nurse there will be able to give advice on other pets.

For more information, email: Countryside@stirling.gov.uk or phone: 01786 442875. Or visit the website: www.stirling.gov.uk/countryside

New ChildLine Centre to Open

ChildLine in Scotland has announced the opening of its new Edinburgh-based **Helpline Centre** in September 2008.



The centre will contain 15 phone lines and will complement the existing Scottish counselling centres in Glasgow and Aberdeen

Elaine Chalmers, Head of ChildLine in Scotland, said: *"This is a tremendously exciting time for ChildLine. Through opening a new counselling centre in Edinburgh we are expanding the service offered to the children who call. With more phone lines in Scotland, more children can speak to a trained counsellor and access the help they need - but we urgently need to recruit counselling volunteers from the local community to get the new centre up and running."*

"ChildLine relies on ordinary people doing something extraordinary – helping to change children's lives. There is no such person as a "typical volunteer". Whatever you do, you really can do this too."

Many ChildLine volunteers have full time jobs, and 59% have said that volunteering had a positive impact on the skills they used at work.

ChildLine in Scotland aims to recruit 50-60 volunteers for its new Edinburgh Counselling Centre to answer children's calls to the free 24-hour helpline.

Even if you don't live near enough one of the Centre's to be a volunteer counsellor, there are other ways to volunteer with ChildLine, such as helping raise vital funds. To find out more about volunteering call 0844 892 0210 or visit the website www.childline.org.uk

Public Participation and Corporate Social Responsibility: *from why to how*
IAP2 2008 International Conference
Wednesday 27th - Friday 29th August 2008
University of Strathclyde, Glasgow



This is the major annual event for the International Association for Public Participation (IAP) and the first time the international conference has been held beyond the shores of North America. It's a unique opportunity that provides a forum for communities, industry, Government, NGOs, academic institutions, and key thinkers from around the world.

Public participation and CSR is a new arena: a new politics of responsibility in business towards communities and to citizens. Among the 70 abstracts accepted to be presented will be

- Guiding principles in community engagement
- The relationship of local people to government in seventeen countries
- Stakeholders driving business decisions
- CSR and sustainable development
- Citizens inside public health policy

Registration is now open - visit www.cadispa.org then select 'conference' and 'registration' where you will find a schedule of costs. For further details please contact Diane Coyle at diane.coyle@strath.ac.uk or at 44-141-950-3062.

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TRAINING & RESOURCES

Website Resource for Fundraisers

The Institute of Fundraisers now has a dedicated website offering a comprehensive, **free**, online resource for the UK's 16 million volunteer fundraisers.

The site contains ideas, tips, events, news and resources, all to do with raising money for good causes. Share what you know and get inspired by others...

The site is supported by The Vodafone UK Foundation and The Office of the Third Sector. Visit www.how2fundraise.org to see what's on offer.

'What Community Development Does' - a short guide for decision makers to how it achieves results

The Community Development Alliance Scotland (CDAS) has published a booklet which should prove a useful tool for spreading awareness of the contribution of community development.

The booklet is aimed at people at all levels who are taking decisions about how to achieve national and local outcomes, and

- explains what community development is
- explains who is likely to be involved and what they do
- shows why policy makers should value community development as a way of achieving results
- gives examples, small and large, from around Scotland of what communities have achieved and the work that went into making this possible.

It can be downloaded at

www.communitydevelopmentalliancescotland.org/WhatCDDoes.asp

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FUNDING

Grants for Forth Valley Artists

2008 deadline for applications: 4pm, Monday, 29th September.

Grants of £200 - £1,000 are available to visual artists in the Forth Valley area to support their creative development, allowing them opportunities to develop their work in new directions and explore new ideas.

The Grants are awarded through the **Forth Valley Visual Awards Scheme**, organised by Stirling, Falkirk and Clackmannanshire Councils in partnership with the Scottish Arts Council.

For an application form and guidelines, contact Leslie MacArthur, External Funding Officer, Corporate & Commercial Services, Falkirk Council, Municipal Buildings, West Bridge, Falkirk FK1 5RS. Telephone: 01324 506260, email macarthur@falkirk.gov.uk

VOLUNTEERING & RECRUITMENT

Stirling Health & Well-being Alliance - Management Committee

Stirling Health & Well-being Alliance is a voluntary health initiative set up in 1997 to promote health and well-being and to tackle health inequalities.



We wish to further strengthen the governance of our charity by recruiting **new Management Committee members**. We are seeking positive individuals who can

contribute and bring appropriate skills to our Management Committee. We are particularly looking to recruit people with an interest in:-

- Human Resource Management;
- Organisational Development
- Fundraising;
- Health Inequalities
- Community Development in Health

The Management Committee positions are **voluntary** and are therefore non-remunerated, although all travel expenses will be paid. Committee members will be given induction training and are expected to attend approx 6 committee meetings during the year.

The reward will be that your skills and experience will steer a small charity into ensuring that the fundraising, planning and delivery of services are effective within a tight funding climate.

For more information, phone (01786) 445760, email info@shwastirling.freeseve.co.uk or visit the website www.stirling-health-and-wellbeing-alliance.org.uk/people.html

OTHER NEWS



New Phone Counselling Service for Disabled People.

In January this year, a telephone counselling service was set up especially for disabled people – the first of its kind in the UK.

The name of the service is **`Your Call`**. Hosted by Lothian Centre for Integrated Living (LCIL), it is open to disabled people from all over Scotland. The **`Your Call`** counsellors are all disabled people themselves, providing them with an understanding of what it means to live as a disabled person in Scotland.

The counsellors work as volunteers, and are trained to a professional standard in counselling.

The service takes calls to its appointment line from 11am until 3 pm on Mondays and Tuesdays, and from 11am until 1pm on Wednesdays. Calls are free from your home telephone, and from some, but not all, mobile networks.

The number is withheld so it will not appear on your phone bill.

Counselling can help people who are trying to come to terms with painful events from their past, or who need support through a current crisis or change in lifestyle. It can also help people who are struggling to manage difficult feelings such as depression or anxiety, or who are seeking direction and meaning in their lives.

A counsellor will not judge you, nor tell you how to live your life. Instead he or she is trained to help you explore your own situation and to support you to find your own way forward.

The 'Your Call' number is 08088 01 03 62, and the service is open to all disabled people in Scotland who are over the age of 18, and their immediate family members.

"Discrimination on grounds of disability... also covers carers."

European Verdict Boosts Carers' Rights

Last week, the European Court of Justice in Luxembourg ruled in favour of a mother who was forced to quit work over her disabled son.

Sharon Coleman is the primary carer of her son Oliver, who suffers from serious respiratory problems. She had sought flexible working arrangements, but had to accept voluntary redundancy. She claimed constructive dismissal, saying she had suffered 'discrimination by association'.

The Court agreed. Employment discrimination on grounds of disability, they declared, is not limited to disabled people themselves, but also covers their carers.

This landmark ruling effectively gives rights to millions of carers.

GROUPS IN FOCUS: TAG Strathendrick

TAG stands for 'Third Age Group' – that's to say, those over 50 years of age. In fact, *everyone* over 50 in the Strathendrick area is *automatically* a member of TAG.

Of course, being over 50 should be no bar to leading a full life. TAG's purpose is to help keep mind and body active by arranging regular outings for its members to places of interest – at least once a month (family and friends of members can come too).

If this doesn't sound too exciting, just take a look at some of the trips they have made over the years: the Czech Republic (where they were the first tourists to visit one particular rural region); Barcelona; Lake Garda (and Verona and Venice); cruising to Orkney and Bremen; touring Northern Island; the Isle of Man; Blackpool; a sunshine cruise to the Caribbean ... and many, many more.

A lot of time goes into researching new and exciting venues. Reading between the lines, it's clear that those taking part have some great adventures – and a bit of a laugh into the bargain.

Already this year they have organised an excursion trip to the Lake District and a visit to Buckingham Palace, and are looking forward to touring Ireland and visiting Liverpool (European City of Culture 2008).

For day excursions, TAG picks up at bus stops in Aberfoyle, Gartmore, Drymen, Buchlyvie, Killearn and Strathblane. Members pay on the day for entry to venues and

travel costs, with prices varying from £7 - £20. Group holidays are priced individually, and TAG are old hands at getting bargain deals.

TAG started up 14 years ago, when Joan MacPherson, now Club Secretary, was a community councillor -

“One day a woman mentioned that we did lots for young people but nothing for older folks,” she says. “Right there and then I put a few words together for the local press about starting an over 50s group. Television presenter Tom Weir gave a slide show which drew in a crowd, so we set up a committee and now have over 300 regular members.”

TAG is now a registered charity, with a basic committee of volunteers and others, who put up posters, take names for trips etc. They also meet for dinner at the Saffron Restaurant, Balfron, at 5 pm on the first Wednesday of every month (a special TAG rate of £6 for two courses).

TAG has been the recipient of three National Lottery Grants. In 2006, Joan MacPherson received a Civic Award from Stirling’s Provost in recognition of her contribution to the community, followed next year by a Paul Harris Fellowship from the local Rotary Club, in recognition of TAG’s work with over-50s.

As a way to socialise, make new friends, keep up with old friends, and simply to enhance the enjoyment of life in later years, it’s clear that TAG has a lot to offer. **Strathendrick’s over 50’s are lucky to have this resource available – wouldn’t it be great if other areas could come up with similar schemes?**

If you’d like to get involved in TAG activities, ask the librarian in Balfron library to add your name to the list kept there (the number is 01360 440407), or e-mail joanmacp@aol.com

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FUNDER OF THE WEEK: Four Acre Trust



John Bothamley founded the Four Acre Trust in 1995 from the proceeds of his career in the architectural and building industries.

The Trust’s fundamental philosophy is that many simply don’t get a fair start and deserve efficient and effective charitable support. And their basic grants policy is: **prevention rather than cure.**

“local, district or small national organisations ... that have a high level of volunteer involvement”

“Supporting charities that give individuals – mainly children and young people – help in making the most of their lives.”

Four Acre Trust prefers to support local, district or small national organisations that have low reserves and broadly spend all their income on charitable works. They are particularly interested in supporting charities that have a high level of volunteer involvement.

Trustees prefer to support **young** people more often than **old**, **revenue expense** rather than **capital**. They stress building **long-**

term relationships rather than **short**. For the right applicant, they will provide **core costs** and **repeat funding**. It is more important for applicants to be efficient at service provision than to be innovative.

Around £2.5 million is distributed per annum in grants ranging from £3,000 to £75,000. The areas covered are

- ✓ **Respite breaks and holidays for young people** – charities are supported to provide opportunities for young people and their families to experience challenging activities on a holiday or short break.
- ✓ **School holiday activity schemes** –part funded (beneficiaries should make a contribution to the cost). We cannot support schemes that are simply a child care service during school holidays.
- ✓ **Adventure and other training centres** – support for charities booking places at adventure training centres.
- ✓ **Mentoring schemes** –for young people aiming to achieve a significant change in lifestyle and aspirations (but not schemes linked to school or college).
- ✓ **Youth work in local communities** – Core costs of local volunteer youth organisations.
- ✓ **Overseas projects** - charities that are registered in UK and directly working in developing countries can be funded for eye care and water provision projects .

The Trust is quite specific about areas that will **not** be funded - these include:

- | | |
|---|--|
| ✗ advice services | ✗ drugs HIV/AIDS projects |
| ✗ alcohol projects | ✗ heritage |
| ✗ arts | ✗ individuals |
| ✗ basic services for elderly or disabled people | ✗ large national charities which enjoy wide support |
| ✗ branches of national charities | ✗ medical, health care or costs of individual applicants |
| ✗ counselling | |

... and many more. (*Applicants should consult the **full lists** on the Trust's website to see what is supported and what is not.* There will also find there examples of what has been funded in the past, which gives a good picture of the Trust's priorities).

To apply, you should first read carefully the Trust's Funding Criteria before completing the application form, which is available to download on Word format from the website, www.fouracretrust.org.uk Completed applications should be sent to: P.O. Box 48, Wotton-under-Edge, GL12 7WZ

Trustees meet in February, April, June, August, October and December. Applications are usually processed within three months. If you're unsure about anything, call 01453 844129 or email info@fouracretrust.org.uk All applicants are visited by a field officer to discuss how the Trust might be able to help them.

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Council for Voluntary Services - Thriving and Connecting Communities in Stirling

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