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We've a whole host of events and opportunities coming up in the next few weeks to pencil in your diary – see below for details.

Also this week, *Groups in Focus* visits a charity that for almost ten years has been helping families affected in some way by drug or alcohol abuse: **Stirling Family Support**.

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

### Mental Health Awareness Week

SDAMH, 19 Dean Crescent, Riverside, Stirling FK8 1UR  
6<sup>th</sup>–12<sup>th</sup> October



SDAMH (Stirling and District Association for Mental Health) are running a series of events this month as part of Mental Health Awareness Week 2008.

- **Monday 6th October** - *Head & Shoulders Massage*: 1- 3pm, (SDAMH Clients only).
- **Tuesday 7th October** - *Wellness Recovery Action Plan (WRAP)*: 1- 2pm (Bookable in advance).
- **Wednesday 8th October** - *Beauty, Relaxation & Self-image*: 12 - 4pm (SDAMH Clients only).
- **Thursday 9th October** - *Treasure Hunt*: 12- 3.30pm - leaving from SDAMH - Teams or Small Groups Welcome from other agencies etc - Bookable in advance for catering purposes.
- **Friday 10th October** - *Healthy Eating on a Budget*: 1- 3pm (Bookable in advance).

As well as these events, SDAMH (in partnership with Stirling Council Library Services) will provide public displays and information in Stirling Libraries. These will include

- Mental Health & Wellbeing information

- Take away literature on a range of national and local organisations/services.
- Books on mental health & well-being, self-help, healthy living, hobbies & activities, websites etc.
- Promotion of self-help websites and information websites.
- A Mental Health & Wellbeing quiz.
- A Walk in the Park (Callander) with Active Stirling (details from SDAMH or Stirling Library Services).

For further details, or to make advance booking, contact SDAMH on 01786-451203, email [info@stirlingmentalhealth.org.uk](mailto:info@stirlingmentalhealth.org.uk)

## Alcohol Awareness Week

5<sup>th</sup>–11<sup>th</sup> October



Next week is Scotland's 2nd Alcohol Awareness Week, which will see a further joint programme of events designed to provide useful information to the public about responsible drinking.

As part of Alcohol Awareness Week, Alcohol Focus Scotland is offering free 45-minute alcohol awareness training sessions on Monday 6th and Thursday 9th October. These will take place at the Alcohol Focus Scotland offices at 166 Buchanan Street, Glasgow.

The sessions will cover alcohol and the body, alcohol and the brain, units and tips for safe drinking. They are open to anyone who wants to find out more about the effects of alcohol and sensible drinking. To find out more and book a place call 0141 572 6700 or email [jane.wilson@alcohol-focus-scotland.org.uk](mailto:jane.wilson@alcohol-focus-scotland.org.uk)

The Info Scotland Truck will be on the road during Alcohol Awareness Week and will be in a town near you – see the website for details: [www.alcoholawarenessweek](http://www.alcoholawarenessweek). The site also has a range of resources available for downloading to anyone wishing to take part in Alcohol Awareness Week.

## Social Enterprise Ceilidh

New Lanark Mill Hotel, New Lanark World Heritage Site

Thursday 20<sup>th</sup> – Friday 21<sup>st</sup> November

Taking place during 'Enterprise Week', the 4th Social Enterprise Ceilidh will give you an opportunity to meet up again with social enterprises from other Networks across Scotland. Every year over 100 people attend the event, 80% of them active social entrepreneurs.

This year's event will include workshops, 'Dragons' Den' (based on the popular TV series), Soap Box, Speed Trading and of course the ceilidh itself.

Places are limited and allocated on a first come first served basis so. To avoid disappointment please book as soon as you can. Further information and booking forms (including Dragon's Den booking form) can be found on the website

[www.senscot.net/networks1st](http://www.senscot.net/networks1st)



## Launch of new LEADER funding programme

23<sup>rd</sup> October

The new Forth Valley and Lomond LEADER programme will hold a launch on 23rd October. This new funding programme will distribute over £2.5 million to innovative projects in rural areas throughout Stirling, Falkirk, Clackmannanshire, and part of West Dunbartonshire.

To find out more, and request a place at the launch, email [launch@fvl.org.uk](mailto:launch@fvl.org.uk) or visit [www.fvl.org.uk](http://www.fvl.org.uk).

## OSCR Annual Conference

Carnoustie Golf Hotel and Spa

3<sup>rd</sup> November, 9.15 – 2.30

The OSCR Conference will see Scotland's charity regulator reporting to the sector and the public on its work over the past 12 months; and its strategic and operational priorities for 2009. Delegates will also have the opportunity to raise questions face to face with OSCR's Board and Senior Management Team.

In response to feedback at earlier conference events, OSCR has announced that a 'breakout' session will take place with delegates choosing from one of three subject areas:

1. **Trustee Duties and Charity Management:** *key issues and Rolling Review*
2. **Financial Viability of Charities:** *key issues and the One Plus case study*
3. **Public and Charity Perspectives:** *findings from OSCR's 2008 research.*

Places have been allocated on a first come, first served basis and limited to two places per organisation. A waiting list will be maintained and any cancellations should be notified to OSCR at least one week before the event to allow delegates on the waiting list to attend.

To join the waiting list, please complete an online booking form. For information visit [www.oscr.org.uk/NewsItem.aspx?ID=f0d64243-9ef7-4354-a89a-4e756d2680c2](http://www.oscr.org.uk/NewsItem.aspx?ID=f0d64243-9ef7-4354-a89a-4e756d2680c2)

## TRAINING & RESOURCES

### World Café Conversations – *Protecting Children*

Thursday, 23<sup>rd</sup> October

9.15am -12.30pm

FREE (£10 no-show or late cancellation fee)

World Café Conversations is an informal style of training involving small group discussion with facilitators. It is less prescriptive than formal training and allows participants to influence the direction of the discussion and debate, as well as meeting many other participants from other services.

The course is Level 1 – Basic Awareness and is specifically aimed at:

- ⇒ Employees/volunteers who have either been disclosure checked or who may have contact, but not working directly with children within their work setting or environment
- ⇒ Employees/volunteers who have contact with children and have not yet undertaken Child Protection Training
- ⇒ Employees/volunteers requiring a refresher course in basic awareness

The outcomes of the course are:

- ✓ That participants will acquire a basic awareness of child abuse and child protection
- ✓ That, at a basic level, participants will feel more confident in identifying child abuse and responding to child abuse
- ✓ That participants will be more aware of their agencies expectations of employees/volunteers in respect of child protection issues

To book a place on the above training course, or get further information, please contact:

Debbie Luke, Child Protection Training Administrator, on 01324 503812 or email

[debbie.luke@falkirk.gov.uk](mailto:debbie.luke@falkirk.gov.uk)

### Awards in Volunteer Management

(Non-members: £500; VDS Members: £400)

VDS are pleased to announce the launch of a new range of SQA work based Awards that will provide individuals with new, recognised accredited qualifications and opportunities to learn and develop skills in volunteers' management

#### **Coordinating Volunteers (SCQF level 6 Customised Award)**

This programme will provide participants with:

- An awareness of the principles and values that underpin the involvement of volunteers in an organisational setting
- An opportunity to explore practical content in relation to the role and tasks involved in coordinating volunteers
- Knowledge and understanding that can be applied in an organisational setting to take responsibility for aspects of a framework involving volunteers.

Entry requirements are that candidates are either -

- In paid employment and working with volunteers
  - In paid employment and coordinating volunteers
  - In a volunteer setting and coordinating volunteers
- or
- Experienced in working with volunteers in a volunteer setting.

Applications are being taken now for 2009: visit [www.vds.org.uk](http://www.vds.org.uk) for details.

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## **VOLUNTEERING & EMPLOYMENT**

### **Order of Malta Dial-a-Journey Ltd**

We are a charitable organisation providing a range of accessible transport and wheelchair loan services through our Dial-a-Journey and Central Shopmobility brands.



We wish to recruit an experienced and skilled **OFFICE MANAGER** with excellent IT skills to manage and lead the support function of this busy voluntary sector organisation, whose duties will include the supervision of staff, a new web based booking system, and provision of management reports

**Incremental Salary Range – £18,308 – £19,926**

For an application pack please e-mail [heidi@dial-a-journey.org](mailto:heidi@dial-a-journey.org) or [duncan@dial-a-journey.org](mailto:duncan@dial-a-journey.org) or call 01786 465355. **Closing Date for Applications – 10<sup>th</sup> October 08**  
Previous applications will be re-considered

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## **POLICY & PLANNING**

### **Patients' Rights Consultation launched**

The Scottish Government has launched a public consultation on Patients' Rights which runs until 16th January 2009.



**Better Health, Better Care** commits the NHS to genuine partnership with patients and carers through its commitment to patient rights and their active involvement in self-care and in influencing decisions about the services they use. It also gave a commitment to a public consultation on the possible content of a Patients' Rights Bill.

The key proposals for inclusion in the Bill are:

- A 12-week legal waiting time guarantee for all patients waiting for operations - from when a patient is referred to hospital for surgery until the operation takes place
- Independent Patient Rights Officers for every NHS Health Board area
- Clearly defined systems of feedback and redress
- Responsibilities for patients - for example, attending agreed appointments and offering feedback on health services

A copy of the consultation paper is available to download at [www.vhscotland.org.uk/info/consultation.php](http://www.vhscotland.org.uk/info/consultation.php)

## Single Outcome Agreements

Not quite sure how the SOA works locally? ... What its implications are for your Council area? ...How it affects the Third Sector?

SOAs concern us all. We should be aware of their provisions, and subject them to scrutiny. You can download *your* Council's Agreement at [www.improvementservice.org.uk/core-programmes/single-outcome-agreements](http://www.improvementservice.org.uk/core-programmes/single-outcome-agreements)

An overview of the 32 SOAs can be downloaded from [www.scottish.parliament.uk/business/research/briefings-08/SB08-47.pdf](http://www.scottish.parliament.uk/business/research/briefings-08/SB08-47.pdf)

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## FUNDING

### BURA Awards for Community Inspired Regeneration 2008

Sponsored by Communities and Local Government for a third year running, these awards celebrate best practice in community inspired and led regeneration in urban and rural areas across the United Kingdom.

Projects recognised in the past range from community-based arts or planning initiatives to physical regeneration schemes such as multi-use community centres, as well as projects addressing poor quality of housing or acute social and health inequality.

Further information available from [www.bura.org.uk/awards](http://www.bura.org.uk/awards) , and you can enter on-line. **deadline for submissions is 15th October.**

## UnLtd Awards for Social Entrepreneurs

UnLtd, the national charity that supports social entrepreneurs, has announced that the Autumn 2008 UnLtd Millennium Awards (Level 2) competition is open for applications.

UnLtd's Millennium Awards provide practical and financial support to social entrepreneurs in the UK to develop their ideas and projects.

There are two levels of support available:

**Level 1 Awards** provide grants of between £500 and £5,000 to develop new ideas into real projects. They are aimed at individuals or informal groups of people who have an idea and want help getting it off the ground. The money is to help with the running costs of the project.

**Level 2 Awards** support people whose ideas are already developed or pay for the living expenses of Award Winners to help them devote more time to their projects. These Awards are given out once in the spring and once in the autumn.

UnLtd offers support to individuals, not organisations. If you're interested in applying they recommend you take an **eligibility quiz** to find out whether you qualify – these can be accessed on the website, [www.unltd.org.uk](http://www.unltd.org.uk)

## Charity Bank Launches New Loan Service

The Charity Bank is the UK's only regulated bank that is also a registered general charity, and the only bank that uses its depositors' funds solely to support organisations providing solutions to society's problems.



It has now launched an asset finance service for charities and emerging social enterprises.

The Bank's team of **assessors** will work with local charities, social enterprises and community organisations across the UK to agree loans of up to £1 million. These loans can help with anything from working capital to building purchase and refurbishment.

It also operates an **Asset Finance service**, aimed at organisations struggling to obtain finance for the purchase of equipment, (e.g. a new minibus, computer system) that could transform their ability to deliver services. Loans are available for between 2 and 7 years at a fixed interest rate of 7.5%.

More details on the Bank's website, [www.charitybank.org](http://www.charitybank.org)

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## GROUP NEWS

### CVS Stirling AGM

CVS Stirling held its Annual General Meeting on Wednesday, 24<sup>th</sup> September. AGM's are not famous for being the most exciting of events, but there was a gratifying show of interest and the meeting was well attended.

Chairman Colin Newman summarised CVS Stirling's activities over the last year, and outlined the challenges and opportunities for the future. Once business had been concluded, the guest speaker, Provost Fergus Wood, addressed the meeting.

Drawing directly on his own background and experience in rural affairs, he talked about communities – the stresses that shaped them and the difficulties they faced. He paid tribute to the work of charities and voluntary groups, while acknowledging the uncertainties they faced in the current economic climate. At times like these, the work of the voluntary sector is more important than ever. Also, difficult times can bring about a strengthening of community feeling and mutual support – a 'spirit of the blitz.'



Provost Wood

Provost Wood went on to affirm his passionate belief in the role of young people in shaping the future. Looking round the room, his feeling was, where are the young faces? Getting young people motivated and involved should be a priority for the voluntary sector.

He went on to urge all voluntary groups to publicise themselves and their work with energy and imagination, using all media outlets and resources available. Another thing he recommended was to "make it *fun!*"

Food for thought, then, from the guest speaker. Thanks to everyone who attended. Perhaps the 2009 AGM will see some younger faces at the meeting?

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## OTHER NEWS

### Pizza Chain Cooks Up New Scheme

Domino's in Stirling has launched a new community bursary, offering local causes the chance to apply for the brand new **Pizza Friday** scheme, with **free pizzas** being delivered **once a month for a year** (*date and time can be arranged if Fridays aren't suitable*).



The scheme is open to any local charity or not-for-profit group in Stirling and the surrounding areas.

To apply, simply send a letter, detailing in less than 250 words why *your* group should benefit. Send it to: Pizza Friday, DADA, 8A Randolph Crescent, Edinburgh EH3 7TH. **Closing date for applications is Monday, October 13<sup>th</sup>.**



Domino's staff in Stirling will judge all entrants on individual merit and the winning community group will receive a delivery of free pizzas, once a month for a year.

*As bursary scheme's go, this isn't one to boost your finances, but it could do wonders for staff & volunteer morale!*

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## **GROUPS IN FOCUS: Stirling Family Support**



*The HQ of Stirling Family Support is in the old Boy's Club building in St John Street..*

Tucked away near the top of Stirling's old town is a quaint, narrow little house. With its old stonework, crow-step gables and plaque, it seems another building on the tourist trail, like the Old Town Jail opposite, or the Church of the Holy Rude just up the hill.

But this is much more than a historical relic. In fact it's a thriving community building, home to several groups, including a charity set up in 1999 to help families affected by drugs and alcohol abuse - **Stirling Family Support**.

*"Next May we'll be celebrating our tenth anniversary," Janice Beaton explains, "and we're hoping to make a bit of a splash."*

Janice, the Service Manager, has herself been involved in the charity for over seven years. *"Many of those who were in at the beginning have moved on, but we're still in touch. We want to bring as many of our helpers and supporters together as we can."*

Janice runs Stirling Family Support along with a Development Worker and six active volunteers. She is seeking to recruit new volunteers (possibly, too, an administration worker). The voluntary element is obviously crucial, but what sort of people are they looking for?

*“There’s no such thing as a typical volunteer,” says Janice. “They can be any age, and from any walk of life. Some are people who’ve had help and want to give something back, some just want to do something for the community. And they all bring something different.”* Volunteers who can bring relevant skills are welcome of course, but there is also a wide range of training available, for example in counselling and helpline skills, drugs and their effects, and attitudes and responses to drug use.

I asked how people accessed SFS services. Weren’t they a bit out of the way?

Janice conceded there were drawbacks: parking was a problem, and the steep hill could be a difficulty for some. *“On the plus side, the venue is discreet and anonymous – that’s important in how we operate as a confidential service.”* She might have added that it’s a relaxed, welcoming place, with tea and coffee always on offer.

Moreover, initial contact is usually by phone. *“It might have taken someone years to get to the stage of picking up that phone, so it’s vital that the person at the other end is a skilled, sympathetic listener.”* Most are referrals from friends or family members, or people who’ve used and know the service. A typical situation would be a mother seeking help about a son’s drug abuse, but there’s a whole range of scenarios.

Over the last two or three years, Janice has noticed changing trends in substance abuse, with alcohol abuse having taken over from drugs as the most common concern. Also poly-drugs – cocktails of different drugs, or drugs combined with alcohol – bring new problems.

Often SFS deals not so much with the actual substance abuse itself, as with the related consequences such as violence, or poverty, or child neglect. It’s estimated that for every person abusing drugs or alcohol, there are *at least* four other people affected. In Stirling alone, there are over 700 registered users, and over 1,800 across the Forth Valley. Multiply this by four and... well, do the maths! In fact, Janice suspects the figures may be even higher, since so many who seek help from Stirling Family Support are not involved with any other services.

### Services provided by Stirling Family Support

- **FREEPHONE Helpline:** counselling, advice and information a phonecall away.
- **One-to-One Support:** a range of flexible support geared to specific need
- **Information Services** (including leaflets, books etc)
- **Respite Services:** can alleviate problems such as worry, stress and depression within families, brought about by substance abuse. (A range of alternative therapies, such as clinical aromatherapy, is also available).
- **Family Support Group:** a self-help group that meets monthly.
- **Home Visiting Service:** piloted last year - another support option for those who need it.

Yet despite the scale of the problem, Janice is optimistic. *“We have funding for the next few years at least. We’re well established in the community – people know about us and trust our services. We have dedicated volunteers, and strong networks and partnership working in place. And ten years on, we’re still here.”*

We wish them well for their second decade.

**Stirling Family Support contact:**

- 36 St John Street, Stirling FK8 1EA
- Phone: 01786 470797
- Email: [info@stirlingfamilysupport.org.uk](mailto:info@stirlingfamilysupport.org.uk)
- Freephone helpline: 0800 027 0898



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

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