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This week's featured group is Stirling's Sunlite Café, a great resource for the disabled and disadvantaged – not to mention the public at large. Check it out!

If you use a screen reader and are having difficulty navigating around the new-look e-Bulletin, please let us know and we will send you a plain text version.

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

FORTHCOMING EVENTS

The New Politics of Giving

Festival of Politics

Scottish Parliament, Committee Room 3

Thursday, 21st August, 4.30 – 6 pm

Free Ticketed Event – available in advance or on the day (subject to booking fee)

The Scottish Parliament's Festival of Politics – in its first outreach beyond Holyrood – has joined forces with the Carnegie Festival (held in Dunfermline from 21st August – 7th September) and the Edinburgh International Science Festival to mount a programme of events encompassing film, politics, innovation and enterprise.

Philanthropy is becoming increasingly important, both globally and within the UK, with a growing number of 'new' philanthropists, such as Bill Gates, complimenting the work of established charitable foundations. But what political influence is the new breed of philanthropist and 'philanthrocapital-ists' having upon public policy agendas both nationally and internationally?

Mike Edwards, The Ford Foundation, philanthropist Sigrid Rausing, and Lenka Setkova, Carnegie UK Trust, debate the new politics of giving. Chaired by Magnus Linklater.

For more information, including advance booking, visit

www.festivalofpolitics.org.uk/prog.htm

'What it means to me'

A conference about the Adult Support and Protection (Scotland) Act 2007

21st August 2008, Crowne Plaza Hotel, Glasgow

10 am - 4 pm

FREE



scottish
consortium
for learning
disability

Building respect in the
Scottish community

This conference will tell people:

- What they need to know about the Adult Support and Protection (Scotland) Act 2007;
- What is happening around implementation of the Act and;
- How this new piece of law could impact on their lives.

The conference is for:

- People who use community care services, e.g. disabled people, people with mental health problems, elderly people, people with learning disabilities
- Carers and family carers
- Advocacy workers
- Professionals working alongside service users and carers

We are keen to get people with lots of different backgrounds and from different areas of Scotland at the conference. We will allocate places at the conference to try to make sure we get a good mix of people.

The conference will use a mix of speakers, discussion groups and interactive sessions to explore some of the concerns people may have about the Act and how it might affect their lives. It will also be an opportunity to look at how people can be involved in the ongoing learning and development of good practice in implementing the act.

This conference is a partnership event between The Scottish Government, Age Concern Scotland, Inclusion Scotland, SAMH and the Scottish Consortium for Learning Disability. For more information, visit <http://www.sclcd.org.uk/what-we-offer/training/calendar-of-courses-and-events/what-it-means-to-me.xhtml>

Successful Scotland: The Way Forward for Single Outcome Agreements

A One Day Conference

Tuesday, 30th September

Edinburgh – **venue to be confirmed**

The launch of **Single Outcome Agreements** across Scotland's 32 local authorities is forging an entirely new relationship between local and national government.

The initiative is an integral part of the "historic" Concordat signed by COSLA and the Scottish Government, to establish a new framework of partnership working.

SOA's are designed to transform the way in which local Councils report to central Government, remove duplication and bureaucracy, make better use of limited resources, introduce more flexibility and improve local services. All 32 Scottish Councils were required to produce an SOA to deliver national policy priorities and to integrate this with their own individual, local priorities and plans.

The process next time around will involve the entire public sector and other local partners to create successful Single Outcome Agreements.

If you work in local government or the wider public sector, then SOAs may already be changing your working life. **If you have dealings with local government, you will need to develop your relationship – now and in the future – with the Single Outcome Agreement in mind.** The success of your organisation depends on this relationship – and your close involvement with and understanding of SOA's is integral to it.

This event is the first major public policy conference to scrutinise the issues arising from the first SOAs. It is where you will learn how you must be involved in future and is the ideal opportunity to interact with the leading figures involved in shaping the new landscape across Scotland.

Keynote speakers -

- Colin Mair, Chief Executive, Improvement Service
- Angela Scott, Head of CIPFA in Scotland
- Jim Inch, Director of Corporate Services, The City of Edinburgh Council
- Johann Lamont MSP, Local Government and Communities Committee, Scottish Parliament

For more details and regular updates, check the website
<http://conferences.holyrood.com/content/view/584/142/>

You can register your interest for this conference online at
http://conferences.holyrood.com/index.php?option=com_content&task=view&id=585&Itemid=1 If you have any questions, please email soa@holyrood.com or call 0131 272 2133.

Learning Disability Alliance (Scotland) National Conference
Putting People with learning Disabilities at the Centre of the Planning Process

- OR -

Putting Services out to Competitive Tender

St Mungo Museum, 2 Castle Street, Glasgow
Tuesday, 9th September, 9.30am- 3pm



Commissioning of services for adults with learning disabilities is a continual challenge for everyone involved. There are many different pressures involved. People with learning disabilities want to be at the centre of the process, influencing and deciding how their

own support should be delivered. The Scottish Government wants to promote a policy of integration and personalisation that help to make a healthier and more secure Scotland. Local authorities want to support people to be part of the process but have to meet many competing regulations on good value and competitive tendering while meeting national efficiency targets.

- Among the questions the conference will examine are:
- Can the personalisation of services be compatible with competitive tendering?
- How do people with learning disabilities feel when their support structures are changed from under them?
- How are local authorities trying to manage this process?

Places at the conference cost £75 per person. There are a limited number of **subsidised places for service users** available. To reserve a place, complete the form at www.ldascotland.org/Resources/conference%20flyer.pdf

'Growing, Greener, Communities'

Federation of City Farms and Community Gardens Scotland Conference

SNH, Battleby, Perth

Thursday 2nd October, 10.30am - 4.00pm (approx)

Community gardens can play a vital role in helping people improve their mental and physical health and well being. This year's Federation of City Farms and Community Gardens Scotland Conference will have a packed and interesting programme with workshops on topics from practical gardening to income generation.

Costs:

- Member organisations / individuals - £25
- Non-member voluntary organisation - £30
- Statutory body / private company - £75

For further details please contact Juliet Wilson, Scotland Development Worker, Federation of City Farms and Community Gardens, PO Box 17306, Edinburgh, EH12 1AJ. Tel: 0131 623 7058. Email: Juliet@farmgarden.org.uk.

TRAINING & RESOURCES

VOCAL Carers Centre

2nd September, 10 am -1 pm

VOCAL Carers Centre, Edinburgh, is running a seven week training course for people caring for a child with additional support needs. The course looks at diet, medicine, support from social services, the education system, communication and effects of caring.

The final session looks at the ways carers can look after themselves, deal with stress and learn about different ways to relax.

Further information can be obtained by phoning Vocal on 0131 622 6666 and ask to speak to either Debbie or Jane.

U Can Do I.T.

U Can Do I.T. is a registered charity, which provides one-to-one tuition in computing and the Internet to disabled people in their own home on their own computer. Each student has their course tailor-made to suit their needs. The course is therefore suitable for complete beginners who want to learn how to send and receive emails or surf the Internet. For more advanced students, tuition is available in web design, digital photography, and buying and selling through Ebay. For more information, contact local area tutor Joyce Jordan on 0141 638 1960. www.ucandoit.org.uk/

VOLUNTEERING & EMPLOYMENT

'Homestay' Students Seek Host Families

Forth Valley College is on the lookout for families across the area to host international students. Host families play an important role in ensuring these students are well supported during their time at college and that they learn about all aspects of Scottish culture.

The **"Homestay" scheme** involves host families providing accommodation for a period of around eight weeks for students studying at one of the college's three campuses in Falkirk, Stirling and Alloa. Students are aged 18 upwards and are often leaving their family and travelling abroad for the first time. **Each student needs his or her own room and families who take part in the scheme will receive expenses payments.**

A member of the college's international support team will visit interested families to discuss arrangements and help prepare for the arrival of the young person.

For further information on Homestay, the International Support Team can be contacted Monday to Friday between 8.45am and 4.45pm 01324 403329 or email: international@forthvalley.ac.uk

Study tours to homelessness projects operating as social enterprises

Community Food and Health (Scotland), or CFHS, is committed to providing opportunities for staff and volunteers involved in community food initiatives to develop their skills, share knowledge, and contribute to policy and practice development.



CFHS is arranging two study tours to projects that deliver services for people who are homeless or at risk of homelessness whilst operating as social enterprises.

The tours will be of particular interest to community food initiatives that are interested in social enterprise and/or homelessness work, as well as homeless (or related) projects that are interested in developing their food and health activity and/or want to learn more about social enterprise.

The tours are free of charge, with most of the costs associated met by CFHS, as outlined in the information. Both will provide a rare opportunity to find out about the work of well known and respected social enterprises that are working to alleviate and prevent homelessness.

Community Food and Health (Scotland), c/o Scottish Consumer Council
Royal Exchange House 100 Queen Street, Glasgow G1 3DN,. Tel: 0141 226 5261. Fax:
0141 221 0731. Email: cfh@scotconsumer.org.uk www.communityfoodandhealth.org.uk

New publications available from the Foundation for People with Learning Disabilities:

- **The Well-being Workshop Pack**
(cost: £35)

The Well-being Workshop pack is a multimedia CD and training resource for family carers and support staff and includes guidelines and practical tools to help services run workshops for carers. The pack covers the issues of change and transition, health, loss and bereavement and supportive therapies.

Mental Health Foundation

- **“All About Feeling Down”**

(FREE to download)

A booklet for young people aged 14 to 25 with learning disabilities which explains what they can do if they feel down.

- **“What Kind of a Future?”**

(FREE to download)

An easy-read booklet for young people, their families and supporters. It gives advice on finding employment and building social networks after leaving full-time education. Positive stories are included from 10 young people with Down's Syndrome during their transition into adulthood.

For any of these publications, contact the Foundation for People with Learning Disabilities on 0207 803 1100, email: publications@fpld.org.uk or see the website at www.learningdisabilities.org.uk The FPLD is part of the Mental Health Foundation charity.

FUNDING



Funding Website for Community and Voluntary Groups

GRANTnet, a straightforward **free-to-use** service from GRANTfinder, can help groups and small businesses find suitable funding. It allows community and voluntary groups, sports and other clubs, schools, social enterprises and small businesses to search across EC and UK sources including Government departments, local authorities, charitable trusts and corporate sponsors.

It is presented in the format of an online, step-by-step questionnaire that provides the enquirer with information on over 4,000 grants and other incentives. Visit www.grantnet.org.uk to find out more.

Final Call for Comic Relief UK Grants Applications Deadlines 2008

Comic Relief is reminding Scottish charities and community groups that the **final deadline** for applications to their current main grants programme is **15 August 2008**.

Under the main grants programme, awards are usually made for up to three years and are typically between £5000 and £100,000. The 5 main grants programme areas are:

1. Young People 11-21 experiencing problems with alcohol, mental health or affected by prostitution & trafficking
2. Older People
3. Refugees and Asylum Seekers;
4. Mental Health
5. Domestic Violence

Applications for small grants of up to £5000 (for work with older people, user-led mental health groups or disadvantaged communities) can be made at any time.

The final deadline for small grants applications is expected to be late 2008 and will be advertised on the website. The grant making guidelines provide full details of each programme and these are available on their website www.comicrelief.com For further information phone 020 7820 5555 or email ukgrants@comicrelief.org.uk

CRT Community Launches

The **Coalfields Regeneration Trust** (see *e-Bulletin*, 27 June) is launching a new funding round for eligible communities.

Five Community Launches will be held where you can meet the staff and find out about our funding priorities for 2008-2011. These will



be held in the 5 priority areas:

- **Fife**
August 5th, Lochgelly Miners' Welfare
- **Clackmannanshire**
August 15th, Hawkhill Community Centre
- **East Ayrshire**
August 22nd, Yipworld
- **North Lanarkshire**
September 1st, Croy Miners' Welfare
- **South Lanarkshire**
September 8th, Coalburn Miners' Welfare

The programme will last from 10.00 am till around 2.30. There will be presentations on:

- CRT in Scotland and our spending priorities
- 5 Steps to Funding – what to include in an application
- Business Engagement Techniques
- Questions and Answers

There will be a sandwich lunch at 12.30, and thereafter there will be an opportunity for one-to-one sessions with a member of CRT Staff to discuss individual projects

If you are not based in one of these areas, you can just come along to the one that's most convenient for you. For areas where there is no community launch, there will be a series of **funding surgeries** to make sure most areas are covered.

As there are a limited number of spaces, bookings are on a **'first come, first served'** basis. To book a place now, or if you have any questions, phone 01259 272127.

OTHER NEWS

Mrs Janet Burnett M.B.E. – A Life in Voluntary Service

The death of Janet Burnett on 27 July 2008 brings to an end a life devoted almost entirely to service to others less fortunate than herself.

Janet, with the late Iris Gardner, the first Organising Secretary, was a moving spirit behind the establishment of Stirling Council of Social Service more than 30 years ago, the precursor of the present Council of Voluntary Service – CVS Stirling.

Janet worked with the Scottish Spastic Society, now Capability Scotland, for many years in a voluntary capacity, for which she was awarded her MBE. She herself was disabled, being without a right hand, but she never allowed this to hold her back.

She was a skilled artist and needlewoman, and ran art and sewing classes for years, each session ending in the Annual Sale and Exhibition at the Mayfield Centre, raising over £1000 each year for charity.

She was also involved in setting up the Council on Disability, each year persuading local businesses to help fund an annual publicity page in the Stirling Observer. She was the Honorary President of the Council for many years.

When the Stirling Swimming Pool opened, Janet founded the Arion Club, a swimming club for disabled young people. She attended this every Thursday evening until her health deteriorated and she had to rely on reports on its progress.

Janet was supported in all her activities by her devoted husband, Bob, a retired art teacher in Larbert, who drove her to all her meetings. Bob served in Burma throughout the war, while Janet taught art at Dollar, Bob died a few years ago.

During the last seven years, because of a series of strokes, Janet was confined first in hospital and later, with the help of dedicated carers, she was able to remain in her own surroundings at home.

She will be greatly missed by her many friends.

GROUPS IN FOCUS: THE SUNLITE CAFÉ

Sunlite Shines Whatever the Weather



The Sunlite Cafe is situated in the Cowane Centre, 69 Cowane Street – just a short walk from Stirling’s city centre.

The first thing you notice when you walk into the Sunlite Café is the atmosphere – it’s warm, welcoming, and there’s a definite buzz about the place.

Taking a breather from their busy round of cooking, serving, washing up, and generally looking after the customers, the volunteer staff on duty talked about their experiences here with enthusiasm.

“I just love it!” says Eileen, one of the longest serving volunteers. “It’s a really friendly place. You get a good laugh - and you get to help people who are disadvantaged.”

“It’s a nice atmosphere,” chimes in Robert, another volunteer. Eric, who hails originally from Partick, agrees. *“The regulars are more like friends than customers. You get to know them as individuals, and we do our best to cater for what they like. We’re very flexible.”*

A wide range of people visit the Sunlite Café – disabled people and carers, elderly care home residents (*“the lunch club is the highlight of their week”*), users of the Cowane Centre, and people who just come in off the street – in fact, it’s for anyone, but especially those on a budget who might not normally be able to eat out. And the social benefits are as important as the catering, whether it’s just want a quiet meal or drink you’re after, or to join in the banter that’s always on the menu.



*(left to right)
volunteers Eric and
Idris, manager Fiona
and veteran volunteer
Eileen.*

The Café has a total of 10 volunteers, who work varying hours. Some have been coming here for years, others, like Idris, just for a few weeks. Some are referred by GP’s, some by work training programmes. All have been diagnosed as having some form of mental health problem. They get meals, and some receive a small allowance, but it’s clear that what they get from working here is much, much more.

“You learn a lot here,” Eileen explains. *“I love cooking, and I’ve learned so much about cooking healthy food using healthy ingredients - especially since Fiona took over.”*

Fiona is Fiona Hamilton, the Sunlite Café’s manager since a year ago, and the driving force behind its new initiatives. A friendly, dynamic, lady, she brings together a background in catering with a deep, *practical* concern for the disabled and socially disadvantaged.

She has transformed the menus at the café, introducing a Healthy Eating programme, and sourcing ingredients locally – *“we know where everything comes from.”* All the produce is ‘responsibly produced’ (not organic, as costs have to be kept down) and fresh. Alongside more experimental dishes, the menu still includes the old favourites, but with adjustments – sometimes quite small ones – to make them healthier, such as substituting olive oil for saturated fat, and cutting down on salt and sugar. The Café is working toward a Healthy Living Award.

*“If I wouldn’t eat
it myself, I won’t
serve it.”*

Sunlite Café policy is not to compromise quality while providing good value. *“If I wouldn’t eat it myself, I won’t serve it,”* Fiona says firmly.

Fiona is well aware of the challenges facing the long-term survival of an organisation like the Sunshine Café, and has expanded and diversified its services accordingly. The Café now takes orders for fresh fruit and vegetables (quality assured, and cheaper than the supermarkets can offer), and will deliver. They offer bespoke outside catering: in the past they have catered for such organisations as Euro House, Stirling Tenants Association and CVS Stirling's own Christmas Charity Sale. In social enterprise terms, the Sunlite Café is currently around 50% self-sufficient, Fiona explains. And of course, any profits go towards improving the service.



Bernard and his family enjoy a snack and a laugh in the Sunlite Café.

As to what the future holds, Fiona is upbeat, and full of ideas. For example, she is keen to get the healthy eating message across to kids in the area by promoting fresh fruit & veg to nurseries and primary schools.

And all this activity has not gone unnoticed. Look out for the BBC feature on the Sunlite Cafe on 20th August (*more details in the e-Bulletin nearer the time*). They will be hooking up with garden groups to provide planting sessions, tasting sessions, smoothie workshops, cooking sessions ... all adding up to what they promise will be a *FUN DAY*.

So much for the success story of this vibrant community enterprise, but the question you're probably dying to ask is, *is it any good?*

Well, in the interests of research, your intrepid CVS Stirling representatives had lunch there, and the short answer is: yes. The food was tasty and well-prepared and the prices amazingly reasonable. The Sunlite Café may not boast any Michelin stars or mentions in the Good Food Guide, but what it has to offer is something unique. We'll be back.

**The Sunlite Café is open from Monday to Friday, 9am to 2.30pm.
All Welcome.**

Council for Voluntary Services - Thriving and Connecting Communities in Stirling

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