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We trust the recent February Freeze hasn't been too disruptive for your group's activities – hopefully there's a thaw on the way ...

In this issue, you'll find a mixture of news, events and opportunities. *Groups In Focus* looks at Forth Environment Link, the organisation working with communities throughout the Forth Valley to promote environmental awareness and sustainable lifestyles - issues that affect us all.

Tomorrow is of course St Valentine's Day (also the ancient Roman feast of Lupercalia). Once you've done with the cards, flowers & chocolates stuff (or sacrificed a goat, if you're an ancient Roman) we invite you to enter our totally tongue-in-cheek **Valentine's Day Competition**. Be inspired!

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

### Scottish Disability Golf Partnership

*The Phoenix Cup Blind Golf Team International - Rest of the World v North America*

Panmure Golf Club, Carnoustie, Scotland

Sunday 16<sup>th</sup> – Friday 21<sup>st</sup> August 2009

Blind and vision impaired golfers are invited to submit their names for team selection and participation in this match play event. The four day event (one practice round and three days competition) will be held at the prestigious Open qualifying, Panmure Golf Club, Barrie, Carnoustie.

Up to twelve players and their coaches will be selected for each team, with the North American team coming from the USA and Canada and the Rest of the World Team being from any other nation. The entry fee for the Phoenix Cup is £100 per player and coach pairing, which covers four days of golf for the blind golfer, local transport, five nights in a local hotel and golf carts.

To enter, please email the following information to [sdgp@btinternet.com](mailto:sdgp@btinternet.com) before 28<sup>th</sup> February:

Name; Country; Golf Handicap; Address; Post/Zip Code; Telephone; E-mail;  
Coach's Name; Any special diets?

*Do not send your entry fee yet. Entry fees and payment details will be requested on confirmation of your team place. Full event information will also be forwarded at that time.*

## Community Recycling in a Zero Waste Scotland

Community Recycling Network Scotland (CRNS) - 4th Annual Conference & Awards  
Perth Concert Hall, Perth  
Tuesday, 10<sup>th</sup> March



Zero Waste is a concept that challenges old ways of thinking and inspires new attitudes and behaviour. It is a multifaceted approach to conserving the Earth's limited resources and in recent years Scotland has made substantial progress.

MTR09, the 4th Annual CRNS Conference & Awards, will demonstrate how the community sector is responding with real innovation to the recycling challenge in diverting materials from landfill, finding new uses for materials and ways to process our recyclable materials more efficiently.

MTR09 is the largest gathering of people committed to maximising the potential of the community recycling sector, regularly attracting over 200 delegates from the community, public and private sectors all with the common goal of a zero waste Scotland

You can book a place online, or download a form, from [www.crn.org.uk/index/mtr09\\_booking](http://www.crn.org.uk/index/mtr09_booking), where you will also find details of delegate rates.

### Bridge Lunch



Cardross, Port of Menteith  
Monday, 23<sup>rd</sup> March, at 12 noon  
£80 per table (or £20 per person)

**Artlink Central** invites you to this event, part of the new fundraising initiative 'Bridge Link'. It is held by kind permission of Sir Archibald & Lady Orr Ewing.

Tickets are available from Carol Seymour, Thorntree, Kippen, FK8 WEY - send a SAE and make cheques out to Artlink Central. Please bring your own Cloths/Cards/Score pads. Phone 01786 870710 for details.

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## VOLUNTEERING & EMPLOYMENT

### Volunteers Wanted for Charity Shop

The charity **Strathcarron Hospice** is set to open a new shop in Callander Main Street this month and is looking for volunteers to staff it.

(They are also keen for donations of clothes, bric-a-brac and any unwanted Christmas presents. The shop also hopes to specialise in wedding dresses and outfits and would love people to donate those outfits they have worn to weddings or big social occasions and are not likely to wear again.)

For further information on volunteering or donating phone Strathcarron fundraising manager Angela Gillies on (01324) 826222.

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## SOCIAL ENTERPRISE

### Making Your Website Work Harder For You

Stirling Enterprise Park

Wednesday 18<sup>th</sup> February, 10 am – 12 pm

FREE



This half-day workshop will look at how activities such as blogging and putting in place mechanisms for on-line sales and payments can help you commercialise your website and improve your bottom line.

This is Part 3 of a series of five workshops planned for this Spring to help local businesses cope with the current economic downturn. It will be delivered by local Stirling Business Woman Jane Lindsay, from Snapdragon.

To reserve your place contact STEP Reception on 01786 463416 or email [reception@stirling-enterprise.co.uk](mailto:reception@stirling-enterprise.co.uk)

### Free workshops - Financial Management and Writing Tenders

The Social Enterprise Academy, with support from Scottish Government, will be delivering Financial Management and Writing Tenders workshops at venues throughout Scotland during February and March.



#### ■ Financial Management for Social Enterprises

John Player Building, Stirling

18<sup>th</sup> March, 9.45 am -4 pm

This one-day workshop aims to enhance and develop confidence and understanding

with the language and tools of finance. The other dates and venues are: Aberdeen (5<sup>th</sup> March); Edinburgh (12<sup>th</sup> March); Dundee (13<sup>th</sup> March); Inverness (24<sup>th</sup> March); Glasgow (30<sup>th</sup> March); and St. Boswells, Scottish Borders (31<sup>st</sup> March).

#### ■ **Writing Tenders for Public Sector Contracts**

The 2-day course aims to provide a thorough grounding in the procurement process, gearing you up to bid for and win public sector contracts. The dates and venues are: Glasgow (25/26<sup>th</sup> February); Aberdeen (12/13<sup>th</sup> March); St. Boswells, Scottish Borders (17/18<sup>th</sup> March); and Edinburgh (23/24<sup>th</sup> March – places limited).

Registration forms are downloadable from [www.theacademy-ssea.org](http://www.theacademy-ssea.org) or can be requested from [learn@theacademy-ssea.org](mailto:learn@theacademy-ssea.org)

### **New Cultenhove-based CIC**

**Cultenhove Opportunities Partnership (COP)** is a community-based volunteer group with the primary purpose of working with the local community to make Cultenhove 'A Better Place To Live'.

COP is currently establishing a new ethical Community Interest Company, **I.T. Solutions Stirling CIC**, to provide low cost computer servicing and maintenance, technical support, and web site development and hosting to disadvantaged communities in Stirling and organisations that support them.

COP has produced a marketing questionnaire to obtain information from the voluntary sector in Stirling that will help them develop the most appropriate services and target them where most required.

***The Questionnaire has been emailed as an attachment along with this eBulletin: return instructions are included, plus some more information on this exciting new social enterprise.***

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## **FUNDING**

### **First Light Movies – Pilot Award Scheme**

First Light Movies are giving grants of up to £5,000 towards the making of short films that reflecting the diversity of young people's lives.

The **First Light Movies Pilot Award** will fund an organisation to make one short film of up to five minutes long. The intention is to encourage fruitful, collaborative partnerships between filmmakers and organisations that work with young people. They will consider

- ⇒ Films where young people (aged five to 19 years) take a lead role in all aspects of the production process

- ⇒ Live action, animated fiction or creative documentaries
- ⇒ Films that explore and develop creative filmmaking techniques with young people
- ⇒ Films that are under five minutes long
- ⇒ Films made in the UK, primarily involving young people who live in this country

Creativity is the key - the more imaginative your film idea is, the more favourably your application will be looked upon by the assessors, providing you match up to the basic criteria.

**Applications from Scotland** will be among those prioritised in the coming year, as will applications that provide filmmaking opportunities for children up to 12 years. Also favoured will be projects that include the following as a significant element: script development sessions, sound, editing sessions, and screenings as part of a wider film festival or event.

You are encouraged to discuss your project with First Light Movies at an early stage. Please call First Light Movies on 0121 753 4866 or email [info@firstlightmovies.com](mailto:info@firstlightmovies.com)  
**Next deadline is 31<sup>st</sup> March.**

## Charity Awards 2009

The Charity Awards recognise excellence in the leadership and management of charities. They provide a wonderful opportunity for you to propel your charity's work into the spotlight, to influence policy makers and funders and to boost the morale of your staff and stakeholders.

Nominations are invited under ten broad areas of charitable activity, covering the full range of the voluntary sector, including arts, culture and heritage. You can nominate either a specific project or all of the work undertaken by a charity. For more information, and to download an entry form visit [www.charityawards.co.uk](http://www.charityawards.co.uk).  
**Deadline for entries is Monday, 9th March.**

## Centre for Social Justice Awards 2009

The CSJ Awards recognise and reward effective poverty fighting groups from across the UK. If you are a charity, small voluntary group, or other project tackling poverty in your local area and helping turn lives around, you can apply now for a chance to win from a **prize fund of over £50,000.**

The successful applicant group is likely to be people-focused, tackling causes as well as symptoms, practical, entrepreneurial, driven by conviction and motivated by compassion. Whether a small shoestring organisation or a larger one with robust funding streams, it will be helping people out of poverty and/or reversing social breakdown.

 *To get an idea of the sort of groups who achieve these awards, browse the CSJ website [www.centreforsocialjustice.org.uk](http://www.centreforsocialjustice.org.uk) to view videos of winning groups from previous years.*

Effective poverty fighting groups with or without charitable status are welcome to apply.

### How to apply

There is no application form. Simply describe in 500 words or less how your organisation makes an exceptional contribution to tackling poverty and turning lives around.

Anecdotal and numerical evidence of how lives are being turned around is welcome. Supporting evidence of up to 15 pages may be attached, eg press articles, evaluation reports or applications for funding.

Where possible, applications should be emailed in PDF/Word format to [awards@centreforsocialjustice.org.uk](mailto:awards@centreforsocialjustice.org.uk). Hard copy applications are also acceptable, and should be sent to: CSJ Awards 2009; The Centre for Social Justice; 9 Westminster Palace Gardens; Artillery Row London SW1P 1RL.

**Closing date is 5pm on 17<sup>th</sup> March.**

The Awards ceremony will take place in central London on 1<sup>st</sup> July.

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## GROUP NEWS

### Charity Relunched

The Scottish Motor Neurone Disease Association is now MND Scotland, with an attractive new cornflower logo.



The charity was relunched at an event in Stirling Castle, attended by HRH Princess Anne and charity supporters – many of them celebrity names – from across the country. Among them was broadcaster Lesley Riddoch, who explained,



*“Motor neurone disease affects Scots regardless of age, health and background.*

*“The name MND Scotland replaces Scottish Motor Neurone Disease Association, which can be a bit of a mouthful.*

*“MND Scotland helps convey what Scots need to know: that a specific charity exists in this country for people affected by the condition.”*

There are more than 300 cases of motor neurone disease in Scotland. It can cause paralysis, loss of speech, and difficulty eating and drinking. Life expectancy is on average 14 months after diagnosis. MND is a fatal illness with no cure.

For more information on the disease or MND Scotland contact Bryan Carroll on 0141 945 1077 or e-mail [bryan.carroll@scotmnd.co.uk](mailto:bryan.carroll@scotmnd.co.uk)

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## OTHER NEWS

### 'Man and Van' Charities Deals

A new removals/deliveries company, operating throughout the Forth Valley and beyond, has announced it is offering **special rates for charities.**

Check it out >

## MoveURstuff!

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For further information please take a look at our website



### Health & Safety: Tough New Penalties

Most of us comply with Health & Safety regulations, and most of us do so with the welfare of staff, volunteers, clients and the general public in mind, rather than from fear of legal sanctions.

And that's just as well, because last month tough new penalties came into force which could even see employees and business owners facing imprisonment for breaching health & safety regulations.

\* *A power of imprisonment will now be available for breaches of Sections 7 and 37 of the Health and Safety at Work Act.*

*Section 7 requires all employees to take reasonable care for themselves and others in the way they conduct their work.*

*Section 37 addresses the actions of directors, managers, secretaries and other officers of corporate bodies.*

While the new legislation doesn't change or add to the existing health and safety requirements, it does introduce a power of imprisonment for a wider range of health and safety offences. It also imposes greater financial penalties: the maximum fine available in the magistrates' courts will increase from £5,000 to £20,000 for most health and safety breaches.

It is therefore all the more important we are all aware of what is legally required of us, and that we have the correct measures and precautions in place.

**If financial pressures have led you to put off investing in adequate risk assessment procedures and tools, we strongly encourage you to act now to remedy the situation – it could cost you a lot more in the long term!**

Now would be a good time to review health and safety procedures and systems, which should include the following:

- Procedures to identify risks and processes in place to manage them
- Reporting procedures on matters relating to health and safety
- Systems for ensuring recommendations from serious incidents are implemented
- Systems for recruitment of competent staff, ongoing training and supervision.

You can read more on the Act on the Health and Safety Executive website:

<http://news.hse.gov.uk/2009/01/19/health-and-safety-offences-act-2008-chief-executive-welcomes-tougher-penalties/?rss=>

## Stirling to get Child Protection Hub

The first child protection hub in Britain is to be based at Stirling University, the Scottish Government has announced.

The unit will bring together a network of experts from practice, policy and research to help protection workers enhance their expertise and share good practice. It will also draw on international advice, and over time it is expected the hub will be able to use its experience of services on the ground to inform national child protection policy and training.

The Multi-Agency Resource Service (MARS) is to receive £410,000 of government funding over the next three years, and will link with the Scottish Child Care and Protection Network (SCCPN), whose coordinator is also based at Stirling.

The hub will become operational over the summer. A director is currently being recruited to head up the unit, which will initially have a staff of three.

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## GROUPS IN FOCUS: Forth Environment Link

Back in 1989, a lady called June Waley started an after-school nature club for children in the

village of Kippen. This was to evolve, first into Kippen Environment Centre, and finally into Forth Environment Link, a charity promoting environmental and sustainability issues across the Forth Valley.



Education and action are the twin concerns of FEL: work in schools and communities at grassroots level to raise awareness and understanding of these issues, and partnership

working with local authorities, community groups and government agencies to encourage sustainable living for all. Their ethos is (to quote):

*“to deliver successful programmes at grassroots level with the aim of informing and encouraging environmental awareness and more sustainable lifestyles.”*

FEL's home is Stirling Business Centre, in premises which also house their extensive Resource Library. This ever-growing facility contains thousands of books, CDs, tapes, magazines, toys and a range of practical equipment – and all of it is free and open to everyone. There are also age-specific materials to help children, teachers and parents with environmental education.

## **VOLUNTEERS WANTED**

Forth Environment Link is looking for volunteers to help with both its

### ***REAL NAPPY NETWORK***

... contact Claire at

[claire@forthenvironmentlink.org](mailto:claire@forthenvironmentlink.org))

and the ***MASTER COMPOSTER SCHEME***

... contact Eve at

[eve@forthenvironmentlink.org](mailto:eve@forthenvironmentlink.org)

or phone 01786 449215

FEL runs training sessions for volunteers and supports them through their work with the programmes.

The fostering and appreciation of biodiversity is one of FEL's key concerns. They offer a wide range of educational workshops designed for various age groups; these can be integrated with school curriculums and customised to meet individual needs.

FEL has a number of current initiatives to help and encourage communities to become more sustainable and cut down on waste. One example is the **Real Nappy Network**, coordinated by FEL's Claire Jack. Around *3 billion* disposable nappies are used each year, the vast majority of these ending up in overstretched landfill sites. Using real nappies is not only environmentally friendly – it can save you money too! FEL can give guidance on 'going real', and even supply sample packs to try out.

Another important project is the Forth Valley **Master Composter Scheme**, part of a nation-wide programme coordinated by Community Recycling Network Scotland (CRNS) with the aim of encouraging home composting

by families and individuals. Eve Keepax of FEL coordinates the programme throughout the Stirling, Falkirk and Clackmannan areas. Home composting brings many benefits. A significant proportion of our domestic waste (such as grass cuttings, vegetable peelings, fruit scraps, tea bags, cardboard etc) can be converted into a valuable resource of natural, organic soil conditioner to make vegetable plots fertile and gardens bloom - a good example of how recycling can turn a potential problem into an asset. Good for people, good for the environment.

Home composting is not difficult, but it requires a degree of commitment, and



***Home composting turns biodegradable domestic waste into a sustainable resource.***

although more and more people are taking it up, it is all too easy for the habit to lapse. Evidence gathered by WRAP (the Waste & Resources Action Programme) indicates that the composting lapse rate is reduced where there is local support. FEL provides this, through expert advice and practical assistance.

We have touched on just a few of the ways in which Forth Environment Link works to promote sustainability throughout local communities and to make us – and particularly our children – aware of the both the richness of the natural environment and our responsibilities towards it. For a full picture of the charity's activities, structure, personnel, funders and supporters, visit their website at [www.forthenvironmentlink.org](http://www.forthenvironmentlink.org)

**FEL Contact details:**

Address: 7, Stirling Business Centre, Wellgreen Place, Stirling FK8 2DZ

Phone: 01786 449215

Email (General enquiries): [info@forthenvironmentlink.org](mailto:info@forthenvironmentlink.org)

Email (Resource Centre): [resources@forthenvironmentlink.org](mailto:resources@forthenvironmentlink.org)

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**AND FINALLY...**



*Valentine's Day Competition*

(OK, nothing to do with Valentine's Day)

***“How many volunteers does it take to change a light bulb?”***

The winner will be the person judged to have provided the best answer to this vexing question. Email, post or phone in your suggestions.

Results in the next issue.

- First Prize: The respect and envy of your colleagues.
- Second Prize: The same, but a bit less of it.

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Council for Voluntary Services - Thriving and Connecting Communities in Stirling

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