

CVS Stirling e-Bulletin 31st. July 2009



In this issue:

- ⇒ **FORTHCOMING EVENTS**
- ⇒ **VOLUNTEERING & EMPLOYMENT**
- ⇒ **TRAINING & RESOURCES**
- ⇒ **FUNDING**
- ⇒ **SOCIAL ENTERPRISE**
- ⇒ **GROUP NEWS**
- ⇒ **OTHER NEWS**

Social care and development is by far the largest concern for Scotland's charities.

Over half of regulated voluntary groups operate in that area, according to SCVO statistics. Their contribution is often taken for granted - even derided for a perceived lack of 'professionalism' - so it is particularly heartening to read a Care Commission report on voluntary care providers that demonstrates that when it comes to value for money and sheer quality of service they outstrip both the private and public sectors.

Here at CVS Stirling, we're gearing up for our Annual General Meeting in September. Look out for details in our next issue.

And finally, please take a look at the item about the Companies Act seminars. This is something that is going to affect us all.

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

SAAP Launch and Open Day

Norman MacEwan Centre, Cameronian Street, Upper Craigs, Stirling
28th August, 2 – 5 pm



The **Stirling Area Access Panel (SAAP)** was formed in June 2007 with the mission 'To promote self empowerment and enable access for all in order to realise their full potential in all aspects of life'.

This open event at the Norman MacEwan Centre for voluntary organisations will profile the aims and work of SAAP. It will also mark the relocation of **CVS Stirling** to its new premises in the Centre. And our neighbours at the **Council on Disability** and the **Citizens' Advice Bureau** will be taking part.

Come along and meet us, and find out about what we all do here at the Centre. There will be entertainment and refreshments on offer (see *flier*), and it promises to be a fun, as well as an informative, afternoon.

Hand Hygiene Study Day

Stirling Royal Infirmary Conference Centre
12th August, 2pm – 3pm.

The organisers of this study day are keen to encourage public involvement in discussion about how to raise awareness of hand hygiene across communities and voluntary sector organisations.

If you would like to attend, or would like to encourage others, please contact Stacey McPherson, Infection Control Secretary, Tel: 01324 624000 ext. 8632, or email stacey.mcpherson@nhs.net



Companies Act Seminars

Holiday Inn, 132 Corstorphine Road, Edinburgh
Wednesday 19th August and Thursday 20th August, 9.30am & 2pm
FREE

The Companies Act 2006 has been updated, and there are now a range of new procedures that will affect **every company operating in the UK**.

Companies House has designed new seminars that will cover the implementations that have been phased in over the last three years, but focus mainly on final changes which will be implemented on **1st October 2009**. These seminars aim to:

- Provide advice on recent changes in legislation, and explain the impact that the changes may have on companies and their officers.
- Cover recent implementations but focus primarily on the changes within the final implementation
- Provide examples of revised forms and documents that are required to be submitted to Companies House.

Customers will have the opportunity to find out detailed information about the final implementation of the new Act, speak to Companies House managers, meet the team and request a demonstration of how to do business with them electronically - so they don't need to learn a new paper process for the new Act.

The seminars will last approximately two and a half hours. They are free, and you have the option of choosing between two dates and a morning or afternoon session.

If you file on behalf of numerous companies or simply feel you need to know more, please book your place. To book online go to

www.companieshouse.gov.uk/about/companiesActSeminars.shtml . Links to new booklets, forms and all other news and updates about the Act can be found at www.companieshouse.gov.uk/companiesAct/companiesActCountdown.shtml

Independent Living Scotland 2009

Scottish Exhibition and Conference Centre, Glasgow

9th – 10th September

FREE



Independent Living Scotland is the leading event for disabled people and healthcare professionals in Scotland & the North of England. Key organisations and associations are taking a stand at the show to raise their profile and get their message across.

Over 3,000 visitors will be attending the show which takes place every two years at the SECC in Glasgow.

For further information contact Bindi Chakki, 0207 728 4262 or visit

www.independentlivingscotland.co.uk/

[Back to top](#)

VOLUNTEERING & EMPLOYMENT

Call for Disabled Volunteers

A new project, **Inclusive Networks**, has just been launched by the Fieldfare Trust and disabled people who enjoy getting out onto the many paths across the Scottish Countryside are being asked to help.



Building on a pilot in East Fife and covering Clackmannanshire, Falkirk, **Stirling** and west and central Fife, the Inclusive Networks Project will aim to make the core path networks of the area more inclusive and capable of providing better outdoor access opportunities for all disabled people. That won't mean making every path on the newly published core path plans fully accessible as long as they provide choices for disabled people as to where they can go, the sort of environments in which they can expect good accessibility and the range of experiences they can gain from using the network.

The Fieldfare Trust is asking disabled people to help it identify which paths are important to them, survey those paths and provide information to other disabled visitors on levels of accessibility. This will mean disabled people will be able to decide for themselves which paths they can and want to use.

Anyone interested in getting out into the countryside and helping the project should contact Alison Rae, Project Officer, on 01334 657708 or email: info@fieldfare.org.uk

Volunteers Wanted

Stirling Health and Wellbeing Alliance, the organisation working to make a positive difference to the health and wellbeing of people in the Stirling area, is looking for the following:

- a **Volunteer Fundraiser** to develop and manager the Alliance's fundraising programme - someone who will develop new and imaginative fundraising opportunities
- enthusiastic volunteers to join the **management committee**.

If you're interested, please contact Liz, email info@shwastirling.freereserve.co.uk

[Back to top](#)

TRAINING & RESOURCES



Seminar: Prevention of Homelessness

The Board Room, Legal Services Agency Ltd., 3rd Floor, Fleming House, 134 Renfrew Street, Glasgow

Monday 24th August, 10am - 3.30 pm (Registration and Coffee 9.30 am)

LUNCH provided

£150.00 full price/£120.00 LSA members/£80.00 Concessionary cost places

With the Government's target of ending homelessness by 2012 looming closer, the principles of homelessness prevention have been thrust very much to the fore of the policy and practice agenda in Housing and related fields. This course will build upon the Scottish Government's **Prevention of Homelessness Guidance** (June 2009), exploring the legal and practice issues surrounding prevention:

- Principles of Homelessness prevention
- Homelessness - a brief overview of the law
- Homelessness Risk factors
- At-risk groups

The seminar is aimed at anyone working in housing and homelessness, as well as support staff. Anyone interested can take advantage of a 10% discount on normal costs (including concessionary rate) by booking online – just click on

www.lsa.org.uk/FileAccess.aspx?id=137 for a **discount booking form**. For the full programme of forthcoming Legal Service Agency seminars, visit their website at www.lsa.org.uk/

[Back to top](#)

SOCIAL ENTERPRISE

Starting Your Social Enterprise

Social Enterprise Academy & Firstport
Central Glasgow
August – September (8 days)

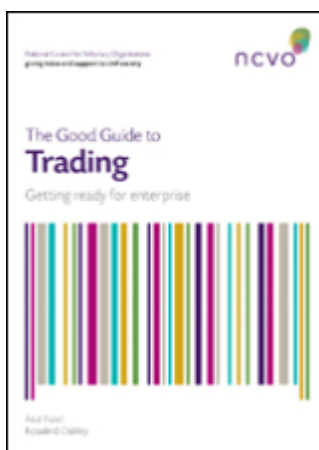
The Social Enterprise Academy, in conjunction with Firstport and Scotland UnLtd, have designed a practical programme for those who are in the process of setting up their own social enterprise. Participants will finish the course with a functioning, robust business plan. This SYSE programme will give you the skills and knowledge to take your ideas forward, providing signposting and business support during the process.

The programme lasts 8 days and will take place on 10 & 11 August; 24 & 25 August; 7 & 8 September; 21 & 22 September.

For more information, email Kim at kim@firstport.org.uk

The Good Guide to Trading: Getting Ready for Enterprise

Trading in goods and services, often referred to as social enterprise, is an increasingly important source of unrestricted income for civil society organisations. Many organisations are finding it makes a valuable contribution to their independence, sustainability and growth.



‘The Good Guide to Trading: Getting ready for enterprise’ takes you through the process of launching a successful trading initiative from start to finish. The chapters can be worked through in order or used as standalone sections.

Aimed at anyone with responsibility for raising money, the guide will be useful to organisations that are:

- new to trading but would like to explore the options
- already undertaking some trading activity but need some guidance on how to do it
- already trading who wish to expand or refocus their activities.

Guidance is presented in an easy-to-use format, with tools, case studies, signposts to other resources, key tips and pitfalls to be aware of.

The Guide is the result of collaboration between NCVO’s Sustainable Funding Project and CASS Business School. Building on the success of the ‘Getting Ready for Enterprise’ training programme, this book delivers a valuable resource for the wider voluntary and community sector.

Download contents (PDF file) at www.ncvo-vol.org.uk/publications/publication.asp?id=14080 where you can also order a hard copy, price £25 (£17.50 NCVO Members).

[Back to top](#)

FUNDING

New Funding Resource Website

Funding Central, which launched last month, describes itself as “a free smart website for the whole voluntary and community sector, including social enterprise, providing access to thousands of funding and finance opportunities.”

It comprises a guide to over 4,000 grants, contracts and loans, plus a wealth of tools and resources supporting organisations to develop sustainable income strategies appropriate for them.

The website includes support and advice, a search facility, and a news page. Check it out at www.fundingcentral.org.uk

Women’s Fund For Scotland

Grants of up to £5000 are available for International Women's Day 2010 events, or for projects that benefit women run by not-for-profit groups. Project funding is for between 25% to 100% of project costs, and projects should support women's development, self-sufficiency, and economic and social equality, and applications that incorporate social enterprise are of interest.

Deadline for applications is 11th December. Phone 0141 225 6670, email grants@scottishcf.org or visit the website: www.scottishcf.org/grantsforwomen

Tesco Charity Trust Community Awards

The Tesco Charity Trust is now accepting applications for grants to support children's education and welfare projects. The funding is available to community and voluntary groups who can apply for grants of between £500 and £4,000. The Trust also provides grants to groups working with and supporting older people and/or adults and children with disabilities.

Deadline is 30th September. For more information visit <http://digbig.com/4ysex>

[Back to top](#)

GROUP NEWS

CVS Stirling AGM

Mayfield Community Centre, St Ninians, Stirling FK7 0DB

23rd September

Our 2009 Annual General Meeting will be held on the above date and venue. We will publish details of the programme and speakers nearer the time.

This is of course an open event, and we would welcome your attendance.

Children in Need – a plea to applicants

CVS Stirling is responsible for administering the Children in Need fund across the Forth Valley area, and processes over 300 applications each year.



While the great majority of applications are fine, a few turn out to be incomplete or inadequate. Common faults are not giving full, accurate information about the recipient's **bank account**, and not entering the client's **post code** (essential). This can mean delays - delays in getting funds to where they're needed. So please **help us to help you** by

- reading the guidance notes carefully before applying
- checking the form to make sure it's complete

But the most common problem is failure to produce receipts, as required by the conditions of award. This involves us wasting a lot of time chasing them up, so please obtain and return receipts - and keep Pudsey happy!

If you have any questions about a Children In Need application, just ask.

Artists Wanted

LGBT Youth Scotland, the charity that provides help and opportunities for lesbian, gay, bisexual and transgender young people, is holding an Art Exhibition and Auction and is looking for pieces of art to be donated from local artists. These will be exhibited during the busy Festival Month of August, making this a great promotional opportunity for artists to get known on a wider level.

The art will be displayed from 7th to 31st August at C Venues Theatre, Chambers Street, Edinburgh and will conclude with a live auction. If you want to participate, contact LGBT Youth at info@lgbtyouth.org.uk, phone 0131 555 3940 to arrange art drop off/ collection ASAP.



Broadband Money for Rural Areas

How is the broadband situation in your area? There may still be a few 'not spots' in the rural Forth Valley area – and even if you have adequate reception, you may have other broadband or IT issues.

Funding of 2.9m euros is being made available for broadband in rural Scotland, and will be distributed through LEADER.

If *you* have any thoughts on broadband in your community, or would like to contribute your ideas of how this funding could be used to improve communities, please get in touch with Anne-Michelle Ketteridge, Programme Manager, Forth Valley and Lomond LEADER, phone (0044) 01786 443123 email ketteridgea@stirling.gov.uk

[Back to top](#)

OTHER NEWS

Campaign to raise awareness of depression in older people launched

A new survey has shown that although almost everyone believes that older people in Scotland should have equal access to care and treatment for depression, they are **5 times less likely than younger people** to be referred for specialist mental health support.



The snapshot survey was conducted by **Depression Alliance Scotland (DAS)** (website www.dascot.org) and has been published to launch the start of a new campaign aimed at improving support and treatment for older people with depression in Scotland. The survey sought the views of both older and younger people in Scotland with regard to depression in older people and found that –

- * 96% of people believe that older people should have equal access to care and treatment for depression
- * only 8% of people believe that depression is a natural part of ageing
- * 78% of people believe that depression is treatable in older people
- * 68% of older people believed that they were more reluctant to seek help for depression than younger people.

Older people in Scotland face many challenges to their mental health. Poverty and social exclusion are important risk factors and older people may be more likely to experience financial hardship. Times of change also place great strain on our mental health, and older people experience many transitions as they face retirement, the loss of their partners and friends, an increased likelihood of physical health problems, increasing need for support and for some the need to move into residential care.

The good news is that there are many steps we can all take to meet these risk factors with things that boost our mental health. For older people, taking up new activities, meeting new friends and taking exercise has benefits for physical and mental health. Learning new skills helps to keep the mind sharp, and the volunteering that older people do in communities has a benefit for everyone.

DAS has launched a new campaign in Scotland, entitled 'Getting on, not getting down'

aimed at raising wider awareness of depression in, and improving treatment and support for, older people. Older people seeking help or support with depression should contact DAS on 0845 123 2320.

Voluntary Care Providers Come Up Trumps

We've always suspected it – now its official! Scotland's voluntary care providers are consistently out-performing both public and private sectors with services which care for people at home.

Figures submitted by the Care Commission to the Scottish Parliament's Local Government and Communities Committee reveal that the voluntary sector is ahead of public and private providers when it comes to **quality of care, quality of management and the quality of its staff.**

They graded levels of service from 1-6, with six being excellent and one unsatisfactory.

- * Only voluntary organisations achieved a grade six in any of the three criteria used to assess the quality of the services.
- * In the areas of care and support, quality of staff, and quality of management and leadership, the voluntary sector passed at levels four to six in 92 per cent, 89 per cent and 88 per cent of cases.
- * This compared to local authority and private sector providers, which had an average of between 62 and 72 per cent positive scores at grades four and five.
- * The voluntary sector also had significantly higher grade five ratings than either the public or private sectors.

Commentators this week have said that the statistics are more remarkable in light of the much lower costs of the voluntary sector compared to the public sector. In giving evidence to the parliamentary committee, the chief executive of Scottish Care at Home said councils awarded their own in-house carers much better terms than those awarded to independent providers - as much as £10 of a difference in unit costs.

And though councils claimed that quality considerations account for 60 - 70 per cent of the basis for awarding contracts (with costs counting for only 30 to 40 per cent) there was little evidence for this claim, as most tenders are still awarded to the lowest bidder.

Annie Gunner Logan, director of Community Care Providers Scotland (CCPS), said *"These figures suggest that voluntary sector provision for care at home is the optimum Best Value option: we know that in most cases, private companies offer a cheaper service, but they're clearly not matching the quality gradings attained by our sector ... local authority provision is generally accepted to be much more expensive, yet it delivers no dividends in terms of higher quality of service.*

"The figures also suggest that the severe cost pressures now being applied by councils to voluntary sector providers are very likely to impact negatively on service quality."

Regulation and assessment of care at home only started in 2004, with the first inspections in 2005. There the voluntary sector showed consistently strong performance compared with agencies from other sectors.



Swine Flu: A Briefing for Social Care Providers

Community Care Providers Scotland (CCPS) was invited by the Scottish Government H1N1 service delivery group to attend a workshop on 16th July, to discuss the influenza A(H1N1) vaccination programme. The results of the workshop should be of interest to voluntary sector social care providers, among others.

You can read a [full summary of the workshop discussion](#) here. The main points to note include:

- Each Health Board will determine its own arrangements and models for vaccination delivery
- Priority for vaccination may be given to clinical or 'front-line' staff initially
- As far as we can determine, there will not be a financial cost to employers
- Service users and carers will be included in the general population vaccination programme

If you would like to find out more about 'Swine Flu' in general, there is comprehensive, updated information on the Care Commission website www.carecommission.com.

The Latest Health News on Tap

Keeping up to date with new health developments can be difficult, especially if you are in a smaller organisation and not on the NHS distribution list.

*However help is at hand in the form of the **Health Directorates Weekly Bulletins**, a digest of publications issued by the Health Directorates during the previous week.*

This is sent to Chief Executives of NHS Boards and Operating Divisions, and may not always have reached the third sector. But you can now access the bulletin yourself: click on

www.sehd.scot.nhs.uk/publications/bulletin/bulletin2009list.htm?dm_i=2V4,1FD9,5CH27,4AGJ,1 to find a list of all the 2009 bulletins.

[Back to top](#)

Council for Voluntary Services - Thriving and Connecting Communities in Stirling
CVS Stirling is a Company Limited by Guarantee SC169437
Registered Scottish Charity Number SC016980