

# CVS Stirling e-Bulletin –23 May 2008

**The CVS Stirling website is up and running!** Also, we would like to draw your attention to another very useful resource for our members: a Free Meeting Space/Conference Facility. **See *GROUP NEWS* below.**

We would welcome comments and suggestions for the website, as well as for the eBulletin. Emails to: [lee.stevenson@cvs-stirling.org.uk](mailto:lee.stevenson@cvs-stirling.org.uk).



Deadline for contributions Friday's Bulletin is the previous Monday. If you have any queries, please call 01786 469916 and ask for Lee or Donald.

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## **FORTHCOMING EVENTS**

### **Recruiting, Interviewing and Placing Volunteers**

(Training Workshop)

Glasgow City Chambers

Friday 6<sup>th</sup> June, All Day

Cost: £70 (includes refreshments & support materials)

If you are seeking new and innovative ways to recruit and retain volunteers for your organisation, this one-day workshop may help.

Presented by CSV's Institute for Advanced Volunteer Management, it will focus on topics such as key interview questions to identify prospective volunteers' interests and skills, and how to ensure volunteers are properly matched with tasks that will keep them motivated to stay with you for the long term.

For a full information leaflet and booking form, visit the CSV (Community Service Volunteers) website, [www.csv.org.uk/lavm](http://www.csv.org.uk/lavm)



**NHS Forth Valley's Workplace Team** is holding two **free lunchtime seminars** next month:

### **Emotional Wellbeing**

Claremont Lodge Hotel  
Kelly Place, Alloa  
11<sup>th</sup> June, 12 noon-2.30  
FREE

Stress, anxiety, depression – no fewer than one in four people will suffer difficulties like these at some stage in their life. Yet emotional wellbeing is often far less understood than issues like diet or physical fitness. This session addresses the following topics:

- What is emotional wellbeing?
- What helps?
- The bigger picture: what's out there to help us?
- National Campaigns, local initiatives, resources

### **Alcohol Awareness**

Carronvale House  
Carronvale Road, Larbert FK5 3LH  
25<sup>th</sup> June, 12 noon-2.30  
FREE

This seminar will look at alcohol in relation to health, focusing on these topics:

- Presentation of health benefits of Alcohol Awareness
- Statistics
- Units/Calculate Units
- When am I fit to drive? Fit for work?
- Effects of alcohol

It is hoped that those attending will take back information to share with colleagues, or perhaps put up a display on Alcohol Awareness.

Information on either of these events from Jenny Ewen, NHS Forth Valley's Health Promotion Department, on 01786 431132 or email [jewen@nhs.net](mailto:jewen@nhs.net)

## **GROUP NEWS**

## **Launch of CVS Stirling Website**

Our Website went online at the beginning of the week, and has already prompted considerable interest.

Although most of the site is fully operational, one or two pages are still under construction. We are also looking at ways to improve and extend functionality, for example, by adding a directory and perhaps a forum page and bulletin board for members. And we will be aiming to optimise access for those with visual impairment.

### ***We welcome comments on the Website, and any suggestions for improvements.***

Our intention is that this should become a valued resource for members, partners and the wider community: a place to go for information, news and advice – or just to keep in touch. Smaller member organisations which do not have a website of their own should find it particularly useful.

Please note that e-Bulletins can now be accessed through the site, which also features a news page. Visit us now on [www.cvs-stirling.org.uk](http://www.cvs-stirling.org.uk)

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## **Meeting Space/Conference facility at CVS Stirling**

Members can access this facility within the CVS Stirling offices, conveniently situated in the centre of Stirling. A maximum of 15 persons can be accommodated, and these resources are available:

- Digital projector
- Laptop
- Whiteboard
- Flowchart
- Tea & coffee making (£1 per head)
- Catering can be arranged – at an additional cost

This is a valuable asset for the local voluntary sector, and is **FREE TO MEMBERS** - we only ask that you consider making a donation. We wish to maximise usage, so next time you're planning a meeting, please consider this option.

***Remember, membership of CVS Stirling is FREE, and an application form can be downloaded from our website.***

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### **BHF Seeks £3k for Heart Equipment**

In the Forth Valley alone, 11,000 people suffer from heart disease. But if the British Heart Foundation succeeds in its bid to raise funds for vital equipment, they should find it easier to get prompt, local treatment.

The equipment in question is a new Stress Echocardiograph, which uses state-of-the-art 3D imaging to make easier, quicker diagnosis. That in turn means treatment can be started sooner – which can be vitally important for someone with heart failure say, or valve conditions.

You can help the BHF's campaign by donations, organising fundraising events, or getting sponsorship. For information and advice, contact Sally Davidson on 01620 844354, or by email: [davidsons@bhf.org.uk](mailto:davidsons@bhf.org.uk)

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### **NSPCC to Tackle Exam Stress**

As the exam season gets under way, schools in the Forth Valley will be receiving posters from the NSPCC to remind children and young people that ChildLine is there for them, whatever the problem and however big or small.

Calls to the helpline service show that exams can cause stress and worry for many pupils. So the NSPCC have developed additional support to help them through this difficult time.

A new look website for children was launched this month - [www.childline.org.uk](http://www.childline.org.uk) – solely for children and young people to access help, advice and information about the confidential helpline (adults who visit are redirected to the NSPCC website). A booklet called '**Beat the Exam Stress**' will be available from the website.

The message going out on the posters is "However you feel, ChildLine is here for you." They will all carry the ChildLine number: 0800 1111.

## ***FUNDING***

### **BURA Awards - one month left!**

The British Urban Regeneration Awards (BURA) were established in 1992 to help define excellence in regeneration across the UK.

Previous winners have included small and large projects and have helped to raise the winners profile, win contracts, impress and influence clients and celebrate your success.

Entries must be received by **6th June 2008**.

For more information on how to enter, and to see a list of previous winners from across the UK, visit [www.bura.org.uk/Awards.html](http://www.bura.org.uk/Awards.html) or get in touch with the BURA Awards Team on 020 7539 4030.

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### **First Round of Rural Awards**

Rural development projects in the Stirling, Falkirk and Clackmannanshire areas have received funding at the first meeting of the Forth Valley and Lomond LEADER Local Action Group. The beneficiaries of the first round of the Scottish Rural Development Plan were

1. CVS Clackmannanshire (for 'Learning for Living', Green Mapping of social & environmental assets for local communities) - £19,000
2. Callendar Estates (for a feasibility study towards a Countryside Activities Centre) -£12,400
3. Callander Jazz & Blues Festival (for the summer's 'Jazz on the Loch' event) £2,900

A total £2.63 million has been earmarked for the rural Forth Valley & Lomond area over the next 6 years to invest in innovative projects that will build stronger, richer local communities and business networks.

## **RECRUITMENT**

### **6 Wanted for Rock Community Project**

- Fancy a challenge?
- Like working with young people?
- Want a job that makes a difference?

CAST – the youth department of the Rock Community Project - is looking for 6 enthusiastic fun people with a passion for youth to help run an innovative summer programme in a vibrant city centre youth café

The suitable candidate needs to be sympathetic to the Christian ethos and to the values of the Rock Community Project.

The charity is situated in Murray Place, in the centre of Stirling, next to the old Post Office. The website is [www.rockcommunityproject.org.uk](http://www.rockcommunityproject.org.uk)

This is a paid position for 8 weeks, full time. For a full job description or application pack, or to find out more about the Rock Community Project, email Gemma at [gemma@rockcommunityproject.org.uk](mailto:gemma@rockcommunityproject.org.uk) or phone 01786 462647.

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### **Child Contact Centres Need Volunteers**

Family Mediation Central Scotland is looking for volunteers to help with the running of its three child contact centres in Falkirk, Stirling and Alloa.

Child contact centres enable children to keep in touch with the parent they no longer live with following separation or divorce. Centres are open on Saturdays between 10.30 am and 3.30 pm. Volunteers usually work one Saturday in three.

If you have a keen interest in people - and in children and families in particular - then please contact Kathleen Frew for more information on 01786-472984 or e-mail [fm.central@btconnect.com](mailto:fm.central@btconnect.com)

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### **Wanted – Lay Advisors**

Listening to and engaging with the community is a crucial part of how Central Scotland Police conduct their business. They must be seen to provide a service that is fair, accessible and meets the needs of communities, irrespective of race, cultural background, ethnicity, religion/faith, sexual orientation, disability, age and gender.

For a number of years, a Lay Advisory Group for Minority Ethnic Affairs, consisting of members of the local community, has been advising Central Scotland Police, using their collective experience to express views on policing issues as they impact on particular sections of the community.

This process has proved very positive. Now Central Scotland Police are seeking to expand the lay advice provision to include members of the public who can advise on faith, sexual orientation, gender, age and disability issues.

There is also a need to reflect our changing community by including members from new European Union member states such as Poland, Lithuania, Slovakia etc.

**This is an opportunity to have a say on policing matters that affect *your* community, and help shape future policing policy.**

If you are interested in becoming a Lay Advisor or wish further information please contact, Sgt. John Baillie, Tel: 01786 826022. Text Phone: 01786 445533. email [john.baillie@centralscotland.pnn.police.uk](mailto:john.baillie@centralscotland.pnn.police.uk)

## **OTHER NEWS**

### **Cash Boost to Local Health Links**

A pilot project to deliver better voluntary and community involvement with the planning and delivery of local NHS services has meant a cash boost for CVS in Stirling, Clackmannanshire and Falkirk local.

They will share a £150,000 award from the Big Lottery Fund to work more closely with NHS Forth Valley to ensure community concerns and opinions will be heard in shaping and delivering health services. Forth Valley is one of just two areas in Scotland to be funded for the project.

The partners have ambitious plans to strengthen the local voluntary sector and demonstrate how community-led activities contribute to health outcomes, arguing that greater influence over planning and development will result in better NHS services.

The programme will include work to support specific areas of activity by charity and voluntary organisations.

Doug Anthony from the Lottery Fund said, *"Greater coordination and collaboration between the various organisations that represent the voluntary sector in the Forth Valley area will enable them to communicate with the NHS more effectively. This will enable the Health Service to better support local communities and individuals."*

Big Lottery Fund Scotland director Dharmendra Kanani said, *"This is a step in the right direction and provides a sound pathway for further development of this ground-breaking investment in Scotland's voluntary sector infrastructure over the next five years."*

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### **Getting Off to a Healthy Start**

Forth Valley mothers on certain benefits, and all pregnant women under the age of 18, are to get free vitamins to give them and their baby the best start in life. They will be able to claim during pregnancy and until baby is one year old. Their children will also get free vitamin drops from 6 months of age until their fourth birthday.

The vitamins are being provided under the **Healthy Start Scheme** which provides eligible mothers with a voucher which they can swap for free milk, fruit and vegetables.

NHS Forth Valley's Head of Dietetics Morag Mackellar said that even if families are eating a healthy diet, some mothers and their children may not get enough of certain vitamins. *"Healthy Start vitamins are a good way to top up your diet and help get the goodness you need. These vitamins are specifically tailored for women and children and can't be bought over the counter."*

Those who qualify are pregnant women and families with children under the age of four who receive

- Income support
- Income based Jobseekers Allowance
- Child tax credit with an income of £15,575 or less

All pregnant women under the age of 18 qualify, whether or not they are on these benefits.

Anyone wishing to take advantage of the scheme should register with Healthy Start. They will then be sent a letter along with their vouchers which they can take to a health centre or clinic to obtain their free supply.

To apply or find out more, call the helpline at the Healthy Start Issuing Unit on 0845 607 6823.

### ***FUNDER OF THE WEEK: Esmée Fairbairn Foundation***



*Esmée Fairbairn (left) was a key player in the development of both the Women's Royal Voluntary Service and the Citizens' Advice Bureau.*

*Her tragic death in the blitz gave rise to the foundation that bears her name.*

The **Esmée Fairbairn Foundation** was set up in 1961 by Ian Fairbairn (whose company M&G was the pioneer of the UK unit trust industry) as a memorial to his late wife. Esmée Fairbairn had played a prominent role in developing the Women's Royal Voluntary Service and the Citizens Advice Bureaux, before being killed in an air raid towards the end of World War II.

Ian Fairbairn endowed the Foundation with the greater part of his own holding in M&G, and originally the majority of the grants were for economic and financial education. His sons also contributed to the original trust fund as co-founders.

In 1999 the Foundation sold its holding in M&G in a takeover of the company by Prudential Corporation PLC. The sale resulted in a significant rise in the value of the Foundation's endowment and consequently in the size of its grant-making. Esmée Fairbairn Foundation is now one of the largest independent grant-making foundations in the UK.

The ethos of the Foundation is, in their own words, *"to improve the quality of life throughout the UK by funding the charitable activities of organisations that have the ideas and ability to achieve change for the better ..."*

*"Our primary interests are in the UK's cultural life, education, the natural environment and enabling people who are disadvantaged to participate more fully in society."*

To this end, they give grants to organisations which aim to improve the quality of life for people and communities in the UK. They commit around £30 million a year towards a wide range of work.

In 2008, the Esmée Fairbairn Foundation launched a new approach to funding whereby two thirds of its money will be administered through a main fund over three years, complemented by three new funding strands focusing on areas where the Foundation feels direct intervention could make a greater impact. These comprise biodiversity, museum and heritage, and approaches to learning.

Stressing that the Foundation's core objectives remain unchanged, Director Dawn Austwick said the new approach would help the Foundation become more responsive to applicants needs and avoid them "falling through the cracks" between well-defined funding streams.

Importantly, they stress that they like to **consider work which others may find hard to fund**, perhaps because it breaks new ground, appears too risky, requires core funding, or needs a more unusual form of financial help such as a loan.

If you think the Esmée Fairbairn Foundation could help *your* organisation, you can find out more at their website, [www.esmefairbairn.org.uk](http://www.esmefairbairn.org.uk).

