

CVS Stirling e-Bulletin –27th June 2008

Carers are among the most numerous and valuable volunteers in our society, yet the sacrifices they make often go unnoticed. The results of a recent survey make disturbing reading (see '*The Hidden Costs of Caring*').

Also in this week's e-Bulletin, some interesting new web resources, new government funding to promote sustainability in the Third Sector, and a first report from our visit to *The Gathering*.



Comments and suggestions for the website and eBulletin are welcome. Emails to: lee.stevenson@cvs-stirling.org.uk.

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

SECTIONS IN THIS ISSUE:

FORTHCOMING EVENTS

GROUP NEWS

TRAINING and RESOURCES

FUNDING

POLICY & PLANNING

OTHER NEWS

FUNDER OF THE WEEK: Coalfields Regeneration Trust

STOP PRESS

FORTHCOMING EVENTS

SURF Open Forum

Urban Regeneration Companies - Reflections and Lessons

Thursday 3rd July, 10.00am to 2.00pm

The Tollbooth, Jail Wynd, Stirling

FREE (pre-booking essential)

This event, hosted by the **Scottish Urban Regeneration Forum (SURF)**, presents an opportunity to reflect on the experience of setting up Urban Regeneration Companies (URCs) in Scotland.

The Forum aims to hear about experiences and lessons from the setting up of URCs to help inform general practice and policy on structures and organisations for regeneration. It will be of particular use and relevance to those needing to learn more about the development of URCs, as well as to those presently engaged in policy and practice involving URCs.

The event will include plenary presentations from two expert speakers followed by a plenary panel session with specially invited guests. An informal networking lunch will follow.

Topics to be covered include

- URCs in Scotland – setting the policy context
- Best Practice in Establishing URCs in Scotland – a review
- Plenary Question and Answer Session

As a result of funding from the Scottish Centre for Regeneration (now part of the Scottish Government), this half-day Open Forum is free to attend. To download a flyer for a full programme and details of how to book, visit the SURf website, www.scotregen.co.uk.

Please contact Derek Rankine at SURF on 0141 585 6879 or derek@scotregen.co.uk if you have any enquiries.

The Scottish Urban Regeneration Forum (SURF) is the independent regeneration and inclusion network for Scotland. Its main purpose is to inform improved regeneration policy and practice.



Herald Society Awards Launched

The inaugural Herald Society Awards will highlight the great work going on across the country to improve the lives of individuals and communities.

The awards are broken down into 12 categories, and in each case entries will be accepted for work carried out between 1 Jan 2007 - 30 June 2008. The categories are:

- Education Initiative of the Year
- Community Project of the Year
- Service Provider of the Year (working with the under 24s and over 65s)
- Health Provider of the Year
- Environmental initiative of the year
- Campaign of the Year

- Best Practice Initiative of the Year
- Outstanding Public Service Worker of the Year
- Outstanding Public Service Team of the Year
- The Herald Society Lifetime Achievement Award
- The Herald Society Champion

Nomination forms can also be downloaded from
www.theherald.co.uk/societyawards08.

Deadline: Monday 22 September 2008

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GROUP NEWS

Community Planning Questionnaire

For those of who have not yet returned the Questionnaire we sent out last week (*subject: the Voluntary Sector's involvement with Community Planning*), we still want to hear from you!

We are currently collating and digesting the data received to date, in order to develop as full a picture as possible of the Sector's position on this important topic.

If you've any queries about the Questionnaire, please contact Lee or Donald on 01786 469916.

TRAINING and RESOURCES

New Resources for Youth Work Volunteering

On 12th June, Youth Scotland launched a suite of resources supporting youth work volunteering in Scotland. The three practical guides and online Resources Bank have been produced as a result of the Scottish Government's **Volunteering Action Plan**, which aims to support the youth work sector to deliver more choices and chances for young people.

The guides include '**Growing Better Youth Work**', which can help with the recruitment, induction and training of volunteers to work with young people. '**No Limits**' supports the development of young volunteers, while '**Amazing Things**' is a comprehensive guide to the Award schemes in Scotland which recognise young people's achievements and contributions. The resources are available to download from www.youthscotland.org.uk, or for hard copies phone 0131 554 2561.

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New Website to help Depressed Young Adults

Suicide is currently the leading cause of death in young adults under the age of 35 in Scotland and, while depression is a treatable illness from which most people can and do recover, 70% of recorded suicides are by those who have had some form of depression.

The **Depression Alliance Scotland** (DAS) estimates that approximately one in ten young adults living in Scotland hide their depression behind a mask that says that they are doing fine, when in reality they are really struggling to cope with life.

It is against this background that DAS launched a new website on Wednesday 18th June, at the start of the 2008 National Depression Week. The website is www.lookokfeelcrap.org and is for those in the 18-35 age range.

It aims to raise awareness about depression, low mood and anxiety amongst young adults in Scotland, and could provide a vital means of reaching out to those young adults who might otherwise commit suicide.

Responding to research which has shown that young adults are often unaware of the symptoms of depression and are also more likely to access online information instead of more traditional forms of health support, DAS has developed the new website as part of its '**Look OK... feel crap?**' campaign. The campaign, piloted in Lothian last year, has been informed by young adults' experiences of depression, and the new website offers -

1. practical support and information on depression;
2. advice on how to manage anxiety and low mood; and
3. an opportunity for young adults to share feelings and experiences on an anonymous basis.

Most importantly, it aims to reach young adults who may be in despair and to reduce their feelings of isolation.

FUNDING

Red Noses All Round

Comic Relief has announced that its Main Grants programme (Red Nose Day) is now open for applications. This provides grants of over £5,000 to community and voluntary groups for projects relating to:

- Older people

- Young people
- Mental health
- Refugees and asylum seekers
- Domestic violence
- Disadvantaged communities

Funding is available for between one and three years and the level of grant support is likely to be between £15,000 and £40,000 per year for projects at local level - higher for projects at regional and national level or for ones which can be replicated. . The application deadline for the main grants programme is **15th August 2008**.

In addition, Comic Relief also makes grants of less than £5,000 for projects relating to older people, mental health and disadvantaged communities through its Small Grants programme. The small grants programme is open to organisations with a yearly turnover of less than £150,000. **Applications to the Small Grants programme can be made at any time.**

To find out more, go to www.comicrelief.com/apply-for-a-grant/uk



Fundraising site for volunteers

A new website aims to give hints and tips on how to raise funds for your cause.

www.how2fundraise.org offers a wide range of information particularly targeted at volunteers; it will also provide inspiring ideas and detailed guides on an array of fundraising activities. Set up by the **Institute of Fundraising**, the site offers the volunteer fundraising community an opportunity to create its own web resource through forums, event calendars and "my fundraising" pages.

BBC Children in Need and Marie Curie Cancer Care amongst others have already decided to use the site to enhance their fundraising.

POLICY & PLANNING

£30 million for the Third Sector

A £30 million **Scottish Investment Fund** has been launched by the Scottish Government to help enterprising Third Sector organisations become more effective and efficient.

*The fund opens on **September 1, 2008** and will provide support to established Third Sector organisations with the potential to grow their turnover or become financially sustainable.*

The Scottish Investment Fund will be targeted at established Third Sector organisations which are:

- Located and trading in Scotland, with an appropriate legal constitution in place, and reinvest surpluses for a social purpose
- Have been **trading successfully**, partly through income generation, for at least three years. In the case of new joint venture or consortium arrangements at least one of the partners must have been trading successfully for at least three years
- Have established, successful experience in public **service delivery** or trading in other markets
- Have potential to **grow** their turnover and/or become **financially sustainable**
- Are **investment-ready** in terms of management, governance and financial position or in a position to become investment-ready with business support

Organisations *not* eligible will include those with no track record of generating income other than grants; support, intermediary or infrastructure functions; and those where the beneficiaries live outside Scotland. (Proposals relating to the running costs of services and projects, and proposals that could normally be funded by other sources, will not be eligible.)

The Scottish Government's wider support for the Third Sector will also support the Scottish Investment Fund and the Third Sector Enterprise Fund. This will include strategic work on partnerships and relationship management with Government, as well as areas covered by the action plan including skills and learning, procurement and service commissioning, new ways of investing in the Third Sector and local Third Sector infrastructure.

For more details, visit www.scotland.gov.uk/News/Releases/2008/06/18150321.

OTHER NEWS

The Gathering
SECC, Glasgow, 19-20th June

The Gathering, Scotland's charity and voluntary sector event, brought together voluntary sector staff, volunteers and community activists for the largest event of its kind in the UK. And with the Civicus World Assembly (hosted by SCVO) also taking place, Glasgow was truly at the centre of things last week.

The Gathering has been running annually since 2004 and is seen as a springboard for ideas than can be put into action, as well as a networking and information vehicle for the voluntary sector.

Approximately 125 exhibitors were at the Gathering (a full list is on the [Gathering](#) website). These voluntary and charity organisations promoted their services - as well as giving away lots of free goodies.

Over the two days delegates were invited to attend various conferences and seminars. Lee from CVS Stirling attended an interesting question and answering seminar titled '**Take the Stand**' - this was an opportunity to find answers to a wide range of legal issues facing the Scottish voluntary sector. There were brief presentations from each of the three legal firms who are partners in **SCVO's Free Legal Advice service**: Harper Macleod, Lyndsays, and MacRoberts.

The presentations were followed by a question and answer session on diverse areas such as governance, which looked at the statutory obligations of charities and community groups, contracting and employment. The presenters also highlighted some of the changes introduced by the Charities and Trustee Investment Act (Scotland) 2005.

The seminar was also a chance to publicise the legal advice service offered exclusively to SCVO members who have an annual turnover of less than £500,000. Up to two hours free legal advice is offered in the following areas

- Governance
- Employment
- Property
- Contracting
- Intellectual Property

For more information or to request a referral call the Helpline on 0800 169 0022 between 10am – 4pm Monday to Friday or email enquiries@scvo.org.uk

As always, The Gathering was a very worthwhile event, and CVS Stirling will keep you updated on services and information made available at the event in future e-Bulletins.



NHS in Scotland - The Diamond Anniversary

5 July this year is the 60th Anniversary of the NHS in Scotland, and to mark the occasion there is a dedicated website, looking back on its complex history (including its pre-1948 roots) in Scotland.

It also shows how the NHS in Scotland has developed over the years, including items of particular interest to the Third Sector, and presents a wealth of evocative images, facts and figures. The NHS has touched the lives of all of us, and a visit to this website reminds us how: www.60yearsofnhsscotland.co.uk



The Hidden Costs of Caring

The results of a recent Carers Week survey of 2,000 carers throughout the UK highlight the detrimental effects caring can have, especially on health, relationships, career and finances. Key findings include:

- More than three-quarters of those questioned (77%) feel that their health is worse as a result of the strain of caring.
- A large majority of carers admit to feeling ill, anxious or exhausted, with a staggering 95% of those questioned saying they regularly cover up or disguise the fact that their health is suffering in order to continue with their caring responsibilities.
- Worryingly, one-fifth (19%) of these carers said they ignored feeling ill "all the time".
- Almost 1 in 4 (24%) of carers say they frequently feel unable to cope with their day-to-day duties due to the physical and emotional stresses of their caring role, and a further 64% say they are occasionally unable to cope.

Based on the survey results, it is little surprise that the health of so many carers is suffering, with:

- 71% saying that they hadn't been able to take at least one week of "holiday" or "free" time when they were not having to care for someone
- 3 out of 5 (60%) carers who are also in paid employment, say they have used part of their annual leave simply to allow them to devote more time to their role as a carer
- One fifth of those (20%) said they used more than 10 days of their holiday allocation.
- More than 2 in 3 of those questioned (67%) said there had been a number of instances when they had been unable to find an opportunity to visit their GP about their own health concerns, due to time constraints and a general lack of flexibility to leave the house to attend appointments.

- Well over half (55%) said they had not had a chance to discuss their concerns about their mental or physical health with someone else (either a friend or healthcare professional) further highlighting the isolation and selflessness that many carers experience on a daily basis.
- Almost two-thirds (65%) of people admitted that, to some extent, health problems had affected their ability to care.

This in turn leads to extra worry and anxiety for carers, with 96% saying they were 'very concerned' about who would take over their role should they fall ill.

*There are almost **six million** carers in the UK (481,579 in Scotland). **One in ten** adults in the UK is a carer, and every year 2 million people take on new caring responsibilities.*

Here are some other facts about carers:

- 3 million people juggle work with caring responsibilities for a disabled, ill or frail relative or friend.
- People providing high levels of care are twice as likely to be permanently sick or disabled.
- 1.25 million people give over 50 hours a week to their caring responsibilities.
- 58% of carers are women, 42% are men.
- 1.3 million carers are over the age of 65.

The value of carers' contribution to the nation is estimated at £87 billion each year, yet the decision to care can mean a commitment to future poverty. Many give up an income, future employment prospects and pension rights to become a carer. The main carers' benefit – Carers Allowance – is £50.55 for a minimum of 35 hours, equivalent to £1.34 per hour.

For full details of the survey's findings, visit www.carersweek.org

FUNDER OF THE WEEK: Coalfields Regeneration Trust

The **Coalfields Regeneration Trust** is an independent charity established in 1999, dedicated to improving the quality of life for people in Britain's coalfield communities.



The CRT is a key agency promoting and achieving social and economic regeneration in these areas. Its mission is to lead the way in coalfields regeneration and to restore healthy, prosperous and sustainable communities. The Trust works as closely as possible with local Community Planning Partnerships to ensure that its activities are supportive of local strategies

In Scotland, the Coalfields Regeneration Trust provides grant support to individuals and organisations whose activities are focused on regenerating former mining areas in parts of Fife, Ayrshire, Lanarkshire, Clackmannanshire, the Lothians, Dumfries and Galloway and East Dunbartonshire. (The Forth Valley area is served by the East Scotland regional office in Alloa – *address below.*)

Since 1999, it has awarded more than £10 million to social and economic projects and helped 400 organisations to benefit from CRT support. Between 2005 and 2007 it has supported 126 projects, awarded £3,168,497 in grants, attracted £154,610 of business support and drawn in £5.64 million in partnership.

The CRT in Scotland receives core funding from Local Government and the Scottish Government. In November 2007, the Scottish Parliament confirmed investment of £4.726 million over the next three years.

Who Qualifies?

The CRT in Scotland gives priority to projects which target the communities most in need - a full list, broken down by local authority wards, is available on the website www.coalfields-regen.org.uk/contactingus/scotland.asp

Projects should also fall into one or more of the following funding themes:

- Supporting Communities
- Learning Communities
- Enterprising Communities
- Supporting People into Work

There are three grant programmes depending on the level of funding required.

1. **Main Grants** - for funding requests of between £10,001 and £100,000
2. **Bridging the Gap** - for funding requests of between £500 and £10,000.
3. **Community Grants** – a pilot programme for funding requests of between £50 and £500

The new funding programme runs from 1st April 2008 and will close on the 31st March 2011.

To find out more about whether a project is eligible for a grant and support contact the Coalfields Regeneration Trust by phoning 01259 272127, email info@coalfields-regen.org.uk or write to

The Coalfields Regeneration Trust in Scotland,
2/6 The e-Centre,
Cooperage Way Business Village,
Alloa, FK10 3LP.

Local Regeneration Managers are available help new groups through the application process and support established groups to grow with advice on other funding sources, links to local businesses, and other support.

STOP PRESS.....

Further to our feature in last week's e-Bulletin on **CashBack for Communities:** The Scottish Government has asked YouthLink Scotland to extend the closing date for the 2008 Round 2 applications to the Fund. The new deadline is **12 noon, Friday 26th September**. Awards will be announced during Youth Work Week (1-7 November 2008).

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