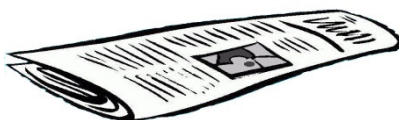




# CAITHNESS VOLUNTARY GROUP NEWSLETTER

January 2010

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Welcome to the Caithness Voluntary Group Newsletter. This is our regular publication where we inform you about community activities, training events and funding opportunities for the voluntary sector in Caithness.

## **Robert's book tells Ormlie story**

Ormlie Community Association has produced a book based on the past 12 years of community development and regeneration within the Ormlie area of Thurso. The book, entitled "Swings and Roundabouts: the highs and lows of a community association", has been written by Robert M Sutherland, ex-community safety police officer and a former chairperson of Ormlie Community Association. It is a history of the regeneration project and gives a very objective view of the journey which Ormlie Community Association has gone through over the 12 years, and is written from Robert's perspective. There are numerous photos dating from 1997 to the present day and including visits to Ormlie by First Minister Donald Dewar in 1999 and by Prince Charles in 2002. The book also gives an insight into many of the lessons OCA has learned over the years which could be beneficial to other community groups.

The cost of the book is £7.99 (plus postage if appropriate) and copies are available at the Ormlie Community Association office, 108 Marr Terrace, Thurso, KW14 7SW. It is also being sold at Caithness Horizons, Thurso; Bews Bookshop, Thurso; and DR Simpson, Wick.



**DATEC Retirement Group** has organised a range of courses for retired people in Caithness. These are taking place in Thurso. They are:

- Woodwork and Woodturning
- Computer Studies
- Card-making
- Needlework
- Music and Movement

There are still vacancies for these courses. Anyone interested in joining the group should contact Alan Jones, chairman, on 01847 821324; or Cyril Digby-Grant, secretary, on 01847 893885. There is a membership fee to join of £5 and the charge for a course which is over 30 weeks is £30.



### **Caithness Health Improvement Forum**

The Caithness Health Improvement Forum is run by the Caithness Partnership and has representatives from the voluntary, public and private health sectors. The aim of the forum is to promote the physical, mental, spiritual, emotional and social wellbeing of the people of Caithness, individually and collectively.

Any organisation with an interest in health issues within the community that would like to become a member should contact the Caithness Partnership office – telephone 01955 606483 or email [caithnesspartnership@btinternet.com](mailto:caithnesspartnership@btinternet.com)

The minutes of the forum as well as information about its members can be found at the Caithness Partnerships website [www.caithness-partnership.org.uk](http://www.caithness-partnership.org.uk)

## **Digital switchover**

The Digital TV switchover in Caithness will happen in two stages, 2/06/2010 and 16/06/2010. There will be free training and switchover grants available.

Those aged 75 years and over, registered blind or partially sighted or claiming certain benefits are eligible for support from the switchover help scheme to convert one TV set to digital. Every eligible person will be offered practical help, including equipment, installation and aftercare, to convert one television in the run-up to the switchover. The help scheme writes to everyone eligible to let them know what assistance they can receive. It costs £40, or for those entitled to certain income-related benefits it is free.

Digital Outreach Ltd has been set up to deliver community outreach programme. Some people not eligible for support via the switchover help scheme may also need help to switch. Caithness Voluntary Group has been appointed in this area to work with local charities to deliver a range of activities to assist people.

Training sessions will be available to for those who will raise awareness and understanding of the switchover and the help scheme in your organization; they can then cascade the information to your staff and members.

There will be small grants available to voluntary groups to deliver related activities and initiatives. An information pack from Digital UK contains leaflets, a DVD and a CD-ROM. To obtain a copy for your organization, please contact CVG.



# Funding

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## **Environmental grants**

A funding pot of £40,000 is now available to environmental enthusiasts in Caithness over the next three years. The Caithness Partnership has secured the funds from Scottish Natural Heritage and the Highland Leader Programme to operate a Caithness Environment Fund.

The scheme will encourage community groups to apply for financial assistance towards the delivery of projects in Caithness that help care for the natural environment and increase people's enjoyment, awareness and sense of responsibility for nature locally.

The Caithness Environmental Fund will focus on "involvement" and "biodiversity". It aims to increase opportunities for people to learn about and look after nature. It will also provide support to implement actions from the Caithness Biodiversity Action Plan which is underpinned by the Scottish Biodiversity Strategy.

Grants of up to £6000 may be applied for, although there is a requirement for 10% "in kind" or cash contribution from the applicant. The fund aims to encourage groups that would not normally seek funding due to the somewhat intimidating amount of paperwork that can be required, no matter how small their project. The application process for the Caithness Environmental Fund is therefore straightforward and Koreen MacDougall, the Caithness development officer, will discuss potential projects with applicants, offering guidance on eligibility. She will also provide support to complete the forms and to source other funding where required.

Koreen is urging local groups to get in touch. She said: "If there are voluntary community groups with a special interest in wildlife, or others keen to learn more about their local heritage, or who would like to care for their environment, then please contact me if you have a project in mind." Koreen is based in the Caithness Partnership's office at 50A High Street, Wick; telephone 01955 606483 or e mail [koreen@caithness-partnership.org.uk](mailto:koreen@caithness-partnership.org.uk)

## **People's Postcode Lottery**

The People's Postcode Trust provides funds for individual projects ranging from £500 up to £10,000. Only registered charities can apply for funding over £2,000. All projects should help in one or more of the following areas:

- To prevent poverty, sickness and distress for the benefit of the public
- To promote, maintain, improve and advance health
- To advance citizenship or community development

- To advance public participation in sport
- To promote, improve and advance human rights, conflict resolution or reconciliation
- To promote and advance environmental protection or improvement

The funding is for individual projects, not running costs of a charity. The specific project has to show visible results three months after receipt of the grant funds. Preferential treatment is given to projects for which funding by the People's Postcode Trust acts as seed money to attract more funding from other donors.

**In order to assess applications to the People's Postcode Trust, the following criteria have been outlined:**

- The project has to have a clear charitable purpose and show visible results within three months of after receipt of grant notification
- The grant has to be administered carefully; therefore recipients must work with the trust's chief executive and accountant to request information as needed
- The project applicant has to indicate amongst others in a cost breakdown what costs are applied for, how much money already has been raised, and what other contributions can be expected
- Only consider one application per group at a time

The People's Postcode Trust does not provide support for the following:

- Applications which will not bring a direct benefit to the local area
- Applications for funding over £10,000
- General running costs including salaries
- Charities which appear to have excessive unrestricted or free reserves
- General marketing appeals or sponsorship
- Production of promotional / educational literature
- Grant-making bodies seeking to distribute grants on our behalf
- Individuals and organisations that distribute funds to individuals
- Medical research and medical equipment
- Political parties or activities
- National charities with no regional office or other representation within the country of application
- Private clubs or those with restricted memberships
- Promotion of individual religion(s)
- Conferences, forums and events

Go to [www.postcodetrust.org.uk](http://www.postcodetrust.org.uk) or contact **People's Postcode Trust**, Suite G4, 14 Links Place, EDINBURGH, EH6 7EZ, telephone 0131 555 7287.

## **Arthur Rank computers for rural communities**

The Arthur Rank Centre, an independent charity, has set up a Computers for Rural People scheme. At a really low price, they can provide a computer pre-loaded with Microsoft software and with a three-month warranty. A fully functioning computer costs as little as £109. If your community project needs more than one computer the costs are even lower. Laptops cost £190.

It's not only groups that can benefit from this scheme. If you live in a rural location and would like the benefit of having a computer and access the internet from home then you may be able to you get a computer too.

So if you are retired and would like to enjoy the benefits of a home PC, or have a young family who would also benefit but you cannot afford a computer, then the Arthur Rank Centre may be able to help you at a very low cost. To find out more, call 02476 853066 or contact Computers for Rural People, Arthur Rank Centre, Stoneleigh Park, Warwickshire CV8 2LG; [www.arthurrankcentre.org.uk](http://www.arthurrankcentre.org.uk)

## **Gannochy Trust**

The Gannochy Trust now has a website at [www.gannochytrust.org.uk](http://www.gannochytrust.org.uk) which is well worth looking at. Its funding themes are:

- Inspiring young people
- Improving the quality of life of the disadvantaged and vulnerable
- Supporting and developing community amenities
- Care for the natural and man-made environment.

It is essential that the application is on no more than three sides of A4 paper. Any additional information should be in the form of free-standing documents, not continuation sheets. The trustees meet periodically throughout the year to consider applications.

**The following questions and requirements must be covered in the text of the application:**

- What is the charitable purpose of your charity?
- What is the public benefit of your project, and are there any private or commercial benefits?
- What are the aims of your project, and how will you meet them?
- Which Gannochy Trust grant-making strategy sub-theme or themes does your project relate to, and how?
- What difference will your project make?

- How would you spend the money, and when will the project commence and end?
- State the criteria which will be used to assess the success or failure of the project or specific funding request, and how will you measure or evaluate its success.
- What would you do if the Gannochy Trust did not provide funding?

**You must provide the following documents:**

Up-to-date signed and dated full copy of your charity's accounts and those of any connected charity or other organisation to support your appeal. The accounts should be audited or, if relevant, supported by an independent examiner's report.

A full breakdown of costs to include:

- What are the total project costs?
- Who else will provide funding for your project?
- Give details of actual donations, promised pledges and any attached conditions, and applications pending
- What will your organisation contribute?
- The amount requested from the Gannochy Trust

Contact the trust on 01738 620653.

## Training

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### **Social Enterprise Academy: Get an insight into social enterprise**

THE Social Enterprise Academy is planning to deliver a two-day course in Wick at the Family Centre on Understanding Social Enterprise on Thursday 11<sup>th</sup> and Friday 12<sup>th</sup> February.

It is aimed at anyone interested in learning about social enterprise, including managers, staff and board members of voluntary organisations. The course will be provided free.

David Bryan, programme manager for the Social Enterprise Academy in the Highlands and Islands, explained: "This is a free two-day programme which explores social enterprise in terms of its values, ethics, business models, income generation, products, marketing and much more.

“The emphasis is on engaging with each other’s experiences and perceptions of social enterprise and learning from other participants as well as the academy tutors.

“We have delivered a dozen of these courses across the Highlands and Islands and they are always very well received. We can deliver this at a time and place to suit learners – that can be daytime, evenings or weekends.”

To book a place contact Kate on [kate@theacademy-ssea.org](mailto:kate@theacademy-ssea.org), 01463 238088, or Yvonne at CVG.

**Personal Safety Training for Lone Worker:** There will be personal safety training later in February/early March. The training will cover how to enable workers to anticipate and avoid aggression, and to reduce and manage violence and aggression in the workplace. The course aims to reduce the risks of becoming a victim of violence, as well as helping you to understand your rights and responsibilities to personal safety. This will be free. Anyone interested in attending should contact Yvonne at CVG. Dates and venue to be confirmed.

A new club, **CONNECTIONS**, has started up in Thurso. It is open to anyone with a disability, along with carers and families. The club meets every Wednesday afternoon at Thurso Youth Club in Millbank Road. It is an informal drop-in where you can chat, have a cup of tea or coffee, play board games, pool or computers, and enjoy music and monthly events. Anyone interested would be welcomed. For more information contact Marie on 01847894158; e-mail [marie.bremner@keyhousing.org](mailto:marie.bremner@keyhousing.org)



**Anyone who would like to contribute information about their community group or events planned, or would like to find out more about anything in the newsletter, can contact 01955 609960, e-mail [Yvonne@cvg.org.uk](mailto:Yvonne@cvg.org.uk) or pop in to the Caithness Voluntary Group office at Telford House, Williamson Street, Wick.**

