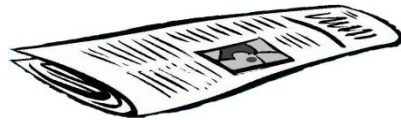




# CAITHNESS VOLUNTARY GROUP



July 2010

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Welcome to the Caithness Voluntary Group Newsletter. This is our regular publication where we update you on community activities, training opportunities and community work throughout Caithness.

## **Wick Society exhibition gives a fascinating view of the past**

The Wick Society's latest exhibition offers another fascinating glimpse into the past through the eyes of the celebrated Johnston family of photographers.

Entitled *WK*, and featuring more than 60 superb images from the Johnston Collection, it is on show at the St Fergus Gallery until mid-August.

Many of the photos date back to when Wick's herring trade was at its peak, and one in particular – showing the schooner *Elba* in the harbour, its sails and masts dwarfing all the smaller vessels, and with barrels crammed into every spare space on the wharf – illustrates just how huge an industry it was.

The images are all the more striking for having been enlarged to A1 format, four times bigger than A3. This allows the viewer to pick out intriguing incidental details, "pictures within pictures" – such as the grand old gent who is gently guiding the Pulteney Distillery horse and cart along the road in another harbour scene, seemingly oblivious to all the hustle and bustle on the quayside.

Carefree bairns playing in the street, solemn-looking workers taking a break from their labours, elegant Victorians having a tea party, rough-and-ready local worthies obligingly posing for studio portraits... all shades of Wick life are depicted here.

Several outlying districts are featured too, with photos of Staxigoe and Keiss harbours, Kildonan gold prospectors, German prisoners in the Watten camp, and a team of servants captured on camera outside an unidentified country house.

In this 70th anniversary year of the bombing of Bank Row, it is fitting that a series of four pictures taken in the aftermath of the devastating air raid should have such prominence.

The Johnston section of the Wick Society is to be congratulated on putting together such an impressive showcase, and a quick glance at some of the enthusiastic comments in the visitors' book indicates just how popular it has been.

The exhibition runs until August 14<sup>th</sup> at the St Fergus Gallery, Wick Library. Admission is free and opening times are as follows: Monday, Tuesday and Thursday, noon to 5.30pm; Friday, 2pm to 8pm; Saturday, 10.30am to 1pm; closed on Wednesday and Sunday.

Prints, either mounted or unmounted, can be ordered from the Wick Society from as little as £8.

## **Guide dogs can be life-changing**

Do you or someone you know have sight loss that makes it difficult to get around independently or live a full life? A guide dog could make a life-changing difference.

- You don't have to have lost all your sight; most people who own a guide dog still have some vision. You don't have to be formally registered as blind or partially sighted, either
- There is no upper age limit; people of all ages can apply
- It costs as little as 50p to have a guide dog. All essential equipment and training is provided by the Guide Dogs for the Blind Association, and they can also cover the costs of vet bills and dog food.
- No previous experience of keeping or caring for a dog is necessary
- It's not just about improving your mobility; a guide dog and its owner exist as a partnership

For more details, call 0845 3727499 or email [guidedogs@guidesdogs.org.uk](mailto:guidedogs@guidesdogs.org.uk)

# Funding

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## Highland LEADER grants

To apply for LEADER support you must be a constituted community group, social enterprise (micro or small businesses), voluntary organisation or public-sector body with a project idea that will benefit a rural community. Individuals can also apply in some cases, provided the project is community-driven and will benefit a wide section of the community. You must have match funding in place before LEADER funding can be approved. To find out more, call LEADER development officer Fiona Cameron on 07827 281469 or 01408 635215, email [fiona.cameron4@highland.gov.uk](mailto:fiona.cameron4@highland.gov.uk) or contact CVG.

There are eight themes to the Highland LEADER Programme 2007-2013. These are:

- Local development strategies
- Culture and heritage
- Training and learning opportunities
- Access to activities, facilities and services
- Land, environment and access to the countryside
- Renewables
- Tourism
- Social enterprise and micro-businesses

## CashBack for Communities: £2.5m fund opened to youth groups

Youth projects throughout Scotland are invited to apply for funding from a £2.5 million pot of cash created from the proceeds of crime. The CashBack for Communities scheme, to be administered by YouthLink Scotland, the national agency for youth work, has been allocated £2.5m to distribute over the next two years to local youth projects in the form of grants up to a maximum of £30,000. You can apply if:

- You deliver youth work projects in an area of multiple deprivation
- You deliver projects to young people aged from 10-19 years
- There are young people at risk of becoming involved in violence, alcohol, drugs and anti-social behaviour. To find out more go to [www.youthscotland.org](http://www.youthscotland.org)

## **Changes to 2014 Communities grants programme**

2014 Communities is now doubling its grant programme to £2,000, offering local sports clubs, voluntary and community organisations, community councils and schools an opportunity to stimulate grassroots involvement in sport and physical activity. In year one of the programme, the Big Lottery Fund has £500,000 to award in grants. 2014 Communities will continue to operate up to the Glasgow Commonwealth Games.

To find out more, visit [www.biglotteryfund.org.uk/prog\\_2014\\_communities.htm](http://www.biglotteryfund.org.uk/prog_2014_communities.htm) or call 0141 242 1400.

## **BIG Lottery Fund: Investing in Communities**

The Investing in Communities programme has reopened. It will now:

- Have a primary focus on tackling need and addressing inequalities
- Have a limited number of clear outcomes
- Focus on applications that have a chance of success

There will be three investment areas:

- Growing community assets
- Life transitions
- Supporting 21<sup>st</sup>-century life

Grants of between £10,000 and £1 million are available for a period of five years.

For more information go to [www.biglotteryfund.org.uk/prog\\_investing-in-communities](http://www.biglotteryfund.org.uk/prog_investing-in-communities)

There is to be a workshop and presentation on this programme in Inverness Town House on 28<sup>th</sup> September. The format has yet to be finalised but it will held in the daytime. More details will soon be on the events page on the lottery website.

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## **People's Postcode Trust**

People's Postcode Trust is welcoming applications from registered charities and community groups that work to make Scotland a better place. Grants are available for three-month projects ranging from £500 to £10,000. Registered charities can apply for up to £10,000, while community groups not formally registered as a charity can apply for up to £2,000. The closing date is 30<sup>th</sup> July. Email [info@postcodetrust.org.uk](mailto:info@postcodetrust.org.uk) or visit [www.postcodetrust.org.uk/how-to-apply](http://www.postcodetrust.org.uk/how-to-apply)

# Training

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## **EPIC 'Voices for Change, Creating Change'**

Do you feel that there is a need for change in the communities where we live and across Scotland in general? Have you ever had something to say on an issue but didn't know who was best to say it to? Ever wondered how decisions are made and who makes them? And do you want to join with others to work for real change in your community? If the answers are yes, then **EPIC 'Voices for Change, Creating Change'** is for you!

It's a two-day training course taking place in Thurso in September, looking at:

- How to get your voice heard in the right places and the best way to do it
- How decisions are made, who makes them and how you can get involved
- What the Scottish Government is doing to tackle poverty and how you can be heard on issues that you think are important
- Understanding what is being done on issues that you think are important

### **This training will provide:**

- Information on future opportunities to meet with decision-makers in the Scottish Government to make your voice heard
- Opportunities to meet with other people and organisations working on similar issues to come together and make your voice stronger
- Opportunities to meet with key people who work on different issues
- Support to carry out actions after the training

### **This training is aimed specifically at the following groups:**

- Individuals who have experience of poverty-related issues (i.e. living on a low wage/benefits, living in a disadvantaged community)
- Smaller community-based and voluntary organisations working on the ground with people who are facing the issues

If you are a larger organisation and you work with people who are affected by these issues and think it may be of benefit to them please get in touch also.

Training sessions are free and contributions to childcare costs and travel are available. Refreshments will be provided.

The training takes place on Friday September 3<sup>rd</sup> and Monday September 6<sup>th</sup> in the Weigh Inn, Thurso, from 9.30am to 3.20pm on the first day and from 9.30am to 3pm on the second day.

For further details on the training and the EPIC project visit:

[http://www.povertyalliance.org/events\\_detail.asp?event\\_id=40](http://www.povertyalliance.org/events_detail.asp?event_id=40)

## **First aid training**

A FREE training course in Basic First Aid is being run in both Wick and Thurso on various dates over the next few months.

The full-day course covers blood loss, burns and scalds, fractures, strains and sprains. It is suitable for community groups, sporting clubs, youth organisations or any other groups in the voluntary sector that would benefit.

The course will be run in the Assembly Rooms, Wick, from 9am to 5pm on the following dates: Tuesday August 17<sup>th</sup>; Tuesday 5<sup>th</sup> October; Thursday 11<sup>th</sup> November.

The course will also be provided at T3UK, Janetstown, Thurso, from 9am to 5pm on the following dates: Wednesday 18<sup>th</sup> August; Wednesday 22<sup>nd</sup> September; Wednesday October 6<sup>th</sup>; Wednesday November 10<sup>th</sup>.

To book a place or to find out more, contact Yvonne Hendry at CVG (01955 609960; [Yvonne@cvg.org.uk](mailto:Yvonne@cvg.org.uk)).

## **Insurance workshop**

A FREE workshop is being held at the Wick Family Centre on Tuesday 7<sup>th</sup> September (9.30am) to give you a better understanding of insurance issues and the range of covers available. The aim is to enable you to make informed choices about what you are buying. The course will cover:

- How do you decide which cover your organisation needs?
- Have you evaluated the risks that you face?
- How do you present the information in the best way to obtain quotes?

Training is delivered by Keegan & Pennykid (Insurance Brokers). To book a place or to find out more, contact Yvonne Hendry at CVG (01955 609960; [Yvonne@cvg.org.uk](mailto:Yvonne@cvg.org.uk)).

## **O'Neill Surf Academy**

The O'Neill Surf Academy for kids is holding a two-day introduction to surfing at Dunnet on Wednesday 28<sup>th</sup> and Thursday 29<sup>th</sup> July.

This is part of an ambitious project to bring surfing to Europe, with the academy visiting Holland and France and before coming to Scotland. Bookings are being taken through Tempest café in Thurso and a bus will be running from Thurso to Dunnet and back each day. The Tempest phone number is 01847 892500.

This is a great opportunity to try surfing for FREE – all kit provided – with some of the best surfers in the world helping kids get to grips with the waves. More can be found out on [www.oneill.com](http://www.oneill.com)



### **Sandside gardens open day**

Sandside House Gardens, Reay, will be open to the public on Sunday 1<sup>st</sup> August from 2pm-5pm with all money raised to going to good causes – 60% to Crossroads Care Caithness and 40% to Reay and District Gardening Club.

Come along and admire the walled gardens with fine sea views and rockery. There will be vintage vehicles, stalls and teas.

Admission is £3.50 (£2 for pensioners, 50p for children).

### **Woods for Health: Dunnet Forest**

Would you or your group benefit from spending more time out in the fresh air? Dunnet Forestry Trust would like to offer you the opportunity to improve your health and wellbeing whilst also improving the environment. Whether it be gentle rehabilitation activities like guided walks, art sessions, seed-collecting or working in the tree nursery, or something more strenuous, there is a lot going on at Dunnet. Would you like to join in conservation activities like planting native trees, removing invasive shrubs, enhancing wetland areas or monitoring our rarer inhabitants? There are also forestry tasks such as log-hauling and splitting, path clearance and ditch-digging. They hope to begin regular volunteer groups in the forest and would also welcome one-off visits.

The community group managing Dunnet Forest recently secured a grant from the Forestry for People fund and, with a boost from the Highland Council discretionary fund, has employed a ranger two days per week to take this project forward. If you are interested in getting involved or just want to know more, please contact Kirsty on [kirstyrosie@dunnetforest.org](mailto:kirstyrosie@dunnetforest.org) or call 07770697711.

## **Caithness Horizons: 'Looking at Yourself'**

'Looking at Yourself' is a series of art workshops funded by Awards for All Scotland and designed to complement local artist Lydia Popwich's exhibition *Disability Pursuits*, currently on show at Caithness Horizons in Thurso.

On Friday 23<sup>rd</sup> July (6-8pm) come and celebrate the artwork produced by the local community, including people with a disability. It will be on display for one weekend only. This is a free event with light refreshments.

**A new way to learn Gaelic** Ulpan 5-day course for for Beginners, Units 1-15, Caithness Horizons, 20th-24th September 2010. This is a great opportunity for anyone wishing to speak Gaelic naturally and with confidence. The course fee is £190. Ulpan courses qualify for ILA Scotland funding. To find out more, contact 01463 226710 or email [ulpan@cli.org.uk](mailto:ulpan@cli.org.uk)

## **Children's choir auditions**

The Caithness and North Sutherland Children's Choir is holding its annual auditions on Monday 30<sup>th</sup> August at 4pm in Thurso High School. Boys and girls from primary four upwards (including secondary school pupils) are encouraged to come along and discover their voices!



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 CVG on 01955609960; e-mail [Yvonne@cvg.org.uk](mailto:Yvonne@cvg.org.uk), or pop in to Caithness Voluntary Group office at Telford House, Williamson Street, Wick.

