

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.

Highland Third Sector Interface Awards

The Highland Third Sector Interface Awards are open for nominations.

The categories are:

Youth Volunteer – the HTSI wants to hear how your nominee has grown as an individual and how they have made a real difference in their role as a volunteer.

- Community Initiative – an award for an initiative that has been designed and delivered by a community which can demonstrate tangible and evidenced benefits to the community.
- Highland Partnership – this award is to recognise a partnership which has delivered an evidenced benefit as a result of working in partnership which would not have been possible otherwise.
- Board Trustee of the Year – for an individual of any age who has volunteered on a third sector board.
- Environmental Project – new for 2016, the HTSI would like to preserve and enhance the environment through third sector activity in Highland.
- Good Neighbour – this award seeks to recognise someone who isn't necessarily volunteering formally but on an informal basis within their own community.
- Reducing Vulnerability Through Third Sector Activity – this award is focused on recognising good practice and innovation in seeking to reduce the level of vulnerability which people living in Highland may experience.
- Volunteer of the Year – for an individual of any who has volunteered in any way. Their story should be inspirational and extraordinary.
- Outstanding Achievement Award – for recognition of an individual's outstanding and sustained contribution towards society through their third sector activity.

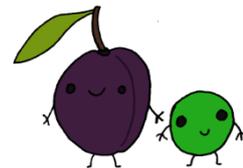
To find out more, and to complete an application form, go to

www.highlandtsi.org.uk



CAITHNESS
FOOD FRIENDS

Caithness Food Friends



Caithness Food Friends is a food sharing initiative, where a Food Friend (volunteer) takes a homemade meal to a Diner (recipient) within the local area, and over time, create the opportunity for friendship.

“You can Make & Take”

After a consultation process, Caithness Voluntary Group identified a specific area where such a service would be beneficial to the elderly primarily and to socially isolated and vulnerable people in our community. A totally individual service.

“Grill and then Chill for a while”

At Caithness Food Friends we believe by providing a healthy nutritional meal and encouraging Diners with their appetite; possibly giving support after a hospital stay can nurture a feeling of community spirit.

“Make it right, make friends with their appetite”

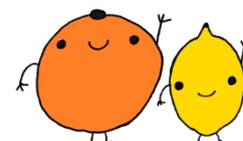
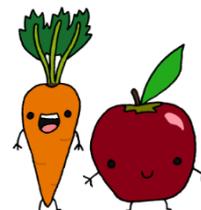
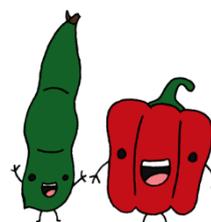


Referring: Referrals can be made with the elderly person’s knowledge, permission in a variety of ways, by a health care professional, support workers, family or other voluntary organisations who recognise a need in an individual. Self-referrals are also welcomed.

Once a referral has been made, a home visit is arranged and individual needs are assessed and matched to a trained Food Friend volunteer...

We need Food Friends, could you volunteer???

- Volunteer 1 Hour, once a week to visit an elderly person
- Prepare, then pop round a meal
- Encourage appetite
- Take a beneficial and nutritional meal
- Supporting after a hospital stay
- Do you have good Listening skills
- Are you trustworthy and reliable
- A chance to develop a trusting relationship
- Offering an opportunity to engage with volunteers
- Able to Reduce social isolation
- Enhance quality of life
- Help maintain a sense of community
- Do you have an ability to motivate and encourage others whilst showing patience and understanding?



Then becoming a Food Friend could be for you **“If you have spare then you can share”**

Being a Food Friend will give you the opportunity to meet new and exciting people and be a valued member of the Food Friends Team.

“Don’t just be a meal maker be a meal taker be a Food Friend”

If you think you’re just the person to join our team and would like more information on becoming a Food Friend please contact: **Victoria: 01955 609968.**

victoria@cvg.org.uk

The Food Friends Service expects Food Friends and Diners to be aware of, and to understand, the Service’s confidentiality Information Sharing, Data Protection and safeguarding

Social Enterprise Academy

Social Enterprise Academy is offering a five-day **Wide Horizons Leadership & Social Enterprise programme** in Caithness in the autumn, for people actively involved in sport/leisure. This could include volunteer coaches, administrators or part-time staff involved in sports clubs, dancing, outdoor activities or in fact anything “active”.

The course is fully funded by the Spirit of Caithness programme and Scottish Government and is open to everyone, of all ages.

It will help develop your skills in leadership, motivation, teamwork and a range of coaching approaches.

- Explore the potential for social enterprise in sport
- Visit a sports social enterprise and learn about different approaches
- Gain an ILM endorsed qualification in leadership (SCQF level 5)

There is no cost, but places are limited. The programme will be offered in Wick (weekdays) and Thurso (weekends), both starting in September, so hopefully this will suit everyone. For more information, please contact **David Bryan: 01463 238088, david@socialenterprise.academy**

HISEZ lunch event in Thurso

Join staff from HISEZ for an informal free networking lunch which will look at issues around finance when considering your business plans.

It will take place at Caithness Horizons, Thurso, on Tuesday 23rd August, from 12.30-3pm.

Polly Chapman and Brian Weaver will be joined by Lesley Davidson from the Royal Bank of Scotland who will explain what it is that banks look for in a business plan. There will be plenty of time for questions and answers and an opportunity to share your own experiences of financing your social enterprise.

Meet and greet 12.30-12.45pm, lunch and networking 12.45-1.45pm, discussion and Q&A 1.45-3pm. To book a space go to <https://www.eventbrite.co.uk/e/thurso-networking-lunch-business-planning-finance-tickets-26092722034>

Funding

CSV Action Earth Grants (Scotland) CSV Action Earth, which aims to empower people in Scotland to make a positive difference to the quality of their lives, has announced that its grant programmes is open for applications. There are two grant schemes available which are looking to increase numbers of volunteers on locally based environmental projects.

These are:

- The CSV Action Earth Awards which offer grants of £250 for projects that are providing or improving habitats for wildlife, enhancing local nature spots and getting communities volunteering together
- The CSV Local Nature Reserve Awards which offers grants of up to £500 exclusively for projects taking place on Local Nature Reserves (LNR).

The project site must be open and accessible to the general public. Exceptions may be made where a community site has limited access, such as a care home or hospital. School projects should generally be off the school site if possible.

Grants will be allocated on a first come, first served basis. Find out more at <http://actionearth.csv.org.uk/apply>

The Woodward Charitable Trust, which is one of the Sainsbury Family Charitable Trusts, has announced that its general grant-making programme is open for applications. Applications are welcomed from UK-registered charities working addressing a wide range of social issues. This includes:

- Children and young people who are isolated, at risk of exclusion or involved in anti-social behaviour
- Projects that help the rehabilitation and resettlement of prisoners and/or ex-offenders

- Disadvantaged women, covering refugees, domestic violence and parenting; disability projects, which can include rehabilitation and training for people who are either physically disabled or learning disabled
- Arts outreach work by local groups involving disadvantaged people
- Projects that promote integration and community cohesion amongst minority groups, including refugees and travellers.

The fund offers grants of up to £5,000 through its small grants scheme and grants of over £5,000 through its large grants scheme. The closing date for applications is 31st July 2016. More information is available at

http://woodwardcharitabletrust.org.uk/general_applications

Community Food and Health (Scotland) funding schemes

Community Food and Health (Scotland) has two funding opportunities available for groups and agencies in Scotland that wish to improve access to, and take-up of, a healthy, varied and balanced diet. You can apply for either or both.

The Capacity Building Fund (up to £500) is currently open. It will close once all the funding has been awarded. You can apply online (please read the guidance notes before you apply).

The Annual Development Fund (between £500 and £2000) opened on 10th June and close on Friday 5th August. Application forms and full details can be found on the CHFS website: www.communityfoodandhealth.org.uk

HEDLEY FOUNDATION

The Hedley Foundation's main objective is young people - their education, recreation, support, training, health and welfare. There are also two subsidiary objectives - disabled people and the terminally ill. You must be a registered charity to apply. Amount - Grants are for specific projects only and are usually up to a maximum of £5,000. **Contact** - <http://www.hedleyfoundation.org.uk/> for the application form and guidelines. **Deadline** - Trustees meet six times a year and the closing date for applications is three weeks beforehand. Trustees will meet on, 20 July, 14 September and 9 November 2016.

The One Stop's 'Carriers for Causes' grants programme is funded through the money raised from the 5p bag charge in One Stop stores in England, Wales and Scotland. The funding is administered by Groundwork on behalf of One Stop. Grants of up to £1,000 are available for projects that benefit local communities within two miles of a One Stop store in Great Britain. Projects must meet at least one of the following outcomes:

- Improving the lives of young people.
- Improving the lives of the elderly.
- Promoting physical activity.
- Improving health or well being.
- Increasing community safety.
- Protecting or improving the local environment.

Examples of eligible projects include, but are not limited to:

- One off community events such as community fun day expenses, summer youth camp, litter picking, day trips costs for community based clubs or organisations, sports events, expenses to pay for terminally ill cancer patients on visits to the seaside. Purchasing items to run a project such as specialised medical equipment, football/cricket /netball kit for local junior club, arts and craft materials for a workshop, kitchen equipment for a healthy eating project, marketing materials for an event, fishing kit for youth project.
- Improvements to community buildings such as painting, refurbishing buildings such as hospices, scout or guide huts, school building, community centres.
- Improvements to external spaces such as park clean ups, community gardens, hospital/hospice gardens, disabled access projects, food growing projects, woodland walk. Purchasing materials to undertake a place based improvement project such as buying paint, litter pickers, gravel, grass seed, plants, and benches.

The funding can be spent on project costs as follows:90% of the grant must be spent on direct delivery, by which is meant physical works and labour costs. 10% of the grant can be spent on indirect costs, by which is meant management, administration, evaluation, promotion, fundraising, and training. **This is a rolling programme, and applications will be accepted throughout the year.**

<http://www.groundwork.org.uk/Pages/Category/carriers-for-causes-uk>

SHEPD North of Scotland Resilient Communities Fund is offering grants of up to £20,000 to support community resilience projects in its network areas. The fund will support projects that:

- Protect the welfare of vulnerable customers during a significant power outage or emergency weather event.
- Improve communication during an emergency situation, to keep communities informed or aid contact between local groups and response services.

For general information about the fund, go to www.ssepd.co.uk/resiliencefund



With the Highland Council Rangers



Wednesday July 13, 11am - noon, Flower Fairies of Dunnet Forest

Children's event most suitable for under-eights. Come for a magical time in Dunnet forest with wand and flower potions. Contact Marina.

Tuesday July 19, 11am - noon, The Very Hungry Caterpillar, Wick

Join the caterpillar as he munches his way around Argyle Square. Inspired by Eric Carle's fantastic book, this hands-on interactive story walk is suitable for children aged three to six years. Contact Marina.

Wednesday July 20, 11am - noon, The Very Hungry Caterpillar, Dunnet

Join the caterpillar as he munches his way through Dunnet Forest. Inspired by Eric Carle's fantastic book, this hands-on interactive story walk is suitable for children aged three to six years. Contact Marina.

Monday July 25, 10am-11.30am, Embo Rock Pools

Discover life below the waves with meat-eating predators and exciting rock pool life. Welly boots essential. Contact Marina.

Wednesday July 27, 11am - 1pm, Thurso Rock Pools

Kids bring your nets or use the rangers' and have great fun catching and learning all about the fascinating creatures found in the Thurso rock pools. Wear wellies and warm clothing. Contact Paul.

Tuesday August 02, 11am - 1pm, Wild Art at Seadrift Centre, Dunnet

A morning of arts and crafts inspired by the great outdoors. Contact Paul

All events are priced at £3.50 per child, and places must be booked in advance.

All children must be accompanied by an adult. For further details and booking, contact the relevant ranger: Marina at marina.swanson@highland.gov.uk (phone 07818588256) or Paul at paul.castle@highland.gov.uk (phone 01847 821531).



Pulteney Centre Creative Festival

Saturday 23rd and Sunday 24th of July the Pulteney Centre is holding a Caithness Creative Festival for the Wick Gala which will host various Caithness Artists and Crafters. There is no fee to enter, just a donation and you can submit up to 5 paintings or various art work such as photography, painting, drawing, printmaking, sculpture, fine crafts (fiber, ceramics, metals, glass, wood and jewellery) and graphic and digital art. To find out more contact Kate MacNicol kate.macnicol@pppwick.org.uk or call 01955608530



New-look CVG website

Caithness Voluntary Group's website has been revamped and is now ready to access. To look it up, go to cvg.org.uk – there is still information to be added

CVG has desk space for rent for any voluntary group that is looking for a base in Wick. The desk can be rented on a weekly basis or, if required, only part of the week. To find out more, contact Helen on 01955 603453 or helen@cvg.org.uk

CVG has a training room for hire. The room is available for half-day or full-day hire and can be for meetings or training sessions. We can provide tea and coffee or you can bring you own along, as there is a small kitchen unit in the room. We offer competitive rates. To find out more, contact Helen on 01955 603453 or helen@cvg.org.uk

Caithness Voluntary Group offers a range of services to local community groups; these services are typing, photocopying, and laminating. Charges vary as members receive a cheaper rate than non-affiliated. To find out more, and for a full list of services, contact Helen McKay, office services manager, on 01955 603453.

Membership fee £6 yearly.

- *Anyone who would like to contribute information about their community group or events planned, or would like to find out more about anything in this newsletter, can contact CVG on 01955 609960, email Yvonne@cvg.org.uk or pop in to Caithness Voluntary Group office at Telford House, Williamson Street, Wick.*



