



CVS North is a Council for Voluntary Services, and exists to support the voluntary and community sector in North and North West Sutherland.

We are a Company Limited by Guarantee, registered in Scotland, No 273125. Charity No. SC 039184

Our Registered Office is 1 Bard Terrace, Durness, Sutherland, IV27 4PS.

Advancing local voluntary and community action

Single Outcome Agreements

The High Level Group on Single Outcome Agreements (which includes COSLA, the Scottish Government, the Improvement Service, SOLACE and Audit Scotland) have jointly issued their guidance to Community Planning Partnerships on the development of SOAs, along with key messages about the SOA process. The material is available on the Improvement Service website (<http://www.improvementservice.org.uk/>), with the direct link to the materials [here](#).

Also visit www.cvsnorth.co.uk

Funding

Up to £5,000 available for women's groups

Do you run a project which supports and empowers women aged over 16? The Women's Fund for Scotland has been given £110,000 by the Scottish Government to distribute awards of up to £5,000 to women's groups in 2008/09. Over the past six years, the Women's Fund for Scotland has awarded over £850,000 in grants to 400 community projects.

To be eligible to apply, groups must be constituted, and have an annual income of less than £250,000. Grants are available for projects which support and empower women, and to fund organisations which are run predominantly by and for women. There is also funding available for events to celebrate International Women's Day on 8th March 2009. The deadline for all applications is 12 December 2008.

If you would like to apply, please visit www.scottishcf.org/grantsforwomen.

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#### **Lloyds TSB Foundation for Scotland**

Lloyds TSB Foundation for Scotland is a grant-making trust distributing in excess of £7 million each year to recognised charities throughout Scotland. Their aim is to support and work in partnership with charities which help people, especially those who are disadvantaged or disabled, to play a fuller role in communities throughout Scotland. There are a number of grant schemes to apply for - criteria and application details can be found at [www.ltsbfoundationforscotland.org.uk](http://www.ltsbfoundationforscotland.org.uk). Forthcoming deadlines are 17 November 2008, 19 January 2009 and 16 March 2009.

The Foundation runs a programme of application surgeries throughout Scotland on a regular basis. This gives applicants the opportunity to discuss their ideas on a one-to-one basis. Call 08709 021201 to make an appointment. Upcoming surgeries include:

- Livingston: 10th November
- East Kilbride: 11th November
- Elgin: 17th November
- Edinburgh: 18th November

- Wishaw: 19th November
- Cumbernauld: 20th November
- Glasgow: 24th November
- Aberdeen: 25th November

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Small grants available to promote Gaelic in the community

Are you involved in or interested in strengthening Gaelic in your community? Are you a member of a local organisation, for example voluntary or community group, small or new business, youth initiative? Could your organisation make a difference for Gaelic in your community if you had some financial help? If your answer is yes to any of these questions you may be eligible for a small grant from Bòrd na Gàidhlig to progress Gaelic activities. Taic Freumhan Coimhearsnachd is a fund aimed at strengthening the acquisition and usage of Gaelic in communities across Scotland.

To read more about the fund go to www.bord-na-gaidhlig.org.uk/. For more information, please tel: 01463 225454 or e-mail: tabhartas@bng.org.uk. Deadline: Friday 14 November 2008.

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### **Drinkaware Trust**

The Drinkaware Trust offers small grants of up to £2,500 normally to projects throughout the UK, in particular to reduce alcohol misuse amongst those under-18 and/or to raise awareness about long-term health harms caused by hazardous or harmful levels of drinking. Projects supported fall into five general areas:

- Theatre in education projects.
- Educational workshops and training, including peer-led education.
- Public education campaigns.
- Production of purchase of educational resources.
- Conferences.

You can apply at any time and you should hear the outcome within five to ten weeks. Go to <http://www.drinkaware.co.uk/grants> or call 020 7307 7450 for more information.

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BBC Children In Need - New Application Process

The BBC Children In Need Appeal has altered the way it works its application process, deadlines are changing from 2 a year to 4 a year, and will be on the 15 of January, April, July and October. The fund is also piloting a small grants program in Scotland for grants up to £10,000.

The biggest change in the process however will be that the fund are moving to on line applications only for all its funds. There will be no October deadline for applications this year while the new system is set up and the next deadline for applications will be 15 January 2009 with a decision expected late April. For more information, visit the new look website on www.bbc.co.uk/pudsey

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### **The James Tudor Foundation**

Registered charities operating in the health and medical sectors are able to apply for funding through the James Tudor Foundation. Established in 2004, the James Tudor Foundation provides, grants, gifts and loans across six programme areas. These are; palliative care; medical research; health education, awards and scholarship; the direct relief of sickness; the UK independent healthcare sector; and the fulfilment of the Foundation's charitable objects by other means.

The Foundation prefer to support smaller charities that have been established for at least two years and that are registered as charities within the United Kingdom. The Foundation usually supports project costs, although core costs will be considered. Core costs may include capital development or running costs such as staff salaries and overheads. Applications can be submitted at any time.

For more information, visit <http://www.jamestudor.org.uk>

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### **The Batty Charitable Trust**

The Batty Charitable Trust (BCT) is a grant making Trust. Its income is derived from gifts made by the Estate of the late Christina Batty (otherwise known as Christina Foyle). The BCT will generally support smaller charities in the UK and especially those working at grass roots and local community level. They normally award one year grants of between £1,000 and £10,000 to charities which can demonstrate that such a grant will make a significant difference to their work.

There are no deadlines for submission and applications will be received throughout the year. For details on how to apply visit <http://www.battycharitabletrust.org.uk>.

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### **Scotland Against Racism! STUC St Andrew's Day Anti Racism March and Rally**

*Saturday 29 November 2008*

- *March assembles 10.30am St Andrew's in the Square (off Saltmarket), Glasgow*
- *March off 11.00am*
- *Rally 12 noon Glasgow Film Theatre, Rose Street, Glasgow*

Speakers include Grahame Smith (STUC General Secretary), Gurjit Singh (President, NUS Scotland), representatives of Glasgow Anti Racist Alliance and Scottish Asian Action Committee. Chair: Nazerin Wardrop (STUC Black Workers' Cttee)

Everyone deserves an equal chance to live free from fear of discrimination, prejudice and racism St Andrew's day is about showing a united Scotland Come and show your support. Bring your banners! All anti-racists welcome!

So if you wish to join the STUC in uniting Scotland against racism and fascism, contact the STUC on 0141 337 8100 or e-mail [info@stuc.org.uk](mailto:info@stuc.org.uk) to find out more about participation.

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### **SDA Friendship Cup An Integration of Deaf and Hearing Culture & Language**

*Saturday 29 and Sunday 30 November 2008, 10.00am to 4.30 pm  
Kelvin Hall, Glasgow*

The Scottish Deaf Association (SDA) will be hosting their first fully integrated football tournament on the 29th & 30th November 2008. The focus of this tournament is:

- To promote Cultural Integration between Deaf and Hearing youths
- To encourage wellbeing through sport, healthy eating and exercise.
- To raise Social Awareness and promote Social Inclusion
- To encourage participation and improve self confidence through Sport and Social Interaction.
- To Fundraise for the charity and the youth teams involved

These aims will be achieved through a combination of workshops, awareness sessions and activities, run not only by the SDA but through partnerships with many other organisations including, Culture & Sport (Glasgow), Scottish Council on Deafness, Glasgow City Juniors Football Team, Glasgow West Regeneration Agency, Give Racism the Red Card, the Healthy Living Centres in Glasgow, Glasgow Council for the Voluntary Sector, & The Glasgow Science Centre.

As well as the football tournament, SDA intend to provide other activities for all the families and younger children not actually taking part; ideally their intention is to aim towards a family fun weekend suitable for all ages with the emphasis on Healthy Living and the integration of Deaf and Hearing Cultures.

To register your interest in attending and to request additional information, please contact Michael Connolly, the SDA Youth worker, at: SDA, Suite 58, 1st Floor, Central Chambers, 93 Hope Street, Glasgow, G2 6LD. Michael can also be contacted via email at: [michaelc@bda.org.uk](mailto:michaelc@bda.org.uk)

## CONFERENCES AND SEMINARS

### **Sustainable Scotland Network conference – 'Accounting for Sustainable Development'**

*Thursday 13 and Friday 14 November 2008  
Our Dynamic Earth, Edinburgh*

This year's conference addresses the themes of sustainable economic growth, carbon accounting and budgeting, sustainable procurement, and the role of public sector finance, procurement and accountancy. In addition to case study seminars, there will be a range of introductory workshops for those new to the concepts of sustainable development, finance and accountancy, or procurement. You can also attend round-table discussions with experts on how we can take carbon accountancy and sustainable procurement forward in Scotland. The SSN conference is your opportunity to hear directly for a range of high-level, expert speakers from the fields of sustainable development, finance and procurement.

The conference is aimed principally at local government officers and elected members responsible for financial management, procurement, climate change and sustainable development. It is a must for anyone interested in local government action on sustainable development, and how economics and public finance can be used to promote sustainable development.

Register for the conference at: <http://www.sustainable-scotland.net/conference2008/>.

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Glasgow Centre for Population Health Seminar series 5

*Tuesday 25 November 2008, 4.30pm to 6.00pm (Followed by light refreshments)
The National Piping Centre, 30-34 McPhater Street, Glasgow, G4 0HW*

GCPH's Seminar Series 5 begins on Tuesday 25th November with Professor Avner Offer of All Souls College, Oxford asking 'Should Government try to make us happy?'

The determinants of 'happiness' and its distribution both domestically and internationally suggest that a more appropriate target for policy is 'unhappiness', which responds to several forms of public action. But setting happiness as an objective does suggest some policy priorities. These include non-material forms of recognition, taxation of positional goods and support of culture and the arts.

Individuals have an intrinsic short-term myopic bias, which is exacerbated by the flow of novelty in affluent societies. They find it difficult to commit. Government has a role in supporting personal and

social commitment for the long term, e.g. in co-ordinating responses to challenges such as climate change and energy depletion.

Free of charge, registration required. Register online at <http://www.gcph.co.uk/content/view/49/65/>.

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### **Meeting the additional support needs of Black and Minority Ethnic children**

*Tuesday 25 November 2008, 10.00am to 3.00pm  
Central Glasgow*

Enquire, the Scottish Advice Service for Additional Support for Learning, invite you to a free seminar for professionals from all sectors to share good practice, ideas and contacts for supporting the education of children from BME communities who have additional support needs.

This seminar will explore some of the issues for children from black and minority ethnic backgrounds who have additional support needs. Although health, disability, social issues and other factors are common to children from all backgrounds, the impacts of these vary depending on factors such as family circumstances, language and access to support. Families from BME communities are more likely to experience some of the additional barriers to accessing support for their children's learning.

Enquire expect this event to be fully booked as it is available free of charge, so if interested please contact Jacqueline Wilson, Enquire, Children in Scotland, Princes House, 5 Shandwick Place, Edinburgh, EH2 4RG by e-mailing [jwilson@childreninscotland.org.uk](mailto:jwilson@childreninscotland.org.uk). Refreshments and lunch will be provided.

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Forthcoming Conferences from Holyrood

**a) Social Marketing: Changing Behaviour, Improving Society?
Scotland's 2nd Annual Social Marketing Conference 2008**

*Thursday 27 November 2008
Edinburgh, Murrayfield*

This second annual Social Marketing: Changing Behaviour, Improving Society? conference will present delegates with a unique opportunity to learn of the ways in which social marketing can be used to help shape attitudes and behaviour. While providing detailed analysis and discussion on the topic, delegates will also take part in afternoon workshops that will present invaluable detail into how social marketing can be directly applied to their organisation.

For more details or to book, visit <http://conferences.holyrood.com/content/view/676/142/>

ii) Transforming the Public Sector: Where are we now?

*Friday 5 December 2008
The Sheraton Grand Hotel, Edinburgh*

By attending this conference you will learn from - and interact with - industry experts and independent commentators. You will also understand how you must respond to the challenges we all face and ensure you get the best out of your workforce, your finances and your entire organisation. You will hear from stakeholders about how public services are best delivered, which ones are best delivered locally and which nationally and how long-term aims can be met.

For more details or to book, visit <http://conferences.holyrood.com/content/view/693/142/>

iii) Getting Un-hooked: Tackling Scotland's Drug Problem

*Monday 8 December,
Our Dynamic Earth, Edinburgh*

Last May, the Scottish Government unveiled Scotland's first national drugs strategy – The Road to Recovery: A New Approach to Scotland's Drug Problems. At the time Community Safety Minister Fergus Ewing hailed it as "a new era" in Scotland's approach to tackling drugs. This timely conference will examine the strategy and how best to implement it. It will consider the relationship between illegal drug misuse and wider social inequalities, as well as looking at how to best use social reintegration as an integral part of drug treatment.

For more details or to book, visit <http://conferences.holyrood.com/content/view/715/142/>

iv) The Scottish Local Government Concordat: One Year Progress Report

*Monday 26 January 2009
The Sheraton Grand Hotel, Edinburgh*

The Scottish local government Concordat agreement - signed by the Scottish Government and COSLA at the end of 2007 - was billed at the time as an historic agreement for Scotland. But one year later what has it actually achieved? Has the Scottish Government been keeping its promises? Have local authorities kept their side of the bargain? Are local communities, NGOs, charities and others feeling the benefit or not? Has it succeeded in its aims at all? Where do we go next with the Concordat and how will it develop in future? This timely conference will move the debate on and examine the real-life implications for public services and for the people of Scotland.

For more details or to book, visit <http://conferences.holyrood.com/content/view/642/142/>

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**OPFS Annual Conference 2008  
Equal Chances for all Families: More opportunities for lone parents and their children**

*Friday 28 November 2008, 10.30am to 1.00pm  
The Queen's Hotel, 160 Nethergate, Town Centre, Dundee, DD1 4EY 01382 322515  
(Followed by the Annual General Meeting of One Parent Families Scotland at 2pm)*

These are defining times for Scotland's Lone Parent families with fresh opportunities appearing alongside welfare reforms which threaten parents with onerous responsibilities linked to Job Seeker's Allowance. This conference is a perfect opportunity to discuss these big issues in the company of influential experts.

Children in lone parent families are most at risk of poverty, impacting on their opportunities and aspirations. The conference focuses on the relationship needed between the Scottish Early Years, Poverty Frameworks, the Equally Well recommendations and the UK Government agenda of addressing lone parent poverty by requiring lone parents to actively seek work when their youngest child is 7 and over.

For more information please download a booking form from [http://www.opfs.org.uk/agm-and-conference-booking-form\\_2008.pdf](http://www.opfs.org.uk/agm-and-conference-booking-form_2008.pdf) or contact One Parent Families Scotland, 13 Gayfield Square, Edinburgh, EH1 3NX no later than Monday 10 November. For further details: 0131 556 3899 (ask for Rory).

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Women And The Scottish Budget

Monday 1 December 2008, 4.00pm to 6.00pm

STUC 333 Woodlands Road, Glasgow

We're nearly ten years in to Scottish Devolution, which means we're almost ten years in to a process of trying to build in gender analysis into the process and content of the Scottish Government Budget. Want to know more about why the Scottish Budget is important route to delivering equality for women in Scotland? Want to hear what the Scottish Women's Budget Group has been doing? Want to know more about how the Budget works? Want to know more about how you can be involved in pushing for change?

Some of these questions will be answered and lots more raised at this open meeting on "Women and the Scottish Budget". Please come along, tell a friend, tell colleagues and campaigners, let's build some momentum, and let's challenge the Scottish Government to promote equality for women.

If you are interested in equality for women, then you are interested in the Scottish Budget. Equal Pay, violence against women, occupational segregation, labour market, caring, training and education, housing, health and transport are all issues for women's equality, and are all in the Scottish Budget. Come along and hear more about it, and what we can do together.

For more information or to book, please contact Shona Roberts by e-mailing sroberts@stuc.org.uk.

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**The Second Mental Health and Tobacco Symposium**

*Tuesday 13 January 2009  
Perth Concert Hall*

The Scottish Tobacco Control Alliance supported by NHS Health Scotland and ASH Scotland is staging a gathering of mental health care stakeholders to discuss issues relating to smoking in the mental health care community.

It is not clear why people who experience mental ill-health smoke or why smoking is more prevalent among this group but people with a psychiatric diagnosis have a higher incidence of cardiovascular and respiratory diseases as a result. In addition people with mental ill-health experience social exclusion and health inequality and these are made worse by smoking.

The Scottish Government is launching a consultation exercise to determine how smoke-free buildings might be achieved in all Scotland's health care settings. The NHS in England has already introduced smoke-free buildings in all their facilities offering psychiatric care.

This symposium will provide an opportunity to learn about cessation provision for service users in hospital and community settings as well as how smoke-free care facilities have been introduced already in Scotland. The event will also be an opportunity to examine the genuine concerns of service users and providers about tobacco and mental health.

For more information and to register an interest for this FREE event please contact Communications Administrator Marion McGovern at ASH Scotland: [marion.mcgovern@ashscotland.org.uk](mailto:marion.mcgovern@ashscotland.org.uk) Tel: 0131 2209461.

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**17th UKPHA Annual Public Health Forum
'Health Inequalities – Turning the Tide? Spotlight on Housing, Transport and Commissioning'**

*25 & 26 March 2009
The Brighton Centre, Brighton*

The Annual Public Health Forum is the largest multi-disciplinary public health conference in the UK, attracting up to 1,000 delegates from all parts of the UK, the Republic of Ireland and overseas. The

Forum offers a unique opportunity to learn from leading edge innovations in all parts of the UK, the Republic of Ireland and abroad, as well as showcase initiatives from within the south east of England and London regions. These will all relate to the key conference themes:

- Tackling Health Inequalities
- Housing and Health
- Transport and Health
- Commissioning to reduce Inequalities
- Public Health, Sustainable Development and Climate Change

Following on from the first ever ecological/carbon footprint of a national Public Health Conference in Liverpool 2008, UKPHA are working with the Brighton Centre, the hotels and our delegates to ensure the footprint of the Forum is reduced to the minimum possible in 2009.

For more information, visit the conference website www.ukphaconference.org.uk or contact UKPHA Conference Secretariat, Benchmark Communications, 14 Blandford Square, Newcastle upon Tyne NE1 4HZ. Tel: 0191 241 4523. Fax: 0191 245 3802. Email: conference@ukpha.org.uk.

TRAINING

Reiki Level 2 Workshop

*Sunday 16 November 2008
Ayr*

If you are interested in attending, please contact Andrew at Training Toolbox as soon as possible. Training ToolBox, 19 Wellington Square, Ayr KA7 1EZ by telephoning 0845 686 1601 or e-mailing info@TrainingToolBox.co.uk. Website: www.TrainingToolBox.co.uk. Cost £140.00 including manual, certificate and lunch.

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### Free Tax Credit Training for Childcare and Family Support Organisations

*Thursday 20 November 2008 - Dundee      Tuesday 2 December 2008 - Inverness  
Thursday 4 December 2008 - Hamilton      Thursday 29 January 2009 - Paisley  
Wednesday 4 February 2009 - Aberdeen      Thursday 12 February 2009 - Glasgow  
Thursday 12 March 2009 - Clydebank*

One Parent Families Scotland (OPFS) is running another programme of training sessions for staff working with low-income families and lone parents. These half-day modules are intended for staff requiring an introduction to tax credits, including updates on recent changes and common problems faced by recipients. This training is suitable for staff who have limited or no knowledge of the topics – if you also require training at a more advanced level please ask if OPFS can provide it or suggest other options.

Morning sessions run from 10.00 am to 1.00 pm and afternoon sessions from 1.30 pm to 4.00 pm. Trainees can attend both morning and afternoon sessions if required, although each session is a complete presentation of a topic. Places on the above courses are free, and early booking is advised to secure places. The closing date for bookings is one week prior to the training date. Please circulate this information to anyone you feel might be interested in these training sessions.

More information on course content/ venue details are available on [www.opfs.org.uk](http://www.opfs.org.uk). Alternatively, please contact Susan Rew, Information & Training Manager, One Parent Families Scotland, 13 Gayfield Square, Edinburgh EH1 3NX by e-mailing [susanrew@opfs.org.uk](mailto:susanrew@opfs.org.uk) or call 0131 556 3899.

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Creating Imaginative Learning

Tuesday 2 to Thursday 4 December 2008
Campanile Hotel, 10 Tunnel Street, Glasgow G3 8HL

Creating Imaginative Learning is a trainer development course that is designed specifically for individuals who are looking to gain and increase their abilities as a trainer. Based around the latest research into brain friendly learning techniques and accelerated learning principles, this course is designed to focus on the learner by providing an enriching learning environment with practical tools that can immediately be used in your courses. If you are new to training, haven't trained in some time or are experienced but want to re-energise your programmes, this course is ideal for you. The principle aim of this course is to aid you in becoming the best trainer you can be.

All applications from potential and existing trainers are welcome as this course can help you develop generic skills such as interpersonal, communication, managing group dynamics, presentation, confidence building and much more. Specific trainer development skills include delivery and facilitation skills, how to design successful "brain-friendly" training interventions and how to effectively evaluate the success of your course.

The event will cost £300 per person. The course is non-residential. If you would like to attend the event, please contact the Project Administrator, Learning and Workforce Development, NHS Health Scotland, The Priory, Canaan Lane, Edinburgh EH10 4SG. Tel: 0131 536 5524. Fax: 0131 536 5594. E-mail: LWDteam@health.scot.nhs.uk.

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## CRBS Training Events

*Wednesday 3 December 2008*  
*Aberdeen*

### **i) Protection of Vulnerable Groups - Vetting & Barring Scheme - Scotland**

This session is provided by CRBS (Central Registered Body in Scotland) to support the Scottish Government in its work to raise awareness of the vetting and barring scheme (PVG scheme) to be introduced through the Protection of Vulnerable Groups (Scotland) Act 2007.

### **ii) Protection of Children (Scotland) Act 2003**

This session is suitable for individuals already registered with CRBS as Collators/Lead Signatories/Additional Signatories and for those who have a child protection role within an organisation, who require training, support and guidance on the Protection of Children (Scotland) Act 2003 legislation. This session is a full day training session and includes presentations, examples of good practice, discussions and workgroups.

### **iii) General Awareness Session**

This session is suitable for both individuals who are wishing to register with CRBS and for those individuals already registered with CRBS as Collators/Lead Signatories or Additional Signatories, who require further support and training on any of the following areas:

- Ministerial Code of Practice
- Relevant legislation
- The role of Collator/Lead Signatory/Additional Signatory
- Methods of good practice associated with the Disclosure scheme.

This session is a full day training session and includes presentations, examples of good practice, discussions and workgroups.

For more information or a booking form, please contact Allana Fotheringham, Clerical Officer, Central Registered Body in Scotland, Unit 55, Stirling Enterprise Park, Stirling, FK7 7RP. Tel: (01786) 849777. Fax: (01786) 849767.

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Castlemilk Stress Centre - Training Opportunities January 2009

Castlemilk Stress Centre is a Learn Direct Branded Centre and has a range of training opportunities open to all members of the community. Training includes introductory to aromatherapy and reflexology. Personal Development training includes STEPS to Excellence and Stress Management.

Reiki I and Reiki II is offered for those people aspiring to learn how reduce stress levels and induce relaxation by treating themselves, friends and family members. Reiki II develops the skills essential to become a Reiki Practitioner. Yoga and Relaxation classes are available for those wishing to learn relaxation skills and develop their ability to reduce stress levels through the application of self help techniques.

Most of the Stress Centre's courses are ILA (Individual Learning Account) approved. This means if you earn under £18,000 or are in receipt of benefits, you may be entitled to funding for the courses. For further information on our courses, visit www.castlemilkstresscentre.co.uk. Alternatively, call the Stress Centre on 0141 630 011.