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## Grow Your Group event a success



**O**n Saturday the 14th June approximately forty committee & Board members, volunteers and staff representing more than twenty community groups from across South Aberdeenshire gathered at the Dickson Hall, Laurencekirk to take part in Grow Your Group. The aim of the day was to bring together voluntary and community organisations and give participants the opportunity to gain information, guidance and inspiration to help their project grow.

The event was opened by Sir Robert Smith MP who spoke about the 'Big Society', issues that groups may be facing and how these should be recognised and raised at national level. There were then two presentations focusing on local projects. The first by Rev. Ronnie Gall, representing the Dickson Hall Trustees, who gave a very informative talk on the development of the venue, how funding was obtained, how it fits into regeneration of Laurencekirk and plans for the future. This was followed by David Nelson, who was commissioned by Mearns Area Partnership to undertake a research into 'Social Enterprise within the Mearns'. David gave an introduction to types of social enterprise and

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## The Magpie & Boxroom shops hold Chinese auction on 2nd July

**T**o celebrate the Magpie project's first year in operation, fifteen years of the Boxroom and twenty two years of the Charity Shop - we have been collecting great items donated to us in order to hold a 'Chinese auction' on 2nd July. A Chinese auction allows people to bid on particular items without anyone knowing how much they have bid - so this will be an opportunity to pick up some goodies that won't be on sale in the shops. Included in the auction will be some original paintings and limited edition prints by scottish artists as well as a range of other high quality goods that have been gifted to the project.

The auction will be held on Saturday 2nd July at the Magpie and Boxroom shops at Tillybrake Industrial Estate - with viewings and bids from 10am - 1pm - and refreshments being provided.

CVSA are proud of the achievements of the three shops, which have been promoting recycling, reuse and diverting from landfill for many years. The Magpie shop continues to grow alongside the Boxroom after a year in operation and we are grateful to all who donate goods, visit the shop and to the staff and volunteers who make it possible.

contact us...

15a High Street, Inverurie AB51 3QA tel: 01467 629072  
72a High Street, Banchory AB31 5SS tel: 01330 825027  
email: mail@cvsa.co.uk website: www.cvsa.co.uk

## The Post Natal Depression Support Network

The Post Natal Depression Support Network is supported by Aberdeenshire Signposting Project & Aberdeenshire Councils for Voluntary Services and funded by LTCAS (Long Term Conditions Alliance Scotland). The project provides help, information and support to people who are at risk of or currently experiencing Post Natal Depression in order to prevent deterioration in wellbeing and to promote self management of the condition. By providing appropriate support through a range of mediums, we aim to help indi-

viduals identify their needs and support them to develop coping strategies/ self management of their post natal depression. The project also has the ability to refer internally to the Aberdeenshire Signposting Project to assist with peripheral issues that may also be affecting a persons health and wellbeing.

For more information please visit their website/ forum at [www.signpostingpndsupport.org.uk](http://www.signpostingpndsupport.org.uk) or join them at one of our social networking sites (links on the website). Alternatively, contact them directly at 07546 455 988.

### ...Grow Your Group continued from page 1

also spoke about various enterprise projects in the area. Afternoon speakers were Rory Dutton, Development Trust Association Scotland (DTAS) and Brian McDougall, Udney wind Turbine. Rory gave an excellent outline on what community trusts are, what they do and how they can provide support to emerging groups as well as ongoing support. Brian McDougall then gave a very interesting presentation on the Udney Community Wind Turbine including how they started, raised the capital required and how the community have been involved in every step.

Between the speakers workshops were held on a variety of subjects including 'Is Your Organisation Fit for Purpose', with Alison Melville of CVSA, 'Funding' with Eleanor Morris, Rural Direct and 'Social & Community Enterprise in the Mearns' led by David Nelson with presentations from Ed Garrett, M&CHLN and Richard Firth, Milltown Day Workshop. This gave participants a real insight into current projects running in the Mearns, how they have grown and where they see themselves in the future. The day closed at 3.30pm with some final thoughts by

## Who's in Charge guidance from



When it is unclear who is in charge of a charity, serious governance problems can develop and harm the charity's activities and reputation. This guidance explains why clarity about who is in charge of a charity is crucial. It also sets out how the duties of charity trustees and the principles of the charity test dictate the way that people in charge of charities must behave. To download the guide, visit [www.oscr.org.uk/GuidanceforCharities.aspx](http://www.oscr.org.uk/GuidanceforCharities.aspx)

CVSA's Chief Officer, Alan Young. He said that all too often, groups would only approach a CVS when they were already in difficulties of one kind or another, when it would have been far better if the group had approached us long before, when the range of opportunities open to them had been far wider. Grow your Group had been designed around a proactive, 'preventative' approach, encouraging and enabling 'grass-roots' community and voluntary organisations to stay ahead of the game' in a uniquely challenging environment. He heartily thanked everyone who had taken this message to heart, and had contributed to what he already felt was a tremendously successful event.

The feedback from the day has been very positive and a huge thank you must go out to everyone who took part - speakers, workshop facilitators, coffee makers and lunch providers without all their input it would not have been possible and such a success! It has also been suggested that the event could be repeated elsewhere in Aberdeenshire later in the year - so watch this space for further information!

## ..training..

**CVS Training Initiative**  
 33/34 The Square, Ellon  
 Tel: 01358 722205  
 Email: [admin@cvstraininginitiative.org.uk](mailto:admin@cvstraininginitiative.org.uk)

**The Art of Marketing**  
 Thursday 2nd June,  
 9.30am - 4.30pm, Viewmount,  
 Stonehaven  
 £15 - vol sector £100 - all others  
 Closing date for booking: 19.5.11

**Fit for Funding**  
 Thursday 9th June, 10am - 1.30pm  
 West Church Hall, Inverurie  
 £20 - vol sector £30 - all others  
 Closing date for booking: 26.5.11

**Elementary Food Hygiene**  
 Thursday 9th June, 9am - 5pm  
 Mintlaw Hall, The Square, Mintlaw  
 £65 - voluntary sector £98 - others  
 Closing date for booking: 26.5.11

**Choosing the Right Legal Structure  
 for your Social Enterprise**  
 Tuesday 14th June,  
 10:30am - 12:30pm  
 Further info:  
[www.businessplanningaberdeen.  
 eventbrite.com](http://www.businessplanningaberdeen.eventbrite.com)

**Planning & Delivery Writing your  
 Business Plan**  
 Tuesday 14th June, 13:30 - 15:30  
 Further info:  
[www.businessplanningaberdeen.  
 eventbrite.com](http://www.businessplanningaberdeen.eventbrite.com)

**Institute of Fundraising  
 Scotland Conference 2011**  
 This two day event promises  
 excellent workshops on all fundraising  
 techniques  
 Visit: [www.scottishconference.org.uk](http://www.scottishconference.org.uk)

### Inspiring Breaks Workshops – Inverurie Free Workshops for Unpaid Carers and People with Long Term Conditions

Tuesday 7th June 2011  
 Time: 10.30am – 3.30pm  
 Venue: JG Ross, Highclere Business Park, Highclere  
 Way, Inverurie, AB51 5QW

Shared Care Scotland is embarking on a Scotland-wide programme of local Inspiring Breaks workshops to support individuals with support needs and unpaid carers to be more actively involved in shaping the short break and respite care services they receive, so that they are better able to meet their needs. The Inspiring Breaks programme has been designed and will be co-delivered by people with long term conditions and carers; people with experience of short breaks.

For further information contact  
 Telephone: 01383 622462  
 Email: [lesley.gudgeon@sharedcarescotland.com](mailto:lesley.gudgeon@sharedcarescotland.com)

### Building Resilience- a financial capability practice event, 15th June 2011 – Scottish Youth Theatre, Glasgow

This FREE event is for practitioners who support individuals and groups to become more financially capable, and for those who support the development of financial capability practice, such as managers, policy makers and service planners. For the first time practitioners and their colleagues from different sectors will come together as a “practice-sharing network” – to hear about and contribute to developments in policy and practice. Organisers hope that this event will initiate an active network which will consolidate knowledge between members and cultivate a culture of reflective practice to help all members achieve shared goals.

For further information email Daniel Sellers at  
[d.sellers@tscotland.org.uk](mailto:d.sellers@tscotland.org.uk)

### Aberdeenshire Employability And Financial Inclusion Workshop, Friday 17th June, Lochter, 9.30am - 3.30pm

Workshop Aim - This workshop will be an opportunity for front line staff to share examples of practice from the employability and financial inclusion sector in Aberdeenshire and to help shape future partnership action. For more information contact: Anne Kain on 01224 802590 or [anne.kain@jobcentreplus.gsi.gov.uk](mailto:anne.kain@jobcentreplus.gsi.gov.uk)

# Meet your new MSP

by Scottish Council for Voluntary Organisations

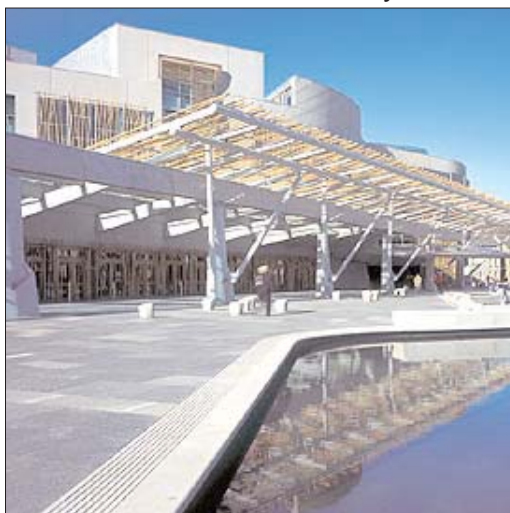
**A**t the start of a new term MSP's are all fresh and raring to go. Make the most of this by inviting them to visit your local project, attend community meetings or introduce yourself at their constituency surgeries.

Helping both your Constituency and MSPs understand the difference you make to your area pays off. The evidence shows that many decision makers don't understand the vast range of activities that take place in the third sector - many still think of it as just the church jumble sale or volunteers in the local charity shop.

*You can help MSPs understand the creativity and diversity of our sector.*

Our sector builds the networks and relationships that contribute significantly to Scotland's economy and quality of life, making Scotland a better place to live. Together, we change people's lives.

Getting off on the right foot



with your MSP can help raise the profile of your organisation (think mentions in debates and motions, and potentially more local press coverage) and in this climate of funding cuts it is a good idea to make sure your MSP is aware of the great job you're doing. Also, the coming parliament is likely to have several bills that will affect how we work, so forming good relationships now means you will be more likely to be listened to in the future.

To help you contact your local MSP, SCVO have put together an excel spreadsheet with the contact addresses for MSPs. It is available at: [www.scvo.org.uk/wp-content/uploads/2011/05/MSP-List-2011.xls](http://www.scvo.org.uk/wp-content/uploads/2011/05/MSP-List-2011.xls) and they will continue to update the sheet with

constituency addresses when these are confirmed. If you want to contact MSPs about a national matter please use their parliamentary address rather than their constituency address.

P.S. Outgoing MSPs now have more time on their hands - potential great opportunity for new board members!

## Bank of Scotland Foundation Small Grants Programme

**T**he Bank of Scotland Foundation has announced that the next closing date for applications to its grant making programme is the 19th July 2011.

The Foundation receives an annual donation of £1m from Lloyds Banking Group to fund the Foundation's Small Grants Programme and Employee Matched Giving Scheme. The Foundation aims to help individuals and groups work together to ensure a better quality of life

within their community and is particularly interested in supporting initiatives that promote financial awareness and money advice; enhance debt counselling services within the community; and support life-skills in all age groups and sections of the community. The maximum level of funding is £20,000 for the Small Grants Programme and grants are awarded for one year only. Visit: <http://bankofscotlandfoundation.org/small-grants-programme>

## The Long Table

A Community Cafe  
at The St. Mary's Centre,  
St. Mary's Place, Inverurie

Every Friday morning  
from 10am - 11.30am  
A warm welcome  
to everyone!

Supported by local churches  
working together to help build  
community

[StMarysInverurie.org.uk](http://StMarysInverurie.org.uk)  
[gariochchurch.org.uk](http://gariochchurch.org.uk)

# The Jo Walters Trust Grant

£2,000 to be granted to two separate projects

To support charities in the area where Jo grew up, the Jo Walters Trust is keen to fund Aberdeenshire projects. There are two grants available for 2011: one of an environmental nature and one of a sporting nature. If you have a locally run project you feel would benefit from support from the Jo Walters Trust in either of these areas then they want to hear from you! Applications can be from an individual or an organisation but should be with the general purpose of personal develop-



The aim of the Trust is to commemorate the life of Joanna Walters

ment through helping others. The Trust believes that the money will be best spent if an element of it has been raised by the organisation or individual themselves. To that end, they will donate twice the amount you or your organisation has raised, up to a maximum of £2,000.

To apply for this grant, please contact [lucy@jowalterstrust.org.uk](mailto:lucy@jowalterstrust.org.uk) or visit <http://jowalterstrust.org.uk/2011-grants.html>

**Deadline for 2011 grant applications 20th June 2011**

## Community Spaces Programme

The Community Spaces Programme (Big Lottery Fund) aims to support communities to come together around a space or place that matters to them, helping those spaces and places be better used, and the communities to improve the environment and to work together to be healthier and more active. The kinds of projects that BIG might fund include parks and community gardens, outdoor play areas, allotments and community centres or meeting spaces.

Organisations will be able to apply for grants of between £10,000 and £250,000 for capital or revenue projects (expected average grant around £100k). Applications will require a minimum of 5% match funding which can be in-kind.

A wide range of organisations can apply including voluntary and community organisations, schools, community councils and social enterprises. **The programme will be launched mid June** and after this BIG will hold a series of events that will provide information on all programmes with an emphasis on Community Spaces.

## fundinginbrief

**Santander Foundation** funds charity work within the UK under two charitable priorities: financial capability - this covers activities which help disadvantaged people understand how to manage their money, and education and training - this could be any activity disadvantaged people undertake where they improve their confidence in a skill or their understanding of a subject. Grants of up to £10,000 can be awarded to charities anywhere in the UK. Deadlines are on-going. Visit: [www.santanderfoundation.org.uk](http://www.santanderfoundation.org.uk)

**Wave of Friendship** is a volunteer exchange programme that encourages and supports the exchange of volunteers between Scotland and London. Volunteers can apply for bursaries of up to £500 to cover travel, accommodation and other costs involved in the exchange. Volunteers can choose any opportunity that takes place between now and September 2012 that demonstrates one or more of these values; Friendship, Respect, Courage, Determination, Equality and Inspiration. For more information visit: [www.peoplemakingwaves.org.uk/thewaveoffriendship/](http://www.peoplemakingwaves.org.uk/thewaveoffriendship/)

**Swimathon Foundation Grants** Local groups such as community groups, swimming clubs, swimming pools, older people's organisations, youth groups, sports clubs, scout troops and healthy living groups can apply for grants of between £300 and £2,500 to help more people participate in and enjoy swimming and to make swimming more accessible. Applications are accepted in one of four rounds. The next closing date for applications is the 6 June 2011. Visit [www.swimathon.org](http://www.swimathon.org)

## dates for your diary

**Advocacy North East - Advocacy Core Skills Training, Clashmach Centre in Huntly on 6th, 10th, 13th and 17th June (Mondays and Fridays over two weeks) from 9.45am - 3pm**

This course involves communication skills, diversity, discrimination and equality, resolving conflict and working constructively with people in positions of authority. Contact Sheila Gray on 01467 651605 for more information.

### **Advocacy North East 10th Anniversary Gala**

Friday 10th June 2011 from 7pm  
at The Barn and Bushel, Thainstone, Inverurie  
Dinner and dancing to live music from  
The Big Deal, £30 per person  
For tickets please call 01467 651604  
Or email [advocacyne@btconnect.com](mailto:advocacyne@btconnect.com)

### **F.O.C.U.S Craft Fair (Festival of Crafts Unique to Scotland)**

Saturday 11th June, Inverurie Town Hall  
Craft Fair supporting Shopmobility.  
For more information call F.O.C.U.S  
on 01224 483817

### **St Ternans Heritage Fair, Bellfield Park, Banchory Sunday 12th June, 11:00 - 16:30**

A wide range of activities all day including  
charity stalls

### **Philosophy Cafe:**

#### **What's the point of Censorship?**

**Thursday 16th June, 7pm Inverurie Library**  
Inverurie Library is hosting this event which is  
the latest in the series of Philosophy Cafe  
events. The speaker is Dr Rachel Stuart,  
Department of English at Aberdeen University.  
**For more information call 01467 621619**

## *The Charity Shop*

Excellent range of clothing and bric-a-brac for  
resale. Donations are gratefully accepted

**Opening Hours:  
Monday - Saturday 10am - 4pm**

**Volunteers welcome - contact the shop at:  
16a Bridge Street, Banchory Tel: 01330 825714**



## **THE BOXROOM** *Recycle + Reuse*

THE BOXROOM recycles household goods,  
by direct sales to the public or by providing  
essential furniture for those in need

**OPEN: Monday - Friday 10am - 2.30pm & Saturday 9am - 1pm**

Unit 5, Tillybrake Industrial Estate, Banchory AB31 5UN  
(in front of the Royal Mail sorting office)  
Tel: 01330 823800

## ...online...useful websites...online...

### [www.pilotlight.org.uk](http://www.pilotlight.org.uk)

Pilotlight enables small, ambitious charities and social enterprises to help a greater number of people, more effectively. They match and manage teams of senior business people, 'Pilotlighters', with local charities and social enterprises that are tackling social disadvantage in the UK.

### [www.pagesaberdeenshire.com](http://www.pagesaberdeenshire.com)

PAGES stands for "Parents Advisory Group for Education and Socialisation. The group was founded initially to provide activities for those children with additional support needs who couldn't cope with mainstream activities.

Based in Ellon, they provide a range of after school and holiday activities for these children and their siblings as well as support and information for parents and carers.

### [www.surveymonkey.com/s/8R3JMYV](http://www.surveymonkey.com/s/8R3JMYV)

CVSA recently sent out this questionnaire to all our contacts so that we could use your feedback to improve our services. If you haven't filled it in already, why not take five minutes to do so? It only consists of 10 simple questions and will also allow us to demonstrate the 'outcomes' and 'impacts' of our activities to funders. We would very much appreciate your contribution!