

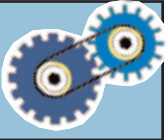


inside... funding: epic awards for arts groups  new: multi-sports initiatives across Aberdeenshire  training 



**Stonehaven Town Hall,
Saturday 1st October,
10am - 1pm**

Our annual charities fair will take place this Saturday and will be combined with a craft and vintage element this year! Local crafters will now hold stalls alongside charities to sell their goods or raise awareness - and our very own Boxroom and Magpie shops have been putting aside lots of lovely vintage items to sell on the day. 10% of all sales for non-charities will be split between the charities attending. We have loads of great crafters attending this year and are hoping the event will be bigger and better than ever.

Teas, coffees and refreshments will be on sale on the day - and Mearns FM will be providing the music. We hope to see you all there!

'Your Voice' Survey

The 'Your Voice' project is funded by Aberdeenshire Council and delivered by the Mearns and Coastal Healthy Living Network. The purpose of the project is to explore ways of engaging with older people and involving older people in the planning of health and care services.

The survey is part of this engagement along with the setting up of groups of older people across Aberdeenshire who are giving their views on issues that affect older people.

The results of the survey will be discussed at a conference in November, fed into the planning of health and care services by the council and the NHS, and will form part of a charter for older people in Aberdeenshire.

The survey can be completed online by clicking the link www.surveymonkey.com/s/D6CQS8G. Alternatively, for a copy of the questionnaire, contact Ed Garrett, Mearns and Coastal Healthy Living Network, 44 High Street, Laurencekirk, AB30 1AB or emailed to mchln.edgarrett@gmail.com.

NHS Grampian Carers' Information Strategy Invitation to bid for funding



NHS Grampian Carers' Information Strategy Group is now inviting bids for funding from voluntary organisations, statutory organisations, support groups etc across the Grampian area. They welcome all bids, large or small. In the past they have awarded funding ranging from £500 to £20,000.

They are keen to support work that directly benefits unpaid carers and are interested in projects or events that will help to identify unpaid carers, provide information and training to carers and signpost carers to sources of support.

If you have a project or event that would make a difference to unpaid carers, or would like more information then contact Lynn Thomson on 01224 554149 or email lthomson3@nhs.net for more details. Bids are being accepted until 15 March 2012.

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



Grampian Regional Equality Council: Mediation Service

GREC has vast experience in promoting good relations and resolving tensions and conflict in the workplace and community. Our specialist Mediation Service is provided across Scotland by qualified mediators and includes:

MEDIATION & EARLY CONFLICT RESOLUTION

- Help reach a mutually acceptable solution to disputes or problems.
- Resolve disputes internally at an early stage before they escalate.
- Alternatives to more adversarial methods of tackling disputes.
- Rebuild positive relations in the workplace.
- Future focussed and solution seeking.
- Effective and has a high rate of success.

TRAINING

- Training tailored to meet your needs.
- Courses available on aspects such as early conflict resolution and mediation, equality, recognising and tackling harassment & bullying at work and much more!
- Suitable for managers, HR, welfare, diversity staff, trade unions, trainers and anyone who may benefit from developing conflict resolution skills or knowledge regarding equality matters.

For further information please contact GREC on: 01224 595505 or e-mail: info@grec.co.uk

Gathering 2012 launches

29 February & 1 March, SECC, Glasgow



It is now just 6 months to go until the 8th annual Third Sector Gathering so if you want to exhibit, host an event or become a sponsor it is time to get involved!

It is the largest event of its kind in the UK and in 2012 The Gathering returns to the SECC in Glasgow. This even bigger venue means even more opportunities to bring people together to network, share knowledge and raise the profile of the third sector in Scotland. Find out more here: www.gatherscotland.org.uk.

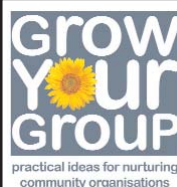
Port Elphinstone Community House and North East Scotland Credit Union

North East Scotland Credit Union (NESCU) is looking to extend their network of Credit Union collection points in Aberdeenshire by establishing a collection facility at Port Elphinstone Community House (PECH) located at 1 Pinewood House, Elphinstone Road, Port Elphinstone, Inverurie.

This proposed venture from NESCU follows on from the successful launch, earlier this year, of a savings scheme at Port Elphinstone School. It will bring the benefits of simple and straightforward savings and low cost loan products to Port Elphinstone and the wider Inverurie community that offer a much better deal than many other lenders. NESCU is a not for profit social enterprise company that is owned and controlled by local members. Any profit goes back into the community, not into big bonuses for Directors.

NESCU relies on local volunteers to run its collection points. They need at least four volunteers to come forward before a collection facility can be established at PECH.

So if you have a couple of hours you can spare every week and you are interested in learning new skills then NESCU would be delighted to hear from you. For more information contact NESCU on 01224 588765 or email info@nescu.co.uk.



CVSA are busy planning another Grow Your Group event for the start of 2012. It will focus on maintaining a sustainable group in the current economic climate. Watch this space for more details!

Enterprise Growth Fund

Enterprise Growth Fund will be awarding grants between £25,000 and £200,000 to third sector organisations in Scotland. The grants will support long term development objectives. Awards will be made to those organisations that demonstrate the greatest potential for growth and sustainability. The fund will invest in organisational services and structures.

The Fund aims to distribute grants from now until the end of January 2012. Grants from £25,000 to £200,000 will be made to organisations to allow them to develop and grow.

For more information visit:

www.senscot.net/view_art.php?viewid=11440

or contact: enterprisegrowthfund@thewisegroup.co.uk



The Epic Awards shine a spotlight on the excellent work of voluntary and amateur arts groups. After a great response to the awards last year, they have decided to open the award scheme to groups across the UK and Republic of Ireland. They have also made it much

easier and quicker to enter. You could win a package of prizes and have your work showcased to millions by Voluntary Arts, the development agency for arts participation. A winner and runner up will be chosen from each country. Last year's winners each received:

- ◆ £250 cash
- ◆ Places on training courses
- ◆ Tailor-made mentoring
- ◆ Membership of a national arts organisation and more!

For further information visit: www.epicawards.co.uk

Get walking! - Scotland wide

Living Streets Scotland, the national charity for pedestrians, is running events with community groups to support communities across Scotland to take action to improve local walking environments, in partnership, where appropriate, with local authorities. The events will focus on the conditions for walking of a particular street or area that is known to the group and in doing so will highlight the importance of walking for health, and will look at examples of built environments that are conducive to walking.

There is no cost to the group and Living Streets can meet sundry costs such as refreshments, venue hire and small-scale group actions as necessary. Contact: Janice Gray, Healthy Environments Officer, Living Streets Scotland, 0131 243 2649, Janice.gray@livingstreets.org.uk.

fundinginbrief

Paths for All Grant Fund funds projects in order to improve Scotland's health through the delivery of local health walk projects. It invests in projects which build local capacity, delivering a volunteer led solution to improving physical activity levels. For further details on the grant fund, including guidance notes and application forms visit: www.pathsforall.org.uk/pfa/support/grants-a-funding.html

The Village SOS Competition aims to support voluntary organisations to start community businesses to reinvigorate village communities. The scheme will help groups with business ideas to support enterprises and activities which tackle specific problems faced by villages and their residents. Grants of £10,000 to £30,000 are available. The deadline for applications is 6 October 2011. For more information visit: www.villagesos.org.uk/competition

Bank of Scotland Foundation is now seeking applications for the third round of donations. The Small Grants Programme accepts applications up to and including £20,000 from charities registered in Scotland. It particularly seeks to help with:

- ◆ Developing and improving local communities
- ◆ Financial literacy and financial inclusion

Further information and application forms can be found at <http://bankofscotlandfoundation.org/small-grants-programme>. The closing date for receipt of applications is 5pm, Friday 14th October.

..training..

CVS Training Initiative
33/34 The Square, Ellon
Tel: 01358 722205
Email: admin@
cvstraininginitiative.org.uk

Assertiveness in the Workplace

Thursday 6th October,
 10am - 2pm,
 Hopeville Club, Inverurie
 £45 (voluntary/community sector)
 £68 (other)
 Closing date for booking: 29.9.11

Introduction to Community Consultation Methods

Thursday 10th November,
 10am - 4pm,
 Hopeville Club, Inverurie
 £25 (voluntary/community sector)
 £35 (others)
 Closing date for booking: 3.11.11

Employment Law and Regulations - Business Gateway Workshop

Date and venue to be confirmed - but please contact us if you wish to note an interest. The workshop is FREE

ALL ABOVE COURSES ILA APPROVED

Check out if you are eligible at:
www.ilascotland.org.uk/What+is+ILA+Scotland/Eligibility.htm

Then open your ILA, info at:
www.ilascotland.org.uk/Apply+Now/Request+Application+Pack.htm
 advise us that you have done this when you book a course.

Free Course - Training the Trainer

Develop an awareness of resources and approaches which can support effective intergenerational training.
 10th November, Wyness Hall, Inverurie
 For more info call 0141 559 5024
 or email: admin@scotcip.org.uk

Supporting the Professional

This training is aimed at anyone in Grampian whose job involves an element of health improvement. It is designed to raise awareness of the free services available to support your work with the public, patients and service users. The training is available free of charge. Places are still available for the following sessions:

Fraserburgh - 25th October 10:30 - 12:00
 Aberdeen - 15th November 10:30 - 12:00

More information on the training is available at www.hi-netgrampian.org/stp as well as venues and how to book a place.

FREE Marketing Workshop for Social Enterprises delivered by Enterprise North East Trust

20th October, 1 - 4pm, Acorn Centre, Inverurie

This workshop, tailored specifically to social enterprises, will help you to create a realistic marketing plan designed to improve your marketing efforts and ultimately lead to more sales.

To register email admin@cvstraininginitiative.org.uk or telephone 01358 722205.

Seize the Day Project Information & Support Sessions

Have you, or someone you know, recently been diagnosed with dementia and are in the early stages? Seize the Day plan to hold Information & Support Sessions in Dinnet starting on Tuesday 18th October, 2011. If you are interested in attending, or want more information, please contact:



Rosie Leavett
 Seize the Day Project Manager
 492 Union Street, Aberdeen
 Telephone: 01224 632137
 Email: seizetheday@alzscot.org

Diversionsary Activity Project

An exciting NEW multi-sports initiative is up and running near you!



Stonehaven Leisure Centre every Friday 7 - 10pm

Inverurie Academy every Friday 7 - 10pm

Fraserburgh - JIC Building every Friday 6 - 9pm

Active multi-sports 'Hub' provides young people aged 12 -16 years, with opportunities to experience sport, via a number of avenues including a variety of sports participation sessions, holiday programmes, volunteering, coaching and elements of programme management.

FREE sports and activities include:

Athletics, Badminton, Basketball, Football, Hockey, Rugby, Wii Sport, Music, Chill Out Zone and more...

The Active Hub is open to everyone within the 12-16 age group, and encourages genuine engagement and support for participants through a partnership approach in a sustainable way.

For further information, contact: Sports Development,
Viewmount, Arduthie Road, Stonehaven, AB39 2DQ

Tel: 01569 768355 / 07801 595424

E-mail: fraser.govan@aberdeenshire.gov.uk

Self Management Week 2011

Self Management Week 2011 takes place from 3 – 7 October. The aim of the week is to promote and raise awareness of the great self management work that is happening across the third sector, health and social care.

Self Management Showcase event - Friday 7 October Aberdeen, Aberdeen Arts Centre 11.30am - 3pm This event aims to highlight the exciting work that is happening in self management across Scotland. At each event there will be the opportunity to watch films, listen to live performances, participate in workshops, hear lived experiences from those who are involved in self management work and network. This is a free event, please call 0141 404 0231 for more details.

Information Directory for Older people in Kincardine & Mearns

Earlier this year the Kincardine and Mearns Community Wellbeing Network produced a Directory which contains a wide range of information on groups, services and activities relevant to older people in the area.

The Directory aims to provide useful and easy to understand information for people living in their own homes and help them with the choices they have to make in their daily lives. It has been distributed widely within Kincardine and Mearns and is available in many community facilities, through health services etc.

It is also a useful resource for professionals working in the area and the group is happy to distribute copies to anyone who feels that it may be helpful to their work. If you would like a copy for

an older people, a group you know of or yourself please get in touch with either Linda Babbs, CVS Aberdeenshire central and south linda.babbs@cvsa.co.uk, Tel: 01569 668055 or Ed Garrett, Mearns & Coastal Healthy Living Network mhln@care4free.net Tel: 01561 378130.

Kincardine & Mearns Community Wellbeing Network is a partnership of public, voluntary and community groups all with a common interest in the health and wellbeing of older people. Funding came from Aberdeenshire Community Planning, the Fairer Scotland Fund and Portlethen Community Council. If you are interested in part of the Network please contact Linda Babbs or Ed Garrett.

dates for your diary

Volunteering Open Day at North East Sensory Services

Friday 30th September

North East Sensory Services will be holding a Volunteering Open Day at their newly refurbished centre in 21 John Street, Aberdeen. Open from 11am to 2pm this event will introduce the variety of volunteering opportunities at NESS to the public.

The Green Autumn Fair

The Dickson Hall, Laurencekirk

Saturday 1st October, 10am to 3.30pm

Information on reducing your carbon footprint, Gardening Advice oLocal food produce, Jam Making Workshop, Keeping Hens at Home The Low Carbon Cafewill be serving locally sourced foods from 10-2pm.

www.tram.btck.co.uk

The Sale At The Coo

The Coo Cathedral, Aboyne

Wednesday 5 October, 6 – 8pm, Entry £5

Thursday 6 October, 10 – 4pm, Entry £3

Start your Christmas shopping at the Coo - organised jointly with the Aberdeen and Deeside committees of CHILDREN 1ST. Creche for men or reluctant shoppers on the Wednesday night!

Talking Together, Working Together: Exploring Arts and Health Conference

Saturday 8th October,

Royal Botanic Garden, Edinburgh

Are you looking for creative resources for your organisation or group? Have you benefited from taking part in arts or crafts? Do you work in the community? Do you want to develop new ways of working? For more info please visit .satf.org.uk/events.html

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.surveymonkey.com/s/8R3JMYV

If you haven't filled it in already, why not take five minutes to fill in our CVSA questionnaire? 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!

www.soloco.co.uk

SoLoCo is the crowdfunding website that connects Third Sector projects that benefit UK communities to interested donors and supporters. Unlike general charity giving, crowdfunding with SoLoCo is highly focused - you decide exactly where you want your money to go.

www.crowdcube.com

Crowdfunding is the new way for a community of like minded people to network and pool their money and knowledge together. Crowdcube provides a platform for entrepreneurs of start-ups and established businesses to connect with potential investors.

www.signpostingpndsupport.org.uk

Confidential Post Natal Depression website providing information and support for sufferers. Also provides a forum for people to discuss user-lead topics.