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AVA AGM

Many thanks to everyone who came along to AVA's first AGM on a cold Monday evening in February. This AGM marked the end of a landmark year as AVA emerged as the single Third Sector Interface for Aberdeenshire. We can now move forward to consolidate work across our core activities, placing a strong emphasis on supporting the organisations we represent.



A particular focus will be on how AVA engages with members to identify the key strategic priorities for the Sector. It is essential that the Third Sector are enabled to play a key role in public policy development, including Health and Social Care Integration, and AVA will continue to work with its members to gather evidence and intelligence to influence the policy environment.

The challenge of annual funding allocations to Third Sector organisations for the provision of core services continues to be a frustration for many of our members. AVA intends to work with members and partners to campaign for improved financial support arrangements and to ensure that the maximum benefit and value can be achieved from genuine partnership working.

Magpie Vintage outlet in Banchory

The donations we receive at Magpie are regularly of such high quality that we opened a vintage section in the summer of 2015 which has proved to be very popular. We have now dedicated an entire unit to our vintage goods at Tillybrake in Banchory where we have a whole range of unique high quality items - from shoes and clothing to furniture, paintings and crockery.

It's definitely worth a visit, you never know what you might find...



Magpie are currently recruiting volunteers and welcome enquiries from anyone interested in volunteering in our shops in Banchory and Inverurie. We have a full range of jobs that volunteers can do as part of the Magpie team. If you're fit and able, we need volunteers who can move furniture and goods around and we also have large bric-a-brac sections and clothing in each shop so we are also looking for volunteers who are more interested in that aspect of Magpie. For more information, contact Renee Joss on 01330 823800 or email: Renee.Joss@avashire.org.uk.

Citizens Advice has opened in Banchory

Citizens Advice has opened in Banchory and offers their services for Banchory and the surrounding area. Together with CLAN Cancer Support Centre, the new facility is fully operational and is located at Units 8 & 9 Scott Skinner Square, Banchory AB31 5SS. The entrance is located in Posties' Walk just off the High Street next to "Cook & Dine". For more information contact: enquiries@westhillcab.casonline.org.uk

Deeside PARKINSON'S Group

Thurs 3rd March at 2pm, Aboyne Dinnet Church Hall

Do you have PARKINSON'S or are you supporting someone who has?

Are you interested in being part of an informal local group?

Learn more about the condition ~ Share your experiences

Hear about research and new treatments ~ Meet informally and enjoy a cuppa.

The group's first meeting is on Thurs 3rd March at 2pm, Aboyne Dinnet Church Hall, Huntly Road, Aboyne. If you are interested in this or would like further information, please contact Mike Powell

Tel: 013398 86369 email: mikepowell.obe@gmail.com

This Group is supported by PARKINSON'S UK

Children and Young People (Scotland) Act 2014 guides

Two new guides have been developed to help Third Sector organisations – from small community groups working with children and young people to larger organisations providing services – prepare for implementation of the Children and Young People (Scotland) Act 2014, which will come into force in August 2016. The guides are:

- For Third Sector organisations likely to be: delivering 'targeted support' to children and young people; funded by grant aid or commissioned to provide these services
- For Third Sector organisations delivering primary prevention services to children, young people and families.

For detailed information and to download the touchpoints, please visit:

<http://www.childreninscotland.org.uk/touchpoints>

2016 CRNS Awards



Nominations are now open to members for the 2016 CRNS Awards. There are four award categories that you can nominate your organisation for in the fields of Innovation, Sustainability, Community Engagement and Partnership Working. For full details and nomination forms go to the CRNS Awards page on their website at: <http://crns.org.uk/event/crns-awards-dinner-2016/> Completed nominations should be returned to CRNS by Fri 11th March 2016.

Big Lottery Fund Scotland – hints and tips on applying for funding video

Big Lottery Fund Scotland staff were at the Gathering, Scotland's third sector conference, talking about its new £250m funding programme, which launched in November 2015.

A video of the event now on YouTube is packed full of information on what's new, how things have changed, and examples of the approaches Big Lottery Fund Scotland is looking for organisations to adopt. If you're thinking about applying for funding this year, whether you've been supported by the Big Lottery Fund before or are new to applying for grants, this session is worth a watch:

<https://youtu.be/wOEkrXJQwm4>



Community Health in Partnership (CHiP) update

The 'Health and Social Care Integration' story so far...



The team recently supported the Alliance, Scotland to deliver a 'Healthier Scotland' conversation in Fraserburgh. The event was very well attended by a wide range of people including service users, community & voluntary groups and Health and Social Care professionals from both statutory and third sectors. The views gathered at the event on what matters most to people around the future of Health and Social Care (together with the views gathered from other similar conversations around Scotland) will be fed back to the Scottish Government.

CHiP Officers are working with local teams in Peterhead and Fraserburgh to plan for Participatory Budgeting voting day. In the lead up to the actual day, AVA will host 'Grow Your Group' workshops in both towns allowing local groups and organisations to learn more about the opportunities available through PB. See the details in the 'events' section of this newsletter and find out more about Participatory Budgeting at: <http://pbscotland.scot/>



Other team members are linking with local and national groups and organisations, General Practice teams and Health & Social Care teams laying the foundations for future collaborative working.

The team will be working on:

- Supporting voluntary groups to identify where current and potential activities contribute to the nine national health and wellbeing outcomes.
- Establishing strong and sustainable links between voluntary/community groups and Health and Social Care teams/professionals.
- Facilitating the creation of a sustainable mechanism that ensures information and views are meaningfully and appropriately shared.
- Ensuring the value of voluntary and community group contribution to health and well being in Aberdeenshire is fully recognised.

We are also now on Facebook and Twitter and you can follow us at:



www.facebook.com/AVACHiP



[@AVA_CHiP](https://twitter.com/AVA_CHiP)

Please get in touch with any of the Community Health in Partnership team if you would like to discuss any of the above:

Alison Knight (CHiP Coordinator): 07585 138854 Email: Alison.Knight@avashire.org.uk

Melanie Fraser (Turriff, Oldmeldrum & Banff) 07717 378881 Email: Melanie.Fraser@avashire.org.uk

Gaby Beattie (Fraserburgh & Central Buchan) 07585 603424 Email: Gaby.Beattie@avashire.org.uk

Aileen Grant (Peterhead, Ellon & Pitmedden) 07585 603055 Email: Aileen.Grant@avashire.org.uk

Annie Grant (Inverurie, Westhill & Kemnay) 07585 602978 Email: Annie.Grant@avashire.org.uk

Jane Mitchell (Laurencekirk, Inverbervie, Stonehaven, Portlethen & Banchory) 07585 127569
Email: Jane.Mitchell@avashire.org.uk

Alison McPherson (Huntly, Alford, Aboyne & Insch) 07585 602994

Email: Alison.McPherson@avashire.org.uk

Relaunch of My World of Work

My World of Work is Skills Development Scotland's (SDS) award-winning careers information and advice web service.

Since My World of Work's launch in 2011 they have continued to develop the service to build on its successes, adding resources and content in line with the needs and feedback of customers, partners and colleagues. As part of this process, and to keep pace with advances in technology, the next generation of My World of Work went live on 25th January. It has new and improved tools, improved user journeys, improved usability, accessibility and deeper levels of personalisation.

Visit: www.myworldofwork.co.uk .

Job Opportunity: Carers Support Co-ordinator

21 hours per week, based in Aberdeen, providing support in Inverurie, Banchory and Stonehaven
Salary Scale MHA 22 – 26 (£19,161 – 21,615 pro rata)



Based at their Central Office in Aberdeen, you will be expected to provide support, information and advice to family members and carers of people experiencing challenges to their mental health and wellbeing.

You will facilitate peer support groups for carers in Banchory, Inverurie and Stonehaven. These play an important role in developing effective interventions against social isolation and build social networks in an effort to support and empower our carers as well as, uphold client's rights, privacy, dignity and personal choice.

You will supervise the Carers Support Worker (North) to ensure that the MHA carers support service is professionally and efficiently delivered. A clean, full driving licence and access to a vehicle are essential. The post will present exciting challenges and great opportunities to grow and diversify not just MHA but the successful candidates.



Please contact Sara Kamrath or Bea Fyvie for further information and application packs:
Tel: 01224 590510

Establishing a network of third sector providers

Luan Grugeon is the Third Sector representative on Aberdeenshire Council's Child and Family Protection Committee. The Committee is a locally based interagency strategic partnership responsible for the design, development and implementation of Child Protection policy and practice across Aberdeenshire. Part of Luan's remit is to ensure there is a good flow of communication on all Child Protection issues across our diverse Third Sector in Aberdeenshire.

Luan is working with Aberdeenshire Voluntary Action (AVA), the Third Sector Interface for Aberdeenshire to establish a network of Third Sector providers to ensure that all relevant information is disseminated across all Third Sector providers. If you would like to be part of this network, please email: jude.richards@avashire.org.uk and we will be pleased to include you in our mailing list.

If you have any questions regarding any of the above, please contact Jude in the first instance either by email as above or on 07818 552375.

The Charles Ogg Fund for People with Dementia

The Dementia Strategic Outcomes Group wishes to invite applications to the fund for small sums of money to benefit people with dementia in Aberdeenshire and their carers. These should be for items or to support projects in things that would not normally be funded from mainstream funding sources.

For more information and an application form, contact: Mike Ogg, Chair of the Dementia Strategic Outcomes Group at: mike.ogg@nhs.net



Community Paths Grant

Paths for All is offering individual grants of up to £1500 to help community groups improve, maintain and promote their local community paths. The funding can be used to buy tools, insurance and materials, hire a contractor, plant and machinery, install signage and way-markers, and produce a leaflet or promotional materials.

For more information, visit:

<http://www.pathsforall.org.uk/pfa/support/community-paths-grant.html>

Additional Funding for those affected by recent flooding

In response to some of the worst flood damage seen in Scotland for a century, Foundation Scotland launched a Flood Recovery Appeal on 8th January, raising funds to directly support individuals and families affected. In addition, funding is available for community organisations working hard to provide community services in many areas across Scotland. The fund total has now reached £300K due to the generous support of the public, businesses and funders. Organisations can apply to the Flood Appeal in addition to claiming the £1500 available from the Scottish Government. Grants of up to £5000 are available to voluntary and community groups. Projects showing evidence of collaboration with other service providers and maximising the use of volunteers will also be given priority.

All details on how to apply can be found at:

www.foundationscotland.org.uk/flood-recovery-appeal/apply-for-funding/

For anyone needing further details please visit the Foundation Scotland website:

www.foundationscotland.org.uk/ or contact the grants team direct on 0141 341 4960.

Volunteering Support Grant



Voluntary Action Fund (VAF) has announced the launch of its Volunteering Support Grant 2016-17. The purpose of the grant programme is to create new or enhanced volunteering projects – increasing the diversity of

volunteers, especially those experiencing disadvantage; and improving opportunities, skills and personal development through volunteering. Third Sector organisations working in Scotland, with an annual income of under £250,000 can apply for up to £10,000 for a Volunteering Support Grant.

Applications should be submitted by 31st March 2016.

Visit the website for further information about the fund and how to apply:

<http://www.voluntaryactionfund.org.uk/funding-and-support/volunteering-development-grants>

Community Initiative Fund

There is still funding available in this financial year from The Garioch Partnership's Community Initiative small grant scheme. In 2014/15 sixteen local community groups were successful in applying to this fund for a diverse range of activities and projects. This year nine groups have received awards and three are pending, but there is still some £3000 in the budget. So if you need a small amount of funding for your project, contact Anne Simpson at: anne@gariochpartnership.org.uk

MND Scotland invites applications for A Time to Live Grant

Grants of up to £500 are available to enable individuals caring for someone with MND to take a break from their caring role. Grants can support any costs that make time out possible, such as accommodation, holiday insurance, transport, respite care, or meals out. The aim of the scheme is to support carers and people with MND by giving them the chance to enjoy quality time outside their usual routine and caring role.

The next deadline for applications is 14th March 2016. For more information, visit: <http://www.mndscotland.org.uk/2014/04/time-to-live-grants-now-available/>



Starbucks Youth Action Applications - now open

Starbucks Youth Action funding is for young people who are not in education or employment to develop and run projects in their local community. The project will need to benefit up to 50 members of the community. There will need to be support in place to help young people carry out their project.

Funding of up to £1000 is available for young people aged 16-24 years old.

Simply fill out the online application form, or download the application form and send it to becky@ukyouth.org. The application form is available on the UK Youth website: <http://bit.ly/1RYEUIN>

The Ernest Cook Trust

As well as offering a wide-ranging programme of land-based learning for children and young people, the Ernest Cook Trust gives grants to registered charities, schools and not-for-profit organisations wishing to encourage young people's interest either in the countryside and the environment, the arts (in the broadest sense), or in science, or aiming to raise levels of literacy and numeracy.

A large grants programme for awards of over £4,000 and a small grants programme for awards of under £4,000 operate throughout the year.

For more information, visit: <http://ernestcooktrust.org.uk/grants/>

Greggs Foundation – Small Environmental Grants



This is a new programme, funded by the 5p levy on carrier bag sales in Greggs shops, that aims to improve people's lives by improving their environments. Projects can include purchase of equipment, sessional salary costs, purchase of trees/plants, small capital projects and learning activities. They are also interested in new approaches and innovative ideas as well as sustainable approaches to supporting your local environment.

Small grants of up to £2500 and large grants of up to £10,000 are available. You can apply at any time. For further information visit: www.greggsfoundation.org.uk/environmental-grants

Support in Mind: Creative Fund

Carers can select from three amounts to enable them to choose a realistic activity or short break which will suit their situation. Carers will need a support worker to help them complete applications and should visit the Support in Mind Scotland website to apply or call Barbara Wyness on 0131 662 2284 for more information. Visit the site at: www.supportinmindscotland.org.uk.



volunteering

Volunteering opportunities at Drum Castle

In the Gardens team - helping maintain and grow the gardens. The focus this year will be revamping the 20th century roses; getting the plant sales production line up and running from the polytunnel; and the on-going additions to the play area and bog gardens.

The Garden Kiosk - could you help with a regular weekly slot? This involves checking tickets; promoting the benefits of membership; and maintaining the second hand books.

The Garden Teas - help to serve teas for groups visiting in the evenings.

In the Castle - as a Guide - telling the story of Drum (short shifts available).

Conservation - helping keep the castle, the Old Laundry and the Old Garden Bothy looking great by cleaning and dealing with beasties!

In the Tea Room - helping make the tea room and shop look and be the best.

Event Helper - help sell tickets, put up posters, sell teas and coffees etc.

Please get in touch if you can help in any way.

For gardens, email: drobertson@nts.org.uk or call 01330 811406

For castle, email: drumcastle@nts.org.uk or call: 01330 700334

Drum Castle, Gardens & Estate Spring Saturday Garden Projects

Have fun, get fit, meet new people and learn new skills by joining one of our Saturday Garden Projects at Drum!

26th March, 9.30am - 3.30pm: Easter Project

Help them prepare for the opening - work in the gardens and some willow weaving where the fences need to be fixed. Register by 24th March.

30th April, 9.30am - 4pm: Pond and Bog Gardens

This involves pruning, mulching and planting. Register by 28th April.

Contact: drobertson@nts.org.uk or call: 01330 811406

Drum Castle, Summer Saturday Garden Projects

Have fun, get fit, meet new people and learn new skills at Drum!

28th & 29th May, 9.30am - 4pm

Help with the Chelsea Fringe event - setting up and running children's activities, decorating trees, moth and bird counts, hosting and welcoming visitors.

25th June, 9.30am - 4pm. Pond work: helping to clear out the muddy pond!

Contact: drobertson@nts.org.uk or call: 01330 811406

Volunteers Needed at Age Peterhead

Age Peterhead is a long established local charity delivering important support services for older people in Peterhead and the surrounding area. They urgently require new volunteers to join them as volunteer trustees to help with secretarial and accounts duties, organising and delivering the important services they provide for the benefit of older local people. This would be an ideal volunteering opportunity for people with secretarial/accounts experience to support an important local charity in a rewarding role – just a few hours each week will help to make a big difference.

For more information please contact Age Peterhead at: 8 Thistle Street in the centre of Peterhead on 01779 472331 or e-mail agepeterhead@gmail.com.

volunteering

Volunteering Opportunities with North East Scotland Credit Union (NESCU)

The North East Scotland Credit Union is part of a friendly international network of one hundred million people, helping each other by saving and borrowing together. NESCU is a financial co-operative delivering services in Aberdeen City and across Aberdeenshire and into Moray. They're owned and controlled by their local members, as a 'not-for-profit' social enterprise. Any profit goes back into the community. NESCU is a safe, convenient way to regularly put money aside. Even if you only save a small amount, they can help you build up a safety net, and develop a good savings habit. Plus, doing so means you could then borrow from at an attractive rate. The main advantage of NESCU? You don't need to touch your savings to meet immediate needs. Instead, you can borrow money at their competitive rate: one that's lower than many other loan companies. NESCU are on the lookout for some new volunteers to operate the collection point they have in The Hub in Fraserburgh. The collection point runs every Tuesday from 11.30am -1.30pm. Volunteers would be on a rota. Full training is given and out of pocket expenses reimbursed. Decent remuneration skills would be an advantage. Anyone interested in volunteering with NESCU should contact Andy Farquhar at: andy@nescu.co.uk

Exercise after stroke groups - Opportunities now in Stonehaven & Inverurie!

**Chest
Heart &
Stroke
Scotland**



Could you volunteer for a couple of hours a week to help others take part in activities that aid recovery? Would you like to gain community development or administrative experience?

Exercise After Stroke (Inverurie & Stonehaven) are looking for committee members to help with their specialist exercise group. Chest Heart & Stroke Scotland provides free training on all aspects of volunteering with community groups to support stroke survivors.

Contact Caroline on 0791 867 4481 or email: caroline.peter@chss.org.uk

Foos Yer Doos - Thursdays, 11am -12.15pm Term time

St Mary's Centre, East End of High Street, Inverurie

Are you or someone you care for, living with Stroke Dementia, Parkinsons, or MS? Like to sing along to songs old and new?
No singing ability required!

Foos Yer Doos recently had a sing a long session at Tesco in Inverurie to raise awareness about the group and to celebrate Robert Burns.



The Tesco Warblers

Contact Sheila on: fydsingsongclub@gmail.com
or Joy on 01467 620823

Microvolunteering Day, April 15th

Microvolunteering actions benefit worthy causes from all around the world, and can be described as no commitment, on demand tasks that can be completed in under 30 minutes. It's a great way to introduce someone to the world of volunteering. Get in touch with HelpFromHome.org to let them know what you'll be doing, and join the thousands of other participants who have already microvolunteered on previous Microvolunteering days to benefit worthy causes.



Bridge Projects Celebrate Success

How did it start?

IDEA stands for Inclusive Day services - Enabling Aberdeenshire, and is about improving day services for adults with disabilities, with the aim of ensuring that:

- everyone gets the service they need
- people with disabilities are more involved in their local communities
- people with disabilities are valued members of their communities
- people are supported to fulfil their potential

In 2015, a collaboration was created between the Employability Service and Day Services to 'Bridge the Gap' between the community and day services for service users. As a result, two pilot projects were introduced – one in Ellon, and the other covering Inverurie & Huntly – and they became known as The Bridge Projects.

Four workers were employed to take the projects forward, and service users from the Ellon Resource Centre and the Harlaw Centre were identified who could participate. This led to the creation of a tailor made course to help the participants reach their personal goals, develop confidence and independence, gain skills to increase employability and encourage positive destinations. It also led to an increased use of community resources.

All participants have now successfully completed the course and made the transition to being more involved in their local community through a variety of activities, and volunteering or work placements with local organisations and businesses. They are all independently travelling to and from these opportunities and report they would not want to go back to their old routines.



Ellon Bridge Project participants

The communities of Ellon and Inverurie have been instrumental in both welcoming and supporting the projects by offering placements that will continue now that the projects have come to an end. The service users have reported that they have increased confidence and now feel important having a 'job' and being treated like a person and not a disability.



Inverurie & Huntly Bridge Project participants

Many have also joined a variety of leisure activities independently using local bus services, which has encouraged a wider social circle and allowed them to feel more comfortable and safe in their own community as a result of knowing more people and more people being interested in them. It has been a very challenging and rewarding experience for all involved in the project and wouldn't have been successful without the support and positive input by all involved.

To bring the projects to a close, all participants were invited to attend 'farewell events' and received their course completion certificates, as well as Aberdeenshire Volunteer Awards, in recognition of their achievements.

volunteering

Volunteer Drivers needed

As part of the Aberdeenshire Employability Partnership we are trying to utilise the NHS Mobile Information Bus to take out to rural areas across the Shire to offer services that are not readily available. We are looking to have a pool of volunteer drivers that could be called upon to drive the bus.

Drivers must have a Class C1 on their licence. The bus is based at Elgin Fire Station and the training is delivered there.

If you are interested please contact: Angie Millett, Employer & Partnership Manager, Department for Work and Pensions, Peterhead Jobcentre Plus on 01779 428424.

Searching for SensationALL Trustees

Over the last few months SensationALL have identified the need to strengthen our Board skill set and are looking for new trustees to join us. We would particularly like to encourage people with Third Sector and NHS backgrounds or who have any strategic development skills but we would like to hear from any applicants who feel that they have something to bring to the Board of a small but quickly developing charity who provides services for individuals with disabilities and their families.

For more information, email: info@SensationALL.org.uk or call: 01224 746699.

events

Bridging the Dementia Divide: Supporting People Living with Dementia

Starting on 7th of March

Bridging the Dementia Divide: Supporting People Living with Dementia will help you learn more about dementia, the challenges of living with dementia as well as understand the importance of the correct care for people with dementia. This free online course is developed by University of Derby and it seeks to challenge stereotypes and teach you to understand, sympathise and help people living with dementia in a compassionate manner. It encourages discussions but supports the sensitivity of the subject and people affected by it. It is open to anyone who wants to better understand dementia and learn to care for people with dementia including carers of people with dementia, healthcare professionals and others with a general interest in dementia. Designed to offer more than just watching academic videos, it has proven to be a huge success and is back by a popular demand.

It won't take up too much of your time, but will provide you with an amazing opportunity to gain extra knowledge and skills! Enrolment is now open, you can join the course at any time - but hurry spaces are limited. To find out more visit the University of Derby website at:
<http://tinyurl.com/zccekqf>

Early years education

A new campaign called Upstart Scotland is inviting anyone interested in childcare and early education to a meeting at Aberdeen University on March 22nd. The meeting – which will call for change in Scotland's approach to the education of children under seven – will be an opportunity for parents, grandparents, early years professionals and anyone else with an interest in early childhood to contribute to the debate. For details of the Upstart Campaign, visit: <http://tinyurl.com/zt5ykyb>



TWO Grow Your Group Events

**Saturday 5th March 10am - 12pm,
Fraserburgh Community and Sports Centre**

**Saturday 5th March 2pm - 4pm
Apex Church, Peterhead**



'Grow your Group' is an initiative by AVA and partner organisations to address the support needs of community groups hoping to benefit from "your voice, your choice"

Participatory Budgeting (PB) Funding.

£100,000 has been made available in Fraserburgh to help improve the health and wellbeing of those living in the Fraserburgh North area. Using the Participatory Budgeting funding model, local community groups and projects can apply for between £200 - £10,000 for projects which improve the health and wellbeing across the local community and help to make the north area of Fraserburgh a healthier place for everyone.

This event will offer practical help for community groups including information on:

- ♦ Creating a Group
- ♦ Finding out what's happening in your area
- ♦ Developing a plan of action
- ♦ Applying for "your voice, your choice" PB funding
- ♦ Promoting your project
- ♦ Learning new skills/Confidence building
- ♦ Showing the impact of your project
- ♦ Connecting with others in your community
- ♦ Planning for the future

The AVA Grow Your Group Event will help local groups and projects feel better prepared to make an application for PB funding. We will do this by helping them gain a better understanding of the PB process and how AVA can help support local groups on an ongoing basis.

For more information about the **Fraserburgh** event, contact Gaby Beattie at:
Gaby.beattie@avashire.org.uk or call 07585603424 for more information.

To book your place for the **Fraserburgh** event online please visit: <http://tinyurl.com/jckav8h>

For more information about the **Peterhead** event, contact Aileen Grant at:
Aileen.grant@avashire.org.uk or call 07585 603055 for more information

To book your place at the **Peterhead** event online please visit:
<https://www.eventbrite.co.uk/myevent?eid=21517972836>

PAMIS Welfare Benefits Information Session

Thursday 31st March 2016 at Marischal College, Broad Street, Aberdeen AB10 1AB
10am till 12pm followed by a light lunch

Find out about the benefits available to your son or daughter and for you, as a carer.
With Cathy Lewis, Welfare Rights Officer and Ronnie Wood from Cash In Your Pocket

To book a place: call PAMIS and speak to Amy or Linda on 01569 764 221
or email: a.j.anderson@dundee.ac.uk or l.camilli@dundee.ac.uk

CRNS Forum Aberdeen (hosted by CFINE) on the 14th March

CRNS Forums are informal networking events for Third Sector resource management projects to share current activities and opportunities with each other and to get strategic updates and news from CRNS and other stakeholders. This Forum will be hosted by CRNS member CFINE in Aberdeen. There will be presentations from CFINE, and Magpie on their current activities plus updates from other members, CRNS and ZWS.



For full details and to book either by email matt@crns.org.uk or online at:
<http://crns.org.uk/event/crns-forum-aberdeen/>

Fundraising Family Fun Race-Night Friday 25th March, 7.30pm, Inverurie Locos Football Club

The Garioch Lions in partnership with GCRA Ltd invite everyone to come along and have fun at the race night and raise money for a good cause. Licenced bar, table savouries and a raffle.

Tickets: Adults £6, Children (12 and under) £1 available from
Jim Souter: 07929 011023
Bert Hosie: 01467 623366
or the GRCA office: 01888 569160

Review of Public Health Third Sector Sounding Board

1pm- 3.45pm Wednesday 23 March 2016
City of Edinburgh Methodist Church, 25 Nicholson Street, Edinburgh

VHS Sounding Board aims to explore the 2015 Review of Public Health and consider its implications for the Third Sector. The invitation is open to any Voluntary Health or other Third Sector organisation that considers public health to be 'core business'.

For more information and to book, visit:
www.vhscotland.org.uk/event/review-of-public-health-third-sector-sounding-board/

International Women's Day - Tuesday 8th March 2016

Venue: The Citadel - 28 Castle Street Aberdeen City, AB11 5BG, 12 noon – 2 pm
Refreshments will be provided

You are invited celebrate the IWD 2016. Hear from YWCA Scotland – The Young Women's Movement about the findings of their research into the status of young women in Scotland. Enjoy and join the world café discussion around:

- Education
- Employment
- Political participation
- Media and Stereotyping
- Justice
- Women at home

Share your ideas about what we can do to strengthen gender equality.
To book please phone 01224 595505 or register here

Fit for Purpose 2016 & Beyond

Wednesday 9th March 2016, 9.30am - 4.00pm
Edinburgh Suite, Easter Road Stadium, 12 Albion Place, Edinburgh

Tackling the transformation of health and care services?
Grappling with efficiencies whilst providing the best services you can?
Shifting from reactive services to a more proactive, upstream model?



Ready For Business are holding an event for public sector leaders and senior officers to highlight the potential of social enterprise to improve local outcomes at a time of declining resources.

With a focus on establishing sustainable business models, social enterprise offer the public sector opportunities for increased efficiency, value for money, improved quality and innovative solutions to address the prevention agenda.

The event will provide you with an increased understanding on the benefits of engaging social enterprise to address pressing service challenges and facilitate introductions to social enterprise to explore building a shared agenda for action and provide opportunities to collaborate.

With a focus on prevention, health & social care integration and procurement development the event will include engaging speakers and inspirational examples of social enterprise contributing towards transformation results.

Find out more at: <http://tinyurl.com/jm4ewag>. Book a place at: <http://tinyurl.com/jcqacoe>

Aberdeenshire Mental Health and Wellbeing Strategy - Launch and Workshop Event

9.30am and 1pm, Tuesday 15th March 2016 at Aberdeen Football Club, Pittodrie Stadium Aberdeen

The multi-agency Aberdeenshire Mental Health Improvement Group advises the GIRFEC Management Group in relation to strategy, policy and partnership working, to promote and support positive outcomes in relation to mental health and wellbeing for children and young people. The implementation of this new strategy will be achieved via an action plan



and the cascading of the six key aims to service providers and partners in Aberdeenshire. The foundations for this strategy were laid in January 2014 at the Healthy Minds Healthy Bodies consultation. The Aberdeenshire Mental Health and Wellbeing Strategy is for everyone who, through their role, has a responsibility to promote and support positive Mental Health and Wellbeing in children and young people in Aberdeenshire.

Please email: margaret.adams@aberdeenshire.gov.uk to book your place. Confirmation and acceptance of your booking will then be sent by email after the closing date on 2nd March 2016. Please include which service you work for, your role/location and any dietary requirements.

Great British Dog Walk - Haddo House & Country Park on Sat 16th April

This is a family and dog friendly event and everyone is welcome. There are two walk lengths to choose from; the short walk is 3km long and suitable for everyone. The longer walk is 8km long and due to parts of the walk being across grassland is unsuitable for wheelchair users and buggies. There will be stalls and fundraising stands in the registration area and the chance to meet lots of Hearing Dogs too. Children (and dogs) go free and all walkers will receive a souvenir of the walk.

Find more information at: www.visithaddo.com



- TRAINING -

AVA Training - January to April 2016 programme



- TRAINING -

Presentation Skills Wednesday 9th March

10am – 4pm, St. Mary's Centre Inverurie.

Cost: Member - £104, Non-member - £132, Public/Private sector - £151

Trainer: Elaine Manley

This course aims to enable participants to deliver a memorable presentation that is well-structured and clear, with ease. This course is aimed at anyone who wants to improve on their presentation skills. Course content:

- ♦ Planning a presentation ♦ Engaging the target audience ♦ Structure ♦ Body language
- ♦ Voice projection/emphasis ♦ Beginning and ending ♦ Handling nerves ♦ Notes
- ♦ Slides and other media ♦ Hints and tips ♦ Practice sessions

General First Aid Wednesday 23rd March

9.30am – 4pm, Huntly.

Cost: Member - £79, Non-member - £100, Public/Private sector - £115

Trainer: Caroline Hay-Crawford

Course aims: To provide participants with basic First Aid knowledge, skills and confidence to be able to assist someone who has become ill or injured and to seek help.

This course is aimed at anyone who wants to learn how to help someone who needs basic First Aid.

Participants will be given a certificate of attendance which is valid for 3 years.

The course is not suitable for those requiring an Emergency First Aid at Work certificate.

Adult Support and Protection - Thursday 21st April

1pm – 4pm, Fraserburgh Community & Sports Centre, Maconnachie Place, Fraserburgh AB43 9TH

Cost: Member - £20, Non-member - £25, Public/Private sector - £28

Trainer: Helen Milne (Senior Practitioner, Employee Development), Aberdeenshire Council

Course content: This course incorporates the Grampian Interagency Policy on Supporting and Protecting People from Harm and is a mixture of:

Tutor led discussion ~ Case studies ~ Handouts

This course is aimed at front line staff with no line management responsibilities.

Time Management - Monday 25th April

9.30am – 4.30pm, St. Mary's Centre, Inverurie.

Cost: Member - £106, Non-member - £135, Public/Private sector - £154

Trainer: Elaine Manley

Course aims: This course aims to help attendees to prioritise their work and to have a good work/life balance.

To book a place on any of these AVA Training courses, visit:

<http://avashire.org.uk/calendar.html>

or contact Shirley at AVA Training at: Tel: 01771 624589 Email: training@avashire.org.uk.

SVQ Social Services & Healthcare – Level 2 (Unpaid Carers)

This project has been set up to enable any unpaid carers, who care for a loved one, friend, neighbour, etc, to gain an SVQ Level 2, while carrying out their caring role at home. The skills, experiences and knowledge a carer has can be transferred into an SVQ qualification.

What is involved in gaining this SVQ?

- The carer will be allocated an SVQ Assessor who will assess them against nationally set standards (National Occupational Standards). The assessor will come along and observe them in their caring role.
- The carer will also provide written work to explain their work practices and knowledge within their caring role.

What are the benefits to the carer?

- The carer will have increased confidence in their caring ability enabling them to cope in a more relaxed manner.

It is important that the carer has the consent of the person they are caring for.

For an informal chat and to gain further information please contact:

Sandra Baxter (SVQ Assessor - Unpaid Carers)

Email: Sandra.Baxter@aberdeenshire.gov.uk

Telephone: 01466 794 272 Mobile: 07770 684 369

Bookbug Story Time Training

This training will provide professionals with the knowledge, tools and resources to deliver public Story Time sessions. It combines practical elements with best-practice academic research in storytelling and early years literacy to help current or new leaders develop their skills and further their practice.



Who's eligible: Anyone who is currently leading, or will be leading, story time sessions in an early years setting, library or other community venue. It is aimed at practitioners who work with 3-5 year olds.

Fraserburgh – Tuesday 22nd March 2016, 10am – 1pm

Venue: Fraserburgh Community & Sports Centre, Maconochie Pl, Fraserburgh AB43

To sign up click on the following link or copy and paste it into your browser:

<https://www.eventbrite.co.uk/e/bookbug-story-time-training-fraserburgh-registration-22045868787> and enter the password bookbug

Inverurie - Wednesday 23 March 2016, 10am – 1pm

Venue: Inverurie Library, Town Hall Market Place Inverurie AB51 3SN

To sign up click on the following link or copy and paste it into your browser:

<https://www.eventbrite.co.uk/e/bookbug-story-time-training-inverurie-registration-22045943009> and enter the password bookbug

Portlethen – Thursday 24 March 2016, 10am – 1pm

Venue: Conference Room, Portlethen Library, Bruntland Rd, Portlethen, Aberdeen, AB12 4QL

To sign up click on the following link or copy and paste it into your browser:

<https://www.eventbrite.co.uk/e/bookbug-story-time-training-portlethen-registration-22046100480> and enter the password bookbug

For more information, or if you're having any problems signing up, please contact:
andra.iulian@scottishbooktrust.com or phone 0131 541 2342.

Social Enterprise Academy events coming up in the North of Scotland:

Coaching Skills – March 15th & 16th - Inverurie

Crucial Conversations – March 24th - Inverness

Coaching Skills – April 13th & 14th - Inverness

More details on their website at www.socialenterprise.academy/scot
or contact Kate on 01463 238088 or kate@socialenterprise.academy.

Two day Project Management Course

Inverurie, 30th & 31st May 2016, 10am - 4pm

This programme will strengthen your confidence in planning and leading diverse and extended projects, whilst developing your ability to communicate progress on outputs and outcomes. As investment is increasingly tied to successful project delivery, developing these critical skills can have positive impact on the financial sustainability of an organisation.



Please complete the online booking form at:

www.socialenterprise.academy/scot/project-management-inverurie

If you have any questions, please contact: Kate McArdle at:

kate@socialenterprise.academy or call: 01463 238 088

New CFINE knitting class begins on the 8th of March

6-8pm Tuesdays at the CFINE Hobby Room, 2 Poynerook Road. Cost £60 for 4 weeks.

Learn basic skills or enhance your skills. Learn to follow a pattern, basic or more advanced. Join a friendly class with other knitting enthusiasts. Have lots of creative fun & laughs along the way.

If you would like to book a place or have any questions please email
Angela or Sarah below at: [email srobertson@cfine.org](mailto:srobertson@cfine.org)

What is Advocacy? Training

Running over 5 days in March in Fraserburgh and on the
19th, 20th, 26th, 27th April and 3rd May from 9.30am to 3pm at Hill of Banchory School

Advocacy North East (ANE), a local charity, is currently seeking to recruit volunteers to work as Community Advocates in Fraserburgh and the surrounding area. ANE is holding training locally for people who may wish to volunteer as Community Advocates with the organisation. It is also available for those who wish to further their professional development – whether they currently work in the caring services or not. Independent Advocacy is a way of enabling people to make informed choices about, - and to remain in control of - their own care and support. Advocacy is needed because at times it can be difficult to tell people about the things you want, or to disagree with what someone has said.

The training covers Core Advocacy Skills such as “what is advocacy?”, communication skills, conflict resolution, Basic Child Protection, and Adult Support and Protection. Lunch and refreshments will be provided on each day. Training is free for those who wish to become volunteers. A small charge applies to those who are using the course for CPD purposes. If you are interested in finding out more information about becoming an Advocate or about the core skills training in Fraserburgh, please contact John Ledger or Laura Simmons (Training and Volunteer Coordinators) on 01467 651604 or email johnledger.advocacy@yahoo.co.uk. To find out more or to book a place on the Banchory Training, please contact Laura Simmons (Training and Volunteer Coordinator) on 01467 651604 or email laurasimmons.advocacy@yahoo.co.uk

AberdeenshireSALUTES - Helping Ex Service Personnel in Aberdeenshire

As part of Aberdeenshire Council's commitment to the Military Covenant, a new project has been established to create and develop community based hubs for ex-service personnel. This project has been set up by Aberdeenshire Community Planning Partnership together with veterans, community representatives, and voluntary sector within Aberdeenshire. The AberdeenshireSALUTES project will link up with community initiatives to offer service leavers, veterans, previous operational reservists and ex-service family members, support, guidance or just someone to talk to.

In order to target appropriate activities and support services, the project needs to know how many ex-services personnel live in Aberdeenshire, where in the Shire they live, age range and issues they may have faced.

To do this a survey has been created at: <https://surveymonkey.co.uk/s/FSS8GPJ>

More information on AberdeenshireSalutes is available from our facebook page at:
<https://www.facebook.com/aberdeenshiresalutes/?fref=ts>

or by emailing aberdeenshiresalutes@outlook.com or jill.sowden@aberdeenshire.gov.uk

Young Scotland's Got Talent - Grampian

Thursday 31st March, 2016 at the Aberdeen Asset Management Suite at Pittodrie Football Ground
 Aberdeen. 9.30am (registration) – 2.00pm

This event is for young people with learning difficulties and individuals on the autistic spectrum (aged 14 -24) who want to work when they leave school or college. Families, people interested in this subject or professionals working in the field are also welcome however priority will be given to young people. Please note that it is free to attend.



This road show is a partnership event sponsored by Aberdeen City Council, Aberdeenshire Council and Skills development Scotland supported by the Scottish Commission for Learning Disability, Values into Action Scotland and other employability organisations who will be there on the day.

If you would like to express an interest please contact your school or contact Peter Kennedy on:
 Email: peter.kennedy@aberdeenshire.gov.uk or call 07881 667 941

Job Vacancy: Kincardineshire Development Partnership Part-time - Experienced Development Worker

Part Time: Hours of Work: 19 hours per week (part-time, with flexible hours to cover some evenings and weekend work requirements). Contract: 12 months in first instance (renewable subject to secured funding) after completing a successful 3 month probationary period.

Salary: up to £15 per hour.

Job Purpose: To implement and deliver the KDP service objectives, which will in turn promote, assist, support, sustain and facilitate community development across the Kincardine & Mearns Area (K&M Area), by working closely with community groups, statutory and other agencies to meet the needs and aspirations of communities. In-house training and support will be provided to help achieve these goals.

Closing date for applications: Friday 4th March. Download an application at:
www.kincardineshiredp.org/. For more information contact KDP on: Tel No: 01569 763246
 Email: officesupport@kincardineshiredp.org

Aberdeenshire 1st Response



Penumbra is pleased to announce the launch of Aberdeenshire 1st Response Service on 1st March 2016. Funded through the Scottish Government Mental Health Innovation Fund, the Aberdeenshire 1st Response Service will replicate the existing and successful Aberdeen City based service. The service will aim to provide a compassionate and effective response to people in distress, and encourage those 'at risk' to engage with other services that may benefit them over the longer term. Aberdeenshire 1st Response is specifically designed for people aged 16 years and above who require short term support or who may be at crisis point. This includes those who self harm, attempt suicide or who are experiencing high levels of distress. People accessing the service will receive sensitive and non-judgmental one-to-one support, information and signposting to relevant organisations. We will work with people to ensure they are listened to, whilst using planning tools to support them to manage their next steps. There is no waiting list for this service, and people can self refer to the service when they feel they need to. Support will be available Monday to Friday, 9am to 5pm, and is provided via a dedicated Freephone number, email and an appointment based face-to-face service with a Recovery Practitioner. FREEPHONE 0800 13579 50. Email: aberdeenshire1stresponse@penumbra.org.uk
For more information, please contact the Recovery Practitioner on 07795 602425 or visit www.penumbra.org.uk

MAGP^{ie} charity shop

Excellent range of good quality clothing and bric-a-brac for resale. Donations are gratefully accepted.
Open Mon - Sat 10am - 4pm

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

MAGP^{ie} shops

Great quality second hand furniture, household goods, bric-a-brac, garden furniture and LOADS more for sale.
Pop in and grab a bargain!
All shops open Mon-Sat, 9am - 4pm

Units 3, 4 & 5, Tillybrake Industrial Estate, Banchory. Tel: 01330 823800

Units 4 & 5, Blackhall Industrial Estate, Inverurie. Tel: 01467 268087

... next newsletter ...

The next Aberdeenshire Voluntary Action newsletter will come out on the week beginning 30th March 2016.

The deadline for **pre-arranged** contributions for this edition is Monday 21st March, 2016.

We are always looking for local groups across the Shire to contribute to our newsletters. Whether it be to advertise an event, showcase your work, appeal for volunteers or celebrate a successful funding bid - whatever it is, we'd love to hear about it!

If you would like to include any information in future editions, please contact Lindsay Allardyce on 01467 629072 or email Lindsay.Allardyce@avashire.org.uk



If you would like to be removed from this mailing list, please let us know.

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contact us...

Registered office: 72a High Street, Banchory AB31 5SS **tel:** 01330 825027
email: mail@avashire.org.uk **website:** www.avashire.org.uk
facebook: www.facebook.com/AberdeenshireVoluntaryAction