



THANK YOU TO ALL OF THE VOLUNTEERS WHO HELPED BRING CHRISTMAS TO OUR BEFRIENDEES & LUNCH CLUB CLIENTS



Christmas in February (run by our Befriending Service) is a popular event and is a great opportunity for our befriendees and befrienders to get together and celebrate. Christmas can be a very busy time and by moving our date to February everyone can come along.

The Befriending Team welcomed 87 people along for a 3 course meal at Smiths Hotel. John Henderson, a local vocalist and guitarist provided first class entertainment.

Lorraine MacDonald from ASDA Community came along and presented a cheque for £1000 to the befriending team to support the work being done in the community to reduce loneliness and isolation and improve the health and wellbeing of older people in East Dunbartonshire.



For referrals to the Befriending Team please call 0141 345 0432 or email the Team Leader Anne McIlvain on anne.mcilmvain@edva.org.

Third Sector Networks

OLDER PERSON'S THIRD SECTOR NETWORK OVERVIEW

The theme was very much around keeping older people safe and improving their mental health whether it be reducing loneliness and isolation, cracking down on bogus crime and encouraging older people to speak up about how they are feeling.

BOGUS CRIME TEAM

Constable Chris Murphy introduced Steven Ramsey and Matthew Stanway who are heading up the Bogus Crime team in East Dunbartonshire to beat door step crime. It's important that we stress to the older people we interact with that no bit of information is too small. People should contact the local police and report any suspicious information, whether it be a white van that has been lurking, concern for a neighbour, if you have been approached or have work being done and the way it is being carried out is causing concern. The more information supplied by members of the public allows the team to piece together vital intelligence to abolish bogus crime .

People should contact 101 and the project is called operation SKIPJACK. Matthew and Steven are available to come and talk with your organisations. If you would like the guys to come and speak with your group email Christopher.Murphy@scotland.pnn.police.uk.

Befriending Team

Thank you to Andrew & Catherine who do fantastic work helping reducing loneliness & isolation through the Befriending Service, whether it be one to one, group or telephone befriending. Referral forms are available contact details are Catherine.buchanan@edva.org (Kirkintilloch), Andrew.frizzell@edva.org (Bishopbriggs) and Brian.mcdermott@edva.org (Bearsden & Milngavie).

Contact Point

Thank you to Janice who presented on the work Contact Point has been doing for such a long time to reduce loneliness and isolation. They are working closely with GP's to signpost people to other means of healthcare, for example your pharmacist or optometrist rather than making your GP the first port of call when other services may be more suitable. Contact Point are an invaluable resource to understand what is available in the community. For information contactp@yahoo.com

Ceartas

Michelle Candlish talked about the brilliant collaboration between the De Cafes and Playlist for life. The flyer is featured in our January Bulletin. If you have any old Ipods. Shuffles, records please email MCandlish@ceartas.org.uk and arrange to drop them into Ceartas as they can help give an older person a means to create their playlist and listen to it to improve mental health and reduce anxiety. Great work is being done on the asset map and Roy from Ceartas will keep us posted on progress.

Third Sector Networks

Mental Health & Wellbeing in Later Life It's good to talk!

NHS - Kate from the Older Persons Psychological Therapies Implementation rc_k gave us an overview on OPTIMAL - Mental Wellbeing in later Life. Start having the conversation about talking therapies for people aged of 65. It's important to open up to your GP about mental health and there is no need to feel embarrassed or thinking other people are worse off. Discussing your mental health is not a waste of anyone's time.



Organisation's working with Older people should encourage individuals to contact their GP and feel confident discussing how they feel.

Dates for Your Diary – Third Sector Networks

- Health & Wellbeing - Thursday 19th March 10.30am-12 noon (Joni)
- Older Person's—Thursday 30th April 2.30-4pm (Joni)
- Volunteer Managers Network— Friday 22nd May 12-1.30pm (Lorraine)

Above meetings will take place in our Office in Kirkintilloch

If you would like to attend or present your organisation

Call Joni Mitchell, Partnership Development Officer or Lorraine Moir, Volunteer Development Officer on 0141 578 6680 or email joni.mitchell@edva.org/Lorraine.moir@edva.org

Volunteering Opportunities 2020

If interested in any of the volunteering opportunities

Contact Lorraine on 0141 578 6680 or email info@edva.org or check out our opportunities on www.volunteerscotland.net

CAFE VOLUNTEER : Location: Milngavie Minimum Age: 16 years

Gavin's Mill are looking for volunteers to assist with serving lunches, coffees and home baking. Also to assist with the preparation of lunches and coffees. You must be physically able to work a 3.5 hour shift on your feet and be personable, have a happy disposition, be calm, efficient, and organised. No experience necessary, full training and support is given on the job. A great opportunity to get experience in the hospitality sector.

VOLUNTEER SET UP TEAM & MEET & GREET VOLUNTEERS : Location: Kirkintilloch Minimum Age 16 years

The local Recovery Life Café meet in the Kirkintilloch Baptist Church on the first Saturday every month from 5-8pm where people in recovery and their families can share a meal and entertainment in a safe alcohol and substance free environment. They have 2 opportunities for volunteers - Volunteer Set up Team Volunteers to help set up the hall for the monthly event, settling tables and assisting with decoration of hall and Meet & Greet Volunteer Volunteers to welcome people as they arrive, clearing up after the event and provide a homely atmosphere.

RECEPTION/ADMIN VOLUNTEER Location: Bishopbriggs Minimum Age: 18 years

Do you have good admin skills and are you friendly, reliable and good with people? RNIB need your support to cover their reception area, deal with telephone and face to face enquiries and assist their Visual Impairment and Learning Disabilities day service with a variety of admin tasks. You will be responsible for giving a warm welcome and support to all visitors such as giving our customers directions and helping them to sign in. They are looking for someone who can volunteer on Mondays, Tuesdays or Wednesdays between 12 and 5.

VOLUNTEER DRIVERS & HELPERS Location: Across East Dunbartonshire Minimum Age: 25

Are you fit enough to help carry a couch/bed/wardrobe upstairs into a flat? Volunteers are required at Twechar Community Action to help with pick up and delivery of donated heavy goods to help others in need.

The Bud Heritage Volunteer role gives you the opportunity to work on Bud with school children of all ages, and also to support the Bud Learning and Outreach Officers to deliver the Bud Project taking elements of Lady Haig's Poppy Factory and Poppy Scotland's archive collection on the road.

The Bud Veteran Volunteer role gives you the opportunity to attend events local or national in your area to talk about your experiences of being a veteran in the forces and also to support the Bud Learning and Outreach Officers to deliver the Bud Project taking elements of Lady Haig's Poppy Factory and Poppyscotland's archive collection on the road.

If you want to discuss volunteering on Bud you can contact Sandra Corie, Bud Volunteer Support Coordinator on 0141 473 6221 / 07808 261076 or email s.comrie@poppyscotland.org.uk



Community

Update on the Fair Dementia Campaign

We have reached an amazing total sign up to our campaign of **8,278** people as of the end of January.

Here is the thank you that we are sending out to all those that attended our recent Fair Dementia Carer Event at the Bearsden Resource Centre last year and to all those who have taken the time to promote this vital campaign.



“As we enter the second year of our Fair Dementia Care Campaign, we'd like to thank the 8,278 members of the public who have showed their support for the campaign. The more support received, the closer we'll be to getting a commitment from the main Scottish political parties in their election manifestos for the May 2021 Scottish Parliament Elections to deliver Fair Dementia Care.

A massive thanks also goes to you, our colleagues and volunteers who have been championing the campaign and spreading the word.”

Our campaign is not finished yet! Please keep sharing our campaign and help us get to 10,000 people! If you would like to share the campaign with family, friends and colleagues then the link below will take you to the Fair Dementia Care page on our website. You can also access the film, if you would like to view it again; and download the full report from this page.

<https://www.alzscot.org/our-work/campaigning-for-change/current-campaigns/fair-dementia-care>

Further updates as the campaign progresses!

NEW FUNDING AVAILABLE FOR RUNNING A FOOD FOR LIFE GET TOGETHER

The Food for Life Get Togethers team in Scotland are offering up to £150 to help people get a “Get Together” off the ground in Edinburgh, Glasgow and Inverclyde.

A Get Together can be any activity, big or small, that brings people of different ages and backgrounds together around good food. It could involve growing, cooking, eating or even just talking about food!

Help build and strengthen communities and provide lasting positive memories for those involved. Help people of different ages understand and experience good food so it can become available for everyone, no matter their background or income.

The funding is open for not-for-profit settings including, but not limited to; nurseries, schools, care homes, community health and social care settings, community groups, housing associations, charities and local groups.

To find out more please visit this link, where you can also download the short application form:

<https://www.foodforlife.org.uk/get-togethers/get-involved/small-grants>

If you have questions, please contact:

Joe Hind | Scotland Programme Manager | Food for Life Get Togethers | Soil Association Scotland | M: 0773 987 0951 | Direct Dial: 0131 370 8155

Community

STAND INTERNATIONAL



Stand International provide short term volunteering opportunities abroad for people who have experienced being socially or economically disadvantaged in Scotland, to travel overseas in 2020. Enabling volunteers to become involved in a supported group of people, varying in size from 8 to 15 people and traveling from Scotland to a different country. Whilst abroad volunteers are supported to assist in various opportunities from renovation and construction work, children's camps, camps for kids and adults with disabilities or working with animals and environmental work. The majority of the costs to take part are covered by our funders, however, volunteers are expected to do some fundraising towards the trip. As well as full pre departure training volunteers may also receive three months support upon returning to Scotland to ensure they can harness their new found learning into either further training, employment or volunteering opportunities in Scotland.

As well as short-term volunteer opportunities we have places available for mentors. Mentors provide support and assistance to volunteers while they take on the challenge of volunteering abroad as well as additional support for 3 months upon return to Scotland enabling volunteers to best utilise the experience gained. Mentor costs are covered although there is some expectation of securing some matched funding. There is an option for those who perhaps did not feel that they had the skills or experience to become mentors to join the team as a trainee mentor.

This year we have opened non-funded places to volunteers who do not meet the funding requirements. This will enable volunteers who do not meet the funding criteria to take part in a trip to Belarus by funding their place. The changes regarding non-funded places have been in response to a number of enquiries and subsequent discussions with individuals and referring agencies like STAND International wish to ensure that access to the opportunity to assist others in the wider global village is open to any person who wishes to take part.

We have 6 trips planned for 2020, 2 trips to Belarus and 4 to Romania. The age range of **volunteers for Belarus is from 16 to 28 years** and **Romania is from 16 to 65 years** allowing for a greater number of people to participate.

ROMANIA Trips - March, May, August and October 2020

BELARUS Trips – July and September 2020

If you are interested in any of the above and want to discuss any of this further or want to chat through possible referrals then please drop me an email or give me a call on 01315559102 or email morag.crichton@standinternational.org or steven.ferguson@standinternational.org

Community



ILF Transition Fund Information Session

Take Control East Dunbartonshire is delighted to inform you that Iain Wilson from Independent Living Fund Scotland will be providing an information session on the ILF Transition Fund

**At Take Control Office
Enterprise House, Southbank Business Park
Kirkintilloch G66 1XQ**

On Thursday 12th March 2020 from 11am to 1pm.

ILF Scotland provides financial awards to disabled young people in Scotland to help them live independently. If you are aged 16-25, and living with a disability in Scotland, you could be eligible for up to £7,500 in funding, for 1 year, from the Transition Fund. ILF Scotland can support you to try new activities and experiences that will enhance your independence, confidence and help you to spend more time with other people.

I would be grateful if you could confirm your attendance at the event by **calling Karen at Take Control on 0141 776 2219**, letting us know numbers attending and any accessibility requirements individuals coming to the event may have. If you are unable to attend the event and would like further information on the ILF Transition Fund please contact Take Control and we can provide this.

A Circular Economy

An economic system aimed at eliminating waste

Pass it on Week 2020: 7th-15th March

It's not too late to get involved! This Pass it on Week we're calling on workplaces, community groups, schools, colleges, universities and householders to clear out and pass on! This year, our theme is "The Great Toy Rescue" but as long as your activity involves re-use and passing on, we'd love to hear about it. The toy theme is not mandatory.

Register your event now

Make sure you've [registered your event](#) so we know what you're doing and more importantly, so that your event can benefit from the national promotional campaign we're running. Listing your event also helps in reaching a wider audience so that more people in your area can come along (there is also an option to mark it as private if it's not open to the public). You can also [email us](#) your event details directly to be added to the list.

Ideas

If you're stuck for ideas, just look at our [events](#) page to see the wide range of events planned across Scotland that you can go along to or take inspiration from for planning yours such as:

- Swap shops for clothes, toys and household items in your community

Pass it on Week is Scotland's annual celebration of re-use - whether it's swapping, donating, sharing or repairing to help make things last! The next Pass it on Week will be held from **7-15 March 2020** and the theme will be "The Great Toy Rescue"



Our Befriending Service & Lunch Clubs

Happy 101st Birthday !!!!

Mary celebrated 101st Birthday on the 14th February 2020. She is such an inspirational lady with a wealth of experiences and knowledge .

Mary formerly of the National Engineering Laboratory in East Kilbride and who, in 2009 became the Open University's oldest graduate was a recording Engineer for the BBC in London during the war, which she was happy to talk to me about. When I asked her what her secret was to reaching such an age she said "just being thankful and getting on with things". She also thinks that a birthday without a naught at the end is not an important birthday and didn't know what all the fuss was about .

Turning 101 years old, she told me she tells her family and friends not to buy her flowers around her birthday on Valentine's day as the prices will probably be hyped up, what a clever and thoughtful lady she is.

Mary was born in the North of England in 1919 and moved to Scotland when she married her husband in 1949. She enjoys reading, music , and weather permitting enjoys walking and attending to her garden. Congratulations to Mary.



We have rooms available for the Third Sector to hire at our office

Our meeting rooms are bright, versatile, multi-purpose and have disabled access.

We offer state of the art multimedia SMART equipment and flip charts and pens are free of charge. We acknowledge that hire of meeting rooms should be as affordable as possible therefore our hire costs have been kept to a minimum.

To book a room call 0141 578 6680 or email info@edva.org



Room	Hire Period	Standard Pay Rate	Voluntary Sector Rate	EDVA Membership Rate
Board Room	Hourly	£7	£5	£4
	Daily	£35	£30	£24
Training Room	Hourly	£13	£10	£8
	Daily	£80	£65	£52
Conference Room	Hourly	£17	£15	£12
	Daily	£100	£75	£60

EDVA (East Dunbartonshire Voluntary Action) T: 0141 578 6680 E: info@edva.org

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[Just contact us through any of the above.](#)

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