

Welcome to our Autumn / Winter E– Bulletin which brings you news from us and others about events, funding, training, networking, and lots of other information, which might help you, your group or organisation. It has been a busy year in East Dunbartonshire. The third sector organisations that we have been working with are all busy preparing for their next year, some preparing funding applications, some looking at training and many of you have joined the Strategic Partnership Groups and worked together with other organisations to highlight areas that are challenging and hopefully make a difference. Our busy and very popular volunteering has continued to grow and we celebrated the Year of Young people and worked together with schools with young people achieving their Saltire Awards. Social Enterprise has grown in the year with opportunities in training and sourcing funding for setup in higher demand.

The Befriending Service and the Lunch Clubs continue to be popular with growing numbers contacting us. So it looks like it is going to be another busy year in 2019. Our E-Bulletin's are quarterly with the cut off date for articles for the next E-Bulletin being March 21st , 2019 so if you have any articles that you would like to share with the community please send them to us by then.



Please contact us on 0141 578 6680 or email info@edva.org

Updates from EDVA Conference October 2018

The 2018 EDVA Conference was a great success with over 70 people attending, from a variety of organisations including a wide range of third sector agencies (both local and national) as well as community groups, representatives from community councils, representatives from East Dunbartonshire Council, officials from the Health and Social Partnership (HSCP), volunteers as well as elected members and a variety of other services. Our host and Chair for the opening session, Andy Lowndes, delivered an excellent opener for the Conference. Andy, the Vice-Chair of the charity Playlist for Life, highlighted the work of this agency which encourages carers and family members to play and share music with their loved ones affected by dementia,. He spoke movingly and eloquently about the benefits of this approach, vividly illustrated in a short video which clearly demonstrated how beneficial music was for people living with dementia.



Updates from EDVA Conference October 2018 continued

THE NEED FOR A STRONG THIRD SECTOR VOICE IN EAST DUNBARTONSHIRE

Gordon Thomson, Ceartas Advocacy and Anne Burke, East Dunbartonshire Citizens Advice Bureau (CAB) spoke about the work of the East Dunbartonshire Third Sector Strategic Leads Group. This group has been formed over the past year to allow local 3rd sector groups to work more closely together to ensure that the voice of the third sector was heard locally, especially in times of financial crisis and austerity. The Group represents a cross-section of local third-sector groups. In addition to Ceartas and CAB this includes, EDVA, EDAMH, GRACE, Contact Point, The Access Panel, Women's Aid, Silverbirch, Twechar Healthy Living Centre, Kirkintilloch & District Seniors Forum and Kirkintilloch Baptist Church. Gordon and Anne, in their presentation emphasised the focus of the Group would be on:

- Communicating the voice of the Sector
- Informing about the range of services provided by the Sector and the challenges facing it
- Representing the Sector on local forums and committees



The Group will continue to meet and develop to ensure a strong and **CONNECTED** voice for the third sector in East Dunbartonshire .

HSCP EMPHASISES THE NEED FOR PARTNERSHIP WORKING

Caroline Sinclair, Acting Chief Social Work Officer and Derrick Pearce, Head of Adult Services for the HSCP, along with Alex Meikle of EDVA spoke of the need for strong partnerships especially in relation to decision-making in the local planning processes. The HSCP are about to embark on a major commissioning programme which they wish to do in partnership with the local third sector. To do so there will a needs assessment carried out which will provide clarity on what current resources there are and what the gaps are, then a Commissioning Plan can be devised to identify what services are required. The NHS Improvement (IHUB) will assist with this. Also participating will be the Third Sector Strategic Leads Group and other forums and the proposed new Partnership Facilitator led by EDVA. A Commissioning Plan Project Group will direct the process with active third sector participation. The result will be a co-produced Commissioning Plan and collaborative commissioning approach. The outcome of this approach should be:

- To support integration between the Third Sector and the HSCP
- Transform services in the area
- Ensure an active third sector role in the planning, development and delivery of services for the communities of East Dunbartonshire.

Third Sector Interfaces

EDVA: NEW OUTCOMES & VISION

EDVA is one of 32 Third Sector Interfaces (TSIs) across Scotland which provides support, help, expertise and assistance to third sector organisations and community groups in their local areas. We work and deliver in five major areas to support volunteers, the third sector, community groups and statutory partners in East Dunbartonshire as follows:

- Providing opportunities and support to volunteer with a focus on linking to local social care, recovery and employability initiatives
- Supporting local social enterprise so that they are effectively supported to develop and grow and also lend support to employability initiatives
- Supporting third sector and community groups to deliver quality services, develop capacity and supported to work in collaborative partnerships
- Providing leadership, vision and co-ordination so that third sector organisations in East Dunbartonshire are responding better to local priorities, including through partnership and collaboration across the sector and with statutory partners e.g. Community Planning & the HSCP.
- In addition, we contribute to the delivery of local social care services through its Befriending Service & Luncheon Clubs.

All of this is encapsulated in the new vision that has been agreed for EDVA going forward:

'People and Communities working together in East Dunbartonshire putting a thriving third sector at its core'

• WHY DEMOCRACY MATTERS

Bill Clements from CVS Inverclyde spoke about a Scottish Government initiative 'Democracy Matters' a conversation about community decision making to help make public services more locally focused, identify new legal rights for communities placing them at the heart of decision making and re-imagining how democracy can be made to work for everybody. The Scottish Government wants to devolve more power to more local levels and the Review is considering how powers, responsibilities and resources are shared across national and local government and with communities. Democracy Matters encourages individuals to start a conversation about community decision making and discuss their thoughts on what would work best for their community and their ideas for delivering this aspiration. People are encouraged to participate in Democracy Matters through sending in the Democracy Matters postcard, Have a group conversation and organise a public event.

The logo for 'Democracy Matters' features the word 'Democracy' in a green, sans-serif font and 'Matters' in a blue, sans-serif font. Small icons of people are integrated into the letters 'o' and 'a' in 'Democracy' and 'Matters'. A horizontal line is positioned below the text.

Your Community. Your Ideas. Your Future.

We want to hear your voice and the voices of your friends and neighbours in a discussion about local communities deciding their own future.

<https://www.gov.scot/publications/democracy-matters-community-ideas-future/>

Case Study Campsie Writers Group

Campsie Writers Group continue to grow after a busy year they have joined Scottish Association of Writers. They were successful in their application to the Community Grants Advisory Council and they plan to use the funds to publish a booklet for the community of local stories. The group are working on a small project gathering peoples stories about their lives, at Whitefield Lodge and in the local community. Muriel Connell is gathering stories at Whitefield and the group are open to the community to share their stories. When the project is complete the booklet will be FREE to the community.

The group has some guest speakers and offers workshops in creative ways to write. For example they bring along a story and an item, perhaps a picture, a mini autobiography. The group plan to put together a programme but at present they work from month to month. They are keen to develop for the community and are open to all of East Dunbartonshire. What you will find at Campsie Writers Group is participation with respect, with candour, and wholehearted enthusiasm.

Three group members (authors) have published booksCongratulations to Anna Fisk, Gordon Waugh and Claire Miller. The group has had a good year, and to go into 2019 with new enthusiasm.

Gordon Waugh



Claire Miller

EDVA has continued to support the group with guidance and information and will continue to offer support during 2019 with training needs for the committee, guidance with sourcing funding to assist with the printing of booklets for the above project. If you are interested in joining the group in 2019 come along and enjoy. The first meeting will take place on Monday 7th January 2019. They are an informal group where authors and prospective authors can share ideas and learn new skills. Meetings are held on the 1st and 3rd Monday of each month from 1.30 pm to 3.00 pm.

To book a FREE place please contact :

Lennoxton Library : Tel. 0141 777 3151

For more information call 074 9373 5313

EVERYONE WELCOME



It has been a very interesting and busy year with many clients, donations, new volunteers and interaction with lots of community organisations keeping everyone busy. **Assistant Foodbank Manager**—It has been great to have Kirsteen Huddy join the team as Assistant Foodbank Manager. Kirsteen is in the Kirkintilloch Foodbank Centre Monday, Wednesday and Friday and this really helps with continuity of service and signposting to other agencies.

Vouchers—Citizens Advice Bureau again issued many of our vouchers but an increasing number have been issued by other agencies we partner with. We have about 97 referral agencies, which includes all the primary schools in East Dunbartonshire. This year we now have quite a few referral agencies in G21, as a lot of the clients who use the service at Auchinairn come from Glasgow.

Donations of food—From 1st April 2017 until 31st of March 2018 we have received 55,031kg in food donations and distributed 54,599kg. We have just started to collect from Asda Bishopbriggs. All the major supermarkets locally have a donation box for the Foodbank now. We also receive a lot of individual donations and some from local businesses and a lot of the schools have donated a large amount of food to us. We had a great collection at The Highland Fling race this year, competitors brought food as part of their entrance to the race, we collected a lot of food. We receive end of day food from Tesco on a Sunday night and Sainsbury's and Marks and Spencer's also give us end of the previous day's food on a Monday, Wednesday and Friday so we have plenty of bread to give out to clients and sometimes fresh fruit and vegetables. Just started is end of day food from Lidl on a Wednesday and Friday.

Volunteers—There are a large number of volunteers (approx. 80) who help with the running of the Foodbank, some from KBC, some from other Churches and a lot of people from the local community who feel they want to support the Foodbank by helping folks in a crisis situation. The Foodbank only runs smoothly because so many people give freely of their time to help and I am incredibly grateful for their hard work and dedication.

Foodbank Centres - Our main Foodbank Centre in The Upper Room runs 3 afternoons a week Monday, Wednesday & Friday from (2pm until 4pm) and generally can have between 8 to 20 clients each afternoon. Milngavie centre running out of St Joseph's is open for a short while on a Sunday (12.45pm until 1.30pm) and on a Friday afternoon(2pm until 3.30pm) with about 4 clients each week. Auchinairn now runs out of the new Colston Well Park Church on a Monday, Wednesday and Friday from (2pm until 4pm) with about 4-6 clients a week. Lennoxton centre runs out of Campsie Memorial Hall on a Wednesday morning (9.30am until 11am) and has about 2-3 clients a week.

Warehouse - The warehouse is open Monday, Wednesday and Friday (1pm until 4pm) and is a great place to drop of donations. The warehouse teams do all the behind scenes work of sorting the food and packing it.

Statistics - Since April 2017 until March 2018 the Foodbank have fed 4544 people with a third of that number being children. This is a massive rise of 22% on last year's figures. From the figures previously mentioned of the weight of donations, we always manage to have food to distribute but it is very marginal, most months we give out more than we take in, we do have surplus stock so we always manage to cope. A final thanks to all the volunteers, whether it is at the Foodbank centres, the warehouse, supermarket uplifts or with administration. The Foodbank would not operate without them all.



Volunteering is good for you

Well, it turns out, volunteering is not only good for your community but it's good for you too, it makes you happy helping others. So, if you've got some spare time on your hands in the new year 2019 why not give it a go?

Here are some reasons why you should think about volunteering:

- great for your **mental health** and has been shown to help with depression. Taking time out from your own stresses and problems to help others can really lift your mood.
- relevant **work experience** on your CV is becoming more and more important for getting a job. Volunteering is great work experience. Most employers count volunteering as practical work experience.
- enables you to learn **new skills**, put those you have already learnt into practice and get great references too.
- one of the best ways to **make new friends** and future contacts for work is volunteering.
- allows you to help **make change** in something you are passionate about while connecting with your community and making it a better place. That sense of satisfaction you get when you know you are part of something that's making a difference is priceless.



So, no more excuses! Get in touch with us and find out what type of volunteering opportunities there are in East Dunbartonshire. Email: info@edva.org Telephone: **0141 578 6680** or have a look on our facebook page.

Social Enterprise—Pop up Shop



A "pop-up shop" is a short-term, temporary retail event that is "here today, gone tomorrow". Pop-up retail is the temporary use of physical space to create a long term, lasting impression with potential customers. A pop-up shop allows you to communicate your brand's promise to your customers through the use of a unique and engaging physical environment while creating an immersive shopping experience.

Budding businesses are being given the chance to trade in the town centre, with a mix of products on offer. There is a variety of

local artists occupying the shop offering everything from greeting cards, jewellery, handmade kilts to glass and oil paints.

Pop-Up Shop Kirkintilloch is taking place between **26th November until 16th December** - aimed at boosting the town and encouraging new enterprises with the proviso that the shop may run for an additional week if resources allow.

The project is also a great opportunity for people to visit Kirkintilloch town centre so please come along to view the products and show support. We hope your time in the shop is a good experience that may encourage others to come along. The venture is supported by East Dunbartonshire Council and Business Gateway.



**Volunteers
Required to help out**

**On
Tuesday 25th
December**

festive LUNCH

SMITHS HOTEL – KIRKINTILLOCH

12PM-4PM

ALL WELCOME

It's that special time of year again and we are looking to put the fun back into festivities for individuals and families who may be on their own and would like some company in Christmas Day. Silver Stag are hosting a Festive Meal at the Smith Hotel, Kirkintilloch, from 12pm—4pm. You are invited to join us for this free day of company, entertainment and food. Transport to and from the venue can be provided.

If you would like more information or to register interest please call 0131 555 9102

Tuesday, December 25th

www.silverstag.scot



**Generations
Working
Together**



ALDI Offering Local Organisations Opportunity to Receive Surplus Food for Christmas

ALDI is offering local Organisations the opportunity to receive surplus food from the stores on the afternoon of Christmas Eve. As ALDI stores will close at 5 PM Christmas Eve until 27 December, they will have a variety of good quality surplus food products at the rest to redistribute in support of less fortunate individuals and to prevent food going to waste.

ALDI is unable to deliver products so it would be essential that your organisation is able to collect. They will expect a level of food available to vary, however, estimations of around 20 to 30 crates will be expected from each store. Contact ALDI with the following details:

- Charity/group name
- Main contact
- Main contact telephone
- City/town
- Store postcode which you wish to collect from
- Types of products that you wish to collect

Contact: Nicki Monaghan. Energy and Environment Team ALDI Stores Ltd, Holly Lane, Atherstone CV9 2SQ Tel : **01827711800**



This Start-Up Guide for Participation Groups in Scotland will help health and social care providers, service users, carers, communities and members of the public who want to establish a Participation Group. The guide includes advice on how to ensure the group is properly representative; the key steps that should be followed in the early stages of establishing the group and holding meetings; and practical tips for maintaining momentum. It also includes templates and example documents to help groups to prepare terms of reference, agree roles and responsibilities and keep an accurate record of meetings.

A Participation Group is a public or community-led group that can be linked to a particular health and social care topic, service, organisation or geographical area. Ideally, it will involve a good mix of people that reflects the diversity of the community. Members provide a public, service user or carer perspective on the health and social care services that are offered to the community. It is good practice for health and social care staff to also be part of the group, as this will enable service providers and users to work together.

An example of a Participation Group is a Patient Participation Group which is a patient-led group linked to a General Practice. Here patients and practice staff work together for the benefit of the practice and the population it serves.

Involving communities and the public is a very important part of improving the quality of services provided within the health and social care sector.

Effective public involvement can:

- act as a driver for change and improvement in policy and services
- help improve the health and wellbeing of participants, and
- help strengthen public confidence and accountability in health and social care

For further information in getting involved click the link here:

http://scottishhealthcouncil.org/patient_public_participation/participation_groups.aspx#.XAD5EvZ2uM9





This is Rank's small funding stream for UK registered charities and recognised churches which are raising money for projects where the total cost is less than £1million. It funds projects for which the mainstay is capital costs

(building work, refurbishment or the purchase of long-term equipment) or a one-off short-term activity (such as an annual respite break or holiday for disadvantaged young people). You must have already raised a third of the total costs.

Application forms are available on the website. There are separate applications for capital costs and short breaks. Exclusions—They will not support projects that are for the benefit of only one ethnic or religious group. Facilities must be open to the wider community.

Notes on award amounts: They do not publish deadlines or maximum amounts as this is dependent on the number of applications they receive. The most commonly donated amount is £1000.

Website: <http://rankfoundation.com/pebble-grants/> **Email:** contactus@rankfoundation.com

Phone: 020 7834 7731

THE RUSSELL TRUST

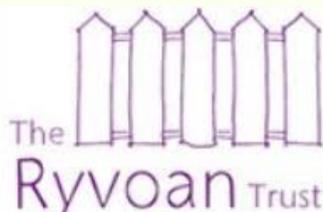
The trust usually supports specific services or projects and prefers to give start-up grants for new initiatives. Grants are usually one-off and average £2,000.

Fund status: Open Minimum award size: £250 Maximum award size: £30,000 Average award size: £2,000 Type of funding: Grant, Source of fund: Trust/Foundation Type of cost: Capital, Revenue,

Website: No fund specific website

Email: russell.trust@tullisrussell.com

Phone: 01592 753 311



Grants are given to support projects, mostly in Scotland. There is an emphasis on supporting organisations that support children from "tough realities" and supporting adults with physical or mental challenges. The Trust awards around 20 grants per year

Fund status: Open Minimum award size: £2,000 Type of funding: Grant, Source of fund: Trust/Foundation Type of cost: Capital, Revenue, Next deadline: 07 Jan 2019

<http://www.ryvoantrust.com/about-the-ryvoan-charitable-trust/>



Community Capacity & Resilience Fund

With investment from Scottish Government, this fund gives local community-based organisations, with an income of £250,000 or less, the opportunity to test out new, creative approaches, develop their workforce and add capacity all with the aim of having a preventative impact on communities, help combat welfare reform, poverty, social inequalities, promote social inclusion and support partnership working. The fund can award grants of between £1,000 and £10,000 to eligible third sector organisations to deliver projects/activities that support individuals and communities to mitigate the impact of welfare reform and poverty. This could be to deliver new services or approaches; to expand delivery of existing services to meet increased demand or to develop your workforce.

The Community Capacity and Resilience Fund opened for Phase Four applications in Autumn 2018.

Contact: Irene Connelly, SCVO Tel: [0141 465 7537](tel:01414657537) Email: capacity@scvo.org.uk



Ferguson Bequest Fund The principle activities of the fund are the provision of grants for the maintenance and repair of church buildings throughout Scotland with priority to churches in the west and south west of Scotland. Support is also given for new initiatives . Fund status: Open Minimum award size: £1,000 Maximum award size: £15,000 Average award size: £4,600

<http://www.clydeserver.com/ferguson/welcome>

Sir Iain Stewart Foundation The fund has broad purposes, but favours children, older people and small, local projects. Fund status: Open Minimum award size: £150 Average award size: £500 write to **The Bond House, 5 Breadalbane Street, Edinburgh**

Thomas Wall Trust Funds small charities (under £100,000 p.a.) running specific projects that address the educational and social needs of their communities. Grants were made to assist individuals wanting to break through the barriers in their lives and life chances. Fund status: Open Maximum award size: £1,000 Average award size: £627 Type of funding: Grant, Source of fund: Trust/Foundation Type of cost: Capital, Revenue, Next deadline: 31 May 2019



<https://www.thomaswalltrust.org.uk/contact-us/#contact>

The Anton Jurgens Charitable Trust The aim of the charity is to alleviate suffering by making grants to charitable organisations that try to help those who are vulnerable in our society. Grants awarded in Scotland in 2013 included: Geeza Break - £2,000; 3D Drumchapel - £2,000; Fund status: Open Average award size: £3,000



<https://antonjurgensfonds.nl/en/applications/ajct/>



Henry Duncan Grants

The Henry Duncan Awards supports grassroots charities in Scotland with an income of less than £500,000 which are delivering programmes or services clearly focused on improving the quality of life for people who are disadvantaged. There is particular Fund status: Open Maximum award size: £7,000 Average award size: £4,500

<https://www.corra.scot/grant-programmes/henry-duncan-grants/>



is funded through the Scottish Children's Lottery. They support projects and activities in Scotland, with the aspiration of alleviating the impact of poverty or financial hardship, social exclusion, relative/multiple deprivation

Fund status: Open Maximum award size: £50,000 Average award size: £14,716

<http://www.chancetoflourish.co.uk/apply-for-funding>



will donate food free of charge which may include fresh food (within their use by date), that is fit for human consumption to charity. The programme has been running successfully in a number of stores and Sainsbury's now wish to expand...



RANGERS
CHARITY
FOUNDATION

They make in-kind donations to charities, community groups and other worthwhile causes worth thousands of pounds every year. Donating tickets, tours, signed merchandise and souvenir packs can make a huge difference to local fundraisers.

<https://www.rangerscharity.org.uk/>

The W M Mann Foundation General charitable purposes, typically organisations based in Scotland and within the fields of music, the arts, education, medical research and care etc. The foundation is gradually withdrawing its funding to medical research and arts oriented charity

Fund status: Open Minimum award size: £250 Maximum award size: £10,000

Email: mail@mwmanngroup.co.uk

Telephone: 01412484936



Home Energy Scotland are happy to come along to any future events you may be having or if you would like them to run a workshop for you please do not hesitate to get in touch.

Energy Efficiency Workshop—The energy session will be around the things people can do at home to reduce the amount of energy (electricity and heating) used at home. From basic things like don't leave appliances on standby to advice on insulation. The workshop is part of the support available through Home Energy Scotland, a programme fully funded by the Scottish Government to help people to adopt low carbon behaviours and tackle climate change. Also there is funding available to make improvements at home (e.g. insulation, installing an efficient boiler) and as part of the workshop we will inform people on this scheme. **Our support is all free of charge and impartial.**

Water Efficiency—Home Energy Scotland is working in partnership with Scottish Water to help thousands of households save water, energy and money every year. With energy bills increasing, simple things that we can do every day to conserve our water, and the energy we use to heat it, can have a positive impact on the environment.

Around one fifth of the average household's heating bills are spent on heating water. Using water more wisely can help keep energy bills down.

Home Energy Scotland | 72 Charlotte Street | Glasgow | G1 5DW

Phone 0141 303 3131 | Mobile 07989 692 656 | Freephone 0808 808 2282

<http://www.energysavingtrust.org.uk/scotland/home-energy-scotland>



Lunch Clubs Update

Our lunch clubs in Kirkintilloch and Auchinairn continue to prove popular thanks to the good work of our volunteers. However, there is an opportunity to expand numbers within these groups, and we are therefore able to offer places at all three of the venues. So if you know of anyone who would benefit from a hot meal and good company, please contact Pauline on **0141 345 0432**, to book a place. All new members will be made most welcome.

Lunch clubs operate on the following days:

Whitehill Crt, Kirkintilloch

Monday, Wednesday and Friday

Lammermoor Gardens, Kirkintilloch,

Tuesday and Thursday

Auchinairn ELCC, Auchinairn

Monday and Friday



EDVA (East Dunbartonshire Voluntary Action)

T: 0141 578 6680 E: info@edva.org



East Dunbartonshire VoluntaryAction



<https://twitter.com/EastDunVA>

This document can be made available in different format if required.

Just contact us through any of the above.

Registered Scottish Charity No. SCO42983