



GREEN HALLS EVENT

**Findon Hall, Culbokie, Black Isle
23rd March 2015, 12 – 2.30 p.m.**

Are you looking to make your community hall warmer? If so, Home Energy Scotland in partnership with Rural Direct invite you to their Warm Green Halls event to hear how others have done it and the benefits it brings.

On Monday 23rd March, four community halls will be sharing their story about how they installed a particular renewables technology in their hall and what they learned.

Each hall has chosen a different technology - Findon Hall has installed biomass; West Church Hall Cromarty, an air source heat pump; Hilton Church, solar thermal; and Ardross Hall, a ground source heat pump.

Come along to see Findon Hall's biomass heating system and energy efficiency measures first-hand; and hear from the other three halls about the benefits of installing their particular type of renewables technology.

To register for this event:

- Email your details to jane.ferguson@hi.homeenergyscotland.org
(this is an amended email address - do not add .uk at the end of it.)
- The first six halls to register will receive a donation to hall funds
- Lunch will be provided

For more information on the Green Network for Business and community hall case studies please visit:

<http://www.resourceefficientscotland.com/green-network-businesses>



RURAL DIRECT PROJECT VISIT LOCH TORRIDON COMMUNITY CENTRE

Date: 1st April 2015 – 2nd April 2015
Venue: Loch Torridon Community Centre, By Achnasheen, Ross-shire, Torridon, IV22 2EZ.
Contact: Richard Nisbet,
E-Mail: Richard.Nisbet@scvo.org.uk
Phone: 0141 559 5015

Participants will arrive at Loch Torridon the evening before the project visit (1st April) in time for a meal hosted by Rural Direct. This will be a chance for people to meet up and share hopes and expectations for the trip.

Overnight accommodation and breakfast will be provided.

The project visit will take place the following morning (2nd April) and include a tour with a Q&A session. This will be followed by an opportunity to share ideas and experiences and make connections, and finish with a networking lunch.

Loch Torridon Community Centre acts as a focal point for the local community and visitors to the area as well as being a modern multi-purpose facility offering: A venue for weddings and functions; exhibition & gallery space; conference & business centre; sports & fitness; tourist information; live entertainment & licensed bar.

Book your place now! Event cost is free and aimed at people from rural organisations and community groups.

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As a new social entrepreneur, your leadership will be critical to the initial success of your organisation. This one-day programme is an ideal introduction to leadership.

LOCATION:-Inverness

DATE: 26 March 2015

TIME: 10am - 4pm

DURATION: 1 day

CONTACT: Donna Petrie

EMAIL: donna@socialenterprise.academy

TELEPHONE: 0131 243 2675

PRICE:-No Cost

This programme will give you the space to work with peers at similar stages of development and develop confidence in your understanding of leadership as you prepare to start your social enterprise.

During this programme you will:

- Understand what is meant by leadership and the key responsibilities of a leader
- Strengthen your understanding of key traits within a good leader
- Reflect on your own strengths as a leader and areas of development
- Engage with leadership theories and apply them to your role and organisation
- Commit to an action plan for your own leadership development

Who is this programme for?

This programme is for individuals who have just started or are interested in starting a social enterprise and expect to be in a new leadership position.

Cost

Through the support of Just Enterprise, we are able to offer this programme at no cost to learners.

**CLOCKS GO FORWARD
29th MARCH 2015**



Royal Mail Postal Price Increase

Nearly all prices are changing from Monday 30 March. Here are the main new ones; for details of all sizes and services see www.royalmail.com/prices-2015

Letters up to and including 100g

* 1st class: 63p (up 1p)

* 2nd class: 54p (up 1p)

Large letters up to and including 100g

* 1st class: 95p (up 2p)

* 2nd class: 74p (up 1p)

Postage stamps which say only 1st or 2nd, without a money amount, are called non value indicator (NVI) stamps and can continue to be used for that class of post even if they were purchased at a lower price. Martin Lewis, well respected founder and editor of the Money Saving Expert website, recommends stocking up on NVI stamps if you are likely to need them – see <http://tinyurl.com/6uxlzye>.

Small parcels

* 1st class up to and including 1kg: £3.30 (up 10p)

* 2nd class up to and including 2kg: £2.80 (no change; the promotional price of £2.80 was supposed to end 29 March but is being continued)



VG-ES INVOICES

Due to the high cost of postage, VG-ES will endeavour, where possible, to send out invoices for services provided, by e-mail. If you require a receipted invoice marked paid and signed by a staff member; please enclose a stamped, self-addressed envelope with your payment. Thank you for your help with this.

Payment by BACS is possible and if you would like to pay this way, please contact Liz who will provide you with the necessary VG-ES bank details.

LOOKING FOR VOLUNTEERS?

Is your organisation looking for volunteers?
Are you thinking of developing a
volunteering opportunity?

VG-ES now has access to a database of
volunteering opportunities and would like
to add any East Sutherland based voluntary
opportunities. You can register your
volunteering opportunity with us and we
will advertise this through our local site.

For further information and to register
please contact Scarlett –
scarlett@vges.org.uk or
☎ 01408 633001



Find funding for your charity, community group
or social enterprise using their free online
search engine.

From small grants to funding for big capital
projects, you can track down the funding you
need to make a difference in your community.
There are over 900 records of funds which
help Scottish projects.

www.fundingscotland.com



**STATIONERY AVAILABLE
FROM VG-ES**



**For members only we can offer very competitive
rates on stationery supplies. For example:**

- DL Window/Plain Self-Seal Envelopes for 2p each
- C5 Self-Seal Envelopes for 5p each
- C4 Self-Seal Envelopes for 8p each
- Box of 100 Punched Plastic Polypocket files £3.00
- Correction Mouse Rollers – 60p
- Ream of A4 Paper - £3.60



- Single-sided A4 Black Copies – 5p each
- Double-sided A4 Black Copies – 9p each
- Single-sided A4 Colour Copies – 25p each
- We also do A5 flyers & A3 Posters!

And lots more..... Contact Liz for a quote!

EAST SUTHERLAND COMMUNITY CARE FORUM

ESCCF represents local Service Users and unpaid
Carers in East and Mid Sutherland. The Forum
seeks to be able to contact unpaid Carers to find
out what support would make a difference to their
lives and to advise them of what help is available.

FRIENDS AT HOME SERVICE - VOLUNTEERS NEEDED

Are you able and willing to give a little of your free
time to help an individual who is lonely or isolated
through a long term physical or mental illness or
who has become immobile due to lack of
transport?

For more information please contact Isobel
Murray, Development Worker, email
isobelesccf@yahoo.co.uk or mob 07907595962

VG-ES Easter Holidays

**Closed Friday 3rd & Monday 6th April
2015**



**Available to
VG-ES
Members**

**Advice and information on:-
Sources of Funding**

Constitutions

Charitable Status

SCIO's

Company Limited by Guarantee

Training Courses

Volunteering



- Use of our MEETING ROOM with OHP, SLIDE PROJECTOR, POWERPOINT PROJECTOR, LAPTOP COMPUTER & SCREEN, TV/VIDEO FACILITIES. To book the room or to borrow equipment, please phone Liz for details at VG-ES ☎ 01408 633001.
- Use of our SMALL SOCIETIES LOTTERY LICENCE for 'printed ticket' raffles.
- STATIONERY FOR SALE at reduced rates: e.g. envelopes, copier paper and card (white and coloured), Plus an ordering service – stationery, sundries & office equipment.
- Use of PAPER SHREDDER – discreet disposal of unwanted documents.
- DIGITAL PHOTOCOPIER Copies in **Black & Colour** Improved quality reproduction, enlargement, reduction and overlay facilities. Double sided document feeder, and collating facility which sorts multi-page documents.
- TYPING and computer printing in a variety of styles plus graphics for posters, leaflets, letter heads, etc.
- RING-BINDING of booklets using either wire or plastic combs or slide binders.
- Use of FLIP CHART AND STAND.
- Use of FAX MACHINE – 05601 146813
- Loan of notice boards for temporary displays.
- Use of ADVERTISING space in the Northern Times for fund-raising activities and notify MFR Community Events.
- Scanning to PDF or JPEG formats.
- Laminator - We can laminate documents for you such as, posters, identity cards or important papers you wish to protect.
- LAPTOP, DIGITAL PROJECTOR AND SCREEN FOR HIRE. Please contact VGES for details of terms and conditions for use.

- DISCLOSURE SCOTLAND – VG-ES is registered with the Central Body in Scotland (CRBS) to sign PVG applications for potential staff and volunteers who will be working with children or vulnerable adults.
- INDEPENDENT EXAMINATIONS for Receipts and Payments Accounts for organisations with charitable status. The charity must be a trust or unincorporated association established/registered in Scotland and meets the eligibility criteria. There will be a small fee for this service and an engagement contract to sign. For further information contact Christine at VG-ES.
- EVENTS CALENDAR – advertise your forthcoming event on the VG-ES website. E-Mail info to contact@vges.org.uk

For further details phone us on 01408 633001 or call in to the VG-ES Office, Alba, Main Street, Golspie.

MEMBERSHIP OF VGES FOR 2015

The annual membership fee for 2015 remains at £10 for groups and fell due in December. If you have not already renewed your membership, we will e-mail you a membership request separately.

Membership is open to all Voluntary and Community Organisations who operate in the East Sutherland area.



The next issue of this Newsletter will be

June 2015

Please send information to be included by the end of May 2015 to:

**VG-ES, Alba, Main Street, Golspie,
KW10 6TG**

Tel: 01408 633001 Fax: 05601 146813

Or email your information to: liz@vges.org.uk

VG-ES is a Company Limited by Guarantee

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**Registered Office: Alba, Main Street, Golspie, Sutherland,
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