

VOLUNTARY GROUPS EAST SUTHERLAND



THE GORDONBUSH PROJECT

A locally funded and delivered apprenticeship scheme designed to support businesses and young people in the communities of Helmsdale, Brora, Golspie and Rogart.

FOR BUSINESSES, the scheme can provide financial support to help cover the costs associated with apprentices, including contributions towards wages, equipment, travel expenses etc. Businesses can also use the scheme to access various forms of practical assistance. For example, making sure the appropriate policies, procedures and documents are in place before committing to hiring an apprentice.

FOR YOUNG PEOPLE, it offers an opportunity to gain the skills, qualifications and experience they need to work in their chosen field without having to leave the area.

FOR LOCAL COMMUNITIES, the scheme will encourage the expansion of local businesses and growth in local economies. It is hoped that by providing opportunities for work and training the scheme will support young people to stay in the area - keeping their skills, creativity and enthusiasm here in East Sutherland.

Want to know more? Contact Voluntary Groups – East Sutherland for further details.



A Date for your Diary!

Community Empowerment Bill

Road Show

8th September in Lairg.



Reducing the risk of homelessness amongst Eastern European women project

Caithness & Sutherland, Ross shire and Lochaber Women's Aid have launched a new project funded by the Big Lottery Fund, focused on working with women from Eastern European communities in the Highlands.

The new project aims to raise awareness amongst the Eastern European community of services available and to provide emotional and practical support for women to help combat homelessness as a result of domestic abuse.

This project recognises the specific barriers that women from Eastern European communities face and hopes to make the services offered a lot more accessible and sensitive to their cultural and language requirements. The support workers, who speak specific languages, provide wide range of support include information on women's rights, liaising with other agencies, advocacy, group support or assistance in finding safe place for them and their children.

Eastern European Women and Agencies across Caithness & Sutherland wishing to get in touch with the Support Worker allocated to the area should phone 0746 791 8503 (Tuesday-Friday). Alternatively, they can phone Caithness & Sutherland Women's Aid on 0845 408 0151

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Dornoch Firth Group (DFG) – working in your local community

If you're reading this somewhere in Sutherland, then I hope you've heard of us! Whether you know of the work of the Dornoch Firth Group (DFG) Bridge Project, or not, please read on and find out a little more about us.

We've been working in local communities around the Dornoch Firth -out as far as Rosehall, Dornoch, and up to Brora- since 2009, when a group of like-minded people from local churches got together to set up the organisation, whose stated aims are to:

- enable people to become integrated members of their communities through positive messages of respect, the development of life skills and the enhancement of individual self-esteem in a safe environment.
- to assist those in need by developing strategies to respond to that need, using local resources and the whole community.

The DFG gained independent charitable status in 2011 and has been engaged in community outreach, employing a community outreach worker and an assistant community outreach worker (youth) to deliver positive outcomes locally. We have around 50 dedicated volunteers who perform a variety of roles, sometimes more than one. We are 'local people, helping local people'.

Amongst the initiatives we run is the '**Natter 'n' Nosh**' lunch club, which gives people a chance to socialise over a freshly prepared hot meal. Currently operating from the Dornoch Social club once a month, we regularly welcome 25 to 30 diners, who are keen to share the craic over some tasty food and drink. This group is open to anyone to attend and provides a 2 course meal for a modest cost. The group will be reconvening in September, so look out for details locally, or get in touch.

'**Good Morning Sutherland**' volunteers deliver a cheery phone call each morning to check on more vulnerable members of the community who welcome the interaction. Our clients value this positive contact which connects them with others in the community, whilst checking all is well. This is a free service, and can be delivered flexibly to suit people's needs. If you feel you would benefit from this service, or know a friend or relative who may benefit, do contact us.

Common Ground is a social and activity group for adults with learning disability. The group meets weekly

for a couple of hours on a Wednesday evening (in term time) to chat with friends, enjoy crafts and baking, or some games, and generally chill out with a drink and have some fun. This is a lively, active, and engaging group that welcomes newcomers and enjoys being out and about in the community. We are currently looking for new volunteers, and need people who can drive a people carrier to join our driver's rota, as well as people who would enjoy running a craft or cooking activity, or anyone who enjoys socialising with a lively group.

We also run 2 **youth projects** locally, and have been involved in a variety of intergenerational work over the years, some of which is now operating independently. There are always new projects to work on, and there are some exciting developments coming up in the next 12 months. If you would like to be involved in this stimulating and dynamic community outreach project, then do get in touch to discuss how we can make the most of your skills and your time. Whether you have a few minutes a day or a few hours a month, there is something you can be involved with, whatever your age. If you know someone who might benefit from one of the projects, or would like to discuss any aspect of the work we do, please get in touch.

dfgoutreachworker@outlook.com

07810 013709

Free networking event at BBC Glasgow

UK wide communications charity [Media Trust](#) is running a free charity-networking event at BBC Glasgow on the 17th June.

The event is a fantastic opportunity for charities to meet with media and communications professionals that may be able to with marketing; PR; journalism; filmmaking and all on a voluntary basis.

The event is an informal but structured session, providing all participants with the opportunity to speak to all of the professionals present. Charities gain on the spot advice as well as longer term volunteer partnerships.

It will run from 11.30am - 1pm at BBC Glasgow on Pacific Quay with lunch provided for.

If you would like to attend please email Sam Gillett - samg@mediatrust.org or call 020 7871 5658

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
- Ream of A3 Paper - £6.00



- 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!

DISCOVER THE CARNEGIE STORY TRAIL

Ledmore & Migdale Woods
Saturday 27th June 2015
from 2pm until 5pm

Join the launch of a NEW Geocache story trail (including some Geocoins with a secret mission!)

Meet Carnegie award-winning author Theresa Breslin, creator of the 'Legend of Ledmore & Migdale' and Andrew Carnegie who will make a guest appearance!

GPS units for hire for the event plus experienced Geocachers on-hand to help.

Light refreshments including some bespoke CARNEGIE CAKES, arts & craft activities, toilets.

No booking required and suitable for all ages.

Meet at Torroy. From the A949 in Spinningdale, take the minor road sign posted to Migdale. Parking is 0.6 miles on the right (IV24 3AD)

Victim Support Scotland

Following the introduction of the new Victims & Witnesses Act 2014, Victim Support Scotland is delivering training on victim awareness and the new legislation.

For more information visit their website: www.victimssupportsco.org.uk/page/training.cfm or contact Iona Robertson 0131 662 5411



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.



VGES STAFF ANNUAL LEAVE
Please note that over July & August VG-ES may be operating a reduced service at times. Please get your requests for office services in as early as possible. Thank you.

The next issue of this Newsletter will be

September 2015

Please send information to be included by the end of August 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

Registered in Scotland No. SC154183

Scottish Charity Number SC001528

**Registered Office: Alba, Main Street, Golspie, Sutherland,
KW10 6TG www.vges.org.uk**

