



Ross-Shire Voluntary Action Newsletter November 2019

**TAKE ON ONE OF OUR OVERSEAS EVENTS – SET YOURSELF A CHALLENGE
AND RAISE MONEY FOR LOCAL SICK CHILDREN!**

CHINA TREK

8TH – 16TH MAY 2020

JOIN US AS WE JET OFF TO BEIJING TO EXPLORE THE GREAT WALL OF CHINA AND TO DISCOVER THE COUNTRY'S HIDDEN CHARMS, ASTOUNDING CULTURAL PAST, TRADITIONS AND MYTHOLOGY. TO TREK ALONG ONE OF THE SEVEN WONDERS OF THE WORLD IS AN INCREDIBLE EXPERIENCE AND ONE THAT WILL STAY WITH YOU FOR A LIFETIME. THIS CHALLENGE IS IDEAL FOR THOSE WITH A PASSION FOR HISTORY AND A SENSE OF ADVENTURE.




**Friends
of the
Neonatal
Unit**



**THE ARCHIE
FOUNDATION**

**MAKING THE DIFFERENCE
FOR LOCAL SICK CHILDREN**

FOR MORE INFORMATION, PLEASE CONTACT:
EMILY.FINDLAY@ARCHIE.ORG

WWW.ARCHIE.ORG



Vacancies



Groom House Museum needs a Treasurer!

**Good with money?
Groom House Museum is looking for a Treasurer to manage its accounts.**

We are a small museum with a big reputation and lots of exciting plans for the future. We are looking for an enthusiastic person to join our small team.

Ideally you will have experience of being a treasurer to another Voluntary group, and will be familiar with computer accounting packages or spreadsheets.


The role is a voluntary one, and as a Trustee of the organisation, you will sit on the Board of Trustees. You will work with the other Trustees to set a budget for the year and will be responsible for making payments and keeping financial records.

Others in the organisation handle routine banking of donations and retail sales.

If you'd like to know more pick up a pack here or contact our Secretary doug_maclean@groomhouse.org



Groom House Museum, High Street, Rosemarkie, IV10 8UF. Registered Charity no. SC 004435
www.groomhouse.org.uk. Follow us on Facebook and Twitter @GroomHouse.



VOLUNTEER BOOKING/RECEPTIONIST

Location: Ross-shire Voluntary Action Offices, Dingwall.


We are looking for someone to help with the running of our busy car schemes, take telephone bookings, record the details, liaise with our volunteer drivers through email/phone.

A pleasant telephone manner is more important than I.T skills as full training will be given.

Ideally you will be wanting to volunteer for several hours a week and keen to be part of a busy and friendly team.

The position may suit someone wanting to gain experience, increase their office skills, or just fill their time.

Interested? Please contact:
Ross-shire Voluntary Action
Thorfin House, Bridgend Business Park, Dingwall IV15 9SL
Tel: 01349 862431 email: rva@rossvolact.org.uk
charity No SC006582




canal college



RECRUITING NOW

Book your place - contact us today

07849 628897

ben.stott@keepsotlandbeautiful.org

Over 16? Not working or in full-time education?

Join our unique **FREE** heritage skills training programme at Muirtown Basin, Inverness.

Learn new skills and earn qualifications in the outdoors. Tues & Weds for 14 weeks.



Traditional stonework repairs



Archaeology

SKILLS	QUALIFICATIONS & AWARDS	EMPLOYABILITY
<p>Learn new skills in -</p> <ul style="list-style-type: none"> Archaeology Forestry Canal Maintenance Stonework Repairs Stone Carving Conservation Woodworking 	<p>Earn SQA qualifications –</p> <ul style="list-style-type: none"> Cultural Heritage Level 2 Working Safety Level 5 <p>Also –</p> <ul style="list-style-type: none"> John Muir Award Saltire Award Heritage Heroes Award Water Safety Certificate 	<p>Get help with –</p> <ul style="list-style-type: none"> CVs Job Interviews Application forms Building your confidence Enhancing your self-esteem

FREE TRAINING – WORK OUTDOORS – TRAVEL EXPENSES PAID



Gateway is an established charitable organisation which provides Outreach Care Support and Supported Accommodations across Highland communities. We currently have the following exciting career opportunities.

CARE AT HOME SUPPORT WORKERS REQUIRED for our Inverness Service

Do you want to work for a Care at Home Service that is different from the rest?

Our Care at Home Service is expanding and we are looking to recruit Care At Home Support Workers. At Gateway you will join a dedicated team of experienced staff where your work is recognised and valued by your clients and colleagues alike.

Working for us is an exciting opportunity where you will be making a real difference to people's lives by providing personal care and assisting with daily living tasks to promote independence and quality of life to our service users.

We pride ourselves on the quality of care we provide to our clients. This is possible through our commitment to our staff. We provide on-going training and professional development and staff are supported by a management team who are accessible and recognise the demands of the role.

We are looking for individuals who reflect our Core Values which underpin and form the foundation on which we perform our work:

- A 'people person' who can build positive, caring relationships with our clients, based on respect and understanding, regardless of age, background or support needs;
- Reliable, dedicated and able to meet the physical demands of the job;
- Enthusiastic to promote our service user's independence, choice, dignity and respect by delivery the very highest standards of care;

Applicants for these positions will preferably have experience in the field of providing support and personal care. However, our recruitment emphasises the right qualities of a positive, caring attitude and a willingness to be flexible in the delivery of care.

Whilst ideally you will have a qualification in Health and Social Care, Gateway will support our staff to achieve the necessary SVQ qualifications. You will be required to register with the SSSC. A full driving licence and access to your vehicle is necessary for the role, to travel between clients homes.

All posts require you to be a member of the Protecting Vulnerable Groups (PVG) Scheme and undertake the necessary vetting checks. Gateway implements an equal opportunity policy to promote diversity. We offer guaranteed hours contracts, paid training free uniforms and a pension scheme to eligible staff. Competitive rates of pay are offered on the basis of experience and qualifications.

For an Application Pack and further details, please contact Mrs Joanna Kennedy, Business Administrator, Harriet Tay, Service Manager or Sandra MacGillivray, Team Leader on Tel No: 01463 718693 or email to office@homelesstrust.org.uk.



Head of Clinical Services

Due to a planned retirement, Highland Hospice are looking for an inspirational and strategic Head of Clinical Services, based in Inverness, Scotland.

The role offers a fantastic scope leading a broad clinical services team and helping develop the strategy for the Hospice across the Highlands, partnering with external organisations as we develop new initiatives.

Closing date: Sunday 17 November 2019

For more information or to apply click [here](#)



Relief Removals Driver

New Start Highland offers the opportunity for a highly motivated relief Driver/Operative to join their professional Removals team in Inverness. You will work with commercial and domestic customers and provide a quality service to the general public as and when required. As a key member of the Removals team you will be a positive, solution focused, adaptable individual and will have an exceptional ability to relate to people, excellent organisational skills, a flexible approach and the ability to provide outstanding customer service. A licence to drive a 7.5T vehicle is essential.

Closing date: Wednesday 01 January 2020

For more information or to apply click [here](#)

Funding Opportunities



SCVO Cyber Resilience and Cyber Essentials Grants

SCVO will be opening another round of Cyber Essentials Grant Funding on 28 October 2019. This will run as an open call until March 2020, with applications being graded over the course of the period.

They have £100,00.00 available to support organisations gain this valuable accreditation and hope the timing of the new round will help organisations who are using the Scottish Cyber Assessment Service, as well as other who are generally interested in improving their cyber resilience.

For more information, [click here](#)



SHARED CARE
scotland

Shared Care Scotland - Short Breaks Fund, Better Breaks

Annual round now open. Funds of £1.1 million is available for distribution in 2020/21.

The programme provides 12 month grants to third sector organisations to develop and deliver short breaks projects and services for children and young people with disabilities (aged 20 and under), and their carers (adult and/or young carers). These can include breaks away, days out, and/or shorter, regular activities and sessions. The activities can be for the children and young people with disabilities, for their carers, or for families to enjoy together. Projects must be able to evidence how their activities will benefit both children and young people with disabilities and their carers, by providing a break from their normal routine. These breaks should increase opportunities for children and young people to engage in activities they enjoy, give carers a break from their caring role, and improve wellbeing for all involved.

Next deadline: 21 November 2019

To find out more please [click here](#)

FCC Scottish Action Fund

The FCC Scottish Action Fund offers funding to projects through the Scottish Landfill Communities Fund (SLCF). WREN will consider applications across all types of projects included in the SLCF Objects including: land reclamation, community recycling, public amenities and parks, biodiversity and historic buildings.

The Board objectives are for FCC Communities Foundation to fund environmentally-friendly projects which meet a proven community need, offer value for money and are sustainable. They expect projects to benefit the natural, social or built environment and make a positive impact on local communities.

For more information, [click here](#) .

Next Deadline: 27 November 2019.



Chance to Connect

The Chance to Connect society lottery forms part of the Scottish Children's Lottery, a fundraising initiative launched in 2016. Despite its name, the Scottish Children's Lottery is not just one lottery, but is actually made up of four individual society lotteries. Each lottery raises funds for a separate grant-giving charity that promotes the welfare of Scotland's children across a spectrum of good causes, from pre-school and study support, to employability and community engagement among the young.

Chance to Connect is one such charity and, alongside the other three, takes it in turn to be the designated society lottery promoted under the Scottish Children's Lottery on a weekly rotational basis. Chance to Connect's designated good causes are the beneficiaries of the funds distributed by the scheme. All four charities receive the same fixed percentage from the proceeds of the Scottish Children's Lottery, with each assured a guaranteed 30p from every £1 ticket sold.

For more information, click [here](#)

Training

Free training ageScotland

Love later life

10:00-15:30, Friday 15 November

Merkinch Community Centre, Coronation Park, Inverness, IV3 8AD

Do you work or volunteer with a community group or service that supports older people? Our free training day can boost your ability to include and support two key communities within the older population:

- People affected by dementia
- People who have served in the UK Armed Forces and their families

For details and booking email: veteransproject@agescotland.org.uk



**UNFORGOTTEN
FORCES**
Supporting Scotland's
Older Veterans



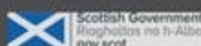
Highlands Roadshow

Join us for a cuppa, crafts and a conversation about **#MyFamilyMyRights** & the Scottish Government's Alcohol & Drug Strategy!

Fort William Wednesday 6th November 10am-1pm at DMAC Halls, The Parade, Fort William, PH33 6BA

Inverness Thursday 7th November 9.30am-12pm at The Spectrum Centre Theatre, 1 Margaret Street, Inverness, IV1 1LS

Wick Friday 8th November 10am-1pm at Pulteney Project, Huddart Street, Wick, KW1 5BA





9th Mental Health Conference

Compassion through the Years

Time/Date: 9am, Wednesday 6th November 2019

Venue: Macdonald Drumossie Hotel, Old Perth Road, Inverness, IV2 5BE

Book a place: <https://www.eventbrite.com/e/nhs-highland-9th-mental-health-conference-compassion-through-the-years-tickets-72385742705>

Programme includes:

- Opening address
Iain Stewart, CEO, NHS Highland
- Keynote address
Clare Haughey, MSP, Mental Health Minister
- NHS and 3rd Sector presentations
- Value Management in mental health
- ACUMEN drama group
- Posters and Stands

And more.....



Doors Open Day is the first chance to view the Fair Dementia Care film by Mike Edwards.

There will be the opportunity to meet the team and have some light refreshments.

Where: Athol Court, Dingwall

When: 11th November 2019

Viewing: 10 to 12

Refreshments: will be available

If you would like to attend please RSVP using the contact details below.

Gail Goller
ggoller@alzscot.org
07970784950

Please state any dietary or access requirements.

To sign up to the campaign today visit
www.alzscot.org/FairDementiaCare

Alzheimer Scotland - Action on Dementia is a company limited by guarantee registered in Scotland. Incorporated as a charity by the Office of the Scottish Charity Regulator. No. SC020951. 80 Dundee Street, Edinburgh EH1 1QG. 0131 243 1453. www.alzscot.org

The Courage of our Convictions

CATERING AND REFRESHMENTS PROVIDED!

A conversation about employing people who have offended.



Thursday November 7th | 4-7:30pm



Drumossie Hotel, Inverness

The Community Justice Partnership are inviting businesses throughout Highland to come along and hear about making a difference by employing people who have offended.



With contributions from guest speakers including...

- Gerry Ford** Director, Advantage (Mugshots)
- Darren Burns** National Recruitment Ambassador, Timpson
- Karyn McCluskey** CEO, Community Justice Scotland
- James Docherty** Community Justice Advisor with professional and personal experience of the justice system.

Register on **Eventbrite** courageconvictions.eventbrite.co.uk



Come along and be part of the conversation!



House of Memories dementia awareness training

Thursday 28 November 2019
Spectrum Centre, Inverness

9am registration, tea and coffee
Starting promptly at 9.30am, finishing at 12.30pm

Are you looking to support people living with dementia?

National Museums Liverpool (with support from High Life Highland) would like to offer you this very special training opportunity.

Join us for a free, half-day (3-hour) *House of Memories* dementia awareness training session that uses powerful videos to tell the personal stories of people living with dementia, and provides skills and resources for health and social care staff as well as museum professionals to help people to live as well as they can with dementia.

During the session, you will learn about:

- How to use memory resources to communicate with people living with dementia – to support and encourage the sharing of their life stories, and to help see the person not the condition.
- Memory activities and resources that are available from *House of Memories* – such as [memory boxes](#), [memory trees](#), and museum [memory walks](#).
- [My House of Memories app](#) – designed with and for people living with dementia and their carers – the app provides a free and easy way to share memories at home, in residential care homes, or any setting.
- The **Highland Memories app** content, with the opportunity to try it out.

This session is **free to attend**.

To book your place please email inverness.museum@highlifehighland.com or call 01349 781021 with your contact details.





Dyslexia Information Evening

Mon, 4 November 2019
18:30 – 20:00
Inverness

Open Information Evening by Inverness branch volunteers.

Drop in anytime between 6.30 and 7.45pm for a cuppa and a chat.

There will be a short presentation on 'The Addressing Dyslexia Toolkit for Parents' between 7.00-7.30pm.

To book a place please click [here](#)



Health Inequalities: Why bother?

Monday 4th November 2019, 10am – 4pm
Inverness (venue to be confirmed)

AIM: The aim of this course is to explore why tackling inequalities is everyone's responsibility, what works to tackle health inequalities and explore how to apply this learning in your own working practices.

Programme Outline:



Who should attend?

Anyone with an interest in knowing what works to tackle health inequalities and in making sure their working practice is health inequalities focused.

Course Fees:

This course is FREE to participants

How to apply:

To apply please complete the application form attached and return to high-uhb.healthimprovementtraining@nhs.net

For any enquiries contact: Sandra MacAllister – Sandra.macallister@nhs.net Tel: 01346 883792 or Valerie MacDonald – Valerie.macdonald1@nhs.net Tel: 01463 704875/ 704959

Information Session



Connecting Carers
A better life for unpaid carers in Highland

Join us in

DINGWALL

on Thursday
21st November

Know Your
Rights



Volunteer Opportunities—your chance to make a difference.



Black Isle Community Car Scheme

COVERS: (Cromarty, Balblair, Culbokie, Resolis, Rosemarkie, Fortrose, Avoch, Tore, Conon, Maryburgh , Muir of Ord, North Kessock)

- ◆ **The Volunteer time commitment is flexible & Training is provided**
- ◆ **Expenses paid to Volunteer Drivers & the Journeys are within your local Area**
- ◆ **Volunteer Drivers enable isolated members of the community to get out and about**

Volunteer Drivers Required

“It may just be another short trip for you-but it may mean so much more to someone feeling isolated in their community”

For more information about becoming a Volunteer Driver please contact:

**Ross-shire Voluntary Action on Tel no: 01349 862431 or
email: biccs@rossvolact.org.uk**

Tesco Food Collection

Volunteer at the UK's largest food drive to help feed people in need

When?
Thursday 21 November
Friday 22 November
Saturday 23 November

Where?
Tesco stores across the UK

What will you be doing?
We need volunteers to help collect food donations from customers in their local Tesco Store. In just 3 hours, you could collect enough food to make 600 meals!

Sign up now!
fareshare.org.uk

tescofoodcollection@fareshare.org.uk

Facebook: @FareShareUK
Twitter: @UKFareShare
Instagram: @FareShareUK

Registered charity number: 1100351

Blythwood 'shoebbox' appeal



ONE of a Ross-shire charity's biggest drives of the year is well under way in a bid to spread the joy of Christmas to thousands of people most in need.

Blythwood Care's Evanton headquarters will be a hive of activity between now and the turn of the year as volunteers coordinating the Shoe Box Appeal swing into action.

Lending her support is Highland MSP Kate Forbes who paid a visit to see the work now under way. She said: "I am delighted to help launch the Blythwood Shoe Box Appeal this year. It's a great initiative that has been running for years.

"It gives us all an opportunity to look beyond our own happy Christmases and give a gift to somebody in another country. These small gifts make a huge difference. It would be nice to see as many shoeboxes as possible once again this year."

Blythwood's 2018 Shoe Box Appeal resulted in 107,073 boxes being distributed in Albania, Bulgaria, Hungary, Kosovo, Moldova, Romania, Serbia and Ukraine.

Filled with useful gifts such as toiletries, sweets, stationery and small items of clothing, the boxes are given to low-income families, school children, hospital patients, people with disabilities and special needs, and to homeless people.

To get involved in Blythwood's 2019 Shoe Box Appeal, go to www.shoebboxappeal.org

or call 01349 830777.

Blythwood needs volunteers to help process boxes in Inverness, Evanton and Maryburgh.



Ross-shire Community Transport Partnership

Together we'll get you there



Drivers needed

Do you want to make someone's day?

As a volunteer driver you can help more isolated members of your community to get out and about.

If you have some time to spare, we would love to hear from you.

Telephone 01349 862431 or
email transport@rossvolact.org.uk
for more information



Could you help Syrian refugees learn English and integrate into Scottish society?

we.scotland.org.uk

- ▶ Are you friendly and sociable?
- ▶ Do you have skills/ time you could share?
- ▶ Would you like to gain experience working with refugees or English learners?

As little as one hour a week could make a huge difference. We are looking for volunteers to help across Ross & Cromarty and Inverness for any of the following and more!

- ▶ Cycling
- ▶ Cooking
- ▶ I.T.
- ▶ Walking
- ▶ Driving Theory
- ▶ Yoga/ Zumba
- ▶ Football
- ▶ Crafts
- ▶ General English
- ▶ Anything you can give!

Please contact Angharad Murray at:
amurray@wea.org.uk for more information.



Scottish Government
Registered no. 14-1000
gov.scot

The WEA is a charity registered in England and Wales
(no. 1112778) and in Scotland (no. SC239126)

WEA
Adult Learning
Within Reach

From Syria to Scotland



RAF Stories Big Weekend

Do you have any memories of the Royal Air Force? Whether you are currently serving, a veteran, or proud of a family member who has served – we want to hear your story!

The RAF Stories Big Weekend is coming to a venue near you this November, aiming to record 100 stories from across the country in one weekend.

Come and share your story, however big or small with our welcoming volunteers.

To find out more about the RAF Stories Big Weekend and the participating venues visit rafmuseum.org.uk



could you help a child or young person change their life for the better?

We are looking for inspirational volunteers to help children and families across Ross-shire to reach their potential and help to build their confidence and self-esteem.

As a trained volunteer you will help children and families by listening and building relationships and support them to access local social and community activities.

Contact us to find out more about becoming a volunteering in Highland.

07864 625 069

www.aberlour.org.uk/volunteer

email: volunteering@aberlour.org.uk

Scottish Charity no. SC007991 | Company Reg no. SC312912



What's On



COMING SOON!!

STRATHPEPPER COMMUNITY CENTRE CHRISTMAS MARKET

SATURDAY 23RD NOVEMBER
10-2 PM



WinterForestGrotto
Cafe
Santa Food
Art Gifts
WinterWonderland
Music Singalong



Call 01997 421989
or email info@strathpeppercommunitycentre.org.uk
Registered Charity No.06688

Fairburn Memorial Hall
Marybank

Christmas Fayre

Saturday 9th November 2019

2 - 4 pm

HOME BAKING CRAFT TABLES
RAFFLE

£3.00 ADULTS
£1.50 CHILDREN UNDER 12
UNDER 5'S FREE

ADMISSION PRICE INCLUDES REFRESHMENTS

Made with PosterMyWall.com



Dingwall Field Club

Next Walk

Saturday, 9th November

10am from

Dingwall No 1 Car Park

Inverness

South Kessock Ferry Point to Muirton Basin,
Clachnaharry Sea Lock and back. Flat, good path.
Approx. 3 miles

Next Talk - Thursday 21st November,

7.30pm - Dingwall Town Hall

Jean Cameron - Australia as a £10 'Pom'

Visitors welcomed

For more details please phone - 01349 864661

www.spanglefish.com/dingwallfieldclub



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AND RAISE MONEY FOR LOCAL SICK CHILDREN!

CHINA TREK

8TH - 16TH MAY 2020

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MAKING THE DIFFERENCE FOR LOCAL SICK CHILDREN

FOR MORE INFORMATION PLEASE CONTACT:
EMILY.FINDLAY@ARCHIE.ORG
WWW.ARCHIE.ORG

Learn,
Laugh
& Live!



U3A membership offers new challenges,
new opportunities and new friends



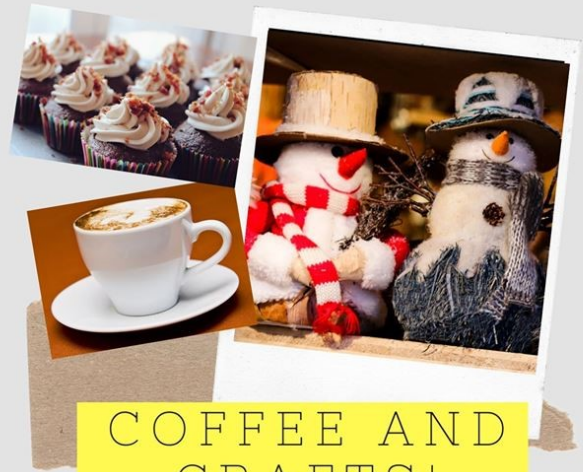
Thursday 21 November at 2pm at the
Baptist Church, Tulloch Street,
Dingwall, IV15 9JZ
talk by
Morven-May MacCallum
"Living and Coping with Lyme Disease"

All Welcome

<https://u3asites.org.uk/dingwall/home>

tel: 01997 420112

Dingwall and District



COFFEE AND CRAFTS!

Saturday 23rd November
10:30am - 12:30pm

Trinity Church of Scotland,
Huntly Place, Inverness, IV3
8HA



All proceeds from our coffee
morning and craft stalls will be
donated to the Haven Appeal!

FOR MORE INFO:
HAVENAPPEAL.ORG.UK

ia@havenappeal.org.uk
07706 148333

Transition
Black
Isle

FORTROSE COMMUNITY MARKET

SATURDAY
NOVEMBER 2

Fortrose
Academy
Theatre

10 am to 1230 pm

BRING
YOUR
APPLES
TO PRESS

Annual General Meeting

Join us for our AGM, on
* **14th November 2019 at 3pm**
The meeting will be held in
**Thorfin House, Bridgend Business
Park, Dingwall
IV15 9SL**

RSVP to seniorofficer@rossvolact.org.uk

All RVA members welcome to attend

Mid - Ross Community Partnership



Mid Ross Community Partnership Dingwall Locality Plan Update



The Mid Ross Community Partnership held a meeting in public at Dingwall Academy on the 12th of September. The aim was to get feedback on the proposed priority themes of the Locality Plan for Dingwall and agree initial actions.

Who Was Present?

Public bodies including: Highland Council, NHS Highland, Highlands and Islands Enterprise, Skills Development Scotland, Scottish Health Council, Social Security Scotland

Voluntary and Charitable Groups: Ross-shire Citizens Advice Bureau, Ross-shire Voluntary Action, Moo Food, High Life Highland

Community and Religious Services: Dingwall Lunch Club, Dingwall Baptist Church

Dingwall Youth Forum, local young people and members of the public .

Mental Health and Young People

We started the meeting with a talk from the Dingwall Youth Forum about their work to support young people experiencing difficulties with their mental health. We heard about a video they had produced about one young person's story which they thought was too 'hard hitting' to show us in a public meeting but which is having a real impact in PSE classes. Instead they took us through a couple of exercises to show that whether we have problems with mental or physical health, the kind of support we need to get better is much the same. Some of the young people involved were at our first ever meeting in Dingwall Academy when we discussed the local Children's Plan. They raised mental health as a key issue for young people and we responded by amending the Plan to include action on that topic. With the support of their schools and youth work staff they have gone on to create their own methods of raising awareness and encouraging other young people to get help if they need it. This is the kind of joint working and community engagement the Mid Ross Partnership is here to support.

Dingwall Locality Plan Themes and Ideas for Action

Employment & Skills



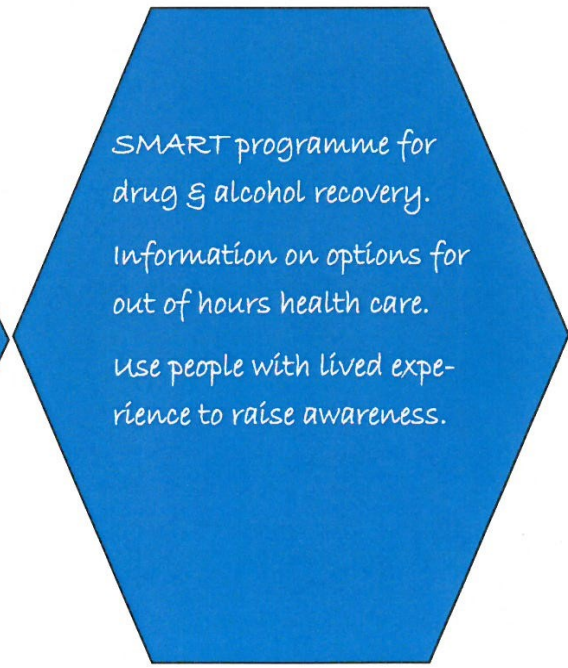
Young People



Living on A Low Income



Community Safety & Wellbeing



Other themes in the draft Plan not discussed on the night include access to services and the environment. We will work with other organisations with ideas to improve Dingwall, such as the Community Council, Dingwall Development Company and Dingwall Means Business. An Action Plan for the Partnership will be agreed. If you would like more information contact high-uhb.mrcommunitypartnership@nhs.net or visit our website at www.highlandcpp.org.uk/mid-ross-community-partnership.html.

Feature Piece



Are you interested in a more active and stimulating retirement?

U3A is an international movement which brings together people who have finished working full-time or raising their family and have time to develop their interests and continue their learning in a friendly and informal environment. The guiding principles are to promote lifelong learning through self-help interest groups. These cover a wide range of topics and activities as chosen by members. Within the interest groups, we share knowledge, skills and learning and enjoy the social side of learning together.

The idea is that we can all continue learning, enjoying sharing our interests and exploring new interests in later life.

Here in Dingwall and District we have just started up a new branch, with monthly meetings open to everyone to come along and get to know us. We are an enthusiastic and friendly bunch, and you will be made to feel most welcome.

Our meetings are held at 2pm on the 3rd Thursday of each month in Dingwall Baptist Church and usually involve a guest speaker.

We have many activity and interest groups, such as walking groups, a book group, art appreciation, creative writing, music, crafts, history, Shakespeare, calligraphy, German and French, all of which are free to U3A members. If you can't find an interest group you like, then we will help you start one!

U3A membership is £20 a year, no matter how many interest groups you join.

So why not come and see if you like us? There's no commitment involved, but we're sure you'll want to join - we already have over 80 members.

Find our website for more information

<https://u3asites.org.uk/dingwall/home>

Or phone our membership secretary Susan Jenner: 01997 420112





Are young people volunteering in your organisation?

...And have you considered
registering as a Saltire Provider?

Saltire Awards is a special way of celebrating and recognising the volunteering achievements of young people in Scotland

What is it?

Saltire Awards is the **Scottish Governments national youth volunteer awards**. They celebrate, recognise and reward the commitment, contribution and achievements of young volunteers in Scotland, aged between **12** and **25**.

Young people gain nationally recognised certificates, signed by Scottish Government Ministers, for the different amounts of volunteering they do.

Saltire Awards helps young volunteers to reflect on, capture and communicate their learning and development gained through their volunteering.

Who is it for?

Saltire Awards is for young people between the ages of **12** and **25** and who are volunteering for the benefit of the community or a good cause.

Saltire Awards is delivered in each local authority area by the local **Third Sector Interface** (TSI) They provide support and assistance on achieving and accessing the Saltire Awards.

To find out more information, or how to register your organisation, please visit:

<https://saltireawards.org.uk/>



Ross-shire Voluntary Action

W: www.rossvolact.org.uk  www.facebook.com/RossVolAct  www.twitter.com/RossVolAct
Scottish Charity No. SC006582 Registered in Scotland No. 234092
Registered Office: The Fin House, Bridgend Business Park, Dingwall, Ross-shire IV15 9SL