



Ross-Shire Voluntary Action Newsletter January 2020

BOOK NOW FOR
FIONA KENNEDY'S

nae
ORDINARY

Burns SUPPER

Burns & Bette
The Divine Miss Midler!

Friday 24th January, 2020
at Macdonald
Drumossie Hotel, Inverness
7pm for 7.30pm. Carriages at 12.30am.

**Fiona Kennedy
and John Bett**

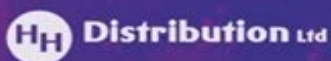
with an outstanding cast of singers,
actors, musicians and choir.
Dancing to The Jacobite Ceilidh Band.

Directed by John Bett
Charity Auction in aid of:



SCOTTISH SPCA
Scotland's Animal Welfare Charity

Grateful thanks to:



Vacancies



Multi Channel CAB Adviser

CAB Inverness are looking for a client-focused individual with experience of providing welfare benefits advice and income maximisation benefit checks, to join us as a Multi Channel Adviser covering Money Talks Team and Help to Claim projects. In this role you will use telephony and webchat as well as seeing clients face-to-face to ensure they get the advice, information and support needed.

To succeed, you will need relevant experience and knowledge of the wider welfare benefit system including Universal Credit, demonstrating strong oral and written communication skills. You will be experienced on using benefit entitlement calculators and in explaining the results of the benefit check. We are also looking for a proven ability to work effectively and well organised. Proficiency using a range of IT tools to carry out your work, including case management systems, online claims' services and Microsoft Office applications is essential. Committed, results-driven and supportive to the needs of others, you work well within a team and are willing to follow and develop agreed procedures.

Hours: 35 Hours per week. The requirement to be available from 8am and up to 6pm is essential and will be allocated on a rota basis.

Type of contract: Fixed-term contract until October 2020 (it is hoped that both projects will receive continued funding beyond this date)

For further details and information on how to apply, please email: admin@invernesscab.casonline.org.uk

Closing Date : **20th January 2020**



Personal Development Mentor

Apex Scotland are looking for a Personal Development Mentor to work in our Inverness unit but cover a large geographical area. The post is a great opportunity for someone with drive and who is keen to learn. Experience of working with a disadvantaged client group would be an advantage but, as full training will be given, we also welcome applications from those who may be new to this line of work or who are looking for a career change. The most important factors we are looking for are initiative, determination, a flexible attitude to work, willingness to learn about different services, and creativity.

The successful applicant will have effective communication skills, a solid work ethic and be a good team player. Due to the large geographical coverage, a driving licence is an essential requirement for this post.

If you believe you have what we are looking for and want to be part of a multi-functional, award winning team, and in a post where two days are never the same, then we want to hear from you.

Full and comprehensive training will be given, as will the ability to gain qualifications whilst in post.

If you would like to learn more about the post before applying, please contact Alistair McDonald, Service Development Manager for the North West at alistair.mcdonald@apexscotland.org.uk

Funding Opportunities



The Scottish Government - Brexit Support Grant

The Brexit Support Grant, funded by the Scottish Government, provides funding to help small to medium-sized enterprises in Scotland manage a wide range of Brexit impacts. The grant can be used for: Brexit impact scenario planning; additional professional services specifically in relation to Brexit issues; exploring supply chain issues and opportunities; reviewing and optimising transport or logistics arrangements; costs incurred in acquiring AEO (Authorised Economic Operator) status; human resource issues; cost of attending training courses relating to any of the above topics; air travel from Scotland to international markets to react to supplier and/or customer issues directly relating to Brexit.

You can apply for this funding if you are a VAT registered small to medium-sized enterprise (SME) based in Scotland with under 250 employees and turnover less than 50 million Euros or a balance sheet less than 43 million Euros.

To apply please click [here](#)



Stagecoach Group - Community Fund

Stagecoach Group help a number of charities and to support fundraising events and vital services. Significant additional in-kind support, such as complimentary bus and rail travel, is provided by the Group to good causes. There are a number of initiatives in place to help young people, including mentoring and internship programmes to help students gain a better understanding of the skills and routes to enter work, further and higher education and training. Stagecoach also has partnerships with veterans groups in the UK and North America and has demonstrated its commitment to the UK Armed Forces by signing a corporate covenant to support the country's military community.

You can apply for this funding at anytime.

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



Ministry of Defence - Armed Forces Day

Funding is available to assist with Armed Forces Day festivities. It could be an event for your local community to a get-together with family and friends such as a picnic in the park, themed bbq, street party or fête. Try to hold your event on or in the weeks around Saturday 29 June 2019.

This funding is open to any General public, Local communities, Veterans and armed forces personnel & Local Charities.

To apply for this funding please contact the first the Ceremonial Events Co-ordination Team on armedforcesday-events@mod.uk or 0207 807 0970.

Deadline Date: 27th March 2020

Training



CYBER RESILIENCE
SUPPORT FOR RURAL BUSINESSES

INNER MORAY FIRTH
5 February 2020 | 12:00-14:30PM
#hellodigital, Highlands and Islands Enterprise

 POLICE SCOTLAND
 National Cyber Security Centre
 Scottish Government
 business gateway
 Scottish Business Resilience Centre
 HIE
Highlands and Islands Enterprise



LGBT Inclusion training for dementia support services

15 January 2020

Dementia Resource Centre Dingwall

13:00 – 15:30

LGBT Health & Wellbeing's National Dementia Project, we are offering this free training event to learn about the importance of LGBT inclusion and how to enhance the inclusivity of your service.

Places are free but limited, so book your ticket soon. If you have booked a ticket but are no longer able to attend, please cancel at least 48 hours before the event so your space can be made available to others, failure to do so may incur a charge.

Access to the Alzheimer Scotland Dementia Resource Centre Dingwall training room is up a flight of internal stairs, unfortunately there is no lift available. Please get in touch if you have any specific requirements or queries.

For more information or to book a place on this training please click [here](#) .



Social Enterprise Academy upcoming training for 2020

Social Business Start-up School – Wester Ross (Gairloch & Lochcarron) – from Jan 13

Social Business Start-up School – Sutherland (Brora, Bonar & Kinlochbervie) – from Jan 19

Established Leaders; A Coaching Approach to Leadership – Muir of Ord – starts Jan 28&29

Place Making in the Park – Tyndrum – Jan 29&30

Understanding Social Enterprise in Education – Inverness – Feb 19

Award in Leadership for Teachers, Residential, Gaelic medium – Perth – begins Mar 6&7

Future Leaders for Creative Communities, Gaelic medium – Stornoway – begins Mar 10&11

Emerging Leaders Residential – Skye – Mar 17,18&19

Courageous Conversations – Findhorn – Mar 28&29

Leading Change in the Anthropocene, Residential – Findhorn – Jun 6,7,8&9

More details at www.socialenterprise.academy or call Lorna on 01463 871219

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**



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



Can you spare an hour or so per month to volunteer in Ross-shire?



Some of our current opportunities:

* Helping at a new Thursday coffee morning once a fortnight in Dingwall-making drinks, playing board and card games and chatting.

* Helping at a new indoor Boccia bowling group in Muir of Ord once a fortnight on a Wednesday morning

* Supporting a veterans drop-in once a month in AIness

* Hospital visitor, chatting to people and playing board games

* Joining a new gardening group in Strathpeffer at the Museum of Childhood

Contact Heather on 0734-2064381
Email: heather.gordon@royalvoluntaryservice.org.uk

Do something great and volunteer!

Patron: Her Majesty The Queen. President: HRH The Duchess of Cornwall.
Registered Address: Royal Voluntary Service, Beck Court, Cardiff Gate Business Park, Cardiff, CF23 8RP.
Registered in England 2520413. Registered charity 1015988 & 5CD38924.



Behind them. Always.

About Bud:

Bud is PoppyScotland's brand new vehicle for exploration and learning, a truck that transforms into a mobile community space, comprising a mini poppy factory, micro-museum and with interactive learning opportunities.

Bud is an interactive experience that encourages visitors to create their personal remembrance journey through exploring the exhibits. It is helping us keep remembrance relevant all year round.

About the opportunity:

As a Bud Heritage Volunteer, you will support the delivery of the Bud project when Bud is in your area. This could see you supporting in one of the key tasks below:

- Welcome members of the public and groups (schools, girl guides, brownies, cubs, cadets etc.) visiting Bud on their arrival
- To deliver activities both indoor and outdoor as planned by the Bud team
- To assist with evaluation of Bud by encouraging feedback and collecting data
- To be flexible in the performance of the post and undertake duties requested by the Bud team
- Support the staff team in set up and take down at visits and events. Support staff in the delivery of activities with schools, groups and public visitors

About you

This opportunity will suit you well if you:

- Have excellent communication and interpersonal skills
- Be friendly, approachable, reliable and dependable
- Be committed to equality and diversity
- Be flexible and able to work as a member of a team
- Be able to work with given instructions
- Be prepared to work within PoppyScotland's health and safety
- Carrying out a range of interesting and rewarding duties

Benefits for you:

- Having access to appropriate training for the role
- You will have the opportunity to meet a wide range of new people
- Building on your existing skills and developing new ones
- Being part of a friendly, committed team
- Attending local events

About the time involved:

Volunteering with Bud will be flexible and dependable on where Bud is located, we hope to have local volunteers across Scotland that we can rely upon when required.

What's next?

For further information or to express your interest in this opportunity, please get in touch:

Online – www.poppybud.org.uk/volunteer
Email – volunteer@poppybud.org.uk
Phone – Sandra Comrie – 0141 773 6221



poppybud.org.uk

Funded by the Chancellor using LSC08 Funds



WW100 Exhibition Volunteer

About WW100 Exhibition

The major part of the Exhibition is a visual interpretation of 300 stories of people and events of WWI which has been created by 300 young people from across Scotland. The exhibition uses traditional printmaking techniques combined with innovative technology.

About the opportunity:

As a WW100 Volunteer you will support the delivery of the WW100 exhibition when it is in your area.

This could see you supporting in one of the key tasks below:

- Welcome members of the public and groups visiting WW100 exhibition on their arrival
- Deal with queries from those visiting WW100 exhibition in a polite and professional manner
- To identify any problems (both potential and actual) and to inform WW100 exhibition staff as they arise
- To maintain and replenish resources as required
- To assist with evaluation of WW100 exhibition by encouraging feedback and collecting data
- To be flexible in the performance of the post and undertake duties requested by the WW100 exhibition team
- Support the staff team setting up and down each day

About you

This opportunity will suit you well if you:

- Have excellent communication and interpersonal skills
- Are friendly, approachable, reliable and dependable
- Are committed to equality and diversity
- Are flexible and able to work as a member of a team
- Able to work with given instructions
- Are prepared to work within PoppyScotland's health and safety

Benefits for you:

- Carrying out a range of interesting and rewarding duties
- Having access to appropriate training for the role
- You will have the opportunity to meet a wide range of new people
- Building on your existing skills and developing new ones
- Being part of a friendly, committed team
- Attending local events

About the time involved:

Volunteering with the exhibition will be flexible and dependable on where it is located, we hope to have local volunteers across Scotland that we can rely upon when required.

What's next?

For further information or to express your interest in this opportunity, please get in touch:

Online – www.poppybud.org.uk/volunteer
Email – volunteer@poppybud.org.uk
Phone – Sandra Comrie – 0141 773 6221

What's On



Dingwall Field Club

Next Talk

Thursday, 16th January

7.30pm - Dingwall Academy

Tim Stenton - Otters

Next Walk - Saturday, 18th January

10am start from No 1 CarPark

Tornagrain/Croy circular

Good varied tracks - Approx 2-3 miles

Visitors welcomed

For more details please phone - 01381 621249

www.spanglefish.com/dingwallfieldclub



Dingwall Field Club

Next Walk

Saturday, 15th February

10am from No 1 Car Park

Nigg

Bishop's Path at Nigg Old church.
Wood walk with pond, snowdrops and aconites
RSPB Hide if tide right - approx. 3 miles

Next Talk - Thursday 20th February

7.30pm - Dingwall Academy

Angus Armstrong

Zanzibar, spice and why cathedrals don't fall down

Visitors welcomed

For more details please phone - 01349 830325

www.spanglefish.com/dingwallfieldclub



**Over 50? Get together and bowl!
Come & try! We have started a small
indoor seated bowling group.
For all abilities**

Just come along, we are very friendly and we meet in
Muir Of Ord village hall once a fortnight.

The next group is Wednesday 15th January 10am-
11am.

£2 each meeting, make new friends, have a coffee
and improve your flexibility.

The following meeting date is Wednesday 29th
January 10am-11am.



Contact **Heather** on 0734-2064381
Email: heather.gordon@royalvoluntaryservice.org.uk

Patron: Her Majesty The Queen. President: HRH The Duchess of Cornwall.
Registered Address: Royal Voluntary Service, Beck Court, Cardiff Gate Business Park, Cardiff, CF23 8PP.
Registered in England 2520411. Registered charity 1012988 & SC038924.



**Over 50? Meet new people at a small
friendly coffee group once a fortnight.
Meeting at Dingwall Community Centre
on Thursday 23rd January 11.30-
12.30. Coffee, cakes, board games, music
and a blether! £2 at door, just pop in on
the day. Any questions contact Heather
on 0734-2064381**

Patron: Her Majesty The Queen. President: HRH The Duchess of Cornwall.
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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