



# Ross-Shire Voluntary Action Newsletter February 2020



## Highland Hospice North Coast 500 Driving Challenge

**Friday 22 – Sunday 24 May 2020**

In memory of Coogie Urquhart

Your challenge is to complete the NC500 in any way you choose, setting off at the Inverness Caledonian Stadium, and returning to Inverness two days later. Choose your own route, mode of transport and accommodation.

**The challenge includes a fun awards ceremony on completion.**

To register, please visit [www.highlandhospice.org/NC500](http://www.highlandhospice.org/NC500)

For further information, please contact Fiona Stoddart  
[f.stoddart2@highlandhospice.org.uk](mailto:f.stoddart2@highlandhospice.org.uk) or 01463 423190

Highland Hospice, Ness House, 1 Bishops Road, Inverness IV3 5SB.  
Highland Hospice is a registered Scottish Charity No: SC011227



Sponsored by



In memory of a dear friend

# SAVE THE DATE!

CARE AND LEARNING ALLIANCE, ON BEHALF OF  
SKILLS DEVELOPMENT SCOTLAND INVITE YOU TO

## REWARDING CAREERS IN EARLY LEARNING AND CHILDCARE EVENT



Wednesday 26th February 2020  
12 noon - 7pm Eden Court, Inverness



Highland

Headway Highland (SC023551) is a small independent charity that supports adults with an acquired brain injury, their families and carers. We have an exciting opportunity for a part-time, home based community worker covering Inverness and the surrounding area. Initially this will be a 12-month contract with the potential for extension dependent on funding.

The post holder will be required to work 16 hours per week at a salary of £19,554 pro-rata with the possibility of increased hours in the future, if suitable. This post may include some evening work, so flexibility is essential. A car driver is also essential as there will be travel involved (car mileage costs will be paid at 45p per mile)

The post holder will be required to facilitate support groups based on social activities, supervise/support volunteers, organise fundraising events and generate awareness of the charity. The applicant will have experience of working with vulnerable adults.

For further information and/or to obtain a job application pack please contact charity manager Lee Gordon by e-mail: [leeheadway@yahoo.com](mailto:leeheadway@yahoo.com) or phone 07767416006. The closing date for completed applications is Friday 7<sup>th</sup> February 2020. Interviews will be held in Inverness on Thursday 20<sup>th</sup> February.



## Healthcare Assistant

The Highland Hospice are looking to recruit a new part-time Healthcare Assistant for a 1 year fixed term contract.

As part of multidisciplinary team the post holder will assist trained staff (Nursing and Allied Health Professionals) in the delivery of care and support of patients with palliative and end of life care needs and their families, as directed and supervised by a registered nurse. Carry out assigned duties to maintain hygiene, order and safety within the ward environment. Responsible for documenting care delivery in the bedside management plans.

The main role is in the in-patient unit but may on occasions work in the Day Hospice depending on the need of the service.

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

**Closing date:** 5pm Monday 17 February 2020



Scotland's Armed Forces  
Children's Charity

## Youth Participation Project Worker

Royal Caledonian Education Trust is Scotland's Armed Forces Children's Charity. Most Armed Forces families are lucky enough never to need our help, but for children from families who are struggling to make ends meet, living with ill health and disability, or experiencing difficulties at school, Royal Caledonian Education Trust provide a lifeline of support. In addition, we operate a highly successful and well-respected Education Programme in Scotland working with schools, local authorities, Armed Forces charities and the military.

Your key responsibilities will be to establish and maintain a network of forums groups for children and young people from armed forces families in the Highland and Moray area.

### Key skills/Experience

- ◆ Experience of working in one of the following areas: Youth work/Community work/ Education/Children and young people in a community setting
- ◆ Experience of group facilitation.
- ◆ An awareness and understanding of the issues around children and young people's participation.
- ◆ An up to date knowledge of the issues that affect young people
- ◆ Ability to develop and maintain appropriate relationships with children and young people, parents, carers, colleagues and other professionals.

A full driving licence and access to a car is required.

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

**Closing Date:** 6th February 2020



**feis rois**  
**Ceilidh Trail**  
**2020**  
OPEN FOR APPLICATIONS

The Ceilidh Trail is a paid summer job and professional development opportunity for outstanding young traditional musicians. This year, we are looking for 10 musicians between 16 and 25.

This year's Ceilidh Trail includes performances in:

- Scotland
- England
- France
- Australia

Auditions will be held on February 22nd and 23rd in Cromarty on the Black Isle. Applications close on 12th February.

To apply, visit:  
[www.feisrois.org/projects/ceilidh-trail/](http://www.feisrois.org/projects/ceilidh-trail/)

If you have any questions about the Ceilidh Trail or the audition process, or want to ask about any accessibility requirements, please get in touch with Christian Gamauf at [projects@feisrois.org](mailto:projects@feisrois.org) or phone the Feis Rois office at 01349 862600.



## WANT TO BE A PART OF THE HIGHLANDS LEADING MENTAL HEALTH CHARITY?

We're looking for motivated people to join the Board of Directors of both **Birchwood Highland** and our social enterprise **Birchwood Highland Enterprises**.

If you think you have the drive and passion to make a difference for people with mental ill-health in the Highlands, register your interest via our website.



**RASASH**  
Rape and Sexual Abuse Service Highland

## Sexual violence prevention and campaigns worker

Do you want to make a real difference to survivors of sexual violence in Highland, contribute to changing attitudes and perceptions, and work towards the prevention of sexual violence?

If so RASASH have a exciting opportunity to join their team as a sexual violence prevention and campaigns worker. As a sexual violence prevention and campaigns worker you would be based in Inverness but working throughout Highland.

RASASH is committed to providing person centred, therapeutic emotional support and advocacy for anyone in the Highlands aged 13 or over affected by sexual violence; and to working to prevent and eliminate sexual violence in all forms.

This post is open to female applicants only as this is deemed to be a genuine occupational requirement under Schedule 9, Paragraph 1 of the Equality Act 2010.

RASASH welcome applications from women with disabilities, LGB, BME and trans women of all ages.

**Closing Date:** Fri 7th February 2020 at 12pm.

Interviews will be held in Inverness on Wednesday 19th February 2020.

For more Information or to apply Click [here](#) .

## Funding Opportunities



### Albyn Housing Society Ltd - Community Fund

The grants can be used to help out with any activities that help to make stronger communities. The priority areas are those areas with the highest levels of deprivation; areas where they have concentrated numbers of neighbour complaints; and the most remote and fragile communities.

To apply for this grant please contact their Customer Services team as follows: If you live in the North (areas north of, but not including, Inverness) please call: 0300 323 0990 If you live in the South (areas south of, and including, Inverness) please call: 0300 323 0991.

You can apply for this grant at anytime.



### The Triangle Trust 1949 Trust - Development Grants (Working with Carers)

The Development Grant programme focuses on the different stages of strengthening an organisation's resilience. They are currently inviting applications from not-for-profit organisations working solely with carers within the UK.

Grants provide funds towards the core costs of organisations who have a strategic commitment to increasing their resilience. Grants should strengthen the organisation by further improving their future resilience. This might be a short piece of work needing investment over a few months or a more significant programme of work requiring dedicated support for up to three years.

For more information, click [here](#)

Next Deadline: 01 May 2020.



### Miss Agnes H Hunter's Trust - Main Grant Programme

The Agnes Hunter Trust was established to support registered charities delivering health and social welfare projects in Scotland. Applications must fit within one of the two policy areas: charities that apply must either help disabled people such as those living with learning disabilities, mental ill health, specific types of cancer, cerebral palsy, autism, visual or physical impairments; charities that assist with the education and training of disadvantaged people aged 16 years or over who have left school. This includes helping people who's life experiences or environment have so far denied them opportunities to develop the skills to support themselves and contribute positively to society. Priorities for the Trust include services or projects that focus on: self-management and awareness; advice, support and information; life-skills training; employability, particularly in relation to IT, literacy and numeracy; helping people participate and contribute to their community.

For more information, Click [here](#)

**Next Deadline:** 05 March 2020

## Training



### Diversity and Inclusion - LGBT+ Awareness Session for professionals

This free session is provided by Waverley Care and will explore some of the issues faced by LGBT+ people (including coming out, discrimination, homophobia, etc) and gives an overview of terminology and language. We will explore equality and diversity legislation from an LGBT+ perspective and support participants to improve their own practice and build LGBT+ inclusive services across Highland.

This event has disabled access, please let us know in advance if you require any further assistance.

If you would like to attend this event but can't make it in person please request a Video Conference link.

For more information of to attend this click [here](#)

## Raising the Issue of Malnutrition

**FREE TRAINING**



**INVERNESS**

**Raigmore Community  
Centre  
125 Ashton Road  
IV2 3UY**

**Wed 11th March  
1.30pm - 4.30pm**

**Book your place at:**  
[www.eatwellagewell.org.uk](http://www.eatwellagewell.org.uk)



# SOCIAL ENTERPRISE NETWORK MEETING



THE MUIR OF ORD HUB



THURSDAY 6TH  
FEBRUARY



1PM - 3:30PM



Introduction to the Muir of Ord Hub

**Hannah MacSween**



Update on HiSEN

**Ian Donald**



Caberfeidh Horizons Story

**Carolyn Cornfield**



Ideas for a Community Learning  
Exchange Visit



REGISTER ON **EVENTBRITE**

[HTTPS://HTSISSEN.EVENTBRITE.CO.UK](https://htsisen.eventbrite.co.uk)



HIGHLAND THIRD SECTOR INTERFACE

**fast forward**

## Gambling Education Training for Family Workers

Spectrum Centre ,Inverness

27 February 2020

13:00 – 16:00

Free CPD session on the topic of youth gambling and problem gambling including the impact on families.

The training is open to practitioners specifically working in services that support parents, carers and families.

The training will support participants to:

- ◆ better understand what problem gambling is and its relationship with other risk-taking behaviours
- ◆ develop their understanding of the impact of problem gambling on young people, parents and families
- ◆ strengthen their ability to raise awareness of gambling-related harm, prevention and harm reduction advice
- ◆ increase their knowledge of the resources and services ( such as Fast Forwards's Gambling Education Toolkit) to signpost individuals that need specialised support
- ◆ explore ways to include gambling in the range of issues that services already address
- ◆ strengthen their skills and confidence to deliver gambling education and prevention activities
- ◆ create bespoke informative materials for their service users

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

Highland Custody Links Project



## Project Launch Invite

1pm - 2.30pm, 20th February 2020, Ironworks, Inverness

Highland Third Sector Interface, Police Scotland and the Highland Community Justice Partnership would like to invite you and your colleagues to the launch of the Highland Custody Links Project.

This is a new initiative, with three year funding, to deliver a 'links' based intervention through custody. Adapting the model and concept from the GP based approach, this is a pilot partnership and one that will be built on the quality of relationship with groups, organisations and agencies throughout Highland.

The core part of our launch is about showcasing the diversity and richness of activity which exists within Highland and we are inviting organisations to come along with a stall to showcase their work and services.

There will be an overview of the project, a chance to meet the new team and to hear from Police Scotland and the Community Justice Partnership. Lunch will be provided and guests will be encouraged to network and exchange information.

If you would like to attend and if you would like to host a stall please contact HTSI on 01349 864289 or email [info@highlandtsi.org.uk](mailto:info@highlandtsi.org.uk) no later than the 31st of January. Please note that space is limited and stalls will be allocated on a first come basis.



The Highland Third Sector Interface is a Scottish Registered Charity, SC043521 and a Scottish Registered Company SC425808

## Are you supporting a family member or friend with Parkinson's?

*Why not come along to our workshops for Parkinson's Carers at:*

Inshes Church, Inverness

Thursdays, every fortnight on

26<sup>th</sup> March

9<sup>th</sup> & 23<sup>rd</sup> April

7<sup>th</sup> & 21<sup>st</sup> May

4<sup>th</sup> June.

From 11am - 1pm

With lunch provided from 1 - 2pm

For more information please contact:

Cathy Orr, tel: 0344 225 9831 or email: [corr@parkinsons.org.uk](mailto:corr@parkinsons.org.uk)

Book your free place on Eventbrite: <https://connectingcarers.eventbrite.co.uk/>

**PARKINSON'S<sup>UK</sup>**  
SCOTLAND  
**CHANGE ATTITUDES.  
FIND A CURE.  
JOIN US.**



**Connecting Carers**  
*A better life for unpaid carers in Highland*

Parkinson's UK and Connecting Carers are running a course in Inverness this spring. The course is for people who support a family member or friend with Parkinson's and who want to learn more about the professional help, drugs, benefits and support available. The course is free.

**Course workshops will cover topics such as:**

• medication, physiotherapy, occupational therapy, speech therapy

• mindfulness, relaxation

• benefits and entitlements

• complementary therapies and medicines

Moving forward, we would very much like your input for future course content.

## Community Justice Forum



27 February, 10 - 1pm



Spectrum Centre, Inverness

A chance for Third Sector Organisations in Highland who are interested in Community Justice to come together and share information & ideas. The forum meets quarterly and provides an opportunity for Third Sector Organisations who...

- Have an interest in the prevention of crime
- Work with those who have committed crimes
- Work with those who have been affected by crime

to come together and discuss what's happening with Community Justice throughout Highland and share ideas/work collaboratively.

**At this months forum...**

**Sarah Sproul - Action for Children**

Sarah will be talking about virtual visits from the Visitors Centre at AFC Offices for people with loved ones in prison

**Alan Prosser - Victim Support Scotland**

**Eventbrite**

Register today  
[cjfeb.eventbrite.co.uk](https://cjfeb.eventbrite.co.uk)



**Free lunch provided!**



# Volunteer Opportunities—your chance to make a difference.



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](mailto:transport@rossvolact.org.uk)  
for more information



ROYAL  
VOLUNTARY  
SERVICE  
*Together for older people*



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](mailto: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 8BP.  
Registered in England 2520413. Registered charity 1015988 & SC038924.



## 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](mailto:biccs@rossvolact.org.uk)



Make a New Year  
resolution to  
**volunteer** 



## Volunteers Needed

Highland Pride are looking for volunteers to help us deliver our programme of activities for Winter Pride during LGBT History Month in February, and our Summer Pride event in July.

We're a very small team, mostly based in and around Inverness, and we cannot do this without you!

We are looking for volunteers with experience in:

- Fundraising – to help organise fundraising events; contact businesses for sponsorship; and identify additional sources of funding
- Communications - to help with press releases, written copy for web and print etc.
- Graphic design - to help with digital and print design (with access to and experience using Adobe design packages such as InDesign, Illustrator and Photoshop)

and for anyone willing to help us organise and run our events in general.

All we ask is that you're able to commit to attending regular meetings and have time to contribute every month (this could range from a few hours a month to a few hours a week at the busiest times). Most of our meetings are online, so you can join from anywhere in the region.

Interested? Please send an email to [info@highlandpride.org](mailto:info@highlandpride.org) with your name, contact details, a bit about yourself and your experience and why you'd like to help.

## What's On



**MOO Food**

Presents a  
Beeswax  
Wrap making  
workshop  
with



Come and learn how to make your  
own beeswax wraps as an  
alternative to throwaway plastic  
**10-12.30 Saturday 8th February**  
**Muir of Ord Village Hall**

**FREE workshop, please email [lyn@moofood.org](mailto:lyn@moofood.org) to  
book your place**



PART OF THE  
Keep Scotland Beautiful  
CHARITY



# TARTAN

## MASQUERADE BALL 2020

SATURDAY 14TH OF MARCH STRATHPEPPER PAVILION




TABLE OF 10	SINGLE TICKET	NIGHT TICKET
£650	£65	£10

DRINKS ON ARRIVAL, THREE COURSE MEAL, WITH EZRA  
PLAYING MUSIC . AUCTION AND RAFFLE.

TICKETS ARE AVAILABLE AT SCIZZOR SISTERS  
**DRESS CODE: TARTAN OR  
MASQUERADE BALL MASK**



ROSS & CROMARTY CITIZENS ADVICE BUREAU

# FOOD FAYRE

SAT 29th FEB 2020

THE ROYAL BRITISH LEGION, DINGWALL

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FOOD & DRINK SAMPLES | ENTERTAINMENT | DEMONSTRATIONS

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Learn,  
Laugh  
& Live!



USA membership offers new challenges,  
new opportunities and new friends



Thursday 20 February at 2pm at the  
Baptist Church, Tulloch Street,  
Dingwall, IV15 9JZ

talk by  
Anne Wyatt, Solution Focused  
Clinical Hypnotherapist

*"Change Your Thinking to Change Your Life"*  
Discover little changes that you can make to become  
the best version of yourself.

All Welcome



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

tel: 01997 420112

Dingwall and District

# MENS SHED

Would you like to see a  
Mens Shed in Muir of Ord?

Come along to an initial  
meeting to find out more  
and get involved

Wednesday the 5th of  
February 10am  
@ The Muir Hub

ROYAL  
VOLUNTARY  
SERVICE



Want to have a chat  
about it?

- Contact Heather  
on 0734-2064381
- Pop into the Hub



## ROTARY SHOE BOX APPEAL Spreading a little Happiness!

### Toys ~ For Boys & Girls

Cars, trucks, etc, balls, complete jigsaws, action figures, colouring books, pens, crayons, lego blocks, yo-yo, bubble blowers, wooden and plastic toys, building blocks, pencil case, pencil sharpener, dominoes, play-doh / plasticine & cutters, fluffy toys, dolls, stickers, writing pads, skipping rope, scarf, mittens / gloves, hat, harmonica, games, cards...

### Teenagers ~ For young people up to 18 years age

Sportswear, scarf, gloves, socks, hat, football memorabilia, writing materials, games, playing cards, tennis ball, tooth brush & paste, roll-on deodorants, comb, mirror, costume jewellery, make-up, hair brush, toiletries, school stationery, clothing repair kits, sketch pad, coloured pens / pencils...

### Household Goods ~ For older folk & families

Scarves, gloves, hats, wrapped soap, toothpaste, toothbrush, disposable razors, shampoo, soap flakes, pan scourers, antiseptic cream, bandages, face or body creams, cosmetics, pens, writing pad & envelopes, T lights, candles, sewing kit, scissors...

### Baby ~ Age up to 12 months

This is given to new mothers and can include baby wipes, baby shampoo, baby oil, talc powder, bonnet, booties and mitts, baby grow, baby blanket, small soft toy or plastic rattle...

What NOT to include in boxes Food, sweets, chocolate & drinks, battery operated toys, conflict related items, matches, inflammable liquids, inflammable aerosols (e.g.: deodorants & hair spray), seeds or any other living material, automatic washing machine powders

For safety - Please securely sellotape tops of liquid containers.  
Protect anything sharp and do not put anything sharp into the Toys box.

Above all, the contents should be of good quality, remembering that the recipient will be opening the box in eager anticipation, and especially with the toys for the children quite possibly the first real gifts they have received for a very long time.

[www.rotaryshoobox.org](http://www.rotaryshoobox.org)

Rotary  
CLUB OF DINGWALL



## ROTARY SHOE BOX APPEAL Spreading a little Happiness!

Rotary Club Dingwall invites you to donate an item or items for inclusion in this year's boxes. Our aim is to pack 100 boxes across all age groups. Donations can be made at Place

Time/dates

Boxes will be packed in Dingwall on Friday 20<sup>th</sup> March for delivery to depot on 23<sup>rd</sup> March. If you have some time and wish to help with packing then contact Rotary Dingwall on 0782 151 8754 Rotary Shoebox being opened in Romania, Easter 2019



Rotary  
CLUB OF DINGWALL



## Feature Piece



### Ross-shire Trefoil Guild.

WHO ARE WE? Trefoil Guild is a wonderful opportunity to meet like-minded people and to share your next adventure. The Ross-shire Trefoil Guild has been in existence since 1999 and currently has 20 members. We are keen to attract new members and all ages can join from 18 years upwards. We are part of the Guiding movement and as such our members agree to support the Guiding ethos by helping where we can with local Unit and County activities. We meet approximately every month, excluding July and August, and would love to have you join us.

WHAT DO WE DO? Each group plans its own programme, tailored to the interests that members bring with them – and the new passions they discover, whether that's walking, crafts, theatre going, geo-caching or something else entirely. Our first meeting for 2020 is on 4<sup>th</sup> February with our AGM and programme planning with an emphasis on fun and fellowship to keep alive the true spirit of the Guide and Scout Promises and Laws. Our local guild is a ready-made circle of new friends and once you join you will want to stay!

HOW TO FIND OUT MORE. Contact- Sylvia Smith at 01463-731259; Betty McLean at 01997 42380; Margaret Leslie at 01349 865137.



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](http://www.rossvolact.org.uk)  [www.facebook.com/RossVolAct](https://www.facebook.com/RossVolAct)  [www.twitter.com/RossVolAct](https://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