

Sheila's Cafe



Grab a cuppa and
come join us for a chat.

To find out how to join us in our
virtual cafe.

Email: rva@rossvolact.org.uk

or phone us - 01349 862431

First Cafe - Wednesday 27 May:

10:30am - 11:30am,
and weekly thereafter

Job Vacancies



Healthcare Support Worker

Thera (Scotland) is looking for Support Workers in the Inverness/Highlands area.

Support Workers enable people with a learning disability to work, learn, live and manage their day to day lives.

Your role as a Support Worker will include:

- Helping people plan and organise their lives in ways that they choose
- Helping people to stay healthy and well
- Helping people to live safely in their own home. This includes keeping their home clean and safe, supporting them to pay bills and to make choices about daily living
- Supporting people who find it hard to be part of their community. This may include using transport, building relationships and using the local shops.

We will match you with people according to shared hobbies and interests, so that you can both enjoy doing things together.

Details:

- 39 hrs per week (shifts)
- Full time, Part Time & Relief Shifts available
- Previous experience in a Care role desired but not essential
- Driving license desired but not essential

To apply for this position, please complete the following online application - <https://www.thera.co.uk/careers/search-apply-jobs/online-job-application/>

Closing Date: 30 June 2020



Partnership Manager

The Moray Firth Partnership plays a unique role as a neutral, independent charity in promoting and facilitating sustainable solutions to marine and coastal challenges faced by the Moray Firth and its communities. This is an exciting time for the organisation. We have developed a new, ambitious vision to be the most sustainable marine region in Scotland.

We are seeking a self-starter with knowledge of marine and coastal management or planning issues and a passionate commitment to the Moray Firth to become our new Partnership Manager.

For further information please visit our website morayfirth-partnership.org

Closing date for applications 22nd June 2020

Funding Opportunities



Scottish Government
Riaghaltas na h-Alba
gov.scot

The Scottish Government Regeneration Capital Grant Fund

The Regeneration Capital Grant Fund (RCGF) is delivered annually in partnership with COSLA, supporting locally developed place-based regeneration projects that involve local communities, helping to tackle inequality and support inclusive growth in disadvantaged and fragile communities across Scotland. Projects should focus on: areas that suffer from high levels of deprivation and disadvantage; demonstrate clear community involvement; that will deliver large scale transformational change with strong regeneration outcomes; that can encourage additional investment and address market failure.

Stage 1 applications are now being requested for projects seeking grant support for 2021/22

Next deadline: 19th June 2020

Look [here](#) for application details



**Taking a
different
path? Get
£250 now.**

If you are deferring school entry until 2021, apply now for Best Start Grant School Age Payment. To apply visit mygov.scot/beststart

ParentClub

 Social Security Scotland
Tàrainteachd Shòisealta Alba



The Scottish Government
Riaghaltas na h-Alba



Highlands and Islands Enterprise
Iomairt na Gàidhealtachd 'n nan Eilean



Ross-shire
Voluntary Action
Aonaidh Voluntair na Gàidhealtachd 'n nan Eilean

Ross-Shire Voluntary Action has secured Supporting Communities funding from the Scottish Government, via Highlands and Islands Enterprise (HIE), to support the communities of Maryburgh, Conon Bridge, Dingwall, Strathpeffer, Contin, Alness and Evanton during the COVID-19 crisis.

If you are a group or organisation from one of these areas and need funds to help with your Covid19 effort please get in touch either by phone – 01349 862431 or by email seniorofficer@rossvolact.org.uk

We look forward to hearing from you

EDF Renewables Corriemoillie Education & Training Fund

Apply now for funding for costs related to training, apprenticeships and mentoring.

Application deadline 29th June 2020

Open now to individuals, businesses and voluntary groups in the following community council areas: Contin; Garve & District; Lochbroom; Marybank, Scatwell & Strathconon and Strathpeffer.

<https://www.foundationscotland.org.uk/programmes/corriemoille-education-and-training/>



Apply now!



Training



START-UP SCHOOL

SOCIAL BUSINESS START-UP SCHOOL - ONLINE
Sutherland | Easter Ross | Wester Ross | Uist
Spring 2020

Do you have an idea for a new enterprise?

- Coaching sessions with a social business leader locally
- Workshops on key issues around social business
- Online learning over 2000 leadership & enterprise resources

Register online:

[Social Enterprise Academy](https://socialenterpriseacademy.org.uk)

or email lorna@socialenterprise.academy



Cala E-Learning Zone

The Care and Learning Alliance have a e-learning platform – there's 18 modules, over half of which are free for anyone to use – Child Protection and Supporting Young Children's Behaviour for Parents are particularly pertinent for the current circumstances.

<https://calaelearning.co.uk>



learning to change the world

The Social Enterprise Academy has a new online learning programmes in place . The programmes look to answer the following questions .

- ◆ how do I manage my organisation through this period of change?
- ◆ how do I lead my team or staff, directors or volunteers remotely?
- ◆ how do I rebuild our income streams, decimated by the pandemic?

What we also have in common, is that we're all best placed to answer these questions ourselves. Our role at Social Enterprise Academy is to help you to do this through:

Coaching Support – two x 60 minute coaching sessions, by telephone or zoom/skype, to help you understand your issues and plot the way forward - <https://your.socialenterprise.academy/course/view.php?id=215>

Three online learning programmes, combining individual learning online and peer learning on zoom

Managing Change - <https://your.socialenterprise.academy/course/view.php?id=247>

Leading Remotely - <https://your.socialenterprise.academy/course/view.php?id=246>

Rebuilding Income Streams - <https://your.socialenterprise.academy/course/view.php?id=248>

Inner Gold blog series on Resilience and Self Care, from SEA facilitator, athlete and adventurer Karen Darke. Available in both text and audio formats - <https://www.socialenterprise.academy/scot/inner-gold-blog-1-to-be-an-explorer>



Thursday 11 June



1 - 2:30pm

COVID-19 Mental Health and Wellbeing

The meeting is to explore what support HTSI could consider utilising for staff and volunteers within the Third Sector during and immediately following the COVID-19 crisis. We aim to explore and exchange ideas for the sector to consider, and will discuss methods of coping and promoting good mental health within communities.



Register on Eventbrite

eventbrite.co.uk/e/mental-health-third-sector-meeting-tickets-107681624638

Volunteer Opportunities—your chance to make a difference.

Highland Community COVID-19 Response



HTSI has launched a new website and helpline to support our local communities in dealing with COVID-19.

The Website is a new resource for community groups and charities in the Highlands. You can find the Community Response Register that we had on our own website, which can be viewed and added to. We are also registering volunteers on this site as well.

To further support the third sector we have also created a Helpline which will operate Tuesday - Thursday



covidhelp4highland.org

Highland Third Sector Helpline
Tuesday - Thursday | 10am - 4pm
01349 808022



COVID-19
Freephone Helpline
0300 303 1362

Providing assistance; and to collect details of individuals and community groups looking to volunteer.

Monday to Friday 8am to 6pm



Supporting older people who are isolated in our
community

Free Daily Morning Call Service

**We offer a daily morning telephone call service to any
older person in Inverness, Inverness-shire & Ross-shire
communities**

Tel: 07514494053

Email: info@morningcall.org.uk

www.morningcall.org.uk

Registered Charity SC049015



Community Volunteers

*help us to provide vital support
to vulnerable people in our
local communities*

volunteer today:

highlandhospice.org/community-volunteer



WE'RE HERE FOR YOU

Chest
Heart &
Stroke
Scotland



Do you or does someone you know need help?

Whether you're feeling lonely and isolated or need someone to help with deliveries during self-isolation, our amazing volunteers are here for you.

From regular chats over the phone, to dog-walking, shopping or medication deliveries, our Kindness Volunteers are here to make sure you stay safe and well in your own home.

How do I get help?

Call **0808 801 0899** or visit www.chss.org.uk/coronavirus and our volunteer team will be happy to help in any way we can.



A264

Free Tech Advice



Supporting disabled people and older people

Our volunteers and helpline staff are all ready and available to help you stay connected and active online in these difficult times.

We can offer advice and support with a variety of tasks such as how to setup video calls to talk to family and friends, how to do online shopping and use other online services.

abilitynet.org.uk/contact-us

Information & Advice

Carers Week 2020 Events Programme

Carers Week 2020 
Monday 8 June - Sunday 14 June



Monday 8th June:

Intro to Interior Design, 10-12pm: Join Gael as she leads a session covering introduction to using space, sketching, light, colour and fabric to enhance your space and make it your own.

Mindfulness and Meditation, 7-8pm: Join Pauline as she leads us through a relaxing and peaceful session allowing you to focus on yourself, and be in the moment and have time to yourself.

Tuesday 9th June:

Nature Connect, 10.30-11.30am: Join Rachel as she leads us through a Sensory experience connecting us back to nature, and allowing us to appreciate the time we have outside even more.

Carers Quiz, 7-8pm: Join Connecting Carers as we have our first Zoom Quiz! You can play as an individual or as part of a team – the quiz will be general knowledge and lots of fun.

Wednesday 10th June:

Tea & Chat, 10-11am: Join Kirsten as she chats through Autism Awareness, and gives lots of ideas for areas you might be struggling with at the moment.

Botanical Drawing, 2-4pm: Join Gael in this creative and calming workshop to learn how to draw form, colour and details of plants and flowers around you.

Thursday 11th June:

Managing my Emotions & Planning for What I Want, 1-2.30pm: Join Linda as she leads us in this empowering session to focus on yourself, plan for your goals, understand emotions and finish with a live guided relaxation with a focus on self-esteem.

Sound Bath, 7-8pm: Join Yvonne as she leads us in a relaxing and calming sound bath focusing on a meditative experience where participants can "bathe" in the sound waves produced by the crystal bowls whilst feeling at peace, alleviating stress, anxiety and lifting spirits. *Not Suitable for Pacemakers, Epilepsy or Pregnant Women.

Friday 12th June:

Creating a Sketchbook/Memory Book, 10-12pm: Join Gael in the last creative session of the week, focusing on creating a lovely keepsake sketchbook or memory book for you or a loved one.

Zoom Karaoke, 7-8pm: Join Connecting Carers in this fun zoom karaoke session, you can come along and sing a song or join us for the party instead!

Launched during Carers Week:

Adult and Young Carers can get involved with our **digital time capsule**. Send us what lockdown means to you - photos, artwork, poems...



Connecting Carers
A better life for unpaid carers in Highland

For more info or to book a place: www.eventbrite.co.uk/connectingcarers
Or email: mgrant@connectingcarers.org.uk



WE ARE MACMILLAN. CANCER SUPPORT

THE CANCER SUPPORT WORKER SERVICE: INVERNESS-SHIRE, NAIRN-SHIRE, ROSS-SHIRE, BADENOCH & STRATHSPEY

The cancer support worker can offer support for non-medical concerns you may have. Based on these concerns, the support worker will create a plan of care with you, and can signpost you to trusted information and services which may be helpful.

This is a new service for everyone with a diagnosis of cancer in your area. Some of the ways the support worker can help include:

- Helping you find answers to the questions you have about your cancer and treatment
- Putting you in touch with specialist teams who can help you with money and benefits
- Helping with emotional concerns
- Connecting you with well-being services and support near you

Have you had a diagnosis of cancer? A Macmillan Cancer Support Worker is available to you.

The cancer support worker is not a registered nurse, but works closely with your local Macmillan community cancer nurse specialist team. For clinical concerns, the support worker will have access to the healthcare team who are treating you and can connect you to this team if required. The support worker is employed by NHS Highland, and adheres to NHS Highland employee confidentiality policies.

The cancer Support workers for your area are Keighly Perry and Shirley-anne Smith. Keighly supports people living in Nairn-shire, and Badnoch & Strathspey. Shirley-anne supports people living in Ross shire. Both support workers cover Inverness shire.

You can contact Keighly by phone: 07866 146507 or by email: keighly.perry@nhs.net

You can contact Shirley-anne by phone: 07866 146488 or by email: shirley-anne.smith@nhs.net

If you would like to find out more about the cancer support worker role, or the Person Centred Care Project, please contact: Angeline Macleod, NHS Highland/Macmillan Person Centred Care Project Manager. Email: angeline.macleod@nhs.net Tel: 01463 705054/07866 146496



1 EMERGENCY ONLY

All appointments are postponed until further notice. Emergency telephone service for severe pain only. Call us between 9-6 (or 111 outwith).



2 TOOTHACHE?

Take regular painkillers as advised on package. Combat further decay with upping your oral hygiene efforts. Use a fluoride mouthwash and reduce sugar intake



3 BLEEDING GUMS?

For this to get better, you must brush your teeth and gums for two minutes. Focus on the gumline and you must floss / use interdental brushes.



4 SENSITIVE TEETH?

After brushing, apply sensitive teeth toothpaste overnight. Avoid sugary and acidic foods as this may make things worse.



1 EMERGENCY ONLY

All appointments are postponed until further notice. Emergency telephone service for severe pain only. Call us between 9-6 (or 111 outwith).



2 LOST FILLING / BROKEN TOOTH / LOST CROWN?

Give us a call and we can advise in detail. Remember to take painkillers if required whilst remembering good oral hygiene and reduced sugar intake will help



3 DENTURES LOOSE OR RUBBING?

Use or purchase a denture adhesive and denture pads which will help stability and comfort. Smooth down any sharp edges with an emery board.



4 ULCERS?

Apply bonjela to the area as advised and especially before meals. Take painkillers where necessary. Rinse with salt water and use Difflam mouthwash.



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.scot/>



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, Brigend Business Park, Dingwall, Ross-shire IV15 9SL