



EDVA E-Bulletin

East Dunbartonshire's Third Sector Interface
January/February 2021

An overview of the work being done by EDVA in your community.

Stay Safe Everyone!

VOLUNTEERING:

- Recruited and matched **605** volunteers to volunteering opportunities
- Supported **844** young people to participate in the Saltire Awards
- Delivered **73** volunteer drop-n sessions to prospective volunteers
- Recruited and matched **38** adults and young people with barriers to employment

SUPPORTING THE SOCIALECONOMY:

- Intensive business support and guidance given to **18** local social enterprises
- Developed **6** active trading partnerships between two or more local social enterprises
- Assisted with generating over a quarter of a million pounds of funding to local enterprises.
- **4** new social enterprises have been set up and registered
- **55%** of social enterprises in East Dunbartonshire are in Place Plan areas

BEFRIENDING SERVICE AND LUNCH CLUBS 2019/2020

- Befriending supported **117** people in ongoing matches
- We received assistance from **70** active befriending volunteers and **26** lunch club volunteers

THIRD SECTOR NETWORKS

- Virtually networks have continued to provide an opportunity to connect and share the work being done, with Older people & Children, Young, People & Families.

COMMUNITY ENGAGEMENT our team are dedicated to working with the community

2019-20, especially since March, has been a truly challenging and extraordinary period which has produced an equally extraordinary response from the people and communities of the area and the organisations which serve them. EDVA is proud to have been part of that response.

This Edition is jam packed with stories, useful information. Enjoy!

Beating the Lockdown..Campsiefest

Virtual Campsie St. Andrew's Fest!

Beating the Lockdown!! ... Our local community coming together for you.

To overcome the Covid lock-down, which stopped our annual festival in Milton of Campsie Village Hall, a virtual Campsie St. Andrew's Fest of Music and Art was held on the Campsie Fest Facebook and Twitter pages and on the website with YouTube presentations:

It's all displayed on website www.campsiefest.org.uk

<https://www.facebook.com/campsiefest/> and <https://twitter.com/CampsieFest>

This ambitious local virtual festival includes the following:

A Real Scottish Ceilidh with 28 performers including *instrumentalists, singers and a fantastic dancer*,
an **Original Art Exhibition of 60 paintings by talented local artists**,

a **Photography Exhibition**, & a **Jazz & light Pop show with four sets of performers**.

Many participants, including professionals, give you a great time during this covid lockdown! **The show is truly international** - involving people who hail from India, Scotland, Hong Kong, England and Greece in organizing and performing in the shows.

St .Andrew's Ceilidh

23 talented performers provide great Celtic entertainment in this 'real' Scottish Ceilidh. All but three, are locals, with 11 from Milton of Campsie. 18 performances are spread over 80 minutes of viewing. These include remote collaborations between a guitarist in Paisley and a singer in Coatbridge, a pianist in Berlin and a cellist in Milngavie and a cellist and flautist two meters apart in a public park! But the surprise finale is a zoomed collaboration of 500 performers from 130 countries, with singers, dancers and instrumentalists of all kinds - in Auld Lang Syne (donated by the Nevis Ensemble)

Jazz 'n' Pop. This show kicks off with **Chris Clark** playing and singing from the Great American Song Book. Chris provides a lovely informal show and has performed in many well-known venues, including The Edinburgh Festival. He is followed by a couple of fun short numbers recorded in the Merchant City Festival by the well-known 1920's **Black Diamonds Havana Band** - leader **John Power**. The session concludes with contributions from **The Henry Ford Band** and **Willow Moon** with a great Beatles song.

Original Art Exhibition

Eight talented local artists present a show of 60 paintings, with many for sale: there still some paintings left if you want a bargain piece of artwork for your house wall!

Photography Exhibition. This exhibition show-cases the best pictures created as a result of a series of on-line tutorials organised for Campsie Fest with a famous Greek photographer. Photographers from Milton of Campsie and others exhibit their fine pictures.

So you're spoilt for choice - just sit back and enjoy!



Virtual Third Sector Networks

Happy New Year Everyone to all of our network members!

If you haven't attended our networks then grab a cuppa and spend an hour hearing about the work being done in East Dunbartonshire, network with your peers and share stories about our journey through this new normal.

Our Network Partnerships usually consist of 2/3 presenters and a round table discussion focused on the topics impacting your users.

Our meetings take part on Microsoft teams, you can connect remotely online or via the telephone. **Email joni.mitchell@edva.org to take part**

Dates for your Diary

Children, Young People & Families on Tuesday 2nd of Feb at 11am -12

Followed by the Older Persons Network on Thursday 4th Feb at 11am-12

Some feedback from 2020

Chris Murphy Police Scotland "lucky to be part of the networks, helping build long standing relationships in the community"

Karen Heath of Take Control "Its good to hear what is going on, see familiar faces and find out how everyone is trying to combat covid"

You can watch
our website at
www.edva.org

**THIRD
SECTOR**
NETWORK HUB



our video on

Welcome!

The New Year brings with it a new member of the team at Ceartas



As part of the Connect, Create, Change project supported by the National Lottery Community Fund, the Team at Ceartas welcomed our new Development Worker, Kenny Ritchie, last week.



Kenny will be helping to connect people creatively, to create real change in their lives and the communities they live in across East Dunbartonshire.

It is Kenny's role to work with individuals and partners from across the area with an innovative approach, facilitating a range of engagement initiatives with a focus on human rights in the delivery of the project.



Kenny is perfect for the role as he has worked in the health and social care industry for over 13 years and within a variety of areas including prison, residential, community and day services.

He brings with him a lot of experience and skills, and with a keen interest in health & fitness, Kenny has taught many different types of exercise, including music classes, swimming, personal training and Shotokan Karate... Only when he's not playing his guitar or –trying to play– his clarinet.

Welcome to the Team, Kenny!



Children, Young People & Families

Celebration Days

Plan cooking, growing and sharing activities to link in with special days you are celebrating in your community group or school.



January Beat the January Blues Burns Night National Storytelling Week Martin Luther King Jr Day St Dwynwen's Day	February Real Bread Week Chinese New Year Time to talk day Fairtrade Fortnight Feast of Purim Pancake Day Valentine's Day	March Fairtrade Fortnight Red Nose Day Hall Mother's Day World Book Day International Women's Day Commonwealth Day Spring Equinox World Forestry Day		
April Easter Vaisakhi World Health Day Autism Awareness Month Grandparent Gardening Week Plant and Share Month Ramadan	May May Day Christian Aid Week British Sandwich Week Walk to School Week National Vegetarian Week Plant and Share Month	June The Big Lunch Pride Month World Environment Day Refugee Week Father's Day Volunteers' Week	July International Day of Friendship Eid Al-Adha	August Lunasa Festival Notting Hill Carnival International Youth Day National Allotment Week
September Zero Waste Week Organic September British Food Fortnight Harvest Festival World Alzheimer's Day	October World Food Day British Food Fortnight Black History Month National Curry Week Seed Gathering Sunday Grandparents Day	November Bonfire Night Diwali Children In Need St. Andrew's Day Roast Dinner Day Remembrance Sunday Hanukkah Children's Day	December Christmas Winter Solstice Festival of Winter Walks Hogmanay Kwanzaa	



Our Voice Peer Support Group

Do you know a child or young person with a family member in prison? We Can Help!

Every year in Scotland it is estimated that more than 20,000 children and young people are affected by parental imprisonment, this figure does not include those with another family member in prison.

Despite all the challenges that the Coronavirus has brought, we are still supporting families through our 'Our Voice' Peer Support Group. The group offers peer support to children and young people aged between 8-18 years affected by imprisonment. The group is delivered via Zoom online (during lockdown) and is for all children, young people and families whether they have regular contact with their family member in prison, or no contact at all.

www.familiesoutside.org.uk or call 0800 254 0088. to make a referral or join a zoom call



Children, Young People Volunteer

Become a Volunteer Children's Panel Member

The qualities you use every day are exactly what Scotland's infants, children and young people look for in a Panel Member. Children's Hearings Scotland is looking for people who care about making a difference in the lives of children attending hearings in Scotland. A Panel Member's role is to listen and make legal decisions with and for infants, children and young people, and to ensure that the young person is at the heart of every decision taken.

There's no one type of person or background that makes the ideal Children's Panel Member. What you do need are certain qualities, such as being a good listener, caring, compassionate, and reliable. You will receive extensive training so that you are fully capable, and comfortable, making decisions at a hearing in the best interest of a child or young person.

Children's Hearings Scotland is dedicated to recruiting a Children's Panel that represents Scotland's communities, and so to ensure a balanced panel they are looking for more applicants 18 – 30 years old, as well as more male Panel Members. If you are passionate about driving positive change in your local community, then this is a volunteering role for you!

Find out more: chscotland.gov.uk

 children's
hearings
scotland

LISTENING.

Qualities you use every day make a real difference in your community.

Find out more at
CHSCOTLAND.GOV.UK

Mental Health



The Scottish Mental Health Arts Festival (SMHAF) led by the Mental Health Foundation, will return from the 3rd to the 23rd of May 2021 and will explore the theme of Normality.

This year's event will be hosted online and includes a writing competition in partnership with Bi-polar Scotland. More information on the competition can be found here .

<https://www.mhfestival.com/news/684-smhaf-2021-writing-competition-normality>

All entries for the writing competition are to be submitted by the 28th of February, for more information on the completion rules and guidelines, see <https://www.mhfestival.com/news/684-smhaf-2021-writing-competition-normality>

The festival will also include an online opportunity to share artistic work from people across Scotland. If you would like to find out more please contact the festival team (contact info can be

SAMH are offering free online Mental Health in the Workplace training for managers and there are places available. Please note this is open to all managers working in any of the 6 HSCP areas and this includes Glasgow City and East Dunbartonshire.



Here is a brief description of the training:

Mental Health in the Workplace - A Guide for Managers

Course duration: 3hr (x2 1.5 hour sessions over morning and afternoon)

This session:

First 90 minute slot

Introduction to mental health

Creating a mentally healthy workforce

Understanding the most common mental health problems (part 1 Stress)

Second 90 minute slot

Understanding the most common mental health problems (part 2 Depression & Anxiety)

Employers legal duties and responsibilities

Managing mental health at work

Having a conversation

Please sign up to sessions via training@samh.org.uk.

Mental Health

COVID 19

**We are open and
here to help our
community**

**PEER SUPPORT IN YOUR
LOCAL COMMUNITY**



WHERE TO FIND GRACE

Instagram ☆ GRACE.Aftercare
Twitter ☆ @GRACE_Aftercare
EMAIL ☆ contact@graceaftercare.net
Website ☆ www.graceaftercare.net
WhatsApp ☆ Request link
Zoom ☆ Request link



Facebook ☆
@GRACE.Aftercare
@GRACE.Hillhead
@GRACE.Auchinairn
GRACE Digital Cafe
GRACE Serenity Garden
Headspace Art
Simply Yoga With LIZ
GRACE Peer Support Group
GRACE Sharing Time

LETS SUPPORT EACH OTHER

1-2-1 & GROUP SESSIONS AVAILABLE

FOR MORE INFORMATION EMAIL

contact@graceaftercare.net

Health & Wellbeing

Cancer Screening Services during Coronavirus

Despite the increased restrictions we are currently experiencing as a result of the coronavirus pandemic, we are pleased to confirm screening services are still operating across NHS Greater Glasgow & Clyde. Safety measures are in place to keep everyone safe and we ask that you only bring someone with you if need them to attend the appointment with you as this helps us maintain safe distances between staff and patients.

Appointments might take slightly longer and you may need to wait a little longer to be seen but please bear with us, we will get to you. If you are overdue for cervical screening please contact your surgery to make an appointment, you can also check when you were last screened for breast cancer by calling your surgery too.

Screening could save your life so if you are unsure about your safety at this time, here is a helpful video showing how one example of how services have worked to keep you safe:

www.nhsinform.scot/cervical-screening-film

Useful links:

<https://www.nhsinform.scot/healthy-living/screening/bowel/request-a-bowel-screening-test-kit>

<https://www.nhsinform.scot/healthy-living/screening/breast/breast-screening>

<https://www.nhsinform.scot/healthy-living/screening/cervical/cervical-screening-smear-test>

Carers Link Groups

Caring for someone can be exhausting and isolating. Our Zoom groups are a chance for carers to chat and have a break from caring, and to share experiences and tips with people who understand. If you need help or reassurance about using Zoom we'll be happy to help.

Carers Link run several different groups from Mindfulness to Dementia support, and we have a new evening group for carers who can't take time out during the day, and those who feel that their evening would be better with some friendly faces.

Go to carerslink.org.uk/events to find out more and register, or call 0800 975 2131 or email what-son@carerslink.org.uk.

If you're caring for someone, you might need help too.



Go to nhsinform.scot/caring #CarersSupport

Health & Wellbeing



Alice



Janice

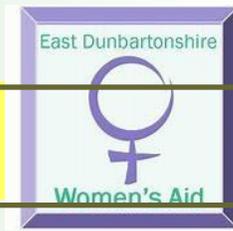
HELLO ... Contact Point calling

Contact Point has been keeping in touch with its Coffee Club members since the lockdown in March last year. Over the highs and lows of these challenging months the *Friendship Calls* and *Friendship Newsletters* have kept the members chatting, exchanging news and sharing information about available facilities and access to NHS services.

There's been lots of *Fun and Friendly Quizzes* to pass an afternoon indoors and a prize draw competition! When the time is right to re-open, members old and new will be given a very warm welcome. Let's hope it's not too far away.

The Coffee Clubs at Contact Point
Park Centre, 45 Kerr St, Kirkintilloch,
Glasgow G66 1LF Tel: 0141 776 439





Women's Aid

Ask for Ani (Action Needed Immediately)

From 14th January 2021, people experiencing domestic abuse will be able to use this codeword scheme (Ask for Ani), developed by the Home Office, to let staff in Boots Pharmacies know that they require an emergency police response or help contacting a helpline or specialist domestic abuse support service.

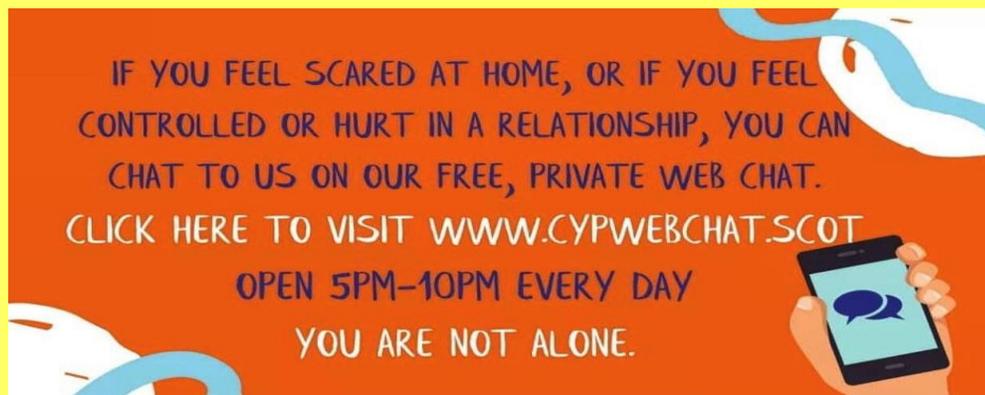
When an individual uses the codeword or asks for help, the member of staff will invite them into the consultation room. They will then check whether they are in danger and if they want the police to be called. If so, the staff member will offer the use of a phone to dial 999 or make the call on the person's behalf. If the person is not in an emergency situation, the staff member will support them to contact a national domestic abuse helpline or local support service, such as East Dunbartonshire Women's Aid. They may also contact the police via 101.



Scotland's Domestic Abuse and Forced Marriage Helpline has launched a new webchat service for children and young people who are experiencing domestic abuse now or in the past and in their family home or their own relationship.

The webchat is open 7 days a week from 5pm – 10pm, from 1 December until 31 March 2021.

It is open to all children and young people up to age 18 (www.cypwebchat.scot)





Age Scotland works closely with the Scottish Government, politicians, the media, and policy makers to provide data and insight into how older people experience many aspects of their lives.

That's why we're launching the Big Survey, which will ask about a range of topics to give us a greater understanding of what it's like to be an older person living in Scotland today. It also asks how people have been coping during the coronavirus pandemic, giving us a real sense of what is working and what further resources are needed as we continue to live with and recover from coronavirus.

We'll use the findings to prioritise what issues we campaign on, and it will help construct our media and policy responses. It's also envisaged that this survey will be repeated every two years to enable us to track any trends or patterns.

Our ambition is to reach as many people aged 50 and over as possible and we would be very grateful to you if you could complete it. Please feel free to pass on the link to anyone else who may be interested in doing so: it takes around 10 minutes. Thank you.

<https://wh1.snapsurveys.com/s.asp?k=160745327579>

www.agescotland.org.uk





Older People

National Intergenerational Week (8 – 14 March 2021)

This year GWT is excited to be leading the National Intergenerational Week in partnership with Linking Generations Northern Ireland, Bridging the Generations, Wales and The Cares Family, England. In its second year, the campaign is about celebrating those ideas, moments and opportunities local to us where different age groups come together and intergenerational friendships are made! It gives us a chance to consider planning for the future and developing new themes such as developing spaces and places. Opportunities for generations to connect will become even more important as we emerge from the current pandemic, so we aim to inspire more people to build relationships between different generations!

Show your support for all things intergenerational by adding your company logo to the National Intergenerational Week website at <https://generationsworkingtogether.org/national-intergenerational-week>. Join us on #IntergenerationalWeek as we say no to the age gap.

National Intergenerational Conference

Generations Working Together is hosting its annual Conference online, over three days from the 8th - 12th March 2021. This year, we will host six Zoom webinars covering topics including: housing, ageism, faith communities, food, research and innovation, each lasting one and a half hours. Prices start at £10 per day for members/£15 for non-members, or you can book a week's pass for all three days costing £25 for members and £38 for non-members. GWT's Excellence Awards will be celebrated during the week and presented during some of the webinars. Please note membership is free to everyone living in Scotland and to International Students. To find out more, visit our website here at: <https://generationsworkingtogether.org/events/national-conference-2021>

VOLUNTEER SEARCH FOR ENTERTAINMENT & ENTERTAINERS FOR CARE HOMES & NURSING HOMES



STAND International in partnership with Silver Stag of Scotland are providing care homes in East Dunbartonshire with afternoon teas.

To compliment the afternoon tea, we are looking for entertainers, singers or musicians to provide the entertainment (virtually) to Care Homes & Nursing Homes in East Dunbartonshire in order to bring a little cheer and happiness to the residents during this difficult time.”

Community



Receive weekly deliveries of the freshest fruits & vegetables whilst giving you the option to include some artisan sauces, jams, oils and condiments.



With many of us cooking from scratch more than we were before lockdown, our fruit & veg box is the perfect way to explore new recipes and get adventurous with varieties you perhaps wouldn't think to place in your basket when shopping in person.

Deliveries are free within East Dunbartonshire and are scheduled for particular days. Orders need to be placed at least 24hrs before delivery schedule.

SILVER STAG PROPERTY MAINTENANCE AND DEVELOPMENT

We are part of a social enterprise group based in East Dunbartonshire that is committed to ensuring you get the best property and garden service from qualified trades people whilst at the same time keeping your costs low.

Whether it's an extensive job over a few days or a small DIY task that needs to be done then we can work to your schedule and ensure that the work is completed hassle free.

Regular maintenance, Bathroom and Kitchen installations, Joinery, Roofing / Gutter Cleaning / Tiling Slating

Small DIY, Garden & Grounds Services / Fencing Laminate Flooring and Skirting, Disabled aids and adaptations

Home renovation, Building refurbishment, Planned / Reactive maintenance



CheckaTrade Registered: <https://www.checkatrade.com/trades/silverstagcic/>

Community

OPAL Information Line number is 0141 438
2347

Shopping and Prescription Assistance Line



COVID 19 Response Volunteers needed in all areas

During the COVID19 pandemic, the role of Volunteers within our community has never been more important. These opportunities include helping with shopping, driving, check-in calls and collecting prescriptions for those in isolation/shielding. There are many activities you can get involved in to help make a difference in your local community. Whatever your means of travel, this opportunity can be on foot, bicycle or by car and any expenses will be reimbursed. All we ask for is a willingness to be compassionate, to follow current health guidelines and be reliable.

Interested?

Call 0141 578 6680 or email info@edva.org for more details

Zero Waste daily update



President Biden signs order to rejoin Paris Agreement

Newly inaugurated President Biden has made re-joining the Paris Climate Agreement one of his first priorities. The US president signed an executive order on his first day in office, which will bring the country back into the deal in 30 days. The announcement has been welcomed by international leaders, including the [UN Secretary General](#). Todd Stern, who led the US negotiation efforts in Paris, said: "It's just a huge day to get rid of this myopic, benighted administration and welcome in a new president who manifestly is committed to strong, meaningful action". The [BBC](#) has taken a wider look at the climate challenges facing the new administration, with experts highlighting vehicle emissions, methane and coal power as areas where strong action is required.

FUNDING

Here is our overview of some of the funding streams which are currently open. [Funding Scotland](#) is a great online resource for searching for funding by area and theme. The [SCVO website](#) also has a section specifically covering Covid-19 funding.

[Community Grants Scheme | East Dunbartonshire Council](#)

The Community Grants Scheme is one of the ways that the Council provides funding to the community and voluntary sector. Any group that has a constitution, a bank account, is not for profit and aims to bring benefits to the residents of East Dunbartonshire can apply to the grants scheme. The closing date for Round 2 is **5th February 2021**

[Adapt & Thrive Programme](#)

The Adapt and Thrive Programme aims to support organisations across the third sector to adapt to the challenges presented by COVID-19 and build back better to thrive in the future. The programme will help organisations to make the necessary changes to operate sustainably so they can continue to have a positive impact on people and communities. Adapt and Thrive offers tailored, specialist advice, as well as grants and loans. Open until **March 2021**

[Communities Recovery Fund](#)

The Communities Recovery Fund aims to support charities, community groups, social enterprises and voluntary organisations in supporting people and communities through the shift from lockdown to recovery and tackle the challenges presented by COVID-19. The current closing date is **12th February 2021**

[The Robertson Trust](#)

The Robertson Trust funding is currently open with a range of grants available including 'Wee Grants' of up to £2,000 for constituted community groups with an annual income of less than £25,000. 'Small' and 'Large' grants are available for charities with larger annual incomes. Funding is available for organisations and initiatives that address Financial Wellbeing, Emotional Wellbeing & Relationships and Education and Work Pathways. Grants are also available for community vehicles and community buildings.

[Tech for Good - Paul Hamlyn Foundation](#)

Comic Relief and Paul Hamlyn Foundation have launched the latest round of the Tech for Good Programme. The programme supports not-for-profit organisations to use technology to explore different approaches to delivering better services.

Funding (Cont' ...)

Delivering Equally Safe - InspiringScotland

Funding is available for up to 3 years for projects which look to prevent and eradicate violence against women and girls. This fund is managed by Inspiring Scotland on behalf of Scottish Government. Closing Date is **30th of April 2021**

UnLtd - Starting Up

UnLtd Scotland offers start-up funding to social enterprises and is particularly interested in applications from people who identify as coming from BAME communities, people with disabilities, and are also keen to support those with direct lived experience of the social issues they are looking to solve.

Third Sector Homelessness Fund – Corra Foundation

Managed by the Corra Foundation, The Third Sector Homelessness Fund is a £3m fund from the Scottish Government for third sector organisations on the frontline of delivering homelessness services in Scotland. Deadline is the **8th of February 2021**

Response, Recovery & Resilience Fund

Whilst the RRR Fund will continue to provide emergency support for those who need it, we are now in the Resilience phase. The fund's priority is supporting organisations with their long-term planning, helping them become more sustainable in the future, despite the continued uncertainty. Grants of £1,000 to £5,000 are available.



Social Enterprise



A Social Enterprise going from strength to strength.

Stitch The Gap CIC

ARTS AND CREATIVE INDUSTRIES - EDUCATION, TRAINING AND EMPLOYMENT - ENVIRONMENT AND RECYCLING

We are a start-up Social Enterprise Company who are passionate about bridging the sewing machine skills gap so that this valuable, life-long skill is not lost in our generation.

[Tech for Good - Paul Hamlyn Foundation \(phf.org.uk\)](http://phf.org.uk)

We are passionate about our environment and believe that we can only effect environmental change by equipping people with the skills and knowledge to do this. Our beginner sewing sessions are a small step in the direction to learning how to up-cycle, re-purpose and repair clothes and textiles.

We are a mobile unit who are primarily based within East Dunbartonshire but operate all over Glasgow. We can take our workshops to where there is a need in the area and bring all materials and machines to each session.

Stitch the Gap CIC are set up as a Community Interest Company who are 'not-for-profit' and will re-invest back into our local community to ensure that sewing machine skills are very much in evidence here in East Dunbartonshire.

Community

Christians Against Poverty (CAP) is still operating and through this year we have continued to see people going debt free. Our service is normally delivered face to face, but during this time we have operated via telephone or video calls. Last year CAP celebrated 20 years of service in Scotland, and this year we are marking 25 years since the founding of CAP. Remember that our service is there for everyone - for people of all faiths and none; our service is the same. Our service is completely free, and we are fully regulated by the Financial Conduct Authority.

christians
against
poverty

CAP

Debt is still one of the last taboos within our society. It is often accompanied with a sense of shame - hiding the issue away from family and friends for years, and it can result in stress and anxiety leading to relationship breakdown and a deterioration in mental health. Especially after the impact of last year, it is time to break the taboo of debt and deal with it. Debt can happen to anyone in every walk of life. In Scotland we are fortunate that there are a number of ways to resolve the burden of debt. So if you think someone you know is struggling, ask the question, and encourage them to reach out for help.

If it is you, then pick up the phone. CAP's New Enquiries Team is ready to take your call on 0800 328 0006. www.capuk.org

EDVA (East Dunbartonshire Voluntary Action)



Telephone: 0141 578 6680 E: info@edva.org

East Dunbartonshire Voluntary Action



<https://twitter.com/EastDunVA>

New Website: www.edva.org

This document can be made available in different format if required. Just contact us through any of the above.