



Dear Nithsdale CVS Members,

Welcome to this months Newsletter and Funding Alert which I hope you find useful.

A reminder to all NCVS Members that the next meeting of the Nithsdale Voluntary Sector Forum is on Weds 19 August 09 at 10.30am to 1pm in the Oasis Centre, Dumfries (building behind Loreburn Street Police Station). Lunch and refreshments will be available.

If you plan to attend or if you have items for the agenda please contact Katrina Branney at NCVS on 01387 269161 or email [info@ncvs.org.uk](mailto:info@ncvs.org.uk).

The aims of the Forum are to raise and discuss shared issues, to network and exchange information and to get our voice heard within Community Planning decision making structures.

In the current climate we need to work together more than ever to ensure the sustainability of our local communities and services.

I would like to wish Greg Clark the manager of 'the allotment', our social enterprise fruit and veg shop in Dumfries, all the very best for the future. Greg has done a fantastic job since the shop opened in October last year and all the staff, volunteers and Management Committee of NCVS wish Greg every success with his move to Canada.

Karen Lewis

Director - Nithsdale CVS

***CALLING ALL COMMUNITY AND VOLUNTARY SECTOR ORGANISATIONS  
ITS THAT TIME OF YEAR AGAIN - PUT THE DATE IN YOUR DIARY!***

## **ANNUAL INFORMATION DAY EVENT**

**Thurs 24th Sept 2009**

**Oasis Youth Centre, Dumfries**

**1pm - 6pm**

### **FUNDERS ATTENDING**

**Social Investment Scotland, The Robertson Trust, Big Lottery, Holywood Trust, D & G Council, Lloyds TSB, Scottish Community Foundation, Leader, and many more!**

### **WORKSHOPS AVAILABLE**

**Disclosures, Making Good Funding Applications and Fundraising, PQASSO -Practical Quality Assurance Systems for Small Organisations, Involving and Retaining Volunteers**

**For more info or to book workshop places contact: Nithsdale CVS on 01387 269161  
or e-mail: [info@ncvs.org](mailto:info@ncvs.org) [info@ncvs.org.uk](mailto:info@ncvs.org)**



**VILLAGE HALLS IMPROVEMENT SCHEME (VHIS) 2009/10 Round 2**

There will be a second round of applications to the council's Village Halls Improvement Scheme 2009/10.

The scheme will open on Monday 3 August 2009, with a closing date of

**5pm on Wednesday 30 September 2009.**

Application forms and guidance notes are available from [www.dumgal.gov.uk/grants](http://www.dumgal.gov.uk/grants).  
The budget is around £160k.

VHIS is now open to council-owned community centres and halls in Dumfries and Galloway that are run by voluntary management committees on behalf of the council, where the council is responsible for keeping the premises wind and watertight. The maximum award for this type of applicant is £2,500.

Committees that applied to the first round of VHIS 2009/10 may **not** apply to round 2.

A letter publicising round 2 of VHIS 2009/10 will be sent to hall management committees that are on the VHIS database.

Potential applicants should read the VHIS Selection Criteria (revised on 22/05/09) which is available from the Grants web pages. If in doubt as to the eligibility of a project, please contact Sheila Armstrong on 01387 260 441.

Visit their web pages for more information:  
[www.dumgal.gov.uk/grants](http://www.dumgal.gov.uk/grants)



**OPEN DAY**

**INDEPENDENT LIVING SUPPORT**

Would like to invite you to their

**OPEN DAY**

Thursday 27<sup>th</sup> August  
12 until 4

St Georges Church Hall  
George Street, Dumfries

Have some lunch,  
Meet the Team




Information Packs Available

01387 262226  
01387 261746

[enquiries@ils-dumfries.co.uk](mailto:enquiries@ils-dumfries.co.uk)  
[www.ils-dumfries.co.uk](http://www.ils-dumfries.co.uk)

DIRECTORS: JOY USHER, MARION GLOVER,  
ALAN NICOLSON, DERICK FRASER.  
CHARITY NO: SCO37633 COMPANY  
NO:307309

**NITH Local Rural PARTNERSHIP**

**NITH LOCAL RURAL PARTNERSHIP DATES FOR 2009**

LRP MEETING	LRP VENUE
5 August	Thornhill Community Centre @ 2.00pm
28 October	Sanquhar Police Station @ 6.00pm

*Tea/Coffee will be available*

For more information about the Nithsdale Local Rural Partnership contact: Roana Clark, Nithsdale Partnership Officer 01387 245931



**CSL Training, Evaluation & Development**

**Autumn Training Programme 2009**

- 22<sup>nd</sup> September **Delivering Person Centred Services**  
Glasgow Centre for Inclusive Living
  - 8<sup>th</sup> October **Assertiveness Skills**  
LGBT Centre for Health & Wellbeing, Edinburgh
  - 20<sup>th</sup> October **Dealing with Conflict**  
Glasgow Centre for Inclusive Living
  - 19<sup>th</sup> November **Mental Health Awareness**  
LGBT Centre for Health & Wellbeing, Edinburgh
- All courses cost £110 per person

**For more information or to book a place contact:**

Charlotte Lee, CSL Training, Evaluation and Development, Hunters Lodge, Slockavullin, Lochgilphead, PA31 8QG, Tel: 01546 510209, 07918 603792  
[charlotte.lee2@btinternet.com](mailto:charlotte.lee2@btinternet.com), [www.cslconsultancy.net](http://www.cslconsultancy.net)

## NHS: Healthy Working Lives

Do you realise as a voluntary organisation you are entitled to free and confidential health & safety support and advice from the NHS.

The NHS, Healthy Working lives offers a wide range of services including a FREE & CONFIDENTIAL occupational health & safety service for all employees and employers. A wide range of additional services are available to Small & Medium sized Enterprises (SME's). Scotland's Workforce has over 50% of the working population employed by 243,000 SME's and over 60% of them currently have little or no access to Occupational Health & Safety support. Healthy Working Lives is provided by the NHS throughout Scotland and always provide a service that is free & confidential.

The key elements of the Dumfries & Galloway Services are:

- ✚ A free and confidential National Advice line based in Coatbridge for employees and employers, Tel No 0800 019 22 11.
- ✚ Free workplace visit to assist employers to meet their health & safety legal requirements and a written plan of action
- ✚ A follow up visit to help you implement the recommendations in the report, e.g. policy development, risk assessment and health monitoring
- ✚ Free Health & Safety Awareness and Risk assessment training
- ✚ A website specifically designed for SME's, providing information and advice available at [www.healthyworkinglives.com](http://www.healthyworkinglives.com)
- ✚ Access to the prestigious Healthy Working Lives Award

**For more information, please contact:  
Healthy Working Lives Advice line  
Tel No 0800 019 2211**

## MEET THE EQUALITY AND HUMAN RIGHTS COMMISSION LEGAL TEAM

**Dumfries - Cairndale Hotel  
16<sup>th</sup> September 2009**

The Equality and Human Rights Commission champions equality and human rights for all, working to eliminate discrimination, reduce inequality, protect human rights and to build good relations, ensuring that everyone has a fair chance to participate in society.

The Commission's Scotland Legal Team is visiting the above location, hosting a lunch and afternoon Information Session. You will have the opportunity to find out more about the Commission, discuss how we can work together and let us know what issues are most significant to you and your service users.

**Who should come:** The event is for advice giving organisations, as well as frontline representatives of voluntary, community and educational organisations who give advice or assistance directly to the public. If unsure whether this would be relevant to your work, feel free to contact us to discuss.

**Agenda:** A confirmed agenda will be sent out closer to the time. We would also like to hear your suggestions on the equality issues most relevant to you. Email or phone us with your thoughts.

**Booking a place:** This event is FREE. However, spaces are limited and will be available on a first come, first served basis.

Please email [roadshow@equalityhumanrights.com](mailto:roadshow@equalityhumanrights.com) if you wish to attend.

For further details please contact:

**James Andrew on 0141 228 5917  
David Reilly on 0141 228 5967.**

### Third sector funding 2010/2011 call for applications will be for one year applications only

This is advance warning for Third Sector organisations in Dumfries & Galloway that the call for applications to the Third Sector Strategic Budget for 2010/11, later this year, will invite one year applications only.

In previous years the Council have invited both 3 year and 1 year bids. However, while their systems are reviewed they have decided to invite 1 year applications for the next 2 financial years.

Dumfries & Galloway Council and NHS Dumfries & Galloway are currently carrying out a review of the way they fund the third sector, examining possibilities for pooling budgets and working together more closely.

Most of the recipients of Third Sector funding commenced 3 year funding awards in financial year 2009/10. however, some organisations are out of synchronisation and it would be more equitable for 3 year funding to start in the same financial year. As a result, it was agreed by Members of Resources Committee at their meeting on 16 June 2009 that applications to the council's Third sector Strategic Budget be restricted to one year applications for the financial years 2010/11 and 2011/12.

The call for applications will appear in local press across our region in early September. The closing date for applications for 2010/2011 will be 5pm on 31 October 2009. decisions will be made during January 2010.

**For further information contact: Third Sector Support  
Telephone: 01387 260437 Fax: 01387 260453  
Email: [ECSGrants@dumgal.gov.uk](mailto:ECSGrants@dumgal.gov.uk)**



## the allotment

*A fruit and vegetable social enterprise community shop*

**Manager  
£16,650 p.a**

**5 days p.w - 40 hrs p.w  
(including Saturdays)**

We are looking for an experienced and motivational manager for our busy town centre shop in Dumfries Town Centre and outlet at D & G Royal Infirmary.

As well as having a proven business track record in managing, developing and promoting a retail outlet you will have a sound knowledge of involving volunteers and links between food and health.

If you have the necessary skills, experience and commitment you may be the person we need.

If you want further information or an informal discussion about this post please contact Greg on **01387 269048** or email **[greg.clark@ncvs.org.uk](mailto:greg.clark@ncvs.org.uk)**.

For an application pack please contact Jeanette on **01387 269161** or email [info@ncvs.org.uk](mailto:info@ncvs.org.uk)

**Closing date for applications:  
10am Monday 3rd August 2009  
Interviews will be held on  
Friday 7th August 2009**

*The successful candidate will be subject to a Disclosure Scotland check.*

## Women's Run 4 Health

The 28<sup>th</sup> of June 2009 saw the first ever Women's Run 4 Health in Dumfries and Galloway with over 800 local women and children taking part, either running or walking, some in wheelchairs and the lucky ones in buggies!

Colleagues from Nithsdale CVS and Building Healthy Communities - Dumfries, decided to group together to take part in the 5km run raising money for **Breast Cancer UK** to support a valued colleague whom we all wish a healthy recovery.

Other local charities that benefited from the event:

- South West Rape Crisis & Sexual Abuse Centre
- Alzheimers Scotland, Dumfries & Galloway Services
- The Alexandra Unit Care Fund for Patients in the Community
- Dumfries & Galloway Royal Infirmary Osteoporosis Service
- NHS Dumfries & Galloway Continence Service
- Motor Neurone Disease
- Chest, Heart and Stroke Scotland
- Myeloma UK

All who took part had a great day and all are already in training for next Year!!!



Jeanette from NCVS warming up before the Big Run on the 'make your own smoothie bike'!!!

**NCVS Members - NCVS can carry out Disclosure Checks for the community and voluntary sector in Nithsdale on behalf of CRBS (Criminal Records Bureau Scotland)**  
**For more information contact:**  
**Suzanne Lafferty**  
**01387 269161**  
**suzanne.lafferty@ncvs.org.uk**

# Dumfries Men's Run 4 Health



**Sunday 23rd August at 11am**  
**King George V Sports Complex**

Dumfries Men's Run 4 Health is a charity event where men of all ages gather together to walk, jog or run 5k and have fun raising money for local charities as well as contributing to an active and healthy lifestyle.



**You are invited...**  
and so are your friends, family and colleagues



**WORKING TOGETHER FOR MEN'S HEALTH**

**Enter early to avoid disappointment - places may be limited**

Entry forms and further information available from DG One Leisure Complex, King George V Sports Complex, Dumfries Ice Bowl, David Keswick Athletic Centre and D&G Royal Infirmary Reception or

**Enter online at [www.run4health.co.uk](http://www.run4health.co.uk)**



## Nithsdale Council of Voluntary Service

Hollywood Building  
Old Assembly Close  
Irish Street  
Dumfries  
DG1 2PH  
Tel: **01387 269161**

Website: [www.ncvs.org.uk](http://www.ncvs.org.uk) Email: [info@ncvs.org.uk](mailto:info@ncvs.org.uk)

Office Hours: Mon-Fri 9am – 5pm (closed 1pm–2pm)

**Director:** Karen Lewis

**Administrator:** Suzanne Lafferty

**Information & Training Advisor:** Katrina Branney

**Walking Works Co-ordinator:** Vicky Henshall  
(Dumfries & Lower Nithsdale)

**Walking Works Co-ordinator:** Ronnie Johnstone  
(Mid and Upper Nithsdale)

**Access to Work Projects Co-ordinator:** Ronnie Johnstone

**Rent Deposit Guarantee Scheme:** Suzanne Lafferty

**Office Support Worker:** Jeanette Murray

NCVS is a member of the Scottish Council of Voluntary Organisations (SCVO) and works in partnership with other local CVS. NCVS is a company limited by guarantee registered in Scotland no: 81362. Scottish Charity no: SC008201

