



Dear NCVS Members,

NCVS has a new member of staff! Katrina Branney, a qualified Community Learning & Development graduate, will be starting her new post as NCVS Information & Training Officer from 1<sup>st</sup> June 2008.

Katrina will be able to assist NCVS members with identifying and applying for funding, providing advice and support on constitutions and other appropriate legal structures, obtaining and maintaining charitable status and a range of other support advice relating to the community and voluntary sector.

An exciting new aspect for NCVS is the training element Katrina will provide which will include developing NCVS as a Learning Centre providing training programmes relevant to the community and voluntary sector. Please do not hesitate to contact Katrina for more information.

Many thanks to those members who have completed our on-line Members survey. We will be providing feedback in the next Newsletter.

Karen Lewis  
NCVS Director

## Walking Works!

The NCVS Walking Works Projects were set up to encourage walking as part of a healthier lifestyle and are aimed at those who are inactive and who have or have had health issues and could benefit from getting fitter and more active. Taking short health walks is one of the best ways to achieve this. Health Walks take place on the following days:

Day: **MONDAY**

**Mid & Upper Nithsdale**

Meeting Place: Kirkconnel Miners Memorial Hall

Time: 10.30am

**Dumfries & Lower Nithsdale**

Meeting Place: E.C.H.O.office, Lochside Road,  
Dumfries

Time: 12.15pm

Day: **TUESDAY**

**Dumfries & Lower Nithsdale**

Meeting Place: NCVS office, Irish St. Dumfries

Time: 2pm summer 12.50pm winter (ie clock change)

Meeting Place: Steel Arches, Dock Park, Dumfries

Time: 2.15pm. This walk is a very short health walk

**Mid & Upper Nithsdale**

Meeting Place: Thornhill Community Centre, East  
Back Street

Time: 6.30pm

Day: **THURSDAY**

**Dumfries & Lower Nithsdale**

Meeting Place: North West Resource  
Centre, Lincluden, Dumfries

Time: 10.00am

Day: **FRIDAY**

**Dumfries & Lower Nithsdale**

Meeting Place: Thornhill Community Centre, East  
Back Street

Time: 2.00pm

No need to book just turn up.

**Come out and walk, have fun and feel better!**

For more info contact Vicki or Graham at NCVS on 01387 269161



Walking  
Works!



# Car Boot Sale



**Sunday 1<sup>st</sup> June  
11am**

**Lincluden Community Centre  
Off College Road  
Lincluden  
Dumfries**

**Tel: 07513031593**



£5 pre booked  
£6 on the day

## **“YOUNG MINDS”**

### **INTRODUCTION TO INFANT AND ADOLESCENT MENTAL HEALTH**

**Tuesday 24<sup>th</sup> & Wednesday 25<sup>th</sup> June 2008  
9am-4pm both days**

**Venue: Youth Alive, The Lighthouse,  
Maxwell Street, Dumfries  
Excellent networking opportunities**

#### **FACILITATORS**

**Lynn Cuddihy, Primary Mental Health  
Worker,  
Sheila Paterson, Primary Mental Health  
Worker and Tina Gibson, Public Health  
Practitioner**

**Lunch and refreshments provided  
For further information please contact  
Lindsay Murdoch on 01387 244686  
or [lindsay.murdoch@nhs.net](mailto:lindsay.murdoch@nhs.net)**

**Places are limited and early booking is advised**

## **Funding and Opportunities**

### **Scottish Rural Development Fund (SRDP) 2007 - 2013**

SRDP is a £1.6 billion programme of economic, environmental and social measures designed to develop rural Scotland over the next seven years. Measures will be delivered through:

- . Crofting Counties Agricultural Grant Scheme
- . Food Processing, Marketing and Co-operation Grant Scheme
- . Forestry Commission Challenge Funds
  - . The LEADER initiative
- . Less Favoured Area Support Scheme
  - . Rural Development Contracts
  - . Skills Development Scheme

Individuals and groups may seek support to help deliver the Government's strategic objectives in rural Scotland.

The SRDP includes measures to address economic and social goals as well as environmental measures. It is outcome-focused and primarily aims to deliver a Greener Scotland and to promote a Wealthier and Fairer rural Scotland. Further information on each area of funding is available at [www.scotland.gov.uk/Topics/Rural/SRDP](http://www.scotland.gov.uk/Topics/Rural/SRDP)

SCVO has also produced, 'SRDP Briefing 1: Getting a Business Reference Number' to take voluntary and community groups through the first stage of applying to rural priorities. This can be downloaded at [www.ruralgateway.org.uk/information/news/morenews](http://www.ruralgateway.org.uk/information/news/morenews)

### **The voice of Dumfries and Galloway is failing to be heard on Scottish Consumer Network**

An appeal has been issued for volunteers to join a Scotland-wide panel to ensure that the voice of consumers in Dumfries and Galloway is heard.

The Scottish Consumer Council's Consumer Network gathers the views of volunteers from across the country on a range of subjects as diverse as access to NHS dental services, the effect of the smoking ban and shopping habits. The information is collected three times a year and is used to inform policy and research for Scotland's foremost consumer organisation.

Consumer Network would like to encourage more people from Dumfries and Galloway to get involved in the Network, so that the needs and experiences of the local community can be properly heard:

“Volunteers who feed information in through the Consumer Network are providing a hugely valuable service by ensuring we get as complete a picture as possible of the problems and issues that people in Scotland's many and diverse communities are facing every day”

“This is a home-based opportunity - there are no qualifications or preconditions for being a volunteer and although the time commitment is relatively small, the benefits for the Scottish Consumer Council of knowing that we are reflecting the real experiences of people across Scotland, are huge.”

People from Dumfries and Galloway who are interested in feeding their views into the Consumer Network are asked to contact its Co-ordinator, Gill MacGregor on 0141 227 6462 or visit the Scottish Consumer Council website at: [www.scotsconsumer.org.uk/getinvolved/index.htm](http://www.scotsconsumer.org.uk/getinvolved/index.htm)



## Nith Local Rural Partnership Meeting

Wednesday 4<sup>th</sup> June 2008 @ 6pm  
Sanquhar Police Station  
*All welcome*

## Dumfries Pride 2008



*This will be the first ever pride event in the region  
and its going to be a blast!*

It will be an immense day, filled with socializing with LGBT peeps in the area. So, if you're the type of person who enjoys having a lot of fun and making new friends, you need to participate in this event! Its for all ages, so bring along friends and family.

Dumfries Pride will be taking place on August the 16th, 12pm-4pm at Park Farm. At night, there will be a Pride Prom at Minerva Hall in Dumfries. The Prom kicks off about 8pm.

So come down, take part, have fun and be a part of LGBT history.

If you'd like more information email [dandg@lgbtyouth.org.uk](mailto:dandg@lgbtyouth.org.uk) or phone 01387 739888.

NCVS Members are you aware that NCVS carry out **Disclosure Checks** on behalf of CRB (Criminal Records Bureau) for the community & voluntary sector?

For more info contact:  
Suzanne Lafferty 01387 269161  
[suzanne.lafferty@ncvs.org.uk](mailto:suzanne.lafferty@ncvs.org.uk)

Maxwell Memorial Hall Management Committee

## Summer Ceilidh

### & Barbecue

(In aid of Hall funds)

Music by John Douglas Band

Compère: John Caskie

Saturday, 7<sup>th</sup> June, 2008

Maxwell Memorial Hall,  
Terregles

8.00 pm - 11.30 pm

Licensed Bar Adult £7.00

Raffle Under 16 £2.00

Tickets: 01387 721073



Independent Living Support  
8 George St Meuse  
Dumfries, DG1 1HH

## THE EMPOWERING PEOPLE PROJECT



If you are juggling between eating and heating, come into our office at 8 George St Meuse, Dumfries for a few questions to see if you are in Fuel Poverty and eligible for our help.

We can empower you to:

- get your power put on
- sort out your meter/power card or key problems
- negotiate repayments of your debts
- help you get in touch with or resolve problems with your gas or electricity supplier
- help you get in touch with or resolve problems with your landlord
- help you get in touch with or resolve problems with council departments to do with your tenancy

the project is aimed at people between 16-60 years old in Dumfriesshire, who are in Fuel Poverty, (Scottish Power's definition of Fuel Poverty being a household spending 10% or more of their income on fuel).

Funded by



**Youth Active** Dumfries & Galloway

In partnership with  
Dumfries and Galloway Council, Dumfries and Galloway

Confirmed Sponsors

- Dalscone Farm
- Jim Carter's Cleaning Company
- The Lighthouse

Presents

## EURO LIVE 2008 Football Tournament

Soccer 6's 12-16 years  
Monday 9th June  
Kingholm Pitches, Castle Dykes, 5.30pm  
Entry fee £15 per team  
Application forms and rules available from:  
Dalscone Farm, Edinburgh Road, Dumfries. 01387 254445  
Youth Alive, Macmillan street, Dumfries. 01387 259257  
Kings Bookshop, Chousberry Street, Dumfries. 01387 254444  
Winners Prize: Dalscone Cup, £100 for the team. Runners up medals. Player of the tournament trophy.  
Proceeds to 'Kick' for children with cancer

Maxwell Memorial Hall Management Committee

# Coffee Morning

(In aid of Macmillan Cancer Support)  
Registered charity number 261017

Produce Stall  Tombola

Saturday, 24<sup>th</sup> May, 2008

Maxwell Memorial Hall,  
Terregles

10.00 am - 12 noon

Adults £2.00

## UNDERSTANDING AND SUPPORTING PEOPLE WHO SELF-HARM

One-day workshop:  
Monday 2<sup>nd</sup> June 2008 10am to 4pm  
North West Resource Centre, College Drive, Dumfries,  
DG2 0BX

Informative & participative workshop to help you  
develop a general understanding of self-harm and  
which will include:

- What is self-harm?
- The meaning and purpose of self-harm?
- What are the reasons and issues that are often behind self-harm?
- A personal insight into self-harm
- Yardsticks for Good Practice in Supporting People who self-harm
- Developing a Harm-Minimisation Approach

### Aim of course:

- To develop the awareness and understanding of this often misunderstood issue
- To recognise that self-harm is usually a coping strategy which people may have developed as a way of expressing or relieving intense and overwhelming feelings and emotions.
- To help carers and professionals working in a wide range of services, including health and mental health, education, youth work, drug & alcohol services, support services and counselling services, feel more confident in supporting those people who self-harm and where to get/refer to more specialised support.

**Cost: £95 to include refreshments, lunch & resource pack**

Contact Jill Eastham to reserve a place and receive a booking form

Tel: 01768 870824  
[info@jilleastham.co.uk](mailto:info@jilleastham.co.uk)

Mobile: 07818 864271  
[www.jilleastham.co.uk](http://www.jilleastham.co.uk)

## Free to Bona Fide Community Group!

2 sturdy floor standing safes with keys.  
Available for collection.

Please contact Jeanette on 01387 269161 or email  
[jeanette.murray@ncvs.org.uk](mailto:jeanette.murray@ncvs.org.uk)

## SUPER NATURE

Friday 23 and Saturday 24 May

Balloch Wood, Creelton  
Artists collective CNN  
presents a five arts  
event for Spring Fling

Join us in your funkiest attire and most sensible footwear for an unforgettable guided night time walk full of artful surprises and specially commissioned light installations in the pulsing heart of the forest. Brush up on your sharpest dance moves and become part of the artwork.

8pm - 12pm (best after dark)  
Meeting at Adamson Square, Creelton  
where buses will transport you to site

FREE

Sensible footwear advised  
Walk approx 1.5 miles  
Family friendly  
Paths well maintained  
but unsuitable for  
wheelchair users



## 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 9.00am - 5.00pm  
(closed for lunch 1.00pm - 2.00pm)

### NCVS Staff

**Director:** Karen Lewis

**Administrator:** Suzanne Lafferty

**Walking Works Co-ordinator:** Vicki Leigh

**Walking Works Co-ordinator:** Graham Banks  
(Mid and Upper Nithsdale)

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

**Office Support Worker:** Jeanette Murray

NCVS is a member of the Scottish Council of Voluntary Organisations (SCVO).

NCVS is a company limited by guarantee registered in Scotland no: 81362  
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