

ELVON NEWS

August 2006

ELVON is a Council for Voluntary Service (CVS), which exists to represent and support the voluntary sector, to assist organisations in coming together for common purposes and to enable local people to gain access to decision processes that affect their community.

Big Lottery Fund - Big Day Out

On Thursday 31st August 2006, the Big Lottery Fund will be visiting East Lothian and holding a number of sessions during the day.

From 2pm to 5pm there will be an opportunity for individual organisations who are thinking of applying for funds to have a one to one discussion with them. These will take the form of a 15 minute appointment and are **ONLY** if you have a specific project idea in mind. They are **NOT** for general funding information as this will be available at the evening session.

If you would like to book an appointment, please contact James Bruce as soon as possible as we anticipate a high demand for these.

The evening session will be from 6-30pm to 7.30pm there will be a general presentation which will give an overview of each of the four areas of investment, the application and assessment process. This is aimed at organisations looking for general information and an initial steer.

Again, if you would like to attend this event, please contact James Bruce as the Big Lottery have asked for a list of organisations attending in advance.

Both the above events will be held in the Brunton Hall and please do not hesitate to contact us if you require any additional information.

Please book early for these events.

Networking Lunch

We are holding a Networking Lunch on Thursday 17th August 2006 in the Brunton Hall, Musselburgh from 12noon to 2pm.

Our guest speaker will be David White who is the General Manager of the East Lothian Community Health Partnership (CHP) and David will be talking about the role of the CHP.

A booking form is enclosed with this newsletter and we would be grateful if you could return it to us no later than Monday 14th August 2006.

Voluntary Sector Children's Forum

We have just held the third meeting of the Children's Forum and this is proving to be informative and useful to all concerned.

We have looked at a wide range of topics and had a variety of speakers talking about issues that are relevant.

One of the things we are looking at is how the voluntary sector can make an input into the Integrated Children's Plan and we are starting to chart who these organisations are and where they fit in.

The forum is open to any voluntary organisation working with children in East Lothian and the next meeting will be held on ????.

If you require any information on the forum or how your organisation can have an input in to it, please contact James Bruce.



Voluntary Sector and Volunteering Showcase



In the last newsletter we informed you of the above event taking place on Saturday 30th September 2006 in The Town House, Haddington from 10am till 3pm.

This is an opportunity for organisations to promote what they do and for members of the public to come along and find out what is happening in the voluntary sector and also about the wide range of volunteering opportunities available locally. It is being held on the same day as the Farmers Market and we hope to attract a lot of people.

Some organisations have already booked a stand and if your organisation would like one, please contact James Bruce at ELVON. Please note that this event is free.

This is a joint event between ELVON and Volunteer Development East Lothian.

Training Needs Analysis

Attached with this newsletter is a Training Needs Analysis questionnaire.

We are currently looking at arranging a series of Training/Information events and to ensure we are providing what is required, we would ask that you complete this form and return it to us no later than the 31st August.

It is then proposed to set up these events over the Autumn/Winter period.

Database of Information

Over recent months, we have been updating our Online Database which you can find on our website under the Local Facilities pages. <http://www.elvon.org.uk/facilities.htm>

We would be grateful if you could check your information and let us know if there are any changes required or if your organisation is not currently on it and would like to be added.

ELVON Thrift Shop

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|----------------------|------------------------|----------------------|------------------------|
| Jul 31 st | ELVON | Sep 18 th | ELVON |
| Aug 7 th | ELVON | Sep 25 th | Centre Stage |
| Aug 14 th | Royal British Legion | Oct 2 nd | ELVON |
| Aug 21 st | ELVON | Oct 9 th | E.L. Liberal Democrats |
| Aug 28 th | Eskgreen Residents Ass | Oct 16 th | ELVON |
| Sep 4 th | ELVON | Oct 23 rd | Aberlady Youth Club |
| Sep 11 th | Tranent Colts | Oct 30 th | ELVON |

The last five charity groups to use ELVON's thrift shop have raised between them over £3,600. This extra income is much appreciated and all concerned would like to thank their supporters and the people who donated the items for sale.

New Postal Charges

On 21 August 2006, the Royal Mail will change the way it charges for postage – the new system will be entitled Pricing in Proportion (PiP). As well as weight, size and thickness will be taken into account when it comes to deciding how much postage needs to be paid. This could have a significant effect on voluntary and community organisations and may well have the overall effect of increasing mailing costs. Whether organisations make savings or incur increased costs will depend upon the type of mail they post, as A4 newsletters, mailings involving several sheets of paper or headed paper or embossed cards are unlikely to qualify for the lower postage rate.

To qualify for the lowest postage rate, a letter envelope must measure no more than 240 x 165mm with a maximum thickness of 5mm and a maximum weight of 100g. If it exceeds any of these measurements, it may qualify as a large letter (353 x 250mm, max thickness 25mm, max weight 750 grams). Anything bigger, thicker or heavier will be classed as a package.

Organisations using franked or metered mail that do not pay the correct postage will be surcharged from day one of the introduction of the new PiP system. Domestic users and users of stamped mail will not be surcharged immediately as a grace period will be observed, but Royal Mail has not indicated when this grace period will come to an end.

Postwatch (the independent watchdog for postal services) has some concerns regarding the changes, including the potentially huge impact on local post offices, as long queues may result until staff are familiar with the new system and can advise customers accordingly.

If you would like to know more about the new system and how it will affect your organisation, contact the Postwatch helpline on 08456 013265 or see their website: www.postwatch.com

East Lothian Busy Bees

East Lothian Busy Bees is made up of a group of like minded volunteers organised by Sylvia Morrison of North Berwick. Formed some twenty years ago the group knit, sew and crochet beautiful clothes and patchwork blankets for hospitals, homes for the elderly or other needy local people whilst providing an opportunity for its members to socialise and build friendships.

To begin their autumn programme of activities the Bees urgently require double knitting wool. Wool donations of any colour, quantities large or small would be gratefully received.

To have your wool donation collected please telephone 01620 894 762 after 7.00pm from the 1st September or Alternatively, you can leave your wool at the ELVON office, 82 High Street, Tranent

Development Grants for Health Work 2006-2007

East Lothian Community Health Projects Steering Group is now seeking applications for development grants. This year the Steering Group can offer small grants of between £500 and £2,000 to fund a time limited piece of work.

We welcome applications from established groups. However we are also keen to encourage new or smaller groups to apply and to continue to fund small scale developmental work or new ideas within the £2000 limit.

In the past community health development grants have funded a wide variety of successful projects. For example last year the scheme funded:

- a project to develop a community based sports club for young people with a disability
- a scheme to engage local teenagers in voluntary work to increase their well being, empowerment and involvement,
- a project by a food co-operative to promote healthy eating via health centres by selling fresh fruit at cost price,
- funding for a music project for people suffering from mental illness.

Sometimes projects come to an end when the grant has been used up. Increasingly though a project that started with a small grant can be integrated into ongoing work or further funding is found to continue the work. For example, as a result of work about healthy eating with a women's group in Prestonpans there are two resource boxes that can be used to support similar work in other areas. A Supper Club set up by Stepping Out is still going on and another club has been set up at another centre, both with funding from a different source.

The grant scheme provides an opportunity to apply for a small one off grant to test out a new idea, start a new piece of work or try an idea from elsewhere to see how it works in East Lothian. Examples might be making sure disabled people can take part in and influence sports centre activities; starting a local community garden or developing health activities at an after school club.

Work should be based on community development principles and your plan should take account of inequalities in health related to life circumstances. Information to help you with both these is included in the guidelines that go with the application form.

Application forms and supporting information are available from East Lothian Voluntary Organisations Network, 82, High Street, Tranent. Tel: 01875 615423.

Steering Group members can help with general queries about the scheme or offer advice about completing your application. We are:

Ginnie Moreton (Health Promotion Specialist), 0131 536 8139 ginnie.moreton@lhb.scot.nhs.uk
John Boyce (Public Health Practitioner), 0131 536 8106 john.boyce@lpct.scot.nhs.uk
Lesley Bartolo (Lothian Community Health Projects Forum) 0131 555 6035 lesley@lchpf.co.uk
Helen Bruce (East Lothian Council) 01620 827403 hbruce@eastlothian.gov.uk
James Bruce (ELVON) 01875 615423 james.bruce@elvon.org.uk

Closing Date for applications: Tuesday 31st October 2006. We will let you know whether or not your application has been successful by the end of November 2006.

Multi-Agency Domestic Abuse Training Programme Midlothian and East Lothian 2006/08

The Consortium is funded by the Scottish Executive Violence Against Women Unit and offers one day multi-agency and single-agency training programmes designed to develop staff understanding of domestic abuse, promote good practice and improve service delivery. The training integrates an understanding of the additional issues faced by women from marginalised groups and issues for children and young people.

NB These courses can be attended by workers from East Lothian and Midlothian

12 September 2006 9.30 – 4.00

Course Title: Violence against women by men they know

Aims:

- identify the violence and abuse women experience from men they know
- increase your understanding of the impact on children and young people
- improve your understanding of the barriers women face when leaving
- explore the context in which men are violent
- explore some of the additional issues facing women from marginalised groups
- identify good practice when providing services to women and children
- develop confidence to raise the issues and respond appropriately

28 September

Course title: Domestic Abuse and the impact on children

21 November

Course title: Domestic Abuse and Older Women

25 January

Course title: Violence against women by men they know

Venue: The County Hotel, Dalkeith

Please respond indicating which course or courses you are interested in.

To Susan Moffat, East Lothian Domestic Abuse Forum smoffat@eastlothian.gov.uk
Further information and booking forms will be sent out about these courses

Courses are free

Public Information

Living - East Lothian Wednesday, September 6th 2006 at The Brunton Hall

Living – East Lothian will consist of an afternoon of presentations and workshops showcasing the work of Choose Life in East Lothian. Emma Hogg, Mental Health Programme Manager for NHS Scotland, will start off the afternoon with a presentation on ‘The importance of mental well being in the twenty first century’. Local projects supported by Choose Life will then lead workshops on their work to improve mental health & reduce suicide in East Lothian. The afternoon session will end with a performance by the Tynepark Multi Media Project.

An ‘Open Space’ event will follow the conference with a range of interactive sessions and an information market place on improving mental health & reducing suicide. The ‘Open Space’ event is aimed at the general public and is open to any organisation involved in improving mental health and well-being.

If you would like to attend the Living - East Lothian Conference, please register by contacting Jaclyn at the details below. There is no need to register for the ‘Open Space Event’.

Contact : Jaclyn Moran, Community Services, East Lothian Council

9-11, Lodge Street, Haddington, EH41 3DX.

Tel: 01620 827826. Email: communityservices@eastlothian.gov.uk

Living East Lothian Draft programme

Showcase

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|---------|--|
| 12.15 - | Networking Lunch |
| 1.pm | Welcome & Introductions – Ann McCarthy, |
| 1.10pm | Keynote Speaker – Emma Hogg, Health Improvement Programme Manager, NHS Scotland |
| 1.30pm | Choose Life - East Lothian – Paul Noyes, Choose Life Co-ordinator |
| 1.40pm | Building community capacity for responding to mental distress - Charmain Currie & Pat Mackinnon |
| 2.pm | Workshops x 4 |
| 2.45pm | Refreshment Break |
| 3.15pm | Workshops x 4 |
| 4.15pm | Performance – Tynepark Multi Media project |
| 4.45pm | Close of afternoon |

Open Space

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|--------------|---|
| 5pm | Mood Food |
| 6pm | Performance – Tynepark Multi Media project |
| 6.30pm – 8pm | Information Stalls & Taster sessions including: <ul style="list-style-type: none">- Reike- Massage- Aromatherapy- Stress Tests |
| 6.30 – 8pm | DJ Workshop |
| 6-30 – 8pm | Art Installation |
| 6-30 – 8pm | Talking Wall - What makes you happy? |
| 7pm | Dance yourself happy - |
| 7.30pm | Information Stalls & Taster sessions |
| 8.00pm | Close |

LTCAS

Launch of Long Term Conditions Alliance Scotland

A national organisation representing the interests of two million people in Scotland living with a long term condition was launched in Edinburgh in May. The Long Term Conditions Alliance Scotland brings together voluntary and community organisations from across Scotland to promote the common interests of people living with conditions such as asthma, cystic fibrosis, arthritis, M.E. and diabetes.

The launch meeting was addressed by the Health Minister, Andy Kerr, and by Professor David Kerr, author of the Kerr Report “Delivering for Health” on the future of the Scottish Health service. The setting up of the LTCAS is seen by the Health Department as one of the key priorities over the next decade, as part of giving patients and carers an equal partnership and supporting people to manage long term conditions so that they can maintain health and keep a good quality of life.

It is hoped that the alliance will be setting up a new office in the autumn and employing their own staff.

For further information contact: Alan McGinley on 07738886613 or 0141 332 2700 or Judy Ozkan on 07786584956 Or 0131 226 2544



Youth & Community Facility Co-ordinator
Salary: £23,739 - £25,857
35 Hours per Week

Recharge is a new youth-led facility serving Tranent and the surrounding area.

We are seeking an enthusiastic individual to drive forward the development of the facility and co-ordinate a wide range of programmes for young people and the wider community. The post demands a highly motivated person with relevant experience of youth work and working with partner organisations.

Some weekend and evening work will be required. The post is initially funded for 2 years.

For more information and an application pack please contact ELVON, 82 High Street, Tranent EH33 1HH, Tel/Fax 01875 615423, Email elvon@scvo.org.uk

*The closing date for applications is **Friday 18th August.**
It is anticipated that interviews will take place on **Friday 1st September.***

Funded by the National Lottery through the Big Lottery Fund.



What does Victim Support Scotland do?

Victim Support Scotland provides support for anyone affected by crime. We are an independent voluntary organisation with our national office in Edinburgh and a network of staff and volunteers based in local offices throughout Scotland.

People can suffer greatly in the aftermath of crime and many benefit from talking about how they have been affected. They often need help with practical matters such as insurance and compensation claims.

How you can help

The most important and valuable resource we have is the large number of volunteers who give their time to provide our services to victims and witnesses of crime.

We can use your help in many different ways, including:

Providing support and information to victims in their homes, on the telephone, and in our offices (Victim Service)

We provide support, advice, guidance and ongoing training for all volunteers.

Whether you want to work directly with people or whether your skills are in administration, publicity, fundraising or some other aspect, we are keen to involve you. If you would like to learn new skills or build on the ones you already have, we can offer you many opportunities to stretch yourself, meet new people and develop your interests.

What time do volunteers give?

This depends on how you choose to be involved and the work needing done. We agree the time commitment with each volunteer. Typically, we ask volunteers to spend a minimum of two to three hours a week with the Victim Service.

Do volunteers need specific skills for the Victim Services?

You do not need specific skills as we provide comprehensive training. Our volunteers come with a wide range of skills and experience. We are looking for flexible, adaptable and non-judgemental individuals who are able to get on well with people of all ages and backgrounds.

While you go through your training, there is continuous assessment and feedback. At the end of the training there is a final assessment to make sure that Victim Support is the right organisation for you.

Our commitment to you

We will provide you with the training and support you need, involve you in our national and local activities and reimburse legitimate expenses.

Funding

Clore Duffield Small Grants for Performing Arts Education Programme

Organisations such as registered charities, limited companies and schools that wish to undertake activities that enable young people aged 0-18 to experience the performing arts may be eligible to apply for funding under the Clore Duffield Small Grants for Performing Arts Education programme. This is a £1 million programme that will operate between 2005 and 2010. Eligible organisations can apply for funding of between £1000 and £10,000. The next closing date for applications is the 16th September 2006.

See www.clore.cloeduffield.org.uk for more information.

Energy People Trust

The Scottish Power Energy People Trust has been set up to help fund not-for-profit organisations which assist vulnerable people living in fuel poverty. Projects eligible for funding include crisis funding, benefit health checks or income maximisation, energy efficiency measures and research. Priority is being given to schemes for families with young children and young people. For further information see www.scottishpower.co.uk/homeenergy

BT Community Connections Awards

BT has announced that it will launch the next application round under its BT Community Connections scheme later this summer. The scheme is targeted at community groups to whom internet access is vital and reflects the massive developments in internet technology; rapid growth in the number of people accessing the internet and developments in broadband technology. The Awards package which is worth approximately £1,300 consists of an NEC multi-media computer, one year's free internet connection through BT Yahoo! Anytime and software provided by Microsoft Community Affairs including Microsoft Office. Groups interested in applying are able to request an application form that will be dispatched once the scheme is launched. www.btcommunityconnections.com

UK Villages Community Kitty

UK Villages Community Kitty provides grants of between £50-£500 to a range of community based projects. In the past, the fund has awarded grants for projects ranging from a knitting circle, to a playgroup needing toys, sports equipment for cubs and support for several village halls and playing field committees – as well as a number of Heritage projects. The funding round is open until the 10th October 2006

See www.communitykitty.co.uk/ukvillages.nsf/b?open&s=kitty

Electoral Commission Cash

With one year to go before the 2007 Scottish Parliament and local government elections on May 3rd 2007, the Electoral Commission in Scotland is inviting applications for grants from organisations with ideas to encourage more involvement in democracy.

For further information see www.holyrood.com/nav/news/stories/story.asp?story=elec973

Lottery Funding Website

Lottery Funding is a joint website run by all Lottery funders in the UK. This site allows you to search information on current funding programmes across the UK

See www.lotteryfunding.org.uk

Scottish Community Foundation

The Scottish Community Foundation is able to accept grant applications until 15th December 2006 for awards from the Women's Fund for Scotland during the 2006/07 financial year. Grants will be available to organisations predominantly run by and for women. Organisations with women-only projects, which seek to support and empower women. Applicants must be constituted not-for-profit groups. Note that statutory organisations may not apply to this programme. Grants of up to £5,000 are available for a wide variety of costs and projects, subject to some exclusion. Grants must be spent within 12 months of being awarded and applications must be between 25% and 100% of a project's or items total cost. The majority of this funding will be available for locally focused projects that contribute to the regeneration or development of a specific geographic area.

Grants for International Women's Day 2007

Around the world, International Women's Day (IWD) marks a celebration of the economic, social, cultural and political achievements for women. Funding will be available for projects which

celebrate International Women's Day, 8 March 2007, in Scotland, where they meet the general Women's Fund criteria above.

Grants may include for example: Contribution towards coordinator costs to establish a programme of IWD events across a specified geographical area.

Applications for both pools of funding can be made using the Scottish Community Foundation's Small and Main grants application forms, depending on the amount requested.

Visit www.scottishcf.org to download forms.

CyBIL Project

East Lothian Capacity Building in the Lothian's

Training courses in Elphinstone, Ormiston, Macmerry, Pencaitland, Salton, Humbie and North East Tranent

CyBIL are organising the following courses which are due to start late August early September.

Introduction to Computing - a basic course for beginners, introducing word, spreadsheets, database and more

REHIS - Elementary Food Hygiene Certificate - The standard course to meet statutory requirements for people handling food in the workplace.

Pc passport - a new suite of qualifications for computing at beginners, intermediate and advanced levels, including word processing, spreadsheets, database and more

Steps To Excellence - The Pacific Institute for Personal Success Course - designed to be fun and aims to raise confidence and self esteem and increase willingness to try new things

Write On (Creative Writing) - for all levels of ability. Improve and build on your writing skills for and learning.

Creative Activities for Children - This is one element of the Scottish Progression Award in Play work.

Introduction to Counselling - consisting of two units - Counselling Skills in the Family/or in the Workplace. Each unit can be taken independently of the other.

Digital Photography

Crèche Training - Group exercises and discussions including understanding the importance of play and key elements of child development, plan and deliver play sessions for pre-school children.

For further information and to book on any of the above courses call Helen on 01875 616197 or email: helen.richards@cybil.org.uk

Free childcare for children up to 5 years Please note crèche places must always be booked in advance.

Multiple Sclerosis Society

The Lothian's Branch of the Multiple Sclerosis society is a voluntary organisation. The branch is run by unpaid volunteers who offer people with MS, their family or friend's practical help and emotional support as well as information about what the branch/society can do to help.

All the volunteers either have MS or have a family member with MS and are able to share valuable experience of the day-to-day difficulties people with MS may have to deal with.

Want to know more contact: Lynn Donaldson – Information Officer on 0131 653 6437
Or Anne Bone – Support Officer on 0131 660 6858

Email contacts for all ELVON staff and other office users.

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|-------------------------------------|--|
| James Bruce – Director | james.bruce@elvon.org.uk |
| Sharon Innes – Admin/payroll | sharon.innes@elvon.org.uk |
| Margaret Brown – Admin | margaret.brown@elvon.org.uk |
| Alex Richards – Information Officer | alex.richards@elvon.org.uk |
| Tom Logan – Recycling | tom.logan@elvon.org.uk |

Other email addresses at the ELVON office are

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|------------------------------------|--|
| Pamela McKinlay – Roots and Fruits | roots.fruits@btinternet.com |
| Paula Edmond – Carefree Kids | paula.edmond@carefreekids.org.uk |
| Bill Bradford – | bill.bradford@elvon.org.uk |

If you would like to place an article in the next edition of the ELVON News, please contact Alex Richards. The deadline for articles is Monday the 23rd October 2006.

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