



May Newsletter 2009

Welcome

Welcome to the May edition of the CVSI Newsletter.

CVS Inverness Annual General Meeting will take place on Tuesday 23rd of June at Farr Community Hall, 12:00 – 2:00pm. We have chosen to hold this year's event in rural Inverness. A bus will be provided at 11:30am from the Volunteering Highland building, The Gateway, Millburn Road. If you would like to make use of this service please contact us: 01463 714 303.

Places are still available for our free Good Governance training on Tuesday 9th June. Please see below for further details.

Anne Angus

Good Governance Training

Good Governance gives you an introduction to the role and work of boards and management committees essential for any organisation.

This seminar will explore the theory and practice of good governance in the voluntary sector. Through a mix of presentation and participative activities it will explore the following:

- What is good governance and what should be the role of the governing body?
- Who should do what on the governing body and how?
- What are the specific duties of governing bodies and how are these best fulfilled?
- How do governing bodies ensure they keep growing and developing?

**Tuesday 9th June, 10:00am – 12:00
Inverness**

Please contact us at info@cvsinverness.org.uk

Funding Opportunities

The Baily Thomas Charitable Fund

The Baily Thomas Charitable Fund is a registered charity which was established primarily to aid the research into learning disability and to aid the care and relief of those affected by learning disability by making grants to voluntary organisations working in this field.

[More Information...\[E\]](#)

The INCREASE III programme

The INCREASE III programme is a £7.5M Scottish Government Investment Programme being delivered through a partnership between the Waste & Resources Action Programme (WRAP) and the Community Recycling Network for Scotland (CRNS)

The aim of the INCREASE Programme is to help not-for-profit, community based organisations develop projects that will increase the reduction, reuse and recycling of waste in line with the move towards a Zero Waste Scotland.

[More Information...\[E\]](#)

The Duncraig Trust

The Duncraig Trust can provide grants of up to £1k for talented young Highland people aged 16 – 25

or call 01463 714 303 to book for this free event.

Inverness 5K Challenge

Are you looking for a new challenge in 2009? Something to do on a Tuesday or Wednesday night? Then register for one of the The Co-operative jogscotland 5k's!

Held mid-week in the summer evenings with junior runs before the main 5k's, goody bags, medals, exclusive event t-shirts, prizes and entertainment, they are events that the whole family and community can enjoy.

Use it to go for a P.B; as a training run; or just for fun, it doesn't matter.

Wednesday 17th June 2009 Inverness

[More Information...\[E\]](#)

Scotland National Rural Network website

The Scotland National Rural Network website aims to connect rural Scotland in all its diversity to promote economic growth and community development.

It provides news, information and networking opportunities for everyone living and working in rural Scotland, and helps them to keep in touch with similar communities in the rest of the UK, Europe and beyond. Through the use of interactive communication tools, it aims to facilitate the sharing of common issues and examples of good practice by rural development practitioners and stakeholders.

[More Information...\[E\]](#)

Great Expectations

Great Expectations is a new initiative for people with physical and social disabilities in the Highlands – welcomed by the Council Disability Officer, Bill Cook as “filling an enormous gap” in providing social opportunities and a chance to network and support each other in a personal way, and form relationships.

The launch will feature a performance by the famous Scottish Dance Theatre disabled dancer

For the following purposes:-

- To help with the cost of attending a specialist course of study in arts, language and heritage, science and environment
- To help with the cost of purchasing equipment to follow a specialist course of study in arts, language and heritage, science and environment
- To help with the cost of participating in sporting events at national or international level
- To help with the costs of specialist sport coaching

[More information...\[E\]](#)

Deadline date for applications is 12th June 2009

Events

WEA WOMEN @ WORK PROJECT The Power of Positive Thinking with Cathie Way

Most of us set goals in our lives, but reaching or achieving them can sometimes be a bit of a hit or miss.

Cathie will guide you through the process of taking positive action towards reaching your goals. In this session she will encourage participants to think positively through the use of affirmations and visualisation techniques, based on the work of Jack Canfield, author of the Success Principles and Chicken Soup for the Soul books.

To book, please contact WEA: tel. 01463 710577 or e-mail womenatwork@weascotland.org.uk

Wednesday 3rd June 12 – 2pm
Beaufort Hotel, Culduthel Road,
Inverness

Protecting Vulnerable Groups

The Protecting Vulnerable Groups

Caroline Bowditch

Maverick's Bar and Restaurant (wheelchair accessible), 5-9 Young Street, Inverness

Saturday 6th June 2009 from 2-6pm

Future events on the 4th Saturday in every month (beginning June 27th)

trust@outsiders.org.uk
www.outsiders.org.uk

South East Highland Community Health Partnership

At the meeting on the 28th May a presentation was given by Hilda Hope (CHP lead nurse). An overview was presented of the current planning arrangements to deal with Swine Flu within the SE Highland CHP. There will be a flexible approach to requirements as information becomes available.

[More Information...\[E\]](#)

Tel: 0800 1 513 513

Upcoming Awareness Days

[Dementia Awareness Week 2009](#)

31 May - 07 Jun 2009

[Volunteers' Week 2009](#)

01 - 07 Jun 2009

[National Childcare Week 2009](#)

06 - 12 Jun 2009

[Carers Week](#)

08 - 14 Jun 2009

[National Men's Health Week](#)

15 - 21 Jun 2009

For a more comprehensive list of awareness raising events plus details of the organisations involved please click the link below.

[More Information...\[E\]](#)

(Scotland) Act 2007 introduces a new membership scheme for people who work with children and protected adults.

In June 2009, the Scottish Government will host a series of six free information events that aim to bring organisations up to speed with implementation activities and provide an opportunity to consider and discuss aspects of the PVG Scheme.

Wednesday 24 June - Inverness

[More Information...\[E\]](#)

Ness Soaps

Ness Soaps are back in the Eastgate Centre until the 6th June (atrium at the juice bar).

Opening Hours: 10:00am – 4:00pm
Monday to Saturday.

Come and see their new range of Paraben and SLS free blocks and foam baths.

Training

SCVO

10 June - Time Management

Participants will consider what it is they are actually managing through 'time management', be introduced to approaches for analysing their use of time and prioritising their activities and tasks to use their time in ways that maximise their effectiveness at work and in their private lives

[More Information...\[E\]](#)

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