



EDVA E-Bulletin

East Dunbartonshire's Third Sector Interface

October 2023

COMMUNITIES MENTAL HEALTH & WELLBEING FUND FOR ADULTS



NOW OPEN

Closes 23rd of November 2023

For more information and to apply visit
<https://edva.org/communitiesmentalhealthfund>



East
Dunbartonshire
Voluntary Action



Scottish Government
Riaghaltas na h-Alba
gov.scot

EDVA is a Scottish Charitable Incorporated Organisation (SCIO) Registered Scottish Charity Number SC042983



Making a Lasting Difference

EDVA Conference
& AGM 2023

Join us at our 2023 Conference & AGM, where you will hear Keynote Speaker Graeme Reekie explore how organisations can make a lasting difference. There will be a range of speakers, workshops and our short AGM followed by a light lunch and a chance to network on the day.

Date: Tuesday 31st October 2023

Venue: Woodhill Evangelical Church, 30 Wester Cleddens Road,
Bishopbriggs, G64 2NH

Time: 9.00 for 09.30 start until Lunch at 13.00

Register to attend on Eventbrite link

<https://www.eventbrite.co.uk/e/edva-conference-agm-2023-tickets-710269062887?aff=oddtcreator>

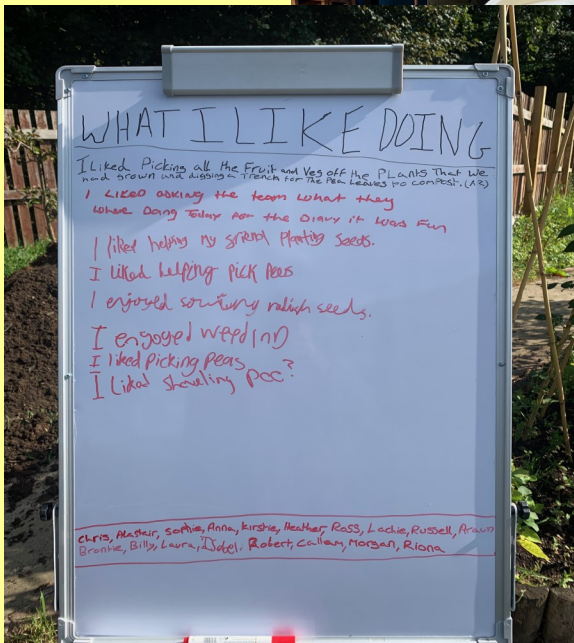


Communities Mental Health & Wellbeing Fund for Adults Year 2

Thank you to everyone who submitted their 6 months evaluation for Year 2 of the Communities Fund for Adults.



Here are some of the highlights!



Project Evaluation/Evaluating Impact

As we head into **Year 3 of the Communities Mental Health & Wellbeing Fund for Adults** we have been asking projects to consider how they evaluate projects.

Typically evaluation seems to be something that is dreaded and left until the very last minute. We understand the main focus of the project is to deliver and everyone is hard at work making things happen. To avoid the last minute rushed questionnaire we are asking groups to take time to be clear about their outcomes at the start of the project, then pick some indicators that will show the project is working and this does not need to be a lot of work.

Some great examples of ongoing evaluation we have heard from groups are:

- * A Weekly Diary – a designated person asks a few questions to participants each week and takes a note. By the end of the project this is a great resource full of quotes, testimonials and a way to look at how people were feeling at the beginning and end of the project
- * Magic Moments – Having a post-it or journal handy, so if you hear “ I am really glad I came today I didn’t think I would get out of the house!” write it down, great evidence your project is having a positive impact.
- * Pictures are great evidence, it doesn’t have to be the people take part, but maybe some of the work they have created – like the amazing creative projects in these picture.



We have lots of resources available – if you would like assistance, we have worked with Evaluation Support Scotland to put together some useful tips, straight forward guidance to help groups of any size. Link to our website



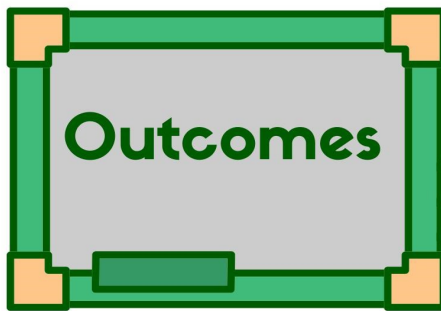
For assistance contact our **Organisational Support Team**
Joni.mitchell@edva.org / Luke.emerton@edva.org /
Graham.branscombe@edva.org or call our office

On 0141 578 6680

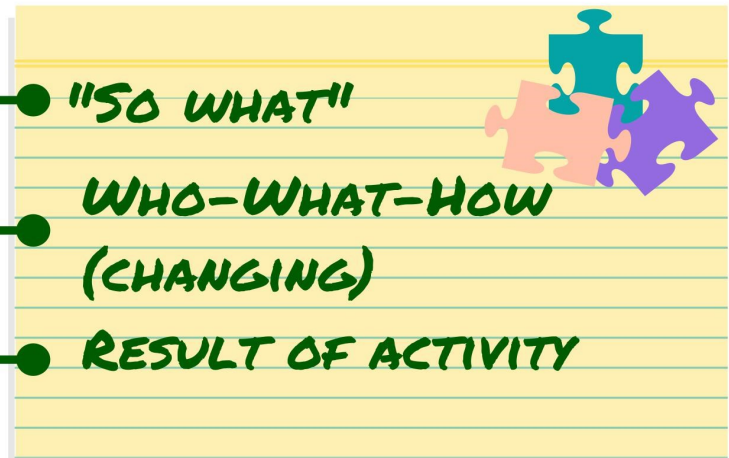
CHECK OUT THE CHEAT SHEET OVER PAGE

Evaluation CHEAT SHEET

Outcome  Indicator  Method



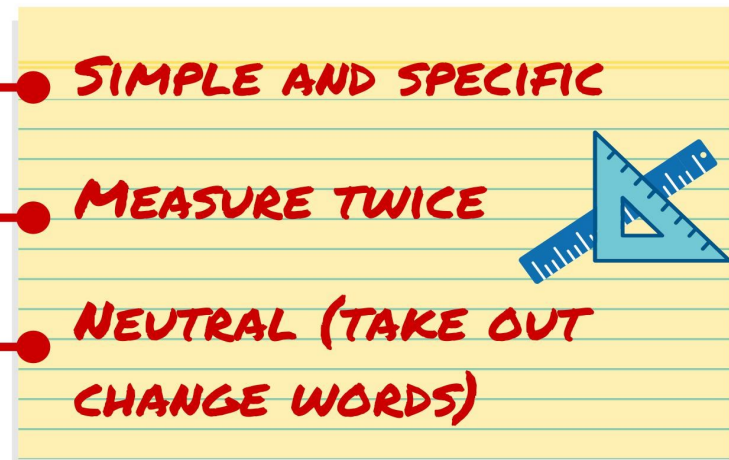
WHAT LOOK LIKE IF ACHIEVED?



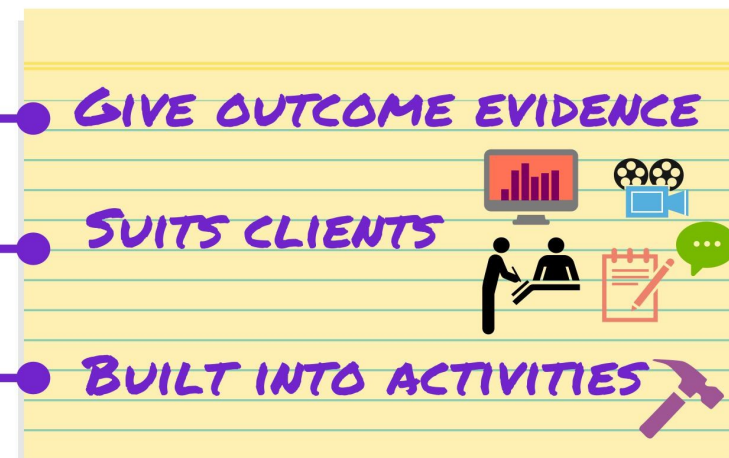
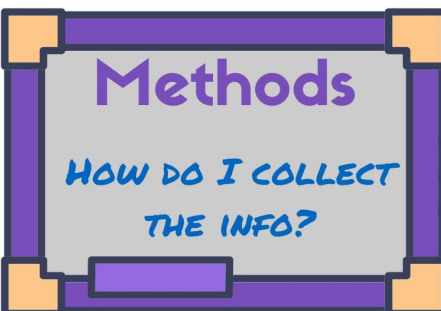
- "SO WHAT"
- WHO-WHAT-HOW (CHANGING)
- RESULT OF ACTIVITY



WHERE DO I GO TO GET INFO? (SOURCES)



- SIMPLE AND SPECIFIC
- MEASURE TWICE
- NEUTRAL (TAKE OUT CHANGE WORDS)



- GIVE OUTCOME EVIDENCE
- SUITS CLIENTS
- BUILT INTO ACTIVITIES

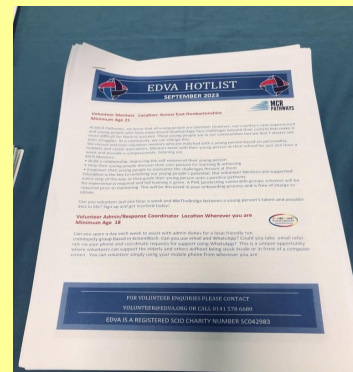
Volunteering



We have enjoyed attending a few events over the summer months promoting all things volunteering. Many new volunteers signed up to volunteer with a variety of organisations and some people found additional volunteering roles to use their spare time well.



If you would like to find out about volunteering in your local community you can email volunteer@edva.org and a member of the team will be in touch.



Volunteering

TRUSTEES NEEDED

WE HAVE 8 ORGANISATIONS LOOKING FOR COMMITTEE MEMBERS AS FOLLOWS:

- Creatovators CIC (Treasurer)
- Bishopbriggs Community Council (Treasurer)
- Community Response East Dunbartonshire (CRED) (Trustee)
- Creative Spark Theatre Arts (Trustee)
- East Dunbartonshire Voluntary Action (EDVA) (Trustee)
- Group Recovery Aftercare Community Enterprise (GRACE) (Trustee)
- The Sporting Ace (Treasurer)
- Walk Run Cycle in East Dunbartonshire (Treasurer)



IF THIS IS SOMETHING THAT IS OF INTEREST AND YOU WOULD LIKE MORE INFORMATION EMAIL volunteer@edva.org OR CALL OUR OFFICE ON 0141 578 6680

FOR MORE VOLUNTEER OPPORTUNITIES CHECK OUT OUR WEBSITE [http://Opportunities – East Dunbartonshire Voluntary Action \(edva.org\)](http://Opportunities – East Dunbartonshire Voluntary Action (edva.org))

YOUNG VOLUNTEERS MAKING A DIFFERENCE IN OUR COMMUNITY

“The girls are very keen and have made a great job of weeding this bed. This was on Saturday. We then worked at the wall along Allander path towards the houses. They were back on Monday and finished that area with Thelma. Lovely to see their enthusiasm and good they are friends. Wondered how Andrea would do on her own so delighted when Ellen came on board as well.” Milngavie in Bloom



I have been employed by EDVA through No One Left Behind and as part of the Young Person's Guarantee since December 2021, and I am finding out every day the barriers our local young people face.

These barriers are sometimes similar for the young people but also very different too. I am referred young people from all high schools in East Dunbartonshire, the Job Centre, Skills Development Scotland and many other Organisations in the area. Self-referral can also be made.

After receiving referrals, I reach out to the young person in the hope they will agree to meet me, after introducing myself and explaining a bit about our programme. The first meeting can be a ten minute walk, where I'll drive to the young person's house and we can walk from there. Other than that, it can be a meeting at our office or a trip to McDonalds. This is to get to know each other and to build a relationship with the young person. Encouraging some of the young people to come out to meet me can be difficult for them as they have been socially isolated for quite some time.

My role includes supporting young people into volunteering, however, firstly I need to build trust with them, so they feel comfortable coming to meet me. The last 2 years have been challenging for both the young people and myself, as the young people start to build their confidence, then can start to slip back. Sometimes taking a month or so away till they feel better again and want to rejoin the groups. We do have many success stories as well as others that are not far from reaching their goals. The programme has been a success so far and my hope is to help other young people to gain confidence and skills and to support them into volunteering, further education and or work.



We have a project that is run on a Tuesday afternoon where the young people decide what they want to do. We have crisps and juice, play games or can speak about confidence, anxiety or anything the young people say they would like to do. On a Wednesday we have a walking group which is also good for getting around nature and our mental health. Our walk leader Judith has a wealth of knowledge around great walks in the area and is always happy to have more people join our walks. She is a Paths for All walk leader. On a Thursday and Friday, we do some gardening at the back of the office and our young people have done an amazing job. They have grown carrots and potatoes, sunflowers and planted some other plants.

We also had a barbecue at the end of the summer to celebrate our garden work and to end the summer. The young people all develop at different stages and enjoy coming to the groups, where they can build relationships, communication skills, confidence and learn much more. This also helps with social isolation.

The photos illustrate our young people's work and them having a barbecue at the back of our office. **If you would like more information on the programme contact Mandy Given email Amanda.given@edva.org or call our office on 0141 578 6680**



Third Sector Networks



Children, Young People & Families

Tuesday 14th of November 11-12noon

Via Microsoft Teams.

This network is a great opportunity to meet organisations focused on the health & wellbeing of families and young people in our community.

We have 2 presentation slots remaining.....

Please contact joni.mitchell@edva.org

Volunteer Managers Network

Throughout the year the Network has been focusing on Reducing Barriers to make volunteering accessible for everyone. At our meeting on the 6th October we heard from Hamish Wallace, Summer Intern, who compiled our Buddy Volunteering Report. Hamish interviewed several individuals and organisations across East Dunbartonshire investigating whether or not there is a need for a Buddy (supported) Volunteering programme. It was clear from his findings that there were a number of areas where this type of programme would be much appreciated. EDVA will be considering the next steps based on the finding of this report and from the input of the Volunteer Manager's Network over the past year. We will meet again in March 2024 so look out for the Save The Date.



volunteer@edva.org

Third Sector Networks

EDICE (ASN) Network—Children & Adult Services

Dates to be confirmed for next meeting



October 2023 Page 1 of 3

AUTISM AND ASN UPDATES FOR EDC RESIDENTS

Outreach Groups

The Outreach Team are delighted to be running the following groups.

Monday Night Social Club – 6pm to 8pm currently based at St David’s Church, Alexandra Street, Kirkintilloch however moving to Town Hall, Kirkintilloch from 23rd October

Wednesday Night Women’s Group – 6pm to 8pm based in Parochial Hall, 22 Union Street, Kirkintilloch. Restarts Wednesday 25th October

Monday Night Social Club – 6.30pm to 8.30pm based in The Allander Resource Centre, Bearsden. Starts 30th October.

Wednesday Night Women’s Group – 6.30pm to 8.30pm based in The Allander Resource Centre, Bearsden. Starts 25th October.

The groups are open to aged 16+ and if you would like more details please contact Ashleigh Grant-Ng: ashleigh.grant-ng@eastdunbarton.gov.uk

Some snap shots of the local LAC monthly Newsletter. Jam packed with useful information pre/post diagnosis.

Newsletter, events and referrals please contact the LACs@eastdunbarton.gov.uk

For more information EDVA networks contact jeni.mitchell@edva.org



AUTISM AND ASN UPDATES FOR EDC RESIDENTS

KEY DATES FOR YOUR DIARY

17 th October 2023 4.45pm – 6.30pm	The Spectrum Film Club presents Hocus Pocus at Kilmardiny House. See page 2 for details
8 th November 2023 6pm – 8pm	Parent & Carer Forum in person 22 Union Street, Kirkintilloch
16 th November 2023 7pm – 9.30pm	You Are Not Alone – The Many Faces of Autism Book your tickets: You Are Not Alone - The Many Faces of Autism - Lego® Therapy Creatovators
23 rd November 2023 7pm – 9.30pm	You Are Not Alone – Siblings & Autism Book your tickets: You Are Not Alone - Siblings and Autism - Lego® Therapy Creatovators
19 th & 26 th February 2024 10am – 12noon	Trauma Informed Parenting Workshops Online for parents and carers Email Lacs@eastdunbarton.gov.uk to register



Third Sector Networks

Older Person's NEWS

EDVA is partnering with HSCP and Take Control for 2 local events to celebrate the grassroots organisations helping older people make connections in their own communities. We will be giving information on how you can make evaluating your project easier and we can provide support/advice around funding and volunteering. Lunch is provided.

Kirkintilloch

Thursday 2nd November 2023 Time: 10am to 12 noon

followed by lunch Venue: EDVA, Unit 5, 18 Townhead, Kirkintilloch

Contact: Kelly Gainty, East Dunbartonshire HSCP Tel: 0141 777 3300

Milngavie

Tuesday 7th November 2023 Time: 10am to 12 noon

followed by lunch Venue: Fraser Centre, Milngavie Town Centre

Contact: Kelly Gainty, East Dunbartonshire HSCP: Tel: 0141 777 3300

Please book a space by emailing kelly.gainty@eastdunbarton.gov.uk

(book early to secure your place)



New fund available at [Funding Scotland](#)

The Triangle Trust 1949 Trust - Young Offender Grants

Organisation: [The Triangle Trust 1949 Fund](#)

Summary: Funds work with young people with criminal convictions or those who are at high risk of committing a first offence. In 2023 they will be funding work that uses a Sport for Development approach to reduce reoffending and first offence rates.— **Next**

deadline: 29th October 2023

FCC Scottish Action Fund

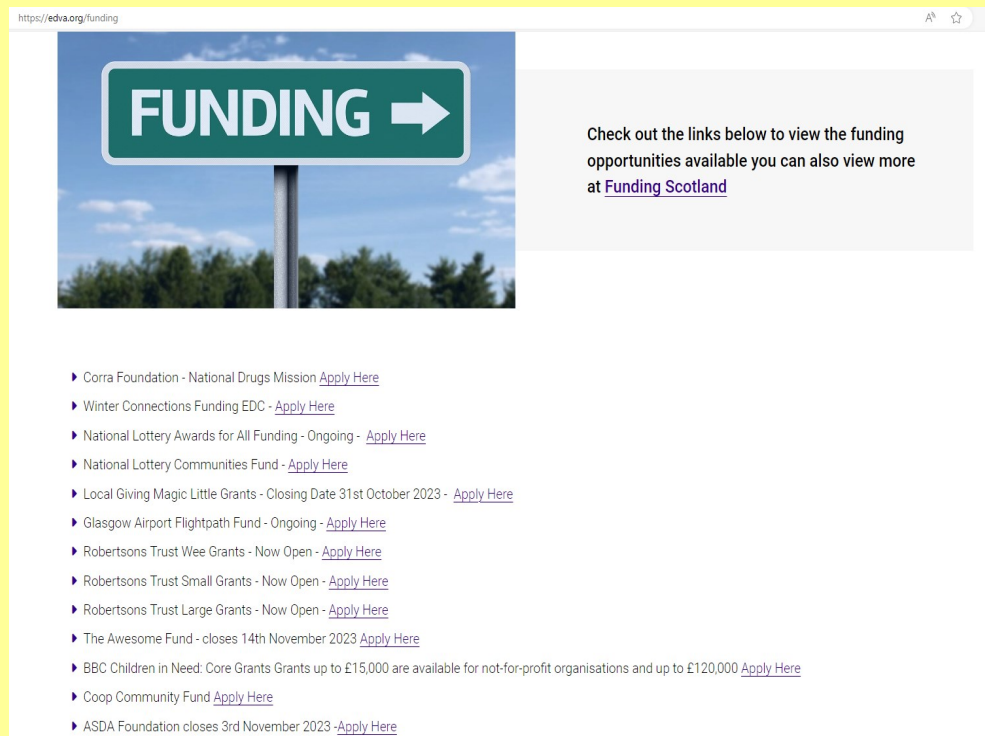
Organisation: [FCC Communities Foundation](#)

Summary: The FCC Scottish Action Fund offers funding to projects through the Scottish Landfill Communities Fund. The objectives are to fund environmentally-friendly projects which meet a proven community need, offer value for money and are sustainable. **Next**

deadline: 6th December 2023

Lots more funding and organisational support available on our website

[Funding — East Dunbartonshire Voluntary Action \(edva.org\)](#)



Check out the links below to view the funding opportunities available you can also view more at [Funding Scotland](#)

- ▶ Corra Foundation - National Drugs Mission [Apply Here](#)
- ▶ Winter Connections Funding EDC - [Apply Here](#)
- ▶ National Lottery Awards for All Funding - Ongoing - [Apply Here](#)
- ▶ National Lottery Communities Fund - [Apply Here](#)
- ▶ Local Giving Magic Little Grants - Closing Date 31st October 2023 - [Apply Here](#)
- ▶ Glasgow Airport Flightpath Fund - Ongoing - [Apply Here](#)
- ▶ Robertsons Trust Wee Grants - Now Open - [Apply Here](#)
- ▶ Robertsons Trust Small Grants - Now Open - [Apply Here](#)
- ▶ Robertsons Trust Large Grants - Now Open - [Apply Here](#)
- ▶ The Awesome Fund - closes 14th November 2023 [Apply Here](#)
- ▶ BBC Children in Need: Core Grants Grants up to £15,000 are available for not-for-profit organisations and up to £120,000 [Apply Here](#)
- ▶ Coop Community Fund [Apply Here](#)
- ▶ ASDA Foundation closes 3rd November 2023 - [Apply Here](#)

Third Sector Updates



It feels like these bulletins come round increasingly quickly!

As ever at EDVA our team have been incredibly busy over the last few months. As well as our “business as usual” providing information and support to groups and organisations, facilitating networking meetings and working with partners within numerous partnership groups we have been out and about at a variety of events in the community, including the Canal Festival, promoting who we are and what we do.

It was good to have the opportunity to discuss the role of the Third Sector in the economy at the recent “Third Sector in Parliament” conference at the Scottish Parliament where SCVO presented some of their findings of recent research. We also heard from Mairi Spowage, the Director of the Fraser of Allander Institute, around some of their observations about the important role the sector plays in the economy.



I also attended a very informative talk by the Institute of Fiscal Studies on the pressures on public funding in Scotland in relation to Health, Care and the Third Sector, which was, inevitably, rather bleak and stressed the need for the sector to plan for a world where government and council funding is extremely stretched not just for the next few years but for the longer term. Their assessment of what this means for organisations is that third sector organisations must do more of the things that we are already doing for our own viability, and where grant funding is a key funding stream it will be important to consider how funding streams can be diversified as well as identifying how to maximise efficiency. It will be really important to



organisations to be effectively monitoring what they do and the impact they are making to help create clear At EDVA we can help you to try to identify potential funders and we can help you to consider the best ways to ensure that your organisation is monitoring and evaluating your work so that you can clearly assess and evidence the difference your work makes.

Funding is only one part (albeit usually a vital one!) of what makes an organisation sustainable. I hope that many of you will be able to attend our Conference and AGM on 31st October in Bishopbriggs where we are delighted that Graeme Reekie from The Lasting Difference will be our keynote speaker, talking about the 5 capabilities that contribute to the sustainability of organisations. I look forward to seeing many of you there!

Ann Innes, EDVA Chief Officer



What our Communities have to say about us!



“Many thanks to EDVA for their assistance in securing funding for our organisation, this will allow our family programme continue to help people recovering from addiction live a positive life. This specific fund will directly support family members offering a safe place for peer-peer support.”

“Thank you so much to the Organisational Support Team for assistance with our recent successful Community Wellbeing Fund application. The grant will allow work to continue helping people who are overcoming disadvantage due to adverse childhood experiences, mental ill health, low confidence, and diminished opportunities affected by criminal justice issues.”

“I just wanted to say thank you to the Volunteer Team in Kirkintilloch for their guidance and encouragement to enlist as a volunteer for UCI Cycling Championship in Glasgow.

I received my accreditation and uniform yesterday and am really excited for my first shift in Glasgow Green on Sunday, August 6th. I have wanted to get into volunteering for years but lacked confidence and knowledge how to go about it.

Hopefully this will inspire me to carry on volunteering.”

Thank you



“Big shout out to EDVA who have assisted our Charity in securing funding for our SIG Project. The Social Interaction Groups (SIGs) can be the highlight of the week for some Members where they can meet others, catch up on local news and get emotional help to support and maintain their mental health and wellbeing and prevent any deterioration.”

Meeting Room & Desk Hire



Desk Hire

Do you work from home permanently but would like to be part of an office environment from time to time?

We have desks for hire at an hourly rate of £3. This will give you access to a kitchen area, you are free to bring your own tea, coffee etc and there is a fridge should you wish to bring a packed lunch. There is free Wi-Fi and all you have to bring is your laptop and phone.

Room Hire

We also have meeting and training rooms if your organisation is looking for these facilities.



For more information or to enquire about our facilities email info@edva.org or call our office on 0141 578 6680

Community

Quit Your Way Community Services



Alison, pictured left, is your local **Quit Your Way** Community Practitioner who can offer specialist Stop Smoking support:

Stopping smoking at any time is one of the best things you can do for your health. People who smoke are more likely to have health issues and can suffer more harmful symptoms from infections, including COVID-19.

Intensive 1-1 support is available via telephone or Face-to-Face Support is coming soon, to a venue near you.... in the meantime, phone or scan the QR code for more information.

Checkout face-book, twitter and NHS Care Opinion for media stories and more information on how to stop smoking.

If you or someone you know would like to stop smoking contact your local Quit Your Way Service on **0800 9166 8858** or visit **QuitYourWay.Scot** for more information.



QUIT YOUR WAY
with our support

DONATIONS WANTED

FAMILIES OF AUCHINAIRN COMING TOGETHER (F.A.C.T.)

Every Year FACT GROUP Community Charity have a Winter Coat Drive, within Auchinairn ELCC, collecting donations of winter jackets for kids/adults, hats/scarfs/socks/tights/ boots that are in a suitable condition to be passed on to others.

Please hand your donations into Auchinairn ELCC, Beech Road, Auchinairn, G641NE - Mark for the attention of FACT GROUP

Thank you for your continued support



Community

EAST DUNBARTONSHIRE COUNCIL ARE WORKING WITH PARTNERS TO CO-ORDINATING A NETWORK OF PLACES/SPACES WHERE YOU CAN ACCESS EVENTS AND ACTIVITIES OR JUST A PLACE TO KEEP COSY THIS WINTER. FIND OUT MORE ON THEIR WEBSITE

[Www.eastdunbarton.gov.uk/winter-connections](http://www.eastdunbarton.gov.uk/winter-connections)

HELP TO KEEP COMMUNITIES CONNECTED THIS WINTER

Whether you're a local resident, organisation or venue – the Council's Winter Connections campaign is offering you a warm welcome

We're working with partners to co-ordinate a network of local places and spaces where people can access events and activities, as well as connecting with others

- Maybe you're a local resident looking for an engaging activity, friendly group or just a place to get cosy this winter
- Or perhaps you're a local voluntary organisation – or venue – looking for funds to help make a difference

Find out more – visit www.eastdunbarton.gov.uk/winter-connections or scan the QR code

Working together we can help ensure we all KEEP COSY AND CARRY ON!



 **East Dunbartonshire Council**
www.eastdunbarton.gov.uk

Community



This week saw local charity Families of Auchinairn Coming Together (FACT) celebrate its tenth anniversary at Auchinairn Early Learning and Community Centre with a host of activities including a special afternoon tea for local working partnerships to FACT, dress making, baby development classes for new parents, messy play, fun rainbow parties and a Peruvian drumming workshop, and a special appearance from The Singing Kettle.

FACT was established in 2013 by a small committee whom, after witnessing a need for a community group to support families with young children in the area, set up an after-school facility on Wednesday afternoons in the former Auchinairn community centre on Auchinairn Road.

Shortly afterwards, the group – which continues to be supported by a core of dedicated volunteers – moved to a new location in Auchinairn Primary School, at which there were regular events like movie afternoons, and Christmas fayres, sports clubs and arts and crafts workshops.

Speaking following the tenth birthday celebrations, Gillian Kelly (Project Lead) said the main focus of FACT was to act as a focal point for families in the community, and to give parents, children, and carers a chance to build new friendships and connections, build confidence and take away skills to follow on in the home together.

Gillian said: “When FACT was established, our mission was to provide the community with a safe space and facilities through which young people and their families could engage in projects and activities to enhance their wellbeing, and if they needed help or support for any reason – financial, ill-health, disability, some other disadvantage – they could get it.

“That remains the same today, but now we operate seven days a week throughout the whole year, thanks to support from the National Lottery Community Fund. We are now able to provide classes and activities for all ages; from our popular Community Crafts Auchinairn sessions for adults to cooking classes for kids, and a host of visiting music, dance, drama, and sports clubs that give young people a chance to experience hobbies and interests they might not get the opportunity to try at home.”

Since the pandemic, FACT has increasingly been helping vulnerable members of the community. During lockdown, volunteers provided elderly residents with wellbeing packs, and provided vouchers to families for essential groceries. Throughout the school closures in 2020, and into 2021, FACT provided dozens of laptops and tablets to help young people continue with their learning, despite the disruption caused by COVID.

Once lockdown restrictions eased, and full effects of the cost-of-living crisis began to take hold, FACT evolved again to provide financial assistance with energy bills, offer a Warm-Hub throughout the winter months at Auchinairn Early Learning and Community Centre, and provided free food on Fridays to anyone who needed it from the centre’s café, and support with winter clothes, and school uniforms.

Gillian adds: “What originally stated as a small, weekly community group has now become a 24hr, life-saving service to people in Auchinairn and the surrounding area. We are here to support one another without judgment and provide help however we can.

The last ten years have shown me how showing compassion for one another can go a long way to re-establishing the core of a community. I hope the next ten years of FACT will see our community flourish beyond recognition.”

FACT Group operate in Auchinairn ELCC, G641NE, run family activities every day 3-5pm, primary 1-7, every Wednesday evenings, adults crafting sessions 6.30-8pm, Thursday evenings teen/adults fitness session 6.15-8.30pm.

Follow Fact group on Facebook, Instagram, or pop into the community centre every Friday at our BE KIND HUB, 10am -12.30, receive FREE cuppa/hot foods, warmth, access to our community library and a lovely friendly chat.



FOR MORE INFORMATION EMAIL factgroup04@gmail.com

Community

HERITAGE VOLUNTEERING FOR ALL

Are you a heritage organisation that involves volunteers?

Our friends at Make Your Mark are here to help! Make Your Mark is a campaign to increase the number and diversity of heritage volunteers in Scotland. They have a wide definition of heritage organisations and projects, and support all vol-

unteer roles and programmes that preserve, discover, record and/or celebrate Scotland's places, people and stories.

Joining Make Your Mark is completely free and gives you access to a range of resources and support, including:

- ◆ Networking events for heritage volunteer organisers within Scotland's heritage sector
- ◆ Inclusive volunteering case study events about how to make volunteer programmes more diverse and accessible
- ◆ A curated monthly e-newsletter with the latest in inclusive heritage volunteering
- ◆ Promotion of your volunteer opportunities through their website and social media

Learn more about the campaign and how to join (it's free!): bit.ly/AboutMYM



EDVA (East Dunbartonshire Voluntary Action)

Telephone: 0141 578 6680

Email: info@edva.org

East Dunbartonshire Voluntary Action

<https://twitter.com/EastDunVA>

Website: www.edva.org

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

Registered Scottish Charity No. SCO42983