



EDVA E-Bulletin

East Dunbartonshire's Third Sector Interface Summer 2023



Volunteers' Week 2023 was a time to 'Celebrate and Inspire'

We would like to say a final big “Thank You” to all those incredible volunteers and celebrate volunteering in all its diversity. It may be the end of Volunteers’ Week but our gratitude for what volunteers do will never stop. The amount of thank you messages, recognition celebrations, inspiring stories and more shared on social media overwhelmed us. We appreciate your involvement in recognising our local volunteers, past, present and future with us.

The journey doesn’t end there, we’re always looking for more individuals to register to volunteer to make a difference in our communities. Whatever you are interested in there is always an opportunity for you.

Contact our Volunteer Team on 0141 578 6680 or email volunteer@edva.org

Check out how the campaign performed across Scotland this year:



#VolunteersWeekScot

OVER 54K
INTERACTIONS



OVER 43K
LIKES

OVER 10K
MENTIONS



OVER 76 MIL
OVERALL REACH

OVER 13K
SHARES



OVER 900
WEB MENTIONS

volunteersweek.scot

OVER 8K
PAGEVIEWS



OVER 2.6K
WEBSITE USERS



OVER 3.9K
DOWNLOADS

500
CAMPAIGN
BADGES
PURCHASED



15,083
VOLUNTEER
SUBSCRIBERS
THANKED

What we got up to in Volunteers' Week 2023



We started off the week with the Saltire Summit Awards Ceremony at our office.

Then we held a Celebration Lunch at our office for all volunteers and the organisations they volunteer with.



We celebrated with Lenzie Academy the #PowerOfYouth Day to say 'Thank You' to their young people. Also the same day at Lenzie in the evening we attended the Youth Philanthropy Initiative Final



On the last day Luke, Lorraine & Pauline attended the Foodbank Event for referrers and at lunchtime hosted and presented at GRACE Sharing Time



Lorraine and Pauline presented the Benefits of Volunteering to DWP staff at the Kirkintilloch Job Centre

Volunteers' Week 2024!

2024 will be the **40th Anniversary** of Volunteers' Week and we're making plans already for something even more special. Watch this space!



CELEBRATING SALTIRE SUMMIT AWARDS IN EAST DUNBARTONSHIRE



WE RECEIVED 18 SUMMIT SALTIRE AWARDS NOMINATIONS THIS YEAR

To receive this award the young person must complete 200 hours of volunteering and exceed expectations. These worthy volunteers are nominated by the organisation/school they volunteer with.



Congratulations to all of the 18 young people who received this special achievement award. Photos of some of them receiving their awards from Gordan Low, Leader of East Dunbartonshire Council



Saltire Awards for volunteering are available to 12-25 year olds, for more information www.saltireawards.scot



VOLUNTEERING IS GOOD FOR YOUR HEALTH

We asked our volunteers how their volunteering has benefitted them and this was their response:

Volunteer One

Name of Organisation: **G64 Community Group**

What is your role? **Admin**

Why did you start Volunteering?

“Met with Pauline at the Job Centre and wanted something in the community to do admin work and it was Pauline who suggested G64”

Describe the difference you made to the Organisation:

“This organisation has been fantastic for my mental health and being able to meet up with other people has given me loads more confidence”

How has volunteering benefitted you?

“Through volunteering with this group I have successfully gained full time employment with another organisation that I dealt with on a daily basis. Even though I am now working, I still volunteer with the G64 Group”



Volunteer Two

Name of Organisation: **The Salvation Army**

What is your role? **Volunteer Retail Assistant**

Why did you start Volunteering?

“I am signed off work with depression and anxiety and my GP thought it would be good for me to do some volunteering in the local community”



How has Volunteering benefitted you?

“It has given me more confidence and a purpose each week. I love meeting new people in the shop and having a blether with them”.

For up-to-date volunteer opportunities available in your local area, check out our Monthly Hotlist on our website: www.edva.org/opportunities



Third Sector Updates

If you are anything like me, you will be wondering how we are half way through 2023 already! At EDVA all our staff continue to be busy, working to our key priorities which include helping people to access volunteer opportunities, helping organisations to recruit volunteers, supporting organisations in a huge range of areas of activity including helping organisations to become registered as charities and helping to identify potential sources of funding. To help support organisations we are currently increasing the amount of information on our website. You can find more information here: <https://edva.org/organisation-support>

We continue to facilitate a number of networks for Third Sector organisations. These are themed so that organisations working with similar service users or similar areas of interest have opportunities to meet, share ideas, concerns and good practice. We always welcome new participants to these. You can find out more about the networks and when the next network meeting are, here: <https://edva.org/events>

Our team are currently planning our annual Conference and AGM. Our Keynote speaker this year will be Graham Reekie from The Lasting Difference, an organisation which helps groups to transform the way they think about and run their organisation. You can find more information about The Lasting Difference on their website: www.thelastingdifference.com Our Conference will be on Tuesday 31st October, so save this date!

If you receive our E-Noticeboard you might have seen that we are fortunate to have been able to offer summer internships to two students. Yasmin Mathewson will be reaching out to the Third Sector in East Dunbartonshire to find out more about what you think of EDVA's services and provide us with current information on how you utilise EDVA and which of our services you most use and value. We also want to find out about what services we don't currently offer but you may need. Hamish Wallace will be doing research on supported volunteering, looking at what forms supported volunteering can take, look at the demand for this, challenges around providing appropriate placements and evidence of the benefits of supported volunteering. If they are in contact with you, please do respond to their research requests as their research will help ensure that we provide services that meet people and organisations needs.

Ann Innes, Chief Officer

Ann.innes@edva.org / 0141 578 6680

Introducing our Interns



University
of Glasgow

We are delighted to welcome two interns from University of Glasgow over the summer period to carry out two pieces of research for us

The first to start is **Yasmin Mathewson**, who began her placement on 22 June. She will be contacting EDVA members and other third sector groups in East Dunbartonshire over the summer to do some research that will help inform EDVA's work in the longer term as we seek to provide meaningful support and representation for the Third Sector and volunteering in East Dunbartonshire. Please do help this piece of research by responding if Yasmin contacts your organisation.



The second is **Hamish Wallace**, who started his placement on 26 June. Hamish will be researching supported volunteering. He will be looking into the types of barriers people face around volunteering, and discussing with various agencies, the perceived need for and benefits of supported volunteering as well as what organisations need in order to be able to offer appropriate volunteering placements to people who might need additional help to volunteer successfully. If Hamish contacts you we would be grateful if you are able to help with his research by answering a few questions.



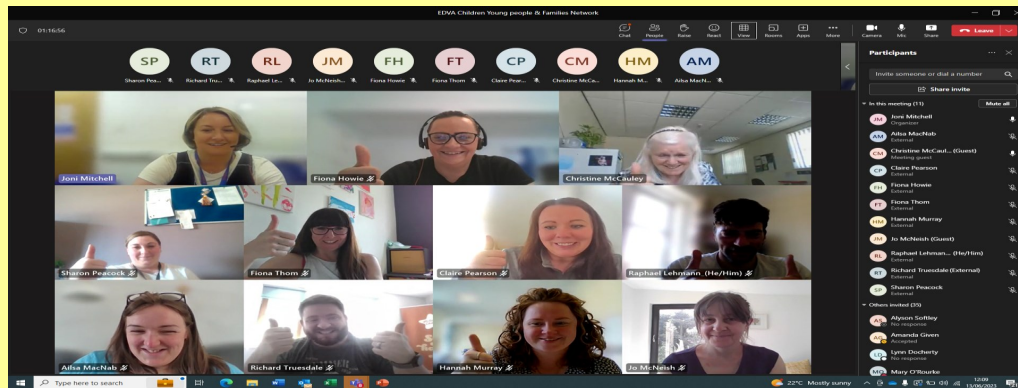


Third Sector Networks

Children Young People and Families took place on Tuesday 13th of June we heard from Raphael Lehman Youth & Community Development officer from LGBTQ+ Scotland for East Dunbartonshire. Raph is very interested in networking with groups who are supporting LGBTQ+ young people who would be benefit from the Easties Project

email Raph on raphael.lehmann@lgbtyouth.org.uk

A wee screen shot below from all the lovely groups supporting young people in East Dunbartonshire.



Next dates for the diary:

Tuesday 25th July 11-12 noon Older Person's Network

Tuesday 29th August 11-12 noon EDICE Network (East Dunbartonshire Information, Collaboration, Education -for sharing ASN issues, concerns and good practice

The above networks are online via Microsoft Teams. We offer 3 presentation slots so please email to jeni.mitchell@edva.org about booking a slot and tell us about all of the amazing work you are doing in ED, including how to refer to your projects.

Volunteer Manager's Network took place on Friday 23rd June where we heard from Julie Hall. Julie is a semi-retired business owner, specialising in business support and developing people. She also supports self-reliant groups in Scotland and Manchester. Past-President of the Association of Scottish Businesswomen and previously board member of Scottish Women's Convention. She has recently joined the board at Gavin's Mill and is helping with volunteer recruitment and support. Julie shared information about the volunteer programme set up by the Café Chef to support volunteers while teaching them café skills including barista training. Volunteers can go on to assist in the kitchen and learn skills which they could then use in a hospitality setting. The training programme has been adapted to suit people of all ages and abilities and several young people from Douglas Academy and Merkland School have participated in the volunteer training programme.

There was some discussion around the various barriers which many people face, and the adjustments organisations would require to make to ensure those who wish to volunteer are supported to do so. This will be an ongoing discussion which will continue at our next meeting in September.

So far this year we have conducted the Network meetings in person and will be contacting everyone to find out whether they prefer the Network to meet in person or online, so look out for that.

East Dunbartonshire Communities Mental Health & Wellbeing Fund

Thank you to all the recipients of Year 2 funding for attending our networking event. We have such a wide range of projects this year it was great to hear from everyone on our speed networking. Thank you to Sarah Thomson from the Scottish Government for coming along Sarah "I am so impressed by the variety and passion from these groups".



The Scottish Government have announced Year 3 of the funding and EDVA will be announcing the opening date for applications early in early September.

For all things Communities Mental Health & Wellbeing related please visit our website, you can view videos from groups, see all the groups funded and access useful tips and hints around evaluating your Year 2 project.

edva.org/communitiesmentalhealthfund

Year 2 2023-24

In year 2 East Dunbartonshire Voluntary action funded 49 organisations through the Communities Mental Health & Wellbeing Fund. To date all recipients have received their funding and are working to get their projects underway. We look forward to supporting the groups and helping them measure impact.

[Projects Funded in Year 2](#)

Year 2 Evaluation

This short evaluation at the 6 month stage will allow you to report on your activities since receiving your funding in February 2023.

Please click and use this [Evaluation Template](#)

Some useful slide from our recent evaluation workshop [Evaluation Workshop](#)

Some videos from our recent Year 2 Communities Mental health & Wellbeing Fund Networking Event

If you would like to make a videoshowcasing your project please contact [Luke Emerton](#)



Funding Opportunities

New Community Grant Scheme offers even more funding for local groups

The latest round of funding opens on **Monday 26 June until Friday 28 July at 5pm**

The scheme, which aims to financially support local community and voluntary organisations with their activities, will have an increased budget for 2023/24.

This funding, a combination of money from the Council and the UK Government Shared Prosperity Fund, means grants ranging from £100 to £10,000 are now available to help groups bring their projects to life and make a real difference in their communities.

Local organisations can now apply for either a small (up to £5,000) or large (up to £10,000) grant and the Council welcomes applications from those that:

- Have a constitution
- Have a bank account
- Are not for profit
- Aim to bring benefits to the residents of East Dunbartonshire

Councillor Gordan Low, Leader of East Dunbartonshire Council said, "We believe in the power of our communities and the work done by local organisations. Through the Community Grant Scheme, we want to provide support to those who are making a positive difference in our communities. That's why we are happy to announce that the revised Community Grants Scheme is now open and accepting applications.

"Whether it's social inclusion, the environment, culture, or young people initiatives, we're here to help."

Previous recipients of the scheme include Brownies, Rainbows, Scouts, Girls' Brigade, Boys' Brigade, Girl Guides, hall associations, community councils, children's groups, pipe bands, hobby clubs and sports teams.

A recent consultation with local groups has also helped to shape the schemes' processes with enhanced guidance and clearer application form.

Applying for the grant is simple. The application form, detailed guidance and eligibility criteria can be found on the [Council website Community Grants Scheme webpage](#).

If any individual or group is not familiar with the grant application process and needs assistance, the Council's Community Planning team can be contacted by emailing communityplanning@eastdunbarton.gov.uk or calling **0300 123 4510**

**FOR CURRENT UP-TO-DATE FUNDING
CHECK OUT OUR WEBSITE:
<https://edva.org/funding>**

Training & Development



Upcoming events and training opportunities being offered by the Sustrans Scotland Communities Team as follows:

Fundraising for Active Travel – 11th and 19th July, 10am – 1pm.
Fundraising training for people working or volunteering on walking, wheeling, or cycling projects in community settings in Scotland. This short course in partnership with SCVO is run by experienced fundraiser Pam Judd. The course covers the principles of fundraising,

what you need to think about when deciding on the most appropriate way to raise funds, creating project profiles for your project. We also share some information on funding opportunities for walking, wheeling and cycling projects. You will be asked to prepare a project profile in between the two sessions.

Book on Eventbrite: <https://www.eventbrite.com/cc/community-and-active-travel-series-scotland-1547829>



Individuals and organisations who involve volunteers directly or influence decisions that affect volunteering can now pledge their support for the Volunteer Charter and become a [#CharterChampion](https://www.volunteerscotland.net/.../#CharterChampion).

Find out more here: <https://www.volunteerscotland.net/.../volunteer-charter>



VOLUNTEER CHARTER

Let's work together to protect and ensure a positive experience for all workers and volunteers.

Pledge your support for the Volunteer Charter today.



VOLUNTEER CHARTER

Becoming a Charter Champion

A guide for those volunteer involving groups and organisations who want to embrace the foundations of good volunteer practice.



COMMUNITY



Special Congratulations to Robert Smith of Group Recovery Aftercare Community Enterprise (GRACE) who won the **Rotary 2023 Community Champions Award for GB & Ireland** in Birmingham on 17th June. This award is recognition of his outstanding humanitarian service to improve the lives of others.

Robert is the CEO and Founder of GRACE and has led this remarkable peer support organisation for over 10 years and they have helped 100s of people who have experienced life trauma—in all it's

forms. They provide a wide variety of projects and classes from health walks, mindfulness, yoga, boxercise, creative outlets such as needlework, music, filmmaking, art classes & exhibitions. For more information check out their website

www.graceaftercare.org



CONGRATULATIONS!

Gavin's Mill wins '**Hidden Gem**' category at the Scotsman Scran awards last night. Thank you to our amazing staff and volunteers. Also a huge thank you to all of our customers and the general public for voting for us.

www.gavinsmill.org



Congratulations to Lorraine McDonald who has won the title of "**ASDA Community Champion of the Year**". Well done and well deserved. Thank you for all the support which you, and ASDA, have provided to local services over many years.





COMMUNITY

East Dunbartonshire Social Enterprise wins prestigious Edge Award

A total of 24 businesses with high-growth potential have benefited to the tune of £1.4million after being named as winners in the Scottish **EDGE Round 21 awards**.

The awards ceremony took place on the 25th May 2023 and in attendance was First Minister Humza Yousaf and businessman and philanthropist Sir Tom Hunter, as well as entrepreneur and world record holder, Jamie Douglas Hamilton.

The Circular Economy EDGE Award, which was introduced in collaboration with Zero Waste Scotland and recognises businesses implementing more circular business methods. Sharing the accolade of Social Enterprise EDGE winner is Stitch the Gap CIC.

Stitch the Gap deliver a mental health and environmental impact at the grass-roots of our communities by teaching the sewing skills to repair, reuse and re-purpose textiles.

The ceremony marked the final round of the awards for Scottish EDGE Chief Operating Officer Steven Hamill, who has been involved with the awards since their inception in 2013 and has overseen the establishment of partnerships



with the Royal Bank of Scotland, the Hunter Foundation, the Scottish Government and Scottish Enterprise. Steven Hamill added: 'Over the course of the last decade, the EDGE awards have acknowledged the innovation, creativity, and future-centred mindset of over 500 Scottish businesses. With over £20 million having been awarded so far, Scottish EDGE plays a crucial role in giving businesses with high-growth potential the resources to scale and develop their work.'

Congratulations also to Amanda, Stitch the Gap Co-founder who won **Sustainability Champion** in the East Dunbartonshire Provost's Community Champion Awards 2023. Well done Amanda.

To find out more check out their website:
www.stitchthegap.com



COMMUNITY

The Sporting Aces Charity is delighted to inform everyone that our coaching team will be running the following summer camps this year due to the fantastic feedback they received from parents and carers last year.



The Sporting Aces

FREE Local Fun

The Sporting Aces Charity will be holding summer camps for the second year due to the wonderful success and feedback received from parents and carers. Come and join us for a summer of fun!!!
Reminder on Friday 11th August will be a full day trip to Blair Drummond Safari Park.

Start Date - 5th July 2023
Days - Wednesday, Friday
Time: 10am - 12noon
Venue: Kirkintilloch Leisure Centre
Age: 11+ years for ASN (additional support needs)

Please make sure your child is dressed appropriately for the session as we will be outside and to bring a drink of water with them.

To register please contact Dion at
dion.thesportingaces@yahoo.com or contact the number 07383 361517




The Sporting Aces


FREE Local Fun

The Sporting Aces Charity will be holding summer camps for the second year due to the wonderful success and feedback received from parents and carers. Come and join us for a summer of fun!!!
Reminder on Friday 11th August will be a full day trip to Blair Drummond Safari Park.

Start Date - 3rd July 2023
Days - Monday, Friday
Time: 10am - 12noon
Venue: Kirkintilloch Leisure Centre
Age: 5-10 years for ASN (additional support needs)

Please make sure your child is dressed appropriately for the session as we will be outside and to bring a drink of water with them.

To register please contact Dion at
dion.thesportingaces@yahoo.com or contact the number 07383 361517

The Sporting Aces


FREE Local Fun

The Sporting Aces Charity will be holding 2 summer holiday programmes in connection with EDC (dates colour coded on Calendar. If you would like to register for any of these weekly programmes contact Dion (Head Coach) through email; dion.thesportingaces@yahoo.com or contact number 07383 361517

Bishopbriggs Academy
Days - Monday, Wednesday (Sports Hall)
Friday (All Weather Pitch)
Time: 1pm - 2pm
Age: Secondary aged Young people with ASN

Bearsden Academy
Days - Monday, Wednesday (Sports Hall)
Friday (All Weather Pitch)
Time: 1pm - 2pm
Age: Secondary aged Young people with ASN

Please make sure your child is dressed appropriately for the session as we will be inside&outside and to bring a drink of water with them.



If you would like any further information contact our Head Coach
Email:dion.thesportingaces@yahoo.com or phone 07383 361517 and he will be happy to answer any questions you may have

Website: www.thesportingaces.co.uk

CYCLE SAFE KIRKINTILLOCH FREE BICYCLE HEALTH AND SAFETY CHECK

We want to encourage East Dunbartonshire to cycle more, and cycle safely!

How it works?

We welcome both child and adult bicycles
Drop off your bike(s) on a **Thursday** between 9am and 4pm
Our bike technician will perform a thorough safety check, clean, lubricate, and, perform any adjustments as required
Depending on drop off time, your bike(s) will be ready to collect same day or the next

Places are limited so it is essential you book ahead of time!
To book, email peter.jahn@standinternational.org or call 0131 659 9943

We will cover:

- Check, clean, and lubricate chain if needed
- Check and degrease cassette
- Pad or disc brake check and adjustment if needed
- Brake disc clean
- Tire pressure and tire wear and tear check, fixing punctures if necessary
- Check pedals are securely fitted
- Check seat clamp correctly tightened
- Check frame is free from cracks or rust damage
- Check and tightening of nuts and bolts including quick release and axle nuts
- Check cables for wear and tear
- Check gear shifts for any issues

Please note, major repairs and part replacements will not be covered, but we will offer a diagnosis sheet detailing any repairs needed to ensure the bike is road-worthy

05-19
JULY

SUMMER COOKING WORKSHOPS

WED 05/07 - KIDS
FRI 07/07 - PARENTS + KIDS
MON 10/07 - KIDS
WED 12/07 - PARENTS + KIDS
MON 17/07 - KIDS
WED 19/07 - PARENTS + KIDS



for further information and to book
email : lorna@ramekinandrollingpin.scot
call/text : 07510290849

FREE
*BOOKING
REQUIRED

COMMUNITY

Join our Community Groups

Join our local groups for people with learning disabilities
Have a cup of tea and a gentle walk around the park with us each week
Take part in free activities and make new friends in your community

We have groups meeting each week in Bearsden, Cumbernauld, Falkirk, Glasgow, Renfrew & Stirling.

To join or find our more:

- email communities@enable.org.uk
- call Liam on 07753 497 935
- or contact us on Facebook



DRESS FOR SUCCESS[®]
SCOTLAND

Dress for Success[®] promotes the economic independence of disadvantaged women by providing professional attire, a network of support, and career development tools to help them thrive in work and in life. Dress for Success Scotland are a registered charity and are based in Glasgow City Centre and are wholly operated by staff and volunteers.

For more information check out the website: <https://scotland.dressforsuccess.org>

Walk Run Cycle in and around East Dunbartonshire are working on their summer schedule of events. Among all their usual meet-up, they are planning weekly "Child Friendly Events" including walking and cycling.

With plans at the end of the summer holidays to host their first "Community fun day" which will include a walk and games. They will even be supplying water and fruit.

Keep up to date on their FB group for more details or

email wrced2020@gmail.com



Support for Parents & Carers

Skills Development Scotland is the national Career Service. We have a Careers Adviser in every secondary school in East Dunbartonshire and we will be meeting your child from S1.

No matter what stage you're at in your career, support is available.



As a parent or carer, you may be considering a career change.

We would be happy to arrange to see you in our Careers Centre in Kirkintilloch or in your child's secondary school if that is easier. Please phone Careers Centre to arrange.

- ✓ Professional Careers Guidance for you or your child
- ✓ Insight into local labour market
- ✓ Support applying for work
- ✓ IT Facilities



**Drop in to the Centre or call:
0141 -777-5860**

Mon to Fri 9am - 5pm (10.30am on Wed)
www.myworldofwork.co.uk

Weigh to Go - A weight management programme for young people in East Dunbartonshire

Weigh to Go is a service for young people aged 12-18 years who live in NHS Greater Glasgow and Clyde, with a BMI over 25 who would like to lose or manage their weight. The service provides regular support from a Weigh to Go nurse and helps young people make sustainable change through healthy eating and exercise.

Find out more about this service and how to access it by visiting www.nhsggc.scot/hospitals-services/services-a-to-z/weigh-to-go/ or by getting in touch with the Weigh to Go team on 0141 451 2727.



Kirkintilloch Health Centre

Every Tuesday

WEIGH TO GO



Free weight loss plan for up to 24 weeks

Face to face support from a Weigh to Go Nurse

Free Slimming World membership

Set realistic goals and increase physical activity

WEIGH TO GO

COMMUNITY



Volunteering to make a difference in your community

Milngavie in Bloom was established in 2008 when a small group of residents who felt the town centre was drab, no flowers and a general air of neglect. In 2011 Clean Sweep litter picking was formed and tackled the blight of litter on our streets and car parks.

Over the years these volunteers have been committed to what they are doing and their work has expanded and I am sure you will agree from the photos below that they have made an amazing difference in our communities.



www.milngavieinbloom.org

COMMUNITY

Families of Auchinairn Coming Together (FACT) are delighted to announce that they have been successful in receiving Awards for All funding from The National Lottery Community Fund for a second year in a row.

Community Crafts Auchinairn launched in October 2021 on the back of COVID and the desire to bring people closer together through shared activities after months of isolation.

These FREE, adult craft classes were an instant hit, going from one class per month to weekly sessions.



Held on:

Wednesday evenings & monthly Saturday afternoons

Auchinairn Community Centre,

G64 1NE

They will give you the opportunity to try a different craft each week, from resin making to paper quilling, jewellery making to glass painting as well as providing a bright, friendly place and a safe space to meet new people and have a coffee and a chat.

All classes are posted on the social media pages a week in advance. If you are interested in joining in, please join Families of Auchinairn Coming Together Facebook page, or Instagram factgroup21 or email Gillian at factgroup04@gmail.com.



Everyone is welcome to join and learn a new skill

Are you looking for a local space to hold a meeting or event? If so, we have two meeting rooms available for booking at Townhead, Kirkintilloch

Our meeting rooms are bright, versatile, multi-purpose and have disabled access. We acknowledge that hire of meeting rooms should be as affordable as possible and understand that in the voluntary sector every penny really matters, therefore our hire costs have been kept to a minimum.

Room	Hire Period	Standard Rate	Voluntary Sector Rate	EDVA Membership Rate
Board Room (Seats 10) With OHP	Hourly	£12	£10	£7
	Daily	£40	£33	£27
Training Room (Seats 12-18) SMART Board	Hourly	£19	£15	£12
	Daily	£85	£70	£56
Conference Room (Seats 40) SMART Board	Hourly	£25	£20	£17
	Daily	£105	£80	£65

Our meeting rooms are available for hire from 9am to 5pm, however out with these times a small janitorial fee will be added to the cost at £15 per hour.



Beverages can also be provided at £1.20 per head for tea & coffee and £1.30 per head for tea, coffee & biscuits. Plant milk, vegan or gluten free biscuits can be made available on request.

**To enquire about room availability
telephone 0141 578 6680 or email
info@edva.org**

COMMUNITY

Creatovators' Programme of Events Summer/Autumn 2023



Playschemes

Bearsden: Saturday, 17th June, 2023

Kirkintilloch: Saturday, 24th June, 2023

Check our website for further details and to book.

Bookings open 10 days before.

www.creatovators.com

You Are Not Alone Support Sessions

Thursday, 24th August, 2023
Social Security Scotland Benefits.

Thursday, 31st August, 2023
Sleep Issues.



Check our website for further details and to book.

Bookings open in June 2023

Lego-based Therapy Training

for parents and professionals working with children on the autistic spectrum.

Thursday, 22nd June, 2023

9.30am to 12.30pm

Bearsden Baptist Church

For more details and to book email
info@creatovators.com



Buildovators Session

Lego-based Therapy for primary-aged children on the autistic spectrum.

Next sessions to be confirmed.

Email: info@creatovators.com



For more information about any of our services and volunteering opportunities please see our website www.creatovators.com or contact us on info@creatovators.com.

ALL SESSIONS
ARE FREE



Craft and Play Sessions

Monday 3rd, 10th, 17th, 31st July & 7th August

Milngavie Community Centre 10am-11am

Hillhead Community Centre 1pm-2pm

Bishopbriggs War Memorial Hall 3pm-4pm



Come along and join the Creative Spark team in this fun craft and play session for young people with Additional Support needs and their families

In these sessions we will explore the magic of our chosen story book then bring characters, settings and themes to life through crafting activities and sensory play. In each session we will focus on a different element of our story and explore our connections to each other through creativity

To book your space online follow the QR code



or get in touch with us



jen@creativesparktheatrearts.co.uk



COMMUNITY

Our Men's Group is a virtual space for men to socialise, explore difficulties and find solutions together.

Phone: 08080 10 10 11

Email: groups@sfad.org.uk

Webchat: sfad.org.uk



Family Support is For Men Too!

Our men's online support group is meeting tonight at 6pm. We have created a space for men to come together to socialise, explore difficulties and find solutions with others who will understand their thoughts and feelings.

For more information or to come along

Email: groups@sfad.org.uk



EVENING BOOGIE



Every Thursday
5:00pm - 6:00pm
on zoom | £5

Meet up with like-minded people every Thursday for a chat and boogie on Zoom! Contact us directly for more information!

To book, text us on WhatsApp!
Pasna - 07717 732542
Robert - 077535 411656

Or email us
weekdaywowfactor@gmail.com



Thursday with WDW!F!

5.00 PM - Perfect time for a Daytime Disco on Zoom and shake your tail feather to the tunes of your choice or just come for a cheeky chat!

Tel. 07717 732542

Email: weekdaywowfactor@gmail.com

Web: weekdaywowfactor.com/

Get in touch and share your projects.

We are now sending a weekly notice board to
over 500 subscribers.

We can share your information, by email,
Facebook, Twitter and Instagram.

Email to: info@edva.org



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.**