

# ACVO NEWS

NEWS FROM ABERDEEN'S THIRD SECTOR



MARCH | 2022





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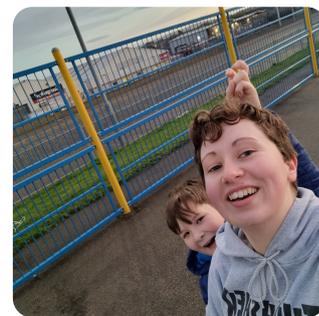




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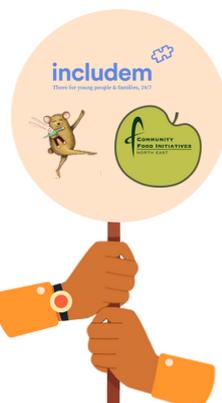
Treasurer and Acting Chair, Grampian Stroke Club

**P.30**

be part of  
**the collective voice**  
of the  
**Third Sector in  
Aberdeen**

claim your year's  
**free ACVO membership**  
before March 31st!

apply online now at a  
[acvo.org.uk/membership](https://acvo.org.uk/membership)



Our free membership offer has seen several new members join us since we launched it last June. We are delighted to welcome you all and look forward to bringing all our member organisations together this year.

We decided to offer free membership as a way to say thank you and as an acknowledgement of the difficult period that third sector organisations have had coping with the pandemic.

Your work, and the impact that you have, is what has helped hold people and communities together over the past 2 years.

Now, as the free offer period comes to a close, we would like to remind any organisations who have not yet taken advantage to sign up before the 31st of March.

You can apply online now at [acvo.org.uk/membership](https://acvo.org.uk/membership)

Kindness, joint working, flexibility of delivery and innovation have been hallmarks of the work we have seen from our sector across Aberdeen. We want to continue to share the stories of your work as well as offer support in all that you do. Join us.

## Why should your organisation become an ACVO member?

ACVO's job is to support, represent and advocate for the Third Sector in the City of Aberdeen. Your organisation can help us to get better at that by becoming an ACVO member.

The more members that ACVO has, the more representative of the Sector we are.

The more members, the more clout we have in advocating for you and representing your views to public and private sectors alike.

Becoming an ACVO member is a good way to ensure that the services ACVO provides are the ones valued by its members and meeting their needs.

If ACVO has helped you, help ACVO in return by becoming a member and helping us to do the best job we can do for you and the Third Sector as a whole.

# We are stronger with you behind us.

Apply online now at [acvo.org.uk/membership](https://acvo.org.uk/membership)





## COMMUNITY-BASED ADULT LEARNING RECOVERY FUND

ACVO along with Third Sector Interface colleagues across Scotland were delighted to disburse funding through the Scottish Government Community Based Adult Learning Recovery Fund. In partnership with the Aberdeen City Council Adult Learning Lead, a total of 26 Community and Learning Centres/Community Flats and Projects have been granted funding and have commenced pertinent activities with support from the Fund. The funding is making a tremendous difference already, ensuring great support for people and communities through adult learning and assisting our communities recover and build back through the provision of effective, community based and led adult learning activities.

Feedback from the community highlighting this has included 'we will use it to provide an additional session of adult learning/art for people with ASN. We are really grateful for the fantastic support and opportunity.', 'that is very kind of you and we will be organising an adult learning day.', 'Wow. We are

delighted with this award .....thanks ever so much. I am just feeling that now we have a bit of a light at the end of the tunnel which is great.', 'On behalf of our Management Committee, we thank you so much for the monies you have generously granted us. This will help us greatly, to assist and provide additional support to existing adult learning groups and also to set up some new adult learning activities in our community. We are a small team of volunteers and this grant will give us the lift we need to get things up and running again after this long, extended shutdown of community services.' Mike Melvin, ACVO added 'this additional funding is very welcome and comes at an important time as communities who have rallied together to get through the last two years with COVID-19 work together to continue to support people and as we recover and rebuild in our communities. Adult learning and the great support from the Scottish Government Community Based Adult Learning Recovery Fund is a further key element of this'.



## COMMUNITY-BASED ADULT LEARNING RECOVERY FUND

# News from you

and other networks

## GREC and Four Pillars partner on new project - Prejudice and solidarity Archived Throughout History (PATH)

**G**REC (Grampian Regional Equality Council) and Four Pillars are working in partnership on an exciting new project, Prejudice and solidarity Archived Throughout History (PATH).

With £86,294 from the Heritage Lottery Fund, the two-year project aims to unearth Aberdeen's history and heritage around the themes of prejudice and solidarity. The project will include significant community engagement, aimed initially at ethnic minority and LGBT+ communities, and later to the wider public.

Tom Ingrey-Counter, National Lottery Heritage Fund, Head of Investment for Scotland said: "Thanks to National Lottery players, we have been able to fund this two-year project that will unearth and

tell the often unheard story of the challenges faced by Aberdeen's ethnic minority and LGBT+ communities. It is really exciting that this community led project will give them a voice to tell their experiences and shared history with the people of Aberdeen and across Scotland."

The PATH project will open the doors to new staff and volunteers with a passion for researching our history. Working with partners with Aberdeen City Council, the University of Aberdeen and community organisations, to build a timeline of historical moments where prejudice and solidarity have been monumental in both modern and ancient history. The plan is to use that knowledge and develop resources to educate future generations, and further engage with young people and the wider public across Grampian, building a better community for all.

Dave Black, General Manager at GREC added "We are delighted to receive this funding and get started with what we believe we will be a really important project for Aberdeen, in terms of raising awareness of diverse communities' histories and experiences within the City. We're excited to be working in close partnership with Four Pillars on this project, as well as with a range of additional project partners at the University of Aberdeen and Aberdeen City Council, with teams in archives, museums and special collections amongst others."

GREC & Four Pillars are both Living Wage Employers. If you want to learn more about GREC or Four Pillars, please visit [grec.co.uk](http://grec.co.uk) and [fourpillarsuk.org](http://fourpillarsuk.org)

Want to work on the project? Find details of two new roles on page 47.







## Aberdeen Independent Multiple Sclerosis (AIMS) publish Spring newsletter

Aberdeen Independent Multiple Sclerosis (AIMS) works to support the 2,000 people living with MS in the north-east. MS causes part of the body to attack itself, mistaking it for a foreign intruder, and affects around 2.5 million people across the world.

To keep the community informed and up to date with the latest from the organisation, AIMS produced a regular newsletter featuring news and guest pieces from people they support and engage with.

You can read the newsletter for yourself at <https://bit.ly/3IJDq9f> or or if you would like it in a different digital format, please email [info@youraims.org](mailto:info@youraims.org) with your request.

Aberdeen Independent MS



Spring 2022 Newsletter



Footdee (painting by Martin from our art group)

# CLIMATE WEEK NORTH EAST



18 - 27th  
MARCH 2022  
TAKE ACTION FOR A  
SUSTAINABLE FUTURE

## Climate Week North East Returns 18th -27th March 2022

Climate Week North East is a week packed full of fun, inspiring and interesting events, designed to raise awareness of climate change but, more importantly, show what we can all do to make a difference and reduce our carbon footprint. It is about showcasing what is going on here in Aberdeen City and Aberdeenshire to tackle climate change and provides inspiration on how we can all live sustainably. Come along and learn more about how you can make positive changes for the planet from individuals and organisations who are working to create a better environment for us all.

Be inspired by the incredible actions your own community is taking to live sustainably! If you would like to make a change but don't know where to start come along! The events are fun, there is something for everyone, providing knowledge and inspiration to take small (and big) steps in the fight against climate change.

Right on your doorstep and online are green family fun days, tips to make your home warmer and bills cheaper, how to grow your own veg, wild meadows and orchards, upcycling, movie nights and more!

With over 70 events there is something for everyone. For more information please visit the Climate Week North East events page - [climateweeknortheast.org](http://climateweeknortheast.org)

CWNE is supported and promoted by the newly formed NESCAN, North East of Scotland Climate Action Network Hub. NESCAN Hub aims to be an information, education and collaboration hub for organisations within Aberdeen City and Aberdeenshire that are working on projects that reduce carbon or increase biodiversity to build the capacity and skills of those organisations and support members and the local community to deal with climate change, biodiversity loss and help develop sustainable thriving communities.



# Help Mental Health Aberdeen with their mission to break the stigma by donating your unwanted goods to new Union Street shop

Can you help Mental Health Aberdeen (MHA) with their mission to break the stigma, by supporting the launch of our their new shop on Union Street?

About the new venture, the team at MHA said "We're over the moon to be opening our first ever retail venture in the centre of Aberdeen and we need your help to get off to the best possible start!

"Do you have any clothes or shoes you don't wear anymore? Small items that you are replacing? CD's or video games you don't use anymore or anything that you think someone else would appreciate? If so, they why not donate these items to MHA, a local charity that supports local people and the local community?

"If you'd like to donate your goods, you can get more information on where and when to drop them off by contacting us on [fundraiser@mhaberdeen.org.uk](mailto:fundraiser@mhaberdeen.org.uk) and we'll be delighted to help you!"

MHA has been helping people in Aberdeen for over 70 years through their programmes of support and have recently moved to their new Union Street premises where the shop is also based. They are also on the lookout for volunteers to help with the shop and anyone interested can get in touch via the the email provided above.

More information about the organisation, and how you can lend a hand through fundraising to support their vital work, can be found at [mha.uk.net](http://mha.uk.net)

## Join Grampian Women's Aid for their online training seminar on International Women's Day - March 8th

Up to 90% of domestic abuse survivors cite having experienced economic or financial abuse by their intimate partner. Economic abuse is recognised in the new Domestic Abuse (Scotland) Act 2018, however, it remains a lesser known form of domestic abuse and often goes unidentified despite its serious and long-lasting consequences for the survivor.

For International Women's Day 2022, on 8th of March, Grampian Women's Aid are hosting a training webinar on this often unrecognised form of abuse.

The session will cover the following learning outcomes:

- Define and understand the difference between economic and financial abuse;
- Identify different forms of economic abuse and their impact on survivors;
- Draw upon best practice examples in supporting survivors of economic abuse.

Find out more and book your place at <https://bit.ly/3sstf2Y>

# The Rotary Clubs Annual Car Raffle Announces Winner and Funds Raised for Charlie House

**O**n February 14th 2022, Aberdeen-based children's charity Charlie House announced the winner of the Rotary Clubs of Aberdeen and the North East Annual Raffle, in partnership with Gillanders Motors and Bon Accord after 6-months of raffle ticket selling.

The lucky winner is Neil McEwan, who takes home the car prize and drives away in an MG3 Excite 1.5 part-sponsored by Gillanders Motors which has been on display in a unit within the Bon Accord since July 2021. The car will be collected from Gillanders' new premises in Altens, located on Wellington Circle. The car dealership has kindly donated 50% of the value of the vehicle.

Neil speaks of his excitement around winning, "I am amazed, and delighted to know that I bought the winning ticket in the raffle. For years I have bought a ticket in the Bon Accord and every year I just regarded it as more or less a donation being made to a very worthwhile cause. However, this year I am delighted to know that, as well helping the charity, I have won the prize. For anyone thinking about buying a ticket next year, I'd encourage you to do it as you might be the lucky person next Christmas Eve. Even if you don't win, you'll have made a worthwhile donation to charity."

The members of 25 of the Rotary Clubs in Aberdeen and the North East generously donate their time annually to support a charity via their annual raffle. The raffle has raised an amazing

£17,600 for Charlie House's Big Build Appeal with the remaining funds being shared among several other charities within the local community.

Speaking of the generous donation, Senior Fundraising Coordinator, Donna Deans, says, "We are delighted with the response to this year's raffle. The funds raised are going to help us get yet another step closer to opening our specialist support centre right here in Aberdeen. With the Big Build Appeal now sitting at the £3.6million mark of our £8million target, we might get to start digging soon. Team Charlie House, have your shovels at the ready!"

Alan Pirie, Chairman of the organising committee and President of St Machar Rotary Club, comments, "Once again we have been delighted to be able to support Charlie House and have them as the main benefiting Charity for this our 20th Annual Car Raffle. For the second year in a row our participating

Clubs have worked really hard to ensure the raffle is a success particularly in these trying times that we have all had to endure as a result of the pandemic. We hope that the funds raised will help Charlie House get their spades out and take the first steps to building their eagerly awaited and much needed care centre in the grounds of Woodend Hospital. We also must thank the management at the Bon Accord who gave us a shop unit to operate from this year and this certainly gave all our volunteers a base to work from and of course to Gillanders Motors who generously part sponsored the car."

There are 27 Rotary Clubs in Aberdeen and the North-East of which 25 participate in the raffle. For further information about Rotary please visit [www.rotary1010.org](http://www.rotary1010.org)

For more information about Charlie House and its services please visit [www.charliehouse.org.uk](http://www.charliehouse.org.uk)



Winner Neil McEwan, Craig Shirlaw the dealer principle at Gillanders Motors, Alan Pirie the chairman of the Rotary organising committee Donna Deans from Charlie House. Picture by Chris Sumner.

To make sure  
my community  
is counted, I'm  
filling it in.



**Scotland's Census.**  
Getting the right things out, starts with **filling it in.**



Launching their fundraising appeal project Alex Busch, Executive Director of Camphill School Aberdeen stands alongside students Antony and Ryan at site of new home

## Aberdeen charity launches £10 million appeal to expand vital services to young people with learning disabilities



A north-east charity that provides day and residential support to 95 children and young people with learning disabilities and complex additional support needs has launched an ambitious campaign to raise £10 million over the next 10 years to enable it to expand its vital services to more youngsters in the region.

Camphill School Aberdeen which is based across three campuses in the west of the city, has been delivering life-transforming opportunities for children and young people with complex additional support needs for over 80 years. The charity has seen an unprecedented increase in demand for its services in recent

years, with the pandemic putting families under increased strain.

The charity's 10-year vision will increase its capacity by 60% extending its workshops, developing a social enterprise, creating a certified internal awards centre, and building three new residential homes.

Phase one is expected to commence in the autumn, with the planned construction of a £3 million, 11-bedroom house, with independent living wing. The home will enable the charity to open its doors to more vulnerable young people in our community who are in urgent need of support. Camphill School Aberdeen has already

secured 50% of the funds for the home but more is needed to make it a reality.

Alex Busch, Executive Director of Camphill School Aberdeen, said: "Currently the demand for our services far exceeds our capacity, the only way to help more young people in the north-east is to make our plans come to life. We want to ensure that every young person who needs access to our support, receives it. Together with the support of the local community, we can build futures and transform lives."

The new house has been designed by award-winning Glasgow architects Collective Architecture who worked with Camphill's young people to create a home that will be environmentally sustainable and fully accessible.

The first phase of the project also includes the development of a sustainable social enterprise, which is central to providing young people will opportunities to develop their skills. The plans aim

to extend the charity's bike repair workshop, organic farm shop, and refillery store to the wider community. As well as this, it aims to promote its 80-year history and showcase the traditional arts and crafts made in the workshops by students taught at the school.

Young people supported at Camphill often struggle in mainstream education and other care options - but thrive at Camphill School Aberdeen. Regardless of their abilities the children and young people at Camphill grow in confidence, independence and fulfil their potential - often achieving outcomes their families never thought possible. The school's unique approach integrates education, lifelong learning, and expert care within a therapeutic environment as part of a shared living community with onsite medical support.

Karen, mum of Laurence, a student supported by Camphill said: "As soon as we stepped onto Camphill

Estate we knew this was somewhere special, a home from home that would celebrate Laurence for who he is. We were relieved to find a calm, accepting and loving environment in which our son could truly thrive. And for the first time, we were part of a strong support network we could call on any time."

Founded in 1939 by a group of pioneering Austrian refugees led by Dr Karl König, Camphill School Aberdeen was the first of its kind in the UK, sparking the worldwide Camphill movement which now consists of over 120 independent charities, seven of which are based in the north-east of Scotland.

Alex added: "Launching this campaign and securing the vital funding will safeguard the future of our facilities and services in the north-east for another 80 years. We hope as many people as possible will get behind our campaign - their support can truly transform the lives of children and young people with very complex additional needs."

Alex Busch, Executive Director of Camphill School Aberdeen with students Bekki, Austin and Ryan at the site of the planned new home.





Looking to boost your confidence  
and meet like-minded folk?

# CORNHILL CREATES: TAKEOVER

Free workshops with local artists,  
opportunities to develop your skills,  
learn new ones, and spend time with  
others!

- Tuesday 15th March, 9.30am - Group Singing
- Friday 18th March, 11am - Music Making
- Tuesday 22nd March, 9.30am - Imaginative Storytelling
- Thursday 24th March, 2pm ONLINE - Exploring Sound
- Friday 25th March, 11am - Crochet

CONTACT  
US TO  
BOOK YOUR  
SPACE

@ cornhillcreates@gmail.com

Find us on    
 Cate on 07747034134

# Cycling Without Age Volunteers Wanted in Aberdeen!

**C**ycling Without Age Scotland (CWAS) is an intergenerational project that helps people who are isolated or have mobility issues to get outdoors. Volunteers transform lives and combat loneliness and isolation by enabling people to enjoy the benefits of the outdoor environment through trips on Trishaws. The rides provide social interaction, enable new friendships, improve health and well-being and integrate communities. Every volunteer in the team plays a vital role.

Cycling Without Age is an exciting new project for the Aberdeen area. It aims to give people with limited mobility an opportunity to experience the joy of cycling in their later years.

Electrically assisted Trishaws, with two seats between their two front wheels, allow a 'pilot' to take two people for excursions, allowing the passengers to feel the wind in their hair and visit local sites in an ecologically friendly way.

The project, initially coordinated by Sport Aberdeen, using funding from the local NHS Health Improvement Fund, will recruit and train volunteer 'pilots' and escorts utilising training from Cycling Without Age Scotland.

They will provide an electrically assisted trishaw and, if required, suitable storage facilities with access to electricity. Ideally these will be based in Sheltered housing or Care homes to allow easy access to the activity for the residents.

Sport Aberdeen intend to deliver a training session to allow potential volunteers to experience the trishaw, both as a passenger and a pilot, and begin the process of qualifying to take passengers out and about.

After the training/information session potential volunteers are expected to access the trishaw to practice its use. Once confident in their competence an assessment session will be arranged to finally qualify our pilots. Volunteers, who need to be over 16 years old, will be recruited to Cycling

Without Age Scotland completing their paperwork and completing a PVG check through CWAS. There will be various roles available such as 'Pilots', 'Co-Pilots', 'Co-Passenger', 'Administrator' and 'Maintenance Provider/ Mechanic' - further details can be found at [cyclingwithoutage.scot](http://cyclingwithoutage.scot)

If you think you would like to be involved with this exciting project, even just to discover more about this new activity for the area, please contact Brian Harrison at [bharrison@sportaberdeen.co.uk](mailto:bharrison@sportaberdeen.co.uk)

Training has been arranged for Saturday 19th March at Westburn Outdoor Centre (Bowling centre) at 10am. To register for a place contact Brian as above.



grec

# Language Café 2021 review

Grampian Regional Equality Council (GREC) recently produced a short video to look back at the highlights of their Language Cafe during 2021.

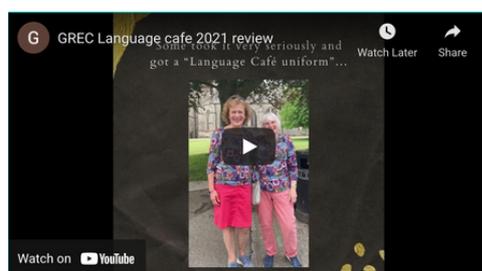
The Language Cafe provides a regular, friendly space for anyone who would like to chat and practice their English skills while interacting with diverse cultures and meeting new friends.

Every week they pick a different topic of conversation, invite guest speakers or use language games to build confidence in speaking and interacting in a relaxed environment.

2021 was a big year for GREC's language café, including language walks, group trips, and indoor meet-ups as the group managed their work around lockdowns and social distancing restrictions.

GREC, based in Aberdeen, take a leading role in advancing equality across North East Scotland – including Aberdeen City, Aberdeenshire and Moray. They work to tackle prejudice and discrimination, celebrate diversity, build positive community relations, and provide evidence to change policy and practice.

More information about the organisation and Language Cafes can be found at [grec.co.uk](http://grec.co.uk)



# No Smoking Day, March 9th 2022

## resource pack now available

This year, No Smoking Day is on Wednesday 9 March. The theme is Quit Your Way, the aim being to celebrate the achievements of those who have successfully quit smoking, and to encourage current smokers to consider quitting for the benefit of their mental and physical health.

Stopping smoking is the single most important thing a smoker can do to improve their health and will immediately reduce risk of heart disease, cancer, stroke, diabetes, rheumatoid arthritis and dementia. In addition a 20-a-day smoker paying £10 a packet will save over £3,650 a year, or a 10-a-day smoker £1,825 a year. Many thousands of Scots stop smoking for good every year, often without any support. Many suffer a number of "failed" attempts but stick with it and eventually succeed.

If you would like some help then NHS Stop Smoking Services can really boost your chance of success. Support is free and available online, by phone and at centres across the country. For more information visit: [www.nhsinform.scot](http://www.nhsinform.scot) Tobacco smoke is harmful, particularly to children. It spreads through the house and can linger in the air for hours, so that the only way to really protect your family is to make your home completely smoke-free. For more information visit [ASH Scotland](http://ASH Scotland) and make your home smoke-free

To help spread the word this No Smoking Day, ASH Scotland have produced a social media resource pack to help raise awareness. The pack contains ready made NoSmoking Day assets for social media that can be used by you, or your organisation, on the day (sized for Facebook, Twitter and Instagram). You can download the pack along with other resources at [www.ashscotland.org.uk/nosmokingday](http://www.ashscotland.org.uk/nosmokingday)

## No Smoking Day

9 March 2022

With savings of around £290 per month why not make today the day to

### QUIT YOUR WAY!

Find your own unique quit plan with the help of your GP, local pharmacy or Quit Your Way.



www.quityourway.scot



0800 84 84 84



Taking Action on Smoking and Health



#QuitYourWay #NoSmokingDay #NSD2022

Action on Smoking & Health (ASH) Scotland (2002 Scotland) is a registered Scottish charity (SC 00482) and a company limited by guarantee (limited company no 14970)

# Befriend a Child launch appeal to find new volunteer mentors as demand for their services grow

**B**efriend a Child's intandem mentoring programme offers support to young people aged 8 to 14 years old, who may be experiencing turbulent home lives and are lacking in a positive adult role model.

Through the support of a mentor these difficulties can be alleviated and allow the young person to have the chance to look forward to their future.

"We would love to hear from those who want to make a real difference to the life of a local young person to help build skills, nurture interests and share new experiences together" – Aleisha Douglas, intandem Mentoring Coordinator, Befriend a Child.

Volunteer mentors meet their young person weekly on a one-to-one basis to give them the support and attention they may not be getting at home. Befriend a Child are looking for kind, caring and reliable people to bring positivity into these young people's lives across Aberdeen and Aberdeenshire.

"I had already had so many professionals in my life at 14 and I thought that the mentoring would be the same as my experience with social work, that I would have a mentor for a few months and then they would move on. The fact that the mentoring has kept going through those years and is now an amazing friendship is great. I never had anyone stay in my life long term and I would like to continue the friendship with my mentor outside of this." – Sophie, mentored child.

These meetings help with self-esteem, confidence and give young people experiences they may be unable to have otherwise. Over time they build a strong and supportive friendship which can have a transformational effect on both of them and their outlook on life.

"Being able to work with such a resilient, funny and outgoing young person has really been inspiring. Getting to watch him grow and gain confidence in himself has been incredible. I feel that I have definitely changed as a person since I started volunteering with Befriend a Child more than a year ago - my young

person's outgoing attitude and confidence has had such a great effect on me personally. Volunteering is definitely the highlight of my week!" – Ellen, volunteer mentor.

Befriend a Child provides all volunteers with full training and support, so volunteers don't need to have any previous experiences working with children, they just ask for a minimum commitment of a year after training.

If you want to help a local child, make sure to get in touch by emailing [volunteer@befriendachild.org.uk](mailto:volunteer@befriendachild.org.uk) or visit [www.befriendachild.org.uk](http://www.befriendachild.org.uk) to find out more.

befriend a child



turn a frown upside down



Befriend a Child mentor, Ellen, and her mentee

# PROGRESS for PARENTS

## Supported Employment Program

As part of Aberdeen City Council's Parental Support strategy, we can assist employed parents challenged by disability to improve their value to the companies they work for.

- ✓ If you live and work in Aberdeen
- ✓ If you are a parent who has a disability
- ✓ Or you have a child/partner with a disability

**We can help!**

Want to find out more and hear about what ENABLE Works can do for you?

**CALL: 07808 570020**

Email: [bryan.shand@enable.org.uk](mailto:bryan.shand@enable.org.uk)

**ENABLE  
WORKS**  
It just works!

'Progress For Parents' is funded by The Parental Employment Support Fund with Aberdeen City Council





# Lochnagar walk to raise funds for Aberdeen FC Community Trust

**L**ocal professionals are being urged to swap office attire for hiking boots and take a trek up Lochnagar in aid of charity.

The walk, on Friday, April 1, is being organised by Iain Landsman of CBRE and Mark Wilson from Space Solutions to raise funds for Aberdeen FC Community Trust (AFCCT).

Last year the duo, along with Liz Bowie from the Trust and fellow professional Eric Harper, tackled seven of Scotland's Munros in a mammoth 24-hour hike in aid of AFCCT, raising a total of £53,000.

This year, they have chosen a less strenuous route to allow more people to join in.

Starting at Loch Muick at 7.30am, the walk is open to any professional in Aberdeen for a minimum donation of £20.

All proceeds will go to AFCCT's valuable work in the community, which supports people of all ages and backgrounds across Aberdeen and Aberdeenshire, with a focus on education and building healthy communities including its extensive football programming.

Among the current programmes are heath walks and fitness classes aimed at encouraging older people to get out and meet new friends, including the Trust's award-winning dementia friendly activities.

Mental wellbeing is also a priority for the Trust, with funding supporting projects such as The Changing Room, which helps men aged between 30 and 64 to manage their own mental health and access support, while MINDSET uses play-based activities to teach young people aged 11-14 skills for coping with stress and breaking down stigma.

Iain Landsman, commercial property advisor at CBRE, said the walk would raise funds to allow the Trust to continue its essential work and enhance its programmes.

"We're pleased to be organising another fundraiser for the Trust, which does terrific work in our local community that reaches far beyond just football," he said.

"This year we're taking on a more manageable hike to attract less experienced hillwalkers. We want as many of our fellow professionals, particularly in the property sector, to

join us for a great, but active, day out that aims to raise a significant sum for AFCCT."

Liz Bowie, chief executive of AFCCT, said: "We are extremely grateful to Iain and Mark for organising another fundraising walk. They are huge supporters of the work we do and this will be a welcome boost at a time when we're facing real challenges in raising funds to allow us to support more local people who really need our help.

"AFCCT has achieved so much over the past few years, helping change the lives of so many people in the region. However, we are only scratching the surface of what could be done to help the thousands more who need support to recognise their true potential in life and to help children and families who continue to face difficult challenges and need additional support."

If you wish to take part in this year's walk, please contact Iain by email at [Iain.Landsman@cbre.com](mailto:Iain.Landsman@cbre.com)

For more information about AFCCT, how to donate and details of last year's Munro challenge, please visit: [afccommunitytrust.org/](http://afccommunitytrust.org/)

# Making Recovery Visible

## RADIO/PODCASTING COURSE

**Thursdays 2-4pm**

**10th March - 28th April**

**Aberdeen in Recovery,  
The Credo Centre, City Centre,**

**14-20 John St, Aberdeen AB25 1BT**

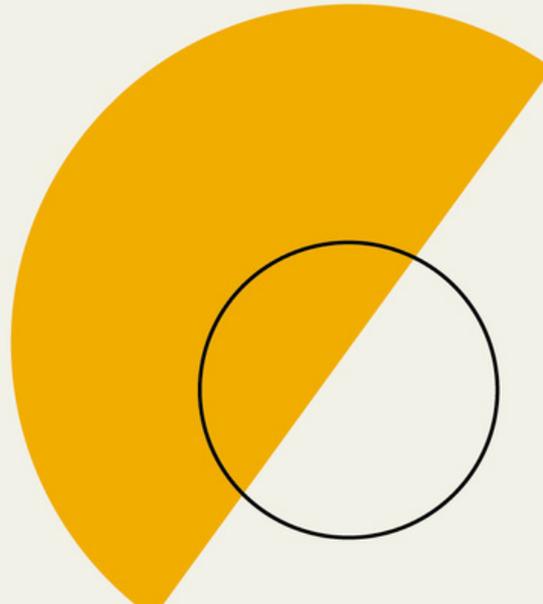
The Making Recovery Visible project offers creative courses that aim to support those negatively affected by substance use & addictive behaviour, and who have embarked on a recovery journey to embrace hope and change.

Each course will work with participants to create meaningful and powerful media that will; Tackle the associated stigma that surrounds addiction by Making Recovery Visible.

**Call Kirsteen on 07592064430 or email [kirsteen.caldwell@shmu.org.uk](mailto:kirsteen.caldwell@shmu.org.uk) for more information and to request a referral form**



radio/podcasting



# Making Recovery Visible

FILM

## FILM COURSE

Thursdays 11-1pm

10th March - 28th April

Station House Media Unit

Station Road, Woodside AB24 2WB

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# Save the Date!

## The Big Jubilee Lunch comes to Greyhope Bay - Saturday June 4th

Organisers of the UK's biggest community celebration, all about bringing people together to share friendship, food and fun, say they are expecting more than two hundred thousand events to take place in neighbourhoods around the UK and in excess of twelve million people at The Big Jubilee Lunch from 2-5 June.



**P**eter Stewart Executive Director of the Eden Project Big Lunch initiative, one of the official Jubilee weekend moments said: "There are more reasons than ever to get together this year and although things may be difficult right now, we're really excited to be bringing the spirit of the Jubilee into every neighbourhood with The Big Jubilee Lunch this June.

"We've had some practice in coming together safely over the past two years, so let's forge ahead and start planning some fun in and bring some Big Jubilee Lunch cheer to the UK! Together we can create a piece of history that everyone can feel part of."

An extended bank holiday, from Thursday 2nd to Sunday 5th June, will provide an opportunity for communities and people throughout

the UK to come together. The Big Jubilee Lunch is a chance for neighbours and communities to celebrate their connections and the things they care about where they live. It's part of a menu of official activities over the Jubilee weekend including processions, pageants, faith services and musical performances topped off with community activities to feast on in

honour of HM The Queen's 70 years of service.

In the build up to the weekend many supporting organisations are pulling out all the stops to entice people to join in with tasty ways to get involved. Big Jubilee Lunch partners include The National Lottery, Iceland and the Food Warehouse, PGtips and Nextdoor. Backing the initiative, supporters





promise that there will be plenty to excite in the coming months, including celebrity moments, competitions, specially designed food ranges, beautiful commemorative limited edition goodies and engaging activities everyone can take part in.

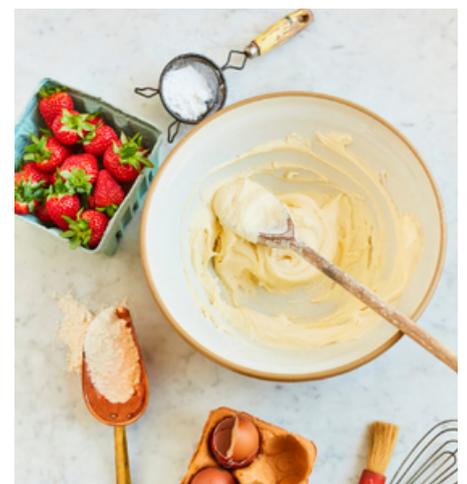
Fortnum and Mason, who today launched the Platinum Pudding competition, are also supporting The Big Jubilee Lunch. They are calling on cooks and bakers everywhere to create a Platinum Pudding in honour of HM The Queen, helping to dish up the tastiest Big Jubilee Lunch celebration ever. Fortnum's will share the winning Platinum Pudding recipe for all to enjoy so the winning pudding is something people can make and take along to share at the event in June.

People everywhere can be part of The Big Jubilee Lunch, whether that's a virtual party, sharing a cuppa and a piece of cake with a neighbour on your doorstep, or going all out with a full-blown street party. We're all hoping for better times ahead, so let's look forward to enjoying a Big Jubilee Lunch in our communities and celebrating together over food on the 2-5 June!

Grab your chance to join the fun this summer – get started now by dusting off your apron and entering the Platinum Pudding competition here and sign up for your free Big Jubilee Lunch planning pack at [thebigjubileelunch.com](http://thebigjubileelunch.com)

To follow The Big Jubilee Lunch on social media go to @edencommunities on Facebook, Twitter and Instagram.

Keep an eye out on ACVO's social media feeds to keep up to date with the latest from the Big Lunch as well as details of the event at Greyhope Bay which is due to take place on Saturday June 4th. Full details will be released nearer the time.



# Ukraine: North-east efforts helping with the growing crisis

Adrianna Sosnowska, the director of domestic abuse support group Own Woman (Kołowrotek), and Kasia Cwiklinska, the vice president of the Polish Association Aberdeen, have been actively involved in gathering essential items for those in need and affected by the ongoing war in Ukraine.

The "Kołowrotek - simply helping" group in Aberdeen has been working flat out over the the past few days to collate and collect items from points around the North East, and further afield in, Aberdeen, Fraserburgh, Banff, Inverurie, Inverness, Elgin, Ellon, Fort William, Oban, Aboyne, Stonehaven and Rothiemay.

Collected items are being sorted at the AberNecessities HQ in Dyce, with the Aberdeen based charity offering premises as well as support to coordinate the effort.

Now, in order to get the goods to the Poland/Ukraine border where they can be distributed, the group is looking for support to fund the transport of donations.

To allow the public to contribute to this, Katarzyna Cwiklinska has set up a Just Giving page to help fund this crucial element of the process, which can be found at [justgiving.com/crowdfunding/aberdenehelpukraine](https://www.justgiving.com/crowdfunding/aberdenehelpukraine). Donations of any size would be greatly appreciated and make a huge difference.

Further information about the collection of goods, including current drop off points and a full list of items required can be found at [facebook.com/groups/1802548003151867](https://www.facebook.com/groups/1802548003151867)



## Ditch Debt with Dignity Celebrate eight years of support

Aberdeen based financial support organisation, Ditch Debt With Dignity, celebrated their 8th birthday on February 28th!

About the milestone, Karen Bain, Operations Manager said "in this time, we've grown as a charity and helped many people find the light in their financial darkness – and we will keep on doing so!

"We hope to not only help those in need, but to continue sharing guidance and support to all, sharing our motto; 'we can love each other through anything'!

"If you're in a financial crisis, there is hope, and we can help you find it! Our confidential service can provide you a safe, non-judgemental place to navigate your financial issues and help you out of debt."

The team at ACVO TSI would like to take the chance to wish the team a very happy birthday!

To find out more about their services, visit [ditchdebtwithdignity.com](https://www.ditchdebtwithdignity.com), email [info@ditchdebtwithdignity.com](mailto:info@ditchdebtwithdignity.com) or find them on Twitter Facebook Instagram and LinkedIn where you can message privately.





# TORRY SKILLS CENTRE



BRIDGING THE GAP TOWARDS EMPLOYMENT

**SUPPORT  
TOWARDS  
WORK**

**FRIENDLY  
ADVICE**

**IT & DIGITAL  
HELP**

**LEARN  
SKILLS**

A collaboration of support for you under one roof, see reverse for more information

**Torry Skills Centre is a collaboration  
of organisations to support you.**

Aberdeen City Council  
Aberdeen Foyer  
APEX Scotland  
Barnardos  
Elevator & Business Gateway  
Enable  
Pathways  
SHMU

**Our services include:**

- Job search and CV building support
- Information on training opportunities
- Accredited learning
- Parents moving back to work
- Skill building for Young People
- Business start-up and Social Enterprises info

**TORRY  
SKILLS  
CENTRE**

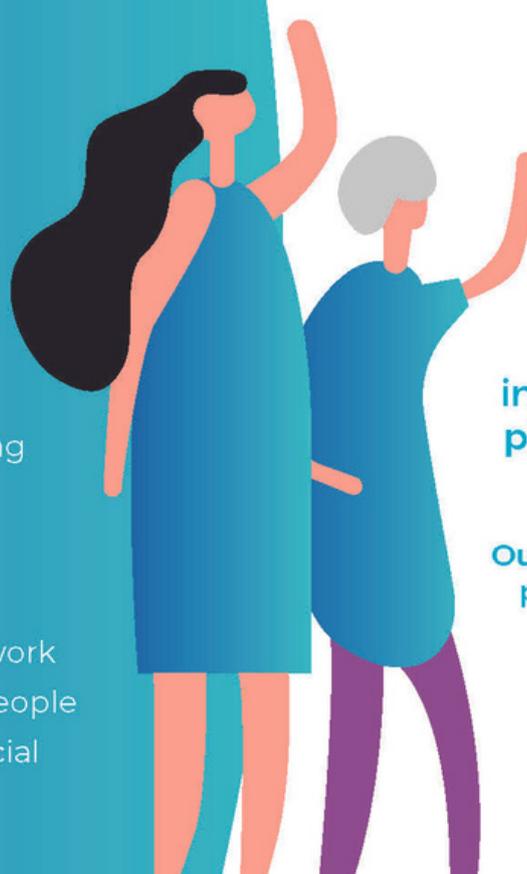


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gap towards  
employment**

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information, either by  
phone or through our  
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**Our centre door is open, so  
please drop in for advice.**

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Aberdeen AB11 9DS  
01224 895258**



# The Archie Foundation marches towards a month of fundraising

People of all ages and fitness levels are being invited to step out in support of local children's charity, The Archie Foundation, by signing up to its Marathon March challenge.

The Archie Foundation supports children and families across the north of Scotland, funding specialist roles, financial support, equipment and projects at Royal Aberdeen Children's Hospital, Highland Children's Unit, Tayside Children's Hospital, and Dr Gray's Hospital, Elgin. It also supports babies and families requiring neonatal services, as well as caring for bereaved children who have lost a loved one.

Supporters are being encouraged to run or walk a mile every day throughout March while gathering sponsorship to help the charity continue its vital support.

Paula Cormack, The Archie Foundation's Chief Executive Officer, said: "We wanted this event to be as accessible as possible, so that anyone can take part, the goal is to walk an ultra-marathon in March which is anything over 26 miles - so it's a really flexible challenge. Everyone in the ARCHIE office will be taking part and we really hope that people across the north of Scotland will get involved!"

"With our campaign to raise £2million for the Baird Family Hospital build, which will encompass Aberdeen Neonatal Unit and Maternity Wards, we really need the support of the community to make this event a huge success and help us towards our target. The money raised will help to fund the vital finishing touches and additional specialist equipment that will transform this clinically state-of-the-art hospital into a world-class facility."

Last year's Marathon March brought people together from all over the north of Scotland and raised £31,000. The charity hopes that this year they will smash that total and even more families and individuals will get involved.

Roslynn Gow, mum of Kayden, said: "Myself, my husband Gary and Kayden took part in Marathon March last year and it was such a positive experience for us. Not only did it get us out the house every day for family walks, but we also raised money for a charity that's incredibly close to our hearts. I really hope that people get behind Marathon March again this year!

"Everyone thinks it's premature babies who end up in a Neonatal Unit but that isn't always the case. We went in to hospital expecting the normal birth. Little did I think my baby would end up in the neonatal unit for two weeks and I'd be discharged and have to leave hospital without my baby. The team in the unit are like a family and they made the whole thing seem less scary and always cheered me up & made the whole process better."

The Archie Foundation relies entirely on voluntary donations and fundraising and is still feeling the effects of the coronavirus pandemic. The charity is appealing to supporters to rally round and fundraise through events like Marathon March to ensure the charity continue funding its vital services.

If you are interested in signing up for Archie's Marathon March click the link below;  
[archie.org/events/archies-marathon-march/](http://archie.org/events/archies-marathon-march/)



**THE ARCHIE  
FOUNDATION**  
MAKING THE DIFFERENCE  
FOR LOCAL SICK CHILDREN

Neonatal families come together to kick off Archie's Marathon March! L - R - Andy Chapman, Laura Auchincloss and Willow Skye Auchincloss Chapman (7months), and Jake Sim (14months), Katie Sim and John Sim.



# Grampian Stroke Club

## PROJECT SING - CHANGING LIVES WITH MUSIC THERAPY

Grampian Stroke Club were recently awarded a grant from the Communities Mental Health and Wellbeing Fund in Aberdeen to support the delivery of a programme of musical therapy entitled Project SING (S.I.N.G. stands for Strokes In NHS Grampian). The project aims to minimise the negative impact of stroke through the medium of music therapy.

Ahead of their planned taster session, held at the Aberdeenshire Cricket Club in Mannofield, Aberdeen on the 4th of April, we met with Treasurer and Acting Chair, David Jones, to hear more...

"If you look at the official definition of musical therapy from the British Association of Music Therapy it states that 'Music Therapy is an established psychological clinical intervention, delivered by HCPC registered music therapists to help people whose lives have been affected by injury, illness or disability through supporting their psychological, emotional, cognitive, physical, communicative and social needs.'

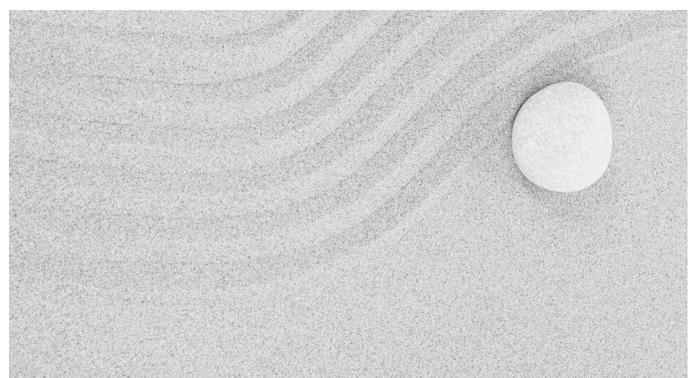
"The key message is that it isn't mumbo-jumbo. It is evidence-based hard science. And it has been proven to

work. To qualify, aspiring therapists typically follow a two-year masters course.

"The reason that Grampian Stroke Club has a particular interest in musical therapy is that no one can doubt that music has the power to change one's mood; it can bring on sadness, happiness, excitement, apprehension or any of a host of other emotions. Music clearly affects the brain. Similarly a stroke affects the brain, but often in terms of nervousness, fear and indecision. Music Therapy aims to minimise the negative impact of stroke by maximising the positive impact of music.

"Musical therapy really makes a huge difference in a lot of different situations, in principle anybody can benefit. Within Grampian it has a proven track record at, for example, Orchard Brae School, where there have been clear benefits to children with severe physical and mental issues. The application of music therapy in Grampian to date, however, for adults has been less evident. This is in stark contrast to other countries, such as in Scandinavia, where it is far more common.

*"Music clearly affects the brain. Similarly a stroke affects the brain, but often in terms of nervousness, fear and indecision. Music Therapy aims to minimise the negative impact of stroke by maximising the positive impact of music."*





Mary Page - Harpist, Teacher and Registered Music Therapist who will lead the session in April

"Music therapy has a huge, potentially untapped, potential. It won't work for everyone of course, but when it does it has a huge benefit. And unlike other treatments, it is comparatively cheap to administer.

"My interest in musical therapy not only comes from the fact I am treasurer (and acting chair) of Grampian Stroke Club which is a peer support group within the Stroke Association; I am also chair of the Scottish Music Therapy Trust.

"I suffered a stroke myself at the age of 38, and I know how powerful music was in my personal rehabilitation. As a result of that experience, I became very interested in disability issues and disability awareness. I have campaigned extensively throughout Europe.

"Now happily retired, I can devote more time to these two charities. The NHS in Grampian does a magnificent job, but many stroke survivors feel abandoned when their formal treatment ends and they are sent home. I hope that the Grampian Stroke Club can help fill that gap. All stroke survivors are welcome, whether they sign up to the music therapy sessions or not.

*"There is no need to play an instrument, or to be able to sing. And it doesn't matter if your musical taste is Beatles or Beethoven. Everybody is welcome."*

"We were delighted to receive money from the Communities Mental Health and Wellbeing Fund and now look forward to hosting our first musical therapy 'taster session' in the city as part of our planned programme of delivery. The session will be run by a fully accredited music therapist. It is open to all stroke survivors (and their carers) free of charge. It is not necessary to be 'musical'. There is no need to play an instrument, or to be able to sing. And it doesn't matter if your musical taste is Beatles or Beethoven. Everybody is welcome.

"In terms of how I would like to see musical therapy grow in the region, the first stage would be, I think, recognition. As and when music therapy is recognised as a hard science, up there with speech therapy, physiotherapy, occupational therapy, demand will be colossal. I know of only four qualified music therapists in Grampian. That won't be enough!

"It would be fantastic to see a good turn out at the taster session that we are hosting soon. It will run from 17:30 to 18:30 on Monday, April 4th. The venue, Aberdeenshire Cricket Club in Mannofield has ample parking and is easily accessible by public transport."

Anyone interested in attending is invited to contact David at [david.jones@stroke.org.uk](mailto:david.jones@stroke.org.uk) or 07814 564 801 for more information.

Further information about Grampian Stroke Club and what they do in the region, can be found at [grampianstrokeclub.com](http://grampianstrokeclub.com)

# Volunteering

Latest from Mike Melvin and Volunteer Aberdeen

Find out more at [volunteeraberdeens.org.uk](http://volunteeraberdeens.org.uk)



## "The contribution young people are making to our city, local communities and country is outstanding."

March update from ACVO's Volunteering Services Manager, Mike Melvin

Young people all over the region and country are regularly giving up their time to give back to their communities. This was further highlighted recently both locally and nationally at events ACVO participated...

**Saltire Awards** - Future Choices volunteer Ryan Bannerman has undertaken an incredible 500 hours plus of volunteering so far.

This remarkable achievement was recognised as Ryan was presented with a Saltire Awards 500 Hour Summit Award for all the magnificent help he provides. Jackie Dunbar MSP along with ACVO were delighted to present Ryan with his Saltire Award certificate and congratulate him on his achievements.

Ryan received a further special surprise when Aberdeen FC star player Lewis Ferguson sent him a video message to congratulate him on the Award.

David Forbes, Chair of Future Choices said "I'm so incredibly proud of what Ryan has achieved - 500 hours of volunteering is absolutely outstanding. Within that journey, Ryan has learnt so much which is going to help him in his future. Ryan is a shining example, inspiration and ambassador for his generation".

The Saltire Awards are national awards endorsed by the Scottish Government and delivered in each local authority area by Third Sector Interfaces (ACVO in Aberdeen) to recognise the marvellous contribution young people, aged 12-25 years, make volunteering and the achievements of young volunteers.

Certificates are awarded in recognition for undertaking 10, 25, 50, 100, 200 and 500 hours of volunteering. For more details about the Saltire Awards please visit [volunteeraberdeens.org.uk/volunteers/young-volunteers/](http://volunteeraberdeens.org.uk/volunteers/young-volunteers/) and [saltireawards.scot/](http://saltireawards.scot/)



Ryan Bannerman being presented with his 500 hour Saltire Certificate by Donside, Jackie Dunbar and ACVO Volunteering Services Manager, Mike

**#YouthVIP Summit: Changing The System Through Volunteering:** ACVO was delighted to join over a hundred people from throughout the country to discuss youth volunteering at the excellent #YouthVIP Summit: Changing The System Through Volunteering.

The event was youth led, with the brilliant Youth VIP-Volunteer Innovation Project sharing experiences, information and facilitating excellent breakout sessions on key priorities and recommendations for youth volunteering. Shona Robison MSP, Cabinet Secretary for Social Justice, Housing and Local Government joined the Summit and gave her great support for all the Youth VIP's and everyone supporting the tremendous youth volunteering in Scotland are doing.



MSP for Aberdeen  
Melvin

# Let's Talk... Youth Volunteering - online event

## Thursday 10th March 2022, 11.00am-12.00pm

Young people in Aberdeen and across Scotland are providing tremendous help volunteering and are crucial for the future of volunteering.

Aberdeen Volunteer Coordinators Network, ACVO, ProjectScotland Volunteering Matters and Young Scot are delighted to invite you to our online event, *Let's Talk... Youth Volunteering* on Thursday 10th March 2022 from 11.00am-12.00pm.

At this important event latest updates will be provided regarding youth volunteering, best practice in involving young people in volunteering, Youth VIP - Volunteering Innovation Project, a report back and actions from the #YouthVIP Summit: Changing The System Through Volunteering, Youth Volunteering recommendations and guidelines, opportunities to recognise youth volunteering such as the Saltire Awards, Volunteering for All and the development of Scotland's Volunteering Action Plan.

The event will also include input from guest speakers including Emily Breedon, Co Design Officer, Young Scot; Mike Melvin, Volunteering Services Manager, ACVO (third sector interface for Aberdeen); Sue van Horen, Engagement Manager-Youth VIP, ProjectScotland Volunteering Matters.

There will also be plenty time for discussion and to catch up with one another as well.

Booking is essential, register your place for the event at <https://bit.ly/3AQ8vor>

For any further details please contact Mike Melvin at email: [mike.melvin@acvo.org.uk](mailto:mike.melvin@acvo.org.uk)



## Volunteer Treasurer – The Allotment Market Stall (TAMS)



The Allotment Market Stall (TAMS) is a community project collecting and selling excess allotment produce. To assist in this important and great work, TAMS is looking for a treasurer. The role would suit someone who is familiar with book-keeping and has an interest in helping develop a community market garden and run market stalls selling allotment grown excess fruit and veg.

All help makes a real difference and is greatly appreciated.

For further details please email: [theallotmentmarketstall@gmail.com](mailto:theallotmentmarketstall@gmail.com)

## RSPB Pin Badge Box Volunteers – RSPB Scotland (North Scotland)



RSPB Scotland are currently looking for pin badge volunteers in Aberdeen City and Shire to help us raise vital funds for nature. This role involves placing pin badge boxes in sites in your local area (e.g. cafes, shops) and visiting them approximately every 4-6 weeks to collect the income raised. It's a great way to get involved with RSPB Scotland, and volunteers can raise thousands of pounds a year to support our conservation projects just by managing a few pin badge boxes. This role is perfect for anyone looking to volunteer flexibly for a few hours per month and who enjoys meeting new people. This role is suitable for under 18's as well. The role involves approaching various sites in your local area, such as shops or cafes, and asking them to support RSPB Scotland by hosting a pin badge box on their premises.

It also includes:

- Collecting the money and topping up your boxes with extra pin badges;
- Counting and banking the donations from boxes;
- Ensuring that pin badge boxes are in a good condition, replacing where necessary;
- Recording your banked donation on our user-friendly database.

This is a rewarding role and offers volunteers the opportunity to develop various skills such as fundraising, communication, public relations and marketing. You'll gain insight into the work of RSPB not just in Scotland, but across the UK and globally. You could make additional community links and meet new people in your local area. Undertake any appropriate training and benefit from support throughout your volunteering. Most of all this role offers the opportunity to make a difference and to help inspire others to help save nature. You'll be joining an enthusiastic and friendly team, and would receive support throughout your time as a volunteer.

For more details please contact Lynne Hayton at Email: [lynne.hayton@rspb.org.uk](mailto:lynne.hayton@rspb.org.uk)

## Veterans Community Support Volunteers – Legion Scotland (North of Scotland)



Volunteers are essential to Legion Scotland's ability to support veterans in the community. We are currently recruiting volunteers for the Legion Scotland Veterans Community Support Service.

Trained and supported volunteers will be matched with Armed Forces veterans to provide a befriending relationship in the community – this could take the form of a regular social visit to relieve isolation and loneliness, or to provide assistance with more specific issues at other times. Excellent training and support is provided and volunteers will be PVG (Protection of Vulnerable Groups) checked prior to contact with clients as well. This is not a personal care or advisory service.

A tremendous opportunity to volunteer with Legion Scotland and support veterans. All assistance makes a difference and is greatly appreciated.

For more information please contact Emily Clark, Veterans Community Support Coordinator – Scotland North, Legion Scotland at Email: [e.clark@legionscotland.org.uk](mailto:e.clark@legionscotland.org.uk) or tel.: 07876 202437.

## Butterfly Trust Volunteers



The Butterfly Trust are a Scottish registered charity that offer direct one to one support to people living with Cystic Fibrosis. We are helping to empower people with Cystic Fibrosis in Scotland. To assist in this we are currently seeking volunteers to join us as:

- \*Befrienders for young people with Cystic Fibrosis
- \*Mentors
- \*Volunteer support

All are great opportunities to make a real difference for people. Excellent support and relevant training is provided to all volunteers.

For more details about these volunteer roles or other ways you can help support the important work and volunteering at the Butterfly Trust please contact either Dr Miles Tew or Helen Tew, Volunteer Managers at E Mail: [miles@butterflytrust.org.uk](mailto:miles@butterflytrust.org.uk) / [helen.tew@butterflytrust.org.uk](mailto:helen.tew@butterflytrust.org.uk) or tel 07712 606891.

## Volunteer Listeners – The Community Chaplaincy Listening (CCL) Service



Can you be a good listener? Could you help someone explore what they are going through?

The Community Chaplaincy Listening (CCL) Service helps people (re)discover hope and inner strength in times of “illness, change and loss”. CCL Listeners do not offer counselling, but they offer the person a space to talk, to tell their story in their own time, for their own wellbeing, with the knowledge that the listener is there to listen. Volunteers can play a vital role supporting the work of the Department of Spiritual Care/CLS.

Listening to people’s concerns can help them feel less isolated and anxious while helping them feel more hopeful and valued in a confidential and non-judgemental way.

There is no requirement for volunteers or service users to be a member of a faith or belief group, just be able to provide a service that has patients at the heart, where they can feel safe, seen and heard, allowing them the space to reflect on their own personal situations.

A fantastic opportunity help. All help makes a real difference and is greatly appreciated. For further details please contact Jane Walls, Volunteer Coordinator at email: [jane.walls@nhs.scot](mailto:jane.walls@nhs.scot) or tel.: 07584 217 192 or 01224 553316.

## ESOL / CELTA / IELTS / TEFL Tutors – GREC-Grampian Regional Equality Council



We are looking for qualified English as a Second Language tutors (ESL) to join a volunteer opportunity to support asylum seekers who are currently staying in Aberdeen. The project aims to provide an opportunity to engage individuals who arrived in the UK with no recourse to public funds, to develop their English language skills and support their mental health through a difficult life transition.

As a volunteer English tutor, you will have the opportunity to practice your skills assessing students and expanding your teaching experience. This is a great CPD opportunity for ESOL tutors to draw new teaching strategies based on relevant language needs and share best practice with other professionals.

The project includes diversity training and will follow a teaching program specifically designed for refugees and asylum seekers to improve their overall language skills and knowledge of the UK. Volunteers will deliver the classes in the city centre and are welcome to join other activities planned to enhance opportunities for integration with other non-native English speakers involved.

For further information please contact Adriana Uribe, Language and Integration

## Volunteer Kilties-Aberdeen Kiltwalk 2022



Join our Kiltie team for the Aberdeen Kiltwalk 2022! You'll be supporting thousands of walkers across our 26-mile route whilst also having fun, making friends and creating memorable experiences that will last forever.

The Aberdeen Kiltwalk 2022 takes place on Sunday 29th May 2022 and is an incredible event for Aberdeen. Our events wouldn't be possible without the help of our fantastic network of volunteers – the Kilties! They support our Kiltwalkers as they raise millions of pounds for causes all over Scotland, help deliver our events, keep our walkers' spirits high and of course, add a touch of Kiltwalk magic!

With nine roles to choose from, there really is something for everyone! You could be checking our walkers in at one of our start venues, helping them re-fuel at one of our Pit Stops, keeping them motivated along the route or giving them a cheer as they cross the finish line. Or you might prefer to walk, cycle or drive as one of our Back Marker, Lead Bike or Driver Kilties. If you would like to learn new skills, meet new people and have a truly rewarding experience, then apply to become a Kiltie Volunteer today!

A fantastic event and volunteer opportunity to be involved in. All help makes a difference and is greatly appreciated. For more details and to sign up to be a fabulous Aberdeen Kiltwalk 2022 Kiltie Volunteer please visit <https://www.thekiltwalk.co.uk/volunteer> or contact Debbie Chisholm, Volunteer Manager at email [kilties@thekiltwalk.co.uk](mailto:kilties@thekiltwalk.co.uk)

## Volunteer Drivers – Aberdeen Action on Disability



Aberdeen Action on Disability (AAD) is a member led charitable organisation who support people with physical disabilities, sensory impairments and mental health conditions. We are based in Bridge of Don where we support people with benefits enquiries and social isolation. One of our main projects is our Social Group, where members gather to meet new people, get involved in various activities and share their experiences to support each other. Many of the people we support have challenges with travel and transport and we are looking to make the Social Group more accessible to existing and new members. We are looking for a Volunteer Driver to join our team.

Your role as Volunteer Driver will be to collect members from their homes or agreed collection points and drive them to our premises so they can participate in the Social Group. You will be welcome to stay and join in with the group or do your own thing while the group is running. When the group is finished, you will drive members home again. Mileage will be paid monthly in arrears at a rate of 45p per mile. You will not be required to undertake any manual handling or lifting. You will be required to join the PVG Scheme for the protection of vulnerable people. The organisation will cover the cost of this. You will be given an induction to the organisation and be supported by the Social Group Coordinator. The group meets weekly on a Monday afternoon throughout the year.

If this sounds like the role for you or you have any questions or would like more information, please get in touch with Lynn at AAD to have a chat at email [social@aad-online.com](mailto:social@aad-online.com) or tel.: 01224 641355 \*(please note my working days are Monday and Friday).

## Support at Home Volunteers – RVS: Royal Voluntary Service (Grampian Services)



As part of our Supporting you at Home and Supporting your Recovery services we help clients who have recently been discharged or due for discharge to settle back home and in the community.

Your role as a Support at Home Volunteer will be to offer valuable support for clients who require help with any of these services:

- Home Visit: you will provide a friendly chat/visit to someone who is lonely/isolated.
- 1-1 Garden Visit; 1-1 Assisted Walks: weather dependant! You can provide social companionship or encourage mobility.
- Shopping: you can help get shopping for someone who is unable to do their own shopping or take someone shopping (depending on mobility) to encourage mobility and socialisation.
- Transport: taking someone to an appointment.

All help makes a difference and is greatly appreciated.

For further details please contact the RVS Grampian Team at E Mail: [grampiansupport@royalvoluntaryservice.org.uk](mailto:grampiansupport@royalvoluntaryservice.org.uk) or telephone: 01224 937110.

## Age Scotland Friendship Callers



Having a conversation can have such a positive impact. That's why we offer a Friendship Service which listens, provides friendship and offers support. We can talk about all sorts, from current interests, hobbies, personal and professional goals, top tier biscuits, time travel – the list is endless!

The role of a Friendship Caller Volunteer is to provide friendship, companionship and a listening ear to people who are 50 and over and would benefit from a weekly chat. We are looking for volunteers who can volunteer 2-3 hours of their time on the same day each week.

Excellent support and relevant training is provided to all volunteers. Including:

\*Full training on call-handling and our systems will be available to ensure you're confident taking your first call!

\*In addition, on-going training, support and Age Scotland In-House training will be made available to volunteers.

\*If you enjoy a blether over the phone and commit to 2 hours per week on the same day, for 6 months we'd love to hear from you!

All help makes a difference and is greatly appreciated.

For further details please contact Ashley Marr or Sheona Dorrian, Age Scotland Friendship Service Co-Ordinators at E Mail: [ashley.marr@agescotland.org.uk](mailto:ashley.marr@agescotland.org.uk)

## Volunteer Befrienders – TLC Befriending Service



Everyone can feel lonely and isolated at times, especially if experiencing hardship.

This year, in response to the crippling effects of loneliness and isolation on peoples wellbeing (physical, emotional, social and mental health), that the pandemic has only exacerbated, TLC have responded to this need and developed a befriending service to combat the loneliness and isolation felt by many in our city.

Our aim is that our expertly trained and compassionate volunteers will not only provide a lifeline to people, in the form of friendship, but also a helping hand to reconnect to the community, bringing joy and passion back into people's lives.

If you would like to be a beacon of hope to someone in need, please do apply to join our team.

For further information please contact Jonny Astill, Development Manager at email: [jonny@tlc.org.uk](mailto:jonny@tlc.org.uk) or tel.: 07859 771292.

Details also available at: <https://www.tlc.org.uk/befriending>

## Big Noise Torry Volunteers



We believe every child and young person deserves the same opportunity to succeed and so we provide free, immersive, instrumental music tuition to pupils and pre-school children. This leads to an enhanced ability to learn in school, improvements in emotional wellbeing, confidence and esteem, as well as the acquisition of a range of social and life skills. To achieve this, volunteers are vital for our Big Noise Centre in Torry.

As a Big Noise volunteer, you'll be helping us transform children's lives through music. You don't need to have any musical experience, just a passion for making a difference to the lives of young people.

Volunteers help in a variety of valuable ways, including:

- Helping children stay focused and engaged during music lessons
- Walk children from school to the Big Noise Centre
- Helping set up for rehearsals and music lessons and assisting the children and young people to play their instruments if required
- Supervise children during snack times, breaks, time-out etc.
- and much more...

You can become a positive role model in children's lives and someone they look forward to spending time with. You will benefit from this by receiving training, developing skills in communication and gaining experience of working with children and young people.

-Visit our website at <https://www.makeabignoise.org.uk/volunteering/> and apply online at

<https://www.makeabignoise.org.uk/volunteering/apply-online/aberdeen/> or contact us at email: [torry@sistemascotland.org.uk](mailto:torry@sistemascotland.org.uk) or telephone: 01786 462923.

# Funding

*Funding news and highlights from ACVO Funding Officer, Claire Shaw*



## Investing in Communities Fund (ICF) expected to reopen in April 2022

The Investing in Communities Fund (ICF) is a streamlined communities fund that is delivered as part of the Empowering Communities Programme. Expected to reopen in April 2022, applicants should start preparing now.

The fund reflects the Scottish Government's commitment to investing in communities so that they can develop the resources and resilience to decide their own aspirations, priorities and solutions in response. The fund supports the most disadvantaged or fragile communities to tackle poverty in all its forms on their own terms.

The fund is designed to support organisations based in the places they serve delivering activity across all four of the following areas:

- tackling poverty and inequality, including child poverty
- developing and sustaining place based approaches
- community-led regeneration
- ensuring a just transition to net zero

Eligible applicant organisations that will be considered for support from the ICF are:

- community/voluntary organisations
- registered charity
- housing association/housing co-operative/registered social landlord (RSL)
- Community Council
- social enterprise/community benefit society/Community Interest Company (CIC)

Grants of up to £350,000 in total will be available over the 3 year period from 1 April 2023 to 31 March 2026. The value of the fund is expected to be approximately £10 million each year.

Round two of the ICF is expected to open for applications in April 2022 and will close to applications approximately 4 weeks later. It's recommended that applications are submitted as soon as possible after the fund opens. So if you're thinking of applying, start the process now to build in time to develop your proposal(s) and to work collaboratively with your local community and wider partnerships before the fund opens for applications.

Check out the helpful guidance available:

- View the ICF Round 2 webinar presentation
- Read the refreshed ICF Round 2 draft funding guidance
- Main questions in the application form

Please note that the funding guidance and application questions may still be subject to minor revisions between now and the opening of the fund, so do keep checking for updates. Find out more at <https://bit.ly/3HANobm>



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# Social Isolation and Loneliness Fund 2022

Impact Funding Partners is delighted to invite applications to the Social Isolation and Loneliness Fund 2022.

The total fund value available is in the region of £30,000 and organisations across Scotland (with an annual income not exceeding £150,000) can apply for a micro-grant of up to £1,000 to enable them to tackle social isolation, loneliness or reduced wellbeing.

The funding will be available to small, local organisations to enable them to support people (aged 16yrs+) who may be at risk of social isolation, loneliness or reduced wellbeing.

Eligible activities must take place between 1st May and 30th September 2022. The activities funded must be in addition to what you are already delivering, enabling you to reach and support more individuals at risk over this period.

The Impact Funding Partners website has further information, and the application form can be accessed from there. The link to the webpage is at the bottom of this email and it is important that you read the Frequently Asked Questions before applying, as they contain further information on the fund criteria, eligible and ineligible costs as well as other details relevant to your funding application.

## Timescales for Fund

- The fund opens for applications on 22nd February 2022
- The closing date for applications is 18th March 2022
- Applicants will be informed of the decisions by 22nd April 2022
- Eligible activities must take place between 1st May and 30th September

## Available grants

- There are three tiers of funding available: £250, £500 and £1000
- The Funder is keen that as many people as possible (aged 16yrs+) at risk from isolation benefit from this additional funding so organisations are encouraged to only apply for the level of funding they will require for their activities, preventing any underspends. This will enable the available funds to be distributed more widely across Scotland

Further information and a link to the application form can be found on the Impact Funding Partners website - [impactfundingpartners.com](http://impactfundingpartners.com)

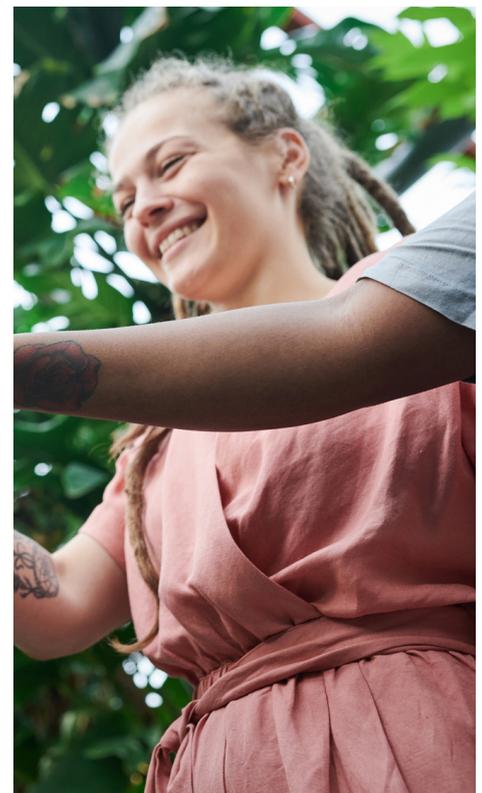
If you have any further questions about this fund, you can contact the team at [SIALFenquiries@impactfundingpartners.com](mailto:SIALFenquiries@impactfundingpartners.com)

# Resilient Communities Fund – North of Scotland

The Resilient Communities Fund – North of Scotland is now open for applications \*(the closing date for applications is 5pm on Friday 29th April 2022).

SSEN (Scottish & Southern Electricity Networks) established the fund to support communities in their power distribution network area to improve local resilience. The fund will provide support for projects which create a stronger, coordinated resilience framework for local communities.

Full details and application form for applying are available at: <https://www.ssen.co.uk/RCF/Scotland/>



Hi all, I'm Emma Lawford, an Engagement Manager with ProjectScotland, part of the Volunteering Matters' family.



## Young Person's Guarantee - Volunteering Opportunities Now Open!

Our work here in Aberdeen provides employability and mentoring support to 16 to 24-year-olds who are not in education, training or employment. We can also support you if you are soon to leave school.

What can we do together?

- Find volunteering opportunities that suit you and help you to apply.
- Start your volunteering.
- Help with employability-based tasks. Including CV development and mock interviews.
- Find you a mentor from the Aberdeen area who understands the challenges you are facing as a young person.
- Celebrate your achievements and gain recognition for your volunteering.

I look forward to working with you!

**Drop me an email to get started!**  
[aberdeen@volunteeringmatters.org.uk](mailto:aberdeen@volunteeringmatters.org.uk)

# Mary Salmond Trust - grants of up to £500 for groups and individuals in the North East applications close 21 March

The Mary Salmond Trust offers grants up to £500 to groups and individuals from the North East of Scotland. The trust aims to support the advancement of community development, by encouraging activities that have a public benefit.

The Trust is also keen to promote projects which focus on children and young people's health and welfare, training and education, civic responsibility, and volunteering.

During the year to 31 March 2021 the Trustees met twice and approved 14 applications for funding support totalling £6,409.

The amount of each grant was limited to a maximum of £500. Of these grants, 12 were made to community organisations or charities and 2 were made to individuals.

Since the Trust was established in 2007, 413 grants amounting to £164,091 have been awarded, an average of £397 per grant.

The next Trustees meeting is 23 March.

Completed applications should be submitted by 21 March.

Full details and application details can be found at [www.marysalmondtrust.com](http://www.marysalmondtrust.com)



## SMALL GRANTS FOR COMMUNITY ORGANISATIONS

Support is available to improve health and wellbeing in your community by addressing smoking

# Health & Social Care Updates



## Aberdeen City Football Memories Programme

The Aberdeen City Football Memories group uses photos, memorabilia and conversation to stimulate memories and communication. Suitable for anyone with a diagnosis of dementia who is passionate about football, whether their memories have been on the pitch or from the terraces. While discussing football memories they also talk about wider memories of all aspects of life in Aberdeen.

The Aberdeen City Football Memories Programme is looking to attract new members to their sessions. What could be better than 90 minutes (including a break) of blethering about football and any other topics which may come up, sharing our stories and memories?

They refer to all sorts of memorabilia, such as books, programmes, photos, newspapers, a memory box and much more. Members are encouraged to bring along their own personal treasures to "show and tell" to the groups.

These sessions are part of a national programme which is recognised as being world-leading and are delivered by trained and accredited volunteers associated with Alzheimer Scotland, Football Memories Scotland, AFC Community Trust, AFC Heritage Trust and Cove Rangers FC.

### ABERDEEN FOOTBALL MEMORIES PROGRAMME

With covid restrictions easing, the **Aberdeen Football Memories Programme** is expanding to offer regular sessions at Pittodrie Stadium, Balmoral Stadium and the Dementia Resource Centre. As numbers must be controlled and appropriate details recorded it is essential that places are pre-booked. Please contact the following people for more information.

**Pittodrie Stadium** Sessions open to those affected by dementia, social isolation, loneliness, mental health issues and other conditions. Contact Alan Johnstone [ajj1954@hotmail.co.uk](mailto:ajj1954@hotmail.co.uk)

**Balmoral Stadium, Cove** Sessions open to those affected by dementia, social isolation, loneliness, mental health issues and other conditions, with preference given to residents of the Cove area. Contact Charlie Craig [charliec1807@icloud.com](mailto:charliec1807@icloud.com)

**Dementia Resource Centre, King Street** Sessions open to those affected by dementia. Contact Diane Johnston [djohnston@alzscot.org](mailto:djohnston@alzscot.org)

# Remote and rural healthcare in Grampian: experiences, differences and changes to medical care - a research study from the University of Aberdeen

Providing healthcare for people in remote and rural areas is a priority for The Scottish Government. The COVID-19 pandemic meant lots of changes were made in the way healthcare appointments were provided.

Researchers at the University of Aberdeen want to explore the public's perspectives on accessing and receiving healthcare in rural areas across Grampian during the pandemic and how these are changing the experience of rural and remote healthcare, in a recently launched pilot study.

The research will explore topics such as eHealth technologies, access to face-to-face appointments and ongoing care, to better understand the experiences, differences and changes to medical care for people living in rural areas of Scotland.

They are looking to collect insights on people's experiences through focus groups, and interviews and would love to hear from anyone with any stories of their experiences they would like to share.

Some of the aspects they are keen to gather intelligence on are, for example:

- What issues do we need to be aware of?
- What does rural mean to you?
- What are barriers to healthcare in rural places?
- How has the COVID-19 pandemic changed access to healthcare for you?

You can post comments on the blog which can be found at <https://bit.ly/3tGuJWX> or you can submit responses via email to [andrew.maclaren@abdn.ac.uk](mailto:andrew.maclaren@abdn.ac.uk).



Stewart needs  
**you!**



*Join our team at VSA*

**Support Worker opportunities now available within our Care at Home service.**



Aberdeen Based Vacancies



Full Time, Part Time and Flexible Hours



Competitive Salary and Company Benefits

\*£500 sign on bonus subject to terms & conditions

**For more information and to apply please visit**

***careers.vsa.org.uk***

# Administrator

**Part time - 14 hrs | £19,539 to £22,464 (pro rata)**

## GRAMPIAN AUTISTIC SOCIETY

Our vision is that all those living with an Autistic Spectrum Condition (ASC) in the Grampian region are supported and encouraged to fulfil their potential within their community and society. At Grampian Autistic Society we are committed to being there from childhood through to adulthood, and every stage in between, ensuring those with an ASC have all the help and support they need to live full and happy lives.

The Administrator is a key role within our busy head office and support team, and vital for the smooth-running of our business, requiring a flexible, enthusiastic and proactive approach.

Working as part of our small and dynamic team, the Administrator will support the Finance Officer and leadership team, to ensure robust and high-quality administration and business support services are provided to our organisation, staff teams and partners.

This role offers flexible working to fit around family and other responsibilities. For example, 10am-2.30pm over 3 days (Monday – Friday).

**Closes 12 noon, Friday 18th March 2022**



[find out more and apply](#)

# Marketing and Events Coordinator (Maternity Cover)

## ABERDEEN SCIENCE CENTRE

**Full time 37.5 hrs | £23,500**

We are seeking a pro-active Marketing and Events Coordinator to cover maternity leave and lead on raising ASC's profile through creative and imaginative co-ordination and facilitation of its marketing activities. The post holder will work closely with each department and our external PR agency, to ensure all aspects of ASC's activities are widely promoted, establishing the role as a core member of the charity's activities. They will take full ownership of the marketing portfolio including website, social media, digital marketing and more traditional methods whilst working to brand governance.

The successful candidate will also be responsible for planning and coordinating ASC's public events programme as well as supporting departmental events with logistics and advice. These events will cover a range of audiences including family, school, adult and industry groups.

**Applications close 12 noon, Friday 11th March 2022**



[find out more and apply](#)



# Dyce and Stoneywood Community Association

## Development Worker

12 hrs per week | £15 per hour

## Project Worker

5 hrs per week | £12 per hour

**Both posts are funded initially for one year (with possible extension dependent on funding and development)**

- The Association has an excellent record in its work in Community Learning and Development particularly with Older Adults, both in Dyce Community Centre and in local Sheltered Housing.
- The pandemic has impacted significantly on our programmes and we need to employ staff to reinvigorate our volunteer base and inject new life into our work with all ages
- This is an exciting opportunity to become involved in these projects

**Applications close March 14th 2022**

details of both positions can be found at [acvo.org.uk/vacancies](http://acvo.org.uk/vacancies)

Contact Marjory D'Arcy at [m.c.darcy@talk21.com](mailto:m.c.darcy@talk21.com) for further information.

Supported by a grant from the

**Communities Mental Health & Wellbeing Fund**



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acvo  
aberdeen's 3rd sector interface

# Project Co-ordinator

## GRAMPIAN REGIONAL EQUALITY COUNCIL

18 hours a week, fixed term until 31 March 2024 Salary £25,000 (FTE)

GREC and Four Pillars are working in partnership on a new project, Prejudice and solidarity Archived Through History (PATH). The two year project, funded by the Heritage Lottery Fund, aims to unearth Aberdeen's history and heritage around the themes of prejudice and solidarity. The project will include significant community engagement, aimed initially at minority ethnic and LGBT+ communities, and later to the wider public. The project will be delivered with partners at Aberdeen City Council and the University of Aberdeen.

The Project Co-ordinator role will sit within GREC's staff team and the post-holder will lead on getting the project up and running, liaising with project partners, community engagement activity (primarily with minority ethnic communities) and project reporting.

For informal enquiries, please email [dblack@grec.co.uk](mailto:dblack@grec.co.uk) or phone 01224 576792.

**Applications close Monday, 7th March 2022**



[find out more and apply](#)

# Project Worker

## FOUR PILLARS

16 hours a week, fixed term until 31 March 2024  
Salary £9.90 per hour

The Project Worker role will sit within Four Pillar's staff team and the post-holder will be responsible for community engagement activity (primarily with LGBT+ communities) and supporting other aspects of project delivery, e.g. partnership work, developing resources and report writing.

RESPONSIBLE FOR – Researching and presenting LGBT+ Prejudice & solidarity Archived Throughout History (PATH)

JOB PURPOSE – This is a fixed contract where you will be responsible for taking the project forward, working with our partner organisation, GREC, community volunteers and others to research and collate information in and around Aberdeen that highlights PATH. Use that information to build a deliverable project/presentation that can be taken across Schools, community outreach and online.

**Applications close 9am on Monday, 7th March 2022**



[find out more and apply](#)

befriend a child



turn a frown upside down

# Join Our Team!

## Family Support Co-ordinator

Visit our careers page to find out more and join the team



[www.befriendachild.org.uk](http://www.befriendachild.org.uk)

Befriend a Child are looking to recruit a Family Support Co-ordinator to offer practical help and emotional support to the families we support who are experiencing difficulties due to being socially isolated and struggling with hardship.

The postholder will lead on setting up and delivering Befriend a Child's new Family Support Project. The focus of the role will be to provide support to service users, empowering them to address various challenges, reducing problems and risks as well as signposting them to organisations in their local community who can also support them.

This is a varied role and is ideal for a compassionate and non-judgemental social care or health professional hoping to make a positive impact to the lives of disadvantaged families across Aberdeen.

If you are inspired by our cause, can demonstrate success achieved in a similar role and have a passion for what you do, we would love to hear from you. The role is part time (22.5 hours a week) and based in our office at 9 Bon Accord Square, with some working from home. A full clean driving licence and access to a car is essential due to the nature of the role.

If you would like more information, a recruitment pack or a chat about this role please contact Jean Gordon, Head of Operations on 01224 210060 or [jean@befriendachild.org.uk](mailto:jean@befriendachild.org.uk)

**Closing date: Wednesday 16th March 2022**

[www.befriendachild.org.uk](http://www.befriendachild.org.uk)

Supported by a grant from the

# Communities Mental Health & Wellbeing Fund



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# MAKING WORK WORK

for Women Returners

**ARE YOU A WOMAN? ARE YOU LOOKING TO RETURN TO WORK AFTER A CAREER BREAK AND SEEKING TO MAKE WORK WITH ALL THE OTHER COMMITMENTS AND ENJOYMENT OF LIFE?**

**IF YOU ANSWERED YES, THEN JOIN US FOR MAKING WORK WORK!**

**LOOKING TO STEP BACK INTO THE WORKPLACE?**

**Making Work Work** is a **FREE, FULLY FUNDED, 5-WEEK ONLINE PROGRAMME**. The programme seeks women looking to step back into the workplace and who face difficulties in finding work that fits with all the commitments and fun of life following a career break.



**FOR MORE INFO VISIT: [THECHALLENGESGROUP.COM/MAKINGWORKWORK](https://thechallengesgroup.com/makingworkwork)**

If you are unsure if you meet the criteria, please reach out to us at:  
[womenreturners@thechallengesgroup.com](mailto:womenreturners@thechallengesgroup.com)



# Chief Executive

## DUNDEE VOLUNTEER AND VOLUNTARY ACTION (DVVA)

**Full time | £53,000 – £60,000**

A rare and exciting opportunity has arisen to lead the main support and development agency for the third sector and volunteering in Dundee. Due to impending retirement, DVVA are seeking their next Chief Executive to take forward an exciting vision that addresses inclusion and poverty in a city full of challenge and potential!

DVVA is an established and dynamic charity, with more than sixty-five years' experience, supporting and advocating on behalf of voluntary and community organisations in the city. In this role, you will lead DVVA, a key partner in Dundee's Third Sector Interface (TSI) and the central city hub for third sector and volunteer information; data; learning and support.

You will ensure the third sector has a voice in local and national policy and planning by demonstrating how the vital work of charities, community groups and volunteers transforms lives. And you will champion the sector, foster meaningful relationships and partnerships and work to influence resource allocation to ensure the third sector is recognised and rewarded for the work it does. You will also inspire and empower the diverse and talented team at DVVA to support this endeavour and to do their best work every day.

**Applications close Midday Thursday 17th March 2022**



[find out more and apply](#)

# Community Director

## BEANNACHAR CAMPHILL COMMUNITY

**Full time | £45,000 – £52,000**

Do you have what it takes to lead a community that supports and transforms the lives of young adults with special needs every day? Beannachar is a special place. Located on a beautiful estate only two miles from Aberdeen city, it provides a therapeutic and supportive space that transforms the lives of young adults with special needs.

Part of the Camphill worldwide community, it exists to provide a place where everyone can find purpose and belonging. With a dedicated team of staff and volunteers from all over the world, young people are supported to uncover their latent potential and unique talents as they transition to adulthood.

Beannachar is now seeking an exceptional and compassionate leader as its first Community Director to take the organisation into its next phase of development. This role is the most senior position in the organisation, working closely and collaboratively with the board, staff, volunteers and young people to implement a new inclusive strategy and road map to ensure the communities continued success and long-term future.

We're looking for someone who's values and ethos align with those of Camphill; someone who is inspiring and engaging; focused and passionate about the work of the community. You'll bring out the best in people; be clear about the vision, focus and purpose of the organisation and what it takes to secure its longevity. You'll be resilient and adaptable with a track record in organisational development, managing people, budgets and change.

**Applications close Midnight Sunday 13th March**



[find out more and apply](#)

# Lead Practitioner

## TURNING POINT SCOTLAND

Full-time | £21,168 – £23,732

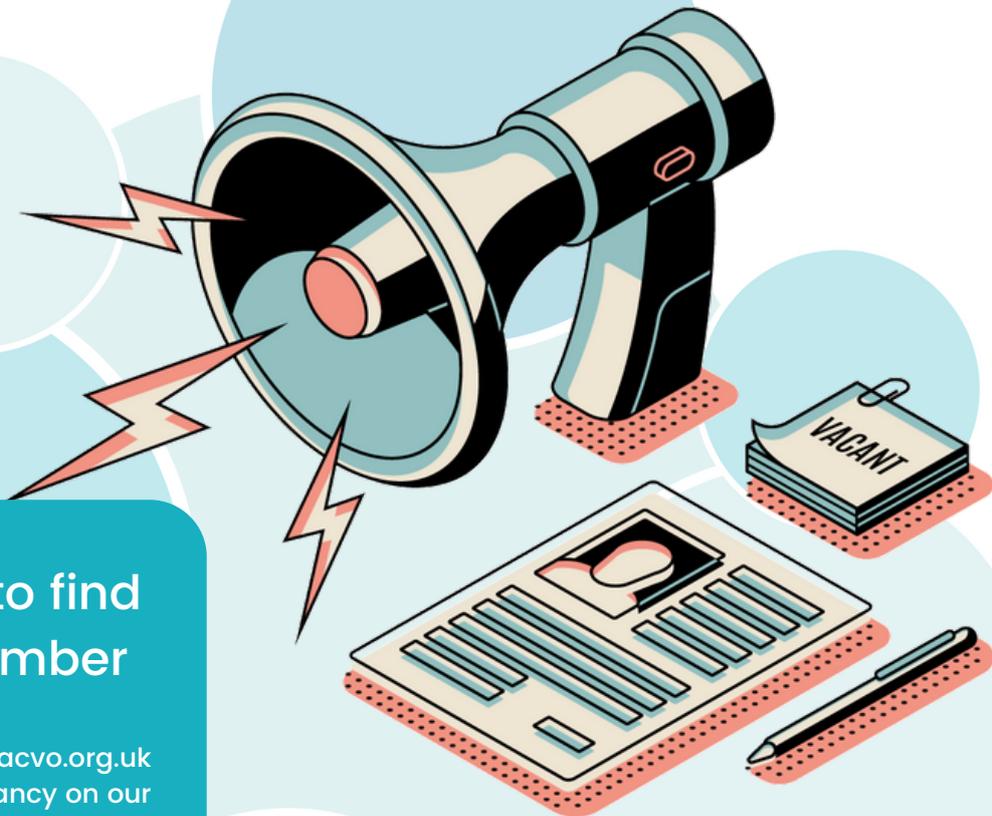
TPS is the biggest provider of services to people experiencing or at risk of Homelessness across Scotland. We deliver support to over 2800 individuals on any given day, and over 5,100 each year. This number increases when taking into account our services accessed through Justice or Alcohol and Other Drugs funding streams.

We believe that in many cases, Homelessness is entirely preventable. It is failures in the siloed and complex systems that we have designed to protect people that stops us from achieving this. Where Homelessness is not or cannot be, prevented the experience should be short lived, and we should meet that with a psychologically informed response. A menu of options should be available to individuals to prevent, or support someone to move on from Homelessness. This ensures we use a 'no wrong door' approach to accessing services.

**Applications close Monday 7th March 2022**



[find out more and apply.](#)



Let ACVO help you to find  
your new team member

Get in touch with [andrew.davidson@acvo.org.uk](mailto:andrew.davidson@acvo.org.uk)  
to find out how to advertise your vacancy on our  
site and in ACVO News.



# Event Highlig

## March

08

Training Webinar:  
Understanding  
Economic Abuse

10:00am - 12:00pm - £12



**TRAINING**



International  
Women's Day

We're here for you every step of the way...



Up to 90% of domestic abuse survivors cite having experienced economic or financial abuse by their intimate partner. Economic abuse is recognised in the new Domestic Abuse (Scotland) Act 2018, however, it remains a lesser known form of domestic abuse and often goes unidentified despite its serious and long-lasting consequences for the survivor.

Learning Outcomes:

- Define and understand the difference between economic and financial abuse.
- Identify different forms of economic abuse and their impact on survivors.
- Draw upon best practice examples in supporting survivors of economic abuse.

[Find out more](#)

Are you a young person (16-25)? Want to learn more about conflict resolution?

Arguments are tough, and so is what happens afterwards; often the anger that fuelled the argument turns into confusion, regret, sadness, so much so it stops us 'bouncing back' to where we were before the argument began. 'Bouncing back' or 'resilience' as it's often called is a skill that can be learned and an important one not only in terms of personal wellbeing and peace of mind but in terms of putting an argument behind us so family life can go on.

We've put together an online session especially for Young People, free to join, that shares some ideas on how to bounce back. 'Bouncing Back: Resilience' streams live online and you can reserve free tickets. The session is only 40 minutes long.

[Find out more](#)

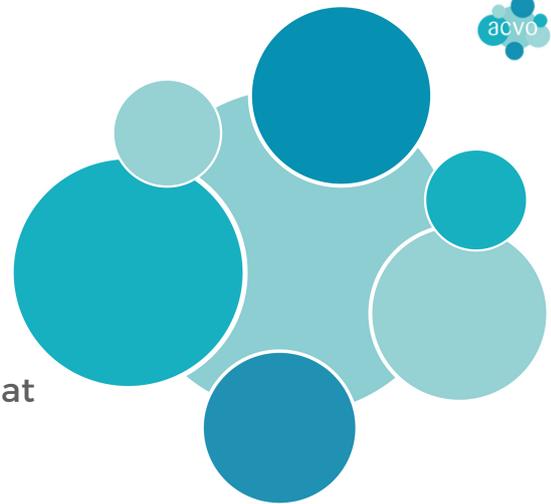
08

Bouncing Back:  
Resilience

12:00pm - 12:45pm



# hts



find more event listings, and submit yours free of charge at

[acvo.org.uk/events](https://acvo.org.uk/events)

NESS Sensory Awareness Training is delivered to raise awareness of both the practical and the emotional impact of sensory loss. NESS's Sensory Awareness Training combines e-learning and video conference to provide you and your team with the knowledge, skills, confidence, and awareness to be supportive and inclusive of people living with a sight and/or a hearing loss.

The e-learning is divided into a section on Visual Awareness and a section on Deaf Awareness, and is designed to stimulate all types of learners by incorporating quizzes, videos, and exercises throughout the course. Sensory Awareness Training covers a wide array of topics including, but not limited to, the different ways that vision is affected by sight loss; the different degrees of deafness and how these impact on communication; mobility techniques someone who is visually impaired may use; what British Sign Language is; and much, much more.

[Find out more](#)

## 10 Sensory Awareness (Sight Loss and Hearing Loss) Awareness Training

2:30pm - 4:30pm



## 15 Cornhill Creates: Takeover - Group Singing

08:30am - 10:30am

Introducing Cornhill Creates: Takeover!

From 15th-25th March, we will be running FREE creative workshops led by local practitioners.

Finding Your Voice is a fun and informative group singing workshop exploring vocal techniques in an interactive way. No experience necessary!

All sessions will be at Cornhill Community Centre or online, message, email, or call us for more information and to book your space.

[Find out more](#)

### CORNHILL CREATES: TAKEOVER

#### Finding Your Voice

Tuesday 15th March, 9.30am  
Cornhill Community Education Centre,  
AB16 5BL

Fun and beginner-friendly group singing

Just bring your voice and a bottle of water!



@cornhillcreates@gmail.com    Cate on 07747034134



# Event Highlights

find more event listings, and submit yours free of charge at

[acvo.org.uk/events](https://acvo.org.uk/events)

# 15

Money Guiders network: Rising energy bills – what can be done?

12:00pm - 13:15pm

## Money Guiders

Take your help further

Hear from Home Energy Scotland, Age Scotland and Greener Kirkcaldy about the impact of rising energy bills and what can be done.

After energy bills soared to record highs in 2021, the energy price cap will rise even higher from April 2022.

Ofgem announced in February that the energy price cap will rise by 54% from April, with households facing even higher gas and electricity bills.

If you would like to learn more about the potential effect of this on fuel poverty in Scotland, the impact of rising fuel prices on older people and what is happening from the energy advice frontline, come along and hear from our speakers.

[Find out more](#)

**CLIMATE WEEK NORTH EAST**  
18 - 27th MARCH 2022  
TAKE ACTION FOR A SUSTAINABLE FUTURE

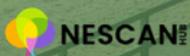
Events across Aberdeen City & Shire...  
Green Family Fun Day, guided walks, upcycling, movie nights, foraging, tree planting and much more!

For more details scan the code or visit:  
[www.climateweekaberdeen.org](http://www.climateweekaberdeen.org)  
[@climateweeknortheast](https://twitter.com/climateweeknortheast)  
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[#cwne22](https://twitter.com/cwne22)  
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CW NE22



SCAN ME



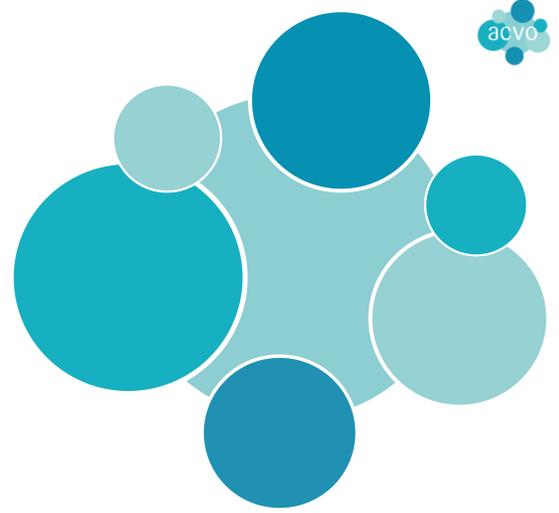
# 18-27

[Find out more](#)

## Climate Week North East 2022

Climate Week North East is 10 days packed full of fun, inspiring and interesting events, designed to raise awareness of climate change but, more importantly, show what we can all do to make a difference and reduce our carbon footprint, live sustainably and increase biodiversity in a fun way. It occurs every March, with events on throughout Aberdeen City and Aberdeenshire. The next Climate Week North East is on 18-27th March 2022.

Click to download the Climate Week North East 2022 brochure. For up to the moment information on our events and what is going on locally see our facebook page.



# 18

## Lunchtime Talk with the NESCAN Hub

12:30pm - 13:30pm

The NESCAN Hub is an information, education, and collaboration hub to support and build the capacity and skills of organisations, groups and individuals across Aberdeen City and Shire that are working on projects to mitigate and adapt to climate change, increase and protect biodiversity and help develop sustainable and thriving communities.

Join them for an online lunchtime talk to learn more!

[Find out more](#)

# 21

Perspectives of Aberdeen – Torry. A facilitated community workshop to learn from perspectives shared by residents of Torry and explore community needs.

9:30 am - 13:30 pm



- Perspectives of Aberdeen is local project run by researchers in the University of Aberdeen. We work with communities in Aberdeen to explore local lived experiences, what we learn from them and how this could inform decision making. The project team work to reach and engage diverse individuals in Aberdeen to invite their contribution to the research platform. This builds a collective narrative which is then used to inform facilitated workshops with mixed groups in Aberdeen localities.

- We invite collaboration with local groups or organisations to support diversity and inclusion in our engagement outreach prior to the event. The community workshops are 4 hours, facilitated by the researcher to lead a process which explores and learns from the stories and data shared locally. Group conversations discuss the collective narrative, identify community issues and consider actions which may support community needs at that time.

[Find out more](#)



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