Highland Hospice North Coast 500 Driving Challenge

Friday 22 – Sunday 24 May 2020

In memory of Coogie Urquhart

Your challenge is to complete the NC500 in any way you choose, setting off at the Inverness Caledonian Stadium, and returning to Inverness two days later. Choose your own route, mode of transport and accommodation.

The challenge includes a fun awards ceremony on completion.

To register, please visit www.highlandhospice.org/NC500

For further information, please contact Fiona Stoddart f.stoddart2@highlandhospice.org.uk or 01463 423190

Highland Hospice, Ness House, 1 Bishops Road, Inverness IV3 5SR. Highland Hospice is a registered Scottish Charity No: SC011227

Sponsored by cdmm
In memory of a dear friend
SAVE THE DATE!

CARE AND LEARNING ALLIANCE, ON BEHALF OF
SKILLS DEVELOPMENT SCOTLAND INVITE YOU TO

REWARDING CAREERS IN EARLY
LEARNING AND CHILDCARE EVENT

Wednesday 26th February 2020
12 noon - 7pm  Eden Court, Inverness

Headway Highland (SC023551) is a small independent charity that supports adults with an acquired brain injury, their families and carers. We have an exciting opportunity for a part-time, home based community worker covering Inverness and the surrounding area. Initially this will be a 12-month contract with the potential for extension dependent on funding.

The post holder will be required to work 16 hours per week at a salary of £19,554 pro-rata with the possibility of increased hours in the future, if suitable. This post may include some evening work, so flexibility is essential. A car driver is also essential as there will be travel involved (car mileage costs will be paid at 45p per mile)

The post holder will be required to facilitate support groups based on social activities, supervise/support volunteers, organise fundraising events and generate awareness of the charity. The applicant will have experience of working with vulnerable adults.

For further information and/or to obtain a job application pack please contact charity manager Lee Gordon by e-mail: leehheadway@yahoo.com or phone 07767416006. The closing date for completed applications is Friday 7th February 2020. Interviews will be held in Inverness on Thursday 20th February.
Healthcare Assistant

The Highland Hospice are looking to recruit a new part-time Healthcare Assistant for a 1 year fixed term contract.

As part of multidisciplinary team the post holder will assist trained staff (Nursing and Allied Health Professionals) in the delivery of care and support of patients with palliative and end of life care needs and their families, as directed and supervised by a registered nurse. Carry out assigned duties to maintain hygiene, order and safety within the ward environment. Responsible for documenting care delivery in the bedside management plans.

The main role is in the in-patient unit but may on occasions work in the Day Hospice depending on the need of the service.

For more information or to apply please click here.

Closing date: 5pm Monday 17 February 2020

Youth Participation Project Worker

Royal Caledonian Education Trust is Scotland’s Armed Forces Children’s Charity. Most Armed Forces families are lucky enough never to need our help, but for children from families who are struggling to make ends meet, living with ill health and disability, or experiencing difficulties at school, Royal Caledonian Education Trust provide a lifeline of support. In addition, we operate a highly successful and well-respected Education Programme in Scotland working with schools, local authorities, Armed Forces charities and the military.

Your key responsibilities will be to establish and maintain a network of forums groups for children and young people from armed forces families in the Highland and Moray area.

Key skills/Experience
- Experience of working in one of the following areas: Youth work/Community work/Education/Children and young people in a community setting
- Experience of group facilitation.
- An awareness and understanding of the issues around children and young people’s participation.
- An up to date knowledge of the issues that affect young people
- Ability to develop and maintain appropriate relationships with children and young people, parents, carers, colleagues and other professionals.

A full driving licence and access to a car is required.

For more information or to apply please click here.

Closing Date: 6th February 2020
Sexual violence prevention and campaigns worker

Do you want to make a real difference to survivors of sexual violence in Highland, contribute to changing attitudes and perceptions, and work towards the prevention of sexual violence?

If so RASASH have a exciting opportunity to join their team as a sexual violence prevention and campaigns worker. As a sexual violence prevention and campaigns worker you would be based in Inverness but working throughout Highland.

RASASH is committed to providing person centred, therapeutic emotional support and advocacy for anyone in the Highlands aged 13 or over affected by sexual violence; and to working to prevent and eliminate sexual violence in all forms.

This post is open to female applicants only as this is deemed to be a genuine occupational requirement under Schedule 9, Paragraph 1 of the Equality Act 2010.

RASASH  welcome applications from women with disabilities, LGB, BME and trans women of all ages.

Closing Date: Fri 7th February 2020 at 12pm.

Interviews will be held in Inverness on Wednesday 19th February 2020.

For more Information or to apply Click [here](#).
### Albyn Housing Society Ltd - Community Fund

The grants can be used to help out with any activities that help to make stronger communities. The priority areas are those areas with the highest levels of deprivation; areas where they have concentrated numbers of neighbour complaints; and the most remote and fragile communities.

To apply for this grant please contact their Customer Services team as follows: If you live in the North (areas north of, but not including, Inverness) please call: 0300 323 0990 If you live in the South (areas south of, and including, Inverness) please call: 0300 323 0991.

You can apply for this grant at anytime.

### The Triangle Trust 1949 Trust - Development Grants (Working with Carers)

The Development Grant programme focuses on the different stages of strengthening an organisation’s resilience. They are currently inviting applications from not-for-profit organisations working solely with carers within the UK.

Grants provide funds towards the core costs of organisations who have a strategic commitment to increasing their resilience. Grants should strengthen the organisation by further improving their future resilience. This might be a short piece of work needing investment over a few months or a more significant programme of work requiring dedicated support for up to three years.

For more information, click [here](#).

**Next Deadline:** 01 May 2020.

### Miss Agnes H Hunter’s Trust - Main Grant Programme

The Agnes Hunter Trust was established to support registered charities delivering health and social welfare projects in Scotland. Applications must fit within one of the two policy areas: charities that apply must either help disabled people such as those living with learning disabilities, mental ill health, specific types of cancer, cerebral palsy, autism, visual or physical impairments; charities that assist with the education and training of disadvantaged people aged 16 years or over who have left school. This includes helping people who's life experiences or environment have so far denied them opportunities to develop the skills to support themselves and contribute positively to society. Priorities for the Trust include services or projects that focus on: self-management and awareness; advice, support and information; life-skills training; employability, particularly in relation to IT, literacy and numeracy; helping people participate and contribute to their community.

For more information, Click [here](#)

**Next Deadline:** 05 March 2020
Training

Diversity and Inclusion - LGBT+ Awareness Session for professionals

This free session is provided by Waverley Care and will explore some of the issues faced by LGBT+ people (including coming out, discrimination, homophobia, etc) and gives an overview of terminology and language. We will explore equality and diversity legislation from an LGBT+ perspective and support participants to improve their own practice and build LGBT+ inclusive services across Highland.

This event has disabled access, please let us know in advance if you require any further assistance.

If you would like to attend this event but can’t make it in person please request a Video Conference link.

For more information or to attend this click here

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Raising the Issue of Malnutrition

FREE TRAINING

INVERNESS

Raigmore Community Centre
125 Ashton Road
IV2 3UY

Wed 11th March
1.30pm - 4.30pm

Book your place at: www.eatwellagewell.org.uk

Eat Well Age Well
Gambling Education Training for Family Workers
Spectrum Centre, Inverness
27 February 2020
13:00 – 16:00

Free CPD session on the topic of youth gambling and problem gambling including the impact on families.

The training is open to practitioners specifically working in services that support parents, carers and families.

The training will support participants to:

- better understand what problem gambling is and its relationship with other risk-taking behaviours
- develop their understanding of the impact of problem gambling on young people, parents and families
- strengthen their ability to raise awareness of gambling-related harm, prevention and harm reduction advice
- increase their knowledge of the resources and services (such as Fast Forwards’s Gambling Education Toolkit) to signpost individuals that need specialised support
- explore ways to include gambling in the range of issues that services already address
- strengthen their skills and confidence to deliver gambling education and prevention activities
- create bespoke informative materials for their service users

For more information or to book a place please click [here](#).
Project Launch Invite
1pm - 2.30pm, 20th February 2020, Ironworks, Inverness
Highland Third Sector Interface, Police Scotland and the Highland Community Justice Partnership would like to invite you and your colleagues to the launch of the Highland Custody Links Project.

This is a new initiative, with three year funding, to deliver a ‘links’ based intervention through custody. Adopting the model and concept from the GP based approach, this is a pilot partnership and one that will be built on the quality of relationship with groups, organisations and agencies throughout Highland.

The core part of our launch is about showcasing the diversity and richness of activity which exists within Highland and we are inviting organisations to come along with a stall to showcase their work and services.

There will be an overview of the project, a chance to meet the new team and to hear from Police Scotland and the Community Justice Partnership. Lunch will be provided and guests will be encouraged to network and exchange information.

If you would like to attend and if you would like to host a stall please contact HTSI on 01349 864289 or email info@highlandhtsi.org.uk no later than the 31st of January. Please note that space is limited and stalls will be allocated on a first come basis.

Are you supporting a family member or friend with Parkinson’s?

Why not come along to our workshops for Parkinson’s Carers at:

Inshes Church, Inverness
Thursdays, every fortnight on
26th March
9th & 23rd April
7th & 21st May
4th June.
From 11am - 1pm
With lunch provided from 1 - 2pm

For more information please contact:
Cathy Orr, tel: 0344 225 9831 or email: corr@parkinsons.org.uk
Book your free place on Eventbrite: https://connectincareers.eventbrite.co.uk/

Community Justice Forum
27 February, 10 - 1pm
Spectrum Centre, Inverness

A chance for Third Sector Organisations in Highland who are interested in Community Justice to come together and share information & ideas. The forum meets quarterly and provides an opportunity for Third Sector Organisations who...

• Have an interest in the prevention of crime
• Work with those who have committed crimes
• Work with those who have been affected by crime

At this months forum...

Sarah Sproul - Action for Children
Sarah will be talking about virtual visits from the Visitor’s Centre at APC Offices for people with loved ones in prison

Alan Prosser - Victim Support Scotland
Eventbrite Register today
cjfeb.eventbrite.co.uk
Black Isle Community Car Scheme

COVERS: (Cromarty, Balblair, Culbokie, Resolis, Rosemarkie, Fortrose, Avoch, Tore, Conon, Maryburgh, Muir of Ord, North Kessock)

- The Volunteer time commitment is flexible & Training is provided
- Expenses paid to Volunteer Drivers & the Journeys are within your local Area
- Volunteer Drivers enable isolated members of the community to get out and about

Volunteer Drivers Required

“It may just be another short trip for you—but it may mean so much more to someone feeling isolated in their community”

For more information about becoming a Volunteer Driver please contact:

Ross-shire Voluntary Action on Tel no: 01349 862431 or email: biccs@rossvolact.org.uk
Volunteers Needed

Highland Pride are looking for volunteers to help us deliver our programme of activities for Winter Pride during LGBT History Month in February, and our Summer Pride event in July.

We’re a very small team, mostly based in and around Inverness, and we cannot do this without you!

We are looking for volunteers with experience in:

▪️ Fundraising – to help organise fundraising events; contact businesses for sponsorship; and identify additional sources of funding

▪️ Communications - to help with press releases, written copy for web and print etc.

▪️ Graphic design - to help with digital and print design (with access to and experience using Adobe design packages such as InDesign, Illustrator and Photoshop)

and for anyone willing to help us organise and run our events in general.

All we ask is that you’re able to commit to attending regular meetings and have time to contribute every month (this could range from a few hours a month to a few hours a week at the busiest times). Most of our meetings are online, so you can join from anywhere in the region.

Interested? Please send an email to info@highlandpride.org with your name, contact details, a bit about yourself and your experience and why you’d like to help.
What's On

MOO Food

Presents a

Beeswax Wrap making workshop

with

Come and learn how to make your own beeswax wraps as an alternative to throwaway plastic

10-12.30 Saturday 8th February
Muir of Ord Village Hall

FREE workshop, please email lyn@moofood.org to book your place

TARTAN MASQUERADE BALL 2020
SATURDAY 14TH OF MARCH STRATHPEFFER PAVILION

DRINKS ON ARRIVAL, THREE COURSE MEAL, WITH EZRA PLAYING MUSIC. AUCTION AND RAFFLE.
TICKETS ARE AVAILABLE AT SCIZZOR SISTERS
DRESS CODE: TARTAN OR MASQUERADE BALL MASK

TABLE OF 10
£650

SINGLE TICKET
£65

NIGHT TICKET
£10

ROSS & CROMARTY CITIZENS ADVICE BUREAU

FOOD FAYRE
SAT 29th FEB 2020

THE ROYAL BRITISH LEGION, DINGWALL

FOOD & DRINK SAMPLES | ENTERTAINMENT | DEMONSTRATIONS
Learn, Laugh
& Live!
USA membership offers new challenges,
new opportunities and new friends

Thursday 20 February at 2pm at the
Baptist Church, Tulloch Street,
Dingwall, IV15 9JZ

talk by
Anne Wyatt, Solution Focused
Clinical Hypnotherapist

"Change Your Thinking to Change Your Life"
Discover little changes that you can make to become
the best version of yourself.

All Welcome

https://clashness.org.uk/dingwall/home
Tel: 01997 400112

MENS SHED
Would you like to see a
Mens Shed in Muir of Ord?
Come along to an initial
meeting to find out more
and get involved
Wednesday the 5th of
February 10am
@ The Muir Hub

Want to have a chat
about it?
• Contact Heather
on 0734-2064381
• Pop into the Hub

ROTARY SHOE BOX APPEAL
Spreading a little Happiness!

Toys – For Boys & Girls
Cars, trains, etc., balls, complete jigsaw, action figures, colouring books, pens, crayons,
lego bricks, yo-yo, bubble blowers, wedgits and plastic toys, building bricks, pencil
cases, paints/brushes, dominoes, play-dough and cutters, tiny toys, dolls,
stickers, writing pads, skipping rope, scarf, mittens / gloves, hat, harmonica, games, cards.

Teenagers – For young people up to 18 years age
Sportswear, scarf, gloves, socks, football memorabilia, writing materials, games,
playing cards, tennis ball, tooth brush & paste, roll on deodorant, comb, mirror,
costume jewellery, make up, hair brush. Toiletries, school stationary, clothing repair site,
sketch pads, coloured pens, pencils.

Household Goods – For older folk & families
Saucers, glass bowls, wrapped soap, wash bags, toothbrush, disposable razors,
shampoo, soap flakes, pens, scissors, emollient cream, bandages, face or body cream,
sterilisers, pens, writing pad & envelopes, Tights, candles, sewing kit.

Baby – Age up to 12 months
This is given to new mothers and can include baby wipes, baby shampoo, baby oil, baby
powder, comb, booties and socks, baby gown, baby blanket, small soft toy or
plastic rattle.

What NOT to include in boxes: Food, sweets, chocolate & drinks, battery operated toys,
conflict related items, matches, inflammable liquids, inflammable aerosols (e.g.
deodorants & hair spray), seeds or any animal fur/wool material, automatic washing machine
powder, pensioners, any living water.

For safety – Please securely seal/stop tops of liquid containers.
Protect anything sharp and do not put anything sharp into the Toys box.

Above all, the contents should be of good quality, remembering that the recipient will be
opening the box in eager anticipation, and especially with the toys for the children.

www.rotaryshoebox.org

ROTARY CLUB OF DINGWALL

Rotary Club Dingwall invites you to donate an item or items for inclusion in this year’s
boxes. Our aim is to pack 100 boxes across all age groups. Deliveries can be made at
Place

Tie, date

Boxes will be packed in Dingwall on Friday 26th March for
delivery to depot on 23rd March. If you have some time and wish
to help with packing then contact Rotary Dingwall on 0782 151
6754 – Rotary Shoebox being opened in Romania, Easter 2019

www.rotaryshoebox.org
WHO ARE WE? Trefoil Guild is a wonderful opportunity to meet like-minded people and to share your next adventure. The Ross-shire Trefoil Guild has been in existence since 1999 and currently has 20 members. We are keen to attract new members and all ages can join from 18 years upwards. We are part of the Guiding movement and as such our members agree to support the Guiding ethos by helping where we can with local Unit and County activities. We meet approximately every month, excluding July and August, and would love to have you join us.

WHAT DO WE DO? Each group plans its own programme, tailored to the interests that members bring with them – and the new passions they discover, whether that’s walking, crafts, theatre going, geocaching or something else entirely. Our first meeting for 2020 is on 4th February with our AGM and programme planning with an emphasis on fun and fellowship to keep alive the true spirit of the Guide and Scout Promises and Laws. Our local guild is a ready-made circle of new friends and once you join you will want to stay!

HOW TO FIND OUT MORE. Contact- Sylvia Smith at 01463-731259; Betty McLean at 01997 42380; Margaret Leslie at 01349 865137.
Are young people volunteering in your organisation?

...And have you considered registering as a Saltire Provider?

Saltire Awards is a special way of celebrating and recognising the volunteering achievements of young people in Scotland

What is it?
Saltire Awards is the Scottish Governments national youth volunteer awards. They celebrate, recognise and reward the commitment, contribution and achievements of young volunteers in Scotland, aged between 12 and 25.

Young people gain nationally recognised certificates, signed by Scottish Government Ministers, for the different amounts of volunteering they do.

Saltire Awards helps young volunteers to reflect on, capture and communicate their learning and development gained through their volunteering.

Who is it for?
Saltire Awards is for young people between the ages of 12 and 25 and who are volunteering for the benefit of the community or a good cause.

Saltire Awards is delivered in each local authority area by the local Third Sector Interface (TSI) They provide support and assistance on achieving and accessing the Saltire Awards.

To find out more information, or how to register your organisation, please visit: https://saltireawards.org.uk/