Ross-Shire Voluntary Action
Newsletter March 2020

BLACK ISLE CYCLE CHALLENGE AND FAMILY FUN DAY 2020

Saturday, 25th April
all ages · all abilities
all for Highland Hospice

FOR MORE INFORMATION, VISIT highlandhospice.org/bicc

KINDLY SPONSORED BY
Highland Hospice
Community Engagement Officer

Highland Hospice are looking to recruit a Community Engagement Officer to contribute to the delivery of the Hospice’s strategic aim to work with communities to help them achieve the best possible support for those in their community faced with life shortening illness, death and bereavement.

The post holder will identify key individuals and groups, and engage with them and other stakeholders to help establish community-led partnerships to support and deliver palliative, end-of-life, and related social care services and initiatives.

The post is part-time for a two year fixed term. Up to 30 hours per week are on offer depending on successful candidate’s preferred working pattern. It is essential that you have direct experience of working with communities, preferably in a health or social care environment.

For more information or to apply click here

Closing Date: 5pm, Thursday 19 March 2020
Bank of Scotland Foundation - Reach

The Reach programme is suitable for registered charities that can demonstrate they address disadvantage or social exclusion and will reach the most vulnerable people across Scotland, to provide them with opportunity and equality and making positive, sustainable change. For disadvantage examples include charities addressing primary disadvantage such as homelessness, abuse, mental health or poverty, or secondary disadvantage such as debt issues, learning disabilities, illiteracy, lack of employability skills or health issues. For social exclusion examples include charities addressing exclusionary challenges for minorities, people with disabilities, LGBT people, drug users, institutional care leavers, the elderly or the young.

Charities with an income of less £1M can apply. Unfortunately you cannot apply if you are a newly registered charity operational for less than one year with no accounts lodged at OSCR.

Next deadline: 12 Noon on 2nd April 2020

For more information or to apply click here.

Poppy Scotland

Poppy Scotland works collaboratively with other organisations, providing funding so that members of the Armed Forces community can access the specialist services they need. Funding covers health and well-being of veterans and their families, access to employment opportunities and employment skills, advice and support.

You can apply for this grant if you are a organisation working with the Armed Forces community.

To apply for a grant at anytime by contacting Gary Gray, Head of Welfare Services, on 0131 550 1593 or by emailing g.gray@poppyscotland.org.uk.

The Scottish Football Partnership

The SFP Trust is dedicated to supporting the grassroots level of the game in Scotland with funding opportunities for initiatives which assist in encouraging and sustaining greater participation in football. Applications are invited from any football organisation, from senior clubs in the Scottish Premier League to children’s teams competing at a local level.

You can apply for this funding if you are a constituted football organisation.

For more information or to apply please click here.
Training

START-UP SCHOOL
SOCIAL BUSINESS START-UP SCHOOL
Sutherland | Easter Ross | Wester Ross
Spring 2020

- Confidential coaching sessions
- Gain support from your peers
- Look at sources of investment and funding
- Explore ways to develop and grow your social business

To attend, please contact Lorna at:
lorna@socialenterprise.academy

Social businesses trade in order to make communities better places to live and work. They generate income and aim to make a profit but also have social, community and environmental benefits.

The programme helps people leading social businesses to develop their planning skills. We’ll look at products, pricing and promotion as well as developing a clear vision for growth. Funding and investment opportunities will be explored. You’ll leave the programme with a clear plan.

See how your organisation might generate more income
Benefit from one-to-one coaching
Develop your own leadership skills
Generate, pitch and present your entreprenership ideas
Leave with a practical action plan

The Social Enterprise Academy is an approved AIM Centre. It is a company limited by guarantee registered in Scotland No. 37393 and run by a charitable trust.

More information and booking
To find out more, book your place, call or email Lorna.
Lorna Jamieson: 01445 871219
lorna@socialenterprise.academy

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

PARKINSON’S UK
SCOTLAND
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Connecting Carers
A better life for people living with Parkinson’s

Parkinson’s UK and Connecting Carers are running a series of courses in Inverness this spring. The course is for people who support a family member or friend with Parkinson’s and who want to learn more about the professional help, drugs, benefits and support available. The course is free.

Course workshops will cover topics such as:
- medication, physiotherapy, occupational therapy, speech therapy
- mindfulness, relaxation
- benefits and entitlements
- complementary therapies and medicines

Moving forward, we would very much like your input for future course content.

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

IS SUGAR KILLING US?

27 March 2020
Auditorium, Centre for Health Science, Inverness
10:30 Coffee and Tea
11:00 Sugar – a public health overview (Prof Hugo van Woerder)
11:15 Sugar – a history (Dr Marisa Wilson, University of Edinburgh)
11:45 Sugar – the Highland link (Dr David Worthington, UHI)
12:15 Sugar – the evidence of archaelogy (Dr Tom Martin, UHI)
12:45 Sugar and teeth (Dr Julia Beaumont, Bradford University)
13:15 Sugar and diabetes (Prof Sandra MacRury, UHI)
13:45 LUNCH
14:30 - 16:00 WORKSHOPS

One:
How do we respond?
To be held in the Auditorium

Two:
Steering Group Workshop
To be held in Room W007, Nursing Corridor

Book your free place at the conference via:
www.eventbrite.co.uk/is-sugar-killing-me-tickets-65183004899
For any queries, please contact stevenduncan03@nhsscotland.net

Event organised by
NHS Highland
University of the Highlands and Islands
Public Health Institute
Inverness

Who is it for?
This programme is for people starting and developing social businesses. This includes community owned businesses with a community focus, and enterprises from sector organisations.

Dates
21 February 2020: Dornoch
24 February 2020: Stromness
2 March 2020: Vllafland
5 March 2020: Brora Bridge
9 March 2020: Garry
13 March 2020: Tain
16 March 2020: Invergordon
16 March 2020: Bettyhill
9 March 2020: Gairloch

Time
Book your coaching / learning session.

Cost
Fully funded.
This briefing session on Brexit is aimed at local government workers (elected members, case workers and officers) and also to NGOs, EU citizens’ rights groups, community groups and other third sector organisations.

You will be signposted to any relevant materials and support tools, such as Home Office toolkits, and specific advice services for citizens who need to apply to the EU Settlement Scheme.

This free training session will:

- Give you a clear understanding of the EU Settlement Scheme (the new immigration status that EU citizens will need to apply for after Brexit).
- Explain the changes to EU citizens’ status, so you are able to provide assurances.
- Explain the changes to EU citizens’ rights to work, study, access public services, and to vote.
- Signpost sources of further information and support.
- Give practical information on the steps EU citizens, and the organisations that work with them, can take to resolve any problems.

The event will run from 15:00 until 16:30, with some time for a Q&A session after the presentations. Please arrive at 14:45 to allow time for registration.

The event is free, but spaces are limited!

To register for this event please click here

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**LGOWIT groups throughout the Highlands**

Our Living Better groups allow people with long term conditions to come together to support each other to self manage and share tips and experiences. They offer the opportunity to join in various activities and learn from specialist speakers. These usually meet monthly. No need to book. Please check our Facebook Events page or www.lngowit.org for occasional changes to this schedule.

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<thead>
<tr>
<th>Month</th>
<th>Day</th>
<th>Venue</th>
<th>Time</th>
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<tr>
<td>1st Week</td>
<td>Monday</td>
<td>Inverness - Trinity Church</td>
<td>2 - 4</td>
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<td>Tuesday</td>
<td>Inverness - Alzheimer Scotland, Victoria Rd</td>
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<td>Wednesday</td>
<td>Lochcarron - Howard Centre</td>
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<td>Nairn - Durnie Soft Club</td>
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<td>Friday</td>
<td>Wick - Putneytown People’s Project</td>
<td>10 - 11</td>
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<td>2nd Week</td>
<td>Tuesday</td>
<td>Inverness - Gardening Group</td>
<td>2 - 3.30</td>
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<td>Thursday</td>
<td>Dingwall - Community Centre</td>
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<td>Lochaber - An Drochaid Fun William</td>
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<td>Invergordon - County Hospital</td>
<td>12 - 30</td>
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<td>Saturday (Bosca)</td>
<td>Wick - Torasa Community Room</td>
<td>10 - 11</td>
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<td>4th Week</td>
<td>Tuesday</td>
<td>Brora - Brora Hub</td>
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<td>Thursday</td>
<td>Invergordon - County Hospital</td>
<td>12 - 30</td>
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<td>Sunday</td>
<td>Inverness - United Reformed Church</td>
<td>3 - 4.30</td>
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<td>Last Week</td>
<td>Monday</td>
<td>Aviemore - St Andrews Church Hall</td>
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<td>Aviemore - St Andrews Church Hall</td>
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<td>Wednesday (Bosca)</td>
<td>Inverness - Spectrum Centre</td>
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<td>Thursday</td>
<td>Kyle - Lighthouse Centre</td>
<td>11 - 15</td>
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<td>Thursday</td>
<td>Inverness - Balloch Village Hall</td>
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<td>Saturday (Bosca)</td>
<td>Inverness - Tiree Community Centre</td>
<td>1 - 3.30</td>
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<td>Weekday</td>
<td>Thursday</td>
<td>Inverness - Ratheby Centre</td>
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**Self Management Courses**

Our courses enable people with long term conditions to learn tips and techniques to help them self manage their health more effectively. The courses are peer led, run by trainers with long term conditions, last for 3 weeks and are FREE of charge.

- Introduction to self management
- Effective communication
- Understanding pain and other symptoms
- Activity and exercise
- Managing change

<table>
<thead>
<tr>
<th>Location</th>
<th>Start date/time</th>
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<tbody>
<tr>
<td>Balintore Seaboard Centre</td>
<td>Fri 13th Feb 1.30 - 4.00 pm</td>
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<tr>
<td>Wick Putneytown People's Project</td>
<td>Mon 24th Feb 2.00 - 4.30 pm</td>
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<td>Inverness Merkinch Community Centre</td>
<td>Weds 25th Mar 6.30 - 9.00 pm</td>
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<td>Inverness Inverness</td>
<td>Thurs 26th Mar 6.30 - 9.00 pm</td>
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<tr>
<td>Nairn United Reformed Church</td>
<td>Thurs 22nd Mar 2.00 - 4.30 pm</td>
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<tr>
<td>Dingwall Dingwall &amp; Highland Mart</td>
<td>Tues 24th Mar 1.30 - 4.30 pm</td>
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<tr>
<td>Aviemore St Andrews Church Hall</td>
<td>Tues 14th Apr 9.30 - 4.30 pm</td>
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<tr>
<td>Brora venue to be confirmed</td>
<td>Tues 21st Apr 1.00 - 3.30 pm</td>
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<tr>
<td>Tain venue to be confirmed</td>
<td>Tues 28th May 1.00 - 3.30 pm</td>
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<tr>
<td>Inverness Trinity Church Hall</td>
<td>Tues 2nd Jun 1.00 - 3.30 pm</td>
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We schedule additional courses as soon as we have enough people who are interested in any area across Highland - so please do let us know if you are interested even if you don’t see a course you can attend listed. Additional scheduled courses will be advertised on our website.

All courses must be booked by contacting our office on 01349 867061 or lgowitmin@highlandnet.co.uk

[www.LGOWIT.org](http://www.LGOWIT.org)
Black Isle Community Car Scheme

COVERS: (Cromarty, Balblair, Culbokie, Resolís, 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
Greenpeace Inverness Group - Local Press and Media Co-ordinator

Do you enjoy creative writing? Have you got an eye for a striking photo? Would you like to get involved in campaigning on global issues in your local area?

Then Greenpeace Inverness Group’s Local Press and Media Co-ordinator role could be right up your street!

About Inverness Greenpeace Group:

Inverness Group has just got up and running again! It provides a public face to Greenpeace campaigns in this area and brings expertise and energy that are vital to Greenpeace’s successes as a campaigning organisation. In addition to campaigning, Inverness Group also organizes fundraising and outreach events like film screenings and gigs.

About the role:

Local Press and Media Co-ordinators get local press coverage of group campaigns and activities. This includes sending out press releases, writing letters to the Editor of a paper, taking photos, and building relationships with journalists.

Getting local press coverage means that more people read about our campaigns and know that there’s a local Greenpeace group near them. It also allows us to reach MPs and other decision-makers. Having control written by local people, for local people is so much more relevant and inspiring than anything written by a central press team!

You’ll be part of a Network of Local Press and Media Co-ordinators all across the UK, and supported by a member of staff at Greenpeace.

You’ll usually be asked to do one or two things a month, which will probably take around 4–6 hours per month.

Please note this is an unpaid volunteer role.

You are:

- Interested in global campaigning, such as on climate change, plastics, deforestation
- Friendly and confident engaging with members of the public
- Happy to get involved with the Inverness Group and to go along to monthly meetings
- An excellent written communicator
- Able to take a good photo
- You don’t have to be really knowledgeable about the media, or a trained journalist – we provide training and support
- Internet and computer savvy, and have reliable internet access
- Ideally available for at least one year, but we understand that circumstances can change, and we want to make the role work for you
- Local to Inverness

Highland Group RDA

WOULD YOU LIKE TO VOLUNTEER WITH US, OR DO YOU KNOW SOMEONE WHO WOULD?

We are currently in the process of setting up the Highlands First Independent RDA centre at Sandy Croft, Reelig Estate near Inchrom (Inverness to Beauly Road)

We need to train volunteers prior to welcoming our riders.

With the support of people like you we can help to make a difference, offering the opportunity of horse riding to as many people as possible.

‘It’s what you can do that counts’

You’ll be amazed how rewarding you find it.

About Riding for the Disabled Association

Riding for the Disabled Association Incorporating Carriage Driving (RDA) is dedicated to improving the lives of people with disabilities through the provision of horse riding and carriage driving. Through a network of over 500 volunteer groups throughout the UK, RDA provides opportunities for therapy, achievement and enjoyment, improving health, wellbeing and self-confidence, and benefiting mobility and co-ordination.

If you are interested in volunteering with us, or just want to find out more please contact Lisa by email info@highlandgroupraa.co.uk or phone 07753 597537

Highland group is a member of RDA national. Registered Charity SC008387

150

the power
of kindness

British Red Cross

The British Red Cross is keen to raise awareness of the services it offers across Scotland, UK-wide and internationally. As a local community group, we hope the information below might be of interest to you.

Talks about British Red Cross Services

We offer general talks about the work of the Red Cross and the services we provide across Scotland. Our community fundraiser will be pleased to come to your group meeting, give an informal presentation lasting 30-50 minutes and answer any questions you may have. For more information or to arrange a date, please contact Alison – contact details above.

Volunteering

There are volunteering opportunities across our services for people of all ages and skill sets. For information about current vacancies near you, please visit the British Red Cross website https://www.redcross.org.uk/get-involved/volunteer.

If you are interested in volunteering in retail, please visit your local Red Cross shop and have a chat with the manager.

We are often looking for both regular and occasional help with our community fundraising. Perhaps your group might hold a tea party or quiz night in aid of the Red Cross or know of somewhere we could put a collection can throughout the year? If you feel you can give a little time to help, please contact your local Community Fundraiser, Alison on 07785611305

Collection Volunteers Needed!

2020 is the 150th Anniversary of The British Red Cross, as we are looking for 150 new volunteers across Northern Scotland who can help us for just 3 hours this May with Red Cross Week indoor bucket collections. You can choose to do all the collection table or stand up with your bucket! Everything will be provided. All you need to bring is a smile!
What's

Over 50? Meet new people at a small friendly drop-in group. Coffee, cakes, board games, music. Just pop in, we meet at Dingwall Community Centre every 2 weeks.

**Thursday 20th February 11.30-12.30.**

**Thursday 5th March 11.30-12.30**

**Thursday 19th March 11.30-12.30**

Any questions contact Heather on 0734-2064301

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**TARTAN MASQUERADE BALL 2020**

SATURDAY 14TH MARCH STRATHPEFFER PAVILION

**TABLE OF 10**

£650

**SINGLE TICKET**

£65

**NIGHT TICKET**

£10

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

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**Arting Around**

Improve your wellbeing, make art and socialise. Come and join our group in a welcoming and friendly atmosphere. Enjoy making art and playing with colour, with time to relax and reflect. Develop an awareness of colour and the environment around you. With guidance from the tutor, you will start to develop your own art style and feel more positive and confident.

We’ll use a range of unusual objects from your own home or garden and learn to play with colour and form. A selection of materials and basic equipment will be provided.

- Starting Monday February 24th for 6 weeks
- 10am – 12 noon
- Dingwall Community Centre, Tulloch Street, Dingwall, IV15 9JZ
- Tutored by local artist L.R MacGregor
- FREE but please book in advance

To book a space, please contact Judie Holiday: j.holiday@wea.org.uk or phone 01463 710577

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**U3A**

Learn, laugh, live

U3A membership offers new challenges, new opportunities and new friends

Thursday 19 March at 2pm at the Baptist Church, Tulloch Street, Dingwall, IV15 9JZ

Annual General Meeting

followed by a talk on the “Night Sky/Aurora” by Pauline Macrae

All Welcome

https://u3a-scotland.org.uk/dingwall/home

Tel: 01697 430513
Invergordon
Friendly art sessions
with Creativity In Care

Friday Afternoons
from 1:30pm – 3:30pm
Feb 28th, Mar 6th, Mar 13th
and Mar 20th
JOSS STREET HALL
• Easy, fun ways of painting
• You can bring your own art if you prefer
• Come along for tea
£5 per person
(or whatever is affordable to you)
All incomes goes towards materials,
refreshments, and the preparations
With grateful thanks to Steve Jackson's family for help towards these sessions.
Tel Chris King 07522812214
chris@creativityincare.org

Creativity In Care is a community interest company (no. SC438310)
We love delivering social arts projects that have a positive impact on
mental and physical health around the Highlands. We rely on grants,
donations and sales to co-design, & deliver events with over 600
individuals every year, and thousands more through the exhibitions.
www.creativityincare.org info@creativityincare.org mob 0771611585

Local Youth Groups for LGBT Young People

Pillar
13 to 25 years
Meet weekly every Tuesday from 5.30pm - 7.30pm
at Merkinch Partnership, 4 Grant Street, Inverness, IV3 8BL
Want more info? Or to speak to a youth worker first? Then drop us an
e-mail: info@lgbtyouth.org.uk

GET OUTDOORS PROGRAMME
(2020-21)
for PEOPLE LIVING WITH DEMENTIA

• 4 blocs of 10 weeks each Friday 10.30am – 2pm, starting on 6th
March. Meet at the woodland cabin.
• There will be an informal Get Together on 21st February at
11am.
• Arts & Crafts, gentle exercise, music & more
• Companionship & Fun
• Cooked food and refreshments are provided
• There is no cost
• Contact:
  Adrian Clark – 01349 830517, adrian.clark444@btinternet.com
  www.evantonwood.com | facebook

Highland Hospice
Calendar Photography
Competition 2021
Highland Hospice is inviting all photographers, amateurs
and professionals to enter our Photography competition
2021 for our Highland scenes calendar 2021: Highland
Wonders.
All photographs should show recognisable and spectacular
Highland points of interests, landmarks, monuments and/or
landscapes, showcasing the beauty and richness of our
region and culture. Our Highland Hospice Calendar 2021 will
celebrate the wonders of the Highlands from our glorious
beaches to the high mountain tops.
The closing date for entries is Friday 27th March 2020.
Hi Everyone

I hope 2020 is treating you well.

This Newsletter is to give you an idea of the programme we have in place for 2020. Can I ask that you circulate this in the forums and groups that you have access to?

To refresh your memory let me remind you what STAND International does: **We provide Short term volunteering opportunities abroad for people who have experienced being socially or economically disadvantaged in Scotland, to travel overseas to in 2020. Enabling volunteers to become involved in a supported group of people, varying in size from 8 to 15 people and traveling from Scotland to a different country. Whilst abroad volunteers are supported to assist in various opportunities from renovation and construction work, children’s camps, camps for kids and adults with disabilities or working with animal’s and environmental work. The majority of the costs to take part are covered by our funders however volunteers are expected to do some fundraising towards the trip. As well as full pre departure training. Volunteers may also receive 3 months support upon returning to Scotland to ensure they can harness their new found learning into either further training, employment or volunteering opportunities in Scotland.**

**As well as short-term volunteer opportunities we have places available for mentors.** Mentors provide support and assistance to volunteers while they take on the challenge of volunteering abroad as well as additional support for 3 months upon return to Scotland enabling volunteers to best utilise the experience gained. Mentor costs are covered although there is some expectation of securing some matched funding. There is an option for those who perhaps did not feel that they had the skills or experience to become mentors to join the team as a trainee mentor.

This year we have opened non-funded places to volunteers who do not meet the funding requirements. This will enable volunteers who do not meet the funding criteria to take part in a trip to Belarus by funding their place. The changes regarding non-funded places have been in response to a number of enquiries and subsequent discussions with individuals and referring agencies that like STAND International wish to ensure that access to the opportunity to assist others in the wider global village is open to any person who wishes to take part.

We have 6 trips planned for 2020, 2 trips to Belarus and 4 to Romania. The age range of volunteers for Belarus is from 16–28 years and Romania is from 16 to 65 years old allowing for a greater number of people to participate.

ROMAINIA trips - March, May, August and October 2020

BELARUS trips – July & September 2020

If you are interested in any of the above and want to discuss any of this further or want to chat through possible referrals then please drop me an email or give me a call on 01315559102 or email morag.crichton@standinternational.org or steven.ferguson@standinternational.org
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 Government's 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/