

Community News Sheet

Update on community issues

January 2018

Welcome

Welcome to the January edition of Stirling Council's Community News Sheet. We have included a host of information which we hope that you will find useful – if you have any questions about any of the information – or would like to know more – please don't hesitate to contact us on 01786 233076 or email communityengagement@stirling.gov.uk.

Priority Based Budgeting 2018/19

Thank you to everyone who has contributed to the PBB survey, giving their views on budget options. The survey is still open for a few days till midnight on Monday 5th February when all comments and views will be compiled and will be used to inform Council decisions at the Council meeting on 22nd February. More information can be found at - www.stirling.gov.uk/shapingstirling

Survey - https://www.surveymonkey.co.uk/r/PBB2018_19



Local Outcomes Improvement Plan

Stirling Community Planning Partnership's consultation session on the Local Outcome Improvement Plan (LOIP) has provided ideas and views which along with those of the online survey are being collated and will feed into the final version.

More information on the final plan will be posted at this site shortly <https://my.stirling.gov.uk/services/community-life-and-leisure/community-planning-in-stirling/local-outcome-improvement-plan>



Stirling Care Village Third Sector and Community Involvement

Stirling Community Hospital Education Centre
8th February
Drop in any time between 12.30pm - 4pm

An opportunity for community and third sector groups, members of the public and staff to explore how the indoor public spaces and green space at the Care Village could be used. As a community resource.

Smart Survey - What should the Building be Called

The Stirling Care Village construction is progressing well and we are sharing this link to provide individuals and organisations with an opportunity to help inform the names, signage and descriptions used for the new facilities.

https://www.smartsurvey.co.uk/s/StirlingCareVillage_Name_Survey/

Rural Bus Service Pilots

- Service C12A - Balfroun Early Evening Bus (Balfroun – Buchlyvie – Kippen – Gargunnoch – Stirling)
- Service C59 - Doune & Callander Late Bus (Stirling – Doune – Callander)
- Service S60 - Stirling Shopper Bus (Tyndrum – Crianlarich – Lix Toll – Killin – Lochearnhead – Kingshouse – Strathyre – Stirling)

The services are being trialled in response to community consultation. All services commenced in December 2017 and were due to finish in March 2018 but have now been extended until 18 August 2018. Please look out for flyers in your local area.

Please look out for flyers in your area and visit <https://my.stirling.gov.uk/services/transport-and-streets/rural-transport>



Consultation

Glasgow Airport Launches Airspace Change Proposal & Noise Action Plan Consultations

The Airspace Change Proposal forms part of an industry-wide drive, the Future Airspace Strategy, to create airspace infrastructure fit for the 21st century.

We are fully committed to growing the airport responsibly and modernising our airspace will help us achieve that. It is important that our communities and stakeholders are fully involved and we would encourage people to participate.

Please take some time to share your views as part of these consultations which runs to Friday 13th April 2018.

www.glasgowairport.com/airspace

Noise Action Plan Consultation

www.glasgowairport.com/community/noise.

Contact us at airspace@glasgowairport.com or napconsultation@glasgowairport.com.

Safer Internet Day 2018 Tuesday, 6 February 2018

Create, Connect and Share Respect -
A better internet starts with you

Safer Internet Day (SID) is organised by the joint Insafe/ INHOPE network, each February to promote the safe and positive use of digital technology, especially among children and young people. Celebrated each year, millions of people unite to inspire positive change and raise awareness of online safety issues and participate in events and activities right across the globe.

The UK Safer Internet Centre has provided ideas for getting involved and over the coming months will be sharing a range of resources to help you get involved, including educational resources and films. Right now you can get involved by helping to spread the word to any schools and organisations who could get involved on the day.

For resources to support <https://www.saferinternet.org.uk/>

Find out more about the UK campaign for Safer Internet Day at www.saferinternetday.org.uk

Find out more about the global campaign for Safer Internet Day at www.saferinternetday.org.

Join the Thunderclap on social media on 6th February - for more details see

<https://www.saferinternet.org.uk/safer-internet-day/2018/social-media>



Change a child's future.

Stirling Council's Enhanced Fostering Service

As an enhanced foster carer you will have the opportunity to care for young people who often have complex needs, particularly older children and teenagers.

To become an enhanced foster carer, we ask that you;

- Have experience or qualifications through working or caring for children
- No other child under the age of 16 living in the home
- An adult available at all times to support the child.

In return, you will be offered an enhanced support package including access to 24 hour on call support and regular contact with your supervising social worker.

Other benefits include competitive fees plus allowances.

We are also looking to recruit enhanced short break foster carers across Stirling Council. If you would like to learn more about these opportunities, please contact Amanda Wyllie.

Stirling Council Fostering and Adoption Team on 01786 471177.



stirling.gov.uk/fostering phone 01786 471177



Training



Vision, Mission and Values

Wednesday 21st February 2018 7.00 – 9.00pm
Wallace Room, Old Viewforth

A vision statement focuses on tomorrow and what a group or organization wants to ultimately become. A mission statement focuses on today and what a group or organisation does to achieve it. Both are vital in directing goals. An organisation's values are its guiding principles which apply across the organisation and underpin how its work is carried out.

This course is aimed at:

People who shape and drive their community and/or voluntary organisations. Those who want to define what their organisation is striving to do and use this to promote to the wider community or funders.

By the end of the session participants will:-

- Understand the importance of a vision and mission statement
- Discuss and draft their group's values
- Discuss and draft their group's vision and mission statements

Booking is essential

<https://www.eventbrite.com/e/building-stronger-communities-201718-tickets-29606216992>

Or call 01786 233076.

ACE Cornton—new programme

ACE Cornton's new January – March 2018 training programme is now available.

Courses include - Beginners IT, Needles & Pins, Manual Handling Workshop, REHIS Cooking Skills , Therapeutic Massage, Aerobics, First Aid - Emergency & 3 Day First Aid at Work and Scottish History .

Session also available on - CAB Drop In Sessions, Employability Plus, Job Search
Download programme at <http://ace-cornton.org/timetable/>

For more information contact:

ACE Cornton Office, Cornton Community Centre

01786 445619 office@ace-cornton.org Web: www.ace-cornton.org

Funding

Community Grants / Community Pride Funding & Events Funding – one more deadline

There is one remaining deadline this financial year for Stirling Council's small grants programmes and with funding still available for a wide range of projects now is a great time to get your application in.

Community groups and charities from across Stirling Council area successfully apply to these funds to deliver a huge variety of activities and opportunities in their communities or purchase new equipment and materials. There is a short and easy application form to complete and you can apply for up to £1500.

Full details at

<http://my.stirling.gov.uk/services/community-life-and-leisure/voluntary-organisations-and-support-groups/community-grants>

or contact the Funding Officer 01786 233143 cowiej@stirling.gov.uk

The deadline is 7 February 2018 – get your applications in now.

Community Health Walks grants

Funding from Transport Scotland is now available for community projects to increase the number of people walking in the country. In partnership with Paths for All, Transport Scotland have given £40,000 to support the delivery of projects that will raise walking activity in Scottish communities.

Grants are available up to £5,000 and can be used to build people's confidence to walk more for short everyday journeys, instead of taking the car. This in turn will help to improve health and create safer and more vibrant communities where people feel connected to each other.

Applications will be accepted from constituted voluntary organisations, workplaces, community groups, registered charities, public sector bodies and private sector organisations as long as they are located in Scotland and can show that their project will benefit inactive people. Public sector bodies may also apply for funding. **All**

groups must contact Paths for All to discuss project ideas before applying. If the grant fund is oversubscribed, priority will be given to projects that are linking with local active travel partners, provision or infrastructure but all projects should be able to evidence increased walking activity in their communities.

The deadline for applications is 28 February 2018 (5pm). Application form and further details:

<https://www.pathsforall.org.uk/pfa/support/health-walk-grants.html>



NFU Mutual rural grants

The NFU Mutual Charitable Trust is now accepting applications to support youth projects in rural communities of the UK.

The NFU Mutual Charitable Trust provides grants for projects that strengthen rural areas of the UK, particularly those that educate young people and relieve poverty. Across two rounds, the Trust will focus on providing funding to larger initiatives, which would have a significant impact on the rural community.

Although there are no set funding levels, grants tend to range from £1,000 to £30,000. Charitable organisations based and working within the UK seeking funding for charitable initiatives in the areas of education, research, social welfare and poverty relief can apply to the Fund. It is not necessary to be a registered charity to apply.

The deadlines for applications are 25 May and 26 October 2018.

Application forms and further details:

<https://www.nfumutual.co.uk/about-us/our-charitable-trust/>

Garfield Weston – Weston Anniversary Fund

To celebrate the Foundation's 60th anniversary the Weston Anniversary Fund will award grants to provide new or improve existing community facilities. Unlike the Foundation's other funds the Anniversary Fund will consider funding the entirety of a project. Capital projects will be bricks and mortar such as a new building or an extension or remodelling to an existing building that will create or improve a community facility. They will also consider landscaping or improvements to an open space if it will create a community resource. Additionally they will consider items that require a sizeable investment such as a new minibus and purchase of land.

Grants from £30,000 to £150,000 the fund will run **from 5 January to 30 June 2018.**

<https://anniversary.garfieldweston.org/weston-anniversary-fund/>

Rowing Foundation Grants

Funding is available for sports, clubs and organisations in Britain to encourage participation in rowing.

The Rowing Foundation, a registered charity, aims to promote the participation in rowing of young people (those under 18 or still in full time education) and the disabled of all ages. The Foundation is currently accepting applications from clubs and organisations in Britain that are supporting participation in rowing.

The Foundation prioritises participation in rowing by the young or disabled through the provision of equipment, such as boats, sculls, ergos, oars and essential safety equipment.

Grants of between £500 and £3,000 are available, for up to 50% of the overall cost of the project, to initiate projects. Organisations must demonstrate their ability to complete the project. Coaching, revenue or any commitments requiring long-term support are rarely approved, as are contributions towards general funds.

The Foundation prefers to fund groups whose requirements may be too small or who may be otherwise ineligible for an approach to the National Lottery or other similar sources of funds.

The 2018 deadlines for applications are 14 February, 11 June and 5 November.

<http://www.therowingfoundation.org.uk/>

The 12th Dunblane Potato Day

Saturday 17th February 2018, 1.00pm to 3pm
Braeport Centre, Dunblane

Following requests from some of our customers that they would prefer to have their seed potatoes sooner, and it's success last year, we have decided to bring our next sale forward into February. There will be some 35 varieties of potatoes on sale and prices will be 20p / tuber or £3.40/ bag (Approx 24-30 tubers)

The beauty of potato day is that you can buy as many or few as you wish, so you can experiment with different varieties.

Tilly Tearooms will be there to provide refreshments throughout the afternoon.

Mo Lawn (Stockbridge Nursery) will have a stall with onion sets, seeds and garden tools available.

For more information see <https://www.facebook.com/events/174810919550178>



Get going with Sustrans

Cycling through the winter

One of the beauties of cycling is that it can be enjoyed all year round. There's no need to put your bicycle away just because the weather turns cold. With a little advice and some basic equipment you can cycle year round and beat the winter blues by keeping fit and active whilst beating those traffic jams.

If you need any further information on any aspect of riding through winter your local Sustrans team will be able to advise you.

Be visible

It can be hard for motorists to spot cyclists at the best of times, so take extra care when cycling in dark conditions. A helmet and hi-vis are a good idea all year round, but become even more important as the evenings get darker. If you regularly cycle with a rucksack, consider getting a reflective cover.

Light it up

By law, your bike must have a white front light and red rear light (constant or flashing) when cycling between dusk and dawn as well as a rear reflector. To help with visibility, bling your arm, bag, helmet, or clothing with extra lights. In low light murky conditions good lights will make you more visible so you might want to carry some spare batteries with you to cope with the extra demand. Save money and reduce waste by investing in rechargeable batteries.

Way to go

Reconsider your route. Quiet roads that are good to ride on in fair weather are more prone to freezing - particularly early in the morning and bends can be very difficult if icy. Sometimes a gritted busier road is better than an icy quiet road.

Dress for it

Jacket and gloves should be numbers one and two on your checklist with waterproof trousers always coming in handy for bad weather.

Your jacket needs to be water and wind proof, but also breathable and not too thick. It's amazing how quickly you can overheat while cycling, even on the coldest days and you can always add extra layers underneath if necessary. Use a helmet or a hat with a peak to keep rain out of your eyes and carry a bag or pannier to enable you to take off/put on layers as needed.

Keeping your luggage dry

A waterproof pannier bag and/or rucksack cover will protect everything from the elements. You can also line non waterproof bags and carriers with a plastic bag to keep the rain out.



Visibility is Key, so think about your clothing, reflectives, and road positioning



Dress for the occasion and cycling through the winter can still be enjoyable

Tip



Clothing tips

- Make your existing outdoor clothing more cycling specific with hi-vis slap bands, reflective tape on your bike and rucksack cover
- Aim for breathable materials and layers that you can easily remove to keep comfortable
- Check the weather forecast and plan clothing accordingly, you'll soon know what kit you need for what temperature through trial and error

Bike tips

- Keeping your bike clean is the best form of maintenance you can do during the winter. Parts will last longer which will save you money in the long run
- Carry a plastic bag to put on your saddle to keep in dry
- Deflate your tyres slightly for icy conditions but carry a pump to re-inflate if things improve

Get going
with Sustrans

Cycling through the winter (continued)

Road conditions

Stick to main road where you can, as ice and snow will clear more quickly here. If you do encounter ice – relax, ride straight and avoid the front brake and sharp turns. Remember you can stop and walk if necessary. Watch out for ice in sheltered areas such as the shaded side of bridges, hedges or bends. Fresh, uncompacted snow can be ridden on with some grip, but thawed refrozen slush provides less grip and makes cycling dangerous.

Check conditions before setting out – do think twice about cycling in very icy weather, particularly if there is a risk of black ice.

If you're riding in wet conditions, get yourself some good mudguards. They'll stop annoying spray backs on yourself and others.

Low winter sun can be temporarily blinding or hide you from approaching or following traffic. Be aware of the sun's position in the sky to ensure other road users can always see you. Sunglasses or a peaked cycle cap under your helmet can help.

Service it.....

Bikes tend to deteriorate more quickly in the winter months with things becoming loose easily in the wet. To make sure your bike is in tip top shape get it serviced at a local bike shop to prevent any nasty surprises during your ride.

....then look after it

Water (particularly mixed with road salt) is really tough on your bike. After riding in bad weather, it's a good idea to give your bike five minutes of TLC to keep things running smoothly. First, give it a general rinse and wipe-down to remove dirt, salt and grit. Pay particular attention to the chain, gears, brakes and wheel rims. When you're done, dry it off with an old towel. Disperse any excess water in moving parts with a spray of WD40, GT85 or something similar then add some bike oil to the chain and gear mechanism.

Get a grip

A good set of tyres will go a long way to prevent unnecessary skidding and they will also lessen the likelihood of you having to fix a puncture in the sleet and rain! Consider changing your tyres for something wider and with more grip. Inflating the tyres a little less than you would in summer will improve traction in slippery conditions.



Investing in a full service by your local bike shop is well worth it

Tip



Riding tips

- Start slowly so that your body, especially your joints and muscles, can warm up properly
- Leave extra time to cycle slower in wet and snowy conditions
- Rain and damp reduces your bike's braking efficiency so always allow more time to stop and don't follow too closely behind vehicles as they made need to suddenly stop
- When riding on settled snow, brake often to clear rims. Braking is up to six times longer when rims are wet
- Avoid puddles that may hide potholes or other road hazards
- Many surfaces are slippery in the wet, like tram tracks, painted lines, metal bridges and road plates - try to avoid these as much as possible or cross them with caution
- Be aware of metal surfaces such as tram tracks and road plates which can be icy when other road surfaces are not
- If you encounter ice, steer straight, don't pedal, and try not to brake as this could cause you to skid and fall

For more free resources to help you walk, cycle and use public transport visit www.sustrans.org.uk/change-your-travel

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www.sustrans.org.uk

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Stirling Council

Community Grants Scheme & Community Pride

Report

January 2018



Introduction

Stirling Council's small grants programmes – Community Grants Scheme and Community Pride Fund – have been running for many years now and in that time a huge number of projects have been funded which fit with the vision of Stirling Council and its Community Planning Partners to make Stirling somewhere everyone can thrive.

Community groups, charities, social enterprises, community councils and development trusts from across Stirling Council's rural and urban areas have all made good use of the funds to improve their communities.

Grants up to £1500 are available in both grants programmes, and in some years extra programmes with additional funding run in tandem with Community Grants Scheme and Community Pride Fund, for example additional money was available for communities to celebrate the Queen's Diamond Jubilee 2012 and to celebrate the Commonwealth Games when held in Scotland in 2014.

Awards

In the year 2016/17 ninety-five grant awards were made, totalling £76,740 – the smallest award was £120 and the largest £1500 – this is typical of any year. Many grants awarded fully fund the project for which they are intended, and in other cases the grant match funds the project. Applicants are asked to tell us their total project costs. In 2016/17 the total project costs across the 95 projects funded was £284,745 demonstrating that a small grant can go a long way and lever in much larger amounts of money.

To give a flavour of the type of activities that have been funded and the impact this has had on communities here are some examples of the projects delivered over the years.

In December 2015 Balquhider Lochearnhead Strathyre Community Trust were awarded £1148 to convert an old red phone box in the village of Balquhider into an exchange book library, aimed at all ages, all local residents and visitors to the area. The book exchange was officially declared open the following August and has been a big success and in regular use. A donation box on site will help to sustain it into the future. Melanie Brydie from the Trust tells us 'This project made use of an old phone box in a quirky and useful way, attracting locals and tourists to read. It has been a real success with lots of users. This project stopped something rotting away into an eyesore, turning it into a bright, useful talking point. It also houses leaflets so informs tourists about the area'. Notes of appreciation have been left by users – 'Not enough of a donation left – but here's to honouring the spirit of your effort and generosity! Keep on keeping on.'



Braehead Community Council were awarded £1500 in 2016 to install a weather station in Braehead's community garden. They are now using it to provide real time weather updates online and to help in practical ways in the garden. They harvest rainwater and the weatherstation provides invaluable information which helps them to work out how much rain is falling in the garden.



Various Community Councils have applied for funding to install benches at



viewpoints and along paths, and have reported back on the impact this has had on their communities, from old people venturing out more on walks because they now have a rest point along the way to a bench in Bannockburn being referred to as the 'Still Game' bench (as in the television comedy) where the men gather for a chin wag and to put the world to rights.

Community organisations have also applied for hanging baskets and planters to brighten up their towns and villages and make them more attractive both for the people who live there and the visitors; Friends of Bridge of Allan have organised some stunning displays partly funded by Community Grants, as have Callander Development Trust 'Greener

Callander' and Killin Floral Association to name a few.

Also funded in a few communities have been Christmas Lights which, in some, have been the focal point of a community get together with mince pies and carol singing.



All year round Stirling's communities are never stuck for ways in which to bring people together, have fun and improve relationships and community cohesion, and pull in more visitors, and there are many community groups who skilfully organise, fundraise and deliver such activity – gala days, fun days, sports days, music festivals, summer and winter festivals, even railway festivals and beer festivals, and the list goes on. Our small grants have contributed to many such community activities.

Numerous older folks outings have been supported, as have outings for 'self-help' groups – Stirling Arthritis Group have been supported with their annual outings and are always delighted that they can plan an exciting day out. Maureen Ferguson from their Committee said in their newsletter 'A big thank you goes to Stirling Council Community Grants Scheme with a contribution of £350 going into our funds for another outing at the end of the year, so watch this space to see what we will come up with!!!'

In the past year to name just a few more and highlight the variety of projects funded:

- Start Up Stirling was awarded £1500 for fleeces & t-shirts for their volunteers in warehouse, food banks and rural deliveries.
- Stirling Scout & Guide Gang Show was awarded £400 to contribute to 200 free seats at a preview showing for care homes, senior citizens and disadvantaged groups.
- Doune & Deanston Youth Project was awarded £1500 towards equipment for IT based initiatives for the young people including coding, sound production, photography and journalism.
- Bannockburn House Trust - £1100 towards a tree survey which will ensure the safety of historic trees and other botanical elements that range up to 250 years and more, as the House and grounds come into community ownership and large scale future developments for the benefit of the community are planned.
- Stirling Multicultural Partnership was awarded £1218 towards a multicultural event celebrating the arts, fashion, food, dance and music of the different cultures in Stirling and inviting agencies along for workshops and discussions on health, safety and crime in communities.
- Strathblane Tennis Club - £1500 towards clubhouse improvements including new safety glass in the windows.
- Balfron Community Council - £400 to their incredible edibles project which has been successful in encouraging community vegetable/herb/fruit gardens in the village for free consumption by residents.
- Dunblane Community Council received £1480 towards setting up a memory café for people living with dementia and their carers/families.
- Feis Fhoirt received £400 towards a Ceilidh Trail, a professional development and heritage project, which benefits young traditional musicians and their varied audiences across Stirling, and promotes/preserves traditional culture and heritage.
- And Borestone Community Council - £580 to hold a launch event for the whole community to celebrate their green gym in their local park, comprising a range of outdoor gym equipment for older teenagers and adults, for which the Community Council had previously extensively fundraised to buy the equipment.

The range of projects funded is wide and varied, as are the groups applying for funding. Community Grants and Community Pride funding continues to run – there are nine funding rounds in each financial year - and we await a whole new variety of applications coming forward, from previous applicants and new ones, that benefit Stirling's communities and make Stirling a great place to live or visit.

Forms and guidance on our website or from the Funding Officer – 01786 233143 cowiej@stirling.gov.uk

<http://my.stirling.gov.uk/services/community-life-and-leisure/voluntary-organisations-and-support-groups/community-grants>



Braehead's weather station