



## CAITHNESS VOLUNTARY GROUP APRIL NEWSLETTER



### **Elise Lyall School of Dance Easter Fayre**

The Elise Lyall School of Dance held an outdoor Easter Fayre at the start of April, attracting a large crowd of spectators to Cowie's yard and the adjacent World War Two memorial garden.

The event featured children's egg-decorating and Easter bonnet competitions as well as displays by many of Elise's dancers and performances from Wick RBLs Pipe Band. Pipe Major Leslie Campbell led an Easter bonnet parade from the Black Stairs. Baking, bottle, raffle and tombola stalls were set up and burgers, hot dogs and pancakes were on sale along with tea and coffee.

A total of £1381.42 was raised. The money will go towards the dance school's show Take a Bow, being held in the Assembly Rooms at the end of June, helping to pay

for costumes and hall rent as well as meeting other expenses.

It will also go towards the costs of buses to try and get the dancers back competing at events in the south.

"We have also recently purchased new dance mats and a speaker to use for more outdoor events in the town," Elise explained.

She added: "The dance school has 51 members and 46 were able to take part. A big thank-you has to go to all their families for their donations and help.

"Also thanks to the Wick Society, the memorial garden committee, Tesco, Sinclair Butchers, Wick Gala and Blackstairs Highlandwear, who all supported our event.

"We were delighted the public came out to support us – it is greatly appreciated."

## FUNDING INFORMATION EVENT

Tuesday 26th April, there are two sessions, 10am-noon and  
1.30pm-3.30pm

Pulteney Centre, Wick

There will be presentations from:

Tesco Community Grants

Beatrice Offshore Wind Farm Community Fund

Foundation Scotland talking about local wind farm funds,  
Camster, Stroupster and other small funds

Update on soon-to-be-launched Caithness Community Fund  
(funded by ScottishPower Renewables Halsary Windfarm)

Your Police, You Decide Fund

North Highlands and Islands Climate hub development funding

There will be time to ask the funders questions

**THIS EVENT IS SUITABLE FOR GROUPS IN THE VOLUNTARY SECTOR. TO  
BOOK A PLACE CONTACT YVONNE HENDRY, [Yvonne@cvg.org.uk](mailto:Yvonne@cvg.org.uk),**



## **Home Heating Support Fund**

To help Scottish households struggling with energy costs, [homeheatingadvice.scot](https://homeheatingadvice.scot) is working in partnership with the Scottish Government to deliver the second iteration of the Home Heating Support Fund.

The fund seeks to provide financial relief to energy consumers who are experiencing significant financial hardship and strives to provide this support to households regardless of the fuel or payment method used. The project is inclusive of: users of prepayment meters, district heating networks and unregulated fuels.

Registered referral partners can apply for funding on behalf of individuals resident in Scotland.

Individuals can make applications through the "Household Application" form on the website, but must supply evidence of having received energy and/or money advice from an accredited agency.

<https://homeheatingadvice.scot/>

## **Safeguarding and child protection self-assessment tool**

The NSPCC free safeguarding and child protection self-assessment tool will help if you are a school or voluntary organisation audit current safeguarding and child protection arrangements. The tool will also help identify areas for development and support you in making any changes necessary.

Go to <https://learning.nspcc.org.uk/safeguarding-self-assessment-tool>

## **Funding**

The National Lottery Heritage Fund announced a £5 million, two-year investment to create a matrix of community-led rewilding projects – improving the lives of people from some of the most disadvantaged areas across the UK. Scotland's element, Nextdoor Nature, will be delivered by the Scottish Wildlife Trust giving people the skills, tools and opportunity to take action for nature.

The joint initiative, [Nextdoor Nature](#), will empower people in economically deprived urban and rural areas to undertake micro-projects that help nature thrive and tackle climate change.

Over the next two years, the Wildlife Trusts will support around 200 new groups to identify and implement local action that matters to their community, in ways that are right for their community.

Got an idea for your own Jubilee-related heritage project? You can apply through [National Lottery Grants for Heritage](#).

Community micro-projects could include:

- establishing wild habitats and green corridors
- rewilding school grounds
- transforming urbanised and unused areas into green spaces

National Lottery Awards For All is open to community organisations to apply for grants between £300 to £10,000.

They are looking organisations that

- bring people together and build strong relationships in and across communities
- improve the places and spaces that matter to communities
- help more people to reach their potential, by supporting them at the earliest possible stage.

[National Lottery Awards for All Scotland | The National Lottery Community Fund \(tnlcommunityfund.org.uk\)](http://tnlcommunityfund.org.uk)

## **Robertson Trust funding streams**

Robertson Trust has four funding streams available:

- Wee Community Grants for revenue and capital funding for constituted community groups and small charities with an annual income of under £25,000.
- Small Grants for revenue funding for registered charities with an annual income of between £25,000 and £100,000.
- Large Grants for revenue funding for registered charities with an annual income of between £100,000 and £2 million.
- Community Vehicle Grants for capital funding for a vehicle to support the work of charities with an annual income of between £25,000 and £2 million.

Community Building Grants are closed.

For guidance and application process go to [Our Funds | The Robertson Trust](#)  
**SSEN Resilient Communities Fund Grants**

SSEN Resilient Communities Fund Grants from £1,000 up to £20,000 are available to not-for-profit community groups and charities in SSEN's electricity distribution

network areas in the north of Scotland. The aim of the fund is to help communities become more resilient in the face of severe weather events and prolonged power interruptions.

**Deadline 29 April 2022** <https://www.ssen.co.uk/about-ssen/our-communities/resilient-communities-fund/north-of-scotland-fund/>

### **Food for the Planet Small Grants**

These new grants will help communities tackle food and climate change. Grants are available to not-for-profit groups and local authorities for projects that create meaningful change to local food systems and promote climate justice in the UK.

Deadline 29<sup>th</sup> April 2022: <https://www.sustainweb.org/news/feb22-campaign-grants-launched/>



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Regional Food Fund deadline for applications is 9<sup>th</sup> May 2022.

Who can apply?

- individual businesses in the food and drink sector, including primary producers, on behalf of a collaborative group or project
- regional and community groups (both rural and urban)
- individuals on behalf of a collaborative group or project

<https://www.gov.scot/news/supporting-and-celebrating-local-produce/>

### **Dounreay Communities Fund**

You can apply to the Dounreay Communities Fund if you are a community-based organisation and/or charity that benefits people and improves the quality of life for

people living in Caithness and north Sutherland – the Dounreay travel-to-work area (west to Tongue and south to Helmsdale).

The fund is designed to accommodate small-scale community projects with a total cost of up to £5,000. Any projects over £5,000 will not be considered by the Dounreay Communities Fund.

- Applications for below £1,000: Assistance from the fund will normally be no more than 50% unless there is strong evidence that no other funding is available, but each request will be considered on its own merit. A receipt will be required for the agreed amount.
- Applications between £1,001 to £5,000: Assistance from the fund will normally be no more than 50%, but higher levels may be available if there is strong evidence that no other funding is available. A copy of audited accounts will be required. The donation will be paid on receipt of an invoice for the agreed amount.
- Closing dates, 29<sup>th</sup> June, 28<sup>th</sup> September, 4<sup>th</sup> January 2023

To apply go to <https://www.gov.uk/government/publications/dounreay-communities-fund/how-to-apply-for-the-dounreay-communities-fund>

## **Citizens' Panel**

The Highland Council's Corporate Policy Team in the Performance and Governance Service is recruiting for new Citizens' Panel members, and they would like to invite members of your local community resilience group or organisation to join.

The Citizens' Panel is consultee body made up of local residents and is a fantastic way to voice your views, concerns and opinions on a number topics which you feel are important. Members of the panel will receive up to four surveys each year and these can be completed in your own time.

They are eager to hear the views and opinions of as many people as possible and we would encourage your members to take part.

Registering for the panel can be done online, through its webpage on the Highland Council website, accessed following this link:

<https://www.highland.gov.uk/citizenspanel>

It should take less than five minutes.

If you have any queries or questions regarding the panel, email [corporatepolicy@highland.gov.uk](mailto:corporatepolicy@highland.gov.uk)



## **Community Fund review process**

National Lottery Community Fund has begun an 18-month review process.

This will shape how the largest funder of community activity in the UK supports people and communities in future.

The process will engage a wide range of stakeholders and provide many touch points for people to join in conversations about the challenges, opportunities, hopes and ambitions of the UK's diverse communities.

The UK-wide process, Putting Communities First, will run until 2023.

The National Lottery Community Fund has awarded £3.4 billion in 72,000 grants in the last five years.

It launches as The National Lottery Community Fund in Scotland also begins to review and develop its new portfolio which will reflect the needs of Scottish communities for 2023 and beyond.

## **PPP keen to recruit volunteers**

Pulteneytown People's Project is looking to recruit volunteers. It is trying to set up and deliver some exciting new projects in the community for everyone to enjoy.

They need help with gardening, cooking, painting, shopping, food share and helping with group activities.

If you are interested and would like to find out more, contact Jennifer Harvey at 01955 608530 or [Jennifer.harvey@pppwick.org.uk](mailto:Jennifer.harvey@pppwick.org.uk)





## Top Energy Saving Tips



### CAREFUL WITH THAT KETTLE

1

WHEN MAKING TEA OR COFFEE, MOST OF US FILL THE KETTLE RIGHT UP. THIS MEANS AS A COUNTRY WE'RE WASTING AROUND £68 MILLION WORTH OF ENERGY A YEAR. BY FILLING YOUR KETTLE JUST TO THE LEVEL YOU NEED, IT COULD SAVE YOU UP TO A THIRD OF THE ENERGY YOU HAVE BEEN USING.

2

### USE THE ECO SETTING

ON YOUR DISHWASHER OR BOILER, THE ECO SETTING HEATS WATER MORE SLOWLY, USING LESS ENERGY. YOU GET THE SAME RESULTS; IT JUST TAKES A LITTLE LONGER.

3

### UNPLUG ALL YOUR CHARGERS

ACROSS THE COUNTRY, PEOPLE ARE UNNECESSARILY OVER-CHARGING THEIR MOBILE PHONES, MP3 PLAYERS, AND LAPTOPS. INSTEAD, AS SOON AS YOUR DEVICE IS FULLY CHARGED, TRY AND GET INTO THE HABIT OF UNPLUGGING IT. NOT ONLY WILL THIS SAVE ENERGY, IT ALSO PROLONGS BATTERY LIFE. IT COULD ALSO SAVE YOU ABOUT £60 A YEAR ON YOUR ELECTRICITY BILLS.

4

### TURN DOWN THE TEMPERATURE

WITH TODAY'S EFFECTIVE WASHING MACHINE DETERGENTS, THERE'S OFTEN NO NEED TO RUN YOUR WASHING MACHINE ANY HIGHER THAN 30°C - CLEAN CLOTHES, ENERGY SAVED, JOB DONE!

5

### CLOSE YOUR CURTAINS AT NIGHT

IN THE DAY IT'S IMPORTANT TO TRY TO USE AS MUCH NATURAL - AND FREE - HEAT (IN THE FORM OF SUNLIGHT) AS POSSIBLE. BUT WHEN DUSK FALLS, CLOSING YOUR CURTAINS WILL HELP YOUR HOME RETAIN THAT HEAT. THIS HELPS KEEP WARMTH IN THE ROOM - BUT TRY NOT TO DRAPE THEM OVER RADIATORS.



**HERE**  
FOR CAITHNESS  
Help, Education & Resources  
for Everyone's Mental Health

**CPAG**  
CAITHNESS  
POVERTY ACTION  
GROUP



*Anyone who would like to contribute information about their community group or events planned, or would like to find out more about anything in this newsletter, can contact CVG email [Yvonne@cvg.org.uk](mailto:Yvonne@cvg.org.uk)*

Caithness Voluntary Group is a company limited by guarantee registered in Scotland no SC150015, recognised as a charity in Scotland no SC002484, registered office Telford House, Williamson Street, Wick, Caithness KW1 5ES.