

## GATHER TOGETHER NOW

THE GATHERING, SCOTLAND'S VOLUNTARY SECTOR FAIR,  
S.E.C.C., GLASGOW, FEBRUARY 14<sup>TH</sup> - 16<sup>TH</sup>, 2005

The Gathering, organised by the Scottish Council for Voluntary Organisations (SCVO), is Scotland's voluntary sector fair, last year attracted some 3,500 visitors and 115 exhibitors in its first year – making it the largest exhibition of its kind in Scotland. There were more than 30 seminars, conferences and events as well as product and service launches. Delegates were also treated to stress busting sessions, entertainment, a network café, interactive arts and crafts and much more. It was also free to attend.

The Gathering 2005 will build on this success and bring together more voluntary organisations to run more events and seminars with more products and services launched and, most importantly, an anticipated 4,500 visitors over the 3 days. The exhibition and marketplace will incorporate around 180 exhibitors ranging from voluntary organisations to companies that work with the sector.

The Gathering offers organisations the opportunity to host seminars, fringe meetings or conferences. There are opportunities to buy into the programme of events at any point over the 3 days. The Gathering team can assist in programme planning, event registration right through to help in publicising your event and arranging room set-up on the day itself.

For more information on hosting an event, attending an event, or any other enquiries contact Alex Thomson, Conference Organiser, on 0131 474 6152 or you can email him at [thegathering@scvo.org.uk](mailto:thegathering@scvo.org.uk). Alternatively, the website - [www.gatherscotland.org.uk](http://www.gatherscotland.org.uk) has information updated on a daily basis and a list of exhibitors and events.

If there's enough interest CVS Falkirk and District will organise a coach trip to the S.E.C.C. - contact us to express an interest, 01324 692000 or [info@cvsfalkirk.org.uk](mailto:info@cvsfalkirk.org.uk)

### CVS Falkirk and District's Website

We are in the process of developing a website to provide up-to-date and accurate information relevant for the community and voluntary groups we are here to support. The basic site is available now, but much more has yet to be added! Visit us at: [www.cvsfalkirk.org.uk](http://www.cvsfalkirk.org.uk) E-mail your ideas/feedback to: [info@cvsfalkirk.org.uk](mailto:info@cvsfalkirk.org.uk)

CVS FALKIRK AND DISTRICT  
WOULD LIKE TO WISH  
ALL OF OUR READERS AND  
COLLEAGUES IN THE SECTOR  
SEASONS GREETINGS AND A  
PROSPEROUS NEW YEAR.

## Volunteers Week 1<sup>ST</sup> – 7<sup>TH</sup> June 2005



As many organisations start to wind down for their well earned Christmas break, we here at CVS Falkirk and District are starting to plan for next year's Volunteers Week. Volunteers Week will take place from the 1<sup>st</sup> - 7<sup>th</sup> June and is the annual national event aimed at promoting and celebrating volunteering across the UK.

Plans are at an early stage for CVS organised events including our Volunteer Awards Ceremony, a repeat of the successful recruitment fair on Falkirk High Street and employee supported volunteer challenges. Further information will be available in the next issue so watch this space, or please feel free to contact Bill Knox ([bill@cvsfalkirk.org.uk](mailto:bill@cvsfalkirk.org.uk)) on 01324 692010 or Brian Black ([brian@cvsfalkirk.org.uk](mailto:brian@cvsfalkirk.org.uk)) on 01324 692009.

Volunteers Week is about celebrating volunteers and their activities and is for all kinds of organisations - large or small, public, private or voluntary. Here are a few ideas of things you could do to join in the celebrations:

- ☺ Have an open day to invite the public to come and see what you do;
- ☺ Team up with similar organisations to run events/promote your activities;
- ☺ Give them a break! Take your volunteers out for the day;
- ☺ Hold a fete or a barbeque (it is June after all);
- ☺ Keep it simple and fun - just have a party;
- ☺ Host a stall in your local high street or market, promoting your volunteer opportunities.

Further information on Volunteers Week can be found online at [www.volunteersweek.org.uk](http://www.volunteersweek.org.uk)

## Make a Difference Day

Make a Difference Day is the UK's biggest day of hands-on volunteering and took place this year on 30 October 2004. Run by Community Service Volunteers and supported by Barclays PLC, the day allows everyone the chance to volunteer in their local community and hopefully a taste for more.

Figures for this year indicate that over 87,000 individuals across the U.K. volunteered on the day and proved that anyone can make a difference. CVS Falkirk and District were pleased to make their own contribution to this worthwhile event.

On the day CVS staff set up a stall in the Howgate Shopping Centre to promote the event and encourage local people to volunteer. Local company Eurosource as part of their Employee Volunteer programme contributed to the day by helping to clear rubbish from the Carron Dam nature reserve. Eurosource specialise in helping charities, schools, community groups and other organisations raise funds through collecting and recycling used printer cartridges and mobile phones. Carron Dam was leased to Scottish Wildlife Trust in 1996 after a 20 year campaign by the Trust and local people to protect it from industrial redevelopment and has become a vital area of green space for locals. Special thanks to Robert Morton and Leslie McIvor from Eurosource for organising the day's activities and Drew Jones from the Jupiter Urban Wildlife Project for his help and advice.



*Eurosource staff participating in an employee volunteering scheme to clear rubbish at Carron Dam*

## Volunteering "Keeps You Young"

Scotland's growing ranks of senior citizens should be encouraged to work as volunteers, a new report claims.

The study by Community Service Volunteers (CSV) found that pensioners can improve their quality of life and boost their community by volunteering. The helpers said that voluntary work in health and education projects had improved their health, confidence, sense of purpose and self-development.



*Helping others was found to provide a boost for the elderly*

CVS Falkirk and District maintains a database of over 200 local volunteering opportunities. For more information contact us on 01324 692000 or by e-mail: [volunteer@cvsfalkirk.org.uk](mailto:volunteer@cvsfalkirk.org.uk).

## Donations

- taken from BBC News magazine, full article: [news.bbc.co.uk/1/hi/magazine/4075777.stm](http://news.bbc.co.uk/1/hi/magazine/4075777.stm)

Last year, £7.1bn was given to charity by individuals in the UK, according to joint research by the Charities Aid Foundation and the National Council for Voluntary Organisations (NCVO). That breaks down to an average annual donation of £147.84 per person aged 16 and over. The giving trend in Britain has fluctuated over the years, with individual donations falling in the mid-1990s - some blame the influence of the National Lottery - before climbing sharply around the time of the millennium, according to the NCVO. Last year signalled the first drop since 1996. Charitable donations come well down the league of spending priorities in the average household, below eating out, package holidays, newspapers and books, alcohol and tobacco.

The giving culture is highly inconsistent. Two-thirds of givers donate up to £5 in a typical month, but this only accounts for a small fraction of the overall amount donated. The £147 average sum is wildly distorted by a small number of "elite" givers at the other end of the spectrum, who donate upwards of £50 a month. Cast out of the picture entirely are the 16 million people - a third of eligible givers - who donate nothing to charity. Some of those however, will volunteer their time, rather than give cash.

### TOP WAYS OF GIVING:

Percentage of population who give through various means:

Street collection - 18.8%

Door to door - 15.5%

Raffle tickets - 12.2%

Buying in charity shop - 10.6%

Shop counter collection - 10.2%

Source: CAF/NCVO/NOP

## Moving In, Moving Through, Moving On : Transitions in Social Care and Support

Dunblane Hilton Hydro,  
10-11 February 2005.

This conference focuses on services that support people in transition, services making the transition towards greater responsiveness and the structural transitions that the care system continues to undergo. Speakers include Rhona Brankin MSP, Deputy Minister for Health and Community Care. Download full details from the website :

[www.ccpsscotland.org](http://www.ccpsscotland.org) or phone 0131 337 3295 for a programme and booking form.

## Statistics

The Scottish Neighbourhood Statistics website has had its quarterly update. It offers small area statistics on health, education, poverty, unemployment, housing, population, crime and social/community issues. The site is quite user-friendly, with impressive detailed information well presented. You can compare the performance of your area against overall national statistics.

Comparing info on themes/trends in different parts of Scotland is, as yet, impossible. For more information see [www.sns.gov.uk](http://www.sns.gov.uk)



## Choose Life through Open Secret

Open Secret has been awarded Choose Life money in the three Forth Valley Council areas. Choose Life is a Scottish Executive national strategy and action plan to prevent suicide in Scotland. The monies have been awarded for Open Secret to pilot long-term work. Debra Pickering, Open Secret Development Officer, said "Our current model of working ties in with service level agreements or Council stipulations attached to our funding, these usually state that Open Secret do short term work with service users. Short-term work lasts for 12 weeks whether that's one to one or group work. With the Choose Life money we are piloting longer-term group work, with some lasting up to a year. This may enable the people who use Open Secret to explore issues around their abuse to a greater depth and offer them a deeper understanding."

The group have certain referral criteria and anyone wishing to refer can contact them to discuss the criteria and to set up an assessment appointment. The groups currently running are:

- Falkirk Women's group that meets weekly on a Thursday morning. Contact Patricia Nunn or Anna Gibbons;
- Stirling and Clackmannanshire joint women's group that meets in the Tollbooth, Jail Wynd, Stirling. Contact Hazel Walker or Anna Gibbons;
- Stirling Men's group that needs more referrals. Contact Debra Pickering, Hazel Walker or Evelyn Kennedy.

Open Secret are also looking for male bank/relief sessional workers to help them facilitate the Stirling Men's work, which also involves one to one. Contact Open Secret Falkirk, 01324 630100 or email [info@opensecret.org](mailto:info@opensecret.org)

## Charities Missing Out on Tax-Free Income

Charities which do not run charity shops, fairs or bazaars and rely solely on donations are missing out on valuable tax breaks and overlooking a golden opportunity to supplement their income tax-free, according to the Association of Chartered Certified Accountants. Charities are exempt from paying tax provided their revenue from trading does not exceed £5,000 or 25% of their total income, whichever is greater. In other words, as long as its sole or primary aim is not to raise funds, a charity with total income of £20,000, including donations, would be able to generate up to £5,000 from trading, completely tax-free. Main areas where Charities are missing out include reduced VAT on heating and power and zero VAT on advertising and printing.

Customs and Excise have an information booklet (a PDF file) for charities, visit <http://tinyurl.com/6wl8r>

## The Big Lottery Fund Scotland



The Big Lottery Fund Scotland's £5.5m Active Futures programme will support projects which encourage inactive 17 – 24 year olds to participate in sport and physical activities. It is also aimed at people in this age group who are already active, but who are at risk of reducing the amount of physical activity or sport they take part in, or even giving up completely. You can obtain an application pack by phoning 08454 102030 or download the material from their website : [www.biglotteryfund.org.uk](http://www.biglotteryfund.org.uk)

## Funding Failure

Recent figures published by the Big Lottery Fund, the Heritage Fund, the Scottish Arts Council and the Sports Council (November) allow us to derive grand totals for the number of awards and the corresponding value of these awards. These have been accumulated and ordered according to geographical area. It is worth noting that the Falkirk Council area has been successful with only 3 applications at a combined value of only £6,020. Only 2 other local authority areas fall beneath these figures. As yet we have been unable to determine whether these figures are as a result of a lack of quantity or quality of application, either way it demonstrates that more must be done to improve Falkirk district's position and opportunities for success.

We would urge organisations to visit the Big Lottery Fund website for information on their Funding Programmes or contact the External Funding Team at Falkirk Council (01324 5060217) for assistance.

## Community Projects Fund

Administered by Central Scotland Forest Trust, the Community Projects Fund provides one-off grants of up to £250 to help people living within the Central Forest area improve their environment and make a positive difference for all the community. The fund is open to any formally constituted group with office bearers and a bank account. Closing date for an application is Friday 29<sup>th</sup> April 2005 and help, advice and grant criteria can be obtained from Mike Ewart (Community Liaison Officer) on 01501 822015 or at [cpf@csft.co.uk](mailto:cpf@csft.co.uk)

## Tudor Trust Funding

The Tudor Trust has recently issued new funding priorities and exclusions covering the 6 months from October 2004 to March 2005. The Trust has £20m for grants in 2004/05. For more details visit [www.tudortrust.org.uk](http://www.tudortrust.org.uk)

## Our Price Offer

Our Price Records may be able to assist you in raising funds, if you represent a recognised Charity. They have a private collection of 'Personally Signed' Original LPs and Gold Discs. Each piece in the collection is unique and is accompanied with a signed Certificate of Authenticity. This Collection has been made available to help support Charities throughout the UK. To reserve your pieces or to find out more information please contact Steve King at [sking@ourpriceplc.com](mailto:sking@ourpriceplc.com) as soon as possible. To view pieces from the collection visit [www.ourpriceplc.com](http://www.ourpriceplc.com)

## Funderfinder

Fed up applying to the same old funders with little or no success? Unaware of new or existing potential sources of funding? Then Funderfinder may be the solution for you! CVS Falkirk and District offer this resource which contains information on over 4,500 funders. It retrieves funders that match the search, excludes those that are inappropriate, ranks the funders in best match order and allows the user to consider 'near misses'. For further information or to make an appointment to conduct a search contact Gordon Kay, Data Development Officer, on 01324 692018 or at [gordon@cvsfalkirk.org.uk](mailto:gordon@cvsfalkirk.org.uk)

## Funder's Fair Success!

The Forth Valley Funders' Fair held in Kilncraigs on the 4<sup>th</sup> November was a great success; early indications suggest that over 200 people attended on the day. The workshops were full and the funders were kept busy with groups and organisations visiting their stands for information and advice. The event was jointly organised by CVS Falkirk and District, Clackmannanshire CVS, Stirling CVS, Clackmannanshire Council, Falkirk Council, Stirling Council and the Kickstart Consortium - and all had stands on the day. They were all kept busy with enquirers and it was an ideal opportunity for the CVS to promote their services.

The day was assisted by volunteers from the local college helping the public to find their way around Kilncraigs and ensuring that the participants of the workshops were in the right place at the right time. For any of you who attended they were the people in the Bright Yellow T-Shirts. Thanks to all of them for a job well done. CVS Falkirk and District were able to provide a demonstration of their computer package Funderfinder to visitors to their stand, from this a number of Falkirk & District groups and organisations have asked for more information on this package. If you were unable to attend the fair but would like to see Funderfinder in action please contact Gordon Kay at CVS Falkirk and District on 01324 692018. Gordon will arrange to provide a demonstration of this service. Funderfinder is a free service we offer to local groups and organisations.

Thanks to those who attended that took the time to complete an evaluation of the event, these have shown that further training sessions would be of interest to you. One session has already taken place and more will be arranged, look out for information on these.

It is with great pleasure that we announce that Deanburn Playgroup were the winners of the Christmas Hamper in our prize competition held at the Funder's Fair. *Pictured are Pandora Summerfield, Chief Executive of CVS Falkirk and District with Mary Roebuck and three of the Playgroup's attendees.*



## Grants on Offer

Created in 2002 as a joint initiative between Engender and the Scottish Community Foundation, grants of up to £5,000 are available to organisations run by and for women and organisations which seek to support and empower women. Grants to date have been made to a variety of groups including the Central Scotland Rape Crisis and Sexual Abuse Centre. The next deadline for the 2004-05 award period is the 31<sup>st</sup> December 2004. For more information visit their website:  
[www.scottishcommunityfoundation.com/grants/womensfund/](http://www.scottishcommunityfoundation.com/grants/womensfund/)



## Scottish Arts Council Funding

The Scottish Arts Council are still accepting applications for buildings, equipment and public art through their Small Grants Scheme, with requests of up to £100,000 for equipment and public art and up to £250,000 for buildings. The funding is available for new or refurbished building projects for the Arts or to provide facilities for artists. The purchase of equipment for example, musical instruments, sound and lighting equipment, vehicles for touring productions and artists at work in public places. There are no deadlines and applications are accepted on an ongoing basis throughout the year. For more information visit: [www.scottisharts.org.uk](http://www.scottisharts.org.uk)



## Funding at Falkirk - November 2004 edition

The November edition of Funding at Falkirk is now available from Falkirk Council's website. Funding at Falkirk is a quarterly information bulletin produced by the Council's External Funding Unit that aims to provide up-to-date information on key external funding opportunities. The November edition includes a range of external funding information including: a Lottery update on the Active Futures initiative, the re-opening of the Princess Diana Memorial Fund, Tubney Charitable Trust, Women's Fund for Scotland plus much more. There is also a *Hot Off The Press* feature and in this edition, the focus is on Futurebuilders - a new £18 million programme targeted towards voluntary and community organisations which deliver goods or services in a commercial way.

Funding at Falkirk can be found at [www.falkirk.gov.uk](http://www.falkirk.gov.uk) and is located within the External Funding section of Corporate and Commercial Services. For a printed copy please call Falkirk Council on 506017/506062.



## Community Database

As previously reported, CVS Falkirk and District are currently developing a community database containing a wealth of information on the sector locally. This information allows us to evaluate the needs of the sector, and establish how we can best provide services to meet these needs, whether through signposting, providing one-to-one assistance, or developing training and awareness raising events.

Since the information must be maintained in order to preserve its accuracy and integrity, our Data Development Officer (Gordon Kay) will be contacting organisations soon in order to update this information. In the meantime, should you become aware of new groups or contact changes please advise Gordon (01324 692018 or email at [gordon@cvsfalkirk.org.uk](mailto:gordon@cvsfalkirk.org.uk)) at your earliest convenience.

### Paragon Housing Association

Official Name	Paragon Housing Association Limited
Starting Date	1997
Primary Field of Work	Provision of Social Rented Accommodation
Current Membership	Approximately 500 members

Paragon Housing Association Limited is a Registered Social Landlord operating in the Forth Valley area. They are a 'not-for-profit' organisation and all income is used for the management, maintenance and improvement of over 1500 properties located across Forth Valley. They were established through a transfer of housing stock from Scottish Homes and provide homes at social rent levels and tenants may be eligible for assistance through housing benefits. They have a programme of planned maintenance and improvements to ensure the stock is kept in good condition and hold their own waiting list for prospective tenants, whilst accepting nominations from local authority waiting lists. They have a professional staff of 20 people and the Association is run by a voluntary management committee, the majority of whom are existing tenants. For all general enquiries contact Director Margaret Torrance on 01324 664966 or at [mtorrance@paragonha.org.uk](mailto:mtorrance@paragonha.org.uk)



*Some of Paragon's tenants enjoying an outing organised by Paragon Housing Association.*

### Polmont Royal British Legion

Official Name	Royal British Legion (Polmont Branch)
Starting Date	Approximately 1940s
Primary Field of Work	Assistance to ex-service men and women and their relatives
Current Membership	Approximately 140 members
Contact Details	Mr Bill McCabe, Chairman Park Terrace, Brightons 01324 711366

This local branch of the Royal British Legion began as The Comrades of the Great War in the 1940s and now has objectives such as remembrance, education on disability, training and employment, equality of opportunity, fellowship and fundraising. Owing to the nature of the organisation (ex-service people) the membership has been dwindling and therefore the Polmont Branch are keen to strengthen and improve their links with the local community in order to continue and extend this worthwhile facility. In particular they are very keen for members of the community to contact them so that they can host social events, fundraisers etc and more information can be obtained from Bill McCabe on 01324 711366.



*The Legion's hall in readiness for some festive celebrations. Their hall is available for hire to any person or group.*

## Investment in Community Recycling and Social Enterprise

### INCREASE Programme – Applications Forms Available Now!

Following the success of the regional launch events that were recently held throughout Scotland, we are pleased to announce that the application forms and guidance notes are now available to download from the INCREASE website: [www.increase-programme.org.uk](http://www.increase-programme.org.uk)

To apply for funding from the Increase Programme, please contact your local Development Officer in the first instance to discuss your proposed project, then download and complete the relevant application form from the site. The Assessment Panel will meet every 4-6 weeks on an on-going basis to review new applications. If you have any queries, please phone the help-line on 0870 190 5278, and one of the advisors will be happy to assist you.



### Background

The Scottish Executive has announced a £5m investment to support community based recycling projects in Scotland until March 31 2006. The funds are available to eligible projects through the Increase programme. The programme is delivered in partnership with the Community Recycling Network for Scotland (CRNS) and aims to help community-based organisations develop concepts that will improve recycling & sustainable waste management in Scotland. CRNS Development Officers will provide a range of support services to community groups, including; funding advice, initiative identification, partnership development and representation. The Increase programme involves a two-tier grant scheme supporting small projects between £5k to £30k, and larger more strategic projects between £30k and £200k. However, all projects will be considered on an individual basis and appropriate levels of support will be available.

## Charities Bill Introduced to Parliament

Proposed legislation to increase public confidence in Scotland's charities has been introduced to the Scottish Parliament. The Charities and Trustee Investment (Scotland) Bill, seeks to repeal existing charity law, creating a single, robust framework for charity regulation in Scotland and modernising the regulation of fundraising activities undertaken in Scotland. Introducing the Bill to the Scottish Parliament, Communities Minister Malcolm Chisholm said "*This Bill takes forward not only our commitment to reform charity law but also our on-going support for the voluntary sector. Scotland's charities play an important role in life in Scotland, delivering important services which are supported by volunteers and donors. With such personal investment, the public rightly expect to be reassured that the ways in which our charities operate are effective, transparent and trustworthy. This Bill seeks to safeguard this*".

The Charities and Trustee Investment (Scotland) Bill, the Explanatory notes to the Bill and the Policy Memorandum can be accessed at: [www.scottish.parliament.uk](http://www.scottish.parliament.uk) A briefing paper for the media on the provisions of the Bill is available from Samantha Fiander – 0131 244 2615. More information on the Scottish Executive's commitment to Voluntary Sector issues can be found at [www.scotland.gov.uk/viu](http://www.scotland.gov.uk/viu)

## HopScotch Holidays - Do you know children who have NO chance of a holiday this year?

HopScotch Holidays is a Scottish charity set up in 1998 to provide FREE holidays for children with disadvantages, between 7-11 years. These holidays take place at Ardvullin, a holiday centre in Ardgour, near Fort William, where children enjoy the simple pleasures of a seaside holiday in a safe and caring environment.

HopScotch's 2005 holiday programme runs from April to October and aims to provide over 300 children with a break away from their normal environments. Transport to and from the Centre, accommodation and holiday activities are all free. The only cost to groups is money for food as these holidays are self-catering.

Children enjoy a programme of activities such as visiting local beaches, a marine centre, rare breeds farm park, nature trails and a trip on a mountain cable car. A project worker organises and guides groups on daily excursions. Within the grounds there is an adventure playground with aerial runway, swings, a scramble net, football nets, swingball and a barbecue.

For further information contact HopScotch at 10 Main Street, Davidson's Mains, Edinburgh, EH4 5BY. Tel: 0131 336 5554. Website [www.hopscotch-holidays.org](http://www.hopscotch-holidays.org) e-mail [info@hopscotch-holidays.org](mailto:info@hopscotch-holidays.org)

## Calendar of Events



We would be pleased to list your events, whether they are for groups, staff and/or volunteers in the sector or for members of the public. Should you wish your event to be included, please contact Gordon (*contact details are listed below*).

Receive more frequent and timely bulletins by signing up to our E-Bulletin.

We'll keep you informed about local and relevant events and news affecting the sector via e-mail. All you need to do is send an e-mail to this address: [ebulletin@cvsfalkirk.org.uk](mailto:ebulletin@cvsfalkirk.org.uk)

<p><b>24 January 2005</b> Monday</p> <p><i>(others throughout Scotland at various dates and venues)</i></p>	<p><b>Care in Scotland Roadshow</b> Falkirk Town Hall</p>	<p>For employers, local authorities, education providers and voluntary organisations to provide practical advice and support to people interested in a career in social care. Exhibitors are sought (no charge). Contact Morag McDonald on 01382 207182 or e-mail <a href="mailto:morag.mcdonald@sssc.uk.com">morag.mcdonald@sssc.uk.com</a> for more information.</p>
<p><b>10 - 11 February 2005</b> Thursday - Friday</p>	<p><b>Moving In, Moving Through, Moving On: Transitions in Social Care and Support</b> Dunblane Hilton Hydro, Dunblane</p>	<p>Download full details from the website : <a href="http://www.ccpsscotland.org">www.ccpsscotland.org</a> or phone 0131 337 3295 for a programme and booking form.</p>
<p><b>14-16 February 2005</b> Mon-Wed, full days</p>	<p><b>The Gathering</b> S.E.C.C., Glasgow</p>	<p>Next year's voluntary sector fair will have exhibitors, seminars, promotion and networking opportunities. E-mail: <a href="mailto:alex.thomson@scvo.org.uk">alex.thomson@scvo.org.uk</a></p>
<p><b>01 March 2005</b> Tuesday</p>	<p><b>How can Falkirk Community respond to self harm and suicide?</b> Falkirk Town Hall</p>	<p><i>See below for more details.</i></p>
<p><b>09 March 2005</b> Wednesday</p>	<p><b>Mental Health Today Scotland</b> Moat House Hotel, Glasgow</p>	<p>A new exhibition dedicated to mental health care, support, training and education in Scotland. It will bring together mental health service providers from across the public, private and not-for-profit sectors. Visit <a href="http://www.mhtodayScotland.com">www.mhtodayScotland.com</a> for details.</p>

## Falkirk's Response to Self-Harm and Suicide

Recent analysis indicates a continued upward trend in self-harm and suicides in Falkirk. While the number of incidents is rising, there is a wide gulf in perception and understanding among the public.

Mental health voluntary organisations have invited young people, families and carers, self-harmers, NHS staff, local authority staff, GPs, social workers, head teachers, police, elected officials and interested voluntary organisations to an Open Space event at Falkirk Town Hall on Tuesday, March 1st 2005 (national self-harming awareness day). For a registration form contact Patricia Nunn of Open Secret on 01324 630100 or by e-mail: [patricia@opensecret.org](mailto:patricia@opensecret.org)

## CVS Contact Details

Old Sheriff Court, Hope Street, Falkirk, FK1 5AT  
Travel and parking information can be accessed from our website: [www.cvsfalkirk.org.uk](http://www.cvsfalkirk.org.uk)

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E-mail: [info@cvsfalkirk.org.uk](mailto:info@cvsfalkirk.org.uk)

Newsletter feedback, content, suggestions etc.:  
Phone, or e-mail: [newsletter@cvsfalkirk.org.uk](mailto:newsletter@cvsfalkirk.org.uk)

For **newsletter, funding and database information:**  
*Gordon Kay, Data Development Officer*  
01324 692018 [gordon@cvsfalkirk.org.uk](mailto:gordon@cvsfalkirk.org.uk)

For **volunteering** issues:  
*Bill Knox, Volunteering Development Officer*  
01324 692010 [bill@cvsfalkirk.org.uk](mailto:bill@cvsfalkirk.org.uk)  
*Brian Black, Volunteering Development Officer*  
01324 692009 [brian@cvsfalkirk.org.uk](mailto:brian@cvsfalkirk.org.uk)

For **conference/meeting room hire:**  
*Marion Calder, Senior Administrator*  
01324 692007 [marion@cvsfalkirk.org.uk](mailto:marion@cvsfalkirk.org.uk)

**Disclaimer**

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