



Connecting Volunteering Third Sector Forum
Wednesday 29th January 2020
10am – 12pm
CVS Falkirk and District Offices

Present:

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|----------------------------|--------------------------------|
| Scott Malcolm (SM) (Chair) | CVS Falkirk and District |
| Carol Bell (CB) | Scottish Canals |
| Chris Scott (CS) | SACRO |
| Geoff Reid (GR) | SACRO |
| John McGhee (JM) | Scottish Seniors Computer Club |
| | Royal Voluntary Service |
| Martin Kenny (MK) | Volunteer Scotland |
| Matthew Linning (ML) | CVS Falkirk and District |
| Matthew Muirhead (MM) | The Conservation Volunteers |
| Sandra Lyon (SL) | Cyrenians |
| Sue Bytheway (SB) | Forth Valley Migrant Support |
| Alan Gray (AG) | |

Apologies:

| | |
|-----------------------|------------------------------|
| Lillian Campbell (LC) | Plus Forth Valley |
| Lisa Robertson (LR) | British Heart Foundation |
| Satya Dunning (SD) | Rainbow Muslim Women's Group |

1. Welcome and Apologies

The Chair welcomed forum members to the meeting and introductions were made. Apologies were noted as above.

2. Review of Previous Minutes

The minutes were agreed as an accurate record of the previous meeting.

3. Matthew Linning – Volunteer Scotland – Valuing and Sustaining Volunteering in Health

ML introduced himself to forum members as the Strategic Performance Manager with Volunteer Scotland. ML went on to show forum members the Contribution of Volunteering to a Healthier and Happier Scotland presentation.

The Contribution of Volunteering to a Healthier and Happier Scotland is an evidence-based document focused on the health and wellbeing of volunteers.



The evidence from Volunteer Scotland's research shows that volunteering can provide important benefits to volunteers such as:

- Improved mental health
- Improved physical health
- Improved life expectancy
- Reduced social isolation and loneliness

The research gives a strong evidence base that the extent of the wellbeing benefits are dependent on the characteristics of the volunteer.

Research shows people living in areas of high deprivation are most likely to benefit from volunteering due to high rates of unemployment, weak social connections and mental health issues but are the least likely to volunteer.

The key points highlighted in the presentation:

- 16-24 year olds have the poorest mental health.
- 35-44 year olds have the highest volunteering rate (33%)

4. Third Sector Partner updates

4.1 Cyrenians

SB informed forum members about Cyrenians Peer Mentoring Service. Cyrenians Mentoring Service has been developed in partnership with Falkirk Criminal Justice Services to offer opportunities for men and women with a history of offending to undergo a period of training and support to become peer mentors.

Peer Mentors undergo a ten week training programme before being matched with people who are new in criminal justice services.

4.2 SACRO

GR informed forum members SACRO still currently only have one active volunteer.

4.3 Royal Voluntary Service

Royal Voluntary Service have had an increase in volunteers and are currently planning to upskill their current volunteers.

4.4 Scottish Canals

Scottish Canals are currently have a lot of projects running and are looking to increase their number of volunteers.



Scottish Canals are holding a Scottish Boating Rally event on the Forth, Clyde and Union Canals in partnership with Falkirk Community Trust on Saturday 23rd May and Sunday 24th May and have a unique set of volunteer opportunities for this event.

The [Scottish Boat Rally](#) takes place at the Falkirk Wheel, and SCRA clubs will be encouraged to row either the Forth and Clyde Canal or the Union Canal as part of the event. The event is supported by Visit Scotland' Year of Coasts and Waters.

Register your club's interest by e mailing Bob Fleet of Dunbar Coastal Rowing Club. There will be a limit on the number of skiffs that can take part, and once again we are indebted to Dunbar Coastal Rowing Club members for being part of the organising committee. There will be a variety of possible starting points for the rally.

4.5 Forth Valley Migrant Support

Forth Valley Migrant Support have seen an increase in the number of settle status applications. Settled status is the immigration status that EU citizens need to apply for to remain legally resident in the UK after Brexit. The deadline for applying is Thursday 31st December if the United Kingdom leaves the EU with no deal and Tuesday 30th June 2021 if there is a deal.

5. Update from CVS Falkirk

5.1 Volunteers Week

During Volunteers' Week, as part of the celebrations, we provide organisations with our Celebrating Volunteering Certificates. If you are interested in participating in this initiative, please contact CVS Falkirk by email: info@cvsfalkirk.org.uk

6. AOCB

None.

**Date of Next Meeting: Wednesday 6th May2020, 10am – 12pm,
CVS Falkirk offices
www.cvsfalkirk.org.uk | 01324 692 000 | info@cvsfalkirk.org.uk |
@CVSFalkirk**



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