



SUMMER NEWSLETTER

APRIL - JULY 2025



A Message from our CEO

Welcome to our quarterly newsletter for April-June 2025.

I'm proud to share the continued progress and impact of our work across Forth Valley. Our dedicated teams have been working tirelessly to deliver a wide range of activities and workshops designed to support and uplift our members and service users. Through these initiatives, we aim to foster connection, learning, and empowerment.

At RISE Forth Valley, we remain deeply committed to creating inclusive spaces where racialised communities can thrive—both individually and as families. We believe in the power of participation and self-determination, and we're honoured to walk alongside those who seek to build brighter futures.

This quarter, we've also contributed to vital research efforts focused on the lived experiences of carers, young people, women, single parents, domestic abuse survivors, men's groups, and older adults from racialised backgrounds. These collaborations help ensure that voices too often overlooked are heard, valued, and represented.

Thank you for being part of our journey. We invite you to engage with our services, share your stories, and continue building a stronger, more equitable community together.



Introductions

Introducing our staff:

Jacinta Jaylo Barker - Operational Manager

Sai - Parent Club Co-Ordinator

Shamina - Carers Advocacy Officer

Asma - Carers Advocacy Officer

Laiba - Volunteer Youth Worker





A Busy and Exciting Few Months!

The past few months have been filled with energy, learning, and celebration as we wrapped up a vibrant season of activities before the summer break.

Classes:

- Embroidery sessions offering a relaxing and creative outlet for those looking to learn a new skill or simply enjoy some peaceful stitching time in good company.
- Zumba and yoga classes brought a boost of energy and wellness to our weeks—helping us stay active, stretch out stress, and connect through movement.



Group Trips:

- Trip to Edinburgh. It was a fantastic day out where we explored the Edinburgh Museum learning about the city's fascinating history.
- The Group also visited the Kelpies and Deep Sea World, as well as going Ten Pin Bowling and to the cinema to watch Minecraft.



Workshops:

- Energy advice and available services was provided by CEMVO energy talk by Changeworks, which gave attendees practical knowledge on how to manage energy usage and access support.



Celebration:

- We celebrated Eid-ul-Fitr together, creating a joyful atmosphere filled with connection and community spirit.
- We hosted a "bring a dish" food party, where everyone contributed. It was a wonderful way to celebrate all we've achieved together as we go into the summer holidays.



There are trips organised for the summer holidays for families to attend. More information is available on our Social Media Platforms and will be showcased in our next newsletter



We had the official launch of Rise Forth Valley's carers project detailing what the project is all about, who we can help and what we have to offer black and ethnic minority carers in the community.



Weekly Coffee mornings:

- Supportive and safe environment for carers to get together for a well deserved time-out, coffee and conversation!
- 1:1 Support sessions are also available on request

Carers Week

- To celebrate Carers Week, we organised a picnic as a opportunity for the carers to enjoy good food and good company in the sunshine!



Workshops:

- Safety and well-being seminar. This session was an insight as to how carers look after themselves and the importance of self-care which would then enable them to take on their carers role in a more positive and fulfilling way.
- CEMVO energy talk by Changeworks where the carers learnt how to save money in a variety of ways through energy saving in their homes; benefits and help that may be available depending on individual's circumstances.
- Financial inclusion seminar which was run by a bilingual practitioner. Carers were given information on any financial support, welfare benefits and what help is available if carers or someone they care for is unwell. Information was offered in the carers languages making it more accessible.





Over the summer, RISE Forth Valley has prepared some amazing activities for black and ethnic minority young people that have helped shape and build new skills and their confidence, introducing new interests that they can take back home.

The Forest Group

- The Forest Group was delivered in partnership with Operation Play Outdoors, led by Craig, and introduced young people to forestry.
- The young people learnt how to build dens, participated in outdoor games such as 'Camouflage' that shaped their listening skills and communication skills and shaped their confidence.
- The best part for our young people was roasting the marshmallows!

Loch Ard Camping Trip

- Our young people spent the day participating in two activities: canoeing and archery.
- During these activities, our young people experienced how to work in a team and, most importantly, learnt how to never give up and achieve goals!
- Our young people also learnt how to cook tomato pasta for their dinner using camping utensils, discovering the importance of cooking.

Scavenger Hunt

- Organised to celebrate International Youth Day
- Our young people had to put on their thinking caps and think outside the box to find items that might get overlooked.
- Finishing off the day with ice cream and some exciting conversations!



