



NEWSLETTER

JAN - MAR 2026

Welcome to our quarterly newsletter for January to March 2026.

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.

You can find out more about RISE FV at our website:

<https://risefv.org/>

Please like and share our social media pages to keep up to date with our activities





We're delighted to share an update on all the fantastic activities and opportunities that have taken place across our groups in Alloa, Stirling, and Falkirk over the past three months. It's been a busy and inspiring time, with great participation and enthusiasm from everyone involved.

- **Staying Active & Healthy**

Regular badminton sessions have been well attended, and we also introduced pickleball, which has been a fun and popular addition. One of the highlights this quarter was our group walk up to the Wallace Monument, followed by a well-earned coffee together – an excellent way to combine fitness and social time.

- **Learning & Skills Development**

Several participants completed a basic computer course for beginners, while others have progressed to advanced-level computing classes.

In addition, we hosted sessions with ETU focusing on training opportunities and pathways back into employment.

- **Community Engagement**

Our groups also took part in a climate change consultation, where members shared their views and ideas on environmental issues. As a thank you for their participation, all attendees received gift vouchers.

- **Social Connections**

Alongside our activities, we've continued to create welcoming spaces for connection and creativity. Our coffee and knitting sessions remain a favourite, offering a relaxed environment for conversation, support, and skill-sharing.





What a busy few months we've had, with our usual weekly meetings but with added seminars, 1:1 sessions and workshops. Here's what we've been up to:

- Carers had shared they wanted to build confidence with digital skills, so we arranged both basic and advanced IT training. They have already reported feeling more independent and better able to access online services.
- Carers also told us they wanted to improve their fitness without going to a gym, badminton became the favourite choice.
- We also organised a trip to bowling, which was a huge success. Carers and families enjoyed time together in a relaxed, fun environment, and many said it was a welcome break from daily pressures.
- During Ramadan, carers received Ramadan packs, which were warmly appreciated. Many expressed gratitude for the gesture and said it helped them feel seen and supported during an important time of year.
- Our partnership work continues to grow, with recent sessions on training and employment, benefits support, health and wellbeing, and access to massage and counselling through local organisations.
- Feedback from carers remains very positive, with an overall satisfaction rating of 4.80 out of 5. Carers have asked for more wellbeing sessions, creative activities, skills workshops, and family outings, and we are continuing to build these into our programme.

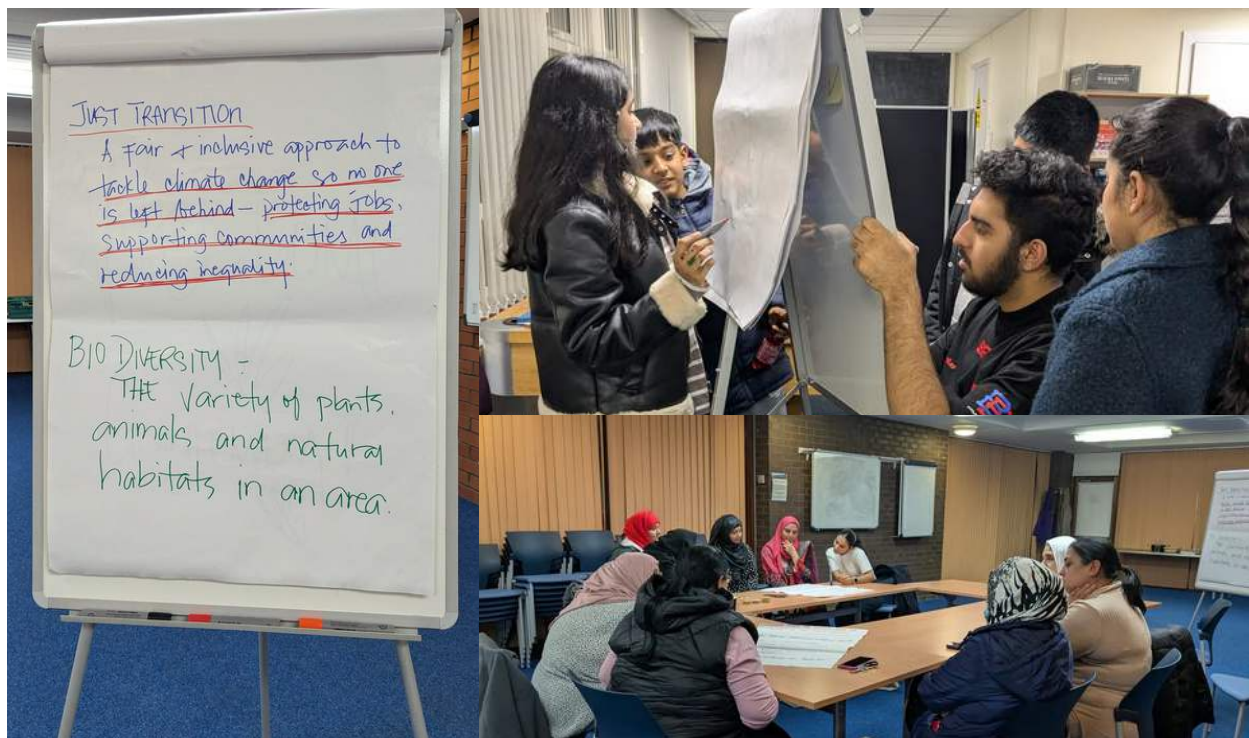


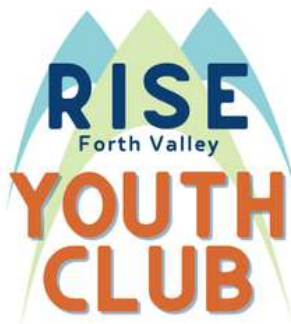
CLIMATE CHANGE PROGRAMME



RISE was awarded funding by FEL to lead a Climate Project, supporting community involvement in Scotland's Climate Change Plan 2026-2040:

- Climate Change Plan Consultation (Dec 2025-Jan 2026) RISE engaged 84 participants across eight diverse community groups to ensure local voices shaped the Scottish Government's Climate Change Plan. Despite a tight timeframe, the consultation captured clear community priorities, barriers to climate action, and community-led solutions.
- Climate Ready Forth Valley Conversations (Feb-Mar 2026) RISE facilitated discussions with African and Asian communities to explore lived experiences of climate change. Conversations focused on culture and heritage, community resilience, and extreme weather impacts. Participants shared how climate change affects daily life, both locally and in countries of origin, and highlighted the need for culturally informed climate policy.
- Engagement was affected by the timing of Ramadan, underscoring the importance of culturally responsive planning. Despite this, the project generated powerful insights and demonstrated the essential role of lived experience in shaping fair, effective climate adaptation.





Over the past few months, we've been focused on building a strong new team to support the future of our Youth Club. While it's been a quieter period, we're gearing up for some exciting new plans – watch this space!

VOLUNTEERS NEEDED



Volunteer with Us
Improve your skills, network,
confidence, and more!
For more information email:
office@risefv.org

JOIN US

Joining us as a member allows you to meet likeminded people, make friends, socialise and be prioritised for groups, trips and events.

If you would like to become a member or would like more information please contact office@risefv.org

