

CD News

News, updates, information, and sharing success in our communities

Universal Credit Online

Support and help

As the government move to have all universal credit accounts online people in receipt of this will need to provide all information and communication through online portals. Most people may have already received a manage migration notice, for many this may be something new. Universal Credit Managed migration has already started being rolled out; people are being gradually moved over to the online system. It is important that claimants seek advice as soon as migration notices are received.

Please contact Stirling council advice services on 01786 233528 or email us at moneyadvice@stirling.gov.uk

They are also available at Bannockburn and St. Ninians Library for drop in on alternate Mondays 10.30 – 12.30.

Stirling Council have a dedicated Digital Inclusion Team that can provide 1-1 tailored support to upskill residents online within Stirling Council postcodes free of charge.

The team can help to set up email addresses, upload and send fit notes, update journals etc. This is a requirement to continue receipt of universal credit therefore it will impact all existing and future claimants. Referrals can be made by work coaches at DWP along with any other supporting professionals or people can self-refer using the contact information on the council website. The team can also be contacted directly by email.

If you would like to get prepared for managing your online Universal Credit



claim in the future by building your digital skills and ability then you can also contact our digital inclusion team for help and support to upskill you. You can contact them on 01786 233958 or email digitalinclusion@stirling.gov.uk

The Digital Inclusion Team also attend a variety of established drop in sessions run by other local partners. They can also offer support for other areas such as online shopping, price comparison sites, social media, online safety and scam awareness to name a few. The team are able to support people within their own homes as well as local libraries etc.

More information can be found on the Stirling Council website under [Advice Services and Reform](#).

Email: digitalinclusion@stirling.gov.uk for referral details.

The Team works alongside Stirling Council's money advice services; if you need support with benefits they can help with benefit checks and applications.

All Stirling Council advice services are free and confidential.



Vulnerable Adults

Some adults are more at risk from harm due to illness, trauma and physical or mental health conditions.

Everyone is being urged to take action if worried about someone in this position, ensuring they can receive the help and support they need to live safely.

As well as physical, psychological, financial or sexual harm, individuals can also be at risk through neglect or self-neglect. Additionally, adults may find themselves dependent on substances that can cause them to lose awareness of the situation they are living in - or the consequences of decisions they make.

It's important to speak up about any concerns you have, as the person may not be able to do so themselves.

Everyone has a role in keeping those in their communities safe.

How to report

If you're worried - contact the Clackmannanshire and Stirling Health and Social Care Partnership by calling **01786 404040**.

You can also call out of hours on **01786 470 500**.

Alternatively, you can contact the **Police on 101**, or call **999** if you believe the person is in immediate danger.

Inside this issue:

- Health and Care for Older People
 - Dementia Strategy
 - Directory - Tackling Poverty
 - Training Opportunities
- and much more

Training Opportunities

SURF Award Shared Learning Workshops



A series of SURF Award Shared Learning Workshops will take place in May in venues in either Edinburgh or Glasgow. These events give participants the opportunity to learn from SURF Award winners and highly commended projects.

SURF is Scotland's regeneration forum whose overall objective is to address poverty in Scotland's most disadvantaged communities.

For further information, and bookings, visit the [SURF website events](#) page.

Butterfly Conservation Workshop

Butterfly Conservation Scotland have an Introduction to Identification and Recording workshop running on the Friday 8 March 2024, 10am - 2pm in the Smith Art Gallery and Museum in Stirling.



The workshop introduces some common local species of butterflies, and introduces different methods of recording to support scientific data. It is also a great way to add new elements to regular walks.

Session is free to attend at The Stirling Smith museum, with indoor and outdoor elements. Booking is [via the Eventbrite](#).

Taking on Assets

The Community Ownership Support Service's (COSS) **Assets for People and Place** programme is exclusively for community organisations.

This programme will run throughout 2024 and will provide sessions on asset acquisition right through to asset management.

All sessions will be held online and are completely free to attend. To book follow the link below

Assets for People and Place - [Assets for People and Place | Eventbrite](#)



Development Trusts

Performance Management

**Tue, 5 March 2024
10am - 12noon**

Stirlingshire Voluntary Enterprise's two hour training session on performance management will cover all aspects of managing expectations and performance from day one of employment.

To book a place or find out more about training and the **free** Self directed learning where you can study a number of topics in your own time [visit their website](#).



Community Council Training



Community Council's in Stirling have a [Community Council Handbook](#) which provides valuable information on the role and processes of a Community Council. Now a series of brief training documents have been added to help members with, among other things, their roles as office bearers, understanding data protection and their planning and licensing roles.

To view the training materials please visit the [Stirling Council Website here](#)



Board Recruitment Opportunities

Inspiring Communities are looking for people to join their Board..

We codesign, develop and deliver holistic, people centred community regeneration activities in Stirling.

We exist to help people make a difference in their own lives, doing things WITH, not TO people. We work WITH, and IN, Inspiring Communities in Stirling, Scotland.

We focus our efforts on putting health, wellbeing and active citizenship at the heart of all we deliver, and every change we help people and their communities make and sustain.

The role of the Board is critical in giving effective leadership, support and inspiration to the organisation.

We're especially looking for trustees from minoritised backgrounds who are currently underrepresented on the board and who we believe will provide greater insight and understanding into communities that are underserved. We're also looking to broaden the age profile of our trustees to better reflect the younger beneficiaries we provide services to.

We are absolutely looking for broad skills sets; applicants should not be deterred from applying if they do not have exactly all the skills in each area. As you know, lots to be gained from board involvement – we need good people who are passionate about helping people make a difference!

For more information or to apply contact info@inspiringcommunities.org.uk

Closing date of 31 March.

Consultations

Proposals for a Heat in Buildings Bill:



Scottish Government
Riaghaltas na h-Alba
gov.scot

Scottish Government

Like many other countries, Scotland has a legal target to reach 'net zero' greenhouse gas emissions. The way we heat our homes, workplaces and other buildings is the third-largest cause of greenhouse gas emissions in Scotland. There is no way to meet our legal obligation to reach 'net zero' without changing the heating systems in the vast majority of our buildings.

The purpose of this consultation is to make you aware of our proposal to make new laws around the heating systems that can be used in homes and places of work, and to invite your views on those proposals.

To take part [visit the website](#)

Survey ends 8 March 2024

Martyn's Law

Community venue responsibility under UK terrorism legislation

This consultation is targeted at organisations, businesses, local and public authorities, and individuals who own or operate publicly accessible premises or events that the [Terrorism \(Protection of Premises\) Bill](#) will potentially affect.

It seeks views from those responsible for smaller premises about procedures in case of a terrorist attack. Under the proposals venues holding 100+ are included and will require to have plans in place around evacuation, lockdown and communication.

The bill will impose requirements in relation to certain premises and events to increase their preparedness for, and protection from, a terrorist attack by requiring them to take proportionate steps, depending on the size and nature of the activities that take place at the premises.

To take part [visit the website](#)

Survey ends 18 March 2024

Consultations ending soon

[Draft Environmental Protection \(Single-use Vapes\) \(Scotland\) Regulations 2024](#)

- closes 8 March 2024

[Social Housing Net Zero Standard in Scotland](#) - closes 8 March 2024

National Review of Community Learning and Development

Scottish Government

There is still time to respond to the Review of Community Learning and Development (CLD), for learners or someone who wants to learn; someone involved in community development activities; someone supported by community learning and development workers. To take part visit [Citizen Space](#).

CLD Workers

The review also wants to hear from others with an interest in CLD. To access the survey visit the [consultation here](#)

Survey ends 3 March 2024



New data - health and care of over-50s

Over the past three years, Age UK has conducted six pieces of research into older people's health and care.

Initially, focused on the impact of the COVID-19 pandemic, they have now found older people are still in the same situation experiencing difficulties in accessing [health and social care](#) and support, with many older people still feeling cut off and isolated. These challenges are made worse by the impact of increases in the [cost of living](#).

Recent findings, included accounts from people aged 50 years and over for the first time. The results highlight that, in many areas, people aged 50-59 years are having a particularly hard time, and they too are finding it incredibly difficult to manage multiple health conditions and ongoing care responsibilities.

Key findings

- **Around 1 in 6 people** aged 50 and over said they were providing care to someone else.
- **Almost a third** said their health had got worse in the past 12 months.
- **Less than half (48%)** were confident that any medical problem they had would be dealt with by the NHS.
- **More than a quarter (26%)** rarely or never leave their home for social activities.
- **Three quarters (75%)** have already been turning down or turning off the heating to cope with the cost of living.

To read the full report [visit the Age UK website](#).

Age UK also offers practical advice and support. Visit their website or call the

Age UK Advice Line 0800 678 1602
Free 8am – 7pm 365 days a year

FUNDING

Funding Stirling

Funding Stirling is Stirling Council's online funding search tool, provided in partnership with Scottish Council for Voluntary Organisations. Find organisations who provide funding for people and community and voluntary groups.

You can search for funding opportunities by location, activity and other features and receive regular bulletins. For more information visit [Funding Stirling](#) on the Stirling Council website.

People's Postcode Trust

The aim of People's Postcode Trust is to support smaller charities and good causes in Scotland to make a difference to their community for the benefit of people and planet. They support projects under the following categories:

- Enabling participation in physical activity
- Enabling participation in the arts
- Preventing or reducing the impact of poverty
- Supporting marginalised groups and tackling inequality
- Improving biodiversity and responding to the climate emergency
- Improving green spaces and increasing access to the outdoors
- Providing support to improve mental health (Focus on organisations that actively support specific mental health issues)

The funding offered is unrestricted and therefore flexible. It can be used however it is most needed.

Deadline **Monday 1 April 2024**.

To find out more and apply [visit the website](#)

Scottish Education and Action for Development Fund (SEAD)

SEAD provides small grants for individuals or groups. Grants are typically £250. We fund positive action, and campaigning. We look for proposals where the grant will have the most impact - for example, helping a new campaign to get started, or funding a specific concrete action for a local community. We do not normally fund travel, e.g. to visit a conference. We promote social justice, with a focus on the following areas - Tackling Poverty, Climate Justice, Women's Rights, Young People and Health Justice.

To apply and find out more [visit the website](#).

The Chestnut Fund

The TCV Chestnut Fund grant scheme has been designed to support grassroots community groups and initiatives wanting to deliver practical volunteering that improves the natural physical environment and better connections between people and green spaces. Groups must be members of the TCV Community Network prior to applying for a TCV Chestnut Fund grant. The grant will enable them to begin practical work and will cover administrative expenses, e.g. insurance fees, postage, publicity or hire of meeting rooms. The maximum grant will be £200.

For more information and to apply [visit the website here](#).

Directory of Valuable Practice in Tackling Poverty Locally

The Scottish Poverty and Inequality Research Unit (SPIRU) at Glasgow Caledonian has launched a Tackling Poverty Locally Online Directory, with twenty case studies. The development of this resource has been supported by funding from the abrdn Financial Fairness Trust. The Directory provides a public searchable database of peer reviewed anti-poverty initiatives to help everyone learn from the experiences of communities across Scotland and beyond.

Every Directory entry will be reviewed by two assessors and will include a note of key lessons, an impact statement summarising the difference they have made, and a 'how to' guide.

Current entries (twenty) have been selected to represent a range of interventions in varied locations addressing different aspects of poverty. The Directory can be accessed here: <https://www.gcu.ac.uk/aboutgcu/academicschools/gsbs/research/spiru/directory>

Examples for Stirling

We are very keen to include examples of local practice from the Stirling area. The ask is that someone makes themselves available for a video call, which typically lasts one hour. A SPIRU researcher will then draft the case study content.

Please contact us at - SPIRU@gcu.ac.uk

For further information on the Directory, or to discuss the work of SPIRU, please contact John M^cKendrick - jmke@gcu.ac.uk or Stephen Sinclair - Stephen.Sinclair@gcu.ac.uk



Dementia Strategy - Vision for Change

Following a process of collaboration with those with lived experience of dementia and stakeholders across health and care, the Scottish government has outlined its plans for the initial phase of the dementia strategy.

The new Dementia Strategy for Scotland is a 10-year vision for change and was developed in collaboration with people with lived experience and our wider partners.

Over the next two years, the government will seek to work with these partners to establish core building blocks for delivering long-term change including tackling stigma, evaluating post-diagnosis support and improving engagement with community and research programmes.

Although worldwide medicines are being developed to slow the symptoms, some estimates suggest that **1 in 3 people** born today will go on to develop dementia. This is a 10-year strategy. It sets out a vision for how life with dementia might be experienced and the policy, service and societal changes that are needed to support this. It describes what people living with dementia and their families have told the consultation they want and expect and 'what good looks like' as people progress through dementia.

To read the plan or find out more visit the [Scottish Government website](#) here.

Walking the Marches

Marches story

The Walking of the Marches is an ancient tradition dating back to the days before accurate maps; the burgh boundaries were recorded then inspected annually to ensure no encroachment had occurred.



Today the tradition has evolved to keep it relevant while maintaining this part of the history and heritage of Stirling. Traditional terms are maintained, an inspection is still completed by the birlawmen (no longer gender specific!) led by their captain so the event in the city centre celebrates that the Marches are intact following inspection. Eventually the Marches were marked by March stones but over time these disappeared and the Marches were then checked and marked by the turning of turfs, for

which the birlawmen still carry picks and shovels.

So join us at the heart of the city centre, at the rotunda at the foot of King Street on Saturday 25th May at 10.45 and be part of the celebration. The boundary inspection, the perambulation, takes place on 18th May starting at the castle at 11am. Places for this must be booked through Murray Cook; if you'd like to join the perambulants please email cookm@stirling.gov.uk

Community Food



A new briefing paper by Public Health Scotland has been produced to raise awareness of, and support use of 'cash first' approaches as the primary response to tackling food insecurity.

It provides examples of how local food initiatives are currently supporting this approach and ideas on how to join with others locally to further support cash first approaches, and address dignity principles.

During the pandemic, many groups extended or began food aid services to support vulnerable people in their communities and many are still active.

This briefing is linked to SG policy ambition on ending the need for food banks.

To read the briefing visit the [Public Health Scotland Website](#) here.

Contact

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Twitter @cdt_sc

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