

CD News

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



Stirling Good Food Fortnight Starts Now

1st–14th March 2026



The Stirling Good Food Fortnight, organised by the Stirling Food Partnership, has events, and activities that celebrate all things food - from community food barra providing fresh food to local people, to open days at local community gardens and orchards to a University Round table looking at food research - so join in and be part of Stirling's Food story.

The Fortnight aims to raise awareness of Scotland's [Good Food Nation Plan](#) which sets out a vision for Scotland to be, "a Good Food Nation, where people from every walk of life take pride and pleasure in, and benefit from, the food they produce, buy, cook, serve, and eat each day".

All events and activities are on [Your Stirling website](#) or look out for local activities near you.

Stirling Food Partnership

The [Stirling Food Partnership](#) brings together community organisations, public sector bodies, third sector partners and businesses to coordinate action across sectors while supporting policy development.

To find out more [email](#) to be included on the mailing list

Fresh and Local

Every great taste has a story and a passionate producer, chef or grower behind it. Together, they form Forth Valley's vibrant food and drink community. Whether you're looking to discover local flavours or grow your local food and drink business, Forth Valley Food & Drink is the place for you.

They champion buying local to support our regional economy and promote a more sustainable food system. By connecting businesses and inspiring consumers to explore our region, they are putting Forth Valley firmly on the map as a leading food and drink destination.

Visit their interactive map, which highlights the region's local food and drink businesses, free outdoor attractions and picnic areas.

To find out more and visit the map, visit the [Forth Valley Food & Drink website](#).



Good Food Fortnight Events

Big Tasty Read—all fortnight

Pop into one of Stirling's libraries for a truly tasty read. Explore displays celebrating all things food in fiction with activities and events.

Saturday 7 March

Cosy Café, Cowie Community Centre 9.00am - 1.00pm

Providing free meals, refreshments and a chat.

Saturday 7 March

Braehead Community Garden

Open Days (more dates on website)

Come taste what you can make from grown food and get materials to try growing your own too

Tuesday 10 March

Scotland Meets Africa

Cornton Community Centre Aunties@S4f Community Wellbeing Café host celebration of food from Scotland and Africa.

The Latest Food Trends

12.00 – 1.30pm

Online workshop covering two of the latest food trends - high protein diets and ultra-processed foods.

[Join conversation](#) here.

For more see [Your Stirling website](#)

Inside this issue:

- Community Cafes and Lunch Clubs
- Stirling Culture Night
- Sports Strategy Consultation
- Adult Carers Wellbeing Toolkit

Good Food Nation - More than Food

Food is one of the biggest influences on our health — not just individually, but across whole communities.

When people can access nutritious, affordable and culturally appropriate food, the benefits ripple far beyond the dinner table.

Good food supports physical health by reducing the risk of long-term conditions such as heart disease, diabetes and some cancers. But just as importantly, it plays a vital role in mental wellbeing. Cooking, eating and growing food together creates opportunities for connection, confidence and belonging, helping to reduce loneliness and build stronger relationships.

Where access to good food is unequal, health inequalities widen. Communities facing higher costs, limited transport or a lack of local options often find healthy eating difficult. That's why community-led food projects — from food hubs and co-ops to growing groups and family cooking sessions — are so powerful. They promote dignity, increase choice and make healthy food accessible for everyone.

Across the Stirling area we have a wealth of community groups doing amazing work using food as a basis for their projects.



Growing Movement

Community Gardens & Orchards

Across the Stirling area, community gardens and orchards are becoming vibrant hubs of learning, wellbeing and social spaces. These spaces give residents the chance to grow food, connect with neighbours and care for local nature.

The Braehead Community Garden provides a welcoming space where residents can grow fresh produce in raised beds, meet neighbours and enjoy the changing seasons. The 10 year old project, offers opportunities to learn, volunteer and spend time outdoors, with a strong focus on community connection and wellbeing.

In Fallin, exciting plans have transformed derelict land into an accessible community garden. Fallin Community Voice has developed the project that includes raised beds, perennials, wildlife-friendly planting and a polytunnel for events and workshops.



In **Thornhill**, the Community Orchard was first planted in 2012 with help from local schoolchildren, it now includes 32 fruit trees covering apples, plums and damsons. The orchard is paired with an evolving wildflower meadow that supports bees, butterflies and other pollinators.

Together, these gardens and orchards show how communities across Stirling are leading the way in growing local food, protecting nature and creating shared spaces that support wellbeing. As more residents get involved, these green projects will continue to strengthen the roots of community life.

Does community food contribute to Prevention?

Evaluating Prevention Workshop
Tuesday 31st March 1pm– 4pm -
Online via Zoom

Community food initiatives play a vital preventative role by helping people build social connections, develop skills, and avoid reaching crisis point. Prevention is a key focus in both the [Population Health Framework](#) and [Public Health Scotland's ten-year strategy, Together We Can](#).

Community Food and Health Scotland are partnering with Evaluation Support Scotland (ESS) to offer a practical online workshop to help you evaluate Prevention work in the community food sector.

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

Resources on evaluating prevention are available on the [ESS website](#).



The Business of Food

This March, STEP are hosting 'Food, Drink and Tourism Month', in partnership with Forth Valley Food and Drink.

This month-long programme of events celebrate and support local food and drink businesses, and includes free workshops to help business owners grow with confidence.

Register for free expert-led workshops.

Thursday 19th March 10 - 11.30am
Telling Your Story:
Communications Training

Learn how compelling storytelling can influence customer behaviour, from increasing footfall to boosting recommendations and sales.

For all the sessions [visit the STEP website](#)



Cooking up a storm

Community Cafes and Lunch Clubs

Across Stirling's towns and villages, community-run cafés and lunch clubs play a vital role in reducing isolation, offering food, and creating welcoming spaces where people can meet, chat and feel connected.

A wide range of groups meet weekly, often run by local volunteers, charities and neighbourhood organisations.

In **Balfroon**, a long-running *Lunch Club* meets every Thursday 12– 2pm in the Church Hall, offering a hot meal and friendly company at a low cost.

In **Bannockburn**, *Coffee, Cake and Conversation* takes place at the Bannockburn Hub on a Wednesday 10:30am - 12pm. Come for a free cuppa and a chat.

In **Cornton**, Aunties Community Café and the S4F Community Fridge run every Tuesday 10 - 12pm in the Cornton Community Centre.

Cowie Cosy Cup Café runs several days a week from Cowie Community Centre, offering affordable baked potatoes, rolls, toasties and drinks. Other weekly sessions include Soup & Blether, Family Meal Time, the Munch Bunch Café and an Over 50s Lunch Group, run by Cowie Rural Action Group (CRAG). These sessions combine good food with community support and social opportunities.

For those in the city centre, the **Queen Street Hub** hosts a weekly lunch and food share session at the Methodist Church, helping residents access good food while building connections. Creative Stirling also hosts a weekly community dinner every Monday evening, where donations are welcomed.

For more information on community cafes and lunch clubs beside you visit the [Community Development Team's webpage](#) and click on the full list at the bottom of the page.



If you know of any other community food groups offering welcoming spaces to their community, please let us know so we can advertise their activities. [Contact the Team.](#)

Dignity in Practice Case Studies

Over the past couple of years, the Dignity Project at [Nourish Scotland](#) has focused on sharing learning and developing expertise around Dignity, Cash-First, and the Right to Food.

This has included engaging through online and in-person meetings where members shared examples of good practice.

A number of case studies have now been published on how different projects embed dignity, lessons learned, and advice for newcomers.

You can read the case studies on the [Dignity in Practice website](#)



Make the Most of Leftovers



Looking for easy ways to save money, cut food waste, and turn leftovers into something tasty?

UK households throw away 4.4 million tonnes of edible food each year, worth £17.5 billion. However, a range of online resources can help households get creative in the kitchen and reduce what ends up in the bin.

[Love Food Hate Waste](#), is a national campaign with simple tips, storage guidance and hundreds of recipes designed specifically for using up leftovers.

Their site highlights that much of what we throw away could be transformed into new meals. They offer recipe ideas for everything from potato peel soup to leftover roast dinners.

Organisations like [WRAP](#) run annual events such as Food Waste Action Week, promoting simple everyday actions like using up leftovers, buying only what you need and recycling unavoidable food waste. Their 2026 campaign focuses on making food “go further” for your wallet and the planet.

[BBC Good Food](#) provides leftover recipes from Curry soup to pasta bake.

Supermarkets are also stepping up with practical advice. [Waitrose](#) has leftover recipe section as does [Aldi](#). [Tesco Real Food](#) has a leftovers hub, including a recipe-finder tool that lets you enter what's in your fridge to discover meal ideas.

So have a go, save a bit and save the planet!

Consultations

SPORTS STRATEGY CONSULTATION 2026



www.stirling.gov.uk

Stirling Council is reviewing opportunities to improve its leisure and wellbeing provision in order to better meet the needs of local communities and residents.

As part of this, we are inviting everyone to share their views on Stirling's leisure facilities and the broader health and wellbeing offer.

Residents

Give your views of your experience of leisure and wellbeing. Your feedback will help to:

- Gain a clearer understanding of the strengths and weaknesses of existing provision
- Identify opportunities for additional services and/or facilities
- Understand and address any barriers preventing residents from being more physically active

To access the survey, visit the [Council's Engage Platform](#)

Employer Survey

The Council also wants to understand how it can support employers in promoting positive wellbeing outcomes for employees and their families. Your feedback will help identify opportunities and strengthen current support.

To access the survey, visit the [Council's Engage Platform](#)

Sports & Social Clubs

The Council are also inviting local sports clubs and organisations to share their views on Stirling's leisure facilities and the broader health and wellbeing offer. We have collaborated with Club Sport Stirling to create this survey. Your feedback will help us:

- Gain a clearer understanding of how clubs are growing (or facing challenges);
- Identify opportunities for additional services and/or facilities;
- Understand and address any barriers preventing residents from being more physically active.

Deadline: 17 May 2026

All feedback will be used to inform the Council's and Active Stirling's new Sport, Physical Activity, and Health Strategy.



Engage Stirling is Stirling Council's Online Engagement & Consultation Platform. Sign up to give your views and get involved.

Get analysis or reports from the consultations you took part in: [visit here.](#)

School Premises Regulations

The Scottish Government is consulting on proposals to update the School Premises (General Requirements and Standards) (Scotland) Regulations 1967 to ensure they reflect the needs of modern education. The current regulations set minimum standards for aspects such as site size, lighting, and ventilation, but they are outdated and do not account for contemporary priorities like digital connectivity and wellbeing spaces.

This consultation seeks views on what minimum standards should apply and the goal is to create modern, high-quality learning environments that support equity, excellence, and wellbeing for all learners and staff.

Deadline: 24 March 2026

To take part and give your view, visit the [Scottish Government website.](#)

Extension of Freedom of Information Acts

The Freedom of Information (Scotland) Act 2002 (FOISA) gives people important rights to ask for and receive information from government and public services in Scotland.

Through this consultation, the Scottish Government is seeking views on whether these rights and obligations should be extended to private and third sector.

We want to hear from:

- People who use, or have used care services, their families, and communities.
- Care providers, current and previous staff
- Stakeholders with an interest in transparency and FOI
- Members of the wider public

Deadline: 30 March 2026

To take part and give your view, visit the [Scottish Government website.](#)



FUNDING

Funding Stirling

Funding Stirling is Stirling Council's online funding search tool, provided in partnership with Scottish Council for Voluntary Organisations.

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.



Community Growing and Park Wellbeing Fund

The Community Growing & Park Wellbeing Fund has been developed to support Community Councils, Development Trusts and other Incorporated Organisations to deliver projects which provide community growing spaces and other park enhancements designed to tackle social isolation and promote mental and physical wellbeing.

Grants between £5,000 and £20,000 are available for a range of projects, including improvements to growing spaces, replacement of seating within parks and encouraging participation in these spaces. Please read all the documents below before applying.

Deadline: ~~6 March 2026 5pm~~

EXTENDED TO 13 March

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



Armed Forces Day Funding

Organisations across the UK can now apply for Armed Forces Day (AFD) grants to support local events celebrating and thanking our Armed Forces community. Applications for the 2026 grant round are officially open, with funding available for events taking place within two weeks of Armed Forces Day on 27 June 2026. The Ministry of Defence offers match-funded grants of up to £10,000, covering up to half the total cost of an event.

Deadline: 31 March 2026

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



UK Government: Workplace Charging Scheme

Grants are available for voluntary organisations and social enterprise businesses owning their own premises for up to 75% of the cost of installing electric vehicle charge point sockets at their sites.

You must own the property or have consent from the landlord for chargepoints to be installed at the site(s) listed in the application. Your site will need to have dedicated off-road parking that is clearly associated with the premises. If you do not own it, you will need permission from the landowner.

Deadline: 31 March 2027

For more information [visit the website](#) and use the [Workplace Charging Scheme \(WCS\) application form](#) to apply for the grant.



Clackmannanshire and Stirling Environment Trust

The Trust accepts applications from community or not-for-profit groups and is keen to support local groups to implement projects that improve the environment or provide a benefit to both the local community and general public.

Grants up to £10,000 are available for a wide range of projects, including improvements to play areas, parks and footpaths, works to community halls, historic and religious buildings, and projects aimed at conserving or improving native biodiversity, such as local woodlands and community gardens.

For deadline dates please contact morrisona@stirling.gov.uk

For more information, an application pack or advice on making an application, please email the Trust manager Audrey Morrison at morrisona@stirling.gov.uk



Forte Small Grants Fund

Forte want to fund work which addresses the challenges of local communities in areas of extreme deprivation.

They provide single year grants between £2,000 and £10,000 for core costs, salaries, running and project costs

Projects must have a focus on Community Support and fall within the areas of Multiple Deprivation

Deadline: rolling programme

For more information visit the [Forte website.](#)





Culture Night Stirling

Friday 1st May, 2026

Taking place across Stirling and the surrounding areas, Culture Night Stirling is a **free** annual event for everyone that celebrates the city's thriving cultural scene.

Building on the success of the Culture Night at Stirling Castle in May 2025, which was a centrepiece of Stirling's 900th anniversary finale celebrations, this first event will take place on **Friday 1 May 2026**. It aims to connect a range of communities and showcase the best of Stirling's music, dance, comedy, art, crafts, literature, food and drink, and much more.

Visitor attractions, including The National Wallace Monument and Stirling Castle, along with Tolbooth, The Albert Halls, and other venues and businesses across the city are all taking part in this night-time cultural takeover. The event takes inspiration from similar events held in Ireland, Iceland and the Netherlands.

The opening event will start at Stirling Castle from 5pm, spreading across the town and the wider Stirling area over the evening. Audiences are encouraged to attend as many **FREE** events across Stirling as they can as there will be lots not to be missed!

The Carnival of the Wolf

The wolf is one of Stirling's most famous tales, dating back to the 9th century, when the town stood at the border of rival kingdoms. As Vikings crept up the crag under cover of darkness, a pack of wolves began to howl, alerting the townsfolk and saving Stirling from attack!

This is the story that inspires Stirling's first Culture Night, **Carnival of the Wolf**.

In 2026, the Wolf returns, not as a single story, but as *Carnival of the Wolf*: a celebration of creativity, transformation, and community spirit across Stirling and its surrounding areas. The wolf serves as inspiration for a range of different events which will be brought to life on Friday 1st of May.

The full programme will be launched in March and can be viewed at yourstirling.com.



A Giant On The Bridge

Wednesday 18th March 2026

Spellbinding gig-theatre

KT Producing presents: A Giant on the Bridge

Unflinching, spellbinding gig-theatre featuring Louis Abbott (Admiral Fallow), Kim Grant (Raveloe), Dave Hook (Solareye, Stanley Odd), Jo Mango and Jill O'Sullivan.

"Do you think cos I've been in the jail all I know is how to hurt people?"

Every year in Scotland thousands of people return home from prison to an uncertain future. *A Giant on the Bridge* reveals the intimate human experiences within this prison-homecoming journey, in a compelling narrative-gig which fuses acoustic songwriting, Scottish hip hop & original storytelling.

Five of Scotland's leading contemporary musicians explore identity, family, community, systems, restoration, injustice – and the pulsing heartbeat within these hidden stories. Developed through the work of the Distant Voices Community on a research project with people from across the criminal justice system.

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

Scottish Civic Trust My Place Awards



Have you been involved in a project that has made a difference to your community, or would you like to support the achievements of others that are working to improve your locality? The My Place Awards are for you!

The My Place Awards are the Scottish Civic Trust's annual celebration of the difference communities can make to their local places.

Winners of the My Place Awards benefit from the opportunity to develop a national profile and evidence impact to potential and existing funders, as well as be celebrated at a ceremony attended by national policy makers and major stakeholders in Scotland's built environment sector.

Submission categories include Community Champions, Climate Projects and Equality Projects.

Find out more [on the website](#) about how to apply, as well as previous Award entries and winners.

National Park Call for Sites & Ideas

The Loch Lomond & Trossachs National Park are preparing a new Local Development plan that will guide how land is used in from 2028 onwards. They are inviting people to put forward land, sites and ideas to help inform that plan.

The Call for Land, Sites and Ideas is open for 12 weeks from the 29th January to the 23rd April 2026.

To submit an idea, [visit their website](#).

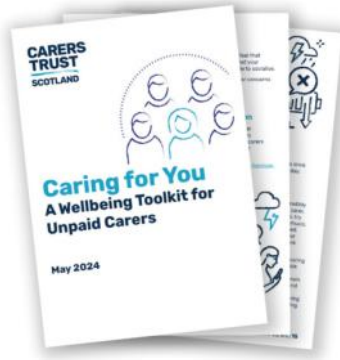


Adult Carers Wellbeing Toolkit

CARERS TRUST

Caring for You is a toolkit for adult carers developed by the [Carers Trust](#), offers practical activities and tips to deal with specific emotions which can arise from having a caring role, as well as ideas on how to maintain a good overall wellbeing.

This Wellbeing Toolkit can be used as either self-directed support for unpaid carers to work on themselves, or can be adapted by organisations and support workers to carry out wellbeing sessions. Unpaid carers may also want to work through the Toolkit together within peer-support groups.



Carers Trust works to transform the lives of unpaid carers. It partners with its UK-wide network of local carer organisations to provide funding and support, deliver innovative and evidence-based programmes, raise awareness, and influence policy. Carer's Trust vision is that unpaid carers are heard and valued, with access to support, advice and resources to enable them to live fulfilled lives.

To download the Toolkit visit the [Carers Trust website](#).

Stirling Area



Resources and support are also available locally from the Stirling Carers Centre.

Visit [their website](#) for more information on how to contact them, activities and events, and resources to help you.



TRAINING

Understanding community engagement training

Community engagement is a way to ensure community knowledge, ideas, and experience are placed at the centre of decision-making.

When done well, community engagement meets the expectations of the people involved, is well informed, properly planned, and makes sure people who may face additional barriers have an equal chance for their views to be heard.

The Scottish Community Development Centre's (SCDC) training offers support to community organisations to understand the role community engagement plays in their work. In this training you will learn about the key values and principles which underpin a good community engagement process using the [National Standards for Community engagement](#).

For more information and to apply for the training, [visit the SCDC website](#).

Contact

Communitydevelopment
[@stirling.gov.uk](mailto:communitydevelopment@stirling.gov.uk)

01786 233076

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Get Involved and have some fun

Volunteering is one of the most meaningful ways to strengthen communities, meet new people, and make a real difference. Whether you have a little time or a lot, there are countless ways to contribute your skills and energy to local projects, charities, and groups.

Stirlingshire Voluntary Enterprise (SVE) plays a key role in supporting local volunteering through the [Stirling's Volunteer Portal](#), a dedicated online platform for volunteering opportunities. The portal acts as a "one-stop shop," allowing you to register, browse local roles, apply for opportunities, and track your volunteering journey—all in one place.

So, join that local group, make some new connections or visit the portal, and make your community a better place to live.



Stirlingshire Voluntary Enterprise