

20 APRIL 2023
NEWS & OPPORTUNITIES IN NW EDINBURGH



Mum & Baby fitness

Thursday's 10am - 11am with Rosie
Ante/Post natal specialist personal trainer

Bring a mat for baby and you!

Location: Young room, Stockbridge parish
church, 7b Saxe Coburg Street, Stockbridge,
EH3 5BN

£10 per class (cash or bank transfer)
£8 taster session, discounted block bookings.

Drop in or book via:
Email: rlongfordpt@gmail.com
Phone: 07821235077



[rlongfordpt](https://www.instagram.com/rlongfordpt)



PILATES FOR WOMEN

Free classes at The Academy

Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall wellbeing.

Pilates focuses on posture, balance and flexibility. In Pilates the chance of injury is much lower than with other more strenuous forms of exercise. Join Rosie Zeme, a professional personal trainer, for free classes at The Academy. Rosie specialises in working with women at all stages of life including pre and post natal.

When? Mondays at 9.30am and 10.30am in school terms

Where? Spartans Community Football Academy

What do I need? Just wear comfy clothes, equipment is provided

Registration is essential but all you have to do is call Jenni on 0131 552 7854/email her at: jenniferpullen@spartanscfa.com

Alternatively, you can scan the QR code to register your interest and Jenni will get in touch with you.



Here for good

Good death, good grief

A free to attend event that will explore what a good death and what good grief might look like.

It's a short event for Demystifying Death week, initiated by one of the Scotmid Funerals Directors who is interested in helping the local community become more prepared for grief and death. There's a graphic attached, and the link to further information is here

<https://gooddeathgoodgrief.eventbrite.com>

SAFE SLOW STOCKBRIDGE

Calling all Stockbridge traders and community spaces!!

Children from the P6/5 class at Stockbridge Primary School are launching a community road safety campaign, which they have named Safe Slow Stockbridge. Featuring art by pupils of all ages, there are 13 colourful poster designs and a 3m wide banner, which will be unveiled on Friday 28th April in the presence of MSP Angus Robertson, councillors and members of the press.

Parent supporters are currently looking for premises happy to display the posters in their windows, and are visiting shops and community premises over the next few days. To contact the campaign team directly and volunteer your window or noticeboard email safeslowstockbridge@gmail.com, and for more information and a full list of supporters visit:

<https://stockbridgeprimaryschool.wordpress.com/safeslowstockbridge/>

Kindly supported by Stockbridge and Inverleith Community Council and Inverleith Neighbourhood Network



EVOC SUPPORT

We are here to offer help and support to community and voluntary organisations across Edinburgh:

- [Development & training opportunities](#)
- [Events, seminars and workshops](#)
- [FREE governance and fundraising courses](#)
- [Membership benefits](#)
- [Programmes & Partnerships](#)
- [Red Book Directory](#)
- [Tailored organisational support](#)

Themed forums and networks:

- [Carers Forum](#)

- [Children, Young People & Families Network](#)
- [Disability Forum](#)
- [Health Walk Network](#)
- [Mental Health Forum](#)
- [Older People's Service Providers' Forum](#)
- [Small Area Networks](#)
- [Substance Use Network Edinburgh](#)
- [Voluntary Sector Forums](#)

BLOG

[Adult Protection is Everyone's Business](#)

by Marion Findlay (Volunteer Edinburgh)

EVENTS

[Adult Protection is Everyone's Business](#) (18 May)

[Collaborating to Support Net Zero](#) (27 Apr)

[Virtual Cafe: Celebrating Kind, Caring, Connected Communities](#) (24 Apr)

NEWS & UPDATES

[Gorgie City Farm Site](#)

[Scotland for Ukrainians: a Guide for Displaced People](#)

Scotland For Ukrainians: A Guide For Displaced People

The Scottish Government has now published [a guide](#) for people displaced from Ukraine arriving under the Scottish Super Sponsor Scheme. It provides information on:

- where to get support including visa and immigration advice
- getting to Scotland including visa and travel information
- what happens when you arrive in Scotland
- matching you to a host
- longer-term accommodation options
- settling into life in Scotland
- advice and information services

It is also available in: [Українська](#) and [Русский](#). [Find out more](#)



Scottish Government
Riaghaltas na h-Alba
gov.scot

Sustaining Choices

Sustaining Choices is designed to assist up to seven communities across Scotland to develop Sustainable and Active Travel Action Plans for their area. Through a year-long programme of support, community groups will:

- Receive training in community engagement including the PAS [SP=EED](#) training and how to use the [Place Standard](#) tool
- Plan and deliver a series of inclusive engagement opportunities using the Place Standard tool

- Gather data about community needs and aspirations using the Place Standard tool
- Publish a Sustainable and Active Travel Action Plan for their community with short, medium and long term actions

[Find out more](#)



Virtual Cafe: Celebrating Kind, Caring, Connected Communities

IFIC Scotland is hosting an interactive online Café on 'Celebrating Kind, Caring, Connected Communities' on **Mon 24 Apr, 12noon - 1.30pm** (Zoom)

The purpose of the session is to:

- To provide space to reflect on your experience of co-creating kind, caring, connected communities
- To enable local, national and international partners to share learning and collaborate

[Find out more](#)



Women & Girls Match Fund Open to Applications

Applications are now open for the [Big Give Women and Girls Match Fund](#).

Equality is essential for women and girls to dream freely, achieve proudly and live boldly. That's why Big Give are working with amazing charities committed to serving the women and girls in our communities. The Women and Girls Match Fund is here to multiply generosity, tackle gender inequality and stop discrimination.

Last year over £2m was raised for 121 charities. Deadline for applications: Tue 23 June 2023 [Find out more](#)



[New campaign to find foster carers for children from minority ethnic backgrounds](#)

[Foster with Edinburgh](#) is launching a new a recruitment campaign to find more foster carers for children from minority ethnic backgrounds and host family foster carers for



unaccompanied young people arriving in Edinburgh escaping the trauma of war and persecution. The campaign aims to raise awareness of the need for foster carers who have the skills, knowledge and cultural awareness to support them. As well as a digital advertising and radio campaign, the foster team will be linking in with mosques,

universities, cultural and voluntary overseas organisations to spread the word.

A series of events will start with a stall at the Asda superstore in Chesser tomorrow (Thursday 20 April) where anyone who wants to find out more can pop along from 11am until 2pm and meet the team.

Edinburgh has a number of children from minority ethnic backgrounds and unaccompanied migrants between 16 - 21 who require support.

Research highlights where possible children who require [foster care should be matched](#) with families who can reflect and promote their ethnic, cultural, religious and linguistic identities, as well as navigate discrimination.

There is currently a national shortage of approved foster carers, so matching children with carers who will best suit their needs is an ongoing challenge.

We are therefore keen to recruit foster carers from a range of diverse groups. As our host family foster carers support unaccompanied migrants age 16 plus, they can still work. A large part of their role is supporting our young people in coming to terms with their experiences, promoting their learning within a new country and helping prepare them for independence.

Foster carers are supported by way of a fostering fee to reflect the care they are providing, along with a maintenance allowance to cover a child or young person's expenses while in their care. They also get full training and ongoing support from an allocated social worker to develop the skills and knowledge needed to foster.

Foster carers need time, space (physical and emotional), a sense of fun, patience, and commitment. They also need to have a spare room, be able to work confidently with others and take part in meetings in English. It's also important to be able to support children and young people becoming part of a new culture who may have issues relating to their immigration status.

There are two further events planned at Asda Chesser on Tuesday 16 May and Friday 26 May which both tie in with Foster Care Fortnight.

Grow Your Own Food introductory course

6 practical classes

for women living
in Muirhouse,
Pilton, Granton
or Drylaw



Build your confidence to
grow your own food - we
will cover all the basics
from soil, compost and
seed, to sowing and
propagation through to
plant care and harvesting.



**Thursdays
10am - 12 noon**

**weekly, for 6 weeks
starting 11th May**

at Lauriston Farm



FREE

to book a free place, or if you have any questions, email Lisa at:

communityallotments@lauristonfarm.org

this course is a partnership between...





The current programme will run between the April and June 2023 during school term time. There will be changes to these activities in the following term. Women can self-refer using this link [Women Supporting Women Programme](#) or you can complete this for them.

The Chat Café is a welcoming and inclusive space for women who are welcome to bring children if they are caring for them at this time. For new and settled migrants Chat Cafe is an informal opportunity to improve English conversation skills. There will be a range of free activities as well as coffee, tea, and snacks every week. Chat Café meets in Pilton Community Health Project at 9.30am – 11.30am every Monday except school holidays. The group is facilitated by Nathalie and sometimes guests. sallyfindlay@pchip.org.uk or call 07518 756 330. **Drop In.**

Knit & Natter. For women who like stitching, knitting and crocheting and want to meet friends. All ages, backgrounds and abilities welcome. The women meet in Pilton Community Health Project at 1pm every Monday except school holidays, the group ends at 3pm. sallyfindlay@pchip.org.uk or call 07518 756 330. **Drop In.**

The M Club with SHE Scotland. For women who want to explore the myths, facts and fantasies surrounding the menopause. The women meet on the first Monday of every month at 6pm – 8pm at Pilton Community Health Project. sallyfindlay@pchip.org.uk or call 07518 756 330 or shescotland@outlook.com **Drop in.**

Tiny Plates – Fussy Eaters' Workshops. Practical workshops to support mums and carers with under 5s. Looking at why fussy eating happens and exploring how we can get our children to eat a better variety of foods. In addition, giving parents a chance to try different foods before they go out and buy. Wednesdays 10am – 11am at Pilton Community Health Project. sallyfindlay@pchip.org.uk or call 07518 756 330, julesryan@pchip.org.uk 07517 109 319. **Booking essential.**

Outdoor Cooking Club. Women's outdoor cooking group making a lunch each week using fresh vegetables and herbs from Granton Community Garden followed by a Community Meal. Suitable for all women and mums either with their children, or while they are in nursery or school. Meet on Wednesdays at 12pm to cook, and then we all eat at 2pm, outdoors in Granton Community Garden, 10 Wardieburn Rd, EH5 1LY. sallyfindlay@pchip.org.uk or call 07518 756 330, julesryan@pchip.org.uk 07517 109 319. **Drop in.**

Granton Community Garden Lunch. Everyone in the community is welcome to enjoy freshly prepared healthy lunch and tasty treats prepared by the women from the Outdoor Cooking Club. Every Wednesday at 2pm at Granton Community Garden, 10 Wardieburn Rd, EH5 1LY. sallyfindlay@pchip.org.uk 07518 756 330 or julesryan@pchip.org.uk 07517 109 319. **Drop in.**

Breastfeeding Buddies. A drop-in group focusing on encouraging and supporting local breastfeeding mums (or mums-to-be who are thinking about breastfeeding) delivered in partnership with [Lothian Breastfeeding Buddies](#). Thursdays 1pm – 2.15pm at Pilton Community Health Project. sallyfindlay@pchip.org.uk or call 07518 756 330 or <https://linktr.ee/LothianBreastfeedingBuddies> **Drop in.**

Play Together Outdoor Adventures with Trees & Seas Outdoor Adventures. Mums with under 5s learning together to play outdoors and gain confidence to try new things with their children.

Activities include scavenger hunts, nature trails, den building, natural art and crafts, swings and hammocks, tool use, bush-craft skills and campfire cooking. Thursdays at 9.30am at Granton Community Garden, 10 Wardieburn Rd, EH5 1LY. sallyfindlay@pchp.org.uk or call 07518 756 330.

Booking essential.

Women's Wellbeing in Nature. Women only group (no children) focusing on learning together to enjoy the outdoors. Activities include tea ceremonies, natural arts and crafts, tool use, bush-craft and beach-craft skills, green gym, and mindfulness sessions. We will also venture on to the beach for campfire cooking and, for those who want to, take a dip in the sea. julesryan@pchp.org.uk 07517 109 319 or sallyfindlay@pchp.org.uk 07518 756 330. **Booking essential.**

Women's Gardening Club – Sessions where women can learn and share gardening, woodwork and crafting skills while making something special for the community or for themselves. These sessions will develop depending on what the group wants to do and where we want to go. Fridays 9.30am – 11.30am at Granton Community Garden, 10 Wardieburn Rd, EH5 1LY. sallyfindlay@pchp.org.uk or call 07518 756 330. **Booking essential but you can drop in for a look.** Children are welcome to **stay and play** with their mums.

Stay & Play @GCG. Mums with under 5s learning together to play, gain confidence and try new things with their children. Fridays at 10.30am at Granton Community Garden, 10 Wardieburn Rd, EH5 1LY. For more info contact sallyfindlay@pchp.org.uk or call 07518 756 330.

Active Buddies – peer-support group. For women who want to go to the gym, or for a swim or even go for a walk, jog, run cycle – but do not want to do this alone. This peer-support group offers multiple opportunities to gain self-confidence in looking after our own wellbeing. Join our WhatsApp group to meet up with buddies to get active alongside. For more info contact sallyfindlay@pchp.org.uk or call 07518 756 330.

Grow Your Own Food - introductory course. For women wanting to build confidence to grow their own food - covering the basics from soil, compost and seed, to sowing and propagation through plant care and harvesting. Thursdays at 10am – 12pm at Lauriston Farm. For more info contact Lisa at communityallotments@lauristonfarm.org.uk

Our funding dictates that we offer support to women within strict boundaries of North small which is **Muirhouse, Drylaw, Pilton, Granton, Royston and Wardieburn**. So, if you are signposting any women to us, please make sure they live within these boundaries.

Please check [PCHP's Facebook page](#) to see to check for any updates or news about the above activities, also for any one-off groups or activities we are offering as well as news from partnership organisations.





Living in Harmony

March – June 2023



Women Supporting Women
@ PCHP



Taking Steps to
Better Health
Pilton Community Health Project

Mondays

09.30 Chat Café @pchp

13.00 Knit & Natter @pchp

18.00 The M Club with SHE Scotland @pchp (monthly)



Living in Harmony
SUPPORTED BY PCHP



Wednesdays

10.00 Tiny Plates – Fussy Eaters' Workshops @pchp

12.00 Women's Outdoor Cooking Club

14.00 Community Meal - all welcome!



Thursdays

09.30 Play Together Outdoor Adventures @GCG

13.00 Breastfeeding Buddies peer-support @pchp

13.00 Women's Wellbeing in Nature



Fridays

09.30 Women's Gardening Club @GCG

10.30 Stay & Play @GCG



Also – **Active-buddies** peer-support group

For more information Sally 07518 756 330 sallyfindlay@pchp.org.uk

Pilton Community Health Project 73 Boswall Parkway Edinburgh EH5 2PW We are a charitable company limited by guarantee registered in Edinburgh 339435 Charity number SC018460



FUNDING, VACANCIES & OPPORTUNITIES



North Edinburgh Arts Link Up Community Development Worker - Vacancy

Background

Working in Muirhouse & west Pilton since 2014, North Edinburgh Arts Link Up has developed a unique asset-based community development approach to tackle inequality and disadvantage. It does this by enabling local people to help themselves, each other and their community.

Building on the strengths of our existing partnership on Link Up, North Edinburgh Arts have secured an additional three-year investment to continue to develop our place-based work via the Scottish Government Investing in Communities Fund.

This development maintains the original Link Up approach at its core but aims to establish new ways of working in which local people and organisations (public, social, third sector) collaborate to identify and develop sustainable opportunities and solutions to local issues; setting in place long-term changes that contribute to material reductions in poverty and disadvantage in Muirhouse & West Pilton. We seek to make these changes the 'norm' rather than part of a cycle of time-limited pilots and projects.

Employed by North Edinburgh Arts and reporting to the Link Up Manager, we are looking for an individual who shares our passion to make a difference and to join our Link Up team. Your focus will be on the continued development of our core Link Up approach (see notes below). You will believe in the need for social change and understand and be committed to the role that grassroots community development can play in delivering this.

Contract Fixed Term to 31/03/2026

Working Hours Part time; 12 hours per week to include evenings and weekends

Salary £8,393 (£24,480 full time equivalent)

Pension Employers pension 3%

Holidays Total of 84 hours per annum including bank holiday leave

Location North Edinburgh Arts, MacMillan Square, Edinburgh

Application Job Description and how to apply can be obtained via email from fionab@northedinburgharts.co.uk

Completed applications should be returned no later than 5pm, Friday 12th May 2023.

Candidates shortlisted for interview will be notified by Friday 19th May 2023 with interviews taking place on Wednesday 24th May. Further information on the interview stage will be provided nearer the time.



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Contract Fixed Term to 31/03/2026

Working Hours Full time; 35 hours per week

Salary £28,299

Pension Employers pension 3%

Holidays Total of 245 hours per annum including bank holiday leave

Location North Edinburgh Arts, MacMillan Square, Edinburgh

Application Job Description and how to apply can be obtained via email from fionab@northedinburgharts.co.uk

Completed applications should be returned no later than 5pm, Friday 12th May 2023.

Candidates shortlisted for interview will be notified by Friday 19th May 2023 with interviews taking place on Friday 26th May. Further information on the interview stage will be provided nearer the time. ■

WE ARE HIRING!



OPEN POSITION: **YOUTH DEVELOPMENT
FOOD WORKER (F/T)**

CV + COVER LETTER TO
WILL@SCRANACADEMY.COM



SUPPORT & TRAINING

[EVOC Training Opportunities](#)

[Funding and Fundraising: A Human Rights and Equalities First Approach](#)

[Sustaining Choices](#)

FUNDING

[Creative Breaks Open to Applications](#)

[Women & Girls Match Fund Open to Applications](#)

[Tesco Funds for Food and Healthy Activities](#)

Creative Breaks Open to Applications

The Creative Breaks programme provides **12-month grants** to third sector organisations to develop and deliver short breaks projects and services for carers of adults (aged 21 years and over), young carers (caring for children or adults) and the people that they care for.

Grants are for 1 year and will be awarded in October 2023. The maximum grant award is £35,000, and for unincorporated organisations the maximum grant award is £10,000. The average grant award in previous years has been around £15,000.



Application deadline: 5pm, Thu 25 May 2023 - [Find out more](#)

Funding and Fundraising: A Human Rights and Equalities Approach

This course is an introduction to what a human rights and equalities approach means when talking about funding and fundraising:

[Thu 20 Apr, 10am - 1pm](#) (online)

It is for anyone working in Scotland's third sector who is interested in learning why and how to take a human rights and equalities to your work. Whether you are responsible for your organisation's funding strategy or give advice to external organisations as a funding officer we hope to give you more confidence in applying a human rights and equalities approach to your work. [Find out more](#)

EVOC Training Opportunities

EVOC Training Opportunities

EVOC delivers a year-round programme of training especially for the community and voluntary sector.

You can book all of our training [our Eventbrite account](#) and there are lots of payment options available, including paying by invoice.



Here are a few of the courses on offer:

- [Tue 25 Apr: Effective Time Management](#)
- [Tue 2 May: How to do Appraisals Well](#)
- [Wed 3 May: Setting Up a Charity & Introduction to SCIO](#) (FREE)

[Check out our full training programme](#)

Tesco Funds for Food and Health Activities

The priority for Tesco Community Grants funding is now on supporting schools and organisations to deliver projects that provide healthy food and activities that boost young people's mental and physical wellbeing.

The scheme provides grants of up to £1,500 to local projects from across the whole of Scotland. It is open to all registered charities and not-for-profit organisations, with priority given to projects that provide food and health/wellbeing support to young people.



If you fit the bill or know an organisation or school who does, then please visit the Tesco Community Grants website for further details! [Find out more](#)

JOIN
OUR TEAM

EVOC
INFORMATION
ONLINE
DEVELOPMENT
ADVOCACY

Project Manager (Gorgie City Farm Site)

Deadline: 10am, Tue 2 May 2023

Gorgie City Farm Site Update

The Gorgie City Farm Site Partnership Steering Group has been set up and has now met at the site.

Since the project was announced there have been a number of maintenance and safety issues to deal with, but an interim caretaker has been appointed to help manage these and recruitment for a [Project Manager](#) to support the project is ongoing. Lots of people and organisations have been in touch to express interest in and support for the project and the list of stakeholders is growing. [Read the full update](#) | [Get in touch](#)



If you haven't already taken part in our Participation Request survey, there's still time – we've extended the deadline to the 30th April!!

See below for more information on what the survey is about and what we'll do with the results. If you have any questions, please don't hesitate to get in touch by return.

Strengthening participation requests

Participation requests were designed to improve community input to how services are run. Six years on, the way they are being used is under review to make them more useful.

We've already had over a hundred responses but we know more people might not have had a chance to have their say so we have extended the deadline for responses to 30th April.



WHAT ARE WE CONSULTING ON? As part of our work on [participation requests](#) (PRs), we're carrying out a [survey](#) asking people's thoughts on strengthening the process and improving the quality of participation with the public sector. This includes asking people's thoughts on the need for a review or appeals process and what one could look like.

This will also feed into the review of the Community Empowerment Act (Part 3 - participation requests) and we're keen to hear both from people who have experience of submitting PRs, and those who have never submitted one.

LENGTH: The time it takes to complete will range from 10-30 minutes, depending on how involved you have been with participation requests. Given the importance of participation in improving public services, we'd appreciate you taking the time to give us your views.

WHAT DIFFERENCE WILL THE SURVEY MAKE?

The results of the survey will help inform a report that will go forward to the Scottish Government, which will contain

Participation Requests are a part of the Community Empowerment Act and are a way that communities can ask to work with public services to improve them



6 years after their introduction, the way they are being used is under review to make them more effective

Our survey is a chance to share your thoughts on strengthening the participation request process and improving the quality of participation with the public sector



Find out more: www.scdc.org.uk/participation-requests

recommendations on how the process could be strengthened, as well as outline the scope of what a potential appeals process could look like. Links:

- [Click here to visit the survey on SurveyMonkey.](#)
- [Click here to find out more about participation requests on our participation request resource pack.](#)

Although I try to filter events that have passed, cancelled or changed, please check dates and times with organiser, thanks, Elaine

Please email me at elaine.lennon@edinburgh.gov.uk if you have any community news to share.

Preferred format is a link to your website or a jpeg or word docume, and nt if possible, and I would ask you to give me as much notice of events as possible to enable local people to attend if interested.

We will only use any data to provide you with updates associated with the North West Locality and your data will not be shared. This is in line with the [City of Edinburgh Council's Privacy Notice](#).

You can opt out at any time by [using this link to unsubscribe](#).