



CVO East Ayrshire Ltd Newsletter May 08

Welcome to our new website and our first electronic newsletter! This is an exciting new development for the CVO and one which we hope will allow us to deliver a better service for our members.

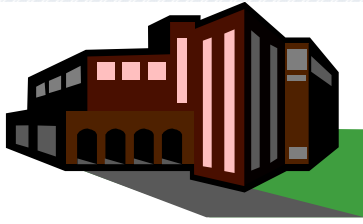
Hopefully you will have had a chance to explore the website but if not here are some of the main features.

- **Contact us:** details on how to contact CVO (E.A.) including the opening times of our new office within Ayr College East, Cumnock.
- **An electronic newsletter:** by putting our newsletter onto the website we can reduce the cost of production and hopefully produce a newsletter every two months. Anyone wishing to receive a print version of the newsletter should contact either David or myself. If any of our members want to use the newsletter to promote their groups activities or let other people in the community know about the group please email any information to

david.girvan@cvoea.co.uk

- **Members Area:** any new groups wishing to join the CVO can download an application form here and members can also access their own log-in area. We hope groups will use this area to share any information they feel may be helpful to other groups. Any member wishing to use this forum should sign up via the members' area after which you will receive a User ID and Password allowing you to access the members' area.
- **Services:** a list of all the current services and support available from the CVO.
- **Events:** this is where you can check details of any training available from the CVO or any other events we are planning to hold. Members can also use this area to promote their training or events.
- **About us:** mission statement and aims.
- **Funding:** information and links to funding opportunities.

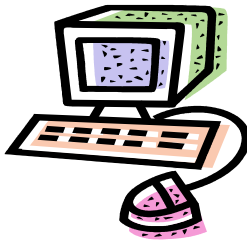
We hope you will enjoy visiting our website and we welcome any comments you wish to make.



CUMNOCK COMMUNITY COLLEGE

As I mentioned earlier we now have a new office within Ayr College East in Cumnock and the CVO would like to take this opportunity to thank the College for allowing us to use this facility. We can be found in Room F101A on a Thursday and Friday morning between 9 am and 12 noon. This is a drop in service but if you wish to make an appointment to discuss a specific topic please feel free to contact us on 01563 574000. We are very happy to have a presence in Cumnock again and hope you will come along to meet us.

Please note: due to annual leave the Cumnock office will be closed on Friday 23rd may, Friday 30th may and Friday 6th June.



IT SUITE

The CVO can now offer free internet access to our members within our training room in the Kilmarnock office. If you wish to use this service please contact us to book beforehand. We can also offer support with basic IT skills so please don't be put off if you are not too confident working with computers we are happy to help!

We have set up a new member's database which will allow us to collect all the information we need to deliver the services and support our groups need to set-up, develop and sustain their activities. We would be grateful if any members who have not completed the new membership forms could take a few minutes to fill it in as it will help us to help you.



CHARITY LAW TRAINING

I am taking part in a training programme on Charity Law, including End of Year Accounts and Trustees Annual Reports. This will allow me to support groups to develop better governance particularly in relation to financial reporting. I would like to get some indication of the demand for this type of support. If your group would be interested please contact either myself or David.

Thankyou

Fiona Skilling
Manager



HOW IT ALL BEGAN

Health the Earth began in Kilmarnock 2006 to encourage an eco-friendly lifestyle and to voice environmental issues in the local area.

It was the beginning of a movement by ordinary people everywhere to mount a huge rescue operation by doing what we can in our local community to restore healthy eco-systems by minor lifestyle changes.

We are now well aware that the eco-system of the earth has been damaged by an excess of carbon dioxide (Co2) which is the biggest contributor to global warming. This is drastically affecting conditions needed to support life forms on this planet e.g. ice-caps are melting.

We humans are destroying nature's self-sustaining system which we depend on for food, water, shelter, warmth and the very air we breathe...the Earth systems have been supplying our needs through eons of time.

How can we all help heal the earth?

We can create a network of those committed to changing their lifestyles so you can experience a peace within yourself, contributing in your own community to restore the

wellbeing of the earth for your grandchildren.....the most wonderful inheritance of all.

We can begin by caring about the mess of the earth – caring enough to change our life in small ways...

Stop and consider the earth when shopping or making lifestyle choices.

Choosing local produce means you are helping to reduce the levels of Co2 in the atmosphere

Choosing organic means benefits to the health of the earth and your own health as well as more enjoyment...taste local, organic produce and you will never settle for less!

Aim for zero waste. Nature utilises all waste for new growth. We too need to reuse and recycle all we can. Buy produce in natural biodegradable packing or buying loose vegetables etc. Take your own bags; avoid plastic bags bottles and polystyrene, which are all toxic in production.

Refuse goods harmful to the earth which ends up in landfill...

Travel green. Reduce car/airline travel. Choose to walk or cycle, benefiting your health. Use public transport or car share. Give yourself and the earth a car-free day once every week – saving money. Reduce the carbon footprint in your home:

Switch off everything not in use, including pilot lights. Find a green energy supplier and reduce your energy bill by running heating only when you need it and turning the thermostat down a notch.

Insulate your home, close curtains in the winter.

Buy energy saving light bulbs and appliances – enjoy an eco-friendly break with the money you save!

All are welcome to attend our monthly meetings that are held in Kilmarnock.

Membership is available:

Cost £5/£2 (conc) per year.

Call Jan Sinclair 01563 520904 for details.



PEACE Childcare provides quality, affordable flexible out of school care in seven

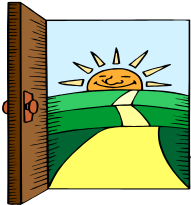
locations in Ayrshire, based in Annanhill, Gargieston, Onthank, St. Columba's and Silverwood Primary Schools as well as in the Village Hall in Dunlop, and a home based Sitter Service which covers all of Ayrshire and in addition to standard childcare, also supplies additional support needs personal care.

In May we opened a new centre in the new St. Joseph's Campus based in the Community Wing and as St. Mathews Primary will transfer there, we will be able to offer childcare to children we previously couldn't accommodate.

PEACE Childcare centres are staffed by qualified trained professionals who undergo a two part interview selection process; a formal interview and successful candidates at this stage of the process are invited to attend a practical assessment at one of our centres to allow us to see how they interact with the children. All successful applicants undergo Disclosure checks, and have to supply two references and a medical reference. In addition all staff are, or are in the process of being, registered, with the Scottish Social Services Council.

All our centres and the Sitter Service are registered with and regulated by the Care Commission and all consistently receive very positive inspection reports.

PEACE Childcare out of school care centres are open 8-9am (Onthank 7.15-9am) and 3-6pm during term-time and 8am- 6pm (Onthank 7.15am-6pm) during school



The Open Door Club

The Northern Local Community Planning Forum awarded a £200 grant to "The Open Door Club" Stewarton for enabling the members to have an excellent Christmas lunch at The Howard Park Hotel Kilmarnock on December 2007. The grant was gratefully received and it was a great day out for all members.



Mix and Matches

Mixes and Matches is a football club for people with a learning disability which meets in Catrine Games Hall on Monday night from 6 – 7 pm. The club was originally set up by Maureen Preston a Local Area Coordinator with East Ayrshire Council However it has

now grown from one or two members to over thirteen and has set up a committee to run the group. The group are to be congratulated on their recent success at The Evening Times Local Heroes Awards. They were winners in the Health and Wellbeing category and received their award at ceremony held in the Park Hotel. They have recently received funding from The Minerals Trust which was used to purchase football strips, track suits and equipment. As a result of their achievement in the Local Heroes Awards the group now also receive sponsorship from Warburtons. The club are ably supported by their coach Bobby and his team from Kilmarnock Club. Everyone associated with Mix and Matches would like to take this opportunity to thank all the people who have supported them over the past year.