



PKAVS

Enhancing Lives,
Connecting Communities



PKAVS Newsletter Spring/Summer 2017

www.pkavs.org.uk

Welcome

As I write this introduction to our latest newsletter, I'm reminded that it has been just over a year since I took on the role of Chief Executive at PKAVS. At this stage in 2016, I was spending time meeting with our charities' staff, volunteers, and clients, something that prompted me to truly realise the depth and breadth of the support and benefit we offer thousands of people throughout Perth & Kinross.

As a year passes, I am proud to reflect on the continuous and substantial change that our activities have made; activities that contribute to positive, long-lasting, and wide-reaching impacts for local people and communities.

Our Carers Hub has continued to grow, with nearly 400 new referrals received across our adult, young-adult, and young carers' services. Through 1-to-1 sessions, respite groups, therapies, residentials, day trips, group activities, and our Day Clubs, we have provided over 36,914 hours of life-changing support and care.

Our Mental Health & Wellbeing Hub has pushed forward with its 'Healthy Lifestyle' focus, supporting over 130 clients across Wisecraft and The Walled Garden through group activities, one-to-one time, qualifications, and training. Clients are now benefiting from spending time in our new Charity Shop, gaining valuable skills ranging from money handling to customer service and shop displays.

Our Minority Communities Hub continues to support and advocate for ethnic minority communities across Perth & Kinross, helping 1,572 individuals access multilingual information and advice, advocacy, or case work in the past year. The launch of our Money Matters project has seen enormous demand, with 629 clients being helped to maximise income and reduce their debt.

Our Third Sector & Volunteering Hubs are continuing to support, develop, and connect local voluntary organisations, charities, community groups, social enterprises, and volunteers. As Perth & Kinross' Third Sector Interface, it offers valuable representation and advocacy for the non-profit community.

2017 brings opportunities for us to offer further benefit to local people and communities. Our Carers Hub will increasingly look to identify 'hidden carers'; our Mental Health & Wellbeing Hub will work alongside Child & Adolescent Mental Health Services and schools to engage younger populations; and our Minority Communities Hub will assist the growing minority populations to access the mainstream services and valuable support on offer to them.

Alongside opportunities come challenges. With a financial climate that is making it increasingly difficult for charities to secure funding, and an uncertain outlook for the charity sector in the wake of 'Brexit', we have to work hard to raise funds to continue running our services. This is where you can help; your donations and support are invaluable to PKAVS.

Please take some time to read through this newsletter to learn more about our work and upcoming events. If you would like to donate or get involved, we would be incredibly grateful. Thank you for your continued support.

Best wishes,



Paul Graham
Chief Executive



A Big Thank You

PKAVS would not exist without the kindness and generosity of so many individuals, organisations, and partners. Both local and from the wider area, these donors, sponsors,

and funders keep our services and projects going, allowing us to continue helping thousands of people every year throughout Perth & Kinross.

TO THE PEOPLE OF PERTH & KINROSS

Our Funders:



The Lyndal Tree Foundation Shared Care Scotland The Betty Ross Trust
The Forteviot Trust The Henry Smith Trust Community Food & Health
Scottish Rural Development Programme Guildry Incorporation of Perth

Our Sponsors:



Our Donors & Supporters:



Schools across
Perth & Kinross

MUDDY COLOUR MAYHEM

ON SATURDAY THE 3RD OF JUNE PKAVS HUGELY POPULAR, VIBRANT, FAMILY FUN-FILLED, 5K COLOUR ASSAULT COURSE IS BACK!



Last year, over 100 runners took part in Muddy Colour Mayhem, and in 2017 we want it to be bigger and better!

With even more obstacles & colour, it is a day you can't miss out on! You'll run, wade through mud, tackle exciting obstacles; all while being showered in colour!

If mud isn't your thing, you can still join in the fun at our spectator points and entertainment zone with inflatable fun, stalls, food, and so much more!



Scottish Assault Courses Dundee, Errol Airfield, 10am - 2pm

Adult price £25
(over 16 years)

Child price £15
(8 years to 16 years)

Member of a team £20
(over 16 years, 4 or more people)

2017 SPONSORS



Perth Honda
www.perthhonda.co.uk



PKAVS Carers Hub made it possible for me to take my wife back to Hong Kong to visit relatives; she is suffering from bowel cancer, so this may be the last time she can make it out there.

I worked in the catering trade, and PKAVS knew of a charitable trust that I could apply to for financial assistance.

The visit made a dream come true; we were able to visit our son and other relatives, rediscover familiar places, and witness how things have changed since previous visits.

The highlight of the trip was to be with family and forget about our worries.

The whole experience has proved a real boost for my wife, lifting her spirits and making her more able to cope on a day-to-day basis. With her managing her condition more, my caring role is easier, and we can focus on spending quality time together.

Thank you PKAVS for making this trip possible, and for all the help and continuing support you have provided us at this time.

PKAVS supports more than 5,000 people a year. We couldn't help them without your support. Please text PKAV01 + the amount you'd like to donate to 70070 today.

SIGN UP NOW AT: www.pkavs.org.uk



Young Carers Identification Card Launched

In January, Deputy First Minister, John Swinney launched the 'Young Carer Identification Scheme', a project spearheaded by PKAVS Young Carers Service, alongside NHS Tayside and Perth & Kinross Council.

The Scheme consists of an ID card issued to Young Carers in Perth & Kinross. The card will enable children aged 8-to-16 in a caring role to be recognised as a Young Carer, increase their confidence in managing their caring role, allow medical professionals to share appropriate information with them, and assist schools in identifying them as Young Carers, helping them to put measures in place to support them.

Claire Baker MSP tabled a Parliamentary Motion recognising the hard work and

commitment of the PKAVS Young Carers Service in creating and launching the card.

Initially, the card will be used for ID purposes and will be the ideal tool for Young Carers to self-identify themselves to professionals in education and healthcare settings. Opportunities are being explored in consultation with NHS Tayside to allow card holders to use their card in discussions surrounding medication, diagnosis and prognosis, and prescription collection for the cared for person. It is also anticipated that the 'Young Carer Identification Scheme' will enable young carers to benefit from future provisions within the Carers (Scotland) Act (to be launched in 2018).

Carers Positive

PKAVS Carers Hub has been working closely with businesses throughout Perth & Kinross to raise carers' issues and ensure that they are supported in their places of work.

We are keen to encourage employers who feel they are working well supporting carers to apply to become a Carer Positive Employer, a free government initiative - see www.carerpositive.org for more information.

An example of the work we are doing with employers includes recently holding an awareness session with a group of Aviva staff to promote the support available in the community and within their workplace. We are in positive talks with SSE and Horsecross, who are keen to connect with employees who have caring responsibilities in their personal lives.

If you are an employer or believe that your employer may be interested in becoming a "Carer Positive" organisation, please contact Kerry on **01738 567076** or email Kerry.Donaghy@pkavs.org.uk



Carers Events

Monday 12th of June – Sunday 18th of June is Carers Week, and PKAVS Carers Hub will be holding events across Perth & Kinross to raise awareness of caring and recognise the invaluable unpaid carers all around us.

The events will be taking place in Kinross, Crieff, Pitlochry, and Blairgowrie throughout the week, with a Carers Celebration Bash being held in Perth on Friday the 16th of June, a celebratory party to recognising all the hard work the Carers of Perth & Kinross perform every day.

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face, and recognise the contribution they make to families and communities throughout the UK.

CARERS CELEBRATION BASH

Friday 16th June, 7pm - Midnight
Lovat Hotel, Glasgow Road, Perth

Music by **Taurpaulin!**
Unpaid carers and their families and friends of all ages are welcome

Call **01738 567076** to book your FREE ticket or email Kerry.Donaghy@pkavs.org.uk

Jemima's Wheels

PKAVS Carers Hub has helped unpaid carer Linda successfully apply for a grant of £4,795 from the Licensed Trade Charity and Hospitality Action.

Linda is the main carer for her mother, Jemima who has advanced Alzheimer's disease. Together with her children, Brendon and Kyra, who are being supported by PKAVS Young Carers and Young Adult Carers Services, they work closely together as a family to provide support to Jemima to meet her care needs.

PKAVS Carers Hub has been supporting Linda for almost five years. She first registered with the service in 2011 for carer's support, general information and respite options. Since then, on-going carer's support has been provided to Linda and helped her in applying for various funding sources in the past.

The £4,795 has allowed the family to buy a car which has made a significant impact on their lives. It enabled them to go out together and spend some quality time as a family. The car also provided them with flexibility as they are no longer tied up with their caring roles and the consequences that come with it.

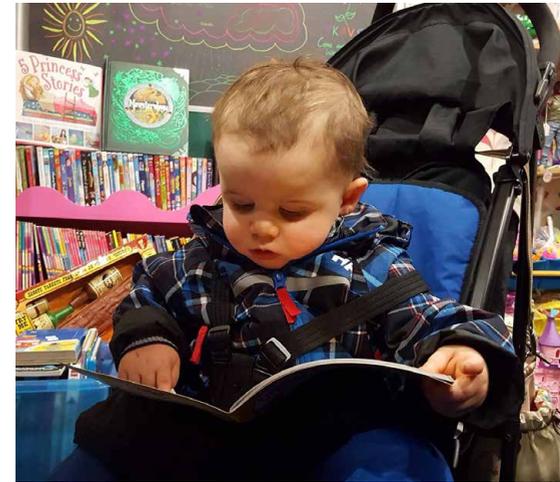


The wheelchair accessible vehicle has made an immense difference in all my families' lives. We are now able to join in with our community, and we can participate in family outings, which we have not been able to do before. My mum can enjoy different environments which have helped her immensely.

PKAVS Charity Shop Blossoming

Over the past 6-months, our Charity Shop has gone from strength-to-strength, becoming an established part of Perth's retail scene. As well as offering our customers high-quality fashion, homewares, toys, and books, we have sold some rather special finds including a beautiful wedding dress, giant art prints, a Chinese tea set, and a set of books for over £100!

Our team of devoted volunteers and shop manager, Jo have made sure that any visitors are met with a warm welcome and offered any help and advice they might need. We hope that you can come by and pay the Charity Shop a visit soon to see all the treasures we have to offer.



Without volunteers it would be impossible to keep our shop running, if you could spare a few hours each week we would love to have you come and help us. If you are interested then why not get in touch with Joanne.Eagleton@pkavs.org.uk or call **01738 567076** today.

SAVE THE DATE
PKAVS BROADWAY BALL

FRIDAY 1ST SEPTEMBER 2017

IN ASSOCIATION WITH THORNTONS LAW

Salutation Hotel, Perth ☆ £50pp or £450 for a table of 10
Email fundraising@pkavs.org.uk or call 01738 567076 to book

133 South Street, Perth, PH1 8PA | Open: Tuesday to Saturday 9am – 5pm



Shopmobility's Brand New Offices

Local lifeline, Perth Shopmobility helps over 1,600 local people to retain their independence and perform everyday activities by lending electric scooters and wheelchairs to those with mobility problems.

The service recently moved to temporary premises in St Johns Shopping Centre while the Canal Street Car Park was refurbished. In January, it returned to brand new offices, through which it will continue to provide its vital service to so many throughout Perth & Kinross.

The opening of the new premises was attended by Provost Liz Grant where she was joined by Shopmobility users, Paul Graham, PKAVS Chief Executive, Dave McLellan, Shopmobility Coordinator, and Robert Macduff-Duncan, PKAVS Board Member.

Dave McLellan said, "Having been temporarily located in St John's Shopping Centre for the last three months, Perth's very own award winning Shopmobility service has now moved back to a new, purpose-built office, in the refurbished Canal Street Multi Storey Car Park." He added, "Although being in the shopping centre really did a great deal to

promote the service at an extremely busy time of the year, it's great to have our very own facility complete with disabled parking which enables anyone with a mobility problem the opportunity to access electric scooters and manual wheelchairs to get out and about in the town centre."

Providing people who would otherwise struggle to access the vibrant city's shops, eateries, and facilities, the scheme ensures that nobody is disadvantaged and Perth's centre can be enjoyed by all.

Perth Shopmobility is always looking for donations to help support its fleet of vehicles, allowing those who take advantage of the service to access comfortable and reliable help whenever they need it. If you can help support the service, then please get in touch by calling **01738 567076** or emailing fundraising@pkavs.org.uk

PKAVS POUND APPEAL

THE NEW £1 COIN ARRIVED ON THE 28TH MARCH 2017

From 15th October, the old £1 coin will no longer be legal tender.

What will you do with your old £1 coins?
Why not help your local charity?

Whether it's just a single coin or maybe more, donating your old £1 coins to PKAVS can help young and adult carers, adults recovering from mental ill-health, minority communities, voluntary groups, and volunteers.



Drop your old £1 coins into:

The Gateway

North Methven Street, Perth

PKAVS Charity Shop

133 South Street, Perth

The Walled Garden

In the grounds of Murray Royal Hospital, Perth

Wisecraft

Lower Mill Street, Blairgowrie

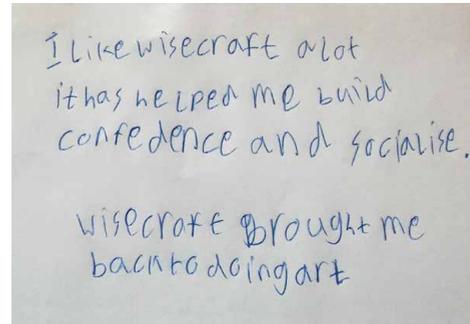


Our Stories

Robbie, 16, was referred to Wisecraft by his school in summer 2016 after his attendance gradually started to dip. He attended Wisecraft throughout the summer break, predominately in our joinery workshop and garden, gaining new skills and learning from others.

After the summer break was over, Robbie wanted to continue his support with us, and it was agreed, with the support from Robbie's school, that he would attend Wisecraft two days per week, as part of his education timetable.

Here's what Robbie has to say,



I like wisecraft a lot
it has helped me build
confidence and socialise.

wisecraft brought me
back to doing art



Festive Fun

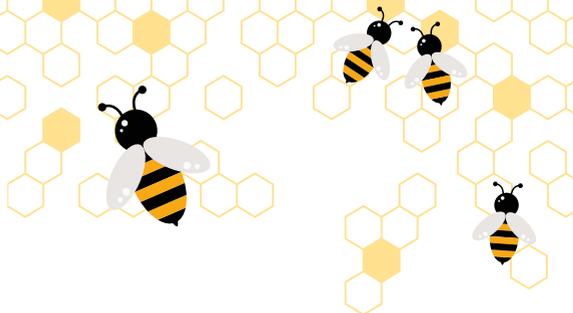
November saw us raise a fantastic £656 at our Countdown to Christmas event! The day featured a children's candy cane hunt, art workshops, stalls, Christmas themed food in our Walled Garden Café, and a raffle!

Team Building in the New Year

In January, we ran a residential in the Belmont Centre, Meigle. Seven clients attended the one night stay, which included a group walk, archery, team building activities, and fire building. A great opportunity to unwind and have fun!

A Buzzing Success

Recently, our Walled Garden successfully received £1,440 environmental grant from the Greggs Foundation to establish a bee colony. Our gardener, Rachelle has undertaken a beekeepers course, and the clients have prepared an area of the garden for our bee hive arriving in July!



Working with Young People

To help develop our links with younger people, we have been presenting to S5 & S6 pupils in two local High Schools. Our presentations have covered stigma, facts and myths, and information about Wisecraft and The Walled Garden. We have also met with Child & Adolescent Mental Health

Services to discuss potential referral links, and are working with ten young people, aged 16 - 25 years. Since November, we have also received three new referrals from PKAVS Young Adults Carers Service and Perth YMCA.

Roots Scotland Project

In March, The Provost, Liz Grant, officially opened a nationwide touring exhibition at Perth College UHI. The exhibition focuses on the experience of people from ethnic minority communities who have come to live in Scotland and their contributions to Scottish life and culture.

As a part of the Roots Scotland Project, the Minority Communities Hub worked with West of Scotland Regional Equality Council, Perth Chinese Community Association, and other community groups to organise a celebration of the Chinese Mooncake Festival which included a Mooncake and Lantern making workshop and Lantern Parade in Perth City Centre.

Councillor Ian Miller, Chair of the Programme Board for Perth's UK City of Culture Bid, said: "Perth's City of Culture bid is rooted in our diverse communities. Our programme is based on what our communities have told us is important to them, including the key theme of 'belonging'. The bid will celebrate

Perth's place as a meeting point for different ideas, people and traditions, and the cultural contribution of our immigrant communities, old and new. As such, the Roots Scotland exhibition is an ideal fit for our bid, and I'm delighted to welcome it today."



International Women's Day

The Hub celebrated International Women's Day on the 8th of March, with women from 8 nationalities attending an event. It was a wonderful experience of sharing stories, culture, and the perception of the different roles of women in countries throughout the world, all alongside lovely international food. The event was kindly supported by Perth & Kinross Council and "Jar Of Jewels" International Women's Group.



Future Prospects

Working alongside fifteen services, on the 25th of February we welcomed fifty ethnic minority community members to "Future Prospects", the only job fair of its type in Perth & Kinross.

It was an opportunity to find out more about employment, with a range of employers, education providers, and organisations helping to enhance skills and provide advice.



Third Sector Organisational Development

PKAVS Third Sector and Volunteering Hubs fulfil the role of Third Sector Interface (TSI) for Perth and Kinross. Community groups, charities, local associations, and everything in between are an essential part of what happens in Scotland, and our role as TSI is to provide the support needed for an empowered and resilient Third Sector.

Charities, community groups, and voluntary organisations come to their TSI for many different reasons; from help with constitutions and charity registration, providing independent examinations of accounts, or developing better governance

and attracting new Trustees. In the last year, we have supported in the setup of 38 new organisations, as well as helping 36 existing groups to develop. Funding is another area in which we can provide support and expertise, in the last 12 months we have helped over 50 organisations identify and apply for over £400,000 in funding.

To find out more, or to access support for your Third Sector organisation, contact **Holly Bryon-Staples** by emailing holly.bryon-staples@pkavs.org.uk or call **01738 452209**.

Social Enterprise Support

At a recent Third Sector Interface Social Enterprise Practice Forum, Olivia Robertson, co-owner of The Home Straight in Alyth, gave a presentation on the growth of her social enterprise and how her local Third Sector Interface, PKAVS Third Sector Hub, has supported her in its development.

The Home Straight was founded in March 2012 to help older people and their families navigate their way through the daunting process of moving and downsizing, as well as advising if adaptations might allow them to continue to live in their current home safely and independently. From small beginnings, The Home Straight is now greatly involved with Housing Associations, works in

partnership with organisations/providers in England, and offers two self-catering holiday cottages in Alyth which are suitable for the less able to enjoy. It is currently attending an Export Bootcamp with Scottish Enterprise and working on re-designing existing every-day products suitable for the elderly and people with disabilities and restricted mobility.

The Home Straight has been supported by PKAVS Third Sector and Volunteering Hubs through its membership of the Perth & Kinross Social Enterprise Network, receiving information on funding, training opportunities, networking, events and much more.



Staff Accolade!

In November, at a glittering ceremony in Crieff Hydro, Perthshire Chamber of Commerce held their Business Star Awards. PKAVS Carers Hub Manager, Raymond Jamieson was

announced the winner in the Employee of the Year category! This is a huge and well-deserved achievement, and we would like to wish Raymond our heartfelt congratulations.



Our People



Name: Jasmin Watt

Title: Young Carers Schools Outreach Worker

"I am very pleased to be part of the PKAVS team! There is a wealth of opportunity to learn and develop as a practitioner here. Working with young carers is great, they continue to inspire me."



Name: Marthe Handling

Title: Respite Development Officer

"I took up the post of Respite Development Officer with PKAVS at the beginning of March and have received such a warm and friendly welcome from all the staff. I look forward to working with everyone over the coming months and learning as much as I can. One of my main focusses will be developing the Respite programme and widening the options available to carers."

PKAVS Nurtures

The Young Carers Nurture-Based Group is a respite group with a focus on building confidence and reducing social isolation. The group differs from the regular respite groups in that it is much smaller, usually around 4 – 8 young carers, which can be very beneficial, particularly for those who find the larger group daunting or overwhelming.

The group gives the young carers a safe space to attend every week, for an 8-week period. Here they can discuss any worries or concerns that they have in relation to their caring role, or other concerns in general. In the final week of the program we have a 'celebration session' where the young carers can choose an activity, some past activities have included go-karting, bowling, laser tag, or going out for a meal.



Andy Chan – Perth Pioneer

PKAVS are incredibly excited that our Chairman, Andy Chan has been nominated as a Perth Pioneer, part of the Perth 2021 UK City of Culture bid. Andy was nominated for

his work promoting inclusiveness, enhancing lives, promoting multicultural events, and connecting communities throughout Perth and Kinross.

Andy's efforts in fostering integration, community cohesion, and supporting equality of opportunities in accessing public

information and services led Andy to become involved with PKAVS, setting up a new Hub for minorities in Perth and Kinross.

Andy said, "I was first involved with PKAVS through the setup of the Minority Communities Hub ... and being born in Perth, I was already involved with the Chinese community based here. We are one of the longest established minority communities in Perth and Kinross, and the purpose of the Minority Communities Hub is to help integrate ethnic minority people coming here by supporting them to access services and improving language skills."



Christmas Appeal Achievement

Our 2016 Christmas Appeal was a fantastic success raising an incredible

£7,252.06

CHECK OUT SOME OF THE HIGHLIGHTS:

CHRISTMAS JUMPER DAY

Schools and local business across Perth & Kinross took part in Christmas Jumper Day raising well over £1000!



CHRISTMAS MARKET & FAIR

Our Christmas Market & Craft Fair featured lots of stall holders and Christmas shoppers. Santa even paid a visit!



STREET COLLECTION

PKAVS staff and volunteers were out at Perth's light switch-on with some familiar faces raising valuable funds!





WAYS TO DONATE

PKAVS improves over 5,000 local lives each year; to keep doing this we need your support. You can help us by donating today!

- Visit [JustGiving.com/PKAVS](https://www.justgiving.com/PKAVS) or Text PKAV01 £(amount) to 70070
- Send a cheque made out to PKAVS to The Gateway, North Methven Street, Perth, PH1 5PP
- Visit [EasyFundraising.org.uk/PKAVS](https://www.easyfundraising.org.uk/PKAVS) to fundraise while you shop
- Visit www.pkavs.org.uk to find out about other ways to give including through Legacies, Payroll Giving, and Fundraising.

Contact us

www.pkavs.org.uk, The Gateway (Head Office), North Methven Street, Perth, PH1 5PP
Tel: 01738 567076 Email: admin@pkavs.org.uk  /PKAVS  @PKAVScharity

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