

NEWSLETTER

YOUR NEW LOOK BLACK ISLE CARES!

We've given the Black Isle Cares image a makeover with a **fantastic new logo** and lots of new marketing materials in the pipeline!

We were delighted when local graphic designer Amy McIlhenny offered to do the design work for us free of charge - what a star!

amymcilhenny.co.uk
[@amymcilhenny](https://www.instagram.com/amymcilhenny)



This makeover was part of the work done in our recent **Development and Sustainability project**, which was funded by Highland Council Community Regeneration Funding. The project included a community consultation carried out by UHI, lots of discussion with local partners (such as Black Isle Men's Shed, local churches & health professionals), a review of how we promote our services and an environmental impact assessment. The information gained from this work has given us a clearer idea of how BIC services will be planned for the future. New developments include more group activities around the Black Isle, extension of the Meals at Home service to a wider area, development of a new volunteer team to offer more practical assistance to community members (details on p2!) and assist with getting clients to activities and further development of our community garden and sharing larder.

NEW VOLUNTEERING OPPORTUNITY

BIC is creating a new team of general volunteers to help vulnerable members of the community with practical, everyday tasks. This exciting new development is one of the main outcomes of our recent development work was finding out what barriers and challenges people face in rural communities on the Black Isle. Well recognised issues such as lack of transport, need for accessible group activities to alleviate social isolation and better awareness of local services in the area were all highlighted. BIC already provides a range of support to people who find themselves isolated from their communities through health issues and lack of family or social connections. This new team of general volunteers will complement the existing BIC services and will enable them to develop much needed group activities in particular. General volunteers can help with a range of practical tasks such as shopping, DIY & gardening and transport to activities & appointments. The nature of volunteering is changing and it is recognised that people often want to put something back to their communities but have limited time due to their other commitments.



**BLACK ISLE
CARES**

NEW VOLUNTEERING OPPORTUNITY!

DO YOU....

- Want to help people in your community?
- Want to volunteer in a flexible way?
- Have skills & interests you want to use?

WE'RE LOOKING FOR GENERAL VOLUNTEERS TO HELP VULNERABLE MEMBERS OF THE COMMUNITY WITH PRACTICAL TASKS SUCH AS SHOPPING, DIY & GARDENING AND TRANSPORT TO ACTIVITIES & APPOINTMENTS



Please email admin@blackislecares.com or befriending@blackislecares.com or call 07548 343375 if you are interested in learning more!

Becoming a BIC general volunteer is an ideal way of helping your community on an occasional and flexible basis. If anyone is interested in learning more about joining the Black Isle Cares team, we would love to hear from them – just email admin@blackislecares.com or befriending@blackislecares.com or call 07548 343375 for further information.

8 YEARS OF MEALS AT HOME!

Celebrating 8 years of meals at home!

Ingredients :

20 volunteers

1 Co-Ordinator

3 meal suppliers

1 delivery service

45 regular clients

A special dash of smiles

= Recipe for success!!

Thank you to all involved!

*Not forgetting all the help from other
suppliers in the past and in the background*

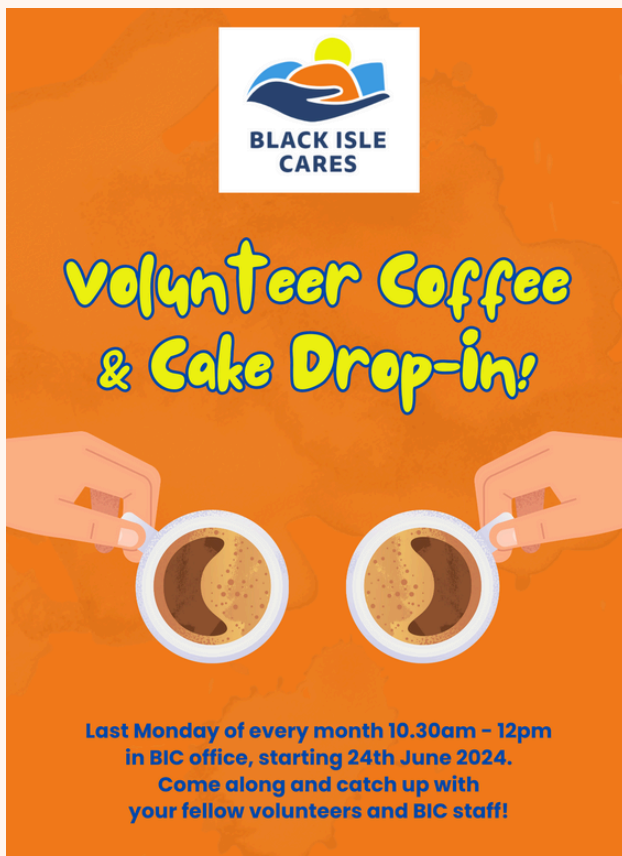
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VOLUNTEER WEEK 3RD - 9TH JUNE

It's National Volunteers' Week from 3rd to 9th June - we'll be thanking the BIC volunteers for all their amazing work of and celebrating everything that's great about volunteering!!

There will be posts on our Facebook and Instagram pages, telling everyone more about our volunteers and how much the work of Black Isle Cares depends on them.



We're starting monthly Coffee & Cafe Drop-In sessions for our volunteers, starting on 24th June. All volunteers are welcome to come along and get the craic with their fellow volunteers!

INTERGENERATIONAL ACTIVITIES

FORTROSE ACADEMY S3 FOOD DRIVE FOR BLACK ISLE CARES

Well done to the pupils, teachers and parents who got involved with the latest food drive for our community larder. Events like this are essential for the larder to remain well stocked !



BLA

OTHER RECENT INTERGENERATIONAL EVENTS..



FUNDRAISING & EVENTS

OUR FUNDRAISING EVENTS PLAY A VITAL PART OF OUR CHARITY, AS WE ARE NON PROFIT AND DO NOT RECEIVE REGULAR FUNDING. OUR TRUSTEES, STAFF AND VOLUNTEERS RUN EVENTS THROUGH THE YEAR WITHIN THE LOCAL AREA.

Upcoming fundraisers include the Quiz 5th July, St Boniface Fair 5th August and the Classic Vehicle Rally on 31st August - come along and support us!!



QUIZ NIGHT

JULY 5TH 2024 - 7PM START

MASONIC LODGE, STATION SQUARE FORTROSE

TO BOOK CALL 07548343375 OR EMAIL admin@blackislecares.com

RAISING VITAL FUNDS FOR OUR COMMUNITY PROJECTS.

BLACK ISLE CARES

The Queen's Award for Voluntary Service

OSCR
Scottish Charity Regulator
www.oscr.org.uk
Registered Charity SC045371

FORTROSE AND ROSEMARKIE

CLASSIC VEHICLE RALLY



Saturday 31st August at King George V Sports Field from 12 noon to 4pm

**Over 150 classic vehicles on display
classic cars, motor cycles, commercials**

**Sales stalls, local produce, raffle prizes,
music and other entertainment**

Teas and snacks available

Admission free!



WE WERE DELIGHTED TO RECEIVE FUNDING RECENTLY FROM PARKLANDS CARE HOMES. THIS WILL SUPPORT OUR ONGOING WORK IN COMMUNITIES.

DONATIONS

ORDER OF MALTA

A HUGE THANK YOU TO THE ORDER OF MALTA FOR THEIR VERY GENEROUS DONATIONS RECENTLY.



SPECIAL THANKS ALSO TO ALL THE FAMILIES WHO HAVE CHOSEN TO DONATE FUNERAL COLLECTIONS TO BIC - THIS IS VERY MUCH APPRECIATED

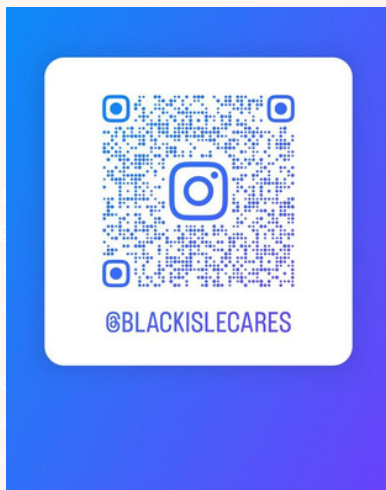
OTHER NEWS

MIX AND MINGLE SESSION - every Thursday afternoon in Fortrose Library. Games, crafts and lots of other activities!



FORTROSE ACADEMY CAREERS FAIR - Elaine & Karin (BIC coordinators) attended the recent careers fair to tell students about volunteering opportunities with BIC.

BIC is now on Instagram! Scan the QR code below for link.



Mix and Mingle
Intergenerational friendship and fun
Thursdays during term time
2—3.30pm at Fortrose Library
Open to adults, young and old! Come alone or bring a friend!

Join young people from Fortrose Academy, volunteers from Black Isle Cares and library staff for a cuppa, a tasty treat, a blether and the activity of your choice!

Choose from:

- Simple Arts and Crafts!
- Our Community Jigsaw!
- Scrabble, Dominoes or Chess!
- Sudoku and Crosswords!
- Mindfulness Activities!
- Your own project (bring your knitting!)
- The odd sing-song!
- A good old chat!

If you have any question or need assistance to attend, please contact us on 01381622235 or fortrose.library@highlifehighland.com

BIC

Zero Waste Food Challenge

Can you reduce your household food waste?
Take the **ZERO WASTE FOOD CHALLENGE!**

REDUCE WASTE **HEALTHY CHOICES** **SAVE MONEY!**

JOIN WORKSHOPS IN YOUR AREA!

Come join us for a fun and impactful series of events all about reducing food waste at home!

From tips on meal planning to creative recipes for leftovers, fermenting and pickling, growing your own food, to composting. You'll be inspired to make small changes that make a big impact. Booking essential.

Follow the QR code to book your place

Contact laura@transitionblackisle.org or lyn@transitionblackisle.org

Transition Black Isle and Highland Community Waste Partnership

Keep Scotland Beautiful

COMMUNITY FUND