



MESSAGE FROM GEORGE STEVENSON

Preses, Sons of the Rock Society

WELCOME to the Society's sixth newsletter. We hope that you enjoy reading it and learning about our progress throughout 2016. We warmly encourage any contributions from members.

Please e-mail to:
info@sonsoftherock.org.uk

or write to the Secretary
 at:

Sons of the Rock
 23 King Street
 Doune
 FK16 6DN

Telephone:
 01786 841809

In this issue:

- George Stevenson
- Annual Gathering 2017
- Gartmore fundraising event.
- Grants summary 2016



I am very grateful to my fellow Trustees and members of the Society for all their support over the last year.

Time seems to have flown by since Auld Hansel Monday 2016 and I am delighted to report on a very productive year for the Society. The Trustees and Secretary have been actively networking with care sector charities and community groups who work most closely with those in crisis. This has enabled a record £7,800 in grants to be awarded to those in most need in the Stirling and Falkirk Council areas. We know small amounts of money from the Sons of the Rock can make a big difference to people facing serious poverty, often linked with disability.

As a Falkirk businessman, I am convinced the work of the Society is as essential now as it has ever been in its 200 - year history. Recent research by Heriot Watt and Glasgow Universities shows that almost 50% of savings being made by Scottish Councils fall within resources most needed by the financially worst off, including public transport, social work services and grants to

Citizens Advice Bureaux. In real terms in 2016-17, the Councils' revenue settlement with the Scottish Government is down by £500 million or 5.2%. Social work and social care services will not be able to withstand continued cuts on this scale without hurting the most vulnerable in our communities.

I am delighted that this year, for the first time, the Society's Trustees organised a very successful fundraising event in Gartmore - see below for more details. This has boosted our financial reserves, thus enabling us to increase our annual grants budget, and has made more people aware of the unique role of the Sons of the Rock.

I encourage everyone to persuade their friends and colleagues to become members of the Society by paying an annual donation of £25, preferably under Gift Aid – see our Secretary's contact details opposite. Our Members Event plans for 2017 include a 'Behind the Scenes at the Great Trossachs Forest' day, to be held in early summer on the 'Sir Walter Scott' steamship at Loch Katrine. It promises to be fun and interesting, and I hope to see you there.

The Society continues to move forward and is in good heart. Please spread the word and continue to support our work.

Annual Gathering 2017: AGM and Lecture – Auld Hansel Monday, 16 January at 7pm.

The Stirling campus building of Forth Valley College (beside the M9 next to junction 10) is once again the venue for our AGM and Annual Lecture, which as usual will be followed by a two course meal in the Gallery Restaurant.

We are delighted to confirm that our Annual Lecture "The Samaritans Through the Decades" will be given by **Elizabeth Boyle**. Falkirk and Central Scotland Branch of Samaritans celebrated its 50th anniversary last year. Elizabeth has served as Chairman of the Branch as well as in senior volunteer positions in the wider UK organization. Having lived in Falkirk for many years and been an Assistant Head Teacher, she is ideally qualified to talk about the local work of Samaritans volunteers, especially helping our schools to manage the increasing prevalence of mental health problems among young people.

Sons of the Rock Fundraiser – ‘The Investigator, the Craftsman and the Art Historian’ at Gartmore Village Hall, 15th July 2016

An audience of 90 people greatly enjoyed learning about the work of a paintings conservator from Kate Seymour, Head of Education at SRAL based at Maastricht in the Netherlands. The varied programme comprised an illustrated lecture, a delicious light lunch and an afternoon workshop session which covered some of SRAL’s conservation projects, providing a fascinating insight into a wide range of conservation techniques as explained by a trained teacher and lecturer. Pictured below is Kate talking to two participants.



The event was judged a great success and raised £1,680 for the Society’s funds. It also brought our work to the attention of a much wider audience, as many who came were not members. Special thanks are due to Carol and Mark Seymour as members for suggesting this event - and to Kate for agreeing to provide such an interesting programme - in aid of the Society. Several of our Trustees played a key role in planning, promoting and assisting in the organization and catering on the day. We hope this has set a useful precedent for other members to follow.

Grants Summary 2015-16

We awarded over **£7,800** in grants in the year. This included provision of the following, in response to **individual** applicants:

- new bedding, furniture and flooring for two families with young children, endorsed by **Home-Start Stirling**.
- ‘Spa’ bath for a young woman with cerebral palsy, endorsed by **NHS Forth Valley** occupational therapy service.
- bedding and white goods for a recently re-housed woman escaping domestic violence, endorsed by **Shelter Stirling**.
- new gas cooker for a severely disabled man, endorsed by **Council on Disability**.
- new double buggy for a young family dealing with illness, endorsed by **The Action Group Falkirk**.
- supply and fitting of internal doors, carpet, fridge and household items for four families, endorsed by **Shelter Stirling**.
- transport for a 14 year old carer to attend Young Carers Group sessions, endorsed by **Stirling Carers Centre**.
- purchase of a lawnmower for a client with mental health issues, endorsed by **Shelter Stirling**.
- kitchen furniture and household items for a man with mental health issues, endorsed by a **Stirling Council** social care officer.
- specialist optical filters for a woman with Irlen Syndrome, endorsed by **Stirlingshire Voluntary Enterprise**.
- baby equipment for a young single mother, endorsed by **Stirling & District CAB**.
- contribution towards specialist counselling course fees for a key volunteer, endorsed by **Central Carers Falkirk**.
- creative art sessions at Delta Studios learning centre, Larbert for a young school leaver, endorsed by **Carrongrange School**.
- contribution to course fees for a nutrition and weight management volunteer worker, endorsed by the **Equipmen** charity.

We also gave grants to three **Organisations**:

- £422 to **Denny Community Support Group** for sensory toys used by the Shine group of children with special support needs.
- £500 to **Town Break Stirling** towards design and production costs of a ‘life story’ booklet for dementia clients.
- £500 to **Falkirk and District Association for Mental Health** towards coach hire for its ‘No Men Nevis’ fundraising event involving over 300 local women volunteers; nearly £68,000 was raised.

Feedback reports from these last two grants have been highly positive, as these extracts and photos show.



“This is life story work in action. The lady on the left is relaying information to our Worker on certain aspects of her life story booklet and what she wants included. This takes time to get it just right.” **Town Break**.
Photo Town Break

“So on behalf of everyone connected with FDAMH who will benefit as a result of No Men Nevis, and all those who are now more aware of our service, a huge big thank you to The Sons of The Rock for their support.” **FDAMH**
Photo FDAMH

