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THIRD SECTOR NEWS

[DISCLOSURE \(SCOTLAND\) ACT 2020 UPDATE - FIVE-YEAR PVG MEMBERSHIP](#)

From **1 April 2026**, new PVG scheme memberships will last five years from the date of joining. Existing members who submit a PVG application after this date will automatically move to a five-year membership, replacing lifetime membership.

MOVING TO FIVE-YEAR MEMBERSHIP

Disclosure Scotland will move current PVG members from lifetime to five-year membership in phases. **No action is required from applicants or organisations, as Disclosure Scotland will contact individuals directly.**

Existing members who **do not** make a PVG application after **1 April 2026** will not be moved immediately. Transitions will take place in 'join order,' starting with those who joined in 2011 and progressing to the most recent joiners. More information will be shared in the coming months when this work is expected to begin.

There is no change to the current PVG scheme application process. You do not need to apply earlier or more frequently than usual. The 1 April 2026 update does not affect how you submit applications. Continue to follow the guidance on Disclosure Scotland's [website](#).

RENEWAL OF MEMBERSHIP

Every five years, renewal of your PVG scheme membership will be required. Renewing your PVG scheme membership will be a separate process from submitting a PVG scheme application. [See Scenario Examples](#)

If you have any questions or need further support, please contact:
complianceandtraining@volunteerscotland.org.uk

[REACH MUMS ACROSS SCOTLAND – A NEW MAKING WORK WORK PROGRAMME LAUNCH](#)

Making Work Work is a suite of employability programmes to support women to return to or progress in work.

This brand-new programme in partnership with the Scottish Government is a nation-wide pilot designed to align with the Scottish Government's focus on tackling child poverty. By supporting mothers to find work which aligns with their skills and aspirations, and their financial futures, we can help create lasting change, not just for individuals, but for their families and communities too.

Participants will get: • Employability skills refresh • Professional confidence and identity rebuilding • Expanded networks • Chartered Management Institute-recognised training plus a CPD certificate • One to one job coaching • Support to maximise income and benefits • A 1-page professional profile • A clear plan to return to work • Signposting to local services and support

The programme launches on Monday 23 February, with a tight application deadline.

Sign up to the programme! Eligibility details and the application form are available here: <https://www.makingworkwork.scot/fairflexiblefutures>

[WATER AND SEWERAGE CHARGES EXEMPTION SCHEME](#)

If you run a charity registered in Scotland or a Community Amateur Sports Club (CASC) you may be exempt or eligible for reduced water and sewerage charges through the Water and Sewerage Charges Exemption Scheme. **You must apply for the scheme every year. It runs from 1 April to 31 March.**

Who's not eligible

Your charity or CASC **will not** be eligible for support if:

- your charity has a **permanent alcohol licence to sell alcohol** at the premises
- your premises is **either a charity shop or is used for selling new or second hand merchandise**
- your premises is a **café which is open to the public on a regular basis to generate income** – this excludes canteens for volunteers
- you're a local council or an Arms-Length External Organisation (ALEO) used by councils to deliver services

More information is available here: [Water and Sewerage Charges Exemption Scheme - mygov.scot](#) and [Charities Exemption Scheme - Scottish Water](#)

[SCOTTISH BUDGET 2026 - 2027](#)

The Scottish Budget for 2026 to 2027 was published on 13th January 2026, setting out the Scottish Government's proposed spending and tax plans for 2026-27, as presented to the Scottish Parliament. See [this article](#) from Social Enterprise Scotland for insight on how this budget aligns with Scotland's social enterprise sector and social investment.

[YOUTHLINK SCOTLAND: NATIONAL YOUTH WORK AWARDS 2026](#)

Deadline extended: 9th February

Nominations are now open for this year's National Youth Work Awards! This is your chance to recognise and celebrate the youth workers, projects and youth work organisations transforming young lives across Scotland.

SCVO [HR FOR CREATIVES PROGRAMME](#)

Organisations want to create working environments where people can thrive in the creative industries. But budgets are tight, people are busy, and dedicated HR expertise isn't always accessible. The programme offers free HR support and development to 35 arts, screen and creative industries employers for 12 months.

SCVO's HR for creatives programme offers organisations:

- an HR health check of policies and procedures
- one-to-one expert HR and people management advice from SCVO's HR Service team
- webinars, peer-to-peer learning and networking.

[Applications are now open](#) until **12 noon on Monday 16th February 2026** for micro to small sized arts, screen, and creative industries organisations based in Scotland with no in-house HR, or specialist HR support.

[NATIONAL COMMUNITY LEARNING AND DEVELOPMENT \(CLD\) WORKFORCE SURVEY](#)

Please follow the link to complete the survey:

<https://www.smartsurvey.co.uk/s/CLDWorkforceSurvey/>

The survey is open to CLD practitioners, employers, stakeholders and volunteers. It's purpose is to capture workforce data, building on what we found in the last survey conducted in 2018.

The survey includes topics on staff and volunteer numbers, focus on CLD activities, qualifications, career plans, and challenges for the CLD workforce. It should develop important insights to help us better understand and support the workforce moving forward.

Communications regarding the survey will come from [Rocket Science](#) – the organisation we've commissioned to run the survey, and please be ready to share the survey with your networks – **the more responses, the more we will know.**

The survey will be open for around 8 weeks closing at the end of February, please complete as soon as possible for your responses to be counted. If you have any questions, please contact Jamal Hassan, Rocket Science Research Consultant -jamal.hassan@rocketsciencelab.co.uk

NEWS FROM THE CHARITY REGULATOR (OSCR)

[WEBINAR – GETTING YOUR CHARITY ACCOUNTS RIGHT: A GUIDE FOR SMALLER CHARITIES, TUESDAY 3 MARCH 2026, TIME: 1PM-2PM, ONLINE](#)

Every year, each charity registered in Scotland must send OSCR an online annual return, along with annual accounts, a Trustees' Annual Report and an external scrutiny report. This is a legal requirement, and charities must send this information to us within 9 months of their financial year-end date.

To help smaller charities get this right, we're hosting a webinar led by OSCR's accounting experts. We'll explain what to include (and what not to include) in your accounts, with clear examples tailored for small charities.

RESOURCES

[UK POVERTY 2026: THE NEW REPORT FROM THE JOSEPH ROWNTREE FOUNDATION](#)

The report revealed that in 2023/24, one in five people in Scotland were living in poverty. It also showed Scotland has one of the highest proportions of workless households, while people who are working tend to earn less.

[PUBLIC HEALTH SCOTLAND PUBLISHES NEW 10-YEAR STRATEGY, TOGETHER WE CAN](#)

Public Health Scotland's new 10-year strategy, Together We Can, sets out a clear and ambitious direction for improving and protecting the health and wellbeing of people across Scotland.

[CHILDREN FIRST SUPPORT LINE](#)

All stages of growing up bring their own unique challenges. From baby milestones, toddler tantrums, friends, bullying, school, exams, mobiles, harmful online content, social media, peer pressure to mental health. The list is endless. To make matters worse, a staggering one in four children in Scotland are living in poverty. If you are struggling you are not alone. The Children First support line offers emotional, practical and financial support. You can also call if you are worried about a child's wellbeing in your local community.

Call free on 08000 28 22 33 or start a webchat at www.childrenfirst.org.uk/supportline .

TRAINING AND EVENTS

[CYBERSOTLAND WEEK 2026](#)

Lead Scotland is hosting five free, accessible online webinars as part of CyberScotland Week, running from 23–27 February 2026.

Join us every day at 11am for simple, practical steps you can take to stay safe online, whether you're looking for a refresher or learning the basics for the first time. Designed for disabled people, suitable for everyone:

- 6 things to do for staying safe online, Monday 23 February 11:00-12:00
- Staying safe from phishing, Tuesday 24 February 11:00-12:00
- Staying safe on social media, Wednesday 25 February 11:00-12:00
- Staying safe from sextortion scams, Thursday 26 February 11:00-12:00
- Staying safe while shopping online, Friday 27 February 11:00-12:00
- Stay ahead of the game and keep yourself safe by signing up to our webinars.

[Register](#) to secure your free place and let us know about any accessibility requirements

See the full range of events here: [CyberScotland Week - Cyber Scotland](#)

Highlands and Islands Enterprise (HIE)

[MASTERCLASS - BOOST YOUR CUSTOMER BASE- STRENGTHEN YOUR COMPETITIVE EDGE WITH PRACTICAL AI, 4TH MARCH, 9AM – 1PM, ISLESBURGH COMMUNITY CENTRE, FREE](#)

This hands-on workshop is ideal for anyone who wants to use AI to understand their competitors, deepen customer insight, and make smarter strategic decisions that drive real growth.

TOURISM SUSTAINABILITY STARTS HERE WEBINAR: THURSDAY 19 AND TUESDAY 24 FEB – ONLINE

Tourism sustainability starts here: turning your ambition into action

Sustainability is both a growing opportunity and an increasing responsibility for tourism businesses across the Highlands and Islands. To help you take practical, achievable steps, we're offering an online sustainability webinar delivered by Green Business UK.

Join us for a friendly, hands-on session focused on areas relevant to your business, quick wins and local case studies. There are two dates to offer maximum flexibility.

[Tourism sustainability starts here webinar 1 | HIE, 10.30am - 12.30pm, Thursday 19th February](#)

[Tourism sustainability starts here webinar 2 | HIE, Tuesday 24th February 2.30pm – 4.30pm](#)

Business Gateway

[AN INTRODUCTION TO AI AND ITS OPPORTUNITIES - ONLINE EXECUTIVE BRIEFING, WEDNESDAY 4 MARCH 2026 FROM 10AM TO 11AM \(FREE\)](#)

This one-hour online briefing helps business leaders understand what artificial intelligence (AI) is, how it could benefit their organisation, and what steps they can take next.

It offers executives a clear overview of the AI landscape, including practical examples and guidance on identifying opportunities within a small or medium-sized business (SME).

[WELLBEING FOR SMALL BUSINESSES, FEB 24 FROM 10AM TO 11:30AM GMT, FREE, ONLINE](#)

A well-being workshop designed for you for the start of 2026, focusing on self-support strategies for both good and challenging times.

Join us for this engaging session tailored for rural Scottish small business owners, where we'll explore ways to enhance well-being and build resilience. This session will be presented by GrowBiz Mentoring Coordinator Shareon Gordon who also runs her own business in health and wellbeing.

[SOCIAL ENTERPRISE SCOTLAND: HOW TO USE LINKEDIN TO GROW INCOME | FREE WEBINAR, 25 FEBRUARY, 12PM -1PM](#)

In this one-hour free webinar from Social Enterprise Scotland, Michelle Benson will show how social enterprises can use LinkedIn strategically to increase visibility and attract the right attention - opening income opportunities without salesy posts, cold messages, or constant posting.

SCVO WEBINAR: [CHARITY TAX AND VAT, 13:00-14:00, 3 MARCH 2026, ONLINE](#)

Join SCVO and AZETS on this interactive webinar where you'll hear the latest updates and insights on VAT and tax developments for charities, and get hints and tips on VAT reliefs and recovery.

RURAL SOCIAL ENTERPRISE HUB

[ENGAGING YOUNG VOLUNTEERS: TURNING INTEREST INTO IMPACT, WEDNESDAY 18 FEBRUARY 2026, 10:30AM - 12:00PM](#)

Learn how to recruit, retain, and support young volunteers (aged 14–25). This session will be packed with practical advice shaped by the real-life experiences of young people. Whether you are just starting out or want to improve your current setup, this session will be helpful for you.

[FAIR WORK FESTIVAL 16TH TO 20TH MARCH 2026](#)

The festival features a week-long programme of sessions designed to promote and support the increasing adoption of Fair Work practices by employers across Scotland.

Join Scottish Union of Supported Employment (SUSE) for [Fair Work in Action: Practical Steps through Supported Employment. Wednesday 18th March 10-11am, online \(Free\)](#). Discover how inclusive hiring through Supported Employment can boost your business, strengthen workplace culture, and deliver on Fair Work principles.

SCOTTISH COMMUNITY MEDIATION CENTRE - NEW TRAINING CALENDAR LAUNCHED FOR 2026

The Scottish Community Mediation Centre are pleased to announce the launch of our training calendar. For 2026 we have some exciting new workshops to offer, plus our popular and well-respected courses in mediation, conflict resolution and restorative skills. Below are a few highlights of the coming year.

Mediation ‘taster’ workshop (1.25 hours), Dates: 22nd April, 7th September, 8th December

Heard of mediation but not sure what it means? This short workshop explores some of the principles of mediation and outlines the process.

Introduction to restorative skills (1.25 hours), Dates: 29th April, 16th September

This ‘taster’ workshop provides a short introduction to the definitions used in the restorative world, together with some of the practical skills that restorative practitioners need.

Introduction to Restorative Practice (1 day), Dates: 20th May, 21st October

Based on our well-respected and accredited six-day Restorative Skills course, this workshop provides managers, team leaders and workers an understanding of:

- the restorative process
- restorative skills required of a facilitator
- an outline of the restorative meeting

For more information on any of these courses and how to book a place, [visit our calendar now!](#)

[DIGITAL CONFIDENCE PROGRAMME: FREE!](#)

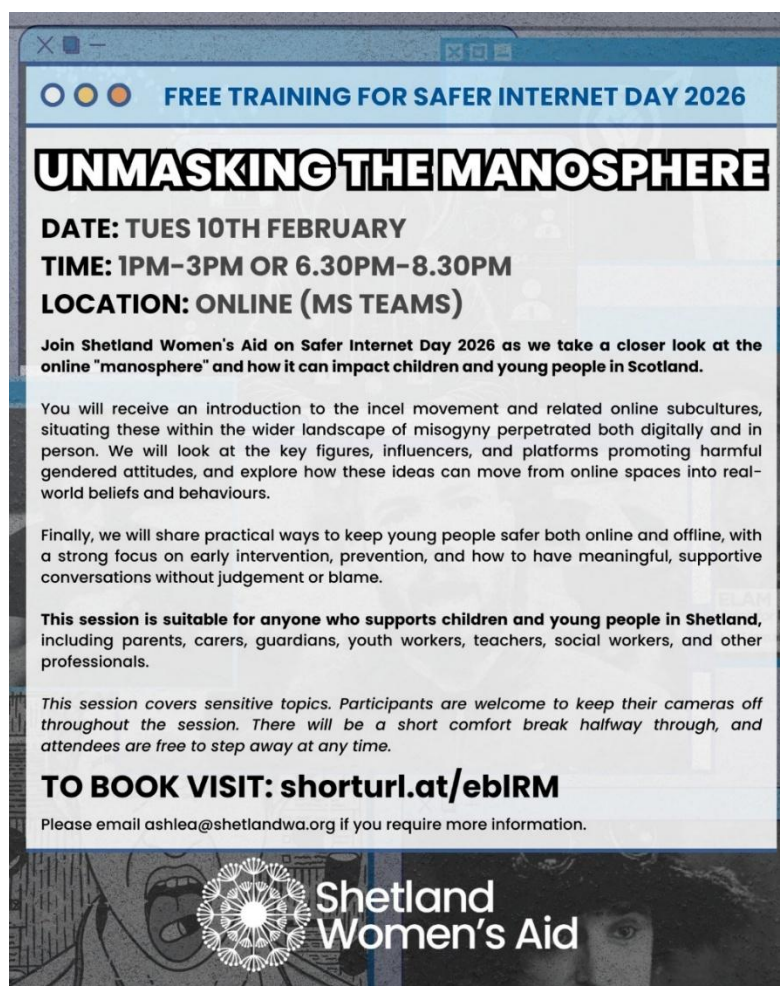
Won Connect are running a FREE 4-month course on digital skills, fully funded by the People's Postcode Trust, starting March 2026. This programme will cover digital skills such as online security, finances, professional communication, universal credit access, and a practical introduction to AI. The course offers structured weekly classes and hands-on weekly drop-in sessions. This programme is completely **FREE** and fully funded by the [People's Postcode Trust](#). You can sign up for the full programme or just the specific sessions that interest you. Check the form below

JOIN SHETLAND WOMEN'S AID ON SAFER INTERNET DAY 2026 AS WE TAKE A CLOSER LOOK AT THE ONLINE "MANOSPHERE" AND HOW IT CAN IMPACT CHILDREN AND YOUNG PEOPLE IN SCOTLAND.

This session is suitable for anyone who supports children and young people in Shetland, including parents, carers, guardians, youth workers, teachers, social workers, and other professionals. There will be opportunities to ask questions throughout the session. If you would prefer to submit a question in advance, or have any comments or concerns, please contact Ashlea at ashlea@shetlandwa.org.

We are hosting two sessions on Tuesday 10th February, and you can book on using these links:

- Daytime session (1pm-3pm) - [Microsoft Virtual Events Powered by Teams](#)
- Evening session (6.30pm-8.30pm) - [Microsoft Virtual Events Powered by Teams](#)



The image is a screenshot of a Microsoft Teams meeting invitation. At the top, it says 'FREE TRAINING FOR SAFER INTERNET DAY 2026'. The main title is 'UNMASKING THE MANOSPHERE' in large, bold, black letters. Below the title, the date is 'TUES 10TH FEBRUARY' and the time is '1PM-3PM OR 6.30PM-8.30PM'. The location is 'ONLINE (MS TEAMS)'. The invitation text describes the session's focus on the incel movement, misogyny, and online subcultures. It also mentions that the session is suitable for anyone supporting children and young people in Shetland and that it covers sensitive topics. At the bottom, there is a booking link 'shorturl.at/ebIRM' and the Shetland Women's Aid logo.

[BRAINSTORM YOUR BRAND COMMS: A FREE PROBLEM-SOLVING Q&A WORKSHOP FOR SOCIAL IMPACT ORGANISATIONS IN SCOTLAND, THURSDAY 26 FEBRUARY, 9.15AM - 12PM, ZOOM, PARTICIPANT NUMBERS: UP TO 6 PLACES AVAILABLE \(FREE\)](#)

This workshop, delivered by Brand Developer & Designer, Adam Piggot, has been specially created for social impact organisations – charities, community groups, social enterprises and voluntary associations. Structured around questions that **you** bring to the session, the workshop is designed to generate ideas and suggestions that will help you address key issues around the communication of your brand.

SCOTTISH ADHD COALITION CONFERENCE IN SHETLAND

The Scottish Coalition was established in 2017. The mission of the coalition is

- To raise awareness of ADHD and of the voluntary support groups available to parents and people with ADHD across Scotland;
- To build the capacity of leaders of voluntary ADHD groups to run effective, sustainable support in their local areas by sharing ideas, resources, and encouragement between groups;
- To represent the views of our member groups and the people they support and provide a platform for joint campaigning to improve diagnosis and support for people with ADHD and their families across Scottish public services, including the NHS, education, local authorities, police and the criminal justice system. We will do this in partnership with other organisations wherever possible and appropriate.

Bill, Alison and Lorna are taking the time to come to Shetland in person to deliver these short sessions. They will also be attending the Third Sector Forum as part of their visit, to inform the forum of their aims and objectives, and also to spend time with Ability Shetland to provide support and information to begin setting up local ADHD support groups.

If you would like to book a space on the conference, then please email abilityshetland@shetland.org.



ADHD CONFERENCE SHETLAND

MARKET HOUSE, LERWICK

→ 5TH MARCH 2025 → 10:00 AM - 2:30 PM


10:15 - 11:15 **ADHD in the Workplace**

11:15 - 12:15 **ADHD in Education**

12:15 - 1PM **LUNCH**

1 - 2PM **ADHD & Comorbidities**


2 - 2.30PM **Networking**



BILL COLLEY (CHAIRPERSON SCOTTISH ADHD COALITION)

BILL IS AN INDEPENDENT EDUCATIONAL CONSULTANT, SPECIALISING IN ADDITIONAL SUPPORT NEEDS (ASN).

TALK: ADHD IN EDUCATION




ALISON CLINK (TREASURER SCOTTISH ADHD COALITION)

ALISON IS THE CEO FOR THE DUNDEE AND ANGUS ADHD SUPPORT GROUP.

ALISON FOUNDED THE GROUP IN JUNE 2013 AND HAS SINCE QUALIFIED AS AN ADHD COACH.

TALK: ADHD IN THE WORKPLACE



LORNA REDFORD (VICE CHAIRPERSON SCOTTISH ADHD COALITION)

LORNA IS THE GROUP SERVICES CO-ORDINATOR AT PERTH AND KINROSS ADHD SUPPORT GROUP. LORNA IS A CO-FOUNDING MEMBER OF THE GROUP AND HAS OVER TWENTY YEARS' EXPERIENCE IN ADHD

TALK: ADHD & COMORBIDITIES

SCOTTISH PERSONAL LICENCE HOLDER COURSE AND REFRESHER, SATURDAY 21ST FEBRUARY 2026, TIME: 9.30-3.30PM, CUNNINGBURGH HALL

This course covers all aspects of Licensing and includes the formal Examination Price of the course –Personal Licence Holder Course - £90 + £18 Reg and Cert per person. Refresher Course £68 + £18 Reg and Cert. For more information contact: Donna Maver on 01569 785696 or email info@dmtraining.org

**FREE
TRAINING**



ASIST

Applied Suicide Intervention Skills Training

**North
Mainland**

ASIST is a 2 day face-to-face workshop that provides participants with practical skills and knowledge to effectively recognise those who may be at risk of suicide and conduct a suicide intervention

WHEN: Wednesday 18th & Thursday 19th February 2026

WHERE: Voe Public Hall

TIME: 9 - 5pm (both days)

BOOKING: Contact Health Improvement Team:

Phone: 01595 74 3330

Email: shet.healthshetland@nhs.scot



We are delivering ASIST training in local communities, for local communities. This training is open to anyone - whether it is for your personal interest & skills or in a work capacity.

This free training has been made possible by the generous donations made by the Shetland community.



1-DAY HUMAN RIGHTS AND HEALTH INEQUALITIES AWARENESS WORKSHOP (WITH MAT STANDARDS) (FREE)

Friday, February 13th, MS Teams, 10am-3pm (45min lunch), 15 participants per workshop
Or

Wednesday, March 18th, MS Teams, 10am-3pm (45min lunch), 15 participants per workshop

This workshop helps participants understand the way that human rights, advocacy, and health inequalities relate to their workplace and lives. We will cover the MAT standards, and other relevant standards, guidelines, and legislation. Participants will leave with an improved understanding of how to embed a human rights-based approach, with tools and frameworks for improving local service delivery.

Suitable for: Staff across the health and social care workforce including frontline staff, community groups, statutory services, third-sector organisations, those with lived/living experience, family members, and decision makers

Individuals can secure a place by emailing Nicky.Collins@nhs.scot

TRAINING COURSES FROM [PLANNING AID SCOTLAND](#)

A new programme of free training funded by [the Scottish Government](#) through the [National Planning Hub](#)

All the courses are currently operating a waiting list. However, people signing up should have access to the recording of the training.

The training is free and open to anyone across Scotland. It provides a clear introduction to engaging with the planning system, with a particular focus on renewable energy, community engagement and place-based planning. The sessions are available to any community or individuals across Scotland who want to engage more confidently in decisions that affect their places. The programme includes the following sessions:

- [How to engage your community: A practical introduction](#)
- [Understanding renewable energy and planning: Part 1](#)
- [Understanding renewable energy and planning: Part 2](#)
- [Local Place Plans: Knowing the essentials](#)
- [Ask Away: Local Place Plans](#)
- [Beyond the survey: Creative approaches to community engagement](#)
- [Where water meets land: Offshore wind & how it connects to the grid](#)
- [Understanding the electricity network & how power line routes are chosen](#)
- [How to create your project management plan](#)
- [Online & engaged: Learn how to use Placecheck](#)
- [How to analyse community feedback](#)
- [How to benefit from a renewable energy as a community](#)

Planning Aid Scotland

This is a one-off programme of sessions and will not be repeated, so we encourage early booking. All sessions will be delivered in early 2026 and will be recorded – WATCH HERE: [Planning Aid Scotland's YouTube channel](#) (available to rewatch for three months after delivery).

If you have any questions or accessibility requirements, please contact our Planning & Projects Officer Anne Kripler at anne@pas.org.uk

#VILLAGEHALLSWEEK2026 RUNS 16–22 MARCH 2026!

Celebrate the vital role your hall plays in your community's health and wellbeing. This UK-wide campaign is run by [ACRE](#), in partnership with [Scottish Rural Action](#) and [WCVA](#). Highlights of the week:

- Thematic events: [Scottish Rural Action](#) and [Social Enterprise Scotland](#) will run two events for Community Spaces Network members. Sign up to the network and receive registration details: [Thematic Social Enterprise Networks - Register your Interest](#).
- Resources: SRA and partners will release useful resources including the latest [Village Halls Handbook](#) edition, with guidance on governance, facilities, funding, net zero, and more.

SCOTLAND'S MENTAL HEALTH FIRST AID (SMHFA) COURSES ARE RETURNING TO SHETLAND IN JUNE 2026 - (LIMITED EARLY BIRD OFFER AVAILABLE UNTIL 13 FEBRUARY)

Early bird prices (until 13 February)

 £175 per person (*full price £210*)

 £800 for 5 places (*full price £950*)

Discount codes to use at booking:

• **EBPLACE** – single place

• **EBGROUP** – 5 place group booking

book at: www.chrisgrantgla.com/courses

Invoicing also available

Course dates

• 18 & 19 June 2026 - Islesburgh

• 20 & 21 June 2026 - Clickimin

I'll be delivering two courses to offer flexibility - one weekday and one weekend course.

Both courses require 2 days attendance

If you'd like to discuss group bookings, **would prefer an invoice** or have any questions before committing, feel free to get in touch - **Chris Grant**, contact@chrisgrantgla.com

SOCIAL ENTERPRISE SCOTLAND

[TUESDAY 24 FEBRUARY | 1.30PM, THEMATIC WORKSHOP: LIVED EXPERIENCE PANELS](#)

Lived Experience Panels can make a big difference to how we plan and deliver public and community services. And that, in turn, can truly transform people's experience of accessing these services. This thematic workshop will provide a safe space to explore top tips from experienced Lived Experience Panel participants and hosts, helping you avoid common mistakes and get off to a good start, or rebuild a flagging group.

[UNLOCKING MUSEUM AUDIENCE INSIGHTS: MAKING THE MOST OF DATA, ONLINE, WEDNESDAY 11 FEBRUARY 2026, 10:00AM TO 12:00PM](#)

This webinar is offered as part of the Museum Futures wraparound programme. The Museum Futures programme of essential support has been developed in direct response to the significant and ongoing financial and capacity challenges faced by the sector.

THRE TRAINING COMING UP SOON:

[VOLUNTEERING - A HUMAN RIGHTS AND EQUALITIES FIRST APPROACH](#), 16 FEBRUARY, 1PM-4PM, ONLINE ON ZOOM

[LUNCHTIME WEBINAR: DEMANDING BETTER IN 2026](#), 17 FEBRUARY, 12.30PM – 1.30PM, ONLINE ON ZOOM

CYRENIANS SCOTTISH CENTRE FOR CONFLICT RESOLUTION: FREE ONLINE EVENTS FOR PROFESSIONALS AND PRACTITIONERS

[UNDERSTANDING EMOTIONS AND ANGER, WEDNESDAY, 18 FEBRUARY, 8.30AM, ONLINE](#)

'Understanding Emotions and Anger' will introduce you to primary and secondary emotions, emotions we present and emotions we feel. It demonstrates how the process of anger works, its trigger, escalation, release, de-escalation and resolve.

[HOW TO HAVE THAT DIFFICULT CONVERSATION, TUESDAY, 3 MARCH, 12PM, ONLINE](#)

Join our free online session to build confidence, resilience, and compassion while strengthening relationships and improving communication.

[THE CRANIAL COCKTAIL, TUESDAY, 19 MARCH, 12PM, ONLINE](#)

Participants will learn how physical feelings and neurochemicals influence emotional states and mental and physical health, with joining details provided by email before the event.

[DOMESTIC ABUSE IN RURAL & ISLAND COMMUNITIES, WEDNESDAY 18 FEBRUARY 10:30-11:30AM, ONLINE](#)

Join this webinar and hear from [Professor Sarah Pedersen](#) of Robert Gordon University about the work of a five-year research project exploring the unique challenges of supporting survivors and policing Domestic Abuse within remote, rural or island communities of Scotland. Explore how to respond effectively.

**LIVING WELL HUB BRESSAY, SPELDIBURN, WEDNESDAY MORNING 9.15AM – 11.15AM
AND LIVING WELL HUB SCALLOWAY - WEDNESDAY AFTERNOON 2-4PM**

Due to current restraints these Living Well Hubs will be suspended for the rest of 2025.

**LIVING WELL HUB, BRAE COMMUNITY HALL, CLUB ROOM, FRIDAY 10AM – 4PM
Brae Community Hall, in the Club Room between 10am – 4pm on Friday's.**

The Living Well Hub is based at the **Brae Community Hall, in the Club Room** and open on Friday's between **10am – 2pm**. [Living Well, Advice & Support – Shetland Islands Council](#) please pop along for a cuppa, a chat or to browse the leaflets that we hold.

The community cupboard is currently located in the side porch at the hall, please pop along if you are needing any food supplies.

Friday 13th February

- Come along for a cuppa and reminisce about your **sporting memories** with Danny and Jack between 10am and 12 noon. They will have some old photos and resources to look at – feel free to bring along anything you have, photos, trophies etc. They will also be taking along some fun activities to help us replay and reconnect with our sporting memories! <https://www.sportingmemories.uk/>
- **Citizens Advice Bureau** will be in attendance between 10am and 12 noon to provide holistic support and practical advice for members of the public on a range of topics, we will also be able to refer clients on and book further appointments if needed.
- **RNID (Royal National Institute for Deaf People)** will be at the Living Well Hub between 12 noon and 1.30pm, this will be a free drop-in-service. No appointment needed. The friendly volunteers can help with Information on hearing loss and tinnitus, how to do a hearing check, hearing aids and how to access support and services in your area. Please see poster attached re information.
- **Voluntary Action Shetland Volunteering** will be along all day. For anyone interested in finding out more about the benefits of volunteering and support to find a suitable volunteering opportunity. We also help organisations who would like to recruit volunteers. We can offer training to volunteers and volunteer managers. Voluntary Action Shetland Volunteering also administer the Saltire and local volunteering awards.

CLS Living Well Hub@Community Care Social Work livingwellhub@shetland.gov.uk
The Hub is contactable Monday – Friday 9am – 5pm, 01595744120

CLIMATE RELATED NEWS, EVENTS & TRAINING

[NATIONAL CLIMATE AND NATURE HUSTINGS, 24TH FEBRUARY, 6:00PM ARRIVAL FOR 6:30PM START, 8PM FINISH, IN PERSON AND ONLINE. REGISTRATION ESSENTIAL.](#)

Join Stop Climate Chaos Scotland on Tuesday, 24th February — the National Climate and Nature Hustings ahead of the 2026 Scottish elections. This event gives the chance to hear from and quiz representatives of the main political parties on the climate and nature action they would take if elected.

[REGISTER HERE.](#)

A hustings is a pre-election event which often has a particular focus, in this case nature and climate, and they feature leading representatives or local candidates of political parties. Everyone can participate in a hustings. Signing up is worthwhile even if you don't have a specific question but want to find out more about the positions of parties or candidates on a particular issue.

Five of Scotland's diverse campaigning networks, representing hundreds of organisations, are teaming up to host the National Climate and Nature Hustings ahead of the 2026 Scottish elections: [Stop Climate Chaos Scotland](#), [Our Seas Coalition](#), [Scottish Environment LINK](#), [Scottish Food Coalition](#), and [Scottish Rewilding Alliance](#)

[ONLINE TRAINING FROM TRANSITION TURRIEFIELD](#)

Seven online sessions which can be booked separately or as a block – for info and booking go to: <https://www.turriefieldveg.co.uk/events/>**

1. **Getting Started** 7pm, Wednesday 18th February 2026 - Choosing where to grow; the difference between containers/pots, raised beds and ground level plots. Understanding soil, soil health and improvement. Buying seeds and transplants.
2. **Making it Work** 7pm, Wednesday 25th February 2026 - How plants grow and develop. Crop rotation, bed preparation, seed sowing and transplanting. When to harvest.
3. **Growing Undercover** 7pm, Wednesday 4th March 2026 - The impact of the polytunnel/tunnel or greenhouse environment on plant growth and health. Watering, ventilation. problems and solutions
4. **Composting** 7pm, Wednesday 11th March 2026 - A little bit of science behind making compost. Choosing your container and site. What/what not to compost. Problems and solutions
5. **Organic Growing and Using No Dig** 7pm, Wednesday 18th March 2026 - Simple organic principles and how to apply them in practice. No Dig, what is it and how to get started. Alternatives to bulk green waste compost
6. **Pests, Diseases and Weeds** 7pm, Wednesday 25th March 2026 - Identification and the best way to deal with them to have healthy productive crops
7. **Extending the Season** 7pm, Wednesday 1st July 2026 - Choosing crops, planning and timings for growing through the winter, to have edibles available all year. This workshop is run when growers should be thinking of sowing for crops for winter and spring harvest.

Support from Highlands and Islands Enterprise

[CLIMATE SPRINGBOARD: FREE NET ZERO SUPPORT](#)

Join HIE's free six-week online programme to kick-start your net zero journey. Climate Springboard helps SMEs, social enterprises and community organisations across the Highlands and Islands measure carbon emissions, create a compliant footprint, and build a practical action plan. You'll gain expert guidance, quick-win tips to cut costs, and access to a growing network of like-minded organisations. [Find out more.](#)

[VISIT SCOTLAND: GUIDE TO SUSTAINABILITY FOR TOURISM BUSINESSES AND EVENTS](#)

This guidance helps tourism and events businesses in Scotland work sustainability considerations into their day-to-day operations and long-term planning. It includes practical advice and tools to help businesses:

- understand sustainability and net zero legislation
- measure their climate impact using the Climate Impact Guide

- create a climate action plan with realistic targets
- make short, medium and long-term sustainability improvements
- promote responsible tourism and environmentally responsible events
- access resources, templates and case studies for inspiration

HIGHLANDS AND ISLANDS CLIMATE HUB - CLIMATE ACTION TING

Applications for Climate Action Ting close on 11 February!

Climate Action Ting is Shetland’s Green Participatory Budgeting programme, supporting **community-led projects** that help make Shetland greener, more resilient, and more sustainable. Grants of up to **£7,500** are available, with a total funding pot of **£60,000**.

If you’re part of a community group, club, or organisation, or know someone with a good idea, we’d love to hear from you. You don’t need to be a climate expert; just a practical, community-focused idea that responds to local needs. Funding is available for constituted groups.

👉 **Apply here:** [Shetland Climate Action Ting](#)

If you have any questions or would like support with your application, please don’t hesitate to get in touch.

👉 **More information:** [Shetland Climate Action Ting — Highlands & Islands Climate Hub](#)

JOB OPPORTUNITIES/ VOLUNTEERING OPPORTUNITIES

Do you have an opportunity you’d like to share? Let us know!

SCOTTISH GOVERNMENT NEWS

REPORTS

LEGISLATION

CALLS FOR VIEWS: [THE SCOTTISH PARLIAMENT IS OPEN TO HEARING YOUR VIEWS ON A RANGE OF TOPICS:](#)

CONSULTATION: WATER SERVICES: INVESTING IN AND PAYING FROM 2027V

Closes 30 March 2026

Scottish Water supplies clean water to 97% of households and businesses in Scotland and provides wastewater services to 93%. Scottish Water is a public corporation accountable to the Scottish Ministers and the Scottish Parliament. It is regulated to ensure services are efficient, meet mandatory standards and operate in an environmentally sustainable way.

Customers fund these services and ongoing investment through charges collected alongside council tax. Plans for water and wastewater services are set in six-year regulatory cycles. This consultation focuses on planning for the next cycle (2027–2033).

[Read the consultation paper](#). The consultation paper contains full background information for this consultation. You may find it useful to read or refer to while responding.

EXTENSION OF FREEDOM OF INFORMATION IN (SCOTLAND) ACTS 2002 (FOISA) TO PRIVATE AND THIRD SECTOR PROVIDERS OF CARE HOME AND 'CARE AT HOME' SERVICES

Closes: 30 Mar 2026

The Freedom of Information (Scotland) Act 2002 (FOISA) gives people important rights to ask for and receive information from government and public services in Scotland. In doing so it places clear obligations on Scottish public authorities to provide people with information about their work. Currently, FOISA applies to public authorities with a role in arranging or providing care services, such as local authorities and NHS Boards, but not to private or voluntary organisations delivering social care.

This consultation explores whether extending FOISA obligations to these providers would improve transparency and accountability. It also seeks views on the best approach to any extension of FOISA to ensure that this does not create an excessive burden on providers.