



2011

**Celebrating 11 years
of supporting and promoting
healthy communities**

CHEX-Point Snippets
Issue No 190
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CHEX NEWS

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Latest issue of CHEX-Point looks at putting community-led health on the agenda

The Summer 2011 issue of our quarterly newsletter CHEX-Point is now available to download [here](#). This issue looks at putting community-led health firmly on the agenda, highlighting some of the work of national community-led health networks who addressed delegates at the CHEX conference in February of this year.

Also in this issue we have an article on Dunfermline based project, Safe Space who have been providing support services to survivors of sexual abuse for the last 21 years. And we hear from much further afield with an article about community work in Norway.

We also bid farewell to Tom Warrington who has been Editor of CHEX-Point for six years, and we wish him very well for the future!

CHEX-Point is available in hard copy, if you would like to receive a copy please contact us directly olivia@scdc.org.uk

GENERAL INFORMATION

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Sustainable energy for urban communities

Community Energy Scotland has started a new Urban Program and is looking for communities to work with in order to get the program underway. The scheme will provide support to help projects to succeed with regard to reducing energy consumption, cutting running costs, providing more

comfortable community facilities, alleviating fuel poverty and providing a sustainable income source for communities. The scheme will be running until March 2012 although the programme may continue depending on funding availability and need.

For more information visit www.communityenergyscotland.org.uk or email ruth.evans@communityenergyscotland.org.uk.

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### **Self management for children in Lanarkshire**

Stay Well Lanarkshire is Action for Sick Children (Scotland)'s generic self management programme for young people in Lanarkshire, aged 11-18, living with long term health conditions (such as diabetes, irritable bowel disease, asthma, arthritis, epilepsy and others). The project is run in partnership with NHS Lanarkshire and with funding from BBC Children in Need, The Robertson Trust and Lloyds TSB Foundation for Scotland.

Project Officer Amy Joss and Project Assistant Lysia Abercrombie invite young people to come to the workshops and explore issues of living life with a long term health condition in a fun and interactive way. Topics include realities of illness, coping with change, managing emotions and feelings and communicating with family, friends and healthcare staff. The active learning sessions include DVD-making, cooking and drumming.

The next workshop programme will begin on Saturday September 3, 2011 in Coatbridge. There are three full-day workshops (also on October 1 and November 5) in a programme and a young person would benefit most by attending all of these. Young people, parents/carers or interested professionals can find out more or make a referral to the project by contacting Amy Joss by text/phone 07935 305930 or by email [amy.joss@nhs.net](mailto:amy.joss@nhs.net).

More information on the project is also available on the Action for Sick Children (Scotland) website: [www.ascscotland.org.uk](http://www.ascscotland.org.uk).

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Home growing in Stirling

CHEX-Point Snippets is always interested in local events going on around Scotland relevant to community health. One such event was held on Sunday 10th July at the Klondyke Garden Centre in Stirling – the opening contribution of Forth Environment Link (FEL) to the Edible Broomridge programme. Exhibits included Square Foot Gardening and Home Composting as part of FEL's Forth Valley Zero Waste Volunteer Scheme. In addition, John Shearman from the Dunblane & Stirling Beekeepers' Association attracted much interest with his demonstration beehive. Sounds like a great success, and we are also told that the rain held off! Read more [here](#).

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### **Discussions on Community Empowerment and Community Assets**

Follow this link for a [a summary of discussions](#) at the Community Development Alliance Scotland (CDAS) Members' Meeting, including a short briefing on community empowerment policy and a discussion on Community Asset Transfer led by Development Trusts Association Scotland.

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Co-production film

A new short film by the New Economics Foundation, [Stories of Co-production](#), demonstrates how communities in different parts of Britain have contributed to service design and delivery, drawing on

their own resources and the strengths in order to create more effective and efficient services. In addition, the case studies can be found in a new report, [In This Together](#), which accompanies the film.

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## Mind Waves

Mind Waves is a pilot programme developed by Outside the Box aimed at promoting mental health through positive use of the media. The aim is to raise awareness among the general public about mental wellbeing and recovery and what makes a healthy community for everyone. The programme will make use of a wide range of ways to promote messages about mental wellbeing, such as social networking, blogs and internet sites such as YouTube, newspaper articles, recording pieces for the radio and using the creative arts.

Outside the Box is looking for people who would like to get involved. Click [here](#) to find out more

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### Child Protection framework: request for information

The Scottish Government is undertaking work on developing a child protection framework. The purpose of the framework is to support in building consistency, transparency and quality assurance into the skills, training and development of the child protection workforce. It is anticipated that this framework will be a multidisciplinary framework that can be used by both the voluntary and public sector and across departments and services.

If you are interested in contributing, please see this [letter](#) from Lesley Fraser – Deputy Director for Children’s Rights and Wellbeing asking for a copy of your CP training programme and CP training competency framework or any related skills and competency documents. If you have any questions regarding to this inquiry please contact [Eni Bankole](#), Senior Policy Advisor, Child Protection Team on 0131 244 0294 or 07557 197286.

Please direct all responses to the [Child Protection team](#).

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The Future of Disabled Persons Transport Advisory Committee

Scottish Accessible Transport Alliance invites you to a meeting to discuss the Coalition Government’s proposal to take powers in the Public Bodies Bill, now before the UK Parliament, to make an order abolishing the Disabled Persons Transport Advisory Committee. Edinburgh 15 July. Contact Alan Rees on 0131 315 3006 or at at.rees@sol.co.uk

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### Joint Community Engagement in Grampian

A partnership of Grampian services is developing a joint community engagement approach to gather community views on creating fairer and more accessible services. [Complete the form online](#) or contact [alison.lynch@grampian.pnn.police.uk](mailto:alison.lynch@grampian.pnn.police.uk)

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Request from Dumbarton & District Disabled Children’s Forum

Dumbarton & District Disabled Children’s Forum is compiling a small booklet listing local sources of help and support for families with a disabled child or child with additional support needs.

If you are involved in a local group and you want to be in the booklet please contact Pamela at pamela56@blueyonder.co.uk

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### Gay and bisexual men's health survey

Stonewall Scotland is conducting the largest ever survey of gay and bisexual men's health. If you live in Britain and are gay, bisexual, or a man who has sex with men please visit <http://www.stonewallscotland.org.uk/healthsurvey> for more information on taking part.

Contact Alice Ross on 0131 557 3679 for any further information and for copies of the flyers and posters to help promote the survey. Alternatively, email [alice.ross@stonewallscotland.org.uk](mailto:alice.ross@stonewallscotland.org.uk)

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### Co-production and public procurement

The Scottish Government has produced a guide for public and third sector organisations working in partnership. It is based on lessons learned from the Public Social Partnership Project which set up 10 pilot projects around Scotland contributing to local and national outcomes, each involving co-production between a public body and third sector organisations. Entitled *A Practical Guide to Forming and Operating Public Social Partnerships*, the guide follows an 'Analyse, Plan, Do and Review' approach (familiar to those who have used the LEAP evaluation tool) and provides plenty of case studies as illustration. Click [here](#) to view the resource.

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The Wah Kin Project: Equally connected Glasgow

The final report for the Wah Kin Project has been launched. A partnership between the Glasgow North Community Health & Care Partnership and Glasgow Association for Mental Health, the Wah Kin project aimed to increase accessibility of primary care mental health services to people aged 50 and over who are from the Chinese community. It did this by exploring concepts of mental health and well-being and effective interventions from the perspective of older people from the Chinese community.

Click [here](#) to read the report

The project team are based in GAMH. If you want to know more, email [Kate Langmead](mailto:Kate.Langmead) or phone 0141 552 5592.

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### Starting Up Community Fruit Orchards & Gardens

This is a supplement to the Federation of Community Farms and Community Garden's community garden pack, and contains advice about setting up a community orchard or fruit garden, including extra resources for projects starting up a community orchard or fruit garden in Scotland. Visit [www.farmgarden.org.uk/publications](http://www.farmgarden.org.uk/publications) to download the resource.

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Community cafe map

Community Food and Health Scotland have created a [map](#) containing details of 40 community cafes, which is now available on the Community Food and Health Scotland website. If you would like your cafe added to the map, please contact [Anne](#).

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## Independent living in Ayrshire

Ayrshire Independent Living Network (AILN) has released a new brochure about the organisation and its services. If you wish to receive a copy contact Evelyn at [evelyn@ain.org](mailto:evelyn@ain.org) or telephone 01294 475685.

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New GoWell reports available

The GoWell study has produced 3 new reports which are available to download:

- 1) The latest annual [Progress Report 2010/11](#) gives a comprehensive overview of GoWell's research programme and outputs.
 - 2) [Moving Out, Moving On?: Short to medium outcomes from relocation through regeneration in Glasgow](#) is an examination of short to medium term outcomes, comparing residents who have left regeneration areas (outmovers) with those who have remained (remainers).
 - 3) [Wider relevance of GoWell](#) explores the potential applications of knowledge gained from the GoWell programme to other parts of Scotland, and the issues that should be considered before doing so.
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Forth Valley Food Links

If you were interested in the news item above on the event at the Klondyke Garden Centre in Stirling then you may wish to subscribe to the Forth Valley Food Links e-bulletin. Please visit www.fvfl.org.uk

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See Me grants

See Me, Scotland's national campaign to end the stigma and discrimination of mental ill-health, is offering up to £4,000 for ideas that change the way people think about mental ill-health. Entries are welcome from the voluntary sector, community and health organisations.

Enter online at www.seemescotland.org or phone 0131 554 0218 for more info

Applications open on 1st August and close at 5pm on 1st September 2011.

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## The GlaxoSmithKline IMPACT Awards

Run in partnership with [The King's Fund](#), The annual GlaxoSmithKline IMPACT Awards recognise and promote excellence in community healthcare. Registered charities that are at least three years old, working in a health-related field in the UK are invited to apply and win up to £25,000. Click [here](#) for more information including how to apply.

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Support for organisational growth and development

The Scottish Government's Enterprise Growth Fund will be awarding grants between £25,000 and

£200,000 to support long term development objectives. Click [here](#) for more details on how to apply or visit the [Scottish Government website](#) for more details about this fund as well as the related Just Enterprise programme.

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### People's Postcode Trust

This funding source offers grants of between £500 and £10,000 to small organisations and community groups for projects lasting up to 3 months. Applications are now open for grants of both under and over £2,000. See [www.postcodetrust.org.uk](http://www.postcodetrust.org.uk)

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Climate Challenge Fund - Community Action & Support Programme

This year the support programme is open to any community tackling climate change not just those involved with the Climate Challenge Fund. It has been developed to improve project performance, build community capacity for the long term and build links to the wider society. To find out more visit the [CCF website](#) or contact caroline.stjohnston@ksbscotland.org.uk

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PHINS seminar

This year's PHINS (Public Health Information Network for Scotland) seminar will take place on Friday 2nd September 2011 in the Glasgow Royal Concert Hall. The event is free of charge although spaces are limited and will be allocated on a first come first served basis

The programme and registration form for the event are available from the [ScotPHO website](#)

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#### 'Hear To Help' Project coffee & information morning

Hear to Help are organising a coffee and information morning on 3rd August in the west end of Glasgow at The Salvation Army, 105 Medwyn Street, Glasgow G14 9QJ (Just off Dumbarton Road)

Hear to Help are also looking for local groups and organisations to have information stands where they can promote their work. If you would be interested in having a stand please, or for more information email [email](#) or phone Donna McSwiggan 0141 341 5338.

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'A Most Curious Detour' – dramatized reading sponsored by The Stroke Association

The above innovative event will take place during the Festival of Spirituality and Peace in St John's Parish Church, Princes Street, Edinburgh on Sunday August 28, 2011 between 2.00 – 3.30pm.

This dramatized reading is based on stroke survivor Stuart Hepburn's short life-affirming book, *A Most Curious Detour*, chronicling his life experiences before, during and after the onset of stroke. A spiritual message will follow with readings by Stuart and the Rev Ian Gilmour, minister of St Andrew's and St George's West Church in Edinburgh.

St John's will also host an art exhibition which will include Stuart's work and other members of the Firrhill Day Centre in Edinburgh.

For more information, visit: www.stroke.org.uk/scotland/agendaforaction

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### **Walkable Communities - local people taking action**

Living Streets Scotland is running events with community groups to support communities across Scotland to take action to improve local walking environments in partnership, where appropriate, with local authorities. The events will focus on the conditions for walking of a particular street or area that is known to the group and in doing so will highlight the importance of walking for health, and will look at examples of built environments that are conducive to walking.

There is no cost to the group and Living Streets can meet sundry costs such as refreshments, venue hire and small-scale group actions as necessary. Wherever possible, meetings will be held in the usual meeting place of the group. If this is not possible, meetings will be held in a venue as close as possible to the area/street to be audited by the group.

The project is interested in working with all types of groups but particularly want to include people with disabilities, older people and women generally.

Contact: Janice Gray, Healthy Environments Officer, Living Streets Scotland, 0131 243 2649, [Janice.gray@livingstreets.org.uk](mailto:Janice.gray@livingstreets.org.uk)

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Find out about using interpreters in Argyll and Bute

Hosted by Deaf Action these events are provided in BSL. Helensburgh, 25 July, Lochgilphead, 26 July and Dunoon 27 July. Click [here](#) to find out more.

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### **Reshaping care for older people regional engagement events**

A series of regional events around reshaping care for older people has been jointly organised between the SSSC, NHS Education for Scotland and IRISS. Aberdeen, 13 September, Glasgow, 20 September, Edinburgh 4 October. Click [here](#) to find out more.

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Growing Communities in Scotland - National Networking Event 2011, 7 Oct, Battleby

This year's event will take place on Friday 7th October 2011 at the Scottish Natural Heritage Offices, Battleby, Near Perth. Open to anyone interested or involved in community, therapeutic and allotment gardens. Please visit the [Federation of Community Farms and Community Garden website](#) for more details.

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### **Fife Showcase for Community Growing Projects**

Scottish horticultural social enterprise Community Growing Solutions CIC is holding a one day conference and exhibition on community growing projects in Lochgelly, Fife, on the 23<sup>rd</sup> September. Go to their [website](#) for more information on this.

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The Big Society in Scotland - Edinburgh

A one day conference on the Big Society in Scotland is to take place at King James Thistle Hotel Edinburgh on Friday 28 October 2011. The full title of the conference is The Big Society in Scotland: Public services, mutual models and the third sector. The keynote speaker will be Rt Hon David Mundell MP, Parliamentary Under Secretary of State, Scotland Office. For more details, including rates and confirmed speakers, visit the MacKay Hannah [website](#)

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Annual Public Health Conference in Aviemore

This year's Public Health Conference, entitled *Quality, Public Health & Scotland: Improving Standards in a Changing Climate* will be held on Thursday 10th & Friday 11th November 2011 at Macdonald Aviemore Highland Resort. The conference theme is how the public health community can respond to the challenges of changing climate, politics and organisation. It is an opportunity for a multidisciplinary audience of practitioners, researchers and public health specialists to come together.

Confirmed speakers for this year's conference include Dr. Harry Burns (Scottish Government), Professor Lewis Ritchie (University of Aberdeen), Patrick Sachon (Met office), Professor Anne Ludbrook (University of Aberdeen) and Professor Mike Lean (University of Glasgow).

To find out more, including costs, visit www.fphscotconf.co.uk

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### Scottish Women's Aid's Annual Conference

Entitled *Focus on the Future: Working towards a world without domestic abuse* this year's conference will be held in Edinburgh on the 14 September. Click [here](#) for more information

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### Community Food and Health Scotland learning and development programme - nationwide

CFHS's learning and development programme for 2011/2012 is now available.

The programme includes learning and training opportunities on social enterprise, customer care, community engagement, promoting your community food initiative, REHIS Elementary Food and Health course, and a Scottish Grocers Federation 'healthyliving' programme 'training the trainers' session.

You can find out more on the [CFHS website](#) or download the programme [here](#)

For more details, email [Anne](#)

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Engaging communities on climate change - Edinburgh

This course aims to teach the skills and information needed to develop long-term engagement of civil society organisations, groups and individuals in work on climate change and low-carbon living. It outlines why climate change can be a particularly problematic issue for communities, how to overcome

this and how this links to issues around the new Localism Bill and the 'Big Society'.

The course will take place on the 23rd September 2011 from 10:00-16:00 at the the Melting Pot, Edinburgh. For more details, including costs, you can download the poster [here](#)

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**Facilitation techniques - Stirling**

This training introduces facilitation techniques such as Open Space, World Café and Appreciative Inquiry and also using visual graphics. The training aims to enhance your facilitation techniques so that you can ensure more equal participation of everyone and capture what is working.

The event will include theory, why they work so well and practical tips in using the techniques

It costs £110 per person, although booking before 15th July will give you a second place for £60. Contact [sheilafraser@btinternet.com](mailto:sheilafraser@btinternet.com) or 01506 650 953 for booking enquiries.

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Researching poverty at community level - Glasgow

BEMIS and Glasgow Caledonian University are delivering a new session of the Researching Poverty at Community Level training programme. This training aims to empower local communities and faith groups with much needed necessary skills in relation to research and tackling poverty. The course will be free to the diverse ethnic minority and cultural communities in the voluntary sector and community groups that this sector represents.

The course will run every Tuesday from Tuesday 4th October, 10:00am to 2:00pm, for 12 weeks.

For further information please contact Tanveer Parnez at 0141 548 8047 or tanveer.parniez@bemis.org.uk.

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**Health All Round - Edinburgh**

Health All Round in Edinburgh is advertising its latest programme of community health initiatives, including a new course for Black & Ethnic Minority Women, which will focus on Enterprise and Business Development. See [www.healthallround.org.uk](http://www.healthallround.org.uk) for more.

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Visual impairment awareness training - Glasgow

Visibility is delivering interactive workshops on visual impairment awareness. For example, participants will perform daily tasks wearing simulation glasses which imitate the experience of various eye conditions. They will also experience being under sleep shade and both being a guide and being guided. For dates, prices and booking details contact Audrey Ward on 0141 332 4632 or viatraining@visibility.org.uk.

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**Getting it right for every child in Edinburgh in Practice**

A free half-day practice development session has been developed to introduce GIRFEC, providing participants with the opportunity to:

- apply the Getting it right for every child in Edinburgh Children's Services Delivery Model
- develop a shared understanding of effective early intervention
- be clear about the role and responsibilities of the Named Person and Lead Professional

Current dates available for this session are Monday 5 September am or pm and Saturday 5 November am or pm and all sessions will be held in City of Edinburgh Council, Waverly Court, 4 East Market Street.

To book onto any of the dates or get more information please visit the [Getting it right for every child in Edinburgh website](#).

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Scotland's mental health first aid training

Scotland's mental health first aid is a 12 hour training course to teach you to:

- Give initial help to someone experiencing a mental health problem
- Deal with a crisis situation or the first signs of someone developing mental ill health
- Guide people towards appropriate professional help

The course has been delivered to over 25,000 adults in Scotland and is delivered by approved instructors who have attended the train the trainer course gaining a certain level of knowledge, skills and experience in Scotland's mental health first aid. To increase the number of instructors in Scotland, NHS Health Scotland will be delivering 2 train the trainer courses during the next six months.

Please click [here](#) to find out more information or contact NHS Health Scotland on nhs.HealthScotland-SMHFA@nhs.net or 0131 536 8772

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BEMIS Policy and Race Equality Officer – Glasgow

£26,496 - £28,806 (37 Hours Per week)

To assist in the development and delivery of BEMIS objectives and work in relation to race equality, promoting diversity and advising on policy reviews, strategic planning.

Closing Date: Monday 1st August 2011

For an application form, please contact Ms Sue Barnes sue.barnes@bemis.org.uk, Tel: 0141 548 8047, 3rd Floor, 38 Queen Street, Centrum Building, Glasgow, G1 3DX

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### Campbeltown Town Hall Development Group - Community Development Worker

£24,000 to £26,000

Fixed term contract until 31st Jan 2012

This post involves working with a new group looking to secure and reinvigorate the Campbeltown Town Hall. Ideally educated to degree level, candidates for this post must demonstrate experience of working in the third sector, and making funding applications, encouraging and developing volunteers and working in partnership with public sector organisations

Closing date for applications: 1st August 2011

For application and information pack contact [smithnancie@hotmail.com](mailto:smithnancie@hotmail.com)

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Project Ability – volunteers wanted

Project Ability in Glasgow is looking for five volunteers, two specialised in either ceramics or glasswork, and three to assist visual arts classes with children and young people. Volunteers should be able to commit between 3 to 5 hours per week, starting the week commencing 29th August, until the week beginning 16th December. Click [here](#) for more information and to download an application form

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**Volunteering opportunities in Aberdeenshire**

ProjectScotland has created a chance for 20 volunteers to work in projects in Aberdeenshire. Starting in August 2011, each placement is for 3 months, 30 hours per week and is open to young people aged 16-25. Call Jess on 0131 220 9517 for more information.

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Youth Scotland Area Co-ordinator – Dumfries and Galloway

Salary Scale: £23,082 pro rata Hours: 24.5 hours per week.

Youth Scotland is seeking an Area Co-ordinator to support the development of activities and opportunities in youth clubs and groups in Dumfries and Galloway. The post is part of a joint project between Youth Scotland, Dumfriesshire Association of Youth Clubs and Galloway Youth. It is funded by CashBack for Communities and the Robertson Trust and supported by Dumfries and Galloway Council.

The closing date for applications is 12 noon on Tuesday 2 August and interviews will be held in Dumfries on Tuesday 23 August.

For an information pack on the above opportunity, please visit the Youth Scotland [website](#) or contact

WEBSITES

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GoWell website refresh

The [GoWell website](#) has recently been refreshed to with the Community section reworked to better engage study area residents. GoWell’s findings are now presented by theme rather than research component.

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**Mental Health information for employees and employers**

The Royal College of Psychiatrists has developed a new website offering information on mental health issues to employers, employees, clinicians and carers. Advice can be found for those returning to work after a period of mental ill-health and for employers with staff members who have a history of mental ill-health. Click [here](#) to visit the website.

If you or anyone else you know would like to subscribe to CHEX-POINT Snippets please visit the CHEX [website](#) and enter your details. If you would like to unsubscribe please email Andrew Paterson at [andrew@scdc.org.uk](mailto:andrew@scdc.org.uk).

You can send information/material for inclusion in CHEX-POINT Snippets by sending an email to: [andrew@scdc.org.uk](mailto:andrew@scdc.org.uk). CHEX-POINT Snippets are provided by CHEX – Community Health Exchange and compiled by Andrew Paterson. Thanks to all contributors to this edition.

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