



# 2011

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

CHEX-Point Snippets  
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## CHEX NEWS

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### Looking back – and forward: a message from Helen Tyrrell, outgoing Director of VHS

To begin this issue, outgoing Voluntary Health Scotland Director, Helen Tyrrell, has written a few words about her time with VHS in which she has often worked alongside CHEX. We wish her all the best in her future endeavours!

*“As I leave Voluntary Health Scotland, it is with a sense of work well done that I look back at the last eleven years during which CHEX and VHS have worked closely together (often with Community Food and Health Scotland, too) to get across the message about the value brought by the community and voluntary sector to health improvement in Scotland.*

*It has been something of an uphill road at times, with Government needing to be convinced of the benefits and the third sector struggling for survival. But things really are significantly better than they were eleven years ago: our voice has strengthened and gained conviction, we are better organised, better at demonstrating our impact. Government and the third sector can negotiate more openly and we are written into almost all new health policies.*

*Our joint messages must continue to be: communities are part of the solution, not the problem; the voluntary sector is effective working in partnership with health services; and we are stronger together.*

*I wish you all the best of luck for the next eleven years!*

*Helen Tyrrell”*

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## **CHEX features in NHS Health Scotland e-newsletter**

The summer edition of NHS Health Scotland's e-newsletter, All in Good Health, is now available, featuring health improvement stories and news from Scotland and around the world. One of the main features is on CHEX, which is funded by NHS Health Scotland. The article, entitled 'Celebrating ten years of CHEX' looks back over the work of CHEX during the last ten years, highlighting the role CHEX has played in promoting community-led health in order to help reduce health inequalities. It also looks ahead to the future of community-led health, drawing attention to the recently published Equally Well Review 2010 from the Scottish Government's Ministerial Health Inequalities task force, which gives clear support for community-led health.

Click [here](#) to read All in Good Health

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### **Beyond Homelessness: Promoting positive social networks**

A three year study into the current housing support services available to those at risk of or affected by homelessness across Scotland is being funded by the Big Lottery. The BEYOND Homelessness Project is based at the Rock Trust in Edinburgh in partnership with Scottish Social Networks and Glasgow School of Social Networks. The research aims to collate information from four areas – Aberdeenshire, Edinburgh City, Highland and West Dunbartonshire – to understand what services are available for those affected by homelessness and the impact these services have on an individuals social networks.

The research is now entering its second stage and is looking to working with service users in the case study areas to discuss the support they currently receive and how this impacts upon their existing social networks.

Anyone interested in taking part should get in touch with Katey Tabner on 07827851795 or [katey.tabner@rocktrust.org](mailto:katey.tabner@rocktrust.org)

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### **Active Measures in Edinburgh**

Active Measures is an 8 week healthy eating and physical activity programme run by Health All Round designed to give people the tools they need to help make positive lifestyle changes, lose weight, feel great and be fitter. The next block of classes begins on the 8<sup>th</sup> August at Springwell House, Ardmillan Terrace, Edinburgh EH11 2JL and will run weekly on Monday afternoons 1pm to 2:30pm thereafter. Classes are free and open to everyone. Contact: Health All Round on 0131 537 7530

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### **New charity launched in North East**

Cornfields Scotland is a new charity established to make a difference to the lives of people who have been affected by various forms of trauma. Trauma affects a significant number of people in the North East of Scotland. Cornfields believes that the causes and effects of trauma are different for each person and the charity aims to support each client in accordance with their own individual needs, thus empowering them to make improvements in their own lives.

Cornfields plans to offer health and wellbeing coaching for individuals and their families as well as a range of complimentary therapies. It will also have a café/restaurant growing, cooking and serving

local home-grown produce along with a conference and media centre holding approximately 450 people.

Cornfields have produced a survey with students from Robert Gordon University on the viability of the project which you can fill in [here](#)

If you have any questions regarding Cornfields or the questionnaire, please contact Fiona Mathers on 01261 831171 or [Fiona@four-steps.co.uk](mailto:Fiona@four-steps.co.uk). For conference queries contact Aisha Ayettey on [aisha@cornfields-scotland.co.uk](mailto:aisha@cornfields-scotland.co.uk).

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### **Devolution of community care grants and crisis loans**

The Scottish Government is initiating a consultation on the future of community care grants and crisis loans, which have recently become a devolved matter. Proposals are invited on matters ranging from how, and to whom, these are delivered to how appeals might operate. The consultation will run from 05/08/2011 to 31/10/2011. For more information please visit the [Scottish Government forthcoming consultations page](#)

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### **Participatory Budgeting report available**

At the end of July 2011, the final evaluation of the Community Wellbeing Champions Initiative was signed off by Ministers. The initiative consisted of five areas in Scotland running Participatory Budgeting pilots within the context of the Anti Social Behaviour Framework. The evaluation indicates positive impacts in terms of community capability and strengthened local democracy as well as a reduction in anti social behaviour. The Participatory Budgeting (PB) model used for the pilot programme embedded the National Standards for Community Engagement as a set of guiding principles and as an evaluation and measuring tool.

Discussions will be taking place later on this year on the effectiveness of Participatory Budgeting as a method for meaningful community engagement and how the technique might be applied more widely in Scotland.

To read the full evaluation and executive summary click [here](#)

To find more about Participatory Budgeting more generally click [here](#)

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### **Advisors Fuel Poverty Toolkit Launched**

Developed by the national fuel poverty charity Energy Action Scotland, this toolkit aims to support frontline advisors from various fields whose clients might be vulnerable or are struggling to heat their homes and pay their fuel bills. The factsheets in the Toolkit give information on reading meters, understanding fuel bills, ways to save money and sources of help. It also contains a jargon buster and guides to new energy-saving technologies

Download the Advisors Toolkit directly [here](#) or visit Energy Action Scotland's website at [www.eas.org.uk](http://www.eas.org.uk). For further information about services and training courses from Energy Action Scotland email [eas@eas.org.uk](mailto:eas@eas.org.uk).

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## Equally Well Test Site evaluations

The report is now available from NHS Health Scotland's evaluation of Equally Well Test Sites, eight of which have been run up till now with the aim of tackling health inequalities. It draws out useful learning from joint working, redesign of services and community engagement amongst other things. To download and read the report click [here](#).

One of the individual Test Sites, Support from the Start in East Lothian, has also published its own evaluation report which can be read [here](#). One of this report's key findings is that Support from the Start has secured significant outcomes for children and their families including increased confidence, improved relationships and improved readiness to cope with change.

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## Guide to the Scottish Parliament

A new edition of How the Scottish Parliament works, revised following the election on 5 May, is now available. This leaflet provides a concise introduction to the Scottish Parliament and includes sections on how MSPs are elected, how committees work and how the Scottish Parliament makes laws. You can download the guide [here](#) and an [ebook](#) version is available for anyone who likes electronic gadgets.

In addition, a new edition of the easy read version – How the Scottish Parliament works – an easy read guide to the Scottish Parliament – is also available. This one is written in straightforward English, without jargon or long sentences. Download the easy read version [here](#).

You can also order copies of these leaflets by contacting the Scottish Parliament [Public Information and Publications](#) department.

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## Report on resilience

This August, the Carnegie Trust Community of Practice, Fiery Spirits, is launching its latest publication - 'Exploring Community Resilience'. Visit their [website](#) for a taster of this publication including a short introduction to a simple framework for understanding community resilience that over forty collaborating authors have contributed to. If you'd like to pre-order a printed copy of the full publication, click [here](#).

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## A nudge in the wrong direction?

A new Government commissioned report into the effectiveness of behaviour change interventions has concluded that 'nudges' and other interventions are unlikely to work on their own. Instead, the report recommends that a range of well-evidenced measures are needed when it comes to tackling societal problems such as obesity and climate change, and that this includes the use of both incentives and disincentives.

For more on this story and access to the report click [here](#)

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## Community organisations controlling assets: a better understanding

The Joseph Rowntree Foundation has published a new report into the ownership and management of assets by community-based organisations. The report focuses on material assets such as land, buildings and renewable energy (as opposed to social assets) and how control of these can benefit communities. Read the report [here](#).

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## Ayrshire Independent Living Network brochure

Ayrshire Independent Living Network (AILN) has released a new brochure about the organisation and its services. To order a copy contact Evelyn at [evelyn@ailn.org](mailto:evelyn@ailn.org) or telephone 01294 475685.

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### Money advice funding

The [MSE Charity](#) supports projects such as self-help groups and other innovative projects that will help educate people about money, debt and consumer issues. Grants of up to £5,000 are available. Apply using the [online group application form](#). Deadlines are 30 September 2011 and 31 January 2012.

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### Anti-bullying funding

The [respectme Grant Fund](#) allows Youth Scotland groups to apply for up to £1,000 to develop anti-bullying themed events and activities in the run up to the National Anti Bullying Week (14-18 November 2011). Deadline: 1 September 2011.

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### Ben Nevis Challenge

Capability Scotland have organised a fundraising Ben Nevis User-led Wheelchair Challenge on the 20 August. The event is sponsored by Bowmore Whisky and involves 12 Volunteer user-led teams commencing their ascent of the UK's highest mountain at 6am. Tim's Hillbillies is one of the teams involved, with 20 year-old Tim the youngest participant taking part in the Challenge. To donate to Tim's team please visit [www.justgiving.com/Timshillbillies](http://www.justgiving.com/Timshillbillies).

Click [here](#) to visit the Capability Scotland website

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### Charity Craft and Vintage Fair in Stonehaven

CVS Aberdeenshire's annual Charities Fair will take the format of a Charity Craft and Vintage Fair, to be held on Saturday 1st October at the Stonehaven Town Hall. CVSA's regular charities/voluntary groups can still set up stall as usual, and there is no need to sell anything. All the craft/vintage stalls will donate 10% of their takings to be divided between the charities taking part on the day.

This will be an opportunity to network with other groups and raise awareness of what you're doing in the community. For further info or to book a stall, call Val on 01330 825027 or email [Valerie.Cameron@cvsa.co.uk](mailto:Valerie.Cameron@cvsa.co.uk)

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### Scottish Tobacco Control Issues Group - Aberdeen

The next meeting of the STCA's Tobacco Control Issues Group takes place in Aberdeen on 13th September. Local tobacco control alliances from the North East will be presenting their work on stop-smoking services, smoke-free homes initiatives and community engagement with smoking prevention.

This should be of interest to voluntary organisations with a story to tell or simply those who would like to attend the meeting in Aberdeen to get some ideas. Travel support to the community and voluntary sector may be available.

The Scottish Tobacco Control Alliance is also planning a conference next year to help improve the support provided to users of drug and alcohol services with regard to giving up smoking. If you work for an organisation helping people affected by drugs or alcohol and you have a good system in place to refer smokers to stop-smoking services, or, provide in-house support STCA invite you to pass on your experience.

Contact David Robertson at ASH Scotland: [David.Robertson@ashcotland.org.uk](mailto:David.Robertson@ashcotland.org.uk) or telephone 0131 220 9467.

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**Roundtable event about trans women in Scotland – Perth**

On Monday 3 October 2011, in Perth, Engender is holding a roundtable event on the current situation of trans women in Scotland as well as shared agendas between the trans community and feminists in Scotland. It is intended that this event will bring together academics, practitioners and women with lived experiences of trans issues. If you are interested in attending please email [Rosaria@engender.org.uk](mailto:Rosaria@engender.org.uk)

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**Intergenerational Meeting – Inverclyde**

The next meeting for the Intergenerational Meeting will be taking place on Thursday the 25th August at 1pm - 2:30pm. It will be held at the Craigend Resource Centre. The agenda and guest speakers are still to be confirmed but details will be released asap. If you want to attend contact Erin Donnelly at [erin.donnelly@cvsinverclyde.org.uk](mailto:erin.donnelly@cvsinverclyde.org.uk).

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**Transition Scotland Camp – Falkland, Fife**

Transition Scotland will be holding a camp in Falkland on the 6/7th August (this weekend!). Camping is £5pppn near to the [Pillars of Hercules](#), which has an organic farm shop and café. There will be opportunities for swapping stories and skills in a friendly relaxed environment. The discussion will also focus on the future of the transition movement.

Email: [justinkenrick@yahoo.co.uk](mailto:justinkenrick@yahoo.co.uk) although numbers may well be limited at this late stage.

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**Scottish Native Woods Conservation Summer Events – Perth and Fife**

Two upcoming woodland conservation events are to be held on Sunday 7th August, Scone Palace, Perth and on Sunday 4th September, Falkland Estate, NE Fife

For more information or to book a place on an activity please ring Chris Childe, Community Education Officer on (01337) 832619 or e-mail [chris.childe@scottishnativewoods.org.uk](mailto:chris.childe@scottishnativewoods.org.uk)

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**Getting real about alcohol ‘N’ drugs – Glasgow**

The Scottish Association for Mental Health Bridgework Outreach service is organising two Health day events during GRAND week (getting real about alcohol ‘N’ drugs) on the 13th and 14th of September in their new headquarters in Brunswick house in Wilson St in the Merchant city.

Supported by GRAND funding, the events will focus on alcohol and drugs information to support people to make informed choices, and there will be health information for men and women to promote an active life style to support good mental health. SAMH will additionally provide information about their Branching out project, supporting people to take part in gardening and conservation work and also St League football.

GRAND week is on from the 10th to the 17th of September 2011

Click [here](#) to visit the SAMH website



**British Heart Foundation workshop – Edinburgh**

Speak Up is the BHF's fun one day workshop for young people aged between 13 and 19 who are living with heart conditions. The event is free and will take place on Saturday 15th October, 10am – 3pm, Edinburgh. Young people will learn more about:

- How to feel more confident
- How to communicate with others
- How to talk to others about your condition in a supportive and creative way
- You will also meet other young people with heart conditions and make new friends.

Find out more at [yheart.net/meet](http://yheart.net/meet)

If you have any questions, email [meetatteenheart@bhf.org.uk](mailto:meetatteenheart@bhf.org.uk)



**The Clinic @ the Edinburgh Fringe**

Universal Comedy's The Clinic will be at the Edinburgh Fringe, on Tuesday 16 August 2011 at 7.00 pm: at Dining Room, Gilded Balloon, Teviot Place Edinburgh.

Click [here](#) for more details



**Cambuslang and Rutherglen Community Health Initiative – Annual General Meeting**

The Annual General Meeting of Cambuslang and Rutherglen Community Health Initiative will take place on Thursday 22nd September 2011 At 12.30pm at the St Columbkilles Church Hall

Business will commence at 1.15pm followed by an interactive presentation. Tea, coffee, refreshments and buffet lunch will be available from 12.30pm. There will also be information and exhibitions of current/future programmes and activities. Further copies of the group's Annual Report, full statement of annual accounts and full Articles of Association will also be available at the meeting.

Phone Bernie Strachan on 0141 646 0123 for more information





## Design workshops for communities

The Scottish Government is facilitating a number of 'charrettes' - intense design workshops that take place over a number of days, in which stakeholders within a community work directly with a design team to generate community plans that relate to local needs and aspirations. They're currently being planned for Callander, Johnstone and Girvan.

Visit the [website](#) for more information.

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## Self Management Week 2011

Self Management Week 2011 runs from 3<sup>rd</sup> to 7<sup>th</sup> October and aims to promote Self Management throughout Scotland including the awareness raising campaign and Self Management funded projects. In addition, the week will promote other self management work that is happening across the Third Sector, Health and Social Care.

During the week LTCAS will be hosting 2 showcase events, one in Glasgow on the 4th October and one in Aberdeen on the 7th October. Stand space is now taken up but the week will offer the chance to network and spread the word about any of your own work in the field of self-management.

For more information click [here](#).

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| <b>CONFERENCES AND SEMINARS</b> |
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## British Heart Foundation Scotland Annual Conference – Falkirk

BHF Scotland's Annual Conference is on Wed 7 September 2011 in Falkirk

Hear Professor Andrew Baker from the BHF Glasgow Cardiovascular Research Centre; put your questions to the Heart Matters magazine expert panel including BHF's own Dr Mike Knapton; find out how to keep your heart healthy.

To book your place call 0131 555 5891 or email [scotland@bhf.org.uk](mailto:scotland@bhf.org.uk)

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## NHS Health Scotland Annual Review – Edinburgh

The NHS Health Scotland Annual Review will take place on Tuesday 6 September 2011, 2:20pm - 4.20pm at Thistle House, 91 Haymarket Terrace, Edinburgh.

It will be chaired by Michael Matheson MSP, Minister for Public Health. Members of the public are invited to attend the Review and ask questions in the open Q&A session (which occurs at the end of the Annual Review Meeting and some questions may not be answered on the day). Questions cannot be submitted in advance of the Annual Review. Please note that there will be an audio recording of the Annual Review which will be uploaded to the NHS Health Scotland website.

If you plan to come along and have any access needs, please contact Claire Gibbons on 0131 536 8795 or [nhs.healthscotland-events@nhs.net](mailto:nhs.healthscotland-events@nhs.net)



## Community Food and Health Scotland Learning Accounts

Since 2009 CFHS has established two 'CFHS Learning Accounts' in partnership with Evaluation Support Scotland, which has enabled up to 20 community food initiatives to access the full range of basic training on self-evaluation offered by ESS, to increase their capacity to self evaluate. The Learning Account has proved to be an effective way to support community groups and as such CFHS would like to run another learning account for 2011 for up to 12 projects. Successful applicants will require to attend a full day introduction to the CFHS Learning Account which will include: introducing the ESS Core Course Programme; and the training session on 'What are my outcomes?' This event will be held on 31 August in Edinburgh.

CFHS will consider offering places to non-food specific health initiatives whose work impacts on the wider health improvement and health inequalities agenda such as physical activity or mental health and wellbeing.

If you would like to apply, please [follow this link](#). Please note the deadline for applications is Monday 8 August 2011.

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## Patient Information Forum (PIF) inaugural Scottish conference – Glasgow

The first Scottish Patient Information Forum conference looks at the challenges and opportunities recent changes such as funding cuts, elections and new Patient Rights (Scotland) Act bring for information producers and providers. The conference title is The Rise of Consumer Health Information in Scotland and it will be held on Tuesday 4 October 2011, Grand Central Hotel, 99 Gordon Street, Glasgow, G1 3SF

Fees to attend are £149 + VAT for PIF members and £199 + VAT for non PIF members. CHAIN members are entitled to a 10% discount on the standard rate. Please quote 'CHAIN' when booking.

For further information and booking see website: <http://www.pifonline.org.uk/scotlandconference>

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## Thinking evaluatively about addressing health inequities - Glasgow

This talk by Professor Sanjeev Sridharan, University of Toronto, will briefly summarize recent trends in evaluation approaches that might be relevant to addressing problems of health inequities. The talk will discuss recent trends in evaluation and will discuss their relevance to evaluating health equity initiatives. Theory driven and developmental evaluation approaches will be contrasted with traditional approaches. The role of evaluation capacity building in thinking about health inequities will also be discussed. This talk will also highlight capacity building experiments in South Asia, China and Chile.

The seminar will take place on Thursday 18 August 2011, 3.30 to 5.30pm with drinks until 6.00pm. The venue is Seminar Room 1 (Yudowitz) Ground floor, Wolfson Medical School Building University Avenue, University of Glasgow G12 8QQ

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## WISH conference – Glasgow and Aberdeen

Wellbeing in Sexual Health (WISH) still has places for the WISH West of Scotland event which is taking place on Thursday 15th September at Trades Hall, Glasgow. If you would like to attend this free event contact [Catriona.young1@nhs.net](mailto:Catriona.young1@nhs.net)

The North of Scotland WISH event registration opens 16 September. It is entitled Shifting positions: Changing the culture around sex and takes place on Thursday 17 November 2011, Aberdeen( free to professionals based in the North of Scotland)

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## Conference on epilepsy – Orkney

In October Scottish Epilepsy Initiative will host a conference in Kirkwall for health staff and professionals and primary care staff. SEI have been working with Sheena Bevan, epilepsy specialist nurse for Grampian and the Islands, to deliver top class speakers for this training event which aims to provide the latest quality guidelines for epilepsy and neurology in Scotland.

Read more [here](#)

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## Community Mental Health & Wellbeing - Fife

Fife Employment Access Trust is nearing the end of its run of 9 free “Community Mental Health & Wellbeing” courses, funded by See Me. The Trust is now open to bookings for the final course, being held on Wednesday 31st August from 10 am – 12.30 pm. The venue is Deep Sea World in North Queensferry and participants are also being offered access to the aquarium after the session

The course offers practical skills and techniques to improve mental wellbeing, awareness surrounding stigma and how to reduce the impact of poor mental health for the individual, their families, friends and for the community as a whole.

To reserve your place, or request further information, please telephone Diane on 01592 749880 or e-mail [diane@journeytowork.co.uk](mailto:diane@journeytowork.co.uk)

If you are unable to make this course, Fife Employment Access Trust also hopes to run another session on Tuesday 30th August likely to be held in Central Kirkcaldy – details tbc.

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## Train the Trainer: Breast Health Promotion – Edinburgh

This two day course from Breast Cancer Care is open to anyone involved in promoting health in the community but particularly relevant to those supporting older women, women from areas of social deprivation or women from BME groups. The course will provide the necessary knowledge and skills to enable you to talk to people about breast awareness, breast screening and breast cancer risk, either in groups or on a one-to-one basis. The course will also look at health inequalities and barriers to accessing health care. Following the course all participants will be offered support from the Breast Cancer Care Health Promotion team including access to online resources and discussion forum.

The course is free to attend and will take place on 29<sup>th</sup> and 30<sup>th</sup> September in city centre Edinburgh (venue TBC).

For more details or to book a place please contact Saskia Crocombe, BHP Administration Assistant, on 0845 092 0809 or email [bhp@breastcancercare.org.uk](mailto:bhp@breastcancercare.org.uk)

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## Income generation workshop – Edinburgh

This training offers advice on how to diversify your project’s funding and about selling your products and services. Entitled Growing Communities in Scotland, Income Generation Workshop: Life Beyond Grants, the training consists of a day workshop with Pamela Redpath, Social Enterprise Development Officer, Community Enterprise on Thursday 1st September 2011 at Thistle Foundation, Niddrie Mains Road, Edinburgh EH16 4EA. It runs from (9.30am for) 10am to 3.30pm, including lunch and costs £40

for members of Trellis or FCFCG, £50 non members and £70 for individuals not involved in community or therapeutic gardens

Booking Forms and Further Information are available online at [www.trellisScotland.org.uk/home](http://www.trellisScotland.org.uk/home)

For further information email [info@trellisScotland.org.uk](mailto:info@trellisScotland.org.uk)

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### **Women's Healthy Eating Cookery Course – Edinburgh**

Running on Tuesdays from 6<sup>th</sup> September – 11 October 2011, this free six-week cookery programme from Health All Round aims to share with you quick, healthy & tasty recipes for the whole family particularly children. All utensils and ingredients are provided. The venue is the Community Room, Springwell House, 26 Ardmillan Terrace, Edinburgh and each class runs from 12.30-2.30 pm

To book a place please contact Maysoon on 0131-537 7530/07594 602 078 or email [maysoon@healthallround.org.uk](mailto:maysoon@healthallround.org.uk)

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### **Discounted Positive Action in Housing training - Glasgow**

Positive Action in Housing is offering up to 55% off the cost of training on some of its courses throughout the month of August. ALL open courses this month will be at the discounted price of £100. The basic course details are as follows:

- Tuesday 23rd August 2011 Mental Health Awareness: Best Practice Strategies
- Wednesday 24th August 2011 Rights and Entitlements of EU Nationals (including changes for A8 Nationals)
- Tuesday 30th August 2011 - Rights and Entitlements of Refugees and Asylum Seekers
- Wednesday 31st August 2011 Cultural Awareness From an Anti- Racist Perspective

All courses will be held at Positive Action in Housing 98 West George Street, Glasgow, G2 1PJ

To book your place, please contact Ms Suki Sangha, Training Officer, Positive Action in Housing Ltd, 98 West George Street, Glasgow, G2 1PJ, Tel: 0141 353 2220, email [suki@paih.org](mailto:suki@paih.org)

Visit [www.paih.org/training](http://www.paih.org/training) for more info on courses

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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](mailto:nhs.HealthScotland-SMHFA@nhs.net) or 0131 536 8772

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## Training on Self Harm

HarmLESS Psychotherapy supports people who engage in self harming behaviour and/or are at risk of suicide. The aim of this programme is to provide specialist training for professionals who work with people who self-harm on an ongoing basis. The training has been developed in conjunction with people who self-harm and there is an experiential component.

The programme consists of two courses aimed to Manage Ongoing Suicidal/Self-harming Behaviour and Crisis Management.

For more information and to book a place contact: Maria Naranjo [info@harmlesspsychotherapy.com](mailto:info@harmlesspsychotherapy.com)  
[www.harmlesspsychotherapy.com](http://www.harmlesspsychotherapy.com) 07750756049

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## Learning Opportunities – Managing Volunteers

Aberdeenshire CVS Training Initiative, in partnership with Volunteer Centre Aberdeenshire and Aberdeen City, is offering the following Volunteer Development Scotland one day learning opportunities locally.

- Developing Diversity within a Volunteer Programme
- Health & Safety and Risk Management in Volunteering Programmes
- Motivation, Retention and Development of Volunteers
- Developing Volunteer Portfolios
- Creating Positive Volunteer Staff Relations
- Managing Youth Volunteering

Managing Volunteers is geared towards more experienced individuals who work with and manage volunteers in an organisation or community setting. Three of these will be in the Autumn training programme (October/November) with the others being delivered early next year.

Courses cost £65 each and can contribute towards an SQA Customised Award at SCQF Level 7 through Volunteer Development Scotland, provided that candidates have already completed Level 6.

Contact [admin@cvstraininginitiative.org.uk](mailto:admin@cvstraininginitiative.org.uk) or 01358 722205 to discuss booking

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## Mediation Worker – Edinburgh Cyrenians, East Lothian (please note closing date is 5<sup>th</sup> August)

This Mediation Worker position represents a new partnership project between East Lothian Council's Homeless Department and Edinburgh Cyrenians. The Mediator will work with young people (ages 16 – 20) and their families where conflict is putting the young person at risk of homelessness. They will attend Housing Options interviews to explain and offer mediation where it is appropriate and will work mediatively with families across East Lothian. Support for young people and their families will be provided by Homeless Department staff.

For full details and an application pack please visit [www.cyrenians.org.uk](http://www.cyrenians.org.uk), call 24 hour recruitment line 0131 475 2490 or e-mail: [recruitment@cyrenians.org.uk](mailto:recruitment@cyrenians.org.uk).

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## Deputy Director (Community Development), LGBT Centre for Health and Wellbeing – Edinburgh

A Deputy Director (Community Development) is sought who is keen to rise to the challenge of playing a key role in further strengthening and developing the organisation. This new community development-focused senior management post is an opportunity to help deliver a vision for LGBT health, wellbeing and equality in Scotland.

For more information about the organisation and an application pack visit [www.lgbthealth.org.uk](http://www.lgbthealth.org.uk). Call 0131 523 1100 or email [craig@lgbthealth.org.uk](mailto:craig@lgbthealth.org.uk)

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### **Part-Time Community Project Worker, Carr-Gomm Scotland - Lochend, Edinburgh**

Working in partnership with a specialist community gardening facilitator the Community Project Worker will undertake outreach work to enable and support people to participate in the garden. The focus will be on engaging people with disabilities, isolated individuals and council tenants to become involved in the garden. This two year project is initially funded to run from August 2011 until 31 March 2012; we are continuing to seek funding for the second phase of the project. Salary £15,133 - £17,527 pa Pro Rata.

For an application pack contact Carr-Gomm Scotland, SPACE, 11 Harewood Road, Edinburgh, EH16 4NT, or visit our website at [www.carr-gommScotland.org.uk](http://www.carr-gommScotland.org.uk) e-mail [info@carr-gommScotland.org.uk](mailto:info@carr-gommScotland.org.uk) or telephone 0131 659 4770.

Closing Date: Noon, Thursday 9th August 2011.

Interview: Wednesday 15th August 2011

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### **Carnegie associates**

Carnegie Trust's Community of Practice, Fiery Spirits, is advertising two posts on short-term contracts. The contracts are for 'Carnegie associates' who will be able to help develop two strands of work: one in the field of young people's involvement in the management of community assets and the other is looking at the role of Local Authorities, Third sector and social enterprises to work together to deliver local services. Find out more [here](#) – the closing date is the 11<sup>th</sup> August.

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### **Voluntary Arts Ambassadors**

Voluntary Arts Scotland has begun its latest round of recruitment for Voluntary Arts Ambassadors throughout Scotland. This role involves connecting and representing voluntary arts and crafts groups within Community Planning.

The next VAA residential training is 29-30 September (Thursday evening plus Friday all day), at Carronvale, near Falkirk.

To find out more please visit the [VSA website](#) or contact Carol Stobie, [carol@vascotland.org.uk](mailto:carol@vascotland.org.uk) or 0131 225 9790 / 07545 768 284.

<b>WEBSITES</b>
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### **Scottish Women's Convention**

The Scottish Women's Convention is funded by the Scottish Government to communicate and consult with women in Scotland to influence public policy. Visit the website by following [this link](#) or click here

to see the [SWC facebook page](#)

SWC also have a newsletter providing updates on events, consultation responses and reports. Click [here](#) to register.

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**And lastly... two new websites in Highland!**

Anyone in Highland interested in English for speakers of other languages (ESOL) should visit the new website of the Highland ESOL Providers Group. The website allows people to know where and when different classes are being held and provides other resources such as employer advice, citizenship information and educational materials for download.

Visit the website [here](#)

In addition, Youth Highland, Youth Scotland's Area Association in the Highlands, has launched a brand new website. To find out more and to take a look at the web-site, click [here](#).

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.

Views expressed in CHEX-Point Snippets are not necessarily those of CHEX, unless specifically stated.



CHEX is funded by NHS Health Scotland to provide a resource to communities by promoting and supporting community development approaches in challenging health inequalities. CHEX is a part of the Scottish Community Development Centre (SCDC). SCDC is a company limited by guarantee, registered in Scotland, No. 361532. SCDC is a registered charity in Scotland, Ref No. SC 040614. Visit [www.chex.org.uk](http://www.chex.org.uk) for more info!