



2011

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

CHEX-Point Snippets
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CHEX NEWS

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News from the CHEX Network

In this issue we draw attention to the interesting work of two community health initiatives in Scotland, CHANGES Community Mental Health Project and Wellbeing and REACH Community Health Project.

CHEX is always keen to promote the work of its network members, so if you are working in a community project around the areas of community health and wellbeing then please update us on what you are doing. Email Andrew at andrew@scdc.org.uk or phone 0141 222 4837

CHANGES Community Mental Health Project – call for board members

Would you like a new challenge to help shape the work of a local community health project? CHANGES Community Mental Health Project was established in 1996 to promote positive wellbeing and provide opportunities for people in East Lothian to find ways towards healthier and less stressful living. They are currently recruiting for new members to join their Board of Trustees. If you can spare 4 to 6 hours per month on a voluntary basis, have an interest in Mental Health provision in East Lothian and have the skills/experience to shape and influence the work of the project, then please get in touch. If you have a background in finance CHANGES are also recruiting for a Treasurer.

If you are interested and would like to find out more, please telephone CHANGES on 0131 653 3977

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**Alcohol Initiative Project for Roma and Sikh communities – Glasgow**

REACH Community Health Project in partnership with the Alcohol/ Drug Prevention & Education South Team is delivering participative workshops for the Roma and Sikh communities residing in the

South East area of Glasgow. These workshops are part of an Alcohol Initiative Project funded by the Alcohol Initiatives Fund (Glasgow City Council).

The separate participative workshops will be held to give individuals from each community an opportunity to voice their understanding about alcohol related issues (irrespective of whether or not they consume alcohol). Information and advice will be given on alcohol related issues from a health promotion perspective in the form of participative discussions, and feedback from the participants will be recorded.

The workshop for the Roma community is on Tuesday the 22nd of August 2011 and the workshop for the Sikh community is on Thursday the 25th of August 2011. Each day includes two sessions (morning and afternoon). The morning session is from 10am till 12:30pm and the afternoon session is from 1:30pm till 4pm. Food and refreshments will be provided on the day as well as participants will be reimbursed for their travel on the day.

The findings of the project will be made available in the form of a research report which will be helpful in future to tailor services according to the needs of such communities

Please contact Sharon DSouza on 0141 585 8024 or [sharon@reachhealth.org.uk](mailto:sharon@reachhealth.org.uk) for more details.

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### **Community development across Europe**

CHEX's parent organisation, the Scottish Community Development Centre, has been awarded funding through the Grundtvig programme of the European Commission to take part in a network for community development with marginalised social groups. Other partners are the Hungarian Association for Community Development, Estrategias de Transformacio Comunitaria Sostenible (Barcelona) and the Association of Local Democracy Agencies, which is based in France and works in the Balkans and Caucasus. The aim of the project is to allow for mutual learning about innovative tools of community work to strengthen the capacity of the partnering organisation to combat poverty and support the social integration and citizen participation of excluded social groups.

This will result in a practical guide on community development with marginalised social groups as well as short films on the localities and projects visited through the programme.

For more information contact Stuart Hashagen on 0141 222 4837 or [stuart@scdc.org.uk](mailto:stuart@scdc.org.uk)

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SURF Awards for Best Practice in Community Regeneration

The 13th annual SURF Awards for Best Practice in Community Regeneration will take place on the evening of Thursday 8th December 2011 from 6:30pm in Glasgow's Radisson hotel. The presentation dinner is an opportunity to join regeneration friends and colleagues from all sectors to celebrate the quality and diversity of community regeneration projects from across Scotland.

The SURF Awards is supported by the Scottish Government, and independently judged by a panel of 16 representatives drawn from relevant national organisations and community groups. If you are aware of a project or initiative that you believe deserves particular recognition, please consider nominating it for a 2011 SURF Award in one of four categories: People, Place, Partnership and Employability for All

To find out more about the awards and how to apply visit the [SURF website](#). The closing date for applications is Monday 12th September 2011.

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## **Special collection of social enterprise materials**

A special collection on social enterprise has recently been handed over to the Glasgow Caledonian University (GCU) library. The collection includes archive papers and documents on Community Development, Community Enterprise, Social Enterprise and Social Accounting and Audit. They have been assembled by John Pearce, a well known figure in the Scottish social enterprise movement, throughout his working life. To these have been added the Community Business Scotland archive of papers and reports from 1981 onwards.

The collection ties in with the new Masters in Social Enterprise course being run at GCU in partnership with the Social Enterprise Academy. It also has clear and useful cross-sectoral links to related fields of interest. Once catalogued, it is planned to make it more widely accessible, beyond university users. The next step is for CBS Network and GCU to work together to attract funding for an archivist to sort and catalogue the collection. An initial sum of £30,000 will be sufficient to jump start this work. The two organisations are now keen to attract further papers and documents that will contribute to this becoming the leading reference point for the history and future development of policy and practice in social enterprise in Scotland and beyond.

For more information contact Alan Tuffs 01506 87 33 55 or [alan.tuffs@btinternet.com](mailto:alan.tuffs@btinternet.com)

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Gleam – The Musical!

NHS Ayrshire & Arran's Oral Health Promotion Team have teamed up with young people to produce a musical on the theme of oral health. Gleam the musical will be part of an educational resource which will be used within secondary schools throughout Ayrshire. The idea was first born following consultation with over 700 young people to find out about their existing oral health knowledge and also their preferred learning styles. This highlighted the need for the basic messages to be reinforced, while focussing in on some issues particularly relevant to teenagers, such as smoking. It also showed that drama and workshops were the styles of learning that they felt they would most enjoy, and so with this in mind the team developed the concept of 'Gleam – The Musical!' - writing the script, choosing the songs and holding auditions with Doon Academy to select the 'cast'. The final product will be a multifaceted DVD resource which will involve recording the cast throughout the school in the style of 'Glee'

This ties in with the launch of the team's year long social marketing campaign, 'Gleam – embrace the power of a smile'.

The team are actively looking at new opportunities to make oral health promotion a fun and engaging topic. The team hope that creating the Gleam brand will allow a move from an approach which sees people being campaigned into behaviour change to one which allows the development of products and services that make it exciting and easier for people to change.

For more information on this new development contact Suzanne Holden, Senior Oral Health Promoter (NHS Ayrshire & Arran) on 01294 323455.

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## **Changing lives through comedy**

Universal Comedy is a charity and social enterprise set up in 2004. Its main aim is to improve the health and wellbeing of young people and adults who are isolated in the community due to ill health and have lost their social networks as a result of their health difficulties. Universal Comedy uses comedy workshops and courses as a vehicle for participants to develop their core skills, confidence and self-esteem as well as promoting their health and wellbeing. The organisation has received funding from the Esmee Fairbairn Foundation to provide these comedy workshops and courses free of

charge to people with ill health who self-refer in Edinburgh and the Lothians, Lanarkshire and Greater Glasgow and Clyde in 2011.

Contact Linda on 0141 564 1200 or e-mail [linda@universalcomedy.co.uk](mailto:linda@universalcomedy.co.uk). Workshops will be held in locations where there is a sufficient demand. For more information visit [www.universalcomedy.co.uk](http://www.universalcomedy.co.uk).

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Materials available for Mental Health Week

'See me' are offering 'ready-made stalls' for mental health week to organisations wanting to raise awareness of Scottish Mental Health Week, running from 10th - 17th October 2011. Stall in a Box will include the latest 'see me' promotional materials with key messages, a mini wall of support activity and a range of freebies. The resource is free and 'see me' will ask you to complete an evaluation form to help measure the impact of the stall display. Numbers are limited so get your order in soon to secure your box.

To receive your Stall in a Box please email info@seemescotland.org including contact and delivery details, activity details (what and when), expected numbers and other organisations that are attending. The box will be delivered in the week beginning 26th September 2011.

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### Health is a laughing matter!

The Edinburgh based Centre of Health and Wellbeing (CHWB) offers laughter workshops with the aim of improving health. The Centre has been delivering laughter events, projects and training using laughter for the last five years in the health, education and the corporate world. The Centre won a Social Enterprise Award from the Melting Pot last August and recently received funding to train up NHS Tayside Nurses as Certified Laughter Yoga Leaders in response to public health document.

Evaluation of their recent workshops showed 90% of participants were in a good or very good mood after the workshop, compared with 51% before the sessions – an increase of 39%. The effect lasted the remainder of the day on which the workshop took place.

For more information please visit the [website](#)

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### Draft Healthcare Quality Standard

The draft Healthcare Quality Standard is Healthcare Improvement Scotland's new core clinical governance and risk management standard. This document is now available for download and comment from the Healthcare Improvement Scotland [website](#)

The website has a link to the consultation, where you can give your views on the draft standard. Responses to the draft standard can also be submitted (by post, phone, fax or email) to Jim Smith, Project Officer, Healthcare Improvement Scotland, Delta House | 50 West Nile Street | Glasgow | G1 2NP, t: 0141 225 6875, f: 0141 248 9746 [james.smith11@nhs.net](mailto:james.smith11@nhs.net) by Friday, 30 September 2011.

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### New evaluation report from the Community Development Foundation

The National Empowerment Partnership (NEP) and Targeted Support Empowerment and Participation Improvement (TSEPI) programme final evaluation reports are now available for download on the [CDF](#)

[website](#).

Launched by the UK Department for Communities and Local Government (DCLG), NEP ran from July 2007 to 31st March 2011 and was committed to supporting and improving empowerment activities across England. Managed by the Community Development Foundation (CDF) the programme was delivered at a regional level through nine regional empowerment partnerships (REPs).

The £9 million TSEPI fund ran between October 2009 and March 2011 and focused on 105 local authorities (LAs) with low levels of community engagement, or with an interest in improving engagement. TSEPI worked with community members and organisations to improve on how they engaged with their communities. The programme encouraged applicants to link activities to wider empowerment and cohesion activities, including Connecting Communities.

Click here to read the [NEP](#) evaluation report

Click here to read the [TSEPI](#) evaluation report

Please be patient with the links, which can be slow to download.

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### **Community Resilience – a handbook based on global experience**

The Fiery Spirits Community of Practice has launched a new handbook about how communities are preparing for and coping through difficult times. Beginning with Cumbria's experience from the floods of November 2009, the book takes the reader on a journey from remote Scottish communities to inner city London, and from New Orleans after Hurricane Katrina to Ireland after the credit crunch.

The book Exploring Community Resilience is produced by a network of community activists, professionals and policy makers which is supported by Carnegie UK Trust.

The book is available free of charge for online viewing at [www.fieryspirits.com](http://www.fieryspirits.com) and a limited number of printed copies are available to purchase from the same link for £12.50 (inc. p&p).

For more information, contact [nick@carnegieuk.org](mailto:nick@carnegieuk.org) and follow updates on twitter @comresilience

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### **Health – high on our agenda!**

The Office for National Statistics has published the results of a UK-wide study of more than 34,000 people, asking what matters most to them and what influences their wellbeing.

Our health is one of the key areas mattering most to people in addition to: connections with other people such as family and friends and the local community; job satisfaction and adequate income and wealth; work-life balance; meaning and purpose; the environment and government services. There is also a commonly held view that there should be a greater sense of fairness and equality.

Click [here](#) for more information including links to the full report

### **Community Food and Health Scotland e-bulletin**

The Community Food and Health Scotland e-bulletin gives all the latest information on CFHS's work and updates on community work relevant to food and health throughout Scotland. The latest issue contains information on CFHS Microfunding for projects working with older people and the CFHS learning and development programme.

Click [here](#) to read the bulletin or subscribe on the [CFHS website](#).

## **Biffaward**

Biffaward is a multi-million pound fund that helps to build communities and transform lives through awarding grants to community and environmental projects across the UK. There are three levels of funding available:

- Main Grants (Community) – £5,000 to £50,000. For projects that provide and improve community facilities.
- Main Grants (Biodiversity) – £5,000 to £50,000. For projects that conserve wildlife, species and habitats.
- Small Grants – £250 to £5,000. For projects that enable communities to improve local amenities and to conserve wildlife.

There are no grant deadlines. Applications are accepted at any time. Find out more at:

<http://www.biffaward.org>

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Coalfield Community Challenge Programme

The Coalfields Regeneration Trust is launching the Coalfield Community Challenge Programme to support people with new, imaginative and innovative ideas that create jobs and respond to worklessness in Scotland's coalfield areas. The Trust is looking to provide up to £50,000 to 10 would be entrepreneurs living and working in former coal mining areas, who want to launch their own new social business

A series of awareness days has been running with one date left - 24th August, 10am – 2pm, Dumfries Arms Hotel, Cumnock, East Ayrshire

To register and receive further details please contact David Wright on 01259 272127 or click [here](#) to visit the website.

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## **Just Enterprise**

Social entrepreneurs and enterprising third sector organisations are invited to apply to Just Enterprise. This recently launched two year programme will offer a range of support to enterprising third sector organisations such as a telephone advice service, one to one development support, business consultancy and workshops, learning programmes and leadership courses and procurement services. [Click here](#) for more information on Just Enterprise

Third sector organisations seeking to grow can also apply to the [Enterprise Growth Fund](#) for grants between £25,000 and £200,000. Grants will be awarded to organisations which show the most potential for long term development and sustainability.

## **SITA Trust**

SITA Trust's Enhancing Communities Programme Core Fund awards grants of up to £60,000 to not-for-profit organisations, community groups, parish councils, local authorities and charities for projects that make physical improvements to community facilities and historic buildings. One condition is that projects must be within 3 miles of SITA UK waste processing sites. There is also a Fast Track Fund offering grants of up to £60,000 for projects with an overall cost of no more than £40,000.

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

## Self Management Week

Long Term Conditions Alliance Scotland (LTCAS) will be running this year's Self Management Week from 3-7 October 2011. The aim of the week is to promote the awareness raising campaign 'My Condition, My Terms, My Life' and other self management work that is happening across the third sector, health and social care.

There are a number of ways for individuals and organisations to get involved, including national showcase events in Glasgow and Aberdeen and local events to improve understanding of how self management of long term conditions supports people to live their lives better, on their terms.

Another way to get involved is to recognise good practice through the Self Management Awards which LTCAS are hosting as a focal point of Self Management Week. Anyone can nominate a person or organisation for one of the categories in the Self Management Awards. Members of the public, voluntary organisations and health and social care services are encouraged to submit nominations with the aim of highlighting good practice and promoting a range of self management work.

For more information on the categories and to download an application form, go to:

<http://www.ltcas.org.uk/news-and-events/events/spotlight/self-management-week/#self-management-awards>

The deadline for nominations is Friday 26 August.

For more information on events during Self Management Week or the Self Management Awards, please contact [jen.mccole@ltcas.org.uk](mailto:jen.mccole@ltcas.org.uk) or [justine.duncan@ltcas.org.uk](mailto:justine.duncan@ltcas.org.uk).

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## Gardening Leave networking event – Erskine

The Networking Day at Gardening Leave Erskine will be an opportunity to meet Gardening Leave staff and the Mental Health Foundation researchers who are conducting a 2 year External Evaluation of the project and its sister project Gardening Leave Chelsea based at the Royal Hospital Chelsea in London.

Gardening Leave is a charity which aims to improve the mental and physical wellbeing of serving and ex-Service personnel using Horticultural Therapy, in walled gardens.

All interested healthcare professionals and potential referral agencies are very welcome to attend this free event.

For more information and to reserve a place please contact Evelyn McGill 01292 521 444 or [admin@gardeningleave.org](mailto:admin@gardeningleave.org). Visit the website at [www.gardeningleave.org](http://www.gardeningleave.org)

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## Voluntary Sector Locality Network Events – Lanarkshire

During September-October 2011, Voluntary Action North Lanarkshire is hosting its autumn round of six Voluntary Sector Locality Network Events across North Lanarkshire for volunteers and voluntary sector organisations to come together to share key information. The Networks are a continuation and development of the Supporting Voluntary Action Networks facilitated by the Volunteer Centre and CVS North Lanarkshire between 2008-2010.

If you are a volunteer or paid staff member in a local voluntary organisation, and feel you would benefit

from coming together with other volunteers and organisations to discuss key issues affecting voluntary action in your town and gain updates on key policy / strategic information affecting voluntary sector groups and volunteers, attending a Voluntary Sector Locality Network could be beneficial for you.

Please visit the [Locality Networks page on the VANL website](#) for more details on when and where these events are taking place.

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Social Firm Success Stories - Edinburgh

Social Firms Scotland is hosting a Social Firm Success Stories event on Thursday 22nd September at the Scotsman on Holyrood Road in Edinburgh. Guest speakers will give presentations about their Social Firm journey, and there will be SFS updates and a chance to network with friends and colleagues. For more information and to book your free place click [here](#) or contact Jayne Chappell for more information (0131 225 4178 or email jayne.chappell@socialfirms.org.uk)

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### **Designing gardens for people with dementia – Stirling**

An event for anyone involved or interested in gardening with and for people with dementia. The event is from 10am-1pm on the 21<sup>st</sup> September at Dementia Services Development Centre, Stirling University, and costs £40 for members of Trellis or FCFGG rising to £70 for people who aren't involved in community/therapeutic gardens. See [Trellis website](#) for more details

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Changing Habits – Glasgow

Changing Habits is a connected programme between housing providers, general practitioners, community care health staff, financial services and third sector providers. It is aimed at supporting individuals to make changes which improve their emotional, psychological, physical, financial and social well-being, reducing people's dependency and likelihood of use of health services and increasing individual's hopes and aspirations for personal development and economic activity. The aim is to make neighbourhoods healthier and also wealthier.

The event is on Wednesday 7th September 2011 from 12noon till 2pm the Offices of Cernach Housing Association 79 Airgold Drive Glasgow G15 7AJ. Lunch will be provided

Please RSVP to Hilda at hilda@cope-scotland.org

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### **Scottish Women's Convention Roadshows – Highland**

Upcoming Scottish Women's Convention Roadshows are to take place across Highland in Inverness on Monday 22nd August, Thurso on Tuesday 23rd August, and Wick on Wednesday 24th August. These events help to raise awareness and share experiences of issues affecting women in Scotland.

The [SWC website](#) gives more information or you can email [deborah.ruddy@scottishwomensconvention.org](mailto:deborah.ruddy@scottishwomensconvention.org)

**PHINS Seminar – Glasgow**

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. You can download the programme here:

[PHINS 2011 seminar programme](#)

This event is free of charge. However, spaces are limited and will be allocated on a first come, first served basis. To register for the event, please complete and return this [reply slip](#) to Heather Davis ([heatherdavis1@nhs.net](mailto:heatherdavis1@nhs.net)) at NHS Health Scotland.

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People Working Together Event – Edinburgh

Outside the box is holding an event on the 27th September 2011 in Edinburgh. The event will bring together people who use social care services who are working together to deliver services or create more opportunities for them and other people.

The aim is to share what people are learning and to encourage people to think about this approach and the benefits it can bring.

For more information please go to: http://otbds.org/index.php/project/view_details/109/

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**Conference on generating income within the public sector – Edinburgh**

This one-day, national conference will explore the potential for public bodies to generate additional revenue and income as part of their efforts to bridge budget gaps. Entitled 'Realising Income Generation Opportunities for Scotland's Public Sector Bodies' the conference will use good practice case studies to consider how efficiency savings can be complimented by new and innovative service models which utilise entrepreneurial flare.

Find out more details, including prices, [here](#)

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Scottish Families Affected by Drugs Annual Conference and AGM - Dundee

The Scottish Families Affected by Drugs Annual Conference will take place on Saturday 1st October, 10am – 5.30pm at Apex City Quay and Conference Centre, Dundee. Speakers will include experts in the field of drugs and there will be a variety of practical workshops. The event provides an opportunity for networking and sharing learning and experiences.

The conference will be followed by SFAD's Annual General Meeting, which begins at 3.30pm.

Click [here](#) for more information

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**Community Food and Health Scotland learning and development programme - updated**

CFHS have updated their learning and development programme for 2011/2012.

This year's programme includes learning and development activities around the theme of social

enterprise, with the Social Enterprise Academy delivering a starting your social enterprise programme for us, and another promoting your community food initiative course. The programme also includes training on social enterprises, 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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Massage in Schools Training - Stirling

This course trains you to be a Massage in Schools Instructor, as part of an internationally recognised programme. You would then teach children, in classes or groups, to massage each other, through clothes and with their own and parental permission. The course organisers state that this has positive effects on mental and physical wellbeing, class or group ethos, group and family relationships, concentration and on decreasing aggression. The next course is at the King Robert Hotel, Stirling on 19 & 20 November, costing £275, which includes lifetime membership of the Massage in Schools Association for ongoing support.

For further information and to register for the course, contact Pauline Vallance on paulinevallance424@hotmail.com or 07981 256636

For information about the programme, including research studies, look at www.misascotland.org.uk

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### **Wellbeing Workshops - Glasgow**

COPE in conjunction with the Glasgow West Primary Care Mental Health Team and Llifelink are running more Wellbeing Stress Management Workshops at Hillhead Library, Byres Road.

Starting on Tuesday 6th September, the workshops will run weekly at 6pm-7.45pm for 4 weeks, and are open to anyone aged 18 years and above. Each session has a different topic therefore participants can choose which sessions they want to attend:

- Week 1 What is Stress?
- Week 2 Stress and Behaviour
- Week 3 Thought Patterns and stress
- Week 4 Problem Solving and Staying Well

If you require further information please contact COPE on 0141 944 5490

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Cultural Awareness: From an Anti-Racist Perspective Training – Glasgow

This one day course will give you a deeper understanding of some of the key cultural differences and communication barriers affecting people including black minority ethnic communities. It will enhance your organisation's interpersonal communications. You will be able to recognise the needs of different groups of people and effectively adapt the approach you use with service users.

This course is highly participative, involving case studies, group exercises and open discussion. Course packs are comprehensive.

Costing £100 the course will take place on Wednesday 31st August 2011, 10.00 am – 4.00 pm at 98 West George Street, Glasgow, G2 1PJ

To book this course, just email Ms Suki Sangha, Training Officer on suki@paih.org or call her on 0141 353 2220

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### Peer Mediation Train the Trainers course - Grangemouth

This interactive course is aimed at youth workers who wish to develop the knowledge and skills required to deliver peer mediation training with young people. Participants will be given access to training materials, resources and information to help create a peer mediation training toolkit which they can take back to their own youth work setting. The course is being delivered by Carol Hope from the Scottish Mediation Network and will take place on Saturday 27th and Sunday 28th August 2011 at Municipal Chambers, Boness Road, Grangemouth. Cost: £ 50 / £65 (Cost includes accommodation for those who require it )

Find out more and access booking form [here](#)

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### Development Worker – Edinburgh

Youth Scotland is seeking applications for the full time post of Development Worker who will be responsible for developing and delivering a comprehensive training and support programme for Young Leaders.

The closing date for applications is 12 noon on Monday 22 August 2011 and interviews will be held in Edinburgh on Friday 2 September 2011.

For an information pack on the above opportunity, please visit Youth Scotland's [website](#) or contact: Youth Scotland, Balfour House, 19 Bonnington Grove, Edinburgh EH6 4BL, Tel: 0131 554 2561, email: [office@youthscotland.org.uk](mailto:office@youthscotland.org.uk) to discuss any aspect of the post.

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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