
CONTENTS (N.B. click on the heading links below to jump immediately to the relevant section)

CHEX News

- [The Obesity Route Map – what does it mean for community-led health organisations?](#)
- [Money Well Spent: Economic evidence in community-led health](#)
- [ACE **Deadline for applications now extended**](#)
- [Closure of Stirling Health and Well-being Alliance](#)

General Information

- [Correction from last issue!](#)
- [Ellon Family Directory](#)
- [Network for Social Enterprises in Aberdeenshire](#)
- [21st Century Families - South Lanarkshire](#)
- [HIIC work with young people - South Lanarkshire](#)
- [Young Parent Survival Guide and Network](#)
- [Expression of Interest - community retailing](#)
- [Volunteering Zone launched](#)
- [Fancy becoming an even more Active Citizen?](#)

[Consultations and Surveys](#)

[Publications](#)

[Funding](#)

[Events](#)

[Conferences and Seminars](#)

[Training](#)

[Vacancies](#)

CHEX NEWS

[back to top](#)

The Obesity Route Map – what does it mean for community-led health organisations?

CHEX Advisory Committee welcomed an informative and lively input from Michael Craig, Public Health Adviser from NHS Health Scotland on implementation of the Scottish Government's Obesity Route Map. The Route Map is aimed at preventative actions to tackle obesity addressing 4 key areas:

- Energy consumption – controlling exposure to, demand for and consumption of excessive quantities of high calorific foods and drinks
- Energy expenditure – increasing opportunities for and uptake of walking, cycling and other physical activity in our daily lives and minimising sedentary behaviour
- Early years – establishing life-long habits and skills for positive health behaviour through early life interventions
- Working lives – increasing responsibility of organisations for the health and wellbeing of their employees

Michael highlighted practical actions that community-led health organisations are in a strong position to influence such as supporting community members to lobby local retailers for more affordable, quality food. Much development has already taken place e.g. our partners Community Food and Health Scotland (CFHS) have done much to raise awareness and support effective community activity.

The extent of the problem (in 2008, 26.8% of adults in Scotland were obese and 65.1% were overweight) underpins the need to replicate and scale up good practice in both practical actions and

strategic approaches. To help inform how your own organisation could contribute to tackling obesity read the [Obesity Route Map](#) and [CFHS Fact Sheet](#).

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### **Money Well Spent: Economic evidence in community-led health**

This CHEX Practice Development Seminar on Tuesday the 4<sup>th</sup> October in Edinburgh will explore the use of economic evidence in community-led health practice. Participants will hear from community-led organisations who have experienced gathering and using economic evidence, and will have the opportunity to explore the benefits and challenges it presents. You will also hear from the funder's perspective - why is economic evidence important to funders of community-led health work and what are the top tips for gathering and presenting evidence? The seminar will be participative with plenty of opportunity for discussion, and will be followed by a networking lunch.

The seminar outcomes are:

- Increased awareness of the need and context for economic evidence in a community-led health setting.
- Increased awareness of tools and methods for gathering and presenting economic evidence
- Increased understanding of the benefits and challenges of gathering and presenting economic evidence.

The event is aimed at community organisations who are tackling health issues in their area or with specific issue groups. The event is FREE however places are limited so if you are interested in attending please register [here](#)

The Seminar will take place from 10am – 1pm at [the Melting Pot, Edinburgh](#)  
Lunch and refreshments will be provided.

For any enquiries please contact Aileen Skillen, [aileen@scdc.org.uk](mailto:aileen@scdc.org.uk) or 0141 248 1990

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ACE **Deadline for applications now extended******

The application deadline for the Achieving Community Empowerment (ACE) programme has now been extended to **12th September**.

ACE stands for Achieving Community Empowerment and is a programme delivered by CHEX's parent organisation, SCDC (Scottish Community Development Centre) and funded by the Big Lottery Fund in Scotland (BIG).

ACE is a programme of support for community groups and, within it, SCDC provide at least 10 days of support for each group over the course of a year. The support will focus on the following areas:

- Helping groups to identify what they're good at it and where they need to improve/become more effective
- Helping groups to develop a plan of action in order to make their required changes
- Supporting groups to put their plan into action
- Sitting down with groups at the end of the year to review progress and identify what needs to be done next

Any community group can apply for support but SCDC will be prioritising those groups who need it most – particularly those groups who are in a period of transition or who feel that they are facing new challenges at the present time. Examples of groups participating in the programme so far are:

- Refugee Community Organisations including Y-People Glasgow Residents Association (YGRA), Karibu, AFIG (Ivorian Womens Group) and the Scottish Refugee Policy Forum

- Benarty Community Forum Group in Fife
- Groups working on issues around addiction including Grampian Family Support Forum, East Community Addictions Forum and ASURE
- Minginish Community Trust Association in Skye
- WISH (Women in Sport & Health) in Clackmannanshire

If you are interested in applying for ACE support, please contact Aileen Skillen at SCDC to express interest in the programme. Aileen will send you an application form and guidance notes. Email: aileen@scdc.org.uk or Phone: 0141 248 1924/1964. If you're having trouble in filling out the form, SCDC can advise you or you may want to ask a local support worker (if there is one) to give you a hand.

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## **Closure of Stirling Health and Well-being Alliance**

CHEX has been advised that Stirling Health and Well being Alliance will close at the end of August; we are very concerned that another community-led health organisation is closing, but want in this issue to highlight the organisation's achievements over the past years.

Stirling Health and Well-being Alliance (SHWA) was set up in April 1997 following an Urban Programme Women and Health Project. The Alliance worked to empower local people to improve their health and well being and to tackle health inequalities.

In November 2000 the Alliance was awarded £1 million from the New Opportunities Fund with funding from Stirling Council, NHS Forth Valley and Forth Valley Primary Care NHS Trust for five years. The overarching aim was to improve health & well-being and tackle local health inequalities. The original work plan was to undertake work in what were the 8 regeneration areas of Fallin, Throsk, Cowie, Plean, Cultenhove, Top of the Town, Raploch, and Cornton

The Alliance sought to

- Promote a 'holistic' approach to health and well-being
- Provide learning and growing opportunities for people through a range of training initiatives
- Ensured that their work was carried out within a caring and nurturing environment which respected the individual
- Working in partnership with other agencies to provide a network of support, health related information and new opportunities for people

The Alliance worked from a value base that acknowledged that

“All people have the right to:

- Good Health
- Choices
- Information
- Participation in decision making

All people have the right to use their own authority and responsibility to:

- Make changes as individuals
- Make changes within community structures“

Over the years their work has included addressing food issues, encouraging physical activity, stress reduction activities, providing advice and information and recruiting and supporting local community health volunteers to be involved in the full range of health related activities the organisation had to offer.

They also supported reminiscence groups, developed and supported a drama group which wrote and performed short plays about community involvement in health services.

Much of this work was undertaken in collaboration with NHS and Local Authority colleagues as well as other community and voluntary sector partnership organisations.

There is no doubt that many people will be affected by the loss of this organisation.

The statistics shown below were provided to us by the Alliance

**Over the last 10 years SHWA has supported over 29,000 Stirlingshire residents to improve their health & wellbeing. 96% of all SHWA work has been delivered to local residents from lower socio-economic backgrounds who are at greater than average risk of premature death, greater morbidity and lower life expectancy.**

In the last 5 years alone this has meant for example

- Delivering weekly exercise sessions to 374 participants who do not participate in any other organised exercise
- 829 hours in 520 community sessions of quit smoking support with a 41% quit rate.
- Supported 553 local people to achieve the recommended 30 minutes per day moderate intensity exercise for adults.
- Supported 736 local people to make healthy changes to their own and their family's diet.
- Handled over 3,000 Health Campaign enquiries from local residents
- Provided 19 large multi-agency community events such as Carnivals, Fetes, Open Days and MOTs involving 710 local residents.
- Consulted over 750 local residents to voice their needs and opinions.

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|----------------------------|-----------------------------|
| <b>GENERAL INFORMATION</b> | <a href="#">back to top</a> |
|----------------------------|-----------------------------|

### **Correction from last issue!**

The last issue (192) of CHEXPoint Snippets provided information and a link to laughter workshops being delivered by Joyworks. The workshops were wrongly credited as being delivered by the Centre of Health and Wellbeing and we are sorry for any confusion!

As well as delivering the laughter workshops Joyworks also provide certified Laughter Yoga Leader training with the next classes being held in Edinburgh on the 24th/25th September at The Healthy Life Centre, Edinburgh. The cost is £275 with reductions available for unemployed, income support, Flexible Skills Funding etc

Joyworks also ran free daily laughter sessions at BBC Comedy@Potterrow throughout the Edinburgh Festival.

For more information on the laughter workshops and other work please visit the Joyworks [website](#)

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Ellon Family Directory

Parents of children with a disability or additional support need in the Ellon area of Aberdeenshire may be interested to hear about a new directory developed and produced by the Community Planning Autism Sub Group. Ellon Family Directory for Children and Young People with Additional Support Needs was written in response to finding that families often don't know where to turn to upon diagnosis of an additional support need.

Produced by a group of parents and professionals and funded by Community Planning the directory covers a range of subjects, giving information, advice and contact details.

An online version can be accessed [here](#)

Anyone wanting hard copies can contact me on sally.sheehan@aberdeenshire.gov.uk.

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### **Network for Social Enterprises in Aberdeenshire**

Social Enterprises in Aberdeenshire have recently established a Network as a forum to come together to offer mutual support and share information.

The usual format is to invite an outside speaker on a subject that the participants have identified followed by a brief input from one of the social enterprises involved in the Network, the participants then have an opportunity to share information/issues or good news stories.

The Network, currently with a mailing list of over 100, aims to remain very informal at this time and anyone with an interest in social enterprise is welcome to attend. Each Network meeting is hosted by one of the social enterprises involved.

The next meeting of the Network is to take place at Inspire, Inverurie Portacabins, Burghmuir Place, Inverurie AB51 4FS on Thursday 25th August at 10 a.m.

If you would like further information about the Network, to join the mailing list or to attend a meeting please telephone Diane Miller on 01358 722205 or email: [diane@cvstraininginitiative.org.uk](mailto:diane@cvstraininginitiative.org.uk)

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21st Century Families - South Lanarkshire

21st Century Families' is a group of mums, dads & carers who have joined forces with educational professionals in the East Kilbride, South Lanarkshire in response to the challenge of raising a healthy, happy and resilient child in the 21st Century.

Inspired by the books of Sue Palmer, the group are keen to "spread the message" of bringing balance back into our children's lives. The group held a series of Roadshows promoting the benefits of Play and illustrating how much children benefit socially, emotionally, spiritually and physically from it. The Roadshows featured workshops on messy play, outdoor play (regardless of weather!), den building, story-telling, arts & crafts, junk modelling, games you can play for next to nothing while travelling etc.

21st Century Families aren't anti-technology as they know that they can be a fantastic source of learning and information for children. However, they want to encourage other parents & carers to be more aware of the risks of having TV's, computers and internet connected phones in children's bedrooms interfering with their sleep patterns, age inappropriate material and children not interacting enough with their peers.

If you are interested, please contact Liz Highet, Home School Partnership Worker (and parent!) on 21stcenturyfamilies@gmail.com or on 07795-090696

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### **HIIC work with young people - South Lanarkshire**

A pilot of Health Issues in the Community (HIIC) is being undertaken with students from Uddingston Grammar School in South Lanarkshire. Funded initially by BEE Healthy, a programme based in Viewpark North Lanarkshire (the area in which most of the students live), the project is now planning to carry out Part 1 and Part 2 with two groups of More Choices More Chances students in the school over the next year (MCMS is the Scottish Government's strategy to reduce the proportion of young people not in education, employment or training in Scotland).

The aim is to provide vulnerable young people including those in the More Choices More Chances project to develop skills in promoting their own and their communities' health and wellbeing.

HIIC has never been used in South Lanarkshire before, only in North Lanarkshire. The team behind the project hope to train other individuals to carry on this work. Training for tutors is currently planned for 4th & 11th October.

For more information please contact Kathleen Walker, Health Improvement Practitioner, Hamilton  
Locality: South CHP, [kathleen.walker@lanarkshire.scot.nhs.uk](mailto:kathleen.walker@lanarkshire.scot.nhs.uk)

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### Young Parent Survival Guide and Network

One Parent Families Scotland has updated the Young Parents Survival Guide jointly with NHS Health Scotland and we have free copies available for distribution (postage costs only).

OPFS are also working to link up services electronically across Scotland working with young parents in order to share information on what has worked and on any difficulties faced. This, and the Survival Guide can be accessed on the [OPFS website](#)

Alternatively, those interested in getting copies of the Survival Guide or finding out more about the Network can contact [rory.ross@opfs.org.uk](mailto:rory.ross@opfs.org.uk) (0131556-3899).

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### Expression of Interest - community retailing

Community Food and Health Scotland is seeking expressions of interest for the following piece of work - to produce a mapping of community food retailers in Scotland.

If you are interested in undertaking this work, please read the [background information \(PDF 42 kb\)](#) and complete the attached expression of interest form. The closing date for submissions is **23 September 2011**, with the work to be completed in mid January.

For more details, contact [Anne](#).

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### Volunteering Zone launched

Volunteer Development Scotland is pleased to announce the launch of the **Volunteering Zone**, an on-line method of registering volunteer roles across local authority areas to appear on the [Volunteer Scotland website](#). In other words, you can now post your volunteering opportunities directly online and keep them up-to-date yourself.

The new online service offers a number of benefits including:

- secure online access to your opportunities 24/7
- keeping your information consistent across the country
- assign access to branches to use your volunteer role templates and register them locally
- intelligence about how many people are looking at your volunteering opportunities across the country

Information Sessions are being offered to learn more about this new service and how it could benefit organisations. The next sessions take place as follows:

- Friday 30<sup>th</sup> Sept 1.00pm – 3.30pm
- Thursday 20<sup>th</sup> October 10.30am - 1.00pm

In order to book a place, visit [this website](#). All the sessions will take place at VDS in Stirling. Places will be allocated on a first come, first served basis. If you have any queries, please contact Rebecca Dadge [rebecca.dadge@vds.org.uk](mailto:rebecca.dadge@vds.org.uk) or Tel 01786 479593.

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Fancy becoming an even more Active Citizen?

A new European-wide project is looking for people aged 50+ who put a lot of effort into working for others in their community.

Sustainable Learning in the Community (or SLIC2) offers the chance to meet with other community-minded older adults who are already making a difference and to share successes, develop skills and even train to be a peer facilitator. This could be a stepping stone to expanding an existing project or starting a new one.

The project is being funded by the European Commission and being run by the Centre for Lifelong Learning at the University of Strathclyde in Glasgow

A focus group on the Thursday 6 October will look at ways and means of setting up development workshops to train peer facilitators in promoting Sustainable Learning in the Community

See more information at: www.slic-project.eu/

CONSULTATIONS AND SURVEYS

back to top

Draft Healthcare Quality Standard

Healthcare Improvement Scotland is looking for views on a new set of draft indicators of the quality of hepatitis C services in Scotland. They have also produced a supporting document, "Information for Patients and the Public", which gives a two-page summary of the indicators in plain English. These documents are now available for download and comment from their [website](#).

Comments are welcome from service users, carers and their advocates, and the following information is sought in particular:

- Based on your experiences of hepatitis C services, what needs to improve?
- Do the proposed indicators reflect what is important to you?

If you would like the project team to attend a meeting of your group or organisation to discuss the indicators, or if you have any queries, please contact Scott Horton on hcis.hepc@nhs.net (0141 225 5550). The deadline for submitting comments is **Friday, 18 November 2011**.

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## Social Care Survey

Audit Scotland seeks the views of people who use social care services and their carers.

Audit Scotland helps to check that public money in Scotland is spent in a fair and sensible way. It wants to find out more about how decisions are taken about social care services for disabled people. By social care we mean support like day care, lunch clubs, home care, residential care, housing support or respite care.

Experiences in six areas of Scotland are particularly sought- Angus, Argyll and Bute, East Dunbartonshire, Fife, Glasgow and North Lanarkshire.

People can complete the service users survey: <http://www.surveymonkey.com/s/SocialCareSurvey> and carers survey <http://www.surveymonkey.com/s/SurveyForCarers> online.

For alternative formats or more info contact: 0141 424 3765 or [emma.hewitt@odsconsulting.co.uk](mailto:emma.hewitt@odsconsulting.co.uk).  
Deadline for completing the survey is 9 September.

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Patient Rights Act: Consultation on Secondary Legislation

The Patients Rights (Scotland) Act 2011 received Royal Assent on 31 March. It aims to improve patients' experiences of using health services and to support people to become more involved in their health and health care. Government would welcome your views on the proposed secondary legislation (click [here](#) to access) which will provide more detail about how the Act should be implemented, and the steps that relevant NHS Bodies and, where appropriate, relevant service providers must take to make sure the provisions within the Act are implemented and delivered. Responses by 14 October.

PUBLICATIONS	back to top
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Community health in Scottish Household survey

At the end of August Scotland's Chief Statistician published the Scottish Household Survey (SHS) 2009/2010 Annual Report. This survey of households across Scotland is designed to provide reliable and up-to-date information on the composition, characteristics and behaviour of Scottish households and individuals on a range of issues, both nationally and at a more local level. It covers a wide range of topics, many relating to community health and wellbeing.

Some findings that might interest those in community led health include:

- A 'sense of community' is the most liked aspect of neighbourhoods amongst people who rate their neighbourhood positively.
- Adults living in rural areas of Scotland are more likely to say their neighbourhood is 'very good' than those in urban areas.
- People who live in areas with high levels of deprivation rate their neighbourhoods lower than those who live in more affluent areas
- Smoking rates continue to fall, with slightly more men smoking than women, and significantly higher than average smoking rates in the 15 per cent most deprived areas of Scotland.
- Households with lower incomes tend to rate their health worse than those with higher incomes, with age a possible contributing factor.
- Around a third of all adults sampled have provided unpaid help to organisations or individuals in the last 12 months, with those on higher incomes volunteering more.

Plenty more findings can be read on the [Scottish Government website](#) and the [full report is also available to download as pdf](#).

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### WISH e-bulletin

The August 2011 Wellbeing in Sexual Health e-Bulletin can be downloaded [here](#). It contains, amongst other stories, links to *The Sexual Health and Blood Borne Virus Framework 2011 – 2015* and the *Scottish health behaviour in school-aged children (HBSC) national report for 2010* as well as news of latest training and events.

|                |                             |
|----------------|-----------------------------|
| <b>FUNDING</b> | <a href="#">back to top</a> |
|----------------|-----------------------------|

### Paths for All Announces Grant Fund to support Walking for Health in Scotland

Paths for All (PFA) is a Scottish charity promoting walking for health and the development of multi-use path networks in Scotland. PFA aims to lead the way to a happier, healthier, greener, more active

Scotland through its work and provision of advice, resources and support to others.

PFA funds projects in order to improve Scotland's health through the delivery of local health walk projects. It invests in projects which build local capacity, delivering a volunteer led solution to improving physical activity levels, and facilitates shared learning amongst projects across Scotland in order to improve practice. The PFA Grant Fund has been made possible through funding from the Scottish Government. £200 000 is available in 2011/12. The PFA target audience is women over 45 and men and women over 65.

For more details on the grant fund, including guidance notes and application forms, visit [www.pathsforall.org.uk/pfa/support/grants-a-funding.html](http://www.pathsforall.org.uk/pfa/support/grants-a-funding.html)

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Funding Available for UK Villages

The UK-wide Village SOS Competition aims to support voluntary organisations to start community businesses to reinvigorate village communities. The scheme will help groups with business ideas to support enterprises and activities which tackle specific problems faced by villages and their residents.

Grants of £10,000 to £30,000 are available.

All applicants must:

- Have an idea for a community enterprise.
- Be based in a rural area with a population of less than 3,000.
- Be registered on the Village SOS website.
- Consult their local communities before putting forward a proposal.

The deadline for applications is 6 October 2011.

For more information visit: <http://www.villagesos.org.uk/competition>

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### **Voluntary Action Fund opportunities**

VAF's European Year of Volunteering (EYV) grant is a one-off grant for 2011, aimed at supporting the participation of volunteers, especially those from disadvantaged groups, and celebrating the contribution of volunteers. The deadline for this last EYV grant round is the **15th of September 2011**. For further EYV information and an application, click [here](#).

Applications for the current round of the Community Chest Programme (CCP), which provides grants of up to £1000 and free training to small community groups in Scotland to help them sustain and develop their activities, also close on the 15th September 2011. For further CCP information and an application, click [here](#).

This information came from the Voluntary Action Fund e-bulletin which you can access [here](#)

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See Me Scotland local grants scheme

The See Me Scotland local grants scheme is open to community, voluntary, health or social enterprise organisations. See Me Scotland is looking for a range of initiatives including sports and physical health activities, working with local artists to promote positive images of mental health through creative arts, song, music, dance, drama etc. For more information and to apply click [here](#).

Please note the deadline is 6pm on 6th September

Federation of City Farms and Community Gardens National Networking Event 2011 – Battleby

This Growing Communities in Scotland event is for everyone who is interested in or involved with community, therapeutic and allotment farms and gardens. It brings like-minded people together from across Scotland to learn together, share information and good practice and shape the future.

The day includes a 'Have Your Say' session in the morning and workshops on Wormeries and Composting, Growing and Selling Food, Adaptive Gardening Techniques, Pond Creation for Wildlife, the Various Legal Structures available for community groups and charities, Fundraising, Preserving Your Produce and a site visit to Perth Walled Garden.

Later in the day, there will be drop-in sessions with a variety of funders and opportunities to find out more about the new Community Land Advisory Service, Beekeeping, Allotments and Senscot, (supporting social entrepreneurs). There will also be a tasting session with the Healthy Living Award, case studies from a variety of community garden projects and a Seed Swap.

The event is on Friday 7 October 2011, 10am - 4pm at SNH Headquarters at Battleby, near Perth.

You can download a booking form and find details at www.farmgarden.org.uk/farms-gardens/your-region/scotland/506-news-a-events, or contact Naomi at naomi@farmgarden.org.uk or 0131 623 7058.

Improving mental health through contact with the natural environment – Battleby

This Sharing Good practice event will be addressed by Dr Lynne Friedli, Health promotion Specialist and will offer delegates an opportunity to learn from and share practical experiences of improved mental health through contact with the natural environment. The event will take place at Battleby Conference Centre near Perth on Thursday 27th October 2011 and is organised by Scottish Natural Heritage in partnership with NHS Health Scotland.

The cost of attending this event is only £25 which will cover lunch and refreshments throughout the day.

More details can be found on the [Scottish Natural Heritage website](#)

Intentional Peer Support workshop – Perth

PLUS Perth & Kinross is running a free workshop featuring Shery Mead author of Intentional Peer Support – which emphasises a critical learning experience in which people mutually explore “how they’ve come to know what they know.”

Shery is visiting the UK from USA in September and has written two books with Mary Ellen Copeland (Wellness Recovery Action Planning) and one (Intentional Peer support) on her own. She speaks at many conferences and trains locally, nationally and internationally.

The event will take place in the Queens Hotel, Perth and run from 1.30 until 4pm on Friday 23rd September.

It is essential to book a place as numbers are limited. Deadline for booking is Friday 16th September. To book phone 01738 626242 or email plusperth@msn.com

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## **Countryside Trust Food Events – Fife**

Join a Wild Food and Fungal Foray on the 24th and 25th Sept to find out what is edible and what should be avoided! Also, come along on the 15th and 16th October for apple (and possibly some pears and plums too) identification advice, juicing and more.

For more info: [http://fifecoastandcountrysidetrust.co.uk/events\\_10.html](http://fifecoastandcountrysidetrust.co.uk/events_10.html)

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Free Teacher Taster Event – Loch Eil, nr Fort William,

Outward Bound is organising taster events on the 28-29th Oct where you can find out more about Outward Bound and outdoor adventure learning. Outward Bound is an educational charity that aims to unlock the potential in young people through discovery and adventure in the wild. This is an opportunity to 'road test' the centre and environment before you bring a group, and actually try out the activities yourself first.

For more info and booking for this free event go to:

<http://outwardboundtrust.org.uk/taster-weekend/school-and-colleges/agenda.html>

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For more info and booking for this FREE event go to:

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Positive Action in Housing's 16th AGM – Glasgow

This will take place on Friday 16 September 2011 at 11.00 am for 11.30 am sharp in the Satinwood Suite, Glasgow City Chambers, George Square, Glasgow G2 1DU

Members and supporters will meet and celebrate the past year's achievements. There will be contributions from several guest speakers and everyone who attends will receive a copy of the annual report and other relevant literature. Lunch will also be provided at 12.30 pm.

To confirm your attendance and any guests, email home@paih.org with names, job titles and organisations (if any) and your contact details. A voluntary donation of around £10, or whatever you wish to donate, is requested of attendees to help pay for the cost of the hall which can be paid [online](#) See www.paih.org

If you wish to hold a stall or hand out leaflets at the AGM, please email home@paih.org.

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## **SAMH events for GRAND week – Glasgow**

SAMH (Scottish Association for Mental Health) is hosting various events for GRAND week (10th – 17th September). These are:

- 'Recovery - A Holistic Approach' at SAMH's new Resource Centre at 51 Wilson Street Glasgow on 13th and 14th September 11am to 3pm. The event will showcase presentations and information stalls from Glasgow Life/NHS Greater Glasgow & Clyde on the Live Active Referral Scheme, SAMH Get Active, Lifelink, Esteem, Glasgow Council for Alcohol, to name a few. There will be the opportunity for tasters in the therapies, and talks around stress management from Lifelink.
- Glasgow – Ma Hame' Photographic Exhibition at the Bridge in Easterhouse where some of the photographs of Glasgow's landmarks evoke memories for people we work with. The Necropolis, one of Glasgow's Tourist attractions is a place where some homeless people 'skipper' (sleep rough), in the absences of having a home of their own.
- Glasgow Life and NHS Greater Glasgow & Clyde will host 'Walking into Wellbeing' in five parks in Glasgow at 1pm from Monday 12th to Friday 16th September 2011. All Walks will meet at the Leisure Centre Reception
  - Monday 12th Sept 1pm Gorbals Leisure Centre 275 Ballater Street
  - Tuesday 13th Sept 1pm Tollcross Leisure Centre 350 Wellshot Road.
  - Wednesday 14th Sept 1pm Scotstoun Leisure Centre 72 Danes Drive
  - Thursday 15th Sept 1pm Springburn Leisure Centre Kay Street
  - Friday 16th September Bellahouston Leisure Centre, Bellahouston Drive

Please contact SAMH on [enquire@samh.org.uk](mailto:enquire@samh.org.uk) for more information.

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## **Angus Health Fair 2011 – Forfar**

The Angus Health Fair, Getting the Balance Right for You, will take place on Thursday, 22nd September in the Reid Hall, Castle Street, Forfar. It will have more than 40 stalls with information and advice for people of all ages, including healthy eating, exercise, caring, mental health and wellbeing, alcohol awareness, support groups and much more. For further information contact the Angus Association of Voluntary Organisation (AAVO) on 01241 430349

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## **Opportunity for service providers to meet BME communities**

REACH Community Health Project is planning to hold three Regional Integration and Participation Forum meetings: In Edinburgh on Monday the 12th of September, Tayside on Thursday the 29th of September and in Lanarkshire on Wednesday the 2nd of November.

These forums are a coming together of BME (Black and Minority Ethnic) IPF members from across the three regions to celebrate their achievements as well as provide an opportunity for organisations to meet with Black and Minority Ethnic (BME) Communities.

To get involved or to find out more, contact:

REACH Community Health Project, Tel: 0141 585 8023, [admin@REACHhealth.org.uk](mailto:admin@REACHhealth.org.uk)  
Or visit [www.REACHhealth.org.uk](http://www.REACHhealth.org.uk)

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## **Get walking! – Scottish wide**

Living Streets Scotland, the national charity for pedestrians, 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. 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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|---------------------------------|-----------------------------|
| <b>CONFERENCES AND SEMINARS</b> | <a href="#">back to top</a> |
|---------------------------------|-----------------------------|

### **Women in the media – Glasgow**

The Scottish Women’s Convention invite you to attend a free Conference at Menzies Hotel, Washington Street, Glasgow on Saturday 10th September 2011, 10am—3pm. It puts the following forward for discussion:

- How are women portrayed by the media?
- Do you think the media is too sexualised?
- Is it difficult for women to have a career in the media?

A light lunch will be provided. To register please call: 0141 248 8186 or email: [deborah.ruddy@scottishwomensconvention.org](mailto:deborah.ruddy@scottishwomensconvention.org)

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Climate Justice – Glasgow

The 2011 Magnusson Lecture hosted by Glasgow Caledonian University will be delivered by Dr Mary Robinson, the former President of Ireland and former UN High Commissioner for Human Rights, and is entitled 'Climate Justice - Challenges and Opportunities'. Dr Robinson will address the issue of climate justice which is fundamentally an issue of human rights and environmental justice. It is an issue where the most affected are the least responsible. In some of the poorest and most disadvantaged areas of the world, the health, wealth and future of individuals, families and communities, are disproportionately affected by climate change. This burden, carried by those least able to deal with it, must be lifted. Where are the biggest impacts already being seen? Who is responsible for the changes now impacting on the lives of ordinary people? We must work, together to deliver a world that is cleaner, healthier and fairer.

The lecture will take place at 5.30pm (registration begins at 5pm) on Friday 7th October 2011 in the Deeprose Lecture Theatre, Glasgow Caledonian University

Find out more information and confirm your attendance [online](#) before 23 September 2011.

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### **Thinking Ahead in Palliative Care – Edinburgh**

This year's Scottish Partnership for Partnership Care conference will be held at the Royal College of Physicians of Edinburgh on Thursday 6 October 2011.

Amongst many highlights this year's event offers: expert input on challenging issues in clinical practice in non-malignant disease, a film premiere, delegate participation via instant interactive polling and an exploration of hope during palliative care. Built around a core of high quality speakers, the programme will also provide opportunity for discussion and debate.

Visit the website [www.palliativecarescotland.org.uk](http://www.palliativecarescotland.org.uk) for the full programme and registration form, email: [office@palliativecarescotland.org.uk](mailto:office@palliativecarescotland.org.uk) or contact Tel: 0131 229 0538.

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One day events for understanding government in Scotland – Edinburgh

1) Policy, Government, Budgets and Decision Making in Scotland

This one day conference will be held at Best Western Edinburgh Capital Hotel, Edinburgh Tuesday 25 October 2011. It is subtitled “How to Influence, Inform and Connect” and speakers include Sir John Elvidge, former Permanent Secretary to the Scottish Government and Linda Fabiani MSP, former Minister for Europe, External Affairs and Culture, Scottish Government and current member of the Scottish Parliamentary Corporate Body. There will also be speakers from academia, the media and campaign groups

For more information on this conference, including rates, visit on MacKay Hannah’s [website](#) or contact Gail on 0131 556 1500.

2) Understanding the Scottish Parliament and Government

Giving a brief history of devolution and the growing autonomy of Scotland’s Government, this day brings together experts on a range of topics in order to give a breakdown of the functions and structure of the Scottish Government. Delegates have a chance to hear directly from a former Minister and several prominent stakeholders in order to fully grasp how the Scottish Parliament and Government work and how to effectively work with or within them. The latest date for this training is Thursday 1st December 2011. Discounted rates are available if booking by 7th September, which can be done [here](#).

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## **Community activism and resilience – Manchester**

This event, on 29th September 2011: 2pm - 4pm, is the next in the series of Centre for Local Economic Strategies (CLES) think time events. These short 2 hour sessions aim to provoke stimulating and inspiring discussion and debate. Each event takes the format of a high level round table discussion, with a focus on sharing and debating views and opinions with like minded colleagues on a range of policy themes.

The public funding and largesse that the community and voluntary sector previously received has been reduced. The future for community activity is now much more about building up social and human capital, without public resources. This involves new ways of working and developing stronger connections and relationships. Building on CLES’s thinking on resilience, this think time will seek to explore new futures for community and residents groups.

CLES and New Start subscribers can book free places; there is a booking fee of £25 plus VAT for non-members. Click [here](#) to find out more and register for the event

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| <b>TRAINING</b> |
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| <a href="#">back to top</a> |
|-----------------------------|

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

As mentioned in the last issue CFHS have updated their learning and development programme for 2011/2012. CFHS would also like to highlight that applications are welcome from community health, as well as community food organisations.

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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Introduction to Permaculture – Garelochhead ,

Founding members of Transition Town Helensburgh, are providing a 2-day introduction to Permaculture design course on the 17-18th Sept. The course aims to help people reduce your impact on the planet using a practical and creative approach. Participants will explore the ethics and principles of Permaculture, practice their observation skills, see examples of Permaculture in practice, learn about sustainable communities and systems, and learn how to apply the design process. The course costs £50 to attend.

For more info, please contact Rachel Bailey, email: rachel.bailey3@gmail.com

Weblink: <http://www.transitionscotland.org/~transiti/introduction-permaculture-2-day-inspiring-course-sustainable-living>

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### **First Response Training**

Part-funded training is available from August 2011 in a full range of first aid, health and safety and health and social care.

Choose from courses including:

- HSE Emergency First Aid at Work
- Essentials of Health and Safety
- Basic Food Hygiene
- Fire Marshal
- Manual Handling
- Infection Control
- COSHH Awareness
- Plus more

For more information, including costs and venues, telephone 01292 478358 or visit [www.frtscotland.com](http://www.frtscotland.com)

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CSL training

CSL is offering training on various health, work and participative topics. Upcoming training includes:

- Assertiveness Skills
 - 14th September 2011 – SCVO, Edinburgh
 - 6th October 2011 – Community Centre, Lochgilphead
 - 24th November 2011 – GCIL, Glasgow
- Motivating Staff and Overcoming Difficulties
 - 8th September 2011 - Community Centre, Lochgilphead
- Participation Skills

- 29th September – GCIL, Glasgow

All courses cost £120 per person and training can also be delivered on an in-house basis. Please contact Charlotte Lee on 01546 510209, 07918 603792 or charlotte.lee2@btinternet.com.

The full training programme can be accessed on the [CSL website](#)

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### **Alcohol Focus Scotland's Autumn training programme – Glasgow**

Alcohol Focus Scotland Autumn workshop programme provides a range of knowledge and skills development courses for people working to reduce alcohol-related harm and promote recovery in Scotland.

The programme starts in October with the following workshops

- Group Recovery 14/10/2011
- Service User Involvement for Frontline Service Providers 26/10/2011
- Harm to Others 27/10/2011
- Using Directive and Non-directive Approaches with Problem Drinkers 28/10/2011

Visit <http://www.alcohol-focus-scotland.org.uk/workshops> for the full programme. To book or enquire about any of the workshops please email [training@alcohol-focus-scotland.org.uk](mailto:training@alcohol-focus-scotland.org.uk) or call 0141 572 6703

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Child Poverty Action Group in Scotland training courses

CPAG training courses seek to help organisations seeking accreditation by covering knowledge requirements in the Competences for Advisers.

For further information about CPAG in Scotland's training courses and course fees, please visit: www.cpag.org.uk/scotland/training

To book a place please complete CPAG's [online booking form](#).

VACANCIES	back to top
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Lifestyle Coach – East Dunbartonshire

East Dunbartonshire Leisure & Culture Trust require one full time and one part time (5 hours per week) Lifestyle Coach to deliver a range of healthy eating and weight management programmes including the community based ACES and school based Active Choices programmes.

Applicants should hold a REPS Level 3 or Level 2 SVQ/NVQ qualification and/or a qualification in nutrition and should be experienced in delivering weight management / healthy eating and/or physical activity sessions to children. You will work at various Leisure Centres, Health Centres, Schools, and other venues throughout East Dunbartonshire.

Salary: £17,829.27 - £20,146.90 (pro-rata)
(Hourly Rate of Pay: £9.77 per hour)

Closing Date – 7th September 2011

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**Vice Convenor, SCVO – Scottish wide**

As Vice-Convenor of SCVO, you will have a passion for the third sector and the difference it makes. With a significant record of achievement in the third, public or private sectors you will have played a senior and successful role in the governance of a complex organisation. You will work with SCVO’s Convenor to run the SCVO Management Board with ambition and diligence, fostering a creative and enterprising culture while managing risk and ensuring sound corporate governance.

For more information: [www.scvo.org.uk](http://www.scvo.org.uk)

Closing date: 15th September 2011

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Assistant Manager, Ethnic Enable – Glasgow

This position is to assist the Manager to provide coordination and operational management duties to Ethnic Enable's core project areas.

In addition, the post holder will have proven experience and skills of working with disabled individuals (preferably disabled children and young people) within ME communities, their carers and families in Glasgow and the surrounding area in order to improve access to EE services for BME clients and address barriers to engagement by mainstream communities.

For full details of this post, including key duties and person specification, please contact Ethnic Enable, 39 Napiershall Street, Glasgow, G20 6EZ or by email to furrah.arshad@ethnicense.org.uk

Salary: 20-25K

Closing date: 9th September 2011

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**Development Worker, Scottish Dementia Working Group – Glasgow**

A part-time (17.5 hours per week) Development Officer is sought to support and develop membership across Scotland. Successful applicants should have good communication skills, an understanding of community development approaches and knowledge of how to use online communication tools creatively to involve members in remote areas. The post is based in Glasgow with travel throughout Scotland.

For enquiries please contact Martin Sewell or Jenny Douglas on 0141 418 3939/3938. [msewell@alzscot.org](mailto:msewell@alzscot.org) [jdouglas@alzscot.org](mailto:jdouglas@alzscot.org)

Salary: £23,311 to £25,806 (pro rata)

Closing date: 12th September 2011

**WEBSITES** [back to top](#)

**Edinburgh Community Cafes network new website**

The new website for Edinburgh Community Cafes network is [www.edinburghcommunitycafes.org.uk](http://www.edinburghcommunitycafes.org.uk). The website gives information about what a community cafe is and where you can visit one (or several!!) in Edinburgh.

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.



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