



2011

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

CHEX-Point Snippets
Issue No 195
30th September 2011

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CHEX NEWS

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Meeting with Minister for Public Health – Evidence of Impact

SCDC and CHEX had an opportunity to meet with Michael Matheson, Minister for Public Health on Tues. 27th September to brief him on the impact and contribution being made by community-led health approaches across public and community and voluntary sectors. We highlighted the strength of the approach in supporting communities to take forward their priorities in tackling health inequalities and also activities that address health improvement topics such as smoking in the home. He was particularly interested to hear of examples of practice and evidence that demonstrate the benefits and added value from community-led health approaches. We advised him of the case studies, evaluations and evidence that we are aware of, but want to highlight the nature and extent of evidence across the country. If you would like us to convey to the Minister findings from evaluations, case studies, outcomes from particular interventions, please get in touch with Janet Muir at Janet@scdc.org.uk.

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### **Giving legs to the Legacy! Commonwealth Games Legacy for Communities Programme**

It is now less than 3 years until the start of the Commonwealth Games which are scheduled to take place in Glasgow in 2014. How can we ensure that all communities in Scotland can benefit from the legacy of the investment and profile of this national initiative?

As part of the Commonwealth Games Legacy Programme, the Scottish Government has commissioned SCDC (CHEX's parent organisation) to work with community organisations across Scotland to support them to use the Games as a catalyst for building on their work to develop activities and projects that involve local people, increase local community action and support the achievement of better health and social outcomes.

Working with local Legacy Leads and partner agencies, SCDC will support community organisations to involve people in local conversations on what they would like to see as a legacy for their own communities, and to engage better at a strategic level in order to get their message across.

If you are a community organisation, or know of a community organisation, who would like to participate in this programme and would like more information, please contact Olivia Hanley on [olivia@scdc.org.uk](mailto:olivia@scdc.org.uk)

You can also find more information at <http://www.scdc.org.uk/commonwealth-games-involving-communities/>

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| <b>GENERAL INFORMATION</b> |
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## Community-led Health in the Spending Review

The last issue of Snippets covered The Scottish Governments legislative programme for 2011-2012. The Scottish Government has now published its [Scottish Spending Review 2011 and Draft Budget 2012-13](#). The NHS budget remains protected. As in the legislative programme there is an emphasis on prevention and early intervention and the Scottish Government commit to implementing the Getting it Right for Every Child approach across all relevant parts of Scotland's health services, and investing £20m/£45m/£50m over the Spending Review period in an Early Years and Early Intervention Change Fund.

£80 million will be allocated to the main Change Fund in 2012-13 which is aimed at redesigning services towards new approaches with improved quality and outcomes. The Spending Review states that, from 2012-13 onwards, at least 20 per cent of the Change Fund will be dedicated to supporting carers to continue to care. As part of this the Reshaping Care for Older People programme will continue.

In addition the Spending Review commits to providing the same budget to the third sector as previous years, although local authority resourcing of the sector is not part of this.

Along with the release of the spending review, The Scottish Government has published "[Renewing Scotland's Public Services: Priorities for reform in response to the Christie Commission](#)". In it the Government states that the 4 main aspects of its reform priorities are:

- "a decisive shift towards prevention;
- greater integration of public services at a local level driven by better partnership, collaboration and effective local delivery;
- greater investment in the people who deliver services through enhanced workforce development and effective leadership; and
- a sharp focus on improving performance, through greater transparency, innovation and use of digital technology."

For more on the Christie Commission visit [SCDC's website](#)

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NHS 24 TV channel

NHS 24 has launched a new digital TV channel to improve patients' access to health information and advice from the comfort of their own home. The channel, available through Freesat, Sky and Virgin, gives people access to health advice and information on local services. An app for iphones, ipads and android smartphones also gives access to the digital service. The channel offers information from NHS 24, NHS inform and Care Information Scotland web services, improving access to health information for those who don't have home internet access - often those from more deprived communities or older people who could potentially benefit most from this advice.

Click [here](#) to find out more

H2H: bringing hope to young people affected by parental divorce or separation – Stirling and surrounding area

H2H is the youth arm of Heart to Heart (www.hearttoheart.org.uk) and started supporting young people in the Raploch area of Stirling in July 2010. H2H has a strong emphasis on improving mental health and preventing future family breakdown.

This brand new support service is geographically expanding with an urban project, Urban H2H now covering all of Stirling city area up to and including Dunblane and a rural project, Rural H2H covering the McLaren High School catchment area, based in Callander.

For more information please contact Ruth Kennedy 01877 339966 or Ruth.kennedy@hearttoheart.org.uk

New access to local business support – Aberdeen

Aberdeen & Grampian Chamber of Commerce (AGCC) have launched a new online business support service for organisations across the North East of Scotland. The Business Know How North East business support portal at www.businessknowhownortheast.org will make it easy for social enterprises, charities and other third sector organisations to access support with finance, facilities, human resources and much more which is relevant to their needs.

For more information contact Michelle Duff at ACVO on (01224) 686055 or mduff@acvo.org.uk

CONSULTATIONS AND SURVEYS

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Calling on all stroke survivors and carers!

The Stroke Association is appealing for fellow stroke survivors to take part in a major piece of research. The Stroke Association's Daily Life Survey will help the charity understand:

- The key daily challenges faced by stroke survivors
- The support stroke survivors receive at home
- Whether that support meets stroke survivors' needs

To take part please go to: http://www.stroke.org.uk/campaigns/current_campaigns/daily_life/

The deadline for responses is 1 December 2011.

Making Fife's communities safer

Fife Community Safety Partnership has outlined a new strategy towards making Fife's communities safer from 2011 - 2015.

They are seeking comments and feedback on the draft document and ask people to take a couple of minutes to complete a short online form.

The consultation can be accessed [here](#) and runs until 7th October 2011

Rural Scotland facts

The Scottish Government has published statistics comparing rural areas of Scotland with the rest of Scotland. It gives information on People and Communities, Services and Lifestyle and also Economy and Enterprise. Some examples of what data is provided are that rural communities have:

- faster growing populations
- less unemployment
- longer life expectancies
- lower rates of smoking
- higher rates of volunteering
- larger proportions of people who rate their neighbourhood as a 'very good' place to live
- higher rates of fuel poverty
- less convenient key services

Read this in more detail on the [Scottish Government website](#)

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## Reports on alcohol in Scotland

In the same month as the Scottish Government's legislative programme has included a new bill on minimum pricing for alcohol ([link to BBC news](#)) a study commissioned by Alcohol Concern has shown a link between the number of local off-licences and the number of young people harmed through alcohol. Click [here](#) to read more about the research.

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Income inequality and health

The Joseph Rowntree Foundation has published a report entitled, "Does income inequality cause health and social problems?" This goes beyond the link between poverty and health to exploring how the actual *gaps* in income can create health and social problems. The report finds that the higher income inequality in the UK from the mid-1980s was associated with worse health and social outcomes.

See the JRF report at <http://www.jrf.org.uk/publications/income-inequality-health-social-problems>

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## Working in the energy sector

Education Scotland has produced a guidance leaflet for teachers, and those who advise on careers, to highlight: the job opportunities that exist and the skills that will be required to access careers in the energy sector; online support and resources that are available to support learning and teaching; places to visit including renewable energy demonstration projects; what can be done to promote awareness and engagement in energy-related careers

The leaflet can be downloaded from: <http://bit.ly/mUccx4>. Printed copies can be ordered via email: [globalcitizens@educationscotland.gov.uk](mailto:globalcitizens@educationscotland.gov.uk) or Tel. 0141 282 5000.

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Children's wellbeing study

Unicef has published a report comparing Children's wellbeing across the 'Western world'. According

to the study, the UK has some of the lowest rankings for children's wellbeing, including subjective wellbeing. Nordic countries have some of the best scores for children's wellbeing as do the Netherlands and Spain. The report finds no obvious correlation between a countries overall material wealth and children's wellbeing. Click [here](#) to download the report.

FUNDING

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2014 communities programme

Schools, sports clubs, voluntary and community organisations, and community councils can apply for grants of between £300 and £2,000 through the 2014 Communities programme. The 2014 Communities programme aims to build a positive legacy relating to the Commonwealth Games to be held in Glasgow in 2014.

Through the programme BIG hopes to encourage more people to take part in sport or physical activity, and to increase the numbers of those volunteering in sport or physical activity, and to bring communities together through sport and volunteering. Priority will be given to projects that target low participation groups such as women & girls, people who are disabled, people over 50 years of age, people under 25 years of age and people from black and minority ethnic communities. Applications can be submitted at any time.

Visit the [Big Lottery website](#) for more details

N.B. This is unrelated, though certainly relevant, to the Commonwealth Games Legacy for Communities Programme being delivered by SCDC ([see above](#)).

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**Voluntary action fund extension**

Voluntary Action Fund (VAF) has extended their Community Chest for a further year. The Community Chest can provide grants of up to £1,000 and free training to groups with an annual income under £25,000. Groups can apply for funding for a wide range of activities or operational costs. However, the VAF are particularly keen to fund activities that will help build and develop strong organisations, for example; training for committee members and volunteers; visits to other organisations or conferences; professional support or consultancy.

VAF are also keen to fund groups who meet any of the following criteria; are based in West Dunbartonshire, South Lanarkshire or North Ayrshire; work with disability or health related issues; whose beneficiaries might be disadvantaged through their ethnicity, disability, gender or sexual orientation; and provide childcare.

The next deadline is the 15th January 2012.

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

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Realising ambitions programme opens for applications

Organisations working with children and young people have the opportunity to apply for grants of up to £3 million through the Big Lottery Fund's "Realising Ambitions" Programme. £25 million is available to support projects that work predominantly with 8 to 14-year-olds. Proposals will need to be led by a voluntary and community sector organisation, although they can work in partnership with both statutory and private sector organisations to replicate interventions.

Interested organisations have until 9am on the 10th October 2011 to submit their "Expression of Interest" form.

The programme is being led by a consortium led by Catch 22 and more details can be found on their website (<http://tinyurl.com/6be4kdn>).

Prince's countryside fund opens for applications

The Prince's Countryside Fund has announced that it is currently open for applications. The aim of the fund is to help improve the long-term sustainability of the British countryside. Funding is available for both capital and revenue funding. All applicants must demonstrate a significant level of public benefit arising from their activities (which fulfil the Fund's charitable objects).

The closing date for applications is the 14th October 2011. Read more at <http://www.princescountrysidefund.org.uk/>

Grants for walking for health projects

Paths for All has announced that it has funding available to support "Walking for Health" projects in Scotland. Grants will be awarded to projects that show the potential to increase physical activity levels within Path's for All target group (women over 45 and men and women over 65). The grants are being made through two funding streams. A small grants scheme provides funding of up to £5,000; and a large grants scheme which provides grants of up to £30,000. Applications to the small grants programme can be made at any time. The large grants programme is now closed.

Visit <http://www.pathsforall.org.uk/pfa/support/grants-a-funding.html> for more details

Funding to fight fuel poverty

The Scottish Power Energy People Trust's is currently accepting applications for projects that help combat fuel poverty. Applications are accepted from not-for-profit organisations and groups such as children's charities, local community groups, support organisations, housing associations, local authorities and others. The maximum grant available per project is £50,000 for projects lasting for up to three years.

The next closing date for applications is the 18th October 2011. Read more here: <http://www.energypeopletrust.com/content/default.asp?page=s4>

EVENTS

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Photography Project – Fife

Dunfermline based Safe Space is offering a new Photography Project called 'My body's my own'. This is a five week photography project where you learn how cameras work, right through to editing printing your photographs on a laptop and applying special effects to your photographs. You will work as a group and individually, learning about portraiture and self portraiture, making photographs that make you feel good about yourself. There will be an exhibition in Safe Space at the end of the workshops that you can invite friends and family along to if you like.

Safe Space is open to people all over Scotland and offers free and confidential range of support services for people who have experienced sexual abuse. Upcoming groups are:

- Saturday 5th November 2011

- Saturday 12th November 2011
- Saturday 19th November 2011
- Saturday 26th November 2011
- Saturday 3rd December 2011

Group times:

- Young people 13-18yrs: 2pm-4pm
- Adult group 16yrs+: 11am-1pm

Cameras will be provided by Safe Space

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### **Girls on the Move Leadership Course – Aviemore**

There are still places available on the forthcoming Girls on the Move Leadership Course in the Highlands. This course is open to young women aged 16 – 24 and takes place from 10th - 14th October 2011 at the Alltnacriche Centre, Aviemore. This Sports Leaders UK Level 1 Award in Dance Leadership costs £20 per participant and is a partnership between Coaching Highland and Youth Highland.

More information is available [here](#) or you can contact Lois Marshall, Girls on the Move Development Worker at [girls@youthscotland.org.uk](mailto:girls@youthscotland.org.uk) or call 0131 554 2561

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Growing Communities in Scotland Regional Networking Events – Perth and Inverness

There is still time to book onto the Growing Communities in Scotland National Networking Event at **Battleby, Perth**, on 7 October 2011 – although places are filling up! Visit the Federation of City Farms and Community Gardens [website](#) to find out more and to book a place.

As with the Battleby event, the **Highland event** is aimed at all those working in community, therapeutic or allotment gardens. The day will start with an interactive session on marketing with Mairi MacDonald, Community Development Officer for Badenoch and Strathspey, who has experience of small business start-up. The group will also enjoy a tour of REAL – a market garden/school farm, set up in 2006 to introduce pupils from year 3 and 4 to all aspects of growing plants and vegetables.

The event will be on 20 October 2011. Please book by the Thursday, 13 October 2011.

You can download a programme and booking form using <http://www.farmgarden.org.uk/farms-gardens/your-region/scotland>

Please return forms to Genie info@trellisscotland.org.uk 01738 624348

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### **Charity, craft and vintage fair – Stonehaven**

CVS Aberdeenshire (CVSA) charities fair will take place this Saturday (1<sup>st</sup> October), Stonehaven Town Hall, 10am-1pm and will be combined with a craft and vintage element. Local crafters will hold stalls alongside charities to sell their goods or raise awareness - and Boxroom and Magpie shops have been putting aside lots of lovely vintage items to sell on the day. 10% of all sales for non-charities will be split between the charities attending.

Teas, coffees and refreshments will be on sale on the day - and Mearns FM will be providing the music.

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Discover Patient Opinion – Glasgow

As part of Self Management Week, Discover Patient Opinion offers opportunities to learn new ways to talk to services, and to hear what others have to say. Patient Opinion is an independent, not for profit organisation who use the power of the web to carry the voices of patients and carers into the heart of health services.

This free event will take place on 6 October 2011, 10am – 12.30pm at LTCAS, Glasgow. Contact Gina Alexander at gina.alexander@patientopinion.org.uk or tel: 0131 208 1205 or 07553 711949

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### **Martin Luther King event and Black History Month Tours – Glasgow**

Coalition for Racial Equality and Rights (CRER) is hosting a lecture on Martin Luther King, whose famous speech “I have a dream” marked a turning point in history, not just for America but for the whole world. This black history month lecture will be led by Richard Reddie – author of the acclaimed book “Abolition” and recent book “Black Muslims in Britain” which was adapted into a high profile Radio 4 documentary. Reddie will consider whether U.S. President Barack Obama is the fulfilment of the “King’s dream” and reflect on how what King was saying resonates with us today.

The event is free and will be held on Thursday 20th October, 6:00 – 7:30pm at Mitchell Library, Blythswood Room, North Street, Glasgow, G3 7DN.

In addition, CRER will be running tours in Glasgow throughout October taking participants on a historical journey through Glasgow’s mercantile past, examining the connections with tobacco, slavery and the abolition movement.

For information on both events and to book, contact Kam Kaur on 0141 418 6530 or email [kam@crer.org.uk](mailto:kam@crer.org.uk). Alternatively visit [www.crer.org.uk](http://www.crer.org.uk)

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Learning Link Scotland National Event – Glasgow

The Annual Conference and AGM for Learning Link Scotland will take place from 9.30am – 4.00pm on 27th October 2011 at Glasgow Royal Concert Hall. Gavin Cargill from Value the Person will speak about using communication to improve people’s participation, well-being, belonging and openness to learning; and Mike Stevenson of Thinktastic, a community minded social marketing/creative design agency, will give a presentation on collaboration, creating solutions and expressing outcomes.

Members will be showcasing their work through Session Bites. There will be contributions from, and opportunities to network with organisations such as Linking Education and Disability (Lead Scotland), Deaf Action, Amina (the Muslim Women’s Resource Centre), Forth Sector Employability and the Glasgow ESOL Forum.

You can find further information, including booking details, on the [LLS website](#)

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### **Involving Older People in Reshaping Care – Glasgow**

This event is aimed at Local Authority Social Care Staff, NHS Service Improvement and Patient Focus and Public Involvement Practitioners, 3rd sector organisations with a focus on Older People, Learning Disability, Mental Health and Independent Sector Care Providers. It focuses on the Reshaping care for older people agenda and the emphasis in the Change Fund guidance on partnership, participation

and co-production. Essentially, this agenda is about involving older people and making best use of their assets and capabilities.

The event will be held on 12th October 2011 at University of the West of Scotland

Please direct enquiries to Linda Young, [Linda.young@scottishhealthcouncil.org](mailto:Linda.young@scottishhealthcouncil.org)

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Storytelling Inspiration Weekend

Scottish Storytelling Network, Glasgow Storytellers and Stories for Health invite you to join them for a weekend of story-filled ideas, learning and inspiration! Participants will:

- Hear new stories
- Attend workshops led by professionals in their field
- Meet others, network and share and discuss ideas
- Learn about Glasgow's storytelling scene
- Be inspired to develop your storytelling practice

The event is **this weekend (!!)** on Saturday 1st and Sunday 2nd October 2011, at St Mungo Museum of Religious Life and Art, 2 Castle Street, Glasgow G4 0RH

Tickets are £22.50 per day (£45 for both Saturday and Sunday). This covers the cost of lunch and refreshments. Call the Scottish Storytelling Centre on 0131 556 9579 to book your place.

Click [here](#) to Download the programme and to find out costs and further details.

CONFERENCES AND SEMINARS

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WiSH National Conference 2011/2012 – new format: virtual conference!

Wellbeing in Sexual Health (WiSH) is making its annual conference for 2011/2012 virtual and it will take place online on the 25th January 2012. This is in order to limit travel and widen access online virtual method. Once registered, participants will be able to view the conference from work or their home computer.

Register your interest before 10th October at www.regonline.co.uk/wishnationalevent. The conference programme is available to download from the registration site.

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### Choose Life Aberdeenshire – Inverurie

Choose Life Aberdeenshire invites organisations working to support mental health in Aberdeenshire to host a stand at its conference on Tuesday October 25th 2011, 9.30am-3.30pm at Inverurie Town Hall

The conference will be a chance to showcase your work, network with other interested parties and organisations and help Choose Life Aberdeenshire to decide our priorities and how best to target our efforts and resources in 2012.

For more information or to book a stand at this event contact Linda Paterson, Choose Life Co-ordinator [linda.paterson@samh.org.uk](mailto:linda.paterson@samh.org.uk)

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Befriending Network Scotland: Annual Conference & AGM 2011 – Edinburgh

This year's Befriending Network Scotland conference is entitled Befriending and Quality of Life and takes place on Friday 11th November 2011: 9.30am-4.00pm at St Paul's and St George's Church, 10 Broughton Street, Edinburgh, EH1 3RH. It will provide participants with the opportunity to learn from colleagues and experts in the field of quality of life measurement and to develop the way they explain the impact of befriending to wider society in the future.

Speakers will include:

- Prof. Suzanne Skevington, World Health Organisation
- Gerald McLaughlin, CEO, NHS Health Scotland
- Maureen McGinn, Big Lottery (Scotland) Board

There will also be an expert panel discussion and client-specific workshop sessions, which will give you a chance to explore the main themes in more detail and in relation to your own organisation.

The conference costs £80.00 for members (£70.00 each if 2 or more booking from the same project) and £95.00 for non-members. Book online at www.befriending.co.uk or by requesting a booking form from alison@befriending.co.uk (0131 225 6156).

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### **Scottish Arts Therapies Forum Conference – Edinburgh**

Are you looking for creative resources for your organisation or group? Have you benefited from taking part in arts or crafts? Do you work in the community? Do you want to develop new ways of working?

Organised by the Scottish Arts Therapies Forum with support from Voluntary Arts Scotland, *Talking Together, Working Together: Exploring Arts and Health* takes place at the Royal Botanic Garden, Edinburgh on Saturday 8th October. The event will bring artists, community and arts workers and arts therapists together with participants, to demonstrate how different practices can benefit health and wellbeing. The conference will share examples of joint working across the arts and arts therapies, through case presentations where collaboration has been most effective.

Please visit [www.satf.org.uk/events.html](http://www.satf.org.uk/events.html) for more details and to register

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Partnerships Working: Outsourcing and Shared Services – Edinburgh

Holyrood magazine's 'Partnerships' event will take place on Thursday 20th October at The Royal College of Surgeons, Quincentenary Hall, Edinburgh. In light of recent Scottish Government announcements on partnership working and shared services, this event will look at the arguments for and against partnership working – whether using a shared service model, outsourcing to another part of government or outsourcing to the private sector.

John McClelland will deliver the opening keynote address. Other speakers include:

- Sir John Arbuthnott, Independent Chair, Clyde Valley Review
- Duncan Mackison, Chief Executive, Access Glasgow and Chairman, CBI Scotland Public Services Group
- Anne Moises, Chief Information Officer, The Scottish Government
- Professor John Seddon, Vanguard Consulting

[Read more....and book online](#)

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### **Youth Scotland national training event - Edinburgh**

This year's Practical Problems, Sensible Solutions national training event (PPSS) will be taking place on Saturday 19th – Sunday 20th November at the Hilton Edinburgh Airport Hotel.

The day offers a choice of 16 workshops and day and weekend delegate rates, and is an opportunity for part-time and voluntary youth workers to undertake training, develop new skills and share experiences with others delivering grass roots youth work.

More info can be found at [www.youthscotland.org.uk/training/ppss.htm](http://www.youthscotland.org.uk/training/ppss.htm)

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### **Children & young people's mental health indicators launch event – Glasgow**

NHS Health Scotland is pleased to announce that we are hosting an event for the children and young people's mental health indicators work. The aims of this event are:

1. To launch and share the final indicator set, and
2. To encourage participants to consider what the indicator set means to Scotland, especially at the local level, and how it could be used

The event will take place on 25th November 2011 at the Glasgow Royal Concert Hall. It will start at 10.30 (coffee from 10) and finish at approx 15.30. It will be of interest to a wide audience including practitioners, planners, managers, commissioners, academics and policy makers across health, local government, education and early years, and the voluntary/community sectors.

For more information and to book a place, please contact Heather Davis [heatherdavis1@nhs.net](mailto:heatherdavis1@nhs.net) either by fax, post or email, tel 0141 354 2927, fax 0141 354 2901, NHS Health Scotland, Elphinstone House, 65 West Regent Street, Glasgow, G2 2AF. Registration forms should be sent to Heather by 11th November 2011.

For more information on NHS Health Scotland's mental health indicators for children and young people visit [www.healthscotland.com/scotlands-health/population/mental-health-indicators/children.aspx](http://www.healthscotland.com/scotlands-health/population/mental-health-indicators/children.aspx)

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### **Health Box Conference – Vienna!**

Those who are most in need of health education are the least likely to be reached by health promotion offers: adults who are socio-economically disadvantaged, with a low level of education and those with a migration background.

The project Health Box, co-funded by the Grundtvig strand of the European Commission's Lifelong Learning Programme, and co-ordinated by die Berater®, addresses this educational and social challenge. The project has developed, tested and disseminated a set of methodologies, teaching and learning materials adult educators can immediately use in different education and training contexts where these disadvantaged adults can be found for other than health education reasons. They all eventually aim at promoting knowledge, attitudes and skills related to prevent lifestyle diseases and thus at enhancing a healthy lifestyle.

The results and experiences of the Health Box project will now be presented (in Vienna, 24 November 2011) to practitioners and decision-makers in adult education and the health system. They will be discussed in the wider perspective of the relationship between educational background, social status and health, and in the light of Best Practice examples from other European countries.

Registration details can be found at <http://dieberater.healthboxregistration.sgizmo.com/s3/> and the conference programme and further information can be accessed at [www.healthbox.eu](http://www.healthbox.eu)

**Backbone: Community Leadership Project 2011-12**

A second year of the Backbone Community Leadership Project (CLP) – environmental training for black and minority ethnic community organisations – is recruiting now. The aim is to develop a new generation of role models and leaders from Scotland's black and minority ethnic (BME) communities by getting them involved in Scotland's outdoors. It will develop their skills and confidence in engaging people to enjoy, learn about and protect our natural environment.

Applications are sought from BME organisations and individuals (age 18 and over) throughout Scotland who can commit to the programme running from October 2011 till October 2012. Places are limited to 12 trainees and 6 mentors.

An Induction/Selection event will be held during the week beginning 24 October at Loch Lomond and The Trossachs National Park in Balloch, where trainees from the current year of the programme will be on hand to inspire and encourage. The first training module will take place 20-23 November in Aviemore.

For full details of the programme and an application form, contact Pammy Johal at Backbone on 01997 414 703 or 07825 604 003 or email [info@backbone.uk.net](mailto:info@backbone.uk.net)

The closing date for applications is Monday 17 October 2011.

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Creative Training Unlimited free event – Glasgow

Policies and procedures are essential to safeguard and promote our mental health and well-being at work. This training focuses on the human aspect of putting these rules and regulations in place – how to have effective conversations when it comes to sensitive subjects

At this special free event, Creative Training Unlimited will be showing excerpts from its interactive theatre training, 'The Cynthia Show – Mental Health at WORK' and 'The Cynthia Show – Conversations that matter'.

Date: 13th October 2011
Time: 1400 – 1430 register/ tea and coffee (ends 1630)
Venue: Project Ability, 103 Trongate, Glasgow G1 5HD

To book your FREE ticket contact amy@creativetrainingunlimited.co.uk

Visit www.creativetrainingunlimited.co.uk for more information on its training

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**Alternatives to Violence workshop – Glasgow**

This AVP Level One conflict management workshop will run from 21st – 23rd October 2011 at The Buddhist Centre, 7 Ashley Street, Woodlands, Glasgow G3 6DR. The course aims to provide participants with better ways of managing conflict in their life.

Contact the AVP Glasgow Coordinator on 01505 842380 or [mamansell@hotmail.com](mailto:mamansell@hotmail.com)

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Participation Skills - Glasgow

A one day workshop on 29th September 2011 at Glasgow Centre for Inclusive Living 117-127 Brook Street, Glasgow, G40 3AP covering:

- What do we mean by participation?
- Skills needed for effective participation
- Choosing participation methods
- How change happens and overcoming barriers to change

Cost: £120 per person. To book contact Charlotte Lee, CSL Training, 01546 510209, 07918 603792, charlotte.lee2@btinternet.com, www.cslconsultancy.net

Free sustainability training – Croy and Loganlea

In partnership with the Coalfields Regeneration Trust, Community Enterprise is delivering a series of free training events throughout Autumn 2011 under the banner 'Six Steps to Sustainability'. These events are free and open to all community and voluntary organisations in Scotland. However, places are limited, and priority will be given to organisations working within Coalfield communities.

Three events will run in October and November 2011 as follows:

- Friday 14th October 2011, 10am - 3pm - Croy Community Centre ('Using your Asset' and 'Event management')
- Monday 31st October, 10am - 3pm - The Pitstop, Loganlea One Stop Shop: ('Funding' and 'Governance')
- Tuesday 1st November, 10am - 3pm - The Pitstop, Loganlea One Stop Shop: ('Marketing' and 'Impact Measurement')

Click [here](#) for more details on these events and how to book

Caring for people affected by stroke – Edinburgh

This course is being held on 13th October 2011, 9.30am – 3.30pm, at The Stroke Association, Links House, 15 Links Place, Edinburgh EH6 7EZ and will cover the following:

- A general introduction and overview of stroke including causes, risk factors and effects
- Meeting the physical needs in terms of movement and mobility
- How stroke affects swallowing and the implications of diet and healthy eating
- All about communication problems following stroke
- The psychological effects of stroke and related need

For more information or to book a place please contact stroketraining@stroke.org.uk or caroline.shipley@stroke.org.uk. Alternatively, phone Stroke Training on 0121 441 6420 or Caroline on 07852 953141.

Managing Self –Harming Behaviour - Edinburgh

The aim of this programme is to provide more specialised training for professionals and carers who support people who self-harm on an ongoing basis. Although self-harm and suicide are different phenomena, there are many links, including legal and ethical implications of using a harm reduction approach.

This training programme has been developed in conjunction with people who self-harm and there is an experiential component. The programme consists of several courses aimed at frontline staff, carers

and managers.

The course will be held on 5th October 2011 and 11th November 2011, 10 am to 4 pm, at Daybreak House, 12 Marchhall Crescent, Edinburgh EH16 5HL. Cost:: £85 with special rates for students and carers. Materials, coffee and tea are included.

Contact: Naranjo Consultants, HarmLESS Psychotherapy, www.harmlesspsychotherapy.com, info@harmlesspsychotherapy.com, T: 07557056049

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Sustainability Manager, Fife Employment Access Trust

A new post which has the aim of opening up a range of social enterprise or other income streams in the public, private and third sector that enable the organisation to become less reliant on grant income as its principle source of income and achieve a more sustainable future. The successful candidate should have a proven track record in business planning, reward and return assessments on new income generating activities and project management, as well as a good understanding of sources of income available to enterprising third sector organisations. The successful candidate will either work from home or a serviced office facility in Central Fife.

£24,071; 35 hours per week; 12 month fixed term contract

Application packs are available from www.journeytowork.co.uk or by e-mail to feat@journeytowork.co.uk or telephone 01592 749880. The closing date for applications is 7th October and interviews are expected to be held week commencing 17th October 2011.

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### **Finance Officer, Positive Action Training in Housing – Glasgow**

PATH (Scotland) provides traineeships for Black and Minority Ethnic (BME) Communities in Housing and related sectors. They are seeking an experienced Finance Officer and would like candidates to demonstrate good financial administration skills, experience of preparing accounts to trial balance and experience of bank reconciliation and financial monitoring systems

10 Hours a week - EVH Grade 5 (20,561) (pro rata)

The closing date for return of completed applications is Friday 21 October at 12.00pm. Interviews will be held in the PATH (Scotland) offices, 29 Park Circus, Glasgow, G3 6AP on Tuesday 01 November

Contact: Recruitment, PATH (Scotland), Tel: 0141 332 9477, Fax: 0141 331 2640 Email: [recruitment@pathscotland.org.uk](mailto:recruitment@pathscotland.org.uk), web: <http://www.pathscotland.org.uk>

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3 posts at Connecting Carers – Highland

Connecting Carers, part of Highland Community Care Forum, is advertising 3 part-time year long posts:

- Information Co-ordinator
- Volunteer Co-ordinator
- Support Line Worker

Visit the [Connecting Carers website](#) for more details on these posts. Closing date is 7th October

Well Scotland website survey

NHS Health Scotland is undertaking a study to help ensure the Well Scotland website continues to improve and meet your needs.

If you use the Well Scotland website please complete our online questionnaire by clicking here: - <http://www.surveymonkey.com/s/LX3HDX5>

If you don't use the website please click here to take part: - <http://www.surveymonkey.com/s/LXB6JXL>

Visit the website [here](#)

If you or anyone else you know would like to subscribe to, or unsubscribe from, CHEX-POINT Snippets please visit www.chex.org.uk/subscribe/

You can send information/material for inclusion in CHEX-POINT Snippets by sending an email to: 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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