

**From:** [CHEX](#)  
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## Issue No 196, 28th October 2011

**Hello, and welcome to the new format of CHEX-Point Snippets. In this issue you will find all the latest news and information relating to community-led health.** The only real difference is that Snippets is now part of the email body rather than an attached Word file. If you have any problems with the new format, we would ask you to check the following:

1) That the [info@chex.org.uk](mailto:info@chex.org.uk) email is not being blocked by your email provider (i.e. ending up in the junk mail folder).

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Alternatively you can [download the latest issue of Snippets as a PDF](#). If you or anyone else you know would like to subscribe to CHEX-POINT Snippets please visit [www.chex.org.uk/subscribe/](http://www.chex.org.uk/subscribe/). **The aim is to capture as much as possible from all regions of Scotland so please let me know of anything you would like to be mentioned in Snippets from your own work across the country.** 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) or phoning 0141 222 4837. CHEX-POINT Snippets is provided by CHEX – Community Health Exchange and compiled by Andrew Paterson. Thanks to all contributors to this edition.

Regards

Andrew Paterson, Policy and Research Officer, Scottish Community Development Centre

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## CHEX News

### **Correction to previous Snippets Item – Meeting with Public Health Minister – Evidence of Impact**

We wish to apologise for wrongly naming the Public Health Minister in our item on meet our meeting with him on Tues. 27th September. The Minister's name is **Michael Matheson** and not Tom Matheson as stated.

To remind you of the story, 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](mailto:Janet@scdc.org.uk).

Many thanks to those people who have already responded to our call for evidence!

### **Health, Work and Wellbeing Management Support Project – Evaluation**

CHEX in partnership with the Craighead Institute (lead agency) and the Church of Scotland Parish Development Fund provided mentoring support to 21 small to medium size community and voluntary organisations, several of which were community-led health organisations. The Project was funded by the Department of Work and Pensions Challenge Fund for Health, Work and Wellbeing. Mentoring sessions offered high quality support to managers over a period of 9 months. The Project also provided two action learning sessions to bring the participating managers together to share experiences and lessons. Analysis and impact of the Project can found in the [final evaluation](#)

### **Action Research Launch Event**

A new guide *Action Research in the Community* (ARC) will be launched by Scottish Community Development Centre and Education Scotland on Monday 28 November 2011 at Dewars Centre, Perth. This guide is based on the learning and experience of SCDC in supporting a large number of community groups through the action research process, including the Learning through Doing projects. The event will provide insight into the experiences of the 'People and nature: learning through doing' projects who have undertaken action research and lived to tell the tale! These groups will be on hand with materials from their research projects.

Click [here](#) to read more on the event and to book a free place. Bookings must be made no

later than Monday 14 November 2011.

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## General Information

### Third Sector Knowledge Portal

A new web portal called Third Sector Knowledge Portal has been developed through a partnership between the English-based Third Sector Research Centre (TSRC) and the British Library. Funded by the Big Lottery, the portal is an online database of resources for those working in the third sector. It is straightforward to use and can be accessed online without having to register - <https://cssfs10.bham.ac.uk/heritage/>. The developers are keen to know of any relevant resources so it may be worth getting in touch if you have produced any material that you would like to have included in the database. More information can be found on the TSRC website <http://www.tsrc.ac.uk/Research/KnowledgePortal/tabid/840/Default.aspx>.

### Supporting informed choice in older men - your knowledge needed

The NHS in Scotland are introducing a new national screening programme aimed at men aged 65. This will be rolled out nationally from June 2012. Abdominal Aortic Aneurysm\* screening (also called AAA screening) is the first male-only screening programme in Scotland, and aims to save the lives of at least 170 men each year. The condition is most common in men aged 65 and above, which is why men will be invited for screening at age 65. The screening is by ultrasound, a simple and painless test. NHS Health Scotland are developing a range of information resources for professionals and the public on behalf of the national programme. This will ensure professional awareness and allow the public to make an informed decision about whether to attend for screening.

A project is also in progress to collate relevant literature focused around supporting men in the target age group to make an informed choice about attending screening, with particular focus on inequalities. So we are especially interested in projects, for example, that target those men who face barriers to accessing information. This will be shared with NHS boards to inform the development of their screening programme at a local level. NHS Health Scotland is looking to include cases studies as part of this piece of work and are calling for case study submissions. The focus is capturing examples of learning and good practice in the following areas:

- supporting older men to make an informed decision;
- men's health needs, their social care, or other areas relevant to their every day lives;
- engaging with older men.

If the learning is transferable to this type of screening your input would be very welcome. Please contact Ruth Johnston on [ruth.johnston1@nhs.net](mailto:ruth.johnston1@nhs.net) or 0131 313 7526 if you are/have been involved in a project which may be a useful case study for sharing. A case study template is available to complete. **Please get in touch by Friday 4 November 2011.**

\*What is an abdominal aortic aneurysm? The aorta is the main artery that supplies blood to your body. It runs from your heart down through your chest and abdomen (tummy). In some people, as they get older, the wall of the aorta in the abdomen can become weak. The pressure of blood flow can cause the artery walls to stretch and balloon out to form an aneurysm, rather like a worn car tyre. This is called an abdominal aortic aneurysm. More information about the screening programme can be found by visiting [www.healthscotland.com/screening.aspx](http://www.healthscotland.com/screening.aspx)

### PGDip in Community Learning and Development at Aberdeen

The University of Aberdeen is currently recruiting for its Postgraduate Diploma in Community

Learning and Development, which will start in January 2012. The programme available through blended learning attracts students from all over Scotland. It is a part time workplace based route to the professional qualification and is approved by the CLD Standards Council. It has a reputation for its strong practice focus and is offered in partnership with local CLD managers. Participants will be working or volunteering and will have a relevant degree or equivalent. For further information contact Aileen Ackland, Programme Director on 0122 274875 or at [a.ackland@abdn.ac.uk](mailto:a.ackland@abdn.ac.uk). For application forms 01224 274629 [pgclid@abdn.ac.uk](mailto:pgclid@abdn.ac.uk)

### **New money and debt advice service**

A new money, debt and financial advice and support service has been set up in East Renfrewshire called PlanB Advice. They offer a range of 1-1 advice services & group sessions which are focused on addressing financial exclusion & financial capability issues. Currently PlanB has a range of referrers from private counselling services, employability teams, carers groups, health improvement & other social enterprises. At this time PlanB has a 40/60 split of female & male clients (of varying ages & circumstances), the majority of whom are in work or on the employability pathway. Almost all are either carers and/or parents. PlanB has a fully accredited advisor, a gateway assessor and access to a solicitor. They are looking to recruit volunteers and additional project staff early next year. You can refer or self refer to PlanB by dropping in to the office at The Undercover offices, voluntary Action East Renfrewshire Tuesday-Friday 9.00-4.30 or call/email either Lucy or Ian via [info@planbadvice.co.uk](mailto:info@planbadvice.co.uk) [lucy@planbadvice.co.uk](mailto:lucy@planbadvice.co.uk) or 07887551466/07881581488. 5 full days per week. The PlanB website is down for amendments & updates but when back up will be [www.planbadvice.co.uk](http://www.planbadvice.co.uk) you can read more about PlanB Advice on their Facebook page and also on Lucy's LinkedIn account. If you are interested in joining their Board of Trustees please also introduce yourself!

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## **Consultations And Surveys**

### **OSCR launches its first Public Focus Strategy**

On 3 October 2011 the Office of the Scottish Charity Regulator (OSCR) launched a consultation on its new Public Focus Strategy, and is keen to hear from beneficiaries of charities and those who use charity services, now or in the future. Responding to new requirements under the Public Services Reform (Scotland) Act 2010 (2010 Act), this strategy aims to develop and improve on how OSCR involves users (charities and beneficiaries) in its scrutiny functions. OSCR's proposals can be viewed at [www.oscr.org.uk](http://www.oscr.org.uk). There are eight consultation questions and comments are invited until 23 December 2011.

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## **Publications**

### **Asset based approaches for health improvement: redressing the balance**

Glasgow Centre for Population Health (GCPH) have produced a useful briefing on asset-based approaches to health improvement – an approach which emphasises and builds on the strengths of communities rather than focusing on the negative aspects. It concludes that asset based approaches offer “exciting potential and could help professionals think differently about how they approach the goal of improving the health of individuals, communities and

populations.”

Download the briefing by clicking [here](#)

### **A perfect vision?**

The Scottish Government has produced a new strategy document following discussions over recent months which led to the development of a Strategic Narrative around the Government’s vision for sustainable high quality. Entitled *Achieving Sustainable Quality in Scotland’s Healthcare: A ‘20:20’ Vision*, the document emphasises prevention, integrated health and social care and self management. It also calls for more of a shift from acute care to community care where appropriate.

Download the word document [here](#)

### **Guidance on Reimbursement of ‘Out of Pocket’ Expenses for Volunteers within NHSScotland**

Updated guidance on reimbursing out of pocket expenses for volunteers in NHSScotland are now available to download from the NHS. Click [here](#) to download the guidance directly.

### **Teaching in Nature: How going local into nature changes learning**

Last year 4 groups of teachers in Scotland were introduced by Scottish Natural Heritage (SNH) to some local nature over the course of a year and were helped to develop nature-related activities for their classes. Now, educational researchers at the University of Stirling have written a report on the project which is available on [SNH’s publications page](#). It highlights the immense value of collaborative working, both for ‘experienced outdoor’ and ‘novice outdoor’ teachers and found that the outdoor experiences they provided brought greater enthusiasm, attentiveness and focus in pupils’ learning and the potential for improved health, physical ability and self-esteem in pupils. More interactive resources related to the project are also available [here](#).

### **Natural Change – Creating Leaders for Sustainability in the Education Sector**

WWF Scotland has launched a new report on its Natural Change Project which aims to create leadership for sustainability in education. The Natural Change Project works with people who hold positions of influence, offering them experiences of wild places. It then goes on to support the growth of these personal experiences into leadership and action for a sustainable future. This report explains the Natural Change Approach, outlines the changes that it catalyses and makes recommendations on how the Natural Change can be used to cultivate leadership for sustainability.

To find out more about The Natural Change and to download a copy of the report, please visit the Natural Change webpage at [www.wwfscotland.org.uk/naturalchange](http://www.wwfscotland.org.uk/naturalchange)

### **Aftershock of Deindustrialisation study – 2nd phase**

The Glasgow Centre for Population Health (in collaboration with NHS Health Scotland) has now published the results of the 2nd phase of work comparing health and its determinants in West Central Scotland with other post-industrial regions in Europe. The work is published on the GCPH website as five reports: one main report, and four accompanying case study reports. All the reports, together with further details of the project, are available from the GCPH website [here](#).

The first stage of this study showed that mortality was generally lower in the other regions compared to West Central Scotland, and was improving faster. The aim of this second phase was therefore to investigate reasons why this was the case, particularly whether or not West Central Scotland’s poorer health could be explained purely in terms of socio-economic factors such as poverty and deprivation.

### **Town Centre Regeneration: TCRF Case Studies Report**

This report presents findings of research undertaken in nine case study areas that received funding from the Town Centre Regeneration Fund (TCRF). The aim of the TCRF was to support community and business leaders to regenerate and grow town centres in order to meet the needs of local communities and businesses. Featured towns are Stromness, Elgin, Kircaldy, Kirkintilloch, Govan, Barrhead, Airdrie, Millport and Jedburgh. The report assesses what difference the TCRF funding has made, giving a 'before and after', and suggests lessons that can be learned. It is one of four publications produced by this research, which can all be viewed [here](#).

### **Choices Annual Report & Education Report**

Aberdeen based charity Choices has produced its Annual Report 10/11 giving details of its service delivery over the last year. Choices Aberdeen provides free confidential, non-directive counselling and practical support to people facing pregnancy related crisis. Visit Choices' [website](#) for more information.

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## **Funding**

### **Junior Climate Challenge Fund**

The Junior Climate Challenge Fund (JCCF) is part of the Climate Challenge Fund. The JCCF aims to increase the proportion of the CCF which is supporting under 18's to become engaged and involved in a low carbon future. All other criteria of the CCF still apply - working to reduce carbon emissions, including the community (of young people in this case) at the heart of the decision making of the project and leaving a sustainable legacy for the future. The deadline for applications is 5pm on 2nd December 2011 (Fri). More info is here:

<http://ccf.keepsotlandbeautiful.org/overview.aspx> and the Scottish Government press release is at <http://www.scotland.gov.uk/News/Releases/2011/10/05091832>

### **Swimathon Foundation**

The Foundation is offering grants of between £300 and £2,500 to swimming pools, community organisations and charities who can demonstrate how funding will allow them to help more people participate in and enjoy swimming and to make swimming more accessible. For more information and to apply online please visit the website: [www.swimathon.org/foundation](http://www.swimathon.org/foundation). The first round of applications closes on 12 December 2011.

### **Kellogg's Swim Active Programme**

Similar to above, the Kellogg's Swim Active Programme has made Swim Active grants available to non for profit organisations including community organisations and enterprises. The programme is offering grants that support any aquatic activity which enhances motivation, removes barriers and increases participation in the sport.

The closing date for applications is the 1st December 2011 and more info can be found on the fund [website](#)

### **Community Projects Fund**

Community groups and charities around Glasgow, Edinburgh and Ayrshire can apply for up to £1000 for small-scale, community led projects contributing to a green network throughout Central Scotland, Lothian and Ayrshire. Projects must include at least an element of tree/woodland planting or management. Visit the websites for [Glasgow and West of Scotland](#), [Edinburgh and Lothians](#) and [Ayrshire](#) for more information.

### **People's Health Trust**

Funded through the new Health Lottery, the People's Health Trust has announced that its Healthy Communities Small Grants Programme is to open in October. Through its Funding programmes, the Peoples Health Trusts aims to award around £50 million per year to support health-related projects in England, Scotland and Wales. The Trust aims to do this by supporting projects that tackle the early causes of ill health. Read more here:

<http://www.peopleshealthtrust.org.uk/>

### **People's Postcode Trust**

Funding of between £500 and £10,000 (£2,000 if not a registered charity) is available to small organisations and community groups who are involved in combating poverty, advancing health, community development, public sport, human rights or protecting the environment. The closing date for applications is the 11th November 2011. <http://www.postcodetrust.org.uk/>

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## **Events**

### **Safe Space Groups (Fife)**

Safe Space is based in Dunfermline but open to people all over Scotland and offers free and confidential range of support services for people who have experienced sexual abuse.

Upcoming groups/events include: Support Group for Non-Abusing Parents, Justice Support Service with a volunteer available every Monday from 12-2pm, a Drumming for Healing group and a Creative Writing Group. If you would like further information or like to attend contact 01383 739084 or email [contact@safe-space.co.uk](mailto:contact@safe-space.co.uk)

### **SURF Awards (Glasgow)**

The 2011 SURF Awards Presentation Dinner will take place on Thursday 8 December (6:30pm-late) at the Radisson Hotel, Glasgow. The SURF Awards for Best Practice in Community Regeneration is the major independent awards scheme for Scottish regeneration efforts.

Annually, the process highlights the innovation and success that is being delivered through often undervalued projects and initiatives; those that are independently judged to be making a real difference to disadvantaged communities despite the recessionary challenges. The Cabinet Secretary for Infrastructure and Capital Investment, Alex Neil MSP, will present SURF Award certificates to the winning and highly commended projects for 2011 at this celebratory event in Glasgow in December. Please [click here](#) for further information and details on how to book your place(s).

### **International volunteers event (Glasgow)**

Xchange Scotland aims to connect Glasgow and Scotland to a world of exciting and accessible international volunteering opportunities. It is inviting Glasgow organisations to an event in Govan on Wednesday 16th November to provide more information, answer questions and go into more detail about what is involved in having a group of volunteers working for you. The same session will be held twice - once in the afternoon and once in the evening - to give as

many people the chance to come along as possible. Contact [Jonathan Robertson](#) for more information.

#### **Boys on Beat Leadership Course (Perth)**

The Boys on Beat Leadership Course will provide an opportunity for young men to complete the Sports Leaders UK Level 1 Award in Dance Leadership. Delivered through partnership between Youth Scotland and Sports Leaders UK, it costs £20, and runs on two weekends, from Fri 11th - Sun 13th and Sat 19th - Sun 20th Nov at Belmont Centre, Meikle, Strathmore, Perthshire. For more information and details of how to apply, click [here](#).

#### **Energy Efficiency Workshop (Edinburgh)**

This event is being run by Changeworks and advises on how to save energy (and money) at home, understand and programme your boiler and understand fuel bills. The event will be on 9th November 10am at Health All Round, Springwell House, Ardmillan Terrace. Contact Claire on 537 7530 to reserve your place.

#### **LGBT Family Planning Event (Edinburgh)**

On Wednesday 16th November, the LGBT Centre for Health and Wellbeing will be hosting Edinburgh's very first LGBT Family Planning Event. The event will explore family planning options available for LGBT people and give the LGBT community an opportunity to have their say. Those invited to give presentations include NHS Lothian, private Scottish health clinics, fostering & adoption agencies and a family law firm. For more information please contact Jules Barnes at the LGBT Centre for Health and Wellbeing by emailing [jules@lgbthealth.org.uk](mailto:jules@lgbthealth.org.uk) or calling 0131 523 1104.

#### **Growing Communities in Scotland Networking Event (Edinburgh)**

The Edible Gardening Project with funding from The People's Postcode Lottery aims to help people grow their own through practical volunteering opportunities, drop in training sessions, and demonstration plots. This networking event aims to support good practice development with specific reference to: food growing, project planning and development, strategies for recruiting and supporting volunteers, project evaluation and meeting outcomes within a limited time frame. Please book by Wednesday, 9 November 2011.

For more information on the Edible Gardening Project, please visit <http://www.rbge.org.uk/whats-on/ediblegardening>. You can download a programme and booking form using the link below <http://www.farmgarden.org.uk/farms-gardens/your-region/scotland>

#### **Health Inequalities Seminar (Edinburgh)**

The next seminar in the Health Inequalities Seminar series will be held at The Engine Shed, Edinburgh, 30th November 2011 12.30pm- 3.00 pm. Dr Mike Grady, Senior Research Fellow, UCL, and Abi Mordin, Project Manager, Urban Roots Glasgow will present *Health Inequalities and Environmental Change – the relationship*. Contact Karen Marchant, PA to Mandy MacKinnon, Health Promotion Manager, Health Promotion Service, Canaan Park, Astley Ainslie Hospital, 133 Grange Loan, Edinburgh EH9 2HL, 0131 537 9389

#### **Say 'neigh' to depression- Action on Depression Race night**

A horse racing themed night is being held by Action on Depression at the Voodoo rooms in Edinburgh at 7pm on Thursday 10th November where you can place £1 bets on horses projected onto our large screen and be in with the chance of winning money and prizes. You will also be helping raise funds for Action on Depression. Advance tickets are £5 and can be reserved by emailing the number of people to Mark on [markd@actionondepression.org](mailto:markd@actionondepression.org). Tickets can also be bought for £6 on the door on the night of the event. Over 18's only.

### **OPFS AGM & Annual Seminar (Aberdeen)**

One Parent Families Scotland will be holding its 67th AGM and annual seminar in Aberdeen on 3rd November. The seminar - Tackling Poverty, Reforming Welfare: Implications for Scotland - will feature presentations from Paul Spicker, Professor of Public Policy and Director of the Centre for Public Policy and Management at Robert Gordon University and John Dickie, Head of Child Poverty Action Group in Scotland. If you would like to book your place at this year's event, please fill in the [online](#) booking form. For further details, please contact Rory Ross on 0131 556 3899 or email [rory.ross@opfs.org.uk](mailto:rory.ross@opfs.org.uk). Find out more by [downloading the pdf](#).

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## **Training**

### **Deaf Action's new term of BSL courses (Edinburgh, Dundee and Kircaldy)**

Deaf Action's new term of British Sign Language courses will be starting on the 23rd January 2012. All courses are approved for ILA funding. If you would like to apply for a place on any of these courses, visit the [Deaf Action website](#)

### **MSc in Social Enterprise (Glasgow)**

Scotland's first [MSc in Social Enterprise begins this February](#) at Glasgow Caledonian University (GCU). On a series of residential weekends you will combine leading academic thought on social enterprise with the practical approach of the Academy. Find out more at our seminar on 7 November at GCU at 14:00 during Glasgow for Business Week.

### **Self Management & Recovery Training for addictive behaviour (Edinburgh)**

This SMART Programme is being offered within Health All Round, Edinburgh, from 9th November 2011. It focuses on alcohol misuse, drug misuse and other addictive behaviours and aims to build the wellbeing and self-confidence of people with these addictions. Should you require further information about this programme, please contact Marie McManus, Nurse Therapist Tel: 0131 537 6650 or Ellie Frankish, Occupational Therapist Tel: 0131 537 6747.

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## **Vacancies**

### **Youth Scotland – 2 posts (Edinburgh)**

Youth Active Manager, Full-time for two years, £31,761 to £33,594. The Youth Active Manager will create projects, services and opportunities where young people can: participate in dance, sport and physical activity; develop their leadership and coaching skills; become role models to other young people; and develop skills as volunteers and community leaders. The successful candidate will be required to build effective relationships and consolidate existing partnerships. They will also be responsible for leading and managing a small staff team.

Girls on the Move Development Worker, either 2 x job share positions of 17.5 hpw or 1 full-time post of 35 hours per week. The current contract is until June 2012, £24,741 pro rata. Youth Scotland's Girls on the Move project is designed to increase physical activity levels among girls

and young women in Scotland. The project provides opportunities for young women to participate in sport and physical activity, improve their health and well-being and increase their confidence and self-esteem.

**The closing date for applications is Tuesday 1 November 2011.** Interviews will be held on Monday 7 November for the post of Youth Active Manager and on Thursday 10 November for the post of Girls on the Move Development Worker. Interviews will be held in Edinburgh. For further information about both posts, please click [here](#).

#### **Opportunity to run Art Talks in the Healthcare sector (Edinburgh)**

Art in Healthcare is a charity that lends original artworks to healthcare settings throughout Scotland. It is looking for people to give a series of one-hour Art Talks in healthcare environments such as care homes and hospitals, in and around Edinburgh. Art in Healthcare will pay £15 for each talk and training will be provided. To find out more please contact Amelia Calvert at Art in Healthcare on [projectassistant@artinhealthcare.org.uk](mailto:projectassistant@artinhealthcare.org.uk).

#### **Volunteering Opportunity (Banchory)**

CVSA's Boxroom and Magpie shops are located at the Tillybrake Industrial Estate in Banchory and sell good quality second hand furniture and household goods to the public. Goods are also donated through the Social Work department to help those in need set up home. CVSA has a team of committed volunteers to help run both shops, but are looking for more! Volunteers work in the two shops selling goods to the public, as well as helping load donated furniture and bric-a-brac into the shops. If you have a few hours a week to spare, and are interested in being part of this project contact Renee Joss on 01330 538001 or email [reneejoss@googlemail.com](mailto:reneejoss@googlemail.com)

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## **Websites**

#### **Social Impact Scotland web portal**

Social Impact Scotland is a portal offering access to information, resources and support for third sector organisations, funders, and public sector commissioners interested in finding out more about social impact measurement. The website has a section on understanding social impact, information for those in the third and public sectors and also contains case studies. Visit the portal at [www.socialimpactscotland.org.uk](http://www.socialimpactscotland.org.uk)

#### **New web portal for youth health**

This new website, [www.getthelowdown.co.uk](http://www.getthelowdown.co.uk), is the result of a partnership between Young Scot and the Scottish Government. *The Lowdown* provides information and confidential advice about health concerns for teenagers and features a comprehensive 'Contacts Directory', listing over 500 local health services from across Scotland. The website is backed up by a free and confidential phone line (0808 802 4444) that young people can access to get further information personalised to their needs.

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