



Issue No 202, 27th January 2012

Hello, and welcome to the latest issue of CHEX-Point Snippets. As always, this issue contains all the latest news and information relating to community-led health. **We have given special prominence to the work of Healthy Valleys in South Lanarkshire to highlight their volunteering opportunities. If you would like to be mentioned in Snippets please send us your own news from your work locally.** Click [here](#) if you would like to view this e-bulletin as a PDF or read any previous issues of Snippets.

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

The next issue of Snippets will be Friday 10th February so please send anything you would like to be included before Wednesday 8th. You can send information/material for inclusion in CHEX-Point Snippets by sending an email to 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

News from the CHEX Network – Healthy Valleys widens!

Healthy Valleys, a Healthy Living Initiative based in rural South Lanarkshire, has recently been awarded a three year grant from the Big Lottery which has enabled the project to expand and develop their successful Grassroots project. They are now looking for volunteers to help make a difference to children and families in need.

Healthy Valleys' Grassroots project aims to encourage vulnerable parents, grandparents and carers to lead a healthier lifestyle. The project desperately needs volunteers from rural South Lanarkshire to support and encourage pregnant women and their families to attend health care appointments and other services during their pregnancy and beyond. Healthy Valleys also needs volunteers to deliver and support their healthy eating courses, which help families learn basic cookery skills and learn the benefits of eating a balanced, healthy diet, and volunteers to support their physical activity programme such as Baby Yoga, Gym Tots and family health walk programme.

Over the past two years the contributions of volunteers to their communities have been recognised at local and national level:

- The Grassroots Project volunteers were runners-up in the 'Volunteers Award' category at the Scottish Health Awards 2010
- Gillian Armstrong from Forth won 'Volunteer of the Year' for South Lanarkshire in 2011 and jointly won the 'Unsung Hero' award at Glasgow Herald Society Awards 2011
- Scotland's Learning Partnership recognised the Grassroots volunteers achievements in Adult Learning

Healthy Valleys welcomes expressions of interest from adults who are caring, trustworthy, reliable, understanding and can relate well to the anxieties that some parents may experience during pregnancy and the early years of a child's life. If this sounds like you, please call Julia at Healthy Valleys on 01555 880666. Training, support and out of pocket expenses will be offered in return for your valuable contributions.

Also, see vacancies section below for 2 paid posts at Healthy Valleys.

Health Issues in the Community Tutor Training: Open Course

This 2 day course, run by CHEX, is for individuals who wish to become HIIC Tutors. Running on the 28th and 29th February 2012 in the STUC Centre Glasgow, the course costs £300 for those from the statutory sector and £200 for those from the voluntary sector. The full requirements to become registered tutors include being able to undertake 8-10 hours of practice delivery and the submission of a 1,500 word reflective account of the delivery session, within 5 months of undertaking the 2 day course. For more information on the course or to register please contact aileen@scdc.org.uk.

CHEX-Point 41 available now!

The latest issue of CHEX's quarterly newsletter, CHEX-Point, is now available from

the CHEX website. Issue 41 is entitled 'Know it Works, Show it Works!' and presents responses to a call for 'show me the evidence!' that is consistently heard from decision makers. We therefore proudly feature a variety of community-led and community-based health organisations and partnership initiatives at community level. The evidence reflects the nature and extent of impact both at national and local levels. The following organisations are highlighted:

- Midlothian Active Choices Group
- Spartan Smilers
- Paths for All
- Stepping Stones for Families
- Health Issues in the Community

To read CHEX-Point click [here](#).

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General Information

New venture supporting people with ME

Following a recent research project on M.E. and employment, Supporting with Knowledge and Skills (SKS) is pleased to announce a new venture for those living with M.E. who wish to work on a self-employed basis. The development of the organisation is funded by a grant from LTCAS and will provide people with the opportunity and support to work flexibly. At the moment, the group have a volunteering opportunity for someone to develop their IT skills, although SKS is keen to emphasise that people with all sorts of skills can join the group and offer their expertise. Interested parties can contact Liz McConnell, Project Co-ordinator at Work4ME by emailing her at lizmccconnell@uwclub.net or following the Work4Me link on the [SKS Scotland website](#).

Office space wanted in Aberdeenshire

Edinburgh Cyrenians is hoping to establish a small youth homelessness prevention project to cover the whole of Aberdeenshire. They will be employing 2 members of staff; one 3 days a week and one 4 days per week, and are looking to rent desk space for them, preferably with a voluntary sector organization or in a hub space. If you have any space available, or know anyone who does, please email emmadore@cyrenians.org.uk.

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Consultations and Surveys

The Review of the CLD Strategy in Scotland

CHEX would like to draw your attention to the following consultation regarding the CLD Strategy in Scotland. The event below is aimed at national voluntary organisations. However, we thought the event is something smaller organisations and groups would wish to be aware of, since the agenda contains themes that are central to community-led health and community development more generally. In

addition, there will be an opportunity to respond to the formal consultation by 10th March, something which we will provide more details on in future.

The event for national voluntary organisations is in Edinburgh on the 15th February 2012, 10.00-15.30, and will look at the refreshing of Strategic Guidance for CLD. This is an opportunity to drive forward essential aspects of key agendas including Curriculum for Excellence, the Literacy Action Plan, 16+ Learning Choices, regeneration and community empowerment. The Scottish Government also sees the discussion as a way of developing shared thinking on key issues including post-16 education, college regionalisation and the Community Empowerment and Renewal Bill.

This a FREE event and one place per organisation is available. A second place may be available depending on numbers attending.

Contact: Susan Symington at YouthLink Scotland, Tel: 0131 313 2488, E-mail: ssymington@youthlinkscotland.org. Click [here](#) for more details and bookings.

The Big Public Service Debate

This month SCVO has launched its Big Public Service Debate, taking a new look at how to transform our services. It seeks to ask the questions:

- How can Scotland's Public Services deliver better for Scotland?
- What does a future public service look like?
- How do we put people at the heart of service delivery?

SCVO states: "The third sector is primed to play a major role in Scotland's public services - the Christie Commission and the Scottish Government have made it clear that the third sector is a key partner in this reform. But how will that happen?"

Preventative spending, procurement and service integration are all on the agenda

Read more about how you can contribute to this debate, and see some of the contributions so far, at <http://www.scvo.org.uk/policy-campaigning/the-big-public-service-debate/>.

Peer education project for young people

The Scottish Parliament is working with the Scottish Youth Parliament (SYP) to find groups of between 4 and 8 young people in and around Glasgow to be involved The Scottish Parliament's first ever peer education project. Connect! is a chance for young people aged 16-24 to tell their peers about the Scottish Parliament and talk about local issues that matter to them.

The Scottish Parliament and SYP will support groups to come up with their own, youth led projects and support them to run a session for other local young people. Young people don't need to know anything about the Parliament or peer education, as training and help will be provided.

You can find out more by going along to The Scottish Parliament's Moving Stories exhibition at the Mitchell Library, Glasgow which runs until 27th February. Find out more from [Youth Scotland](#) or email frances.paulo@scottish.parliament.uk if you are interested in taking part.

Planning and Reporting Arrangements for Alcohol and Drug Partnerships: Consultation

Alcohol and Drug Partnerships are asked for comments on draft proposals for

planning and reporting arrangements for 2012-15. Feedback is also sought on draft indicators, developed by the Short Life Working Group on Outcomes and Indicators.

For further information on the draft reporting and planning arrangements, please contact: Shirley Windsor, SG Alcohol Delivery Unit (shirley.windsor@scotland.gsi.gov.uk). To read more on this consultation visit <http://www.scotland.gov.uk/Resource/0038/00386013.pdf>

Voluntary and community sector research in Aberdeen regarding older people's services

Voluntary and community sector groups in Aberdeen are being invited to input into citywide research. ACVO (Aberdeen Council of Voluntary Organisations) is keen to hear from social enterprises, from groups which provide support or services to the over 50s, and from groups which are experiencing financial difficulties at present.

Find the survey at www.surveymonkey.com/s/FundsResourcesSupportSolutions. This will help establish what new opportunities, resources and support groups feel they could most benefit from. The new Change Team at ACVO will also be conducting focus groups and interviews, and will be collating the results of their research in February.

The research will enable ACVO to form new support networks and to work with NHS Grampian, Aberdeen City Council and other organisations to reshape older people's services within the city. Their work will particularly focus on encouraging groups which currently depend on external funding to develop a more business-like approach and on providing relevant training

Gaelic National Language Plan (GNLP) - Consultation

NHS Health Scotland is inviting written responses to this consultation paper by 5th March 2012. The consultation can be viewed online at <http://www.healthscotland.com/index.aspx> and www.show.scot.nhs.uk

Please send your response to: Michael Tornow, Project Officer, NHS Health Scotland, Elphinstone House, 65 West Regent Street, Glasgow, G2 2AF, Tel: 0141 354 2917, michael.tornow@nhs.net.

Equality and Human Rights Performance Framework for the Third Sector

This consultation offers the chance to input into the development of a draft Equality and Human Rights Performance Framework for the Third Sector, and is aimed at organisations that have experience of the benefits and challenges of mainstreaming equality and human rights. The framework is currently being developed by Glasgow Council for the Voluntary Sector and the Coalition for Racial Equality and Rights.

The next focus group meeting is on Thursday (afternoon) 2nd February at EVOC, 1st Floor, 14 Ashley Place, Edinburgh, EH6 5PX. There are some additional meetings in Glasgow on 6th, 8th and 16th Feb (afternoons) at The Albany Learning and Conference Centre, 44 Ashley Street, Glasgow G3 6DS. Any interested organisations should email stacey.anderson@gcvs.org.uk with the following details: name, organisation, venue/date, accessibility requirements and any previous experience you may have of working with such frameworks.

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Publications

Planning for Community Development - new PAS guide

Planning Aid for Scotland have produced a new guide – Planning for Community Developments – which is aimed at supporting community development around Scotland. The guide provides people who are trying to develop community assets with an introduction to the planning issues they are likely to face, including advice on development management and community engagement, as well as advice on specific topics such as renewable energy and allotments. It is particularly aimed at community groups – including Development Trusts, Social Enterprises, Hall Associations, and Community Councils

The guide can be downloaded [online](#).

Beneath the radar – Report from The Scotland Funders’ Forum

The Scotland Funders’ Forum is a gathering of funders in Scotland, including statutory bodies and independent grant making trusts, who are committed to best practice in funding the voluntary and community sector and to maximising the impact of funding for the benefit of Scotland. They come together to share information, to identify and address areas of common interest and to share best practice and learning. They believe that small voluntary and community groups are a vital part of the fabric of local communities, play a key role in helping to uncover, understand and address local need and crucially, help to unlock and connect local people.

Read their report here:

<http://scotlandfundersforum.files.wordpress.com/2010/09/beneath-the-radar-investing-in-small-local-organisations3.pdf>

Dietary Advice Available in 8 Languages for the South Asian Community

Nutrition and Diet Resources UK (NDR-UK) has produced resources around South Asian Nutrition (SAN). These resources provide guides to improving the nutrition related health and wellbeing of South Asian populations.

Dedicated to providing easily accessible, evidence-based nutritional information, the SAN range gives practical culturally sensitive dietary advice in English, Bengali, Gujarati, Hindi, Punjabi, Tamil and Urdu language. It includes topics such as healthy eating, heart health, diabetes, meal and snack ideas and advice on calcium and iron intake.

Visit <http://www.ndr-uk.org/New-publications/> to find out more.

GoWell publications

Three new briefing papers from the GoWell programme (Glasgow Community Health and Wellbeing Research & Learning Programme) have been published, one focussing on community empowerment and two focussing on antisocial behaviour. These are available to download below:

- [Briefing Paper 13: Community empowerment in transformational regeneration and local housing management in Glasgow: meaning, relevance, challenges and policy recommendations](#)
- [Briefing Paper 15: Intolerance and adult perceptions of antisocial behaviour: focus group evidence from disadvantaged neighbourhoods in Glasgow](#)
- [Briefing Paper 16: Young people’s experience of intolerance, antisocial behaviour and keeping safe in disadvantaged areas of Glasgow](#)

Hard copies are also available by contacting Jennie Coyle at

jennie.coyle@drs.glasgow.gov.uk or on 0141 287 6268.

In addition, a further two journal articles from GoWell have recently been published:

- Living the High Life? Residential, Social and Psychosocial Outcomes for High-Rise Occupants in a Deprived Context'. Published in *Housing Studies* and available from: <http://dx.doi.org/10.1080/02673037.2012.632080>
- Exploring the relationships between housing, neighbourhoods and mental wellbeing for residents of deprived areas. Published in *BMC Public Health* and available from: <http://www.biomedcentral.com/1471-2458/12/48/abstract>

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Funding

Funding to improve community spaces

Community Spaces Scotland is a Big Lottery fund which supports Voluntary and community organisations, schools, community councils, social enterprises and private companies bring people together to become more involved in, and to take responsibility for, their local environment, communal spaces and places. Grants of between £10,000 and £250,000 are available. Examples include: Developing local parks, community parks and gardens, play parks and allotments. Community spaces are also keen to support improvements to community centres and village halls to provide facilities for community activity and to make buildings more economically and environmentally sustainable.

For further information on this programme or to check a project is eligible to apply click on [this link](#)

Central Scotland Green Network Development Fund 2012-13 Launched

Organisations in Central Scotland can apply for part of the £750,000 available for projects which promote healthier lifestyles, regeneration and enterprise, and help to join up the network, especially in areas suffering from deprivation and dereliction.

For the first time organisations can now bid for three years of financial support, rather than one year as was the case previously. This new move will allow projects to plan for the longer-term and increase their impact on local environments.

Full details about eligibility and making an application are available at:

<http://www.forestry.gov.uk/csgndevelopmentfund>. The deadline for the submissions of applications to FCS is 12:00 noon on Friday 2 March 2012.

Young Persons Volunteering Fund

The Sita Trust has announced the next funding round of its new Young Person's Volunteering Fund. Through this new fund, the SITA Trust can provide grants of up to £10,000 for volunteering projects owned by 14-25 year olds. Applicants must be able to demonstrate that young people will be fully involved in the design and development of the project and projects must be compliant with the rules of the Landfill Communities Fund. The next closing date for applications is 10am on the 13th February 2012.

<http://www.sitatrust.org.uk/volunteering/>

Funding to help older people cope with financial hardship

Comic Relief grants of more than £10,000 are available for projects that help older people in financial hardship. "Managing Money Better" is especially interested in how older people can be supported to manage rising fuel and food prices. In addition, the programme aims to encourage partnerships with voluntary sector organisations and banks, building societies, credit unions, energy companies and others to recognise and respond better to the needs of older people. There is a two stage application process and the deadline for stage 1 applications is the 13th February 2012.

Find out more [here](#).

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Events

Community food work supporting mental health and wellbeing (Dundee)

Mind the Menu is for anyone interested in community food work and the role it plays in supporting positive mental health and wellbeing. Taking place on Wednesday 29 February, 10.00 am – 3.30 pm, at Discovery Point, Dundee, this FREE event will be workshop based, with plenty of time to share information about what you are doing and to learn from others. Support is available with travel expenses for staff, volunteers, and people with lived experience from community organisations, if required.

To book a place, please complete the attached booking form and return it to Sue Rawcliffe at CFHS by Friday 10 February. To find out more and book a place visit www.communityfoodandhealth.org.uk/about/currentwork.php.

Fostering Good Community Relations Workshops (Edinburgh)

These workshops, provided by Edinburgh & Lothians Regional Equality Council will take place on Monday 06 February 2012, 10am to 1pm, at Jean Edward Room, Jack Kane Community Centre, 208 Niddrie Mains Road, Edinburgh EH16 4ND and Tuesday 07 February 2012, 10am to 1pm, at Community Room, Fountainbridge Library, 137 Dundee Street, Edinburgh EH11 1BG. For more information click [here](#).

Mental health and wellbeing event (Newtonhill, Aberdeenshire)

Kincardine & Mearns Community Wellbeing Network is keen to bring together all partners to discuss what activity is happening locally and where the gaps are around the 6 priority areas identified in 'Towards a Mentally Flourishing Scotland'. They are looking for a wide and varied discussion and would welcome attendance from local voluntary groups / charitable organisations, statutory staff (teachers, CL&D) and NHS staff (Health Visitors, District Nurses). If you are interested in attending this event please contact Rosemary.Fullerton@nhs.net to ask for a registration form and return by Wednesday 15th February, 2012.

Voluntary Sector Locality Network Events (North Lanarkshire)

During February-March 2012, Voluntary Action North Lanarkshire is hosting its latest round of six Voluntary Sector Locality Network Events across North Lanarkshire for volunteers and voluntary sector organisations to come together to share key information. The events are as follows:

- Cumbernauld & North Area Voluntary Sector Network, Wednesday 22 February 2012, 9.30am-12noon, Croy Miners' Welfare Charitable Society,

- Croy Community Centre, Nethercroy Road, Croy, Kilsyth, G65 9HD
- Motherwell Area Voluntary Sector Network, Friday 24 February 2012, 9.30am-12noon, Tilsley Auditorium, The Glo Centre, 78 Muir Street, Motherwell, ML1 1BN
- Bellshill Area Voluntary Sector Network, Friday 2 March 2012, 1.30pm-4pm, Bellshill Cultural Centre (library), John Street, Bellshill, ML4 1RJ
- Airdrie Area Voluntary Sector Network, Tuesday 6 March 2012, 9.30am-12noon, One Wellwynd Social Enterprise Centre, 35 Wellwynd, Airdrie, ML6 0BN
- Coatbridge Voluntary Sector Network, Thursday 8 March 2012, 2pm-4.30pm, Iona Suite, St Patrick's Church Hall, St John Street, Coatbridge, ML5 3HB
- Wishaw & Shotts Area Voluntary Sector Network, Wednesday 14 March 2012, 9.30am-12noon, Voluntary Action North Lanarkshire Community Hub (former church building), Kenilworth Avenue, Wishaw, ML2 7LP

To confirm your attendance at any of the above Voluntary Sector Locality Network meetings, please contact Voluntary Action North Lanarkshire on 01698 358866 or e-mail craig.russell@vanl.co.uk

Grow Your Group Event (Oldmeldrum, Aberdeenshire)

CVS Aberdeenshire is planning to hold another Grow Your Group event on 17th March 2012 in Oldmeldrum. Grow your Group brings together local voluntary and community organisations and gives them a chance to gain information, guidance and inspiration to help their project grow - particularly in the current economic climate. CVSA is now inviting suggestions on what topics groups would like to see covered at the next event in March. Contact Development Officer, Alison Melville with your suggestions at Alison.Melville@cvsa.co.uk or call 01467 629072.

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Conferences and Seminars

From the Local to the National: Tackling Poverty During Austerity 2012 (Scotland wide)

The Poverty Alliance's annual seminar series will focus on the impacts of austerity and discuss what the anti-poverty movement in Scotland should be pushing for at both the local and national levels. The seminars will:

- Provide an overview of key trends in poverty drawing on the latest data.
- Discuss the impact on poverty of the changes so far enacted or proposed by the Coalition Government covering issues such as welfare, housing, tax and benefits
- Gather information on the local impacts of current budget cuts to get a comprehensive picture of where the cuts are impacting locally.
- Highlight the importance of local services in the fight against poverty
- Identify key challenges and how these can be addressed

A total of eight seminars will take place in Glasgow (x2); Edinburgh; Dundee (fully booked); Inverness; Bathgate; Greenock and Aberdeen

All seminars are FREE to attend although the Poverty Alliance is unable to cover travel expenses and lunch will not be provided. To register, please click [here](#)

Adolescent Health Symposium (Edinburgh)

The symposium aims to bring together a multidisciplinary audience of those working with young people to:

- raise awareness of the importance of youth as a key life stage which is influential to later health outcomes
- provide an overview of integrated cross government policy related to youth health improvement and health inequalities
- provide research information about how to positively influence the health outcomes of young people with a focus on intervening to prevent
- multiple risk behaviours
- provide practice examples of Scottish activity to address multiple risk behaviours
- create an opportunity for dialogue between different sectors and across health topics

The symposium is taking place on the 29th February 2012 at the Royal Society Edinburgh. There is no charge for attendance. If interested contact Dr Caroline Jackson, Scottish Collaboration for Public Health Research and Policy, Caroline.jackson@scphrp.ac.uk

Cyrenians conference (Edinburgh)

Edinburgh charity Cyrenians will be holding a conference at Murrayfield Stadium on Tuesday 27th March 2012. Organised in association with Create Consultancy, Comic Relief, INEBRIA (International Network for Brief Interventions on Alcohol and other drugs) and Alcohol Research UK, the conference is an opportunity to discuss and debate the roll out of alcohol brief interventions in wider settings.

The conference will feature international speakers from INEBRIA as well as local academics and practitioners. It will:

- Discuss the latest theory and practice in this area
- Offer practical support on introducing alcohol brief interventions to new settings
- Provide opportunities to discuss and share experiences in workshop sessions.

The conference will be of particular interest to the public and voluntary sector, ADPs, policy makers, commissioners, researchers and anyone with an interest in innovative, robust approaches to brief intervention delivery, whether in Scotland or further afield.

Visit the [Cyrenians website](#) to download the provisional programme and booking form.

GoWell Annual Event 2012 (Glasgow)

The 6th GoWell Annual Event will take place on Thursday 15 March from 9.00-12.30 in the Trades Hall in Glasgow. Alongside the usual update on progress on the programme as a whole, the focus of this year's event will be on the findings from the first phase of the qualitative research into the 'Lived Realities' of people in areas undergoing large-scale regeneration. This study involved 23 households from Sighthill, Shawbridge and Red Road and included in-depth interviews, participant photography and photo interviews. Findings will be presented and discussed, focusing on:

- What it's like to live in areas undergoing major change, what this means and how it affects residents and their families
- Whether residents believe their home and neighbourhood have important impacts on their health
- Hopes and expectations of relocation, moving and the future

If you are interested in attending the event or finding out more information please contact Carol Frame at carol.frame@drs.glasgow.gov.uk or on 0141 287 6959.

Early Years Network Annual Conference 2012 (Stirling)

The Early Years Network Annual Conference 2012 will take place on Thursday 1 March 2012 at the Stirling Management Centre, Stirling. It will provide a unique opportunity for those interested in Early Years Health Improvement to share experiences, find out how the national strategic direction can support Early Years work at a local level and meet a wide range of people all working to improve outcomes in the Early Years.

The conference is aimed at:

- Practitioners across the NHS;
- local government and the community and voluntary sector working in Early Years, both professional and volunteers; and
- those interested in raising the profile of Early Years and supporting parents and young children across Scotland.

Attendance at this conference is free of charge, and places will therefore be limited. Registration closes on Monday 6 February. Please note that delegate places will not be confirmed until after the closing date. Register for the conference using the [online booking form](#).

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Training

Action Learning for Active Citizens (various locations)

The Fred Edwards Trust is offering a free personal development opportunity to individuals of all ages who are seeking to bring about change in their life or work. Action Learning for Active Citizens programme offers facilitated co-mentoring sessions within which individuals can increase their confidence and learn new approaches to challenges at work and elsewhere.

Participation involves joining a small group which meets every 4 to 6 weeks over a six month period. During the meetings, you will have the opportunity to raise real life- or work-based issues and gain support from the group as you explore new ways of addressing them. The Trust's 2012 programme is now open for applications with a choice of Summer (April – September) or Winter (October – April) sessions to suit your diary.

Further details, including an Information Leaflet and an Application Form, can be found at: <http://frededwardstrust.org.uk/action-learning>. The closing date for applications for the Summer session is 15th March 2012. Applications for the Winter session are also welcome.

Women's Outdoor Leadership Project (Scottish Woodland!)

The Women's Outdoor Leadership Project is funded by the Forestry Commission, and is a national award in leading groups in the outdoor environment, including woodland and forests of Scotland, giving participants the skills and confidence to create opportunities for their communities. The project consists of 150hrs training towards the Level 3 Certificate in Day Walk Leaders or Basic Expedition Leadership. On completion of the project, women will be supported to complete their consolidation and assessment element of the award by utilising the skills learnt on the BEL to

benefit the local community. Participants are fully supported throughout the project to ensure they are confident in running local community projects in their local woodlands and forests. For further information contact Pammy Johal: 07825 604 003, email: info@backbone.uk.net or visit www.forestry.gov.uk/scotland

Free capacity building initiative (various locations)

Pilotlight Scotland's free capacity building service matches charity and social enterprise directors with teams of business people keen to use their skills and strategic awareness to help local organisations. Through the Pilotlight process they can use their experience to assist you in making the decisions that will secure the sustainability of your organisation.

To learn more about our process go to

<http://www.pilotlight.org.uk/index.php/charities/what-we-offer/>

For more information, contact Pilotlight's project management team on 0131 243 2765 or email scotland@pilotlight.org.uk

Active Measures (Edinburgh)

Active Measures is a 12 week healthy eating and physical activity programme from Health All Round designed to give you the tools you need to help make positive lifestyle changes, lose weight, feel great, be fitter and keep the weight off for good. The classes begin on Monday 30th January (1pm to 2:30pm) and take place at Springwell House, Ardmillan Terrace, Edinburgh, EH11 2JL

The classes are free and anyone is welcome.

Contact: Health All Round on 0131 537 7530 or e mail: alan@healthallround.org.uk

CLD staff development in community empowerment (Edinburgh)

Education Scotland will provide a series of staff development opportunities in 2012 and beyond to support the contribution of Community Learning and Development in encouraging community empowerment and renewal. The first of these opportunities will focus on community ownership and asset transfer and the aim will be to support the important work that CLD practitioners do with communities when taking on the ownership of assets.

The events are open to anyone with a CLD role. Places will be allocated on a first-come basis. The next event is:

Wed 22 February, Edinburgh, 10:00 to 15:00 - [Book](#)

Intro to Health Improvement course (Edinburgh and Glasgow)

This interactive workshop is delivered in partnership with NHS Health Scotland. It is aimed at youth workers and those who work with young people in community settings who wish to develop their understanding of health improvement and explore the role youth work can play in improving the health and well being of young people. Course dates:

- 21st February 2012 - Glasgow
- 23rd February 2012 - Edinburgh

For more information and to book, [download the flyer and booking form](#)

Advanced Qualifications in Nutrition (Glasgow)

The Nutrition Training Company is offering training in The Royal Society of Public Health's Certificate in Nutrition and Health and Diploma in Nutrition & Health in the Community. These courses provide qualifications in nutrition and healthy eating. Both courses can be carried out in-house and more information, including prices, can

be found at www.nutritiontraining.co.uk

Hear to Inform seminar (Glasgow)

This FREE seminar is designed to support people who are deaf or hard of hearing, and will take place on Tuesday 31st January 10am – 3pm at Centre for Sensory Impaired People, 17 Gullane Street, Partick G11 6AH.

The seminar is designed to give deaf/hard of hearing people an opportunity to discuss issues relating to deafness and hearing loss in general and any concerns in particular – with hearing specialists from Audiology, Glasgow City Council Social Work team, Centre for Sensory Impaired People and Action on Hearing Loss staff and volunteers.

Communication support will be made available – please tell us requirements when you book. Refreshments and lunch are also provided, free of charge. Places are very limited and you must book a space. If you wish to attend please let us know by Wednesday 25th January 2012. You can book a space by contacting Donna McSwiggan on 0141 341 5338 or email donna.mcswiggan@hearingloss.org.uk

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Vacancies

Community Advisor (across Scotland)

The Scottish Community Alliance is recruiting a Community Advisor to work alongside local anchor organisations in the development of sustainable investment proposals. This is as part of the Alliance's work with the newly established JESSICA (Scotland) Trust in the design and delivery of a programme of investment into some of Scotland's most disadvantaged communities. The aim is to build local resilience by investing in community led regeneration.

This is a full time post, £29,259 - £31,761. The closing date is 10 February 2012. Visit <http://www.goodmoves.org.uk/jobs/9656> for more information.

CLD support staff (North Lanarkshire)

North Lanarkshire Council seek Support Workers and Assistant Support Workers to assist local Community Learning and Development (CLD) teams across North Lanarkshire to deliver core functions of Lifelong Learning, Community Capacity Building and Youth Work.

Appointments are available on a part-time basis for a minimum of 2 hours per week and will mostly be offered on a term time basis. The council is particularly interested in applicants who have recognised qualifications and experience in youth work, IT tutoring, Adult Literacy and Numeracy, ESOL and Gaelic.

Follow [this link](#) for more information on these posts.

For more jobs visit <http://enf.org.uk/blog/>

Healthy Valleys – 2 posts (South Lanarkshire)

Healthy Valleys is a Big Lottery-funded community led health improvement organisation located 9 miles south west of Lanark. They require a full time

Development Worker to cover maternity leave (approx 9 months) and a full time Project Worker to develop and extend our maternal and infant health, Grassroots Project which is funded until March 2015.

Development Worker (maternity leave) Salary £26,502: To lead the development and expansion of the Grassroots Project

Project Worker Salary £16,818– £17,529: To recruit, train and support volunteers to deliver the Project and assist the Development Worker with project co-ordination.

Both posts are 37 hours per week, flexible to meet the needs of the Organisation. A current driving licence and access to own transport for business purposes are essential. Application packs are available by emailing carolanne@healthyvalleys.org.uk

Closing Date: 10/02/12. Provisional Interview Date: w/c 27/02/12

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